

爱与光之图书馆合集

(2015-2019 译文初稿)



Translated by T.S.

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September 19, 2015
2015-09-19 能量中心的平衡

Group question: We'd like to know how to determine where the inner light that is our birth right in the violet ray meets with the intelligent energy from the logos that is our daily gift of energy that comes in from our base chakra, through our feet, and through the groin area; how do we determine where that meeting place is?

团体问题：我们想要知道如何确定我们在紫罗兰光芒中的我们的天赋的权利之所是的内在之光与来自于理则的无限的能量的相遇的位置，这种来自于理则的无限的能量是从我们的根部脉轮通过我们的双脚并通过腹股沟进入到我们每一天的能量的礼物，我们如何确定那个相遇的位置在哪里呢？

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each in love and in light, my friends. We are happy to be with this instrument and this group, for it has been, what you would call, a while since we have had the pleasure of speaking to this group, and it is an honor for us to do so. As always, we ask one favor of you as you listen to our words, and that is that you use your own discrimination at all times with each word, so that if each word does not ring true to you, you leave it behind without a second thought, for we would not wish to be a stumbling block on your journey of seeking. If you will do us this favor it will help us greatly in being able to share our opinions with you—and we underline opinions—for we are not infallible sources of information, but what we have to share, we share freely and gladly.

我是 Q'uo，我的朋友们，在爱与光中向各位致意，我们很高兴与这个器皿和这个团体在一起，因为，自从我们上一次拥有向这个团体发言的快乐以来已经有，如你们所称的，一段时间了，向这个团体发言对于我们是一种荣耀。一如既往，我们请你们在你们聆听我们的言语的时候帮我们一个忙，那就是请你们在所有的时候都对每一个言语使用你们自己的分辨力，这样如果每一个言语听起来对于你们不是真实的，请你们毫不犹豫地将其留在后面，因为我们不希望成为在你们的寻求的旅程上的一块绊脚石。如果你们愿意帮我们这个忙，它将在我们能够与你们分享我们的观点的方面极大地帮助我们——我们着重强调“观点”——因为我们不是不会犯错的信息的源头，但是对于我们所要分享的事物，我们会自由地且愉快地进行分享。

You ask this day how it is possible for the seeker of truth to determine the level at which the seeking takes place as recorded in your energy centers—or chakra system—as a means by which to modulate and accelerate the inpouring energy of the logos that moves through the south poles of your energy field in a magnetic fashion, and seeks to unite with that birth right which each has in the violet ray chakra; the guiding star of the self, shall we say. Each of you, as you move through your daily round of activities, experiences catalyst in a variety of ways. The catalyst is so called because it allows you to

glean from these interactions with other selves that which is of value to you in your own journey of seeking.

你们今天询问,在寻求作为一种藉由其将理则的注入的能量进行调节或者加速的途径而被印刻在你们的能量中心——或者脉轮系统的时候,真理的寻求者如何才能有可能确定寻求发生的层次,这种注入理则的能量用一种磁性的方式通过你们的能量场的南极,并寻求与每一个人在紫罗兰光芒脉轮拥有的天赋的权利,容我们说,自我的北极星合为一体的。你们每一个人,当你们经历你们的日常生活的活动的时候,都会中多种多样的方式体验到催化剂,催化剂被如此称呼是因为它允许你们从这些与其他自我的互动中收集在你们自己的寻求的旅程上对你们有价值的事物。

There are many such interactions for each seeker in each day's round of activities. If you wish to analyze these interactions for their ability to assist your journey of seeking, it is well to reserve a portion of each daily period at the end of the day to enter into the meditative state and to examine what has occurred for you in this day, in the way of interactions which have moved you away from the compassion and understanding which is the goal of the seeker of truth. If you have felt yourself moved in one particular way or another, you may look at that movement that has, shall we say, taken you from your center of self, and assign to that movement a certain center of energy which is, shall we say, the home ground or bastion of that particular kind of energy expenditure.

在每一天的日常活动中,每一个寻求者都会有很多这样的互动。如果你们希望分析这些互动以了解它们在帮助你们的寻求的旅程方面的能力的话,在你们的一天结束的时候留出每一天的一段时间来进入到冥想状态并检查在这一天已经发生在你们身上的事情,检查已经将你们从同情心和理解上移开的互动的方式,这是很好的,这种同情心与理解就是真理的寻求者目标了。如果你已经感觉你自己在这样或者那样一个特定的方向上移动了,你可以检查那种,容我们说,已经让你离开你的自我的中心的移动,并将那种移动归因于一定的能量中心,容我们说,那个能量中心就是那种特定的类型的能量的支出的主场或者要塞了。

At this time we shall transfer this contact to the one known as Steve. I am known as Q'uo.

在此刻,我们会将这个接触转移到被知晓为 Steve 的实体。我是被知晓为 Q'uo 的实体。

(Steve channeling)

(Steve 传讯)

I am Q'uo and we speak now through this instrument. We would like to begin by thanking this instrument for challenging us in the name of the One Creator and along the path of service to others, for it is our understanding that there are many voices in the universe; it being a universe full of spirits of every description, not all of whom are seeking in the way that those of this group are doing. That the contact may bear the character that you wish it to have, it is important to exercise discrimination at many different levels, but most of all,

with respect to the question of the open heart. Those who seek with an open heart, my friend, are those who seek in the way that we do, and we are grateful for your seeking, for it assists us in providing the kind of service which it is our calling to provide.

我是 Q'uo, 我们现在通过这个器皿发言。我们想要藉由感谢这个器皿以太一造物者以及沿着服务他人的道路的名义为我们传讯而开始, 因为我们的理解是, 在宇宙中有许多的声音, 这是一个充满了具有各种类别的灵体的宇宙, 并非所有的灵性都是通过这个团体中的人们正在进行寻求的途径来进行寻求的。接触可能会带有你们希望它拥有的特性, 在许多不同的层次上行使分辨力是很重要的, 但是最重要的是, 对于开放的心的问题的关注。那些带着一颗开放的心而寻求的实体, 我的朋友们, 就是那些通过我们寻求的途径进行寻求的实体, 我们对于你们的寻求是感激的, 因为它在提供了我们的天职所要去提供那种类型的服务的方面帮助了我们。

The question of the energy centers is indeed among the most central for those of third density who wish to engage in that kind of spiritual work which can best be done in meditation. The energy centers can be likened to a musical instrument in the sense that the different centers each contribute to the whole by providing a tone, one could say, that when played well, provides an harmonic expression of the spiritual being. So while it is true that there is an hierarchical structure to the energy centers, it is also true that, in a well-tuned being, all centers are contributing simultaneously. So we would caution against attempting to occupy, in your meditations, simply the highest of the energy centers that you feel is accessible to you at the expense of the lower energy centers, which we would stress, do still form an important part of your being and indeed the more basic part of your energy system.

对于第三密度中的那些希望去从事那种能够在冥想中被最佳地完成的灵性工作的类型的人, 能量中心的问题确实是处于最为中心性的问题之中的问题。在那些不同的中心中, 每一个中心都会为藉由提供, 可以说是, 一种音调而整体做出贡献, 当每一个音调都被准确地弹奏的时候, 就会发出一种灵性的存有的和声的表达, 从这个意义上, 能量中心能够被比喻为一种乐器的。因此, 能量中心有一种阶层性的结构, 虽然这是真实的, 同样也是真实的是, 在一个被仔细调音过的存有中, 所有的中心都是同时性地有贡献的。因此, 我们会告诫, 不要尝试在你们的冥想中以较低的能量中心为代价而单纯地忙碌于你们感觉是你们可以进入的最高的能量中心, 我们会强调, 较低的能量中心确实仍旧形成了你们的存有的一个重要的部分, 并确实是你们的能量系统的更为基础性部分。

So, if we may begin by looking at the red ray energy center, as we have called it, which you may find at the base of your spine. This is the center at which energy is first taken up into the more etheric body and while work of a more individual or particular sort may not be done at the red ray level, it is yet an important consideration to have this energy center open, for it gives the entire system the initial fusion—infusion, we correct this instrument—of energy that comes in from below. The factors that tend to close off the red ray are those of fear, those of excessive anger, those of excessive lust. Such factors as these can so overwhelm the energy system that no further work may

meaningfully be done while they prevail. So, a bright and cheerful attitude toward spiritual work is, what we may call, the best beginning.

因此，如果我们可以的话，我们会藉由检查你可以在你的脊椎底部找到的红色光芒能量中心，如我们对它的称呼一样，来开始。这个中心是能量在其中首先被带入到更为以太性的身体的中心，虽然一种更为个人性或者更为具体的类型的工作可能不会在红色光芒的层次上被进行，让这个能量中心开放仍旧是一个重要的考虑事项，因为它为整个系统赋予了对从下面进入的能量的最初的融合——我们更正这个器皿——注入。倾向于关闭红色光芒的因素，是那些恐惧、过度的愤怒以及过度的欲望的因素。诸如这些因素之类的因素能够如此地压倒能量系统，以至于没有进一步的工作可能在它们占优势的情况下被有意义地进行。因此，一种朝向灵性的工作的明亮而愉快的态度，就是我们可以称之为，最佳的开始的事物了。

Now, with such an attitude in place, one may move up the system of energy centers to that ray which we have called the orange, and we find there that the attitudes that one has towards other selves with whom one has a personal relation are central to this energy center; and also the sense of self that one entertains for oneself is a factor of importance for dealing with the intake of energy at this level. Blockages may occur at this center when difficulties are discovered, either in the relation of the self to itself, or in the relation of the self to another. If these blockages are in place, it is well not to attempt to go higher, for to do so will mean that one is working with higher energies in a way which is distorted at a level below their proper sphere, and it is not possible to correct these imbalances while in the configuration of the higher energy center. Therefore, while for example, it may seem highly desirable to the seeker to be doing work in the blue ray or in the indigo ray center in meditation, this work will not be effective until the clearing of the lower energy centers has been achieved. When one feels joy in relation to others of one's immediate acquaintance, when one feels joy in being who one is, one can then make the effort to move higher in the chain of energy centers, and undertake work within the yellow ray center of activity.

现在，随着这样一种态度处于适当的位置，一个人就可以沿着能量中心的系统向上移动到我们已经称之为橙色的光芒了，我们发现，对于那些一个人与之有一种个人性的关系的其他自我，会有朝向这些其他自我的态度，而这种个人性的关系对于这个能量中心就是中心性的了，一个人对待它自己的自我的感知，在与在这个层次上的能量的摄入打交道的方面同样也是一个具有重要性的因素。要么在自我与它自己的关系中，要么在自我与另一个人的关系中，当困难被发现的时候，阻塞就可能在这个中心出现了。如果这些阻塞是存在的，不去尝试去进入更高的中心，这是很好地，因为这样做将会意味着，一个人在一个低于他们适当的范围的层次上是在用一种的扭曲的方式与更高的能量一同工作的，当处于更高能量中心的配置之中的时候，要去修正这些不平衡是不可能的。因此，举个例子，虽然在冥想中在蓝色光芒或者靛蓝色光芒的中进行工作对于寻求者看起来似乎是极其令人满意的，这种工作一直到对较低的能量中心的清理已经被完成之前都不会是有效的。当一个人在与那些它与之熟识的其他人的关系中感觉到喜悦的时候，当一个人对于它是谁感觉到喜悦的时候，它接下来就能够做出努力顺着能量中心的链条移动到更高的中心并在活动的黄色光芒的中心进行工作了。

The yellow ray center of activity is that center in which societal actions can be engaged and every individual within this circle of seeking has a highly articulated societal self and a highly complex set of societal relations that situate the way the energies are configured for each individually. This can constitute a very involved and complicated system of study. It is not that we would suggest that this system of study has to be exhaustively completed at every sitting but one does well to be clear that one is not carrying the effects of lingering discord at the third—or yellow ray—energy center before attempting to move higher up the scale, so to speak.

活动的黄色光芒的中心是那个在其中社会化的行为能够被从事的中心，在这个寻求的圈子中的每一个个体都拥有一个被高度清楚表达的社会化的自我，和一套与用个体性的方式为每一个个体的配置的能量途径相适应的高度复杂的社会的关系。这能够构成一种非常缠绕且复杂的学习的系统。我们并不是建议，这个学习的系统必须要在每一次的静坐中都彻底地被完成，但是在一个人尝试去在，容我们说，标尺上向上移动到更高的中心之前，弄清楚一个人在第三能量中心——或者黄色光芒——是不带有挥之不去的不协调的，这是很好的。

The principal effort typical of third density meditative work is the opening of the heart chakra—or the green ray energy center—for only when this center is opened can work in the higher centers be engaged in a way that reflects the polarity we have called service to others.

典型性的第三密度的冥想的工作的最重要的努力，就是对心的脉轮——或者绿色光芒的能量中心——的开放，因为仅仅当这个中心被开放的时候，在更高的中心中的工作才能够用一种反映了我们已经称之为服务他人的极性的方式被从事。

To be sure, there are those within your density that have chosen another polarity; that polarity being what we have called service to self. Those who function in the manner of serving primarily the self are those who disdain the opening of the heart center, finding it to be foolish to dwell there, for it seems to those who have chosen this polarity to be such as to give away the authority or the power of one's being.

请确信，在你们的密度中有那些已经选择了另一个极性的实体，那个极性就是我们所称的服务自我的极性。那些用主要服务自我的方式运转的人，是那些会看不起对心的中心的开放的人，它们会发现留在心的中心是愚蠢的，因为对于那些已经选择了这个极性的人，诸如去放弃一个人的存有的权威或者力量，这看起来似乎是愚蠢的。

Now, it may so seem to one whose sense of self is such that it creates a kind of rotary pattern that moves from the yellow ray center back down to the orange ray center, back up through the yellow, and so on, and so on, and so on. We pause to call your attention to this configuration not because we feel that any within this circle of seeking are in fact polarizing in the direction of service to self, but we do find that the energy pattern typical of that configuration does, to some extent, persist in many, if not all who seek within

your density, and so, it is well to be aware of that pattern, and it is well to be aware that that is a pattern through which one penetrates to gain access to the opening of the heart center.

对于一个其对自我感觉就是如此这般以至于它创造出一种类型的轮转的模式的人，留在心中可能看起来似乎就是愚蠢的了，这种轮转的模式会从黄色光芒中心向下返回到橙色光芒中心，向上通过黄色光芒中心返回，如此不断继续下去。我们暂停一下来将你们注意力唤回到这个配置不是因为我们感觉到在这个寻求的圈子中有任何人是正在服务自我的方向上极化的，但我们确实发现，那种配置的典型性的能量模式，在某种程度上，确实在很多人身上，如果不是在你们的密度中寻求的所有人的话，是持续存在的，因此，去察觉到那种模式，这是很好的，去察觉到那是一种一个人可以刺穿以进入到对心的中心的开放的模式，这是很好的。

With the open heart one gazes, for the first time, with new eyes upon the creation, with eyes of innocence and joy. It is with this energy that one may begin to make a springboard attempt into the higher energy centers. The danger—of which some have become aware—of an attempt to open the higher energy centers without a full investiture of the heart center is that one carries a polarity of a different sort than is the one desired into these centers, and if the polarity chosen is not fully consistent with itself, an imbalance of significant proportions can be the result.

藉由开放的心，一个人第一次用新的眼睛，用天真无邪且喜悦的眼睛注视着造物。就是藉由这种能量，一个人可以开始做出一次进入到更高的能量中心的跳板的尝试了。在沒有一种对心的中心的充分的授权的情况下的一次去开放更高的能量中心的尝试的危险，是一个人会将一种与它渴望的极性不同种类的极性带入到这些中心中，如果被选择的极性并非完全与它自己是协调一致的，一种显著的比例上的失衡就能够被产生出来了，这种危险是一些人已经注意到的了。

As a consequence of this thought we would caution that it is always well to work on that work which is given to one to do, and not to judge the meditation as being better or worse based on how high one feels one has reached in the hierarchical arrangement of energies. If one's daily allotment has given to one a disturbance of the orange ray, that is where it is well to focus one's efforts. If the disturbance is of the character one can find in complicated social arrangements characteristic of the third ray—or, yellow ray activity—it is well to focus one's balancing effort in that ray. By doing so, one does the work of creating the pathway to the open heart.

作为这个想法的一个结果，我们会警告，去在被给予一个人去做的工作上进行工作，而不基于一个人感觉到它在能量的阶层性的排列中已经抵达了多么高的位置而将冥想评判为是较好的或者是较差的，这一直都是很好的。如果一个人每日的配额已经给予了一个人一种橙色光芒的混乱，将一个人的努力聚焦于那个的位置上，这会是很好的。如果混乱是具有那种一个人能够在第三光芒——或者黄色光芒的活动——的典型性的复杂的社会性的安排中找到的特性的话，去将一个人的平衡性的努力聚焦在那个光芒，这是很好的。

Not every meditation, my friends, will be one of glory. Not every meditation

will be one of pure joy, but much of the work that is done in meditation sets the table, so to speak, for the feast to come and we commend you to the activity of doing the work requisite for the more sanctified work, as we might call it, that begins with the blue ray and moves into the indigo ray when it reaches its fuller height.

我的朋友们，不是每一个冥想，都将是一个壮丽的冥想。不是每一个冥想都将是一个具有纯粹的喜悦的冥想，在冥想中被进行的大量的工作是，可以说是，为即将到来盛宴铺设桌子，我们向你们推荐，为了，如我们可能会称呼它的一样，更为神圣的工作而进行所需的工作的活动，这种神圣的工作是从蓝色光芒开始，并在它抵达其更为完整的高度的时候进入到靛蓝色的光芒的。

The indigo ray is that ray of the spiritual seeker which most embodies the highest aspirations to which that seeker is able to reach. The indigo ray is the site of sacred work which one does by invoking the power and presence of the Creator; a kind of drawing energy, if we may so call it, that reaches down from above and constitutes an inspiration and an invitation for the up reach of the energies coming from below.

靛蓝色光芒是灵性寻求者的最大地体现了寻求者能够抵达的最高的愿望的光芒。靛蓝色光芒是一个人藉由祈请造物者的力量与临在而进行神圣工作的位置，造物者的力量是一种牵引的能量，如果我们可以这样称呼它的话，它自上而下伸手触及并构成了一种启示，以及一种对于从底部而来的能量的向上伸手触及的邀请。

In the indigo ray, there is a great feeling of blessing available. One can become quite intoxicated by this feeling of blessing. It is not unknown among your people to have serious spiritual seekers have experiences in which they break through to the indigo ray and feel themselves to be overwhelmed by the splendor of the energy there to be discovered. On such occasions, you do find those who feel they can now sally forth with the message that they can uniquely bring to a struggling humanity.

在靛蓝色光芒中，会有一种巨大的对可被取得的祝福的感觉。一个人由这种祝福的感觉而变得相当陶醉。在你们的人群中有一些严肃的灵性寻求者有过在其中它们突破进入到靛蓝色光芒并感觉到它们自己被能量的光辉淹没了的体验在那里被发现过了，这些体验并非不为人知的。在这样的情况中，你们确实会发现那些感觉到它们现在能够突围的人是携带着它们能够用独一无二的方式带给一个正在挣扎的人性的信息。

But we would suggest to you that when this happens it is often the case that a precipitous conclusion is drawn to the effect that a message of a particularly limited kind is the truth to be conveyed, and we would suggest that the limitations of the message are often reflective of the particular characteristics of that individual seeker involving work that has been left undone at the lower energy centers.

但是我们会向你们建议，当这种情况发生的时候，经常会发生的情况是，有一种突如其来的结论被的得出了，那个结论的大意就是，一个具有一种特别有限定的类型的信息就是要被传递的真理了，我们会建议，那种信息的限定性经常就是对于那个个体的寻求者特定的特性的映射，那个特性是涉及到在较低的能量中心已

经被留下来未进行的工作的。

So, we would suggest that the question of raising the level of the energy center activation is, for the evolving seeker, not the only question to be addressed, but rather, it is of equal significance and increasing importance to engage in the process of balancing all of the energy centers in relation to one another. This requires continually going back down to the lowest and moving back up to the highest. and going back down and moving back up, and going back down so that one learns to play that tone poem which is the energy system with more and more skill, and more and more clarity, and more and more devotion to being the highest and the best and the clearest channel for the energies it is one's privilege to convey through the various expressions of the self.

因此，我们会建议，提升能量中心的激活的层次的问题，对于发展中的寻求者，并非唯一的要被解决的问题，毋宁说，去参与到对所有的能量中心在与相互彼此之间的关系的方面的平衡的工作，这是具有同等的重要性和不断增强的重要性的。这要求持续不断地向下返回到最低的能量中心，向上返回到最高的中心，下去，上来，下去，这样一个人就会学会去带着越来越多的技巧，越来越大的清晰度，以及越来越多的致力于成为供能量使用的最高、最佳和最清晰的管道来演奏那个能量系统之所是的音诗(tone poem)了，而通过自我的各种各样的表达来传递那种能量就是一个人荣耀了。

We are those of Q'uo and we thank this instrument for its willingness to serve, and at this time we would pass the contact back to the one known as Jim.

我们是 Q'uo，我们为这个器皿对于服务的乐意而感谢这个器皿，在此刻，我们会将接触传递回到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo and I am again with this instrument. We thank the one known as Steve for his service in allowing us to speak to the point of this query for this afternoon. Again, my friends, you are the arbiter of your own journey as you survey the energy centers affected by your daily round of activities. Look then to those where blockages are found, attempt to balance each blockage with its opposite that you may find an evenness of flow where before there was energy that was halted in its movement upwards, and in this fashion you may determine where your focus of attention needs be placed.

我是 Q'uo，我再一次与这个器皿在一起了。我们为被知晓为 Steve 的实体通过允许我们谈及今天下午的这个问题的要点而进行的服务而感谢它。再一次，我的朋友们，当你们对被你们日常活动所影响的能量中心进行检查时候，你们是你自己的旅程的判断者。接下来，去检查那些阻塞在其中被发生的中心，并尝试去用其对立面来平衡每一个阻塞，这样你们就可能在之前在能量的向上的运动中有被阻碍的能量的位置找到一种流动的平滑了，用这种方法，你们可以确定你的注意力的焦点需要被放置在何处了。

It is the journey of a lifetime to unblock each succeeding center of energy so that the white light of the One Creator moves unimpeded through each center of energy and remains white throughout the journey. However, do not feel that you have in any way failed if there is coloration to your light, for this is why you have incarnated. It is necessary to engage in the learning of various lessons in the overall plan of each soul's evolution. The way lessons are learned is to discover where there is a blockage in the overall energy patterns of each individual, and program these into the incarnational life stream that attention might be put upon them, and energies directed to balance and clear each center.

消除每一个随后的能量中心的阻塞, 这样太一造物者的白光就会不受阻碍地流经每一个能量中心并在贯穿整个旅程中都保持是白色的, 这是一场一生的旅行。然而, 如果有对你的光的染色, 不要感觉到你们已经以任何方式失败了, 因为这就是你们投生的原因了, 去参与到在每一个灵性的演化的整体的计划中的各种各样的课程的学习, 这是有必要的。课程被学会的方式就是在每一个个体的整体的能量模式中有一种阻塞的位置去进行探索, 并将这些课程编程成为投生性的生命溪流, 这样注意力可以被放置于其上, 能量就会被导向去平衡并清理每一个能量中心了。

At this time we would ask if there is any further query upon this point before we ask for further questions. We are those of Q'uo.

在此刻, 我们会请问, 在我们请求进一步问题的时候, 是否在这个位置上有任何进一步的问题。

Gary: Q'uo, if the main questioner has no follow up, I have a question that is relevant to the general question. In session 74 of The Law of One, Ra says: "The indigo center is indeed most important for the work of the adept. However, it cannot, no matter how crystallized, correct to any extent whatsoever imbalances or blockages in other energy centers. They must needs be cleared seriatim from red upwards."

Gary: Q'uo, 如果主要提问者没有后续的问题的话, 我有一个与一般性的问题有关的问题。在一的法则的集会 74 中, Ra 说: "靛蓝色中心确实是对于行家的工作是极其重要的。然而, 无论它怎样结晶, 它都无法在任何程度上纠正其他的能量中心中的无论什么阻塞或者不平衡。它们必须从红色光芒中心向上逐一被清理。"

On one level I understand that you must work from the foundation upward, clearing and balancing each center to create a stable base from which to work in indigo ray; yet on the other hand, this notion is confusing to me because it seems like the consciousness of indigo ray is one that undoes the fundamental illusion. It undoes the illusion of separation, it undoes the illusion of the individual 'I,' and it is upon those illusions from which all of the blockages spring in the first place: the blockages of the red ray, orange ray and so forth. So, it seems to me, that indigo ray gets to the root of the problem. So, I'm confused as to why the indigo ray cannot then undo the blockages and imbalances of the lower rays. If Q'uo could speak to that, I

would appreciate it.

在一个层次上，我理解你们必须从基础向上工作，清理并平衡每一个中心以创造出一个稳固通过其在靛蓝色光芒中进行工作的基础，而在另一方面，这个观点对于我是令人混淆的，因为它看起来似乎是，靛蓝色光芒意识是一个消除基本的幻象的意识。它会消除分离的幻象，它会消除个体性的“我”的幻象，而所有的阻塞：红色光芒的阻塞，橙色光芒的阻塞以及如此等等，在一开始的位置就是从那些幻象产生出来的。因为，在我看来似乎是，靛蓝色光芒会抵达问题的根源。因此，我在关于为什么靛蓝色光芒无法消除在更低的光芒中的阻塞和不平衡的方面感觉到困惑。如果 Q'uo 可以谈及那一点，我会感激它。

(Jim channeling)

(Jim 传讯)

I am Q'uo and I am aware of your query, my brother. The point of this response by those of Ra was that no energy center does the working for the seeker. It is the seeker which does the working by utilizing the various qualities of each energy center in order to bring balance to the entire array of energy centers, thus, the conscious, aware seeker utilizes the ability of each center in the process of balancing so that the activities of the day, which have pointed out to the seeker where work needs be done, may be then processed through a period and process of balancing in meditation the perceived blockages. It is therefore the seeker that does the work.

我是 Q'uo，我理解了你的问题，我的兄弟。这个由 Ra 团体做出的回应的要点是，不是能量中心为寻求者进行了工作。而是那个寻求者在藉由利用每一个能量中心的各种各样特性而进行工作，以便于将平衡带到整个能量中心的体系中，由此，有意识的、察觉的寻求者就会在平衡的过程中利用每一个中心能力，这样，已经向寻求者指出了在什么位置工作需要被进行的那一天的活动，就可以接下来通过一段时间的通过对被感知到的阻塞的冥想而进行平衡的过程而被处理了。

Is there a further query my brother?

我的兄弟，有一个进一步的问题吗？

Gary: No, thank you Q'uo.

Gary: 没有了，谢谢你们，Q'uo。

I am Q'uo and we thank you, my brother. Is there another query at this time?

我是 Q'uo，我们感谢你们，我的兄弟。在此刻有另一个问题吗？

L: Q'uo. I have a question. It doesn't have to do with the original topic if there's anyone that has one to do with the original topic I'd wait for that.

L: Q'uo。我有一个问题。它与原来的主题是没有关系的，如果任何人有一个与原来主题有关系的问题，我会等待那个问题。

Nobody? Years ago I created a race of extra-terrestrial beings in a story I was writing, and years later I've encountered people that I didn't know at all who claimed to have seen and interacted with these beings in a way that seems

very real. I was thinking of how this type of thing in general might pertain to inspiration or possibly just the creation of a thought-form. And I'm kind of wondering, would it be better in that type of circumstance to consider the idea of inspiration of information having come through and in related fiction? Or is it possible to create a thought-form of that depth to where it can impact complete strangers and how one might care for a thought-form like that? I'm not sure if that's a clear question.

没有人吗？几年以前，我在一个我正在写作的故事中创造了一个外星存有的种族，几年以后我遇到了一个我完全不认识的人，它宣称已经看到过并于这些存有用一种看起来似乎非常真实的方式与它们进行了互动。我正在思考，这种类型的事情如何一般可能是与神圣启发有关，或者有可能仅仅是一个思想形态的造物。我有某种好奇，在那种类型情况中，去考虑信息的启发观念是通过小说而来并与小说有关的，这会是更好的吗？或者，有可能去创造一种思想形态，它到达了它能够影响完全陌生的人的深度的吗，一个人如何才能注意类似那样的一种思想形态呢？我并不确信是否那是一个清晰问题。

I am Q'uo and believe that we have the gist of your query, my sister. The thought-form indeed may be created or it may be perceived. The creation of a thought-form is possible by the concentration upon such a form of thought which is, shall we say, manufactured by the conscious mind, or perhaps through inspiration from the subconscious mind there is the perception of a thought-form that has existence in another realm of the density in which you inhabit. Thus, you have two potential sources for this thought-form entity that took its places upon the narration and story that you have created. The first being, as we said, a creation of your own mind, the second the perception of your subconscious mind.

我是 Q'uo，我相信我们已经掌握了你的问题的要点了，我的姐妹。思想形态确实可能被创造出来，或者它可能被感觉到。藉由对一种由表面意识的心智或者也许是通过来自于潜意识心智的灵感制造出来的思想形态集中注意力创造这样一种思想形态的是有可能的，潜意识心智会有对于在与你们居住于其中的密度所在的领域不同的另一个领域中拥有存在的一个思想形态的感知。因此，你们拥有这个思想形态的实体的两个潜在的源头，这个实体会在你已经创造出来的叙述和故事中拥有它的位置。第一个存有是，如我们说过的一样，你自己的心智的一个造物，第二个是你的潜意识心智的感知。

Is there a further query my sister?

我的姐妹，有一个进一步的问题吗？

L: How would you go about telling the difference?

L：你们如何着手进行区分呢？

I am Q'uo and am aware of your query my sister. We shall pause briefly as we are aware of the recording device having need of attention.

我是 Q'uo，我理解了你的问题，我的姐妹。我们将简单地暂停，因为我们察觉到你们的录音设备有关注的需要。

(Side one of tape ends.)

(磁带一面结束。)

I am Q'uo and we would suggest my sister that in your meditative state you observe the qualities of the character in your story and observe how, in this state of observation, the character behaves. If you're able to see without any conscious intervention on your part how the character continues to move and evolve, you may consider it a product of a contact with your subconscious mind which has relayed to you a being which does exist. If there is no movement or development in the meditative state, you may consider the possibility that it is a creature of your conscious mind's creation.

我是 Q'uo, 我们会建议我的姐妹, 在你的冥想状态中你观察在你的故事中的角色的特性, 并在这种观察的状态中观察角色是如何行为举止的。如果你能够在你的部分上没有有意识的干预的情况下看到角色如何继续移动并发展, 你就可以认为它是一个与你的潜意识的心智的接触的产物, 你的潜意识的心智已经向你传递了一个确实存在的存有。如果在冥想状态中没有移动或者发展, 你可以考虑可能性是, 它是你的表面意识的心智的创造的一个创造物。

Is there a further query my sister?

我的姐妹, 有一个进一步的问题吗?

L: No, thank you Q'uo.

L: 没有, 谢谢你们, Q'uo。

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

我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Gary: Q'uo, I have a question. My understanding is that this channeling process happens between incarnate third-density mind/body/spirit complexes and you whose origin is in the outer planes of fourth density, fifth density and sixth density. I wonder if the inner planes of this planet play any part [in the channeling process], and, specifically, if the entity who is a friend of ours known as Carla lends her energies to this process in any way?

Gary: Q'uo, 我有一个问题。我的理解是, 这个传讯的过程是发生在投生的第三密度的心/身/灵复合体和你们之间, 你们的源头是在第四密度、第五密度和第六密度的外部的层面中。我想知道, 是否这个行星的内在的层面在这个传讯的过程中扮演了任何的角色呢, 尤其是, 是否我们的朋友, 即被知晓为 Carla 的实体用任何方式将她的能量借予了这个过程呢?

I am Q'uo and am aware of your query my brother. The one known to you as Carla has an affinity for this group which is most solidly established through her incarnation which has found its completion and has allowed her to pass into the world of the spirit; the time/space portion of your planet's environment. In this environment she is able to send her steadying energies into this circle of seeking, so that there is a kind of framework or solidity of vibration that aids in the reception of our vibrations, shall we say. In short, the

answer is yes.

我是 Q'uo, 我理解了你的问题, 我的兄弟。被你们知晓为 Carla 的实体与这个团体有一种密切的关系, 这种关系是通过她的投生用最为紧密的方式被建立起来的, 这个实体的投生已经结束并已经允许她进入到灵性的世界, 也就是你们的行星的环境的时间/空间的部分了。在这个环境中她能够将她稳定的能量传送到这个寻求的圈子中, 因此, 会有一种类型的振动的框架或者稳固性会帮助对我们的振动的, 容我说, 接收。简单地说, 答案是肯定的。

Is there a further query my brother?

我的兄弟, 有一个进一步的问题吗?

Gary: No, thank you Q'uo.

Gary: 没有了, 感谢你们, Q'uo。

I am Q'uo and we thank you my brother. Is there another query at this time?

我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

(Pause)

(暂停)

I am Q'uo and as it appears that we have exhausted the queries for the nonce we shall say how delighted we have been to be able to speak to this group and to express—we correct this instrument—and to experience the collective energies of seeking of joy and of the sharing of love and light that is within this circle today. The light which you have generated may be seen on the inner realms of this planet as a beacon that shines brightly forth into the time/space portion and alerts all the angelic presences of your song of seeking, your expression of joy and your open hearts of love. We look forward to speaking with you again. Go forth, each of you, in joy, in peace, in love and in light. We are known to you as those of Q'uo. Adonai, my friends, adonai.

我是 Q'uo, 因为看起来似乎我们已经暂时耗尽了问题了, 我们会说, 我们已经能够像这个团体发言并表达——我们更正这个器皿——并体验今天在这个圈子中的对喜悦的寻求和对爱与光的分享的集体的能量, 我们是多么地高兴呀。你们已经产生出来的光是在这个星球的内在层面中可以被看到是一道光柱, 它明亮地闪耀进入到这个星球的时间/空间的部分并让所有的天使的存有都察觉到你们的寻求的歌声、你们的喜悦的表达和你们爱的开放的心。我们期待再一次与你们发言。前进吧, 你们每一个人, 在喜悦中, 在平安中, 在爱与光中。我们是你们知晓为 Q'uo 的团体。Adonai, 我的朋友们, adonai。

October 3, 2015

2015-10-03 生命的负担与心的开放

Group question: Q'uo, many of us are struggling with situations that seem too much to bear, at times. We have the perception of having either too much catalyst, or too intense catalyst, or both. We often feel that life places burdens upon us that we don't have the resources to cope with. How do we carry our crosses, Q'uo? How do we bring the open heart into the challenges that life seems to put upon us and invite higher energies to transform our experience?

团体问题: Q'uo, 我们中有很多人正在与那些时常看起来太多了以至于无法承受的情况挣扎。我们拥有的感觉是正在遇到要么过多的催化剂, 要么过于沉重的催化剂, 要么两者同时。我们经常感觉到生命将那些我们并不拥有资源来与之打交道的负担压在我们的身上。Q'uo, 我们如何担负起我们的十字架呢? 我们如何将开放的心带入到那些生命看起来似乎放在我们身上的挑战之中, 并邀请更高的能量转变我们的体验呢?

(Jim channeling)

(Jim 传讯)

I am Q'uo. And we greet you all in the love and in the light of the One Infinite Creator whom we all serve with all our being, in joy, this day and always. We are most gratified to be able to speak to this group this afternoon for it is our great privilege and pleasure to join you as you seek those qualities of your own being which may be activated on your journey of seeking that which you call the truth. We would ask you, as always, to do one favor for us, and that is to listen with careful discrimination to the words and ideas which we share with you in order that you take only those which have meaning to you, and leave behind any which do not, for we would not wish to be a stumbling block on your journey of seeking. That would aid our sharing of our thoughts with you for then we would not feel like we might infringe upon your own journey.

我是 Q'uo。我们在太一无限造物者的爱与光中向你们全体致意, 我们全都在藉由我们的存有, 在喜悦中, 在今天以及永远为造物者而服务。我们对于能够在这个下午向这个团体发言时感到极其高兴的, 因为当你们寻求你们自己的存有的那些可能在你们寻求你们所称的真理的旅程上被激活的特性的时候加入你们, 这是我们的极大的荣幸和快乐。我们会一如既往请求你们帮我们一个忙, 那就是去带着小心谨慎的分辨力来聆听我们与你们分享的言语和观点, 以便于你们仅仅采用那些对你们有意义的部分, 并将任何对你们没有意义的部分留在后面, 因为我们不希望成为在你们的寻求的旅程上的一块绊脚石。那会在将我们的想法与你们进行分享的过程中帮助我们, 因为那样子我们就不会感觉到就好像我们可能会侵犯你们自己的旅程了。

You ask today, my friends, how it is that you may bear the burdens which you bear in the life experience that you have at this time. There are times in each seekers journey when the path winds into those areas of the dark forest which seem disturbing and difficult and dark and mysterious and offer far too much of the worries of the world, shall we say. It is easy in these times to become

overly concerned with how you shall not only move through such experiences and learn from them, but even perhaps remember how you may survive them, for at times the journey of the faithful seeker is most difficult. And this is not by accident my friends.

我的朋友们，你们今天询问，你们如何才能承担起你们在此刻在你们拥有的生命体验中承担的责任。在每一个寻求者的旅程中会有一些时间，在其中道路会蜿蜒进入到阴暗的森林的区域之中，这个森林看起来似乎是令人不安的、困难的、阴暗、神秘且提供了被远远过多的，容我说，世俗的忧虑的。在这些时间之中，不仅仅对于你将如何穿越这样的体验并从它们中学习，同样也对于你甚至也许能够记起你如何可能经受得住它们而感到过度的担忧，这是很容易的，因为信实的寻求者的旅程时常是极其困难的。我的朋友们，这不是偶然的事情。

We do not wish to discourage you by telling you that you have chosen these paths, for there are no mistakes upon any seeker's journey. That which you experience has been placed there by your own choice previous to your conscious assuming of the identity which you see as yourselves. Before the incarnation began, you made these plans to offer yourselves these challenges to learn how to love and accept all about you when it seems quite unacceptable to even have to deal with some situations.

我们并不希望藉由和你们说你们已经选择了这些道路来让你们感到丧气，因为在任何寻求者的旅程上都是没有错误的。你们体验到的事物是在你们有意识地采用起你们将你们自己视为的那个身份之前就已经因为你们自己的选择而被放置在那里的。在投生开始之前，你们制订了这些计划，来为你们自己提供这些挑战，以在甚至不得不去一些情况打交道会看起来似乎是相当无法接受的时候，去学习如何去爱，如何接纳在你们周围所有人。

We are aware that many feel that there should be an end to worry and burden, and to the cares of the day which do not go away. And there should be a reward, a time of peace and quiet and what you would call, joy. And there shall be, my friends. For upon all journeys, these qualities exist, especially for those who are able to open their hearts in love and compassion for those times which are most difficult—those times in which it would seem a better choice to ignore or run away from the difficulties.

我们知道很多人感觉到忧虑和负担应该有一个终点，那些挥之不去的生活的烦恼应该有一个终点。应该有一个回报的时刻，一个平安、平静以及你们所称的喜悦的时刻。我的朋友们，这些时刻将会出现。因为在所有的旅程上，这些特性都是存在的，尤其是对于那些能够对所有那些极其困难的时间中——那些在其中去忽略或者逃避那些困难会看起来是一个更好的选择的时间中，都在爱与慈悲中开放它们的心的实体们。

So how do you go about opening your hearts, to allow the divine guidance, the divine presence, the one Creator, a heart of love—whatever you wish to call it—this quality that may aid you on your journey by changing your point of view, by changing the nature of your beingness, by making you able to channel through your being those loving energies which encircle and enwrap all difficulties, and destroy them with love by making them also love. How is it

that one can do such a work of what would seem to be a magical nature? It is not often possible to go directly to the heart and to command it to open and expect it to do so. It is however possible to approach the heart from another direction, shall we say the chakras that precede the energy reaching the heart. For each of you, my friends, receives this intelligent energy, or love, from the one Creator upon a daily basis. It moves through your lower chakras beginning at the red ray level. That level which deals with your very survival as a physical being upon this planet. And which expresses itself as well in your sexual nature where you are able to reproduce your species, able to refresh your being and that of your mate, and allow those energies to move even higher so that the intelligent energy or love of the one Creator begins to make a pathway or channel through your system of chakras.

因此，你们如何着手开始开放你们的心，并允许神圣的指引、神性的临在，太一造物者，一颗爱的心——无论你们希望称呼它什么——允许这种可以在你的旅程上，藉由改变你的观点、藉由改变你的存在性的特性，藉由使得你能够通过你的存有传送的那些围绕与包裹着所有的困难的爱的能量，而帮助你的特性。一个人如何才能进行这样一个具有看起来似乎是一种魔法的特性的工作呢？直接前往心，命令它开放并期待它这样做，这并非经常是可能的。然而，从另一个方向，容我们说，从在能量抵达心之前的脉轮的方向接近心，这是有可能的。因为你们每一个人，我的朋友，在每一天都从太一造物者接收到这种智能能量或者爱。它从红色光芒的层次开始流经你的较低的脉轮。红色光芒的层次是与你作为一个在这个星球上的物质性的存有的根本的生存打交道的。它将其自身表达为在你的性的特性中的源泉，在其中你繁衍你的种族，你能够更新你的存有和你的伴侣的存有，并允许那些能量更高地移动，这样智能能量或者太一造物者的爱就开始通过你的脉轮系统创造出一条通道或者管道了。

At this time we shall transfer this contact to the one known as Steve. I am Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and I am with this instrument. We have successfully passed the challenge that permits us to speak through this instrument and are grateful for the opportunity to again sit with those whose seeking is an inspiration for us for it gives us the opportunity to serve in the way we feel called to serve.

我是 Q'uo，我与这个器皿在一起了。我们已经成功地通过了允许我们通过这个器皿发言的挑战，我们对于再一次与你们坐在一起的机会而感到感激，你们的寻求对我们是一个鼓舞，因为它给予了我们机会去用我们感觉到被呼唤来服务的方式进行服务了。

We would continue the theme of dealing with harsh catalyst by looking next at the work that is done in the orange ray, where the self begins to develop a sense of what it means to be a separate or individuated self, and comes to an initial set of balances with regard to the way the self relates itself to the others

which are immediately around it. Here it is essential to develop an ability to differentiate those factors or elements in one's life circumstances which belongs to one, and those elements or factors which belong to others with whom one is in immediate contact.

我们会继续与严酷的催化剂打交道的主题，我们接下来会检查在橙色光芒中被进行的工作，在其中自我开始发展出一种对于一个分离的或者个体化的自我的感觉，并在关于自我将它自己与在它周围紧邻的其他人之间建立关联的方式的方面取得一种初始的平衡的设置。在这里去发展出一种在一个人的生命的环境中去区分那些属于它的因素或者要素，以及那些属于它与之有紧密的接触的其它人的要素或者因素，这是实质性的。

This is a process my friends, which each here has undergone and continues to undergo upon a daily basis. And it is a factor during which process a sense of the uniqueness of the individual self is forged. Now, during this process it is common to discover that there comes, seemingly from a source outside of the self, a series of events which do not sit well with the self, shall we say. And so it is an elementary part of the process of self-development to learn to develop a kind of shell, a protective shell, shall we say, that enables one to fend off energies and events which seem to overwhelm the being to the point that there is a sense of rejection that originates somewhere deep within.

我的朋友们，这是一个在这里的每一个人都已经经历过并在每天都在继续经历的过程。它是一个要素，在其过程期间，对一个个体性的自我的独特性的一种感觉被锻造。现在，在这个过程期间，发现会有一系列的与自我相处不来的事件似乎，容我们说，从一个在自我之外的源头产生了，这是平常的。因此，学习去发展出一种类型的外壳，容我们说，一个保护性的外壳，它使得一个人能够抵御那些看起来似乎是将存有压倒，以至于到了会有一种源自于内在深处的某个位置的拒绝感的程度的能量和事件，这是自我发展的过程的一个基本的部分。

Over the course of time this energy shell is further developed and refined. It serves to fend off or to filter that energy which is on offer, seemingly again from without, that is too much to be taken in and usefully dealt with. We do not despise this process my friends, for it is an extension of the need for survival, now seen as the survival of a self which is in the process of development.

随着时间的进程的发展，这种能量的外壳被进一步发展和精炼了。它起到了抵御或者筛选那种在表面上，再一次，似乎来自于外在的，正在供应的中的能量的作用，这种能量是过多的以至于无法被接收或者被有效地处理。我们并不是在轻视这个过程，我的朋友们，因为它是一种对生存的需求的延伸，且现在是被视为一个处于发展过程之中的自我的生存。

The further development that begins to take place when the self is introduced to larger groupings of fellow selves, those larger groupings that you call collectively, "society," is a process in which the energy shell which has been developed, and which increasingly comes to be associated with who you are, is further challenged, and further refinements to this protective armoring are, in the course of time, made.

当自我被介绍到更大的同伴的自我的团体，那些你们集体性地称之为“社会”的更大的团体的时候，进一步的发展开始发生了，这种进一步的发展是一个在其中能量外壳已经被发展出来的过程，越来越多地开始与你之所是建立关联的事物，被进一步地挑战了，随着时间的进程，对于这种保护性的盔甲作用 (armoring) 的进一步的精炼被进行了。

By the time you have reached young adulthood, you have an armoring which is very individuated, personalized, and articulated according to demands which have spoken to you in a myriad of ways as being necessary for your survival, your effective self-expression, and your flourishing in a complex social environment. This is all to the good and quite necessary as a part of the process of learning to deal in a complex world with a great many other selves who are all attempting to achieve a sustainable level of being, in relation to each other.

在你们已经抵达了青年的成熟期之前，你们就已经拥有了一个盔甲作用了，它是非常个体化、个人化，根据已经用无数种方式向你讲述过的作为在一个复杂社会的环境中的你的生存，你的有效的自我表达以及你的繁荣所需的需要，这个盔甲作用是清楚明白。作为学习在一个复杂的世界中与大量的其他的自我打交道的过程的一部分，这种盔甲作用是完全有益处且相当必不可少的，那些其他的自我全都在尝试去取得一种存有的可支持的层次并与相互彼此建立关联。

Needless to say, the sustainability of the equilibria that is achieved is constantly being challenged as each is put in a position over and over again to have to adjust to events which are unanticipated and very often unwanted. The adjustment is generally not such as to want the unwanted, but to learn to make accommodation so that, that which challenges the equilibrium of the self does not inflict harm on the self's capacity to go forward. Thus, day in and day out, one deals with events, some of a nature that gives promise and gives hope and gives love and gives life, and some of the nature that, to all outward appearance, works in a direction quite opposite to these. Thus one takes the good with the bad and carries on as one is able.

不用说，当每一个人一次又一次地被放置在一个位置上来得不得不根据无法预料且非常频繁地是不想要的事件做出调整的时候，被取得的平衡的可持续性会持续不断地被挑战。这种调整一般来说不会是诸如去想要不要想的事情，而是去学习去做出迁就，这样，那个挑战自我的平衡的事物就不会在自我前进的能力上施加伤害了。因此，日复一日，一个人会与事件打交道，一些事件会具有一种给予承诺、给予希望、给予爱并给予生命的特性，一些事件具有那种在一个与所有外在的表现相当对立的方向上进行工作的特性。因此，一个人会将坏事和好事都带上，并在它能够的时候继续携带着。

Now during the course of one's life, it will generally occur to those who struggle through your density to question what it's all about. "Is this really all that all that life has to offer?" And the opening of that question is the first salvo, shall we say, of a realization that there is something more to life than simple self-maintenance. One feels, for one thing, that something is called for one. That one is called to a sense of purpose that is higher. And one very

often feels this sense of purpose in the responsibility one takes for those other selves that one has learned to love along the way.

现在, 在一个人的生命的进程中, 在那些在你们密度中奋斗的人们身上通常会发生的事情, 就是去质疑这究竟是为了什么。”这真的就是生命所要提供的全部吗? “向着那个问题开放就是对于这样一种领悟的最先的喝彩了, 那种领悟即, 对于生命而言有某种比简单的自我维护更大的事情。一个人会因为一个事情而感觉到, 它被召唤到某个事情了。即一个人受到了具有一种更高的目的的的感觉的召唤了。一个人非常频繁地会在它为其他的自我承担起来的那些责任中感觉到这种目的的感觉, 这些其他自我是一个人已经在道路上学会去爱的实体。

To love is an activity that begins a process of opening the heart. The heart is a dimension of the being which tends to be closed off precisely by the armoring that has been developed as a means of fending off that catalyst which one feels one cannot process, and learning to deal with other selves in such a way that one is not vulnerable to their actions so as to damage that very fragile and crystalline structure which is the fledgling self.

去爱就是一种开启了一个开放心的过程的活动。心是一个存有的维度, 作为抵抗一个人感觉到它无法处理的催化剂, 以及学会去用这样一种一个人不会易受其他人的行为的伤害以至于会损伤那个羽翼未丰的自我的非常脆弱而水晶般的结构的方式来与其他人打交道的方式, 心倾向于因为已经被发展出来的盔甲作用而完全被封闭起来。

At the point that one finds it is beginning to be possible to let down the guard, and accept that which, for all the world, seems to be unacceptable, this is the point that which one may contemplate the opening of the heart. There are some occasions in which the heart is flung open rather precipitously by events which indeed may be seen as dramatic and even traumatic. And there are some occasions in which an eager seeker has, through arduous labor in meditation, managed to fling the heart wide open, and this can lead to imbalances of energy for the seeker when there has not been adequate preparation with regard to the stable structure of the self.

在那个一个人发现它正在开始有可能放下防卫, 并接纳看起来似乎, 无论如何都无法接纳的事物的位置上, 这就是那个一个人在其上可以沉思心的开放的位置了。会有一些场合, 在中心会因为一些确实可能被视为是戏剧性的甚至是创伤性的事件而相当突然地猛地一下子被打开了。会有一些场合, 在其中一个热切的寻求者, 已经通过在冥想中的苦工而成功让心一下子大大地开放了, 当在关于自我的稳定的结构的方面尚没有足够的准备的时候, 这种猛然地开放是可以导致寻求者能量的失衡的。

This is not to say that those experiences which can be seen as traumatic, or those experiences which may be seen a dramatic, are necessarily harmful, for it is quite usual to undergo a sense of a radical imbalance in the heart as part of the development in which the heart is opened so that further work may be done there.

这并不是说, 那些可以被视为是创伤性的体验, 或者那些可能会被视为是一种戏剧性的体验, 必须是伤害性的, 因为作为发展的一部分, 在心中经历一种激烈的

不平衡感觉，这是相当通常的，在这种发展中，心被开放了，这样进一步工作就可以在那里被进行了。

The work of the heart, my friends, is very often not pretty work, for one finds there all of the deposits of hurt, all of the sorrows one has carried, all of the resistances one has built up over time as a part of the process of developing a sense of who you are in this life. One discovers that for every piece of a catalyst that one has filtered out, through the invocation of the armoring function, there is a residue left that the opening of the heart now reveals as some "thing" that must be worked through. Oh how large the supply of work there is to be done, my friends. When one first gazes upon its expanse one can be quite, quite overwhelmed.

我的朋友们，心的工作，非常频繁地并非是美妙的工作，因为一个人会发现，所有的伤害的沉淀物，所有的一个人已经携带着的忧伤，所有一个人已经随着时间发展积累起来的抵抗就是在这次生命中发展一种你之所是的感觉的过程的一部分了。一个人会发现，对于它已经通过行使盔甲作用的功能而筛选出来的一个催化剂的每一个部分，都会有一种残留是心的开放现在会作为某种必须被解决的“事物”而揭露出来的。哦，我的朋友们，要被进行的弥补工作是多么庞大呀。当一个人第一次注视它的广大的时候，它会相当、相当不知所措的。

Therefore, the first and early glimpses into that vastness which the opening of the heart offers to the gaze can lead to a sense of hopelessness, a sense of a despair even, that there is so much to do and so few resources with which to undertake the doing. We ask you, do not despair, for lifetime upon lifetime you have gazed upon these travails. The fact that you now find yourself able even to see the expanse opening up before you is already an indication that you are ready to undertake the job, so to speak.

因此，对于心的开放为视野所提供的那种庞大性的最初的与早期的一瞥，是可以导致一种无助感的，甚至是一种绝望的感觉，即一种对于有如此多的要去做的事情，而藉由其进行那种工作的资源却如此至少的绝望。我们请你们不要绝望，因为你们已经用一次接一次的生命来注视这些苦工了。你现在发现你自己甚至能够去看到在你面前开放的广阔了，这个事实已经是一种指示，可以说，你做好准备去承担起那个工作了。

The opening of the heart is a very simple affair. It is built upon one act of acceptance at a time. The act of acceptance takes place always in the moment. All you can do in the moment is to accept what this moment has to offer. All that you can do in the moment, is to greet the moment. And in the moment lies love. And in the moment lies the answer to the question, "How can I possibly go on?" It is very often, my friends, in the uttermost extremity of seemingly overwhelming catalyst that one is able to find the needed resource.

对心的开放是一个非常简单的东西。它是被构建在每一次的一个接纳的行动之上。接纳的行动一致都是在当下一刻发生的。在当下一刻之中所有你能够做的事情就是去接纳这一时刻已经提供出来的事物。在当下一刻之中所有你能够做的事情就是去迎接那一刻。在当下一刻之中存在有爱。在当下一刻之中存在有对于“我如

何可能继续前进”的问题的答案。我的朋友们，在看起来似乎是压倒性的催化剂的最为极端的情况下，一个人能够找到所需的资源，这是非常经常事情。

A little act of loving acceptance, that is the key. One act of acceptance opens a small door—and this door leads on to another, which may be opened again by acceptance. And in this way, acceptance builds upon acceptance, and little by little those afflictions which one has built up, those difficulties one has stored away, become healed. A healing heart is a heart which begins to show the ability to reach out into the world in a way that heals also that world.

一个小小的有爱的接纳的行为，那就是关键了。一个接纳的行为会开打一扇小小的门——这扇门接着通往另一扇可能会再一次藉由接纳而被打开的门。用这种方式，接纳在接纳上累加了，一点一点地，那些一个人已经积累了的痛苦，那些一个人已经储藏起来的困难，就被疗愈了。一颗疗愈的心是一颗用一种同样也疗愈那个世界方式开始向外延伸进入到世界的心。

We are not saying this is easy work, my friends. On the contrary, it is undoubtedly the most difficult work you will ever do. But it is precisely the work you have incarnated to do.

我们并不是在说这是一个容易的工作，我的朋友们。相反，它毋庸置疑是你将会做的工作中最为困难的工作。但是，它恰恰就是你已经投生来进行的工作。

And to this work my friends, we commend you in love and light, as we leave this instrument and return the contact to the one known as Jim. I am Q'uo.

我们朋友们，我们在爱与光中为这个工作而称赞你们，我们同时离开这个器皿并将接触转回被知晓为 Jim 实体。我是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and I am again with this instrument. It has been a great privilege to speak upon this query. At this time we would ask if there might be any other queries of a shorter nature to which we may speak?

我是 Q'uo，我再一次与这个器皿在一起了。在这个问题上发言已经是一种极大的荣幸了。在此刻我们会请问是否有任何其他的具有一种较为简短的特性的我们可以发言的问题？

Gary: Q'uo, in my own contacts with people, people seem to report across the board more busyness, more things to juggle in their lives, more catalyst to contend with. Do you think that this is a function of a society becoming more complex and interconnected, and thus squeezing more and more stimulus and catalyst into our daily lives? Or, do you think that this as a function of the ending of third density coupled with the free will desire of seekers to maximize the available catalyst while time still remains? Or something else I may not have considered?

Gary: Q'uo, 在我自己与人们之间的接触中，人们看起来似乎在大范围报告了在它们的生活中的更多的忙碌，更多的要去紧握不放的事情，更多的要去与之斗

争的催化剂。你们认为这是一个正在变得更为复杂且更多相互关联并由此将越来越多的刺激物和催化剂挤入到我们日常生活中的社会的机能吗？或者，你们认为这是第三密度的结束与寻求者在仍旧有时间剩下来的时候最大化可被利用的催化剂的渴望相配对的一种机能吗？或者它是某种其他的我可能尚未考虑到的事情吗？

I am Q'uo, and I am aware of your query, my brother. As you have stated, the culture in which you live at this time is most complex. It is populated heavily with those who work daily to make what you call a living to support a family and to further the interests of those entities of a business nature for which they toil.

我是 Q'uo, 我理解了你的问题, 我的兄弟。如你已经陈述过的一样, 你们在此刻在其中生活的文化是极其复杂的。它充斥着这样一种实体, 他们每天工作以如你们所称的谋生来支持一个家庭, 并为那些他们为之而努力工作的具有一种商业的特性的实体们进一步发展的利益。

There is much catalyst that is available to any seeker of truth. However, there are far too many who are unaware that this daily round of activities provides opportunities for growth. Most entities upon your planetary sphere are a portion of such cultures, for the third density environment is one which offers much which can be distracting to those who are not discerning. Thus if one had the point of view that there could be a great lesson learned in each day's activities, there would then be the opportunity to grow from these experiences, which then would tend to, shall we say, point the seeker in another direction. That direction, instead of focusing in the world about one, would focus more upon the world within one.

会有大量的可供任何真理的寻求者利用的催化剂。然而, 会有远远过多的人对于这种日常生活的活动提供的成长的机会是没有察觉到的。在你们的星球上的大多数的实体就是这样的文化的一部分, 因为第三密度的环境是一个提供了大量能够成为那些没有分辨力的人的分心物的事物的环境。因此, 如果一个人已经认识到在每一天的活动中有一门伟大的课程是能够被学会的话, 接下来就会有从这些体验成长的机会了, 这些体验接下来就会倾向于, 向寻求者指出另一个方向。那个方向, 不是聚焦于在一个人周围的世界, 会更多地聚焦于在一个人内在之中的世界。

This focusing inward then offers the opportunity for contemplation, for meditation, and for prayer as means by which to process the catalyst of the day. This seeking within also tends to cause those activities which are of lesser value, shall we say, to fall away, until the seeker begins to focus the energies of the self upon fewer, more significant portions of the opportunities offered each day in your very busy experiences.

这种向内的聚焦接下来就会提供机会以进行沉思、冥想以及祈祷来作为藉由其去处理那一天的催化剂的途径。这种内在的寻求同样也倾向于使得那些, 容我们说, 具有较小的价值的活动消散, 一直到寻求者开始将自我的能量聚焦在在你们非常忙碌的体验中在每一天被提供的机会中的那些更少数且更加有意义的部分为止。

Thus to simplify one's opportunities, shall we say, to simplify the daily round of activities, is a portion of the seeker's journey which then tends to bring a sense of peace, direction of purpose, and method to obtain that inner sense of self. One may then call upon that inner sense of self to deal with those catalysts which are essential to the growth and survival of the individual, the family, and the community.

因此，去简化一个人的机会，容我说，去简化日常生活的活动，就是寻求者的旅程的一部分了，这种简化会倾向于带来一种平安的感觉，目的的方向以及去取得那种内在的自我的感觉的方式。一个人接下来就可以呼唤那种内在的自我的感觉来与那些对于个体、家庭以及社区的成长和生存是至关重要的催化剂打交道了。

Thus we would suggest that each look for those areas within the life experience which can be simplified, that the focus of one's mind, body and spirit might be centered upon the ineffable and infinite qualities of love, wisdom, and sharing these qualities with all whom one meets in the daily round of activities.

因此，我们会建议，每一个人都检查在生命体验中的那些能够被简化的区域，这样一个人的心智、身体和灵性的聚焦就可以被放在爱与智慧的无法言喻且无限的特性的中心，并与在日常生活活动中的所有一个人遇到的人分享这些特性了。

May we answer your question further, my brother?

我的兄弟，我们可以进一步回答你吗？

Gary: That was excellent, thank you. You offered a very good perspective on reducing the seeming quantity of catalyst through simplification.

Gary: 那是非常好的，感谢你们。你们在通过简化来减少表面上的催化剂的数量方面提供了一个非常好的远景。

Regarding the reason for that quantity, does the ending of third density play any role in the seeming quantity of catalyst?

在关于那种数量的原因的方面，第三密度的结束在这种催化剂的表面的数量上扮演了任何的角色吗？

I am Q'uo and I am aware of your query, my brother. Indeed for most of the population of your planet, the opportunity to achieve that which you have called graduation of harvest into the density of love, has brought into that realm of experience a great many types of busyness that need some kind of attention. In order to be able to sort through that which is available one must wend one's way through much which is as you have said, the product of the ending of this density's cycle of being. It is, as we mentioned previously, the seeker's ability to respond—or responsibility to decide—those areas into which it shall seek. We shall pause briefly.

我是 Q'uo，我理解了你的问题，我的兄弟。确实对于在你们的星球上的人群中的大多数人，去取得你们称之为进入到爱的密度的收割的毕业的机会，已经将体验的领域带入到需要某种类型的注意力的大量类型的忙碌性之中了。为了要能够

理清可供使用的事物，一个人必须穿越大量的事物，如你已经说过的一样，这是存这个存有的密度的周期的结束的一个产物。如我们之前提到的一样，寻求者的能力就是去回应那些它将会在其中寻求的区域，或者寻求者的责任就是去决定那些它将在其中寻求的区域。我们将简短地暂停。

(Side one of tape ends.)
(磁带一面结束。)

I am Q'uo. We shall continue. For, as you have correctly noted, there is much that is produced by the ending of the density's beingness. There is also much which can be done by each seeker to utilize the catalyst available for the desired graduation.

我是 Q'uo。我们将继续。因为，如你们已经正确地注意到的一样，会有大量的事物是有密度的存在性的结束而产生出来的。同样也有大量的事情是能够被每一个寻求者进行，以利用可被取得的催化剂来实现被渴望的毕业的。

May we speak in any further way, my brother?
我的兄弟，我们可以用任何进一步的方式来讲述吗？

Gary: No not on that question, that was excellent, thank you Q'uo.
Gary: 在那个问题上不用了，那是很好的，谢谢你们，Q'uo。

We thank you, my brother. Is there another query at this time?
我们感谢你，我的兄弟。在此刻有另一个问题吗？

S: Q'uo there are some devices which can be worn around the neck that appear to either increase the energy of an entity, or somehow blunt the effect of a catalyst. These devices perhaps act like a form of a spiritual Tylenol. Are they useful at all or can long term use slow the rate of the progress of an entity?

S: Q'uo, 有某种能够被戴在颈部的设备是在表面上会要么增强一个实体的能量，要么以某种方式让一个催化剂的效果变得迟钝的吗？这些设备也许是作为一种形式的一种灵性的泰诺起作用的。它们是有任何用处的吗，或者长期使用能够减缓一个实体的发展的速度吗？

I am Q'uo, and we believe we grasp your query, my brother. We see two areas of import in this query. The first being the possibility of increasing the energies of the seeker as it goes through its daily round of activities dealing with the catalyst of the illusion for the growth of the self. There are indeed such devices, most usually in the form of crystal, which may increase this personal energy level. This would be helpful for the seeker to have available to it.

我是 Q'uo，我们相信我们理解了你的问题，我的兄弟。我们在这个问题中看到两个具有重要性的区域。第一个区域是当寻求者经历它的日常生活的活动并为了自我的成长而与幻象的催化剂打交道的时候增强寻求者的能量的可能性，确实会有这样的设备，它们极其通常地是以水晶的形式工作的，它们可以增强这种个人

性的能量的层次。寻求者拥有可被利用的这种设备，这会是有帮助的。

However, as we look at the second possibility, that of the blunting of the catalyst, we would suggest that the catalyst be allowed to move in its full sway and direction in order to have the greatest impact upon the sensibilities of the seeker. For the catalyst which has been dulled, reduced, or blunted shall need to be worked with over a longer portion of your time. There is the necessity for the seeker, then, to be able to perceive the catalyst about it and around it in order to be able to use it most effectively.

然而，当我们检查第二个可能性，即让催化剂钝化的可能性的时候，我们会建议催化剂被允许以它完整的影响与方向进入，以便于在寻求者的感受力上产生最大的冲击。因为如果催化剂已经被缓和，被减少，或者被钝化了，这种催化剂将需要用你的时间的一个更长的部分来与之一同工作。那么，寻求者能够去感觉在它周围以及围绕着它的催化剂以便于能够最有效率地利用它们，这对于寻求者是必不可少的。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

S: No that was good, thank you.
S: 没有了，那是很好的，谢谢你们们。

I am Q'uo and we thank you, my brother. Is there a final query at this time?
我是 Q'uo，我们感谢你，我的兄弟。在此刻有一个最后的问题吗？

Gary: If there is not a query from the circle? I have one from a seeker at a distance. D. writes:
Gary: 是否有一个来自于这个圈子的问题。我有一个来自于一个远方的寻求者的问题。D 写道：

"The L/L Research group did an amazing job with the newest channeling. I have an alarm set on my phone to meditate on Saturdays at the same time as you. It's nice to imagine I can participate from a distance, sometimes. In the last channeling session Q'uo said that the energy of the group is like a beacon of light alerting the angels to your seeking. I'd be grateful to know how Q'uo feels about "long distance seekers" at your meditations, and if Q'uo could recommend any sort of tuning or other practice that would allow someone like me to help intensify your beacon from far away."

"爱/光研究机构在最新的传讯的方面进行了一个非凡的工作。我在我的手机上设置了一个闹钟以在周六在和你们相同的时间进行冥想。有时候，去想象我能够从一个远处参与，这是很好的。在上一次传讯的集会中，Q'uo 说团体的能量就好像一道光让天使警醒于你们的寻求。Q'uo 对于在你们的冥想中的“远距离寻求者”是感觉如何的，Q'uo 是否能够推荐任何类型的调音或者其他的练习，它会允许诸如我这样的某个人从远处帮助强化你们的光束，我会很感激知晓这方面的内容。”

I am Q'uo and I am aware of your query, my sister. Indeed we heartily welcome all those who join from any place, any distance and at any time in this circle of seeking, for indeed, it is possible to be of service in adding one's energies to this circle. The preparation of the self may be in any way which the self has found valuable previously, whether it be by prayer, meditation, contemplation, reading of inspirational information, listening to inspirational music, or any other way which prepares the mind, the emotions, and the spirit of the entity to offer the highest and best of itself as a portion of the circle of seeking. This is the recommendation which we would make to you, my sister.

我是 Q'uo, 我理解了你的问题, 我的姐妹。确实, 我们衷心地欢迎所有那些从任何地方, 在任何的距离以及在任何的时间加入这个寻求的圈子的人, 因为, 通过将一个人的能量添加到这个圈子中而进行服务, 这是有可能的。对自我的准备工作可以用任何自我在之前已经发现是有价值的方式, 无论它是藉由祈祷、冥想、沉思、阅读灵性的信息, 聆听启发性的音乐或是任何其他的让心智、情绪以及实体的灵性做好准备将它自己的最高和最佳的部分提供出来作为这个寻求的圈子的一部分的方法。这是我们向你做出的推荐, 我的姐妹。

Know that we are aware of a great many entities such as yourself who join with this circle in the sharing of the light energy which is created when those of like mind together seek in this place of meditation. We appreciate each entities good vibration, shall we say, and the desire to add the personal inspiration to the circle.

请知晓, 在那些具有相似的实体在这个冥想的场所一起寻求的时候, 我们知道有大量的诸如你自己这样的实体通过被创造出来的分享光的能量加入到这个圈子中。我们感激每一个实体的, 容我们说, 良好的振动, 以及将个人的鼓励添加到这个圈子的渴望。

At this time we would thank each present for offering the energies which have made this circle of seeking possible, for blending your love and desire to be of service to all others here and all others around the planetary surface, so that there are many, many beacons of light joining their energies together at this time and the net of light grows upon and within your planetary surface.

在此刻, 我们会感谢在场的每一位提供了已经使得这个寻求的圈子成为可能的能量, 感谢各位将你们的爱和渴望混合起来为在这里的所有其他人以及在这个星球表面的所有其他人服务, 这样就会有许许多多的光束在此刻将它们的能量结合在一起了, 在你们星球表面和星球内在之中的光的网络就会不断增强了。

There are many seekers such as yourselves which offer a great deal of love and support to all entities who wish to open their hearts in love in an unconditional fashion, to all about them, to all other entities, to all other surfaces of the planet, shall we say, to the things, to the trees, to the birds, to the flowers, to the air—seeing the Creator everywhere. This is the way of the seeker of truth. As one moves further and further along this path, there is the ability to see the Creator more and more fully and frequently, and to experience the love of the Creator within all things, all entities, all times and places. The end of your third-density environment, indeed, is providing

opportunities for this kind of experience. We are most grateful and gladdened to see entities such as yourselves taking advantage of this opportunity.

对于那些希望在爱中用一种无条件的方式，向所有它们周围的人，向所有其他实体，向在这个星球表面上的所有其他的实体，容我说，向树木、向鸟儿、向花朵、向空气开放它们的心，并同时看到造物者是无处不在的实体，会有很多诸如你们自己这样的寻求者会向所有的这样的实体提供大量的爱与支持。这就是寻求真理的方式。当一个人沿着这条道路越走越远，会有能力去越来越充分且越来越频繁地看到造物者，并在所有的事物、所有的实体、所有的时间和地方体验造物者的爱。你们第三密度的环境的结束，确实正在为这种类型的体验提供机会。我们对于看到诸如你们自己这样的实体利用这种机会而感到极其感激与欢喜。

We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group. We leave each as always in the love and in the ineffable light of the One Infinite Creator. Adonai, my friends. Adonai.

我们是你们知晓的 Q'uo。在此刻，我们将离开这个器皿和这个团体。我们一如既往在太一无限造物者的爱与光中离开各位。Adonai, 我的朋友们。Adonai。

October 17, 2015

2015-10-17 世俗的心智与心的心智

Group question: In the past, those of Q'uo have drawn a distinction between the "mind of the world" and the "mind of the heart." Q'uo describes the "mind of the world" as the analytical judging mind which we have been conditioned to use almost exclusively. They describe the "mind of the heart" as being a consciousness of love.

团体问题：在过去，Q'uo 团体已经描绘过一种在“世俗的心智”和“心的心智”之间的区别。Q'uo 将“世俗的心智”描绘为分析性的判断的心智，这种心智是我们已经被调节去极其排他地使用的心智。Q'uo 将“心的心智”描绘为一种爱的意识。

Corroborating Q'uo's thought, information is now available from different fields which say that the physical heart is much more than a pump but is also a specialized brain with endocrine electro-magnetic and neurological perceptive functions.

确认 Q'uo 的想法，从不同领域现在可以取得信息都表明，身体的心脏远远不是一个水泵，它同样也是一个专门化的大脑，它带有内分泌的电磁性神经性的感知的机能。

We would like to go deeper into the information Q'uo has already shared to help us open our hearts by asking how to shift the primary focus of our consciousness from the mind of the world to the mind of the heart, both its physical and metaphysical aspects, allocating to the computer-like brain a role seemingly more suited to its design, the role of a helpmate.

我们想要更加深入到 Q'uo 已经分享过的信息来帮助我们开放我们的心，我们想要通过询问如何将我们的意识的主要的焦点从世俗的心智，同时在心的物质性和形而上学的面向上，转向心的心智，并为电脑一样的大脑分配一个看似更加适合于它的设计的角色，一个助手的角色。

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light through this instrument. It is our great privilege and pleasure to be able to speak to you this afternoon. We would, as always, ask you to use your discrimination as you listen to our words and be certain that you accept only those which you feel comfortable with, for we would not wish to place any stumbling block upon your path. We thank you for this favor my friends.

我是 Q'uo，我们通过这个器皿在爱与光中向你们各位致意。能够在这个下午向你们发言，这是我们极大的荣幸和快乐。我们一如既往地请求你们在你们聆听我们的言语的时候使用你们的分辨力，并确信你们仅仅接受那些你们对其感觉到舒适的内容，因为我们不希望将任何的绊脚石放置在你们的道路上。我们为这种恩惠而感谢你们，我们朋友们。

Today you asked about the difference between the "mind of the world" and

the mind and functioning of the heart, and how one may access the "mind of the heart" and become aware of the extended functioning of this particular central organ of your physical vehicle. We are most happy to address this query and will begin by suggesting that for most of you, the nature of the mind of the world is quite well known, for each of you has been, shall we say, enculturated with this mind, for it is the means by which entities of your various countries, cities and regions are made familiar with the expectations of a growing being within your culture, or any culture, for that matter, my friends. This is the means by which the mass mind of the population of your culture is passed on to each succeeding generation so that there is a certain kind of order available to the entire culture, the expectations of which are specifically transmitted by those closest to you, those being your parental entities, your teachers, your friends, neighbors, and so forth. In this day and age, this is accomplished quite successfully by the increasing use of the electronic media which ensures that the message of conformity is well spread, shall we say, and taken into the mind complex which is processed through the physical brain.

今天你们询问关于“世俗的心智”和心的心智与机能之间的区别，以及一个人如何才能进入到“心的心智”并开始察觉到你的物质性载具这个特定的中心性的器官的延伸的机能。我们极其高兴讲述这个问题，我们见藉由这样建议来开始，我们建议，对于你们大多数人，世俗的心智的特性是被相当清楚地知晓的，因为你们每一个人都已经对这种心智产生了文化适应性了，因为，我的朋友们，那些属于你们各种各样的国家、城市、地区的实体们，就是藉由这种文化适应性的方式而在那个问题上对在你们的文化，或者任何文化中的一个逐渐成长的实体的期待感到熟悉了。这就是藉由其你们的文化的人群的大众心智被传递给你们随后的世代的方式，这样就会有一定类型的秩序是可以被整个文化所利用的了，对于这种秩序的期待是尤其由那些与你最亲密的人所传递的，它们是你的父母的实体，你的老师，你的朋友、邻人以及如此等等。在这个日子和这个时代，这种秩序是相当成功地由对电子媒体的不断增强的使用而被实现了，这种电子媒体确保了，容我们说，具有一致性的信息被广为传播，并将通过身体的大脑被处理过的事物吸收到心智复合体之中。

Thus, each entity begins the physical incarnation of the basic elements of the process of becoming one of many that can be looked to in order to understand the necessary ingredients for being accepted within the various segments of your culture. Thus, one is able to take advantage of various opportunities for education and socialization, the occupation and the earning of the means by which to facilitate the growing family. The process is meant to be cyclical and enhanced with each generation's production of new progeny. This, as you are well aware, is the momentum of the mind which causes the entity who wishes to proceed upon a different path some resistance, shall we say. For each entity—though well-prepared to pursue the cultural bias—is also the, shall we say, seedbed in which there grows the individual identity that seeks expression in many and sundry means. This self finds the cultural bias occasionally difficult, if not a burden, when this individual identity takes on facets of expression that are not generally understood by the larger culture or perhaps even by the smaller culture of the family and friends. Each

has within its heart, shall we say, the desire to pursue what you may call "the seeker's path," the desire to know more of what is the meaning of life, the whys and wherefores that are not covered over much by the mind of the world. This is where the mind and functioning of the heart is most important. 因此, 每一个人实体都开始了成为许多的能够被期待的人当中的一员的过程的物质性投生的基本的部分, 以便于理解为了在你们的文化的各种各样部分之中被接纳所必须的要素。这样, 一个人就能够利用各种各样的机会来受到取得教育、社会化、职业以及藉由其促进不断成长的家庭的途径了。这个过程是打算要成为周期性的且被每一个新的后代的世代的繁衍所增强的。如你们清楚知晓的一样, 这就是心智的动量了, 它会为那个希望在一个不同的道路上前进的实体造成某种, 容我们说, 阻力。因为虽然每一个实体做好了充分的准备去追寻文化上的偏向性, 它同样也是在其中会有个体性的身份成长起来的, 容我们说, 温床, 这种个体性的身份会通过许多与各种各样的方式来寻求表达。当这个个体化的实体呈现出通常不会更大的文化所理解, 也许甚至不会被家庭和朋友的较小的文化所理解的表达的面向的时候, 这个自我会发现文化上的偏向性, 如果不是一种负担的话, 不时地是困难的。每一个实体都在它的心中拥有, 容我们说, 去追寻你们所称的"寻求者道路"的渴望, 以及去更多地知晓生命的意义, 那些并未大量地世俗的心智所涵盖的事物究竟是什么原因的渴望。这就是心的心智和机能最重要的位置了。

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

在此刻, 我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. The societal complex in which you all participate carries with it a complex set of expectations that, as we have suggested, most often do not precisely fit the process of opening up to the larger experience that every individual feels as a need and a desire at some level of the being. The gap, shall we say, that exists between the world as it has come to be represented normatively to the aspiring self, and the world as it is felt to call from somewhere deep within the aspiring self, is a gap which is fed by many things articulated in many ways, kept as a gap by a great many factors.

我是 Q'uo, 我与这个器皿在一起了。这个你们全都参与其中的社会复合体在它身上携带着一套复杂的期待, 如我们已经建议过的一样, 它极其频繁地不会与每一个个体作为在存有的某个层次上的一种需要和一种渴望而感觉到向着更大的体验开放的过程是完全合适的。当一个世界已经开始用规范性的方式向那个有抱负的自我呈现出来的时候, 以及当另一个世界被感觉到是从那些有抱负的自我的内在深处某个地方呼唤的时候, 在两个世界之间的, 容我们说, 那道裂缝, 是一个被许多用很多种方式被清楚表达的事情所充能, 并被大量的因素所维持的裂缝。

Of these factors we would call attention to two major callings: the one kind—coming from what one might call judgments of value which have

become sedimented in your social complex—yield a strictured set of requirements that are held before every individual self in such a way that in order to be worthy, the self is expected to conform to a pattern of selfhood which is already in place.

在这些因素中，我们会唤起对两个主要的召唤的注意：一种类型的呼唤是来自于你们可以称之为对价值的评判的事物，对价值评判已经在你们的社会复合体中沉淀下来了，这种类型呼唤产生出了一套被每一个个体的自我紧握不放的束缚性的要求，即为了要成为有价值的，自我是被期待去符合一定的已经安排好的自我属性模式。

As it happens, this pattern of selfhood virtually never is a perfect fit for any individual self, and as a result, every individual self, almost without exception, feels in some corner of its being that it has failed, that it is unworthy. When this judgment lies heavy upon the self, it causes that delicate membrane, so to speak, that constitutes the skin of the embryonic self to contract, to pull back inwards, and to tighten itself into a small knot. In this condition, the embryonic self finds itself locked into a heart center which is no center, and which cannot express itself as heart. There are, nevertheless, leavings, traces, residues of judgments, and fragments of judgments, and feelings of inadequacy that persist from one experience to the next, and accumulate over time, to form very often quite a rigid crust.

当它发生的时候，这种自我属性的模式对于任何个体性的自我几乎从来都不是一个完全合适的事物，作为一个结果，每一个个体性的自我，几乎毫无例外地，会在它的存有的某个角落中感觉到，它已经失败了，它是没有价值的。当这种评判沉重地压在自我身上的时候，它会造成微妙的隔膜，这种隔膜可以说是，构成了萌芽的自我的皮肤，以收缩、向内往回拉，并将它自己紧缩成为一个小小的结。在这种情况下，萌芽的自我会发现它自己被锁闭在一个心的中心中了，这个心的中心没有中心，也无法将它自己表达为心。虽然如此，会有评判的残留、痕迹与残余，评判的碎片，不适当的感觉从一种体验存留到另一个体验，并经过一段时间积累起来，以相当频繁地形成一个坚固的外壳。

The embryonic self finds some degree of safety hiding behind this crust, but at the same time, feels trapped by it. Every experience in which the judgment of the world is taken in and held against the self, causes this crust to become firmer, to become more brittle, to become more imprisoning for the self that would prefer to feel itself to be free of judgment, to be free of that kind of demanding expectation that the world continually seems to place upon it.

萌芽的自我在躲藏在这个外壳之后的时候会发现某种程度的安全性，但是同时，它感觉到被这个外壳卡住了。对于那个更喜欢感觉到它自己是不受评判束缚，是不受那种类型的世界看起来似乎持续不断地强加在它身上的要求苛刻的期待的束缚的自我，每一个在其中世界的评判被接受并针对自我的体验，都使得这个外壳变得更加坚固，变得更加易碎，变得让那个自我更加受束缚。

This imprisoned self, however, is not without resources of its own. Over and over again it will make an effort, over and over again it will look to find those little apertures in the incrustation around it which will give it life, and which will

let the light of the world flow in even as the inward light of the self begins to flow outward. With every additional act of acceptance of self by self, the crust begins to thin so that, over time, when this process is consciously empowered, eventually the crust may become thin enough that it no longer holds the heart in a constricted space, and the heart is allowed to expand and to inform the world with its love. When the heart reaches outward to the world in love, the world is reflected back as love, lovingly, and heart then begins to sing that song which is its native tongue, so to speak.

然而，这个被囚禁的自我，并非没有属于它自己的资源。一次又一次，它将做出一种努力，一次又一次，它将注意去发现在包围着它的外壳之中的那些小小的缝隙，这些缝隙甚至会在自我的内在的光开始向外流动的时候让世界的光流入进来。藉由每一个额外的自我对自我的接纳的行动，那个外壳开始变薄，这样随着时间的发展，当这个过程被有意识地赋能的时候，最终外壳可能变得足够地薄以至于它不再能够将心限制在一个受束缚的空间之中了，心被允许去拓展并藉由它的爱鼓舞这个世界。当心在爱中向外延伸到世界的时候，世界就作为爱，充满爱地被映射回来了，心接下来就开始唱出那首，可以说是，它的母语的歌曲了。

There is, as we have said, a second source of constriction of heart energy, and this source comes more from within. It represents those experiences which have proven to be too painful for the emerging self to countenance, to bring forward, to be felt; and so there is a tendency to postpone, if you will, the feeling of the thoughts, the feeling of the feelings, the feeling of the pain that is very often a part of the process of catalyst that each here enjoys upon a daily basis.

如我们已经说过的一样，会有第二个束缚心的能量的源头，这个源头是来自于内在之中的。它代表了那些已经被证明是对于逐渐显露的自我过于痛苦以至于无法支持，无法发展，无法被感觉到的体验，因此会有有一种将对那些想法的感觉，将对那些感觉的感觉，将对痛苦的感觉，如果你们愿意这样说的话，搁置起来的倾向，这些感觉非常频繁地是在这里的每一个人每天都享用的催化剂的过程的一部分。

Postponed feelings, however, are not feelings that go away forever. Postponed catalyst remains within the heart center as work yet to be done, and a heart that is burdened with much unprocessed catalyst, with much unfelt feeling, is a heart which feels leaden and heavy, and suffers from strictures of its own making. In some sense, my friends, we will say to you that this catalyst is amongst the most difficult you will need to process, for you cannot work through it without opening the heart, and each act of opening the heart, each act of releasing the tightness of the heart muscle, is an act also which releases those pent up emotions, those pent-up memories, those pent-up repressions that have been felt at one point or another to be too difficult to deal with.

然而，被搁置起来的感觉，并不是永远消失的感觉。被搁置起来的催化剂会作为尚未被进行的工作留在心的中心中，当一颗心担负起大量尚未被处理的催化剂，大量不被感觉到的感觉的重担的时候，它就是一颗感觉到沉闷与沉重，并因为它自己的组合成的束缚而受苦的心了。在某种意义上，我的朋友们，我们将对你们

说，这种催化剂在你将需要处理的催化剂中是最为困难的，因为你无法在没有开放心的情况下解决它，每一个开放心的行动，每一个释放心肌肉的紧缩的行动，都同样也是一个释放那些被囚禁起来的情绪，那些被囚禁起来的记忆，那些被囚禁起来的压抑的行动，这些被囚禁起来的事物在这样或者那样的一个位置已经被感觉到是过于困难以至于无法处理的了。

So the opening of the heart is not always undertaken in a condition of absolute joy. The opening of the heart very often will show to the self what the self has not been able to confess it carries; the pain and anguish or sorrow. The healing of anguish is something, however, that only the heart itself can accomplish. You cannot heal the anguish of the soul by thinking the correct thought any more than you can heal the damaged heart by a specific act of cognition.

因此，开放心并非一直是在一种绝对的喜悦的情况中被进行的。开放心非常频繁地将会向自我展现出自我尚未能够承认它所携带着的事物，也就是痛苦、烦恼或者忧伤。对于烦恼的疗愈是某种仅仅只能由心自己完成的事情。你无法藉由思考正确的想法来疗愈灵魂的烦恼，就好像你无法藉由一种具体的认识的行为来疗愈受伤的心一样。

The heart is the organ of acceptance. It opens the gateway to a world which is loving at its core, but we will say that there are, in this love, many layers of what you experience as emotion, and the emotion does not always seem immediately to be of a loving nature or to be of the nature of that which encourages a further opening of the heart.

心是接纳的器官。它打开了通往一个世界的大门，这个世界在其核心之处是爱。但是我们将会说，在这种爱中有很多你们体验为情绪的事物的层次，心却并非一直看起来似乎是立刻就具有一种有爱的特性，或者具有那种会鼓励一种更进一步开放心的特性。

Accordingly, the first act of opening the heart can very often quickly lead to a reaction which has the effect of closing it down again, or of restricting the area in which the heart will allow itself to be opened. This, my friends, is the moment where we would encourage you to look to the wee small act that might be called faith, for in this small act, there is the foolish expectation that within anguish there may yet be found joy; that within sorrow there may yet be found gladness; that within fear, within horror, within agony, there may yet be found hope.

相应地，第一次开放心的行动非常频繁地能够快速导向一种反应，它会拥有再一次将它封闭起来，或者将它束缚在那个在其中心将允许它自己被打开的区域中的效果。我的朋友们，这就是我们会鼓励你们去检查那种可以被称之为信心的极其微小的行为的时刻了，因为在这种小的行为中，会有愚蠢的期待，即在烦恼中仍旧可能会有喜悦被发现，在忧伤中仍旧可能会有快乐被发现，在恐惧中，在痛恨中，在苦恼中，仍旧可能会有希望被发现。

The more one learns to expect joy as a consequence of merely one's capacity to hope, the more one is able to relax that heart muscle, the more one is able

to allow acceptance to build upon acceptance, until the heart feels itself to be an organ of reception for the ebb and flow of cosmic energy within the individual self. This is a refreshing flow for the self that has too long felt constricted—both from without by the heavy weight of societal judgment, and from within by the weight of unprocessed and apparently unprocessable experience. When this cosmic wind, shall we say, is allowed to blow through the heart, and the heart itself learns to express the rhythms of the universe, the universe itself may increasingly be discovered to lie within, and less and less does the individual self need to feel itself as something that must maintain itself by resistance to what lies without.

一个人越多地学会去期待喜悦纯粹就是一个人去希望的能力的一个结果，它就越发能够放松那颗心的肌肉，它就越发能够允许接纳在接纳上累加起来，一直到心感觉到它自己是一个对于在个体的自我内在之中的宇宙能量的潮汐与流动的接收的器官为止。对于那个已经太长时间感觉到束缚的自我而言，这是一种令人精神振奋的流动，而那种束缚是同时因为社会化的评判的沉重的重量而来自于外在，与因为尚未被处理和明显地无法处理的体验的重量而来自于内在的。当这种，容我们说，宇宙之风被允许吹入心的时候，心本身就学会了表达宇宙的旋律了，宇宙自身就可以越来越多地被发现是存在于内在之中的，个体化的自我就会越来越少地需要去将它自己感觉为某种必须藉由抵抗存在于外在的事物而维护其自身的事物了。

The natural flow of the heart corresponds and resonates with the natural flow of the cosmos. There are many ways that one can discover this flow. The artist discovers it in the act of creation; the naturalist discovers it in the act of participating in nature; and those who participate in the societal activities discover it in the natural flow of give and take as one offers ones services to others whose reception of these services is their gratitude, which in turn feeds back into the flow of the one who has given. The giving, the receiving, and the giving again, constitute the great flow in which every individual mind/body/spirit complex may participate and does participate more and more as the heart begins to open. In the opening of the heart one may experience healing, and in the closing of the heart, one always experiences the constricting, not just of the mind, but also of the body.

心的自然的流动会回应宇宙的自然流动并为之共鸣。会有很多的一个人能够发现这种流动的方式。艺术家会在创造的行为中发现它，自然学家会在参与到大自然的行为中发现它，所有那些参与到社会化的行为中的人会在给予和接受的自然的流动中发现它，当一个人向其他人提供它的服务的时候，其他人对这些服务的接受就是让他们感激的事物了，其他人会反过来将一个人的流动返还给那个已经给予了的人。给予、接收，再一次给予，构成了那种在其中每一个个体的心/身/灵复合体都可以参与并会随着心开始开放而越来越多地参与其中的伟大的流动。在心的开放中，一个人可以体验到疗愈，在心的关闭中，一个人可以体验到束缚，不仅仅是心智的束缚，同样还有身体的束缚。

In your society, my friends, there are so very many factors working against the opening of the heart, that it cannot be surprising that so many difficulties of the heart find themselves expressed in what you might call "heart trouble."

Sometimes, you can make progress towards an opening of the heart itself simply by learning to relax the body. As you attempt to relax the body, it can sometimes be difficult to begin from the heart itself, for after all, this is a bodily function which you call autonomic, which is to say it is a function which is not generally directly controllable by an act of consciousness. But, if you begin in meditation, to relax first the feet, allowing the feet to rest comfortably and gently upon the ground, allowing the feet to serve as receptors to that energy which flows from your earth upward so that it moves into your calves, through your knees and into your thighs and into the lower part of your torso, moving still upward through your solar plexus center, arriving finally at your heart—which now can be seen to have released a kind of tension which it did not know it was holding—one has thereby effectively achieved in bodily manifestation an analog of that of which we have been discussing in relation to the more metaphysical or mental components of the process of opening the heart.

在你们的社会中，我的朋友们，有如此许多的因素是抵制对心的开放的，在你们可以称之为“心的麻烦”的事物中有如此多的心的困难发现它们自己被表达出来了，这就不会是令人吃惊的事情了。有时候，你能够单纯地藉由学习去放松身体开就向着一种对心本身的开放做出进展了。当你尝试去放松身体的时候，从心本身开始，这时常是困难的，因为毕竟，这是一个你们称之为自动化的身体的机能，也就是说，它是一个通常不会直接地藉由一种意识的行为而是可控的机能。但是，如果你在冥想中开始首先放松双脚，允许双脚舒适地且轻柔地在地面上休息，允许双脚用作从你们的地球向上流入的能量的感受器，这样能量就会进入到腿肚子，经过你的膝盖并进入到你的大腿，进入到你的躯干的下部，一直向上移动通过你的太阳从神经重新，最终抵达你的心——你的心现在就能够看到已经释放了一种类型的它并不知道它过去紧握不放的紧张了——一个人因此就已经行之有效地在身体的显化中取得了一种我们之前一直在讨论的在关于开放心的过程的具有更多的形而上学的或者心智上的要素的方面的事物类的类比了。

The resolve to open the heart must take root in the mind, for the mind is the original of the mind/body complex, but no mind can be shown to itself without that principle of manifestation which is called the body. When the mind is resolved in its heart to release those strictures which it has held, the body is only too glad to comply and feeds back to the heart a joy of the release of the tension that has held it in check for oh, so long.

开放心的决心必须扎根于心智中，因为心智是心/身/灵复合体的源头，但是，心智是无法在没有被称之为身体的显化的原则的情况下向其自身展现出来的。当心智在它的心中下定决心去释放那些它已经紧握不放的束缚的时候，身体仅仅会过于高兴以至于会顺从并将一种释放紧张的喜悦回馈给心，这种紧张已经处于抑制状态，哦，有如此长的时间了。

This experience of opening the heart can come very slowly, or it can come sometimes with a great rush. We find that if the experience is too sudden, it can sometimes lead to a kind of reaction or recoil which has the effect of closing the heart again in due course. So it is well, my friends, to make a study of the practice of the opening of the heart, that it might mean something

sustainable. A reliably open heart is a resource for the seeker like no other, for it is the platform upon which all further work of a positive nature may be undertaken. It is that act of acceptance of self by self, and of world by self, and the feeling of being accepted by the self and the world that allows the more radiant activity to begin to become manifest.

这种开放心的体验是能够非常缓慢地出现的，或者它有时候可以突然而至。我们发现如果体验是过于突然的，它有时候会导向一种类型的反作用或者畏缩，在经过一段时间之后它会拥有再一次关闭心的效果。因此，我的朋友们，对开放心的练习进行研究，这样它就可能产生出某种可以持续的事物，这是很好的。一种可靠地开放的心对于寻求者是一个独一无二的资源，因为它是所有进一步的具有一种正面属性的工作可以在其上被进行的平台。就是那种自我对自我的接纳，自我对世界的接纳的行为，以及被自我以及世界接纳的感觉，允许更加放光的活动开始被显化出来了。

An open-hearted person is, in your world, a rare jewel, but a jewel beyond price. My brothers and sisters, we commend you to the project of opening the heart, for it is an adornment to the entire creation when you do so.

一个心灵开放的人，在你们的世界中，是一颗稀有的宝石，并且是一颗物价的宝石。我的兄弟姐妹们，我们为你们开放心的计划而称赞你们，因为当你们这样做的时候，它是对于整个造物的一种美化。

I am Q'uo, and at this time we would leave this instrument in love and in light and return to the one known as Jim to complete our communication with you today. Adonai.

我是 Q'uo，在此刻我们会在爱与光中离开这个器皿并返回到被知晓为 Jim 的实体来结束我们今天与你们之间的交流。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument and greet each again in love and in light through this instrument. It is our honor at this time to ask if there might be any other queries to which we might respond.

我是 Q'uo，我现在与这个器皿在一起了，我们再一次在爱与光中通过这个器皿向各位致意。在此刻请问是否有任何我们可以回应的问题，这是我们的荣耀。

Steve: Am I allowed to ask one Q'uo?

Steve: 我被允许问 Q'uo 一个问题吗?

I am Q'uo. Of course, my brother. May we ask what your query might be?

我是 Q'uo。当然，我的兄弟。容我们请问，你的问题是什么?

Steve: Is there a more particular set of exercises that you could recommend for purposes of opening the heart?

Steve: 有一套更为具体的你们能够推荐为了开放心的目的而推荐的练习吗?

I am Q'uo, and am aware of your query, my brother. We would recommend that you find those passages of a particularly expressive nature concerning the heart written by other authors who have made a study of such, concerning yourself perhaps with a few paragraphs, and then contemplate the meaning of these messages upon a regular basis, perhaps daily. When you feel you have digested in a mental fashion the gist of the message then, within your meditative state, take this fruit of your mentation and allow it to have its center stage, shall we say; allow it to move from the mind to the feelings, to the intuitions, to more of the arena of the heart.

我是 Q'uo, 我理解了你的问题, 我的兄弟。我们会推荐你去找那些由其他的已经对于这样的练习进行了研究的作者所写作的关于心的具有一种特别富有表现性的特性的文章, 也许是让你自己关注一些段落, 接下来用一种规律性的方式, 也许是每天, 沉思这些信息的意义。当你感觉到你已经用一种心智的方式消化了这个信息的精髓的时候, 接下来, 在你的冥想状态中, 拿出你的心理活动的这个成果并允许它, 容我说, 站在舞台的中央, 允许它从心智移动到感觉, 移动到直觉, 更多地移动到心的竞技场之中。

Find more than one or two such passages. Use these in conjunction with further mentation and meditation until you feel that you have equipped your heart center with the trappings, shall we say, of unconditional love, of the giving and receiving of this love. Perhaps you could make it a personal experience in that you could then find a friend or family member who would perhaps enjoy and appreciate further discussion and elaboration of a mental nature upon these crystallized feelings and expressions of unconditional love.

找到不少于一两篇的这样的文章。在与进一步的心理活动和冥想建立连接的过程中使用这些文章, 一直到你感觉到你已经用无条件的爱、用这种爱的给予和接收的容我说们, 装饰物将你的心的中心装饰起来为止。也许你能够使之成为一种个人性的体验, 因为你接下来就能够找到一个也许会喜欢或者欣赏对于这些无条件的爱的结晶的感觉和表达的具有一种心智的特性的讨论或者推敲的朋友或者家庭的成员了。

Use the responses of family, friends, and so forth to further enrich the heart center activity so that there is a kind of priming of the pump, shall we say, no pun intended. Then you are able to feel the flow beginning in the heart center so that there is the automatic response within this center to your daily round of activities. When you see or hear a situation that, as one might say, tugs at the heart strings, allow the heart its response. That which perhaps has been neglected or repressed in past experience, allow it to come forward and to be able to share this burgeoning energy of acceptance, of love, within your own being before another being or situation. Your world, my friends, has many such situations easily accessed through your news media, if necessary. However, we are also quite sure that each entity has within its own realm of personal experience those areas that could benefit by receiving the love offerings of your heart center.

利用家庭、朋友以及诸如此类的人的回应来进一步丰富心的中心的活动, 这样就会有一种类型的, 容我说, 对气缸的点火了, 没有双关语的意思。接下来, 你

就能够感觉到流动在心的中心中开始了，这样在这个中心中就会有对于你的日常生活的活动的自动的回应了。当你看到或者听到一个，如一个人可能会说的一样，拨动了心的琴弦的，情况的时候，允许心做出它的回应。对于那个也许已经在过去的体验中被忽视或者被压抑的事物，允许它走上前来并能够在你自己的存有之中，在另一个存有或者情况之前分享这种接纳、爱的快速发展的能量。你们的世界，我的朋友们，拥有如此多的可以轻易地，如果需要的话，通过你们的媒体所取得的情境。然而，我们同样也相当确信，每一个实体都在它自己的个人的体验中拥有那些能够藉由接受你的心的中心的爱的给予而受益的区域。

What we are recommending is that you become more and more familiar with the qualities of love in an unconditional sense, and what they might feel like after having considered their mentally descriptive parameters. It is the feeling that is most important here, for as you move from the mind of the world to the mind of the heart, you are dealing with the emotions that can be expressed in no other center as in the heart center. The heart is indeed of the same nature as a muscle. As you exercise its qualities of unconditional and all compassionate love, these qualities are enhanced and your ability to experience and express them are also enhanced.

我们正在推荐的事情是，你开始越来越多地熟悉那种在一种无条件的意义上的爱的特性，以及在你已经考虑过它们从心智的方式描绘的参数只够它们可能感觉起来的样子。就是这种感觉在这里是极其重要的，因为当你从世俗的心智移动到心的心智的时候，你正在与那些情绪打交道，而这些情绪除了在心的中心被表达之外是无法在其他的中心中被表达的。心确实是具有与一种肌肉相同的特性的。当你练习它的无条件的以及全然富有同情心的爱的特性的时候，这些特性就被增强了，你去体验并表达它们的能力也同样被增强了。

Is there a further query, my brother, upon this topic?
我的兄弟，在这个主题上，有一个进一步的问题吗？

Steve: No, thank you, that was very good.
Steve: 没有了，感谢你们，那是非常好的。

I am Q'uo. We thank you, my brother. Is there another query at this time?
我是 Q'uo。我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, one quick one for me. We have a dear friend, whose name is Morris, who has been diagnosed with a particularly difficult condition. Is there anything we can do to be of aid to his healing process?

Gary: Q'uo, 我有一个简短的问题。我们有一个亲爱的朋友，他的名字是 Morris，他已经被诊断患上了一种格外困难的状况。有任何我们能够做的事情是会对他的疗愈有帮助的吗？

I am Q'uo and am aware of your query my brother. It is always helpful to any healing process to engage in the meditative and prayerful state of mind and being which sends love and healing thoughts and energies to the one wishing the healing. We may note, however, that it is always up to the entity and its

own higher self, shall we say, as to how these energies shall be utilized. Thus it is well to send them with the hope of their eventual success in providing the healing benefits, but also being willing for them to be utilized in any other fashion that is useful and helpful to the object of the healing feelings as these energies are sent.

我是 Q'uo, 我理解了你的问题, 我的兄弟。在心智和存有的冥想和祈祷的状态中参与到任何的疗愈的过程一直都是会有帮助的, 这种疗愈的过程会将爱和疗愈的想法与能量送给那个希望疗愈的实体。然而, 我们可以指出, 在关于这些能量应该如何被利用的方面, 这一直都是取决于那个实体以及, 容我说, 它自己的高我的。因此, 当这些能量被送出的时候, 带着它们在提供疗愈的益处的方面的最终的成功希望来送出它们, 同样也乐意于它们用任何其他的对于疗愈的感觉的对象有好处且有帮助方式被利用, 这是很好的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: Is there a method for increasing the effectiveness of the sending and the receiving, whether in terms of its quality or quantity or both?

Gary: 有一个增强发送和接收的成效的方法吗, 无论是在它的质量或者数量或者同时两者的方面。

I am Q'uo and I am aware of your query, my brother. We find that the various means of such sendings may be utilized, not only in the prayerful attitude, or the meditational stance, or the thoughts which are projected, but perhaps also with the simple communication via your normal means, be it the mail system or the computerized mail system where you are able to express in clear and concise means the feelings that you feel, opening a channel, shall we say, for clear communication and the reciprocal receiving of such from the one known as Morris so that a clearer perception might be gained of both his condition and his thoughts concerning it.

我是 Q'uo, 我理解了你的问题, 我的兄弟。我们发现各种各样的这样的发送的方法是可以被利用的, 它们不仅仅是通过祈祷性的姿态, 或者通过冥想的姿势, 或者被投射的想法, 它们也许同样也是藉由通过你们通常的途径的简单的沟通交流, 无论它是藉由邮递系统, 还是通过电子邮件系统, 在其中你们能够通过清晰而准确的方式表达你们感觉到的感觉, 并同时开放一个, 容我说, 管道, 以进行清晰的沟通交流并从被知晓为 Morris 的实体对这样的交流进行互动的接收, 这样就会有一种更为清晰的同时关于它的情况以及它涉及到这种情况的想法的方面的观念可被取得了。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: None for me, thank you, Q'uo.

Gary: 我没有了, 谢谢你们, Q'uo。

We thank you, my brother. Is there a final query at this time?

我们感谢你，我的兄弟。在此刻有最有一个问题吗？

(long pause)
(长时间暂停)

I am Q'uo. We have enjoyed greatly the experience of speaking to your concerns in this circle of seeking. It is such a joy to us to see dedicated spirits joined together with hearts and minds open and sharing, creating the most beautiful vibrations of love upon the time/space planes that does indeed reach to your heavens. We commend each for the dedication to seeking that has brought you here and has joined you as a group of seeking.

我是 Q'uo。我们已经极大地享受了在这个寻求的圈子中对你们的关注点发言的体验了。看到奉献的灵体藉由心和心智的开放与分享而结合在一起，并在这个时间/空间的层面上创造出最为美丽的爱的振动，这对于我们是怎样一种喜悦呀，这种爱的振动确实抵达了你们的天堂了。我们为将你们带到这里并已经作为一个寻求的团体将你们结合在一起的这种对寻求的奉献而称赞你们每一位。

We would at this time take our leave of this group and this instrument. We leave each of you, my friends in the love and the ineffable light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, adonai vasu.

我们会在此刻离开这个团体和这个器皿。我们离开你们每一位，我的朋友们，在太一无限造物者的爱与无可言喻的光之中。我们是你们知晓的 Q'uo。Adonai，我的朋友们， adonai vsau。

November 07, 2015

2015-11-07 意志的强化与削弱

Group question: Q'uo, our question today is: what are those thoughts, activities and energies which strengthen, intensify and focus the will?

团体问题: Q'uo, 我们今天的问题是: 那些会增强、强化并聚焦意志的想法、活动和能量是什么?

Also, and conversely, what are those thoughts and activities which dissipate, diffuse and weaken the will?

同样, 反过来, 那些会浪费、分散并削弱意志的想法和活动是什么?

And finally, if you could speak to the point of what the highest function or use of the will is for the positively polarizing entity.

最后, 你们是否能够谈谈这一点, 对于正面极化的实体意志的最高的机能或者用处是什么。

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light this day. My friends, it is a great privilege for us to be with you, for we have listened to your circle of seeking, we see your hearts have laid bare your journey into that limitless love that lies before each of you. You come from the reality of your third-density illusion, and you bring purely that desire to seek the truth, as it is called, the truth of the unity of all things. In that truth and in that love and in that unity we are honored to greet you this day. We would, as always, ask that you take those words we have to share with, as you say, a grain of salt, taking those that have meaning for you, that strike home for you, and leave behind those that do not. If you will do this for us, it will be a great aid in our service to you, and we will have no fear of forcing words upon you which may cause you to take them without thought.

我是 Q'uo, 我们在今天在爱与光中向你们各位致意。我的朋友们, 与你们在一起, 这对于我们是一种极大的荣幸, 因为我们已经聆听了你们的寻求的圈子, 我们看到你们的心已经将你们的旅程暴露于那存在于你们每一个人面前的那种无限的爱之中了。你们来自于你们的第三密度的幻象的实相, 你纯净地带来了那种寻求真理的渴望, 如真理被称呼的一样, 这种真理是一切事物的一体性的真理。在那种真理中, 在那种爱中, 在那种一体性中, 我们对于在今天向你们致意是感觉到荣耀的。我们会一如既往请求你们藉由, 如你们会说的一样, 半信半疑来接受我们所要分享的言语, 接受那些对你们有意义, 正中你们的要害的言语, 并将那些对你们没有意义的都留在后面。如果你们愿意为我们这样做的话, 它将会成为我们对你们的服务中的一个极大的帮助, 我们将不会担心将那些可能会使得你们不经过考虑而接受它们的言语强加在你们的身上了。

This day you have asked about that quality which you have called the will: how to aid it, how to hinder it, and how to best use it. This is an excellent

question, my friends, for within your illusion, your will is that which propels you through it. [Indeed] however you are able to go through it is a function of how well your will is working for you, how well you are able to use your will and to focus it, for you are creatures of free will. No one truly decides for you, they may offer you suggestions, they may offer advice, they may offer you inspiration, they may offer you example. However, what you do with that which is offered to you is your choice as it must be, for if your life experience is to have any meaning, it must be the result of your own choosing, your own directing, your own experiences, and so it is.

今天你们已经询问了关于你们称之为意志的特性：如何帮助它，如何妨碍它，如何最佳地使用它。这是一个优秀的问题，我的朋友们，因为在你们的幻象中，你们的意志就是那种会推动你穿越幻象的事物。确实，无论你能够用什么方法穿越它，这都是一个你的意志如何有效地为你工作，你怎样擅长于使用你的意志并聚焦它的机能，因为你们是自由意志的造物。没有人真正会为你做出决定，它们可能会向你提供建议，它们可能提供劝告，它们可能提供给你启发，它们可能提供给你范例。然而，你对于被提供给你的事物会做什么事情，这是你的选择，因为它必须是你的选择，因为如果你的生命体验要有任何意义的话，它必须是你自己的选择，你自己的定向，你自己的体验的结果，确实如此。

We would say that your will can also be described as that which is desire, or a purified desire. For what you desire, you put your energies towards achieving. Within the illusion about you, there is much of material sense which is desired by most: position, family, remuneration, recognition, and so forth. For those who aim, shall we say, more toward the heart for the meaning of your existence, there is also consideration in the regard to what is the purpose for the life pattern—who are you as an entity that has a life pattern to complete—and what is the meaning of it all, why are you here, what has brought you here, how shall you travel through this illusion, and what is the purpose of it.

我们会说，你的意志同样也能够被描述为渴望，或者一种被净化过的渴望之所是。因为你渴望什么，你就会将你的能量指向取得那个事物。在围绕着你的幻象中，会有大量的被大多数人渴望的物质性的感知：地位，家庭，报酬，认可，如此等等。对于那些，容我说，目标更多地朝向心以取得对你们的存在性的意义的人，在关于什么是生命模式的目标——你作为一个拥有一个生命模式要去完成的实体你是谁——生命的所有意义是什么，为什么你在这里，什么将你带到了这里，你将如何穿越这个幻象，以及它的目的是什么的方面，同样也会有一种考虑。

Those qualities which strengthen your will are the qualities which meet whatever your pure desire is. If you look within your meditative state, or your contemplative state, or your prayerful state to the nature of your heart, what it is that you feel is truly worthwhile—towards that will you focus your will. If you wish to improve your will, look toward what you truly desire, then exercise your will. Much as any mental or physical muscle, it may be strengthened by exercise, but exercise in what direction? In the direction of that which fulfills your heart, that which expresses your heart's desire, that which can answer those questions of who you are, why you are here, and how it is you shall live

your life. When you can answer these questions to your own satisfaction—realizing you may not find the final answer at first, but use whatever answers you find to fuel your practice of will, your exercise of will, your focus of will—then you put your will in service to the highest and best that you can feature within your own consciousness. This is our recommendation to you for how to exercise the will and to use it in a strengthened fashion, shall we say.

那些将会强化你的意志的特性是那些满足了你的无论什么纯净的渴望的特性。如果你在冥想状态，或者你的沉思的状态，或者你的祈祷的状态之中检查你的性的特性，检查什么你感觉是真正有价值的特性——你就将会朝向那个特性聚焦你的意志了。如果你希望增强你的意志，去期待你真正渴望的事物，接下来锻炼你的意志。非常类似于任何心智或者身体的肌肉，它可能藉由锻炼而被增强，但是在什么方向上锻炼呢？在那个满足了你的心的事物，那个表达了你的心的渴望的事物，那个能够回答那些你是谁，为什么你在这里，你将如何活出你的生命的问题的事物的方向上锻炼。当你能够回答这些问题让你自己感到满意的时候——意识到你可能不会再一开始找到最后的答案，但使用无论什么你找到的答案来为对意志的练习，对意志的锻炼，对意志的聚焦供能——接下来，你将你的意志放置于服务于你在你自己的意识中能够描绘其特征的最高和最佳的事物之中。这就是我们对于如何锻炼意志以及如何，容我们说，用一种强化的方式使用它对你们的推荐了。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We greet you in the love and in the light of the One Infinite Creator. We return now to the circumstance which is quite usual among your people, and among those who dwell in third density generally: that the will, as it is conceived, and the desire, as it is felt, are not in complete alignment with each other. In this circumstance, the seeker can feel quite out of sorts, quite lost and unable to even address the deeper question about who the self desires to become; for, my friends, your experience in this density in which you find yourself so veiled from the deeper awareness of who you are, is a process of becoming. It is the becoming of who you want to be, but also a becoming of who you already are, and in that paradoxical circumstance, each of you finds that for the most part, the pathway of your life experience is muddled and unclear. So to find your way through the fogs of confusion, through the mists of doubt, and through the pathways of recrimination and regret, you need again and again to step back from those experiences which are most immediate and most compelling to you, and take a little distance, if you will; take an opportunity to reflect on how in this particular situation you might find the opportunity to serve.

我是 Q'uo，我与这个器皿在一起了。我们在太一无限造物者的爱与光中向各位

致意。我们现在返回到在你们的人群中，在那些通常居住在第三密度的中的人们当中相当通常的情况：意志，当它被构想的时候，渴望，当它被感觉到的时候，并非在相互彼此之间是完全一致的。在这种情况下，寻求者能够感觉到是相当不对劲的，相当迷失，甚至无法表述关于自我渴望成为谁的更为深入的问题，因为我的朋友们，你在这个你在其中发现你自己与你是谁更为深入的认识如此隔绝的密度中的体验，就是一个成为的过程。它是成为你想要成为的那个人的过程，它同样也是一个成为你已经是的那个人的过程，在那个悖论的环境中，你们每个人都会发现，你们的生命体验的道路的绝大部分，都是混淆且不清晰的。因此，要找到你穿越混淆的迷雾，穿越怀疑的浓雾，穿越反责与悔恨的途径的道路，你需要一次又一次地从那些对于你极其紧迫且极其难以抗拒的体验中向后退，拉开一点点距离，如果你愿意这样说的话，利用一个你会来反思，在这个特定的情况中，你如何才能找到服务的机会。

Now "serving" is what you might call "a very big word," because if it is a function earnestly undertaken, it is one full of intent, but intent is not always of one description. Intent can have hidden passageways, shall we say, and it can have false faces. And therefore, it is useful when you seek to serve others around you, and to be helpful, that you ask yourselves two questions: The first and most immediate question is "Who am I who seeks to serve?" and the second question is "Who is this to whom my service is offered?"

现在，“服务”是你们可能会称之为“一个非常大的词语”的事物，因为如果它是一个要认真地被进行的功能，它就是一个充满意图事物，而意图并非一直都属于同一个类别。意图能够拥有，容我说，隐藏的通道，它能够拥有假面具。因此，当你们寻求去服务在你们周围的其他人，去变得有帮助的时候，你们可以问你们自己两个问题：第一个且最为直接的问题是，“寻求去服务的那个我是谁？”第二个问题是，“我的服务被向其提供的这个对象是谁？”

My friends, we must tell you that the answer to both questions would be largely concealed, so you must find your way with a hope and a prayer, so to speak, about who you actually are as the agent of the service, and who it actually is, is the recipient. Only when these two elements are brought together does one have service actually effectuated—only when these two elements are brought together do we have the fulfillment of the calling that the service represents, but it is a calling which ever and again must listen to the source to renew itself in the intention that comes forth. In this way, it can be the case that the nature of the service is transformed even in the offering of the service itself.

我的朋友们，我们必须告诉你们，对于两个问题的答案同时都会是被大部分隐藏起来的，因此，你们必须藉由一种希望和一种祈祷来，可以说是，在关于你们作为服务的行为者，实际上是谁，以及那个接受者，它实际上是谁的方面，找到你们的道路。仅仅当这两个要素被带到一起的时候，一个人才会实际让服务生效——仅仅当这两个要素被带到一起的时候，我们才能进行服务所呈现的呼唤，但是它是一种不断且一再必须聆听源头以在产生出的意图中自我更新的呼唤。用这种方式，情况就会是，甚至是在提供服务自身的过程中，服务的特性都是会被转变的。

One does not know who one is that would offer this service, but one aspires to be the most serviceable; or maybe one does not know who it is that would receive the service. And, in fact, one very often discovers that the service on offer is a service refused, and this gives one the opportunity to revisit yet again, the source, the intent behind the service which very often finds no way forward with its current plan, shall we say.

一个人并不知道那个会提供这种服务的人是谁,但是一个人会渴望成为具有最大的服务的能力的,或者也许一个人并不知道,那个会接受到服务的人是谁。实际上,一个人非常频繁地会发现,被提供的服务是一种被拒绝的服务,当服务非常频繁地发现凭借着它当前的计划是没有前进的道路的时候,这会给予一个人机会去再次访问源头,以及在服务背后的意图,。

A plan is something which each of you is well accustomed to make. A plan is an outline of how an activity or a set of activities may proceed, and it is customary to make a plan and then to align one's will with a plan that has been made. The difficult moment then comes when circumstances arise in which a plan that has been made is seen not to be particularly fitting for the situation one discovers one is in. At the point at which this initial discernment comes upon one, it is well to step back and to ask whether there is perhaps an over investment in the plan at hand; to step back and to ask who the planner has been; to step back and ask whether the plan best befits the service that is intended.

一个计划是某种你们每个人非常习惯于去制定的事物。一个计划是对于一个行动或者一套行动可以如何进行的一种纲要,去制定一个计划接下来将一个人的意志与一个已经被制定的计划对齐,这是习惯性的做法。如果一个已经被制定的计划被看到并不是特别适合于一个人发现它处于其中的情境,当这种情况出现的时候,困难的时刻就出现了。在这个初步的分辨力出现在一个人身上的位置上,去后退并询问是否也许有一种对在手边的计划上的过度的投资了,去后退并询问制定计划的人是谁,去后退并询问是否这个计划是最有利于被打算去进行的服务,这是很好的。

Now, this can be a difficult process because it is not an easy matter to separate the elements of planning from the feelings of desire to serve. These are generally pressed together in rather a compact way, so much so, that it can seem like one's entire being is being rejected by the one who prefers not to receive the gift of the service one has put forward. One feels that the fact that the service is not found to be desired by the other party suggests that one's own person is being rejected, and sometimes the gesture of rejection or the expression of denial can be forceful enough that it is most difficult not to take this point of view.

现在,这能够成为一个困难的过程,因为去将计划的要素从渴望去服务的感受分离出来,这并不是一个容易的事情。这些要素一般是在一条相当致密的道路中被挤压在一起的,如此致密以至于它能够看起来似乎是一个人的全部的存在都正在被一个宁可不接受一个人已经给出的服务的礼物的人拒绝了。服务并没有被发现是被另一方所渴望的,一个人会感觉到这个事实暗示了一个人自己是被拒绝的,有时候拒绝的姿势或者否定的表达式能够足够强有力以至于不采用这种观点

是极其困难的。

Once again, at this point we suggest that a stepping back or strategic withdrawal is most useful; that during those little acts of meditation that can bestrew your days, can be invoked for the purpose of regathering the self and making a new plan, so to speak. It is not always an occasion propitious for going forward with any plan that one could make at the spur of the moment, in which case it is simply advisable to go your own way.

再一次，在这个位置上，我们建议一种后退或者战略性的撤退是极其有帮助的，在那些分散在你们的生活中的冥想的小小的行动期间，这种后退是能够祈请以实现重新收集自我并制定一个，可以说是，新的计划的目的的。藉由一个人能够一时冲动制定的任何的计划前进，这并非一直都是一个适合的情况，在这样的情况中，去走你自己的道路，这单纯地是可取的。

We find, my friends, that it is most usual among your people that minds are torn this way and that; that they are drawn to one thing, then another, and that there is such a confusion of responsibilities, of duties, of callings for service of this kind or that, that one hardly knows how to proceed in a clear and integrated way. The confusion itself, however, has a certain value insofar as it reflects a confusion that has bubbled up to the surface of your life experience from your own deeper nature, and the practice of sorting out the possibilities of service, the practice of sorting out the individual desires and the individual acts of will that might be mated with these desires.

我们发现，我的朋友们，在你们的人群当中，心智会用这样与那样的方式被拉扯，他们会被吸引到一个事情，接着另一个事情，会有这样一种对责任、对义务、以及对这样或者那样的类型的服务的呼唤所吸引，以至于一个人几乎无法知晓如何用一种清晰而完整的方式继续前进，这是极其平常的事情。然而，在这种混淆会映射一种已经从你自己的更为深入的特性向上冒泡到你的生命体验的表面的混淆，并映射将服务的责任整理清楚的实践，以及将个人的渴望连同可能与这些渴望配对的个人的意志的行为整理清楚的实践的方面，这种混淆本身是拥有一定的价值的。

These practices, we say, need to be integrated, and can be in the course of a life experience a little bit at a time. So while it might be true that one is getting from this or that individual, or this or that particular circumstance, only a partial or a distorted reflection of the service that one offers, this partiality can be seen as a gift of its own—can be seen as an element in the process of learning to discover the true self, learning to discover the self who truly wills, learning to discover the self who truly desires. So while we may say in a general sense that will and desire, when properly seen, converge into a single phenomenon, very often it turns out that they are not in convergence at all, and that the two moments or two elements are crying out, so to speak, for that kind of healing that can take place when they are brought into alignment. The will is strengthened when it feels itself fed by desire. Desire is straightened when it feels itself brought in relation to the will. The will and the desire are not two things, but one. The one, however, is also two.

这些体验，容我说，需要被整合，且能够在一次生命体验的进程中一次一点点地被整合。因此，一个人正在从这样或者那样的个体，或者这样或者那样的特定的情况，仅仅得到一个人提供的服务的一部分的映射或者一个扭曲的映射，虽然这是实情，这种偏好可以被视为在其自身就是一种礼物——能够被视为在学习去发现真实的自我，学习去发现真正有意志的自我，学习去发展真正渴望的自我的过程的一个要素。因此，虽然我们可能会用一种一般性的方式说，意志和渴望，当用适当的方式被观察的时候，将会聚成为一个单一的现象，**结果非常频繁地会是，它们完全没有结合，两个力矩或者两个要素，可以说是，正在大声呼唤，当他们被对齐的时候能够发生的那种类型的疗愈。**当意志感觉到它自己被渴望供能的时候，意志被增强了。在渴望感觉到它自己与意志产生关联的时候，渴望被增强了。意志和渴望不是两个事情，而是一个事情。然而，这一个事情，同样也是两个事情。

And so, my friends, you perceive through the life experience with now a sense of strong purpose and clear direction, and now a sense of utter confusion and loss of self. This is the way that third-density experience, veiled experience, is meant to be. You know not who you are but do well to be about the business of finding out. You very often know not what you desire but do well to be about the business of finding out. And sometimes it will seem that the desire that you discover within is one you can hardly approve. Who is this that so heartedly disapproves of the desire which it nevertheless must own as its own? Who is this that must learn to acknowledge that it has desires which it wishes perhaps it did not? Who is it that can desire even against the grain of desire and finds itself twisted into quite a pretty pretzel as a result?

因此，我的朋友们，**你们通过生命体验时而感觉到了一种强烈的目标感和清晰的方向感，时而感觉到一种完全的混淆和自我的迷失的感觉。**这就是第三密度的体验，被罩纱遮蔽的体验打算要成为的方式了。你们并不知道你们是谁，但是你们却在着手将它弄明白的工作上做得很好。有时候事情看起来似乎是，你在内在之中发现的渴望是一个你几乎无法赞成的渴望。那个如此竭力地不赞成渴望自我，它是谁呢？而这个渴望是它仍然必须作为它自己的渴望而拥有的渴望。这个必须学会去承认它已经渴望了它希望也许它未曾渴望过的事物的自我，它是谁呢？**那个甚至能够渴望反对微小的渴望并发现它自己作为一个结果被卷成了一块相当漂亮的卷饼的自我，这个自我是谁呢？**

Who is it indeed? "It is I," you must whisper to yourself, "it is I, it is I who desire," but it is I who desire to desire ever more clearly. It is I who desire to desire in accordance with a desire that I approve. And you might ask, "What has gone into this process of a value which I embrace in order to approve what desires I wish to strengthen, and what desires I wish to allow to find their way into a condition of having been expended or used up?" We put the matter in this way in order to suggest to you that we find it unhelpful to use the value which you have discerned within yourself to use the value that you have aligned your will with, to judge harshly those desires which you have decided you wish not to promote.

它究竟是谁呢？“它是我，”你必定会悄悄对你自己说，“它是我，它是那个渴望的我，”但是它是那可渴望去越来越清晰地渴望的我。它是那个渴望去与一种我赞成

的渴望协调一致地渴望的我。你可能会问，“什么事物已经进入到这个具有一种我拥抱的价值的过程之中，以便于认可渴望我希望去强化的事物，渴望我希望允许事物，以找到它们进入到一条已经被耗尽或者用尽的情况的道路呢？”我们用这种方式提出问题是向你们建议，去使用你已经在你自己内在之中分辨出的价值，去使用你已经将你的意志与之对其的价值，去苛刻地评判那些你已经决定你并不希望去助长的渴望，这并不是有帮助的。

A desire simply is life announcing itself within your own person. But life is multifarious and it can be quite random in its expression. It can run the full travel from fear to joy and back again in a heartbeat, and it is the practice of those who have gained experience in dealing with the life force and dealing with the vagrant friend one calls "desire," to learn to give it opportunities for self-expression that have a better chance of being aligned with other opportunities for self-expression that more and more come to express a self which is The Self you are learning that you truly are. That which you truly are can, on occasion, be glimpsed through the mist of catalyst, through the mists of the stray and random energies one is surrounded by upon a daily basis, for out of these mists there can appear, glimmering at first, but more clearly as you proceed, a sense of who you are becoming, a sense of that which calls you to become who you feel you truly are.

一个渴望单纯地就是在你自己的个人之中宣告其自身的生命。但是，生命是形形色色的，它能够在它的表达中成为相当随机性的。它能够在一次心跳中行经从恐惧到喜悦的全部的旅程并再次返回，它是那些已经在与生命力打交道的过程中，在于一个人称之为渴望的变幻无常的朋友打交道的过程中已经取得了体验的人的时间，以学会去给予它机会进行自我表达，这种自我表达是拥有一种更佳希望与越来越多地开始表达一种大我（The Self）之所是的自我的其他的自我表达的机会对齐的，这种大我就是你正在学习的你真正之所是了。你真正之所是，偶尔能够，穿越催化剂的迷雾，穿越一个人用一种日常的方式被包围着的迷途与随机能量的迷雾，被模糊地瞥见，因为一开始会有微光从这些迷雾中出现，但是随着你的前进，会更加清晰地出现一种对于你正在成为的人的感觉，一种对呼唤你成为你感觉你真正是的那个人的事物的感觉。

My friends, we can tell you that that which announces itself within your person as desire is flexible enough that it can be transformed as it is given the opportunity to find its expression in ever higher modalities. Thus it is well to desire, to serve; and it is even better to allow this desire-to-serve to be transformed in the process of practicing the activity of serving. It is well to have a plan, but it is better to allow that plan to reshape itself as the realization comes about that there is for it perhaps a clearer mode of expression, that there is for it perhaps a truer correspondence with the will that is, even as you contemplate the matter, in the process of formulating itself anew.

我的朋友们，我们能够告诉你们，在你个人内在之中宣称它自己为渴望的事物，是足够灵活多变，以至于它能够在它被给予机会在越来越高的形态中找到它的表达的时候被转变。因此，去渴望，去服务，这是很好的，去允许这种服务的渴望在对服务的行动的实践的过程中被转变，这是更好的。去拥有一个计划，这是很

好的，去允许那个计划随着这样一种领悟的产生而重塑其自身，这是更好的，那种领悟即，它也许是一种更为清晰的表达的模式，它也许是一种与意志之间的更为真实的对应，甚至在你沉思那个问题的时候，在重新系统化地表达其自身的过程中。

And in this way, one can find that the self does not feel so much the need to be defended. The self does not feel so much the sense that it is enclosed upon itself. The self does not feel so much that the will that it expresses belongs to it alone. It is a will which may be seen as the will of the Creator. But who is the Creator? Who is the Creator but the One who here and now would create, and here and now one finds that to create, the Creator requires the cooperation of this little self: this little system of desires and intentions and, yes, doubts and hesitations that I have always called myself. And so the great process of the spiritual evolution goes on, my friends, as the little self gets a little less itself, and a little more creative, day by day, effort by effort, good intention by good intention, hope by hope, and joy by joy.

用这种方式，一个人能够发现，自我并不会如此大量地感觉到去被守卫的需要。自我并不会如此大量地感觉到那种它是被封锁在它自己身上的感觉。自我并不会如此大量地感觉到它表达的意志是仅仅属于它的。它是一个可以为视为造物者的意志的意志。但是，谁是造物者？除了那个现在在这里会创造的太一之外，造物者是谁呢，现在在这里，一个人会发现，要去创造，造物者要求这个小小自我的合作：这个小小的渴望和意愿的系统，以及，是的，我自己一直称之为疑虑和犹豫的系统。因此，我的朋友们，随着这个小小的自我变得稍稍少一些它自己，稍稍有一些创造性，一天接一天，一个努力接着一个努力，一个好的意图接着一个好的意图，一个希望接着一个希望，一个喜悦接着一个喜悦，灵性演化的伟大的过程继续进行了。

We are those of Q'uo and we have enjoyed being with you upon this autumn day. We thank you for hearing our words and at this time, we leave this instrument in the love and in the light of the One Infinite Creator, and return to the one known as Jim, to discover whether there are still questions upon the mind of those here. Adonai, my friends, Adonai.

我们是 Q'uo，我们已经享受了在这个秋日与你们在一起了。我们为聆听我们的言语而感谢你们，在此刻我们在太一无限造物者的爱与光中离开这个器皿，并返回到被知晓为 Jim 的实体，以发现是否在那些在场的人的头脑中是否有问题。Adonai，我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument—we pause—I am Q'uo and we are again with this instrument, and would ask if there might be any further queries to which we may speak from those within this circle of seeking. 我是 Q'uo，我再一次与这个器皿在一起了——我们暂停——我是 Q'uo，我再一次与这个器皿在一起了，我们会请问，是否有任何进一步的我们可以发言的问题是来自于在这个寻求的圈子中的人的。

Gary: Q'uo, you spoke amply, insightfully and, if I may add, beautifully to the first and third portions of the group question. Would you also be able to speak directly to the second question, which asks: "What are those thoughts and activities which dissipate, diffuse and weaken the will?"

Gary: Q'uo, 你们广泛地且深入地, 如果我可以补充的话, 美妙地谈及了团体问题的第一个和第三个部分。你们同样能够直接地谈及第二个问题吗, 它是询问: "什么想法和行动会浪费、分散并弱化意志呢?"

I am Q'uo and am aware of your query, my brother. We apologize for falling short in our answering of your query in all of its portions. Those qualities which tend to weaken the will are those which would weaken an entity's ability to make choices in a clear and rational fashion, for when an entity finds there is doubt which may not be addressed, and which takes its place in the forefront of the mind, then this is one quality which weakens that which you call the will. Such a will will remain in a weakened state until there is information or inspiration available to the seeker which can resolve or remove said doubt.

我是 Q'uo, 我理解了你的问题, 我的兄弟。我们为我们对你们的问题的回答之其全部的部分中的不足而抱歉。那些倾向于削弱意志的特性是那些会削弱一个实体去用一种清晰且合理的方式做出选择的能力的特性, 因为当一个实体发现有可能尚未被解决的, 且在头脑中占据了前面的位置的疑虑的时候, 接下来, 这就是一种会削弱你们称之为意志的事物的特性了。这样一种意志将会保持在一种削弱的状态中, 一直到有可供寻求者使用的信息或者启发能够解决或者消除上述的疑虑为止。

We find that this is the primary cause of most entities inability to exercise the will, for when information is lacking, or the desire to find information is lacking, then the will has no means by which to be exercised. This, often times, begins a, what you would call, "downward spiral" of decision making and movement of the mind/body/spirit complex along the line of the evolutionary process, for oftentimes there is a weakening of information, weakening of processing of information, and a weakening of the desire for seeking information that can resolve doubt and reinvigorate the quality of the will. There is, what you may call the Catch-22 in such a situation: until one can generate sufficient pure desire or will to work upon this blockage of the will, then the will remains blocked.

我们发现这是大多数实体无法实践意志的主要的原因, 因为当信息是缺少的时候, 或者去发现信息的渴望是缺少的时候, 接下来意志就没有藉由其被实践的途径了。这时常会启动一个做决定和心/身/灵复合体沿着演化的进程的线路的, 如你们所称的, "向下的螺旋", 因为时常会有一种对信息的削弱, 对信息的处理的削弱, 以及一种对寻求能够解除疑虑并让意志的特性恢复生机的信息的渴望的削弱。在这样一个情境中会有你们可以称之为"第二十二条军规" (Catch-22) 的事物: 一直到一个人能够产生出足够纯净的渴望和意志来在这种意志的阻塞上进行工作之前, 意志都将会一直是阻塞的。

The difficulties in searching and seeking for that which can dissipate doubt, are oftentimes experienced by those who have just, shall we say, entered the conscious portion of the path of seeking the truth, and have not yet discovered how to deal with the setbacks, the turns and twists upon the trail that the doubting seeker shall surely find. There is the necessity in such cases for the blending of the energies with others of like mind, for within the group of seeking souls there can be the encouragement to the young seeker that it be able to overcome the doubts, to move past the difficulties, and to reassert itself in its own journey of seeking its inner truth.

在搜寻与寻求能够驱散疑虑的事物的方面的困难，时常会被那些，容我们说，刚刚进入到寻求真理的道路的有意识的部分，却尚未发现如何与疑虑的寻求者将肯定会发现的在小径上的这些倒退、转弯以及曲折打交道的人们体验到。在这样的情况中，会有与具有类似的心智的其他人的能量混合起来的需要，因为在寻求的灵魂的团体中，会有对于年轻的寻求者的鼓励，这样它就能够超越疑虑、跨越困难，并能够在它自己寻求它内在的真理的旅程中重申它自己了。

Oftentimes such doubt is placed there by others who have less regard for the process of seeking, shall we say, and may question the entity in ways in which it is unable to answer, and unable to fathom how to make a portion of its own journey when the queries are either not properly understood or properly addressed by the seeker. There is sometimes the assistance that a group of like minds can give to those within the group that may fail from time to time in the exercise of the will and the continuance of the seeking. Those who are willing to seek together are more likely to find that which is sought, and we recommend the joining together of all entities who wish to find the Holy Grail, shall we say, upon the journey so that each may lend assistance to each.

时常，这样的疑虑是被其他的，容我们说，对寻求的进程较不尊重的人放置在那里的，这些人可能会用一些实体无法回答的方式来质疑那个实体，在这些质疑的方式中，实体无法断定如何在问题要么是未被适当地被寻求者理解，要么尚未适当地被寻求者解决的时候来进行它自己的旅程的一部分。有时候，会有一个具有类似的心智的实体的团体能够给予在团体中的那些不时地会在实践意志以及在让寻求继续的方面失败的成员的帮助。那些乐意于一同寻求的实体是更加有可能找到被寻求的事物的，我们推荐所有希望在旅程上，容我们说，找到圣杯的实体结合在一起，这样每一个人都可以将帮助借给相互彼此了。

This is a journey which is not meant to be made, shall we say, entirely by oneself, although in its very essence it is a singular journey which no one else can travel for you, however, those friends and associates who are on similar journeys can lend an assistance of inspiration, or of example, so that each within the group is bolstered and strengthened by such sharing of the love of the seeking, the love of the journey, and the love of those within the group.

这是一条并未打算要，容我们说，完全依靠一个人自己的旅程，虽然在其核心实质之中，它是一条一个人的旅程，没有人能够替代你进行旅程，然而，那些走在类似的旅程上的朋友与帮手是能够借出一种激励，或者范例的帮助的，这样在团体中的每一个人就会被这样的对寻求的爱，对旅程的爱以及对那些在团体中的实体的爱的分享所支持和增强了。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: On that question, no. That reply would certainly inspire me to stop dissipating my will through indulgence in self-doubt. Thank you.

Gary: 在那个问题上，没有了。那会回答肯定会激励我不在通过沉溺于自我怀疑来分散我的意志了。谢谢你们。

I am Q'uo. We thank you, my brother. Is there another query within this group?

我是 Q'uo。我们感谢你，我的兄弟。在这个团体中有另一个问题吗？

Steve: Is there, Q'uo, an instance where will becomes overbearing?

Steve: Q'uo，会有一个场合在其中意志会成为自大的吗？

I am Q'uo and am aware of your query, my brother. You ask an interesting point in this regard. This is a possibility which is not often seen, however, it is one which does have its own reality in those entities who have had a success, shall we say, in other areas of seeking besides that which you may call "the metaphysical journey of seeking the truth." Perhaps there has been success in the material world in obtaining those objects, items and stations of respect and abundance, and these attainments may make the entity who has achieved them, feel that it is, shall we say, "all powerful," that the exercise of will in this regard can become that which can aid others even when they are not asked, shall we say.

我是 Q'uo，我理解了你的问题，我的兄弟。你在这方面询问了一个有趣的问题。这是一个经常未被看到的可能性，然而，它是一个在那些在除了你们可以称之为“寻求真理的形而上学的旅程”之外的其他的寻求的区域中，容我们说，已经拥有了一种成功的实体身上会拥有它自己的实相的可能性。也许在物质性的世界中，在获取那些目标、事物、以及具有尊重和丰盛的地度的方面中已经有成功了，这些成就可能会使得那个已经取得了它们的实体感觉到，它是，容我们说，“无所不能的”，以至于它在这个方面行使意志是能够成为可以帮助其他人的事物的，甚至在帮助，容我们说，并未被请求的时候。

In such cases, we recognize that the successful application of will in one area may give the portion of the mind which you have related as the "ego mind," a false sense of security and even a mission, shall we say, that it make other entities aware of its success, and lead them along a similar path. However, this type of success is not that which can be passed on in a one-to-one sense in most cases, for there is the necessity for any potential follower to be able to choose that path for itself and when one has had such success and wishes to impart it or impose it upon others, then there will be the dissonance between the goals of each entity so that there is little success that is experienced by the followers, and only the sense of being subservient and in control of another, shall we say. In such instances, it is hoped that the entity which attempts to

impose its will upon another can see itself reflected in the mirrors of those about it, who tend to shy away from such a powerful imposition of the will of another upon themselves.

在这样的情况中，我们认识到，对意志的成功的应用在一个区域是可以给予你们已经与“小我的心智”联系在一起的那个心智的部分一种虚假的安全感，甚至给出一项使命，容我们说，即它要让其他的实体知道它的成功并沿着一条相同的道路来引导它们。然而，这种类型的成功在大多数情况中并不是那种能够用一种一对一的方式被传递的事物，因为一个潜在的追随者有必要能够为它自己选择那条道路，当一个人已经拥有了这样的成功并希望将它传授给或者将它强加给其他人的时候，接下来就会有在每一个实体的目标之间的不一致了，因此，就几乎不会有被追随者体验到的成功，而仅仅只有那种，容我们说，从属于另一个人且被另一个人控制的感觉了。在这样的情况中，那个尝试去将它的意志强加到另一个人身上的实体是有希望能够在它周围的人们的镜子中看到它自己被映射出来的，在它周围的那些人会对这样一种将另一个人的意志强有力地强加在它们自己身上感到畏缩。

Is there a further query, my brother?

我的兄弟，有另一个问题吗？

Steve: No, thank you.

Steve: 没有了，感谢你们。

I am Q'uo, and we thank you my brother. Is there a final query for the afternoon?

我是 Q'uo，我们感谢你，我的兄弟。有最后一个给这个下午的问题吗？

Gary: A short one, Q'uo: How would you define a strong will for a positively polarized entity?

Gary: 一个简短的问题，Q'uo: 你们如何定义对于一个正面极化实体的一种强有力的意志呢？

I am Q'uo and am aware of your query, my brother. Those positively polarized entities who exhibit the strong will, shall we say, are those who have been able to increase the nature of their own beingness so that the positivity begins to be shown about one, much as the sun upon a cloudless day. Such entities are more likely to show by example than by word, are most likely to seek to share in service when asked, and are most likely to continue their journey of seeking in a solitary fashion in every level of their daily endeavors so that there is no portion of the daily round of experience that does not benefit from what this entity seeks within, for a positively polarized spiritual seeker seeks the One, and finds the One, everywhere, for there is nothing but the One. Such an entity will see the Creator and give the Creator the love that is the Creator's own given to this entity and shared back and forth. For such a seeker, the daily round of activities is a continuing opportunity to seek and share the love of the One Infinite Creator.

我是 Q'uo，我理解了你的问题，我的兄弟。那些展现出强有力的意志的正面极

化的实体，容我说，是那些已经能够增强它们自己的存在性的实体，因此，正面性就开始在一个人周围被展现出来，非常类似于在一个没有云的日子里的太阳一样。这样的实体更为可能会藉由范例而不是藉由言语展现，它们极其有可能会在被请求的时候寻求通过服务来进行分享，它们极其有可能在他们每天的努力的每一个层次上都用一种孤单的方式你继续他们寻求的旅程，这样就不会有日常生活的体验的部分是不会从这个实体在内在寻求的事物上受益的了，因为一个正面极化的灵性的寻求者会寻求太一，并在每一个位置都找到太一，因为除了太一之外，没有任何事物。这样一个实体将会看到造物者并将造物者自己已经给予了这个实体的爱给予造物者，并来来回回进行分享。对于这样一个寻求者，日常生活的活动是一种持续不断的寻求和分享太一无限造物者的爱的机会。

We are most appreciative to you, my friends, each and every one for allowing us to speak to you this afternoon. It has been our great privilege. We see this circle of seeking as a source of great light that reaches beyond this dwelling place into the realms of the metaphysical where many are aware of such a seeking and rejoice with you at your seeking and lend their energies to it, especially when asked, for these are also forces of light that seek in service to others.

我们极其感激你们，我的朋友们，我们为你们允许我们在这个下午向你们发言对每一位都是感激的。它已经是我们巨大的荣幸了。我们将这个寻求的圈子视为一个伟大的光的资源，它拓展超越了这个住所，进入到形而上学的领域之中，在其中很多人察觉到这样一种寻求并于你们一起为你们的寻求而欢呼，它们会将它们的能量借给你们的寻求，尤其是在它们被请求的时候，因为同样也会有通过服务他人寻求的光明的力量。

We would, at this time, take our leave of this instrument and of this group. We leave each as always and as we find you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, Adonai.

我们会在此刻，离开这个器皿和这个团体。我们一如既往，在太一无限造物者的爱与光中离开你们，如我们发现你们时一样。我们是你们知晓的 Q'uo. Adonai, 我的朋友们。 Adonai.

November 21, 2015

2015-11-21 难民问题与开放的心的课程

Group question: Dear Q'uo, this world is beset by recurring stories of intensive conflict, disharmony and suffering. One recent example is happening in Europe where hundreds of thousands of refugees have left their troublesome home countries to find safety, security and a new chance at life. There are a lot of welcoming energies awaiting these refugees, but also a lot of resistance and, in some places, even violent xenophobic attacks.

团体问题：亲爱的 Q'uo，这个世界正在被重复出现的严重的冲突、不和和苦难的故事所包围着。一个最近的例子正在欧洲发生，在那里成百上千的难民已经离开了它们充满困难的故乡的国家以寻找安全、稳定以及一次性的生命的机会。有很多的欢迎的能量正等待着这些难民，但是同样也有许多的抵制，在一些地方甚至有极端的仇外的攻击。

Our principle focus today is upon the meaning and purpose of these events. Are these catalysts designed, you might say, to serve as mechanisms for global catalyst that affect many, if not all of those within the illusion? That is, do these catalysts awaken the global identity, helping us to face tough questions about love and who we are?

我们今天主要的焦点是在这些事件的意义和目的上的。这些催化剂是旨在起到全球性的催化剂的机制的作用吗，这种机制会影响到许多人，如果不是影响在幻象中的所有的话？也就是说，这些催化剂会唤醒全球性的同一性，并同时帮助我们面对关于爱和我们是谁的棘手的问题吗？

The secondary focus of our question is upon service. For those who react to these troubling moments and determine that they want to serve and want to shine love, how can they minister to the needs of refugees and all those who suffer oppression? Indeed, what can we really do in our daily lives and in meditation to bring peace to this burdened planet?

我们的问题的次要的焦点是在服务上的。对于那些对这些困难时刻做出反应，决定他们想要去服务并想要去闪耀爱的实体，他们如何才能对这些难民以及所有那些遭受压迫的人们做出贡献呢？确实，我们在我们的日常生活中以及在冥想中真正能够做什么事情来将平安带到这个负荷沉重的行星呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege to speak with you this afternoon in your circle of seeking. We have been aware of the questions upon your mind and within your hearts, and we hope that we will be able to add some small bit of understanding to those concerns as we address them this day. We would ask you, as always, as a favor to us to use your own personal discrimination as you listen to our words so that you may take those which have meaning to you, leaving behind all others, for we would not wish to be a stumbling block

to you.

我是 Q'uo, 在太一无限造物者的爱与光中向你们各位致意。在这个下午在你们的寻求的圈子中向你们各位发言, 这是我们极大的荣幸。我们已经察觉到在你们的头脑中和在你们的心中的问题, 我们希望我们将能够在今天解决它们的时候将一点小小的理解添加到那些关注点上。我们一如既往会请你们, 作为一个给我们的恩惠, 在你们聆听我们的言语的时候使用你们自己个人的分辨力, 这样你们就可以使用那些对你们有意义内容并将所有其他的都留在后面了, 因为我们不希望成为你们的绊脚石。

If you would do us this favor, we would feel most free to speak our opinion—and we underline “opinion,” for this is what we have found to be true; we do not claim to be infallible sources of information. As one of the great writers of your history, the one known as William Shakespeare, said: “All the world’s a stage;”[1] and all the people merely actors; each plays in its time many roles and this, my friends, we find to be true throughout all of your recorded history, and true as well today, for the events upon your planet, each and every one of them, has some relevance to each and every entity existing at this time within your third-density experience.

如果你们愿意帮我们这个忙, 我们会在讲述我们的观点的时候感觉到极大的自由——我们强调“观点”, 因为这就是我们已经发现是真实的事情了, 我们并未宣称是不会犯错的信息的源头。如同你们的历史上的一位伟大的作家, 被知晓为威廉莎士比亚的实体说过的一样: “全部的世界就是一个舞台, ”[1]所有人人仅仅是演员, 在舞台时间中的每一演员都扮演了很多的角色, 我的朋友们, 我们发现这在贯穿你们整个有记载的历史中都是真实的, 它在今天一样也是真实的, 因为在你们的星球上的时间, 它们中的每一个, 都与在此刻存在于你们的第三密度的体验中的每一个实体都是有某种关联的。

Your planet, as you know, is quite well-seated within the fourth density in the time/space realms of your inner planes. There is a great movement of thought energy into these realms by many upon the surface of your planet. As the experiences, the times, the intensities, and the varieties shift and increase, and move from entity to entity, from country to country, allowing the hoped-for expansion of the green-ray energy center that will be able to share its unconditional love and understanding with all about upon the surface of the planet.

如你们知晓的一样, 你们的星球, 是相当好地固定在了在你们的内在层面的时间/空间中的第四密度之中的。会有一种巨大的想法的能量正藉由在你们的星球表面上的很多人而进入到这些区域中。随着体验、时间、强度以及多样性的转变、增加以及在实体之间和国家之间的移动, 允许期盼中的绿色光芒的能量中心的拓展将能够与在这个星球表面上的所有人分享它的无条件的爱和理解。

This is the time of graduation, the time of harvest, upon your planet, and all those here at this time are hopeful and capable of being harvested in their soul essences. However, each has projected into the third-density illusion a fragment of that essence with the hopes that the remaining lessons—that will provide the ability for graduation—may be learned within the “short time,” as

you would call it, that remains of the third density for this particular planet.

这是在你们的星球上的毕业的时间，收割的时间，在此刻在这里的每个人都有希望且你能够在它们的灵魂的实质中被收割。然而，每一个人都藉剩下的课程——这些课程将会提供毕业所需的能力——可能会在这个特定的行星的第三密度的剩余下来的“短时间”中，如你们对它的称呼一样，被学会的希望，而已经将那个实质的一个碎片投射到第三密度的幻象中了。

Thus, each entity has programmed, shall we say, the opportunities for the learning of those lessons which will allow for the opening of the heart chakra, so that unconditional love may move through from the red, through the orange, the yellow, and to the green heart ray, and therefrom shine outwardly to those about each entity. As you would imagine, there are various levels of success in this program of opening the heart chakra. Entities may program any type of experience that you can possibly imagine, and many that you cannot imagine, in the hopes that this opening of the heart chakra be accomplished.

因此，每一个实体都已经，容我说，编程了学习那些将会允许心的脉轮的开放的课程的机会，这样无条件的爱就可以从红色脉轮，通过橙色脉轮，通过黄色脉轮流向绿色心脏的光芒，并从那里向外向在每一个实体周围的那些人闪耀了。如你们会想象得到的一样，在这种开放心的脉轮的编程中，会有各种各样的成功的层次。实体可能编程了任何你们有可能想象得到的，以及很多你们无法想象的体验的类型，以希望这种对心的脉轮的开放可以被完成。

For many entities the learning occurs more on of a mass level, shall we say. These entities being those who have found themselves within the nations of your planetary sphere which are usually described as being of the "third-world variety," which in general terms in the third density would mean less of the resources of the planet available for their use, the need for individual expression being somewhat blunted and the, shall we say, dictatorial expression of governing and rulership, which would, in its turn, cause a type of turmoil within various cultures that feel the uprising and upwelling of the need for the expression of personal and individual freedoms. As these freedoms find boundaries and limits within the accepted cultural milieu of various numbers and masses of entities, the portions of the culture that feel most oppressed begin their expression of rebellion, as indeed, this country itself in which you now exist found its need to rebel many of your years ago in what has been called "the shot heard round the world"[2] in this afternoon's session.

对于很多的实体，学习更多，容我说，是在一个群体的层次上发生的。这些实体是那些已经发现他们自己处于你们星球上的那些通常被描绘为第三世界的类型的国家中的实体们，从通常性的意义上，在第三密度中，这些国家意味着较少的可供它们利用的星球的资源，个人表达的需要被多少有些受挫了，政府和统治权的独裁性的表达反过来造成了在各种文化中的一种类型的混乱，这些文化会感觉多对个人和个体的自由的表达的需要上升与膨胀。随着这些只有在各种数量的实体和实体的群体的被接纳的文化性的背景中找到边界和限度，文化的那个感觉到极其受压迫的部分就会开始它们的反叛的表达，因为确实，这个你们现在

存在于其中的国家,它自己就在很多年前,在已经在今天下午的集会中被称之为“震惊世界的枪声”[2]的事件中,找到了它对于反叛的需要了。

Thus, all entities at some time within their incarnational experience, find the need to express the individual liberties and freedoms in whatever manner is possible. When it is not possible to do so as a normal routine or experience within the cultural illusion, then it is that what you would call the rebellions, the guerrilla warfare and so forth, which occur.

因此,所有的实体,在它们的投生体验中的某个时候,都会发现用无论什么方式的去表达个人性的解放以及自由的需要是有可能的。当作为一种通常的惯例或者在文化性的幻象中的体验去这样做是不可能的时候,接下来,就是你们所称的叛乱、游击战争以及如此等等发生的时候了。我们发现在很多的现在正在提供你们所称的移民的——那些正在因为内部的动乱和内战,如你们对它的称呼一样,正在离开这些地区的群众,它们发现它们自己正在移动到那些在你们的文化的表达中你们称之为欧洲大陆的期待中的安全的地区——国家中,在这些国家中的实体遇到了机会去欢迎这样的正在寻求安全的灵魂,这些灵魂正在心中带着希望却身上没有带着多少衣物在它们的方向上旅行着。接下来,藉由有藉由是否接纳这些实体而表达心的脉轮的能量的机会了,因为在这个国家的州的划分中有很多州的情况中,它们已经公开宣称这样的接纳将不会发生。

You have, indeed, great masses of entities within the planetary sphere now engaged in a lesson of a great learning whether or not the principles that are taught within the religious systems of each country's culture are indeed lessons by which the culture itself shall live, or whether perhaps they shall be ignored; whether perhaps the green-ray energy center shall remain closed as the borders within certain countries or states, or whether there is the possibility of opening the heart chakra on a level great enough to welcome great numbers of entities who have little to which to cling in the way of daily sustenance, and the future expression of freedom and home of a life lived in more normal circumstances.

你们现在,在这个星球上,确实有巨大数量的实体正在参与到一个课程之中,这个课程是这样一种巨大的学习,即是否在每一个国家的文化的宗教信仰的系统中被教导的原则确实就是文化本身将会藉其而活的原则,还是它们也许是应当被忽略的原则,是否绿色光芒的能量中心也许应当如同在一定的国家或者州中的边界一样是保持关闭的,还是会有在一个足够大的层次上开放心的脉轮的可能性,以欢迎这些巨大数量的在日常生活、对自由的未来的表达以及在更为通常的环境中生活的家园的方面几乎无所依靠的实体们。

It is the great test of your planet's population at this time that one may liken to the final examination which many undergo within your educational system at the end of the school year. This, my friends, is the great examination of the heart; whether it can be opened to those who are called strangers, to those some would call dangers; whether it can be seen that—indeed, as the tuning song played before this session began—is God truly one of us?[3] Is the Creator somewhere observing all of this occurring, or is the Creator here amongst you, within you, experiencing all that you feel, see, and imagine?

这是对于在此刻你们星球的人群的巨大的考验，一个人可以将其比作在你们的教育系统中在学年结束的时候的很多人要参加的期末考试。我的朋友们，无论它是向着那些被称之为陌生人的实体开放，还是向着那些某些人会称之为危险分子的实体开放，确实，如同在这次集会开始前的调音歌曲所唱到的一样，“上帝真的是我们中的一员吗？”[3]，无论这一点是否能够被看到，这就是心的伟大的考试。造物者在某个地方正在观察所有这些发生的事情吗，或者造物者在这里在你们当中，在你们内在之中，正体验所有你们感觉到，看到和想象到的事情吗？

My friends, we believe you know the answer to this question. Indeed, the Creator is within all. All entities upon this planet are expressions of the One Infinite Creator that has taken this opportunity to give freedom of will to each of its portions so that lessons may be expressed and learned, and the fruits of the learning of experience may be offered to the Creator as a means by which it may know itself in ways that would not be possible without free will being exercised in the manner in which it is now being exercised.

我的朋友们，我们相信你们知晓对这个问题的答案。确实，造物者是在万物内在之中的。在这个星球上的都是太一无限造物者的表达，太一无限造物者已经利用这个机会来给予它的每一个部分自由意志了，这样课程就可以被表达并被学习了，对体验的学习的果实就可以作为一条藉由其祂可以知晓祂自己的途径而被献给造物者了，如果自由意志没有用它现在正在被行使的方式被行使，造物者对祂自己的知晓会是不可能的。

Make no mistake, for indeed there are no mistakes, that the Creator may learn from every decision made by each entity upon the planetary surface. Some of the lessons that are learned may be that, in some circumstances, there is a limit to the amount of green-ray energy that some entities may be able to offer to those who seem different enough from themselves to be denied this universal energy of acceptance, of understanding, and of tolerance. There may be the need for most of the entities upon the planet to repeat this great cycle of learning upon another third-density planet, if the lessons cannot be learned here. Indeed, much of the population of this planet has been cycled again to this planet from others where these lessons were not learned.

没有犯错，因为确实没有错误，造物者可以从被在这个星球上的每一个实体做出的每一个决定来学习。一些被学会的课程可能是，在一些情况中，对于一些实体可能能够向那些看起来似乎与它们自己足够地不一样实体提供的绿色光芒，会有一些数量限制，以至于会有对这种接纳、理解和容忍的宇宙性的能量的否认。对于在这个星球上的大多数实体，可能会有在另一个第三密度的星球上去重复这种学习的伟大的周期的需要，如果课程在这里无法被学会的话。确实，在这个星球上的大量的人群已经是从其他的在其上这些课程尚未被学会的星球再一次循环到这个星球上的。

It is our great hope that more entities upon this planetary surface can look more deeply within their hearts and see where there is room for other entities; that the embrace of family may reach beyond the household, beyond the community, beyond the state or even the country, that all entities, in the end, may be seen as the Self, seen as the Creator. We realize this is not probable,

my friends, however, it is ever possible, and we hope that each of you may take these lessons to heart quite literally, and find within your own hearts the path of service to those about you that will express your true feelings concerning the One Creator.

我们巨大的希望是, 在这个星球表面的更多的实体能够更为深入地观察它们的内心并看到, 有给其他人的空间, 家庭的拥抱可以向外延伸超越全家人, 超越社区, 超越州甚至超越国家, 所有的实体, 最终可以被视为是大我, 被视为是造物者。我们意识到, 这是希望不大的, 然而, 我的朋友们, 它一直都是有可能的, 我们希望你们每一个人都可以相当实际性地将这些课程带到心, 被在你们自己的心中找到服务那些在你周围的人的途径, 这条途径将会表达你们在关于太一造物者的方面的真实的感觉。

We would, at this time, transfer this contact to the one known as Steve, so that we might address the second portion of the query for the afternoon. We are known to you as those of Q'uo; we transfer this contact at this time.

我们会在此刻, 将这个接触转移到被知晓为 Steve 的实体, 这样, 我们就可以陈述这个下午的问题的第二个部分了。我们是你们知晓的 Q'uo, 我们在此刻转移这个接触。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am with this instrument. We would begin by thanking this instrument for the care with which it challenges us prior to our communication, for it is our understanding that there are many voices which would wish to blend theirs with ours, and not all of these voices are of a disposition to serve the One Creator in the manner, and in the polarity, with which we have chosen to serve, and so we welcome the discrimination and the resolve to bring forward only those energies that do resonate with the open heart. We are, ourselves, creatures of the open heart, and we welcome in our hearts those who seek likewise.

我是 Q'uo, 我与这个器皿在一起了。我们会藉由感谢这个器皿来开始, 感谢它在我们的交流之前对我们的挑战中所使用的关心, 因为我们的理解是, 有很多的声音会希望将它们的声音与我们的声音混合在一起, 这些声音并不是全都具有一种用我们已经选择来进行服务的方式以及极性来服务于太一造物者的特性的, 因此, 我们欢迎分辨力以及那种仅仅将那些与开放的心有共鸣的能量体现出来的决心。我们自己, 就是开放的心造物, 我们在我们的心中欢迎那些一样地寻求的实体们。

In turning to the question of how one might integrate, shall we say, the catalyst that comes upon a planetary scale with that catalyst which is part of the daily allotment, so to speak, we find that it is well to keep in mind that you are living in an environment which is much differentiated with regard to various paths of seeking, and as you well know, not every path shares the same fundamental aspiration or the same polarity.

在转向一个人如何才能将在一个全球的范围上出现的催化剂与作为, 可以说

是，日常生活的配额的一部分的催化剂，容我说，整合起来的问题的方面，我们发现，去记住这一点是很好的，即你们是生活在一个在关于各种各样的寻求的道路的方面是大有差异的环境中的，如你们清楚知道的一样，并非每一条道路都共享相同的基础性的渴望或者相同的极性。

There are those who seek the One Creator by neglecting the opening of the heart. These individuals are strewn throughout your social complexes in such a way that they often confuse and confound the trajectory of seeking that is sought by those who wish to form groups of seeking in concert with one another. [They are often] those who have responsibilities for the organization of your societal complexes, your participants in the so-called political life.

会有那些藉由无视心的开放而寻求太一造物者的实体。这些个体是遍布于你们整个社会复合体的，它们经常会让被那些希望去形成与相互彼此协调一致的寻求的团体的实体们所追寻的寻求的轨道变得混淆而混乱。[它们经常是]那些对你们的社会复合体的机构负责的人，以及在所谓的政治性的生命中你们的代表。

The dynamics that arise as a result of an interaction of individuals, of groups, of states, of religion, of people of various languages and cultural traditions and ethnic backgrounds, can give a certain sense of chaos to the experience that is available to all upon this planet, and never has this chaos been so dramatic and so wide-spread as it is today.

作为个体的、团体的、国家的、宗教的、以及各种属于各样的语言、文化传统和伦理背景的人之间的一种互动的一个结果而出现的动力性，能够对在这个星球上的所有人都可以取得的体验都给予一定的混乱的感觉，而这种混乱从未如同今日一样如此戏剧性且如此广泛。

To some extent at the point of transition of any third-density planet, it can be expected that there will be a certain amount of disorganization and confusion, for it is a time of opening in which many patterns of energy which have, over ages, assumed a closed form, will begin to break apart, will begin to lose their hold, will begin to take on new and unexpected forms; and this, by itself, can be confusing for those who are living in turbulent times.

在某种程度上，在任何第三密度的行星进行转换的位置上，可以被期待的事情是，将会有一定数量的混乱与混淆，因为这是一个开放的时刻，在其中许多已经经年累月采用了一种封闭的形式的能量模式将会开始瓦解，将会开始失去它们的控制，将会开始采用一种新的未被预料到的形式，对于那些生活在骚乱的时代中的人们，这在其自身就会是令人混淆的了。

When one adds to this fact the additional point that, in a planet undergoing a mixed harvest, the directions of travel will not all be going the same, when the fundamental commitments of spiritual seeking seem to be at loggerheads, one reaches a level of confusion that is much greater yet, and it has been our observation that this planet, in which you enjoy your current life experience, is particularly noted for the wide variation in kinds of energies as well as the experience of oppositional energies that it undergoes. There is, as you might say, a very active loyal opposition, and this opposition is not confined to your

earth planes.

当一个人在这个事实上补充这样一个额外的要点，即在一个正在经历一种混合性的收割的行星上，旅行的方向将不会是完全相同的方向的时候，当灵性的寻求的基础性的投入看起来似乎是不协调的时候，一个人就会触及到一个远远更大的混淆的层次了，对于这个你们在其中享受你们当前的生命体验的星球，我们对它的观察是，这个星球在其能量的类型，同样还有其经受的对于对立性的能量体验的方面的巨大的多样性是尤其明显的。会有一种非常活跃的，如你们可能会说的一样，忠诚的反对派，这种反对派并非是局限于你们的地球层面的。

This can be rather difficult for you to deal with, particularly when it happens that inexperienced souls opening their hearts for the first time discover that they are given opportunities for service that are really in quite strong distinction from their fundamental intent, and so it can seem that one serves the all, one serves the Creator, and one serves one's fellow seekers best when one undertakes activities that to most others seem quite hostile. This can seem like a genuine form of service, and if the spiritual seeking is particularly strong, and the discernment is not particularly strong, one can find that earnest souls express the strength of their seeking in ways that are really quite destructive.

这对于你们可以是相当难以处理的，尤其是当碰巧发生的情况是，没有经验的灵魂第一次开放它们的心且发现它们被给予的服务的机会与他们根本性的意愿真的是有相当大的差距的时候，情况看起来似乎是，当一个人进行在大多数其他人看起来似乎是相当有敌意的活动的时候，一个人是在最佳地为全体服务，为造物者服务的，为它的同伴的寻求者服务的。这可以看起来好像是一种真正服务的形式，如果灵性的寻求者是格外强有力的，而分辨力却不是特别强有力，一个人可以发现，热忱的灵魂会用各种真正是相当破坏性的方式来表达它们的寻求的强度。

Now we would ask you to consider an analogy. That is to analogize the circumstances of planetary chaos with similar circumstances of individual or personal chaos which can occur at points of transition in the individual life patterns. When one undergoes changes in the personality, it almost inevitably occurs that there are certain older patterns of behavior which are shown increasingly to have no further use, which it would be well for the personality to be able to slough off[4] so as to move into a more robust or healthy configuration. However, these older personality features, these older patterns of behavior or forms that have been invested over the years with a certain energy, this energy has a life of its own, if you will. It is as if there were a little possessing entity that has learned to live within a larger host organism, and having taken up a home in certain portions of the organism, is reluctant to give up this home, is reluctant to give up the authority which it has found it enjoys exercising within this portion of the personal being.

现在，我们会请你们考虑一个类比。那就是将这种全球性的混乱的情况类比在一个个体的生命模式中的转变的位置上可以发生的类似的个体或者个人的混乱的情况。当一个人在人格中经历改变的时候，几乎无可避免地会发生的事情是，会有一些较为陈旧的行为举止的模式会越来越多地被显示出是没有进一步的用

处的，人格能够蜕皮以进入到一种更为健全和更加健康的配置，这会是很好的。然而，这些较为陈旧的人格的特性，这些已经在多年时间中被投入了一定的能量的较为陈旧的行为举止的模式或者形式，这种能量是拥有一种属于它自己的生命。这就好像有一个小小的占有性的实体，它已经学会生活在一个更大的宿主的生物的一定的部分之中了，它不愿意放弃这个家，不愿意放弃它已经发现它喜欢在个人的存有的这个部分中行使的权威性一样。

Such a possessing energy, if we may so call it, is very likely to put up a resistance when it is being asked to release that domain which it has so long jealously guarded, and it is quite capable of behaving in ways that are anti-social, in ways that are counter-productive, apparently, in relation to the total welfare of the organism. It is quite capable of sending out danger signals, and of attempting to convince the larger self that to change in this area that the larger self has already resolved to change, would, in fact, be quite a risky proposition, would in fact be quite dangerous, not only for the self, but for perhaps others around it, and for the social life as a whole.

这样一种占有性的能量，如果我们可以如此称呼它的话，是非常类似于当它正在被要求去释放那个它已经如此长时间妒忌地守护的领地的时候去施加一种阻力，它是相当有能力用反社会的方式，用在与生物体的整体性的福利有关的方面明显地是适得其反的方式来行为举止的。它是相当有能力送出危险的信号，并有能力尝试去说服更大的自我，要在这个更大的自我已经下决心去改变的区域中改变，实际上会是一个相当冒险的提议，实际上会是相当危险的，不仅仅是对于自我，也许同样对于在它周围的其他人，以及对于作为一个整体的社会是危险的。

In fact, whatever target of opportunity might be invoked in defense of this small bailiwick[5] that this little backwater energy of the self has resolved to defend, can be seen as vital for the very survival, can be projected as necessary for the future wellbeing of the organism. And it can create a condition in which one of two things seem to be possible.

实际上，对于这个自我的小小的逆流的能量已经决心去守卫的小小的管辖范围，在对它的守卫的过程中可能会被行使的无论什么机会的目标，都能够被视为是对于核心的生存是至关重要的，都能够被投射为对于生物体的未来的福祉是必不可少的。它能够创造出一种情况，在其中下面两个事情中的一个看起来会是有可能的。

In the first place, one may reject this portion of the self that is crying out for acknowledgment and sacrifice it upon the altar of progress, so to speak.

首先，一个人可能拒绝这个正在为认可而哭喊的自我的部分，并在，可以说是，前进的祭坛上牺牲它。

The second path is that of accepting this portion of the self that cries out for acceptance, and allowing it the voice it feels it needs until such time as it is enabled to understand that it is not itself threatened by the changes that are being proposed, and, in fact, have advanced to the point where they are now inevitable.

第二条道路是接受这个为了接纳而哭喊的自我的部分，并允许它发出它感觉到需

要发出的声音，一直到它能够理解它自己是不会受到正在被提议的改变所威胁的，并且它实际上已经前进到了这些改变现在是无可避免的位置了的时候为止。

It seems to us, my friends, that the second path is the more useful for those who would open the heart, but we will admit that the second path is, in many respects, more challenging, because this requires that you take on those portions of the self, those portions of your own personality that have learned to dwell in the shadows, that have learned to embrace the shadows, that have learned to love the shadows, and have learned to speak from the shadows, and to call these portions of the self part of yourself—to acknowledge these portions of the self as part of yourself, to accept these portions of the self that to you now seem unacceptable, as indeed, acceptable.

我的朋友们，在我们看来，第二条道路对于那些会开放心的人会是更有帮助的，但是我们将会承认第二条道路，在很多方面，是更加挑战性的，因为这要求你穿上那些自我的部分，那些已经学会去居住在阴影之中，已经学会去拥抱阴影，已经学会去爱阴影，并已经学会去从阴影的位置发言你自己的人格的部分，去将这些自我的部分成为你自己的部分——去承认自我的这些部分是你自己的一部分，去接纳自我的这些你现在看起来似乎无法接纳的部分，为确实可接纳的。

Now, that is not to say that you are now inclined to celebrate the little mischievous imps that dwell inside your personality; that is not to say that you wish to embrace—as a principle of your own future development—any of these stray darkneses that yet reside within you, but it is to say that these voices that speak out in anguish are voices that are also in need of love. They are voices that ask not to be judged harshly, but to be given a space, to be given a hearing, to be allowed to speak out their agonies so that when the echo of these cries of anguish finally dies out, the voices may begin to look to a deeper source. and find there are different modes of expression beginning to become available to them so that in that chorus of voices which each self is, new harmonies may be seen slowly, and we emphasize this point—slowly to arise.

现在，这不是说你们正在倾向于去赞美居住在你的人格内部的淘气的顽童，这不是说你们希望去拥抱——作为你自己未来的发展的原则——这些仍旧存在于你们内在之中的迷途的黑暗中的任何一个，它是说这些在极度的痛苦中说话的声音是那些同样也需要爱的声音。它们是那些请求不被激烈地评判，而是被给予一个空间，被给予一种聆听，被允许去说出它们的哭闹得声音，这样当这些极度痛苦的哭喊的回应最终消失的时候，声音就可以开始去检查一个更深的源头，并发现会有不同的情绪的模式正在开始为可以为它们所利用，这样在每一个自我之所是的那种声音的合唱之中，新的谐音就可以缓慢地被看到，我们强调这个要点——缓慢地升起。

In the process a more fulsome personality may be seen to come about, a personality which is less defended on two fronts: one, the front of the external relation to the society as a whole, or others within the society; and two, the front which addresses those energies within the self that have long suffered restriction, repression, and rejection. A less defended personality is one which

is more able to express, in an open-hearted way, who it is, and to allow otherness to find its expression within that sense of who:

在这个过程中, 一种更为令人生厌的人格可能被看到产生出来了, 这是一个在两个战线上防守较少的人格: 第一, 与作为一个整体的社会或者在社会中的其他人有关联的外部的战线, 第二, 表达了那些在自我内在之中已经很长时间遭受限制、压抑和拒绝的能量的战线。一种防守较少的人格是一个更加有能力, 用一种开放的心方式, 表达它是谁, 并允许其他人在那种它是谁的感觉中找到它的表达的人格。这种它是谁的感觉即:

Who am I?

I am more than I ever imagined I could be.

I am you.

I find that you, also, be me.

我是谁?

我是比我曾经能够想象到的我更大的我。

我是你。

我发现, 你, 同样也是我。

Now this is not an easy exercise we acknowledge. It is made much more difficult when one encounters others in one's environment who do not seem to share the same commitment to healing, do not seem to share the same commitment to the openness of the welcoming heart.

现在, 我们承认这并不是一个容易的练习。当一个人在它的环境中遭遇到其他的看起来似乎并没有分享相同的对疗愈的投入, 看起来似乎并没有分享相同的对欢迎的心的开放的投入的人的时候, 这会变得更为困难。

So it is one affair when one encounters the hungry stranger, the stranger who is cold, the stranger who is lost, the stranger who is forlorn, to open the door and provide sustenance, warmth, and acceptance. And it is another affair to contend with those who have the intention not of accepting in good grace the welcome you have to offer, but of defeating the master of the house, of overturning the existing order, of achieving domination over others, of introducing the dark stranger of fear into the body politic.

因此, 它是和当一个人遇到饥饿的陌生人, 寒冷的陌生人, 迷路的陌生人以及绝望的陌生人的时候, 去打开门并提供食物、温暖和接纳是一个事情。它却与同那些拥有这样的意图人争论不是一个事情, 这种意图不是去在感激中接纳你所要给予的欢迎, 而是去打败房屋的主人, 颠覆现存的秩序, 获得高于他人的优势, 并将害怕的陌生人引入到政治团体之中。

We do not downplay the difficulty associated with this latter possibility, for it is a difficulty that resonates on many levels throughout the creation and is not confined to your planetary experience. But at your time of transition, it reveals the very great confusion that arises when those whose general inclination is to open the heart then encounter hearts that have no intention whatever of being opened, and, in fact, have every intention of doing everything they can to prevent the opening of hearts around them.

我们并不会贬低与后者的可能性联系在一起困难，因为它是一个在贯穿整个造物的很多层次上共鸣的困难，它并非是局限于你们的星球的体验的。但是，在你们转换的时刻，它揭露出了当那些一般的倾向性是开放心的实体，接着遭遇到并不拥有无论什么被开放的意愿，且实际上拥有做每一个它们能够做的事情来阻止在他们周围的人的心的开放的每一个意愿的实体的心的时候会出现的非常巨大的混淆。

When confronted by this adversarial energy, it is a common inclination to recoil in horror, to mount the defenses and even to take an aggressive posture to those who have demonstrated the energies of war. We sorrow with you, my friends, that to some extent this defensive withdrawal seems necessary; but we would caution that you have available to you great powers of discernment, so that you may see where an energy on offer, well polarized to the negative, has no opportunity for successful engagement.

当遭遇到这种对抗性的能量的时候，去在恐惧中退缩，去穿上盔甲，甚至是对那些已经示范了战争的能量的实体做出一种攻击性的姿态，这是一种通常的倾向。我的朋友们，我们和你们一起感到忧伤，在某种程度上，这种防御性的撤退看起来似乎是必须的，但是我们会告诫，你们已经可以利用你们的分辨力的巨大的力量了，因此，你们可以看到，在一种能量可供使用，并有效地向着负面性极化了的位置上，是不会有成功的打交道的机会的。

But you may also see that there are many examples around you of those who, like yourself, are attempting to open the heart, but who have staggered under the weight of heavy catalyst, and have begun to recoil in opposition to this catalyst in a manner which seems to share the character of that catalyst which it opposes, which is to say, which seems to take on the very negativity which it rejects.

但是你们同样也可以看到，在你周围会有很多的，和你自己一样，正在尝试去开放心，但却在沉重的催化剂的重量之下已经动摇了，并已经开始在对这种催化剂对抗的反面退缩了的实体的例子，这种退缩是用一种看起来似乎分享了那个它所反抗的催化剂的特性的方式，也就是说，用一种看起来似乎是呈现出了它所抵制的那种负面性的方式。

To be sure, it takes, as we say, discernment to tell what response is of a thwarted open heart, and what initiative is that of a thrust of negative energy with intent to achieve control or domination. The latter, we would remind you, is relatively rare in comparison to the former. And so we invite you to consider that it is not well to use a judgment against those in the midst of whom you find yourself should it merely happen that they have taken a point of view other than your own, or have responded in a more dramatic way, shall we say, or perhaps with more hostility to some traumatic catalyst that seems to be of extremely negative provenance.

的确，要区分什么回应是一种属于被阻挠了的开放心的回应，什么倡议是属于一种对那种带着去取得控制或者操纵的意图的负面性的能量的刺穿的倡议，容我们说，这是需要分辨力的。我们会提醒你们，后者与前者比较是相对少见的。因此，我们邀请你们考虑，对那些你发现你处于它们当中的人们，如果它们仅仅碰

巧已经采用了一种与你自己的观点不同的观点，或者它们已经用一种更为，容我们说，引人注目的方式做出了回应了的话，或者它们对于看起来似乎是具有极度负面性的起源的某种创伤性的催化剂带有了更多的敌意，对这些人使用一种评判，这是不好。

These ones who respond in this way, no doubt are discovering within themselves the old resonance of this shadow self that has lurked long these generations. They are no doubt discovering these small pockets of negative energy they themselves have harbored, and they no doubt are allowing these pockets of negative energy to be energized by the catalyst which is on offer. 这些用这种方式回应的人人，毫无疑问是正在它们自己内在之中发现这种已经潜伏了很长时间的阴影的自我的旧的共振。它们毫无疑问正在发现这些它们自己已经隐藏起来了的负面性的能量的小的包袱，它们毫无疑问正在允许这些负面性的能量的包袱藉由正在提供的催化剂而被充能。

That, however, does not mean that these souls who in so many other ways are fellow seekers with you are to be despised, are to be thrown on the rubbish heap of humanity, are to be rejected or harshly judged, for who is there amongst you without a little pocket of negative energy, and who can say what catalyst will be capable of unexpectedly energizing these little pockets of negative energy? We ask you then to consider what it is that might heal these pockets.

然而，那并不意味着这些用如此多的其他的方式是与你同行的同伴的寻求者的灵魂，是要被鄙视的，是要被扔到人类属性的垃圾堆上的，是要被拒绝或者要被激烈地评判的，因为在你们当中难道有谁没有一点点负面性的能量的包袱呢，谁能够说清楚什么催化剂将能够出乎意料地让这些负面性能量的小包袱充能呢？我们请你们接着考虑，可能疗愈这些包袱的事物是什么？

The principle most important in this regard is the simple one that negativity begets negativity; judgment begets judgment; and so when a friend, a companion, a fellow seeker is thrown into a condition of reactivity, of anger, of horror, of hate, the worst thing that you can do is to react to the reaction, to hate the hate, for that merely allows emotions in the negative register to continue to reverberate down through the ages, as indeed they have done in your social energy complex.

在这个方面的极其重要的原则是那个简单的原则，即负面性会招致负面性，评判会招致评判，因此，当一个朋友，一个伙伴，一个同伴的寻求者被投入到一种倒退性，愤怒、恐惧、仇恨的情况中的时候，你能够做的最差的事情就是对于那种反应做出反应，就是去恨仇恨，因为那仅仅会使得在负面性之中的情绪牢记于心以继续穿越时代产生出回响，如它们在你们的社会能量复合体中确实已经产生出的回响一样。

Healing is an event which takes place one little bit at a time. It takes place in the gentleness and in the quietude that may be discovered when one realizes that difference is not, by itself, threatening; that just as the Creation is many and diverse, and the color spectrum infinitely articulated into hues of every

mixture and every description, so too are the processes of human being infinitely variegated. And within this variegation there is still yet integration possible precisely to the extent that the difference is celebrated, the differences welcomed, the difference is accepted even when it comes forward to one explicitly as that which is unacceptable.

疗愈是一个一次发生一点点的事件。它是发生在温柔和寂静之中的，当一个人领悟到，差别在其自身是没有威胁性的，就如同造物是多种多样与形形色色的，色彩的光谱会无限地呈现出每一个混合物的色彩和每一种描述一样的时候，人类存有的进程同样也是无限地变化多端的。在这种多样性之中，仍旧会有整合存在，这种整合有可能是精确地就在差别被赞美，差异被欢迎以及差异被接受的程度上的，甚至是在差异明确地是作为无法接受的事物而出现在一个人的面前的时候。

Few planetary experiences are as challenging in their very nature and in the structure of catalyst that abounds as the one whose experience you now share and partially constitute. It is a wholesome meditation to contemplate that every last portion of the planetary experience is part of a whole which will, in the fullness of time, be healed. Every last voice will be invited to sing in the choir.

相比你们现在分享并部分上构建起来的这个星球的体验，在催化剂的核心特性以及结构上，很少有星球的体验是如同这个星球的体验一样丰富的。去沉思星球体验的每一个最后的部分都是一个将在时间的完整性之中被疗愈的全体的一部分，那个全体，这会是一个对身心有益的冥想。每一个最后的声音都将会被邀请在合唱中歌唱。

To be sure, it takes an attuned ear to begin to hear the echo of the choral celebration that will arise and fill the very heavens. It is perhaps more than can be expected to put upon yourself the task of living every moment of every day with this sound playing joyously in your background, but there is a thought there—maybe it is only a stray hope on the wind, maybe it is a scent borne on a summer evening, but it is a thought that in troubled times may provide just a little nourishment, and just enough, to see you through that moment. And the moment joyously embraced builds upon another moment joyously embraced, one can begin to find that the cares of the day are less burdensome, and one can begin to find that that catalyst which is heavy, though still difficult, can yet be borne.

无疑，要听到那将会升起并充满天堂的合唱团的赞颂的回音需要一只被调音过的耳朵。让你自己承担起在每一天的每一刻都藉由这种在你的背景中喜悦地演奏的声音而活的任务，这也许是远远不是可以被期待的事情，但是在那里会有一个想法——也许它仅仅是一个在随风飘荡的希望，也许它仅仅是一种在一个仲夏夜产生出一阵香气，但是它是这样一个想法，它会在困难的时刻可能提供仅仅一点滋养，且仅仅足够来照看你通过那个时刻。随着那个被喜悦地拥抱的时刻在另一个被喜悦地拥抱的时刻上累积起来，一个人就能够开始发现对生活的关注是较不难以负担了，一个人就能够开始发现，沉重的催化剂，虽然仍旧是困难的，却能够被承受住了。

We see many courageous souls upon your planet struggling under burdens

that are shockingly difficult, and yet from time to time the whisper of a smile can be seen upon the visage of all brave souls, and there, my friends, is where the hope lies. The hope lies in not condemning the planetary criminal element, but in realizing that in the end all are one. You, who may seem criminal to me, and I, who may seem criminal to you, are—in the outreach of me to you and you to me—one.

我们看在这你们的星球上有很多勇敢的灵魂正在令人震惊地苦难的重担下挣扎，而不时地，一缕微笑能够在所有勇敢的灵魂的面容上被看到了，我的朋友们，那里就是希望存在之处了。希望不是存在于对星球的犯罪的元素的谴责之中，而是存在于领悟到最终一切都是一体的之中。你们，对于我看能看起来似乎是犯错的，我，可能对于你们看起来似乎是犯罪的，你们和我——在超出了我对于你们以及你们对于我的范围之外——是一体的。

We are those of Q'uo and have been most pleased to join you and your seeking for it gives us also the opportunity to deepen our seeking, even as we find given to us the opportunity to transmute sorrow to joy. It is a project which we share with you at this juncture, and we thank you for giving us a little presence in your world, and for the opportunity to feel the beautiful efforts that are being made within this circle of seeking, for my friends these efforts are a beacon of hope that shine into the very heavens.

我们是 Q'uo，我们对于加入你们和你们的寻求已经是极其高兴的了，因为它同样给予我们去深化我们的寻求，甚至在我们发现我们被给予了机会去将忧伤转变为喜悦的时候。它是一个我们在这个节点与你们分享的计划，我们为你们在你们世界中给我们我们一点点的临在，为去感觉到在这个寻求的圈子中正在被做出的美丽的努力的机会而感谢你们，因为，我们朋友们，这些努力使一个闪耀进入到天堂之中的希望的灯塔。

We thank you my friends. We are those of Q'uo and at this time we would leave this instrument and return to the one known as Jim to discover whether there are further questions yet on the minds of those here who seek. I am Q'uo. Adonai, my friends, Adonai.

我们感谢你，我的朋友们。我们是 Q'uo，在此刻我们会离开这个器皿，并返回被知晓为 Jim 的实体来发现是否在那些在这里寻求的人们的头脑中是否仍旧有进一步的问题。我是 Q'uo。Adonai，我的朋友们。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo and am once again with this instrument. We would ask if there might be any further queries to which we may speak as this instrument has some energy in reserve. Is there another query at this time?

我是 Q'uo，再一次我们与这个器皿在一起了。我们会请问，是否可能有任何我们可以谈论的进一步的问题，因为这个器皿有一些储存的能量。在此刻有另一个问题吗？

Gary: Just one Q'uo. How can the wanderer respond to all the chaos, violence,

conspiracies, and service-to-self energies—in short, all the bad news—in a way that fulfills their primary function to lighten the planetary vibration, and to serve as a beacon or shepherd to others?

Gary: 只有一个问题, Q'uo。流浪者如何才能回应所有的混乱、暴力、阴谋及服务他人的能量——简单地说, 所有的坏消息——用一种完成它们的主要的功能的方式, 以照亮星球的振动, 并作为一个对其他人的灯塔或者牧羊人而服务呢?

I am Q'uo and am aware of your query, my brother. It is a query well worth considering, for those entities within this circle of seeking fall within that category which you would call the wanderer, and each wonders itself how to accomplish this particular mission, shall we say. Each has incarnated within this planetary sphere in order to aid it primarily by adding its own light vibrations so that the vibrations of the planet itself are lightened and reduced in their severity, shall we say, in the expression of disharmony.

我是 Q'uo, 我理解了你的问题, 我的兄弟。因为在这个寻求的圈子中的实体们是位于那个你们所称的流浪者的类别之中的, 每一个流浪者它自己如何去完成这个特定的, 容我说, 使命, 它是一个非常值得考虑的问题。每一个流浪者都已经在这个星球中投生以便于主要藉由增加它自己的光的振动来帮助这个星球, 这个星球本身的振动就会被照亮并在它们, 容我说, 对不协调的表达中的严重性。

Each wanderer also has the specific task of finding a way by which it itself may evolve not only through service to the planet in general, but to those about it in a particular sense on the daily-round-of-activities basis. We would recommend the use, once again, of the meditative state in order to explore that which each feels is the primary possibility for learning in service to others, and explore that to the extent that one is firmly aware of this particular service, its ramifications and its expression within your being. And then to fully pursue the expression of this service.

每一个流浪者同样也拥有找到一条道路的特定的任务, 藉由这条道路它自己就可以不仅仅通过一般而言的对星球的服务, 同样也通过用一种以日常生活的活动为基础的特定的方式对它周围的人的服务而演化了。我们会再一次推荐对冥想的状态的使用以便于探索每一个人感觉到对于在服务他人的过程中的学习是主要的可能性的事物, 并探索那个事物直到一个人坚定地察觉到了这个特定的服务, 以及它的衍生物与它在你的存有中的表达的程度。接下来, 去充分地追寻这种服务的表达。

When one finds the news, shall we say, disturbing and disharmonious to the extreme, one may send the light-filled vibrations of healing and love to such areas or entities in need of such, or indeed may send it to the entire planet, for that which you see upon your news is only a small portion of the difficulties that are being expressed on a planetary scale. One may keep the eye open, shall we say, to the opportunities that come one's way, for there are no true coincidences, and those opportunities to be of service in an expanded fashion will, if they are appropriate for your being, find their way to you so you may say give energies of either the activities of your physical

vehicle, the financial means by which energy is offered, or in any other fashion; the creation of poetry, the creation of music, the creation of the surroundings that are supportive of those who need support in any of the many ways that entities are failing in their daily round of sustenance and liveliness.

当一个人发现，新闻，容我说，是令人不安的且极其不协调的时候，它可以向这样的需要疗愈的区域或者实体送出这样的疗愈的充满光的振动，或者它确实可以将它送往整个星球，因为你们在你们的新闻中看到的事情仅仅是在一个全球的范围内正在被表达的困难的一小部分。一个人可以让眼睛，容我说，向着出现在一个人机会，保持开放，因为没有真正的巧合，那些用一种拓展的方式进行服务的机会，如果它们对于你的存有是合适的话，将会找到它们来到你面前的道路，这样你就可以，好比为你的物质性载具的活动赋予能量一样，通过藉由其能量被提供的财务的途径，或者任何其他的方式，创作诗歌，创作音乐，创造出对于那些需要支持的人是支持性的周围的环境，这些需要支持的实体用很多种方式中的任何方式是在他们的日常的生计与活力的方面是短缺的。

There is no set pattern or rule in this regard. One must realize that what is appropriate for each to do will find its way to you for again, there are no mistakes, and all has been planned as an opportunity before the incarnation so that all may be accomplished if one is, shall we say, paying attention.

在这个方面没有固定的模式或者规则。一个人必须意识到，对于每一个人合适去做的事情将会找到它来到你面前的道路，因为再一次，没有错误，一切都已经作为机会在投生前被规划好了，这样所有的事情都可以被完成，如果一个人是，容我说，留心的话。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: No, thank you, Q'uo.
Gary: 没有，感谢你们，Q'uo。

We thank you, my brother. Is there another query at this time?
我们感谢你，我的兄弟。在此刻有另一个问题吗？

(long pause)
(长暂停)

I am Q'uo, and as it appears that we have exhausted the queries for the night, we shall once again express our great gratitude to each present in this circle of seeking for sharing your love and your light with us, and allowing us the opportunity to partake within your circle of seeking. This circle is, once again, producing a great beam of light which reaches into the starry skies beyond all eyesight or vision.

我是 Q'uo，因为看起来似乎我们已经耗尽了这个问题了，我们将再一次表达我们对于每一个出席这个寻求的圈子人们，以及对于你们以与我们分享你们的爱和你们的光，并允许我们拥有机会来参加到你们的寻求的圈子中的巨大的感激。这个圈子，再一次，正在产生出一个巨大的光柱，它直达超越一切的视线或

者视野的星空。

We thank you for your dedication to service, for your desire to be of further service, and for the open hearts that exist within this circle. We are known to you as those of Q'uo. We shall take our leave of this instrument and of this circle of seeking at this time. We leave each, as always, in the love and in the light of One Infinite Creator. Adonai, my friends, Adonai.

我们为你们对服务的奉献，为你们进一步服务的渴望，为存在于这个圈子中的开放的心而感谢你们。我们是你们知晓的 Q'uo。我们将在此刻离开这个器皿，离开这个寻求的圈子。我们一如既往，在太一无限造物者的爱与光中离开各位。Adonai，我的朋友们。Adonai。

[1] From Shakespeare's As You Like It, the opening of Act II Scene VII:

[1]来自于莎士比亚的《皆大欢喜》，第二幕第二场的开头。

All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts...

整个世界都是一出戏，
所有男人和女人不过都是演员；
他们有他们的出口和他们的入口，
一个人在他演出的时间扮演很多个角色.....

[2] From the Wikipedia page of the same name: "The phrase is originally from the opening stanza of Ralph Waldo Emerson's "Concord Hymn" (1837), and referred to the first shot of the American Revolutionary War. According to Emerson's poem, this pivotal shot occurred at the North Bridge in Concord, Massachusetts, where the first British soldiers killed in the battles of Lexington and Concord fell."

[2]摘自相同的名字的维基页面：“这句话最初是在 Ralph Waldo Emerson 《康科德颂》(1837) 的开头小节，它提到美国独立战争的第一枪。根据艾默生的诗歌，这个关键性的枪击发生在在马萨诸塞州的康科德的北桥，在那里第一个英国士兵在列克星敦和康科德战役中被杀死了。”

[3] The tuning song for the session was Joan Osbourne's "One of Us," a song released on the album Relish in 1995 with a chorus that says:

[3]这次集会的调音歌曲是 Joan Osbourne 的《One of Us》，一首在 1995 年的专辑《Relish》中被发布的歌曲，一个合唱对唱到，

What if God was one of us?
Just a slob like one of us?
Just a stranger on the bus
Trying to make His way home?
如果上帝是我们中的一员怎么办？
仅仅是和我们中的一员一样的一个邋遢的人？

仅仅是在公车上的一个陌生人？
他正在尝试去回家？

[4] slough off (verb): to shed or peel off some outer layer, especially by rubbing or scraping

[4] *slough off* (动词): 脱去或者褪去一些外层, 尤其是藉由摩擦或者刮削。

[5] bailiwick (noun): one's sphere of operations or particular area of interest.

[5] *bailiwick*(名词): 一个人工作的范围或者有兴趣的特定的区域。

December 5, 2015

2015-12-05 服务的渴望与意图

Group question: Today we'd like to ask about service. How can we identify our service as positive? How can we know our actions are in line with our desire to serve? How do our intentions, desires and actions play in to our service?

团体问题：今天我们想要询问关于服务。我们如何才能确定我们的服务是正面性的服务呢？我们如何才能知晓我们的行为是与我们去服务的渴望是一致的呢？我们的意图、渴望以及行为是如何对我们的服务起作用的呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. We are honored to be able to speak to you this afternoon in your group of seeking for that which you call the truth. It is always a pleasure to join a group such as yours, for the light that is created by such seeking is as a beacon, not only to draw us to you, but to many who hear the words that we are able to share through this instrument and the one known as Steve, and hopefully there will be the service of explaining somewhat the concepts of which you ask.

我是 Q'uo，我在太一无限造物者的爱与光中向你们各位致意。我们对于能够在今天下午在你们这个寻求你们所称的真理的团体中向你们发言感到荣耀。加入一个诸如你们的团体之类的团体，这一直都是一种快乐，因为被这样的寻求创造出来的光就如同一座灯塔一样，它不仅仅将我们吸引到你们身边，同样也将我们吸引到很多听到了我们能够通过这个器皿以及被知晓为 Steve 实体分享的言语的人们的身边，但愿我们的服务将会多少解释一些你们问道的观念了。

First, however, we would ask you to do us a favor; that is to use your own discrimination as you listen to our words so that you take only those which have meaning to you at this time, leaving all others behind. In this way we may be assured that we shall not become a stumbling block to you, for it is our desire to serve you in a way which is helpful in your own journey of seeking the truth. Indeed, this afternoon, your query concerns the very concept of service—what it is, what are its components, what is necessary in order to truly be of service, is there anything you can do that is not of service?

然而，首先，我们会请你们帮我们一个忙，那就是在你们聆听我们的言语的时候去使用你们自己的分辨力，这样你们就会仅仅采用那些在此刻对你们有意义的内容，并将所有其他的都留在后面了。用这种方式，我们就可以确信，我们将不会成为你们的一块绊脚石，因为我们的渴望是用一种在你们自己的寻求真理的旅程中对你们有帮助的方式来服务你们。确实，这个下午，你们的问题恰恰就是关于服务的观念的——它是什么，它的组成部分是什么，为了要真正进行服务，什么事情是必须的，有任何你们能够做的事情是不进行服务的吗？

To begin we shall answer our own last query by suggesting that there is nothing that you can do that is not of service, for all around you is the one

Creator, and whatever your actions may be, that which you do, that which you do not do, all is a service. However, we are aware that you ask more specifically of how you can be of service in a positively polarizing fashion that truly aids the one whom you serve, and that which may also—as a by-product, shall we say—increases your own polarity as you increase your service.

作为开始，我们将藉由这样的建议来回答我们自己的最后一个问题，我们建议，没有任何你们能够做的事情是不进行服务的，因为，在你们周围的一切事物都是太一造物者，无论你们的行动可能是什么，无论你们做了什么，无论你们没有做什么，一切都是一种服务。然而，我们知晓，你们是更为具体地询问你们如何才能用一种正面极化的方面来进行服务，这种方式是真正会帮助你们所服务的人，作为一个，容我们说，副产品，这种方式将随着你们增强你们的服务而增强你们自己的极性。

Thus, we would speak first of the motivation of the one who seeks to serve. Indeed it is an important feature of any action that you wish to call service that your desire in partaking in an interchange of energy with another be to truly serve the other being. This is what we may call "enlightened service." It is far more than simple interaction in a catalytic way with other entities which you undertake on a daily basis, sometimes without thinking, sometimes with thought taken—for to desire to serve is to mold your efforts, your abilities, your, shall we say, training or study in a metaphysical sense, so that you are able to offer yourself as one who has an abundance to give, a point of view to offer, a way of presenting information that can be absorbed at the level where it is needed, shall we say, depending upon the particular energy center that is involved in the situation in question.

因此，我们会首先谈及一个寻求去服务的人的动机。确实，对于任何你们希望称之为服务的行为，它的一个重要的特性即，你们对于参与到与另一个人之间的能量的互换的渴望就是去真正服务另一个存有。这就是我们可以称之为“开悟的服务”的事物了。相比你们用一种日常的方式进行的通过一种催化剂的方式与其他实体之间的简单的互动，有时候这种互动是不带有思考的，有时候是带有被进行的思考的，这种开悟的服务远远更大的服务——因为去渴望服务就是去塑造你的努力，你的能力，你的，容我们说，在一个形而上学的意义上的训练或者教导，这样你就能够作为一个拥有一种丰盛要去给予，拥有一个观点要提供，拥有一种呈现信息的方式的人而将你自己提供出来了，取决于被包含所涉及到情况中的特定的能量中心，这种被呈现出来的信息是能够在它被需要的层次上被吸收的。

Many times people who wish to be of service enter into such service with desire, but with little else at the spur of the moment, for the immediacy of the moment requires some kind of response that may or may not have thought behind it, may or may not have as many resources offered to it that you have available to you as a result of your own experience. This is why when you are in your meditative states doing what we call the balancing exercises for the day, you look at those experiences that you have shared during the day to see what has stood out in a spontaneous fashion, for most times when you are of

service to others or interact with others you are not able to prepare yourself for that interaction in a way that would be most efficient to the other self.

很多时候, 希望进行服务的人会带着渴望进入到这样的服务中, 但是在一时冲动之中会几乎不带有其他的事物, 因为那个时刻的直接性要求某种类型的回应, 这种回应可能有或者可能没有在其背后的思考, 可能有或者可能没有很多的被提供给它的资源, 这些资源是作为你自己的体验的一个结果而你让其做可以你所用的。这就是为什么当你在你的冥想状态中正在为那一天进行我们所称的平衡练习的时候, 你检查你在那一天期间已经分享了的那些体验以看到什么事物已经用一种自发性的方式站出来了, 因为在大多数你在对其他人进行服务或者与其他人进行互动的时候, 你是无法用一种会对其他的自我最有成效的方式让你自己为那个互动做好准备的。

However, each of you, as you have moved through your incarnations, has become aware of the journey of the spiritual pilgrim, and has studied in many areas that are available to you on perhaps an unconscious basis so that it may become the fabric of your own being, thus not requiring as much careful preparation in the attempt of serving others as might be necessary for those who have not studied as long or as hard as have you upon the path of the spiritual seeker. So when you are in the midst of the service, shall we say, interacting with another who is requesting of you—by perhaps word or deed or previous arrangement—to be able to take advantage of that which you have to offer, it is well to see this other being as another portion of yourself, as a portion of the Creator, and to look upon this entity with love as the foundation of that which you wish to offer. If you can color or imbue that which you offer with the quality of love, you have done the greatest preparation possible and have made the situation far more amenable to a successful service, shall we say.

然而, 你们每个人, 当你们已经穿越了你们的投生, 并已经开始察觉到这场灵性的朝圣之旅, 且已经在很多的可以为你们所取得的区域中也许是用一种无意识的方式学习过之后, 它因此就可以成为你自己的存有的质地, 并因而不再要求在尝试去服务他人的方面的大量仔细的准备, 而这种准备对于那些尚未和你们这些走在灵性的寻求者的道路上的人一样长或者一样努力地学习过的人可能是必不可少的。因此, 对于另一个正在——也许是藉由言语、或者行为、或者之前的协议——向你们请求以能够利用你们所要提供的事物的人, 当你处于与这个人之间的互动的, 容我们说, 服务之中的时候, 去将这个其他的存有视为你自己的另一个部分, 视为造物者的一个部分, 去藉由作为你希望提供的事物的基础的爱观察这个实体, 这是很好的。如果你能够用那种爱的特质对你所要提供的事物进行染色或者灌注, 你就已经进行有可能最大的准备工作, 并已经使得情况变得远远更加适宜于一种, 容我们说, 成功的服务了。

Thus, beginning with this view of the other as the Creator itself, another portion of yourself, then offer yourself as freely as you can in that which you share of thought, of experience, of possibilities, of questions, of doubts. Allow an interchange and exchange of information so that the flow of energy is a two-way flow, so that you are both teach/learner and learn/teacher, for this is the situation in which all entities find themselves, even those who are far more

learned in a particular category that is being discussed than are those who are receiving the information for all teaching results in learning, and all learning results in some form of teaching. There is a balance to each experience; a balance to each incarnation, and the balance to the teach/learning process. Thus, when you give of yourself in this fashion, based upon love, sharing freely from the blue ray (or throat chakra) as well, you are offering in a balanced fashion that which is the best of what you have for this particular moment, calling upon those inner reserves and resources which have been dearly bought by your own study in service. We feel that this is a beginning exploration into the nature of service, looking at it from the point of view of one who wishes to be a conscious server of another. There are other areas in the process of service which we would discuss now through the one known as Steve. We would now transfer this contact to the one known as Steve. We are those of Q'uo.

因此，从这种将其他人视为造物者自身，视为你自己的另一个部分开始，接着尽你所能地自由地在你对想法、体验、可能性、问题以及疑虑的分享中提供你自己。允许一种信息的互动和交换，这样能量的流动就是一种双向的流动了，这样你就同时是教导/学习者以及学习/教导者了，因为这就是在其中所有的实体找到它们自己的情境了，甚至那些在一个正在被讨论的特定类别中是比那些正在接受到所有的信息的实体们远远更有学问的人，因为所有的教导都导致学习，所有学习都导致某种形式的教导。会有对每一个体验一个平衡，对每一次投生的一个平衡，以及对教导/学习的过程的平衡。因此，当你用这种方式，以爱为基础，并藉由蓝色光芒的（或者喉部脉轮）的自由地分享而给出你自己的时候，你就在用一种平衡的方式提供在这个特定的时刻你所拥有的事物中最佳的事物，并同时召唤那些已经藉由你自己的学习而被深深地带入到服务中的内在的储备与资源。我们感觉，这是一个对于服务的特性的开头的探索，并同时从一个希望去成为一个对另一个人的有意识的服务者的人的视角来观察它。在服务的过程中会有其他的区域，我们现在会通过被知晓为 Steve 的实体来讨论它们。我们现在将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)
(Steve 传讯)

I am Q'uo and we are with this instrument. Once again, we would like to begin by thanking this instrument for the care with which it challenges us to make clear the mode of service that we have to offer, for indeed, there are many ways of service and among the many ways there are two major modalities, shall we say: the one which serves others, and the one which serves the self.

我是 Q'uo，我们与这个器皿在一起了。再一次，我们想要藉由感谢这个器皿而开始，感谢它在挑战我们以澄清我们所要提供的服务的模式的过程中所使用的小心，因为，确实有很多服务的方式，在更多方式中有两种主要的，容我们说，样式：服务他人的方式和服务自我的方式。

We are those, as are those of this circle of seeking, as we understand it, who seek to serve others first and foremost. To us that means to serve with an

open heart and in such a way as to honor the free will of others who seek each in his or her own way. We feel that we have, through the instrument known as Jim, come to the heart of the matter in saying that the nature of service is of the nature of love, and that where there is love, there is no mistake in service.

我们，和在这个寻求的圈子中的那些人一样，如我们对寻求的理解一样，是那些首先且主要寻求服务他人的实体。对于我们，那意味着带着一颗开放的心，并通过这样一种荣耀每一个正在他或者她的自己的道路上寻求的其他人的自由意志的方式来服务。我们感觉到，在说服务的特性是具有爱的特性的，在有爱的存在的位置，在服务中就没有错误的方面，我们已经，通过被知晓为 Jim 的器皿，来到这个问题的核心了。

We would now ask you to consider that in the intention with which you approach service to others there is very often an admixture of motives, and very often a set of energies that are promulgated within the self, not all of which harmonize with all others; and so it is possible, my friends, that you may look at your motivational life as many-hued, and of tendencies, trajectories, feelings, and impulses which can be quite scattered. It could be said that each individual act you undertake, each individual effort of being of service is an attempt to integrate all of the motivations presently at work within the self.

我们现在会请你们考虑，在你们着手进行对他人的服务所凭借的意愿中，非常经常地会有一种动机的混合物，非常经常地会有一套在自我内在之中被传播的能量，这些能量并不是完全与相互彼此协调一致的，因此我的朋友们，你们可以将你们受动机激励的生命视为是具有许许多多的能够是相当散乱的色彩、倾向、轨道、感觉以及冲动，这是有可能的。可以这样说，每一个你进行的个体的行为，每一个进行服务的个体的努力，都是一种去将所有当前在自我内在之中运转的动机整合起来的努力。

However, as each here is well aware, the self, as you experience it in your third-density life, is typically torn this way and that, and finds itself in a position over and over again where it must act in a circumstance in which there is not a great deal of clarity concerning where the greater path of service may lie. And under these conditions there is a skill, shall we say, that is called for, a skill which we might name by the word "judgment." We would caution, however, before we speak to this concept that judgment is a term in your vocabulary which has many meanings, and which is very often the carrier of a heavy meaning directed as a value judgment against the self. Similarly, the value judgment can also be directed against others, and it is most easy, my friends, to allow judgment to be infiltrated by negative energies, negative feelings, in ways that are quite subtle, in ways that are ambiguous, and in ways that have a point of origin beyond the conscious mind of the acting individual.

然而，如在这里的每一个人都清楚察觉到一样，当你们在你们的第三密度的生命中体验自我的时候，自我是用这样与那样的方式用象征性的方式被撕裂了，并发现它自己一次又一次处于这样一个位置上，在那个位置上，它必须在一个在关于服务的更大的途径可能存在于何处的方面没有大量的清晰度的环境中做出行动。这这些情况下，有一种，容我们说，技巧，这种技巧可以被称之为一种我们可以

用“判断”这个词语来为之命名的技巧。然而，在我们谈及这个观念之前，我们会提醒，判断在你们的词汇表中是一个拥有许多的意义的词语，它非常经常是一种沉重的被导向一种对自我的评判的价值的意义的携带者。类似地，价值评判同样也可以被导向对其他人的批判，我的朋友们，允许评判，通过相当微妙的方式，通过含糊不清的方式，通过在行为的个体的有意识的心智之外拥有一个起源的位置的方式而被负面性的能量、负面性的感觉所渗透，这是极其容易的。

With these points of observation kept in mind, we can say that on the positive side of the ledger with regard to the function of judgment, there is, in every case, a considerable amount of personal experience that you may draw upon in forming an estimate of how your service might be taken by another or a group of others that you intend to serve. Therefore, it is well to take into account those anticipations which you may have of areas of difficulty widely experienced, either by another self or another group of selves, such that a service which could well come from the heart, may well be grounded in love, might yet be seen to be unlikely of a positive reception on the part of the other. Under these conditions, it is well to exercise some restraint in that which you have to offer, for the best of intentions can go awry when the circumstances are not right for the reception.

在将这些观察点记在头脑中的情况下，我们可以说，在关于评判的机能的方面的账本的正面性的一面上，关于你们的服务可能会如何被另一个人或者一个你想要去服务的其他人的团体所接受的方面，在对此形成一个评价的过程中，在每一个情况中都会有客观数量的个人的体验是可以被利用的。因此，将那些你可能拥有的对于要么被另一个自我，要么被另一个自我的团体所广泛体验到的困难的区域的期待纳入考虑，这是很好的，这样一种能够很好地源自于心的服务，就可以很好地被扎根于爱之中，而这种服务就可能被看到是不大可能在其他人的部分上具有一种正面性的接受的。在这些情况下，在你所要提供的服务中实践某种克制，这是很好的，因为最佳的意图也能够在环境不适合于接受的时候偏离正轨。

Now, given the complexity of the world in which you live, and the complexity of every individual with whom you deal, it is, to be sure, virtually impossible for you to be so well informed as to be able properly to anticipate every reaction that you might receive for the service which offer. Consequently there is very often the opportunity to do what you might call damage control, after the fact, which is to say, after you have come to realize that the manner in which you have sought to be of service has proven not to be successful in the occasion at hand. It is well under such a circumstance to be prepared to pull back and to allow the other self, or other selves, to have sufficient space to be able to find themselves in relation to whatever catalyst your attempt to serve has made available to them.

现在，考虑到你们在其中生活的世界的复杂性，以及你们与之打交道的每一个个体的复杂性，在关于能够适当地预料到你可能会接收到的每一个对提供的服务的反应的方面，你肯定是几乎不可能是如此见多识广的。因此，在事实面前，也就是说，在你们已经开始意识到，你们已经寻求去藉由其而进行服务的途径在那个眼前的场合中被证明是不成功的之后，经常会有机会去进行你们可以称之为损伤控制的事物。在这样一个情况中，做好准备去后退并允许其他的自我，或者多个

其它自我，拥有充足的空间，这是很好的，这样他们就能够关于你们去服务的尝试的无论什么催化剂已经是他们可以利用的方面找到他们自己了。

Now, it is not infrequently the case that—when service well intended is found not to be useful by the one for whom it is intended—a reaction occurs within the self, and the self finds itself in a condition of full recoil. “If you do not wish to receive the service I have to offer,” the self might say, “then I will offer nothing at all.” And such a response can then be punctuated by something of the order of “so there.”[1]

现在，当很好地被计划了的服务被那个服务打算要给予对象发现是没有用处的时候，在自我之中会出现一种反应，自我发现它自己处于一种完全退缩的情况中，这并非少见的情况。自我可能会说，“如果你们并不希望去接收我所要提供的服务，那么我将会什么都不提供。”**这样一种回应接下来是能够被某种“放在那里就好了”[1]的命令所强调了。**

Now, one's self has suddenly been given an opportunity to reflect on the nature of service that was being proposed. One is given the opportunity to look into that service, to look into the array of intentions that were brought together in the act of service which had been offered, and to look with a careful eye to discover whether there were slight impurities perhaps in the intention; whether there were, in the intention, elements that perhaps tended to move in a direction contrary to the prevailing intention under the rubric of which the service was offered in the first place. Now, it may well have been these subtle subtexts, so to speak, that your interlocutor was picking up on. It may well be that there was a hidden source of meaning which was not fully intended upon a conscious level by yourself. The rejection of the service can indeed be an opportunity to inquire into such a question, an opportunity to reflect upon the intricate matter of the subtle energies at work informing your intentional life, and this is an opportunity well taken, my friends. It is an opportunity to allow your own proposal of service to reflectively serve as catalyst to your own further development of efforts to be of service.

现在，一个人的自我已经突然间被给予了一个机会去反思正在被计划的服务的特性了。一个人被给予机会去注视那个服务，去注视在已经被提供服务的行为中被一起带来的一连串的意图了，去藉由一种仔细视线来检查以发现，是否在那个意图中也许有轻微的不纯净，是否在那个意图中有这样一些要素，它们也许是倾向于在一种与在一开始被提供的服务的规程之下的占优势的意图相悖的方向上移动的。**现在，这些微妙的，可以说是，潜台词，可能已经很好地被你的听众抬起了。**很有可能有一个隐藏的意义源头是尚未在一个有意识地层次上被你自己所充分计划过的。对服务的拒绝确实可以成为一个机会去探寻这样一个问题，一个机会去反思激励你的有意图的生命正在运转的微妙能量的复杂的问题，我的朋友们，这是一个很好的机会。它是一个机会去允许你自己的服务的目的反射性地起到你自己对进行服务的努力的进一步发展的催化剂的作用。

But we would caution you. We would caution you that the too quick propensity to lay a heavy judgment upon yourself is counterproductive. It is well in undertaking those moments of reflection wherein your own

motivational life comes into view to keep in mind that you are as much a part of this glorious creation as those that you aspire to serve, and you are as much in need and worthy of the greatest care, the greatest consideration, and the greatest and most earnest effort to serve as are all of those about you. And so the humility with which you may sally forth into a big, a broad, a confusing world is also a virtue with which you may retreat into the smaller world, the microcosm which you yourself are and to tread lightly, shall we say, in relation to those little acts of discernment by means of which you seek to sort out strands of intention and dedicate them ever anew to service in the highest and best sense. Be gentle on yourselves my friends, for you are part of the One, every bit as much as the ones you seek to serve.

但是我们会提醒你们。我们会提醒你们，倾向于过快地将一种沉重的评判放置在你自己身上是反作用的。在进行这些在其中你自己的有动机的生命进入到视野之中的反思的时刻的过程中，去在头脑中记住，你是与那些你极其渴望去服务的事物一样大的这个荣耀的造物的一部分，你是和你周围的那些人一样需要且值得最大的关心，最大的关注，以及最重大且最为真诚的去服务的努力的，这是很好的。因此，你可能藉由其闯入到一个巨大的，一个旷阔的，一个令人混淆的世界的谦逊，同样也是一个你可以藉由其隐退进入到那个更小的世界，那个微观宇宙的优点，这个微观宇宙就是你自己之所是了，在关于那些你藉由其寻求去将意图之线整理清楚并将它们越来越新地奉献给在最高和最佳的意义上的服务所凭借的小小的分辨力的行为的方面，容我们说，去轻轻地走动吧。我的朋友们，对你们自己温柔一些吧，因为你们是太一的一部分，和你们寻求去服务的实体一样大的太一的一点点的部分。

Now in the process of self-examination, you will almost inevitably find strands of intention which do not fully harmonize with the primary intention which you have proposed. These are strands which perhaps carry as a distant memory some pain, some hurt, some resentment, some reaction or fear, and which, while not having arisen to the state of complete cognizance, continue to dwell in darkened corners of your life experience. It is a part of the significance of the life experience which you currently enjoy that these elements of your being shall be ferreted out, shall come to light, shall be given an opportunity to discover themselves, and in discovering themselves begin a process of being transformed by the loving energies with which they may be surrounded.

现在，在这个自我检查的过程中，你们将会无可避免地找到那些意图的线条是并未与你已经计划了的最主要的意图完全协调一致的。这些线条也许携带着对某种痛苦，某种伤害，某种不满，某种反应或者恐惧，以及那些虽然尚未上升到完全的认知的状态中，却会继续居住在你的生命体验的阴暗的角落的事物的一种遥远的记忆。它是你当前享受的生命体验的一个具有重要性的部分，以至于这些你的存有的要素将会被搜索出来，将会进入到光中，将会被给予机会来探索它们自己，在对它们自己的探索的过程中，一个被它们为其所包围的爱的能量所转变的过程开始了。

These loving energies are already well underway to the extent that you have dedicated yourself to a life of service, and having dedicated yourself to a life

of service, have brought yourself to the point of the difficult enterprise of opening the heart. Oh, how many are the opportunities to shut down that heart. Oh, how many are the invitations to recoil back into a more protective configuration of the self where you might decide it is far better not to risk rejection, where it is far better not to risk misadventure, where it is far better not to risk getting the little spiritual fingers burned, shall we say. Oh, how easy it is to decide that the game is simply too risky to be played. And oh, how easy it is to find catalyst coming from within precisely to the same effect; that is, it is easy to suppose that one is so unworthy that to mount an effort to be of service would be inevitably to offend, would be inevitably to expose the impurity of one's own motives, would be inevitably to sin against the clear motive of service.

这些爱的能量是已经很好地正在进行中，以至于你已经将你自己奉献于一次服务的生命了，在已经将你自己奉献给一次服务的生命之后，你已经将你自己带到了那个开放心的困难的事业的位置了。哦，有多少去将那颗心封闭起来的机会呀。哦，有多少的机会是邀请退缩进入到一个自我的更为保护性的配置之中，在其中你可能做出决定，不去冒着拒绝的危险是要远远更好的，不去冒着让，容我们说，灵性的手指被烧伤的危险，这是要远远更好的。哦，发现来自于内在之中的催化剂是恰恰具有相同的效果的，这是多少容易的事情呀，也就是说，很容易去假设一个人是如此没有价值，以至于增加以一种努力以进行服务，会无可避免地产生冒犯，会无可避免地暴露一个人自己的动机的不纯净，会无可避免地违背服务清晰的动机。

Clarity in motive, my friends, is a jewel dearly bought, for it is formed in the depths of a self which must be perpetually mined and brought, element by element, to the surface. Much will be seen to be of the nature of dross, much will be seen to be something there is a great temptation to reject, and much, therefore, can form the content and residue of judgments one may hold hard against the self.

我的朋友们，在动机中的清晰度，是一颗被珍藏的宝石，因为它是在一种自我的深处被形成的，它必须不停地被开采，并一个元素接着一个元素地被带到表面上。大量的事物将会被看到是具有那种矿渣的特性的，大量的事物将会被看到是某种具有一种巨大的要去拒绝的诱惑的事物，因此大量的事物能够形成一个人可以用来反对自我的评判的内容与残渣。

Consider, though, that if you contemplate the process, even of ineffectual service on the part of a child, you are not inclined to judge that child harshly. You may provide gentle guidance here and there where opportunity affords, but you do not harshly judge a child for unartful attempts to be friendly, for unartful expressions of the self, or unartful openings of a heart which is still fledgling in the world. Perhaps, then, one could consider oneself as that child, and be aware that there will be many occasions in which the attempt to open the heart to genuine service will be awkward, will be unartful, and may even be mixed with motives of which one does not approve. Nevertheless, consider the importance of the carrier wave of the intention, the primary intention, the true intention—the more that one focuses upon the truth of the

intention, the more that one repeats the intention in its truth, the clearer the intention is likely to become, the clearer the service that results from that intention is likely to be.

虽然如此，考虑一下，如果你沉思那个过程，甚至是在一个孩子的部分上的无效用的服务的过程的话，你是不会倾向于去严厉地评判那个孩子的。你可能在这样或者那样的机会所给予的位置上提供温和的指引，但是你不会因为那个孩子的没有去变得友善的缺乏技巧的尝试，为自我缺乏技巧的表达，或者对一颗在世界上依旧是羽翼未丰的心的缺少技巧的开放而激烈地评判那个孩子。也许，接下来，一个人可以将它自己考虑为一个孩子，并察觉到将会有很多的场合，在其中向着真实的服务开放心的尝试将会是笨拙的，将会是缺乏技巧的，并甚至可能会混杂着一个人不赞成的动机。无论如何，考虑意图、主要的意图、真实的意图的载波的重要性——一个人越多地聚焦于意图的真实性，它就会越多地在意图的真实性中重复那个意图，意图就很有可能会变得更加清晰，源自于那种意图的更加清晰的服务，就有可能出现了。

Clarity of service is no guarantee that the service one proposes will be gladly accepted; the clarity of service is no guarantee of the clarity of the reception of that service; but a service that has been clarified by repeated acts of seeking out its own truth, of seeking out its own true intention, is one which is less likely to feel the need to recoil in harsh judgment against itself when its service has not been found useful.

服务的清晰度不会保证一个人计划的服务将会被令人愉快地接受，服务的清晰度不会保证对那个服务的接纳的清晰度，但是是一种已经藉由找到服务自己的真实性，找到服务自己真实的意图的重复性的行动而澄清过的服务，是较不可能在它的服务尚未被发现是有用处的时候感觉到在对其自身的严厉的评判中去退缩的需要的。

Your judgments concerning the way that the world works, the way that the various occupations of the world work in relation to one another, and the way the subjectivities of the world are formed and come into contact with one another; all these judgments inform your efforts to serve, and it is well to be aware of what the parameters of possibility in general tend to be. When great opportunities to be of service, however, do not present themselves, there is still the possibility that service in a more subtle way may be registered.

你们在关于这个世界运转的方式，关于各种各样的世界的职业与相互彼此建立关联的方式，以及世界的主观性被形成并于相互彼此建立接触的方式的方面的判断，所有这些判断都鼓舞了你们去服务的努力，去察觉到可能性的参数一般而言会倾向于成为什么，这是很好的。无论如何，当伟大的服务的机会并未将它们自己呈现出来的时候，仍旧会有在一种更为微妙的方式上的服务的可能性是可以被牢记于心中的。

We would ask that you not underestimate the significance of the stray smile, the gentle touch, the gratuitous act of approval—for the energies of the self tend to be far more responsive to these factors than one typically realizes, factors that, on the surface, can seem to be merely incidental to larger interactions. And it is part of the process of balancing one's efforts to serve to

allow these apparently incidental features to have more and more play, shall we say, and the more play that they have, the more eloquent can become the acts of service which are of a more obvious or overt nature.

我们会请求你们不要低估不经意的微笑、温和的触碰以及无偿的赞许的行動的重要性——因为自我的能量倾向于对这些因素比一个人典型性地会意识到的是远远更加响应性的，这些因素在表面上是能够看起来似乎仅仅是伴随着更大的互动而出现的。它是平衡一个人去服务的努力以允许这些明显伴随性的特性拥有越来越大的作用的过程的一部分，容我们说，它们拥有的作用越大，具有一种更加明显或者更加公开的特性的服务的行动就能够变得更加有说服力。

We find that we have spoken perhaps long enough on this subject today, but it is a subject which is of great importance, not only to you, but to us as well, for we continue to learn these lessons of service in ever more rarified context, in ever more intricate ways, and it is one of the most central factors in all of spiritual development and all of spiritual seeking throughout the densities as they are known to us.

我们发现我们今天也许已经在这个主题上发言了足够长的时间了，但是，这是一个具有巨大的重要性的主题，不仅仅是对于你们，同样也对于我们，因为我们在继续在越来越纯净的环境中，用越来越复杂的方式来学习这些服务的课程，在贯穿我们所知晓的全部的密度中的所有的灵性的发展中以及所有灵性的寻求中，它都是最为中心性的要素之一。

We commend you to your service, my friends, and we would leave this instrument thanking you for giving us the opportunity to discover those intricate reaches of our own service as we attempt to communicate with you in these words, which are words not of our density, but of your own.

我们为你们的服务称赞你们，我的朋友们，我们会离开这个器皿，并同时感谢你们给予我们机会来在我们用这些言语同你们沟通交流的过程中探索我们自己的服务的那些错综复杂的范围，这些言语不是属于我们的密度，而是属于你们自己的密度的言语。

We leave you, glorying in the love and in the light of the One Infinite Creator and return to the one known as Jim to discover if there are further questions to which we may offer our service. We are those of Q'uo. Adonai, my friends, Adonai.

我们离开你们，我们在太一无限造物者的爱与光中感到荣耀，我们将返回被知晓为 Jim 的实体以探索，是否有进一步我们可以对其提供我们的服务的问题。我们是 Q'uo。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. At this time we would ask if there might be any further queries which those present in this circle would have for us.

我是 Q'uo，我们再一次与这个器皿在一起了。在此刻我们会请问，是否可能有

任何进一步的问题是那些出席这个圈子的人可能会向我们提出的。

Austin: I have one Q'uo. There may be times that we wish to serve a greater good but by doing so seem to infringe upon another in a way that they don't consider service. One example might be removing an individual who may act in a way which is harmful or disruptive to a group. Is there a way to approach these situations in a positive polarity?

Austin: 我有一个问题，Q'uo。可能会有一些时候，我们希望服务于一种更大的善，但是在这样做的过程中看起来似乎用一种它们并不考虑服务的方式侵犯了自由意志。一个例子可能是，如果一个个体用一种对一个团体有害或者破坏性的方式行动，将这个个体从一个团体中移除。有一种用一种正面新的极性来处理这些情况的方式吗？

I am Q'uo and am aware of your query, my brother. In all such group situations there is a group consciousness which each within the group will hopefully identify in such a manner that it would be possible to explain that there are certain situations and circumstances that are expected to be observed when partaking in such a group. This would be much like the requirements for any group that would be presented to potential members. If this is understood in the process of forming the group and admitting new members, then it would be possible to explain to any member who was not able to express the necessities, shall we say, the ways of performing or behaving, shall we say, that are required of each group member, then in a loving fashion, it could be suggested that the entity take a break.

我是 Q'uo，我理解了你的问题，我的兄弟。在所有这样的团体的情况中，会有一个团体意识，在团体中的每一个实体都将有希望是用这样一种是成为一致的，这种方式会有可能去解释，有一定的情况和环境是在参与到这样一个团体的时候被期待被观察到的。这非常类似于任何的团体会向潜在的成员提出的要求。如果这一点在形成团体以及接受新的成员的过程中是被理解的，接下来就有可能向任何无法表达，容我说，需要的表现或者行为举止的方式的实体解释，每一个团体成员，容我说，被要求的事物了，接下来，用一种有爱的方式，那个实体可以被建议去休息一下。

We would suggest that this is a—we have heard it called before the session began—as a “time out,” shall we say, so that there may be thought taken on the part of the one asked to take the time out, to reevaluate the relationship with the group and the desire to be within the group; for if it is well understood by all who enter such a group situation that there are requirements for partaking within the group, then it would be no surprise to those who were not able to be, shall we say, observant of such requirements, to be asked to take the time out.

我们会建议，这是一个——我们已经在集会开始前听到它称之为——一种，容我说，“休息一下”，这样在那个被要求去休息一下的人的部分上就可能思考被进行，以重新评估与团体之间的关系以及处于团体之中的渴望，因为如果所有进入到这一样一个团体的情况中的人都很好地理解存在有对于参与到团体中的要求，接下来，对于那些无法，容我说，遵守这样的要求的人，被要求去休息一

下，这就不会是令人吃惊的事情了。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Austin: No, thank you.
Austin: 没有，谢谢你们。

I am Q'uo and we thank you my brother for your query. Is there another query at this time?
我是 Q'uo，我们为你的问题感谢你，我的兄弟。在此刻有另一个问题吗？

F: I would like to ask a question. I wondered if you would speak to whether it is self serving to have a desire or an intention to maintain a focus of service or an area of service where you feel a talent, or being drawn to this area of service to the exclusion of other areas of service which you don't feel a talent, or feel it's distracting you from the area you are most interested in serving, if that makes sense.

F: 我想要问一个问题。我想知道，你们是否愿意谈论，是否服务的自我会拥有一种渴望或者一种意图去保持对在其中你感觉到一种天分的一个服务或者一个服务区域的聚焦，或者自我会被吸引到这样的服务的区域，以排除其他的你对其并未感觉到一种天分或者感觉到它是让你从你在服务中最感兴趣的区域分心的其他的服务的区域，是否那是有道理的呢？

I am Q'uo and we believe we grasp your query, my sister. We shall attempt to respond.
我是 Q'uo，我们相信我们理解了你的问题，我的姐妹。我们将尝试去回应。

When you evaluate those desires that you have for service, and look for the means within yourself to be of such service, it is well to be able to designate the strengths of your own inner resources in order to be of the most service. To follow one's passion is not service to self, my sister, it is to follow that which is your gift, not only to yourself but to others as well. Be aware that all service that you give, however purely it is given, will come back to you as bread upon the waters. You shall receive service as well. However, your desire, as we understand it, is to be of service in a way that you are able most effectively to serve, a way in which you have excitement, interest, inspiration and ability. Thus, to so serve is the greatest service that you may offer. Is there a further query, my sister?

当你评估那些你对于服务所拥有的渴望，并在你自己内在之中寻进行这样的服务的途径的时候，能够指明你自己内在的资源的优势以便于进行最大的服务，这是很好的。去跟随一个人的热情，并不是服务自我，我的姐妹，去跟随你的天赋，这不仅仅是对你自己的服务，同样也是对其他人的服务。察觉到所有你给予的服务，无论它是怎样纯净地被给予的，都将会如同被抛在水面上的面包一样地返回到你身上。你将会同样也接收到服务。然而，你的渴望，如我们对它的理解一样，是去用一种你能够极其有效地服务的方式，用一种你在其中拥有兴奋、兴趣、启

发和能力的方式进行服务。因此，如此服务就是你可以提供的最大的服务了。我的姐妹，有一个进一步的问题吗？

F: No, thank you.

F: 没有，谢谢你们。

I am Q'uo and we thank you, my sister.

我的姐妹，我是 Q'uo，我们感谢你。

Is there another query at this time?(pause)

在此刻有另一个问题吗?(暂停)

I am Q'uo and it appears that we have, for the moment, exhausted the queries. We hope that we have not exhausted your patience as well. We have been most honored to have been part of your circle of seeking this afternoon. It is a joy and a privilege which we do not take lightly, for there are few groups to whom we may speak in this fashion, and when we have this opportunity, we are filled with the greatest of gratitude and we share that with you now. Your circle of seeking produces a light which is most enjoyable as an attraction to our own vibration and as a means by which we may verify the One Creator that exists in all of the Creation.

我是 Q'uo，看起来似乎我们已经暂时耗尽了问题了。我们希望我们尚未同样也耗尽了你们的耐心。我们对于在这个下午成为了你们的圈子的一部分是感到极其荣耀的。它是一种喜悦和一种我们不会轻视的荣幸，因为只有很少的团体是我们可以用这样一种方式去向其发言的，当我们拥有这个机会的时候，我们充满了最大的感激，我们现在与你们分享那种感激。你们的寻求的圈子产生出了一种光，作为一种对我们自己的振动的吸引，作为一种我们藉由其可以证实存在于一切造物之中的太一造物者的途径，这种光是极其令人愉快的。

At this time we shall take our leave of this instrument and this group. We leave each of you as we have found you, in the love and in the light of the One Infinite Creator. Peace be with you, my friends. In joy, we leave. We are known to you as those of Q'uo. Adonai, Adonai.

在此刻，我们将离开这个器皿和这个团体。我们在太一无限造物者的爱与光中离开你们各位，如我们发现你们的时候一样。我的朋友们，住院平安与你们同在。我们在喜悦中离开。我们是你们知晓的 Q'uo。Adonai, Adonai。

[1] so there: An English idiom meaning something on the order of, "Take that," or, "I'll show you." A response often resulting from feeling slighted, or unjustly treated.

[1] so there: 一个英语的习语，意思是某种对于“拿起那个东西，”或者“我将展示给你”的命令的事物。一个回应经常是出自被怠慢或者被冷遇的感觉。

January 2, 2016

2016-01-02 分心、无个性与沉睡

Group question: In 64.15, Ra said: "In observing the allopathic concept of the body complex as the machine, we may note the symptomology of a societal complex seemingly dedicated to the most intransigent desire for the distortions of distraction, anonymity, and sleep. This is the result rather than the cause of societal thinking upon your plane."

团体问题：在《一的法则》的 64.15 中，Ra 说道：“在观察将身体复合体视为机器的对抗疗法的观念的时候，我们可以指出，一个社会复合体的症状学在表面上是致力于对分心、无个性以及沉睡的扭曲的最为拒绝妥协的渴望的。这是结果而非在你们的星球上的社会化的思考的原因。”

Q'uo, our question today is: What is meant by "distraction, anonymity and sleep."

Q'uo, 我们今天的问题是：“分心、无个性和沉睡”的意思是什么呢？

Also, Ra said that our society's dedication to the desire for distraction, anonymity and sleep is intransigent. Intransigent is defined as "unwilling or refusing to change one's views or to agree about something." Why is the desire for comfort, pleasure, sleep, distraction so strong and intransigent on this particular planet?

同样，Ra 说过，我们的社会对分心、无个性和沉睡的渴望的投入是拒绝妥协的。拒绝妥协 (Intransigent) 被定义为“不愿意或者拒绝去改变一个人的观点或者同意某个事情。”为什么对舒适、快乐、睡眠和分心的渴望在这个特定的层面上如此强有力而拒绝妥协呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and I greet each of you in love and in light this day through this instrument to whom we are grateful for the challenge, for it is most necessary—for each who would serve as an instrument for those entities such as are we, that are from what you would say "elsewhere"—to be able to respond to such a challenge that we do indeed come in the name of Jesus the Christ[1], and the service-to-others polarity.

我是 Q'uo, 我通过这个器皿在今天在爱与光中向你们各位致意，我们为挑战而对这个器皿表示感激，因为对于每一个为诸如我们这样的从你们所说的“其他地方”来的实体作为一个器皿而服务的人——我们能够回应这样一个挑战，即我们确实是以耶稣基督[1]的名义，以服务他人的极性而来的——都是极其必不可少的。

We would ask of you, before we begin, one small favor. It is the same favor that we ask at each session in order to help us in sharing with you that which is our service. It would be helpful if you would use your own powers of discrimination and take only those words from us that have meaning for you,

leaving behind all others, for we wish to serve as best we can, and do not wish to appear to be authorities that are infallible, for indeed we have walked, and continue to walk, the same path as you walk. We have felt the same feelings, the joys, the sorrow, confusion, frustration, anger and so forth, and have made our way through this dense forest of emotions in our own third density. We are very appreciative that you have taken the time from your day to work through the various catalysts that are yours to make your way here to this circle of seeking where each joins with each other, in love and in light and in seeking, to be of service, and of seeking to know more of the love and light of the One Creator in order that your service may be enhanced.

在我们开始前，我们会请你们帮一个小忙。它是与我们在每一次集会为了帮助我们与你们分享我们的服务之所是而请求的帮助相同的帮助。如果你们愿意使用你们自己的分辨力的力量，并仅仅从那些来自于我们的言语中采用那些对你们有意义的词语，并将所有其他的都留在后面，这会是有帮助的，因为我们希望尽我们所能最佳地服务，我们不希望看起来是不会犯错的权威，因为确实，我们已经走过的并在继续行走的道路是与你们一样的道路。我们已经感觉到相同的感觉、喜悦、忧伤、混淆、挫折、愤怒以及如此等等，我们已经在我们自己的第三密度中穿过了这些沉重的情绪的森林了。我们非常感激你们已经从你们的生活中找出时间来解决了你们各种各样的催化剂以成功到达这个寻求的圈子，在这个寻求的圈子中，每一个人都在爱中、在光中、在寻求中与相互彼此结合在一起以进行服务并寻求去知晓更多的太一造物者的爱与光，以便于你们的服务可以被增强。

All entities of a service-to-others nature are most desirous of exercising that nature at every opportunity, and yet here you find yourselves within an illusion in which, as your question has illustrated, there is such intransigent anonymity, sleep, distraction, and even diversion from anything that seems to be a path of service to others or of conscious seeking whatsoever.

所有具有一种服务他人的特性的实体都是极其渴望去在每一个机会实践那种特性的，而在这里你们发现你们自己处于一个幻象中，在其中，如你们的问题已经说明了的一样，会有如此局部妥协的无个性、沉睡、分心、甚至从任何看起来是一条服务他人的道路或者有意识的寻求无论什么事物的道路上的绕道。

You are upon a planet which is populated by many of those who have had this third density experience previously. They have attempted to learn the lessons of love either of self or of other selves, elsewhere within the infinite creation, and as their planetary cycles revolved and graduations approached, were not able to make the graduation upon their home planet. Thus they found it necessary to travel a great, what you would call, distance in time and space to make this planet their home for the master cycle of 75,000 years—or, in many cases, much less time, for many have come in late, shall we say, within this last 25,000 years to attempt to repeat the lessons of third density: the making of the choice either to shine the light outward or to absorb the light inward and to use it for the self.

你们生活在一个被许多之前已经有过这种第三密度体验的实体所居住的行星上。它们已经在无限造物的其他的地方尝试过学习要么爱自我，要么爱其他自我的课程了，随着他们的星球的周期的旋转以及毕业的临近，它们无法从它们的家园的

行星上取得毕业。因此，它们发现需要在时间和空间中旅行一段，如你们所称的，巨大的距离，以使得这个信心成为它们的家园，以在七万五千年的主周期中——或者在很多的情况中，远远更少的时间，因为很多人是在这个最后的两万五千年的时间中，容我们说，晚到的——尝试去重复这个第三密度的课程：做出要么向外照耀光，要么向内吸收光以将其为自己所用的选择。

So you see, this explains much of the situation in which you find yourself within cultures, religions, economic systems and nation-states which are formed around concepts which are not usually related to the spiritual journey. Even those paths that seem on the outside to have a religious context have, in many cases, allowed the outside influences of those who are not seeking the Creator or seeking to serve others as the Creator, to confuse and distract the purpose, even of a religious journey. However, we may also add that each religion, each culture, each nation state has within it a path that is pure for those who truly seek the One Creator, a path which may be traveled by any which is able to become conscious of this process that you call the evolution of the mind, the body and the spirit.

因为，你们看，这解释了很多你们发现你们自己在文化、宗教、经济系统以及国家中处于其中的情境是围绕着经常与灵性旅程没有关联的观念被形成的。甚至那些从外部看起来似乎拥有一种宗教信仰的内容的道路，在很多情况中，都已经允许那些并不寻求造物者，或者不寻求去将其他人作为造物者来服务的人的外部的影响发生，以至于让其目的变得混淆和偏离，甚至偏离了一条信仰的旅程了。然而，我们同样可以补充，每一个宗教信仰，每一个文化，每一个国家都在其内在之中拥有一条对于那些真正寻求太一造物者的实体是纯净的道路，一条可以被任何能够察觉到这个你们称之为心智、身体和灵性的演化的过程中的实体旅行的道路。

However, for the great majority of the population of this planet, there has been the inability to focus the inner energies of inspiration and intuition, those basic qualities brought into the incarnation from those areas where pre-incarnative choices are made, hopes are built up, and dedication is made. And once again the veil of forgetting is drawn as these hopes and dreams and inspirations must find a way to be realized within the third density illusion—this heavy, dense, chemical illusion which seems to shade and shadow so much of what you see and feel.

然而，对于这个星球上的居民中的绝大多数人，已经存在有对于内在的启发和直觉的能量，以及对那些从投生前的选择被做出、希望被构建以及奉献被给予的区域被带入到投生之中的基本的特性的聚焦上的无能力了。再一次，遗忘的罩纱落下了，因为在这个看起来视乎遮蔽和荫蔽了如此大量的你们看到和感觉到的事物的沉重的、厚重的、化学性的幻象中，这些希望、梦想和启发必须找到一种方式在第三密度的幻象中被认识到。

And when these entities, the great majority of the population, have continued upon the path of the mundane, shall we say—the culture of accepted norms, the ways to become an accepted member of the society—this path usually leads to those qualities of anonymity, of sleep, and of distraction, for as this

pattern of inability to choose one path or another repeats itself; there is less and less opportunity and possibility for such entities to make positive progress upon their path, for the opportunity becomes less and less as it is exercised less and less. In your holy works it is said "To him who has, more shall be given; to him who has not, even that which he has shall be taken away." This is an illustration of this principle; it is a kind of inertia, a, if you will, backwards momentum, that inhibits the ability of entities to become conscious of who they are, of why they are here, of what they seek, of how to do anything that resembles traveling a spiritual journey.

当这些实体，人群中的绝大多数人，已经继续走在这条世俗的道路上了，容我说，这种世俗即接受了规范准则的文化以及成为一个被社会所接纳的成员的途径，这条道路通常通往那些无个性、沉睡和分心的特性，因为随着这种无能力选择这样或者那样一条道路的模式重复其自身，这样的实体在它们的道路上做出正面性的进展的机会和可能性就会越来越小了，因为机会将随着它越来越少地被时间而变得越来越小。在你们的神圣著作中说过，“凡有的，还要给他；没有的，连他所有的，也要从他夺去。”这就是对这个原则的一个说明，它是一种类型的惯性，一种向后的惰性，如果你们愿意这样说的话，对于那些开始察觉到它们是谁，为什么它们在这里，它们寻求什么，以及如何去做任何在构成了一条灵性的旅程上的旅行的事物的实体，这种向后的惰性是存在于他们的能力之中的。

There are so many other journeys that are available as choices that are easier to make: to seek ambition, to seek money, to seek fame, to seek position, to seek acceptance—this is what your cultures teach, this is what is valued, this is what is desired, and this is what is practiced. It is no wonder that those who do find themselves consciously aware of the process of spiritual evolution are frustrated when they see so many about them that do not wish to become conscious, that do not wish to become aware of what it is that they are here for, why they are here.

作为那些更为容易做出的选择：选择去寻求野心、寻求金钱、寻求声誉、寻求接纳，会有如此多的其他的旅程是可供使用的——这就是你们文化所教导的事物，这就是被重视的事物，这就是被渴望的事物了，这就是被实践的事物了。那些确实发现他们自己有意地察觉到灵性的演化的过程的人，会在他们看到在他们周围的如此多的人并不希望去变得有意识，并不希望察觉到它们在这里是为了什么事情以及它们为什么在这里的时候，他们会感到挫败，这是不足为奇的。

These questions [pertaining to spiritual evolution] are unnerving and perplexing, and are, if ever considered at all, pushed aside, for they make one uncomfortable when one wishes comfort. The spiritual journey, my friends, is not always comfortable. You know this well. It will make a difficult time for you at various times, for it is necessary from time to time to pass the challenge, to engage in the initiation, shall we say, to graduate from one level to another within your own third density that marks your progress upon your conscious spiritual journey. There are times when catalyst is misapplied, misperceived, missed at all perhaps and not used. When this happens, there is no end to catalyst; it will come again and again and again. Thus, the catalyst must be processed in some fashion else one tends to become as others—numb and

oblivious and perhaps even seeking recluse and reclusion from such a journey.

这些关于灵性演化的问题是令人失去勇气且令人困惑的，如果它们被考虑过了，它们会被推到一旁，因为在一个人希望舒适的时候它们会让一个人不舒服。我的朋友们，灵性的旅程并不是一直都是舒服的。你们清楚地知晓这一点。它会在各种各样的时候给你带来一个困难的时刻，因为不时地遭遇挑战，并参与到启蒙的过程，以在你们自己的第三密度中从一个层次毕业到另一个层次，这是必不可少的，就是这种毕业标志了你在你有意识地灵性的旅程上的进展了。会有一些时候催化剂是被错误地应用、错误地感觉，并也许完全被错过且没有被使用。当这种情况发生的时候，催化剂不会结束，它将一次又一次地出现。因此，催化剂必须用某种方式被处理，除非一个人倾向于变得和其他人一样——麻木、茫然、甚至也许去寻求遁世，并从这样一条旅程上退却。

Your path within the third density illusion is the most difficult path that you shall ever travel for only the third density illusion has the veil of forgetting. Only in this illusion is it not completely apparent at all times that you are part of the One Infinite Creator. Because this veil is so thick and so prevalent, it offers you the opportunity to make great progress if you are able, consciously, to penetrate any portion of this veil; it takes effort, it takes conscious effort, it takes inspiration and motivation, it takes persistence.

你们在第三密度的幻象中的道路是你曾经旅行过的道路中最为困难的道路，因为仅仅只有第三密度的幻象才拥有遗忘的罩纱。仅仅是在这个幻象中，你们是太一无限造物者的一部分才会在所有的时候都不是完全显而易见的。因为这个罩纱是如此厚重且如此广泛，它为你们提供了机会去做出巨大的进步，如果你们能够，有意识地刺穿这个罩纱的任何的部分的话，它需要努力，它需要有意识的努力，它需要启发与动力，它需要坚持不懈。

And if you can exercise these qualities, my friends, you shall find that they shall come back unto you tenfold, a hundredfold, so that if you cast your bread upon the waters again as your bible says, that they shall return to you and enrich you and enliven you and inspire you; and you shall, therefore, move forward upon your spiritual path, the journey which you have set for yourselves, a journey which seems to be without end, the journey which has so many twists and turns, valleys and mountains, arid deserts, drenching rain . . . all the seasons at one time or another will challenge you to give your best effort. And yet, if you persist, at some point within your illusion you shall find that you are rewarded with great feelings of inspiration, of illumination, of enlightenment; of times when you see clearly that you are part of an infinite creation and Creator that made all things and cares about you as much as it cares about anything, and that this Creator is within you, awaiting only your seeking, your knocking at the door, your seeking in order to find, you're asking in order for your questions to be answered.

如果你们能够实践这些特性，我的朋友们，你们将会发现它们会十倍、百倍地返回到你们身上，这样，如你们的圣经所说的一样，如果你们将你们的面包投到水面上，它们将返回到你们身上并丰富你们，活化你们且启发你们，你们将因此，在你们的灵性的道路上前进，那是一条你们已经为你们自己设置好的旅程，一条

看起来似乎没有终点的旅程，拥有如此多的弯曲和转弯、峡谷与山脉、干燥的沙漠以及令人湿透的雨水的旅程.....在这样或者那样的时间，所有的季节都将会挑战你们以给予你们最佳的努力。然而，如果你们坚持不懈，在你们的幻象中的某个位置，你们将会发现，你们被奖赏了伟大的启发的感觉、启蒙的感觉、以及觉醒的感觉，你们被奖赏了这样一些时刻，在其中你们清晰地看到你们是一个无限的造物者和造物者的一部分，造物者创造了一切的事物，造物者关心你们，如同关心任何事物一样，造物者就在你们内在之中，造物者仅仅等待着你们的寻求，你们的敲门，你们为了找到的寻求，你们为了你们的问题被回答而提问。

So you seek in prayer, in contemplation, in meditation, in your daily round of activities attempting to take this attitude or vibration of unity with you so that when you pass another on the street in some fashion you can share your love, you can share your concerns, you can share your desire to be of service; for make no mistake, my friends, if you desire to share your service, chances will come your way. It is not by chance they come your way, it is by design, a design in which you have partaken before this incarnation and during the incarnation, as you consciously seek the One.

因此，你们在祈祷中，在沉思中，在冥想中，在你们日常生活的活动中寻求，你们同时尝试将这种态度或者这种一体性的振动带在你们身边，这样当你们在街上经过另一个人的时候，你们就用某种方式分享了你们的爱了，你们能够分享你们的关注，你们能够分享你们对服务的渴望，因为没有错误，我的朋友，如果你们渴望去分享你们的服务，机会将会出现在你的面前。它们不是碰巧出现在你们面前的，它是藉由设计，一种你们在这次投生前以及在投生期间已经参与其中的设计，在你们有意识地寻求太一的时候。

So, my friends, we would say to you: Be not overly concerned with those who sleep, with those who are distracted, with those who seem anonymous and seem to treat you in a similar fashion. Give to them what you can, give to them that which is asked, serve as best you can and go on your way wishing them well. That is all you can do; that is all any can do. So we inspire you, we encourage you to seek as best you can, to stay aware of what you are and who you are and whose you are. You belong to the One Creator. All the children of this world and all worlds belong to the Creator; all are sons and daughters of the Father and all shall eventually find their way home.

因此，我的朋友，我们会对你们说，不要过度担忧那些沉睡的人，那些分心的人，那些看起来似乎无个性且看起来似乎用一种类似的方式对待你们的人。给予它们你们所能够给予的，给予它们被请求的事物，并尽你们所能最好地服务，继续你的道路并祝愿它们顺利。那就是全部你能够做的了，那就是任何你能够做的全部了。因此，我们鼓舞你们，我们鼓励你们尽你们所能最好地寻求，保持对于你们是什么、你们是谁以及你们是属于谁的察觉。你们是属于太一造物者的。所有这个世界的孩子以及所有世界都属于造物者，天父所有的儿女们以及一切事物都将最终找到它们回家的道路。

Is there another question at this time to which we may speak?

在此刻，有另一个我们可以谈及的问题吗？

Gary: Yes, Q'uo. You just suggested that for those who are seeking distraction, anonymity and sleep not to be overly concerned, to serve them as you can, to serve them as requested, and then to go on your way and wish them well. At the same time, there is a desire among those within third density, and a desire among those within the inner planes and those in higher densities, to serve as a catalyst of awakening.

Gary: 是的, Q'uo。你们刚刚建议, 对于那些正在寻求分心、无个性以及沉睡的人不要过度担心, 并尽你们所能地服务它们, 在被请求的时候服务它们, 接下来继续走你们道路并祝愿它们顺利。同时, 在第三密度的人们中会有一种渴望, 在那些内在层面中以及更高密度中的实体中间会有一种渴望, 去作为一种觉醒的催化剂来服务的渴望。

For instance, the Confederation apparently advertises in the skies in order to help awaken people; they send messages and dreams, and many people here on the ground are attempting to do similar, whether through media or through small acts of kindness. For those who do want to serve in a way that helps awaken others, is there a strategy, is there a means, is there a good suggestion?

举个例子, 星际联邦明显地在天空中做广告, 以便于帮助唤醒人们, 它们送出信息与梦境, 在这里很多在地面上的人正在尝试去做类似的事情, 无论是通过媒体还是通过小小的善行。对于那些想要用一种帮助唤醒其他人的方式来服务的人, 有一种策略, 有一种途径, 有一个有益处的建议吗?

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

我是 Q'uo, 我们理解了你的问题, 我的兄弟。

We appreciate the time and effort it takes to formulate such a query, not just today but in the living of the life, the finding of these concerns within the life pattern. Each here has sought long and hard along these lines of inquiry, thus this question has great merit. We would suggest to you that indeed, as you are a conscious seeker, and as you apply your conscious seeking in various ways, you can find assistance that will come your way in synchronistic fashion. For instance, if you should desire to read upon a certain topic and have this desire for a period of your time, as you would measure it, you will find that perhaps a book will come your way, a friend will bring a book or a means of examining this quality you wish to inquire into. If you pay attention to your dreams and persistently apply yourself to gain access to your dreams, you will find that there are many messages available.

我们感激形成这样一个问题所花费的时间和努力, 不仅仅是在今天, 同样也是在活出生命, 并在生命模式中找到这些关注点的过程中。在这里的每一个人都已经沿着这些询问的线路进行了漫长而又艰苦的寻求了, 因此, 这个问题拥有巨大的价值。我们会向你们建议, 确实, 当你作为一个有意识的寻求者的时候, 当你用各种各样的方式应用你有意识的寻求的时候, 你能够发现帮助将会用一种同时性的方式出现在你的面前。举个例子, 如果你渴望去阅读一定的主题并已经拥有这种渴望一段时间了, 如你们对时间的衡量一样, 你将会发现也许一本书将会出现在你的面前, 一个朋友将会带来一本书或者一种检查这种你希望去调查研究的特

性的途径。如果你注意你的梦境并让你自己坚持读取你的梦境，你将会发现会有很多的可被利用的信息。

These come from a variety of sources: from your subconscious mind (the high priestess who awaits your seeking to illuminate your conscious mind), by intuition, by messages within the dreams that are symbolically coded in a way which you can untangle and understand and apply to your life; from your higher self as well, from your guides. As we heard some before the meditation began, there are those who are wanderers may receive information from those of their own grouping, what Ra called, the "social memory complex."

这些帮助是来自于各种各样的来源的：来自于你的潜意识的心智（等待着你的寻求以启发你的表面意识的心智的高等女祭司），藉由知觉，藉由梦境中的信息，这些信息是用一种你能够解开、理解并应用于你的生命的方式象征性地被编码的，这些帮助同样也来自于你的高我，来自于你的指导灵。如我们在冥想开始前听到的一样，会有一些流浪者可能会接收到来自于他们自己的团体，即 Ra 所称的“社会记忆复合体”的信息。

All of these sources, as well as the One Infinite Creator, are available if you are persistent and passionate in your seeking. If you want nothing more in your life than to know what it is to do, to serve, to love, to be, to share, to experience that which you came to experience, these answers will come to you. You are all aware of that still small voice inside you—some have called it intuition. My friends, this is a Creator within speaking in a faint whisper, perhaps in words almost inaudible, in feelings of inspiration of one way or another. Listen to this voice—it is your greatest ally. You have assistance all about you through friends, through synchronicities, through your dreams, through people you meet in your daily round of activities, to people you meet by chance it would seem, on the street. That which is most necessary from you is your persistence and your passion—your true desire. Hone these qualities within, my friends, and they will bring to you that which you seek, for that is the law. That which you seek shall come to you and that which you seek in the ultimate sense of love, and light, and unity, will not only come to you, but will come into you, so that it will become you and you will become it.

所有这些来源，如同太一无限造物者一样，都是可以为你们所取得的，如果你们在你们的寻求中是坚持不懈且充满热情的话。如果你在生命中除了想要去知晓去做、去服务、去爱、去成为、去分享、去体验你来这里来体验的事物之外不想要任何更多的事情了，这些答案就将会出现在你的面前了。你们全都知晓那再你们内在之中的安静而微小的声音——一些人已经将其称之为直觉了。我的朋友们，这就是一个内在的造物者用一种微弱的耳语在说话了，也许是用几乎听不到言语说话，用这样或者那样一种方式的启发的感觉说话。聆听这个声音，它是你最大的同盟。通过朋友、通过同时性、通过你们的梦境，通过你们在日常生活中你们遇到的人，以及你们看起来似乎是在街上偶尔遇到的人，你们在你们周围拥有所有的帮助。你最需要的事情就是你的坚持不懈，你的热情——你真实的渴望。我的朋友们，打磨这些内在的特性，它们将会带给你们那些你们寻求的事物，因为那就是法则。你们寻求的事物将会出现在你们的面前，你们通过爱、光与一体性的终极的意义寻求的事物，将不仅仅会出现你们面前，同样将会进入到

你们内在之中，这样，它将会成为你们，你们将会成为它。

Is there another query, my brother?

我的朋友们，有另一个问题吗？

Gary: A quick follow-up, Q'uo. The desire for distraction, anonymity, sleep—and I would add, the seeking of comfort and pleasure—exist within those who are more or less awakened, or are awakening, too. So how does the spiritual seeker relate to these energies within themselves?

Gary: 一个快速的后续问题，Q'uo。对分心、无性格以及沉睡的渴望——我会补充，对舒适和快乐的寻求——同样也存在于那些或多或少是觉醒了的，或者正在觉醒的人们之中。因此，灵性上的寻求着如何与它们自己内在之中的这些能量关联起来呢？

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

我是 Q'uo，我理解了你的问题，我的兄弟。

The conscious seeker of truth, (as we have heard it called), of love, of light, of the One, of service, puts these qualities first in their life pattern, lets these become the foundation upon which the rest of the life is built. It does not distract from your spiritual seeking to partake in the daily round of activities, the meetings with friends and the celebrations and the observing of rituals, of anniversaries and birthdays and so forth, of enjoying the activities offered by your arts, the music, the dance, and so forth. If you are, at your heart, experiencing the love and the light of the One Creator first and foremost, all the rest will be added unto you. If you seek first the pleasures and comforts, they will be given to you as well, for that is the law—what you seek, you shall find. Thus, it is your choice what you seek, and how you seek, and the priority which you give that which you seek.

爱、光、太一与服务的有意识的寻求者，(如我们已经听到它这样被称呼的一样)会将这些特性放置在它们的生命模式中的首要位置，并让这些特性成为生命的剩余部分被构建于其上的基础。参与到日常生活的活动，与朋友的聚会、对仪式、周年、生日以及诸如此类的活动进行纪念与庆祝，并享受由你们的艺术、音乐、舞蹈以及诸如此类的活动提供的活动，这并不是从你们的灵性的寻求上的分心。如果你们，在你们的心中，首先且首要地体验到了太一造物者的爱与光，所有其他的事物都将被添加到你们身上。如果你们首先是寻求快乐和舒适，它们将会同样也被给予你们，因为法则即——你们寻求什么，你们就将会找到什么。因此，你们寻求什么，你们如何寻求，你们给予你们寻求的事物的优先级是什么，这是你们的选择。

Is there another query, my brother?

有另一个问题吗，我的兄弟？

Gary: What constitutes that priority in the seeking? Is it quantity of time, is it quality of attention, is it one's focus? What constitutes that priority?

Gary: 什么构成了在寻求中的优先性呢？它是时间的数量，还是注意力的质量，

还是一个人的聚焦呢？什么构成了那种优先性呢？

I am Q'uo and am aware of your query, my brother.
我是 Q'uo, 我理解了你的问题, 我的兄弟。

We would say "yes" to all those possibilities. It is what is at the heart of your being that constitutes how you prioritize that which you seek in your life; that which you enjoy in your life. It is what you are most desirous of obtaining; what you, shall we say, paint your daily picture from which you place yourself as the artist and as the subject as well.

我们会对所有那些可能性都说“是”。构成了你如何对你在你的生命中寻求的事物的优先排序的事物, 恰恰就是在你的存有的中心的事物。它是你们极其渴望去取得的事物, 你们藉由你放置在你自己内在之中的事物而如同艺术家一样, 同样也如同主题一样地描绘了你们的每日的图画的事物。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Gary: Q'uo, that was excellent, thank you. I have questions from some other readers but would like to offer the opportunity to those within the circle today.
Gary: Q'uo, 那是极好的, 谢谢你们。我有来自于其他读者的问题, 但是我想要将机会提供给在今天的圈子中的人们。

F: I would like to ask something. Q'uo, I wonder if you would give me any insight into—you mentioned that wanderers could receive inspiration and help from the social memory complex, that they are a part of. Could you give me further information on how one who believes they are a wanderer may be able to fine tune that connection with their social memory complex? And any insight as to whether that has—if the Law of Confusion plays into that process at all?

F: 我想要询问一些事情。Q'uo, 我想知道你们是否会给予我任何的洞见——你们提到过流浪者能够从流浪者是其一部分的社会记忆复合体接收到启发和帮助。你们能够在关于一个相信它们是一个流浪者的人如何才能对它们与它们的社会记忆复合体之间的连接进行精确调音的方面给予我任何信息吗? 在关于是否——是否混淆法则会在那个过程中起作用的方面, 有任何的见解吗?

I am Q'uo and am aware of your query, my sister.
我是 Q'uo, 我理解了你的问题, 我的姐妹。

Though it is quite possible to receive information and inspiration from those of one's own social memory complex, we would suggest it is more helpful if one seeks in general to receive inspiration and information from whatever source is most appropriate for you at a particular time. For most entities there are those guides that are assigned, shall we say, for this very purpose. There is also the possibility of accessing the higher self which has information which is, shall we say, in the future of your beingness, and has application to your own

situation that is most informative.

虽然从一个人自己的社会记忆复合体接收到信息和启发式相当有可能的，我们会建议，如果一个人用一般性的方式寻求去从无论什么在一个特定的时刻对你最合适的源头接收启发和信息，这是会更有帮助的。对于绝大多数实体，会有那些，容我们说，为了这个目的而被分配的指导灵。同样也有可能性去接触高我，高我拥有，容我们说，在你的存在性的未来中的信息，以及适用于你自己的情况的信息，这种信息是极其有教益的。

To seek specifically from a certain source may not be as efficacious as to simply seek in general with great passion and perseverance from whatever is the source that is most appropriate for you at a particular time. Various of the guides and portions of the higher self and subconscious mind make themselves available to the conscious seeker, depending upon part of the process of seeking the seeker is now engaged in, so at some times it is more appropriate to seek from one source than another. However, this is not usually known in a conscious sense. Thus we suggest the seeking in a general sense though with great passion and persistence.

相比单纯地凭借着巨大的热情以及坚持不懈从无论什么在一个特定的时刻对于你最合适的源头一般性地进行寻求，专门从一定的源头进行寻求可能不会是一样地有成效的。各种各样的指导灵、高我的部分以及潜意识心智会让它们自己可以为有意识的寻求者所取得，这是取决于寻求者现在正在参与的寻求的过程的部分的，因此，在一些时候，从一个源头寻求是比从另一个源头寻求更加合适的。然而，这通常不会用一种有意识的方式被知晓。因此，我们建议凭借着巨大的热情与坚持不懈用一种一般性的方式寻求。

We have energy left for one or two more short queries. Is there another query at this time?

我们还剩下一两个更加简短的问题的能量。在此刻有另一个问题吗？

Gary: Q'uo, I have a couple from a friend of ours named Jochen in Germany. He opens with a note to you. He says:

Gary: Q'uo, 我有一两个来自于我们在德国的名叫 Jochen 的朋友的问题。他给你们一份记录。他说：

"I would like to send my warm greetings and a hearty metaphysical hug to our brothers and sisters of Q'uo. I would like to say how exciting and what a wonderful service it is to help spread the Confederation message.

“我想要对我们的兄弟姐妹 Q'uo 送出我热切的致意以及一个由衷的形而上学的拥抱。我想要说，帮助传播星际联邦的信息，这是多么令人激动且怎样一个美妙的服务呀。

If Q'uo would like to comment on our efforts of starting up L/L Research satellite centers, and how this plays into the general pattern of development of human consciousness."

Q'uo 是否想要对我们开办爱/光研究机构的卫星中心的努力，以及这种努力如何对人类意识的一般性的发展模式起作用进行评论呢？”

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

我是 Q'uo, 我理解了你的问题, 我的兄弟。

We are aware that you have begun a great undertaking in becoming what may be called a "satellite" of this particular group, that known as L/L Research, and we are most appreciative of your great desire to serve in this fashion, for as entities such as yourself [who] take upon themselves the responsibilities of making information concerning love, light and unity, available to those who seek it, this is seen as a great service by those of the angelic realms, and there is a great feeling of gladness and rejoicing as each entity such as yourself upon the planetary surface finds more ways of sharing the love and the light of the One Creator that grows within the self. For this is the process, my friend. As the love and the light grow within you and you become aware of it, it is a natural function of this love and light to move from you to others, to discover love and light, within, makes possible the sharing of it with others, and as it moves through you, it is magnified. There is no end to this love and light. You cannot dissipate it, you cannot use it up, shall we say, for it comes not from you, it comes through you so you will find your efforts of serving others to produce more ability and energy and desire and inspiration to serve in such a fashion. We can say no more grateful words than these that you have blessed the Confederation by your service and we thank you, my brother.

在成为这个特定的团体, 即被知晓为爱/光研究机构的可以被称为一个“卫星”的团体的过程中, 我们察觉到你们已经开始了一个巨大的计划了, 我们对于你们用这种方式服务的巨大的渴望是极其感激的, 因为当诸如你自己这样的实体让他们自己承担起产生出关于爱、光以及一体性的信息, 以及可以为那些寻求它的人所利用的信息的责任的时候, 这是被那些属于天使的领域中的实体们视为是一种伟大的服务的, 当每一个诸如你自己这样的在这个星球表面的实体找到更多的方式去分享在自我内在之中成长的太一造物者的爱与光的时候, 会有一种巨大的喜悦和欢庆的感觉。随着爱和光在你内在之中成长, 且你开始察觉到它, 这种爱和光的一个自然的机能就是去从你移动到其他, 去在内在之中发现爱与光, 并使得将它与其他人分享成为可能, 当它流经你的时候, 它就被放大了。这种爱与光是没有尽头的。你们无法挥霍它, 你们无法, 容我说, 用尽它, 因为它不是来自于你们, 它是流经你们的, 因此, 你们会发现你们服务其他人以产生出更大的能力、能量、渴望和启发的努力会用这样一种方式起作用了。你们已经藉由你们的服务祝福了星际联邦了, 我们无法说比这更感激的话了, 我们感谢你, 我的兄弟。

Is there one final query at this time?

在此刻有一个最后的问题吗?

Gary: There is one final query. This one comes from our friend Terry in Taiwan. Terry writes:

Gary: 有一个最后的问题。这个问题是来自于我们在台湾的朋友 Terry。Terry 写道:

"Now when we encounter a terrorist group or a so-called 'bad guy' whether

it's in a face-to-face event or seeing it on the news, how do we perceive such a guy as 'the One'?"

“现在，当我们遇到一个恐怖组织或者一个所谓的“坏人”的时候，要么是在面对面的事件中，要么是在新闻中看到它，我们如何感觉这样一个人是“太一”呢？”

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

我是 Q'uo，我理解了你的问题，我的兄弟。

Yes, this is the challenge. The opportunity which you have mentioned is one which is accentuated in its ability to challenge the seeker to share the love and the light and "the One" with one who seems not to be of the seeker, or of the One.

是的，这是挑战。你已经提到的机会是这样一个机会，它会着重强调寻求者与一个看起来似乎不是寻求者，或者不属于太一的实体去分享爱、光以及“太一”的能力。

However, my friend, this is your challenge every day with every person that you meet. Some are more challenging than others, but all are the One Creator.

然而，我的朋友们，这是你与你每一天遇到的每一个人的挑战。一些人是比其他人更加挑战性的，但是，所有人都是太一造物者。

In your meditations take the one who would have the gun and point it at another and take the life, and look beneath the surface of that entity, look to all the times in this entity's life that it has been molded in such and such a fashion by forces perhaps beyond its control [such] that it has become itself a victim of such manipulation that it cannot find within itself the love and light of the One Creator. Cannot you feel such great compassion and sorrow for an entity that does not have room for the Creator, or love or light, within its own mind, within its own being, within its life? Though it may wreak great destruction upon others, it is itself a victim of the same bullets which it shoots from its gun. Though it still walks the earth, it walks in paleness and in sadness, waiting, waiting, for some opportunity to seek and find the One within, if not in this life then in another or another.

在你的冥想中，看着那个会拿着枪指着另一个人并夺走它的生命的人，看着那个实体的表面之下，在所有的时间都在这个实体的生命中看到，它已经用这样或者那样的一种方式被也许超出它的控制范围的力量所塑造了，以至于它自己已经成为了这样的操纵的一个受害者，它无法在它自己内在之中找到太一造物者的爱与光了。这样一个实体在它自己的头脑中，在它自己的心智中，在它的生命中已经没有空间给造物者、或者爱、或者光了，你们无法感觉到对这样一个实体的如此巨大的同情心和忧伤吗？虽然它可能将巨大的破坏施加在其他人身上，它自己就是它从它的枪中射出的相同的子弹的一个受害者。虽然它仍旧走在地面上，它是走在苍白和悲哀之中的，它等待着，等待着某个寻求并找到内在的太一的机会，如果不是在这次生命中，那么就是在另一次或者别的什么生命中。

All entities that you meet and all entities that you will never meet are the One

Creator. Each faces challenges—some great, some small, most in between—that keep the One from becoming apparent to the seeker, and yet the One awaits in the inner sanctum for the silent seeking of each entity at some point in any life; and it is that which is possible, probable, and, in fact, will occur at some point in time, for there is enough time for all to seek and find the One.

所有你们遇到的和所有你们将永远不会遇到的实体都是太一造物者。每一个人都面对着挑战——一些是巨大的，一些是微小的，大多数是在两者中间的——那使得太一对于寻求者变得是不明显的，而太一在内在的至圣所中等待着每一个实体在任何生命中的某个时刻的静默的寻求，这是有可能，很有可能的事情，事实上，它将会在适当的时刻的某个位置发生，因为永远有足够的时间供所有人寻求并找到太一。

However long the journey may be, it will have an end, and the Creator is discovered within and seen not only as the self but as every other self. That is why this time is so valuable, why it is the pearl of great price, why it is the holy grail of all who seek. This illusion is not easy, my friend. It was not meant to be easy; it is meant to challenge, for those who come here seek to learn a great lesson, the great lesson of finding the Creator within and choosing to use those energies in service to others, or in service to self.

无论旅程可能有多么漫长，它都将有一个终点，造物者在内在之中被找到，并不仅仅被视为自我，同样也被视为其他自我。那就是为什么这个时刻如此有价值，为什么它是具有巨大的价值的珍珠，为什么它是所有人寻求的圣杯。这个幻象并不容易，我的朋友。它并没有打算要成为容易的，它是打算要成为挑战性的，因为那些来到这里的人们是来寻求学习一门巨大的课程的，即找到内在之中的造物者并选择去通过服务他人或者服务自我来使用那些能量的巨大的课程。

At this time we shall thank each entity here within this circle of seeking for being here in this circle of seeking, for by your presence, by your love, by your questions, by your concerns, by your conscious attention, you make room for us here with you to provide a service to you; and by allowing us to serve you, you serve us, giving and receiving an unending circle of being. We cannot thank you enough for providing this light which attracts our attention, this love that imbues the light with compassion, concern, and all of those qualities which, as seekers of truth, you value so highly.

在此刻我们将感谢在这个寻求的圈子里的在这里的每一个实体处于这个寻求的圈子中，因为藉由你们的存在，藉由你们的爱，藉由你们的问题，藉由你们的关注，藉由你们有意识的注意，你们为我们在哪里与你们在一起制造出了空间以对你们提供一种服务，藉由允许我们服务你们，你们服务了我们，并同时给予且接受了一个无尽的存在之圆。对于你们提供这种吸引了我们的注意力的光，对于这种用同情心、关注、以及所有那些，作为真理的寻求者你们如此高度珍惜的特性而灌注了那光的爱，我们怎么感谢你们都是不够的。

At this time we shall take our leave of this group. We leave you all as we found you, in love and in light of the One Infinite Creator that is all in all. We are known to you as those of Q'uo. We leave you, my friends, in love and light.

Adonai. Adonai vasu boragus.

在此刻，我们将离开这个团体。我们在太一无限造物者的爱与光中离开你们，如我们发现你们时一样，造物者是在万物之中的。我们是你们知晓的 Q'uo。我们离开你们，我的朋友们，在爱与光中。 Adonai vasu borragus.

[1] Per L/L Research protocol, each discarnate source who wishes to speak through an instrument is challenged by that instrument. The challenge consists of demanding that the source come in the name of whatever is the highest principle, or representation of truth, for that instrument; something so important and personal to the instrument that they would give their life for it. This further tunes the individual, and precludes negatively oriented discarnate beings, who cannot pass the challenge, from speaking through the instrument.

[1]根据爱/光研究机构的程序，每一个希望通过一个器皿发言非投生的源头都要被那个器皿挑战。挑战是由要求那个源头以对于那个器皿是无论什么最高的原则，或者真理的代表物，某个对于那个器皿如此重要且如此个人性以至于它们会为之献出它们的生命的事物的名义而来。这进一步对个体进行了调音，并排除了负面导向的非投生的存有通过器皿而发言，负面性的导向的存有是无法通过挑战的。

Carla, devoted to Jesus Christ since the age of two, had always challenged in His name. Jim had traditionally challenged in the name of service to others and Christ Consciousness. Since Carla's passing, however, Jim has experienced a profound and personal connection to this teacher, and has taken to Jesus Christ as an icon of spiritual evolution. His challenge now includes invoking the name of the one known to us as Jesus Christ.

Carla 自从两岁开始就忠实于耶稣基督了，她一直以他的名字进行挑战。Jim 传统是用服务他人以及基督意识的名义进行挑战的。然而，自从 Carla 去世之后，Jim 已经体验到一种与这个老师之间的深入而个人性的连接，他已经将耶稣基督作为一个灵性演化的标志了。他的挑战现在包含了祈请我们知晓为耶稣基督的实体的名字了。

January 16, 2016
2016-01-16 流畅地激活

Group question: In 52.11, the questioner asked: "For the entity that wishes to follow the service-to-others path, is there anything of importance other than the discipline of the personality, knowledge of self and strengthening of will?"
团体问题: 在《一的法则》的 52.11 中, 提问者问道, "对于一个希望去跟随服务他人的道路的个体, 除了人格的锻炼、对自我的知晓以及对意志的强化之外, 有任何具有重要性的事情吗?"

Ra replies: "I am Ra, this is technique, this is not the heart. Let us examine the heart of evolution. Let us remember that we are all One. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching; in this unity lies light. This is the fundamental teaching of all planes of existence and materialization—unity, love, light and joy. This is the heart of evolution of the spirit.

Ra 回答: "我是 Ra。这是技巧。这不是核心。让我们检查演化的核心。让我们回忆起我们全都是一体的。这是伟大的学习/教导。在这种一体性中存在有爱。这是一个伟大的学习/教导。在这种一体性中存在有光。这是一个在显化中的所有的存在性的层面的基本的教导——一体性、爱与光以及喜悦, 这就是灵性的演化的核心。"

The second ranking lessons are learned/taught in meditation and service. At some point, the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques that you mentioned become quite significant. However, the universe, its mystery unbroken, is One. Always begin and end in the Creator, not in technique."

第二级别课程是在冥想和在服务中的学习/教导。在某个位置, 心/身/灵复合体会被如此流畅地激活并藉由这些中心性的想法或者扭曲而被平衡, 以至于你们已经提到的技巧会变得相当重要。然而, 宇宙, 它无法打破的神秘, 是一体的, 它是通过造物者, 而不是通过技巧, 开始和结束的。"

Q'uo, we would like to focus on the words "smoothly activated" in Ra's statement. Would you explain what is meant by "smoothly activated"? Also, how do we become smoothly activated, and finally, what relationship does the experience of joy have to being smoothly activated.

Q'uo, 我们想要聚焦在在 Ra 的评论中的"流畅地激活"措辞上。你们愿意解释"流畅地激活"是什么意思吗? 同样, 我们如何成为流畅地激活的, 最后, 对喜悦的体验与流畅地激活的关系是什么呢?

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and light through this instrument this afternoon. We are honored to be asked to join your circle of seeking once again. It is always a great pleasure to blend our vibrations with your own, for

you have worked long in your time measure and in each of your incarnations to bring yourself to this moment of tuning so that you seek together that which is important upon your minds and within your hearts.

我是 Q'uo, 通过这个器皿在这个下午在爱与光中向你们致意。我们很荣幸被请求再一次加入你们的寻求的圈子。将我们的振动与你们自己的振动混合在一起, 这一直都是一种巨大的快乐, 因为你们在你们对时间的度量中且在你们每一个人的投生中都已经工作了很长的时间, 以将你自己带到这个调音的时刻, 这样, 你们就可以一起寻求那个在你们的头脑中且在你们的心中是重要的事物了。

We would ask, as we always do, for you to use your own discrimination in assessing the words and the thoughts which we have to share with you. This makes our service much easier to accomplish for we cannot then be concerned about influencing you overmuch for we are not what you would call an "absolute authority." We are seekers such as you who perhaps have moved somewhat further along the same path which you tread.

如我们一直会请求的一样, 我们会请求你们在对我们所要提供来与你们分享的言语和想法进行评估的过程中使用你们自己的分辨力。这会使得我们的服务远远更加容易完成, 因为那样我们就不用担心过多地影响你们了, 因为我们不是你们所称的一个“绝对的权威。”我们是和你们一样的寻求者, 我们也许已经沿着与你们行走的道路相同的道路多少走得更远一些了。

We have walked your steps; we have felt your emotions—the sorrows, the joys, the confusion. We are aware that it is not an easy path to travel within the third-density illusion, for nothing is known for sure—your intellectual mind cannot be satisfied. It is your intuition, your heart, your spirit that must guide you. Your mind, of course, can play its role and it does indeed have a role to play as you are, as has been noted, a mind, a body, and a spirit complex, which means that you have at your disposal, at the level of the soul, you have these three instruments which you may use in your seeking of what you call the truth: the true nature of the reality in which you find yourselves, and the nature of that toward which you move into, that which has been called the Fourth Density of Love and Understanding.

我们已经走过了你们的脚步了, 我们已经感觉过你们的情绪了——忧伤、喜悦、混淆。我们察觉到, 在第三密度中的旅行不是一条容易的道路, 因为没有任何事情是确切地知晓的——你的逻辑智力的心智是无法被满足的。必须指引你的, 是你的直觉、你的心和你的灵性。你的心智, 当然, 能够扮演它的角色, 它确实会拥有一个要去扮演的角色, 因为你是, 如同已经被注意到的一样, 一个心智、一个身体和一个灵性的复合体, 那意味着你在灵魂的层次上, 你拥有这三个工具任由你支配, 你可以在你寻求你称之为真理的过程中使用这三个工具, 而真理即你们在其中发现你们自己的实相的真实的属性, 你们朝向其移动的事物的属性, 那个已经被称之为爱与理解的第四密度的属性。

The spirit is that which is one with all of the Creation—it is the same as the One Creator, the holographic portion of the same creative force which has made all that there is. You have asked this day how you may use this spirit, this mind, and this body, in a smoothly functioning fashion in order to promote

your own journeys of seeking the truth in the positive polarity, that which seeks to serve others, that which is radiant, that which gives of itself to all who ask, and whose very being radiates those qualities of love, of light, of unity, of joy, about which you have queried this day.

灵性是与所有的造物是一体的——它与太一造物者是相同的，它是已经创造了一切万有的相同的创造性的力量的全像性的部分。你们今天已经问过，你们如何可以用一种流畅地运转的方式使用这个灵性、这个心智和这个身体，以便于促进你自己在正面性的极性中寻求真理的旅程，正面性的极性即寻求服务他人的极性，发光的极性，以及向所有请求的人献出它自己的极性，它的核心的存有辐射出那些爱、光、统一、喜悦的特性，这种方式就是你们今天已经询问的事情了。

Thus, each soul begins with a portion of the One Creator as his guiding star, that which leads the way through the third-density darkness that must be experienced as you move through the veil of forgetting, that veil which that allows you to forget that you are one with all, that love made you all, that light guides you all. Outside the third-density illusion these qualities are quite readily apparent and learning takes place at a much slower pace because there is no doubt concerning these qualities. However, within your illusion, it takes a great deal of what you call faith, of hope, of motivation, of inspiration to continue upon the path of seeking; for as you know, understanding is not of the third-density illusion, you cannot prove what you are doing to anyone else; however, to yourself, that still small voice within (that some call intuition, or some the voice of God), will lead you forward if you but feed it your desire and your will, and continue in a daily fashion to practice those rituals, you might say, of prayer, of contemplation and of meditation; to speak to the Creator and to listen to the Creator and to see the Creator everywhere.

因此，每一个灵魂都是从太一造物者的一部分开始的，那个部分就是它的指引的星辰，那个部分引导着穿越第三密度的黑暗的道路，当你们穿越遗忘的罩纱的时候，那种黑暗是必定会被体验到的，那个罩纱会使得你忘记你是与万物，与创造了你们全体的爱，与指引你们全体的光是一体的。在第三密度的幻象之外，这些特性是相当明显的，学习会用一种远远更慢的速度发生，因为在关于这些特性的方面是没有疑问的。然而，在你们的幻象中，要在寻求的道路上继续，需要大量的你们所称的信心，希望、动因与启发，因为如你们知晓的一样，理解是不属于第三密度的，你们无法证明你们正在对任何其他他人做的事情，然而对于你自己，那个内在之中的安静而微小的声音，（一些人成为直觉，一些人成为上帝的声音），将会指引你前进，只要你用你的渴望、你的意志来喂养它，并用一种每天的方式继续练习那些祈祷、沉思、冥想，与造物者说话并聆听造物者，并在每一个地方看到造物者的，你们可以说，仪式。

So each of you begin with the spirit, you as a soul. You then have a mind which begins the process of thinking, of conceptualizing, of visualizing, of contemplating that which you are, that from which you come, that towards which you move. This mind then, takes upon itself the role of a kind of an administrator, shall we say, heading the corporation of your mind/body/spirit complex, and yet the mind by itself, even powered by the spirit, has no ability to move within your third density illusion. It would be simply an ephemeral

thing with no real consequence or ability to achieve, work, or move along the path of the evolutionary process, for this work it needs the body.

因此，你们每一个人都是从灵性开始的，你是一个灵魂。你接下来拥有了一个心智，心智开始了思考、概念化、想象、以及沉思你是谁，你从何处而来，你前往何处的过程。这个心智，接下来，会让它自己承担起一个一种类型的一个，容我说，管理员的角色，它率领着你的心/身/灵复合体的合作，而心智藉由其自身，甚至在被灵性赋能的时候，是没有能力在你们的第三密度的幻象中移动的。它会单纯地是一个短暂的事物，没有要去取得、工作或者沿着演化的进程的道路前进的真实的结果或者能力，为了进行这个工作，它需要身体。

Thus, the mind creates the body. The body is the creature of the mind. The body then allows the mind to move within your illusion—to have its being made manifest within the third density so that work may be done in consciousness; that you may make the choice of how you shall polarize or continue your movement once you become consciously aware that such is possible and, indeed, such is necessary in order to move upon your spiritual journey. The body allows the mind to speak through the mouth, the lips, the tongue, the teeth; words may be formed, thoughts may be translated into words which may be shared with others. The creation of words, then, becomes the putting of power into form, into concept, into image, putting these images together in letters forming words and the words sentences, and so forth, until you are able to express that which you feel, that which you think, that which you are, that which you desire, that towards which you move.

因此，心智创造了身体。身体是心智造物。身体接下来允许心智在你们的幻象中移动——以让它的存有第三密度中显化出来，这样工作就可以在意识中被进行了，你们就可以做出你们将如何极化或者继续你们的移动的决定，一旦你们有意识地察觉到这样的选择是有可能的，且为了在你们灵性的旅程上移动，这样的选择确实是必不可少的。身体允许心智通过嘴巴、嘴唇、舌头、牙齿说话，言语就可以被形成了，想法就可以被转译为可以与其他人被分享的言语了。言语的创造，接下来就将力量注入到形式、观念、形象之中，并将这些形象通过字母聚集在一起形成词语，词语形成句子，如此等等，一直到你们能够表达你们感觉到的事物，你们思考的事物，以及你们之所是的事物，你们渴望的事物以及你们朝向其移动的事物。

As creatures then, as souls containing and utilizing a mind, a body, and a spirit, you have these tools at your disposal to carry you forward into unity with the One Creator eventually, for this is the goal of all seekers of truth: to become again One with that from which it has sprung, for each portion of the One Creator, made by the One Creator, yearns to return home to the One Creator. The Creator itself yearns for each portion to do just that—to bring to it, the fruits of its journey, the fruits which the One Creator then may use to discover more about its own nature, for the Creator has given you a great gift my friends—the gift of your free will—to choose what you do, how you do it, when you do it. You direct your own journey.

因为生灵，因为灵魂包含并利用了一个心智、一个身体和一个灵性，你们拥有这些工具供你们使用以携带着你们向前进入到最终地与太一造物者的合一之中，因

为这就是所有真理的寻求者的工作：去再一次与它已经从其跃出的事物合一，因为太一造物者的每一个部分，都是由太一造物者制造的，都渴望返回到太一造物者的家园。造物者自身渴望每一个部分那样做——将它的旅程的果实带给祂，太一造物者接着可以使用那个果实来发现更多关于祂自己的属性，因为造物者已经给与了你们一个伟大的礼物，我的朋友们——你们的自由意志的礼物——来选择你要做的事情，你如何做它，你何时做它。你指引了你自己的旅程。

So how is this journey able to allow the mind, the body and the spirit to become smoothly functioning? This is indeed a large question my friends. We shall begin it. Each of you has lived through many, many incarnations within this third-density illusion, and many of you who are wanderers have lived through many, many more incarnations in other densities as well. Each incarnation, and of which we speak thousands exist, has as its purpose to learn two, or three, or perhaps four major lessons within the span of the time of your life.

因此，这条旅程如何能够允许心智、身体和灵性流畅地发挥功能呢？这确实是一个很大的问题，我的朋友们。我们将开始它。你们每一个人都已经在这个第三密度的幻象中生活了许许多多投生了，你们很多人都是流浪者，你们同样也已经在其他的密度中生活过远远更多次的投生了。每一次投生，我们谈及的投生存在数千次之多，都拥有它的目的以在你的生命的跨度中学习两个、或者三个、或者也许是四个主要的课程。

Thus, if you are successful in one incarnation after another, you begin to accumulate a body of knowledge, a reservoir of information upon which you may draw, either consciously or subconsciously, as you continue to utilize the incarnational process and learn more about your own nature as the Creator, and how you have been able to express it previously: whether you have been able to love effectively, fully, appropriately; whether you have been able to give and receive love; whether you have been able to take the larger point of view or have honed in on specific points with a laser-like beam discovering the minutest of details in one area of endeavor or another.

因此，如果在一次接一次的投生中是成功的，你就会开始积累大量的知识，一个你们可以对其进行，要么有意识地，要么潜意识地，利用的信息的储存库，随着你们继续利用投生的过程，你会了解更多关于你自己作为造物者的属性，以及你之前是如何已经能够表达这种属性：是否你已经能够有效地、充分地、适当地爱了，是否你已经能够给予并接受爱了，是否你已经能够取得更大的观点，或者已经用一种激光一般的光速打磨特定的观点并在这样或者那样的一个努力的领域中探索最微小的细节。

My friends, the entire Creation lies at your feet, awaiting your discovery of it, and as you move through each incarnation you set about doing just this: you learn all you can of the Creation about you which is indeed a reflection of your own self as you are a reflection of it, for you are One with it and the Creator. Thus, your incarnations provide you avenues through which, and by which, you may learn a multitude of lessons, almost an infinity, shall we say, of nuances, refinements, changes of direction, and balances of opposites.

我的朋友们，整个造物就在你的脚下，等待着你们对它的探索，当你们穿越每一个投生的时候，你们正在着手进行的就是这个事情：你尽你所能地了解，在你周围的造物确实就是你自己的自我的一个映射，就如同你是它是你的一个映射一样，因为你是与它以及造物者是一体的。因此，你的投生为你提供了途径，通过这些途径并藉由这些途径，你可以学会大量的课程，以及几乎无限数量的，容我们说，微妙性、精炼、方向的改变以及对立面的平衡。

This is where the process becomes quite, quite involved, for you are quite complex beings. Indeed, that is why you are called the mind/body/spirit complex, for you have, not only these three basic qualities of your beingness available to you, each of them may have various aspects that can be enhanced by the learning you accomplish in each incarnation.

这就是过程变得相当、相当混乱的位置了，因为你们是相当复杂的存有。确实，那就是为什么你们被称之为心/身/灵复合体，因为你们不仅仅拥有你们的存在性的这三个基本的特性可以为你们所利用，它们每一个都可能拥有各种各样的面向是可以藉由你在每一次投生中完成的学习而被增强的。

Some incarnations may be more successful in the learning than others. When there are setbacks, shall we say, when that lesson which has desired to be learned is not completely learned, or other lessons come along with it, then there are what you may call, the blockages of the free energy flowing through you, for each of you, my friends, receives, as a gift from the One Creator, what may be called "energy of intelligence" or "intelligent energy" each day that moves through your feet and lower chakras and moves as it will and as it can through each chakra. However, if there are blockages for one kind of energy or another in one chakra or another, then it is that there is a bumpy flow, it is not smooth, it is not continuous, it is not able to move forward in the desired fashion. Thus there is more work that must be done, and this is the indication to the student that there are other lessons to learn in order to remove these blockages.

一些投生可能在学习的方面是比其他的投生更为成功的。当会有，容我们说，挫折的时候，当已经渴望被学习的课程没有被完全学会，或者其他的课程伴随着它而出现的时候，接下来，会有你们所称的流经你们的自由的能量的阻塞，因为你们每个人，我的朋友们，在每一天都，作为一个来自于太一造物者的礼物，接收到了可以被称之为“具有智能的能量”或者“智能能量”的事物，这种能量流过你们的双脚和较低的脉轮，并如其所愿且如其所能地移动经过每一个脉轮。然而，如果在这个或者那个脉轮中有这样或者那样类型的一种阻塞，接下来，就是在那里会有一种流动不畅，它是不流畅的，它是不连续的，它无法用被渴望的方式前进。因此，会有更多的工作必须被进行，这就是对学生的指示了，即为了移除这些阻塞，会有其他的课程要学习。

Each of your complexes, the mind, the body, and the spirit, is able to process catalyst that comes to it and when it is able to successfully process catalyst, that which is within your daily round of activities—as every imaginable event that you can experience in an incarnation—then this processed catalyst becomes experience. The experience then is that which can be counted upon

in the future to guide you in a reliable fashion upon your journey of seeking. 你们的每一个复合体，心智，身体和灵性，都能够处理进入到它的催化剂，当它能够成功地处理催化剂，处理在你日常生活的活动中的催化剂的时候——如同在一次投生中你能亲身体验到的每一个想象得到的事件——接下来，这种被处理过的催化剂就会成为体验了。这种体验接下来就是那种能够在未来被依赖以用一种可靠的方式在你的寻求的旅程上指引你的事物了。

Oftentimes there are many incarnations necessary to provide the unblocking of one blockage in one energy center. The process of evolution is that which takes a great deal of what you would call time, energy, effort, and incarnations.

时常，为了要对在一个能量中心中的一个阻塞提供消除阻塞，会需要有许多次的投生。演化的过程就是那种会花费大量的你们所称的时间、能量、努力与投生的过程。

When each of the mind, the body, and the spirit complexes have been able to express themselves in a clear delineated fashion, a fashion whereby energy moves through the chakras or the energy system of your body, of your energy body, then the energy is smoothed, or directly flowing through less impeded, until it becomes unimpeded. At this point you may consider the mind/body/spirit complex to have become fully activated or smooth in its allowance of energy to move through it.

当心智、身体和灵性复合体中的每一个都已经能够用一种清晰的有轮廓的方式，一种藉由其能量流经脉轮或者你的身体，你的能量身体的能量中心的方式来表达它们自己的时候，接下来能量就变得流畅了，或者较不受阻碍地直接流过了，一直到祂变成不受阻碍为止。在这个位置，你们可以认为心/身/灵复合体已经充分激活了，或者在其允许能量流经它的方面是流畅的了。

The fully activated mind/body/spirit complex is quite rare, my friends. It does not usually occur within the third-density illusion. There is, however, a lower limit or threshold, shall we say, for the mind, the body, and the spirit to function in order to move into the indigo-ray energy center and begin the experience of what you may call joy. The indigo-ray center contains the ability of the entity to experience its true beingness, which is a being of unity made by the One Creator from the power of the Creator's love which has condensed into light and formed the Creation as it is known, and that which is unknown as well, for the Creation, my friends, is infinite.

我的朋友们，完全激活的心/身/灵复合体是相当稀少的。它通常并不会在第三密度的幻象中出现。然而，为了移动进入到靛蓝色光芒能量中心并开始你们称可以称之为喜悦的体验，会有一个供心智、身体和灵性运转的较低的限制或者，容我说，门槛。靛蓝色中心包含了实体去体验它真实的存在性的能力，这种真实的存在性是一个由太一造物者从造物者的爱的力量制造出来的具有统一性的存有，造物者的爱已经压缩成为光并形成了造物，如造物被知晓的一样，而造物同样也是未知的，因为我的朋友们，造物是无限的。

When contact is made with the indigo-ray energy center, then, this sense of

unity begins to color the entity's experience until it is full of the quality you may call "joy." Various opportunities are offered for the seeker of truth to experience the joy-filled condition. When there is the opportunity presented to feel that the incarnation has been successful in its goals and intentions, there is often the momentary experience of joy knowing that the past is firmly set upon and all is unfolding as it should. This is an inner signal to the conscious self that all is, indeed, well.

当与靛蓝色能量中间建立接触的时候, 接下来, 这种统一的感觉就会开始为实体的体验染色, 一直到它充满了你们可能称之为“喜悦”的特性为止。各种各样的机会被提供给真理的寻求者以体验那种充满喜悦的情境。当有机会被呈现出现以感觉到投生在其目标以及意图的方面已经是成功了的时候, 经常会有那种瞬间的喜悦的感觉, 并同时知晓过去是被稳固地开始了的, 一切都是如它应该的样子在展开的。这是一个给予有意识的自我的内在的信号, 一切确实都是好的。

All is indeed well at all times, my friends, however, within the third-density illusion this is not often experienced as a truth, the truth of that which truly is. From time to time the subconscious mind will send the signal to the conscious mind that it is, indeed, shall we say, on the beam, hitting the mark, traveling the path successfully. There is further work that may be done for such a seeker, for if this seeker, which has begun to experience the opening of the indigo ray, can balance that energy center with the lower energy centers, over a period of what you would call time and the processing of catalyst into experience, then it is possible to release the experience as a shuttle through the violet ray energy center that makes contact with the One Creator and the entity then is able to have the fully experienced presence of the One Infinite Creator, with its attendant joy and feeling of wholeness or unity at which time the entity becomes aware in a full sense of the nature of its own being and the nature of all that is within the Creation of the Creator.

我的朋友们, 在有的时候一切都是好的, 然而, 在第三密度的幻象中, 这并不会经常被体验为一个真理, 其真正之所是的真相。潜意识的心智不时地将会像表面意识的心智送出信号, 它确实是, 容我们说, 航向正确的, 正中靶心的, 并成功地走在了旅程上的。对于这样一个寻求着, 会有进一步的可以被进行的工作, 因为如果这个已经开始体验到靛蓝色光芒的开放的寻求者能够藉由较低的能量中心来平衡那个能量中心的话, 在一段你们所称的时间和将催化剂处理形成体验之后, 接下来, 就有可能去释放体验作为一个通过紫罗兰光芒的能量中心的穿梭器了, 它会与太一造物者建立接触, 那个实体接下来就能够拥有太一无限造物者的被充分体验到的临在, 并伴随的喜悦和完整性或者一体性的感觉, 在那个时候, 实体会在一种圆满的感之中察觉到它自己的存有的属性, 在造物中的一切事物的属性, 以及造物者的属性。

At this point, the entity desires to be of service to others by carrying out the will of the Creator in all words, thoughts and actions. This is the enlightenment experience, as you have called it, the Samadhi, the Kencho, the Nirvana. Such a being seldom, in the positive sense, desires to leave the illusion and go forward as it could well do, but wishes to return to be with those of its kind to share that which it has found after having been able to cause the energy flow

through the chakra system to be smooth and free in its flowing directly from the base chakra through the violet to the One Creator.

在这个位置上，实体会渴望藉由在所有的言语、想法和行为中执行造物者的意志来服务他人，这就是觉醒的体验，如你们对他的称呼一样，三摩地、Kencho、涅槃。这样一个存有，在正面性的意义上，很少渴望去离开幻象并前进，如其完全能够做的一样，而是会希望，在它已经能够使得流经脉轮系统的能量在其从根部脉轮直接流经紫罗兰脉轮并达到太一造物者的过程中变得流畅和自由之后，去返回，以便于与那些与它具有类似属性的人分享它已经发现了的事物。

At this time we would ask if there is a follow query to this question.

在此刻，我们会请问是否这个问题是否有一个后续的问题。

Gary: Not to the main question, Q'uo. Thank you so much for that.

Gary: 对于主要的问题没有了，Q'uo。非常感谢你们的那个回答。

I am Q'uo and we thank you, my brother and friends gathered here. We would ask if there might be another query at this time to which we may speak?

我是 Q'uo，我们感谢你们，我的兄弟，以及聚集在这里的朋友。我们会请问，是否在此刻有另一个我们可以发言的问题？

Gary: Ra describes the time/space environment as the inverse to space/time. Whereas we in space/time are immobile in time, but can travel in space in all direction; those in time/space are immobile in space, but can travel in time. Our question is: how do the entities in time/space experience the passage of space? Is it similar to the way that we in space/time experience the movement of time?

Gary: Ra 将时间/空间的环境描绘为是与空间/时间的环境相反的。然我们在空间/时间在时间的方面是非机动的，但是我们能够在空间中在所有的方向上旅行，而那些在时间/空间中的实体在空间中是非机动的，但却能够在时间中旅行。我们的问题是，那些在时间/空间中的实体如何体验空间的流逝呢？它是类似于我们在空间/时间中体验时间的运动的方式的吗？

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

我是 Q'uo，我理解了你的问题，我的兄弟。

We will attempt to make understandable that which is somewhat difficult within your illusion, for the words to describe that which is beyond this illusion are not always available in your language. However, upon the cessation of the physical body in the third density, the spiritual nature of the entity—which is the enlivening nature which is now leaving the physical body—moves into that realm of the spirit world which many have called time/space, that which is immaterial, that which is metaphysical; beyond the physical. This world has its own reality, shall we say—it's set of natural laws and qualities which are immutable. It is as rich an environment as is the one which the third density experiences at this time.

我们将尝试去让在你们的幻象中多少有些难以理解的事物变得可以理解，因为要描绘超越这个幻象的事物，这样的词语在你们的语言中并非一直都是可以被利用的。然而，在第三密度的物质性身体停止的时候，实体的灵性的属性——即现在在离开物质性身体的那种令人富有生命力的特性——会进入到那个灵性的世界的领域之中，很多人将那个灵性的世界称为时间/空间，它是非物质性的，它是形而上学的，是超越身体的。这个世界拥有它自己的，容我说，实相——它是不可改变的自然法则和特性的集合。它与第三密度在此刻体验到的环境是一样丰富的一个环境。

As you mentioned, within your third density you must move very slowly, as you would see it, in the river of time, accumulating a past, existing within your present, anticipating a future. Within the time/space realms, entities therein residing are able to move only, shall we say, slowly about in a spacious environment. However, they have at their disposal the eternal present, which would contain all of the times of which you are aware—the past, the present and the future, existing as villages, shall we say, upon your planetary sphere. They may be easily traveled to. The time then is quite flexible.

如你们提到的一样，在你们的第三密度中，你们必须非常缓慢地在时间之河中移动，如你们会看到的时间一样，并同时积累起一个过去，在你们的此刻之中存在，并预测一个未来。是空间/时间的领域中，居住在那里的实体仅仅能够在在一个宽阔的环境中，容我说，缓慢地四处移动。然而，它们拥有永恒的当下供它们支配，这个永恒的当下包含了所有你们察觉到的时间——过去，现在和未来，这些时间就好像在你们的星球上的村庄一样地存在着。实体可以轻易地旅行前往这些村庄。那么，时间就是相当灵活的了。

The space, however, contains a kind of, we give this instrument a word suggesting stiffness or rigidity, which prohibits the equally easy movement in space as is able to be accomplished in time. However, there is the ability to move, what you might call great distances by thought, if travel is desired. However, most entities feel less need for that which you would call travel to distant locations, for all that is needed for the experience of the time/space nature can be created by the mind in cooperation with others of like mind. Thus, there is no need to move from space to space when what one might seek in another place, one can create here, now, in the eternal present. Is there another query, my brother?

然而，空间包含了一种类型的，我们给与了这个器皿一个暗示僵化性或者牢固性的词语，它禁止了如同能够在时间中被完成的移动同等地容易的在空间中的移动。然而，会有移动的能力，你们可以称之为藉由想法的远距离的移动，如果旅行是渴望的话。然而，大多数实体感觉到较不需要那种你们所称的前往远处的旅行，因为所有对于具有时间/空间的特性的体验所需要的事物都能够藉由头脑通过与其他具有相似的头脑的实体的合作被创造出来。因此，没有从在空间中移动的需要，当一个人可能寻求在另一个地方的事物的时候，它可以在这里，在现在，在永恒的当下之中创造出来。我的兄弟，有另一个问题吗？

Gary: Q'uo, we, in the space/time environment, experience what we call aging as we "move" through time. Is there a corollary to that for entities in the

time/space environment?

Gary: Q'uo, 我们在空间/时间的环境中在我们穿越时间的时候体验到我们所称的“老化”。对于在时间/空间的环境中的实体, 有那样一种必然的结果吗?

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

我是 Q'uo, 我理解了你的问题, 我的兄弟。

There is that which you call aging, however, it is much diminished in comparison to what you experience here within your third-density illusion. Indeed, within your own illusion your aging has been speeded up so greatly, because of the difficulty of utilizing catalyst, that you live but what would be considered the lifetime of a child compared to what is available to most third-density entities, that being a time period close to your millennium.

会有你们所称的老化, 然而, 它相比你们在你们的第三密度中体验到的老化是大大地被减轻了。确实, 在你们自己的幻象中, 由于在利用催化剂的方面的困难, 你们的老化已经被如此大大地加速了的, 以至于相比可以为大多数第三密度的实体所取得的生命, 那是一个接近你们的一千年的时段, 你们仅仅活了可以被认为是一个孩子的生命。

As the master cycle has moved through its experience, the population of this planet has had difficulty utilizing catalyst, for most of the population of this planet has found the need to repeat third density here as graduation was not achieved in the home planet. If you move beyond this density's illusion into the fourth density, then fifth and sixth, you may see lifetimes that are much much longer in what you would call the years. Ninety thousand years being considered the average lifespan within the fourth density shall we say. This, to you, sounds like a great span of time, but you must remember that the time moves in a different fashion within the succeeding densities to your own.

随着主周期已经穿过了它的体验, 这个行星上的人群已经在利用催化剂的方面遇到了困难了, 因为这个地球上大多数的人群是在它们家园的星球上毕业无法被取得的时候在这里找到了去重复第三密度的需要的。如果你们超越了这个密度的幻象进入到第四密度, 接下来进入第五和第六密度, 你们可以看到生命用你们所称的年来度量是要远远更长的。在第四密度中, 容我们说, 九万年被认为是平均的生命的长度。对于你们, 这听起来似乎是一个极大的时间的跨度, 但是你们必须记住, 在你们自己的密度之后的密度中, 时间是用一种不同的方式运动的。

However, as each density offers catalyst of some kind to each entity within it, the processing of catalyst does take its toll, shall we say. There is a wearing or an eroding of the physical, mental and spiritual vehicles, for there is a kind of friction that occurs in the processing of catalyst. Be it ever so slow, it is inexorable and there is the need to move into other incarnations, shall we say, but which is much more easily done in succeeding densities, as there is no veil of forgetting with which to deal.

然而, 随着每一个密度向在其中的每一个实体提供了某种类型的催化剂, 催化剂的过程确实会, 容我们说, 收取它的费用。会有一种疲倦或者一种对身体、心智和灵性载具的侵蚀。尽管它是如此缓慢的, 它却是无情的, 会有进入到, 容我们

说, 其他的投生中的需要, 但是, 在之后的密度中这是要远远更加容易被完成的, 因为没有要去打交道的遗忘的罩纱。

We have energy remaining for one final query at this time.
我们在此刻拥有剩余给一个最后的问题的能量。

F: I wouldn't mind asking a follow-up to that. Is third density the only density that exists in space/time? And are the other densities time/space, or are there other conditions in the other densities?

F: 我不会介意问那个问题的一个后续问题。第三密度是唯一的存在于空间/时间中的密度吗? 其他的密度是时间/空间的吗, 或者在其他的密度中会有其他的情况吗?

I am Q'uo and am aware of your query.
我是 Q'uo, 我理解了你的问题。

Each density beyond your own third density has both the space/time and time/space qualities. It is the time/space quality within each density that allows the entities of each density to be able to connect in a more fully functioning fashion with the One Creator to achieve a unity which allows an overview of time and space and the purpose of the entity moving through time and space so that when there is the desire to enter into the space/time realms, then there is more of a, shall we say, solidity or practicality or usability of the density that is then made available to the entity to pursue its learning and its service.

在你们自己的第三密度之外的每一个密度都同时拥有空间/时间和时间/空间的特性。在每一个密度中, 就是时间/空间的特性使得每一个密度的实体能够用一种更加完整地运转的方式与太一造物者接连以取得一种统一性, 这种统一性将允许一种对时间、空间以及穿越时间和空间的实体的目的的的总体认识, 这样当有渴望进入到空间/时间的领域的时候, 接下来, 就会有更多的一种, 容我们说, 密度的确实性、或者实践性、或者可用性是可以为那个追寻它的学习和它的服务的实体所利用的。

This allows the inter mixing or intermingling of that which is closer to the Creator, and that which is seemingly not as close to the Creator, a condition which allows learning to occur; for if all entities knew, without a single doubt of any kind whatsoever, that unity with all was their true nature, there would be little motivation to move forward in the learning process. Thus is the value of the space/time portion of each density.

这会允许那种更加接近造物者的事物与那种在表面上并不一样接近造物者的事物, 以及一种会允许学习发生的情况之间的相互的混合和交融, 因为如果所有的实体都是在没有无论什么任何类型的一点点的疑虑的情况下知晓, 与万物的一体性就是它们真实的本性, 就几乎不会有在学习的进程中前进的动因了。这就是每一个密度的空间/时间的部分的价值了。

The seventh density, however, is the density that those of Ra have called the

"density of foreverness." Within this density there is the movement back to unity with the Creator and there is only the time/space quality within the seventh density.

然而，第七密度，是 Ra 团体已经称之为永恒的密度的密度。在这个密度中，会有那种回到与造物者之间的一体性的运动，在第七密度中，仅仅只有时间/空间的特性。

I am Q'uo. We have apparently utilized this instruments energy to its completion for the nonce. We would therefore suggest the closing of this particular session of working. We are most grateful to each for having called us to your session. We are most gratified to join you in your love and in your light, that which you produce by your very beings in your daily round of activities; that which, when you join in a circle of seeking such as this one, produces a great brilliance of light that reaches far into the heavens and is noticed by many who are appreciative also of being able to see this love and light emanating from this weary world of yours which seeks so diligently to become able to move into the fourth-density illusion which beckons.

我是 Q'uo。我们很明显地已经将这个器皿的能量暂时应用到了它的完结了。我们因此会建议结束这次特定的工作的集会。我们为每一个人已经呼唤我们来到你们的集会是对每一位都极其感激的。我们对于在你们的爱和你们的光中加入你们是极其感激的，这种爱与光是你们在你们的日常生活的活动中藉由你们的核心存在产生出来的，也就是说，当你们加入到诸如这个圈子之类的一个寻求的圈子的时候，你们产生出了一种极大的光的亮度，它触及到远至天堂之中，并被许多的同样也对于能够看到这种从这个疲倦的世界中散发出来的爱与光感到感激的实体们所注意到，你们的世界正在如此勤奋地寻求能够进入到那个召唤的第四密度的幻象之中。

At this time we shall take our leave of this instrument and this group. We leave each of you as we found you, in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体。我们在太一无限造物者的爱与光中离开你们，如我们发现你们的时候一样。我们是你们知晓的 Q'uo。Adonai，我的朋友们。Adonai vasu borragus.

February 6, 2016

2016-02-06 收割的进程与显化

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

团体问题: Q'uo, 自从这个接触在一段四年时间的中断之后恢复以来, 我们在爱/光研究机构已经来自海外的读者那里收到了关于据称在现在正在发生的从第三密度到第四密度的转换的问题。因为你们和星际联邦在你们的信息中, 同时在你们的窄频与宽频的传讯中, 已经对这个主题产生了一种反复强调的特性了, 我们假设你们想要在地面上的灵性的寻求者们了解关于密度的改变。

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

因此, 今天, 我们对于这次传讯的主要的部分有两个简单的问题。

1) Where in the process are we with respect to the transition from third to fourth density, or as you call it, harvest? And as an extension of that question, how does this harvest relate to or how do we relate to it in terms of our spiritual evolution?

1) 在关于从第三密度到第四密度的转换, 或者如你们所称的收割的方面, 我们在进程中的位置是什么? 作为那个问题的一个延伸, 这种收割从我们的灵性演化的方面如何与之有关联, 或者我们如何与之有关联?

2) As precisely as you are capable of speaking within the limits of this contact and the limits of free will, how will this transition into fourth density manifest in the collective space/time experience we call everyday life?

2) 在这个接触的程度以及自由意志的限度的你们所能够精确地谈论的范围内, 这次进入到第四密度的转换如何在我们称之为日常生活的空间/时间的集体性的体验中显化的呢?

(Jim channeling)

(Jim 传讯)

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

stand.

我是 Q'uo, 在太一无限造物者的爱与光中向你们各位致意。向你们各位致意是我们在今天下午的巨大的荣幸, 因为我们已经藉由你们的寻求而被呼唤到你们的团体了, 你们每个人作为一个个体的实体, 以及一起作为一个实体的团体, 全都在寻求太一造物者的光, 以照亮你们走在其上的道路, 并将更大的清晰度带到那条道路上, 同时尽可能多地理解在你们的体验的密度中拥有的体验, 因为在那里被清晰地知晓的事情是如此之少, 而爱至高无上地支配着, 光指引着道路, 一体性就是你们站立于其上的基础了。

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

我们将请你们, 如我们一直做的一样, 对于那些我们给予你们的言语和观念使用你们自己的分辨力, 采用那些有意义的部分, 并将那些没有意义的抛开。我们并不希望成为你们的一块绊脚石, 我们希望帮助你们的旅程, 如果你们愿意为我们这样做的话, 它会成为在分享我们所要与你们分享的内容的一个巨大的帮助, 因为我们不是要被视作终极的权威的。我们, 和你们一样, 是藉由我们的存有的每一根纤维来寻求太一的, 我们很高兴与诸如你们自己这样的实体分享我们在我们的旅程上已经学会了的事物。

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

今天下午你们询问关于在你们的行星地球上的收割, 那个灵魂在其中能够从第三密度, 那个有意识的做出选择的密度毕业进入到爱 and 理解的密度, 如你们对它的称呼一样, 的伟大的时刻。在关于可以被称之为"正面性的收割"的事物是什么, 那种被藉由服务他人多于服务自我而被描绘的收割是什么的方面, 那些在这里的实体, 当然会对此感兴趣, 因为, 我的朋友们, 对于收割是必不可少的事物, 就是你服务他人多于你服务你自己。藉由那个简单的选择被做出, 在第四密度的巨大的范围之中大量的研究和学习就有可能了, 第四密度现在用全然充满同情心的

爱的能量包围且灌注你们的星球以及它的人群，那些能够在他们的生活中体验并表达这种爱的实体是那些正在让它们自己可以为这次收割所取得的实体，确实，星球自身将会被收割进入到第四密度，因为它作为一个实体，同样也在发展。

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

你们询问，在此刻对于这个星球和它的人群的收割的进度是什么，因为在贯穿你们的星球的整个历史中已经有很多的对于这个伟大的事件的预言了。确实，被知晓为也是基督的实体说过，在这个团体中会有那些会看到收割的实体。收割是首先在那些准备好去欢迎并享用那种爱与理解的振动的实体的心智中，尤其是在他们的心中开始的。因此，会有很多人在你们的过去的几千年时间中已经能够将它们自己收割进入到第四密度的正面性之中了，在此刻，他们是准备好迎接他们在行星地球上的更大的兄弟姐妹的群体，而行星地球，将在无限的密度之钟，容我们说，整点报时的时刻被收割。

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

你们的收割是已经开始了的收割。那些现在正在离开你们幻象并穿越你们称之为死亡的大门的实体，正在走过光之阶梯，以看到是否它们拥有能力去走过并享用更为明亮的光，这种更为明亮的光就是第四密度的体验的一个意义重大的部分了。当这些实体进入到这种光之中的时候，它们尽可能远地移动，而不会让光变的太过耀眼。当它太过耀眼以至于无法继续的时候，它们走到一旁，并注意是否他们已经跨越了，容我们说，第三密度进入到第四密度的边界了。那些已经成为第四密度的实体会如同向太一造物者歌唱荣耀的“哈利路亚”的聚集在一起的合唱团一样欢迎其他的同样也穿越了死亡的大门的仅仅为了在另一个幻象中重生进入到太一的爱与光之中，这个幻象是一个更为宏大的幻象，它是用光、用爱、

用理解、用合作、用集体，用一种朝向对太一造物者的更进一步的寻求的结合在一起努力更为致密地被包裹起来的。

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

因此，在这个意义上，你们的收割已经开始了，但是我们意识到，你们的意思是，它将在什么时候被完成？我的朋友们，这是所有现在观察你们居住于其上的这个小小的星球的实体们都想知道的问题，因为在此刻在你们的星球的人群中有大量的混淆，有如此多的实体、文化、民族、教义、宗教、教派以及如此等等的自由意志，这种自由意志看到这个伟大的时刻，每一个自由意志通过个体的眼睛去看，通过所有人都分享感觉、渴望以及太一造物者的承诺欢迎回家的孩子们进入到一个更为宏大的家，一个更加有爱的家，在那里一切最终都是被欢迎的。

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

我们知道你们拥有信息，这个信息建议，按照你们对时间的度量，会有一个巨大的时间的跨度可能会成第三密度的最后的部分的潜在的体验以及第四密度的完成的体验。这个上至你们的时间的六百到七百年的时间的度量，仍旧是一个可能性，虽然会有在你们的星球上的巨大的人群的自由意志的因素要被考虑。

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

在此刻，会有很多的实体和诸如这个团体之类的团体正在进行工作来用一种按几何级数增长的方式来增加收割。你们知道 Ra 团体谈及的倍增效应了的概念。当有一个人寻求的时候，那就足以成为基石了，当有两个人用一种成功的方式寻求太一并接近可收割能力的时候，就会有倍增效应了，第三个人会继续加倍，如此等等，一直到会有你们所称的一种“临界质量”的事物被你们的星球的人群所取得。

This mass is that which approaches in time/space and its analog of space/time

so that there are many who will find that they are able to partake in this harvest, if not in the current incarnation, then in the one succeeding, for it appears now that with the best efforts of all of those teachers and guides, students and helpers, with the birth of this planet that there shall not be more than two additional incarnations necessary for the completion of this harvest. *这个质量是在时间/空间中以及它在空间/时间中的模拟物中接近的事物，因此会有很多人将会发现他们能够参与到这次收割中，如果不是在当前的投生中的话，那就就是在一次随后的投生中，因为藉由所有这些老师、指导灵、学生以及帮助者的最佳的努力，伴随着这个行星的出生，看起来似乎对于要完成这次收割所需的投生将不会有多于两次额外的投生。*

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

我的朋友们，请认识到你们的星球的自由意志是极其难以预测的，因为会有来自于亘古常在者（ancient of days）的力量会与这样的收割对抗，那些属于一个更为黑暗的种类的实体用它们自己的方式寻求藉由控制这种收割的光而被收割。而它们将会失败，因为大批的服务自我的实体将仅仅拥有一个很短的在其中它们将占据绝对优势的日子，接下来，它们的日子就结束了，光将会闪耀，收割将会被完成。那些寻求服务他人的实体将在这个星球上找到一个新的第四密度的家园，因为这个星球，甚至伴随着它所有表面上的黑暗、斗争、战争、控制以及在你们的数千年时间中折磨这个星球的负面性，将成为一个第四密度的正面性的行星。

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

因此，你们可以看到，虽然前方有困难，困难将会被克服。全然充满同情心的爱将不仅仅找到它的日子，同样也会找到它在这个星球上的周期，这个星球将在一个新的造物的天堂中如同一颗星星一样地明亮。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体，以继续问题的第二部分。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

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

我是 Q'uo, 我与这个器皿在一起了。我们在此刻谈及收割的意义的问題, 我们请你们后退一步来开始, 并请你们对于, 那个将成为收割的对象的事物, 它是谁以及它是什么进行调查研究。

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

从一个方面, 它是谁的问题是非常简单的, 因为它将会是你。但是, 你是谁呢? 如果从它的集体性的意义上来使用那个词语, 它不仅仅包含了个体的心/身/灵复合体, 它同样也包含了大量其他的已经在同一个的寻求的统一性中聚集到一起的其他的心/身/灵复合体, 这些实体一起组成了一种类型的能量的配置, 它表达了我们可以称之为一定的存有的签名的事物。

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

现在, 这个签名就是心/身/灵复合体在它们的联合中的独一无二的演化的一个产物, 这是在漫长的时间的进程中发生的, 实际上, 在这个星球上, 我们会说, 它是一个比你们的第三密度的体验远远更早之前就已经开始了的时期, 它将在体验的第三密度的部分已经被完成之后继续很长的时间。因此, 我们可以谈及一个演化的天命, 去执行这个天命就是每一个个体的行星的机能, 这样这个天命就可以成为对于造物者的一个装饰品, 成为造物的一个修饰物 (honestation)。

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

因此, 你们能够看到, 它并非单纯地就是每一个个体成为可收割的问题——对于那些你可能希望将会与你一起被收割的朋友以及亲友——但是会有一定的所有人共享的对于赎罪, 如果你们愿意这样说的话, 与救赎的责任, 或者也许一个更好的词语单纯地就是, 你们的星球上的一个演化周期的完成。

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

它对于所有那些围绕着你们的星球的实体是具有巨大的兴趣的，这些实体在你们的许多的世代之中已经照看并鼓励在你们的星球上的那些实体去继续它们演化上的努力了。兴趣是在于在造物进入到它的实现的圆满的过程中拥有一个部分。那些从你们的空间/时间的连续体的时间/空间的部分中的一个视角监督并帮助你们的投生性的周期的进程的实体，已经在他们的能力的最大限度范围内鼓励这个过程，并同时所有的时候都认识到，演化，确实，如我们已经说过的一样，是一个自由意志的机能。

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

现在，在你们的星球上发生的事情是，将会有一些人不会完成收割，实际上，总数很可能是相当多的。我们是带着某种程度的忧伤这样说的，因为，事实上，所有开始一次投身的周期的实体的希望都是他们将能够，在这个过程中的某个位置，抵达一种灵性发展的层次，这个层次会允许它们前往一个更进一步的舞台，而那些已经不得不重复第三密度的实体，在一些情况中，不得不多于一次地重复它的实体，它们发现它们自己正看着一个非常真实的再一次重复它的前景，在认出进入到第四密度的最后范围仍旧是有一点超出它们的伸手所及范围，有一点多于它们在此刻能够完成的一种延伸的时候，它们是能够开始感觉到一定的绝望。

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

现在，确实会发生的事情是，有时候进步是可以相当快速地发生的，监管这个过程的指导灵对于这一点是相当知晓的，并与任何的给予了希望的前景是协调一致的，希望即更大数量的实体确实可以取得收割。

The reason that it is important to aid every last soul whose yearning merits hope that harvest may be nigh, is that every soul who has participated in this

planetary experience is a portion of the destiny that this experience strives to achieve. [Each soul] carries with it a portion of the secret of creation itself, and has the promise of bringing to the Creator information which can be got in no other way.

对于每一个的最后的灵魂，它们的渴望有应该得到这样一种希望的奖赏，即收割即将到来，去帮助一个这样的灵魂是很重要的原因是，难道每一个已经参与到这个星球的体验中的灵魂不都是这种体验努力去取得的命运的一部分吗？每一个灵魂都在它身上带着造物本身的秘密的一部分，每一个灵魂都承诺要将那个用任何其他方式无法被取得的信息带回给造物者。

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

我的朋友们，这个行星是独一无二的，它用种种方式是独一无二的，不是每一个星球在它从第三密度移动到第四密度的这个位置都是独特的。尤其是，它已经以在正面性的力量，如你们可能称呼它们的一样，和负面性的力量之间的一定的平衡的设置为特征了。这是为什么你们的星球同时对于演化的进程的两边，同时对于正面性和负面性都是具有巨大的兴趣的原因之一了，这就是为什么你们可能称之为的一种在天上的竞赛，或者拔河，已经在过去在你们的巨古的时代中的许多时期已经展现出来的原因了。

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

那些已经藉由严峻的考验，如我们对它们的称呼一样，而通过了选拔的实体，在那种严峻的考验中他们已经被要求对他们的体验中那些在表面上似乎带有负面性的能量的签名的色彩的部分的一个数量很大的部分进行筛选，以尝试去将转换负面性并允许其为一个在其中正面性会作为一个结果升起的系统提供能量。那些，我们假设，已经通过了这个过程的实体，将会必须将一种特定类型的观点，那种特定的灵性存有的优点提供给造物，那些已经在一种更为协调一致的背景下演化了的实体仅仅能够少量地欣赏这种优点，但却正在学习去越来越多地理解它的重要性。

And so it is that the creation itself is at present divided amongst those in the higher densities which are still seeking along a path of the negative and those

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

因此，正是造物自身，在此刻，正在那些仍旧沿着一条负面性的道路寻求的和那些仍旧在沿着正面性的道路寻求的在更高的密度中的实体之间被分开了，在这两者之间会有一种一种斗争，一种竞争，但是，在某个位置，这种竞争将需要被解决。我们确信，所有那些已经沿着正面性、爱与同情心的线路追寻了他们的寻求的实体都确信，在最后将会甚至拥抱它的对立面的事物是爱，是同情心，极性将不可避免地在一种荣耀的联合中被重新结合起来，这种联合将用最生动有力且最为彻底的方式向造物者表明造物者的特性，造物者的属性会持续不断地被探测，造物者的属性会持续不断地被造物者自身所追问。

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

现在，你们的星球站在一个十字路口。相当清楚的事情是，那些已经抵达了收割的顶峰且能够越过门槛洞悉第四密度的体验的实体中的最大的数量的实体，将会是具有正面性的振动的。因此，我们能够说，这个星球，实际上，将会是一个第四密度的正面性的星球。然而，将会有一定数量实体将会从这个星球的体验被收割进入到造物的负面性的登记册中，这些实体，不会在这个星球上找到一个，可以说是，合它们的胃口的家园，它们将拥有机会再已经作为一个团体极化到负面性的星球上追寻它们进一步的演化的发展。

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

关于这些灵魂，这些在这个层面上成长的心/身/灵复合体，有趣的事情是，它们将在与我们可能会称之为“近距离且个人性的”事物的能量的负面性的聚焦有联的方面已经有过体验了。它们将已经在一些具有相当高的等级的情况中在将负面性的能量转变为一种正面性的显化的方面有过亲密的体验了，就是这种体验将给予它们一定的力量，一定的洞见，一定的振动的特性，这种振动的特性将会非常愉快地被他们的属于其他的星球，属于其他的密度的兄弟姐妹们接收到，这些兄弟姐妹们将接下来被赋予机会去探索那些之前对于，容我们说，近距离的检视无法被取得的造物的维度进行探索了。

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

就是因为这个原因，去考虑你们的星球拥有一个命运和一种发展上的连续性，这是相当意义重大的要点了，这种发展的连续性是从它在第三密度中已经体验到的过去，到现在，到一个几乎确切地将会是正面性的第四密度的未来的连续性。那些将会被邀请从其他的来源进入到你们的星球体验的灵魂——这些灵魂将会如此被邀请是因为在你们的人群中将会有“位置”的可利用性，这个位置将无法被原生的第三密度的人群所填补，且那些已经被收割了的人也不足以填补这些“位置”——这些新的灵魂将被给予荣耀和责任去填充一种命运，这个命运将包含了一条轨迹，或者一种动量，并将会包含了在你们的很长一段时期中已经在存有的过程中被发展出来的文化的形式了。

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

现在，无疑，一旦第四密度完全绽放了，进入到新的文化的形式的转换将会是相当引人注目的，在关于你们的许多的机构，你们的许多的文化的传统的方面他将

会是如同黑夜与白天之间的区别一样，你们的机构和你们的文化传统将会经历这样的将几乎是不可识别的转变。但是，我们确实会将你们的注意力召唤到“几乎不”或者“几乎”的词语上，因为，很重要的事情是，有一种向回进入到你们的过去的延伸，甚至将会由一种向前进入到你们的未来的延伸，将会是这个行星，将会是这个人群众将那种亲密的，秘密的焦点赋予了一种将会流入到你们的未来的发展的模式。它将会是进入到地球的第四密度的地球的能量，那种能量将不会再第四密度重新被开始，毋宁说，它将会被继续下去，甚至就好像你们的第三密度从在你们的地球层面上的更高的动物的第二密度的体验继续以一样。

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

现在，这种延续性是某种不会单纯地自己发生的事情。去做出所有的努力用有可能最为有说服力的方式去参与到当前在你们的星球上活跃的文化形式，这样这些形式就可以拥有一种进入到一个更为圆满的命运中的生命了，而这些人就可能会拥有一种未来的体验将他们带入到一种允许第四密度在一个已经被准备好的土壤上成长的情况了，这是在你们的星球上的那些当前投生的人的机能与责任。

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

流浪者已经被允许投生的主要原因，毋庸置疑地是去提高那些可能有意地渴望去被收割的实体的数量。但是，几乎同样重要的事情是对这种星球的意识，如果我们可以那样称呼它的话，的维护、延续并使其进一步绽放，这种星球意识同样也构成了一种类型的一体性，它同样也表达了你们，作为个体的心身灵复合体，每一个都用你们自己的方式，体验到的许多的困难与烦恼。

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

当你们在诸如这个团体之类的团体中聚集在一起的时候，你们做的工作是比你作为一个个体单纯地做的属于你自己的密度的工作要更多的，你正在做的工作会在这个行星中以及它对一个未来的渴望中起到帮助，这个未来将会是第四密度，将会是正面性的，将会是一种爱的环境，在其中意识的罩纱将，一点一点地，消散。

那些已经在你们的一段相当长的时间中发现它们自己是在黑暗中摸索的灵魂，将会发现它们自己站在光之中了。

It is to this light, it is to the bringing forth of the conditions from the soil which allow the light to begin to shine in nooks and crannies long lain in darkness that we commend you. We commend you, my brothers and sisters, to the effort to give birth to the earth that is not yet been but is very soon to come. **就是为了这种光，就是为了从土壤中产生出这些允许光开始在很长时间都隐藏在黑暗中的角落与缝隙中闪耀的情况，我们称赞你们。**我的兄弟姐妹们，我们为了你们使那个尚未出现但很快就会出现地球诞生出来的努力而称赞你们。

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

我们是 Q'uo，我们在太一无限造物者的爱与光中离开你们，并从这个器皿返回到叫做 Jim 的器皿，以发现是否我们可以让我们回答进一步的问题。我是 Q'uo。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. It is our pleasure to offer ourselves at this time for any further queries which those present may have for us. Is there another query at this time?

我是 Q'uo，我们再一次与这个器皿在一起了。在此刻提供我们自己在回答那些在场的人可能向我们提出的问题，这是我们的快乐。在此刻有另一个问题吗？

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

Gary: Q'uo，我有一个给你们的问题。它是关于在密度之间的不连续的边界的。在询问这个问题之前，我将会对《一的法则》的资料进行四个引用，在其中 Ra 描述了某种边界：

1) In 9.4 Ra is discussing how the intelligent energy cycles the densities, and they say:

"This intelligent energy offers a type of clock. The cycles move as precisely as a clock strikes your hour, thusly the gateway from intelligent energy to intelligent infinity opens regardless of circumstance on the striking of the hour."

1) 在 9.4 中，Ra 正在讨论智能能量如何使得密度循环，它们说：“这种智能能量提供了一种类型的时钟。周期如同你们的整点报时一样精准地移动，从智能能量通往智能无限的大门由此开放，无论在整点报时的时候的环境是什么。”

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

我将此解读为它们说的是，无论在地球上发生什么事情，大门都会由于整点报时而开放。

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

2) 在第二个引用中，13.23，Ra说：“第四密度，如我们已经说过的一样，是在它接近的过程中是如同整点报时一样地规律化的。”

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

3) 在40.11中，它们说：“量子的特性就是如此，跨越边界的运动是那种振动层次的不连续的定位的运动。”

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

4) 接下来，最后，在63.24中，提问者正在询问第四密度并说，“那么，当第四密度的星球被激活的时候，会有热量被产生出来。我假设这种热能是仅仅在第三密度的星球中被产生出来的。这是正确的吗？”

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

Ra说：“这是相当正确的。每一个维度的体验性的扭曲是不连续的。”

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

因此，这里有四个在其中它们谈到这种“不连续的边界”的场合。

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

我的问题分两个部分：1) 那个不连续的边界时在我们前方还是在我们后方的呢？2) 如果在我们前方的话，当我们抵达那个具有一种不连续的边界的时刻的时候，在地球上在我们的空间/时间的环境中会发生什么事情呢？

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

fashion.

我是 Q'uo, 我理解了你的问题, 我的兄弟。地球跨越进入到第四密度的体验的周期的时刻是在那个很多人在之前在你们的时间的一个很长的时期中都谈到过的时期中发生的, 也就是 2012 年。在这一年, 你们的行星的时间/空间的存在性完全成为了第四密度的属性了, 然而, 你们的行星的空间/时间的部分, 在实体收他们去完成你们所称的毕业的能力以用一种稳固且不连续的方式转动指南针的指针的方面, 已经是多少有些, 容我们说, 混淆的与滞后的。

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

因此, 我们建议, 空间/时间的连续体能够与时间/空间毕业进入到第四密度的连续体相匹配之前, 需要有大概两个额外的投生的时期, 在每一个投生的时期是在你们的七十年到八十年的时间之间的某个位置。因此, 你们将会看到, 会有某个, 容我们说, 清理已经在你们的地球上由于那些看起来无法找到一条回家的途径的文化所产生出来的混乱的时期。这种混乱是那些, 十有八九, 将发现必须要在另一个第三密度的地球上重复七万五千年的第三密度的空间/时间的主周期的实体的团体。

Is there a further query, my brother?

我的兄弟, 有一个进一步的问题吗?

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

Gary: Q'uo, 这在我听起来就好像是你们正在说, 我们跨过了那个边界的时刻了。根据 Ra 所说的内容, 通往智能无限的大门在那个时刻打开了, 但是你们接着说, 然而, 我们是实质性地缓慢以至于要去追上, 并且/或者, 我们的能量, 我们集体的振动的情况与在边界线处可被利用的入口是不匹配的。

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

因此, 在那个时候发生的事情是——我有点糊涂了, 因为看起来似乎大门无论在空间/时间中在地面上发生什么事情都会开放。因此, 如果我们在空间/时间中, 并没有, 如你们刚刚说的一样, 清理在入口处的混乱的话, 会发生什么事情呢?

I am Q'uo and am aware of your query, my brother. There are those entities who are available for the assisting of your planetary population in the movement across the boundary in the space/time vicinity of your third-density experience which is now been in movement, shall we say, for at least 70 of your years. The precision of the striking of the clock upon the hour is somewhat difficult to describe to you in the ultimate sense of the time/space qualities of your illusion, for what seems to you to be a great portion of time, be it, 50, 60 or 100 of your years, is, in the larger perspective, but the eye blink of a moment. The striking of the clock upon the hour cannot be taken as literally as it is taken within your third-density illusion, for as you see, upon the microscopic level. The third density moves into fourth density upon a grander perspective, a level of experience in which time is expanded and space does not play such a great role.

我是 Q'uo, 我理解了你的问题, 我的兄弟。在跨越在空间/时间中在你们的第三密度的体验附近的边界的运动中, 会有那些帮助你们的星球的人群的时候提是可供取得的, 这种运动已经进行了, 容我们说, 至少有你们的时间的七十年了。整点报时的精确性在你们的幻象的时间/空间的重击的意义上是有点难以向你们描述的, 因为在你们看起来似乎是一个巨大的时间的部分的事物, 假设它是你们的五十、六十或者一百年, 在更大的远景中, 不过是眨眼的一瞬间。整点报时是无法在字面上如同在你们的第三密度的幻象中被进行的一样地被进行的, 因为, 如同你们在微观的层次上看到的一样。第三密度是在一个更为宏大的远景中以及在这样一个体验的层次上进入到第四密度的, 在这个体验的层次中, 时间是被扩展了的, 而空间并不会扮演如此一个重大的角色。

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

因此, 在你们的星球上的所有的实体都会有机会去, 如我们提到的一样, 清理混乱。将会有那些指导灵会然它们自己用这样或者那样的方式对于第三密度的人群变得是明显的——也许是作为投生的实体, 也许是作为一种在你们的第三密度的星球的各种各样的部分中在各种文化、宗教、派别或者国家中的一种运动, 这样, 如同你们现在长时期清理环境一样, 将会同样有努力被做出, 以同样去清理形而上学的环境。

In other words, there are great strides being made at all levels of your planetary experience. There are evidences of various kinds of fourth-density manifestations each day within your illusion. The indigo children, for example, are those entities who have incarnated within the third-density plane at this time who have been able to successfully graduate other third-density planets, and who have found it a great opportunity and privilege to be incarnated here at this time to aid in this transition and to become what we shall call

"systems busters," as we have heard them described, that are able to make new arrangements to deal with the various problems that are seen upon your planet to be retarding the process of the movement into fourth density in the space/time portion of your planetary experience. These entities shall find their ways into various places of what you would call "social, political, economic power" to be able to have their influence and effect after the great dragon of negativity has met its match and its tail will thrash no longer.

换句话说，在你们的星球体验的所有的层次上，都有巨大的进步被做出。在你们的幻象中，每一天都会有各种类型的第四密度的显化的迹象。举个例子，靛蓝儿童，就是那些在此刻已经在第三密度的层面上投生的实体，它们已经能够成功地从其他的第三密度的星球上毕业，并已经发现在此刻在这里投生以在这次转换中帮忙并成为我们所称的“系统后门”，如我们已经听到它们被描述的一样，是一个伟大的机会与荣幸了，这些靛蓝儿童能够达成新的协议以与各种各样的在你们的星球上被看到的延缓了在你们的星球的体验的空间/时间部分中进入到第四密度的运动的进程的问题打交道。这些实体将找到他们进入到各种各样的你们所称的“社会、政治与经济的权力”的场所的途径，以在负面性的巨龙找到了对手且它的尾巴不再猛烈摆动之后发挥它们的影响与作用。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

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

Gary: 那为我澄清了一些事情了，非常感谢你们，Q'uo。我确实还有一个最后的简短的问题。在不连续的边界在我们的空间/时间的体验中被跨越的时刻，收割的机会在这个星球上不存在了，第三密度的生命就不再是可供取得了的，(至少在这个星球上有一小段时间)，在那个时刻，那些仍旧在第三密度中投生的实体会发生什么事情呢？

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

我是 Q'uo，我理解了你的问题，我的兄弟。

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

在我们之前的回答中，我们正在尝试去建议，这些实体将能够完成通过，容我们说，毕业的过程的移动，并将为它们自己决定在另一个第三密度的行星上重复第三密度的周期的需要。

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

我们还有足够一两个简短的问题的能量留下了。

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

F: 作为一个对在第四密度已经进入的位置的时间的延后的解释的一个后续问题，我们已经在时间/空间中进入到第四密度了，但是，会有空间/时间的赶上的时间的延后。我们这些生活在这个时期中的人——我们能够看用各种方式，不仅仅是在社会改变与其他的改变中，同样也在类似地球的改变以及类似那样的事情中，看到第四密度的光与能量的显化吗？

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

我是 Q'uo，我理解了你的问题，我的姐妹。这是正确的。会有很多的在此刻正在出现在你们的星球的表面上的改变对于体验的观察者是显而易见的——那些构造板块上的改变，星球表面释放热量，这是取决于实体在你们的星球的各种各样的部分去感受能量的运动并为了那些它们周围的人的益处以及为星球本身而使用这些能量的能力。那种改变会有一部分将会被体验到，并确实在此刻正在被体验到，因为在你们的第三密度中，会有大量的实体、能量、观点和观念的运动，因此，看起来似乎这是一个处于混乱中的世界。

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

从一个外在的视角来看，可能看起来确实是这样的，但是我们会建议，在你们的

星球的内在层面的形而上学的层次上，这种类型的混乱是被视为是，各种各样的实体与观念的发酵的富有成效的混合物的冒泡，因此，从这种体验的坍塌将会有你们视为光的事物，你们会视为一个方向的事物被产生出来，这个方向是一种供要被体验的能量使用的方向，一种供造物者的智能能量用不连续的模式，用组织的模式，用启发的模式，用激励实体的想象力的能力的模式使用的方向，这种想象力会看穿现在出现在他们的表面意识中的事物以引发出现在潜意识心智中的事物，并在每一个实体内在之中拥有一种新的类型的诞生，因为你们将会看到，在你们的层面上现在有很多在一种在过去尚未被体验过的意义上的在灵性上进行寻求的实体。会有很多实体正在勤奋地且充满热情地寻求一种对太一无限造物者的体验。

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

当这些实体能够将这种智能能量和智能无限带入到第三密度中的显化之中的时候，你们将会看到更多的你们所称的奇迹，意识的改变，人群、地方、事件的转变，在你们的星球中将会有重大的事物。这个时间就是现在，这个时间将会继续——会有大量的发生的事情没有被报道，以为它不是那种会流血的事情，因此，它不会居于首位。

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

你们将会在你们的幻象中发现，大量的启发，只要你们在你们的冥想状态中寻求它。我们会一如既往地鼓励，所有的实体尽可能频繁地参与到冥想的时段，因为在你们的投生中——以及对于这个星球的表面以及随着它转换进入到第四密度的未来——没有任何事情是比在形而上学的状态以及冥想的状态中与存在于一切事物之中的太一造物者之间的连接时更有帮助或者更有希望的。那就是所有现在寻求去在这个星球的转换中帮助这个星球实体并同样也帮助它的人群的实体的信念的核心了。我的姐妹，有另一个问题吗？

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

F: 没有了，我是如此感激，谢谢你们。

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

我是 Q'uo，我们感谢你，我的姐妹。在此刻有一个最后的询问吗？

(Long pause)
(长暂停)

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

我是 Q'uo。当我们感觉到静默的时候，我们假设今晚的问题已经被耗尽了。

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

我的朋友们，我们会为你们今天呼唤我们的协助而再一次感谢你们。当你们这样做的时候，你们给与了我们一种极大的荣耀，因为去回应来自于这个星球上的我们的兄弟姐妹的忧伤的呼唤就是我们去服务我们周围的人的途径。我们知道你们全都用你们全部的心、灵魂、心智与存有希望去成为在这个星球上正在发生的伟大的改变的一部分，我们向你们保证，你们确实是那种改变的一部分。这是一场可以为观察者的眼睛所取得改变，而它已经是可以为存在于形而上学的层面上的实体的心、灵魂与灵体所取得的。它正在成为物质性的事物。

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

我们在你们的冥想中鼓励你们去向这个星球本身送出光与爱，向所有需要这样的光与爱的事物送出光与爱，因为就是那种忧伤的呼唤将我们带到这里——那种在悲痛中的事物的呼唤，因为它非常类似于我们自己的存有的一部分在呼唤帮助。我们回应那种呼唤就好像我们照顾一个被绊过的脚趾头，一个被扭伤脚踝，一只变黑的眼睛一样，因为所有这些呼唤都是一场精彩的战斗的标志，这确实是一场在每一颗心和每一个头脑中的战斗，这场战斗时能够与在每一个人周围的人进行分享的，因为你们与所有你们周围的人都是一体的，你们难道不是吗？太一造物者存在于每一个人之中，在每一个人中用某种方式让它自己显化出来。观察者的眼睛是在冥想者的心智之中的。当你的目光集中的时候，你的光将充满你的身体，并将成为那引导你前往太一造物者的事物。

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

再一次，我们为今天邀请我们出席而感谢你们。我们是你们知晓的 Q'uo。我们在太一造物者的爱与光中离开你们各位，我们在这种爱与光中找到你们并希望再一次找到你们，我的朋友们。Adonai vasu boragus.

February 20, 2016

2016-02-20 造物者的意志与自由意志

Group question: Our question today has to do with the Creator's will and individual free will. How do we reconcile the idea that we are individual portions of the Creator, imbued with free will when, as crystallized beings of positive polarity, we are said to be performing the Creator's will?

团体问题：今天我们的问题是与造物者的意志和个体的自由意志有关的。在作为正面极性的结晶的存有我们被认为是在执行造物者的意志的时候，我们如何调和我们是被自由意志所灌注的造物者的个体的部分的观念呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet you in love and in light this day. As always, it is our great honor and privilege to be able to join your circle of seeking. We thank you for inviting our presence. We would, as always, ask that you use your discrimination for each word that we speak so that we may speak freely without worry that we shall infringe upon your free will, for indeed free will is that which we are here to discuss today, and we wish that your free will remain intact.

我是 Q'uo，我们今天在爱与光中向你们致意。一如既往，能够加入你们的寻求的圈子，这是我们巨大的荣耀与荣幸。我们感谢你们邀请我们出席。我们会，一如既往地，请求你们对每一个我们讲述的词语使用你们的分辨力，这样我们就可以自由地发言而不用担心我们将侵犯你们的自由意志了，因为，自由意志确实是我们我们今天在这里讨论的事物，我们希望你们的自由意志保持完好无损。

As you consider the concept of the One Creator, before creation was begun, before it was, you have neither light nor dark, shape nor shadow, time or space, you have infinity. This infinity is all that there is—there is nothing else. *如你们考虑太一造物者的观念一样，在造物被开启之前，在它存在之前，你们既不拥有光明也不拥有黑暗，既不拥有形状也不拥有阴影，既不拥有时间也不拥有空间，你们拥有无限。这种无限就是一切万有——没有任何其他的事物。*

Within this infinity—a vastness in every respect that you could consider describing infinity—there is somehow that first movement into a state of beingness which you could describe as being aware. This infinity then has begun to differentiate itself in a manner which is beyond understanding.

在这种无限中——在每一个你们考虑的方面，一种巨大性描绘了这种无限——以某种方式会有首先的进入到一种存在性的状态中的移动，你们会将这种存在性的状态描述为察觉。这种无限性接下来就已经开始用一种超越理解的方式使它自己分化了。

However, it is impressed upon us by our teachers that this infinity became aware of what you would call a desire, or a will. A concept was born then, that became what you would call a paradox or a distortion; a movement away

from the completely unified nature of intelligent infinity. This concept of the will, that is exercised freely, then became interested in what it would be like to become more than it was. This was a contemplation of self; a determination by an intelligence within this infinity that there could be more than there was at this moment; that there could be an exploration of the nature of this infinity that is aware, that has a will, and may exercise it freely.

然而，我们的老师给我们留下的印象是，无限察觉到了你们所称的一种渴望，或者一种意志。一个观念被诞生出来了，接下来那个观念成为了你们所称的一个悖论或者一个扭曲，一种离开了智能无限的完全一元性的特性的移动。这个意志的观念，它是被自由地执行的，接下来就开始对于成为比它过去之所是更多会是什么样子感兴趣了。这是一种对自我的沉思，一种藉由在这种无限性中的一个智能产生的一个决定，会有比在此刻存在的事物更多的事物，会有对这种无限性的属性的一种探索，这种属性是察觉的，它拥有一种意志并可以自由地执行它。

Thus, there was the creation of what you would call the one infinite creation; a reflection of the Creator, and yet different from the Creator in that there was many, an infinity of many; because of the Creator's ability to consider the many, and to create the many, and to imbue each portion of the many with the same will, freely given and able to be freely exercised; that each portion of this Infinite Creator, this intelligent infinity, thus the creation, in its most primal form, was born; so that throughout what you would call the infinity of universes or creations, there were those entities that reflected the nature of the Creator.

因此，会有对于你们所称的太一无限造物的创造，它是造物者的一个映射，但却与造物者不一样，因为会众多性，无限数量的众多性，因为造物者去考虑那种众多性，创造那种众多性，将相同的意志灌注到那种众多性的每一个部分的能力，那种众多性是被自由地给予并能够被自由地实践的，这样这个无限的造物者的每一个部分，这个智能无限，以及在其最原始的形式中的造物，就被诞生出来了，这样，在贯穿你们所称的宇宙或者造物的无限，都会有那些反映了造物者的属性的实体。

These entities were what you would call stars or Logoi. Each Logos then had the ability to reflect the Creator's infinite nature, and to pursue an investigation of the nature of the Creator as being infinite, as being intelligent, and as exercising that intelligence to discover more about itself—more than it was.

这些实体是你们所称的星辰或者理则。每一个理则接下来都拥有能力去反应造物者的无限的属性，并追寻对造物者的属性是一种探索的，造物者的属性无限的，是智能的，是执行那种智能以发现更多关于它自己的事物——比它过去之所是更大的事物。

Each Logos then was also free in a similar fashion to create further extensions of the nature of intelligent infinity, and further extensions of each Logos' self. The quality of being contained the unity of all within each portion of itself, so that throughout this infinite universe of Logoi there continued the exercise of free will to discover more and more the nature of the one creation, so that

each Logos was able to create about it the equivalent or analog of itself in the form of what you would call planets revolving about each Logos in a certain circumscribed orbit—or relationship to the Logos and to each other planet, and in a less discernable fashion to all other Logoi and planets, and indeed the One Infinite Creator, or intelligent infinity, for we are still in an unified creation.

每一个理则接下来用类似的方式同样也自由地创造了对于智能无限的属性的进一步的表达对每一个理则的自身的表达。存在的质量包含了在其自身的每一个部分之中的一切事物的统一性这样，在贯穿这个理则的无限的宇宙中就会继续有对自由意志的执行以发展越来越的太一造物的属性，这样每一个理则都能够在它周围通过你们所称的行星用一定的外接圆围绕着每一个理则旋转形式创造出它自己的同等的事物或者类似的事物，或者创造理则与每一个其他的行星，用一种较不分辨得出的方式与所有其他的理则与行星，并确实与太一无限造物者或者智能无限之间的关系，因为我们仍旧是在一个统一的造物之中的。

Further individualization of creation occurred. There were, upon each planetary sphere, the entities of earth, wind, fire and water, imbued with similar consciousness of self and the accompanying freedom of will. These being foundation characteristics of each portion of the one creation in its individualization to what you would call smaller and smaller reproductions of intelligent infinity. Thus, the process of evolution began to take place as the consciousness of the smallest amount of earth, wind, fire and water began to teach each other how to become sea, river, mountain, land, air that blows and burns incandescently in an untimed or timeless state. Thus the creation has begun, and within this creation, then, there is the movement of consciousness along an upward spiraling line of light from one level of vibration to the next. 造物的进一步的个体化就发生了。在每一个行星的球体上，风、火、水、土的实体被相同的自我的意识所灌注了，并同时伴随着意志的自由。这些就是太一造物在其个体化中的每一个部分的基础特性，你们将这种个体化称为无限造物的越来越小的繁殖。这样，随着最小数量的风、火、水、土开始彼此教导如何成为海洋、河流、高山、大地与在一种没有时间或者无时性的状态中炽热地吹动与燃烧的空气，演化的过程就开始发生了。因此，造物已经开始了，在这个造物者，接下来，就有了意识沿着一种向上的螺旋的光线从振动的一个层次到下一个层次的运动了。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体，我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would begin our communication through this instrument by asking this instrument and those here in attendance to place themselves within this upwardly spiraling light and to ask themselves who it is that is the one thus spiraling, and also to whom the spiral

tends or goes.

我是 Q'uo, 我与这个器皿在一起了。我们会开始藉由请这个器皿以及那些在这里出席的实体将它们自己放置在这种向上的螺旋的光之中并询问它们自己, 那个这样螺旋的实体它是谁, 并同样询问螺旋倾向谁与或者前往谁来开始我们的通过这个器皿的交流。

My friends, the answer to the question in both instances is that it is you. It is you whose seeking enlivens the spiral with its livingness, its intention, its desire; and it is you who receives this intention, this desire as a gift. It is the gift of that which you call life, it is the gift of that primal movement which, coming through you, has its origin at a point beyond you, and has its destination at a point that also seems to be beyond you.

我的朋友们, 对于在同时两个情况中的问题的答案都是, 它是你。就是你的寻求藉由它的活力, 它的意愿, 它的渴望为螺旋赋予了生命力, 就是你作为一个礼物接受了这种意愿, 这种渴望。它是你成为生命的礼物, 它那种流经你的最初的运动的礼物, 它在一个你之外的位置拥有它的源头, 它在一个同样看起来似乎在你之外的位置拥有它的目的地。

But you are constituted, both as whence and whither, within this bifurcated beyond. So it is true to say that you are both the created and the Creator. It is true to say that as the created you bear that which is your own, and if you wish you may call this your will. But it is also true that as the Creator you participate in that unlimited condition we have referred to as infinity, and infinity has to it intrinsically no limit that one would call a specific will. Yet, will that constitutes itself in the vast complexity of the creation, and that sees itself in distinction from other wills beyond count, wants always something more, wants always something unified, wants always something beyond limit, beyond count: wants infinity.

但是在这个分叉的外部之中, 你同时是作为从哪里来和到哪里去而被构建的。因此, 说你同时是被造物与造物者, 这是真实的。说作为被造物, 你承载了你自己之所是的事物, 这是真实的, 如果你希望的话, 你可以称这个事物是你的意志。但是, 作为造物者, 你参与到了那个我们已经称之为无限性的不受限制的情况中, 而无限性本能性地在它身上是没有一个人会称之为一个具体的意志的局限的, 这同样也是真实的。然而, 在造物的巨大的复杂性中构建了其自身, 并在与数不胜数的其他的意志的区别中看到其自身的意志, 一直都想要某种更多的事情, 一直都想要某种统一的事情, 一直都想要某种超越极限, 超越计算的事情, 它想要无限性。

The point of difficulty for creatures aspiring to advance along the line of spiritual evolution is the question of discernment in which a determination must be made concerning: what of the desire to evolve belongs to mere creatureliness, the mere circumstances of the seeking of the individual, and what belongs to that which calls to the seeking creature, that which calls forth from the seeking creature, that which will fulfill the terms of the seeking.

渴望去沿着灵性演化的线路前进的生灵的困难之处是一个分辨力的问题, 在这个分辨力中一个决定必须被做出的, 这个决定是关于: 什么演化的渴望是属于纯粹

的生物性 (creatureliness), 是属于个体的寻求的纯粹的环境, 什么渴望是属于那种呼唤了寻求的生灵的事物, 那种从寻求的生灵身上产生出来的事物以及将会满足寻求的条件的事物。

Now, to put the matter in this way seems at first glance to be not very helpful because one does, after all, want to seek better, and one cannot begin to conceive what "seeking better" would be without a clearer conception of the criteria according to which better may be discriminated from worse. That would seem to imply a judgment about what is worse, and dependent upon that judgment a conception of what might be, by contrast, the better. Lacking any clear conception of what the better would be, one is merely left with a sense of the inadequacy of the present state of one's being. Thus, the great spiritual aspiration continues and, my friends, we would say that it continues well beyond the level of third-density seeking into fourth, into fifth, into sixth, and, we are increasingly aware, beyond.

现在, 用这种方式来说明问题在第一眼看起来似乎不是非常有帮助的, 因为, 一个人毕竟确实想要更好地寻求, 一个人无法开始想象, 什么“更好地寻求”会是没有一种对哪一个更好的事物可能从较差的事物中被分辨出来的标准的更为清晰的观念的。那会看似在暗示一种关于什么是较差的判断, 且根据那个判断, 会有一些什么, 藉由对比, 可能是更好的观念。如果对于什么事物是更好的缺少任何清晰的观念, 一个人仅仅是被留给了一种对它的存有的当前的状态的一种不充分的感觉。因此, 巨大的灵性的渴望继续, 我的朋友们, 我们会说, 它会在超越第三密度的寻求的层次, 在进入到第四密度、第五密度、第六密度的寻求的层次中继续, 我们正在越来越多地察觉到, 它会在第六密度之外的层次中继续。

One does not have a perfectly clear conception of the destination of spiritual seeking. And lacking that one cannot say what it would mean to satisfy the criterion of clarity in seeking such that one could put a concept to the notion of what the Creator's will in itself might be.

一个人对于灵性寻求的目的地是没有一种完全清晰的观念的。缺少那个观念, 一个人无法说, 什么事物会满足在寻求这样的观念的过程中的清晰度的标准, 这样一个人就会将一个观念放置在造物者的意志在其自身可能是什么事物的看法上了。

However, when you reflect upon all those many desires you have experienced in your lives, and when you have come to realize that desire upon desire has issued in more desire and more desire yet—and in such a way that it sometimes becomes clear to you that there is within the life of desire a distinction that emerges, cloudy at first but clearer as it goes, that some desires are more capable of eloquently expressing your beingness, more capable of finding pathways to creative expressions of that beingness—you can feel the beingness you are learning to express is less and less limited, more and more inclusive. You can begin to think of a trajectory of seeking that allows the will you are learning to channel from those root sources of your being to find a home or a destination that seems to converge with more eloquent expressions of what it means to be will.

然而，当你们反思所有那些你们已经在你们的生活中体验过的许多的渴望的时候，但你们已经开始领悟到一个接一个的渴望已经产生出更多的渴望，更多的渴望的时候，然而——用这样一种方式，在渴望的生命中会有一种区别出现，这有时候会对于你变得更加清晰了，这种区别一开始是模糊不清的，但是随着它的发展它更加清晰了，这种区别即，一些渴望是更加有能力生动地表明你的存在性的，更加有能力找到通往那种存在性的创造性的表达——你能够感觉到你正在学习去表达的存在性是越来越不受局限的，越来越多地是包含性的。你能够开始去想到一条寻求的轨迹，它允许你正在学习的意志从那些你的存在的根部的源头传输以找到一个家园或者目的地，这个目的地看起来似乎藉由对于它打算要成为什么事物的更为有说服力的表达而汇聚了意志。

And one finds joy when will learns to converge with other strands of will it finds in its immediate proximity. And one finds in this joy that one is spurred on to higher and higher aspiration. At some point it becomes possible to think a thought that seems to suggest a will that would embrace all possible wills: that is a thought, we would suggest to you, that one may call the Creator's will, or, if you prefer, creative will itself, or perfect creativity in will.

当意志学会去与它在它的最接近的近邻处的其他的意志的线条汇聚在一起的时候，一个人就会找到喜悦了。一个人会在这种喜悦中发现，它是被鼓舞向着越来越高的渴望前进的。在某个位置上，它有可能去思考一个想法了，这个想法看起来似乎建议有一个意志会拥抱所有有可能的意志：那个意志是一个想法，我们会向你们建议，那个意志可以被称之为造物者的意志，或者如果你们更喜欢话，创造性的意志自身，或者在意志中的完美的创造性。

And so one may then reflect back on all of the loose strands of willing—all of the stray and often lost desires that collectively mark out the life experience as you live it in this particular opportunity for living that has been afforded you in the incarnation—and you may give to yourself the gift of realizing that there is unity possible.

因此，一个人接下来就可以对所有的意愿的松散的线条进行反思了——所有散乱而经常是迷失的渴望，它们会集体性地在你在这个在投生中已经被给予你的这次特定为了生活的机会中活出生命体验的时候在生命体验中显现出来——你就可以将那个领悟到有可能存在有统一性的礼物给予你自己了。

There is, my friends, in desire itself, a *nisus*[1], or an instinctual striving for unity. Love may enjoy the name of this unity at the point at which desire has found its direction. In many cases it would seem as if this direction takes the form of a specific object of that love, takes the form of the beloved. There are many things to love, and it is easy for the soul which is learning to find its way, to flit from flower to flower, so to speak, somewhat harder to discover that there is within a single flower enough reflection of the infinite to occupy a lifetime. One looks into the eyes of the beloved and what does one see but the Creator looking back at one. When the Creator looks back at the creature, the creature may begin to look creatively back at the Creator.

我的朋友们，在渴望自身之中会有一种努力 (*nisus*) [1]，或者一种本能性的为了统一性的奋斗。在渴望在其上已经找到了它的方向的位置上爱可能会喜欢这个

统一性的名字。在看起来似乎这个方向会采用那中爱的一个具体的目标的形式，白用被爱的事物的形式。会有很多要去爱的事物，对于正在学习去找到它的道路的灵魂，要去，可以说是，从一朵花飞掠到另一朵花，这是很容易的，要去发现在一朵单一的花中有足够多的无限的反映来充满一次生命，这以某种方式是更为困难的。一个人会凝视爱人的眼睛，除了正在向回注视它的造物者之外，它还会看到什么呢？当造物者向回看着造物的时候，造物就可以开始创造性地向回注视造物者了。

My friends, we would suggest to you that this is the golden moment. To the best of our ability to state the matter, this is the purpose of the creation: that the Creator be given the opportunity to gaze upon itself from a point of view that seems to be not originally present to the self. There is in this thought a depth that we have not plumbed, but there is in this thought a profundity that we have found most inspiring. Therefore, we will say to you that the question that you have posed today is one which is inexhaustible and which must be seen as relevant to the mystery to its very core.

我的朋友们，我们会想你们建议，这是金子般的时刻。要用我们最佳的能力来说明问题，这就是造物的目的：造物者被给与了机会去从一个看起来似乎一开始没有向自我呈现出来的视角来注视它自己了。在这个想法中会有有一种我们尚未探测过的深度，但是，在这个想法中有一种给我们已经发现是极其启发性的深奥了。因此，我们将对你们说，你们在今天已经提出的问题是无法穷尽的问题，是一个必须被视为是在奥秘的最核心处与奥秘联系在一起的问题。

The will of the Creator, the will of the creature, are, from the standpoint of the creation, ultimately not just two, but one; not just one, but two. We are aware that this is likely to be not a completely satisfactory answer, but we are also aware that when it comes to explaining the mystery of the creation, no answer can be completely satisfactory.

造物者的意志，造物的意志，从造物的观点来看，绝对不是仅仅两个意志，而是一个意志，不仅仅是一个意志，而是两个意志。我们意识到，这很可能不会是一个完全令人满意的答案，但是我们同样也意识到，当他遇到解释造物的奥秘的时候，没有答案能够使完全令人满意的。

We are those of Q'uo and we would return to the one known as Jim in order to further address any queries that may remain upon the minds of those here. Adonai, my friends, Adonai.

我们是 Q'uo，我们会返回到被知晓为 Jim 的实体以便于进一步解决可能留在那些在这里的实体的头脑中的问题。Adonai，我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument once again. We thank the one known as Steve for his fine service this afternoon and we would ask those gathered here if there might be a further query to which we might speak.

我是 Q'uo，我再一次与这个器皿在一起了。我们感谢为被知晓为 Steve 的实体

在今天下午的优秀服务而感谢它，我们会请问那些在这里聚集在一起的人，是否可能有一个我们可以谈及的进一步的问题。

Gary: Q'uo, you said of infinity that it discerned a concept which included the notion that there was more than it was, or that it could explore more than it was, and that it could engage in a contemplation of self. Thus was born through free will the creation.

Gary: Q'uo, 你们谈到无限性，它会分辨出一个包含了这样一种想法的观念，即会有比它更多的事物，或者它能够探索比它过去更多的事物，它能够参与到一种对自我的沉思中。由此造物通过自由意志被诞生出来了。

A metaphor struck me that might help this situation make sense to our third-density minds and I would like you to comment on that metaphor. It's almost as if creation is a daydream, or an act of imagination in the mind, so to speak, of infinity. Not precisely imagination or daydream as we might perceive it, but a self-animated daydream where each part within the daydream is invested with free will to choose its manner of exploration of many-ness, and its manner of awakening from the daydream to the truth.

我突然想到了一个比喻，它可能会帮助这个情况对于我们的第三密度的心智是言之有理的，我想要你们对那个比喻进行评论。它几乎好像是，造物是一场白日梦，或者一个，在头脑中的想象，可以说是，无限性的行为。在我们可以感觉它的时候，它不完全是想象或者白日梦，而是一种自我赋予生命的白日梦，在其中在白日梦中的每一个部分都是被自由意志所投资以选择它探索众多性的方式，以及它从白日梦觉醒与真相的方式。

In other words infinity initiates the daydream, and the daydream itself runs its own show, with each of its parts ending the daydream when it is ready and able to do so. Maybe similar to authors who write fiction where their characters kind of come alive and take on their own personality and their own course within the imagination of the author writing the fiction. Can you comment on this metaphor?

换句话说，无限性启动了这个白日梦，而白日梦本身自己表演着它自己的节目，伴随着它的每一个部分都结束这个白日梦，在它准备好并能够这样做的时候。也许类似于写小说的作者，在小说中它们的角色在写那部小说的作者的想象力中以某种方式活过来了并呈现出它们自己的各个与它们自己的路径了。你们能够对这个比喻进行评论吗？

Q'uo: I am Q'uo and we can, my brother, and would be glad to do so. We find it is an apt metaphor that indeed the creation can be seen as a kind of dream. However, it is not that which fades or dissolves with the coming of the day and the night in the cycles of both. For there is within all the creation—whether the entities of which we speak are large, such as the Logoi; smaller, such as yourselves; or even microscopic in your reality—each energy essence has not only free will, but has a duration of, shall we say, time through which the energy it has been invested with may be expended upon its own particular journey of seeking the One Creator from which it sprang.

Q'uo: 我是 Q'uo, 我的兄弟, 我们能够进行评论且我们会乐意于这样做。我们发现它是一个恰当的比喻, 造物确实能够被视为一种类型的梦境。然而, 这并不是说, 它会伴随着在白天与黑夜的周期中的白天与黑夜的到来而褪色或者消散。因为在一切的造物中都有实体——无论我们谈及的实体是诸如理则之类的大的实体, 还是诸如你们自己这样的小的实体, 或者甚至是在你们的实相中的微生物——每一个能量的实质都不仅仅拥有自由意志, 同样也拥有一种, 容我们说, 时间的持续性, 通过这个时间, 它已经被投资的能量就可以在它自己的特定的寻求太一造物者的旅程上被消耗了, 而它就是源自于太一造物者的。

Thus, each portion of the infinite creation moves in a cyclical fashion, a kind of rhythm, if you will, so that there is the ability and opportunity to expend the given energies in the process of expressing its own individuality, and then in blending that individuality ultimately with the One Creator once again, so that it is offered the opportunity to exercise its free will in any fashion which it chooses.

因此, 无限造物的每一个部分都用一种周期性的方式, 一种有韵律的方式, 如果你们愿意这样说的话, 移动, 因此, 会有将被给予的能量花费在表达它自己的个体性的过程中的能力和机会, 接下来, 通过将那种个体性终极地与太一造物者再一次混合在一起, 这样它就被赋予了机会用任何它选择的方式去行使它的自由意志了。

However, it is also the case that as an infinity of expressions are created by the infinity of entities in the creation, there is a pattern that is traveled through the densities so that when the spirit complex is added to the mind and the body in the third density experience, it is at this point that what you have called the giving up of the freewill of the small self to do the will of the Creator becomes a possibility.

然而, 情况同样也是这样子的, 当无限数量的表达被在造物中的实体的无限性所创造的时候, 会有一种模式穿越密度而旅行, 这样当灵性复合体被添加到在第三密度的体验中的心智和身体之上的时候, 就是在这个位置上你们可以称之为将小我的自由意志交托出来以行使造物者的意志的事物就会成为一种可能性了。

And each entity which moves beyond the third density has, in some fashion, made this, shall we call it a trade, or an exchange, or an amplification, or a differentiation of the individual will given to it by the One Creator to once again then travel back to the Creator in a fashion which could be seen as an exercise of the will of the Creator.

每一个超越第三密度的实体, 都用某种方式, 已经进行了这种, 容我们称之为一种交易, 或者一种交换, 或者一种放大, 或者一种对由太一造物者给予它的个体意志的区分, 以再一次用一种能够被视为是一种对造物者的意志的行使的方式返回到造物者了。

Paradoxically, is there any other will to exercise? Thus all does begin and end in mystery.

悖论的是, 有任何其他的意志要去行使吗? 这样一切事物都确实是在神秘中开始和结束的。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: That was excellent, thank you, there is a further query, probably one of the single-most impossible questions to answer, and that's the question of why.

Gary: 那个回答好极了，谢谢你们，有一个进一步的问题，很有可能是单一的最不可能回答的问题之一，那就是为什么的问题。

There is this infinity which can't be defined because it is everything, there is nothing outside of this infinity against which to compare it. This infinity discerns a concept and decides to create this vast illusion—intricate beyond our understanding, with its own internal systems and rules and illusions of space and time and entities, and yet it is an illusion; the infinity is [in actuality] whole, complete and perfect. It cannot be enhanced; it cannot be diminished; yet it creates this dream.

会有这种无法被定义的无限性，因为它就是一切事物，在这种无限性之外没有任何事物是与之做比较的。这种无限性分辨出一个观念并决定去创造这个巨大的幻象——超越我们的理解的复杂，并带有其内在的系统、规则与空间、时间与实体的幻象，而它却是一个幻象，无限性实际上是完全的、完整的与完美的。它无法被增强，它无法被减少，而它创造了这个梦。

Mystics say of the reason for the dream is that it is sort of play, or pretend, even. Ra says that the Creator desires to know itself. Can we plumb any more deeply into the why of creation?

神秘主义者说这个梦的原因是它是某种类型的玩耍，胡总和甚至是假装。Ra 说造物者渴望知晓祂自己。我们能够认为深入地探测造物的原因吗？

Q'uo: I am Q'uo and am aware of your query, my brother, and we appreciate the thoughtfulness which has gone into it, for you are, indeed, delving deeply into the very fiber of the One Creator, and the creation. We would take somewhat of a small issue with you, however, in that when the creation was made, it was made in order that the Creator could know itself, could have an enjoyment in doing such, being playful as it is, but also with the hope that it could be enhanced, for this is the great desire of the free will within the Creator and within all of its portion in the Infinite creation. It wishes to know what free will can be able to produce, shall we say, by each of the portions it has created.

Q'uo, 我是 Q'uo, 我理解了你的问题，我的兄弟，我们欣赏这种已经进入到问题中的认真思考，因为你确实正在深入地潜入到太一造物者造物的核心的质地之中。无论如何，我们会与你一起多少对一个小小的议题进行思考，因为当造物被创造的时候，它是为了造物者能够知晓祂自己，造物者能够在这样做的过程中拥有一种快乐，就好像它在玩耍一样，但同样也带着它能够被增强的期待而被创造的，因为这就是在造物者内在之中以及在它在无限造物中的所有的部分中的巨大的渴望。它希望去知晓自由意志，容我说，藉由每一个它已经创造的部分能够

产生出什么事物。

How can it become more differentiated when free will is given to an infinite array of entities? For if there were no creation, and only the intelligent infinity remained, and it was unwilling to do more than be, perhaps it would be infinitely bored. But, being playful and curious and intelligent, the One Creator made that which we call the infinite creation in order that there might be, as you say, the Maya, the game, the play; and in this play, all would be actors upon the stage at all times, and there would be many storylines, many experiences beyond imagination; and thus the Creator would learn, being the curious being as it is.

当自由意志被给予无限数量的实体的时候，它如何才能变得更加有差别呢？因为如果没有创造，就仅仅只有智能无限留下了，祂是不乐意去做比存在更多的事情的，也许祂会是无限地无聊的。但是因为祂是玩耍的，好奇的且智能的，太一造物者创造了我们称之为无限造物的事物以便于可以有，如你们所说的，玛雅，游戏，戏剧，在这个戏剧中，在有的时候一切事物都是在舞台上的演员，会有许多的故事线，许多的超越想象力的体验，这样造物者就会学习，成为其之所是的好奇的存在了。

Is there a further query to which we may speak, my brother?

我的兄弟，有一个进一步的我们可以谈论的问题吗？

Gary: When one attempts to think about intelligent infinity, there aren't really positive concepts that can be applied; one runs up [against] the need to speak in negative terms about intelligent infinity. Intelligent infinity has no space to it, it is nowhere; it has no time to it, it is not young or old, it is no when; has no boundaries, it has no limits; it has no beginning, no end; it has no qualities; it has no subject and object. There is thusly no way to know it, for to know something is to compare it against something else.[2]

Gary: 当一个人尝试去思考智能无限的时候，不会真的有肯定性的观念是可以被应用的，一个人会撞上用否定性的措辞来谈论智能无限的需要的墙壁。智能无限没有空间，它是没有位置的，它没有时间，它不是年轻的或者年老的，它是没有时刻的，它没有边界，它没有限制，它没有开始，没有结束，它没有特性，它没有主观与客观。因此，没有去知晓它的方式，因为去知晓某个事情就是去将它与某个其他的事情进行比较。[2]

Is there anything meaningful that can be said about what this thing, this intelligent infinity, is; what it was doing, so to speak, prior to its discerning of a concept of free will?

关于这个事物是什么，这种智能无限是什么，在它分辨出一个自由意志的观念之前，可以说是，它正在做什么，有任何有意义的事情是能够被讲述的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. It is true, as you say, that the Creator, the One intelligent infinity has none of those qualities, but, paradoxically, it is also true that it has all of those qualities, for it creates them, and what was it doing before it created them? Nothing but being.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。如你所说的一样, 造物者, 太一智能无限是没有那些特性中的任何特性的, 这是真实的, 但是, 自相矛盾的是, 祂拥有所有那些特性, 这同样也是真实的, 因为祂创造了它们, 在祂创造它们之前, 祂在做什么呢? 除了存在之外什么都不做。

Is there a further query, my brother?
我的兄弟, 有一个进一步的问题吗?

Gary: A final query, Q'uo. This has been most illuminating, thank you. About being, you said: "What was it doing? It was being."

Gary: 一个最后的问题, Q'uo。这已经是极其令人启发的了, 谢谢你们。关于存在, 你们说过, "它在做什么? 它是存在。"

Of what Ra calls intelligent infinity, mystics say that it is the I AM, and that is really all that can [ultimately] be said about it: it is is-ness, it is being-ness. Is there anything more meaningful that might be said about what beingness and isness is?

但对于 Ra 所称的智能无限, 神秘主义者说, 它是我是 (I AM), 那真的就是关于它所有能够[终极地]被说的事情了: 它是"是性"(is-ness)。在关于存在性以及是是性的方面有任何更有意义的事情是可以被说的吗?

Q'uo: I am Q'uo, my brother, and we would suggest that each entity, be it the mystic or the simple seeker within third density that has yet to expand its mind to include such queries of which you ask, may at some point approach an understanding of the One Infinite Creator. At some point, each individualized portion of creation shall experience the sacrament of the fully experienced presence of the One Infinite Creator and then shall be able to answer all of these questions for itself. That is the mysterious journey upon which each of you, and all entities, are engaged at all times, whether consciously or subconsciously. This is the play, this is the game, this is the one seeking the One through infinity and finding the One within the self.

Q'uo: 我是 Q'uo, 我的兄弟, 我们会建议, 每一个尚未将它的心智拓展到包含你询问这样的问题的实体, 无论它是神秘主义者还是在第三密度中的简单的寻求者, 都可能会在某个位置接近对太一无限造物者的一种理解。在某个位置, 造物的每一个个体性的部分都将体验到太一无限造物者的被充分体验到的临在的圣餐, 并接着将能够为它自己回答所有这些问题。那就是你们每一个人处于其上, 并在所有时候都参与的神秘的旅程了, 无论是有意识地, 还是潜意识地。这就是戏剧, 这就是游戏, 这就是一个人通过无限寻求太一并在自我内在之中找到太一。

Is there a final query at this time?
在此刻有一个最后的问题吗?

Gary: Q'uo, I will take this opportunity then and ask: is it possible that the intelligent infinity may end, or conclude this particular experiment that started with three distortions—free will, love and light—and move on, so to speak, to a new experiment with new distortions that may be beyond any possible

conceptualization of our minds?

Gary: Q'uo, 那么我将会利用这个机会并询问: 智能无限有可能结束, 或者终结这个特定的藉由三个变貌——自由意志、爱与光——开始的实验, 并可以说是, 继续前进到一个带有新的变貌的, 可能是超出任何我们的头脑的可能的观念化的变貌的新的实验吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, there are portions of the One Creator, various Logoi throughout the Infinite creation which, as the various densities or octave of densities condense into what you would call the "black hole" have done just as you have supposed would be possible, and further creations differing from your own are in motion, shall we say, at this time, and are enough at variance from what you've experienced that the intellect and the imagination would be staggered at their experience.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 在贯穿整个无限造物会有太一造物者的一些部分, 各种理则, 在各种密度或者密度的八度音程压缩成为你们所称的“黑洞”的时候, 已经进行了正如你已经假设会有可能发生的事了。与你自己的造物不一样的更进一步的造物, 容我们说, 在此刻是在运动中的, 并与你已经体验过的造物是足够不一样以至于智力和想象力对它们的体验会大吃一惊。

We thank each entity here within this circle for partaking in this wonderfully robust and exciting series of queries and questioning, and sharing and extending the self beyond the normal limits which has occurred this afternoon. We are most grateful to you for requesting our presence. We find these times of joining our energies with yours to be most exhilarating and meaningful for us, for this is our way of being of service to the One Creator in each of you.

我们在此刻感谢在这个圈子中的每一个实体参与到这个美妙地健全而令人激动的问题和询问的系列, 并同时将自我分享并延伸的超越了在这个下午已经发生的通常的限度之外了。我们对于你们请求我们出席是极其感激的。我们发现这些将我们的能量与你们的能量结合起来的时间对于我们是极其令人兴奋且有意义的, 因为这就是我们服务在你们每一个人内在之中的太一造物者的方式了。

At this time, we shall take our leave of this instrument. We greet each of you in the love and in the light of the One Infinite Creator. Adonai, my friends, Adonai Vasu Borragus.

在此刻, 我们将离开这个器皿。我们在太一无限造物者的爱与光中向你们各位致意。Adonai, 我的朋友们。Adonai Vasu Borragus.

[1] nisus (noun): an effort or striving toward a particular goal or attainment; impulse.

[1] nisus (名词): 一种朝向一个特定的目标或者成就的努力或者奋斗; 企图。

[2] The questioner recognizes that speaking of the One in negative terms only is still a subtle form of dualism.

[2] 提问者承认, 仅仅用否定的措辞谈及太一仍旧是二元性的一种微妙的形式。

March 5, 2016

2016-03-05 Hatonn: 救助苦难的原则

Group question: Our question today deals with the idea of pre-incarnative planning and people experiencing the catalyst they need to learn their personal lessons. How can we reconcile the idea that people experience what they need for their personal growth with our desire to serve and relieve other souls of their suffering? Is there a line between allowing people to learn their lessons versus attempting to relieve a person of their suffering?

团体问题：我们今天的问题是与我们投生前的计划以及人们体验到它们需要的催化剂以学习它们个人的课程的观念打交道的。我们如何调和人们体验到它们所需要的事物以取得它们个人的成长的观点与我们去服务并将其他的灵魂从它们的苦难中救出的渴望呢？在允许人们去学习它们的课程，对比尝试去将一个人从它们的苦难中救出之间有一条线吗？

(Jim channeling)

(Jim 传讯)

I am Hatonn and come in the name of Jesus, the Christ, to speak through this instrument and we are most grateful to be invited by your group this afternoon.

我是 Hatonn，我以耶稣基督的名义前来通过这个器皿发言，我们对于在这个下午被你们的团体邀请是极其感激的。

We have been chosen to respond to this query, for it is one which deals with our specialty, which is the quality that you call love—unconditional and all compassionate love. We feel that this is a most salient query, for it is one which each of you deals in a daily fashion with all those about you; for, my friends, each of you is one which has pre-incarnative choices, and which has made these choices in order to learn certain lessons within the life experience.

我们已经被选择来回应这个问题了，因为它是一个与我们的专长打交道的问题，我们的专长就是你们称之为爱的特性——无条件的爱以及全然充满同情心的爱。我们感觉到这是一个极其引人注目的问题，因为它是一个你们每一个人每一天都要与你周围的所有人打交道的问题，因为，我的朋友们，你们每一个人都是一个拥有投生前的选择的人，你们每一个人已经做出了这些选择以便于在生命体验中学习一定的课程。

There are, for all entities, confusions that occur during the life experience that make the perception of the pre-incarnative choices a difficult feat, for there is much that distracts even the serious seeker from the seeking, much which seems at odds with previous experience, much which needs to be processed in a conscious fashion and then taken to the meditative state in order that it might be seated there as an experience which has been learned and is now available for future use.

对于所有的实体，都会有在生命体验期间发生的混淆，它们会使得对投生前的选择的感知成为一个困难的技艺，因为会有大量的事物甚至会让严肃的寻求者从寻

求上偏离，会有大量的事物看起来似乎与之前的体验是有冲突的，会有大量的事物需要用一种有意识的方式被处理，并接下来带到冥想状态中，以便于它可以作为一种已经被学会了的且现在可供未来的使用所取得的体验被固定在那里。

Many entities have programmed situations which are most difficult to consider experiencing in a conscious fashion in the third-density illusion. There are various reasons why entities may choose to suffer, as you would say, to place themselves in a situation which seems to cause excessive pain physically, emotionally, mentally, and perhaps even spiritually.

很多的实体已经编程了各种情境，这些情境在第三密度的幻象中是极其难以考虑会用一种有意识的方式体验到的。会有各种各样的原因为什么实体可能会选择，如你们会说的一样，去受苦，选择去将它们自己放置在一个看起来似乎造成了过度的身体上、情绪上、心智上，甚至也许灵性上的痛苦的情况之中。

Why would entities do such a thing as this—to bring upon themselves that which one would wish to avoid? Is not happiness the goal of your illusion? No, my friends, happiness is not the goal of your illusion. Learning to love under all possible circumstances is indeed the goal which each of you seeks. This is not to say that one cannot feel happy, or joy, and still be upon the spiritual path. It is that the happiness is not that which you seek primarily. Happiness may be an outgrowth of your seeking.

为什么实体会做诸如——将一个人希望去避免的事情带到它们自己身上——这样的事情之类的一个事情呢？难道快乐不是你们的幻象的目标吗？不是的，我的朋友们，快乐不是你们的幻象的目标。在所有有可能的情况下学会去爱，确实是你们每一个人寻求的目标。这不是说，一个人无法感觉到快乐或者喜悦并仍旧处于灵性的道路上。它是说快乐不是你们主要寻求的事物。快乐可能会是你们的寻求的一个副产品。

So when you look upon those entities about you who experience what you would call the suffering, you know, within your own being (if you are conscious of the process of pre-incarnative choices) that there is a reason for such suffering. Perhaps the entity wishes to learn endurance. Perhaps the entity wishes to learn strength. Perhaps the entity wishes to empathize with others about it who suffer that it might partake in the strengthening of the inner resolve to continue forward into the light in spite of the suffering, the pain, the discomfort, the confusion. Thus, when you look at an entity that is suffering and you see yourself desiring to be of service to it, it is most appropriate to add that which you can to the relieving of the suffering, for that is your part in this situation. Your part is not to try to figure out why the entity suffers, what the lessons could be. Your part is to look upon this entity as one which you may be able to aid, that may play a part in your own growth in providing the service that you feel is potentially helpful in relieving the suffering.

因此，当你们看着你们周围的那些体验到你们会称之为苦难的事物的实体的时候，你们在你们自己的存有内在之中知道，（如果你们察觉到了投生前选择的过程的话）这样的受苦会有一个原因。也许实体希望去学会忍耐。也许实体希望学

会抵抗力。也许希望去对在它周围的其他的受苦的人产生移情作用，这样它就可以参与到对那种内在的决心的强化之中了，那个决心即无论有什么苦难、痛苦、不适与混淆都要继续前进到光之中。因此，当你们看着一个正在受苦的实体，并且你看到你自已渴望去对它进行服务的时候，去添加你能够添加的事物以减轻那种苦难，这是极其合适的事情，因为那就你在这个幻象中的角色。你的角色不是去尝试去弄明白为什么实体会受苦，以及课程会是什么。你的角色是去将这个实体视为一个你可能能够帮助的实体，通过提供你感觉到有可能在减轻那种苦难的方面有帮助的服务，这个实体可能会在你自己的成长中扮演一个角色。

There are many, many entities upon your planet who suffer. It was mentioned that many groups suffer, that many of the, as you say, immigrants to the western worlds now are suffering on a level that is almost unimaginable to any individual who would carefully consider their plight.

在你们的星球上有许许多多的受苦的实体。已经被提到过的事情是，有很多的团体在受苦的，有很多的，如你们所说的，西方世界的移民，现在正在一个对于任何会仔细考虑它们的处境的个体都是几乎难以想象的层次上受苦。

At this time we would transfer this contact to the one known as Steve for further elaboration upon this point. We are those of Hatonn.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体以进一步在这个要点上进行推敲。我们是 Hatonn。

(Steve channeling)

(Steve 传讯)

I am Hatonn, and am with this instrument. We would begin by thanking this instrument for first of all challenging us as is its wont, and secondly for being receptive to our energies which are, to this instrument, something unexpected and, we might say, not entirely comfortable, as this instrument has in the past struggled somewhat to find a level of comfort in bringing forth our words, and bringing forth the energy that resides within these words, for we are of a vibratory signature, shall we say, which is challenging for this instrument to carry. The ability, however, to open the heart to an energy which is not of a great deal of comfort is, in fact, a part of the process of learning to be a channel to sources of information, and sources of love offering that are a portion of the vast and diverse creation.

我是 Hatonn，我与这个器皿在一起了。我们会藉由感谢这个器皿开始，我们首先为这个器皿如它的习惯一样地挑战我们，其次为它对于我们的能量是有接受力的而感谢这个器皿，我们的能量对于这个器皿是某种未被预料到的，且容我说，不是完全舒服的事物，因为这个器皿在过去已经多少努力过，以在将我们的言语产生出来，并将存在于这些言语之中的能量引发出来的过程中找到一定的舒适的层次了，因为我们是具有一种振动上的，容我说，签名的，去承载这种振动的签名对于这个器皿是挑战性的。然而，向着一种并非具有极大的舒适性的能量开放心的能力，实际上就是学习去成为信息的源头与爱的源头的管道的一部分，爱的源头提供了巨大而多种多样的造物的一部分之所是的事物。

We come, therefore, unexpectedly to this channel, as indeed there are many events, many experiences which come to you unexpectedly and, we might say, in a fashion that is less than entirely welcome. When this kind of experience is at hand, it can be the source of what you call suffering.

因此，我们在这个管道没有预期的情况下出现了，因为确实，会有很多的事件，很多的体验会没有预期地且，我们会说，用一种较不完全受欢迎的方式，出现在你们的面前。当这种类型的体验出现的时候，它能够成为你们称之为受苦的事物的源头。

Each here has learned over the course of a lifetime to deal with personal suffering, and to find a place within the system of processing of personal experience to deal with that suffering which is of a personal nature. However, it can be also a part of the life experience and, we would say, the life programming, to be confronted with a form of suffering which is not one's own; and one can find oneself in relation to this suffering to be quite without the sort of resources that one has learned to develop in dealing with the suffering that is one's own.

每一个在这里的人都已经经过一个生命的进程学会去与个人的苦难打交道，学会在对一种个人的体验进行加工的系统中找到一个位置来处理具有一种个人属性的苦难了。然而，它能够成为生命体验以及，我们会说，生命的编程的一部分，以遭遇到一种并不属于它自己的苦难的形式；一个人能够发现它自己与这种苦难之间的关联是，它相当缺少这样一种类型的资源，这种资源是它在与那种属于它自己的苦难打交道的过程中已经学会去发展出来的资源。

It is particularly heartbreaking to gaze upon the suffering of another when one feels that one cannot do anything in relation to that suffering; when one cannot take upon one's self the full burden of the suffering as one might be inclined to do. All that one can do is to look on in sympathy and compassion, and to open one's heart in such a way that if an opportunity to serve should afford itself, one is at the ready.

当一个人感觉到它无法在关于那种苦难的方面做任何事情的时候，当一个人无法让它的自我，如同它可能会倾向于去做的一样，承担起苦难的全部的重担的时候，去注视另一个人的苦难是尤其令人心碎的事情。所有一个人能够做的事情就是在同感与同情中注视，并用这样一种方式开放它的心，这种方式即如果一个去服务的机会将会自我产生出来，一个人就做好准备去服务了。

Now, this can be a tricky matter because the ability to discern when it is appropriate to come forth with an offer that one perceives might help to alleviate the suffering of another can be deceptive; it can be deceptive to feel one is called to serve where no actual service can be meaningfully offered. One can attempt to serve in such a way that it seems to the other that one is forcing the self upon them.

现在，这可以成为一个不易处理的问题，因为，在关于什么时候是适合于带着一种一个人会感觉到有助于减轻另一个人的苦难的给予而走上前来的方面，去分辨这个时机的能力会是靠不住的，在没有实际的服务能够被有意义地提供出来的位置上去感觉到一个人被召唤去进行服务了，这可以是欺骗性的。一个人是能够尝

试去用这样一种在其他人看起来似乎是它正在将它自己强加在它们之上方式去服务的。

Now, in many of your religious systems there is an acknowledgement of the centrality of suffering to the human condition, and in these systems there can be behaviors or activities or patterns of assistance that are taught as a portion of the dogma, shall we say, which the religion has embraced; and it can seem—even to a matter of great certainty to the one who attempts to aid—that the solution to suffering is quite clear and merely requires the application of known remedies. A similar circumstance not in your religious teachings but in the allopathic healing professions can be found when a doctor, a nurse, a pharmacist knows just the right specific to apply to just the right ailment.

现在，在你们的很多的宗教系统中，会有对于在人类的情境中的受苦的中心性的一种承认，在这些系统中，会有帮助的行为、或者行动、或者模式作为那个宗教信仰已经拥抱了的教条的一部分被教导，它可以看起来似乎是——甚至是对一个尝试去帮助的人具有巨大的确定性的问题——对于受苦的解决方案是详情清楚的，且仅仅是需要对已知的疗法的应用。一个不在你们的宗教信仰的教导中但却在对抗疗法的职业中的类似的情况，能够在当一个医生、一个护士、一个药剂师知道恰恰正确的特效药以应用于恰恰正确的疾病的时候被发现。

These applications are recommended without full awareness of the spiritual circumstances of the one to be aided. That is to say, these healing protocols or sources of alleviation or sources of comfort can very easily reflect more the expectations of the one who desires to serve than the one in need of service. 这些应用是在没有对一个要去被帮助的人的灵性上的情境的充分的察觉的情况下被建议的。那也就是说，这些疗愈的程序或者缓解的来源或者慰藉的来源可以非常容易地映射一个渴望去服务的人的期待，而不是一个需要服务的人的期待。

Now it can also can happen that the one in need of service can be so much at their wit's end, shall we say, that any port in the storm seems to be welcome, or, to invoke another metaphor, the apparently helpless suffering self can be prepared to grasp at straws.

现在，同样能够发生的事情是，一个需要服务的人能够如此，容我们说，束手无策，以至于在风暴中的任何的港口都会是受欢迎的，或者引用另一个比喻，明显无助的受苦的自我能够准备好去抓住任何的稻草。

So, straws are indeed offered and prove again and again to be of little avail, at which point one might ask, "What is it all about? Has it all been worth the effort?" How is one ever to know what service befits a circumstance which very likely is so complicated, which very likely is so deeply resonant at levels unseen, that no remedy one has ready can suffice in supplying what is needed. Under these conditions it is very easy to step back and to say, "Well, perhaps after all, the suffering is needed; perhaps after all, the suffering is precisely what the doctor ordered," so to speak, and that the one who suffers must have done something or been something such that the suffering befits

the personal circumstance.

因此，稻草确实被提供出来并一次又一次被证明是几乎没有什么用处的，在这个位置一个人可能会问，“这究竟是为了什么？它究竟值得这种努力吗？”一个人如何去知晓，什么服务会有益于这样一个非常有可能如此复杂的情况，这个情况非常有可能如此深入地在看不见的层次上共鸣，以至于没有一个人准备好的疗法足以供应被需要的事物。在这些情况中，非常容易去后退并说，“好的，毕竟，也许受苦是被需要的，也许受苦恰恰就是医生要求的事情，”可以说，一个受苦的人必定已经做了某个事情或者已经成为了某个事情，以至于受苦会从个人的环境中受益了。

That, too, however, might well be an over-reaction, and so one finds that one is torn between the perpetual give-and-take between the too much of what one already knows, and the too little of one cannot possibly know.

然而，那同样也很有可能是一种过度反应，因此，一个人会发现它在不停息的给与受之间，在过多的一个人已经知晓的事物与过少的一个人不可能能够知晓的事物之间被撕裂了。

And, my friends, we would say that this is the dilemma of all those who have sought to help those who call for help throughout the whole length and breadth of the creation from time immemorial. We, too, find that when we are called to help that it is most difficult to discern exactly where the help might be most optimally offered. It is difficult to discern exactly what the nature of the help needs to be. Is it help which would alleviate the difficulties of an immediate circumstance? If the circumstance is sufficiently obvious in the character of its need, we would suggest that the answer must be yes. To the hungry it is appropriate to offer food; to the cold it is appropriate to offer shelter; to the agonizing one who finds no spiritual sustenance on hand, it is appropriate to offer what spiritual substance one finds available to be offered. And yet, one never really knows what the one who needs, the one who reaches out, is in need of, or is reaching for.

我的朋友们，我们会说，这就是所有已经在贯穿从亘古开始的整个造物的长度与宽度之中寻求去帮助那些呼唤帮助的人的实体们的两难局面了。我们同样也发现，当我们被呼唤去给予帮助的时候，要去准确地分辨帮助在何处可能是被最为适宜地给予是极其困难的。要去准确地分辨帮助需要去成为的属性是什么是困难的。减轻一个即刻的情况的困难，这是帮助吗？如果情况在它的需要的特性上是足够明显的，我们会建议答案必定是是的。对于饥饿，去提供食物是合适的，对于寒冷，去提供遮蔽所是合适的，对于一个找不到在手边的灵性的食粮的坐立不安的人，去提供一个人发现可以取得以被提供出来的灵性上的食粮，这是合适的。然而，一个人永远无法知道以需要的人，一个向外伸出手的人，需要什么，或者正在伸手拿取什么。

At this point, it is useful for the one who would offer aid to take a small step back, shall we say, and to ask whether in the innermost heart of the one proposing to aid, there are resources previously unknown but which, in the circumstance at hand, seem to bubble up to the surface, seem to announce themselves in those tender places of the heart where the heartstrings may be

tugged; where there is an actual experience of the creation in its creative moment of reaching out in love to one who asks simply for love. For in truth it has been our experience that love is the greatest gift that one may give, and that love is the most healing energy abroad in this universe, and that where love abounds, no error truly can be made.

在这个位置上, 对于一个提供帮助的人, 去向后退, 容我们说, 一小步, 并在一个计划去帮助的人的心的最内在的地方询问, 是否有之前尚未知晓, 但却在眼前的环境中看起来似乎正在冒泡到表面上, 看起来似乎在心的那些柔弱的位置中显示出它们自己的资源, 这是有用处的, 在心的那些柔弱的位置中, 心弦可以被拉动了, 在那里会有一种在向着一个单纯地请求爱的人在爱中伸出手的造物的创造性的时刻中的对造物的实际的体验。因为实际上, 我们的体验已经是, 爱就是一个人可以给予的最大的礼物, 爱就是在这个宇宙中最为疗愈性的能量, 在爱大量存在的地方, 没有错误真正能够被犯下。

Now, having said that, we will say also, that the mere act of opening the heart in love to another will not automatically override all suffering. What it does do, however, is to allow one who wishes to offer service to share in that suffering, to let a little bit of that suffering to be one's own; to feel within one's own person the drawing inward of these energies of the other self that are distraught, that are in a disorganized condition; and to feel within one's own heart the ability to absorb this tidbit of chaos, if you will, to absorb this pain, to let the pain have its sway in an alternate frame of reference [which is], if you will, capable of absorbing it, capable of drawing it inward, capable of digesting it, capable of transmuting it to that which is no longer pain, that which is no longer distraught, that which is no longer chaotic but rather is of the order of love.

现在, 在已经说了那一点之后, 我们将会同样说, 在爱中向另一个人开放心的简单的行动将不会自动地压倒所有的苦难。无论如何, 它确实做的事情是, 去允许一个希望去提供服务的人在那种受苦中进行分享, 以让一点点的受苦成为它自己的受苦, 以在它自己内在之中感觉到将那个令人发狂的、处于一种被打乱情况中的其他自我的这些能量向内拉动, 并在它自己的心的内在之中感觉到去吸收了少量这种混淆, 如果你们愿意这样说的话, 去吸收这种痛苦, 去让这种痛苦在一个替代性的参考系中, 如果你们愿意这样说的话, 拥有控制力的能力, 这个替代性参考系有能力吸收它, 有能力将它向内拉动, 有能力消化它, 有能力将它转变成为不再是痛苦的事物, 不再是令人发狂的事物, 不再是混乱而毋宁是具有一种爱的秩序的事物。

One finds at that moment that love itself is not what one thought it was, but more. That within the heart of love there is to be found a resource resonant with the deepest sorrow, a resource in relation to which the deepest sorrow may find its joy.

一个人会在那个时刻发现, 爱本身并不是一个人曾经认为的事物, 而是更多的事物。在爱的核心之中有一个会与最深的忧伤共鸣的资源会被发现, 最深的忧伤可以在与这个资源的关联中找到喜悦。

Now, one does well, my friends, to be open to the sorrows of others to the

extent that one is able to absorb these sorrows without being overwhelmed. One does well to know the limits of one's capacity to absorb the pain of another. Secondly, we would say that one does well to acknowledge that the freewill of the other is never something to be abrogated, and thus, if the other does not wish to share that suffering—which you, in your love, would so gladly absorb—that this too must be respected, that it must be allowed to follow its own course, its own destiny to that conclusion which feels right to the one whose suffering it is.

现在，我的朋友们，一个人向着其他人的忧伤开放到一个人能够吸收这些忧伤而不会被压倒的程度，它是做得很好的。一个人去知晓一个人去吸收其他人的痛苦的能力的边界，它是做得很好的。其次，我们会说，一个人去承认，其他人的自由意志永远都不是某种要被废除的事物，它是做的很好的，因此，如果其他人并不希望分享那种苦难——那种你在你的爱中会如此乐意地去吸收的苦难——这同样也是必须被尊重的事物，它必须被允许去跟随它自己的路径，它自己的命运前往那个结局，对于那个受苦的人，这个结局是感觉正确的。

We find that many times in your life experience and in the history of the interactions among your peoples that there have been well meaning souls who earnestly and honestly have devised systems of remediation for the suffering of others, and made these available to others only to discover that these gifts are not welcome. All too often it has occurred that those who have sincerely made great efforts on behalf of their fellow human beings only to discover that these efforts are not welcome, have therefore recoiled in hurt, recoiled in anger, recoiled in despair, and have felt that if their gifts are thus to be despised, that they will simply withhold their gifts altogether and withdraw and allow the suffering, allow the weeping, the wailing, and the gnashing of teeth to be the order of the day. "They must then deserve their fate," it is said in the heart, "since they have not been able to recognize the great gift of the love which I have made available for them."

我们发现，在你们的生命体验中，在你们的人群中间的相互作用的历史中，很多时候已经有过那些用意良好的灵魂已经热情地且真诚地为他人的受苦设计了辅助的系统，并让这些系统可以为其他人所利用，而它们仅仅发现这些礼物是不受欢迎的。已经过于频繁地发生在那些已经为了它们的同伴的人类的利益真诚地做出了巨大的努力的人们身上的事情是，它们仅仅发现这些努力是不受欢迎的，并因此在受伤中退缩，在愤怒中退缩，在绝望中退缩，并已经感觉到如果它们的礼物如此是被轻视的，它们将单纯地完全收回它们的礼物，后退并允许那种受苦，允许那种哭泣、悲哀以及咬牙切齿成为生活的秩序。它在心中说到，“它们必须接着受到它们的命运的赏罚了，既然它们尚未能够认出我已经提供给它们的爱的伟大的礼物。”

This, my friends, if it should come to pass, should be an indication to you that it is you that has overstepped the mark. Very often the mark is overstepped with the greatest of intention, but that intention, my friends, is something that is not set once and for all time, but must be continually revisited with respect to its efficacy, with respect to the core resonance of its meaning, with respect to the bridge that it sets up with regard to the other to whom one is reaching

out.

我的朋友们，如果它应该发生的话，这应该成为给你们的一个指示，即已经越过了边界的人是你们。非常频繁地，边界是带着最大的意愿而被越过的，但是，那个意愿，我的朋友们，是不是某种一旦设置好了就会所有时间都管用的事物，而是必须在关于它的效用的方面，在关于它的意义的核心的共鸣的方面，在关于它架设起来的桥梁的方面，在关于它正在伸手触及的其他人的方面，要持续不断地被重新检查的事物。

That is a most precarious bridge, my friends. It is a bridge that is here today and gone tomorrow, and so one finds that the patterns of aid one has put on offer for the young is no longer welcome for the old, that what one has discovered works for some, does not work for others. Sometimes one is asked for something today that tomorrow will be thrown back in anger in one's face. The challenge under these circumstances is to find a place within the desire to be of service that is sufficient unto itself to the point that one does not take a rejection too much to heart, but in all humility allows one's service to adapt to the changing circumstances that call it forth from one.

我的朋友们，那是一座极其靠不住的桥梁。它是一座今天在这里明天就不见了桥梁，因此，一个人会发现，它已经为年轻人设置好的帮助的模式，对于年老的人不再是受欢迎的，一个人已经发现对于一些人是有用处的事物，对于其他人是没有用处的。有时候，一个人会被今天请求某个事情，明天那个事情将会在愤怒中被扔回到它的脸上。在这些情况下的挑战，就是在去进行服务的渴望中找到一个场所，它在其自身是充分的，并且到了一个人不会将一种拒绝过多地带到心的位置，而是在全然的谦虚中允许一个人的服务去适应于将服务从一个人身上引发出来的改变的环境。

Sometimes one is outgoing, other times one does well to withdraw; the forthcoming; the withdrawing; the forthcoming again, are part of a rhythm in which one who seeks to help is at the ready to be of help, and in the next moment finds perhaps one's self to be the one in need of help. To have the humility to allow one's self to be the one who is helped is the other side of the coin, so to speak, of the same energy exchange protocol that is in play when one reaches out to others to be helpful to them. Just as one does not wish to be seen as one utterly needy, one can well suppose that the one perceived to be in need also does not wish to be perceived as utterly needy. There needs to be a kind of equivalence in the service on offer, and so, when one reaches out the hand in generous offering of one's own energy, one does well to understand that the outreached hand is also there to receive. To give, to receive, are two sides of the same gesture, and the more that the one to whom proposes to give is given to understand that, and can see the reciprocity of the giving, the more likely it is that the gift will be gladly received.

有时候一个人是在往外走的，其他的时候一个人去后退是做得很好的，接近，再一次接近，就是一种旋律的一部分了，在这种旋律中，一个寻求去帮助的人是准备好有所帮助的，在下一个时刻它也许会发现它的自我成为了一个需要帮助的人了。去拥有那种谦逊以允许一个人的自我成为那个会被帮助的人，就是当一个人

向其他人伸出手以对它们是有帮助的时候正在运转的相同的能量交换的程序的硬币的另一面了。就是当一个人并不希望被视为一个完全贫穷的人的时候，它能够很好地假设，一个被感觉到是有需要的人，同样并不希望被感觉为完全贫穷的。在被给予的服务中，需要有一种类型的平衡，因此，当一个人通过对它自己的能量的慷慨的给予而向外伸出手的时候，它起理解，向外伸出的手同样也是在那里去接收，这是做得很好的。去给予，去接收，是相同的姿势的两个侧面，一个计划去给予的人是被给予的，一个人越多地理解那一点，并能够看到那种给予的互惠互利，礼物就将会更有可能被愉快地接收到。

We thank those here for the opportunity you have afforded us to give you this gift and to give us the gift of that service of your seeking which we find greatly inspirational. We are those of Hatonn, and would, at this time leave this instrument and return to the one known as Jim to find if there are further questions upon the minds of those here present. We leave you in love and light. Adonai, my friends, Adonai.

我们为你们已经提供给我们机会以给予你们这个礼物并给予我们你们的寻求的服务的礼物而感谢那些在场的人，我们发现你们的给予我们的礼物是极其启发性的。我们是 Hatonn，我们会在此刻离开这个器皿并返回到被知晓为 Jim 的实体以发现在那些在这里出席的人的头脑中是否有进一步的问题。我们在爱与光中离开你们。Adonai，我的朋友们，Adonai。

(Jim channeling)
(Jim 传讯)

I am Hatonn and greet each again in love and light through this instrument. At this time we would ask if there might be any further queries to which we may speak.

我是 Hatonn，我通过这个器皿再一次在爱与光中向各位致意。在此刻我们请问是否有任何我们可以谈论的进一步的问题。

F: I have a question about the healing of the physical body. I'm wondering if it is one of the following options, or a combination of these options. Does the healing of the physical body take place primarily on a metaphysical level after the catalyst that we are processing has been dealt with? Or do the medicines and other physical interventions that we use help heal the physical body, help heal the body physically? Or are these physical interventions symbols of our desire to heal? Or is it perhaps a combination of these processes?

F: 我有一个关于对物质性身体的疗愈的问题。我想知道是否它是下列的选项中的一个或者是这些选项的一个混合物。对物质性身体的疗愈主要是在我们正在处理的催化剂已经被处理之后发生在一个形而上学的层次上的吗？或者我们用来帮助疗愈身体的药物与其他的物质性的介入，会有助于在身体的方面对身体的疗愈吗？或者这些物质性的干预是我们去疗愈的渴望的象征吗？或者它也许是这些过程的一种混合物吗？

Hatonn: I am Hatonn and am aware of your query, my sister. We find that in the healing process we look upon the body as the creature of the mind that

has expressed symptoms that you may call disease or distortions that exist because the mind itself has not been able to successfully process catalyst. When the mind has not achieved this processing of catalyst, then it is that the catalyst is given to the body complex in a symbolic form with the hope that this form of dis-ease, as you would call it, may attract the attention of the mind to notice this catalyst in another form because it was missed the first time around, shall we say.

Hatonn: 我是 Hatonn, 我理解了你的问题, 我的姐妹。我们发现在疗愈的过程中, 我们将身体视为心智的造物, 心智已经表达了你们称之为疾病或者扭曲的症状, 这些症状是因为心智本身尚未能够成功地处理催化剂而存在的, 当心智尚未取得对这种催化剂的处理加工的时候, 接下来催化剂用一种象征性的形式被给予身体以希望这种不适的形式, 如你们对它的称呼一样, 可以吸引心智的注意力以用另一种方式注意到这种催化剂, 因为它在, 容我们说, 第一轮已经被错过了。

Thus, when there is the attempt at the healing that is, what you would call, successful, it may be seen that this is a metaphysical phenomenon in which the one offering the healing service aids the one to be healed by interrupting what you would call the red-violet ray of the combination of these energy centers which holds in place whatever degree of disease or health is extant for this entity.

因此, 当有在疗愈的方面的尝试是, 如你们所称的, 成功的时候, 可以被看到的事情是, 这是一个形而上学的现象, 在其中一个提供疗愈的服务的人藉由打断了你们所称的这些能量中心的混合的红色-紫罗兰的光芒而被疗愈了, 就是这些能量中心的联合让这个实体现存的无论什么程度的疾病或者健康保持在适当的位置。

When this red/violet ray is interrupted, then the entity itself, in cooperation with its higher self, provides the healing so that this new configuration of mind, body and spirit may then be reflected in the reinsertion, shall we say, of the red/violet ray which holds the new configuration as firmly in place as was the old one held. Thus, when the one known as Jesus would accomplish the healing of those brought before it, he would say that they had been healed by their faith. This is another way of saying the same thing.[1]

当这个红色/紫罗兰的光芒被中断的时候, 接下来那个实体它自己, 通过与它的高我的合作, 提供了疗愈, 这样这种新的心智、身体和灵性的配置接下来就可以在对红色/紫罗兰光芒的, 容我们说, 重新插入的过程中被反映出来了, 红色/紫罗兰光芒将这种新的配置如同旧的配置一样稳固地固定下来了。因此, 当被知晓为耶稣的实体完成对那些被带到它面前的实体的疗愈的时候, 他会说, 它们已经被它们的信心疗愈了。这就是说相同的事情的另一种方式。[1]

Is there another query, my sister?

我的姐妹, 有另一个问题吗?

F: Well I'd like to follow up on that. As an example in a situation where there is not a healer and a person needing healing, but just, for instance, myself, if I'm feeling a need for healing and I take vitamins, or I do something on the

physical level that results in healing, has that happened on a physical level and a metaphysical level, or did that happen in the physical part of my body?

F: 好的, 我想要接着那个问题。作为一个范例, 在一个情况中, 如果在其中没有一个疗愈者和一个需要疗愈的人, 而仅仅只有, 举例子, 我自己, 如果我感觉到一种疗愈的需要, 我会服用维他命, 或者我会在物质性的层次上做某种会产生出疗愈的结果的事情, 那是已经在一个物质性的层面上和一个形而上学的层面上发生的, 还是那是在我的身体的物质性的部分发生的呢?

Hatonn: I am Hatonn, and am aware of your query, my sister. The healing in all cases occurs first within the metaphysical realms, for these have, shall we say, influence over the lower representations of the entity, that being the physical body. So when there is a healing to be experienced, it would then first occur upon the metaphysical level, then would be reflected upon the physical level so that one could accurately say that the healing had occurred upon both levels.

Hatonn: 我是 Hatonn, 我理解了你的问题, 我的姐妹。在所有的情况中的疗愈首先发生在形而上学的领域的内在之中, 因为这些领域, 容我们说, 对于实体的较低的呈现, 也就是物质性身体, 拥有影响。因此, 当有一种疗愈被体验到的时候, 它会首先出现在形而上学的层次上, 接下来它会在物质性的层次中被反映出来, 这样一个人就能够准确地所, 疗愈已经同时发生在两个层次上了。

Is there a further query, my sister?

我的姐妹, 有一个进一步的问题吗?

F: So do the things that a person would do such as taking a medicine or some sort of action on the physical level—are those symbolic to that person that then is reflected in the metaphysical healing?

F: 因此, 一个人会做的诸如服用一种药物或者在物质性层面上进行某种类型的行动之类的事情——是那些对于那个人的象征物, 这种象征物接下来在形而上学的疗愈中被反映出来了吗?

Hatonn: I am Hatonn and am aware of your query, my sister. There is a symbolism involved, however, we must also clarify by suggesting that there are various substances that can be used in the healing of the physical body that would work on the physical body, whereas other substances would not work, even if there was the metaphysical healing first. However, the metaphysical healing is that which must come first. It is most helpful to use substances that when this metaphysical healing has occurred are also helpful to the physical body.

Hatonn: 我是 Hatonn, 我理解了你的问题, 我的姐妹。会有一些象征性被包含在内, 然而, 我们同样必须藉由这样建议来澄清, 会有各种各样的能够在对物质性身体的疗愈的过程中被使用的物质, 而其他的物质会是不起作用的, 即使会有首先得形而上学的疗愈。然而, 形而上学的疗愈必须是首先发生的事物。当这种形而上学的疗愈已经发生的时候, 去使用这些同样对物质性身体有帮助物质是极具有帮助的。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

F: I think I'm just going to have to think on that. Thank you for your help.

F: 我认为我将来必须对那一点进行思考。为你们的帮助感谢你们。

Hatonn: I am Hatonn. We thank you, my sister. Is there another query at this time?

Hatonn: 我是 Hatonn。我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: We had a query sent in from a good friend, Misha. She was reading a novel and in this novel there was a person on his way to being tortured to death, but his life was spared by a merciful co-entity who killed him on his way to being tortured to death, thus sparing him that undesirable fate. So a question sprung from that: What effect does it have upon the polarity of an entity to euthanize another? Presuming that the other self has willingly and clear-headedly requested this service?

Gary: 我有一个从好朋友，Misha 那里被送来的问题。她读到了一本小说，在这本小说中，有一个人正在被疾病折磨致死的过程中，但是他的生命被一个仁慈的合作的实体所救助了，那个实体在它正在被疾病折磨致死的过程中杀死了他，并因此将他从那种不想要的命运中拯救了出来。因此，从那里产生出了一个问题：一个实体对另一个实体进行安乐死，这会对它的极性有什么影响呢？假设那个其他自我已经乐意于并头脑清楚地请求了这种服务？

Hatonn: I am Hatonn, and am aware of your query my brother. The intention of the action is that which is of most importance with any action. When there is the attempt to serve, as you have mentioned, in a manner which removes the life force from the entity who is about to be tortured and suffer a great deal until it meets its own end, shall we say, that is a service to provide as requested the euthanization of the entity; for there is more to such an experience than is easily observed within the incarnational experience, for most entities have programmed before the incarnation the exact means by which the passing through the doors of death shall be experienced. There are agreements made with those who may be the torturers, with those who may be the euthanizers, with those who may be, shall we say, standing in the shadows observing. There are lessons to be learned in each instance so that it is almost impossible to say without knowledge of pre-incarnative choices what exactly is occurring when one observes an entity helping another entity by actually killing that entity. The actual act of the killing is not what is of most importance—it is the intention and the cooperation upon a subconscious level with those choices made pre-incarnatively.

Hatonn: 我是 Hatonn，我理解了你的问题，我的兄弟。行为的意愿就是对于任何行为具有最大的重要性的事物了。当会有用一种从一个一直到它结束生命为止之前都将被疾病折磨并遭受大量的苦难的实体身上移除生命力的方式去服务的尝试的时候，如你们已经提到的一样，那就是一种作为被请求的对实体的安乐死而要提供的服务，因为对于这样一种体验有比在投生体验中会被容易地观察到

的事物更多的事物，因为大多数实体都已经在投生前规划了藉由其穿越死亡的大门将会被体验到的精确的方式。会有与那些可能会成为受折磨者的人，与那些可能成为实行安乐死的人，与那些可能，容我们说，站在观察的阴影中的人之间达成的协议。在每一个情况中都会有要被学习的课程，因此，在不知晓投生前的选择的情况下，几乎不可能说，当一个人观察到一个实体正在藉由杀死另一个实体而帮助那个实体的时候究竟在发生什么事情。杀死的实际的行为不是具有最大的重要性的事物——具有最大的重要性的事物是意愿以及在一个潜意识的层次上与那些在投生前被做出的选择之间的合作。

Is there another query, my brother?
我的兄弟，有你跟一个问题吗？

Steve: I have one, if I may. I wonder if you could speak to most effective way of dealing with the frustration or the sense of helplessness that comes when confronted with the suffering of another whom one cannot help?

Steve: 我有一个问题，如果我可以提问的话。我想知道你们是否能够谈谈，当面对它无法帮助的另一个人的苦难的时候与挫折感或者无助感打交道的最有成效的方式。

Hatonn: I am Hatonn, and am aware of your query, my brother. In this situation we must again suggest that the choices are not made just within the incarnation, and are not made usually upon the conscious level, but are those which echo from before the incarnation and have their effect at the time of the experience as was hoped before the incarnation.

Hatonn: 我是 Hatonn，我理解了你的问题，我的兄弟。在这个情况中，我们必须再一次建议，选择不仅仅是在投生中被做出的，不是通常在有意识的层次上被做出的，而是那些从投生前发出回音，并在体验的时刻拥有它们的影响的选择，如果这种体验在投生前被希望地一样。

Perhaps the entity seeing such suffering without the ability to affect it wished to empathize with one who suffered, as this is yet an unexperienced phenomenon to the one who witnessed the suffering. Perhaps the desire is to so feel the pain of another—that there is a greater degree of love for that other and perhaps for all others in general—generated within the heart, the mind, and the spirit of the one witnessing the suffering. Perhaps there is for the one suffering a certain kind of relief or sense of being appreciated and loved when it knows that another loves it enough to witness the suffering and to be with it in the suffering and to provide companionship.

也许看到这样的苦难而没有能力去影响它的实体会希望去与一个受苦的人经历移情作用，因为这对于一个见证了那种受苦的人仍旧是一种没有经验的现象。也许渴望就是去如此感受另一个人的痛苦——对于那个其他人，也许对于一般意义上的所有的其他人——会有一种更大程度的爱，会在一个正在见证那种苦难的人的心、头脑与灵性内在之中被产生出来。对于一个受苦的人，当它知晓另一个人对它的爱足以让它去见证这种苦难，在那种苦难中与它在一起并提供陪伴的时候，也许会有一定类型的慰藉或者被欣赏和被爱的感觉。

Though the suffering cannot be ameliorated, the companionship can be offered, the love can be given, and the experience of a comradeship which has known great trials is shared; and upon the deeper level of both entities there is the satisfaction of knowing that there was a united effort put forward in that experience which had no hope of physical third-dimensional resolution in any convenient sense, shall we say, in any final triumph of suffering being vanquished.

虽然苦难无法被改善，陪伴却能够被提供，爱能够被给予，一种已经知晓了大量的磨难伙伴关系的体验被分享了，同时在两个实体的更为深入的层次上，在知晓有一种联合的努力在那种体验中被做出了的时候，会有对于那种知晓的满意，容我说，在便利的意义上，在任何受苦被克服的最后的胜利的方面，那种体验是没有任何第三维度的物质性解决方案的希望。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Steve: No, thank you. That was really helpful.
Steve: 没有，感谢你们。那是真正有帮助的。

Hatonn: I am Hatonn, and we thank you, my brother.
Hatonn: 我是 Hatonn，我们感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Gary: A question comes in from a fellow named S who writes: "My question is about the practice of sun gazing and the way I feel inspired to practice this for longer periods. What is the mechanism of sun gazing and why or how does sun gazing help us to become more open as a channel for universal love?"

Gary: 来自于一个名叫 S 的人的一个问题进来了，S 写道：“我的问题是关于注视太阳的练习以及我感觉到有灵感去进行这个练习更长的时间段的方式。什么是注视太阳的机制，注视太阳如何帮助我们作为一个普世之爱的管道变得更加开放呢？”

Hatonn: I am Hatonn and we must admit that we do not know the answer to this question, for we are unaware of the benefit of such an experience. We apologize for our lack of information but we would not suggest such a practice.

Hatonn: 我是 Hatonn，我们必须承认，我们并不知道对这个问题的答案，因为我们并不知道这样一种体验的益处。我们为缺少信息而抱歉，但是我们不会建议这样一个练习。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: No, thank you.

Gary: 没有了, 谢谢你们。

Hatonn: I am Hatonn and we thank you. Is there a further query at this time?

Hatonn: 我是 Hatonn, 我们感谢你。在此刻有一个进一步的问题吗?

F: I wouldn't mind asking one more question as a follow-up to my earlier question. Is physical healing sometimes a delay to the metaphysical healing, and is that maybe where the physical interventions come in to manifest the metaphysical healing?

F: 我不会介意再多问一个问题作为我早些时候的问题的一个后续问题。物质性的疗愈有时候会滞后于形而上学的疗愈吗, 那也许是物质性的介入进入以显化形而上学的疗愈的位置吗?

Hatonn: I am Hatonn, and we believe that we understand your query. If we are incorrect, please inform us of such. The physical healing not occurring when there is a metaphysical healing seems to us to be that which would suggest the metaphysical healing was not completely successful, for when there is the healing upon the higher levels of the entity's being, the lower levels of the entity are usually quite readily able to respond in kind and reflect that healing. When there is no physical healing, and the one observing the healing or the one experiencing the hoped-for healing still exhibits the diseased or deformation, one may consider the possibilities of further lessons to be learned, for all movement away from total healing and total health are examples or symbols of the healing which yet remains to be accomplished.

Hatonn: 我是 Hatonn, 我们相信我们理解了你的问题了。如果我们是不正确的, 请如此告知我们。在有一种形而上学的疗愈的时候, 如果物质性的疗愈并未发生, 这在我们看来似乎是暗示形而上学的疗愈并非完全成功的, 因为当有一种在实体的存有的更高层次上的疗愈的话, 实体的较低的层次通常会相当容易地能够用同样的方式回应并反映那种疗愈。当没有物质性的疗愈, 且一个正在观察到疗愈的人或者一个正在体验被期待的疗愈的人仍旧表现出是有疾病的或者畸形的时候, 一个人可以考虑进一步的课程要被学习的可能性, 因为所有的偏离整体的疗愈或者整体的健康的运动都是还留有要被完成的疗愈的范例或者象征。

Is there a further query that you would care to offer us upon this topic.

有一个进一步的问题是你们在这个主题上愿意提供给我们的吗?

F: I guess I'm wondering what the physical interventions that we might have the medicines or food, exercise, things like that, for our healing, what purpose that serves if the healing takes place both on physical and metaphysical levels at the same time.

F: 我猜想我想知道我们可以为了我们的疗愈进行的药物或者食物、锻炼以及类似那样的事情的物质性的介入是什么, 如果疗愈是同时发生在物质性和形而上学的层次上, 那种介入实现的目的是什么?

Hatonn: I am Hatonn and we believe that we have a better grasp of your query and we shall attempt again to respond. The physical medicines or

foods or applications of remedies may be seen as symbolic for the metaphysical healing, however, the choice of the medicines or foods is one which must be made with the knowledge of how the body may be aided by these applications of physical materials when there is a healing that is desired. For example, one would not give water, shall we say, to a body which needed physical foodstuffs as a portion of the healing. There is the choice of the physical materials, the medicines or the foods that is also helpful to promote the representation of the healing in the body that has occurred upon the metaphysical level. Is there a further query, my sister?

Hatonn: 我是 Hatonn, 我们相信我们对于你们的问题有了一种更好的理解了, 我们将尝试再一次回应。物质性的药物或者食物或者对疗法的应用可以被视为对形而上学的疗愈的象征物, 然而, 药物或者食物的选择是一个必须带着对于在有一种被渴望的疗愈的时候身体是如何可能藉由这些对物质性的材料的应用而被帮助的知晓而被做出的。举个例子, 一个人不会对于需要物质性的食物的身体给予水来作为疗愈的一部分。会有对物质性材料、药物或者食物的选择, 它们同样会有助于促进已经在形而上学的层次上发生了的疗愈在身体中的呈现。我的姐妹, 有一个进一步的问题吗?

F: No, no, thank you very much.

F: 没有了, 没有了, 非常感谢你们。

Hatonn: I am Hatonn, and we thank you once again, my sister.

Hatonn: 我是 Hatonn, 我们再一次感谢你, 我的姐妹。

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Yes, Hatonn. The instrument, the one known as Austin, and myself convene on a bi-weekly basis to offer a podcast we call In the Now. We do our best to consider questions from spiritual seekers, questions that might appear in a venue such as the one we now experience. We [dig in], organize and synthesize our thoughts, and probably rely a bit on intuition as well. The answers, or rather, replies we generate sometimes surprise us. We, of course, run up against our own limitations but we do our best to share the fruit of our personal study and our journey. What is the difference, in terms of content, between what we do in the podcast and this channeling that we undertake now?

Gary: 是的, Hatonn。这个器皿, 被知晓为 Austin 的器皿, 以及我自己每两周集合起来以提供一个我们称之为“在当下”的播客。我们尽我们所能去考虑来自于灵性寻求者的问题, 可能会在诸如我们现在体验到的现场之类的一个现场中出现的问题。我们挖掘、组织并综合我们的想法, 同样很有可能依赖一点直觉。回答, 或者毋宁说, 我们产生出来的答复有时候会让我们吃惊。我们当然遇到了我们自己的极限, 但是我们尽我们所能分享我们个人的学习和我们的旅程的成果。在内容的方面, 我们在播客中做的事情和这个我们现在进行的传讯之间, 不同之处是什么呢?

Hatonn: I am Hatonn and am aware of your query, my brother. The difference is that though you are channeling yourself in that situation, it is a portion of your subconscious mind which gives you information of which you were previously not aware and felt that you had made a discovery as you were responding to a query which was the, shall we say, initiator of the search into both the conscious and the subconscious levels of your own mind. In these channelings in which we now partake, we are not portions of your subconscious mind, but may be considered external to it through we are all one in truth.

Hatonn: 我是 Hatonn, 我理解了你的问题, 我的兄弟。不同之处是在那个情况中虽然你在传讯你自己, 给予你之前你尚未察觉到的信息, 并感觉到你已经在你回应一个问题的时候做出了一个发现的是你的潜意识的心智的一部分, 那个问题是同时进入到你自己的心智的表面意识和潜意识的层次的搜寻的, 容我说, 引子。在这些你们现在参与的传讯中, 我们不是你的潜意识心智的一部分, 但我们可以被认为之是它的外延, 因为我们实际上全都是一体的。

Is there another query?
有另一个问题吗?

Gary: So did you just say that when we generate replies in the podcast venue, that we are limited by the limitations of our own knowledge and understanding, even if that is subconscious knowledge and understanding?

Gary: 因此, 你们刚刚说的是, 当我们在博客的现场产生出回应的时候, 我们是被我们自己的知识和理解的局限性所限制的, 即使那是潜意识的知识和理解?

Hatonn: I am Hatonn, and am again willing to respond to this query by suggesting that you have stated a correct perception, however, we would add one portion to it. You are not necessarily limited by your own subconscious mind; you have connections to many sources of information which you have across in your previous experiences which may lay, shall we say, unused or unnoticed until there is a reason for them to have a light shined upon them. That light is your conscious mind seeking within as a means of responding to queries which you have entertained in a conscious fashion. Yet, if you are dedicated to being of service to those who ask the queries, you reach within your own self that which is conscious and that which is subconscious for whatever information might be helpful in response to the queries asked. This level of your own being is, itself, without limit, however, it is a portion of your own self and not a portion of any other entity such as are we.

Hatonn: 我是 Hatonn, 我再一次乐意于藉由这样建议来回应这个问题, 我们建议你已陈述了一个正确的观念, 然而, 我们会对它补充一个部分。你们是不必你自己的潜意识心智所局限的, 你们拥有与许多的信息的源头之间的连接, 这些你们在你们之前的体验中已经遇到过的信息的源头可能是没有被使用或者没有被注意到的, 一直到有一个理由让它们拥有一道被照在它们上的光为止。那个光就是你们的表面意识的心智作为一种回应你用一种有意识的方面招待的问题的途径在内在之中寻求。然而, 如果你们是致力于一种服务那些问问题的人的话, 你们在你们自己自我内在之中伸手触及了表面意识之所是和潜意识之所是, 以取得

无论什么在回应被询问的问题的方面可能会有帮助的信息。这个你自己的存有的层次，在其自身是，没有限制的，然而，它是你自己的自我的一部分，而不是诸如我们之类的其他的实体的一部分。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Gary: That helps clarify it and makes sense. Thank you very much. The follow-up query is then, does the instrument or the group who undertakes the channeling, experience an equivalent or similar limitation in knowledge, or is the channeling group or instrument able to, and open to, receive a broader scope of information that may be unknown to the instrument or the group by virtue of the channeling?

Gary: 那有助于澄清它并且是有道理的。非常感谢你们。后续的问题是，进行传讯的器皿或者团体，体验到了一种在知识上的同等的或者类似的局限性吗，或者传讯的团体或者器皿能够向着一个可能对于器皿或者团体凭借着传讯是未知的更为宽阔的信息的范围开放并接收到它吗？

Hatonn: I am Hatonn and am aware of your query, my brother. The instrument partaking in the channeling process begins at a certain level of experience, shall we say. As the experience is gained, there is more and more of that which comes through the instrument that is unknown in a conscious fashion, in some cases, even the subconscious fashion, to the instrument. It is a matter of the experience plus, shall we say, the foolhardiness or willingness of the instrument to make a fool of itself by opening to information which it is unaware of, and allowing that information to move through it without analysis as to where it came from or whether it makes sense.

Hatonn: 我是 Hatonn，我理解了你的问题，我的兄弟。参与到传讯的过程的器皿是从一定的，容我们说，经验的层次开始的。随着经验被取得，会有越来越多的流经器皿的事物是用一种有意识的方式，在一些情况中，甚至用潜意识的方式，对于器皿是未知的。这是一个经验加上，器皿藉由向着它不知晓的信息开放，并允许那个信息在不去分析它是来自于何处或者它是否是有道理的情况下流经它而让它自己成为一个傻子的，容我们说，愚勇或者乐意的问题。

Is there a further query, my brother?
我的兄弟，有另一个问题吗？

Gary: So the instrument may receive or channel information which is unknown to it, and that happens as a function of its ability to be foolhardy, as it were, or as Carla would say, "put one's ass over the line"?

Gary: 因此，器皿可能接收到或者传讯对于它是未知的信息，那是作为它去成为，可以说是，愚勇的，或者如 Carla 会说的，“把屁股压在边界上”的能力的一个机能而发生的吗？

The genesis of this series of questions began because of the question about sun gazing. It confounded me that you, Hatonn, a social memory complex,

could not speak on that question, and my supposition was that it was due to the limitations of the instrument and not so much your own limitation of knowledge. If you could speak to that question, please.

这个系列的问题的起源是因为关于注视太阳的问题而开始的。它让我感到混乱，你们，Hatonn，一个社会记忆复合体，无法在那个问题上发言，我的假设是，它是由于器皿的局限性，而不是如此多地是因为你们自己的知识的局限性。如果你们能够谈及那个问题，请谈谈吧。

Hatonn: I am Hatonn and am aware of your query, my brother. Our reluctance to speak and to suggest that we did not know the answer to the query was because we do not know of any real value to such an experience and would not recommend it.

Hatonn: 我是 Hatonn，我理解了你的问题，我的兄弟。我们不愿意发言并建议，我们并不知道那个问题的答案，这是因为我们并不知道这样一种体验的任何真实的价值，我们不会推荐它。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Not from me, thank you so much, Hatonn.

Gary: 我没有了，非常感谢你们，Hatonn。

Hatonn: I am Hatonn and as it appears that we have exhausted the queries for this session of working, we would offer our thanks to each entity present for you offer us a great service in asking us to join you in your circle of seeking. We hope that you will look at those words that we have given, consider them, and take those which have value to you, and leave behind those which do not. We do not wish to be a stumbling block to any. We wish to be of service to those who ask our service and we offer it humbly. We know that each present is a serious seeker of truth, and can make evaluations for him or herself as necessary. We rejoice at your own seeking. We appreciate the opportunity to offer ourselves this afternoon in your circle of seeking. We have not spoken to this group for a great period of time. It was our desire to be able to exercise both instruments as a member of the principal of those of Q'uo. We are of the fourth-density vibration of love, and always are present in that vibration and those of Q'uo offer themselves from the fifth density of wisdom.[2] We thank you for your patience with us, for your invitation to us, and at this time we shall leave each in the love and in the light of the One Infinite Creator. Go in peace, my friends, Adonai.

Hatonn: 我是 Hatonn，因为看起来似乎我们已经耗尽了这次工作的集会的问题了，我们为你们通过请求我们加入你们的寻求的圈子而提供给我们一个伟大的服务而向每一位在场的实体致以我们的感谢。我们希望你们将会检查我们已经给予的这些言语，考虑它们，采用那些对于你们有价值的部分，并将那些没有价值的留在后面。我们并不希望成为任何人的一块绊脚石。我们希望对于那些请求我们的服务的实体有所服务，我们谦逊地提供它。我们知道每一个在场的人都是一个严肃的真理的寻求者，并能够为他或者她自己做出所需的评估。我们为你们自己

的寻求而欢呼。我们感激在这个下午在你们的寻求的圈子中提供我们自己的机会。我们已经有一段很长的时间没有向这个团体发言了。我们的渴望是能够作为 Q'uo 原则的一个成员同时训练两个器皿。我们是属于第四密度的爱的振动的，我们一直在那种振动中存在，那些属于 Q'uo 的实体是从智慧的第五密度提供它们自己的。[2]我们为你们对我们的耐心，为你们邀请我们而感谢你们，在此刻我们将在太一无限造物者的爱与光中离开各位。在平安中前进吧，我的朋友们。Adonai。

[1] Ra describes this protective "violet/red-ray" vibratory shield or shell in 57.12, and in:

[1]Ra 在 57.12 中描述这种保护性的“紫罗兰/红色光芒”振动的防御或者外壳，在 57.6 中，Ra 说

57.6 Ra: This entity requesting such healing will then open the armor of the overall violet/red-ray protective vibratory shield. Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships.

这个请求这样的疗愈实体将会接下来打开全部的紫罗兰红色光芒的保护性的振动的外壳了。因此，内在的振动的场域，在心智、身体和灵性中的一个中心到另一中心，就可以被暂时性地中断并被调节，并由此为那个要被疗愈实体提供机会去选择一种较少扭曲的内在的能量场和和振动的关系的复合体。

[2] Q'uo is a principal which is a blending of the vibrations of Hatonn of the fourth density, Latwii of the fifth, and Ra of the sixth, with Latwii serving as the spokesperson, you might say, for the group.

[2]Q'uo 是一个有第四密度的 Htonn，第五密度的 Latwii 和第六密度的 Ra 的振动的一种混合，Latwii 作为，你们可以说，团体的发言人，而服务。

March 26, 2016

2016-03-26 爱与智慧的竞争

Group question: Our question today comes from N. in Moscow and concerns the relationship between love and wisdom, specifically, can wisdom suppress or impede in some way an opening of the green energy center? On one hand, Ra says that love and wisdom not oppose each other, but rather constitute two sides of the same coin. On the other hand, Ra says that on the negative path, wisdom is accumulated much earlier than on the positive path.

团体问题：我们今天的问题来自于在莫斯科的 N，问题是关于在爱与智慧之间的关系，尤其是，智慧能够以某种方式压制或者阻碍一种绿色光芒能量中心的开放吗？在一方面，Ra 说爱和智慧不会彼此对抗，而毋宁是形成了相同的硬币的两面。在另一方面，Ra 说，相比在正面性的道路上，智慧在负面性的道路上是一个更加容易被积累的事物。

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light this afternoon. It is our great privilege to be able to speak to you upon your topic of love and wisdom, however, we would first ask that you use your own discrimination for each word that we may utter, for we do not wish to place any stumbling block before you. We do not offer authority, we offer our opinion. We hope that you will find some use in what we have to say. We offer it with love and, indeed, with light; with both the love and the light, or the wisdom, about which the query deals this day.

我是 Q'uo，我在这个下午在爱与光中向你们各位致意。能够在你们关于爱与智慧的主题上向你们发言，这是我们巨大的荣幸，然而，我们会首先请求，你们对于我们可能说出的每一个词语都使用你们的分辨力，因为我们不希望将任何的绊脚石放置在你们面前。我们并不提供权威，我们提供我们的观点。我们希望你们在我们所要说的内容中将会找到某种用处。我们是带着爱，并确实带着光，同时带着爱和光或者智慧，来提供爱的，爱与智慧就是你们今天的问题要处理的主题了。

We are aware that each here pursues a path of seeking the opening of the green-ray energy center as the primary portion of your journey through the third-density illusion. To be able to open the heart in what is called "unconditional love" in more than 51% of your thoughts, words, and deeds is considered an harvestable quality or quantity for entities to express love for those about them.

我们察觉到在这里的每一个人都寻求一条开放绿色光芒能量中心的途径作为你穿越第三密度的幻象的旅程的主要的部分。能够在被称为“无条件的爱”的事物中用多于你们的想法、言语和行为的 51% 的数量开放你们的心，这是被认为是对于实体去表达对于它们周围的实体的爱的一种可收割的特性或者数量。

My friends, this sounds like a very easy procedure and qualifying level which

to meet., however, it takes a certain kind of consciousness and concentration to be able to do this reliably in your daily round of activities, for as you move through the schedules, appointments, and lists that comprise your lives on a day-to-day basis, it is easy to forget the foundation upon which you have built your journey for this life.

我的朋友们，这听起来好像是一个非常简单的步骤和易于满足的资格的水平，然而，要能够在你们的日常生活的活动中可靠地做到这一点，它要花费一定类型的意识和集中注意力，因为在你们用一种日复一日的方式穿越日程计划、约会和组成你们的生活的列表的时候，很容易忘记你们已经为了这次生命将你们的旅程构建于其上的基础。

The mind, in its attempt to order and organize your various lists and appointments, oftentimes seeks efficiency rather than the type of attitude which allows for a room to express the heart, the emotions in general, and to relate in a fashion which is, indeed, of an open-hearted nature. Too easy is it to move rapidly from one item to another, feeling the satisfaction of checking off each item upon the list and, at day's end, congratulating the self for having done so.

心智，在它尝试去安排和组织你们的各种各样的列表以及约会的过程中，时常寻求成效而不是寻求这样一种态度，这种态度会允许有一个空间来表达心与一般而言的情绪，并用一种确实是具有一种开放的心特性的方式建立关联。从一个项目快速移动到另一个项目，并感觉到将每一个项目从那个列表上划掉的满意，并在一天的结束的时候让自己因为已经这样做了而庆祝，这是过于容易的事情。

And yet, if you look at the lists of your spiritual journey, you will find it is a simpler list, for primary amongst each of your priorities, we feel, is the expression of the heart chakra in a way which embraces the unity of the moment, shall we say. This unity of the moment may involve your spending a good deal of time and honestly sharing emotions with those who may be a portion of your round of lists. You may find it inconvenient, often in the extreme, to take the time that another entity may need in any particular moment of your day. Life is often a messy business. There are hurt feelings, painful memories, doubtful futures, difficult moments in the present that intrude upon the smoothly functioning checking off of lists. In this case, you see what could be described as a battle between love and wisdom; the wisdom of accomplishing your task as you define it within your third-density illusion, versus the compassion that is a part of your spiritual journey and which requires reminders throughout the day, much as your list reminds you of your appointments and your schedule.

然而，如果你检查你的灵性旅程的列表，你将会发现，它是一个更为简单的列表，因为在你们每一个优先考虑的事物中的最重要的事物，我们感觉到，就是用一种拥抱那一刻的，容我们说，一体性的方式来表达心的脉轮。这种那一刻的一体性可以包含了你们在那些可能成为你的列表的一部分的人身上花费了大量的时间并与其分享情绪。在你们任何特定的一天中花费另一个实体可能需要的时间，时常是在极端情况中，你们可能发现这是不方便的。生命时常是一个难以应付的工作。会有受伤的感觉，痛苦的记忆，疑虑的未来以及在当前的困难的时刻，它们

会闯入到对列表的流畅运转的划掉过程中。在这个方面，你们看到可以被描绘为在爱和智慧之间的一场竞争，这场竞争是完成你们的任务的智慧，如你们在你们的第三密度的幻象中对任务的定义一样，对比是你们的灵性旅程的一部分，且在贯穿整个一天之中都需要提醒物——非常类似于你们的列表提醒你们的约会和你们的日程一样——的同情心之间的竞争。

Thus, we would suggest that your third-density illusion provides you with a, shall we say, degree of difficulty in accomplishing the activation of the green-ray energy center, for more and more your mechanized, computerized, digitized society requires you to move at increasing speeds in the physical sense, as well as the mental and the emotional senses as well—speeds which oftentimes necessitate, or would seem to, the omitting of what may become extraneous details in dealing with others' needs for your listening heart.

因此，我们会建议，你们的第三密度的幻象提供你们在完成对绿色光芒能量中心的激活的方面的，容我说，一定程度的困难，因为你们机械化、电脑化以及数字化的社会越来越多地需要你们在物质性的方面，同样也在心智和情绪的方面，用不断增加的速度移动——速度时常是需要，或者会看起来似乎是需要，将在与其他人对于你的聆听的心的需要打交道的过程中可能会成为枝节的具体细节的事物的忽略。

At this time we shall transfer this contact to the one known as Steve and continue our thoughts there. We are known to you as those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体并在那里继续我们的想法。我们是你们知晓的 Q'uo。

(Steve Channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking this instrument for the challenge which it has offered us, for it is our understanding that we must reassure those who seek our service about our intentions; that is to say, that we come in the name of love, that we come in the name of serving others, and that we do so in all humility.

我是 Q'uo，我与这个器皿在一起了。我们会通过这个器皿藉由为它已经提供给我们的挑战感谢这个器皿来开始我们的交流，因为我们的理解是，我们必须在关于我们的意图的方面反复向那些寻求我们的服务的做出保证，也就是说，我们是以爱的名义而来的，我们是以服务他人的名义而来的，我们是在全部的谦逊中这样做的。

Now, the reason that is appropriate and important for us to pass this challenge is that in your third-density illusion, it is not possible to ascertain, self-evidently, the intention of those with whom you communicate, for it is rather easy to conceal one's intention in this illusory experience, and you have all developed, over the course of your lifetimes, powers of discernment by which you judge the quality of the communications which you receive, the

quality of the interactions which are offered to you, and make an estimate of the best way to respond. This is all part of a process which may be called wisdom.

现在，我们要通过这个挑战是适当的且重要的原因是，在你们的第三密度的幻象中，要去无需证明地确定那些你进行交流的人的意图，这是不可能的，因为要将一个人的意图隐藏在这个幻象的体验中，这是相当容易的，你们已经全都在你们的生命旅程中发展出了分辨力的力量了，藉由这种分辨力，你们会判断你们接收到的沟通交流的特性，那些被提供给你们互动的特性，并对于要去回应的最佳的方式做出一个评估。这就是一个可以被称之为智慧的过程的所有部分了。

And yet, the wisest among you may be deceived, and this deception can go very, very deep because those factors which you use to sort out one intention from another, a good intention from a bad, an open-hearted intention from one which is closed off and selfish . . . These criteria, we say, can be easily mimicked, and if you allow yourself to judge based upon factors which do not go to the heart of a communication, which do not go to the heart of an offering of an other-self, then you can very, very easily discover that you are well on the way to a path that does not lead to the open heart, but rather to a way of serving the self.

然而，在你们当中最有智慧的人，都可能会被欺骗，这种欺骗能够非常非常深入，因为那些你们用来将一个意图与另一个意图，一个好的意图与一个坏的意图，一个开放的心的意图与一个被封闭起来且自私的意图区分开的要素……这些准则，容我说，是能够轻易地被模仿的，如果你允许你自己基于那些不会前往一次交流的核心，且不会前往一种对一个其他自我的给予的核心要素进行评判，接下来你就能够非常非常容易地发现，你正好处在了一条并不会通往开放的心的道路上，而毋宁是一条服务自我的道路。

These ways of serving the self are, in fact, very many, and very clever in the manner in which they are offered to the self. You may see them as temptations, but they are temptations which are wrapped, very frequently, in an envelope of good intentions, shall we say, such that it can appear to one who engages with others that they are in a fine place with respect to the offering of service, when in reality, the service offered is already of the nature of that which primarily seeks to promote hidden interests of the self.

这些服务自我的道路，在它们被提供给自我的方式的方面，实际上是非常众多且非常狡猾的。你们可以将它们视为是诱惑，但是它们非常频繁地是被包裹在一个，容我说，具有良好的意图的信封中的诱惑，这样它就能够对于一个与其他人打交道的人看起来似乎，它们在关于服务的给予的方面是处于一个良好的位置上的，而实际上，被提供的服务已经是具有那种主要寻求去促进被隐藏起来的自我的利益的事物的特性了。

Now, over the course of time, interests of these sorts have typically accumulated, and collectively go to the makeup of what you think of as yourself, and this functions as a kind of motivator. In fact, in many ways it is essential to have this motivator—and we almost would say—this filtering mechanism in place, as a survival mechanism essential for dealing with the

complexities of your daily lives. However, the very mechanism which it can seem to be the better part of wisdom to perpetuate and routinely employ, is a mechanism which can block your access to open-hearted communication, and therefore, when upon one occasion or another, it seems sometimes quite suddenly possible for you to communicate in a way that is unexpected, in a way that is even perhaps unwanted, but as you perceive, needed; that it is possible to open your heart to another. This can seem a little bit dangerous. It can seem so far off the expected pattern of interaction that, on the whole, it would be wiser not to go there, it would be wiser to remain within the protective parameters of a well-traveled and well-understood way of being a self in your social structures, shall we say.

现在，随着时间的推移，那些类型的利益已经典型性地被积累起来了，并集中地进入到你认为是你自己的事物的构造之中了，这会作为一种类型的激励因子而起作用。实际上，在很多的方面，去拥有这种激励的因子是至关重要的——我们几乎会说，这种过滤的机制处于适当的位置，作为一种生存性的机制，对于与你们的日常生活的复杂性打交道是至关重要的。然而，智慧要去继续存在并有规律地应用，可以看起来似乎是智慧的更好的部分的核心的机制，是一种能够阻碍你们进入到开放的心的沟通交流的入口的机制，因此，当出现这样或者那样一个情况的时候，要用一种未被期待的方式，用一种甚至也许不需要的，但如你感觉到是被需要的一样的方式去进行交流，这时常相当突然地看起来似乎是有可能的，要将你的心向另一个人开放，这是有可能的。这可以看起来似乎是有一点点危险的，它可以看起来似乎是与被期待的互动的模式是如此遥远，总的来说，不去那里是更加聪明的，留在你们的，容我说，社会构架中的成为一个自我的一种被很好地旅行过并被很好地理解了的方式的保护性的参数中，这是更加聪明的。

If, however, there has been enough work done by the self upon the self in its effort to open the heart, it will begin to seem more and more possible that a little bit of foolishness can be allowed; a little bit of risk can be taken; a little bit of opening can be given to another who seems to be calling for, crying out for, this opening, that the salve of heart love may be offered, may be received by the other.

然而，在这种开放心的努力中，如果已经有足够的工作由自我在自我身上被进行了，一点点的愚蠢能够被允许，一点点的冒险能够被进行，一点点的开放能够被给予另一个看起来似乎在呼唤，渴望这种开放的人，这样属于心的爱的安慰物就可以被给予并被其他人接收到，这将会开始看起来似乎越来越有可能了。

It seems like foolishness to open the heart, and therefore it can seem that open-hearted love is in a state of tension with those factors of wisdom which are essential for self-maintenance and self-preservation. The more you learn to loosen the bounds of wisdom, the more you learn not to limit your conception of who you are by acts of preserving what you have come to think you must preserve in order to be a viable self in the society you enjoy, the more you learn that you do not need to be who you have been trained to think you must be, the less you will be inhibited in the opening of the heart to the other.

开放心看起来似乎是愚蠢的事情，因此，它可以看起来似乎是，开放心的爱是处

于一个与那些属于智慧的要素之间的紧张状态中的，智慧对于自我维护和自我保存是至关重要的。你越多地学会去放松智慧的束缚，你就会越多地学会不去限制你对于你是谁的知识，你就会越多地学会，你不需要去成为那个你已经被训练去认为你必须的人，你就会越少地在向其他人开放心的过程中被阻碍了，这种对知识的限制是藉由维持你已经开始认为你必须维持以便于在你现在享受的社会中成为一个可存活的自我的事物的行动而进行的。

It seems then that the opening of the heart is a great act of folly and indeed, my friends, we would suggest to you that it can be precisely this, that when you do open the heart, you do find yourself vulnerable, when you do open the heart, you do put yourself in a position where another may act in such a way as to cause you pain, and when you do open the heart and get catalyst that is of a particularly strong nature, you can find yourself in a position of recoiling back upon yourself which makes any future opportunity to open the heart all that much more difficult to avail yourself of. So the opening of the heart may well be seen to have a kind of wisdom of its own built into its process, built into its nature.

看起来似乎，开放心是一个极其愚蠢的行为，确实，我的朋友们，我们会向你们建议，恰恰正是如此，当你确实开放心的时候，你会发现你自己是易受伤害的，当你确实开放心的时候，你将你自己放置在这样一个位置上，在那个位置上另一个人可以用这样一种会给你造成痛苦的方式来行动，当你确实开放心并得到具有一种尤其强有力的特性的催化剂的时候，你能够发现你自己处于退缩回到你自己的位置，这会让任何未来的开放心的机会成为更加难以为你自己所取得的事物。因此，开放心完全可以被视为是具有一种被构建在它的过程中，被构建在它的属性中的属于它自己的智慧。

One is like the springtime flower opening on the first days of bright sunshine and warmth, but doing so in a manner which is tentative, which tests the air to see whether there is, after all, a hint of frost, a hint a danger lurking. But the flower must open to fulfill its destiny, and it must do so without full realization of what the day will bring, and when it finally comes to see that its glory will lie in being fully opened, even if this glory subjects it to the possibility of damage, then it realizes that destiny which is uniquely its own.

一个人喜欢春天的花朵在明媚的阳光和温暖的最初的日子开放，但是却用一种实验性的方式来这样做，也就是说，检查空气以弄明白，是否会有一种霜冻的线索，一种潜伏的危险的线索。但是，花朵必须开放以实现它的命运，它必须在没有充分意识到那一天将会带来什么的情况下这样做，当它最终开始了解到它的荣耀将会存在于完全的绽放之中的时候，即使这种荣耀让它受制于伤害的可能性，在那个时候它就实现了对于它自己是独一无二的命运了。

We cannot tell you, my friends, that you will be safe in every effort you make to engage with those around you from a standpoint of love. We cannot say that your offering of love will be accepted and well received. We cannot say that you will emerge from every interaction you enter with the intention of love in a manner which celebrates the love that has been there offered, for you may find that your love is rejected; you may find that those that you have

sought to love will not give you love in return.

我们无法告诉你们，我的朋友们，你在每一个你为了从一个爱的观点与你周围的那些人结合起来而做出的努力中将会是安全的。我们无法说，你的爱的给予将会被接受，并将会被很好地收到。我们无法说，你将会从你带着爱的意图进入到每一个互动中用一种会赞颂那个已经在那里被提供的爱的方式脱颖而出，因为你可能会发现你的爱是被拒绝的，你可能发现那些你已经寻求去爱的人将不会反过来给你爱。

You have a saying among your peoples that "it is better to have loved and lost than not to have loved at all," and we find that this is indeed true, but its truth does not neglect the fact that to have loved and lost is to have lost indeed. And so, it remains true that it is well to exercise some judgment in guiding your interactions among those around you. It is well to allow this judgment to be imbued with that wisdom which has accumulated as a result of your many past interactions, for it is possible, to quote another of your sayings, "to throw your pearls before swine." It is possible to unwisely enter into an interaction with the best of intentions in a way and in a circumstance that in truth, offers little opportunity for positive engagement.

你们在你们的人群中有一个谚语，那就是“相比完全没有爱过，爱过并失去爱，这是更好的，”我们发现这确实是真实的，但是，它的真实并不会否认这个事实，及爱过并失去爱，确实是失去爱了。因此，仍旧是真实的事情是，在指引你与你周围的那些人的互动的方面使用某种判断，这是很好的。去允许这种判断被那种已经作为你许多的过去的互动的一个结果而被积累起来的智慧所灌注，这是很好的，因为有可能去引用你们的另一个谚语，“将你的珍珠扔到猪的面前。”用一种实际上几乎不会提供正面性的参与的机会的方式并在这样一个环境中带着最佳的意图不明智地进入到一种互动，这是有可能的。

And so, you do well to be aware of those limitations, both within your own person and within your group interactions that can put a limit to the possible efficacy of open-hearted communication. Even there, however, we would say that it is still always a possibility for you to keep the heart open, even where it is not fully exposed; to keep the heart open, even where you have taken up a posture in relation to those around you such that those around you will be known not to be able to see that you are being open-hearted in relation to them. There simply are many circumstances in your daily lives where you will be dealing with those who have no intention and no present capacity to engage with you heart to heart, and it is well then to privately wish well these that need to go their own way, to hope that they find what they need to find in order to find their way to the spiritual advancement which they too inevitably seek.

因此，你们在察觉到那些局限性的方面是做得很好的，那些同时在你自己个人内在之中以及在你们的团体互动之中的局限性能够将一种限制施加在有可能的开放的心的交流的成效上。无论如何，甚至在那里，甚至在它并未完全被显露出来的位置上，我们会说，仍旧一直会有一种可能性让你保持心的开放，甚至在你在与你周围的人建立关联的方面已经采用了一种姿态，以至于你知道那些在你周围的人将是无法看到你在与它们建立关联的方面是处于开放的心之中的位置上，你

仍旧有可能去保持心的开放。在你们的日常生活中单纯地会有很多的情况，在其中你们将会在与那些没有意愿且没有现存的能力用从心到心的方面与你互动的人打交道，在那个时候，在私下祝愿这些需要的人去走它们自己的道路，去希望它们发现它们需要去发现的事物，以便于找到它们通往它们同样不可避免地寻求的灵性上的进步的道路，这是很好的。

Thus, we find that it is always a very, very great gift when you are able to address your energies to those of others who do have an interest in engaging with those energies as a part of a process of mutual heart opening. It is always a great gift to find another who can resonate on the same wavelength that you enjoy, and here it is, indeed, not only possible, but highly desirable to open yourself in ways that can seem tremendously foolish. It is desirable when the circumstances offers the promise of sufficient safety for you to avail yourself of this safety and take a chance, and take a chance that you may love freely without stint of reservation, that you may love freely without fear, that you may love freely without holding back in the concern that your love will intrude upon the subjective life of the beloved, for only when your love is offered in this uninhibited way, does another have the full advantage of the catalyst which this moment can uniquely provide. It is a very great joy which you sometimes are able to discover in the sexual life. It is a very great joy which you are sometimes able to discover in the simple gaiety of friendship. It is a great joy when you are allowed to be of some service to another whose pain, or whose suffering, or whose sorrow asks for healing, for that healing that can only come through love.

因此，我们发现，**当你们能够将你们的能量引向其他的那些确实对于将那些能量用作一个相互的心的开放的过程有兴趣的人们的能量的时候，这一直都非常、非常巨大的礼物。** 去找到另一个能够在享受的相同的波长上有共鸣的人，这一直都是一个巨大的礼物，确实，这不仅仅是有可能的，对于用那些能够看起来似乎是极其愚蠢的方式来开放你自己，这同样也是高度理想性的。当环境提供了足够的安全新的保证以便于你让你自己受益于这种安全性并冒险试一试，碰碰运气，这样你会你可以毫无保留地自由地爱，你可以不带有恐惧地自由地去爱，你可以在没有在对你的爱将会侵犯那个被爱的人的主观的生命的担忧中有所保留的情况下自由地去爱的时候，这是理想性的，因为仅仅在你的爱是用这种不受限制的方式被提供出来的时候，另一个人才会充分利用这一刻所能够独一无二地提供的催化剂了。它是一种非常巨大的喜悦，你们有时候能够在性生活中发现那种喜悦。它是一种非常巨大的喜悦，你有时候能够在友谊的简单的快乐的气氛中发现那种喜悦。当你被允许对另一个人进行某种服务，这个人的痛苦或者它的苦难，或者它的忧伤请求疗愈，请求仅仅能够通过爱而来的疗愈的时候，这是一种巨大的喜悦。

Every offering of love is a risk. A risk, on the face of it, can seem unwise. Wisdom, however, that has taken account of itself, will eventually come to realize that perfect wisdom is itself an imperfect thing, for perfect wisdom would counsel that no risk ever be taken. Perfect wisdom would counsel that the odds militate against the possible fruition of open-hearted interaction. And yet, if perfect wisdom always prevailed, that spiritual sustenance, which is

the very life blood of soul, would be denied, and so to return to our metaphor, the flower must open, the bud must bloom despite the risk of frost, despite the rough winds that may soon blow, despite the hungry animal which may happen by and be attracted to the blossom.

每一个爱的给予都是一个冒险。一个冒险，在表面上，看起来似乎是不智慧的。然而，那种已经考虑了它自己的智慧，将会最终开始意识到，完美的智慧在其自身就是一个不完美的事情，因为完美的智慧会劝告，没有任何的冒险要被进行。完美的智慧会劝告，差异会与开放的心的互动的有可能的结果产生冲突。然而，如果完美的智慧一直都是占上风的，灵魂的生命之血液之所是的灵性的食粮就会被否认，并因此返回到我们的比喻了，花朵必定会开放，幼芽必定会繁茂，不顾霜冻的危险，不顾可能很快会吹起的狂风，不顾可能碰巧在附近的并被那中繁茂吸引来的饥饿的动物。

Folly is not the same thing as love, but in a world which is defined too much by wisdom, it can seem folly to love at all. Therefore, we might say that it is indeed the greater act of wisdom to allow wisdom itself to be curtailed in the face of love. It is never wrong to inquire about the modes in which love may reasonably be expected to have sway in particular kinds of circumstances. It is never an untoward question to ask whether the loved one feels in one's heart would be well received, but there is a moment in which the bubbling up of love from within will not be denied, and a wisdom that counsels it is better not to take a chance, which refuses to allow that expression, is not the greater part of wisdom.

愚蠢与爱并不是同样的事物，但是在一个过度被智慧所定义的世界中，去爱完全会看起来似乎是愚蠢的。因此，我们可以说，允许智慧本身在面对爱的时候被减少，这确实是更大的智慧的举动。去检查爱在其中可以适当地被期待在那些特定类型的环境中产生影响的模式，这永远都不会是错误的。去询问是否那个被爱的人在它的中心中会很好地被接收到的事物，这永远都不会是一个不合适的问题，但是会有一个在其中来自于内在之中的爱的涌出将不会被否认的时刻，如果一种智慧会劝告最好不要去碰运气，且会拒绝允许那种表达，这种智慧并不是智慧的更大的部分。

Life itself, however, is a chance, and love is its main chance. And so even those who have become wise with the passing of years, with the passing of generations, must realize in the end that the greatest gift that life has to offer is the gift that surpasses understanding, is the gift that puts one in relation to the mystery of being, and the more open the heart is, the more that mystery can be plumbed. It is a mystery that perpetually confounds the understanding. It is a mystery that cannot be made the subject of any wisdom.

然而，生命本身就是一种运气，爱是它主要的运气。因此，甚至是那些已经随着时间的流逝，随着世代的流逝而变得有智慧的人，它们必须最终领悟到，生命所要给予的最大的礼物，是那个超越理解的礼物，是那个将一个人放在与存在的神秘的关联之中的礼物，心越发开放，神秘就能够越多地被探测。这是一个会永远地让理解变得混乱的神秘。这是一个无法成为任何智慧的主题的神秘。

We would say that wisdom has its place; we would say that sound judgment is never to be despised, but if judgment is given full and sole sway, that is precisely the first step on the path to a mode of service which contracts itself merely to the parameters of the serving self. That self which seeks to serve, not solely, its thus-contracted self, must be the blossom that opens itself in love to the creation, and must therefore be foolish precisely to that extent.

我们会说，智慧拥有它适当的位置，我们会说，合理的判断永远不会被轻视，但是如果评判被给予了完全且唯一的支配地位，那恰恰就是走在通完这样一种服务的模式的道路上的第一步了，这种服务的模式会仅仅让它自己与服务自我的参数达成协议。那个寻求去服务的自我，不是单单服务它用这种方式达成协议的自我，必定会成为在爱中向着造物开放它自己的那个花朵，并因此必定是在那个程度上完全是愚蠢的。

We are those of Q'uo and we would at this time return to the one known as Jim to finish our final thoughts, and then to ask if there are any questions remaining on the minds of those here present. I am Q'uo, Adonai, my friends, Adonai.

我们是 Q'uo，我们会在此刻返回到被知晓为 Jim 的实体来结束我们最后的想法，并接下来询问是否有任何问题留在那些在场的人的头脑中。我是 Q'uo, Adonai, 我的朋友们。Adonai。

(Jim Channeling)
(Jim 传讯)

I am Q'uo and am again with this instrument. We are happy to have been able to address the query which we feel is central to the experience each of you enjoys at this time in your life pattern, for the concept of love rising in ascendancy over the mundane matters of your earthly world is that which now takes flight around your weary world in the hearts and minds of those that have taken time to think with more than the mind, but with the mind of the heart, shall we say.

我是 Q'uo，我再一次与这个器皿在一起了。我很高兴已经向讲述这个问题了，这个问题对于你们每一个人此时此刻在你们的生命模式中所享受的体验是中心性的，因为在超越你们的尘世的世界的世俗的问题的过程中升起的爱观念，就是那个现在在你们的疲倦的世界周围，在那些已经花时间不仅仅用心智思考，而是也用，容我说，心的心智来思考的人的心与心智中飞翔的事物了。

It is a time of graduation upon your planet. Those who now pass through the doors of death are offered the steps of light to measure their success at making this choice toward the path of love and service to others, or love and service to self. Few there are who take the latter path. Unfortunately we find that the positive path also has far less than we have hoped, for it has been some time that the Confederation of Planets in the Service of the One Infinite Creator have been attempting to seed the concept of love within those hearts which are open to it. The gardens upon your planet are few, yet there are places upon your planet's surface that, when seen in the metaphysical realm,

shine with the brilliance of the love that has been let loose, and shines freely from each open heart.

这是一个在你们的星球上的毕业的时间。那些现在穿过了死亡的大门的人，被提供了光之台阶，以衡量它们在做出这个朝向爱与服务他人，或者爱与服务自我的道路上的选择的方面的成功。很少人选择了后者的道路。不幸的是，我们发现正面性的道路拥有比我们已经期待了的数量是要远远更少的，因为服务太一无限造物者的星际联邦一直在尝试去在那些向着爱的观念开放的心之中播撒爱的观念的种子已经有一段时间了。你们星球上的花园是很少的，然而，在你们星球表面上有一些地方，当从形而上学的领域被观察的时候，是带着已经被释放出来的爱的光辉而闪耀的，并自由地从每一颗开放的心闪耀出来。

At this time we would ask if there might be any further queries to which we might speak?

在此刻，我们会请问，是否有任何进一步的问题是我们可以发言的。

Gary: Q'uo before I ask our first query, N. also asks that we pass on this message to you. He writes in personal gratitude saying that he will never find the right words to say enough how grateful he is to Ra and those of Q'uo and Carla for their service for the information that they made available to us that changed the whole vector of his life and gave it direction and meaning.

Gary: Q'uo, 在我询问我的第一个问题之前，N 同样也请求我们将这个信息传递给你们。他写下了个人的感激，他说，他将永远无法找到合适的言语来足够讲述，他对于 Ra, 对于 Q'uo, 以及对于 Carla, 为他们对于已经可以为我们所取得的信息的服务是多么感激，这份信息改变了他的生命的整个矢量并给予了它方向与意义。

I will move on to the first follow-up. Ra describes a rate of 51% service to others and 95% service to self which needs be achieved in order to graduate from the third-density illusion. I understand that one's overall violet ray is that which is being measured, but what does the 51% mean? Is it the quantity of intentions and feelings and thoughts and words and deeds? Is it the amount of time one spends oriented toward service to others? Or is it the strength of the service to others behind intentions and thoughts and deeds? What does the 51% mean?

我将会继续第一个后续问题。Ra 描述了为了从第三密度的幻象毕业需要取得的一个百分之五十一的服务他人的比率和百分之九十五的服务自我的比率。我理解，一个人的整体的紫罗兰光芒就是那个被衡量的事物，但是，百分之五十一意味着什么呢？它是意图、感觉、想法、言语和行为的数量吗？它是一个人在服务他人的导向的事物上花费的时间的数量吗？或者，它是在意图、想法和行动背后服务他人的强度吗？那个百分之五十一的意思是什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. Before we address the query, may we thank the one known as N. for his kind comments, and may we note that this entity is one of which we spoke in suggesting that there are those around this planetary surface which indeed open their hearts in shining love to others.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。在我们讲述这个问题之前, 容我们为被知晓为 N 的实体的好心的称赞而感谢它, 容我们指出, 这个实体是我们在建议在这个星球表面上有那些确实在向他人闪耀爱中开放了它们的心的人的时候我们谈及的实体中的一个实体。

Now, to your query. You may look at each mind, body, spirit complex within the third-density illusion as a source of energy—energies that are expended either in service to others or in service to self. If you could look at the metaphysical nature of the metaphysical expenditure of energies by each entity, this would provide you with a measure, shall we say, of the efficiency of the energy expenditures, even into the areas of the quantification of percentages.

现在, 关于你的问题。你可以将在第三密度的幻象中的每一个心/身/灵复合体视为一个能量源, 要么在服务他人的方面, 要么在服务自我的方面被消耗的能量。如果你能够检查被每一个实体花费的能量的形而上学的支出的形而上学的特性的话, 这会给你提供一种对能量消耗的成效的, 容我们说, 度量, 这种度量甚至会进入到百分比的量的区域之中。

The entity who is able to express 51% of its energies by intention in its life pattern, then will find itself available for the harvest in the positive sense. The entity who expends 95% of its energies in directing that love quality to the self, will similarly find itself in the opportunity to be harvested in the negative sense, for the negative entity will find it is much more necessary to be consciously aware of each expenditure of energy, for it is much more difficult to contact intelligent infinity using the lower chakras, red through yellow, leaving out the green and making contact with intelligent infinity by communicating through the blue chakra and the indigo. Thus the requirement for the negatively oriented entity is somewhat higher, shall we say, for it travels the path of that which is not, the path of separation. This is a viable path to the one Creator but requires a greater degree of accuracy in the expenditure of energy.

能够藉由意愿表达在它的生命模式中的它的能量的百分之五十一的实体, 接下来就将会发现它自己可以为在正面性的意义上的收割所取得了。将它的能量的百分之 95% 花费在指向那种对自我的爱的特性之中的实体, 将会类似地在发现它自己处于在负面性的意义上被收割的机会之中了, 因为负面性的实体将会发现它更加需要去有意识地察觉到每一个能量的支出, 因为要使用从红色到黄色的较低脉轮来接触智能无限, 并同时隔离绿色脉轮, 切通过蓝色脉轮和靛蓝色脉轮的交流来与智能无限建立接触, 这是要更加困难的。因此, 对于负面性导向的实体的要求是, 容我们说, 多少有些更高的, 因为它是走的那条其之不是的道路, 分离的道路。这是一条通往太一无限的可行的道路, 但是它需要一种在能量支出的方面的更大的准确度。

Is there a further query, my brother?

我的兄弟, 有一个进一步的问题吗?

Gary: Would you say that it's fair to say that one can achieve that 51%

measure by being simply kind, compassionate, and oriented towards concern and care for other people?

Gary: 一个人能够藉由成为单纯地善良的、富有同情心的，并朝向灌注和关心其他人的而取得那种百分之五十一的衡量，你们会认为这样说是清楚的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. And to simply do this would indeed meet the requirement, but we find that such a simple expression of kindness and love is difficult to find upon your planetary service.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。单纯地这样做确实是满足要求的，但是我们发现，这样一种对于善良和爱的简单的表达很难在你们的星球上找到。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: I have some more that I can ask. Is there any query from the group?

Gary: 我已经比我能够询问的得到更多了。有任何来自团体的问题吗？

(Pause)

(暂停)

Gary: In which case, Q'uo, our dear friend Misha lives just a couple miles from the Metro line in Brussels that received an attack recently, a line that she takes frequently. She reported the day of exhaustion from shock and tears and wrote in an email afterwards:

Gary: 这样的话，Q'uo，我们亲爱的朋友 Misha 生活在距离在布鲁塞尔距离地铁线仅仅几英里的地方，一条她经常搭乘的线路刚刚受到了一次攻击。她报告了那个因为冲击和泪水而造成的筋疲力尽的一天。

"This morning I was wondering if the prayers and thoughts of compassion sent were reaching the wounded and also the departed ones. When you know that somebody is praying for you, you can feel the action of the prayer, but when you are not aware of that fact, then what happens? Can some comfort be perceived? I only hope so. I wanted to help the deceased victims find their way to light and love."

"今天早上我正在怀疑，是否被送出的具有同情心的想法和祈祷正在触及受伤的人，同样还有那些已经去世的人。但你们知道某个人正在为你们期待的时候，你们能够感觉到期待的行为，但是当你们没有察觉到那个事实的时候，接下来会发生什么呢？某种安慰能够被感觉到吗？我仅仅希望是这样的。我想要帮助已经去世的受害者们找到它们通往爱和光的道路。"

Q'uo: I am Q'uo and am aware of your query, my brother, and of the query known to the one known as Misha. We find that the entities that are sending the love and light to those who have deceased from the action of the terrorists are in a, what you might call, "state of shock." The loving energies

that are surrounding them are available to them as a kind of pool or resource that can be used by these entities. We find that there are guides for each entity that await the entity's ability to determine what has occurred in their life pattern, for when the death occurs in such a sudden fashion, there is the disorientation of the mind/body/spirit complex that requires a certain amount of healing. Those entities upon the inner planes of your planetary surface in charge of such are tending to these entities at this time. Those of the ones known as Ra have, in the past, as has been spoken in the Law of One material, attended to such entities as were passing through the doors of death due to the dropping of the atomic bomb in Hiroshima and Nagasaki, and were able to offer to these entities the reintegration of the mind/body/spirit complex. Thus these entities of Ra and other entities as well, offered themselves at this time in service to those who passed through death's doors at the attack on Brussels at the previous mention.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟, 以及被知晓为 Misha 的实体所知晓的问题。我们发现, 对于正在向那些已经因为恐怖主义者的行为而死去的人们送出爱与光的实体们, 这些死去的实体们是处于你们所称的一种“休克状态”之中的。那些正在包围它们的充满爱的能量, 作为一种类型的能够被这些实体利用的备用物质或者资源而可以为它们所取得的。我们发现每一个实体都会有指导灵, 它们等待着实体们确定已经在它们的生命模式中发生了什么事情的能力, 因为当死亡用一种突然的方式发生的时候, 会有心/身/灵复合体的方向的迷失, 这需要一定数量的疗愈。那些在你们的星球的内在层面中的负责的实体们在此刻正在照顾这些实体。被知晓为 Ra 的实体, 如同在一的法则的材料中已经被谈到的一样, 已经诸如那些由于在广岛和长期投下原子弹而穿越死亡的大门的实体之类的实体了, 它们能够为这些实体提供对心/身/灵复合体的重新整合。因此, Ra 实体, 同样还有其他的实体们, 在此刻为那些已经在之前提到的布鲁塞尔的攻击中穿越死亡的大门的那些实体的服务中提供它们自己。

Is there a further query, my brother?
我的兄弟, 有一个进一步的问题吗?

Gary: Yes, there is Q'uo, thank you so much. This one comes from our friend L., who writes: "I'm thinking of the phrase 'the road to hell is paved with good intentions.' This got me thinking. Many of the channelings say if our intentions are pure then there really isn't much to worry about, so all of us New Age type folks doing all we can with the best intentions and still witnessing supposed failure about us, I'm wondering if you could speak to that phrase and its validity."

Gary: 是的, 有问题, Q'uo, 非常感谢你们。这个问题是来自于我们的朋友 L, 它写道: "我正在思考, 通往地狱的道路是用好的意图铺就的。这让我思考。很多的传讯说, 如果我们的意图是纯净的, 那么就真的不用有太多要去担忧的事情, 因此, 所有我们这些新时代类型的人都在带着最佳的意图做所有我们能够做的事情, 却仍旧在看到在我们周围被假设为失败的事物, 我想知道, 你们是否能够谈及那个说法以及它的正确性。"

Q'uo: I am Q'uo and am aware of your query, my brother. We find that this

instrument itself has wondered about that query, for it is aware that the intention is that which is the foundation of each action. We would suggest that the statement itself, that "the road to hell is paved with good intentions," is an inaccurate estimation of what actually occurs within your third-density illusion when entities offer themselves in service to another, and that service seems to go awry, and the one receiving the service is, by receiving the service, finding itself in a situation that is perhaps worse than the one in which it was in before the intention was offered to assist.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们发现这个器皿它自己已经对这个问题感到吃惊了, 因为它察觉到, 意图就是每一个行为的基础。我们会建议, 这个说法本身, 及"通往地狱的道路是用好的意图铺就的,"是一个对于在你们的第三密度的幻象中实际上发生的事情的不准确的评估, 当实体在对他人的服务中提供它们自己, 且那个服务看起来似乎是出错了的时候, 一个正在接收到那个服务的人, 藉由接收到那个服务, 正在发现它自己处于这样一个情况中, 那个情况也许比他在那个意图被提供来帮助之前所处的情况是更差的了。

The shortness of perception here is that which is the problem. The viewpoint must be somewhat wider in order to see that the entity receiving the attention of service from another may find itself in what seems to be a worse situation. There must be the recognition that each situation teaches that which is needed by the entity within the situation. Thus, the desire of most third-density entities to be within a comfortable situation is that which biases most entities when they see another entity in a situation in which they would not choose themselves to be. But if they would remain with that entity long enough to see the lessons learned within that situation, they would see the value of that situation. Thus, the road to hell is that which is a short road; the road to the heaven worlds is that which passes through the road to hell.

在这里的观念的不足之处是问题的不足之处。观点必须被多少拓宽一些, 以便于看到从另一个实体接收到服务的关心的实体, 可能会发现它看起来似乎是处以一个较差的情况中的。必须要认出的事情是, 每一个情况都教导了在那个情况中被实体需要的事物。因此, 大多数第三密度的实体对于处于一个舒适的情况中的渴望, 就是在实体们看到另一个实体处以一个它们不愿意选择让它们自己处于其中的情况的时候大多数实体会产生偏向性的事物了。但是如果它们会与那个实体留在一起足够长的时间来看到课程在那个情况中被学会, 它们就会看到那个情况的价值了。因此, 通过地狱的道路是一条短小的道路, 通往天堂的道路是要穿越通往地狱的道路的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: I'm sure L. will very much appreciate that, Q'uo. There is a query, and it is about a particularly ugly way of distorting the Creator on this planet, called "female genital mutilation," and a seeker in Germany named J. writes and asks if Q'uo could speak on the origins in the mind complex of this particular distortion.

Gary: 我相信 L 将会非常感激那个回答, Q'uo。有一个问题, 它是关于对于这

个星球上的造物者的一个格外丑陋的扭曲的方式的，它被称为“女性的割礼”，一个在德国叫做J的寻求着写信并询问 Q'uo 是否能够在在这个特定的扭曲的心智复合体的起源的方面谈谈。

Q'uo: I am Q'uo and am aware of your query, my brother. We find that this is one of many practices that some cultures upon your planetary surface practice in regards to the female of your species. We find that in general there are various cultures who have, shall we say, throwbacks to primitive times when the female was feared because it was the female who bore the children, and obviously the female through which the life force flowed. For the life force to flow obviously through the female rather than the male was a cause of concern and some fear for the male toward the female. [The energies are somewhat low but this instrument persists in attempting to go forward.] Thus, the female has been the object of this fear for many millennia upon your planet. Only in this day and age where mass communication puts the spotlight upon various practices of this kind is it possible to hope that such practices might be put to an end by the enlightening of those who practice such primitive rituals.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们发现, 这是在你们的星球表面的上的很多的文化在关于你们的物种的女性的方面的很多的仪式中的一个仪式。我们发现一般而言, 会有各种各样的, 容我们说, 可以会说到原始时期文化, 在原始时期, 女性是被害怕的, 因为生孩子的恰恰就是女性, 很明显, 生命力流经了女性。因为生命力很明显地流经了女性而不是男性就是一个男性对女性的担忧和某种恐惧的原因了。[能量是多少有些低的, 但是这个器皿坚持尝试去前进。]因此, 女性已经成为了这种恐惧的对象在你们的星球上已经有许多个千年的时间了。仅仅是在今日和当代大众媒体才将聚光顶放在这种类型的各种仪式上, 只有今日才有可能希望这样的仪式可以藉由那些进行这样的原始的仪式的人的觉醒而被结束。

We find that this instrument is now willing to admit it is running out of energy and would address the query in its ending by suggesting that there is no particular place or time or event which caused this action or practice of the mutilation of the female genitals other than the continued momentum of the male dominance of most cultures and the ignorance of the male species in its relation to the female.

我们发现这个器皿现在乐意于承认, 它正在耗尽能量并会在问题结束的时候藉由这样建议来讲述这个问题, 除了大多数文化的男性的支配性以及男性与女性的关系的方面的男性的忽视的持续的动能, 没有特定的地区、或者时间、或者事件造成了这个对女性的割礼的行为或者仪式。

We would thank each here for inviting our presence this day in your circle of seeking which is full of light and which brings us great joy to joy, as always. We are known to you as those of Q'uo and we leave this weary instrument and this loving group in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

我们会在这里感谢给位邀请我们今天出席你们的寻求的圈子, 你们的寻求的圈子

是充满了光并一如既往地带给了我们巨大的喜悦。我们是你们知晓的 Q'uo, 我们在太一无限造物者的爱与光中离开这个疲倦的器皿与这个有爱的团体。
Adonai vasu borragus.

April 2, 2016

2016-04-02 时间与能量的支出

Group question: As seekers who wish to be of service to others at this time of transition where there are increasing energies and our lives seem to be increasingly busy, often to the point that we feel profoundly overwhelmed, we have difficulty in finding the time and space to work upon ourselves so that we may, in turn, serve others. Can you please help us understand how we may manage in these times to best integrate parts of ourselves and become complete beings in order to offer ourselves in service to others?

团体问题：在这个转换的时期中会有不断增加的能量，我们的生活看起来似乎越来越忙碌了，经常到了我们感觉到深深地被压倒的程度了，作为希望在这个转换的时期对其他人进行服务的寻求者，我们在找到时间和空间来在我们自己身上进行工作以便于我们可以相应地服务其他人的方面遇到了困难。你们能够帮助我们理解我们如何可以在这些时间中设法最佳地整合我们自己的各个部分并成为完整的存有，以便于在服务他人中奉献我们自己呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light this afternoon. It is our great privilege to be here with you, to be called by you, to have the opportunity to attempt to be of service to you. In this attempt we would ask you to help us by using your own discrimination for each word that we utter and taking only those which have meaning for you, leaving behind all that do not. In this way we may speak freely without worry as to infringing upon your free will, for we are not authority figures that are without error. We are much as are you—your brothers and sisters who have moved somewhat further along the path of evolution that you, also, are upon. We have more experience in seeking the One Creator and in dealing with the catalyst that brings us closer to that One within us all, and we are happy to share this with you at this time.

我是 Q'uo，我在这个下午在爱与光中向你们致意。在这里与你们在一起，被你们呼唤，并拥有机会来尝试去对你们进行服务，这是我们巨大的荣幸。在这种尝试中我们会请你们藉由对我们说出的每一个言语都所用你们自己的分辨力，仅仅接受那些对于你们有意义的言语，并将所有没有意义的都留在后面来帮助我们。用这种方式，我们就可以自由发言，而不用在关于侵犯你们的自由意志的方面担忧了，因为我们不是不会犯错的权威人物。我们很大程度上是和你们一样的——我们是你们的兄弟姐妹，我们已经沿着那条你们同样也走在其上的演化的道路移动了多少有些更远的距离了。我们在寻求太一造物者的方面以及在与催化剂打交道的方面拥有更多的经验，就是那种催化剂将我们带到更加靠近在我们全体内在之中的那个太一的位置了，我们很高兴在此刻与你们进行分享。

You asked how to deal with the increasing energies of your third density vibration as it nears completion, and how to find those portions of yourself that seem lost from time to time, and bring them forth, and aid your total

effort of processing catalyst seeking the one Creator and serving others. As you know, my friends, this is a large task, but you are those doughty seekers who have been upon this path of seeking, not only for a great portion of this life, but for many lives previously. You have been faithful seekers of truth and servers of the One within.

你们询问如何在你们的第三密度接近结束的时候与你们的第三密度的振动的不断增强的能量打交道，如何找到你们自己的那些看起来似乎不时地会迷失的部分，将它们拿出来，并在寻求太一造物者和服务他人的方面帮助你们处理催化剂的整体性的努力。如你们知道的一样，我们的朋友们，这是一个巨大的工作，但是你们是那些已经走在这条寻求的道路上的刚毅的寻求者，你们不仅仅在这次生命中的一个很大的部分中，同样也在许多之前的生命中就已经走在这条道路上了。

And oftentimes upon this path there are more difficult places, bends in the road, shall we say, rougher places in the terrain which offer more challenges. These are the increasing energies of which you speak. How to find the time to deal with that which is placed before you, how to find those portions of yourself that can help you process all of the catalyst, all of the experiences that now are making themselves more apparent in your life pattern. These are most important questions, my friends. The fact that you are asking them means that you have the possibility and the opportunity of being able to answer them for yourself—with perhaps a little help from your friends. It is that little help that we hope to offer you today.

在这条道路上时常会有很多困难的地方，在道路上的转弯，容我说，在地面上的更加崎岖的地方，它们提供了更多的挑战。这些都是你们谈及的不断增加的能量了。如何找到时间来与被摆在你们面前的事物打交道，如何找到你自己的那些部分，这些部分能够帮助你们处理所有这些催化剂，所有这些在你们的生命模式中正在让它们自己变得更加明显的体验呢？这些问题是极其重要的问题，我的朋友们。你们正在询问它们这个事实，就意味着你们已经拥有可能性与机会能够为你自己回答它们了——也许藉由一点点来自于你们的朋友的帮助。我们希望在今天向你们提供的就是那一点点的帮助。

In order to find time when your day is fixed with only 24 hours within it, oftentimes one must prioritize the expenditures of energies that one is making. This is made more easy by reevaluating how you spend your days, for there are, within each seeker's pattern of experience, various ways in which there is the possibility of expanding your concentration upon your spiritual journey by removing some focus upon other areas that are perhaps more extraneous.

在你们的一天只有固定的在其中的二十四小时的时候，为了要找到时间，一个人时常必须对一个人正在进行的能量的支出进行按优先级排序。藉由对你们如何度过你们的日子进行重新评估，这种按优先级排序变得更加容易的，因为在每一个寻求者的体验的模式中，都会有各种各样的途径，通过这些途径会有藉由将一些聚焦从在其他的也许更加不重要的区域上移除而在你们的灵性的旅程上拓展你们的专注的可能性。

Thus, within your meditations, we would suggest that you look at your daily round of activities—that which has become a pattern for you, a ritual or a rule of life, shall we say—looking for those places where perhaps there is an indulgence of energy which is excessive, is unnecessary, is perhaps that which can be replaced by a focus made more clear by your intention to become clearer channels for the One Creator, more pure seekers of truth, more economical in your energy expenditures.

因此，在你们的冥想中，我们会建议你们检查你们的日常活动——那个已经成为了你的一个模式，一种仪式或者，容我说，一种生命的规范——寻找那些也许在其中会有一种能量的沉溺的区域，那种对能量的沉溺是过度的，是不必要的，也许就是可以被一种焦点所替代的事物了，那个替代的焦点会藉由你去成为太一造物者的更为清晰的管道，成为对真理的更为纯净的寻求者，并在你能量支出中变得更加节省的意愿而被变得更加清晰了。

We would suggest that as you look at your schedule of energy expenditures, you find a place, perhaps one or two more within each day, that there is extra time and opportunity and desire to focus within, to take, shall we say, a survey or a temperature of your spiritual progress for the day, your focus for the day, that which seems to be a theme for any particular day.

我们会建议，在你们检查你们能量支出的时间表的时候，你在每一天中找到一个位置，也许是一两个位置，在那里会有额外的时间、机会与渴望去聚焦于内之中，去对在那一天的灵性的进展，你在那一天的聚焦，对看起来似乎是任何特定的日子主题的事物，容我说，进行一次检查，或者测量一下温度。

The beginning of the day is an excellent time for looking at that which lies before you within your meditative times. After those periods of silence that are so nourishing as means by which you listen to the one within, then take some of that inspiration and focus it upon the upcoming day, looking for ways to find just a few minutes to refocus yourself upon that which is truly important in your life—the seeking of truth, the finding of the One, the serving of all, and see if there might be a way to do this in your normal activity, shall we say. Can you imbue the business of your being with a certain kind of love and compassion that is as, shall we say, the atmosphere that you breathe? And share with those who are your co-workers, the clerks in stores, the friends upon the street, all whom you meet? Can you find a way to open your heart in all of your endeavors of the day, so that the love and compassion that exists there might color and make whole that which you are engaged in with all those around you?

一天的开始是一个优秀的时间在你们的冥想状态中检查在你们前面的事物。在那些静默的时段之后，接下来拿起一些启发并在即将到来的日子中聚焦于其上，找到方法来仅仅找到几分钟将你自己重新聚焦在对于你的生命是真正重要的事物上——对真理的寻求，对太一的发现，对万物的服务，并看看是否可能有一种方式在你们的，容我说，平常的活动中进行这个工作。你们能够用一定类型的爱和同情心来关注你们的存有的工作吗？那种类型的爱和同情心就好像，容我说，你们呼吸的空气一样。你会与那些是你们的同事的人，在商店里面的职员，在街上的朋友们以及所有你遇到的人分享吗？你们能够找到一种方式在你在那

一天的所有的努力中开放你的心吗，这样，在那里存在的爱与同情心就可以将你与你周围的所有人一起从事的事物进行染色并使之变得完整了。

If you feel yourself frazzled by the tensions of completing your tasks, can you take a few deep breaths, close your eyes for a few moments, re-focus your inner field of vision to refresh your outer field of vision? Can you make it a practice to find ways to share the love that is within you with all those that are about you?

如果你感觉你自己因为完成你的任务的紧张而是疲惫的，你们能够进行一些深呼吸吗，闭上你的眼睛一会儿，对你的内在的视野的领域进行再次聚焦，以更新你外在的视野的领域？你们能够使之成为一种练习以找到方式来与所有在你周围的人分享在你内在之中的爱吗？

Perhaps this is the way to make up for the time that you do not have, by increasing the focus that you do have. If you can find time for an extra meditation, an extra contemplation, an extra consideration of some kind that will refocus you, that is also a great assistance, but if the time is truly so short that you feel it is not possible to do anything worthwhile in the time that you have, then look upon the possibility of using your refocused conscious intention to open your heart and share what is there, so that what you do in your daily round of activities is, shall we say, marinated in this loving vibration that each of you has.

也许这就是藉由增加你确实拥有的聚焦来弥补你并不拥有的时间的途径了。如果你能够找到时间进行一次额外的冥想，一次额外的沉思，一次将会让你重新聚焦某种类型的额外的考虑，那同样是一种巨大的帮助，但是，如果时间真的如此之短以至于你们感觉到不可能在你拥有的时间中做任何有价值的事情，那么去检查使用你的重新聚焦过的有意识的意图的可能性以开放你的心并分享在那里的事物，这样，你在你的日常生活的活动中做的事情就是，被浸泡在这种你们每一个人拥有的爱的振动中了的。

Ask for assistance, you have guides, friends, teachers . . . there is the Holy Spirit, there is the One Creator . . . you are surrounded by entities who are willing to help, but they must be asked. Ask, and then let that energy of love and acceptance of compassion flow through you so that you may imbue all that you do with it.

请求帮助，你们拥有指导灵，朋友，老师.....有圣灵，有太一造物者.....你们是被乐意于帮助的实体所包围着的，但是它们必须被请求。请求，接下来让同情心的爱与接纳的能量流经你们，这样你们就可以用它来灌注所有你们做的事情了。

At this time, we would transfer this contact to the one known as Steve, and continue with our thoughts on the question upon the day. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体，并继续我们在关于今天的问题的思考。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would like to begin our communication through this instrument by thanking this instrument and the group for the dedication it has put into this seeking. This instrument has requested a wall of light be placed around this group that it might feel the freedom and the safety of blending open hearts in a mutual seeking and, shall we say, celebration of the love of the open heart. This group is well aware that not all of the creation resonates with the open heart, and in your experiential nexus it remains true that there are some who seek in ways which, at your level of seeking, seem antithetical to your own; and you have also found that within your own persons there are elements of your being that are increasingly coming to light as the energies of your planet have begun noticeably to accelerate to the point that aspects of your being that have long lain concealed from you now no longer can remain concealed.

我是 Q'uo，我与这个器皿在一起了。我们想要藉由为这个器皿以及这个团体已经投入到这次寻求中的奉献致谢通过这个器皿开始我们的交流。这个器皿已经请求了一个光之墙壁被放置在这个团体的周围，这样它就可以感觉到在一种共同的寻求以及对开放的心的爱的，容我们说，欢庆中将开放的心混合起来的自由与安全了。这个团体清楚地察觉到，不是所有的造物都是与开放的心共鸣的，在你们体验的节点中，会有一些用在你们的寻求的层次上看起来似乎与你们自己的寻求的方式正好相反的方式来寻求的实体，这仍旧是真实的，你们同样也已经发现，在你们的自己的人群中，随着你们的星球的能量已经引人注目地开始加速，会有一些你们存有的要素越来越多地逐渐显露出来，以至于你们的存有的那些已经有很长时间都被隐藏起来的面向，现在不在能够依旧被隐藏起来了。

Therefore, as you seek to be about the business of opening your hearts, you will find that there are elements, you might say, of your past catalyst that have not been able to be processed, still residing within you in such a way that they are like impediments or blockages to the energy which in the open heart you would gladly dedicate in service to others and in praise and thanksgiving to the One Infinite Creator. These residuals of difficult catalyst not yet processed can be very challenging for the seeker who finds that it is like opening old wounds to allow these to come forth into present experience for purposes of healing.

因此，随着你们寻求去着手进行开放你们的新的工作，你们将会发现，会有那些，你们可以说，你们过去无法被处理且仍旧留在你们内在之中的催化剂的要素了，这些要素就好像是对于在开放的心中的能量的妨碍物或者阻碍物一样，而这些能量是你会高兴地在对其他人的服务中以及在对太一无限造物者的赞美和感恩中奉献出来的能量。这些尚未被处理的困难的催化剂的残余物对于寻求者能够使非常有挑战性的，寻求者会发现它就好像揭开旧的伤口来让这些困难进入到当前的体验中以实现疗愈的目的。

Indeed, my friends, we will tell you that the pain involved in this process can be very real, and the difficulties that you face can be quite challenging. Now, it is also true that you face challenges not only of your own making, but of the

making of those around you; and at a time in which repressed energies are being loosed right and left, so to speak, you can easily find yourself overwhelmed, and think yourself to be without resources sufficient for managing these diverse, and very often disharmonious, energies.

确实, 我的朋友们, 我们将告诉你们, 被包含在这个过程中的痛苦能够是非常真实的, 你们面对的困难能够是相当有挑战性的。现在, 你们面对的挑战不仅仅是你们自己产生的挑战, 同样还有你们周围的那些人产生的挑战, 在被压抑的能量正在, 可以说是, 被左右两边松脱的时候, 你能够轻易地发现你自己被压倒了, 并认为你自己没有足够的资源来处理这些形形色色的, 非常频繁地是不协调的能量的。

We would invite you to begin by recollecting a simple point, but one which, in our estimation, bears consideration: you are all things. You, my friends, are the One Infinite Creator in one of its infinite faces. And as such, you have the full resources of this infinite Creator upon which you may draw. We would put to the deepest of these resources a simple word, and that is love, and we would say that as you turn your attention to the effort to process catalyst which can come upon you as apparently unprocessable, that you begin by recognizing that it is you, my friends, you who are all things, and the disturbance in your force field, shall we say, is your disturbance, and as your disturbance, it is subject to that wee small will to heal, which arises within you as your innermost desire, your innermost aspiration.

我们会邀请你们藉由重新收集一个简单的要点来开始, 但是这个要点, 在我们评估中, 是一个经得住考虑的要点: 你们就是一切事物。我的朋友们, 你们是在造物者的无限的面向中的一个面向中的太一无限造物者。正因如此, 你们拥有你们可以利用的这个无限造物者的全部的资源。我们会将这些资源中的最为深入的资源归结为一个简单的词语, 那就是爱, 当你们将你们的注意力转向去处理催化剂的努力的时候, 那些催化剂是可以作为明显无法处理的事物出现在你们的面前, 我们会说, 你们藉由认出它就是你们, 我的朋友们, 是一切事物的你们而开始的, 在你们的力场中的干扰, 容我们说, 就是你们的干扰, 作为你们的干扰, 它是受制于那种一点点的去疗愈的意志的, 那种意志会作为你们最内在的渴望, 你们最内在的灵感在你们内在之中升起。

Now, we are not saying that finding this desire to heal within yourself will immediately issue in a result which will affect the whole of your planetary experience, but it can affect that portion of your planetary experience which is immediately present to you, and by attending to that which is within the intimacy of your personal reach, you are performing a service to the creation which, we would suggest, should not be underestimated. By loving that little bit of energy which is present to you as unlovable, you subtly begin a process whereby that energy is transformed [so] that catalyst may be moved to a higher plane of encounter, shall we say.

现在, 我们不是在说, 在你内在之中找到这种疗愈的渴望将会立刻产生出将会影响你们整个星球体验的结果, 而它能够影响你们的星球的体验的那个立刻会呈现在你们面前的部分, 藉由留心在你们个人的所及范围内的事物, 你们正在对造物进行一种服务, 我们会建议, 这种服务是不应该被低估的。藉由爱那个作为无法

爱的事物而被呈现给你们的那一点点的能量，你们微妙地开始了一个过程，在那个过程中能量被转换了，这样催化剂就可以被移动到一个更高的，容我说，遭遇的平面上了。

And in this way, slowly but surely, you can begin to create for yourself—and, we would add, for those around you—a safer and safer place of encounter where more and more of the distraught energies of unprocessed past catalyst can be allowed to announce themselves, and to present themselves for healing and for blessing.

就是用这种方式，缓慢却确切地，你能够开始为你自己创造出——我们会补充，为你周围的人们创造出——一个越来越安全的遭遇的场域了，在那里越来越多的未被处理的过去的催化剂的令人发狂的能量就能够被允许去宣称它们自己并将它们自己呈现给疗愈和祝福了。

It is also true that as you begin to make headway in the processing of those energies which have lodged themselves within secreted[1] portions of your own being, you may more and more allow unprocessed energies, secreted within portions of your social energy complex, to come within range of your healing touch. And when you do this, when you allow a person with whom you are in close contact, to be a little fragile, to be a little stubborn, to be a little oppositional without reflecting back a like negativity of response, you give this energy—which is, in itself, seeking liberation—an opportunity to move past its constrained condition, and to find life in a new and more welcoming form, in a new and more welcoming expression.

同样真实的事情是，当你们开始在对那些已经将它们自己居住在你们自己的存有的被隐藏起来的[1]部分之中的能量进行处理的方面取得进展的时候，你们可以越来越多地允许那些未被处理过的能量，那些被隐藏在你们的社会能量复合体的部分中的能量你，在你们的疗愈的触碰的范围内出现了。当你们进行这个工作的时候，当你们允许一个你们与之紧密接触的人有一点点脆弱，有一点点固执，有一点点对抗性而不会将一种类似的回应上的负面性反射回去的时候，你们就能够给予这种能量——这种能量在其自身之中是在寻求解放的——一个机会去超越它被束缚的情况，并在一种新的且更为受欢迎的形式中，找一种新的且更受欢迎的表达中找到新的生命。

You may well be surprised by the suddenness of transformation that thereby becomes possible. And just as when your own difficulties and your own traumas are given the opportunity to be expressed, to be felt, to be loved, you can find also that those that have entered the general admixture of energies which constitute your social matrix[2] can find themselves also healed, and sometimes in a rather abrupt way. To be sure, not always is the healing so sudden, and it can be the case that one layer of trauma merely conceals another, and another yet again, so that you have maybe worked assiduously in order to make progress only to discover that the progress that you have made opens the door to much more progress still in need of being made, and you can find yourself utterly overwhelmed at that moment of first recognition.

你们很可能会因为由此有可能发生的转变的突然性而感到吃惊。就好像当你们自己的困难和你们自己的创伤被给予机会被表达，被感觉，被爱的时候，你们同样也能够发现，那些已经进入构成了你们是社会的母体[2]的一般性的能量的混合物，能够发生它们自己被疗愈了，有时候是用一种相当突然生硬的方式被疗愈的。当然，疗愈并不会一直都是如此突然的，它能够成这样一种情况，一个一层创伤仅仅是将另外一层隐藏起来，再一次将另一层隐藏起来，这样为了要做出进步，你们就可能已经百折不挠地工作，并仅仅会发现那个你们已经做出的进步向着远远更多的仍旧需要被做出的进步打开了门了，你能够发现你自己在那个最先认出的时刻完全被压倒了。

Then, my friends, it is sometimes well to step back and to admit to yourself that you cannot do everything all at once, that you cannot heal all difficult energies, all troubled emotions, all traumatic fragments of personality that seem to be so utterly dis-integrated. Each here is a work in progress. Each here has volunteered to take on, shall we say, a certain portion of the processing of the planetary energies.

接下来，我的朋友们，去后退并向你自己承认，你无法同时做每一件事情，你无法疗愈所有困难的能量，所有麻烦的情绪，所有看起来似乎如此全然地是不完整的人格的创伤性的碎片，这时常是很好的。每一个在这里的人都是一个在进行中的工作。每一个在这里的人都已经自愿，容我们说，承担起对星球的能量的处理的工作一定的部分了。

This will not be work that is done in a day—this is work that you have undertaken with some degree of ambition. And what that means is that you need to be able to work over a long period of time, and during this period of time there will be periods in which you must be able to step back and rest; you must be able to withdraw long enough to regenerate your strength, long enough to recollect yourself, long enough to recreate yourself so that you have again the strength, the enthusiasm, the joy for the undertaking, And if you find that you are in a period in which rest is required it is well that you should be forgiving of yourself; it is well that you should allow yourself that room for regeneration that you need, so that when you do come back to the task you will come back with your full resources available and restored to their more optimal strength.

这将是不会是在一天中就被完成的工作——这个工作是你们已经带着某种程度的雄心壮志承担起来的工作。那意味着，你们需要能够在一段很长的时间中进行工作，在这段时间期间，将会有那些在其中你们必须能够后退并休息，你们必须能够后撤足够长的距离以让你们的力量重生，后撤足够长的距离以重新收集你自己，这样你们就再一次拥有力量、热情和喜悦来进行那个事业了。如果你们发现你们是处于这样一个在其中休息是被需要的时期中，你应该宽恕你自己，这是很好的，你应该允许你自己拥有你需要的恢复的空间，这是很好地，这样当你确实返回到任务的时候，你将会带着你完整的可被取得的资源返回并恢复到它们更为理想性的力量了。

Now, it is the case that you will very often find that there is some confusion with respect to where your efforts might be best applied. We would say that

these efforts, when there is not an obvious circumstance standing before you requiring your full attention, are well situated in the activity of working the remoter corner, shall we say, of your own heart where you feel that it is not fully available to you, or not fully open to your experience, or somewhat numb, which is a rather common experience in your stage of development. The numbness of the heart is a rather difficult circumstance to address, and it is very frequently the indication that there is a blockage of sorts, a personal difficulty relating to past issues not fully taken up, not allowed to be fully experienced. The acceleration of your planetary energies has brought many of these to the fore in such a way that it can seem to be overwhelming, and sometimes that, too, can cause a certain numbing effect so that you can feel quite paralyzed in relation to what seems to be required of you.

现在, 情况是, 你将会非常频繁地发现, 在关于你的努力可以最佳地应用于何处的方面会有某种混淆。我们会说, 当没有一种明显的环境出现在你的面前要求你全部的注意力的时候, 这些努力是正好位于, 容我们说, 在你自己的心的更为偏远的角落中进行工作的活动中的, 在那里你们会感觉到, 它并不是可以完全为你所取得的, 或者它不是完全向着你的体验开放的, 或者它是多少有些麻木的, 在你们的发展的阶段中, 这会是一种相当通常的体验。心的麻木是一个要去解决的相当困难的情况, 它相当频繁地表明, 有一种某种类型的阻塞, 有一种与过去的尚未被充分地解决的, 没有被允许充分地被体验的议题联系在一起的个人的困难。你们星球的能量的加速已经, 用一种它可以看起来似乎是压倒性的, 且有时候同样能够造成一定的令人麻木的效果的方式, 将很多这些困难带到前面了, 这样你们就能够在与看起来似乎是被你们需要的事物联系在一起的方面感觉到相当的麻痹了。

Now, this is an area which we have ourselves studied carefully over long generations of observing your planetary struggles, for it seems as if there is a good deal of stuck energy, shall we say, that it is difficult to move, and the slightest provocation can thrust those upon your planet who seek back into a kind of catatonic state where it is difficult to discover within the self the energy and the inspiration to continue to work to clear this energy, to continue to work to open the heart. There are the sacred songs which you may sing, there are the group encounters which you may undergo, there are the public sessions of worship that feed some of your peoples. These are activities which we find can be very helpful because they give reassurance to the solitary seeker that help is available, and that the problems which each faces alone, are problems which are not unique to any in a context of group seeking such as the one you enjoy here today.

现在, 这是一个我们自己在观察你们的星球的漫长的时间中已经进行了仔细研究的区域, 因为看起来似乎有大量的, 容我们说, 卡住的能量, 要去移动是很难的, 最轻微的刺激都可以冲击到在你们的星球上的那些寻求返回到一种类型的紧张症的状态中的人们, 在那种状态中, 很难在自我内在之中找到能量和启发来继续工以清空这种能量, 以继续工作来开放心。会有那些你们可以歌唱的神圣歌曲, 会有你们可以进行的团体的集会, 会有那些喂养了你们的人群中的一些人的公开的崇拜的集会。这些都是我们发现非常有帮助的活动, 因为它们给与了孤单的寻求者确信, 即帮助是可被取得的, 每一个人独自面对的问题, 在一个诸如你们今

天享受的团体之类的团体的环境中是那些对任何团体成员都不是独特的问题。

You can find encouragement, you can find hope, you can find support such that the impossible can begin to seem just a little bit possible and, my friends, the first break in the wall that has been forming the blockage in place for many a long season, can begin a process whereby the wall begins more and more steadily to crumble, allowing energies of a freer flowing nature to come through.

你们能够找到鼓励，你们能够找到希望，你们能够找到支持，这样不可能的事情就能够开始看起来似乎仅仅有一点点有可能了，我的朋友们，有一面墙壁在一段漫长的季节中已经在很多人身上的适当的位置上一直在形成阻塞了，对这个墙壁的第一次的突破能够启动一个过程，在这个过程中，那个墙壁不断越来越多地开始崩溃了，并同时允许具有一种更为自由的流动的特性的能量流过。

This, my friends, is what you need, for the healing energies that come through you from the earth itself will do a great deal of the work that needs to be done if you but let it. If you but let it, we say, while recognizing that this simple letting go, the simplicity of the open heart is, in fact, the most difficult work that you are called upon to do. The simple fact of allowing that which needs to be allowed—which, in many cases, comes to you with a tincture of pain needs only to be accepted, needs only to be allowed a part in that drama which is your life. When this does begin to happen with less and less obstruction, you will find that the pain that you need to experience in order to process those repressed portions of the self will become less and less over time, for the less that you resist that which pushes through for expression, the less that pain will build upon itself.

我的朋友们，这就是你们需要的事物，因为从地球自身流经你们的疗愈的能量，将会进行大量的需要被进行的工作，只要你仅仅让它进行工作。只要你们让它进行工作，我们会说，请同时认识到，这种简单的放手，这种开放心的简单性，实际上是你们被呼唤来进行的最困难的工作。允许那个需要被允许的事物——在很多情况中，这个事物会带着一种痛苦的色泽出现在你们身上——这个简单的事实是需要仅仅去被接受，仅仅去被允许成为你的生命之所是的那部戏剧中的一部分的。当这种允许确实开始带着越来越少的障碍发生的时候，你将会发现，为了处理那些被压抑的自我的部分你需要去体验的痛苦将会随着时间的发展变得越来越少了，因为你们越少地抗拒那个冲出来进行表达的事物，痛苦就将越少地在它自己身上积累起来了。

A trauma is an event which is so overwhelming that at its inception it presents too much catalyst to be taken in and processed, and while it is always more efficient to process catalyst just as it comes, there are very few who are able to process all catalyst in the immediacy of its presentation. And, therefore, the ability to find some means of address for energies that have become repressed is a skill which it serves you well to acquire.

一个创伤是一个如此压倒性的事件，以至于在它开始的时候它就会呈现出过多的要被接受并被处理的催化剂，虽然正好在催化剂出现的时候处理催化剂一直都是更有成效的，只有非常少的人能够在催化剂出现的时候就即刻处理所有的催化

剂。因此，去找到一些途径来表达已经被压抑的能量的能力是一种技巧，学会这种技巧对你会是很有用处的。

There is an additional act that must be invoked in order to achieve a productive relation to repressed energy, and that is, in addition to the difficulty of the initial experience, one must find a way to forgive the self for not having been able to process that experience, so there is a second moment or a second element overlaid upon the first that now has to be part of the processing.

为了要与被压抑的能量取得一种富有成效的关联，会有一种额外的行动是必须被进行的，那个行动即，除了最初的体验的困难之外，一个人必须找到一种方式来宽恕自我一直无法处理那个体验，因此，就会有第二个时刻或者第二个要素被覆盖在第一个现在必须成为处理过程的一部分的事物上了。

What is true at the level of the individual is also true at the level of your social complex. We find that there will be those upon your planet who act out in ways that seem most unacceptable to you, and it is one thing for you to recognize that in doing so they are merely attempting to free up energies within themselves that also have been long repressed, and that within these energies there is a great deal of pain, and that this pain, in being expressed, seeks to mirror itself back to itself once again in the modality of pain, and you can have thereby great pain released into the world. My pain then becomes your pain and I see in your pain a reflection of that pain which has been mine, and which I have given you as a gift as a part of my process of exploring what lies secreted within.

在个体的层次上是真实的事物，在你们的社会复合体的层次上同样也是真实的。我们发现在你们的星球上将会有那些会用一些看起来似乎对于你们是极其无法接受的方式来付诸行动的人，你们要去识别出来的事情是，在这样做的过程中，它们仅仅是在尝试去释放在它们自己内在之中的那些同样已经被压抑了很长时间的能量，在这些能量中会有大量的痛苦，这种痛苦，在被表达的过程中，寻求去将其自身再一次用痛苦的形态映射返回到它自己身上，你们就由此能够让巨大的痛苦被释放到这个世界中了。我的痛苦接下来就成为了你的痛苦，我在你的痛苦中看到一个对痛苦的映射，而那痛苦已经是我的痛苦的了，我已经将那个痛苦作为我的探索被隐藏在内在之中的事物的过程的一部分作为一个礼物给予你了。

Now, as one gazes upon this kind of event, it is difficult not to recoil in horror when one encounters troublemakers, shall we say. It is difficult not to lay a heavy judgment upon those who perpetrate difficulties and create pain in those around, and this difficulty remains even when one comes to understand the nature of what is afoot, that is to say, that there are these troubled energies which seek to be unbound from their dark strictures.

现在，当一个人注视这种类型的事件的时候，当一个人遭遇到，容我们说，制造麻烦的人的时候，很难不在恐惧中退缩。很难不将一种沉重的评判放置在那些在周围的人身上制造苦难并创造痛苦的人身上，这种困难甚至在一个人开始理解什么事情正在进行中的时候依旧会存在，也就是说，正在进行中的事情是，会有那

些困难的能量寻求从它们黑暗的束缚中解除束缚。

The first act, therefore, in addressing a situation in which trouble has been made, in which pain has been inflicted, is the act of forgiveness. This involves forgiving one who has stirred up the reservoirs of pain within one's own self, and within the body politic, shall we say, so that one does not build judgment upon judgment, pain upon pain; one does not, in short, make the situation worse. It is well to keep in mind, however, that while complete forgiveness is the access to complete acceptance, and complete acceptance is the first step towards complete healing, that each is dealing with a capacity which is not fully developed in this regard, and, therefore, one has to understand that there are, indeed, limits to one's ability to process difficult catalyst.

因此，对于一个在其中困难已经被制造了，痛苦已经被施加了的情况下，在解决这样一个情况的过程中的首先的举动，因此就是宽恕的举动了。这包含了宽恕一个已经搅动了在它自己的自我内在之中以及，容我说，在国家中的痛苦的储水池的人，这样一个人就不会在评判上积累评判，在痛苦上积累痛苦了，简单地说，一个人不会让情况变得更糟糕了。然而，虽然完全的宽恕是通往完全的接纳的入口，完全的接纳是朝向完全的疗愈的第一步，然而每一个人都是在与一种在这方面尚未被充分发展的能力打交道的，因此，一个人必须理解，确实在每一个人去处理困难的催化剂的能力的方面是有局限性的，记住这一点是很好的。

Hence, it is well to see oneself as a participant in a dance which, at some points, is quite energetic, but that allows its participants the opportunity to recede into a more quiet mode, a less energetic expression for a portion of the dance, and in such a way that there may be, during these periods of rest, a regeneration. We would invite you, however, during these periods of regeneration, to engage in one simple exercise, and that is the exercise of non-judgment. When you recreate, let the waters of the earth speak to you, let the fragrance of the air surround you, let the warmth of the sun warm your bones and simply allow yourself to regenerate. When you feel that you may once again step up the pace, shall we say, at that point you may task yourself with those energetic acts of forgiveness, those energetic acts of engagement, both of self and of other, and once again, participate in the great drama that is unfolding upon your planet at this time.

一次，将一个人自己视为在一场舞蹈中的一个参与者，这是很好的，这场舞蹈在一些位置是相当充满活力的，但是那会允许它的参与者拥有机会去退入到一种更为安静的模式之中，一种对舞蹈的一部分较不充满活力的表达之中，用这样一种方式，在这些休息的时段中，就可能会有一种再生了。然而，我们会在这些再生的时段期间邀请你们参与到一种简单的练习之中，那就是无评判的练习。当你们修养的时候，让地球的水域向你们说话，让空气的芬芳包围你们，让太阳的暖和温暖你们的骨头，并单纯地允许你自己再生。当你们感觉到你们可以再一次踏出脚步的时候，容我说，在那个位置你可以带着那些宽恕的充满活力的举动，那些参与的充满活力的举动给你自己指派工作，同时指派自己的工作和其他人的工作，并再一次参与到那个在此刻在你们的星球上正在展开的伟大的戏剧之中。

We are those of Q'uo and we thank you, my friends, for joining us and for

inviting us to join you upon this occasion of your seeking which shines a beacon into the very heavens and is a source of joy for many. At this time we would return to the one known as Jim to open ourselves for those further questions that may still be on your minds. I am Q'uo. Adonai.

我们是 Q'uo, 我的朋友们, 我们为你们加入我们并邀请我们在这个你们寻求的场合加入你们而感谢你们, 你们的寻求将一束光照入到天堂之中, 并且是很多人的一个喜悦的源头了。在此刻我们会返回到被知晓为 Jim 的实体以让我们自己向着可能仍旧存在于你们头脑中的进一步的问题开放我们自己。我是 Q'uo. Adonai.

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am once again with this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

我是 Q'uo, 我再一次与这个器皿在一起了。在此刻我们会提供我们自己来尝试去谈及在场的人们可能会给我们的任何进一步的问题。在此刻有一个问题吗?

Gary: Q'uo, several in the circle have reported an experience within the past week of feeling either the recipient of strong psychic greeting, or becoming aware of a negative energy approaching the group, or other strange phenomena. Seeing a pattern of this sort emerge is very unusual for us, so we're prompted to ask: can Q'uo comment on whether what we experienced has a common source, and if so, is there anything that can be said regarding the underlying purpose of such experiences?

Gary: Q'uo, 在这个圈子中有几个人已经汇报了在过去的一周中体验到的感觉, 要么是强有力的心灵致意的接受者的感觉, 要么是开始察觉到一种负面性的能量正在接近团体, 或者其他的奇怪的现象。看到这种类型的一种模式的出现, 对于我们是非常不同寻常的, 因此, 我们被鼓励去询问: Q'uo 能够对于是否我们体验到的事物是拥有一个共同的源头进行评论吗, 如果是这样的, 在关于这样的体验的潜在的目的的方面有任何能够被谈论的事情吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. The experience which you have described are those which may be expected when entities of a positive nature have made significant progress upon the path of seeking. Those entities of the negative nature are aware of such progress, for it is a kind of power seen upon the metaphysical realm, and is that which is desired by the negative oriented entity to be either controlled by them, or to be stopped by them, for those entities within this group have been successful in many areas of their own personal and shared endeavors of serving others, of renewing and reviving and reenergizing their own spiritual journeys.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。你已经描述了的体验是当具有一种正面属性的实体已经在寻求的道路上做出了重大的进步的时候可以被期待的体验。那些具有负面性特性的实体察觉到了这样的进步, 因为它是一种类型

的在形而上学的领域中被看到的力量，负面性导向的实体所渴望的事情，要么是去控制这种力量，要么是阻止这种力量，因为在这个团体中的实体们在很多它们自己个人的与共享的服务他人的努力中，以及更新、活化他们自己的灵性的旅程并对其重新赋予活力的努力中的很多的区域中已经是成功的了。

There is at this time a great deal of both positive and negative oriented energy in action upon this planetary sphere, for there are many opportunities now that entities have presented to them to take steps in a, shall we say, accelerated manner in their own process of seeking. The vibrations of the planetary sphere itself are well within the fourth density, in both time/space and in space/time. This presents an energy of transformation that is offered to all those who are available for it or to it.

在此刻会同时会有大量的正面与负面导向的能量在这个星球上运转，因为现在会有很多的实体已经呈现给它们的机会，以便于用一种，容我们说，加速的方式在它们自己的寻求的过程中前进。这个星球本身的振动，同时在时间/空间和空间/时间中，是很好地位于第四密度之中的。这呈现了一种转换的能量，这种能量是被提供给所有可以为其所利用，或者其可以利用的实体的。

These entities of a positive nature, then, are offered the chance to use the stepped-up vibrations of the planet itself in continuing in whatever direction of service to others, and of renewing the seeking for the self which may be presented to them or by them.

这些具有一种正面属性的实体，接下来就被提供了机会去，在继续处于无论什么服务他人的方向上以及为自我重新开始寻求可能会被呈现给它们的事物或者被它们呈现出来的事物的过程中，使用星球本身的加速的振动。

Thus, as you are more and more successful in your seeking and your serving, these energies that allow that must also be balanced by the opportunity to be, shall we say, challenged, or nullified, or tempted, thereby bringing again the positive polarity to a more neutral level. However, we find that those entities within the circle have refused to be tempted, to be stopped, or to be swayed in their journeys forward, thus they are able to send love and light energy to the negative oriented entities and thus blunt their attempt at stopping positive movement forward.

因此，随着你们在你们的寻求和你们的服务中越来越成功，这些允许那种成功发生的能量同样也必须被这样一些，容我们说，被挑战，或者被取消，或者被诱惑的机会所平衡，并由此再一次将正面性的极性带到一个更为中性的层次上。然而，我们发现在这个圈子里的实体们已经拒绝被诱惑，被阻止或者在他们的前进的旅程中被动摇了，因此，它们能够像那些负面导向的实体送出爱与光的能量并因此使得它们在阻止正面性的向前的运动的方面的尝试受挫了。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

Gary: A somewhat related query. In our seeking we sometimes encounter a situation that becomes difficult or problematic or strewn with obstacles, and

we can be of two minds about these difficulties. We can say to ourselves "Ah, this must mean that I should not pursue this particular path." Or, we can say, "This must mean that I should redouble my resolve and push forward and overcome this obstacles." Is there anything that can be said about how to discern between the two?

Gary: 一个多少有些关联的问题。在我们的寻求中，我们时常会遇到一个情况，情况会因为障碍物而变得困难，或者可疑，或者散乱的，在关于这些困难的方面我们能够有两种想法。我们能够对我们自己说，“啊，这一定意味着我不应该追寻这条特定的道路。”或者，我们可以说，“这一定意味着我应该加倍我的决心并前向克服这个障碍。”在关于如何在这两种想法之间进行分辨的方面，有任何能够被讲述的事情吗？

Q'uo: We are those of Q'uo and are aware of your query, my brother. We are afraid that our answer may be that which you have heard from us before, however we shall state it again. The meditative state is that place wherein you tabernacle with the most high, the holy of holies within your holy ground. Go, therefore, you to this ground and seek the answers that are most important to you. Do not attempt to decide with your mental faculties important questions of spiritual nature. Go there within to the heart of your being to find those answers there in the meditative state. Is there a further query, my brother?

Q'uo: 我们是 Q'uo，我们理解了你的问题，我的兄弟。我们恐怕我们的回答可能会是你们之前已经从我们这里听过的内容了，然而我们将再一次陈述它。冥想的状态是你们在其中与至高者，与圣中至圣在你们的神圣的地面之中共处至圣的场所。因此，前往这个地面，并寻求对于你们是最重要的答案。不要尝试去用你们的心智的机能来决定具有灵性的特性的重要的问题。在冥想状态中前往你们的存有的核心之中以在那里找到那些答案。我的兄弟，有一个进一步的问题吗？

Gary: Though repeated before, that is always good advice, Q'uo, thank you for that and the previous answer. No further query from me.

Gary: 虽然是重复之前的回答，那一直都是很好的建议，Q'uo，为那个答案和之前的答案感谢你们。我没有进一步的问题了。

Q'uo: We are those of Q'uo. We thank you my brother for your queries. Is there another query at this time?

Q'uo: 我们是 Q'uo。我们为你们的问题感谢你，我的兄弟。在此刻有另一个问题吗？

F: Q'uo, I wonder if you could speak to whether there is an advantage to seek out unremembered and sometimes perhaps traumatic catalyst from our childhood?

F: Q'uo, 我想知道你们是否能够谈谈，从我们的童年时期找出那些没有被记住的且时常也许是创伤性的催化剂，是否这是有一种益处的呢？

Q'uo: I am Q'uo and am aware of your query, my sister. If you, in your path of seeking, find that there is indication that such exists, that it is indeed a hindrance upon your path, taking journeys aside that are best spent

remaining focused forward, then we would suggest that you look into those areas that you have mentioned—those earlier areas of your childhood or earlier years when there were measures taken to, shall we say, form you in such and such a way which may or may not have been harmonious with you or for you. It is salubrious to take such investigative measures.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。如果你在你寻求的道路上发现, 有一种迹象这样的催化剂是存在的, 且它确实是在你的道路上的一个障碍物, 并会让旅程从最好被花费在保持先前聚焦的事物上偏离了, 那么我们会建议, 你检查那些以已经提到的区域——那些你的童年时期的较早的区域或者较早的年份, 当有一些步骤被带到这些区域的时候, 容我们说, 这个区域用这样或者那样一种可能或者可能不是已经与你或者对于你是协调一致的方式形成了你了。进行这样的调查性的步骤会是有益健康的。

But we would suggest that you look again with both mind and heart to see of the indication to go back to those earlier times and look for a nebulous possible occurrence that has had influence to you, and has continued to have influence for you today, may not be worth your effort. Thus we turn the question back to you to ask if you have clear indication of such experiences which might yield further clarification of your present frame of mine, shall we say, or openness of heart.

但是我们会建议, 你再一次同时藉由头脑和心来检查, 以理解, 让那个指示物返回到那些较为早期的时期, 并寻找一种模糊不清的有可能的已经对你产生影响, 且已经在今天继续对你产生影响的遭遇, 可能这是不值得你的努力的。因此, 我们将问题返回给你以询问, 是否你对这样的体验拥有清晰的指示物是可能对于你当前的, 容我们说, 心智的框架或者心的开放性产生进一步的澄清的。

Is there a further query at this time, my sister?
我的姐妹, 在此刻有一个进一步的问题吗?

F: No, thank you, I'll think about that.
F: 没有了, 谢谢你们, 我将会思考那一点。

Q'uo: We are those of Q'uo and we thank you my sister. Is there a final query at this time?

Q'uo: 我们是 Q'uo, 我们感谢你, 我的姐妹。在此刻有一个最后的问题吗?

Gary: Q'uo, I'll take the opportunity. The grouping of social memory complexes and other members in your group refer to themselves as The Confederation of Planets. Why the word "Confederation"? What does that say about the way you arrange and ally your services and work with power?

Gary: Q'uo, 我将会利用这个机会。在你们的团体中的社会记忆复合体的团体以及其他的成员将它们自己称为星际联邦。为什么用“联邦”这个词语? 在关于你们组织与联合你们的服务并与力量一同工作的方面, 那个词语表明的什么呢?

Q'uo: We are Q'uo and we are aware of your query, my brother. As you look upon the word "Confederation," the beginning of the word is that which

means in the Latin "together." Together we are a grouping of entities that seek to be of service to the One Creator. However, we are federated in a certain fashion so that each of us has, you might say, particular abilities or specialties so that some may be those who offer energies of healing to planetary entities, some may be those who offer energies of assistance to individuals, to wanderers, to particular efforts of a, shall we say, philosophical nature to which many entities may be dedicated themselves and in need of assistance clarifying the means by which such efforts are offered. Thus, we together, seek to serve the One in the many. Does this answer your query, my brother?

Q'uo: 我们是 Q'uo, 我们理解了你的问题, 我的兄弟。当你看观察“联邦”这个词的时候, 这个词的开端是在拉丁文中意思是“一起”的部分。我们一起是一个寻求服务太一造物者的实体的团体。然而, 我们是用一定的方式被联合起来的, 这样我们每一个实体都拥有, 如你们可能会说的一样, 特定的能力或者专长, 这样一些实体就可以成为那些为星球实体提供疗愈的能量的实体, 一些实体可能成为那些向个体、向流浪、向具有一种, 容我们说, 哲学特性的特定的努力提供辅助的能量的实体, 这种努力是很多的实体可能会让它们自己致力于的, 且需要在澄清这样的努力藉由其被提供的方式的方面的帮助的努力。因此, 我们一起寻求服务在很多人内在之中的太一。这回答了你的问题吗, 我的兄弟。

Gary: Yes, thank you Q'uo.

Gary: 是的, 感谢你们, Q'uo。

Q'uo: We are Q'uo and again we thank you, my brother, for the blessing of your queries. We would at this time take our leave of this group, rejoicing greatly in the opportunity to have blended our energies with yours for a short portion of your time/space and space/time.

Q'uo: 我们是 Q'uo, 我们再一次为你的问题的祝福而感谢你, 我的兄弟。我们会在此刻离开这个团体, 我们为由机会将我们的能量与你们的能量在你们的时间/空间和空间/时间的一小部分混合在一起而极大地欢庆。

Your efforts at seeking and of serving are a great inspiration to us, for you seek within a difficult circumstance, and you serve in the same. The third-density experience is one which is most difficult to navigate, for you must begin in some fashion to penetrate the veil of the forgetting that is ever with you, and ever blocking you from the full knowledge of your nature as the One Infinite Creator yourself. Thus a portion of that One Creator in your personality moves in the murky waters of the third-density experience and does a great service to all of us who observe this movement as you ask for our assistance, as you continue your own movement, and as you are so carefully focused in your efforts to seek love and light within all that you see, within all that you are, and with all that you serve.

你们在寻求和服务的方面的努力对于我们是一种巨大的启发, 因为你们是在一个困难的环境中寻求的, 你们是用相同的方式服务的。第三密度的体验是一种极其难以掌控的体验, 因为你们必须用某种方式开始刺穿那个遗忘的罩纱, 这种遗忘的罩纱将一直与你们在一起, 且会不断阻碍你们对于关于你自己作为太一无限造物者的你的本性的完全的知晓。因此, 在你们的人格中的一个太一造物者的部分,

是在第三密度的体验的浑浊的水域中移动的，在你们请求我们的帮助的时候，在你们继续你们自己的移动的时候，在你们如此仔细地在你们的努力中聚焦以在所有你们看到的事物中，所有你们之所是的事物中，并藉由所有你们服务的事物而寻求爱与光的时候，你们的移动对于所有我们这些观察这种移动的实体都是一种巨大的服务。

At this time we shall take our leave of this group, thanking each again for inviting our presence. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个团体，我们为你们邀请我们出席而再一次感谢各位。我们是你们知晓的 Q'uo。Adonai vasu borragus.

[1] secrete (verb): Meaning both "to release" and "to hide."

[1] secrete (动词): 同时有释放和隐藏的意思。

From Vocabulary.com: "When you squeeze a lemon, it secretes juice. When you stuff your money in a mattress, you secrete it there."

根据 Vocabulary.com: "当你们挤一个柠檬的时候，它流出了柠檬汁。当你将你的钱塞进一个床垫的时候，你将它藏在那里了。"

[2] "the general admixture of energies which constitute your social matrix": presumably referring to the relationships of your life, from family, friends, loved ones, colleagues, neighbors, frenemies, etc.

[2]"构成了你们的社会之母体的一般性的能量混合物": 推测起来指的是你们的生命中的人际关系，从家庭、朋友、爱人、同事、邻居，亦敌亦友的关系，等等。

April 16, 2016

2016-04-16 爱的保护与疗愈

Group question: In our question today, we are looking to learn more about the metaphysical dynamics behind love. Ra mentions love in many contexts, including saying things such as “the great healer of distortions is love” [62.26] and “love is the great protector.” [63.5] We’d like to know, metaphysically speaking, how love can do these things such as protect and heal.

团体问题：在我们今天的问题中，我们正在寻求去了解更多关于在爱背后的形而上学的动力性。Ra 在很多的上下文中提到爱，包括说诸如“对扭曲的伟大的疗愈者是爱”[62.26]与“爱是伟大的保护者”[63.5]之类的事情。我们想要知道，从形而上学的方面而言，爱如何能够做诸如保护和疗愈之类的事情。

And how does our experience of love, which may be described as a vibration, relate to the concept of time/space and our experience of time/space. When we vibrate closer to love, our experience of time seems to change. Is there a merging of space/time and time/space in this experience similar to that of higher densities and how does this relate to the dynamic of love in the time/space realm?

我们对于爱的体验可以被描绘为一种振动，这种体验如何与时间/空间的观念以及我们对时间/空间的体验有关联的呢，我们对于时间的体验看起来似乎改变了。在这种体验中有一种空间/时间和时间/空间的合并是类似于更高密度的合并的吗，这如何与在时间/空间的领域中的爱的动力性有关联的呢？

(Jim channeling)

(Jim 传讯)

I am Q’uo and we greet each of you in love and in light this day. We thank you for inviting our presence within your circle of seeking. It is a great honor and privilege for us to be able to join you here, for as you join your hearts together in seeking the nature of truth, you create a light which is most bright and easily noticeable within the spiritual realms. Many there are who rejoice at your gathering, your questioning, your seeking, your sharing, your very being of who you are, each a portion of the One Creator venturing out into the illusion of third density to find there the love and the light that are everywhere, and yet within your density seem to be so well hidden that many doubt their existence. We assure you, my friends, that when you gather together as you do today, you bring that love and light to the fore that all may see and share in its sharing of love, of healing, of protection, and of those qualities that you may call the intuitive perception of the nature of reality, for love has made all that there is. If you look upon love as being the primary energizing creative force of the One Creator, and that love is that which is the fabric of creation, and you see that unity that is reflected everywhere outside and inside of yourself for in all places is the One Creator.

我是 Q’uo，我们今天在爱与光中向你们各位致意。我们为你们邀请我们在你们的寻求的圈子中出席而感谢你们。能够在这里加入你们，这对于我们是一种巨大

的荣耀与荣幸，因为当你们将你们的心在对真理的属性的寻求中结合在一起的时候，你们创造了一道光，这道光是极其明亮且易于在灵性的领域中被注意到。有很多的实体为你们的集会、你们的提问，你们的寻求，你们的分享，你们之所是的你们的核心存有而欢庆，每一个人都是太一造物者的一部分，你们冒险进入到第三密度的幻象中以在那里找到爱与光，爱与光是无处不在的，而在你们的密度中，爱与光看起来似乎被如此好地隐藏起来了，以至于很多人怀疑它们的存在性。我们向你们保证，我的朋友们，当你们如同你们今天做的一样地聚集一起的时候，你们就将那种爱与光带到了前面，这样所有人就可以在它对爱、疗愈、保护以及那些你们可以称之为对实相的特性的直觉性的感知的特性的分享中看到并进行分享了，因为爱已经制造了一切万有。如果你将爱视为是太一造物者的首要的赋能的创造性的力量，那种爱就是造物的结构之所是的事物，你会看到那种在你自己的外部和内部的每一个地方被映射的统一性，因为在所有的地方中都是太一造物者。

Therefore, you asked this afternoon a number of queries concerning the qualities of love to be able to heal, to protect, to be able to express itself in both your third-density illusion of space/time, and in the spiritual or metaphysical realms of time/space. My friends, it is possible for you to look upon love and see a force which can do all things and not just those which you have mentioned, for there are no limits upon love in its basic nature. Love may be seen as the concept of what you may call the Logos, the primary energy or mover of the Creation in various portions that you would see as star systems and galaxies, for there are infinite Logoi scattered throughout the one creation that are themselves the creation of the One Creator. And these entities that you see as the stars in your sky at night and the sun in your sky in the day are doing the work of the One Creator in making it possible for the many portions of the One Creator to discover not only their own nature as individualized entities, but in the process of evolution to discover themselves as being a holographic image of the One Creator itself. Thus, the One Creator is able to discover more about itself through the free will action of each of those entities in whose care the various Logoi have been placed.

因此，你们今天下午询问了数个问题，它们涉及到爱能够疗愈，能够保护，能够同时在你们的第三密度的空间/时间的幻象中以及在时间/空间的灵性和形而上学的领域中表达它自己的特性。我的朋友们，你们有可能去观察爱并看到一种能够做所有的事情的力量，不仅仅是你们已经提到的那些事情，因为在爱的基本的特性中爱是没有限制的。爱可以被视为是你们可以称之为理则的观念，是在你们会视为恒星系统以及星系的造物的各种各样的部分中基本造物的能量或者动力，因为有无限的理则分散在贯穿整个太一造物之中，这些理则它们自己就是太一造物者的造物。这些你们视为在夜晚在你们的天空中的星星和在白天在你们天空中的太阳的实体，是做太一造物者的工作的，这种工作是在使得太一造物者的许多的部分有可能不仅仅发现它们自己作为个体化的实体的特性，同样也在演化的过程中发现它们自己是太一造物者祂自己的一个全象性的形象的方面的工作。因此，太一造物者能够通过那些实体的每一个实体的自由意志的行动发现更多关于祂自己的事物，在那些实体的关注中，各种各样的理则已经被安置了。

So how can the concept of love, then, that which you see as the

open-hearted sharing of compassion and understanding, of acceptance, be able to protect one, shall we say, to heal one? In essence, these are two facets of one ability of the concept of love that moves from the green-ray energy center within each being who has opened the heart in the giving and receiving of love. When you love, you are awakening this same quality in entities around you, in the forces of nature, shall we say, that also surround you. If you can open your heart in the ability to love those entities, those experiences, and those qualities of yourself that you see reflected to you by all around you, then you are creating a vibration not only in your own heart and your own being, but a vibration which moves outward to those that are in your vicinity, those that are in the direction of your will, of your being, of the nature of who you are. There is a sympathetic vibration then set up so that the love that you feel for others is reflected back to you from them, for love speaks to itself; your love and their love is one love. This love, then, if you direct it to do so, may provide you with a kind of vibratory shield, shall we say, that allows in only other qualities of love that you may be desirous of experiencing in the form of protection or of healing. For each of you has chosen those experiences within your incarnation, and have chosen them previous to the incarnation in order that you might be able to discover more of the nature of love as it exists within your being, and as it can exist as you move further and further into the spiritual journey, into the reunification with the One Creator that you see all about you.

因此, 爱的观念, 也就是你们视为对同情心与理解, 对接纳的开放的心分享的观念, 如何能够保护一个人, 并容我说, 能够疗愈一个人呢? 实际上, 这些是爱的观念的一个能力的两个面向, 对于每一个已经在对爱的给予和接受中开放了心的存有, 爱是从每一个存有的绿色光芒的能量中心移动的。当你们爱的时候, 你们就在唤醒在你们周围的实体内在之中, 在那些同样也包围着你们的, 容我说, 大自然的力量中的这种相同的特性。如果你能够在去爱那些实体, 那些体验以及那些你看到被你周围的所有的人映射给你的你自己的特性的能力中开放你的心的话, 接下来你就在不仅仅是在你自己的心和你自己的存有中创造一种振动, 你同样创造了一种向外移动到那些在你的附近的实体, 那些在你的意志、你的存有, 以及你之所是的本性的方向上的那些实体的振动。会有一种富有同情心的振动接下来被设置了, 这样你对其他人感觉到的爱就被冲它们身上反射回到你身上了, 因为爱会对它自己发言, 你的爱和它们的爱是一个爱。这种爱, 接下来, 就可以提供给你一种类型的振动的, 容我说, 防御物, 如果你指引它这样做的话, 这种防御物会仅仅允许你可以会渴望去用保护或者疗愈的形式体验到的其他的爱的特性进入。因为你们每一个人都已经选择了在你们投生中的那些体验, 并在投生之前就已经选择了它们以便于你们可以能够发现更多的爱的特性, 因为爱存在于你们的存有之中, 因为当你们越来越深入地进入到灵性的旅程中, 进入到与你们在你们周围的一切事物中看到的太一造物者的重新统一之中的时候, 爱是能够存在的。

The love then, that moves out from you as a function of your free will to offer it to others, then sets up this sympathetic vibration that is able to vibrate in this quality of understanding, this quality of wholeness, this quality of healing, so that it moves back to you, and offers to you a sense of well-being,

reawakens in you the sense of knowing that all is truly well, that if it does not seem to be so in your perceptions, then there is the necessity for reassessing, perhaps, your own perceptions within the meditative state. For you are indeed a portion of the One Creator. You have accepted various distortions within your being in order to work those out in a balancing fashion. If these distortions cause you seeming harm, disease, or lack of the feeling of well-being then there is work that you may do, profitably, in the process of furthering your own evolution as you come more and more into harmony with the basic quality of love that exists everywhere, my friends, most especially within each heart that seeks it.

那么, 那种作为你的自由意志的一个机能从你身上向外移动以将它提供给其他人的爱, 接下来就会设置这种富有同情心的振动了, 这种振动能够在这种理解的特性中, 在这种具有完整性的特性中, 在这种疗愈的特性中振动, 这样它就会返回到你身上, 为你提供一种健全的感觉, 并在你内在之中重新唤醒这样一种知晓的感觉, 既一切真的都是没问题的, 如果在你的知觉中看起来并非如此, 那么就会有在冥想状态中对于你自己的知觉的, 也许是重新评估的需要了。因为你确实是太一造物者的一部分。你已经接受了在你的存有中的各种各样的扭曲以便于用一种平衡的方式将那些扭曲解决掉。如果这些扭曲使得你看起来似乎是有害的, 有疾病的, 或者缺少那种健全的感觉, 接下来就会有你可能要去做的工作了, 随着你越来越多地与那种存在于每一个地方, 尤其是, 我的朋友们, 存在于每一个寻求爱的心之中的爱的基本的特性进入协调一致, 这种工作在你进一步深化你自己的演化的过程中是富有成效地被进行的。

At this time, we would transfer this contact to the one known as Steve. We are those of Q'uo.

在此刻, 我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking all here present, as well as this instrument, for the love expressed in the intent that caused each to arrive at this place of seeking, for in this convergence, we feel a love reaching out into the heavens, and this gives us a kind of carrier wave into your dimension that we may perform that service which it is our lot to be able to give for your peoples. This love, we would say, is a transdimensional kind of energy that is able to cross barriers or thresholds, shall we say, of light that otherwise maintain an existence which is discrete so that experiences may unfold within separate domains without being encumbered or overridden by experiences which, if they were taken on, would be a source of great confusion to those who are attempting to find their way. It is an unusual or extraordinary circumstance to engage in communications of this nature which cross dimensions, and we would suggest to you that the possibility of this kind of contact is one which is supplied by love itself.

我是 Q'uo, 我与这个器皿在一起了。我们会藉由, 为在那种使得每一个人抵达

这个寻求的尝试的意愿中被表达的爱，感谢所有在场的人，同样也感谢这些器皿而通过这个器皿开始我们的交流，因为在这次集会中，我们感觉到一种爱正在向外延伸进入到天堂之中，这给予了我们一种类型的进入到你们的维度的载波，这样我们就可以进行那种我们有运气能够为你们的人群给予的服务了。这种爱，我们会说，是一种跨维度的能量，它能够超越那种在其他的方面能够维持一种分离的存在的光的，容我们说，门槛的障碍，这样体验就可能在分开的领域中，在没有被那些如果被承担下来就会成为对于那些正在尝试去找到它们的道路的实体的一个巨大的混淆的资源体验所妨碍或者压倒的情况下展开了。参与到具有这种跨纬度的特性的交流时一种不同寻常或者非凡的情况，我们会向你们建议，这种类型的接触的可能性是一个被爱本身提供的可能性。

When you reflect on the nature of love, then, you may say that it is an energy of a high nature which precedes those distinctions which make individual experiences possible. And in this regard you may say that love is a concept which has more than one meaning. In that experience which you enjoy, love can be seen as an activity which engages you and in which you engage. You love another, you feel loved by another, and in this kind of mutual engagement you are able to participate in a dance which enables you to discover moment by moment, day by day, year by year, incarnation by incarnation, that you are more and more fully that which you love, more and more fully that which loves you.

当你们对爱的特性进行反思的时候，接下来，你们就可以说，它是一种具有一种高级的属性的，优先于那些使得个体的体验成为可能的差别的能量。在这个方面，你们可以说，爱是一个拥有多于一个意义的观念。在那种你们享受的体验中，爱能够被视为是一种将你们结合在一起以及你们参与其中的活动。你们爱另一个人。你们感觉到另一个人所爱，在这种类型的共同的结合中，你们能够参与到一种舞蹈之中，它会使得你们能够在每时每刻、一天接一天，一年接一年，一次投生接一次投生发现，你们越来越充分地成为了你们爱的事物，你们越来越充分地成为了那个爱你们的事物。

Now, the kind of love which is expressed and experienced by those who are individuated—those who are enjoying lifetimes in dimensions which have been ordered, as you say, by time and space—are those who participate in a kind of being which has its roots prior to time and space having arisen in the first place. It is for that very reason that love itself can be seen as a sort of transport from one domain or dimension to another, and it can also be seen as that characteristic which most clearly and most deeply defines the one original thought within the one original Creator. Now that Creator has undergone down through the ages an infinitely large number of distortions or divisions of itself—separations of itself from itself—and these separations are what we have given the name “free will” to. For each individual spark, or facet, or scintilla[1] of the one great original thought is charged in such a way that it will seek again its source, and so seeking, will bring back to that source a refined intelligence of itself. As far as we understand, my friends, that is the purpose of the creation. The creation is a continuous event placed within love, such that love goes out from itself with the express intent of returning to itself.

But as this process has been reiterated time upon time upon time upon time, there has been created a system of illusions by means of which it has been possible for these scintillas of love gone out from the source to articulate themselves, to refine their balances inwardly so that the intelligence of the original love they bring back to that source may be more eloquent, may be more refined, and in that sense may be more informative.

现在, 那种类型的爱是被那些个体化的实体, 那些在已经被时间和空间排列过的维度中正在享受生命的实体表达和体验到的, 这些实体参与到了一种类型的存在之中, 这种存在在时间可空间已经在最初的位置出现之前就拥有了其根部了。就是因为这个原因, 爱自身能够被视为是一种类型的从一个领域或者维度到另一个的运输器, 它同样能够被视为是那种极其清晰且极其深入地定义了在那一个原初的造物者之中的那一个原初的想法的特性。由于造物者已经在亘古的时间中经历了无限大的数量的自我与自我的自我分离的扭曲或者分裂了, 这些分离是我们已经对其给予了“自由意志”的名字的。因为那一个伟大的原初的想法每一个个体的火花, 或者面向, 或者微粒 (scintilla) [1], 都是用这样一种它将会再一次寻求它的源头, 因此那种寻求会将会将它自己的一个被精炼过的智能带回那个源头的方式被充能的。就我们理解的范围, 我的朋友们, 那就是造物的目的。造物是一个被放置在爱之中的一个持续不断的事件, 这样爱就会藉由表达返回到它自己的意愿而离开它自己了。但是, 随着这个过程已经一次又一次、又一次地被重复, 已经有一个幻象的系统被创造出来了, 凭借着这个幻象的系统, 这些爱的微粒已经有可能离开源头以清楚表达它们自己, 并向内精炼它们的平衡, 这样它们带回到那个源头的原初的爱的智能就可以更为生动, 可以更为精炼, 且在那个意义上可以更加增进知识了。

As it happens, the very structures, according to which the individual source points of love may be further and further articulated, also give the possibility that each of these source points, each of these little Logoi such as you are, shall discover themselves to be without love, to be abandoned as entities floating on a vast sea surrounded on all sides by strangeness. And when each of these lost scintilla of love/light begin to find within themselves those resources which enable them to make a beginning of a journey back to the Creator, they can learn to give the name “love” to that energy which fuels them along the way, starting from this beginning and looking toward the end. Now, as a matter of fact, love is of such a nature that it can find itself directed in many different ways, and can find itself caught up in many different configurations, and can find itself frustrated because in the very many-ness of its directions, it can discover confusion; it can lose its way; it can feel that it has no way home. And in this extremity, love—and searching within for the end for that resource which can be its only healing, which can be its only sense of direction—can feel like, for the first time, it is sounding out depths in the nature of love that have lain long concealed, that have, in fact, in a way, never yet been revealed. And it is true, my friends, that each here has a secret love that is unique to it alone, and a secret love, shall we say, that the Creator, the one original source of all love, longs to have returned to itself as revealed.

当它发生的时候, 这些个体的爱的源头的小点 (source points) 可以根据其越来越更进一步地被清楚表达的那个核心的结构, 同样会给予这些源头的小点中的每

一个可能性, 这些诸如你们之所是的小小的理则中的每一个理则将会发现它们自己是没有爱的, 是被抛弃的, 因为漂流在一片巨大的海洋上的实体是在所有的侧面都被陌生的事物包围着的。当这些迷失的爱/光的微粒中的每一个都开始在它们自己内在之中找到那些使得它们开始一场返回到造物者的旅程的资源的时候, 它们就能够学会将“爱”的名字赋予那种在沿路上为它们充能的能量了, 并同时从这个起点启动并期待着终点。现在, 爱实际上是具有这样一种属性的, 它能够发现它自己被指向许多不同的方向, 并能够发现它自己陷入到许多不同的配置之中, 能够发现它自己是受挫的, 因为在它的方向的众多性 (many-ness) 之中, 它能够发现混淆, 它能够迷失它的道路, 它能够感觉到它没有回家的道路。在这种绝境中, 爱, 在内在之中寻找那个目标, 寻找那个可以成为它唯一的疗愈, 可以成为它唯一的方向感的资源——那种寻求在一开始可以感觉就好像, 它是在爱的本性中试探深度的, 而那个深度已经被隐藏起来很长时间, 且实际上, 在某种意义上, 是从未被揭露过的。我的朋友们, 在这里的每一个人都拥有一种对于它一个人是独一无二的秘密的爱, 一种造物者, 一切爱的那一个原初的源头都渴望去让它作为被揭露的事物返回祂自己的秘密的爱, 这是真实的。

Now, as you reflect upon this process, it can be staggering to realize that it takes place over eons upon eons of what you call your time. And yet we would suggest to you that there is a sense in which all of these vast eons of time that you undergo [through] your various incarnational cycles—moving from one density to the next, and to the next—that all of these eons of time are, in fact, as of one instant. For there is a sense, grounded in the nature of love itself, in which all time is always all together. That points to a quality of love which is rather difficult to grasp, particularly for one whose experience is measured out moment by moment, particularly for one who carries a sense of past time as memory and dwells in relation to future time as anticipation, and situates the self between past and future in such a way as to suggest that time itself is a fleeting phenomenon, an ever-moving phenomenon. Movement is an expression of energy that itself takes on structure, and these structures have proven to be rather useful in giving context for those intrepid souls who venture forth into the Creation, having lost the sense of where they came from, having willingly yielded the primary sense of connectedness to all that is, so that the particular features of being an individual center of love could be more distinctly explored, could be more distinctly refined, could be more distinctly related to other points of distinct loving.

现在, 当你反思这个过程的时候, 意识到它是在亘古的你们所称的时间中发生的, 这可以是令人惊愕的。而我们会向你们建议会有一种感觉, 在其中所有的你通过你各种各样的投生的周期经历的所有这些庞大的亘古的时间——从一个密度移动到下一个密度, 移动到下一个密度——所有这些亘古的时间, 实际上都如同一瞬间的时间一样。因为会有一种扎根于爱自身的本性之中的感觉, 在这种感觉总, 所有的时间一直都是在一起的。这些要点, 对于爱的一种特性, 是相当难以掌握的, 尤其是对于一个其体验是在每时每刻被衡量的实体, 尤其是对于一个携带着一种流逝的时间的感觉作为记忆, 并逗留在与未来的时间的关联之中作为期待, 且将自我放置在过去与未来之间的某个位置上的实体, 这样一种方式会建议时间本身是一个飞逝的现象, 是一个不断移动的现象。运动是一个对能量的表达, 能量本身呈现出构架, 这些构架在为那些英勇的灵魂给予背景的方面已经证明是

相当有用处的了，这些灵魂冒险进入造物之中，并已经失去了它们从何处而来的感觉，并乐意地放弃了那种与一切万有的根本的关联性的感觉，这样成为一个个体的爱的中心的那种特定的特性就能够用更为不同的方式被探索，就能够用更为不同的方式被精炼，就能够用更为不同的方式与其他不同特性的爱的点建立关联了。

You enjoy, at present, an experience in which the sense of remove from the great original thought is just about as strong as it ever will be, for you all have undertaken a series of lifetimes that have involved the veil of forgetting. The first effect of forgetting is the loss of the sense of who you are as a being connected in love to the whole. And it is for that reason that, for you, the experience of love itself generally involves an overcoming of a feeling of being unloved, and it often involves a feeling of engaging in activities that are not themselves of a loving nature. But, we would assure you that in the broader sense, in the sense which many of you are now remembering, love is all that is, and that is what is entailed in the realization you come to as you open your hearts—as you open your hearts to one another, as you open your hearts to the entire Creation around you, as you open your hearts to your innermost being—and find there that subtle whisper of a greeting from the one original source, that subtle whisper of “hello” from the Infinite Creator, reaching down through the illusory frameworks of space/time and time/space. Why, you might ask, are these illusory frameworks even in place? Why, you might ask, is there a distinction between what you have called space/time and what might be called time/space? And we would answer in this way: we would suggest to you that space/time is a framework in which you are able to achieve a great deal of focus in working with energies of a very finely developed nature, and by working in this focused way, you are able to gain a kind of penetration into what we would call the unknown frontier of the Creation.

你们现在享受一种体验，在这种体验中，离开那种伟大的原初的想法的感觉是如同将它一直会是地一样强烈的，因为你们全都已经经历了一系列的已经包含了遗忘的罩纱的生命。遗忘的首先的效果就是失去那种作为一个在爱中与全体连接在一起的存有的你之所是的感觉。就是因为那个原因，爱的体验本身，对于你，一般包含了一种对于不被爱的感觉的克服，它经常包含了一种参与到其自身不是一种具有爱的特性的活动之中。但是，我们会向你们保证，在那种更为宽广的感觉中，在那种你们很多人现在正在开始回忆起的感受中，爱就是一切万有，在你们开放你们的心时——在你们向另一个人开放你们的心时，在你们向你们周围的整个造物开放你们的心时，在你们向着你们的最为内在的存有开放你们的心，并发现有一个来自于那一个原初的源头的致意的微妙的耳语，那个来自于无限造物者的“你好”的微妙的耳语，正在通过空间/时间和时间/空间的虚幻的框架降临的时候——那就是在你们会取得的领悟中被产生出来的事物了。为什么呢，你们可能会询问，为什么这些虚幻的框架甚至会在那里了？为什么，你们可能会问，为什么在你们已经称之为空间/时间和你们可能称之为时间/空间的事物之间有一种区分呢？我们会用这种方式来回答：我们会向你们建议，空间/时间是一个你们在其中能够在与具有一种非常微妙地被发展出来的属性的能量一同工作的时候取得大量的聚焦的框架，藉由用这种聚焦的方式工作，你们能够

取得一种对于我们所称的造物的未知的前沿的刺穿。

The forgetting has been particularly useful in this regard for there are elements or features of the Creator that have come to light only in view of what has transpired in the realms in which the veil has been operative. You will note that prior to the advent of the veiling—which was itself a possibility that had to be discovered—there were no entities which had undertaken to polarize to the negative; there was no concept of being able to serve exclusively the self, for there was enough of a residual awareness of being connected in the primary energy of love that the complete sense of separation was not even felt as a possibility. So to have not only the possibility but the actualization of a way of expressing the Creator's love as love of self exclusively was a piece of news, shall we say, brought to the Creator reflecting on a sense of itself that it had not previously had.

在这个方面，遗忘已经是格外有用处的了，因为会有一些造物者的要素或者特性是仅仅在罩纱在其中已经是起作用的领域中已经泄露出来的事物的观点中才会显露出来的。你们将会注意到，在罩纱的降临之前——这在其自身就是一种必须被发现的可能性——没有实体已经着手开始朝向负面性极化了，没有能够用排他的方式服务自我的观念，因为会有足够多的对于在爱的根本的能量中被连接在一起的一种残余的认识，以至于对于分离的完全的感知甚至不会作为一种可能性被感觉到。因此，要不仅仅拥有可能性，同样也将一种对造物者的爱的表达的方式现实化成为一种用排他的方式对自我的爱，这就是一条被带给造物者的，容我们说，新闻了，这个新闻在一种对祂自己的感知的方面反映出它之前尚未拥有过的事物了。

Now, it is our understanding that that love which confines itself to love of self is a love which is, in fact, self limiting, and which must, at some point in its development, learn to move past that configuration, and in doing so, acquires again, the polarity of other love primarily. But something in the meantime has been learned, something in the meantime of the nature of the Creation, of the nature of the Creator, of the nature of love has been learned, and will be learned more and more as the Creator itself expands in its awareness of what it means to be a source of love capable of differentiating itself into loved and loving, capable of being the one who loves, the one who is loved. And since that capability is grounded in the original creative act of freewill, it gives also the possibility of being the one who is not loved or the one who does not love. In the ultimate sense, love has no opposite, and yet when love is conceived as an activity, it does exist in a world of possible opposition. And so, love, rediscovering itself as unity, finds that it is through the overcoming of opposition, through the overcoming of displacement, through the overcoming of a sense of being lost, that love finds a depth previously unreachable within its very self. So it can easily seem to be a paradox that love, in order to be love, has needed to traverse the realms of the unloving, has needed to lose itself in order to find itself, but we find that this is precisely the nature of the Creation, as best we have been able to understand.

现在，我们的理解是，那种将其自身限制在对自我的爱的爱，是一种，实际上，自我限制的爱，这种爱必须，在其发展中的某个位置上，学会超越那种配置，并在这样做过程中，再一次取得主要是另一种爱的极性。但是，某种事情同时已经被学会了，某种同时具有造物的属性，具有造物者的属性，具有的爱的属性的事物已经被学会的，并将随着造物者本身在其对于成为一个爱的源头是什么意思的认识中拓展祂自己而越来越多地被学会，这个爱的源头有能力将它自己区分为被爱的事物和有爱的事物，能够成为一个爱的人，一个被爱的人。因为那种能力是扎根于自由意志的原初的创造性的行动之中的，它同样也给予了成为一个不被爱的实体，或正成为一个不去爱的实体的可能性。在终极的意义上，爱是没有对立面的，而当爱被构想为一个活动的时候，它确实存在于一个具有有可能的对立面的世界中。因此，爱，在重新发现它自己是一体性的过程中，发现，就是通过对对立面的克服，通过对位移的克服，通过对一种迷失感的克服，那种爱找到了一个之前在它的核心的自我之中无法触及的深度。因此，为了成为爱，爱已经需要去横跨那个没有爱的领域，已经需要去迷失它自己以便于找到它自己，这是可以轻易地看起来似乎是一个悖论的，但是，我们发现，这恰恰就是造物的属性了，就我们已经能够取得的最佳的理解而言。

What you call your realm of time/space is a realm in which the sense of unity is more prevalent, the sense of being surrounded by love is more prevalent, and it is a place where those who have ventured forth into those domains of space/time in which they work in a more focused fashion, may find respite and restoration.

你们称之为你们的时间/空间的领域是一个在其中一体性的感觉是更为盛行，那种被爱包围的感觉是更为盛行的领域，它是一个在其中那些已经冒险进入到那些空间/时间的区域中的实体可以找到休息和恢复的地方，而在空间/时间的区域中，这些实体是用一种更为聚焦的方式工作的。

We are those of Q'uo, and at this time we would return to Jim to inquire whether there are questions still on the minds of those present. I am Q'uo. Adonai.

我们是 Q'uo，在此刻我们会返回 Jim 以询问是否在那些在场的人的头脑中仍旧有问题。我是 Q'uo。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument and we ask if there are any further queries at this time?

我是 Q'uo，我再一次与这个器皿在一起了，请问在此刻是否有任何问题？

Austin: I have short one, Q'uo. There are many in this group who are avid gardeners and I was wondering if you could just give us a few words of the metaphysical dynamics behind gardening and sharing love and communion with second-density plants?

Austin: 我有一个简短的问题，Q'uo。在这个团体中有很多人是热心的园丁，我想知道，你们是否能够在关于园艺以及与第二密度的植物分享爱与亲密交流的背

后的形而上学的动力性的方面给我们一些言语呢？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed the second density is as aware of love as is the third density though perhaps able only to express it in certain limited functions and fashions. As you partake in the gardening experience, the tending of the plants, the planting, the weeding, the tilling and the sending of your own love to these entities, they are aware upon a very basic level of the nature of love itself, and are able to connect this reception of love with your presence, and are able to then shine forth this love in their production of the flowers, the fruits, and the very quality of their own being that is a beauty of balance and of the second-density approximation of the One Creator. There are also those spirits about that you may call the nature spirits, the devas, each of which has a certain kind of, shall we say, mentorship or relationship to the second-density creatures, so when you are gardening, you are not only interacting with the second-density plants, you are also interacting with those devas and nature spirits that are in charge of certain portions of the plant and animal kingdoms. These also contain the One Creator in abundance as the One Creator is everywhere at all times expressing itself in various ways to those who have ears to hear, eyes to see and hearts to understand.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 第二密度是和第三密度一样地察觉到爱的, 虽然第二密度也许仅仅能够用一定的有限的机能和方式来表达它。当你们参与到园艺的体验、照顾植物、栽种、除草、耕种, 以及对这些实体中送出你们自己的爱之中的时候它们是在一个非常基础的层面上察觉到爱自身的特性, 并能够将这种对爱的接受与你们的在场联系在一起, 并接着能够在它们的花朵、果实产物中, 以及它们自己的存有的核心的特性中将这种爱闪耀出来, 这种存有的核心的特性就是一种具有平衡且具有太一造物者的第二密度的近似物的美丽。同样也会有那些你们可以称之为自然精灵、提婆的灵体在你们周围, 它们中的每一个都拥有一定类型的, 容我们说, 对第二密度的生物的指导身份或者关系, 因此, 当你们进行园艺的时候, 你们不仅仅在与第二密度的植物进行互动, 你们同样也在与那些负责植物和动物王国的一定的部分的提婆和自然精灵进行互动。这些灵体同样也包含了丰富的太一造物者, 因为造物者是无处不在的, 并在所有的时候都用各种各样的方式向那些有耳朵去听, 有眼睛去看, 拥有心去理解的实体表达祂自己。

Is there a further query, my brother?

与一个进一步的问题吗, 我的兄弟?

Austin: No, thank you.

Austin: 没有了, 谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

F: I'm not quite sure if I'm going to say this right, but when we are in our

gardens, or when we're feeling love for a person, or having these types of experiences, there's a spaciousness, an openness, that we sense and which also happens in meditation sometimes. I wondered if we're touching on the metaphysical space when these events happen—when these experiences happen?

F: 我并不非常确信我将会说这是正确的, 但是我们处于我们的花园中的时候, 或者当我们正在感觉到对一个人的爱的时候, 或者正在拥有这些类型的体验的时候, 会有一种宽阔性, 一种开放性会被我们感觉到, 这种感觉同样时常会在冥想状态中发生。我想知道, 当这些时间发生的时候——当这些体验发生的时候, 是否我们是在触及形而上学的空间呢?

Q'uo: I am Q'uo and am aware of your query, my sister. In the experiences of which you speak there is a common denominator, shall we say, of the removing of the intellectual barrier that seems for most of those in third density to separate them from the inner qualities of the spiritual world, the sense of the spaciousness of which you speak, the sense of the metaphysical nature of the reality in which you move and live and have your being. When you are able to reach this state, whether it be through the gardening, through the exercising, through the meditating, through contemplating, through prayer—however you reach this state— you are indeed touching upon the truer nature of reality as you are able to experience it. For you have then reached a point within your own being where this being can reverberate in its natural interconnection with all that this. You no longer have the need or ability at that time to cut yourself off, shall we say, from the world about you, from the Creator that exists at all times in all places. So, if you are able to reach this state in the gardening it is most helpful, not only to you as an individual entity, but also to those beings with which you move in the gardening experience, the second-density plants, and as we previously spoke to the one known as Austin, the devas and the nature spirits as well.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。在你谈及的体验中, 会有一种移除逻辑智力的障碍物的, 容我说, 公分母, 这种逻辑智力的障碍物看起来似乎让大多数的在第三密度的实体与灵性世界的内在的特性, 与那种你们谈及的宽阔性的感觉, 以及对你们在其中移动、生活并拥有你们的存有的实相的形而上学的特性的感觉分开了。当你们能够抵达这种状态的时候, 无论它是通过园艺, 通过锻炼, 通过冥想, 通过沉思, 通过祈祷——无论你们如何抵达这种状态——你们确实是在你们能够体验到它的时候正在触碰实相的更为真实的属性了。因为你们已经抵达了在你们自己的存有内在之中的一个位置, 在那个位置这种存有能够在它与一切万有的自然的相互连接中产生回音。你在那个时候不再拥有将你自己与你周围的世界, 与在所有的时间存在于所有的地方的造物者, 容我说, 切断的需要或者能力。因此, 如果你们能够在园艺中抵达这种状态, 不仅仅对于作为一个个体的实体的你, 同样也对于你在园艺的体验中与你一同移动的那些存有, 对于第二密度的植物, 以及如我们之前对被知晓为 Austin 的实体说过的一样, 同样还有提婆和自然精灵, 是极其有帮助的。

Is there a further query, my sister?
我的姐妹, 有一个进一步的问题吗?

F: Will these types of experiences be more common and easier to obtain when we are in higher densities, especially as we're approaching fourth-density experience here on earth?

F: 这些类型的体验在我们处于更高的密度中的时候, 尤其是当我们在这里在地球上正在接近第四密度的体验的时候, 将会是更为通常且更加易于取得的吗?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed this is so, for in the higher densities you no longer must deal with the veil of forgetting. The veil of forgetting is very helpful for the third-density entity, for it allows you to have experiences that would not be as likely to have in the higher densities, for in the higher densities you are quite aware of the unity of all Creation, of the love that is the energizing force of all Creation, but in that particular type of environment, it is oftentimes more difficult to find a reason to move from the perfection in which you exist into new expressions of your own being. Thus, the third density, where you forget that perfection offers you the opportunity to move into more intense polarization, shall we say, more intense expressions of the love vibration as you respond to the difficulties in your own life experience. The problems and the challenges of your life experience are those gifts that allow you to call upon the spiritual nature of your own being in order to solve them, to balance them, and to internalize the love and light that you find all about you. Yes, you shall find the higher densities offer you more experience within the spiritual realms, in the metaphysical realms, but forget not the great offering and treasure of the third density, for it allows you to find that which is the pearl of great price within an illusion which seems to contain very little of beauty for many at this time.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。确实, 就是如此, 因为在更高的密度中, 你不再必须与遗忘的罩纱打交道。遗忘的罩纱对于第三密度的体验是非常有帮助的, 因为它允许你去拥有那些在更高的密度中不大有可能拥有的体验, 因为在更高的密度中, 你是相当察觉一切造物的一体性, 察觉为一切造物的赋能性的力量之所示的爱的, 但是在那个特定类型的环境中, 要找到一个原因从你们存在于其中的完美性移动进入到你们自己的存有的新的表达中, 这时常是更加困难的。因此, 你们在其中遗忘了你们的完美性的第三密度, 在你们回应你们自己的生命体验中的困难的时候, 为你们提供了机会去进入到更为强烈的, 容我们说, 极化, 以及更为强烈的爱的振动的表达。你们的生命体验的问题和挑战是礼物, 这些礼物会允许你们召唤你们自己的存有的灵性的特性, 以便于解决它们, 平衡它们, 将你们在你们周围找到的爱与光内化。是的, 你们将会发现更高的密度为你们提供了更多的在灵性领域中, 在形而上学的领域中的体验, 但是不要忘记第三密度的伟大的给予与珍宝, 因为它允许你们发现在一个在此刻对于很多人看起来似乎包含了非常少的美丽的幻象中的具有巨大的价值的珍珠。

Is there a further query, my sister?
我的姐妹, 有一个进一步的问题吗?

F: No, that was very helpful. Thank you to both the instruments today, this has

been really good. Thank you.

F: 没有, 那是非常有帮助的。同时为今天的两个器皿感谢你们, 这已经是真正有益处的了。谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. By calling upon us to serve as you do, you allow us to progress further along this same trail which we share with you.

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。藉由如你们所做的一样呼唤我们服务, 你们允许我们在这条我们与你们分享的同样的小径上更进一步前进了。

Is there another query at this time?

在此刻有另一个问题吗?

(Pause)

(暂停)

Q'uo: I am Q'uo. As we appear to have exhausted the queries for the nonce. We shall take this opportunity to once again thank each present for inviting us to join your circle of seeking. It is a great honor and privilege to be here with you. Only by your inviting our presence do we have a beingness within your third-density illusion. Though much of the treasures and the pleasures of the One Creator are covered within this illusion, indeed those which show through your very being are a true pleasure for us to witness. Your calling upon the One Creator in everyday life experiences is that which is a true calling to the source of all being that is here, and which wishes to express itself through you as you are moving along your path of the incarnational journey, the spiritual journey of the doughty seeker.

Q'uo: 我是 Q'uo。因为我们似乎已经暂时耗尽了今天的问题了。我们将利用这个机会再一次感谢在场的各位邀请我们加入到你们的寻求的圈子。在这里与你们在一起, 这是一种巨大的荣耀与荣幸。仅仅藉由你们邀请我们出席, 我们才在你们的第三密度的幻象中拥有了一种存在性了。虽然太一造物者的大量的珍宝与快乐在这个幻象中是被遮蔽起来的, 确实我们见证了那些通过你的核心的存有展现出来的事物, 这对于我们是一种真实的快乐。在你们沿着你们的投生旅程, 刚毅的寻求者的灵性旅程的道路前进的时候, 你们在每一天的生命体验中对太一造物者的呼唤, 是对于在这里且希望通过你们表达它自己的一切存有的源头的一种真正的呼唤。

At this time we shall take our leave of this instrument and of this group. We leave you as we found you, in the love and in the light of the One Creator. We are known to you as those of Q'uo. Adonai, adonai, my friend.

在此刻, 我们将离开这个器皿和这个团体。我们在太一造物者的爱与光中离开你们, 如我们发现你们的时候一样。我们是你们知晓的 Q'uo。Adonai, Adonai, 我的朋友们。

[1] scintilla (noun): A small spark or flash; a small or trace amount.

[1] *scintilla* (名词): 一个小小的火花或者闪光, 一点点或者微量。

May 7, 2016

2016-05-07 催化剂的接纳与编程

Group question: Spiritual information often suggests that our spiritual growth is a consequence of the suffering we go through and that we should not avoid it by running away, but rather it should be embraced, and we should always try to bolster our faith and patience as a catalyst runs its course, especially as much catalyst as pre-incarnationally chosen. Another school of thought states that our experiences are due to our thinking and feeling and that it is our duty to create better conditions for ourselves. The implication is that if we don't like an experience, say, poverty, sickness, etc. we can change it by concentrated and focused thinking and feeling. We figure that both positions are probably accurate but there seems to be something of a contradiction between the two, and we would like Q'uo to shed some light on the subject.*

*团体问题：灵性信息经常建议，我们的灵性成长是我们经历的苦难的一个结果，我们不应该藉由逃离来回避它，毋宁说，它应该被拥抱，在一个催化剂完成它的进程的时候，我们应该一直尝试去增强我们的信心和耐心，尤其是当大量的催化剂是投生前被选择好的催化剂的时候。另一个思想的流派认为，我们的体验是由于我们的思考我们的感觉，我们有责任为我们自己创造更好的条件。它的言外之意是，如果我们不喜欢一个体验，假设，贫穷、疾病，等等，我们能够藉由专注和聚焦的思考和感觉来改变它。我们推测两个立场有可能都是正确的，我们想要 Q'uo 在那个主题上照耀一些光。**

(Jim channeling)

(Jim 传讯)

I am Q'uo and am grateful to be able to speak through this instrument and greet you all in love and in light this day. It is our great privilege to be called to your group for by this means, speaking to entities such as yourselves, are we able to provide our service to the One Creator. We would ask you, as always, to use your own discrimination as you listen to our words, and use those words which ring of truth to you, and leave behind any that do not, for in this way we will feel free to be able to offer our opinions without feeling the possibility of infringing upon your free will, for we are not what you would call the ultimate authority upon any matter but share that which has been our experience as we have moved along this same spiritual path upon which you find yourselves this day and all days. Though we may have moved a bit further than have you, still we walk the same dusty path with, what you may call "the clay feet." [1] We can make mistakes and have done so.

我是 Q'uo，我对于能够通过这器皿发言是非常感激的，我在这一天的爱与光中向你们全体致意。被呼唤到你们的团体是我们巨大的荣幸，因为藉由这种方式，藉由向诸如你们自己之类的实体发言，我们能够提向太一造物者提供我们的服务了。我们会请你们，一如既往，在你们聆听我们的言语的时候，使用你们自己的分辨力，使用那些你们听起来是真实的言语，并将任何听起来不真实的言语留在后面，因为用这种方式，我们将感觉到能够自由地提供我们的观点，而不会感觉

到侵犯你们的自由意志的可能性了，因为我们不是你们所称的对于任何问题的终极的权威，我们仅仅分享在我们在灵性的道路上移动的时候已经是我们的体验的事物，我们的灵性的道路和你们发现你们自己在今天以及所有的日子都走在其上的道路是同样的道路。虽然我们可能已经比你们走的远了一点点，我们仍旧是用你们所称的“泥足” (the clay feet) [1]走在相同的布满尘土的道路上。我们犯错并已经犯过错了。

To begin you have asked us whether or not it is more appropriate to embrace the traumas that come your way upon this spiritual path and to attempt to learn from them, rejoicing in them, and moving on from them having learned what they have to teach. Or if, perhaps, it is your obligation as a seeker of truth to bring more harmony into your life, to let your life exemplify those qualities of the truth, the peace, the love, and the power of the One Creator. Or if perhaps there is a third path which is a blending of the two. My friends, we can tell you that there is a certain kind of emphasis or primary quality to the learning of lessons through what you call “the difficulties,” and indeed many have programmed these into their lives for this very purpose. You can find that there are abilities that are brought forth from you, [from] the very depths of your being, that quality of your soul which is so valuable yet inestimably and seemingly distant from you. These can be called forth by the necessity of meeting the challenges that are yours as you move through each day's round of activities, and perhaps discover that there is a certain loss that you must bear, a certain problem you must solve, a certain wound that you must heal; all of these are the stuff, shall we say, of your third-density illusion. 开始你们已经询问我们的问题，去拥抱你们在这条灵性的道路上出现在你们面前的伤痛并尝试去从它们学习，在它们中欢庆，并同时已经在学会了它们所要教导的事物之后离开它们继续前进，是否这是更加适当的。或者，是否，也许你作为一个真理的寻求者的责任，就是将更多的和谐带入到你的生命中，让你的生命彰显那些属于真理、平安、爱和太一无限造物者的力量的特性。或者是否有第三条道路是将两者的一个混合。我的朋友们，我们能够告诉你们，对于通过你们所称的“困难”来学习的课程，是有一定类型的重点或者主要的特性的，确实很多人已经将为了这个核心的目的将这些困难编程进入到它们的生命中了。你们能够发现，有一些能力是从你身上，从你的存有的非常深入的地方被产生出来的，会有那些属于你的灵魂的特性，它们是如此宝贵，而又无法估量地看似与你是遥远的。这些特性是能够藉由面对当你穿越每一天的日常的活动时所要面对的挑战的需要而被祈请的，你也许发现会有一定的损失是你必须去承受的，会有一些的问题是你必须去解决的，会有一些的创伤是你必须去疗愈，所有这些都是，容我们说，你们的第三密度的幻象的原材料。

You see all about you the opportunity to witness not only the One Creator who is actively offering you these opportunities for learning, yet you also see that there is, perhaps, that which is required of you, that you do not know whether or not you have within you to put forth as a means by which to bring healing where healing is needed, to bring understanding where difficulty and hurt feelings are in existence, to do that which seems to make one uncomfortable. For the disharmonies can be great within one's mind and

heart and even into the soul of one's own being as you wrestle with the various means by which difficulties may be offered within your third-density illusion; and these, as you know, my friends, are many. Each of you has suffered greatly at one point or another or perhaps at many points within your life pattern. Perhaps it has often seemed to you that there is an abundance of suffering, and why should there be more suffering? Why should you have to endure once again what you felt was completed?

你在你周围看到的一切，不仅仅是去见证那个积极地提供给你这些学习的机会太一造物者的机会，你同样也看到，也许会有对于你是需要的事物，你并不知道是否你在你内在之中拥有那个事物，以作为一条藉由其将疗愈带到疗愈被需要的地方，将理解带到困难和受伤的感觉存在的地方，并去做看起来似乎是使得一个人不舒服的事情的途径而产生出来。因为在你与各种各样的困难藉由其可以在你们的第三密度的幻象中被提供出来的途径扭打的时候，不协调在一个人的头脑和心中，甚至在一个自己的存有的灵魂中是巨大的，如你们知道的一样，我的朋友们，这些不协调是为数众多的。你们每一个人都已经在你的生命模式中的这样或者那样的一个位置，也许是在很多的位置上极大地受苦了，为什么你不得不去再一次容忍你感觉到是被完结了的事情呢？

When these patterns move around in the spiral of endlessness that is your incarnation, into and through and beyond the third-density illusion, you may rest assured, my friends, that you have found a pattern that was put in place previous to the incarnation and that this pattern has within it the opportunity for you to be more than you thought you were; to exhibit those qualities that you were not that sure you had; to find love where there seems to be none; to find harmony where there is disharmony; to find healing of wounds that are deep; to make clear the communication which has been stifled and muffled and distorted. Yes, my friends, there is much to recommend the learning by the traumatic experience in confronting that experience, shall we say in your colloquialism, head-on—not running from it at all, not attempting to avoid it at all, welcoming it as a precious treasure that you will be able to learn from, and to, as you may say, blossom as the seed that is cracked open rather violently by the expanding of its own inner nature, but brings forth the flower that is of great beauty, the scent that is sweet, giving pleasure to the eye, purpose to the mind, and a means by which one may see that there is growth possible in the most difficult of circumstances.

当这些模式在你们的投生之所是的无尽的螺旋中绕圈，进入、穿过并超越第三密度的幻象的时候，我的朋友们，你们可以放心，你们已经找到了一种在投生之前就已经被设置好了的模式了，这种模式在其内在之中拥有机会让你们成为比你们曾经认为你们之所是更多的事物，让你们展现出那些你们曾经并不确信你们拥有的特性，在看起来似乎没有爱的地方找到爱，在没有协调的地方找到协调，找到对深深的伤口的疗愈，并使得已经被窒息、被压制并被扭曲的沟通交流变得清晰了。是的，我的朋友们，在直面那种，在你们口语中，容我说，迎头撞上的体验——完全不避开它，完全不尝试去回避它，就好像一个珍贵的宝藏一样地欢迎它——的过程中，藉由创伤的体验来学习是倍受推荐的，这样你们就将从其学习，并能够，如你们可能会说的一样，如同种子一样地绽放了，种子是藉由对其自己内在的本性的拓展相当激烈地被破开的，但却产生出具有巨大的美

丽, 甜美的香气的花朵了, 这花朵给予了眼睛快乐, 给予了头脑目的以及一种途径, 通过这条途径一个人可以看到, 在最为困难的环境中也会存在可能的成长。

However, my friends, this is not the only path to growth, and not the only means by which you may approach a situation which seems difficult beyond measure.

然而, 我的朋友们, 这不是唯一的成长的途径, 不是唯一藉由其一个人可以着手处理一个看起来似乎极度困难的情况的途径。

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

在此刻, 我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We greet you in the love and in the light of the One Infinite Creator upon a day that has special meaning to those in this part of the country[2], and upon a time of year when there is abroad in the land a rebirthing of all of the forces of life, finding new ways to express the old ways of the Infinite Creator.

我是 Q'uo, 我与这个器皿在一起了。我们在太一无限造物者的爱与光中, 在一个对于在国家的这个部分中的人们有特殊意义的日子[2]里向你们致意, 在一年中的现在这个时刻, 在土地上到处都有一种生命力的重生, 并找到新的方式去表达无限造物者的旧的方式。

We would like, at this time, to call your attention to the character of the experience which you currently enjoy, which is that it is an opportunity; it is an occasion for engaging in creative activities that permit mind, body, and spirit complexes such as yourselves to recreate themselves and to enter upon that great adventure that is the creation itself. This entails an active doing, and doing is essential to the nature of the kind of experience which you now enjoy, and in that regard it is to be seen as distinct from the kind of experience which you enjoy between incarnations. We have expressed this difference as the difference between space/time and time/space. And in time/space which is that portion of your experience you undergo when you are not incarnate, you are given ample opportunity to reflect upon who you are, what you have become, and to discover intimations of what you wish to be. There are, in time/space, few limitations upon these processes of contemplation and self-reflection, but there are also few opportunities for the realization of the plan, shall we say, or the preferences that are beginning to take root in the depths of your being. For these changes to take place, space/time, which is what you experience while you are in the incarnate space, is a useful set of conditions for undergoing the transformations to which you have learned to aspire.

我们想要, 在此刻, 将你们的注意力呼唤到你们当前所享受的体验的特性上, 这

个特性及，它是一个机会，它是一个参与到创造性的活动的机会，这些创造性的活动会允许诸如你们自己之类的心/身/灵复合体再造它们自己并踏上造物自身之所是的那场伟大的冒险。这产生出了一种活跃的行动，行动对于你们现在享受的体验的类型的特性是实质性的，在那个方面，它是被视为是与你在两次投生中间所享受的体验的类型不同的。我们已经将这种不同表达为在空间/时间和时间/空间之间的不同了。时间/空间是你不在投生之中的时候的那个你经历的你的体验的部分，在时间/空间中，你被给予了丰富的机会去反思你是谁，你已经成为了什么，并探索你希望去成为的事物的局限性。在时间/空间中，在这些沉思和自我反思的过程中，几乎不会有局限性，但是同样几乎不会有去，容我说，实现计划，或者实现正在开始在你的存有的深处扎根的偏好。为了让这些改变发生，空间/时间，也就是当你处于投生的空间中的时候你体验到的事物，是对于经历转变到你已经学会去渴望的事物的过程有用处一种对周遭情况的设置。

Now, as a portion of the experience which you now appreciate, there is a kind of programming in place. And that programming, we would say, has primarily to do with the set of limitations which you have set yourself and which, coming into this experience, begins from the moment you are born to attract a certain kind of experience which you will then have the honor and the duty to process. We would suggest to you that it is a significant portion of the character of the experience which you enjoy while incarnate to actively engage in the catalyst, in the response to catalyst, and in the circumstances which permit you to change the parameters in which catalyst may be received. So we would commend you to the activity of engaging with the world around in such a way that you may transform the world for the better, even as you seek to transform your response to the world for the better, and thereby to transform yourself and that little portion of the being of others which has joined you in your experience of your selfhood in this life.

现在，作为你现在所体会的体验的一部分，会有一种类型的编程处于适当的位置上。那种编程，我们会说，主要是与你已经为你自己设置好的局限性的设置有关的，当这些局限性进入到这次体验中的时候，它们从你被生出来的时刻就会开始吸引一定类型的体验，这些体验是你将拥有荣耀和责任去进行处理的。我们会向你们建议，活跃地参与到催化剂之中，参与到对催化剂的回应之中，参与到允许你改变催化剂藉由其被接收到的参数的环境中，这是你在投生的时候所享受的体验的特性的一个至关重要的部分。因此，我们推荐你去用这样一种你让世界变得更好的方式来参与到周遭世界的活动中，甚至在你为了更好的世界而寻求去转变你对于世界回应的时候，我们推荐你由此寻求去转变你自己，并在你在这次生命体验你的自我属性的过程中，去转变其他的已经加入你的人的存有的那个小小的部分。

So, to the extent that transformation is the order of the day, it is not fully and entirely a question merely of acceptance of the status quo, acceptance of the catalyst as given. However, there will inevitably be the need for such acceptance, at least insofar as the catalyst which you are given is indeed that which you face. And we find that it is a significant portion of the failure to process catalyst that the catalyst is deemed inaccessible from the start, and so that it can be the case that one resists what is given and this, we may say, is

catalyst gone awry. And yet one may and does well to, as the poet says, "take arms against a sea of troubles and by opposing, end them." [3] For we can assure you that the point of the catalyst as given is never simply to suffer it, but rather to engage with it so that the suffering is, to the extent that it is necessary, seen not as part of the intent of the catalyst, but as by-product of the difficult process of self-transformation that the catalyst is there to promote. The sense of destiny that arises when you begin to recognize a kind of pattern in the catalyst that you experience is an indication of the progress that you are beginning to make in learning that there is secret intent impressed within the very fiber of the catalyst you receive. And this intent can, when you reflect upon it in your meditative state, be a clue for how the catalyst might be successfully processed and how the catalyst might find its way to future catalyst that continues your growth upon a desired trajectory.

因此，那种转变的程度到达的程度就是头等大事了，它并不完全且彻底地单单是一个接纳原状，以及用催化剂被给予的样子接受催化剂的问题。然而，这样的接纳将会是无可避免地是需要的，至少在你被给予的催化剂确实就是你面对的那个事物的范围内。我们发现，催化剂从开始就被认为是无法触及的，这是在处理催化剂的方面的失败的一个重要的部分，因此它可以是这样一种情况，一个人拒绝被给予的事物，我们可以说，这是催化剂失误了。而一个人可以并非非常擅长于，如诗歌说得一样，“拿起武器抵抗一个麻烦的海洋，并藉由反对它们来结束它们。” [3]因为我们能够向你们保证，用催化剂被给予的样子接受催化剂，这个要点永远都不会单纯地是去忍受它，而毋宁是与它打交道，这样受苦，在它是必不可少的程度上，就不会被视为是催化剂的意图的一部分，而是被视为催化剂存在所引发的自我转变的困难的过程的副产品了。当你开始认出在你体验到的催化剂中的一种类型的模式的时候，命运的感觉就会升起了，那种命运的感觉是你正在开始在学习的方面取得进步的一种迹象，你会了解到，在你接收到的催化剂每一个纤维之中是被印刻有秘密的含义的。在你在你的冥想状态中对它进行反思的时候，这个含义能够成为催化剂可以如何成功地被处理，以及如何及可以如何找到它通往未来的会继续你在一个被渴望的轨道上的成长催化剂的道路的一个线索。

The more you are able to discover within even those situations which give difficulty, even those situations which tend to elicit from you a rejection—a feeling of being hurt, a feeling of anger, a feeling of hate—even these we say, can, if allowed to develop into a deeper sense of love which one does achieve through acceptance, suggest that the catalyst that has been on offer is indeed serving its function well. We would say to you that catalyst that is allowed its play in such a way that it inspires you to response is catalyst that is properly received, and you should not despise your inspiration in the response that you come to in relation to your catalyst, which can often take the form of seeking to improve the circumstances of your life, in seeking to improve the circumstances of the lives around you, and in seeking to improve the conditions of the social complex of which you are a part. All of those activities which reflect the inspiration to betterment, the inspiration to expression of love, the inspiration to a resolve to heal—all of these are indications of a good and proper use of catalyst.

甚至在那些给予了困难的情况中，甚至在那些倾向于从你身上引发一种拒绝—

——一种受伤害的感觉，一种愤怒的感觉，一种憎恨的感觉——的情况下，你越有能力去发现是否这些感觉被允许发展成为一种一个人确实通过接纳而取得的更为深入的爱的感觉，我们会说，甚至是这些情况都可以建议，已经被提供的催化剂确实是很好地起到了它的用处了。我们会对你们说，如果催化剂被允许用这样一种鼓舞你做出回应的方式运转，催化剂就是被适当地接受了。催化剂，你不应该在你与你的催化剂建立关联的回应中看不起你的鼓舞，在寻求去改进你周围的生命的环境的过程中，在寻求去改进你是其一部分的社会复合体的环境的过程中，你的催化剂经常能够呈现出寻求去增进的你的生命的环境的形式。所有那些反应了对于改善的鼓舞的活动，反应了对于爱的表达的鼓舞，一个对于疗愈的决心的鼓舞的活动——所有这些活动都是对于催化剂的一种有益且适当的使用的指示。

Now, it is true that catalyst comes very often in forms that are harsh. It is true that catalyst comes very often in forms that do not suggest an immediate way forward, and that for all the world looks as if it simply is something about which one can do nothing, about which there is nothing to do but to accept what is given and suffer through its given-ness. And we will not deny that there are days and days upon days which will have this aspect in which the Creation shows a somber face to the seeker, and that the intrepid seeker can but put one foot in front of the other, day after laborious day in the quiet faith that at the end of this day—and if not this day, then the next, or the next—there will come a time in which the sun again will shine, in which the birds again will sing, in which the heart again will leap up in joy. In the meantime, there can be the memory of these experiences; there can be a slowly forming resolve to allow this memory, this inextinguishable joy, this ineluctable aspiration, to have a place, even in those experiences which reflect catalyst at its most harsh, at its most difficult, at its most confusing.

现在，催化剂会非常频繁地用刺耳的形式出现，这是真实的。催化剂非常频繁地用并不会暗示一种即刻向前的道路的方式出现，这是真实的，对于所有的世界，看起来就好像它单纯地是某种一个人对其无能为力的事情，看起来似乎除了去接受被给予的事物并忍受它的给予性 (given-ness) 之外没有任何能够对其做的事情。我们将不会否认会有一个接一个的日子将会拥有这种特性，在这些日子里造物者向寻求者展现出一张阴郁的面孔，刚毅的寻求者仅仅能够一步一个脚印地，在一个接一个的勤勉的日子里处于那种安静的信心之中，那种信心即，在这一天结束的时候——如果不是这天，那么就是下一天，或者再下一天——将会有一个太阳将会再一次闪耀，鸟儿将会再一次歌唱，心将会再一次在喜悦中跃起的时刻。同时，会有对这些体验的记忆，会有一种缓慢形成的决心去允许这种记忆，这种压制不住的喜悦，这种不可避免的鼓舞拥有一个位置，甚至在那些映射了最为刺耳，最为困难且最为令人混淆的体验之中。

If you are confused, that, too, is something upon which you may reflect, and as surely as the day follows the night, there is significance lurking even in the most scattered and confusing kinds of experience. You might reflect upon the elements at play within the confusion and you might ask yourself how each individual element feels to you, how each individual element feels in relation to other individual elements, and how the totality of the experience which you

undergo as confusion feels to you. And even confusion, if that is the feeling with which you come away, has to it a kind of unity, has to it a kind of intelligibility. For it is, after all, this confusion and not another; it is after all, this pain and not another.

如果你感觉到混淆，那同样也是某种你可以沉思的事情，如同白天会跟随着黑夜一样确切地，甚至在最为散乱且令人混淆的类型的体验中，都会有潜藏的重要性。你们可以对在混淆中起作用的要素进行反思，你可以问你自己，每一个个体的要素对于你感觉是如何的，每一个个体要素在与其他个体的要素的关联的方面对于你感觉是如何的，你经历的作为混淆的体验的整体性对于你感觉是如何的。甚至是混淆，如果那就是你带来的感觉，混淆会拥有一种统一，会拥有一种可理解性。因为，毕竟，它是这种混淆而不是另一种混淆，毕竟，它是这种痛苦而不是另一种痛苦。

What is it about this pain, you might ask yourself? What is it about this circumstance in which I have felt myself to be torn out of my zone of comfort, to be thrust into a world that seems unwelcoming, to be faced with other faces glaring back at me in hostility or judgment or disappointed expectation? And I, who have few resources apparently at the ready seem asked to respond in a way that is appropriate and yet without having a sense of where that appropriation would lie. Even this situation has to it an integrity. Even a situation such as this is the bearer of a secret message. A situation such as this is catalyst in a form most raw and calls for a response. One cannot be simply passive in the face of catalyst but must take it up actively in some way. It is this catalyst one must decide, or it is that catalyst one decides. It has this meaning for my life going forward; it has that meaning for the service I may offer. That is an active process—that is a process of taking in, interpreting, and accepting what is given, but doing so actively. Doing so in such a way that one feels thereby actuated, that one feels thereby that one has agency in the process of transformation one is undergoing.

你可以问你自己，在关于这种痛苦的方面，它是什么呢？在关于这种在其中我已经感觉到我自己从我自己的舒适区被撕扯开来，并被推入到一个看起来不受欢迎的世界，要面对其他的在敌意或者评判或者失望了的期待中向回怒视我的面孔的环境的方面，它是什么呢？我几乎没有明显准备好的资源，我看起来似乎被要求用一种适当的方式回应，而我又并未对于那种适当性会存在于何处拥有一种感觉。甚至在这种情况下，它都拥有一种完整性。甚至一个诸如这个情况之类的情况，都是一个秘密的信息的载体。一个诸如这个情况之类的情况是用一种未被加工过并呼唤一种回应的形式的催化剂。一个人无法在面对催化剂的时候单纯地不抵抗，而必须积极地用某种方式使用它。一个人必须决定是使用这个催化剂，还是使用那个催化剂。它对于我的生命的前进拥有这样的意义，它对于我可以提供的服务拥有那样的意义。那是一个主动的过程——那是一个拿进来、解释并接受被给予的事物的过程，但主动地这样做。用这样一种一个人由此感觉到被激励，一个人由此感觉到在它正在经历的转变的过程中它是拥有动力的方式这样做。

And so, there is, indeed, a difference between acceptance and self-activation in relation to catalyst. But we would suggest they are two sides of a single process, and that process is the very process you have incarnated to see

through. You have incarnated to carry forth and you have incarnated to participate in the furtherance of that process. The more consciously you are able to participate in relating yourself to your catalyst, the more that catalyst begins to resonant to the inner harmonics of your being, and thereby the more you become author of your own catalyst. But catalyst is a subtle thing, my friends, more subtle than a faint aroma on a summer breeze. Now you see it, now you feel it, now you get its scent, and now you don't. And so it is of such a nature that just when you think you are the master of that catalyst which is yours to process, you find that once again you are not; once again, it has left you bereft of your sense of authority, bereft of your sense of being in control of your situation, bereft of your very sense of who you are. And there you are again, confronting the mystery of the Creation in the moment, but you are doing so in possession of the greatest gift the Creation has to offer, which is the gift of your capacity to be a portion of its self-transformation, its creative happening. And if you allow that creativity into your process of activating your own innermost resources, you are closest to the catalyst that you can possibly become. And so we find that this is a paradox that does have a resolution. This paradox of catalyst which seems to come from outside, but in such a way that it resonates with something within. It has, as we say, a resolution, but it is a resolution which ever and anon will once again unresolve itself and appear to you in the form of a paradox.

因此，在关于催化剂的方面，在接纳和自我激活之间确实有一种区别。但是我们会建议，它们是一个单一的过程的两个侧面，那个过程恰恰就是你们已经投生来看穿的那个过程。你们已经投生来实行，你已经投生来参与到推动那个过程。你越发有意识地能够去参与到让你自己与你的催化剂建立关联的过程中，催化剂就会越多地开始与你的存有的内在的谐音共鸣，由此你就会越多地成为你自己的催化剂的作者。但是催化剂是一个微妙的事情，我的朋友们，它比在一阵夏日的微风上的一种模糊的香味更加微妙。现在，你看到它，现在你感觉到它，现在你抓住了它的味道，现在你没有了。因此，它是具有这样一种特性，恰恰就是当你认为你是你要去处理的催化剂的主人的时候，你发现，再一次你不是，再一次它已经夺走了你的作者的感觉，夺走了你的对你的情况与控制力的感觉，夺走了你对于你是谁的核心感觉。在那里你正在再一次直面在那一刻中的造物者的神秘，但是你是在拥有造物所要给予的最大的礼物的情况下正在怎样做的，那个礼物就是你去成为造物的自我转变的一部分，它的创造性的即兴演出的一部分的能力的礼物。如果你允许那种创造性进入到你激活你自己最内在的资源的过程，你就是最接近那个你有可能能够成为的催化剂了。因此，我们发现，有一个解决方案，这是一个悖论。这个催化剂的悖论看似是来自于外在的，但是它用这样一种它会与内在之中的某个事物共鸣的方式出现。如我们说过的一样，它拥有一个解决方案，但是，它是这样一个解决方案，它将不断且即刻再一次将它自己产生出来，并用一个悖论的形式出现在你面前。

That is the nature of catalyst, my friends, and it is a very significant portion of the reason you have incarnated: to undergo catalyst in the strongest possible sense and to have, as a portion of your inner resources for dealing with this catalyst, a mere fraction of your whole being—and a distorted fraction at that—so that what you are working upon at any given point in time is

something of your being which you have determined is perhaps not quite yet in balance. And while it may seem that you are overbalanced in your reaction to individual events that catalyze you into response, this too is greatly informative when you are able to step back from it and to reflect upon it and to begin a process of assimilating both the event and your response to that event into a sense of the wholeness of your life experience. That wholeness of life experience is something in which you may dwell in the meditative state, in which you may dwell when you gather together in events such as this with others and co-mingle your meditative states in a way that provides healing catalyst for all here present. You offer us similar catalyst, though this may not be known to you, and it is a great gift to us when you invite us to participate in this meditation, in this practice of group seeking, for it catalyzes our growth as well as your own. We are grateful to you, my friends.

这就是催化剂的特性，我的朋友们，它是你们已经投生的理由的一个非常重要的部分：在最大的可能性的意义上去经历催化剂，并作为你内在之中用于与这种催化剂打交道的资源的一部分，对你的整体的存有拥有一个碎片——你的整体的存有的一个扭曲的脆片——这样你在时间中的任何给定的位置上正在工作的事物，就是某个属于你的存有的，你已经确定也许仍未处于平衡状态的事物了。虽然可能看起来似乎你们在你们对那些催化你们进入到反应之中的个人事件的反应中是失去平衡的，当你们能够从它后退，对它进行反思，并开始一个同时将那个事件和你对那个事件的反应消化吸收成为一种对你的生命体验的完整性的感知的过程时候，这个过程同样也是极其富有教益的。生命体验的完整性是某种你可以在冥想状态中安住于其中的事物，当你们在诸如这次集会之类的事件中与其他人聚焦在一起并将你们的冥想状态用一种为所谓在场的人提供疗愈性的催化剂的方式混合在一起的时候，这种生命体验的完整性是某种你们可以安住于其中的体验。你们给我们提供了类似的催化剂，虽然这可能并不为你们所知晓，当你们邀请我们参与到这个冥想，参与到这个团体寻求的实践之中的时候，它对于我们是一个伟大的礼物，因为它催化了我们的成长，同样也催化了你们自己的成长。我们对你们感激的，我的朋友们。

We are those of Q'uo, and we would at this time leave this instrument in the love and in the light of the One Infinite Creator and return to the one known as Jim to ask if there are further questions upon your minds. I am Q'uo. Adonai, adonai, adonai!

我们是 Q'uo，我们会在此刻在太一无限造物者的爱与光中离开这个器皿，并返回到被知晓为 Jim 的实体以询问在你们的头脑中是否有进一步的问题。我是 Q'uo。Adonai, Adonai, Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument. We are happy to be able to offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there a query at this time?

我是 Q'uo，我再一次与这个器皿在一起了。我们很高兴能够提供我们自己来尝试去谈及那些在场的人可能会向我们提出的任何进一步的问题。在此刻有一个问

题吗？

Gary: Q'uo, Todd asks: "When loved ones of ours have passed on, is it possible for them to hear our thoughts and sense our feelings for them? For example, if we visit the grave of a grandparent or parent and we focus our thoughts and feelings upon them, if we then 'talk' to them in our mind, is there any chance they will receive our messages of love?"

Gary: Q'uo, Todd 问道, "当我们挚爱的人已经去世以后, 它们有可能听到我们的想法并感知我们对它们的感觉吗? 举个例子, 如果我去访问一个祖父母或者父母的墓, 我们将我们的想法和感觉聚焦在它们上, 如果我们接着在我们的头脑中和它们'说话', 有任何机会它们将会接收到我们爱的信息吗?"

Q'uo: I am Q'uo and am aware of your query, my brother. It is indeed so that those who have made their transition from the third-density illusion into the world of the spirit remain in contact with those they have left behind, for those times which, as you have said, there is a concern, a worry, a sense of love wishing to be communicated, or the like, for their ties are with entities of their own kind, not only within the world of the third-density illusion, but within the world of the spirit where there are also families and grouping of entities that move in harmony together, learning the various lessons of this density in which the choice is made to serve others or the self. If one is concerned to make such a contact, simply speaking from the heart, perhaps in a place familiar to both, or significant to both, is a good means by which to establish this contact.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。那些已经从第三密度的幻象转换进入到灵性的世界中的实体会与那些它们已经留在后面的人们保持接触, 确实是这样的, 因为在那些时间中, 如你已经说过的一样, 会有一种关注, 一种担忧, 一种希望被交流的爱的感觉, 或者类似的感觉, 因为它们的纽带是与那些属于它们自己的类型的实体之间的纽带, 不仅仅是在第三密度的幻象的世界中, 同样也在灵性的世界中, 在灵性的世界中同样会有实体的家庭和团体一起协调一致地行动, 学习这个在其中服务他人或者服务自我的选择要被做出的密度的各种各样的课程。如果一个人是关注建立这样的一个接触, 简单地从心中说话, 也许在一个对于两个人都是熟悉的地方, 或者对于两个人都是有意义的地方, 就是一种藉由其建立这种接触的有效的途径了。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: George asks: "Can Q'uo comment on the topic of addiction to pornography. It is a problem that I and many others of my generation struggle with.

Gary: George 询问: "Q'uo 能够在对色情文学的沉迷的主题上进行评论吗? 这是一个我和我这一代的很多其他人都在与之挣扎的问题。"

Q'uo: I am Q'uo and am aware of your query, my brother. Within your society there is what might be called a mass of mixed messages concerning this very

basic level of experience. The red ray energy center is that which is concerned with both the survival of the entity and with the sexual activities of the entity—the reproduction and the raising of the young, shall we say. Within your culture the sexual activities are also used most frequently in the advertising realms, seeking to sell whatever the product might be by the expression and experience of the sexual activities. The entities that are aware of such experiences, observing the programming of the parents, shall we say, that activity of a sexual nature is to be avoided, is to be put off, is to be ignored because it has a certain stigma attached to it, shall we say, often causes those who have a natural curiosity to be distorted in their own view of this activity. For the opportunity to work with this distortion we would recommend the meditative state and also the, shall we say, gaining of information of a healthy nature from those sources who provide such information, for there are many within your culture who have a very healthy view of such activities and who have shared them in the form of videos, in the form of books, in the form of lectures. We would suggest the informing of the mind, and the informing of the heart and soul of the healthy nature of such activities so that there is no need to engage in the secret viewing of sordid representations of these very healthy and necessary experiences.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。在你们的社会中, 会有可能会被称之为关于这个非常基本的体验的层次的大量混杂的信息的事物。红色光芒的能量中心是同时关注实体的生存与实体的性方面的活动——容我们说, 繁衍与养育幼儿——的能量中心。在你们的文化中, 性方面的活动同样极其频繁地在广告领域中被使用, 寻求去销售无论什么可能藉由对性活动的表达和体验而被销售的商品。察觉到这样的体验的实体, 在观察, 容我们说, 父母的编程的时候, 它们看到具有一种性的属性的活动是要被避免的, 是要被压制的, 是要被忽略的, 因为它拥有一定的, 容我们说, 附着于其上的耻辱, 这种观察经常会造成那些对拥有一种自然的好奇心的实体在它们自己对这种活动的观念中被扭曲了。对于在这种扭曲上进行工作的机会, 我们会建议冥想的状态, 我们同样也建议, 容我们说, 从那些提供了这样的信息的来源收集具有一种健康的特性的信息, 因为在你们的文化中会有很多人拥有一种非常健康的对于这样的活动的观点, 它们已经用视频的形式, 用书本的形式, 用演讲的形式分享了这些观点。我们会建议告知心智, 告知心和灵魂这样的活动的健康的特性, 这样就不会有需要去参与到对这些非常健康且必不可少的体验的污秽的描绘的秘密的观看之中了。

Is there a further query, my brother?
我的兄弟, 有一个进一步的问题吗?

Gary: Not from me, thank you Q'uo.
Gary: 我没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo. Is there a further query from anyone within this circle of seeking today?

Q'uo: 我是 Q'uo。在今天的寻求的圈子中的任何人有一个进一步的问题吗?

(long pause)

(长暂停)

I am Q'uo and we would again offer the chance for a final query at this time.
我是 Q'uo, 我们会在此刻再一次提供机会给一个最后的问题。

C: I have a question. A number of the individuals that I work with are labeled in our culture as "anti-social personalities," are called "sociopaths," and they're often regarded as having no conscience and that there isn't much to be done with them as far as rehabilitation and making them productive members of our society. And I wonder if you could comment at all on this classification of people, and if it reflects any spiritual principle, if it's service-to-self individuals, or anything else?

C: 我有一个问题。有一些我与之一同工作的个体在我们的文化中被贴上了“反社会人格”的标签了, 它们被称为“不爱社交的人”, 它们经常被认为是没有道德心的, 在关于恢复并使得它们成为我们的社会的更加富有成效的成员的方面没有很多能对它们做的事情。我想知道, 你们是否能够对于这个人群的分类进行任何的评论, 是否它反映了任何灵性的原则, 是否它是服务自我的个体, 或者任何其他事情?

Q'uo: I am Q'uo and am aware of your query, my sister. The situation which you describe is one quite difficult to respond to in a sense which might bring clarity to a situation that is most muddled within the mind/body/spirit complex of such an entity as that which you describe as the sociopath. We are aware that there are entities who have this separation of self all about them in the sense of the negatively oriented entity, and in many cases this is the situation for such a sociopathic entity. There is the desire to be of dominance and control of those about one. However, we find in most instances, there is, shall we say, a mental configuration that is constructed in order that a certain opportunity be presented to the entity to deal with the reactions of those about one, in a sense which would be, shall we say, supported in a nature which is strong in its reliance upon discipline, the acceptance of certain boundaries, and the expression of the self in a manner which does not infringe upon the free will of others. There is the difficulty with such an entity in, shall we say, observing these requirements for its own treatment, as you may call it.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。在一个可以将清晰度带到一个情况的意义, 你描述的情况是一个相当难以回应的情况, 这个情况在诸如你描述为不喜欢社交的人之类的一个实体的心/身/灵复合体内在之中是极其混淆的。我们察觉到会有一些实体已经在负面导向的实体的意义上将自我与它们周围的所有人都分隔开了, 在很多情况中, 这就是这样一个不喜欢社交的实体的情况了。会有处于支配地位并控制在一个人周围的人的渴望。然而, 我们发现在大多数情况中, 会有一种, 容我们说, 心智的配置被构建起来, 以便于一定的机会被呈现给那个实体来让它与在它周围的实体的反应打交道, 这个实体会有一种在一种特性被支持的感觉, 在它对于修炼的依赖, 对一定的边界的接纳, 用不会侵犯其他人的自由意志的方式对自我的表达的方面, 这种特性是强有力的。这样一个实体在, 容我们说, 遵守这些对于它自己的处理, 如你们可能会称呼的一样, 的

要求的方面会有困难。

We find that it is most often helpful for such an entity to have a relationship with one other entity that is of a bonded nature, that kind of nature which such entities usually are not able to experience in the earlier years, or indeed throughout the entire incarnation. The ability to reveal oneself in full to another in the honest representation of the emotions, the thoughts, and the desires, is what is often helpful to such an entity. And yet when this entity is in the situation in which an other-self approaches it in this manner, without the ability to observe the previous necessity of boundaries, of clarity, and so forth, we find that oftentimes the entity described as a sociopath will take advantage of the situation and further express its own sociopathic nature upon the one seeking to serve it. Thus we find that the entity expressing these qualities is oftentimes looking for the overall, shall we say, corraling or dividing itself from others so that it must be in the institution and experience the treatment of the self as being so far out of bounds that it must be able to redefine itself, or exist within the narrow boundaries of the institutionalized situation. We are sorry not to be able to offer more concrete examples or how such an entity may be approached in a loving manner, but entities program such experiences in order to see how they may exist without that quality which you would call love, and how they will be able to bring forth other qualities within themselves that may perhaps compensate in such a manner [as] to offer them a substitute.

我们发现，去与具有一种结合的特性，具有这样的实体在它们较早的时期，或者确实贯穿整个投生期间都通常无法体验到的那种类型的特性的其他的实体拥有一种人际关系，对于这样一个实体是极其有帮助的。通过对情绪、想法、渴望的诚实的呈现而充分向另一个实体揭露它自己的能力，就是对于这样一个实体经常是有帮助的事物了。当这个实体处于这样一种在其中一个其他自我会用这种方式来接近它时候，如果这个其他自我没有能力去遵从之前的边界、或者清晰度，以及诸如此类的需要，我们发现那个被描述为一个不喜欢社交的人的实体时常将会利用这个情况对一个寻求去服务它的实体并进一步表达它自己的不喜欢社交的特性。因此，我们发现表达这些特性的实体时常会寻找全面的，容我们说，围栏，或者将它自己与其他人分开，这样它就必须处于将自我作为如此超出边界的存有来对待的情况和体验中，这样它就必须能够重新定义它自己，或者存在于机构化的情境的狭窄的边界之中了。我们很抱歉无法提供更为具体的范例，或者这样一个实体如何才能用一种有爱的方式被接近，但是实体规划了这样的体验以便于看到它们如何才能在（没有你们所称的爱的特性的情况下）存在，以及它们将如何能够在它们自己内在之中产生出其他的也许可能用这样一种为它们提供一种替代物的方式来弥补的特性了。

Is there a further query, my sister, upon this topic?

我的姐妹，在这个主题上有一个进一步的问题吗？

C: No, that is very, very helpful. Thank you so much.

C: 没有了，那是非常非常有帮助的，非常感谢你们。

Q'uo: We are those of Q'uo and we are grateful to you as well, my sister. We shall offer a final-final query to those who may be hesitant to query.

Q'uo: 我们是 Q'uo, 我们对于你同样也是感激的, 我的姐妹。我们将向那些可能犹豫提问的人提供一个最后的最后问题。

Steve: Thank you Q'uo, thank you.

Steve: 谢谢你们, Q'uo, 谢谢你们。

Q'uo: We are those of Q'uo and we are most grateful to each of you my friends. As we mentioned at the outset of this meeting, we are able to provide our services only because you invite us to do so. Without your invitation, we would have no beingness within this circle of seeking and no opportunity to serve the One Creator. We are aware that each within the circle has a great many concerns that are heavy upon the mind, perhaps heavy as well upon the heart. We would remind each of you that you are much more than you believe you are, that when you call upon the spirit of the Holy Spirit, the One Creator, upon that entity known as the Son, Jesus the Christ, whatever your preference might be, there is aid available, that sustenance may be given within your meditative state, within your contemplative state, within your prayer-filled state. Ask for this assistance; ask and ye shall receive. Again, we thank you, my friends. We are known to you as those of Q'uo. At this time we shall take our leave of this instrument and of this group, leaving all as we have found you in love and in light, for there is nothing but love and light, my friends, in truth. We are those of Q'uo, Adonai, adonai vasu borragus.

Q'uo: 我们是 Q'uo, 我们对于你们每一个人都是极其感激的, 我的朋友们。如我们在这次集会开头的时候提到过的一样, 我们能够提供我们的服务, 仅仅因为你们邀请我们这样做。没有你们的邀请, 我们在这个寻求的圈子中就不会拥有存在性, 不用拥有机会去服务太一造物者了。我们察觉到在这个圈子中的每一个人都拥有大量的沉重地压在头脑上的担忧, 也许同样也是沉重地压在心上的担忧。我们会提醒你们每一个人, 你们是你们相信你们之所是要远远更大的, 当你们呼唤那个圣灵的灵体, 呼唤太一造物者, 呼唤被知晓为圣子, 耶稣基督的实体的时候, 无论你们的偏好可能是什么, 都会有可能被取得的帮助, 会有那种可以在你们的冥想状态中, 在你们的被祈祷所充满的状态中可以被给予的食粮。请求这种帮助, 请求, 你们将会收到。再一次, 我们感谢你, 我的朋友们。我们是你们知晓的 Q'uo。在此刻, 我们将离开这个器皿, 离开这个团体, 离开全体, 如我们在爱与光中发现你们的时候一样, 因为除了爱与光之外, 实际上没有任何事物, 我的朋友们。我们是 Q'uo。Adonai, Adonai vasu borragus.

*Thanks to Scott T. for sending in this question.

*感谢 Scott.T 送来这个问题。

[1] From Wikipedia: "Feet of clay is an expression now commonly used to refer to a weakness or character flaw, especially in people of prominence."

[1]来自维基百科:“泥足是一个现在通常被用来表示一个缺陷或者性格上的弱点的表达, 尤其是在杰出的人身上。”

[2] The date of this channeling coincided with the 2016 Kentucky Derby horse race, a festive event which is generally treated as a true holiday by those local to Louisville.

[2]这个传讯的日期与2016年肯德基德比赛马是一致的，它是一个一般会被那些路易斯维尔本地人视为一个真正的假日的庆祝活动。

[3] From Shakespeare's Hamlet, Act III, Scene i:

[3]来自莎士比亚的哈姆雷特，第三场，第五幕：

To be or not to be-that is the question:

Whether 'tis nobler in the mind to suffer

The slings and arrows of outrageous fortune,

Or to take arms against a sea of troubles,

And, by opposing, end them.

生存还是毁灭，这是一个值得考虑的问题；

默然忍受命运暴虐的毒箭

或是挺身反抗人世无涯的苦难

通过斗争把它们扫个干净

September 4, 2016
2016-09-14 爱的神秘

Special Meditation
Homecoming 2016
特别冥想
2016 回家系列

Group question: The Confederation sources stress the importance of seeing the love in the moment, any moment. Can you help us by suggesting approaches or strategies for making a positive identification of love when it's not readily apparent?

团体问题：星际联邦的源头强调了在任何时刻中看到爱的重要性。你们能够藉由建议对于在爱不是容易看见的时候对爱做出一种正面性的认出的途径或者策略来帮助我们吗？

(Jim channeling)
(Jim 传讯)

I am Q'uo. I greet each of you in the love and in the light of the One Infinite Creator. It is our great privilege and pleasure this day to greet each of you through this instrument with the hopes of being of service to you in that way which would help each of you to grasp more of the nature of that quality which you call love: that quality which the Creator has used to make this infinite creation, that quality which resides in each of your hearts, that quality which draws each of you forward in your incarnations on a daily basis.

我是 Q'uo。我在太一无限造物者的爱与光中向你们各位致意。今天通过这个器皿向你们各位致意，这是我们巨大的荣幸与快乐，我们同时希望我们可以用那种会帮助你们每一个人更多地掌握那种你们称之为爱的特性的属性的方式来对你们进行服务，那种爱的特性就是造物者已经用来制造了这个无限的造物的特性，是那种居住在你们每一颗心之中的特性，是在你们的投生中用一种每日的方式拉动你们每一个人前进的特性。

Before we begin, we would ask a favor of you this afternoon, and that is that each of you will listen to our words and take those that have meaning to you, and leave behind any which do not, for we would not wish to become a stumbling block to you. If you would do us this favor then we may speak freely those thoughts and feelings and concepts which we offer to you this afternoon in response to your query to us.

在我们开始之前，我们会请求你们今天下午帮一个忙，那就是你们每一个人都将会聆听我们的言语并使用那些对于你们有意义的言语，将任何没有意义的留在后面，因为我们不希望成为你们的一块绊脚石。如果你们愿意帮我们这个忙，我们接下来就可以自由地讲述那些我们今天下午在回应你们给我们的问题的过程中会提供给你们们的想法、感觉与观念了。

You ask how to make the seeking of love possible in those situations in which

it is not obviously present to the outward eye. This, my friends, is a very good question for each of you and for us to consider, for most of the illusion which you inhabit does not appear to contain much of that quality which you call love. And this is not by accident, my friends, it is by design. For each of you took part in the design of this illusion. That part of you which is the one Creator, which resides within all of the creation, has fashioned this illusion in such a way that the quality of love, of total acceptance of another, of giving the energies of your being to another freely without expectation of return, are hidden within each portion of this creation in order that in some way, and at some time, those entities such as yourselves that are taking their existence now here, in this illusion, may learn certain lessons related to love by finding it through their own efforts—those efforts which are put forward each day as you go about your daily round of activities.

你们询问如何在那些在其中爱对于向外看的眼睛并不是明显存在的情况中使得对爱的寻求成为可能。我的朋友们，这是一个供你们每一个人以及供我们考虑的非常好的问题，因为你们居住的幻象的大部分都并不会看起来似乎包含了大量的那种你们称之为爱的特性。我的朋友们，这并不是偶然的，这是设计的。因为你们每一个人都参与到对这个幻象的设计之中了。你们的那个是太一造物者，并且居住在所有的造物之中的部分，已经用这样一种方式塑造了这个幻象了，爱的特性，在这种方式中，对另一个人的完全的接纳的特性，在不期待回报的情况下将你的存有的能量自由地给予另一个人的特性，是被隐藏在这个造物的每一个部分之中，以便于诸如你们自己之类的那些现在正在这里，在这个幻象中，进行它们的存在性的实体，用某种方式并在某个时刻，可以藉由通过它们自己的努力——那些努力是随着你们着手进行你们日常生活的活动而在每一天被给予出来的——找到爱而学会一定的与爱联系在一起的课程。

It is most helpful if you are conscious that what you do in this illusion is indeed the seeking to find love and to give love at all times. There is no other activity which has value in your spiritual journey other than this seeking and finding and giving of love. Those activities with which you busy yourself as a part of your profession, your hobbies, your activities, your leisure time—all of these are vehicles through which you move in a certain fashion to discover love, whether consciously as a conscious seeker of truth, or whether in a manner which may seem to be accidental as one which moves in a less conscious fashion through the daily rounds of activities.

如果你们察觉到，你们在这个幻象中做的事情确实就是在寻求去找到爱，并在所有的时候都去给予爱，这是极其有帮助的。在你们的灵性的旅程上，除了这种寻求爱、发现爱与给予爱之外，没有其他的活动是有价值的。那些你作为你的职业，你的爱好，你的活动以及你的闲暇时间而让你自己每天忙碌的活动——所有这些活动都是你通过其用一定的方式移动以探索爱的载具，无论这种对爱的探索是作为一个有意识的真理的寻求者而有意识地进行，或者当一个人用一种较不意识的方式通过日常生活的活动的时候，这种对爱的探索是用一种可能看起来似乎是偶然性的方式被进行的。

All have the opportunity to seek and to find love. As we have said before, this creation is made of love. It only seems to be other than love, in order to

provide you, shall we say, a challenge that allows you to increase your polarity of positive seeking to serve others by finding the love in those situations in which you find yourself engaged in your daily round of activities.

所有人都拥有机会去寻求并找到爱。如我们之前已经说过的一样，这个造物是由爱所构成的。它仅仅看起来似乎是除了爱之外的事物，以便于为你们提供，容我们说，一种挑战，这个挑战会藉由在那些你发现你自己在你的日常生活的活动中参与其中的情况中找到爱，而允许你们增强你们对于正面性的服务他人的寻求的极性。

The more difficult it is to find the love, the more positively polarized in every situation in which you are able to perceive it. It is well to begin your day, shall we say, in a conscious remembrance that this is your purpose: to seek love, to find love, to give love, to be love. If you can find a manner in which this is a reminder to you—be it a period of prayer, a period of meditation, a period of reading inspirational messages—whatever manner allows you to become aware that this is your purpose for the day, it is well to begin the day that lies before you in this manner.

找到爱越为困难，在每一个你在其中能够感觉到爱的情况中就会越多正面性地被极化。用一种有意识地回想来开始你的一天，这是很好的，那种回想即，去寻求爱，去找到爱，去给予爱，去成为爱，这就是你的目的了。如果你能够找到一种方式，通过这种方式，这是一个对于你的提醒物——无论它是一段祈祷的时间，一段冥想的时间，一段阅读启发性的信息的时间——无论什么方式允许你开始察觉到，这就是你对于这一天的目的了，用这种方式开始那个存在于你的前方的一天，这是很好的。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and I am with this instrument.

我是 Q'uo，我与这个器皿在一起了。

We would sum up those words which we have had to offer through the one known as Jim by simply saying that this is a creation of love, and that you are within this creation in such a way that love is called forth from you. It's quite simple to pose the question of the purpose of the creation by suggesting that it is from love and to love that all originates and is directed. But, there is inevitably a question that will arise upon the minds of those who seek, and it is "Why should there need to be, in a creation of love, an effort made to love? Why should there need to be, in a creation of love, an experience of impediments to love? Why should there need to be—in a creation in which love is Alpha and Omega, source and destiny—an experience so bereft of love that love itself can at times seem to be the most impossible result, the

most difficult task that one can be required to do?" And to ask this question is to focus on love as a particular kind of activity in which you can engage. You may engage indeed in many kinds of activities, and it is easy to list love upon a long list of things you might accomplish in the course of the day.

我们会藉由简单地这样说总结那些我们已经通过被知晓为 Jim 的实体所要提供的言语了，我们会说，这是一个爱的造物，用这样一种爱会从你们身上产生出来的方式，你们存在于这个造物之中。藉由建议一切源自于爱并被指向爱的事物都是来自于爱并朝向爱而提出造物的目的的问题，这是相当简单的。但是，在那些寻求的实体的头脑中无可避免地会有一个问题将会出现，问题就是，“为什么在一个爱的造物中需要有一种朝向爱而被做出的努力呢？为什么在一个爱的造物中它们的需要应该成为一种对于爱的妨碍物的体验呢？为什么——在一个在其中爱就是阿尔法和欧米加，就是源头与天命的造物者中——会需要有一种爱如此这般被夺走的体验，以至于爱本身时常会看起来似乎是极其不可能的结果，是一个人被要求去进行的极其困难的任務？”要回答这个问题就是去将爱作为一种你能够参与其中的一定类型的活动而聚焦于爱。你可以确实参与到很多类型的活动中，要在一个长长的你可以在一天的进程中完成事物的列表上列出爱，这是容易的事情。

There is another sense of love, however, which we would invite you to consider. We have suggested that, in the nature of the creation itself, love may be counted as one of the early distortions that permit differentiated experience, that permit individuated souls to find their way, to have experiences in a diverse creation and to bring back to the Creator the fruits of these experiences. This portion of the nature of the creation we have sometimes called the second distortion. Now, the first distortion in this creation we have called free will, so it may well seem that love is a dimension of the nature of the way things are that comes about as a result of a first innovation, shall we say, in the creation, involving the development of free will. 然而，会有另一种爱的感觉是我们愿意邀请你们去考虑的。我们已经建议过，在造物其自身的属性中，爱可以被视作早期的变貌之一，就是这些早期的变貌允许了分化的体验，允许了个体化的灵魂去找到它们的道路，去在一个形形色色的造物中拥有体验并将这些体验的果实带回给造物者。造物的属性的这个部分，我们有时候已经称之为第二变貌了。现在，在这个造物中第一变貌，我们已经称之为自由意志了，因此，很有可能看起来似乎是，爱是事物之所是的方式的属性的一个维度，它是作为在造物中的一个最初的，容我们说，创新的结果而产生的，这个创新包含了自由意志的发展。

Now, to some extent this is true. To some extent it is true that love follows upon free will as a possible activity of those who embody free will in relation to one another, and one could say, in a larger sense, in relation to the creation as whole. In this sense it would seem then that a proper consideration of the nature of loving would require a fuller consideration of what it means to have free will. That is a story in itself, my friends, but it is useful to note [that], were it not for free will, were it not for the possibility that in creating an infinite number of, shall we say, sparks, or holograms of the creator—each of which can experience itself differently—the creator itself would have no possibility of

knowing itself in any way that it did not already have prior to the event of the creation. And so there is contained in the concept of free will a potential that, strangely enough, registers as a not being of the creator to the creator. That already suggests the need of a return to the creator, by the creator, so that the creator may reap the harvest of the creation that has been undertaken so that the creator may know itself.

现在, 在某种程度上, 这是真实的。在某种程度上, 爱是作为那些在与相互彼此的关联中, 一个人能够说, 在一个更大的意义上, 在与作为整体的造物的关联中, 具体体现自由意志的实体的一个有可能的活动而跟随在自由意志之后的, 这是真实的。在这个意义上, 看起来似乎是, 对爱的属性的一种适当的考虑会需要一种对于拥有自由意志意味着什么的更为充分的考虑。我的朋友们, 那在其自身就是一个故事, 但是, 去注意到, 如果不是为了自由意志, 如果不是为了那种在创造无限数量的造物者的, 容我们说, 火花或者全息图——造物者的每一个火花都能够用不同的方式体验祂自己——的方面的可能性, 造物者其自身是不会拥有可能性用任何它在那个创造的事件之前尚未拥有过的方式来知晓祂自己的。因此, 在自由意志的观念中包含有一种潜在的可能性, 它用足够不可思议的方式, 作为一个并不属于造物者的存有, 给造物者留下印象了。那已经暗示了一种藉由造物者返回造物者的需要, 这样, 造物者就可以收割已经被进行的创造的收获物, 这样造物者就可以知晓祂自己了。

Therefore, already in the first act of creating, the distortion towards not being the creator is already at hand, and then we may say, secondly, that the need to return to the creator is also suggested and hence the second distortion, that which we have called Love, may be seen as incident to the first distortion we have called free will.

因此, 在已经处于创造的第一个行动之中之后, 朝向不是造物者的变貌就已经即将出现了, 接下来, 容我们说, 那种返回造物者的需要就同样也被建议了, 由此, 第二变貌, 即我们已经称之为爱的变貌, 就可以被视为是我们已经称之为自由意志的第一变貌所附带的事件了。

Now, we complete the picture of the major distortions simply by adding for purposes of completion the notion that there is yet a third distortion which we have called Light. The experiences which you enjoy have liberally invested themselves in light as well, insofar as the possibility of those differentiated experiences we call incarnations is predicated upon Light having differentiated itself to a very great extent and down through many densities and many diverse creations.

现在, 单纯地藉由为了完成那个观点的目的而补充, 还有一个我们已经称之为光的第三变貌, 这样我们就完成了对主要的变貌的描绘了。你们所享用的体验已经自由地让它们自己带有了光的特性了, 在那些我们称之为投生的分化性的体验的可能性的范围内, 那些体验根据光是被预测已经让它自己分化为一个非常巨大的程度与贯穿许多的密度与许多各不相同的造物物了。

To return then to the concept of Love as it is separated from the first distortion, called free will, we would say this: we would say that Love comes in a secondary position in relation to free will, only in a rather limited sense,

because there is another sense of love which is prior yet to the sense of love we have suggested as the second distortion, and that sense can be used to describe a quality or a feature or a face of the One Creator conceived as completely undistorted, completely unhampered, undifferentiated, unseparated from Itself. Unseparated, we say, but therefore in a peculiar sense, unknown.

要接着返回到爱的观念，因为它是与被称之为自由意志的第一变貌分开的，我们会这样说：我们会说，在与自由意志的关联的方面，仅仅是在一个相当有限的意义上，爱会在一个次要的位置上出现，因为会有另一种爱的感觉仍旧是位于那种我们已经作为第二变貌而建议的爱的知觉之前，那种感觉能够被用来描述被想象为完全无扭曲，完全不受妨碍，无差别且与祂自己没有分离的造物者的一个特性或者一个属性或者一个面向。我们会说，爱是没有分离的，但因此，在一个特殊的意义上，爱是未知的。

Now this quality of being unknown is what we have sometimes called the quality of mystery. And it is mystery which characterizes as best as we have been able to discern, the One Creator in its undistorted self. But we would also like to suggest that the mystery of which we speak is a mystery which resonates down through every distortion, every facet, and every iota of the creation. This mystery is available for participating in, and to our experience, limited though it may be, love is always the most eloquent, the most searching, and the most fulfilling way of participating in the one central mystery which is the Creator Itself.

现在，这种未知的特性就是我们已经时常称之为神秘的特性的事物了。在我们已经能够最佳地分辨的范围内，就是这种神秘描绘了在其无扭曲的自我之中的太一造物者的特性了。但是，我们同样也想要建议，我们谈及的神秘是一个在贯穿造物的每一个变貌，每一个面向，每一个微粒中产生共鸣的神秘。这种神秘是可供参与的，就我们的经验，尽管这种参与可能是有限的，爱一直都是最有说服力的，最彻底的，最为应验的参与到造物者其自身之所是的那一个中心性的神秘的途径。

And so, in the infinitesimally articulated experiences, down through all the densities, and in manner upon manner of creaturely existence, beyond the wildest imagination of any particular creature, there is available the possibility of taking up a direct relation to the one mystery of the creation, and making of this mystery a celebration of the creation itself as the Creator is given the opportunity to participate in a relation [that] the creature has made available to that Creator. The making available of that magical moment goes by the simple name of love.

因此，在无限细微地清楚明了的体验中，贯穿所有的密度，通过造物的存在性的一种接一种的方式，超越任何特定的生灵的最为狂野的想象力，会有可供取得的可能性来与造物的那一个神秘建立一种直接的关联，并使得这种神秘成为对造物其自身的一种赞美，造物者被给予了机会去参与到一种造物已经使得其可以为那个造物者所利用的关联之中。使得那个魔法的时刻可以被取得，是藉由爱的简单的名字而进行的。

And so when you are able to love your neighbor, when you are able to love yourself, when you are able to love the entirety of the creation with all of the shortcomings that you may perceive in it, with all of the difficult people that you may know, with all of the flaws which you may be able easily to see within your own self, then you have the greatest gift to give the Creator that the Creator ever could want. The Creator then becomes known to the Creator, just as when you love someone, that someone becomes known to you in a deeper way than they ever could be if the carrier wave of that relationship was anything else but love.

因此，当你们能够爱你们的邻居的时候，当你能够爱你自己的时候，当你能够带着你可以在造物中感觉到的所有的缺点，带着你可能知道的所有困难的人，带着你可能能够轻易地在你自己的自我内在之中看到缺陷，而去爱造物者的整体性的时候，接下来你就拥有了给予造物者其所曾经能够想要的礼物中的最大的礼物了。造物者接下来就被造物者所知晓了，就好像当你爱某个人的时候，某个人用一种比如果那种关系的载波是除了爱之外的任何事情它们所能够被知晓的方式的更为深入的方式被你所知晓了。

Now, in truth of course, there is really nothing else but love that could be the carrier wave, and yet we may talk about love in diminished capacity, and we may talk about love in more fulsome capacity. The struggle that can characterize your daily affairs can be seen simply as an effort to move that which is diminished into a circumstance or a configuration in which it is more full, in which it is more realized, in which it is more deep.

现在，实际上，除了爱之外，当然真的没有任何事情是能够成为载波的，而我们会通过缩减的方式来谈论爱，我们可以用更为令人生厌的方式来谈论爱。那种能够以你们的日常杂务为特征的努力，能够单纯地被试一种推动那个被减少的事物进入到一个环境或者一个配置之中的努力，在这个配置中，它是更加充满的，在这个配置中，它是更多被实现的，在这个配置中，它是更为深入的。

Now, one could easily suppose that were it the case that in one bright, shining day, all were able to return fulsome love back to the Creator, that the Creator would stand fully exposed to itself, and would know itself finally in Its completeness. However, it has been our experience, (and once again we would like to iterate that our experience is limited), that no knowing ever even begins to exhaust the mystery of the Creator, or the mystery of the creation. It is truly an inexhaustible source. And that inexhaustibility is something which you may sense in a small way in your experiences of love for your fellow creatures. For when you love your beloved, when you love your wife, when you love your husband, when you love your children, when you love your friends, when you love your groups, when you love your planet, you do so in such a way that it does not diminish that which is love. In fact, strangely, it seems to augment that which is love, and once again we face a paradox or a mystery, because a mystery which is so infinite and so completely mysterious, which seemed to be something that could not become more itself, that is to say, more mysterious, by being loved, and yet, it seems to us that this is exactly what happens. It seems to us that the creation does become more,

and that the concept of infinity very strangely, incomprehensibly, is susceptible of becoming more. And more than that, it is of such a nature intrinsically that the orientation to more is part of its very constitution, part of its make-up.

现在，一个人能够轻易地假设，如果有这样一种可能，在一个明亮的、闪光的日子里，一切事物都能够将那种令人生厌的爱返回给造物者，于是造物者会充分地向祂自己揭露祂自己，并在其圆满性中最终知晓祂自己。然而，我们的体验已经是，（再一次，我们想要重申我们的体验是有限的），没有任何知晓甚至曾经开始穷尽造物者的神秘或者造物的神秘。它真的是一个无法耗尽的源头。那种无法耗尽性是某种你们用一种小小的方式可以在你们对于你们的伙伴的伴侣的爱的体验中感觉到的。因为当你爱你心爱的人的时候，当你爱你的妻子的时候，当你爱你的丈夫的时候，当你爱你的孩子的时候，当你爱你的朋友的时候，当你爱你的团体的时候，当你爱你的星球的时候，你确实是用这样一种它是不会减少爱之所是的事物的方式这样做的。实际上，奇特的事情是，它看起来似乎扩大了爱之所是的事物了，再一次，我们面对着一个悖论或者一个神秘，因为它是一个如此无限且如此完全神秘性的神秘，一个看起来视乎是某种无法藉由被爱而自己变得更大，也就是说，变得更加神秘的事物的神秘，而在我们看来似乎是，这恰恰就是正在发生的事情了。在我们看起来似乎是，造物确实变得更多了，无限的概念，非常奇特地，无法理解地，是容许变得更多的。而且，它内在具有这样一种熟悉，朝向更多的导向就是它的核心结构的一部分，它的组成的一部分。

So the creation has the character that it is an open invitation, that every creature, at every level, in every manner of its expression, to participate in the expansion of that which is already infinite. To participate in the unfolding of that which is forever the same and eternal. For this circumstance, we can find no better word than mystery, and for the most successful attitude in relation to this circumstance, we can find no better word than love. For it is in any that you do love, the simple mystery of their being that calls that love forth from you. And when you do love, you bring out that in your own being, which is itself of the element of love.

因此，造物拥有这样的特性，它是一个开放的邀请，它邀请每一个造物，在每一个层次上，通过它的表达的每一个方式，参与到对已经是无限的事物的拓展之中，参与到对于永远相同且永恒的事物的展开之中。对于这个环境，我们找不到比神秘更好的词语了，对于在与这个环境的建立关联的方面的最成功的态度，我们找不到比爱更好的词语了。因为，我们确实是在任何事物中去爱的，它们的存在的神秘从你身上唤起了那种爱。当你确实爱的时候，你在你自己的存有中产生出了那种爱，你的存有其自身就是具有那种爱的元素的。

Having done so, do you not find it easier to be that love which we are now telling you that you are? And when you do, do you not find it easier when it comes time for you to engage in an activity to allow a little bit of that activity to include the love that you have for yourself to love yourself. To love the others around you that are able to elicit that love from you—that is as great a gift as you will ever be given.

在已经这样做了之后，你们难道没有发现，去成为那种我们现在正在告诉你们你们之所是的爱是更加容易的吗？当你们爱的时候，你们难道没有发现，当你参与

到一个活动以允许一点点的那个活动包含了那种你为了让你自己去爱你自己而拥有的爱的时刻出现的时候，它是更加容易的吗？去爱在你周围的其他人，这就能够从你身上引发那种爱了——那就是你将会被给予的礼物中的一个巨大的礼物了。

To love those that seem to you to be unlovable is strangely enough an even greater gift, for when you are able to find in yourself that resonance of love that can reach out to that which does not solicit it, but rather seems on the contrary to reject it, you have inched, however slightly, towards a wholeness of your whole being, towards a realization of your own being as unified, and every such experience of loving the unlovable, every such experience of unifying the un-unified is an experience of the Creator finding Its lost love returning home, returning to its source. And in doing so, you give also the opportunity of that other center of being, that other incarnate individual, an opportunity, perhaps, to experience (once again however slightly), an aspect of itself, himself, herself, not previously accessible. And so love heals many a wound, love bridges many a division. Love offers itself both as a possible activity and as a condition of being which is the very stuff, the very source, the very destiny of the entire Creation.

去爱那些在你们看起来似乎是无法爱的人，足够奇怪地是，这是一个甚至更大的礼物，因为当你能够在你自己内在之中找到那种爱的共鸣，这种爱能够向着那个并未恳求它的实体伸出手，而不是看起来似乎是相反地去拒绝它的时候，你就确实已经向着一种你的完整的存在的完整性，向着一种你自己的存有是统一的领悟，一点一点地前进了，不管这种前进是多么地微小，每一个这样的爱无法爱的事物的体验，每一个这样的让不一致的事物成为一致性的体验，都是一种造物者发现祂失去的爱返回家园，返回它的源头的体验。在这样做的过程中，你同样也给与了其他的存有的中心，其他的投生的个体机会，也许是一个体验，（再一次，无论是多么轻微地体验），它自己，他自己，她自己的一个之前无法触及的面向的机会。因此，爱疗愈许多的创伤，爱在许多的分裂上架起了桥梁。爱，同时作为一种有可能的活动，与作为一种存在的情况，将其自己奉献出来了，这就是整个造物的核心的材料，终极的源头，根本的命运了。

We feel that, though this topic is inexhaustible in itself, and could be examined in many different ways, that what we have had to say up to this point is sufficient for a start in encouraging reflection, and encouraging in those who seek a resonance with a kind of energy which can feed that seeking. And so, we would like to return this contact to the one known as Jim to discover if there are further ways that we may address this gathering that may be useful to those here at present. I am Q'uo, and we leave this instrument in the love and in the light of the One Infinite Source of all Love and all Light. Adonai my friends, adonai.

我们感觉到，虽然这个主题在其自身是无法穷尽的，它能够用很多不同的方式被检查，我们截至这个位置已经说了的事物，在鼓励沉思，以及在那些寻求一种与一种类型的能量之间的共鸣的实体之中鼓励能够为那种寻求供能的事物的方面，作为一个开始是足够的。因此，我们想要将这个接触返回到被知晓为 Jim 的实体，以发现是否有我们可以向这个集会发言的进一步的方式是可能会对那些

在此刻在场的人们有帮助的。我是 Q'uo, 我在所有爱与所有光的太一无限的源头的爱与光中离开这个器皿。 Adonai, 我的朋友们, Adonai.

(Jim channeling)
(Jim 传讯)

I am Q'uo and I am again with this instrument, and we appreciate this instrument's challenging of us in the name of that which it holds most dear, in the name of Jesus the Christ and unconditional love. At this time we would ask if there are follow up questions to which we may respond.

我是 Q'uo, 我再一次与这个器皿在一起了, 我们感激这个器皿以它最为珍贵的事物的名义, 以耶稣基督和无条件的爱的名义来挑战我们。在此刻, 我们会请问, 是否有我们可以回应的后续问题。

Question 1: The group does have further questions, beginning with: Please describe the circumstances in which honesty becomes a catalyst, and speak about the inner tools and awareness used to process that catalyst.

问题一: 团体拥有更进一步的问题, 从这个问题开始: 请描述诚实在其中成为一种催化剂的环境, 并在关于被用来处理那种催化剂的内在的工具与认识的方面发言。

Q'uo: I am Q'uo, and I am aware of the query, my brother. You may say that honesty is a quality which is ripe with the opportunity for learning and for service to others, and that it allows by its very nature the response in kind for an harmonious exchange of energies. Thus, an honest query, an honest response, an honest confusion even, is a kind of invitation to catalyst to be presented, for this quality of honesty is not one which is widely utilized within your third-density illusion. It is a quality which is rarely mastered. In fact, it is difficult to find two entities that may express complete honesty towards each other in every moment. Thus when one perceives that there is a lack of honesty in any degree in the exchange of energies between another and the self, then the further querying as to the nature of the lack of honesty is brought about, necessitating the further exchange of energies with the hopeful outcome of each entity being able to process the catalyst required by the further energy exchange. And within that exchange and processing of catalyst, to be able to reach that honest expression of those feelings and thoughts within each self.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。你们可以说, 诚实是一种为学习和服务他人的机会而准备妥当的特性, 它藉由它的本性允许了在慈爱中对一种能量的协调一致的交换的回应。因此, 一个诚实的询问, 一个诚实的回应, 甚至是一个诚实的混淆, 是一种类型对催化剂被呈现出来的邀请, 因为这种诚实的特性不是一个在你们的第三密度的幻象中被广泛利用的特性。它是一种很少被精通的特性。实际上, 要找到两个实体, 他们可以在每时每刻都对相互彼此表达完全的诚实, 这是很难的。因此, 当一个人感觉到在另一个实体与自我之间在能量交换中在任何程度上有一种缺少诚实, 接下来在关于那种缺少诚实的属性的方面的进一步的询问就被产生出来, 并同时使得与有希望的结果之间的进一步的能量

交换成为需要的了, 这种结果即每一个实体都能够处理被进一步的能量交换所要求的催化剂。藉由那种交换以及对催化剂的处理, 每一个实体都能够在自我内在之中触及那些感觉和想法的诚实的表达。

The fact that this is so difficult within your illusion guarantees that you shall find many opportunities on a daily basis to process catalyst if y- are wi- we correct this instrument, if you are willing to engage another entity in this process, and to engage until the process is complete. The ideal situation would be that the communication would be exchanged between each entity for as long as it took to reach the level of honesty that each was satisfied with. For you may find the qualities of honesty to be that which has many layers to it, for within each catalytic experience, there are various elements, various ingredients that go into the communication. Some may be mental in nature and objectively descriptive. Others may be emotional in nature and be colored with the feelings of the entity that are themselves distorted in such and such a fashion, according to how this entity has desired to see the creation about itself.

这种诚实在你们的幻象中是如此困难, 这个事实保证了你们将用一种日常的方式找到许多的机会去处理催化剂, 如果 y 是 wi——我们更正这个器皿, 如果你们乐意于在这个过程中与另一个实体结合在一起, 结合在一起, 一直到这个过程被完成为止。理想的情况会是, 那种沟通交流会在每一个实体中间被交换, 这会花费它要抵达每一个实体会感到满意的层次的程度所需要花费的时间。因为你可能发现诚实的特性是那种拥有很多诚实的层次的事物, 因为在每一个催化剂的体验内在之中, 会有各种各样的要素, 各种各样的组成成分会进入到沟通交流之中。一些要素可能在属性上是心智的, 且在客观性的方面是可描述的。其他的要素可能在属性上是情绪的, 并会由于实体的感觉而被染色, 根据这个实体已经多么渴望去看到在它自己周围的造物, 这些感觉在其自身是用这样或者那样的一种方式被扭曲的。

This of course, my friends, travels the full journey back to those pre-incarnative choices that each has made that allow one to see catalyst in such-and-such a fashion, so that perhaps two entities will look at the same catalyst and see it differently because that is their nature, and that is the way in which they have programmed themselves to be able to use catalyst, to produce certain effects: perhaps the strength of will, perhaps the resilience of the self, perhaps the ability to express the feelings of the heart, perhaps the ability to open for the first time the blue ray of clear communication. The opportunities are endless, my friends. Thus, when you engage yourself in a conscious fashion to provide honest communication with another human being, you are indeed engaged in the stuff of the third-density illusion, shall we say, in making clear of that which is unclear, and making whole of that which is broken, the healing of that which is wounded.

我的朋友们, 这个过程当然会走过全部的旅程返回到那些每一个实体已经做出的投生前的选择, 这些选择会允许一个人用这样或者那样的一种方式看到催化剂, 这样也许两个实体将会看着相同的催化剂并用不同的方式看到它, 因为那就是它们的属性, 那就是它们通过其已经为它们自己编程以能够使用催化剂, 能够产生

一定的效果的方式了，这些效果也许是意志的力量，也许是自我的恢复，也许是表达心的感觉的能力，也许是第一次对于蓝色光芒的清晰的交流开放的能力。机会是无尽的，我的朋友们。因此，当你用一种有意识的方式让你自己做出承诺提供与另一个人类之间的诚实的交流，你就确实是在通过使得不清晰的事物变得清晰，使得破碎的事物变得完整，使得受伤的事物被疗愈而参与到第三密度的幻象的材料之中了。

These are noble efforts, my friends. These are not easy activities to undertake. But if you are a conscious seeker of truth, it will be your nature and desire to do this in your daily round of activities above all else, no matter what it may seem to be upon your list of activities for the day. To find harmony where there was disharmony, to find peace where there was unrest, to find wholeness where there was brokenness, this is more important than buying your groceries, than running your errands, than delivering a friend to a place or destination. That you deliver yourself and another to the heart of your own truth in an honest fashion is one of the greatest gifts that you can give to another, and indeed to yourself, and ultimately to the one Creator who resides within you and discovers more of itself through your work to discover yourself. 这些是高贵的努力，我的朋友们。这些不是要去进行的容易的活动。但是如果你们是一个有意识的真理的寻求者，在你的日常生活的活动中高于一切地进行这个工作，这将成为你的本性以及渴望，无论它在你对那一天的活动的列表上可能看起来似乎是什么事情。在有不协调的地方找到协调，在有不安的地方找到平安，在有破碎的地方找到完整性，这就是买你们的杂货，比进行你们的差事，比将一个朋友送到一个地方或者目的地更加重要的事情。你将你自己和另一个人用一种诚实的方式送到你自己的真理的核心，这就是你能够给予另一个人，确实是给你自己，并终极地是给予太一造物者的最大的礼物中的一个礼物了，太一造物者居住在你内在之中并通过你去探索你自己的工作去更多地发现祂自己。

This is a fine effort to make, my friends, and it is one which you will find the opportunity to accomplish in every day that you find yourself upon this third density planet.

我的朋友们，这是一种要去做出的很好的努力，它是一个你将会在你在这个第三密度的星球上发现你自己处于其中每一天中找到机会去完成的努力。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Question 2: Thank you, Q'uo. The next query asks: In third density, we have a very heavy veil. What advice does Q'uo have to teach us about learning to listen to our own intuition more thoroughly?

问题二：谢谢你们，Q'uo。下一个问题问道：在第三密度中，我们有一个非常厚重的罩纱。Q'uo 在关于学会更为全面地去聆听我们自己直觉的方面有什么要教导我们的建议吗？

Q'uo: I am Q'uo, and I am aware of your query, my brother. Yes my friends, you have the veil of forgetting that separates your conscious from your

subconscious mind, in order to make the unity of the creation more difficult to perceive, in order to make the love that made all things as difficult to perceive, and the light in which all things are made, again, another mystery to penetrate. This veil of forgetting is your great friend; though it hides that which is the great jewels, the treasury, the pearl of great price within your illusion, hides it from you on a daily basis, yet if you are able to utilize both that intuition which is available through your subconscious mind with the mental faculties of analyzation, and with your spiritual desire to move forward in your progression in unity with the one creator, you will find it possible to penetrate the veil, in some degree, greater or lesser according to the faith and will that you exercise in this process. You will be able to make more clear that which is not clear, you will be able to make available to you that which seems hidden from you, for there is much that is hidden in this illusion as you are aware, due to the presence of this veil.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。是的, 我的朋友们, 你们拥有遗忘的罩纱将你们的表面意识的心智与你们的潜意识的心智分开, 以便于使得那种产生了一切事物的爱难以感觉到, 并使得那种一切事物通过其被产生出来的光, 再一次, 成为另一个要去刺穿的神秘。这种遗忘的罩纱就是你们的伟大的朋友了, 尽管它将伟大的珍宝, 宝藏以及具有巨大价值的珍珠隐藏在你们的幻象中, 将其用一种日常的方式对你们隐藏起来了, 而如果你能够藉由分析的心智的机能, 并同时藉由你在你与太一造物者的合一的发展中去前进的灵性上的渴望, 利用那种通过你们的潜意识的心智而可被取得的直觉, 你们将会发现在某种程度上去刺穿罩纱是有可能的, 这种刺穿程度, 或大或小, 是取决于你在这个过程中使用的信心和意志的。你们将能够使得不清晰的事物变得清晰, 你们将能够使得看起来对你们隐藏起来的事物可以为你们所取得了, 因为在这个幻象中, 如你们知晓的一样, 由于这种罩纱的存在, 有大量的事物是被隐藏起来的,

The conscious seeker, however, has the great advantage in that it is a conscious seeker, and it is willing to put itself forth in this great quest to discover that which is hidden not only in the illusion around you, but within your very self—to find that pathway through your intuition, through that still small voice of the Creator that resides within you, to give you hints and clues and indications of directions to take; and then, if you have the faith and the will to take them, and the strength and perseverance to continue, you will find great rewards available to you.

然而, 有意识的寻求者是拥有巨大的优势的, 因为它是一个有意识的寻求者, 它乐意于将它自己投入到这场伟大追寻中, 以探索不仅仅被隐藏在在你周围的幻象中的事物, 同样也探索被隐藏在你的自我内在之中的事物——以找到那条穿越你的直觉, 穿越那个存在于你内在之中的造物者的安静而微小的声音的道路, 以给予你要去前往的方向的暗示、线索以及指示, 接下来, 如果你拥有信心和意志与采纳它们, 并拥有力量与坚持不懈去继续, 你将会发现可以为你所取得的巨大的回报。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Question 3: Thank you, Q'uo. The next questions asks: Many of us have addictive personalities, either we ingest chemical substances, or overeat, or do something else. Can Q'uo tell us more about these addictions and what we can do make these addictions fall away? And, thank you.

问题三：谢谢你们。下一个问题询问：我们很多都拥有上瘾性的人格，要么我们会摄取化学物质，或者饮食过量，或者做某种其他的事情。Q'uo 能够告诉我们更多的关于这些上瘾的事情以及我们能够做什么来让这些上瘾逐渐消失呢？谢谢你们。

Q'uo: I am Q'uo, and I am aware of the query, my brother. My friends, that which you call addiction we understand to be a kind of a crutch which sometimes is implemented within the incarnation in order to deal with difficult situations that have yet to yield understanding to the seeker of truth. The seeker then, somewhat despairing, and perhaps even in a state of disconsolation and sadness, wishes for some comfort, for the moment at least, to compensate for that which is felt to be lacking in the understanding of certain lessons that present themselves in a cyclical fashion, shall we say, and which, though familiar to the self, yet remain elusive to the self in its ability to understand them. Thus there is some comfort sought elsewhere.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我的朋友们, 你们称之为上瘾的事物, 我们理解是一种类型的拐杖, 它有时候会在投生中作为工具而被提供出来, 以便于与那些尚未对真理的寻求者产生出理解的困难的情况打交道。当寻求者多少有些是感到绝望的, 也许甚至是处于一种孤立与悲伤的状态中的时候, 寻求者接下来就会有至少一会儿的时间会希望某种安慰, 以弥补在对于一定的课程的理解的方面被感觉到是缺少的事物, 这些课程是用一种, 容我们说, 周期性的方式将它们自己呈现出来, 这些课程尽管对自我是熟悉的, 却在自我去理解那些课程的能力的方面是依旧被自我所闪避的。因此, 会有某种安慰在其他的位置被寻求了。

This seeking for the comfort is understandable for one who is confused, is perhaps weary of an effort that seems to yield no results of a palpable nature, and which continues to present itself on a roubr- we correct this instrument, on a routine basis. We would also suggest that sometimes there are instances in which these addictive substances and behaviors are also part of that which we have called the pre-incarnative programming, again to provide the entity the opportunity to perhaps strengthen the will that has become weakened for the moment. Perhaps to guide the entity on another journey for a moment to provide lessons that offer the opportunity to open the heart to others who are similarly addicted, shall we say. Perhaps one needs to know what it is like in order to provide this aid to others, and must find a way of healing the self of such addictions before others may be aided in this same fashion.

对于一个感到混淆的人, 对于一个也许是对一种看起来似乎没有产生出具有一种摸得着的特性的结果的努力而感到疲倦的人, 这种对于舒适的寻求是可以理解的, 这种疲倦会用一种惯例的方式继续将它自己呈现出来。我们同样也会建议, 有时候会有一些情况, 在其中这些上瘾性的物质以及行为举止同样也是我们已经称之为投生前的编程的事物的一部分, 再一次, 来为实体提供机会去也许增强那

种已经暂时被削弱的意志。也许是指引在另一条旅程上的实体暂时提供课程，这些课程会提供机会来开放那些，容我说，类似地上瘾的其他人的心。也许一个人需要知晓这种上瘾是什么样子的，为了向其他人提供这种帮助，它必须找到一种方式来让自己对于这样的上瘾得到疗愈，在其他人可以这种方式被帮助之前。

The opportunities are endless, my friends, and to exactly know what an entity has programmed is not possible for most within the third-density illusion. However, if one wishes to face the addiction in a straightforward manner, and to attempt to free the self from its hold upon the self and the self's behaviors and abilities and potentials, it is well to seek the advice and counsel of those who are familiar with whatever substance it is to which you are addicted—to humble the self enough to offer the self to those who perhaps know a path that may be taken that will strengthen the will, that will encourage the heart, that will renew the spirit, that will set one back upon the path that one has chosen before the incarnation to travel. In this way, you might find healing for yourself and be able to share it with others.

我的朋友们，机会是无尽的，要准确地知晓一个实体已经编程了什么，这对于在第三密度的幻象中的大多数人而言是不可能的然而，如果一个人希望用一种直接的方式去面对上瘾，并希望尝试去让自我摆脱它对自我的行为举止、能力以及潜力的紧握不放，去寻求建议并咨询那些熟悉无论什么你对其上瘾的物质的人，这是很好的——让自我变得足够的谦逊以向自我提供那些也许知道一条可以被采用的途径的人，这条途径将会增强意志，将会鼓励心，将会更新灵性，并将会让一个人返回到那条它在投生前已经选择去旅行的道路。用这种方式，你可能就会找到对你自己的疗愈并能够与其他人分享它了。

We are aware that it is difficult for some to find assistance in such a manner, depending upon what the addictive substance is, or the addictive behavior, or the addictive thoughts. Addictions, my friends, are ever available to entities within your third-density illusion, for they become a part of a routine, and each of you is a creature of routines and rituals and practices that give a sense of security as one travels through the daily round of activities. There is a kind of reinforcement of the basic rightness and purpose of the plan and the path of the following of such routines, so, the quality of addiction can be spread further than what is normally considered the addictive nature within your reality, within your illusion.

我们察觉到，对于写一些人，要用这样一种方式找到帮助是困难的，这是取决于那个上瘾性的物质，或者上瘾性的行为举止，或者上瘾性的想法是什么的。我的朋友们，上瘾，一直都是可以为在你们的第三密度的幻象中的实体所取得的，因为它们会成为一个日常惯例的一部分，你们每一个人都是这种惯例、仪式与常规的一部分，它们在一个人穿越日常生活的活动的时候会给予一种安全感。会有一种类型的对跟随这样的惯例的计划与途径基本的正确性以及目的的增强，因此，上瘾的特性比在你们的实相中，在你们的幻象中通常被认为是具有上瘾特性的事物是散布范围更广的。

You may become addicted to any thing, or routine, or person, or place, or

thing. You may find that the best way to look at that which perhaps needs the correction of your addictions is that which gives you discomfort when you are following the addicted pattern, routine, thing, place, person. If you are uncomfortable with this pattern, with this process, then it is perhaps the time to seek the aid of those who may know more than do you in how to deal with such addictions.

你们可能对任何事物，或者惯例，或者人，或者地方，或者事物上瘾。你们可以发现，去检查也许需要对你们的上瘾的纠正的事物的最佳的方式，就是当你们在跟随上瘾的模式、惯例、事物、地点与人的时候，给予你们不舒服。如果你们对这个模式，这个过程是不舒服的，接下来，也许就是去寻求那些可能比你们更多地知晓如何与这样的上瘾打交道的人的帮助的时候了。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Question 4: Thank you, Q'uo. The next query asks: Kindly speak to us of the Law of One, of the poetry in motion that is the illusion around us, of the magical interplay of rhythm, and vibration and form, of wholeness of unending refinement. Tell us, please, what is at the heart of the Law of One?
问题四：谢谢你们。Q'uo。下一个问题询问：请诚恳地和我们谈谈一的法则，在我们周围的幻象之所是的运动中的诗意，旋律、振动与形式的魔法的相互作用，以及无尽精炼的完整性。请告诉我们，一的法则的核心是什么呢？

Q'uo: I am Q'uo, and I am aware of your query, my brother. Ah, we see the desire to penetrate the illusion, to go to the heart of all that is. This is a noble journey, my friends. Each you ve- we correct this instrument. Each of you is upon it. You can be upon no other journey for that is the only journey. The heart of your journey is to seek the Creator that is within you, the Creator that you are, the Creator that is all things. There can be no other way of looking upon an infinite creation of unity. The Creator took pleasure in making this, what you call creation, in order that it might know itself through the free will of each of its entities that it has created. From the Logos of every star within your skies, to the planet upon which you dwell, to each of your entities that you share the illusion with, each of you has free will to exercise however you wish. Each exercise of free will teaches the Creator more of itself, and fulfills the purpose of the illusion. Each of your actions reveals more to you of yourself, and if you are conscious of the seeking process, of the Creator itself, it is a journey of lovers, the creator loving you with unending love, you seeking and loving the Creator with a growing love. At some point, you will find the Creator, there is no other outcome for the end of this journey. At some point, the creator will know all that you know and will thank you for all that you have taught it of itself. At some point every entity within this great one infinite creation will coalesce again into unity, bringing home to the Creator the fruits of this journey through the octave of densities in which you now travel. You are all upon the most noble quest, you are all upon the quixotic quest. We salute each of you, we bless each of you, we encourage each of you.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。啊, 我们看到了刺穿幻象, 前往一切万有的核心的渴望。这是一条高贵的旅程, 我的朋友们。你们每一个人——我们更正这个器皿。你们每一个人都处于其上。你们每个人都没有走在其他的旅程上, 因为那就是唯一的旅程。你们的旅程的核心就是去寻求在你们内在之中的造物者, 你们之所是的造物者, 万物之所是的造物者。没有其他的观察一个具有统一性的无限造物的方式。造物者在制造这个, 你们所称的造物, 的过程中是感到快乐的, 这样它就可以通过祂已经创造的祂的每一个实体的自由意志而知晓祂自己了。从在你们的天空中的每一颗星星的理则, 到你们居住于其上的星球, 到你们与之分享这个幻象的你们的每一个实体, 你们每一个人都拥有自由意志去用无论什么你们希望的方式去行使自由意志。每一个对自由意志的行使都教导造物者更多关于祂自己的事情, 并实现了幻象的目的了。你们每一个行动都更多地向你们揭露了你们自己, 如果你们察觉到寻求的过程, 察觉到造物者其自身, 祂就是一条情侣的旅程, 造物者用无尽的爱爱着你们, 你们用一种逐渐增强的爱寻求并爱造物者。在某个位置, 你将会找到造物者, 这条旅程的终点是没有其他的结果的。在某个位置, 造物者将知道所有你们知道的事情, 将为所有你已经教导祂的关于祂自己的事情而感谢你们。在某个位置上, 在这个伟大的太一无限造物中的每一个实体都将会再一次结合成为统一体, 并将穿过这个你们在其中旅行的密度的八度音程的旅程的果实带回家给予造物者。你们全都在这场最为高贵的追寻中, 你们全都在这场堂吉诃德式的追寻中。我们向你们每一个人敬礼, 我们祝福你们每一个人, 我们鼓励你们每一个人。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Question 5: Q'uo, I'm sure I speak for the whole group when I say thank you for joining this circle of seeking today. The final written query says: It's difficult for me to imagine "work past third density." It seems if the veil is lifted, things would obviously be all one. With disharmony removed, it seems the work would be dauntingly slow. And it seems you would know what lessons you should want to approach, and it seems with the veil lifted, one would be able to instantly heal, learn, etc. Can you discuss the type of work done in densities past third, and how it differs in time without the veil of forgetting?

问题五: Q'uo, 当我说感谢你们今晚加入这个寻求的圈子的时候, 我相信我是代表整个团体发言的。最后的被写下的问题说: 我很难想象“在第三密度之后的工作。”看起来似乎, 如果罩纱被升起了, 事物就明显地全都是一体的了。在不协调被移除之后, 看起来似乎工作会是令人畏缩地缓慢的。看起来似乎你会知道你想要处理的课程是什么, 看起来似乎在罩纱被升起之后, 一个人会能够瞬间疗愈, 学习, 等等。你们能够讨论在第三密度之后的密度中被进行的工作的类型吗, 在没有遗忘的罩纱的时候, 它是如何一样的呢?

Q'uo: I am Q'uo, and I am aware of your query, my brother. Indeed, much truth has been spoken in this question. And the query is quite correct. This third-density illusion is one which provides most intense catalyst to those within in, for it hides all the treasures and jewels of the creation from each within third density. Each must seek, according to its own best efforts and lights, that which is the highest and best that it knows, and each must work its

way through the darkness, the difficulties, the doubts, that constantly surround one within this illusion.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 在这个问题中很多的真相已经被说出来呢。问题是相当正确的。这个第三密度的幻象是一个对那些在其中的人们提供了极其沉重的催化剂的幻象, 因为它将造物的所有的宝藏与珍宝都对在第三密度中的每一个人隐藏起来呢。每一个人都必须, 根据它自己最佳的努力与光明, 寻求它所知晓的最高和最佳的事物, 每一个人都必须找到它穿越那持久地在这个幻象中包围着一个人的黑暗、困难、疑虑的道路。

Eventually, the light begins to shine within the mind, the heart, the spirit. And the entity goes forth with more sureness and more ability to conceive of and encompass the path upon which it travels. Eventually, the entity is able to graduate itself, shall we say, in the positive or the negative sense, and to leave the third density behind and enter the fourth density of love and understanding. And indeed, within the fourth density there is the understanding that this is a creation of love, a creation of unity made of light. So how do entities in the fourth, the fifth, the sixth, and the seventh densities learn? You are correct that the process is much slower than within the third-density illusion. Your illusion is only 75,000 years long, my friends. You may think that is a great span of time compared to the three score and ten that is your lot to exercise, and yet if you look within the fourth density, it is thirty million of your years, the fifth density is fifty million of your years, the sixth, seventy-five million of your years. The density of foreverness has no measure.

最终, 光明开始在头脑中、心中, 灵性中闪耀了。实体带着更大的确信, 更大的去想象与容纳它在其上旅行的道路的能力出发了。最终, 实体能够让它自己, 在正面性或者负面性的意义上, 毕业, 将第三密度的幻象留在后面, 并进入到爱与理解的第四密度了。确实, 在第四密度中, 会有对于这是一个爱的造物, 一个由光构成的统一的造物的理解了。因此, 实体在第四密度中, 第五密度中, 第六密度中, 和第七密度中如何学习呢? 这个过程是比在第三密度的幻象中要更加缓慢的, 你在这一点上是正确的。你们的幻象仅仅是七万五千年的长度, 我的朋友们。相比你们的命运要去进行的古稀之年 (three score and ten), 你们可以考虑那是一个巨大的时间的跨度, 然而, 如果你们在第四密度中观察, 第四密度都是你们的年份的三千万年, 第五密度是你们的年份的五千万年, 第六密度是你们的年份的七千五百万年。永恒的密度是没有度量的。

So yes, the learning is much slower there, but learning does occur, for each entity in the positive choice of service to others joins with others of its kind to form a group mind/body/spirit complex, which those of Ra have called the social memory complex, so that the experiences of each entity in the complex of all incarnations is available to the entire social memory complex. And with all of this great library of information available, the choice is made at all times to be of service to others, especially those within the third-density illusion, who yet exist within the veil of forgetting, the veil of darkness. Thus, the third density provides an opportunity and a service to those of the higher densities. By being confused, you are providing a service, my friends. Take heart; even

in confusion you are of service. Thus, entities within the higher densities seek to serve others as well, those of sixth may serve fifth or fourth when they have questions concerning unity and the balancing of love and wisdom. There may be planetary entities that are difficult in their evolutionary process that have some sort of problem perhaps with a sun that is old and not functioning correctly, or the tectonic plates upon the planet that are misaligned and need some sort of assistance. There are various ways of social memory complexes to be of service, but as you correctly surmise, it is a much more patient learning, it is a much more elongated learning, it takes a great deal more of what you call time, though time is not perceived in the same sense in the higher densities. Time is more, shall we say, fixed in an eternal present so that all past present and future experiences are available in a simultaneous fashion. Thus, the experiences don't seem so, shall we say, drawn out to the higher density mind/body/spirit complexes as they would to your own.

因此, 是的, 学习在那里是远远更加缓慢的, 但是学习确实发生了, 因为在服务它人的正面性的选择中, 每一个实体都与属于它的同类型的其他的实体结合在一起以形成一个心/身/灵复合体的团体, Ra 团体已经将其称之为社会记忆复合体了, 因此, 在这个复合体中的每一个实体对所有的投生的体验都可以为整个社会记忆复合体所取得了。凭借着所有这个可以利用的信息的巨大的资料库, 在所有的时候, 选择都被做出去服务他人, 尤其是服务那些在第三密度的幻象中的人们, 那些仍旧存在于遗忘的罩纱, 黑暗的罩纱中的人们。因此, 第三密度为那些属于更高密度的实体提供了一个机会和一种服务。藉由成为混淆的, 你们提供了一种服务, 我的朋友们。鼓起勇气, 甚至在对于你们是有所服务的混淆之中。因此, 在更高密度中的实体会同样也寻求去服务他人, 那些属于第六密度中的实体可以服务第四密度或者第四密度实体, 当它们拥有关于在爱与智慧之间的统一与平衡的方面的问题的时候。可能会有星球的实体会在它们的演化的进程中遇到困难, 它们也许会对一个年老, 且无法正确地运转的恒星, 或者在行星上的发生错位的地质板块遇到某种类型的问题, 并需要某种类型的帮助。会有各种各样的社会记忆复合体进行服务的方式, 但是, 如你们正确地猜想的一样, 它是一种更加有耐心的学习, 它是一种更加延长的学习, 它要花费远远更多的你们所称的时间, 虽然时间在更高的密度中不是用相同的方式被感觉到的。时间, 容我们说, 是更多地被固定在一永恒当下的之中的, 因此, 所有的过去、现在和未来的体验都是用一种同时性的方式可被利用的。因此, 体验对于更高密度的心/身/灵复合体并不会看起来似乎和体验对于你们自己的密度一样地是如此, 容我们说, 漫长的。

Since we have come to the end of the queries, we would thank each once again for inviting our presence—you have provided us a very great service by allowing us to speak to you, and to share our love for you, and our appreciation of the great light that you have created in this weekend of seeking and sharing and serving each other and the Creator. This light is quite evident to those of us within the higher densities. We gather around it to rejoice with you, to worship with you the One Creator that exists within you, and around you, and all about this one infinite creation.

因为我们已经到达了问题的结束了, 我们会再一次感谢各位邀请我们的出席——藉由在这个寻求、分享并服务相互彼此以及造物者的周末允许我们对你们发言, 允许我们分享我们对于你们的爱和我们对于你们已经创造出来的巨大光的感

激，你们已经提供给我们了一种非常巨大的服务了。这种光对于我们这些在更高密度中的实体是相当明显的。我们聚集在它周围以与你们一同欢庆，与你们一同崇拜存在于你们内在之中，存在于你们周围以及在这个太一无限造物中无处不在的太一造物者。

We are known to you as those of Q'uo. At this time we shall take our leave of this group. We leave you as we found you, in love and in light. Peace and blessings my friends. Adonai vasu borragas.

我们是你们知晓的 Q'uo。在此刻，我们将离开这个团体。我们在爱与光中离开你们，如同我们找到你们的时候一样。祝你们平安与有福，我的朋友们。Adonai Vasu Borragus。

September 17, 2016

2016-09-17 量身定制的生命

Group question: There is a paraphrased quote from one of Rumi's poems that reads: "Live life as if everything is rigged in your favor." The Confederation seems to echo the same thought in their philosophy, especially with respect to the workings of catalyst. They say that in the earlier phases of the entity's development catalyst is initially offered to the self by the Logos, but that as the entity becomes more conscious of its evolution, catalyst is eventually created entirely by the self for the self.

团体问题：有一段鲁米 (Rumi) 的诗歌的意译是这样的：“生命就好像每一个事情都是为你量身定制的一样。”星际联邦看起来似乎在它们的哲学中重复了相同的想法，尤其是在关于催化剂的工作的方面。它们说，在实体的较为早期的发展阶段中，催化剂是最初由理则提供给自我的，但是，当实体更多地察觉到它的演化，催化剂最终是完全由自我为自我创造的。

Can you speak to this notion that this universe or life is working not against us, but always for us? Also, how do we use this understanding to take responsibility for our own creation, and as Ra describes, empower our progress?

你们能够谈谈这个宇宙或者生命不是对抗我们，而一直都是支持我们的观点吗？同样，我们如何使用这种理解来承担起对于我们自己的创造物的责任，并如 Ra 描述的一样，为我们的发展赋予力量。

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in the love and in the light of the One Infinite Creator of which we are all a part. We thank you, my friends, for inviting our presence to be with you this afternoon as you seek those questions, answers, comments and concepts that may have meaning in your own spiritual seeking. We are honored to be asked to join you and would, in return, ask our usual favor, and that is that you take those words which we say and those concepts which we share and use those that have meaning to you, and leave behind any that do not. We are not strict authorities. We are seekers, as are you, who have perhaps moved a few steps longer on the path than you have, and we wish to share that which we have to share but we do not wish to become a stumbling block for any entity. If you would do this favor for us, we would be most grateful and would feel then able to speak freely that which we have to share.

我是 Q'uo，我在太一无限造物者的爱与光中向你们各位致意，我们全都是造物者的一部分。我的朋友们，我们为你们邀请我们在这个下午出席，并在你们寻求那些可能在你们自己的灵性的寻求中拥有意义的问题、答案、评论和观念的时候与你们在一起而感谢你们。我们对于被请求加入你们是感觉到荣耀的，我们会，返回来，请求我们通常的恩惠，那就是在你们使用给我们说的那些言语以及我们分享的那些观念的时候，请使用那些对你们有意义的内容，并将任何没有意义的

内容都留在后面。我们不是严格的权威。我们是和你们一样的寻求者，我们也许在那条道路上已经比你们走得更远一些了，我们希望分享我们所要分享的事物，但是我们不希望成为任何实体的一块绊脚石。如果你们愿意给予我们这个恩惠，我们会极其感激并会感觉到能够自由地谈论我们所要分享的事物了。

You ask this day if the universe in which you live and move and have your being is indeed rigged in your favor, of beneficence to you, and if the catalyst is also that which is helpful in your growth. We can say quite confidently that this is indeed so, for in a universe of unity in which each portion of each part of the creation is a part of the One Creator, there is indeed nothing but support, love, encouragement and the giving of assistance from one portion to another, for in the creation of the father, each portion serves each other portion. This is the nature of unity.

你们今天询问是否你们在其中生活、行动并拥有你们的存在性的宇宙确实是为你量身定做的，是对于你们是善意的，是否催化剂同样也是在你们的成长中有帮助的事物。我们能够相当确信地说，确实如此，因为在一个统一的宇宙中，造物的每一个部分都是太一造物者的一部分，在其中除了支持、爱、鼓励以及从一个部分被给予另一个的部分的支持之外，确实什么都没有，因为在天父的造物中，每一个部分都服务于每一个其他的部分。这就是统一的特性了。

But we know that you wish to know more of the details of how this expresses itself within your life pattern and within the life pattern of all those around you. How is this support given? How is it perceived? How is it possible when it seems that each of you is quite separate from each other, that you do not have a binding unity with the One Creator, an identity that cannot be dissolved by any illusion? Within the illusion that you now find yourselves, it seems so very likely that you are moving as individualized creatures who have maybe a good chance here, or not such a good chance there to make progress on your spiritual path; and yet we tell you that each step that you take—those that seem sturdy, strong, and successful, and those that seem a bit wobbly, unsure, mistaken—are all a part of one path of seeking that each offers its fruits to, shall we say. There are no mistakes, my friends. Those experiences which you have which you would perhaps call mistake, from these do you learn, perhaps even more than those that you would call a success. You are creatures of light. You are creatures of love, for of these two qualities are you made.

但是我们知道，你们希望知晓这种统一性如何在你们的生命模式中以及在你们周围的所有人的生命模式中表达其自身的更多的具体细节。这种支持是如此被给予的呢？它是如何被感觉到的呢？当看起来似乎你们每一个人都是与相互彼此相当分离的，且你们并不拥有一种与太一造物者之间的连接性的统一，并不拥有一种无法被任何幻象所分解的身份的时候，这种统一如何是有可能的呢？在这个你们现在发现你们自己在其中的幻象中，看起来似乎非常有可能，你们是作为个体化的生物而行动的，这些生物可能在这里拥有一个好机会，或者在那里可能并不拥有这样一个好机会，以在你们的灵性的道路上产生进步，而我们告诉你们，你们走出的每一步——那些看起来似乎是坚定，强有力以及成功的步子，以及那些看起来似乎有一点点的摇晃，不确定以及错误的步子——全都是一条寻求的

道路的一部分，每一个步子都将，容我说，它的果实提供给这条寻求的道路了。我的朋友们，没有错误。那些你们拥有的你们也许会称之为错误的体验，你们确实从其学习了，你们从其学会的事物也许是比那些你们会称之为一种成功的体验是要远远更多的。你们是光的生灵。你们是爱的生灵，因为你们就是由这两种特性所构成的。

Within this illusion, the third-density illusion, you have placed yourself in order to be able to make progress that would not be possible without the illusion, for you come from the world of the spirit where all is obviously one, and yet each entity there feels the great need to move in service to the Creator, to polarize the self more positively, to become a greater servant of the Creator in all portions of the creation, and yet they cannot move as they wish, for it is so obvious that all are one that there is not quite the same motivation for movement that there is within your illusion which so carefully covers all the jewels: the basic concepts of unity, love and light of the One Creator of which all are made. Because you exist within this illusion and must use your own free will and your faith to continue your movement, you reap a reward that is not possible in the higher densities of love and light, for there there is no illusion of separation. Here you grow under conditions which are most difficult for the seeker who has just begun the journey, just begun this cycle of choice of determining whether to be of service to self or of service to others, for both are viable paths to the One Creator, with the service-to-self path, of course, finding its end before it finds its goal within the sixth-density illusion.

在这个幻象，第三密度的幻象中，你已经将你自己放置在其中以便于能够产生出进步，这种进步在幻象之外是不可能发生的，因为你们是来自于灵性的世界，在那里一切都是显而易见地合一的，而每一个实体在那里都感觉到通过对造物者的服务而前进巨大的需要，以更为正面性地让自我极化，以在造物的所有的部分成为造物者的一个更多的仆人，而它们是无法如它们希望地一样移动的，因为万物一体，这是如此显而易见的，以至于不会有完全一致的对于行动的动机，以至于在你们的幻象中会有如此仔细地覆盖在所有的珍宝上的事物，那些珍宝即：统一，太一造物者的爱与光的基础的观念，万物就是由太一造物者的爱与光所构成的。因为你们存在于这个幻象中，并必须使用你们自己的自由意志以及你们的信心去继续你们的行动，你们收获了一种在更高的爱与光的密度中是不可能有的奖赏，因为在那里没有分离的幻象。你们在这里是在对于刚刚开始旅程，刚刚开始这个决定是要服务自我还是要服务他人的选择的周期的寻求者极其困难的情况中成长，因为两者同时都是通往太一造物者的可行的道路，当然，通过服务自我的道路，这条道路会在它在第六密度的幻象中找到它的目标之前就发现它的终点了。

Thus, we would say to you that you have within you an impetus to move in an organized fashion, in a dedicated fashion, and in a concentrated fashion to grow in mind and body and in spirit; and you, yourself, before incarnation, have placed certain opportunities for yourself to utilize within the incarnation in order to bring to fruition the abilities which each of you has. Each of you has provided yourself with certain qualities, certain possibilities, certain talents, certain questionings, with a desire to use all of this vast storehouse of positive possibility for growth in that very degree of growth which you seek so

ardently at this time. The strength of your will and the faith that is exercised will produce results which shall guide you unerringly on your journey, for each of you have much to offer others as well as yourself in the way of enlightenment, of instruction, of heart-felt sharing, of critical mental analysis, of physical energy to build and create. You are beings of immense potential. You have before you that which awaits your discovery. We are actually quite envious of your journey for we have been where you are and we know what you can reap as a reward for offering your service, for offering your energy, and for bringing forth that which is within you in the fashion of the One Creator who seeks to express through you.

因此，我们会对你们说，你们在你们内在之中拥有一种推动力用一种有组织的方式用一种奉献性的方式，并用一种集中的方式移动，以在心智、身体和灵性中成长，你，你自己，在投生前，就已经为你自己设置好了一定的机会，以在投生中利用，以便于将你们每一个人拥有的能力显现出来。你们每一个人都已经为你自己提供了一定的特性，一定的可能性，一定的天分，一定的疑问，并提供了一种渴望去将这个巨大的正面性的可能性的仓库中的全部的事物用于成长，通过那种你们在此刻如此热烈地寻求的成长的程度。你们的被锻炼的意愿和信心的力量，将产生出结果，那些结果将在你们的旅程上准确地指引你们，因为你们拥有大量的事物要提供给其他人，同样也提供给你自己，用启蒙，指引、由衷的分享，批评性的心智的分析，物质性的能量的方式以构建与创造。你们是具有无限大的潜能的存有。你们在你们前方拥有等待着你们去发现的事物。我们实际上相当羡慕你们的旅程，因为我们曾经处于过你们现在处于的位置，我们知道你们能够作为一种对于你们提供你们的服务，你们提供你们的能量，你们将在你们内在之中的事物用那个寻求通过你们表达的太一造物者的方式产生出来的奖赏而收获的事物。

At this time, we would transfer this contact to the one known as Steve. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking this instrument for the arduous challenge it has placed before us before it permitted us to speak. This, my friends, is what accounts for the delay, the pause in our communication, for this instrument was not going to allow us to speak unless we could attest that we come in love and are willing to acknowledge that Christ is Lord. We gladly do this, for we do understand ourselves to be servants of the One Creator in the light of Christ.

我是 Q'uo，我与这个器皿在一起了。我们会藉由为这个器皿在它允许我们发言之前已经放置在我们前方的艰苦的挑战而感谢这个器皿来开始我们通过这个器皿的传讯。我的朋友们，这就是在我们的交流中我们的延迟和暂停的原因了，因为这个器皿将不会允许我们发言，除非我们能够证明，我们是通过爱而来并乐于承认耶稣是主。我们乐于这样做，因为我们确实理解我们自己是通过基督之光

而成为太一造物者的仆人的。

We would sum up the remarks that we had to give through the instrument known as Jim by reiterating that this is indeed a creation of unity, and that by acknowledging your place within this unity, you can come to see the entire creation as that which cooperates with you in your quest to bring your special gift to the centering agency of the creation, the unity itself, which is a moment for great rejoicing on the part of the One Infinite Creator. When you have learned to see those events which unfold around you as a portion of the Creator experiencing itself, you are indeed upon the path of positive polarization, and upon the path of spiritual growth of a rather high order. However, we would suggest to you that we are fully aware that not all of your experience will seem to be of a positive order of origination, and that many of the events that constitute your catalyst do indeed seem to be challenging to a degree that can throw you off balance and can leave you feeling as if you have been driven out of the Garden of Eden, so to speak, and left bereft in a cold and windswept world.

我们会藉由这样重申而对我们通过被知晓为 Jim 的器皿所要给予的评论进行总结，我们会重申，确实有一个具有统一性的造物，藉由承认在这种统一性中的你们的位置，你们能够开始将整个造物视为是在你们的探索中与你们合作的事物，以将你们特别的礼物带到这个造物的中心的媒介，即统一性其自身，一个对于在太一无限造物者的部分上的巨大的喜悦的瞬间。当你们已经学会去将在你们周围展开的那些事件都视为是正在体验祂自己的造物者的一个部分的时候，你们就确实处在正面性的极化的道路上，处在那条具有一种相当高的持续的灵性的成长的道路上了。然而，我们会向你们建议，我们充分地知晓，并不是你们所有的体验都将会看起来似乎是具有一种正面性的起因的，构成了你们的催化剂的很多的事件确实看起来似乎在某种程度上是挑战性的，以至于它们能够让你们失去平衡，并能够让你们感觉到就好像你们已经被赶出了，可以说是，伊甸园，并被遗弃在一个寒冷而寒风凛冽的世界中了。

Now, these experiences too have their place and have meaning in the greater order of spirit, but they are of a nature that forces a realization for the spiritual seeker to the effect that the self that you have imagined yourself to be must very often be abandoned as no longer sustainable in the face of the catalyst you have no choice but to confront, a catalyst that you have no choice but to find some way to assimilate.

现在，这些体验同样也会在灵性的更大的秩序中拥有它们的位置和它们的意义，但是它们是具有这样一种属性的，这种属性强迫一种领悟对灵性的寻求者生效，这种领悟即，因为你在面对催化剂的时候你不再是可支持得住的，对于这个催化剂，你除了去直面之外没有选择，你除了去找到某种方式去吸收消化之外都没有选择，以至于你已经想象你自己必定是非常经常地被抛弃的。

And so we invite you to ask this simple question as a prelude to what we have to offer on this theme. And the question is: Who am I? Who am I? Now, it would be easy to say that you are a spark of the One Infinite Creator, that you are an eternal soul working your way back to the source, and this is

emphatically true my friends. It is emphatically true. But that truth, to the extent that it is known only abstractly, is not a truth which has reached into the root of your being, and that root lies very deep within you, and very deeply concealed. So, a good portion of your spiritual journey is invested in the attempt to follow through the catalyst that comes into your life experience to the deepest roots that it nourishes and stimulates to further growth.

因此,我们邀请你们问这个简单的问题作为对我们在这个主题上所要提供给你们的事物中的一个序言。这个问题是:我是谁?我是谁呢?现在,去说你是太一无限造物者的一个火花,你是一个正在你返回到源头的道路上努力的永恒的灵魂,这会听起来很容易的,我的朋友们,这是显而易见地真实的。它是显而易见地真实的。但是,那个真理,在它仅仅是被抽象地知晓的程度上,它不是一个已经地道了你的存有的根部的真理,那个根部存在于你内在之中的深处,是非常深入地被隐藏起来的。因此,你的灵性的旅程的一个优秀的部分就是在尝试去跟随着那进入到你们的生命体验中的催化剂直到最深的根部的过程中被投资的,那个最深的根部会滋养并激励更进一步的成长。

Now, the growth that you are familiar with are those productions of selfhood that, from a small child onward, you have learned to create. The net result being a sense of self, a sense of who you are that you are able to make be a sustainable vehicle for your mode of interacting with the world, your way of relating to others, and your pursuit of further spiritual development within this, what we might call, "envelope of being."

现在,你们熟悉的那种成长是那些自我属性的产物,从一个小孩子向前,你已经学会去创造了。你能够产生出来的对于一种自我的感觉,一种对于你是谁的感觉的净值,就成为了你与世界的相互作用的模式,你与其他人建立关联的方面,以及你对在这个,我们可以称之为,“存在的外壳”的事物中的进一步的灵性发展的追寻的可以支撑的载具了。

Now, it is important to have an envelope of being, for the self that you are in the process of becoming has to it many tender shoots, many vulnerable appendages, and these can be easily damaged. These can be easily torn asunder by the harsh winds of catalyst. So it is well to keep in mind that you live within an envelope of your own creation, and that this envelope serves as a kind of membrane, if you will, that allows the outside to come in and the inside to express itself by moving without: the in, the out, the out within, and in this way, this to and fro motion, you find that not only are you able to experience events which transpire as if catalyst were coming entirely from without, but are also to engage in a process of interaction that guides the catalyst, shall we say, to a place that befits the catalyst within your own being such that just those portions of your being are receiving the stimulus that they need at that moment to unfold in the way that these portions of your being seem to need to unfold at this time. That is a process which, when it goes smoothly, is indeed blessed. And there are many, many experiences which each here in this circle of seeking have undergone that are revelant of blessings of this nature.

现在,拥有一个存在的外壳是很重要的,因为你之所是的那个处在成为的过程中

的自我，在其上拥有很多柔弱的嫩枝，很多易受伤害的附枝，这些能够是易于被伤害的。这些能够轻易地被催化剂的烈风所撕碎的。因此，去记住，你是活在你自己的创造物的一个外壳中，这个外壳起到了一种类型的膜，如果你愿意这样说的话，的作用，这是很好地，这个膜允许外部的事物进入，并允许内在的事物藉由向外移动而表达它自己：内部，外部，外部，内部，用这种方式，这种来回往复的运动，你发现你不仅仅能够体验到那些发生的事情就好像是催化剂是完全来自外部一样，你同样能够参与到一个互动的过程中，这个过程将催化剂，容我们说，指引到一个在你内在的存有之中对于催化剂是合适的位置，这样，你的存有你的那些部分就在接收到他们在那个时刻需要的刺激物，以用你的存有的这些部分看起来在这个时刻会需要去展开的方式展开了。那是一个，当它顺利进行的时候，确实受祝福的过程。在这个寻求的圈子中的每一个在场的人都已经尽力过的很多很多的体验都是与具有这种属性的祝福有关联的。

There are, in addition to blessed events, those events which are more difficult, more challenging for you to embrace and for you to assimilate. These forms of catalyst can range from being mild irritations, simple experiences of discomfort, to being acts or events of such disturbing nature that it shakes your entire sense of who you are to the very foundations, and leaves you with a feeling that you are completely at the mercy of external events to the point that you have no freedom of movement whatsoever. These forms of harsh catalyst, we would say, are, in your third-density illusion, far more frequently encountered than they will be in any further density that you will enjoy as your spiritual life unfolds down through the ages. Third density is an extremely intense experience, and over and over again you will find that the self that you have built to serve as the envelope for your spiritual endeavors will have to be forsaken, will have to shatter on the shoals of very hard weather, and will, in the end, be forced into new and completely unanticipated shapes, so that the self that you emerge from this life experience as will quite likely be of a seemingly very different sort than the self that you thought yourself to be in your younger years. This is all to the good, my friends, for it is precisely the process which you incarnated to undergo, and the true realization of the self that you more deeply are, and the self that you have always continued to be, is a realization that, for the most part, you will not be able to have fully in this life.

除了受祝福的事件之外，还会那些对于你们去拥抱，对于你们去消化吸收，更为困难且更有挑战性的事情。这些催化剂的形式，在范围上可以从心智的恼怒，简单的不适的体验，到具有如此令人不安的特性的行为或者时间，以至于它会从最基础的位置动摇你们全部的对于你们是谁的感知，并给你们留下这样一种感觉，你们是完全受制于外部的事件，到了你完全没有无论什么任何行动的自由的时候了。相比随着你们的灵性的生命随着时代的发展而展开，你们将会在任何更进一步的密度中享受到的催化剂，这些，我们会说，催化剂的强烈的形式，在你们的第三密度的幻象中是远远更加频繁地被遭遇到。第三密度是极其强烈的体验，一次又一次，你们将会发现，那个你们已经构建来作为外壳来为你的灵性的努力服务的自我，将会不得不被舍弃，将不得不在非常艰难的天气的危险中粉碎，并将最终，被迫进入到一个新的且完全未被预料到外形中，这样，你藉由这个生命体验所显现出的那个自我，就将会相当有可能是，相比你在你的较为年轻的时期你

认为你自己是的那个自我，具有一种在表面上非常不同类型的自我了。我的朋友们，这是完全有益处的，因为它恰恰就是你们投生来经历的过程，对于那个你更为深入地之所是的自我，那个你已经一直继续成为的自我的真实的领悟，就是这样一种领悟，它的绝大部分是你们在这次生命中将会无法完全拥有的。

Therefore, when we speak to you of this more all-embracing unity, we speak of a dimension not only of the creation itself, but of yourself that is not visible to the incarnate eye. Still, it is of great value for you to feature, to yourself, that which is not visible as a source of inspiration and a source, shall we say, of consolation as you proceed through the affairs that mark your incarnation, as you proceed from one event to another, as you encounter one challenging individual or another, and must continually remind yourself that all is well, though you are in excruciating pain, that all is well though you suffer great loss, great grief, great challenges in being required to come forth into a world that, to every appearance you can imagine, seems hostile to you. All of this is an illusion, yes, but it is the illusion which you face, and the challenges it presents to you are very real, and the self that founders on the shoals of difficult seas is indeed the nature of incarnate experience that you have conjured for yourself in coming into this third-density experience.

因此，当你们对我们谈及这种更为包含一切的统一性的时候，我们不仅仅是在谈及一个造物本身的维度，我们同样也是在谈及你自己的一个对于肉眼不可见的维度。你对你自己想象，在你们前进穿越那些为你的投生做出了标记的事件的时候，在你们从一个事件前进到另一个事件的时候，在你们遭遇这样或者那样一个挑战性的个体的时候，那个不可见的事物是一个启发的源头以及一个，容我们说，安慰的源头，这是具有巨大的价值的，你必须持续不断地提醒你自己，一切都好，虽然你是处于令人难以忍受的痛苦中的，提醒你自己，一切都好，虽然你遭受了巨大的损失，巨大的伤痛，巨大的挑战，这些挑战是被要求出现在一个，在每一个你能够想象到的表象上，都看起来似乎是敌意的世界中的。这个世界的全都是一个幻象，而它是一个你面对的幻象，它向你呈现的挑战是非常真实的，那个陷入到困难的海洋的浅滩上自我确实就是在你进入到这个第三密度的体验的时候你已经为自己祈求的投生体验的属性了。

Now, there is as the quote that was read as part of the question, indeed a way to look at all the catalyst that you encounter as being weighted in your favor, as tending in the direction that leads ultimately to your development, your profit, your well-being. But the you that we have just invoked in this formulation is a you that must be allowed to be always in question, and again and again you will find you must release that portion of your sense of who you are that finds itself resisting the catalyst that is on offer to you, and we will say this is not easy work. We will say that some catalyst will be of such strength that it can seem to threaten not simply this life, but your spiritual well-being in your deepest capacity to understand what that involves. You do well not to yield completely to catalyst which is of such a nature that it cannot be squared with your resolve to develop in a positive manner, in a manner which we have called "service to others."

如同作为问题的一部分被读到的那个引文一样，确实有一种方式去将所有你们遭

遇到的催化剂视为是根据你的偏好而被添加重量的，并且是朝向在这样一个方向的，这个方向会最终导向你的发展，你的益处与你的幸福。但是，我们已经在这个公式中祈请的那个你，是一个必须被允许一直处于问题中的你，一次又一次，你将会发现，你必须释放你对于你是谁的感知的那个发现它自己抵制正在被提供给你的催化剂的部分，我们将会说，这不是容易的工作。我们将会说，一些催化剂将会具有这样的强度，以至于它能够看起来是似乎不仅仅威胁这次生命，同样也威胁到，@在你最为深入的去理解那包含了什么事物的能力的方面的你的灵性上的健全。这种催化剂具有这种一种属性，它是你无法用你的对于用一种正面性的方式，用一种我们已经称之为“服务他人”的方式来发展的决心来对其进行调整的，你不去完全地向这样的催化剂投降，你是做得很好的。

So, those modes of being which you have learned to develop, and which have served as the envelope for your spiritual essence, and the vehicle for your moving around in the existence which you currently enjoy, this does have a protective element to it, and we do not advise the premature release of the energies constitutive of yourselves which aid in the filtering of catalyst so that you may continue to unfold in a healthy and protective atmosphere. One of the ways that you can go about promoting this healthy and protective atmosphere is through a selection of friends, associates, and fellow seekers who are of like mind and who tend to promote a response in you that resonates with the highest and best kind of being to which you aspire. There will be catalyst provided by others which is not of this encouraging nature. Some of this catalyst will be incidental. You do well to ask repeatedly "Where is the love in this situation—how might I respond in as positive a way as I can sustain?" There are some times in which you are well-advised simply to step back and retreat into that more safe atmosphere, thriving within the envelope you have created, and allow things to settle to the point that you are able once again to open yourself to a world which is not always as welcoming as you would like it to be.

因此，那些你已经学会去发展的存在的模式，那些已经起到了你的灵性的实质的外壳，以及在你当前享受的存在性中四处移动的载具的作用的存在模式，这确实拥有一种对其的保护性的要素，我们并不建议过早释放那些构成了你们自己的会在筛选催化剂的过程中起帮助的能量，这样你就可以继续在一个健康而有保护的氛中发展了。你能够开始着手促进这种健康而有保护性的氛的方式中的一种方式，就是通过一种对具有类似的想法的朋友、伙伴以及同伴的寻求者的选择，这些实体会倾向于在你内在之中助长这样一种回应，这种回应会与你渴望的最高和最佳的存在类型产生共鸣。将会有催化剂是被其他的并不具有这种鼓励的特性的人提供的。这种催化剂中的一些将会是偶然性的。你们去反复询问，“在这个情况中爱在何处——我如何才能用一种我能够支持的尽可能正面性的方式来回应？”这样询问是很好的。会有一些时候，在其中你们单纯地被建议去后退并退隐到那个更为安全的氛中，在这个你们已经创造出来的外壳中兴旺，并允许那些事情安定下来，直到你能够再一次向这样一个世界开放你自己的程度，这是很好的建议，这个世界并不是一直都是和你想要它成为地一样地令人欢迎的。

So, yes, it is well to regard the world in its totality as being such that it tends, broadly speaking, in the same direction as your spiritual development does

tend, and it is well to know that the story which will be told of your whole spiritual life spanning many, many of your incarnations from density to density is a story which has a happy ending, is a story which blends in a beauty beyond your ability to imagine with all other stories. It is well, we say, to keep this vision firmly in mind, but it is also well to know that you are on a journey of very long duration with many paths and sub paths that you will encounter along the way, and that there are those who, from time to time, will challenge you in ways that force you back upon yourself, always keeping in mind that the self you think yourself to be is maybe not the self that you will be in a fuller manifestation of yourself, but that, in moving step by step to that fuller manifestation, you will be wise to mind well the circumstances that aid and promote that growth. You do well to surround yourself with those who you feel help that growth in the best possible way, and you do well—when you do encounter, as you inevitably will, catalyst that seems to stem from hostile regions—to bless this catalyst, to accept this catalyst as a portion of the One Infinite Creator suggesting to you that there are ways in which you may expand inwardly so as to absorb that which may be absorbed without harm, but recognizing too that sometimes not all may be absorbed without harm; and here we simply advise that you take care of the tender shoots of your being, for they are the very essence of the creation at work.

因此，是的，去在这个世界的完整性中将其视为是，它会与你的灵性上的发展确实会趋向的方向，概括地说，趋向相同的方向，这是很好的，去知晓，对于你的横跨了你的许许多多的投生的，从一个密度到另一个密度的，全部的灵性的生命，那个将会被讲述的故事，是一个拥有一个快乐的结尾的故事，似乎一个混合了这样一种美丽的故事，这种美丽超越你对所有其他的故事的想象的能力，这是很好的。将这个景象牢记在头脑中，我们会说这是很好的，但是，去知晓你们是在一条具有非常漫长的持续时间的旅程上，这同样也是很好的，这条旅程伴随着的你们将会在沿路上遭遇到的大路与小路，会有那些会不时地用种种方式挑战你们的实体，这些方式会强迫你返回到你自已，并一直在头脑中记住，你认为你自已是的那个自我可能并非那个你将会在你自已的更为圆满的显化中成为的自我，如果你仔细注意那些会帮助并促进那种成长的环境，你就将会是明智的了。你将你自已用那些你感觉到是用有可能最佳的方式帮助成长的人包围起来，你这样做是很好的，当你确实遭遇到，因为你将会无可避免地遭遇到，那种看起来似乎是源自于有敌意的区域的催化剂的时候，去祝福这种催化剂，去接受这种催化剂是太一无限造物者的一部分，造物者正在向你建议，会有一些途径是你通过其可以向内拓展，以便于在没有伤害的情况下吸收可以被吸收的事物，并同样也认出，有时候并不是所有的事物都可以在没有伤害的情况下被吸收的，你这样做是很好的，我们在这里单纯地建议，你关心你的存有的那些柔弱的嫩枝，因为它们是在工作中的造物的核心的实质。

You are blessed ones, my friends, and with this thought, we would leave this instrument in love and light, wishing you Adonai and return to the one known as Jim. We are those of Q'uo. Adonai

我的朋友们，你们是受祝福的实体，带着这些想法，我们会在爱与光中离开这个器皿，我们祝愿你们 Adonai，我们返回到被知晓为 Jim 的实体。我们是 Q'uo. Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo and am again with this instrument. At this time we would ask if there might be any further queries to which we might speak?

我是 Q'uo，我与这个器皿在一起了。在此刻我们会请问，是否有我们可以发言的任何进一步的问题。

Questioner: If there aren't any other questions I would like to ask Q'uo if you would be able to help us better understand vital energy and how it differs from physical energy? And perhaps how the types of things we might be able to do to enhance vital energy in our lives and in ourselves and things that we might be doing that deplete vital energy?

提问者：如果没有任何其他问题，我想要询问 Q'uo，你们是否能够帮助我们更好地理解生命能量，以及它是如何与身体能量有差别的？也许，什么类型的事情是我们能够用来增强在我们的生命中以及在我们自己内在之中生命能量，我们可能在做的什么类型的事情是会耗尽生命能量的呢？

Q'uo: I am Q'uo and am aware of your query, my sister. Vital energy is so described as it is that energy or combination of energies within your mind, body and spirit complexes which are useful for enhancing your life vitality, your ability to recognize catalyst, to use catalyst, to glean experience from catalyst and to move further along your path of seeking the One Creator, and of serving that One Creator within all beings who you may meet in your daily round of activities. You named many sources of how one may increase vital energy as you discussed this query prior to this session's beginning. We may say that in general the energies of the mind, the body and the spirit, when combined in a useful fashion that is in a spiritually dedicated fashion, do enhance one's ability to become able to perceive the world around one in a spiritual nature, in a spiritual way, so that one may grow from this perception and may offer the perception to others as a service to them as well.

Q'uo：我是 Q'uo，我理解了你的问题，我的姐妹。生命能量是被这样描绘的，它是在你们的心智、身体和灵性复合体中的能量或者能量的混合物，它对于增强你们的生命活力，你们去认出催化剂，去使用催化剂，从催化剂收集体验，并沿着你们寻求太一造物者并服务太一造物者的道路更进一步地移动的能力有用处的，太一造物者是在所有你们可能在你们的日常生活的活动中遭遇到的存有的内在之中的。如你们在这次集会开始之前对这个问题的讨论一样，你们可以说出很多的一个人可以如何增强生命能量的源头的名字。我们可以说，一般来说，心智、身体和灵性的能量，在用一种有用处的方式，这种方式是一种在灵性上进行奉献的方式，混合起来的时候，确实会增强一个人去用一种灵性的特性，用一种灵性的方式，感知在它周围的世界的能力，这样一个人就可以从这种知觉成长，并可以将这种知觉提供给其他人，同样也作为一种对它们的服务。

Thus, there are numerous ways one may utilize in increasing one's vital energies. However, we may preface this list by suggesting once again that it is

the intention that is the most important feature of increasing the vital energies; the intention of the foodstuffs, for example. Eating a diet which is balanced in its ability to provide the body what it needs in order to provide its portion of vital energy. You may fruitfully consider the grains, the vegetables, the dairy products to the extent that they are necessary, the animal products of an high order of being when necessary to increase low vital energy. These used with the desire and intention to increase vital energy are helpful in so doing.

因为，会有为数众多的方式是一个人可以利用以增强它的生命能量的。然而，我们谈论这个名单之前会作为序言再一次建议，具有增强生命能量的最为重要的特性的事物，就是意愿，举个例子，对食物的意愿。使用一个食谱，它在其为身体提供它需要的事物，以便于提供它的生命能量的部分的能力的方面是平衡的。你们可以富有成效地考虑谷物，蔬菜以及奶制品，在它们是需要程度上，以及在需要去增加低的生命能量的时候，考虑具有一种高的存在的次序的动物制品。当这些食物是带着去增强生命能量的渴望和意愿被使用的时候，这样做是有帮助的。

One may, as you also have noted, engage in the sexual energy transfer with that entity which is your mate, that entity with which you share the open heart. The heart center must be open in order for an increase in transfer in vital energy to be possible. Each within this transfer of vital energy must also dedicate the experience so shared to the One Creator in order to be able to create energies that may be transferred and enhance each the other's vital energy in sum.

如你们同样已经注意到的一样，一个人可以与你的伴侣，与你与其分享了开放的心体的实体，一起参与到性能量的转移中。心的能量中心必须是开放的，以便于一种在生命能量的转移中的增强是有可能的。在这种生命能量的转移中的每一个实体都同样必须将如此被分享的体验奉献给太一造物者，以便于能够创造出可以被转移的能量并增强相互彼此的生命能量的总和。

The use of the pyramid, shall we say, that pyramid which one may sit within in the Queen's chamber position, or the pyramid that is small enough to place under the pallet and utilized for a period of no longer than 30 minutes per day is also quite helpful in increasing the vital energies of an entity, specifically those energies of the will, the sexual energies and the mental acuity.

使用金字塔，一个人可以坐在金字塔的皇后密室的位置，或者使用足够小以便于放在床铺底下的金字塔，每一天使用一段不多于三十分钟的时间，这在增强一个实体的生命能量，尤其是那些具有意志、性能量以及心智的敏锐度的能量的方面同样也是相当有帮助的。

One may also engage in exercise of a physical nature which may seem to be tiring in the short run to the entity so engaged, and yet, when conducted over a long portion of what you would call time, also enhances one's vital energy again, if it is done with the intention of doing so.

一个人同样可以参与到具有一种身体属性的锻炼中，这种锻炼可能看起来似乎在短期对于那个参与其中的实体是令人疲倦的，当这个锻炼在你们所称的时间的一个长期的部分中被进行之后，它同样会再一次增强生命能量，如果它是带着这样

做的意愿而被进行的话。

One may engage in social intercourse, the exchange of ideas and principles, of philosophies, of the releasing of the potential of each human being. Between you and another human being this type of discourse is quite helpful to the enhancing of one's vital energies, for each entity within the creation contains a portion of the One Creator in a unique fashion which, when shared with another, adds to that other's understanding, shall we say, or comprehension of the nature of the One Creator that exists within each and within all of the creation, for that matter.

一个人可以参与到社交对观点、原则、哲学, 以及对每一个人内的潜能的释放的交流之中。在你和另一个人之间, 这种类型的交谈对于增强一个人的生命能量是相当有帮助的, 因为每一个在造物中的实体都用一种独一无二的方式包含了太一造物者的一部分, 当这个部分与另一个实体进行分享之后, 它会, 因为那个原因, 增加另一个实体的, 容我们说, 理解, 或者对存在于每一个实体内在之中以及存在于所有造物内在之中太一造物者的属性的领悟。

Those activities which are deleterious to the vital energy are as one may assume the experience of the one you know of as Carla, who engaged in the taking of a certain drug, that which was called LSD, and which enriched her vital energy for a certain period of time, but then, as with all speeding up chemicals, caused a drop off of the vital energy when it was inconvenient, shall we say. Thus, the imbibing of certain spirits of the alcoholic variety, of the drug variety, and of increasing the thought patterns in a negative sense, in a sense which enhances the seeming separation of the self from all other selves, of the self from the One Creator, of the self from the environment about one, these are thought patterns which also are draining to one's vital energies in that they affect the complex of the mind most especially, but also if continued over a long period of time will have a deleterious effect in the spirit complex as well.

那些对于生命能量是有害处的活动是, 如一个人可能会想象到的一样, 你们知晓为 Carla 的实体的体验, 它参与到了摄取一定的被称之为 LSD 的药物之中, 这种药物会在一定的时段中增强她的生命能量, 但是, 接着, 如同所有的加速性的化学物质一样, 它会, 在生命能量是不便的时候, 造成一种生命能量的下跌。因此, 对具有酒精性的变体的一定的醇剂的吸收, 药物性的变体的吸收, 用一种负面性的方式, 用一种增强自我与所有其他自我, 自我与太一造物者, 以及自我与在一个人周围的环境之间的表面性的分离的方式对思维模式的增强的吸收, 这些都是同样会耗尽一个人的生命能量的思维模式, 因为它们会极其特别地影响心智复合体, 但是如果它们被继续一段很长的时期, 它们同样将会对灵性复合体产生一种有害的影响。

Is there a further query, my sister?

我的姐妹, 有一个进一步的问题吗?

Questioner: Q'uo, would you help us understand the difference between vital energy and physical energy?

提问者：Q'uo，你们愿意帮助我们理解在生命能量和身体能量之间的区别吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Physical energy is that energy of the body complex which is produced by the ability to feed the body complex those nutrients which it requires for its maintenance and its growth and to exercise the body complex in a fashion which enables it to realize a greater potential in its physical reach, shall we say. When you take this physical complex energy that is thusly produced and add it to the complexes of the mind and of the spirit, and do so in an useful fashion—useful, that is, in the concept of the spiritual realization and the intent to speak to and share this realization with others—then you have the vital energy of the mind, the body and the spirit joined together. It is the élan, it is the ability of the entity to see the wholeness of the creation, not only within the self but within all other selves about one. It is the ability to expand this vitality and to move within the illusion that you now inhabit in a useful fashion when considered in the ability to perceive others as the Creator, to perceive all experiences as catalyst that teaches one more about the Creator, more about how to move along this path of service to others.

Q'uo: 我是 Q'uo，我理解了你的问题，我的姐妹。身体能量是藉由对身体复合体进行喂养其所需要以供其维持以及成长的营养物的能力，并用一种会使得身体复合体能够意识到一种在其物质性的，容我们说，所及范围中的更大的潜能的方式来训练身体复合体，而被产生出来的身体复合体的能量。当你们使用这种由此而被产生出来的身体复合体的能量，并将其添加到心智和灵性复合体之上，并用一种有用处的方式这样做的时候——有用处，也就是说，在灵性的领悟的观念中，以及对其他人讲述与分享这种领悟的方面是有用处的——接下来，你们就会将心智、身体和灵性的生命能量结合在一起了。它就是生命力，它就是实体去看到造物的完整性的能力，不仅仅是在自我内在之中，同样也在在一个人周围的所有其他自我内在之中看到造物者的完整性。它是去拓展这种生命活力并在你们现在所居住的幻象中用一种有用处的方式行动的能力，在将其他人感知为造物者，将所有体验感知为更多地教导了一个人关于造物者，以及关于如何沿着这条服务他人的道路前进的催化剂的能力的方面，就是这种能力被考虑了。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Questioner: There was further discussion on this before the channeling started about second density beings—do other entities beside third-density beings that have mind, body and spirit, do they, like the first and second density, do they also experience vital energy?

提问者：在传讯开始之前，在这个主题上有对于第二密度的存有的更进一步的讨论——除了第三密度的存有之外的其他的实体，它们拥有心智、身体和灵性吗，它们，类似第一和第二密度，它们同样会体验到生命能量吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Those entities of first and especially the second density, have a variety of vital energy which is a given, shall we say, from the Logos, the Sun body which has, shall we say, the

care of this particular solar system, or in some cases of the galaxy as well. This given is provided through the [metaphysical] rays of the Sun and those emanations from the Sun body which are not as easily perceived as are the [physical] rays of the Sun. These energy sources enliven and enrich the experience of especially the second-density creature so that it is able to move forward in its ability to become self-conscious, to use that consciousness that was begun in the first density of earth, wind, fire and water, and elaborate, shall we say, upon this consciousness, so that it becomes that which is able to individualize itself in a fashion which, toward the end of the second density experience, allows the second-density creature to give and to receive that which you call love, that which you call compassion.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。那些属于第一密度, 尤其是属于第二密度的实体, 拥有多种多样的生命能量, 这些生命能量是一种来自于理则, 来自于照顾照这个特定的恒星系统的恒星星体, 在一些情况中, 同样也来自于星系的一个, 容我们说, 馈赠 (given)。这种馈赠是通过太阳的形而上学的光束, 以及那些恒星星体的辐射而被提供的, 它们并不是和太阳的物质性的射线一样容易被感觉到的。这些能量源头活化并丰富了尤其是第二密度的生物的体验, 因此, 它就能够通过它的能力前进以成为自我察觉的, 并使用那种在风、火、水、土的第一密度种被启动的意识, 并对这种意识, 容我们来说, 增加细节, 这样, 它就会成为用这样一种方式能够使得它自己个体化的事物了, 这种方式在接近第二密度的体验的终点的时候, 会允许第二密度的生物给予并接收到你们称之为爱的事物, 以及你们称之为同情心的事物。

It is rare, but not unheard of, for second-density creatures to have also the spirit complex added unto them. This happens as you are aware quite frequently in the case of that creature which you would call the "pet," that creature which is given love and affection by the third-density entity. By this giving of love and affection, the second-density entity is enhanced in its ability to give and receive love itself, to be able to develop the complex of the spirit, and thus be ennobled in a sense, so that it is perhaps harvestable within its next incarnation into the third density itself at the lowest levels of the third density.

第二密度的生物同样也拥有灵性复合体被添加在它们身上, 这是罕见的, 但并不是没有听说过。如你们相当频繁地在你们称之为“宠物”的生物, 那种被第三密度的实体给予了爱和情感的生物的情况中知晓的一样, 这种情况会发生的。藉由这种对爱和情感的给予, 第二密度的生物在其给予并接收爱本身的能力, 在其能够发展出灵性复合体, 并由此在某种意义上成为高贵的能力的方面被增强了, 这样它也许就可以在它下一次投生进入到第三密度的时候, 让它自己在第三密度的最低的层次上是可收割的了。

Is there another query, my sister?

我的姐妹, 有另一个问题吗?

Questioner: To just extend that further, are we able to help first and second density entities increase their vital energy through loving them and having an intention to help them with their vital energy?

提问者：要将那一点进一步延伸，我们能够帮助第一密度和第二密度的实体增强它们的生命能量吗，通过爱它们，并拥有一种意图去在它们的生命能量的方面来帮助它们？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed it is so that such an investment may take place between a third-density entity and the second density, and in some cases even within first density places or geographical locations that are venerated and utilized as places of worship and of praising of the One Creator in a continual fashion, these places then take on a kind of quality of investment that enables them to further advance their own spiritual journeys into the second density, so that the third-density entity is indeed able to aid those beings of the first and second density by giving the attention, the love, the care, the continual contact with them on a basis of what you would say, the higher levels of the spiritual seeking and sharing.

Q'uo: 我是 Q'uo，我理解了你的问题，我的姐妹。确实如此，这样一种投资可以发生在一个第三密度的实体和第二密度的实体之间，在一些情况中，甚至可能发生在第二密度的场所或者地理位置上，这些位置是被崇拜并用一种持续性的方式被用作崇拜与赞美太一造物者的，这些场所接下来就会呈现出一种类型的投资的属性，它会允许它们进一步让它们自己的灵性的旅程前进进入到第二密度，这样，第三密度的实体就确实能够藉由，在具有一种，你们可以说，更高的灵性的寻求和分享的层次事物的基础上，的给予关注、爱、关心以及持续不断的与它们的接触而帮助这些属于第一和第二密度的实体了。

Is there another query, my sister?
我的姐妹，有另一个问题吗？

Questioner: No, that was very helpful. Thank you Q'uo.
提问者：没有了，那是非常有帮助的。谢谢你们，Q'uo。

I am Q'uo and we thank you, my sister, for your queries. Is there another query at this time?
我是 Q'uo，我们为你的问题而感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, a quick follow up on the vital energy. You described as one of the activities which would decrease vital energy the engaging in thoughts of separation. What then of the negative entity who is consciously accentuating separation? How do they draw their energy? I assume it has something to do with taking energy from other selves.

Gary: Q'uo，有一个跟着生命能量的快速的后续问题。你们将减少生命能量的活动中的一个活动描述为参与到分离的想法中。对于有意识地着重强调那种分离的负面性的实体会发生什么呢？它们吸收它们的能量吗？我假设它与从其他自我身上吸收能量有某种关联。

Q'uo: I am Q'uo and we must pause briefly that this instrument may refresh its liquid energy.

Q'uo: 我是 Q'uo, 我们必须短暂地暂停, 这样这个器皿可以更新它的液体的能量。

Q'uo: I am Q'uo and am again with this instrument. You are correct, my brother. The negatively oriented entity will attempt to gain those energies of others about it by the enslavement of such entities either in overt or covert manners that force the entities so enslaved to relinquish, as a part of their being within a certain elite, their energies of mind, body and spirit to those who are their masters, shall we say.

Q'uo: 我是 Q'uo, 我再一次与这个器皿在一起了。你是正确的, 我的兄弟。负面导向的实体将尝试藉由奴役那些在它周围的其他人而取得的它们的能量, 要么通过公开的方式, 要么通过隐秘的方式, 这些方式会强迫那些如此被奴役的实体, 作为在一定的精英团体中的它们的有的一部分, 将他们的心智、身体和灵性的能量让出非那些是它们的, 容我们说, 主人的实体。

We would also point out the basic difference between the two polarities. A negative polarity may also increase its vital energy by, shall we say, a kind of control of the self so that the self is seen to be in a superior relationship to those about it, not just separated from them, but in a relationship which will eventually lead to their supplying the negatively oriented entity with the vital energies or energies of any nature, be they monetary, be they physical, be they geo-physical, be they possessions, be they position, be they whatever they may be, so that the negatively oriented entity is able to achieve its enhancement of vital energies by the control of others, and by the dealing of the self as being superior to others.

我们同样也会指出, 在两个极性之间的基本的差别。一个负面性的实体同样可以藉由, 容我们说, 一种类型的对自我的控制来增加它的生命能量, 这样自我就被视为是对于在它周围的人处于一个高等的位置上, 那个负面性的实体不仅仅是与它们是分开的, 同样也是处于这样一种关系中, 这种关系最终会引导它们向那个负面性的实体供应生命能量或者具有任何属性的能量, 无论这些能量是金钱的, 还是物质性的, 或者是地理位置的, 或者是是是所有物, 或者是地位, 或者是无论什么它们可能是的事物, 因此, 这样那个负面导向的实体就能够藉由控制他人, 以及藉由将自我视为是比其他人更高级的而取得对生命能量的增强。

So that this is a dual-pronged approach, shall we say, to the enhancing of the negatively oriented entity's vital energies. The negative entity travels a path that has been called by those of Ra that which is not, for it is a path of separation; and in truth, separation is not possible within an illusion or the reality of a creation of unity, for all is, indeed, one. There are ways of polarizing, as you are well aware of, that allow this negatively oriented path to be traveled for a certain portion of time. These entities are also able to engage in mental practices which would not be helpful for a positively oriented entity but which are helpful for a negatively oriented entity, that is the seeing of the necessity and rightness of separating the self from others so that the others may be controlled by the self for their own good. There is always that addendum which aids the others to accept that control from the upper

echelons of the negative polarity.

因此，这对于负面导向的实体的生命能量的强化是一个，容我说，双刃的 (dual-pronged) 途径。负面性导向的实体是在一条已经被 Ra 团体称之为不是道路 (which is not) 的道路上旅行的，因为它是一条分离的道路，实际上，分离在一个幻象中，或者在属于一个统一的造物的实相中是不可能的，因为万物，确实都是一体的。如你们清楚知晓的一样，会有允许负面导向的道路被旅行一定的时间的部分的极化的途径。这些实体同样是能够参与到对于一个正面导向不是有帮助，但却对一个负面性导向的实体有帮助的心智的实践之中的，这样其他人就可能被自我为了它们自己的利益而控制了。一直都会有附加物会帮助其他人接受属于负面极性的上部的等级的控制的。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: I definitely have one but I would like to ask the circle if anybody has a question. [No reply from circle.] In which case then S. writes saying: "In 16:39, Ra says: 'It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable.' Don seemed to comprehend that point, but it has always been a puzzle for me. If a person is comfortably above the 51% service to others, and thinks he understands the Law of One, will that thinking make him unharvestable? If so, why philosophically, and what change must his thinking undergo for him to become harvestable?"

Gary: 我肯定有一个问题，但是我想要询问圈子是否任何人有一个问题。[没有来自圈子的回应。]这样的话，S 写信说：“在 16:39，Ra 说，‘有意识地意识到它并不理解以便于它成为可收割的，这是绝对必不可少的。’Don 看起来似乎理解那个要点，但是它对于我一直都是一个谜团。如果一个人是舒适地位于百分之五十一的服务自我之上的，并认为他理解一的法则，那个思考会使得它是无法收割的吗？如果是这样的话，在哲学的方面为什么呢，他的思想必须要经历了什么改变才能让他成为可收割的呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. Incorrect thinking does not make one unharvestable. Incorrect thinking simply makes it more difficult for one to move in a conscious and concise fashion upon the spiritual path. There is much thinking within the third-density illusion that is quite mistaken and misplaced. The thinking that you have described, thinking that one understands some portion of the illusion, is thinking which simply does not reach the fullest potential of understanding.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。不正确的思考并不会让一个人成为无法收割的。不正确的思考单纯地会使得一个人要用一种有意识且简洁的方式在灵性的道路上移动变得更加困难。在第三密度中会有大量的思考是相当的错误且放错了位置了。你已经描述了思考，认为一个人理解幻象的某个部分的思考，就是那种单纯地没有抵达理解的最为完全的可能性的思考。

It is well said that understanding is not of this illusion, though we do grasp that you are aware that, in order to progress through the third density, one must have the will to act in a certain fashion and to believe that this acting in a

certain fashion will produce the results that one hopes it will. And then, one must have the faith that continued action along this line will continue to progress one along the service-to-self or other-self path, depending upon that which is chosen.

说理解并不属于这个幻象，这是说得很好的，虽然我们确实理解，你们察觉到，为了要通过第三密度前进，一个人必须拥有意愿用一定的方式去行动，并相信这种用一定的方式的行动将会产生出一个人希望它将会产生出的结果。接下来，一个人就必须拥有信心，沿着这条线路的持续的行动将会继续让一个人沿着服务自我或者服务他人的道路前进，哪一条道路是取决于被选择的道路的。

So it is not the incorrect thinking, or even the thinking that one understands, that is that which stands in the way of one's harvestability—in this ability to move along the path of service to others or self, the, shall we say, purity of the service is that which is of most importance. The mind is full of many thoughts which may have some degree of accuracy, may have a larger degree of inaccuracy, however, it is the intention that is that which motivates and permeates the actions and thoughts of any entity seeking to graduate from the third-density illusion.

因此，阻碍了一个人的可收割性的事物，不是不正确的思考，甚至不是认为一个人是理解的思想，具有最大的重要性的事物沿着服务他人或者服务自我的道路移动的能力，以及服务的，容我说，纯度。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

Gary: Would that concept be related to the necessity of surrender and non-attachment to outcome?

Gary: 那个观念与臣服的必要性以及对结果的无牵绊有关联吗？

Q'uo: I am Q'uo, and we would heartily agree with your assessment, my brother. Is there another query?

Q'uo: 我是 Q'uo，我们会衷心地赞同你的评估，我的兄弟。有另一个问题吗？

Gary: Yes, this query is about the instrument known as Jim. The instrument began at a very mellow and subdued pace in the first portion of the channeling, but the follow-up has is much more gusto, much more energy in his channeling at a faster pace. Is there a reason for this difference in his channeling?

Gary: 是的，这个问题是关于被知晓为 Jim 的实体的。这个器皿在传讯的第一部分是用一种非常柔和且柔软的步调开始的，但是，接下来的步调是远远更有风味的，是用一种更快的速度在它的传讯中拥有更大的能量的。在这次传讯中这种区别有一个原因吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This instrument says "yes there is, but it is trademarked." (laughter) We shall now respond with more helpfulness. This instrument has utilized a certain process of deep

breathing which it engaged in while the one known as S. was channeling. This not only helps the instrument to remain alert, but also gives it additional energy with which to use in the question and answer session, which it is so doing.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。这个器皿说, “是的, 这就是商标了。” (笑声) 我们现在将用更有帮助的方法来回应。这个器皿已经利用了一定的深呼吸的过程, 在被知晓为 S 的实体正在传讯的时候这个深入呼吸的过程就开始进行了。这个过程不仅仅帮助这个器皿保持警醒, 它通过样也给予了它额外的能量以在提问回答的部分使用, 这就是它这在做的事情了。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: No, the difference is discernable, and the answer, as with all answers or replies you have offered, is appreciated. Thank you, Q'uo.

Gary: 没有了, 区别是可辩别的, 答案, 如同你们已经提供的所有的答案和回答一样, 是被感激的。谢谢你们, Q'uo。

Q'uo: I am Q'uo. We thank you, my brother.

Q'uo: 我是 Q'uo。我们感谢你们, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Does the instrument have energy for two more, Q'uo?

Gary: 这个器皿拥有再多两个问题的能量吗, Q'uo。

Q'uo: I am Q'uo. We believe this is true. Is there a further query?

Q'uo: 我是 Q'uo。我们相信这是真实的。有一个进一步的问题吗?

Gary: Yes, absolutely. Initially these questions sound a bit meatier but it is my opinion that shorter replies could be offered and not be draining to the instrument.

Gary: 是的, 绝对地。一开始这些问题听起来是有一点点更加丰富的, 但是我的观点是, 更为简短的答案能够被提供, 不要让器皿耗尽。

The question is: Countless generations before us in the 75,000 year master cycle have experienced varieties of trauma and suffering, often extreme and many times from war itself. Indeed these cycles of trauma, according to the Confederation, have roots that predate this master cycle. So the question is, are these past sufferings somehow preserved or carried in our collective experience, and if so, how?

问题是: 在我们之前, 在七万五千年的主周期中有数不清的世代已经体验了多种多样的创伤与苦难了, 经常是极端情况, 很多时候是来自于战争本身的。确实, 这些创伤的周期, 根据星际联邦, 其根源是这个主周期之前的。因此, 问题是, 这些过去的苦难以某种形式, 是被保留在我们集体的体验中的, 或者在其中被携

带着的吗？

Quo: I am Q'uo and am aware of your query, my brother. All the experiences of each entity within the planetary influence are carried within what you would call the Akashic Records, which is what you would see as the potential social memory complex of this planetary sphere and population. Thus, these energies and effects of such energies are within the deep consciousness of each entity upon the planet. There may be some entities who have the ability to access these deeper levels of energies through their own meditations and moving into what you would call the lower levels of meditation that precede the trance state. These entities may be able to read certain portions of this record and become aware of the energies of trauma, of trial and tribulation, of great destruction and turmoil that have been so prevalent upon this planet in its 75,000 years of experience, most recently the last 25,000 period. However, there were those energies of such a destructive nature before this period in a lesser degree.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。在这个星球的范围中的每一个实体的所有的体验都是在你们所称的阿卡西记录 (Akashic Records) 中被携带着的, 它就是你们会视为这个星球及其人群的潜在的社会记忆复合体的事物。因此, 这些能量以及这些能量的效果, 是在每一个在这个星球上的实体的意识深处之中的。可能会有一些实体会拥有能力去通过它们自己的冥想以及进入到你们所称的在出神状态之前的较低的冥想层次中而读取这些更为深入的能量的层次。这些实体可能能够读取这个记录的一定的部分并察觉到那些在这个星球的七万五千年, 尤其是最近的两万五千年的时期的体验中在这个星球上已经如此盛行的创伤、磨难与苦难, 以及巨大的毁灭以及动乱的能量。然而, 在这段时期之前, 会有用一种较低的程度具有这样一种毁灭的特性的能量。

Is there a further query, my brother?

我的兄弟, 有一个进一步的问题吗?

Gary: You described that they were preserved in the Akashic Record, and you described how they could be accessed. Does that deep embedded strata of suffering manifest in our collective and individual experience in any fashion?

Gary: 你们描述了这些能量是被保存在阿卡西记录中的, 你们描述了它们是如何能够被读取。那种被深深埋藏的受苦的层次会用任何方式在我们的集体体验或者个体的体验中显化吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the heat of the anger, the heat and destructive nature of the bellicose actions, these energies are embedded within the crust of your planet's surface, and are at this time being released in a, shall we say, periodic fashion through the volcanic eruptions, through the earthquakes, and through the general release of heat in a more intense fashion which has created what you would call the global warming effect. Thus, all such energies are embedded within the planet itself, and these energies must needs be released before the planet will be able to make a full healing and transition into the fourth density in which it

finds itself now at the beginning fringes.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 愤怒的热量, 第一的行为的毁灭性的特性的热量, 这些能量是被深埋在你们的星球表面的地壳中的, 它们在这个时刻, 正在用一种, 容我们所, 周期性的方式, 通过火山爆发, 通过地震, 通过用一种更为强烈的已经创造出了你们所称的全球变暖效应的方式对热量的一般性的释放, 而被释放出来。因此, 所有这样的能量是被深埋在星球本身内在中的, 这些能量必须在这个星球将能够进行一种完全的疗愈以及进入到第四密度的转换之前被释放, 在第四密度中, 这个星球将发现它自己现在处于开始的边缘处了。

Is there a further query, my brother?

我的兄弟, 有一个进一步的问题吗?

Gary: What about within the social complex itself, within the human collective. Is there some manifesting of those deep traumas and wounds and suffering?

Gary: 在社会复合体其自身之中, 在人类集体之中是如何的呢? 会有对这些深入的创伤、伤痛和苦难的某种显化吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, this is also true, for each social memory complex forms an entity that is able to remember and to feel and to assess and to attempt to find redress for those energies of a destructive fashion. We call your attention to those entities that lived upon the planetary sphere known to you as Maldek, who, through bellicose action, destroyed their planetary sphere, and were themselves, for many hundreds of thousands of years tied into what you would call "a knot of fear," not even remembering or becoming aware that they were conscious. It was a great portion of time before one of the Confederation's social memory complexes was able to move in a fashion that enabled them to untie this knot of fear so that these entities of Maldek could once again remember that they were entities, that they were beings, that they had created great destruction and sought then to attempt to plan future incarnations within this planetary sphere that would allow them to balance those actions of a destructive nature.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 这同样也是真实的, 因为社会记忆复合体形成了一个实体, 它是能够回忆、感觉、读取并尝试去矫正那些具有一种破坏性的方式的能量的。我们会将你们的注意力吸引到那些曾经在你们知晓为马尔戴克的星球上生活过的人们身上, 它们通过敌意的行为, 破坏了它们的星球, 它们自己, 在你们的成百上千年的时间中, 被束缚在你们可以称之为“一个恐惧的结”的事物中, 它们甚至没有回忆起或者意识到它们是有意识的。在星际联邦的社会记忆复合体的一个成员能够用一种使得它们能够松开这个恐惧之结的方式行动, 这样那些属于马尔戴克的实体就能够再一次回忆起它们是实体, 它们是存有, 它们已经创造了巨大的毁灭, 它们接着寻求尝试在这个星球中计划未来的会允许它们平衡那些具有一种毁灭的特性的行动的投生之前, 已经有一段很漫长的时间了。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

Gary: Thank you Q'uo, those question were a prelude to a question that came in from our friend, P, who writes from Scotland, saying: "This is a very beautiful land with a lot of historical suffering printed all over. I wonder if the Confederation has offered any wisdom, or rather if the Confederation would offer any wisdom about how to alleviate historical traumas and collective wounds?" She would be very grateful to learn.

Gary: 谢谢你们，Q'uo，那些问题是一个来自于我们的朋友P的问题的一个序言，P从苏格兰写信说，“这是一个美丽的星球，它带有许多遍及全球的历史性的苦难。我想知道，是否星际联邦已经提供过某种智慧，或者是否星际联邦会提供任何关于如何减轻这些历史性的创伤以及集体性地伤痛的智慧？”她会很感激了解这一点。

Q'uo: I am Q'uo and am aware of your query, my brother, and we send our greetings to the one known as P. We find that the meditative state is one which may be utilized in the finding of the healing for an area or a group of people which may have inhabited an area where there was indeed such suffering as to cause a mark upon the social memory complex's collective mind and in the heart region of such a complex as well.

Q'uo: 我是Q'uo，我理解了你的问题，我的兄弟，我们向被知晓为P的实体送出我们的致意。我们发现冥想状态是一种在找到对一个地区，或者已经居住在这样一个地区的一个人群的团体的疗愈的方面可以被利用的事物，在这样一个地区中确实曾经有这样的苦难，以至于在社会记忆复合体的集体心智上，并同样在这样一个复合体的中心的区域中产生出一个标记了。

Those who are able to hone a vision in mind for a long period of time, as you would say, a certain amount of minutes, shall we say, five to ten, and to see healing energies moving in this image going into the area which has sought healing, that this visualization of the healing actually moving into that area, is that which is most helpful and useful. These energies of the mind, and of the heart and of the spirit that are so sent in this visualization, then, move through the area needing the healing and provide a healing energy of light and of love, that goes to the heart of those that partook in such creations of destruction and turmoil and trauma, and into the area itself, into the geophysical structure of the area, into the stones, the rivers, the ancient byways that were at that time inhabited by those that caused the destruction, for these entities and places and things are also that which continue to exist in a certain fashion upon a certain level of vibration, and you may reach these levels of vibration in your meditative states again, as we say, through the process of visualization.

会有一些人能够在心智中对于一个视觉进行打磨一段很长的时间，如你们会说的一样，一定数量的分钟，容我们说，五分钟到十分钟的时间，并看到疗愈的能量在这个形象中移动，进入到那个已经寻求了疗愈的区域中，看到这种对疗愈的视觉化观想实际上移动进入到那个区域中，这就是最有帮助以及最有用处的事物了。这些在这种视觉化观想中如此被送出的心智的能量，心的能量以及灵性的能量，

接下来会移动通过那个需要疗愈的区域，并提供一种具有爱且具有光的疗愈的能量，那种能量会进入到那些曾经参与过这样的具有破坏、动荡和创伤的造物的事物的核心之中，进入到那个区域其自身，进入到那个区域的地理构架之中，进入到岩石、河流，古老的小路，它们在那个时候曾经被那些造成了破坏的实体居住过，因为这些实体、区域以及事物，同样是会继续用移动的方式在一定的振动层次上存在的事物，你们可以在你们的冥想状态中，如我们所说的一样，通过视觉化观想的过程再一次伸手触及那些振动的层次。

Is there a final query that this time?
在此刻有一个最后的问题吗？

Gary: Yes, and a follow up. Are you saying then that the total population of a given area need not intend or focus on healing in order to heal an area, but only a very small percentage of entities is needed in order to successfully heal a given area?

Gary: 是的，一个后续问题。你们正在说，一个给定的区域的全部的人群并不需要注意或者聚焦在疗愈上以便于疗愈一个区域，而是仅仅只有一个非常小百分比的实体是被需要的，以便于成功地疗愈一个给定的区域，是吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We were meaning to give a means by which individuals could act in their meditative states in a very effective fashion in order to aid those entities and areas that have suffered trauma in the past of your illusion. It is also quite helpful to gather together those who are unable or unaware of the powers of meditation to, shall we say, lend their conscious energies to the healing that is directed by those who have gathered the entities together, those who perhaps themselves know of the power of meditation, those who wish to act upon all levels of being and experience to bring healing to all those who need it within that area, be they third-density entities, second density or first density. Thus all may find a way to be of service in such a healing process and all may become a part of such a healing on a sustainable basis for any place or person within the planetary influence of your Earth Mother.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们正在打算去做的事情是给予一条途径，个体能够藉由那条途径在它们的冥想的状态中用一种非常有效的方式行动，以便于帮助那些已经在你们的幻象的过去遭受了创伤的实体以及区域。去将那些无法冥想或者并未察觉到冥想的力量量的实体聚集在一起以，容我们说，将它们的有意识地能量借与被已经将实体聚集在一起的实体所指引的疗愈，这些实体也许它们自己是知晓冥想的力量量的，并希望在存有以及体验的所有层次上行动以将疗愈带给那些在那个区域中需要疗愈的人，无论它们是第三密度的实体，第二密度的实体或者是第一密度的实体。这样，所有的实体就都可能找到一种方式去通过这样一种疗愈的步骤进行服务，所有的实体都可以用一种可持续的方式成为在你们的地球母亲的星球中的任何位置或者任何人的这样一种疗愈的一部分。

We would at this time thank each for gathering this circle together this afternoon. We see your light shining brightly into the heavens. We thank you

for inviting our presence and for allowing us to add our light to yours. It is a great privilege to be here. We thank you so much for offering us the ability to serve in this manner. Without your request, we would have no beingness within your illusion. At this time we shall take our leave of this group. We leave each, as always, in the love and in the light, of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, Adonai vasu borragus.

我们会在此刻感谢每一位在这个下午一起聚集在这个圈子中。我们看到你们的光明亮地闪耀进入到天堂。我们为你们邀请我们出席并未你们允许我们将我们的光添加到你们的光之上而感谢你们。在这里是一种巨大的荣幸。我们如此感谢你们提供给我们用这种方式服务的能力。没有你们的请求，我们就不会在你们的幻象中拥有存在性了。在此刻，我们将离开这个团体。我们一如既往在太一无限造物者的爱与光中离开各位。我们是你们知晓的 Q'uo。Adonai, Adonai vasu borragus.

October 1, 2016

2016-10-01 寻求造物者的悖论

Group question: Our question today has to do with an individual's relationship with the Creator. Ra and others from the Confederation speak about the self as the Creator and greater spiritual awareness coming from this realization. However, some of the greatest mystics and spiritual teachers have belonged to spiritual systems which teach about an external objective or even personified version of the Creator. Ra themselves even speak about a yearning between the individual self and the Creator. Is it beneficial or maybe even necessary for spiritual growth within third density to have this objective and external perception of the Creator?

团体问题：我们今天的问题是与一种个体与造物者之间的关系有关的。Ra 以及其他的来自于星际联邦的实体都谈到自我是造物者，更大的灵性的认识是源自于这种领悟的。然而，一些最伟大的神秘主义者以及灵性的老师已经归属于这样的灵性的系统，它们教导关于造物者的一个外部的对象，甚至造物者的个人化的版本。Ra 甚至自己也谈到一种在个体的自我与造物者之间的渴望。在第三密度中拥有这个客观且外部的对造物者的知觉，这是有益处的吗，或者它也许甚至是必不可少的吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light this day. We thank you for inviting us to join your circle of seeking. It is a great honor for us to be invited by you this day. We are always honored to be with you. It is our means of serving to be able to address the queries which you present to us. We would ask one favor this day, a favor you know that we always ask, that is that you use your discrimination to determine those words that we speak that are valuable to you, and leave the rest behind. We would not wish to be a stumbling block to any seeker of truth. We have perhaps traveled a bit further upon the same path that you find yourselves upon and we are happy to offer what we have learned to you from this journey that we have made, but we are not ultimate authorities, we are your brothers and sisters, as indeed the entire Creation is of one being and each of us finds our source within that one being, the One Infinite Creator. We are all brothers and sisters on this journey of seeking reunion with the One.

我是 Q'uo，我在这个日子在爱与光中向你们各位致意。我们感谢你们邀请我们加入你们寻求的圈子。在今天被你们邀请，这对于我们是一种巨大的荣耀。我们对于与你们在一起一直都是感觉到荣耀的。我们的服务的方式就是能够去讲述你们呈现给我们的问题。我们会在今天请你们帮个忙，一个你们一直都知道我们会向你们请求的帮忙，那就是你们使用你们的分辨力来判定，那些我们所说的言语中对于你们有价值的言语，并将其他的都留在后面。我们并不希望成为任何真理的寻求者的一块绊脚石。我们也许已经在你们发现你们自己处于其上的那条调通的道路上旅行了更远一点了，我们很高兴向你们提供给我们已经从这条我们已经走过的旅程所学到的事物，但是我们不是终极的权威，我们是你们的兄弟姐妹，

因为整个造物确实都是一个存有，我们每一个人都在那一个存有，在太一无限造物者内在之中找到我们的源头。我们全都是在在这条寻求与太一重新结合旅程上的兄弟姐妹。

Today we find that you have queried specifically about the nature of this One Creator and how the Creator may be viewed by those who seek it. For this is the one point within the question that all agree upon and that is: each seeks the One Creator, in whatever culture or religion may be discussed. Whether the Creator is described as a force, or source, that exists within each entity, and indeed with each portion of the One Creation, or if the Creator may be seen as that which is seemingly external to the self, that exists apart from the self and may be described in a manner which objectifies the nature of the One Creator.

今天我们发现你们已经具体地询问了关于这个太一造物者的属性以及造物者如何可以被那些寻求它的人所观察。因为这就是在所有人一致同意的可以被讨论的问题中的一个要点了，那个要点即：在无论什么文化和宗教信仰中，每一个人都寻求太一造物者。无论造物者是被描述为一种力量，或者存在于每一个实体内在之中，确实，是存在于造物者的每一个部分之中的源头，或者如果造物者可以被视为是在表面上在自我外部的物质，是与自我分开的，并可以用一种使的太一造物者的属性具体化的方式被描述的物质。

We look specifically at the Christian religion which this instrument has experience with, having been raised within its confines, shall we say, and having been subject to its influences. There are many within this religion—in fact most who practice it—who feel that the Creator is indeed apart from the self, existing in a realm that is often called Heaven, at least upon a cloud somewhere in the distance; that this Creator is enough apart from the self that those who observe this Christian religion may appeal to the Creator for one benefit or another through that office that you call prayer; may beseech the Creator to give certain blessings, certain healings, certain understandings that would perhaps not be possible unless the Creator was of a mind, shall we say, to respond in the affirmative to such feeding and praying. And yet, there are others within this same religion who take a more mystical bent, shall we say, and feel that the Creator is indeed within each being, that the one known as Jesus set the model or the standard for becoming a son of God, and that this station or office or realization is available to all, for did not the one known as Jesus say, "Greater things than I do, you shall do?" How could this be unless this realization of the sonship of the Creator was open to all? The fact that it has been achieved by so few, and of those few even fewer are known, does not remove the possibility, my friends, that this is in your destiny at some point. If not in this incarnation, then another. For as you all know your journey is not of one lifetime only. Many, many lifetimes have you already spent upon this journey; many, many more shall you spend continuing this journey, for in many respects it is an infinite journey, just as the Creator is infinity itself.

我们具体检查一下这个器皿已经对其拥有体验的基督教的信仰，这个器皿一直都是在，容我们说，这个信仰的范围中被抚养长大，并一直都受到它的影响。在这

个宗教信仰中有很多人——实际上大多数实践它的人——它们会感觉到造物者确实是与自我分开的，存在于一个经常被称之为天堂的领域中，至少是在远处的某个位置的一朵云上，这个造物者是与自我足够地分开，以至于那些遵从这个基督教的信仰的人可能会通过你们称之为祷告者的部门来为了这样或者那样一个益处而向造物者恳求，可能恳求造物者给予一定的祝福，一定的疗愈，一定的理解，如果造物者不是具有一个，容我说，心智来用肯定的方式回应这样的供养与祈祷，这种祈祷就不会是有可能的了。然而，在这个相同的宗教信仰中会有其他人会呈现出一种更为神秘主义的，容我说，倾向，并感觉到造物者确实是在每一个存有内在之中的，被知晓为耶稣的实体为成为上帝的一个儿子做出了表率或者设置了标准，这个地位，或者职位或者领悟，是可以为所有人取得的，因为被知晓为耶稣的实体不是说过，“你们将会做比我做的事情更加伟大的事情”吗？如果不是这样的话，这种对造物者的儿子身份的领悟这么向所有人开放呢？这个领悟已经被如此少的人取得了，这些少数人的甚至更少的人是被知晓的，而这个事实并未移除这就是你们在某个位置的命运的可能性，我的朋友们。如果不是在这次投生，那么就在另一次投生。因为如你们全都知晓的一样，你们的旅程不仅仅是一次生命。你们已经在这条旅程上花费了许许多多生命，你们将继续在这条旅程上花费远远更多的生命，因为在很多的方面它是一条无尽的旅程，就好像造物者是无限其自身一样。

As you move yourselves along the spiritual path you find that you see that which is called truth or reality in a different sense from one time period to another, and yet how can that which is true or real change? This is part of the mystery of such a journey, my friends. Each of you has not only these questions within your being, but each of you has answers as well. We of the Confederation of Planets in the Service of the One Infinite Creator do not presume to teach you anything that you do not already know deep within your hearts and your souls, for you are all from the One Creator; you all exist within the One Creator and all shall realize fully that sonship which is not reserved only, shall we say, for males. It is an office. The One Creator and those who become sons are principles who take on a male quality of extending or giving life to all the rest of the Creation who await that giving of life as a feminine principle whether you are biologically male or female. You await the life-giving rays of the sun: the intelligent energy of the Creator. Thus there is a relationship betwixt you and the Creator that is, indeed, the Creator seeking you, and you seeking the Creator.

当你们让你们自己沿着那条灵性的道路前进的时候，你们发现你们看到被称之为真理或者实相的事物一个时期与另一个时期是有一种不同的意义的，而真理或者真实之所是怎么能够改变呢？这就是这样一条旅程的神秘的一部分了，我的朋友们。你们每一个人都不仅仅在你自己的存有内在之中拥有这些问题，你们每一个人同样也拥有答案。我们是服务于太一无限造物者的星际联邦，我们并未假设要教导你们任何你们在你们内心和你们的灵魂深处并未已经知晓的事情，因为你们全都是来自于太一造物者，你们全都处于太一造物者内在之中，所有人都将充分领悟那种儿子身份，它不是仅仅为男性，容我说，保留的。它是一个职位。太一造物者以及所有成为儿子的实体都是呈现出一种男性的特性的原则，这种特性将生命延伸或者给予了造物的所有其他的作为一个女性原则等待着那种生命的给予的部分，无论你们在生物上是男性还是女性。你们等待着太阳的赋予生命

射线：造物者的智能能量。因此，在你们和造物者之间会有一种关系，那种关系确实就是，造物者寻求你们，你们寻求造物者。

At this time we shall transfer this contact to the one known as Steve. We are known to you as those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是你们知晓的 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and we are with this instrument. We would like to begin our communication through this instrument by thanking this instrument for the challenge which it has offered us, and for the fastidiousness with which it has noted the temptations which were on offer to stray ever so slightly from the purity of the contact it has sought with us. For we are a source of a particular nature which we have described to you as service to others, and that involves an open heart—a heart that does not serve with judgment concerning others for which this service is intended. There are indeed within the Creation those who are also of the Creator who do not serve in this way, and we have found that the two modalities of service mix no better than oil and water, so that one must, in fact, choose the manner of one's service, and one must choose this anew in each new moment with the utmost fastidiousness. This fastidiousness in fact will become part of the way in which you seek and as all ultimately do seek the Creator. To seek the Creator in a particular way is a requirement of the path that you are now on.

我是 Q'uo，我们与这个器皿在一起了。我们想要藉由为这个器皿已经提供给我们的挑战，以及它藉由其已经注意到诱惑的挑剔而感谢这个器皿来开始我们通过这个器皿的交流，诱惑是被提供出来，以不断如此轻微地让它已经寻求的与我们之间的接触的纯度误入歧路。因为我们是具有一种特定的属性的一个源头，我们已经将这种属性描述为服务他人了，这种属性包含了一颗开放的心——**这样一颗心并不会因为这个服务被打算好的样子藉由对其他人的评判来服务。**在造物之中同样也会有那些属于造物者但并不用这种方式来服务的人，我们已经发现，者两种该服务的形态是和油与水一样无法混合起来的，因此，一个人，实际上，必需选择它的服务的方式，一个人必须带着最大的挑剔在每一个新的时刻重新选择这种服务的方式。这种挑剔实际上将会成为你们在其中寻求的道路的一部分，因为一切道路最终都确实是寻求造物者的。要用一种特定的方式来寻求造物者，就是你们现在走在其上的道路的一个必要条件了。

Now, to seek by means of the pathway that we have described as "service to others" would indeed seem to suggest that the service you have to provide, the service you seek to provide ever better, is indeed a service to a being other than yourself, or beings other than yourself. We will admit that this can seem to be rather paradoxical, for is it not the case that all are one and all are in the One Creator of all that is? And this we do affirm as being true. Still, it does make sense, as nearly as we can tell what sense making amounts to in the course of seeking, to place your seeking in such a way as to open it up so

that it becomes receptive in relation to what it apparently is not.

现在，要藉由我们已经描述为“服务他人”的途径来寻求，这确实看起来似乎是在建议，你们必须提供的服务，你们寻求去更好地提供的服务，确实是对除了你自己之外的一个存有，或者对除了你自己之外的多个存有的一种服务。我们将会承认，这可以看起来似乎是相当自相矛盾的，因为难道不是一切都是一体的，一切都是~~在一切万有的太一造物者之中~~的吗？我们确实肯定，这是真实的。仍旧，它确实是有道理的，~~在我们所能够说的范围内，有道理的事情是等同于在寻求的过程中，用这样一种方式来安置你的寻求，这种方式会将它开放，这样它在关于明显它不是的事物的方面就会是重复性的了。~~你们的寻求看起来似乎是拥有这样一种构架，它延伸进入到其之不是的事物，那个尚未成为自我的一部分的事物，那个自我寻求让它自己与之建立关联的事物的范围之中。你寻求让你自己与在你周围的其他自我，与那些你已经学会去爱的人，那些也许你已经学会去恐惧，去喜欢，去不喜欢，去回避，去被其吸引的人——所有这些与其他自我打交道的选项都确实是寻求的过程的一部分——与你自己建立联系。看起来似乎，在寻求中，藉由将你们自己与你们不是的事物联系在一起，你们正在向另一个人伸出手，你们正在向其他人，其他事物伸出手，如果它能够不被认为是最终的话，这会建议，你们寻求的事物并不是你们已经是的事物——因为如果它就是你们已经是的事物了，确实，为什么你们还需要去寻求呢？

There, in a nutshell, is the paradox of seeking; for you are the Creator as we have said, but you are also a portion of the Creator for whom it does make sense to say that you seek. And in seeking, you seek to become, and in becoming, you become other than what you were prior to undergoing the becoming. And yet, we say to you that this otherness which you do seek, the otherness which you do become, is an otherness which, in truth, is not ultimately other than the self which you, indeed, already are.

一言以蔽之，会有寻求的悖论，因为如我们已经说过的一样，你们是造物者，而你们同样也是，这样说是有道理的，你们寻求的造物者的一部分。在寻求中，你们寻求去成为，在成为中，你们成为与你们在经历那种成为之前曾经是的事物不一样的其他的事物。然而，我们对你们说，这种你们确实寻求的其他性，这种你们确实成为的其他性，实际上，并不是与你们确实已经是的那个自我，终极地，不一样的其他的事物。

We would illustrate this point by suggesting that you consider how you relate to those people you consider to be friends, those people that you consider to be a part of a larger group to which you also belong, with connections, with ties, that are of the stuff of love itself. Those that you love, if they sorrow, do you not sorrow with them? Those that you love, if they rejoice, do you not rejoice with them? So whether it be sorrow or rejoicing, is it not the case that when you are able to be with them in a true and open-hearted way, that the boundaries between self and self have diminished to the point that there is a kind of mutuality? And a mutuality that opens each to a deeper and broader way of being, one even that may have been unimaginable prior to the experience of opening the heart.

我们会藉由这样建议来阐释这个要点，我们建议你们考虑你们如何与那些你们认为是朋友的人们，那些你们认为是你们同样也属于的一个更大的团体的一部分的

人们建立关联的，藉由连接，藉由纽带，以及那个属于爱本身的材料。那些你们爱的人，如果他们伤心了，你们难道不会与他们一起伤心吗？那些你们爱的人们，如果他们高兴了，你们难道不会与它们一起高兴吗？因此，无论它是伤害还是高兴，当你们能够用一种真实而开放的心的一种方式它们在一起的时候，情况难道不就是在自我和自我之间的边界已经减少到了会有一种类型的共性的位置吗？

So a strange phenomenon seems to take place when the heart begins to open, and that is that one finds that the self that one has been has been enlarged by being able to include the other self within itself—not, mind you, in such a way as to be able to dominate that self, but in such a way as to be able to participate in the adventure of selfhood by allowing the inward elements of one's self to flow outward and meet the likewise outward flow inwardness of the other self. At the point of intersection one has a larger self, and if this could be stabilized into a relationship that was sustainable and such that it, at some point, also became able to open itself to further inclusions, then you would have the beginning of what we have called a "social memory complex"—that is to say, a sense of selfness that is broader than what would exist if the self remained a self-enclosed reality.

当心开始开放的时候，如此一个奇怪的现象看起来似乎发生了，那个现象就是一个人发现，那个它已经是自我，藉由能够去将其他自我包含在它自己内在之中，而已经被扩大了——注意，不是用这样一种能够支配那个自我的方式，而是用这样一种能够去藉由允许一个人的自我的内部的要素向外流动并遭遇到其他自我的内在的事物的一样的向外的流动而参与到自我属性的冒险之中的方式。在那个相交的位置，一个人拥有一个更大的自我了，如果这种相交能够被稳定成为一种具有可支持性的关系，以至于在某个位置上它同样能够向着更进一步的包含开放它自己，接下来，你就会拥有我们已经称之为一个“社会记忆复合体”的事物的开端了——那就是说，它在一种自我性的意义，它比如果自我依旧是一个自我包含的实相而会存在的自我性是更为宽广的。

Now one can broaden this sense of selfness, step by step, including ever larger groupings and ever larger frames of reference, and one way of thinking of the Creator itself is to think of the Creator as being the broadest conceivable inclusion of all selves available in the Creation. Now to be sure, that thought involves a great leap which in point of fact leaps over a fairly large experiential chasm—which is to say that the intervening steps are many and varied and long of realization. Now that point itself gives the possibility of reflecting on the Creator as having a kind of being that—while it is indeed that being which resides within and animates each individual creature—can also be thought [of] as something it does make a certain amount of sense to conceive oneself to be reaching for; to conceive oneself to be seeking; to conceive oneself to be perhaps not quite grasping, even though it is nearer to the grasper than the grasper is to himself, to herself.

现在，一个人能过一步接一步地拓宽这种自我性的意义，同时包含越来越大的团体和越来越大的参考系，一种思考造物者其自身的方式就是去将造物者考虑为对在造物中所有可以取得的自我可以想象得到的最为宽广的包含。现在，请确信，那个想法包含了一个巨大的跨越，在事实的位置上，它跨越了一个相当巨大的体

验性隔阂——也就是说，干预性的步骤是为数众多的，多变的，且渴望实现的。现在，那个位置其自身会给予将造物者思考为拥有一种类型的存在的可能性——虽然它确实即使那个居住在内在之中并为每一个个体的生灵赋予活力的存在——这个存在同样也能够被思考为某种事物，将一个人自己想象为正在向外伸出手，想象一个人自己是正在寻求的，想象一个人自己也许不是相当贪婪的，即使相比贪婪的人对于他自己，对于她自己，它是更加接近贪婪者的，这是有一定数量的道理的，

The Creator thus can rightly be said to reach for the Creator within each and every creature. And that drama of the Creation is reiterated infinitely, level upon level, of all the known Creations, as step by step the Creator finds its way back to itself in the person of the creature. While these long steps of seeking are underway, it makes perfectly good sense to fashion an image, shall we say, or a concept, shall we say, as the terminus of the seeking, and there is nothing wrong with putting the name "Creator," with putting the name "God," with putting the name "Allah," "Brahma," or whatever name one chooses to attach to the one source of all that is to this terminus. "I seek the Creator" suggests that the Creator is something more than I am able to take myself to be at the point of seeking. Now I may fairly say this even if I do further understand that the seeking in which I am engaged is not a seeking of that which lies present at hand in the known world. Now, it does mark a turning in the process of seeking that is quite typical to note that of all of the goods that might be sought in the world present at hand, none of them are ultimately satisfying for the seeking which lies deepest within my heart. And so it is meaningful to say that there is a moment of discovery when one realizes that the deeper seeking seeks that which lies within.

因此，造物者能够适当地被认为是向着在每一个生物内在之中的造物者伸出手的。造物的剧本是无限地，在所有已知的造物上一层接一层地，随着造物者一步步地找到它通过那个造物的人返回它自己的途径，被反复重述的。虽然这些寻求的漫长的脚步是在进行中的，去形成一个，容我们说，形象，或者一个，容我们说，观念，作为寻求的终点站，这是完全有道理的，使用名字“造物者”，使用名字“上帝”，使用名字“安拉”，“梵天”或者一个人选择去附加在一切万有的那一个源头上的无论什么名字来表示这个终点站，这是没有任何错误的。“我寻求造物者”建议，造物者是某种比我能够在那个寻求的位置让我自己成为的事物更大的事物。现在，即使我确实更进一步地理解，我参与其中的寻求不是一种对存在于当前的已知的世界中的事物的寻求，我这样说还是相当适当地。现在，它确实标记了在寻求的过程中的一个转折，在所有在当前的世界中可以被寻求的物品中，它们中没有任何事物是会最终让对存在于我内心最深处的事物的寻求感到满意的，去指出这一点是非常有代表性的。因此，这样说是有意义的，会有一个发现的时刻，在那个时候一个人会意识到更为深入的寻求是对存在于内在之中的事物的寻求。

Now here again we would suggest that there is a parting of the ways with regard to the modality of seeking on just this point, for some there are who have decided even when they conclude that seeking which goes deeper seeks that which lies within, that that which does lie within is something which

can be described as being still within the grasp of a self which separates itself from all else in the Creation. This is a modality of seeking which does have the possibility of following a trajectory of spiritual development leading beyond the stage that you currently enjoy, and so there are those who seek themselves above all else that are able to enjoy a four-density experience. There are selves committed to pursuing themselves as separate from the rest of the Creation that are able to enjoy fifth-density experience, and some few selves of this description have been able to make the transition into the early stages of sixth-density experience. That is a rather long path possible for those who seek the self in such a way that they refuse the notion that this self may lose its boundaries and allow all of the rest of the Creation to flood in as it would do were the heart laid open. So there is a pathway there, and it is not a pathway which we will tell you that we despise. It is a pathway to the Creator by portions of the Creator that have chosen differently than we have done. That is not our pathway; it is not the pathway which we have to share with you. Were it our pathway, we would not be opening our hearts to you. Were that our pathway, we would not feel ourselves to be one with you. But, my brothers and sisters, we do feel ourselves to be one with you, and being one with you is simply the sign that we have chosen the pathway of service to others, as indeed we feel that all within this circle of seeking have chosen likewise. And that means that we are in this situation that, from the position you occupy, can seem paradoxical.

现在, 再一次, 我们会在这里建议, 在关于寻求的方式的方面, 恰恰就在这个位置上会有一个道路的分隔, 对于一些人, 会有一些人已经决定, 即使在它们已经得出结论, 那个更为深入的寻求是寻求存在于内在之中的事物的时候, 如果自我是将它自己与在造物中的所有其他自我分开的, 那个确实存在于内在之中的事物是某个能够被描述为仍旧在一个自我的掌握范围之内的事物。这种寻求的方式并不拥有跟随一条会超越你们当前享受的阶段的灵性发展的轨道的可能性, 因此, 会有一些高于一切地寻求它们自己的自我, 这些自我是能够享受一种第四密度的体验。会有一些自我会致力于让它们自己追寻与造物的其他部分分开, 这些自我能够享受第五密度的体验, 具有这种特性的少数的自我已经能够转换进入到第六密度的体验的早期阶段了。对于那些用这样一种方式来寻求自我的实体, 那是一条有可能相当漫长的道路, 这些实体拒绝了这样一个观念, 这个自我可能会失去它的边界并允许所有其他的造物都涌入, 如同如果心是开放的话, 造物会做的一样。因此, 在那里会有一条道路, 它不是一条我能将会告诉你们我们对其是看不起的道路。它是那些与我们已经做出了的选择做出了不同的选择的造物者的那些部分所选择的道路。那不是我们的道路, 它不是我们需要与你们分享的道路。如果它是我们的道路, 我们就不会感觉到我们自己是与你们是一体的了。但是, 我的兄弟姐妹们, 我们确实感觉到我们自己是与你们是一体的, 与你们成为一体单纯地就是我们已经选择了服务他人的道路的标志了, 因为我们确实感觉到, 在这个寻求的圈子中的所有人都已经做出了一样的选择了。那意味着我们是处于这样一种情况中的, 从你们所占据的位置来看, 这个情况可以看起来似乎是悖论的。

You are our beloved others which we experience as other than ourselves and yet also as having a selfness, an anchor into the beingness of the Creation itself, that we, ourselves, share. We are both tethered to the same source, and

it is because it is our joy to experience your joy as our own, it is our sorrow to experience your sorrow as our own, that we find the otherness that exists between you and us is, in fact, dissolved in the experience of sharing our being with you and your being with us. This, we say, is the pathway of the open heart in which again and again otherness dissolves into sameness, but doing so always opens again to the great adventure of the Creation, which is that new otherness always emerges. This comes as close as we are able to approximate to our understanding of the way the Creator itself experiences itself. It becomes other than itself and having become other than itself, it becomes again one with itself. It flows out, it flows in; it flows out, it flows in infinitely. One can find oneself within this great flowing out and in and out and in, and one can find oneself caught up in the rhythm of the Creation without having to decide at any one particular point whether this or that element of one's experience belongs to the within or the without.

你们是我们挚爱的他人，我们将其他人体验为除了我们自己之外的其他人，而同样也体验为拥有一种自我性的，一个固定在造物其自身的存在性之中的锚，我们，我们自己，就分享了这种存在性了。我们同样也是被系在相同的源头上的，这是因为，我们的喜悦就是去体验你们的喜悦就是我们自己的喜悦，我们的忧伤就是体验你们的忧伤就是我们自己的忧伤，我们发现，存在于你们和我们之间的他人性，实际上是在与你们分享我们的存有以及你们与我们分享你们的存有的体验中，溶解了。我们会说，这就是开放的心的道路，在其中他人性一次又一次地溶解在相同性之中，但是这样做会一直再一次向着造物的伟大的冒险开放，新的他人性会一直出现。这就是我们所能够最为接近我们对于造物者自身体验其自身的途径的理解了。造物者成为了与祂自己不一样的事物，并通过成为与祂自己不一样的事物，祂再一次与祂自己合一了。祂向外流动，祂向内流动，它无限地向外流动，向内流动。一个人能够在这种伟大的向外，向内，向外和向内的流动中找到它自己，一个人能够发现它自己被陷入到造物的旋律之中，而不必在任何特定的位置决定，是否它的体验的这样或者那样的要素是属于内在，还是属于外在的。

And so we find that the question that has been asked today is indeed a profound one, for if it is answered properly, it must make reference to the apparent paradox represented by the entire Creation. Yes, my friends, it does make sense to seek the Creator. And seeking seems to suggest that one is not identical with that which is sought, and yet we would also suggest here that every possible finding involved in this process of seeking, leads one again back to a deeper portion of the self where the Creator already is resonant.

因此，我们发现今天已经被询问的问题确实是一个深入的问题，因为如果它适当地被回答了，它就必须提及被整个造物呈现出来的明显的悖论了。是的，我的朋友们，寻求造物者是有道理的。寻求看起来似乎是建议，一个人并未与被寻求的事物是等同的，而我们会同样在这里建议，在这个寻求的过程中被包含的每一个有可能的发现，都会再一次将一个人导向返回自我的一个更为深入的部分，在其中造物者已经是共鸣的了。

We are those of Q'uo, and we thank you for inviting us to participate in that being which you all here have collectively created upon this occasion; that being that represents a shining light of a single self seeking with an open

heart at the same time that it represents many yearning hearts opening. We leave you in love and light and return to the one known as Jim. Adonai, my friends, Adonai.

我们是 Q'uo, 我们感谢你们邀请我们参与到你们所有在这里的人已经集体在这个场合创造出来的那个存在, 那个存在呈现出一个单一的自我的一种闪耀的光, 这个单一的自我是带着一颗开放的心而寻求的, 同时, 它表示很多人渴望心的开放。我们在爱与光中离开你们, 并返回到被知晓为 Jim 的实体。Adonai, 我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. At this time we would ask if there might be any follow-up queries to which we may speak?

我是 Q'uo, 我与这个器皿在一起了。在此刻, 我们会请问, 是否有我们可以对其发言的任何后续的问题。

Gary: Q'uo, P writes: "How could the souls who are wounded by war best recover and be made whole again?"

Gary: Q'uo, P 写道: "那些因为战争而受伤的灵魂如何能够最佳地复原并再一次成为完整的呢?"

Q'uo: I am Q'uo and am aware of your query, my brother and my sister. Those entities of your third density which find themselves engaged in the warring activities that are so prevalent in your illusion are those which have dedicated themselves to a certain cause and have found it necessary in upholding that cause to take up the arms against others that would seem not to be of their own kind; that would seem to be some kind of invading force or energy source that could cause harm, if, indeed, arms were not used to repel them. The bellicose attitudes that have been so prevalent within your third density experience on this planet, have been developed over a long period of time and experience, not only upon this particular planetary influence, but upon others which have provided their population for this planet, as their own graduations were not able to be appreciated by all of the population, some portion of population needing to be able to re-experience the third density once again in order to make the choice finally of service to others or service to self. Thus, the wounds that are experienced by many of those soldiering entities at the current time are not only wounds in the present incarnation, but wounds in the soul and psyche as well. These wounds go deep, my friends. They are misperception that will hopefully teach a certain lesson. The misperception is that those entities who are being fought are other than the self—are so much other than the self that perhaps they do not deserve to exist within this illusion.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟与我们姐妹。在那些属于你们第三密度的实体们发现它们自己参与到在你们的幻象中如此之盛行的战争的活动中的时候, 这些实体已经让它们自己致力于一定的目标并已经发现, 在支持那

个目标的过程中有必要使用武力来对抗其他的看似不属于它们自己的同类的其他人，看似是某种类型的侵犯的力量或者能够造成伤害的能量的源头的其他人，**如果不是确实如此，武力就不会被用来驱逐它们了。**在这个地球上在你们的第三密度的体验中已经如此盛行的敌意的态度，已经在一段很长的时间与体验中被发展出来了，不仅仅是在这个特定的地球上，同样也在为这个星球提供了它们的全部人口的其他星球上，因为它们自己的毕业尚未能够被全部的人群所领会，这个群人的某个部分需要能够再一次重新体验第三密度，以便于最终做出那个对于服务他人或者服务自我的选择。因此，在当前被很多战士的实体体验到的创伤，不仅仅是在当前的投生中的创伤，同样也是在灵魂，以及同样还有精神上的创伤。这些创伤是深入的，我的朋友们。它们是那些将会有希望教导一定的课程的错误的观念。这种错误观念就是那些正在被对抗的实体是与自我不一样的实体——与自我如此之不一样以至于也许它们并不值得存在于这个幻象之中。

The healing of all entities who partake in such bellicosity must reach to not only the level of the physical injuries—they are only symptomatic of deeper wounds—but must reach down into the level of the soul so that there is a healing that makes whole what was broken; a healing that allows the vision to see more clearly that each entity within this illusion is an other self, an entity as honorable and as intelligent, as sensitive, and as desirous of seeking higher truths as is any entity, including the soldiers that fight them. Thus, it is well for this type of healing to occur that the wounded soldiers, so called, may seek a kind of reconciliation deep within the self, for all other selves that have been injured as well, not only in this incarnation but in others. Many of the wounded soldiers will not be able to make a contact with other incarnations, for this density of illusion has a veil of forgetting that is quite effective, but if these wounded soldiers can look at the current situation that is playing out in the various dramas of warring factions in various countries around the globe and see each as the self and see each as the Creator in some fashion, then perhaps there can be a healing within the one so seeing anew that which was seen incorrectly before. This takes a great deal of dedication not only upon the part of the wounded soldier in this life, but upon the part of those who would support such an entity in this journey of seeking the truth. The healing that may occur may be that such a wounded soldier begins its own spiritual journey, feeling remorse as a beginning emotion and dedication to truth as a sustaining emotion, so that there is a new world that opens up to such an entity. It is this new vision that comes from within because of the dedication that comes from within that may be the healing factor for such an entity.

对所有的参与到这样的好战性的实体的疗愈必须不仅仅触及身体的损伤的层次——它们仅仅是更为深入的创伤的表征——同样也必须深入触及到灵魂的层次，这样就会有一种疗愈可以使得被打破的事物变得完整了，就会有一种疗愈允许视线更为清晰地看到在这个幻象中的每一个实体是一个其他自我，一个如同任何实体一样光荣的，一样有才智的，一样敏感的，且一样渴望寻求更高的真理的，包括那些与它们战斗的士兵。因此，这种类型的疗愈发生，以便于，可以说是，受伤的士兵可以，为所有已经同样被伤害的其他自我，不仅仅在这次投生，同样也在其他的投生中的自我，在自我内在深处寻求一种类型的和解，这是很好的。很多的受伤的士兵将不会能够与其他的投生建立一种接触，因为这个幻象的密度

拥有一种相当有效的遗忘的罩纱，但是如果这些受伤的士兵能够检查当前的在全球在各种各样的国家中在各种各样的交战的派别纠纷的剧本中的情境，并用某种方式将每一个实体都视为自我，将每一个实体都视为造物者，接下来，在一个用这种方式全新地看待在之前没有被正确地看待的事物的人的内在之中，也许就能够有一种疗愈了。这要花费大量的付出，不仅仅是在那个受伤的士兵在这次生命中的部分上的付出，同样还有对于那些会在这条寻求真理的旅程上支持这样一个实体的人们部分上的付出。可能会发生的疗愈，可能是这样一个受伤的士兵开始了它自己的灵性的旅程，并感觉到悔恨，作为一种开始的情绪以及作为一种对于致力于一个真理的支持性的情绪，这样就会有有一个新的世界对这样一个实体开放了。就是这个新的景象会因为那种来自于内在之中的付出而从内在之中出现，这个景象可以成为对于这样一个实体的疗愈的因素。

Is there a further query, my friend?
我的朋友们，有一个进一步的问题吗？

Gary: Q'uo, you indicate that this bellicosity has been happening for a long time with this group and P follows up and asks: "How could the cycles of treating one another with such militancy, violence and war end on this planet?"

Gary: Q'uo, 你们指出，这种好战性在一段很长的时间一直都在这个团体身上发生着，P 接着询问：“用这样的战斗状态，暴力以及战争对待相互彼此的周期如何在这个星球上结束呢？”

Q'uo: I am Q'uo and am aware of your query, my brother and my sister. This is not an easily answered query, as you may guess, for there are many, many individuals, groups, religions, nations and factions are taking in such warring activities. The possibility of such being brought to a close within the short time that remains within your third density illusion is very small, and yet there is always hope, my friends, that at some point, the destruction that has been wrought upon the populations of this planet may become so abhorrent to all those who view it that there could be a choice that is made in an instant to lay down the arms, to open the hearts, and to seek anew a shared humanity with all those about them. This will take a great deal of effort on the part of all entities who are conscious of the need to find a peace within each hungering heart. This is the journey of many lifetimes brought to fruition in an instant. It is that which has occurred so very rarely within the Creation of the Father, and yet it has occurred. Your particular planet is one which is heavily populated by many entities who are finding the need to repeat this density so that their choices of love and service to others may finally be made.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟与我的姐妹。这不是一个容易回答的问题，如你们可能猜到的一样，因为会有很多很多的个体、团体、宗教信仰、派别正在参与到这样的交战活动。在你们的第三密度的幻象中残存的这种活动在短时间里结束的可能性是非常小的，然而，我的朋友们，一直都会有希望，在某个位置，已经在这个星球的人群身上被制造出来的破坏，可以对于所有那些看到它的人们变得如此令人厌恶，以至于能够有一个选择立刻被做出，去放下武器，去开放心，去重新寻求一种与所有它们周围的人分享的人性。这将会需要在

所有察觉到在每一个饥渴的心之中去找到一种平安的需要的实体的部分上的大量的努力。这就是很多次生命会在一瞬间结出果实的旅程。它就是在天父的造物中如此稀少地会出现的事物了。你们特定的星球是一个居住着很多的发现要重复这个密度的需要的实体的星球，这样，这些实体对于爱和服务他人的选择就可以最后被做出了。

We suggest the continuing of all conscious entities to bring enlightenment to those about them, to move forward one step at a time as is possible, to spread the words to those who have ears to hear and hearts to understand, and to be unceasing in the efforts of this grand and glorious quest. Perhaps that which is impossible shall become the impossible dream fulfilled.

我们建议，所有有意识的实体都继续将觉醒带给它们周围的人们，尽可能一步一个脚印地前进，将言语带给那些有耳朵去听和拥有心去理解的人，并在这种伟大而光荣的追寻的努力中不停歇。也许不可能的事情就将会成为被实现的不可能的梦想了。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

Gary: That was especially beautiful. Thank you, Q'uo. A seeker named John writes and says that in his research of the prayer of St. Francis, he discovered that there were a few lines omitted from the original prayer. One of those lines was "It is in the forgetting that we find." And he was wondering about that line and asked how anyone could find value in the forgetting and when one knows something that was not forgotten.

Gary: 那个回答是格外美丽的。谢谢你们，Q'uo。一个名叫 John 的寻求者写道，在他对圣弗朗西斯的祈祷词的研究中，他发现有一些诗文是从最初的祈祷词中被删除了的。这些诗文中的一个就是，“就是在遗忘中我们找到了。”他想要知道关于那个诗句，他询问任何人如何在遗忘中以及在一个人知晓某种被遗忘了的事情的时候找到价值。

Q'uo: I am Q'uo and am aware of your query, my brother. The forgetting perhaps is the forgetting of that which is false. As we were speaking in the previous query, seeing an enemy where there is actually another self equal to the self, forgetting the illusion that hides the truth of unity from all, forgetting the false nature of one's own imaginings of what the nature of truth is. Perhaps such a forgetting is indeed valuable.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。遗忘也许是对错误的事物的遗忘。如我们在之前的问题中正在谈到的一样，当在实际上有另一个自我的位置，将一个敌人看作是自我等同的，遗忘那个将统一的真理从所有事物隐藏起来的幻象，遗忘一个人自己对于真理的属性是什么的想象的错误的特性。也许这样一种遗忘确实是有价值的。

Is there a final query, my brother?

我的兄弟，有一个最后的问题吗？

Gary: Could Q'uo comment on the source of the inspiration for that beautiful prayer that St. Francis committed to words, whether it be the Confederation or other?

Gary: Quo 能够对圣弗朗西斯将那个美丽的祈祷词形成文字的启发的源头进行评论吗，是否它是星际联邦或者是其他的源头呢？

Q'uo: I am Q'uo and am aware of your query, my brother. The one known as St. Francis had a history in previously incarnations as that which one might call "the monk," which he continued within the incarnation in which he composed the prayer of which you speak. His experiences throughout various of his previous incarnations in the mountains of Peru, gave him the opportunity to see how the various qualities of the illusion are so easily accepted by the masses of the population so that there would be a great release of bound-up energy of love and acceptance, shall we say, if one could indeed balance the darkness with the light, the sadness with the joy, the despair with hope, the injury with healing, and so forth. Thus, many experiences within this entity's incarnational history gave it the inspiration to compose this poem that is such a succinct description of the possibility of forgiveness within this illusion—forgiveness for each heart that seems to have strayed from love, forgiveness of the self that has followed such straying, and forgiveness of all who have harmed any other self. For in forgiveness stops the wheel of karma, and karma plays such a great and inexorable role in the journeys of so many entities upon your planet at this time—karma from previous incarnations and planets and illusions.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。被知晓为圣弗朗西斯的实体在之前的投生中有过一个作为我们可以称之为“修士”的历史, 它在创造你们谈及的祈祷词的投生中继续成为修士。它贯穿全部各种各样之前的在秘鲁的山区的投生中的体验, 给予了它机会去了解, 幻象的各种各样的特性是如何如此轻易地被大众人群所接受的, 这样如果一个人能够确实用光平衡黑暗, 用喜悦平衡悲伤, 用希望平衡绝望, 用疗愈平衡伤害, 如此等等, 就会有一种对被紧紧束缚在一起的, 容我们说, 爱与接纳的能量的巨大的释放了。因此, 在这个实体的投生的历史中的许多的体验给予了它灵感来创作出这首诗, 它是对在这个幻象中的宽恕的可能性的如此简明的一种描述——对每一颗看起来似乎已经从爱迷失了的心的宽恕, 对于那个已经跟随着这样的迷途的自我的宽恕, 以及对所有已经伤害了任何其他自我的实体的宽恕。因为在宽恕中, 业力之轮停止了, 业力在如此多的在此刻在这个星球上的实体的旅程中扮演了一个如此巨大且不可抗拒的角色——来自之前的投生、星球以及幻象的业力。

We are those known to you as Q'uo. We thank you once again, my friends, for inviting our presence this day. We have so enjoyed experiencing the love of your open hearts, the light that it creates, and the camaraderie among you as you relate each to the other. We shall be happy to join you again in what you would call your future. We are those of Q'uo and we leave you in love and light, in peace and in power, in praise and in thanksgiving. Adonai vasu borragus

我们是你们知晓的 Q'uo。我们再一次感谢你们, 我的朋友们, 为你们今天邀请

我们出席。我们已经如此喜欢体验你们的开放的心爱的爱，它创造出来的光以及在你们与相互彼此关联在一起的时候在你们中间的友爱。我们很高兴在你们所称的未来再一次加入你们。我们是 Q'uo，我们在爱与光中，在平安与力量中，在赞美与感恩中离开你们。 Adonai vasu borragus.

October 15, 2016

2016-10-15 地球母亲与美国大选

Group question: Ra spoke of those of us in third density as parents of that which is in the womb, the Earth or Gaia. They said at that time, in 1981, the delivery was not going smoothly. We relate to Gaia as our mother, providing everything we need in this incarnation, including our bodies. On the other hand, perhaps our individual evolution might be facilitating an easier transition for Gaia to fourth density acting as her mother of sorts. It seems as though there is a polarity one could describe as parent/child and child/parent in respect to our relationship with Gaia, as we experience our relationship with our own children. Would Q'uo speak to this possibility? How is the extreme political polarization we are seeing in our country affecting the delivery of Gaia's physical fourth density? How can those of us who would like to be of service help with the birth now in 2016, both personally and as a group?

团体问题：Ra 说过我们这些在第三密度中的人们就好像是在子宫中的孩子的，也就是地球或者盖亚的父母一样。在那个时候，在 1981 年，它们说过，分娩并不是顺利进行的。我们将盖亚比作我们的母亲，提供我们在这个投生中所需的每一个事物，包括我们的身体。在另一方面，当我们扮演盖亚的某种类型的母亲的时候，我们的个体的演化可能会对盖亚促进一次更为容易的进入到第四密度的转换。在关于我们与盖亚之间的关系方面，看起来似乎会有一种极性，一个人可以将其描述为父母/孩子以及孩子/父母的极性，就好像我们体验与我们自己的孩子之间的关系一样。Q'uo 愿意谈谈这个可能性吗？我们在我们的国家中看到的极度政治化的极性会如何影响盖亚的物质性的第四密度的分娩呢？我们这些想要有所服务的实体，如何在现在，在 2016 年，同时个人性地与作为一个团体，帮助它的出生呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light. We are most honored this afternoon to be asked to join your circle of seeking. You have created an harmonious group full of love, of light, of seeking further truths. It is a part of each path here traveled today. We would ask you, as we always do, to take those words which we speak that have meaning for you and leave behind all others that do not. In this way we seek not to be a stumbling block to any seeker of truth, but only to aid those who may find value in that which we have to share with you this afternoon.

我是 Q'uo，我们在爱中，在光中向你们各位致意。我们对于在这个下午被请求加入你们的寻求的圈子是感到极其荣耀的。你们已经创造了一个充满爱，充满光，充满了对更深的真理的寻求的协调一致的团体。它是今天在这里每一条被旅行过的道路的一部分。我们会请求你们，如同我们一直都请求的一样，采用我们所说的言语中的那些对你们有意义的部分，并将所有没有意义的部分都留在后面。用这种方式，我们就不会寻求去成为任何真理的寻求者的一块绊脚石，而仅仅是去帮助那些可能在我们在这个下午所要与你们分享的事物中找到有价值内容的实体。

Your query concerns the nature of the birthing process of the planet upon which you dwell, that which some call Gaia, the mother of all entities upon the planet, for from this planet all that you know of in the physical realm has been made. You are a part of Gaia and she a part of you.

你们的问题是关于我们居住于其上的星球，也就是一些人称之为 Gaia 的实体的出生的过程的特性，Gaia 就是在这个行星上所有实体的母亲，因为所有你们在物质性的领域中知晓的事物都是已经由这个行星制造出来的。你们是 Gaia 的一部分，她是你们的一部分。

As you have surmised, there is a very close relationship between you as regards the parenting or teaching, and the learning or the growing as the child. You are, indeed, as the offspring created from Gaia, that force that has lived upon this planet for the past 75,000 in many forms, many billions of entities who have taken their sustenance from the mother of all. In this relationship there has been much interaction, not always of a harmonious nature as you are well aware. Many upon your planet have found it necessary to join the third-density experience here as those who have failed to learn it elsewhere. They have brought with them the symbols of their difficulties to be played out again in the great stretches of time and experience in space that create for you the opportunity for incarnation after incarnation.

在关于养育或者教导，以及作为孩子学习或者成长的方面，如你们已经假设的一样，在你们之间有一种非常紧密的关系。你们，作为后代，确实是从盖亚被创造出来的，那种力量已经在过去的七万五千年的时间中用许多种形式，通过几十亿的已经从万物的母亲取得了它们的实质的实体，生活在这个行星上了。在这种关系中，已经有大量的互动了，如你们清楚察觉到的一样，这些互动并非一直都是具有一种协调一致的特性的。在你们星球上有很多人已经发现，作为那些已经在其他的地方尚未学会第三密度的体验的实体而加入到在这里的第三密度的体验是需要的了。它们已经在它们身上带来了它们的困难的象征物，以再一次在时间的巨大的延展以及在空间中的体验中被表现出来，这为你们创造了一次接一次的投生的机会了。

As you have incarnated so many hundreds, even thousands of times within a third-density experience, either here or elsewhere, you are familiar with how this experience proceeds within each entity's realm of choosing the lessons to be learned in each incarnation. These lessons have the hoped-for outcome of resolving the disharmonies for many of the population of this planet that have led them here and have caused them to reproduce the inharmonious relationships and situations that have existed throughout recorded history and before, and which are so obviously playing themselves out upon the world stage at this time at the end of the third-density experience.

因为你们在一个第三密度的体验中，要么是在这里，要么是在别的地方，已经投生过如此许多的几百次甚至几千次的了，你们是熟悉这种体验是如何在每一次投生中在每一个实体选择要被学习的课程的领域中的进行的。这些课程是期待去产生出解决这个星球上的众多的人群的不协调的结果的，就是这种不协调已经将它们引导到这里，并已经使得它们重现在贯穿整个有记载的历史以及之前已经存在的

不协调的关系与情况的, 这些不协调的关系与情况在此刻在第三密度的体验的结束的时候正在如此明显地将它们自己在世界的舞台上表演出来。

Each entity that incarnates here wishes to become a blessing, shall we say, to the mother that has produced it and all that it is in the physical sense. This desire to bless, to love, and to serve Mother Earth and those fellow entities upon it, then must pass through what you call the "veil of forgetting," in order that there may be a pure opportunity for making the preincarnative choices, possibilities, realities, blessings, offerings of love in the most basic sense of the nurturing of the life force of the planet, of the life force which moves through each entity, of attempting to see the Creator within each other entity, in attempting to relate to each as if you and the other were one.

每一个在这里投生的实体都希望对已经生育了它的母亲, 以及对于在物质上的意义上的一切万有, 容我们说, 成为一个祝福。这种去祝福, 去爱, 去服务地球母亲以及那些在其上的伙伴的实体的渴望, 接下来必须穿越你们所称的“遗忘的罩纱”以便于从滋养这个星球的生命力, 流经每一个实体的生命力, 并同时尝试去在每一个其他实体内在之中看到造物者, 尝试去就好像你与其他人是一体的一样与每一个人建立观念的最为基础的意义上, 可能会有一个纯净的机会来使得投生前选择, 成为可能性, 实相, 祝福以及爱的给予。

This is not an easy lesson, my friends, as obvious as it is before incarnation, as you pass through the veil of forgetting, indeed there is a forgetting of the basic truths of all of the Creation, that you are all part of the One Creator, that the Creation in which you move and live and have your being is made by the power of love, and is formed of that which you call light, the photon vibrating at various levels and angles of vibration. All of this is obvious before incarnation; afterwards hardly supposed, dimly surmised, hopefully discovered at some point.

这不是一个容易的课程, 我的朋友们, 如同它在之前的投生中不是容易的一样是显而易见的, 在你们穿越遗忘的罩纱的时候, 确实会有一种对于所有造物者的基本的真理的遗忘, 这些基本的真理即, 你们全都是太一造物者的一部分, 你们在其中移动, 生活, 并拥有你们的存有的造物是由爱的力量制成的, 是由你们所称的光, 用各种各样的振动的层次和角度振动的光子所形成的。所有这些真理在投生前都是明显的, 在投生之后是几乎不会被想象到, 但这些真理会被模糊地猜测到, 并有希望在某个位置被发现的。

Those of you who are conscious seekers of truth have brought yourself to a point in your own incarnational experiences that you are able to access much that you chose to learn before the incarnation began. You know the general theme or outline of the energies and experiences that you offer to others and to Gaia as well. Most of the time there is the concept of love contained, of making well that which has been broken, of healing that which has become sickened or diseased or distorted in some way because of a difficulty in relating with harmony to all, including the self, and as you pursue these dim recollections to flesh them out, shall we say, to give them color and life and vividness, you share with those about you in what you would call a teaching

fashion so that you are able to work together to piece together the puzzle that is the primary aim of the incarnation for all entities, the great puzzle of existence, the great puzzle of being, the great puzzle of progression into unity with all, into unity with the One Creator.

你们这些有意识的真理的寻求者已经在你们自己的投生体验中将你自己带到了一个位置, 在那个位置上你能够取得大量在投生开始之前你们已经选择去学习的事物了。你们知晓你们提供给其他人, 并同样也提供给盖亚的能量以及体验的主题或者大纲。在大部分的时间, 会有爱的观念被包含在其中, 这种爱的观念即让已经被打破的事物变得完好, 让已经因为在与一切事物, 包括自己建立和谐的关系的方面的一种困难而感觉到厌倦或者生病或者用某种方式被扭曲的事物被疗愈, 当你们追寻这些模糊不清的回忆以为它们, 可以说是, 赋予血肉的时候, 以给予它们色彩、生命以及生动性的时候, 你们就与你们周围的人们用一种你们所称的一种教导的方式进行分享了, 这样, 你们就能够一起工作以将拼图的碎片拼在一起, 这就是所有实体的投生的主要的目标, 那个伟大的存在性的拼图, 那个伟大的存有的拼图, 那个伟大的发展进入到与万物的统一, 与太一造物者的统一的拼图。

Thus, you gather together in groups such as this one, and many others around the planet, and share that which you feel, that which you believe, in some cases that which you are quite sure of, and in such a fashion you provide the ability for each entity within the circle to be enhanced, enriched by that which you share. Seeds are planted by each entity within all so that there is the possibility of your becoming more than you were before you came here today, and in like manner, as you move into the world around you offering yourselves in either conscious or unconscious service to all those about you, you plant further seeds into entities that may be conscious seekers as well, or may be not be conscious of the process of the seeking for truth, of the revealing of the self to self, of revealing the larger self to the smaller self.

因此, 你们在诸如这个团体之类的团体中, 与在这个星球上的很多其他人聚集在一起, 并分享你们感觉到的事物, 你们相信的事物, 以及在一些情况中你们相当确信的事物, 用这样一种方式, 你们提供了能力让在这个圈子中的每一个人都因为你们分享的事物而被增强, 变得丰富了。种子被每一个实体在所有人内在之中种下了, 这样就会有可能性你们会变得比在你们今天来到这里之前的你们之所是更大了, 用类似的方式, 当你们进入到你们周围的世界的时候, 你们通过对在你们周围的所有人的要么有意识的, 要么无意识的服务奉献了你们自己, 你们更进一步将种子播种在那些可能同样是有意识的寻求者内在之中, 或者那些可能尚未察觉到寻求真理的过程, 察觉到向自我揭露自我, 向较小的自我揭露更大的自我的过程的实体内在之中。

Many there are upon your planet at this time who slumber, who move about in an unconscious fashion reacting rather than creating, responding in ways which may be defensive, offensive, confused, difficult, disharmonious, lacking a picture of any overall description of what the life is about, of whether there are purposes to life—is there more than the daily round of activities ambition pursued, of money obtained, of status and position exercised, of power over others. By your seeking, by your sowing the seeds of that which you have

found within your own life experience and shared with you and by you with other seekers of truth, you provide the opportunity for there to be a revealing of that which has been hidden, a purpose for all entities upon the planet to lend their services to the planet, to plant their own love as a seed in each portion of the planet with which they come in contact. This can happen in any number of ways. Imagination is the only limitation in this regard.

在你们星球上有很多人此刻是沉睡的，他们用一种无意识的方式四处移动同时做出反应而不是进行创造，它们用种种可能是防守性的，防御性的，混淆的，困难的方式进行回应，它们对于生命是关于什么的，是否生命是有目的的——除了由被追寻的野心，被取得的金钱，被实行的资格或者地位，以及掌控他人的权利组成的日常生活的活动之外的目的——缺少一副具有任何整体性的描绘的图像。藉由你们的寻求，藉由你们播种你们已经在你们自己的生命体验中找到事物，其他人 与你们分享的事物，以及你们与其他的真理的寻求者分享的事物的种子，你们就提供了机会让已经被隐藏起来的事物被揭露出来，在这个星球上的所有的实体的一个目的就是去将它们的服务借与这个星球，将他们自己的爱作为一颗种子播种在这个星球的它们接触到的每一个部分之中。这可以用任意数量的方式发生的。想象力在这方面就是唯一的局限性。

If your desire and your intention is to be of service to others, to aid Mother Earth in her birthing of that fourth-density being which is you and many, many others at a future time, as you would call it, then you may see the opportunity to share love in any amount, in any form, with any entity, at any time, for indeed, each moment contains love. Part of the great riddle of your existence is to find love in all moments.

如果你们的渴望和你们的意愿是去服务他人，去在地球母亲的第四密度的存有的出生的过程中帮助她，这个第四密度的存有就是在一个未来的时间，如你们对它的称呼一样，的你们和许许多多的其他人之所是的存有，那么你们就可以看到机会去用任何数量，用任何的形式，与任何实体，在任何时间分享爱，因为，确实，每一刻都包含爱。你们的存在性的伟大的谜题的一部分就是去在所有的时刻中找到爱。

It is quite easy, as you know, in most; some moments seem to contain none. If it seems to you that there is no love in any moment that you experience, perhaps it is your opportunity then to offer your love to that moment. We do not ask you become evangelists or proselytizers; we ask you to simply radiate that which is the heart of your being, for in each heart there beats the rhythm of love, the revelation of light, the truth of unity, the Father there rests within. Seek the Creator within yourself and all other selves in whatever form that has meaning to you, whether it be love, whether it be service, whether it be light, whether it be potential realized, whether it be hopes yet unrealized, whether it be the dreams of a more harmonious experience upon the planet.

如你们知道的一样，在大多数情况中，这是相当容易的，一些情况看起来似乎不包含任何的爱。如果在你们看来似乎在任何你体验到的时刻之中都没有爱，也许你的机会接下来就是去将你的爱提供给那个时刻。我们并不是请你们成为福音传道士或者让人改宗的人，我们请你们单纯地将你们的存有的核心之所是辐射出来，因为在每一颗心之中都有爱的旋律在跳动，都有光的揭露，统一的真理，都有天

父在内在之中休息。在你自己以及所有其他自我内在之中用无论什么对你有意义的形式来寻求造物者，无论它是爱，或者它是服务，或者它是光，或者它是潜在的领悟，或者它是尚未被实现的希望，或者它是在地球上具有一种更为协调的体验的梦想。

Yes, all of you are both teacher and student to your Mother Earth who is both teacher and child to you. This is true throughout the One Creation upon every planet that has any type of intelligent life upon it. My friends, we assure you that each planet has some form of intelligent life, for all is made of the One Creator of intelligent energy.

是的，你们所有人同时都是你们的地球母亲的老师与学生，地球母亲同时是你们的老师与学生。在贯穿整个太一造物，在每一个在其上拥有任何类型的智能的星球上，这都是真实的。我的朋友们，我们向你们保证，每一个行星都拥有某种形式的智能的生命，因为一切都是由具有智能能量的太一造物者所制成的。

At this time, we would pause that any refining query might be asked, to which we may respond.

在此刻，我们会暂停，这样任何精炼的问题就可以被询问，我们可以对其进行回答。

F: Q'uo, is the current political polarization going on in the United States affecting the birthing into physical fourth density at this point?

F: Q'uo, 在美国正在发生的当前的政治的极化正在影响在这个位置的进入物质性的第四密度的出生吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, all that occurs upon your planet at this time has the purpose of aiding in the birthing process, even those activities which you might find somewhat distasteful, destructive, disharmonious in so very many ways you see upon your television and read within your newspapers that which is the bad news of the day. Indeed, those plays, shall we say, with actors upon the stage that are being enacted now upon the world stage in this country and others, are those, shall we call them offerings in the round, lessons of primacy, lessons of potential, lessons of desiring to find another way. For often times the particulars of a play may provide a provocation to do opposite as to what the play is describing. In other words, oftentimes there are those who are, shall we say, offering themselves as a bad example so that other choices may be made by those observing—those within the audience, shall we call them.

Q'uo: 我是 Q'uo, 我理解了你的问题，我的姐妹。确实，所有在此刻在你们的星球上发生的事情都拥有在这个出生过程中起帮助的目的，甚至是那些你们可能发现多少有些令人倒胃口的，破坏性的，且用如此非常多的方式不协调的活动，以及你们在你们的电视上看到的与在你们的报纸上读到那一天的坏的新闻。确实，在这个国家以及其他的国家中的世界的舞台上，那些正在被演出的舞台上扮演演员的人们，是那些，容我们称它们为，向周围的观众提供了首要的课程，潜在的课程，以及渴望去找到另一种方式的课程的人。因为一场戏剧的详细细节，时常可以提供诱因去在关于戏剧正在描述的事物的方面做相反的事情。换句话

说，时常会有那些将它们自己作为一个坏榜样提供出来的实体，这样其他的选择就可以被那些观察的人们——那些在，容我们这样称呼它们，观众中的人们——做出了。

You see within your larger presidential election process that has been so prevalent (prominent) in the news for the previous year as so much has been objectionable to a large portion of the audience observing, so much has been confusing as claims and counter claims are made from opposite directions, and those who support one claim or candidate decry the other, and the lines seem more sharply drawn and the polarization more vividly expressed.

在你们的更加大规模的总统选举的过程中，你们看到了在新闻中在之前的几年时间中已经如此盛行的事情了，因为如此多的事情对于观察的观众的一个很大的部分已经是令人不快的了，当主张和反对的主张从相对的方向被做出的时候，如此多的事情已经是令人混淆的了，那些支持一个主张或者候选人的人们会极力反对其他人，分界线看起来似乎被更为清楚地画出来了，极性更为鲜明地被表达了。

At some point there is the opportunity for resolution. At some point, there will be an election, there will be a new president, there will be the opportunity for reconciliation, there will be the opportunity for those who have followed each candidate to reach out to those who followed the other candidate, to find a means by which there may be a working together, a moving forward, for indeed, all are of one country, are they not? All are concerned about what is well or not well in this or that area within your country. Each time there is a difficult type of expression of energies, of ideas, of actions, there is also the opportunity for the reaching out to those who do not agree to become a larger person, shall we say, with a more open mind and with a more open heart.

在某个位置，会有产生了出决定的机会。在某个位置，将会有一场选举，将会由一个新总统，将会有产生和解的机会，将会有那些已经跟随了每一个候选人的人们去向那些跟随了其他的候选人的人们伸出手的机会，以找到一种方式，藉由其可能会有一种一同工作，一种前进，因为，确实，所有人都属于一个国家，难道它们不是吗？所有人都关心在你们的国家中在这样或者那样的区域是好的，或者不是好的事物。每一次会有一个困难类型的对能量、观点、行动的表达的时候，就同样会有机会向那些并不赞成去成为，容我们说，一个更大的人的人们伸出手，带着一个更加开放的头脑，带着一颗更加开放的心。

These are potentials, these are possibilities. Whether they shall occur is up to each individual. Each of you, as you move through your daily round of activities, will have the opportunities in many ways to do the very same thing with problems and difficulties of a smaller variety, shall we say. Each family, each community, each church, each business has a political system, for the politics within your illusion are always involving people and how they relate to each other; how power is shared or not shared; how the wealth of what is available to the group is shared with all within the group. The politics of your people is the process of people interacting with each other. You may affect

that which is yours to affect. Your family, of course, your community as well—church, business, those who you know, those whom you do not know. 这些是可能性，这些是可能。它们是否将会发生是取决于每一个个体的。你们每一个人，当你们穿越你们日常生活的活动的时候，将会用很多的方式拥有机会对，容我说，具有一种更小的多样性的问题和困难去做完全相同的事情。每一个家庭，每一个社区，每一个教堂，每一个工作，都拥有一个政治系统，因为在你们的幻象中政治一直都是涉及到人，以及它们是如何与相互彼此建立关联，力量是如何被分享或者不被分享的，可以为团体所取得的财富是如何与在团体中的所有入分享的。你们的人群的政治就是人与彼此相互作用的过程。你们可能影响你们要去影响的事物。当然，你们会影响你们的家庭，同样，你们的社区——教堂，工作，那些你们知晓的人，以及那些你们不知道的人。

If you go forth with the light of love within your heart and seek to share as best you can that which is yours to share, then you have done what you can. What more can you do? Go forward to see the Creator in all; to love the Creator in all; to be a person with a large enough mind and an open enough heart to include all within your prayers. Pray for those who feel they are your enemy; pray for those who spitefully use you. Pray that that entity may become one with you and you with it, for all are truly one. Eventually this truth will be born within your illusion. The fourth-density population of this planet will come forth. How long it will take depends upon the choices your people make.

如果你们带着在你们的心中的爱的光前进，并寻求去尽你们所能最佳地分享你们所要分享的事物，接下来，你们就已经做了你们所能够做的事情了。你们还能做什么呢？前进以在一切事物中看到造物者，去在一切事物中爱造物者，去成为一个带有一个足够大的头脑和一颗足够开放的心的人，以将一切事物包含在你们的祈祷之中。为那些感觉到它们是你们的敌人的人祈祷，为那些恶意地利用你们的人祈祷。祈祷那个实体可以与你们成为一体，你们可以与它成为一体，因为一切真的是一体的。最终，这个真理将会被出生在你们的幻象中。这个星球的第四密度的人群将会出现。它将会花费多长时间是取决于你们的人群做出的选择。

Is there a further query at this time?
在此刻有一个进一步的问题吗？

D: I was curious if there was any way that we could tune into the crystalline grid or how we, as a group, could utilize this in helping the birthing of the fourth density.

D: 我很好奇，是或否有任何方式我们能够调音到晶体网格，或者我们如何，作为一个团体，能够利用这个晶体网格来帮助第四密度的出生呢？

Q'uo: I am Q'uo and am aware of your query, my sister. This grid of energy about your planet is a network of portals that allows the passing through of energies from what you would call your sun body, the sub-Logos, the intelligent energy of this entity of love. It moves through each portal and is, shall we say, accelerated or enhanced, especially at this time of the transition into the fourth density, so that those who are open to the concept of love and

understanding, the primary qualities of the fourth density, may then share those qualities with those about them, especially in the meditative state or the contemplative state using visualization or however you choose to do it.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。这个围绕着你们的星球的能量网格是一个入口的网络, 它允许来自于你们称之为你们的恒星星体, 子理则的能量, 这个具有爱的实体的智能能量的通过。它流经每一个入口, 并且, 容我们说, 被加速或者被增强, 尤其是在这个转换进入到第四密度的时间, 这样, 那些向着爱和理解观念, 即第四密度的组合要的特性, 开放的人, 接下来就可以与那些它们周围的人分享那些特性了, 尤其是在冥想状态或者沉思的状态中通过使用视觉化观想或者无论什么你们选择的方式来进行这个工作。

You may see the energy from the Logos, the sub-Logos, your Sun Body, moving through these grids of crisscrossing lines of power and entering the planetary web or surface and becoming available to those who are in need of love, who have a dearth of that quality within their being, who call out for assistance in confusion, in pain, in difficulty. You may see these portals enhancing the love available to all such entities, and then, in another fashion, these portals are also available for those who are now moving through that transition which you call the dying or the moving into the larger life. As each entity then is able to move through such portals, the light coming through these portals is that which the entity moves toward in order to gauge its, shall we say, harvestability, or ability to be graduated into the fourth density. It is the ability to welcome and enjoy this enhanced level of light and love coming through the portals that will determine each entity who moves into larger life as to where the entity is placed by its own ability to welcome and enjoy the enhanced love and light.

你们可以看到来自理则, 子理则的, 你们的恒星星体的能量穿越这些能量线的十字交叉的网格, 并进入到星球的网络或者星球表面, 并成为可以为那些确实需要爱的实体, 那些在它们的存有之中缺少那种特性的实体, 那些在混淆中, 在痛苦中, 在困难中大声呼唤帮助的人们所利用的。你们可以看到这些入口增强了可以被所有这样的实体所利用的爱, 接下来, 用另一种方式, 这些入口同样可以为那些现在正在通过那种你们称之为死亡或者进入到更大的生命的转换的实体所利用。当每一个实体接下来能够通过这样的入口的时候, 从这些入口进入的光就是这些实体会朝向其移动以便于测量它的, 容我们说, 可收割能力的事物了。就是这种欢迎并享受这种流经这些入口的增强的光与爱的程度的能力, 将会为每一个进入到更大的生命的实体确定, 这个实体会被它自己的欢迎并享受这种被增强的爱与光的能力放置在什么位置。

Is there a further query at this time?

在此刻有一个进一步的问题吗?

F: Could the traumatic things that are happening on the planet, could they be related to labor pains of the birthing?

F: 正在这个星球上发生的创伤性的事情, 它们可以与出生的分娩的痛苦联系在一起吗?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, there are labor pains occurring across the planet as a whole, for each time there is a group of people, shall we say, the immigrants from the Middle East, that suffer the difficulties within their own country, the bombings, the terrorizing, the killing of those who do not agree with the prevailing point of view—any time there is a pain or anguish of this nature, you may see it as equivalent to a labor pain. Whether it is entities who are being discriminated against in another country for their race, their sex, their political beliefs, their religious tenants, these also produce a pain that could be seen as a labor pain. Any time there is a disharmony in any group or individual that has the lack of love, the lack of understanding, the lack of acceptance of such an entity, it produces a pain of a mental nature, a spiritual nature, an emotional nature, a physical nature. All these pains at this time could be likened to the labor pain of your Mother Earth, for you and she are one, you are made of her, she is your mother, she is birthing that which is your child. The relationship between all of you is that of oneness, is that of unity. Such pain is felt by all at some level, perhaps not consciously, perhaps not mentally, most usually in the spiritual sense so that within the meditative state you may tune into the level of pain that is occurring upon the planet if you are willing and strong enough to feel and empathize with such pain, perhaps a small degree would be enough, to reveal to you the nature of such a mass experience of pain upon the mother to all.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。确实, 会有分娩的痛苦在作为一个整体地球上发生, 因为每一次会有一个人群的团体, 容我说, 诸如, 来自于中东的移民, 在它们自己的国家中遭受到困难, 轰炸, 恐怖统治, 对那些不赞同流行的观点的人的杀戮的时候——在任何会有一种具有这种特性的痛苦或者烦恼的时候, 你们都可以将它视为是等同于一种分娩的痛苦。无论它是在另一个国家中因为它们的种族, 它们的性别, 它们的政治信念, 它们的宗教信仰而被歧视的实体, 这些实体同样会产生出一种痛苦, 它是够被视为是一种阵痛的痛苦的。在任何团体中会有一种不协调, 或者会有一个实体, 在缺少对一个实体的爱、理解与接纳的时候, 它会产生出一种痛苦, 这种痛苦会具有一种心智的特性, 一种灵性的特性, 一种情绪的特性, 一种身体的特性。所有这些痛苦在此刻都可以被比作你们的地球母亲的分娩的痛苦, 因为你们和她是一体的, 你们是由她制成的, 她是你们的母亲, 她正在生出你们的孩子。在你们全体之间的关系是一体性的关系, 是统一的关系。这样的痛苦是在某个层次上被感觉到的, 也许不是有意地, 也许不是在心智上, 且极其经常是在灵性的意义上被感觉到, 这样在冥想状态中你们就可以调音进入到正在这个地球上发生的痛苦的层次中了, 如果你们乐意并足够强有力地感觉到这样的痛苦并其感到移情作用的话, 也许一个小的程度的痛苦就足以向你们揭露在万物之母身上的这样一种巨大的痛苦的体验的特性了。

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Q'uo, in 17.1 Ra is describing the transition to fourth density, and they say "there will also be a sharp increase in the short run of negatively oriented

mind/body/spirit complexes and social complexes due to the polarizing conditions of the sharp delineation between fourth density characteristics and third density self-service orientation. Those who remain in fourth density upon this planet will be the so-called positive orientation."

Gary: Q'uo, 在《一的法则》的 17.1 中, Ra 正在描绘进入到第四密度的转换, 它们说, "在短期内同样也将会由一种负面导向的心/身/灵复合体以及社会复合体的急剧的增加, 这是由于在第四密度的典型特征和第三密度的服务自我的导向之间鲜明的轮廓的极化的情况。那些留在这个星球上的第四密度中的实体将会是所谓的正面导向的。"

That thought is echoed elsewhere in the Confederation's philosophy: Earth will be a fourth-density positive planet and there won't be a home here for the negative orientation. So, my question is: How does the service to self meet its end? Does it find a climactic finale before it is no longer available here? Does it dwindle out gradually from existence? If Q'uo could speak to that please.

那个想法也在星际联邦的哲学的其他的位置得到了共鸣: 地球将会是一个第四密度的正面性的星球, 这里将不会有负面性导向的一个家园。因此, 我的问题是, 服务自我如何面对它的结束呢? 在它不再可以为这里所取得之前, 它会找到一个高潮的结尾吗? 它会逐渐在退出存在吗? 如果 Q'uo 能够对那一点发言的话。

Q'uo: I am Q'uo and am aware of your query, my brother. Though there seems to be a great deal of negative energies in motion upon your planetary sphere, those entities who are actually of possible harvestability in the negative sense are individuals rather than groups, and are much fewer in number than those who are positively harvested, or harvested possibles. Thus, the individuals expressing the negative polarity of service to self will be busy about separating themselves from those around them, attempting to control those around them, and doing so usually from a position that is not publicly visible, for it is much more easy for such negatively oriented entities to move in the shadows, shall we say, and do their work in an unseen fashion, and have their work done for them by those who are minions of such entities. Thus, you will see certain activities or movements of energies on a larger scale than the individual that will seem to contain much that is disharmonious, much that is of a dark nature, much that is of a separative nature, and even those that are visible carrying out these plans may not themselves be harvestable to the negative polarity; but those who are guiding them, those who are inspiring them, those who are sending them forth to do their work are the ones who may find their own harvestability, shall we say.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。虽然看起来似乎有大量的负面性的能量在你们的星球上运转, 这些从负面性的意义上实际具有有可能的可收割能力的实体, 是个体而不是团体, 它们在数量上是比那些会被正面收割, 或者有被收割的可能性的实体要远远少得多的。因此, 那些表达服务自我的负面性的极性的个体将会忙于将它们自己与它们周围的人们分开, 尝试去控制在它们周围的人, 并通常实际上会从一个并非公开可见的位置这样做, 因为这样的负面性导向的实体要, 容我们说, 在阴影中移动, 用一种看不见的方式进行它们的工作并

让他们的工作由那些这样的实体的喽啰们来完成，这是要远远更加容易的。因此，你们将会看到一定的能量的活动或者运动，它们是比将会看起来似乎包含了大量不协调的事物，大量具有一种黑暗属性的事物，大量具有一种分离属性的事物的个体，是在一个更大的范围上的，甚至是那些正在进行这些计划的看得见的个体都可能它们自己对于负面的极性都是不具有可收割能力的，但是那些指导他们，那些激励它们，那些将它们派出去进去它们的工作的实体，是那些可能找到它们自己的，容我们说，可收割能力的实体。

These entities, as they pass through the doorway of death, as you call it, will harvest themselves to another planetary influence that will be their home planet in the fourth density. There they shall engage in what you may call a struggle for the power over others aspect of the negative polarity. The struggle will be with entities of similar nature in the fourth density, so that at the end of this war, shall we say, of the mind of light being sent forth to do its work in the negative sense, when all such power struggles have been completed and each agrees that the alignment is as it should be, then the social memory complex shall begin its experience upon that fourth density negative planet.

这些实体，在它们穿越，如你们对它的称呼一样，死亡的大门的时候，将会将它们自己收割到另一个星球，那个星球将会是它们在第四密度中的家园的星球。它们将会参与到对你们所称的一种对控制其他的具有一种负面极性的面向的力量的努力。这种努力将会是与在第四密度中具有类似的特性的实体一起进行的，因此，在这场具有光的心智被派出去进行它在负面性的意义上的工作的，容我们说，战争结束的时候，当所有这样的力量的努力已经被完成，并且每一方都同意，结盟就是它应该是的样子了，接下来，社会记忆复合体将会在那个第四密度的负面性的星球上开始它的体验了。

Is there a follow-up query to this question, my brother?

我的兄弟，这个问题有一个后续问题吗？

Gary: If I understand, Q'uo, you are saying that in our space/time experience upon this third-density sphere, those of negative orientation will complete the term of their incarnation, move on elsewhere, and they won't be replaced by newly incarnating entities of negative orientation, so it is by that mechanism that there will be a decrease in the negative polarity. Is that correct?

Gary: 如果我理解了的话，Q'uo，你们正在说，在我们在这个第三密度的星球上的空间/时间的体验中，那些负面导向的实体将会完成它们的投生的时期，移动到其他地方，它们不会被新投生的具有负面导向的实体所取代，因此，藉由那种机制，将会由一种在负面极性上的减少。这是正确的吗？

Q'uo: I am Q'uo, and this is correct, my brother, for the negative polarity has a requirement that is quite strenuous. Ninety-five percent of its thoughts, words, and deeds must be successfully polarizing towards the negative pole, whereas the positively oriented entities need only demonstrate 51% of thought, words, and deeds in service to others in order to be able to graduate to the fourth density. Thus, there would not be enough time, shall

we say, for new fourth-density hopeful entities to become incarnated in the time that remains upon your third density here. Thus, they are not able to do their necessary work, shall we say, in the time that remains.

Q'uo: 我是 Q'uo, 这是正确的, 我的兄弟, 因为负面性的极性拥有一个相当费力的要求。它的想法、言语以及行为的百分之九十五都必须成功地向着负面性的极点极化, 而正面导向的实体仅仅需要展现出百分之五十一的想法、言语和行为是在服务他人的方向的, 以便于能够毕业到第四密度。因此, 不会有足够的时间供新的第四密度的有希望的实体在你们第三密度在这里剩下的时间中投生。因此, 它们无法, 容我说, 在剩下的时间中进行它们需要的工作

I am Q'uo. We find that this instrument tires; its concentration is beginning to become diffused. We would suggest that we now take our leave of this instrument. We thank each, as always, for inviting our presence to your circle of seeking. We are most honored to be with you. Because you have invited us, we are able to have a beingness among you and to enjoy your loving and light-filled vibrations. We are known to you as those of Q'uo. We leave you in the love and the light of the One Infinite Creator. Adonai, my friends, Adonai, vasu borragus.

我是 Q'uo。我们发现这个器皿疲倦了, 它的集中正在开始被分散了。我们会建议我们现在离开这个器皿。我们一如既往感谢各位邀请我们出席你们寻求的圈子。我们对于与你们在一起时极其荣耀的。因为你们已经邀请了我们, 我们就能够在你们当中拥有一种存在性, 并能够享受你们的有爱的且充满光的振动了。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开你们。Adonai, 我的朋友们。Adonai vasu borragus。

November 6, 2016
2016-11-06 自我价值

Group question: Today we would like to explore the topic of self-worth. Can you elaborate on the role of self-worth on the seeker's path as well as the obstacle of self-doubt. For instance, what is it we are worthy of, and what does it mean for us to have infinite worth? Any guidance in this area is appreciated.
团体问题：今天我们想要探索自我价值的主题。你们能够在关于自我价值在寻求着的道路上的角色，同样还有自我怀疑的妨碍的方面进行详尽阐述吗？举个例子，我们的价值是什么呢，拥有无限的价值对于我们意味着什么呢？在这个区域的任何的指引都会是被感激的。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and we are with this instrument. We are honored to be called to your group this day. We are well aware of the work each has done this weekend as you, too, seek to become channels of love and light through the impression and speaking of the words of your language, for each of you is a channel in this respect and in many others. The life you live you channel; the love you give you channel; the thoughts you have you channel. There are many blessings upon you that have been given to you because you have drawn them to you as channels of love and light, the blessings of friends that are now gathered here—of those whom we have become close to throughout the years—the times and places, the families of each, the pursuits of your interests. All of these are blessings of the Father upon you.

我是 Q'uo，我与这个器皿在一起了。我们对于在今天被呼唤到你们的团体是感觉到荣耀的。我们清楚了解每一个人在这个周末已经进行了的工作，在你们同样也通过对你们的语言的词语的印刻与讲述而寻求去成为爱与光的管道的时候，因为你们每一个人在这个方式以及用很多其他的方式都是一个管道。你们传讯了你们活出的生命，你们传讯了你们给予的爱，你们传讯了你们拥有的想法。有很多的已经被给予你们的祝福正在降临在你们身上，因为你们已经作为爱与光的管道将它们吸引到你们身上了，现在聚集在这里的朋友们——我们在很多年的时间中已经与它们成为亲密的了——的祝福，时间和场所，每一个人的家庭，对你们的兴趣的追寻。所有这些事物都是天父给予你们的祝福。

It is here upon the Earth that you have taken residence at this time. It is not permanent residence, and your identity is not your true identity, it is but a small portion of that which is at your heart and within your soul, that which you could barely comprehend if it were all exposed to you at one time. You have come here within this third-density illusion from a place within the Father's Creation that is your true home—the world of the spirit. There your true nature is free to express itself in infinite ways in seeking the serving the One Creator as do you now here in your own way [inaudible] you have chosen in order to enlarge upon that which is your destiny, your desire, your service through all time: to seek the one that is within you already, to seek the

one that you have ever been, that you shall always be. There is no other choice, you see.

你们在此刻已经居住于其上的这个地球，它不是永远的住所，你们的身份并不是很你们真实的身份，它仅仅是在你们的核心处以及在你们的灵魂中的事物的一小部分，如果它要在同一时刻完全向你们被揭露出来，你们是几乎无法理解它的。你已经从天父的造物中的一个到你的真实的家园的地方——灵性的家园——来到了在这个第三密度的幻象中的这里。在那里你们的真实的属性是通过寻求服务太一造物者而用无限种方式表达它自己，如同你现在在这里用你自己方式做的一样[听不见]你已经选择，以便于通过所有的时间在你的命运，你的渴望，你的服务之所是的事物上进行拓展：去寻求那个已经在你们内在之中的一，去寻求那个你过去一直都是的，你将会一直都是的一。你们看，没有其他的选择。

You are of noble birth, a crown of the Father is already upon your head. Why would you take birth in such a limited illusion and risk forgetting, in fact, must needs forget all that you are? In this way, as you know from your studies within this circle of seeking, you may pursue greater understandings in a, shall we say, much more intensive fashion than is possible in your home density, for each of you here is a wanderer, and you well know that, or we could not speak it to you. You have come here to discover how to live a life of seeming limitation, and yet, by various types of limitation that seem so real to you, can you truly expand your service to all to the One Creator, your love for all for the One Creator; for when you forget that which you are within this illusion, then little by little you have the opportunity to discover small bits of the truth of yourself and the mystery begins to unfold.

你是具有高贵的出生的，一顶天父的皇冠已经在你的头上了。为什么你要出生在这样一个有限的幻象并冒着遗忘的风险呢，实际上，为什么你必须需要遗忘所有你之所是的事物呢？用这种方式，当你通过你在这个寻求的圈子中的学习知晓的时候，你就可以用一种，容我们说，比你在你的家园的密度中有可能的方式远远更加强烈的方式来追寻更大的理解了，因为你们每一个人在这里都是一个流浪者，你们清楚知晓那一点，否则我们就无法对你们说出它了。你们已经来到这里来探索，如何活出一次在表面上是限制性的生命，而藉由各种各样的类型的对于你们看起来似乎如此真实的限制，你们真正能够拓展你们对于所有人，对于太一造物者的服务，你们对于所有人，所有太一造物者的爱了，因为当你们在这个幻象中遗忘你们之所是的时候，接下来，一点一点地，你们会拥有机会去发现你自己的真理的小小的部分，神秘开始展现了。

And as you move in harmony with that mystery, you find that there is much more to be discovered, for this takes a good deal of effort and what you call time. This effort over time produces a polarization in your consciousness that is considerable. It is achieved in a much smaller, shall we say, increment of time than possible in the higher densities. Believe it or not, my friends, it is hard for those in the higher densities to progress quickly, for they see the truth of the Creation about them at all times. There is little doubt against which to push; little veiling to move out of the line of sight as there is so much of it here in this illusion.

当你们协调一致地与那种神秘一同移动的时候，你们会发现有更多的要被发现的

事物，因为这会花费大量的努力以及你们所称的时间。这种努力随着时间的积累会在你们的意识中产生出一种可观数量的极化。它是通过比在更高的密度中有可能的时间的增量的一种远远更小的，容我们说，时间增量而被取得的。不管你们是不是相信，我的朋友们，对于那些在更高密度中的实体，要去快速地发展是困难的，因为它们在所有的时间都看到了在它们周围的造物的真理。几乎没有要对着其去推动的疑惑，几乎没有罩纱遮蔽视线，而在这个幻象中在这里有如此多的遮蔽视线的罩纱。

The struggles you make to go beyond the seeming limitations of yourself are those which make you stronger in the spiritual sense, you see. That is what you are here to gain—a spiritual strength. A strength that will allow you to penetrate more of the illusion about you here in third density and to share what you have found in the spiritual journey who you meet on the street, in a friend's house, at a gathering, wherever. You are beings of light, you conscious seekers of truth. Your light shines at all times, and you can direct it as you will. 你做出的那些去超越你自己的表面上的局限性的努力，是那些会让你在灵性的意义上变得更加强有力的努力。那就是你们来到这里来取得的事物——一种灵性上的力量，一种将会允许你们刺穿在第三密度中在这里在你周围更多的幻象的力量，这种力量允许你与你在街上，在一个朋友家中，在一场集会上，在无论什么地方遇到的人分享你已经在灵性的旅程上找到的事物。你们是光的存有，你们是有意识的真理的寻求者。你们的光在有的时候都在闪耀，你们能够如你们所愿地指引它。

So, as you look upon yourself in the larger sense of your origins, of your destiny, of your choices to be here, you are indeed, beings of infinite worth. I laugh because it is so obvious to us, because we do not see the boundaries that are helpful to you and yet difficult for you, and we understand this. We have sympathy for you; we too, have traveled this trail. It is not easy, but it is valuable, it is powerful, it is full of opportunity to serve, to learn, to love, to become light.

因此，当你通过你的起源，你的命运，你在这里的选择的更大的意义来查看你自己的时候，你们确实是具有无限价值的存有。我笑了，因为它对于我们是如此明显的，因为我们并未看到那些对你们会有帮助，而会对于你们是困难的边界，我们理解这一点。我们对你们是同情的，我们同样，已经在这条小路上旅行过。它不是容易的，但是它是有价值的，它是强有力的，它是充满了服务、学习、爱与成为光的机会的。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and I am with this instrument. You are beings, as we have said, of infinite worth, and yet this can be the most difficult realization for you in this

density of seeking. For you are behind a veil that, for the most part, shields you from a true understanding of who you are. And for all the world it seems that who you will become must be based on what you have done and, therefore, if you should become worthy it will be based upon deeds that render you worthy; it will be based upon accomplishments that render you worthy, and it will be based upon the recognition in the eyes of your fellow human beings that see you as worthy. Worthiness is something, therefore, worth striving for. Worthiness is the name for that which all strivings can be understood as belonging together in a single ultimate unity. So whether you strive for excellence in the job that you have undertaken, whether you strive for excellence in the performance of those services to family members, to loved ones, whether you strive for excellence in personal attainments of a more discrete fashion, shall we say, you strive ultimately to achieve a position which, in your own estimation, counts as worthiness.

我是 Q'uo, 我与这个器皿在一起了。如我们已经说过的一样, 你们是具有无限价值的存有, 而在这个寻求的密度中, 这对于你们可以是最为困难的领悟。因为你们是在一个罩纱之后的, 那个罩纱, 在绝大部分时候, 将你们从对于你们是谁的一种真实的理解屏蔽开了。对于全部的世界, 看起来似乎, 你们将要成为的事物是必须以你们已经做了的事情为基础的, 因此, 如果你们要成为有价值的, 它将会是以为你们提供了价值的行为为基础的, 它将会是以为你们提供了价值的成就为基础的, 它将会是以那些将你们视为是有价值的你们的同伴的人类的眼中的认可为基础的。因此, 价值是某种值得为之而努力的事物。价值是对于所有能够被理解为在一个单一的终极的统一体之中的在一起所有物的努力的命名。因此, 无论你们是为了在你们已经承担的工作中的优秀而努力, 还是你们是为了在对那些对家庭成员, 对挚爱的人的服务的执行中的优秀而努力, 还是你们是为了在具有, 容我说, 一种更为不连续的方式的个体的成就中的优秀而努力, 你们都是终极地努力去取得一个位置, 这个位置, 根据你们自己的判断, 是被视为有价值的。

Now, we would like to begin by calling your attention to the very nature of such striving, for one does not strive for what one feels one already has. One strives for that which is perhaps almost within the reach, but not quite. And inasmuch as your life is a perpetual striving—and that, my friends, we can assure you it is—it seems as if that for which you are striving, namely worthiness, is bound to be forever just beyond your reach.

现在, 我们想要藉由将你们的注意力召唤到这样的努力的本质属性来开始, 因为一个人并不会为它感觉它已经拥有的事物而努力。一个人是为了那个也许几乎够得着的, 但却不一定够得着事物而努力。因为你们的生命是一场持久的努力——我的朋友, 我们能够向你们保证, 它是的——看起来似乎, 你们正在为之而努力的事物, 也就是价值, 是必定永远地在你们的所及范围之外的。

Now, there can be a certain heaviness, a certain weightiness to the experience of the incarnation which you now enjoy. Depending from the very fact that worthiness is the single most important thing for you to achieve. Indeed, in the area of achievement, worthiness is the single thing least likely finally to have been accomplished. Once again you strive, perhaps you attain, but

having attained, it occurs to you that there is yet more to strive for, and so you strive again in the realization that your attainment has been yet inadequate, yet imperfect, and this imperfection can be worn as a mantle of shame, which can, if you let it, tinge the experience of your entire incarnation.

现在，你们现在享受的投生的体验是可以有一定的重量，一定的重要性的。这是取决于这样一个根本的事实的，即价值就是你们要去取得的单一的最重要的事情。确实，在成就的区域中，价值就是单一的最终最不可能已经被完成的事物。再一次，你们努力，也许你们会取得的，但是，在已经取得之后，发生在你们身上的事情是，仍旧有更多要为之努力的事物，因此，你们再一次努力，同时你们会领悟，你们的成就尚未是足够的，仍旧是不完美的，这种不完美性能够作为一件羞耻的外衣被穿起来，如果你们允许它的话，这种不完美性能够为你们的整个投生体验染上颜色。

We now turn, with the permission of this instrument, which we would like to say was reluctantly granted, to the example of this instrument's life, for it is true that this instrument has struggled mightily with the question of worthiness. It has been a long and arduous struggle, bravely undertaken, and we will say, undertaken with what this instrument only reluctantly will call determination and a little bit of grace. And yet, this instrument has spent an inordinate amount of time gazing into a sort of abyss, feeling that everything to which it has turned its hand, every goal, every project, every effort to aid those it loved, beyond the measure of the love it had for itself, all this seems to have turned to dust. All this seems to have come to naught, to have been a vast featureless plain of disappointment. And so, for what has all the effort been spent? And so, for what has worthiness been placed upon the altar of aspiration only again and again to have the fondest hopes cruelly dashed, and the fondest expectation that there might sometime be the right action taken, that there sometime might be a redemption of all effort spent, that there might sometime be a sparing of the despair that can be the lot of one whose attempts to serve seem to have come to naught.

现在，在这个器皿同意的情况下，我们想要说的事情是被不情愿地许可了的，我们转到这个器皿的生命的例子。因为这个器皿已经强烈地与价值的问题斗争过了，这是真实的。它已经是很一场漫长而艰巨的，勇敢地被进行的斗争了，我们将会说，这场斗争是带着这个器皿仅仅会勉强地称之为决心以及一点点的优雅而被进行的。然而，这个器皿已经花费了数不清的时间来注视一种类型的深渊，并感觉到，每一个它已经将它的双手转向其的事物，每一个目标，每一个计划，每一个去帮助那些它爱的人的努力，都超过了它对它自己的爱的度量，所有这些事情看起来似乎都已经化为尘埃了。所有这些事情看起来似乎都是徒然的，似乎已经是一个巨大的没有特点的失望的平原了。因此，所有的努力都已经为了什么而被花费了呢？因此，价值是为了什么而被放置在热望的祭坛之上，仅仅一次又一次地让最珍贵的希望残忍地被打碎，让最喜爱的期待看似化为乌有，那些期待即，可能会有某个时候正确的行动被执行了，可能在某个时候会有对所有被花费的努力的一种兑现，可能在某个时候许多的尝试去服务的人可以不再绝望。

My friends, we will tell you what we now attempt to tell this instrument—that it is well not to look at the results of your doings in order to discover the true

measure of your worth. It is well, rather, to realize that a life well-spent, spares no effort to be of service but does not judge itself harshly for that service which seems to have gone awry. For it is in the opening of the heart and the giving from the very depths of the most precious resources one can bring up to offer that the true service lies.

我的朋友们，我们将会告诉你们我们现在尝试去告诉这个器皿的事情——那就是，不去检查你们做的事情的结果以便于发现对你们的价值的真实的度量，这是很好的。毋宁是去领悟，一次被好好地度过了的生命，不会吝惜任何进行服务的努力，但却不会为了看起来似乎已经出错了的服务而严厉地批判它自己。因为就是在心的开放之中，以及在从一个人能够产生出来的最为宝贵的资源的最深处的给予之中，存在有真实的服务。

It is not for one who lives in the veiled condition, that is the lot of all who dwell in third density, to judge of the worth or the unworth of any effort made to serve. It is true that service as a requirement, as a need, as a calling, does not come to an end and, therefore, there is always more service that can be offered. One is never done or completed in one's calling to service. The effect that true service, truly offered, has is that it does empty out the whole of the being of the seeker little by little, so that that which is carried of an unnecessary nature in the end needs no longer to be carried. When you have given your all, when you have opened your heart in love, without reservation, there is no more that could be asked of you, and it is not necessary to carry the heavy weight of judgment if, in your perception, the gifts you have had to offer have borne no fruit. That is something that is beyond your capacity to control. Your love may have effects far beyond their intended range of application. Your loves are always well spent just by being loves.

当一个人生活在被罩纱遮蔽的情况中的时候，所有居住在第三密度中的人都是被大量地遮蔽的，它要做的不是去评判任何为了服务而被做出的努力的价值或者无价值。服务作为一种要求，作为一种需要，作为一种呼唤，不会遇到一个终点的，这是真实的，因此一直都会有更多的能够被提供的服务。一个人永远都不会在一个人对服务的呼唤中被完成或者被完结的。真实的服务，被真正地提供的服务所拥有的效果是，它确实会一点一点地清空寻求者的全部的存有，这样，被携带着的具有一种不需要的属性的事物，在最后就不再需要被携带着了。当你们已经给予了你们的全部，当你们已经在爱中，毫无保留地开放了你的心，就不在会有任何更多的事物能够向你们请求了，如果，在你们的观念中，你们所要给予的礼物已经没有结出果实，这是不需要去承载批判的沉重的重担的。那是某种你们无法控制的事物。你们的爱可能已经在它们被打算好的应用的范围之外很远的地方产生出效果了。你们的爱，藉由仅仅成为爱，是一直都被很好地花费了的。

And so, the worthiness we would suggest to you that you seek lies not in the realization of the effects you have sought to achieve through your service and through your seeking, but rather in the nature of the service and the nature of the seeking themselves. Your worthiness does not depend on any reflection you might be given from the world concerning any excellence to which you may aspire. You discover your worthiness in opening your heart to service and opening your heart to love, and allowing that great cosmic energy which

is the gift to all who are incarnate to flow through you and, doing so, to find its destination where it will.

因此，我们会向你们建议，你们寻求的价值不是存在于对你们已经寻求通过你们的服务以及通过你们的寻求去取得效果的实现之中，而毋宁是存在于服务的属性以及寻求本身的属性之中。你们的价值并不依赖于任何的你们可能被给予的来自于世界的对于你们可能会渴望的优秀的反映。你们会在向着服务开放你们的心以及向着爱开放你们的心，同时允许巨大的宇宙的能量流经你们，并通过这样做来找到它将会前往的目的地的过程中发现你们的价值，这种宇宙的能量就是给所有投生的实体的礼物了。

Where it will, will be as wild and unpredictable as the wind. You may praise the wind, you may praise the mystery of the Creation, and in that praise, which is also a prayer, you will find the whisper coming back to you that envelops you with the sense that you may participate in the worthiness of the whole Creation. It is your birthright. As we have said through the one known as Jim, the crown, indeed, is upon the head of the worthy seeker.

它将会前往的位置，将会是和风一样地任性而无法预测的。你们可以赞美风，你们可以赞美造物的神秘，在那种赞美中，这种赞美同样也是一种祈祷，你们将会发现飒飒的风声返回到你身上，它将你们包裹在这样一种感觉中，即你们可能参与到整个造物的价值中了。这是你们的天赋权利。如我们已经通过被知晓为 Jim 的实体说过的一样，皇冠，确实是在有价值的寻求者的头上的。

We are those of Q'uo and we would at this time return to the one known as Jim, that we may speak to those questions that may still remain on the minds of those present. Adonai, my friends, Adonai.

我们是 Q'uo，我们会在此刻返回到被知晓为 Jim 的实体，这样我们就可以谈及那些仍旧留在在场的人的头脑中的问题了。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and we are once again with this instrument. We would ask if there might be a query remaining to which we may speak.

我是 Q'uo，我们再一次与这个器皿在一起了。我们会请问是否可能有一个剩下的问题是我们可以对其发言的。

Gary: Q'uo, in the preparatory process of the channel what are the fundamental actions needed and accomplished up to the point of receiving contact?

Gary: Q'uo，在传讯的准备过程中，一直到接收到接触之前被需要的以及被完成的基础的行动是什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. You have studied well this weekend the listing of these actions created by the one known as Carla. The most important of those in the list, shall we say, is the honing of the desire to serve, and using that desire as a motivator to accomplish the, shall

we say, techniques. That is, the tuning of your own instrument as you may be able to receive information that is of a spiritual nature, and of such elevation, shall we say, that it has an enlightening effect.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。你已经在这个周末仔细研究过了由被知晓为 Carla 的实体创造的这些行动的列表了。在列表中的那些活动中最为重要的活动, 容我说, 就是打磨去服务的渴望, 并将那种渴望作为完成, 容我说, 技巧的激励物。也就是说, 当你可能能够接收到具有一种灵性的属性的信息的时候, 对你自己的器皿的调音, 这种信息具有如此的, 容我说, 高度, 以至于它会拥有一种令人启发的效果。

There is also the need for the moving into a deeper portion of your own mind in the meditative state so that you may offer this tuning in a way which has meaning to you. There are prayers, there are songs, there are incantations, and various rituals that one may use to, shall we say, configure the mind in the way of the heart. The prayers that you have used are those that are most effective, indeed, for most entities gathered here. However, each may look to any other source of prayer or inspirational literature to also bring about this movement of the heart energy into the mind.

同样也会有在冥想状态中进入到你自己的心智的一个更深入的部分的需要, 这样你就可以用一种对你有意义的方式将这种调音提供出来了。会有祈祷词, 会有歌曲, 会有咒语, 以及一个人可以用来用心的方式对头脑进行配置的各种各样的仪式。你们已经使用的祈祷词, 是那些, 对于大多数聚集在这里的实体, 确实极其富有成效的祈祷词。然而, 每一个人都可以寻求任何其他的祈祷词的来源或者启发性的文学作品, 以同样产生出这些心的能量进入到头脑中的活动。

There is the need to make a contact, shall we say, that is helpful and supportive, whether it be with a guide, with your higher self, with an angelic presence with whom you have previous contact and appreciation, with those entities of a discarnate nature who are of great love vibration themselves and which can impart to you an enlivening equivalent vibration.

会有建立一种有帮助且支持性的, 容我说, 接触的需要, 无论它是与一个指导灵的接触, 与你的高我的接触, 与一个你之前已经接与之有过接触与了解的天使的存有的接触, 还是与那些具有一种非投生的特性的实体之间的接触, 这些非投生的实体在它们自己身上就具有一种伟大的爱的振动, 它们能够将一种令人富有生机的同等的振动注入到你们身上。

You have learned to move to this deeper level of your mind in the meditative state by techniques that may be said to be of a trance inducing nature, the hypnotic repetition of words or phrases, the moving down of the stairs or steps into a deeper portion of your own being, your own subconscious mind; and there are, within the deeper portions of your mind, resources that you may call upon, connections with the universe about you that you may open yourself to energies such as we now pour through this instrument, and which each of you now have tasted but a bit of.

你们已经学习过藉由一些可以被认为是一种诱导催眠的特性的技巧, 藉由对词语或者短语的催眠性的重复来移动到你们的心智的这个更为深入的状态中, 沿

着楼梯或者台阶向下移动进入到你们自己的存有，你们自己的潜意识的心智的一个更为深入的部分，在你们的心智的那个更为深入的部分之中，会有你们可以呼唤的资源、与你们周围的宇宙之间的连接，这样你就可以让你自己向着诸如我们现在通过这个器皿倾泻的能量开放了，你们每一个人现在都已经尝到过一点点的这种能量了。

This opening of the self to the deeper level of the mind is that which is best approached, shall we say, in a ritualistic fashion so that you are seeing the releasing and revealing of universal energies, not only from without you, from the cosmos itself, but from within you where you may make contact with intelligent infinity through the indigo ray into the violet ray. When you pray certain prayers, these become the ritualized vehicles that configure your mind which is enriched by your heart in such and such a fashion as to make this contact with intelligent infinity possible. In this way, you also complete your tuning so that you are able to not only receive these impressions of concept from entities such as are we, but you are able to offer your challenge to entities who wish to speak through you.

让自我向着心智的更为深入的层次开放，就是用一种仪式性地方式可以最佳地被接近的事物了，这样，你们就正在看到宇宙能量的释放与揭露了，不仅仅是来自于你们外部，来自宇宙本身，同样也来自你们内在之中，在你们内在之中，你们就可以通过靛蓝色光芒进入到紫罗兰光芒与智能无限建立接触了。当你们祈祷一定的祈祷词的时候，这些祈祷词会成为对你们的心智进行配置的仪式化的载体，你们的心智是用这样与那样一种使得与智能无限之间的这种接触成为有可能的方式而凭借着你们的心而变得丰富的。用这种方式，你们同样也完成了你们的调音，这样你们就能够不仅仅从诸如我们之类的实体那里接收到这些观念的印象，你们同样能够对那些希望通过你们发言的实体提供挑战了。

Thus, you are armed, shall we say, with a sense of yourself that is infinite, that is powerful, that is loving, that is desirous of serving. These are the qualities that you seek to enhance within your own being as you move into the role of an instrument—an instrument that is used by others, such as are we, who have the same desire as do you, to be of service to the One Creator in whatever form or fashion or function we may be. We find that there are many ways to serve and that the way in which we are now offering ourselves in service is one of the most gratifying, for we know that you will take that which we have to offer and not only use it for yourselves, but will share it with others in your means of communication to those who regularly seek from you such inspiration and information.

因此，你是用一种对你自己的感知来，容我说，武装你自己的，你自己是无限的，是强有力的，是有爱的，是渴望服务的。这些都是你寻求在你自己的存有中增强的特性，因为你移动是进入到一个器皿的角色——一个被诸如我们之类的，拥有和你们一样的渴望的，渴望去用无论什么我们可能的形式、方式、或者机能来服务太一造物者的其他的实体所使用的器皿。我们发现，会有很多服务的方式，我们现在通过其在服务中提供我们自己的方式是一个极其令人满足的方式，因为我们知道，你们将会接受我们所要提供的事物，不仅仅为了你们自己使用它，同样也将通过你们与那些会有规律地向你们寻求这样的启发和信息的实体

之间沟通交流的方式与其他人分享它。

Do you have another query, my brother?
我的兄弟，你们拥有另一个问题吗？

Gary: How does the new channel grow, develop and become a better instrument?

Gary: 一个新的器皿如何才能成长、发展并成为一个更好的器皿呢？

Q'uo: I am Q'uo and am aware of your query, my brother. We have three words for you: practice, practice, practice. As in all skills the repetition of the skill is that which develops within you a certain, shall we call, it muscle memory? Shall we call it mental configuration of ineffable qualities? Shall we call it the ability to renew and reinvigorate your continuing desire to be of service to others? It is the desire that causes the intention to service. It is the desire to offer yourself in full to the One Creator, to do the Creator's will at every turn however you may perceive it.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们会三个词语送给你：练习，练习，练习。如同在所有的技巧中一样，对技巧的重复就是会在你内在之中发展出一定的，容我们称之为，肌肉记忆的事物了。我们可以称之为对具有无法言喻的特性的心智的配置吗？我们可以称之为更新并恢复你继续渴望对其他人进行服务的能力吗？就是这种渴望产生出了服务的意愿。就是这种渴望会完全向太一造物者献出你自己，并在每一个转弯处都行使造物者的意志，无论你用何种方式感觉到造物者的意志。

This intensification of desire and intention is as important as the practice, for it fuels the practice. When the heart can imbue the mind with the limitless love for all Creation, a gift of the Father, then the spirit is reached in such a fashion that it becomes likened to a shuttle to make that penetration of intelligent infinity possible for you in the channeling process. For that is what you do when you channel. You make that contact. This is a holy contact. This is a sacred contact. Not just because it is a contact that produces words from those such as are we, but because it allows other energies as well to move within this opening, this contact—the energies of the One Creator, the energies of love, of light, of unity, of power, of service, of seeking, of compassion, of curiosity, of investigation. All of these are facets of the very jewel that is the Creator living within you.

对于渴望和意愿的这种强化就是和练习一样重要的事物了，因为它为练习提供了能量。当心能够题部分对于一切造物的无限的爱，这种爱是天父的一个礼物，灌注头脑的时候，接下来，灵性就会用这样一种会被比作一种运输器的方式被抵达，以在传讯的过程中让那种对智能无限的刺穿对于你们成为有可能的了。因为那就是当你们传讯的时候你们所做的事情。你们建立了那个接触。这是一个神圣接触。不仅仅因为它是一个从诸如我们之类的实体产生出言语的接触，同样也因为允许其他的能量同样在这个开口，这个接触中移动——太一造物者的能量，爱、光、统一、力量、服务、寻求、同情心、好奇心、调查研究的能量。所有这些都是活在你们内在之中的造物者之所是的那个宝石的侧面了。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: Thank you Q'uo. The Confederation has had an evolving policy with regard to how to offer service to those of Planet Earth, and it has been understood from the early years of this particular experiment that channeling was foremost among those means. At this present space/time is the opinion of the Confederation the same with regard to channeling, and are there other, equally efficacious means now available to the Confederation?

Gary: 谢谢你们，Q'uo。星际联邦在关于如何向那些属于行星地球的实体提供服务方面已经有过一种演变的政策了，从这个特定的实验的早期阶段就已经被理解的事情是，在那些方式中传讯是首要的方式。在这个当前的空间/时间，星际联邦在关于传讯的方面的观点是相同的吗，现在会有可以为星际联邦利用的其他同等有效的方法吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We see the treasure of a contact such as this one as that which is most helpful not only in the information that we are able to transmit through instruments such as those are here gathered, but, because of the nature of this particular group and organization, there is the possibility of disseminating this information around your globe through the means of the electronic transfer of information over your internet system. We seek communication in whatever form is the most helpful means of aiding the population of your planet in its progression towards harvest. We feel that whether the information is channeled, is offered, or wherever it comes from, if it is that which speaks of love and light contained within every being, if it speaks of the sharing of that quality of love and light with all others in order that the heart center might be opened, this is the information that is most helpful.

Q'uo: 我是Q'uo，我的兄弟，我理解了你的问题。我们将诸如这个接触之类的一个接触的财富视为是不仅仅在我们能够通过诸如那些聚集在这里的器皿之类器皿传递的信息的方面是极其有帮助的事物，同样，因为这个特定的团体以及组织的特性，会有可能性将这个信息通过对信息的电子的传递的途径通过你们的互联网系统在全球散播这个信息的可能性。我们寻求通过无论什么会帮助你们的星球的人群在其朝向收割的发展的方面是极其有帮助的形式来进行沟通交流。我们感觉到，无论信息是否被传讯，被提供，或者无论它是来自于何处，只要它是谈及了被包含在每一个存有内在之中的爱与光的信息，只要它谈及了与所有其他人对于那种爱与光的特性的分享以便于心的中心可以被开放，这货就是极其有帮助的信息了。

There are also means of providing healing at this date in your evolution being so near to the end of your third density. There are many, many more entities who have the ability to offer healing practices and to teach such to others so that the healing may be not only of the body, but of the mind, and perhaps even of the spirit, and may serve as a kind of illustration or symbol to others of these qualities of love and light, for the true healer works with the one to be

healed in a loving and compassionate fashion; and aids that entity to be healed in healing itself as the healer is able to offer its contact with intelligent infinity to interrupt the red/violet ray that holds the degree of ease or disease within the one to be healed.

在这个在你们的演化的存有如此接近你们的第三密度的终点的时间，同样会有其他的提供疗愈的途径。会有远远更多的实体拥有能量去提供疗愈的实践活动，并向其他人教导这样的疗愈的实践，这样疗愈就可以不仅仅是对身体的疗愈，同样也是对心智的疗愈，也许甚至是对灵性的疗愈，并可能作为一种类型的对其他人是这些爱与光的特性的实例或者象征而起作用，因为真正的疗愈者是与用一种有爱的且充满同情心的方式来与一个要被疗愈的人一同工作的，并帮助那个要被疗愈的实体疗愈它自己，因为疗愈者能够提供它与智能无限的接触来打断在那个要被疗愈的实体内在之中包含了舒适或者疾病的程度的红色/紫罗兰的光芒。

Any type of giving of love to another entity in whatever form, be it spoken words, be it written words, be it healing, be it the smile on the street, whatever means of sharing love and light is possible, is that which we see as being most important at this time. There is no way of sharing love and light that is not important. It is the intention with which it is shared we find to be of greatest importance. We find that the intention here within this group is very pure and is very powerful, and we take a great deal of pleasure in observing the light which emanates from this group. We are most grateful for your calling of us to be of service to you today.

任何类型的将爱用无论什么形式给予另一个身体，无论它是通过被说出的言语，还是被写下的文字，无论它是疗愈，还是在街上的微笑，无论什么有可能的分享爱与光的方式，都是我们视为是在此刻最为重要的方式。没有分享爱与光的方式是不重要的。我们发现具有最大的重要性的事物，就是它藉由其被分享的意愿。我们发现在这里在这个团体中的意愿是非常纯净且非常强有力的，我们在观察从这个团体散发出来的光的过程中得到了大量的快乐。我们对于你们呼唤我们今天对你们进行服务是极其感激的。

We would ask if there might be one final query at this time.

我们会请问，是否在此刻有最有一个问题？

Gary: I have one, but I turn first to the group to make sure. J?

Gary: 我有一个问题，但是我首先转向团体确认一下。J有问题吗？

J: Q'uo, often when I access deep mind, and especially when I attempt to accept the contact, such as today, I experience a great deal of anxiety. Can you speak to this?

J: Q'uo, 当我进入心智深处的时候，尤其是当我，诸如今天这样，尝试去接受接触的时候，我经常体验到巨大的不安。你们能够谈谈这一点吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Yes, you are the runner before the race and you are eager to do well, to run the straight race, to run the swift race, to reach the goal, to reach the finish line, to complete that which you have begun. In the beginning these nervous energies, these

jitters, shall we say, are noticeable because it is a new task which you are undertaking. Do not be overly concerned about them to begin with for they will, in their own way, power you forward. They will, in their own way, focus your attention so that you are aware quite concretely and minutely of that which it is that you are doing, that which you wish to do. It will give you an enhanced awareness. Over time and practice your experience will become so firmly established within you that these anxious energies shall no longer find a place to function within you, for it will be, shall we say, an "old hat" to you. It will become comfortable to you.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。是的, 你们是在比赛前的跑步者, 你们渴望去好好比赛, 你们渴望去跑直线, 去跑得快, 去抵达目标, 去抵达终点线, 去完成你们已经开始了的事物。在开始的时候, 这些神经的能量, 这些紧张不安, 容我说, 是值得注意的, 因为它是一个你们正在进行的新的任务。不要在开始的时候过度担忧它们, 因为它们将会, 用它们自己的方式, 推动你们前进。它们将, 用它们自己的方式, 见你们的注意力集中起来, 这样你们就会相当具体地且细致地察觉到你们正在做的事情, 你们希望去做的事情。它将会给予你们一种强化的察觉。随着时间和练习的推进, 你们的体验将会成被如此稳固地构建在你们内在之中, 因为它将会成为你们的, 容我说, 一顶"旧帽子"。它将会对于你们成为舒适的。

May we speak to any further nuance of that query, my brother?
我的兄弟, 我们可以用任何进一步的方式谈及那个问题的微妙之处吗?

J: No, I'm very grateful, Q'uo.
J: 不用了, 我非常感激, Q'uo。

Q'uo: We are those of Q'uo and we are also grateful to you, my brother, for when you ask us a query, you provide us a means of service. As you move further and further along your own journey of seeking, you will discover that serving others is the most rapid way of polarizing your own self, and the greatest sense of satisfaction can become when you know that you have offered that which is your highest and best in you to each person that you meet. You may serve all entities that you meet, at all times, whether it is simply with a smile, a helping hand, a conversation, or part of your sandwich. There is no way that you cannot serve if your desire is to serve, so go forth my friends. Go forth in the love and light of the One Creator which is what we are preparing to do now. We appreciate so much your calling us this day. We leave you in that love and light as we found you in that love and light. We leave you in the love and light of the One Infinite Creator. Adonai vasu borragus.

Q'uo: 我是 Q'uo, 我们同样也对于你是极其感激的, 我的兄弟, 因为当你询问我们一个问题的时候, 你提供给我们一条服务的途径了。当你们沿着你们自己的寻求的旅程越来越远地前进的时候, 你们将会发现, 服务他人是最为快速的让你自己的自我极化的途径, 当你们知晓你们已经向每一个你们遇到的人都提供了在你们内在之中你们最高和最佳的事物的时候, 就会有最大满足感了。你们可以在所有的时候都服务所有你们遇到的实体, 无论它是单纯地藉由一个笑容, 一只帮

助的手，一个对话，或者你的三明治的一部分。如果你们的渴望是去服务的话，没有你们无法进行服务的方式，因此，我的朋友们，前进吧。在太一无限造物者的爱与光中前进吧，这就是我们现在准备好去做的事情了。我们如此感激你们今天呼唤我们。我们在爱与光中离开你们，如我们在那种爱与光中发现你们一样。我们在太一无限造物者的爱与光中离开你们。Adonai Vasu Borragus。

November 19, 2016

2016-11-19 社会运动与开放的心

Group question: Our question today, Q'uo, concerns activism. On one hand, we have statements from Ra like this one from 34.9 where they say:

团体问题：我们今天的问题，Q'uo，涉及到行动主义。在一方面，我们已经从Ra拥有了诸如这个来自《一的法则》34.9的说法之类的说法了，Ra在那里说：

"There are some few whose desires to aid society are of a green ray nature or above. These entities, however, are few, due to the understanding, may we say, of fourth ray, that the universal love freely given is more to be desired than principalities or even the rearrangement of peoples or political structures."

"会有少数一些人，它们去帮助社会的渴望是具有一种绿色光芒的特性或者在其上方的光芒的特性。然而，由于对第四密度的光芒的，容我们说，理解，这些实体是少数，第四密度的光芒的理解即，被自由给予的普世大爱是比领地，或者甚至是对人的重新布置，或者政治上的结构，要更多地被渴望的。"

We also have reminders from the Confederation that the most powerful and fundamental service is one of being, not doing. That is, the radiation of realization of oneness with the Creator.

我们同样有来自于星际联邦的提醒，最为强有力且最为基础性的服务是存在的服务，而不是行动的服务。也就是说，对于与造物者的一体性的领悟的辐射。

On the other hand, we hear from voices like Martin Luther King, Jr. and others studying oppression that, in a societal body, silence and non-resistance is tantamount to tacit support of unjust or perhaps even tyrannical policy.

在另一方面，我们听到类似马丁路德金以及其他的研究压迫的人的声音，它们说，在一个社会体中，沉默和不抵抗，与对不公，或者也许甚至是对暴政的默许的支持，是同等的。

Can you please speak to these seemingly competing ideas and how the seeker who wants to contribute positively to creating a positive society can be of the greatest service?

能请你们谈谈这些表面上有冲突的观念，以及想要去正面性地为创造出一个正面的社会做贡献的寻求者能够如何进行最大的服务吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator. We are honored to be called to your group this afternoon. You have created in your circle of seeking a great tower of light that we perceive from what you would call the heavens above you. We would speak this afternoon to your concerns about how the seeker of truth may participate in the worldly affairs including those that you have called the elections of individuals, the social movements of change, the individual protests of injustice, and all

manner of disharmony that is apparent to any seeker of truth with an open heart in your illusion.

我是 Q'uo, 我们在太一无限造物者的爱与光中向你们各位致意。我们对于在这个下午被呼唤到你们的团体是感到荣耀的。你们已经在你们的寻求的圈子中创造了一个巨大的光之塔, 我们从你们称之为你们上方的天堂中感觉到了它。我们在今天下午对你们谈及你们在关于真理的寻求者如何参与到世俗的活动中的方面的关注点, 包括那些你们已经称之为对个体的选举, 社会性的改造的运动, 个体对于不公正的抗议, 以及所有对于任何在你们的幻象中带着一颗开放的心的寻求者都是显而易见的不协调的方式。

My friends, this is an illusion, your third-density experience, but it is an illusion with a purpose. It is not mere misdirection or misrepresentation. It is an opportunity, my friends, for you to polarize more positively in your seeking of the One Creator all about you, within you, without you, within every other soul with whom you share this planetary influence. This is not an easy task, my friends, it is one which requires great dedication upon each level of your being. You have within you the power to decide. You have free will. How to exercise this free will is your question.

我的朋友们, 这是一个幻象, 你们的第三密度体验, 但是它是一个带有一个目的的幻象。它不是单单的方向错误或者表达错误。它是一个机会, 我的朋友们, 供你们在你们对在你们周围, 在你们内在, 在你们外在, 在每一个其他的你们与之分享这个星球的灵魂内在之中的太一造物者的寻求中, 更为正面性的极化的机会。这不是一个容易的工作, 我的朋友们, 它是一个需要在你们的存有的每一个层次上的巨大的奉献的工作。你们在你们内在之中拥有去做出决定的力量。你们拥有自由意志。如何去实践这种自由意志是你们的问题。

With each situation that you approach and which approaches you, or times such as the one which you now experience, it seems that you have been approached by that which is most difficult, disharmonious, and most distasteful. And yet we tell you, my friends, that there are truly no mistakes. This is not just a convenient saying or a cop-out for refusing to face an unpleasant truth. There can be no mistakes, for there is only one Creator. There are not two powers in this universe, there is not good and evil, there is only the Creator in various aspects.

对于每一个你们着手处理的情况以及每一个接近你们的情况, 或者诸如你们现在体验到的时刻之类的时刻, 看起来似乎你们已经是在面对着极其困难, 不协调且极其令人厌恶的事物了。而我们告诉你们, 我的朋友们, 真的没有错误。这并非仅仅是一个便利的说法或者用于拒绝一个令人不愉快的真理的逃避。不会有错误, 因为仅仅只有太一造物者。在宇宙中没有两种力量, 没有善恶, 仅仅只有在各种各样的面向中的造物者。

Each of the 7 billion souls which inhabit your planetary sphere is the Creator, and yet each has an individual perception of its own purpose and place within this universe of being. Various of these individuals have gotten themselves together in groups of shared ideals, purposes, programs, desired outcomes. Some have political parties, some have churches, some have social

movements. There are as many ways to gather as there are imaginations to conceive of thoughts, principles, and manners of seeking, which you may loosely call the truth.

居住在你们的星球上的每一个灵魂都是造物者，而每一个灵魂都对它自己的目的以及在这个存在的宇宙中的位置拥有一种个人的知觉。这些个体中有各种各样的个体已经让它们自己聚集到被共享的理想、目的、程序以及被渴望的结果的团体之中了。一些个体拥有政治性的党派，一些人拥有教会，一些人拥有社会运动。有多少想象想法、原则、寻求你们可以松散地称之为真理的方式的想象力，就会有多少聚集在一起的途径。

When you find yourself in the situation in which you now find yourself, that you wonder what it is that you should do. What is it to do that is most helpful to the society around you, to staying true to your own spiritual principles, to being of service to everyone that presents themselves to you in need of such service as you may provide. Again, my friends, your freewill choice is of paramount importance. We cannot tell you precisely what you should do; it is not our purpose to guide your actions and to learn for you, but we can tell you that you do not need to fear making mistakes that are irreparable, damning and damaging to a spiritual journey if you but stay open to that still small voice inside you. That is the voice of the Creator, my friends. It has ever been with you. Some listen more carefully to this voice than others. And how best to listen to this voice, my friends? You will not find it in the hubbub and hurry and hassles and hastes of the day. You will find it instead in the depths of your meditation, in your prayer, in your contemplation, in your consideration of what it is to be human, to be you, to be alive, to be filled with purpose, to make oneself allied with the highest spiritual principles.

当你发现你自己处于你现在发现你自己处于其中的情况中的时候，你会想要知道，你应该做什么事情。去做什么事情是对于在你周围的社会，对忠实于你自己的灵性上的原则，对于服务每一个将它们自己趁现在在你面前的需要你可以提供的服务的人最有帮助的。再一次，我的朋友们，你们的自由意志的选择是具有至高无上的重要性的。我们无法准确地告诉你们，你们应该做什么，去指引你们的行动并为你们进行学习，这不是我们的目的，但是我们能够告诉你们，如果你们对在你们内在之中的那个微小的声音保持开放，你们并不需要害怕犯下不可弥补的，无法逃避的，并对一条灵性上的旅程造成损伤的错误。那就是造物者的声音，我的朋友们。它一直都是与你们在一起的。一些人会比其他人更为仔细地聆听这个声音。我的朋友们，如何最佳地聆听这个声音呢？你们将会在你们的冥想的深处，在你们的祈祷中，在你们的沉思中，在你们对成为人类，成为你们，成为活着的，被目的所充满，以及让你自己与最高的灵性的原则结为同盟是什么的考虑中找到它。

We are aware of the one known as Mahatma Ghandi. He is one who traveled the road of seeking both spiritual enlightenment and social justice. Indeed, few in the history of your planet have traveled this road more successfully. He took on the British Empire, my friends, and he won. India became free. When he would meet with his advisors the night before the day of meeting with social, political, spiritual and community leaders, they would plan the day, and

if the day was promising to be a long one, he would simply say, "I must arise earlier to meditate longer." Do not refuse to use any tool that you have, my friends, as long as you use these tools in love, in light, in consideration of the fact that you deal only with the Creator, no matter what the face may present itself to you.

我们了解被知晓为圣雄甘地的实体。它是一个已经同时在寻求灵性的觉醒与寻求社会的真理的道路上旅行过的实体。确实，在你们的星球的历史中几乎没有人已经更为成功地走过这条道路了。他面对着大英帝国，我的朋友们，他赢了。印度成为自由的了。当他在与社会、政治、灵性以及社团的领袖的会面的日子的前一个晚上，他与他的顾问开会，它们会为那一天做计划，如果那一天注定是一个漫长的日子，他会单纯地说，“我必须早起以冥想更长的时间。”不要拒绝使用你们拥有的任何的工具有，我的朋友们，只要你们是在爱中，在光中，在对你们仅仅是在与造物者打交道的考虑中使用这些工具，无论造物者的什么面孔已经将它自己呈现给你们了。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would like to begin by thanking this instrument and this group for the sincerity of its efforts in seeking and in calling upon us to participate in this seeking. This instrument has been most assiduous in challenging us today for it has felt that it is a day upon which many have dealt with difficult emotional circumstances, and that these emotional circumstances give fertile ground for negative greeting, and we will agree that this is, in fact, true, and that every precaution that you may take against that kind of intrusion upon your own free will and your efforts to open your hearts in love to others around you, should be carefully screened for intent. We are those of the Confederation of Planets in Service to the Infinite Creator, and our intent is to come in service and in love in the name of an open heart, in the name of being open and helpful to others. We feel that that intent is harmonious with the intent of this group and it is only because of this that we feel we may offer our service at this time.

我是 Q'uo，我与这个器皿在一起了。我们想要藉由感谢这个器皿以及这个团体在寻求中以及在呼唤我们参与到这种寻求中的努力的真诚来开始。这个器皿在今天在挑战我们的过程中已经是极其认真的了，因为它感觉到这是一个很多人在其中已经与困难的情绪的情况打过交道了的日子，这些情绪的情况为负面性的致意给予了肥沃的土地了，我们将会同意，这确实是真实的，在防范对你们自己的自由意志的那种类型的侵犯的方面，你们可能采用的每一个谨慎，以及你们在对你们周围的人的爱中开放你们的心而努力，都应该为了意图而被仔细筛选。我们是服务于无限造物者的星际联邦，我们的意图是以一种开放的心名义，以开放且对其他人有帮助的名义，通过服务并通过爱而来。我们感觉到，那个意图是与这个团体的意图是协调一致的，仅仅因为这个原因我们才在此刻感觉到我们可以提

供我们的服务。

So, the question that the group has asked this day brings up an issue that faces third-density seekers over and over again, and we will say also continues well into the fourth-density experience. We may put the question in the following way: Shall the seeker after truth focus this seeking upon the suffering nuances of opening the heart little by little in the context that the daily catalysts suggest as opportunities for seeing the self in the mirror provided by others, and in allowing the self to serve as a mirror to others, or shall the self sally forth into the world armed with its best estimate of how that world may be improved, how that world may be amended in such a way as to better enable other selves to find their way.

因此，这个团体在今天已经询问的问题产生出一个第三密度的寻求者一次又一次会面对着的议题，我们将会说，这个议题同样也会继续进入到第四密度的体验。我们可以用这样的方式表述问题：追寻真理的寻求者是应该将这种寻求聚焦在遭受在每一天的催化剂的背景中一点一点地开放心的微妙差别上，这种催化剂暗示了机会，机会即在被其他人提供的镜子中，以及通过允许自我作为其他人的一面镜子而起作用而看到自我，或者自我应该用这样一种会更好使得其他自我能够找到它们的道路的方式而带着它对于这个世界可以如何被改进，这个世界可以如何被修正的最佳的估计的武装前进进入世界之中。

Now, we will not offer you a definitive answer to this question, for indeed, it has not been our experience that there is one definitive answer that fits all circumstances, but we would suggest that the first responsibility of each seeker after the truth is to seek that truth in the highest and best way that is available to the seeker, and not only that, but to seek to make that truth available to others in as clear and clean and undistorted a way as is possible given the limitations of the seeker and the one who seeks to serve, and the limitations of the circumstances in which that service may be brought forth and offered to others and to the world. So, we will say that it is a question that each here must ask him or herself where precisely this balance is perceived to lie at the point of asking.

现在我们将不对这个问题为你们提供一个明确的答案，因为，确实，我们的经验并不是会有一个会适合于所有情况的明确的答案，但是我们会建议，每一个追寻真理的追寻者的首先的责任就是去用可以为那个寻求者所取得的最高与最佳的方式来寻求那个真理，不仅如此，在考虑到寻求者以及那个寻求去服务的实体的局限性，以及服务可以在其中被产生出来并被提供给其他人，提供给世界的情况的局限性的情况下，同样也用一种尽可能清晰、纯净而无扭曲的方式，寻求去让那个真理可以为其他人所取得。因此，我们将会说，一个每一个在这里的人都必须询问他自己或者她自己的问题就是，在询问的时刻这个平衡准确地会被感觉到存在于什么位置。

There are some considerations which we would suggest it is relevant to ask. The first of these considerations is "What are the present limits of my ability to serve?" Now, these limits will legitimately to be seen to involve first of all those talents which one has to offer to the world. Presumably these talents have

already been broadly and well employed in the various functions that individuals have in the societal complex. But it may be that opportunities for service will be seen to revise in particular ways given the unfolding of events such that it seems possible that there might be a goodly reception for abilities one may bring forward in service.

会有一些考虑是我们会建议适合于询问的。这些考虑中的第一个考虑即，“我去服务的能力的当前的限制是什么呢？”现在，这些限制将正当地被看到首先包含了一个人所要提供给这个世界的那些天赋的。假定这些天赋已经被广泛且很好地应用于个体在社会复合体中所拥有的各种各样的机能之中的。但是，会有可能那个服务的机会将会被看到用特定的方式改变了事件的发展，以至于看起来似乎有可能会有很多的对于一个人可能通过服务产生出的能力的一种接纳性。

On the other hand, there is another consideration and we would suggest that of the two this is the more significant. It is a question of how things stand with regard to the openness of the heart on the part of the seeker seeking to serve. You cannot serve to any better effect than is grounded in the clarity of the open heart. There is no strategy, there is no procedure, there is no rightness of action which is so correct in itself that it can be seen to override the spirit in which the service is offered.

在另一方面，会有另一个考虑，我们会建议在那两个考虑中，这一个更加重要的。它是一个在关于在那个寻求去服务的寻求者的部分上的心的开放性的方面，事物如何与之相一致的问题。你们无法拥有比被扎根于开放的心的清晰度的效果更好的服务的效果了。没有策略，没有步骤，没有行动的适当性，这种行动的适当性在其自身之中就是如此正确，以至于它能够被视作是压倒了服务通过其被提供的精神的。

Now, to this spirit there go a number of considerations. In offering to serve are you motivated by a judgment? Are you motivated by a judgment that places in a certain light the other selves that you seek to serve? Are you motivated by a judgment that places in a certain light the group mind, if you will, of the social energy complex which surrounds you? Are you motivated by a judgment which might suggest that you yourself are in possession of knowledge; that you yourself are in possession of some capacity or perfection that those around you lack and would be well advised to accept as a gift from you?

现在，对于这个精神，会有很多的考虑。通过提供服务，你们是被一个评判所鼓舞的吗？你们是被一个将那个你们寻求去服务的其他自我放置在一定的光之中的判断所评判的吗？你们是被一个将具有包围着你们的社会能量复合体的团体心智，如果你们愿意这样说的话，放置在一定的光之中的评判所鼓舞的吗？你们是被这样一种评判所鼓舞的吗，这个判断可能会建议，你自己是拥有知识的，你自己是拥有某种在你周围的人所缺少的，并且会作为来自于你的一个礼物而被建议去接受的能力或者完美性的？

These possibilities that we have just listed we would suggest to you can be seen as so many possibilities in which you can be entrapped, for in the open-hearted service, there cannot be the least scintilla of judgment. The

open heart does not judge. And so, there is work of a preliminary nature before any who would serve with the clarity of the open heart, and this work is to ensure that the service that one proposes to offer is indeed grounded in an open-hearted, or green-ray energy. So, the work of the self upon the self is a work that, if it is neglected, will inevitably yield a circumstance such that the service that comes forward will be tainted if it is not first washed in love.

对于我们刚刚已经列举的这些可能性，我们会向你们建议，它们能够被视为是如此多的你们可以被引诱堕入其中的可能性，因为，在开放的心的服务中，不会有一丁点最少的评判。开放的心并不评判。因此，对于任何带着开放的心的清晰度而服务的人，在它的面前会有具有一种预备性的特性的工作，这个工作就是去确保，一个人打算要提供的服务是确实被扎根于一种开放的心，或者绿色光芒的能量之中的。因此，如果自我对自我的工作被忽略了，这种工作将会无可避免地产生出一种这样一种环境，产生出来的服务将会玷污，如果这种服务没有首先在爱中被清理过的话。

It is so easy, my friends, to be drawn out from your center, to be caught up in the turmoil of the events of the day, to find one's anger rising when one sees injustice, when one sees intolerance, when one sees hate having its way with other souls seemingly not able or willing to reach the condition of the open heart. The world is a vast place, my friends, and it cannot be set right by any action that merely conforms to the principles of right action.

我的朋友们，要从你们的中心被拉出来，要陷入到生活的事件的混乱之中，在一个人看到不公的时候，在一个人看到偏执的时候，当一个人看到仇恨正在对于其他的看似无法或者不乐意于伸手触及开放的心的条件的灵魂产生出来的时候，要去发现一个人的愤怒，这是如此容易的事情。这个世界是一个巨大的地方，我的朋友们，它无法被任何的仅仅符合于正确的行动的原则的行为所修正。

And so, it can very easily seem to the seeker that is distraught, to the seeker that is frustrated, to the seeker who is filled with sorrow gazing upon the wounds of the world, that there simply is nothing to be done. And maybe that is so. Maybe it is so that there is upon an occasion or two or three or four, nothing to be done.

对于发疯的寻求者，对于受到了挫折的寻求者，对于因为注视着世界的创伤而被忧伤所充满的寻求者，非常容易看起来似乎没有任何事情能够被进行。可能就是如此。可能会有一个、两个、三个或者四个场合，确实没有任何事情能够进行。

But if you look deeper into the heart of that nothing, it may begin to be clear that what seems to be nothing can, upon closer inspection, turn out to be a something after all. It can seem that what you have available before you that you can possibly do, could not possibly have much effect on the course of events, and yet a little bit here, a little bit there, can surprise you. And the more that the little bits of your interactions with the world are filled with larger and larger bits of your love, the more that love can come to have a place in the world.

但是，如果你们更为深入地洞悉那个没有空无一物的中心，可能会看似变得清晰的事情是，看起来似乎空无一物的事物，在更为仔细的检查的情况下，能够最后

变成一种某个事情。它可以看起来似乎是，你们已经在你们面前就拥有那个你们有可能能够做的事情了，那个事情有可能不会对时间的进程有很大的影响，而这里一点点，那里一点点的影响，是能够让你们感到吃惊的。你们与这个被你们的爱的越来越大的部分所充满的世界的一点点的互动越多，那种爱能够在世界上开始拥有一个位置就会越多了。

There is no telling, my friends, what effects a little love will have, and if you do the work that is available for you in the immediacy of your life, in the immediacy of your meditations, in the intimacies of your interactions with your fellow human beings, you may find, you may find, my friends, that a very little can become a very lot.

我的朋友们，一点点的爱将会拥有什么效果，这是不知道的，如果你们做在你们的生命直接性中，在你们的冥想的直接性中，在你们与你们伙伴的人类的互动的直接性中可以为你们所取得的事情的话，你们可能发现，我的朋友们，你们可能发现，一点点的爱能够成为很多的爱。

Now, having said that, we will not say that you should inevitably withdraw from all interactions with what you may call, the larger social movements, which may be underway and which may have the opportunity to change the course of events as they unfold upon your planet. We have simply spoken to the need for each individual to consider well, to consider often, and to consider deeply, what energy you are contributing to the flow or the current represented by these movements. If you bring anger, you will find that anger begets anger. If you bring fear, you will find that fear begets fear. If you bring love, you may find that love reaches out in love and finds itself in response to love offered back. And as predictable as anger is in its response, and as predictable as fear is in its response, even in a completely opposite way it is unpredictable how love will respond to love that has been offered. For it is love that is the creator of energy and it is the energies of anger, of fear, and of judgment, that are restrictive, that are destructive.

现在，在已经说了那一点之后，我们将不会说，你们将会不可避免地要从你们与那些你们可能称之为更加大型社会运动之间的所有的互动中撤退，这些社会运动那可能是在进行中的，并可能拥有机会随着它们在你们的星球上的展开而改变事件的进程的。我们已经简单地谈及了一个个体去充分考虑、去经常地考虑、去深入地考虑，你们正在贡献给被这些运动所代表的流动与潮流的能量是什么的需要了。如果你们带来了愤怒。你们将会发现愤怒会招致愤怒。如果你们带来了爱，你们可能会发现，爱会在爱中伸出手并发现它自己处于被反向给予的爱的回应之中了。一样可以预见的是，愤怒会出现在对愤怒的回应中，恐惧会出现在对恐惧的回应中，甚至用一种完全相反的方式，爱将会如何回应已经被提供的爱，这是预料不到的吗？因为能量的创造者恰恰就是爱，而限制性、破坏性的能量，恰恰正是愤怒、恐惧与评判的能量。

So, the core of our message to you today, would simply be that those opportunities for engagement with your social energy complex which suggest the possibility that you may bring to this engagement the fullness of your own love, these are opportunities well taken. If, on the other hand, you

find that your personal circumstances are such that as you get called forth into these group energies, you feel yourself thrust out from your center, and you feel yourself losing your balance and you fear yourself at a distance from the creative source of your own loving outreach, then it is better to take a step back, to retreat into a safe place, to join yourself with those of like mind and of open heart that you may find renewal, for you will never have the ability to offer positive energy to the social complex if that positive energy is not already what describes your situation.

因此，我们今天的信息的核心会单纯地是，对于那些参与到你们的社会能量复合体的机会，如果你们有可能将你们自己的爱的完整性带着这种参与，这些机会就是要被好好利用的机会了。在另一方面，如果你发现你个人的环境是这样的环境，当你被呼唤到这些团体能量之中的时候，你感觉到你自己是从你的中心被推出来，你感觉到你自己失去了你的平衡，你害怕你自己与你自己的爱的所及范围的创造性能量有一段距离了，接下来，向后推一步，退入到一个安全场所，让你自己与那些具有类似的想法以及开放的心的人在一起，以便于你找到恢复，这是很好的，因为如果正面性的能量不是已经描绘了你的情况的事物，你将永远不会拥有能力去对社会复合体提供正面性的能量。

There are energies abroad in the land at present which are of a negative hue. Negativity is not ultimate correctable by equal but opposite negativity, and so the trick of serving in the environment you now face, is to, first of all, find the source of the positive love you have within you, and then secondly, to find some pattern of expressing your being that allows you to maintain the thread of that positivity as you wend your way through the complicated pathways of your opportunities to serve your larger society.

当前在地面上流行的能量是具有一种负面性的色调的能量。负面性最终是无法被相同但现对的负面性所纠正的，因此，在你们现在面对的环境中的服务的诀窍就是，首先在你内在之中找到你拥有的正面性的爱的源头，接下来，其次，找到某种表达你的存在的模式，这种模式会在你穿越你去服务你更大的社会的机会的复杂的道路的时候允许你保持那种正面性的线路。

We feel the distraught cries, not only of this group, but of many who share your society at this time. We are the Brothers and Sisters of Sorrow and we have sorrowed with your peoples many times before, but we will say that for all the sorrows we have endured with you, that there also have been many, many joys. Those joys will not die, my friends, those joys can serve as a reminder and a beacon that better days will come, and the way that you can keep the home fires burning, is by remembering the love you have for those around you that make it easiest for you to remain within the center of your love, which, once again, is the open heart. In the simplicity of the open heart there is a way, and it is to that that we would commend you.

我们感觉到了那种发疯了呼喊，不仅仅是这个团体的呼唤，同样还有在此刻很多分享了你们的社会实体的呼唤。我们是忧伤的兄弟姐妹，我们在很久以前对你们的人群是忧伤的，但是我们将会说，对于所有我们与你们一起忍受的忧伤，同样已经有很多的喜悦了。这些喜悦将不会消逝，我的朋友们，这些喜悦能够起到一种提醒物和一个灯塔的用处，那种提醒即，更好的日子将会出现，你们能够

在家迎接的方式，就是藉由回忆起你们对你们周围的人所拥有的爱，这种爱会让你们要留在你们的爱的中心是最为容易的，再一次，你们的爱的中心就是开放的心。在这种开放的心的简单性之中，会有一条道路，它就是我们对你们推荐的道路了。

We are those of Q'uo and we leave you in the love and in the light of the One Creator and would, at this time, return to the one known as Jim to inquire whether there are further questions yet upon the minds of those present. Adonai, my friends, Adonai.

我们是 Q'uo，我们在太一造物者的爱与光中离开你们，在此刻，我们会返回到被知晓为 Jim 的实体以询问是否在那些在场的人的头脑中会有进一步的问题。Adonai，我的朋友们，Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo and am once again with this instrument. May we ask if there are any further queries within the group today?

我是 Q'uo，我们再一次与这个器皿在一起了。请问在这个团体中是否有任何进一步的问题？

D: I have a question. Many near-death survivors report with great consistency unconsciously leaving their bodies and being drawn to a non-earthly realm where they meet a spirit entity of infinite unconditional love and light whom they tend to regard as God, or other cultural equivalent deity. Many also experience a life review, and some are able to learn about life purpose and the true nature of creation far beyond current scientific understanding. Do you regard what we learn from such experiences to be consistent with your teachings in general?

D: 我有一个问题。很多濒死体验的生还者都带着巨大的一致性报告了离开身体并被吸引到一个非尘世的领域，在那里它们遇到了一种具有无限的无条件的爱光的灵性的实体，它们倾向于将这个实体称为神，或者其他的文化上同等的神祇。很多人同样也体验到了一次生命的回顾，一些人能够了解生命的目的以及远远超越当前的科学性的理解的造物的真实的属性。你们认为我们从这样的体验中学会的事物一般而言是与你们的教导是一致的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, we do agree with that which you've spoken, and indeed there is far more to add. The near-death experience is that which is not an accident, shall we say, it is that which is brought to an entity as an opportunity to reinvigorate the incarnational experience. There are some entities who have programmed such reinvigorations into their incarnations previous to the incarnation, knowing that there would be the need for reviewing that which was planned aforesaid.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。确实，我们的确赞成你们已经谈及的事物，确实有远远更多要补充的。濒死体验不是一次，容我说，偶然

事件，它是作为一个机会被带给一个实体以使得投生体验恢复生气的事物。会有一些实体在投生之前就已经将这样的恢复生气规划到投生之中了，它们同时知晓，会有回顾之前已经被计划好的事物的需要。

Oftentimes, entities are aware that certain lessons have been difficult in previous incarnations and have programmed these to be repeated in the upcoming incarnation knowing that there will be a time of trial and testing, and will require additional energies. Thus, when one passes from this material illusion into the world of spirit, there are oftentimes a variety of entities that may greet the departing soul. Most often, this is one of the spirits that overlook such souls progress within the incarnational pattern. Each entity within the third-density illusion has three guides: one of a male nature, one of the female nature, and one is what you would call androgynous. Depending upon the entity's type of lessons and progress in learning the lessons, will one or other of these guides be summoned to greet the entity as it passes through the veil of forgetting and enters into true life—that which is without illusion.

时常，实体察觉到了在之前的投生中一定的课程已经是困难的了，并已经将这些课程规划好要在一次即将到来的投生中被重复了，它们同时知晓，将会有有一个试错的时期，并将会需要额外的能量。因此，当一个人离开这个物质性的幻象进入到灵性的世界的时候，时常会有各种各样的实体可能欢迎离开的灵魂。极其经常地。这个实体会是监督这样的灵魂在投生模式中的发展的灵性中的一个。在第三密度的幻象中的每一个实体都拥有三个指导灵：一个具有一种男性属性，一个具有旅行属性，一个是你们所称的雌雄同体。基于实体在学习课程中的课程的类型以及进展，这三个指导灵中的一个或者另一个将会被召唤在那个实体穿越遗忘的幻象并进入到真实的生命——真实的生命是没有幻象的——的过程中向欢迎那个实体。

There are other entities available to the departing entity that are part of this entity's, shall we say, soul group, spiritual family, or clan, as they have often been called. These entities are also available for support in such instances as the near-death experience, for all have planned together to undertake certain experiences, certain lessons, and certain services within the incarnation.

会有其他的实体是可以为那个正在离开的实体所利用的，它们是这个实体的，容我说，灵魂团体，灵性家族，或者，氏族的一部分，因为它们已经经常被呼唤了。这些实体在诸如濒死体验之类的情况中同样是可以被用于起到支持的作用的，因为所有的实体在一起都已经被规划好要在投生中去经历一定的体验，一定的课程以及一定的服务的。

There is also available to the entity a council of elders that may help to review the lessons in the incarnation just previously left, shall we say, or completed, in the case of the entity who is permanently passing through the death experience. This council may also provide, shall we say, a broader point of view to the departing entity, that will enhance this entity's understanding of what it has undertaken to learn, what has been left unlearned, and what may be possible in another incarnation or in resuming the incarnation that has just

been left momentarily, shall we say.

同样会有可以为实体所取得的一个老灵魂的顾问团，它可能会帮助回顾之前刚刚离开的投生中，或者，在会永远地穿越死亡的体验的实体的情况中，是刚刚被完成的投生中的课程。这个顾问团同样也会为那个离开的实体提供，容我们说，一个更大的视角，那个视角将会增强实体对于它已经进行了的学习，尚未被学会的事物，已经在另一次投生中或者在恢复，容我们说，刚刚暂时离开了的投生之后，可能是有可能的学习。

There are many, many entities who have had these near-death experiences, and these are experiences which have been occurring more and more frequently within the last, shall we say, half century of your illusion, for there is a greater understanding, if we may misuse this term for this delusion, of this process. There is more, shall we say, data and experience available so that those who seek to share this experience with others, that they may also be enlightened according to the possibilities of such experiences. They then do so, realizing that there is now a growing body of evidence that reveals the greater purpose of both the incarnation within this third-density illusion, and the greater reality that is entered after leaving this illusion, that allows the spiritual seeker to learn those lessons of importance to it so that it might become a balanced entity in the overall sense, and continue moving forward in its journey of seeking unity with the One Infinite Creator.

会有很多的实体已经拥有过这些濒死体验了，这些体验在你们的幻象的，容我们说，过去的半个世纪中已经越来越频繁地发生，因为会有有一种对这个过程的更大的理解，如果我们为了这个谬误而误用理解这个词的话。会有更多的可以为那些寻求去与其他实体分享这种体验的实体所取得的，容我们说，数据与体验，这些其他实体同样可能由于这样的体验的可能性而受到启发。它们接下来会进行这种分享，并同时意识到，现在会有有一种不断增多的证据，这些证据会同时揭露在第三密度的幻象中的目的，以及在离开这个幻象的时候要进入到的更大的实相，这会允许灵性寻求者学习那些对它具有重要性的课程，这样它就可以成为一个在整体的意义上平衡的实体，并在它寻求与太一无限造物者的合一的旅程上继续前进了。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

D: I have one other. I dreamed of being reincarnated three hundred years hence in a much changed world after global and environmental disaster and precipitous population decline. Although I felt relieved to be informed that humankind survived and remain civilized, I feel great responsibility to do whatever I can to counter or alleviate such massive change and the suffering it must involve. And so I have two questions. Does my dream, in fact, describe future reality, and in the larger context of human experiences gained, is my felt responsibility misplaced?

D: 我有另一个问题。我梦见在之后的三百年后转世投生在一个全球性的环境大灾难之后的一个大大改变过的世界中，人口急剧下降。虽然我对于被告知人类存活下来并保留了文明是感到安慰的，我却感觉到有巨大的责任去做无论什么我能

够做的事情来反对或者减缓这样的重大的改变以及它必定会包含的苦难。因此我有两个问题。我的梦境，实际上，描绘了未来的实相吗，在被取得人类体验的更大的背景中，我感觉到的责任是被放错了地方的吗？

Q'uo: I am Q'uo and am aware of your queries, my brother. You have perceived a possible future, for there are many opportunities for entities within your illusion to make decisions that affect each possible or probable future. The future is not fixed, you see. However, there is a certain boundary that is described by the overall tenor or mood, shall we say, of a culture, of a nation, and indeed, of a planet. This mood or tenor lays the groundwork for that which is to come within your future experience. As the various entities, nations, and societies move forward in their choices of service to self or service to others, or of being unable to choose, then possibilities are enhanced in some degree in one direction, and decreased in some degree in another direction. However, they exist together as possibilities or probabilities for the planet itself to experience. Thus, it is not possible for us, at this time, to tell you with certainty that you have seen that which will occur. You have seen a possibility which may be greater than 50% at this time, in the future perhaps enhanced, perhaps reduced.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。你已经感觉到了一个有可能的未来, 因为对于在你们的幻象中的实体, 会有很多的去做出决定的机会, 这些决定会影响每一个有可能或者有期望的未来。你们看, 未来不是固定的。然而, 会有一定的边界是会被一个文化, 一个国家, 以及确实, 一个星球的, 整体性的趋向或者基调所描绘出来的。这种基调或者趋向会为在你们的未来的体验中将会出现的事物打下基础。随着各种各样的实体、国家和社会通过它们对于服务自我或者服务他人的选择, 或者无法做出选择而前进, 接下来, 在一个方向上的可能性就会在某种程度上被增强, 并在另一个方向上, 在某种程度上被减少。然而, 它们一起是作为供星球它自己体验的可能性或者或然率而存在的。因此, 在此刻我们不可能藉由肯定性告诉你, 你已经看到的事物是将会发生的事物。你已经看到了一种可能性, 在此刻它可能是比百分之五十更大的, 在未来它可能被增强, 它可能被减少。

Your felt responsibility is true, for whatever the outcome, your choices made now in this incarnation have their say in that outcome. Your ability to move in service to others through the love in your heart, the determination of your mind and the infinity of your spirit, will help to determine that which occurs with your realm of experience. Your realm of experience will serve as a pattern for others, so that there may be a reflection of your experience to others' minds and spirits and hearts and souls. Thus, your beginning actions where you are now in your life experience, could begin a chain reaction, shall we say, that will have its effects felt far into the future. Thus, we highly commend your feelings of responsibility to be carried out in the way that you feel most appropriate. We remind you, as you know well, that consulting the heart within, the Creator within, is most important in flavoring, shall we say, or biasing any action that you take. All actions done with love create a far greater probability of realization than those that do not contain this most

important quality.

你感觉到的责任是真实的，因为无论结果是什么，你现在做出的选择在这次投生中都会在那个结果中拥有它们的发言权。你通过在你心中的爱在服务他人的方向上移动的能力，你的心智的决心以及你的灵性的无限性，都将会帮助决定在你的体验的领域中会发生的事物。你的体验的领域将会起到对他人的模范的作用，这样就可能会有你的体验对他人的心智、灵性、心灵与灵魂的一种映射了。因此，在你的生命体验中你现在处于其中的起始性的行动，是能够启动一种，容我们说，连锁反应的，这种连锁反应会在未来拥有深远的影响。因此，我们高度赞赏你对于要用你感觉到最合适的方式被进行的事物的责任感。我们提醒你，如你清楚知晓的一样，在为任何你会采用的行动，容我们说，添加风味或者产生偏向性的方面，询问内在的心，内在的造物者是极其重要的。所有带着爱而被进行的行动是会比那些并未包含这种极其重要的特性的行动创造出一种远远更大的实现的可能性的。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

D: No, thank you.

D: 不用了，谢谢你们。

Q'uo: We thank you, my brother, for your consideration, for your determination, and for your love.

Q'uo: 我们感谢你，我的兄弟，为你的考虑，为你的决心，为你的爱。

Is there another query at this time?

在此刻有另一个问题吗？

D2: Is it possible to heal other individuals, and how do we learn do it?

D2: 有可能疗愈其他的个体吗，我们如何学会进行疗愈呢？

Q'uo: I am Q'uo and am aware of your query, my brother. It is indeed possible, my brother. The learning of the healing is that which is a process that could well take a lifetime to accomplish, for there is much that must be done.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。它确实是有可能的，我的兄弟。疗愈的过程是一个很可能要花费一次投生来进行的过程，因为会有大量必须要被进行的事情。

Within your own culture, you are aware of the saying "Physician, heal thyself." Indeed, this is what must occur for any who would attempt to heal or to help in the healing process. We might make a distinction here that the healer itself does not heal. The healer makes it possible for the one to be healed to heal itself through its own faith in the One Creator.

在你们的自己的文化中，你们知晓这样的说法，“医生，疗愈你自己。”确实，对于任何尝试去疗愈或者在疗愈的过程中进行帮助的实体，这就是必须要发生的事情了。我们可以在这里做出一个区分，疗愈者它自己并不进行疗愈。疗愈者使得一个要被疗愈的人有可能通过它自己对太一造物者的信心疗愈它自己。

In order to become that which is known as the healer, and to be able to offer this opportunity to others who are in need of healing, one must begin with a study of one's own mind. One must become a balanced entity. Where you see difficulties of one nature or another, you must be able to balance those difficulties within your own mind/body/spirit complex so that you function as a balanced entity. For example, if you experience impatience in your life in the daily experience, you may, in your meditations in the evening, attempt to repeat that feeling of impatience, allowing its opposite, patience, to come into balance. Seeing both as opportunities for the Creator to know itself.

为了要成为被知晓为疗愈者并能够为其他确实需要疗愈的人提供这种机会的实体，一个人必须开始一种对它自己的心智的研究。一个人必须成为一个平衡的实体。在你们看到具有这样或者那样一种特性的困难的位置上，你必须能够在你自己的心/身/灵复合体中平衡那些困难，这样你就会作为一个平衡的实体发挥作用了。举个例子，如果你在生命中在你的日常体验中体验到没有耐心的时候，你可以在晚上在你的冥想中，尝试去重复那种没有耐心的感觉，允许它的对立面，耐心，进入到平衡之中。并同时将两者都视为造物者知晓祂自己的机会。

This type of balancing may be carried forward into all other aspects of the life which move one away from the center of love for all. Any experience that does this is that which requires balance, be it confusion, be it doubt, be it disharmony, be it temerity, be it foolhardiness, be it over bravery, shall we say. All of these need balance within the mind of the entity who seeks to become a healer.

这种类型的平衡可以被带入到生命的所有其他的会让一个人偏离对外物的爱的中心的面向中。任何产生这种偏离的体验都是需要平衡的体验，无论它是混淆，或者是疑虑，或者是不协调，或者是鲁莽，或者是蛮干，或者是，容我们说，愚蠢。所有这些在那个寻求去成为一个疗愈者的实体的头脑中都需要平衡。

This is the longest part of the process of becoming a healer. One must also balance the body in its various functions, knowing that this is the vehicle through which the mind moves. The body is the creature of the mind. The body, therefore, is a reflection of those portions of the mind that are not well understood by the mind.

在心智中的平衡是成为一个疗愈者的过程的最为漫长的部分。一个人必须同样在身体的各种机能中平衡身体，并知晓身体是心智通过其移动的载具。身体是心智的创造物。身体，因此，是心智的那些并未被心智有效理解的部分的一个映射。

Finally, the spirit is also that which requires balance, however, the spirit in most cases is most balanced of the three mind/body/spirit components that form an entity within your illusion.

最后，灵性同样是需要平衡的对象，然而，在形成了在你们的幻象中的一个实体的心/身/灵三个组成部分中，灵性在大多数情况是最平衡的。

Do you have a further query, my brother?

我的兄弟，你有一个进一步的问题吗？

D2: No, thank you.

D2: 没有了，谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

Is there a final query at this time?

在此刻有一个最后的问题吗？

L: Q'uo, do you find that we, on the planet now, are severely damaging our environment and what can we do to improve the damage that has been done?

L: Q'uo，你们发现，我们在这个星球上现在正在严重破坏我们的环境吗，我们能够做什么来改善已经被做出的破坏呢？

Q'uo: I am Q'uo and am aware of your question, my sister. Indeed, the many millennia of human occupation of this planetary sphere have seen great degradations wrought upon the planetary surface, as the wasteful thinking producing and experiencing of the human race has left its offal [1] upon the planet.

我是 Q'uo，我理解了你的问题，我的姐妹。确实，人类对这个星球的许多个千年的占据已经对这个星球的表面造成了巨大的可见的侵蚀作用了，因为人类种族的无意义的思考的产物与体验已经在星球上留下了它的废料[1]了。

There is a great need to heal the planet. The healing may take place in a variety of ways. Physically there can be the determination by each entity and community that what was previously garbage perhaps can be made into that which is useful once again, rather than discarded into a pile of rubbish that further causes the depletion of the planetary purity, shall we say.

会有一种巨大的去疗愈这个星球的需要。这种疗愈可能通过多种多样的方式发生。在物质性的方面，每一个实体和社群都可以做出决定，之前是垃圾的事物也许能够被制成再一次是有用处的事物，而不是被抛弃到一个垃圾堆中，这个垃圾堆会进一步造成对，容我们说，星球的纯度的耗损。

There is the possibility of meditation and visualization of those places upon the planetary surface that you are aware of that are in need of such healing, and seeing healing moving there.

会有可能性对于在星球表面上的那些你们察觉到需要这样的疗愈的区域的冥想和观想，并看到疗愈的能量流动到那里。

There is the possibility of moving in the circles of the community, the state and the nation to see that there are provisions passed in the legal network that allow the carbon emissions to be reduced, the footprint, shall we say, to be reduced on the planet's surface.

会有可能性在团体、国家和民族的圈子中进行活动，以看到会有那些会允许在星

球表面上碳排放的被减少，允许，容我说，碳足迹被减少的法规被在法制系统中被通过。

[There is the] moving within religious groups to see that there is an offering of service to those about the community that would be in need of information or education. This may also be accomplished within other circles, but we mentioned the religious circles for there is often the experience within such circles that are more pointed towards the education of entities regarding the nature of the planet and the experience of the community in reflecting the values, shall we say, of the community versus the values of the preservation and restoration of the planetary sphere.

在有可能性在宗教团体中进行活动，以看到会有一种对那些在团体周围会需要信息或者教育的实体的服务的给予。这种给予同样可能在其他的圈子中被完成，但是我们提及宗教的圈子是因为，在这样的圈子中经常会有体验被更多地指向在关于星球的特性以及团体的体验的方面对实体的教导，而这种教导是反映了团体的价值观而不是维护并恢复星球的价值观。

The only restriction is imagination, my sister. Look into the situations that you are aware of as an individual in your community and see what it is that needs to be done there, for there are others like yourself who are aware that there is yet a distance to go in realizing a balance and harmony with the Earth upon which we live.

我的姐妹，唯一的局限性就是想象力。检查你作为一个个体在你们的团体中所知晓的那些情况，并看到在那里什么事情需要被进行的，因为会有其他的和你自己类似的实体是察觉到，在实现与我们生活在其上的地球之间的一种平衡与协调的方面，仍旧有一段距离要跨越。

At this time, we shall take our leave of this instrument and this group. We leave each of you as we have found you, in love and in light. We thank you once again for inviting our presence this afternoon. We are most honored to join you and look forward to doing this again in your future. Adonai, my friends. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体。我们在爱与光中离开你们各位，如我们已经发现你们的时候一样。我们再一次感谢你们在这个下午邀请我们出席。我们对于加入你们是极其荣耀的，我们期待在你们的未来再一次这样做。我的朋友们，Adonai。Adonai vasu borragus。

[1] Offal [noun]: refuse; rubbish; waste material.

[1]Offal[名词]: 碎屑，垃圾；废料。

December 3, 2016

2016-12-03 穿越黑暗与混乱

Group question: Our question today is about cycles of light and darkness. When we begin entering periods of perceived darkness or destruction and chaos, we have a tendency to reach for the comfort and the light. But is it more appropriate to embrace the darkness and disharmony as a way to accentuate and balance the distortion and allow for transmutation? What is the most beneficial way for us to approach these periods of seeming darkness as [individual] seekers and a culture?

团体问题：我们今天的问题是有关光明和黑暗的周期。当我们开始进入到感觉上的黑暗或者破坏与混乱的时期的时候，我们会有一种设法获得舒适和光的倾向。但是，作为一种对扭曲的着重强调与平衡并允许转变发生的方式，去拥抱黑暗和不和是更加合适的。我们作为个体的寻求者以及作为一个文化去面对这些表面上的黑暗的时期的最有益的方式是什么呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this afternoon. We are grateful to each for having called for us to join your circle of seeking this day. We thank this instrument for his challenge to us and assure him that he did well. Today you ask the question whether or not one should embrace the reality of the darkness as one may perceive it, or whether it is perhaps better to attempt to provide light to shine through the darkness before dealing with it.

我是 Q'uo，我在这个下午在爱与光中向你们各位致意。我们对于你们每一位已经呼唤我们加入今天的寻求的圈子是感激的。我们为这个器皿对我们的挑战而感谢它，我们向他保证，他做得很好。今天你们询问，是否应该在一个人感觉到黑暗的时候去拥抱黑暗的实相，或者是否也许更好的是去在于黑暗打交道之前尝试去提供光以在黑暗中闪耀。

My friends, you, in your question, begin to retrace the steps of the evolution of the Creation around you, for in the beginning there was darkness, there was that which was unformed, that which blew and burned incandescently, [1] and then there was light that came into the darkness, and the darkness knew it not, and yet the light caused the darkness to become radiant and reflective so that there might be what you now know of as a creation of stars and planets and life in many forms throughout infinity.

我的朋友们，你们，通过你们的问题，开始追溯在你们周围的造物的演化的步骤了，因为在开始，有黑暗，有未成形的事物，有炽烈地[1]吹动和燃烧的事物，接下来会有光进入到黑暗中，黑暗不知道光，而光使得黑暗成为发光的和反射性的，这样就可能有你们现在知晓为一个具有恒星、行星与在贯穿整个无限，并通过很多的形式出现的生命的造物了。

And here you are on Planet Earth at this time, once again recapitulating that

basic scenario—a feeling that there is more confusion, more darkness, more difficulty, more disillusionment than you have known before upon your planet. And yet, my friends, we tell you that what you know now is but the palest shadow of what has been before, for many times have the populations that have come to this planet to repeat third density caused darkness to heavily rest upon the peoples of various cultures, so that the history of your planet is one of bellicosity, adversarial relationships, and separation of entities from each other so that there was not any unifying force that could bring all together.

在这里你们在此刻是在行星地球上的，再一次，对那个基本的场景扼要重述——会有一种感觉，相比你们在你们处于你们的星球之上之前已经知晓的，会有更多的混淆，更多的黑暗，更多的困难，更多的幻灭。然而，我的朋友们，我们告诉你们，很多时候，你们现在知晓的事物仅仅是之前已经存在过的事物的最为苍白的阴影，因为很多时候，那些已经来到这个行星上重复第三密度的人群已经使得黑暗沉重地压在属于各种各样的文化的人群的身上了，因此，你们的行星的历史是一个具有好战性、敌意的关系，以及实体与相互彼此的分离的历史，因此，没有任何统一性的力量能够将所有人带到一起。

And, indeed, for much of the history of your planet and its progression through the various major cycles and minor cycles of evolution culminating now in this great master cycle, there has been predominately a separation dividing nation from nation, religion against religion, community against community, families against each other. It has been a theme, shall we say, and everyone seems to know the song. And yet we say to you within this great vast arena of darkness, there shines in each individual heart which you may liken unto a seed, indeed, for it is made of light; it has potential to grow; it has the desire to be released. If only certain confusions within the mind and the emotions of the entity holding it could be untangled and brought into a more understandable configuration, then each could plant the seed. There have been many, as you know, who have been able to move the intelligent energy of the One Creator through their energy system and clear it to such a degree that they have been able to share light with those about them, these are your prophets, your mystics, your revolutionaries, your thinkers, your creators, your musicians, your poets, and in many cases mothers and fathers raising children to reproduce the light they find within their hearts.

确实，因为你们的星球的大量的历史，以及它穿越各种各样的演化的主周期以及小周期的发展现在在这个巨大的主周期中到达顶点了，已经用支配性的方式有一种分离，将国家与国家分开，让宗教信仰对抗宗教信仰，社会对抗社会，家庭相互彼此对抗。它已经成为了一个主旋律了，容我说，每一个人看起来似乎都知道那首歌。而我们对你们说，在爱这个巨大的黑暗的竞技场，在每一个个体的心中都有你们可以比作一个种子的事物在发光，确实，因为它是由光形成的，它拥有潜力去成长，它拥有渴望被释放。只要在实体的头脑和情绪中紧紧抓住它的一定的混乱能够被解开，并被带到一种更加可以理解的配置之中，接下来，每一个人都能够种下种子。如你们知道的一样，已经有很多人已经能够移动太一造物者的智能能量通过它们的能量系统，并将它们的能量系统清理到这样一种程度，以至于它们已经能够与那些在它们周围的人分享光了，这些人是你们的先知、你们

的神秘家，你们的革命者，你们的思考者，你们的创造者，你们的音乐家，你们的诗人，在很多情况中，母亲和父亲抚养孩子以产生出它们在它们的心之中发现的光。

So what do you do now, my friends, what do you do now? You have felt a great disillusionment descend into a kind of darkness within your own being and your culture; yet not all see it in this fashion, for some love the darkness, some love the light. Each pursues that which has meaning to each. And so we look at you now as beings of light with freewill paramount in each experience, with the ability to direct that free will in whatever direction you wish. You are, indeed, as free as you wish to be.

因此，你们现在要做什么呢，我的朋友们，你们现在要做什么呢？我们已经感觉到有一种巨大的幻灭降临到在你们自己的存有以及你们的文化内在之中的一种类型的黑暗之中了，而并非所有人都会用这种方式看到它，因为一些人热爱黑暗，一些人热爱光明。每一个人都追寻对它有意义的事物。因此，我们现在将你们视为是在每一个体验中拥有至高无上的自由意志的光的存有。你们，确实是，如同你们希望成为地一样是自由的。

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

在此刻我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would like to greet this group sensing that there is amongst you a sorrow, and that this sorrow gives rise to concerns that are of a deep-seated nature, because there has been a sense that a movement well underway towards a lightening of the planetary vibration has, in fact, been undermined to some extent, has been invaded, if you will, by a kind of a counter movement that undoes what has been so difficult in the first place to do. And so there arises a great deal of frustration and dashed hope among those who have been able to gather themselves to some form of seeking of the light.

我是 Q'uo，我与这个器皿在一起了。我们想要向这个团体致意，因为我们感觉到在你们当中有一种忧伤，这种忧伤使得那些具有一种深植的特性的忧虑浮现出来了，因为已经有这样一种感觉了，有一场在很好地进行中的，朝向一种对星球振动的照亮的运动，已经实际上，在某种程度上被暗中破坏了，已经被一种类型的相反的运动所侵入了，如果你们愿意这样说的话，这种相反的运动使得在一开始的位置已经如此难以进行的事情恢复原状了。因此，会在那些已经能够将它们自己聚集到某种对光明的寻求的形式的实体当中，有大量的挫折感与破碎了的希望出现了。

The precondition, as we have said, for this seeking of the light, is that one should have liberated oneself through a realization of the free will that each seeker enjoys. At the same time, we would suggest that each free will entity

also understands himself or herself to be part of a larger whole and to be engaged in a process of integrating the energies of that larger whole—which is your social energy complex, such that there can be—in the communion of free seekers of the light, a strengthening of that seeking to one harmonious purpose with a sure sense that this harmonious purpose can come to serve as a resource for the all.

这种对光的寻求的先决条件, 如我们已经说过的一样, 就是一个人应该已经通过一种对每一个寻求者都享用自由意志的实现让它自己得到解放了。同时, 我们会建议, 每一个自由意志的实体都同样理解他自己或者她自己是一个更大的整体的一部分, 并且是被包含在那个更大的整体——也就是你们的社会能量复合体——的一个对能量的整合的过程之中的, 这样在自由的光的寻求者的共同参与之中就能够带这样一种确切的感觉而有一种对那一个协调一致的目的的寻求的一种强化, 这种确切的感觉即这种协调一致的目的能够开始起到所有人的一个资源的目的。

Now, the all of which we speak cannot be exclusive of any, and yet, again and again, you discover that there seems to be a fracturing of community; there seems to be a circumstance arising which pits one will against another even when these wills all independently conceive themselves to be seeking the light. When the fracturing occurs, it can seem as if the light itself falls apart; the light itself is cast into such a pit of darkness that the darkness becomes almost something real in itself, capable of swallowing up and extinguishing the light. The situation is further complicated by the fact that there are some who are prepared to believe just this. There are some who are prepared to act upon the premise that the darkness is a palpable reality and can be mobilized as a resource for seeking along a pathway which most of your citizens, and we believe all those here present, find to be contrary to their own aspirations.

现在, 所有我们谈及的事物都不会对于任何人例外的, 而一次又一次, 你们会发现, 看起来似乎有一种共同体的破裂, 看起来似乎会有一个情况出现, 这个情况会让一个意志与另一个意志对抗, 甚至在这些意志全都独立自主地认为它们自己是对光的寻求的时候。当破裂出现的时候, 看起来似乎就好像光本身崩溃了, 光本身投射出这样一个黑暗的陷阱, 以至于黑暗几乎成为了某种在其自身之中是真实的事物, 并有能力去吞没并熄灭火了。这个情况会因为有一些人是准备好去正好相信这一点的事实而进一步变得复杂了。会有一些人准备好去基于这样一个前提而行动, 这个前提即黑暗是一个摸得到的实体, 并能够做为沿着这样一条道路而进行寻求的一种资源而被调动, 这条道路是你们大多数的公民, 我们相信所有在场的人, 都会发现是与它们自己的志向是相悖的。

The path of darkness is not a path which seeks harmony, it is rather a path which embraces chaos, and treats chaos as if it were the highest value and goal of the seeker, because there is within this chaos a kind of restlessness, a kind of forcefulness, which seems to have the capacity to enliven, in a way that more harmonious beings do not do. And so the effect of those who seek upon this path, when mixed with those energies which are attuned to harmonious co-existence, can be very troubling and disconcerting for those of the latter disposition.

黑暗的道路不是一条寻求协调性的道路，它毋宁是一条拥抱混乱，对待混乱就好像它就是寻求着的最高的价值和目标的道路，因为在这种混乱之中会有一种类型的不安，一种类型的强有力，它看起来似乎拥有能力去变得活跃，用一种更为协调一致的存有不会去进行的方式。因此，那些在这条道路上寻求的人的作用，当与那些与协调一致的共存调音的能量混合在一起的时候，对于那些将自己放在后面的人能够使非常令人困扰且令人难为的。

Now, chaos itself is not something to be utterly despised, for it is an experience known to every soul to have undergone periods in which there is a dissolution of structure, in which there is a personality breakdown which, upon occasion, can lead to a positive result. The circumstances in which this is true are those in which the personality has become so set in stone, as it were, such that it finds energies stuck within it, unable to move, and can be in a configuration in which further growth seems to be stifled almost completely. Under these circumstances a personality breakdown may be required in order to allow these energies to gather to a new principle of organization through a process of natural discovery. It is not, therefore, the chaos itself that one embraces, but rather one does not object to having to endure a kind of chaos as a point of transition to an order of the personality that is more satisfactory. 现在，混乱其自身并不是某种要被彻底蔑视的事物，因为对于每一个已经经历过在其中会有一种构架的分解，在其中会有一种人格的崩溃的时期的灵魂，混乱都是一种被知晓的体验，这样的时期，不时地，会导致一种正面性的结果。那些在其中人格崩溃是真实的情况，是那些在其中人格已经变得如此之，可以说是说，固定不变，以至于它会发现能量被卡在其中，无法移动，并能够处于这样一种配置的情况了，在这种配置中，进一步的成长看起来似乎完全被窒息了。在这样的情况下，一种人格的崩溃可能是被要求的，以便于允许这些能量，通过一个自然发现的过程，聚集到一个新的有组织的原则上。因此，一个人拥抱的事物并不是混乱其自身，毋宁说，一个人并不反对不得不忍受一种类型的混乱作为一个转换到一种更为令人满意的人格秩序的位置。

Now, that which holds true at the level of the individual can also be said to hold true in a somewhat different way at the level of the social complex. There are times in which principles of organization of societies, in effect, stifle the creative growth of that society, and when it is discovered that this is true, it is sometimes useful to break down these older structures so that something new and more vital may grow in its stead. This is a natural process at the social level, even as it may be said to be a natural process at the individual level. And there is a portion of your individual consciousness which is already invested in the social energy complex, and therefore, there is not a bright line between individuals within the complex, or an individual and the complex itself. There is, my friends, a blending.

现在，在个体的层次上是有效的事情，同样能够被认为是用一种多少不同的方式在社会复合体的层次上是有效的事情。会有一些时刻，在其中社会的组织的原则，实际上，压制了那个社会的创造性的成长，当这就是实情是被发现了的时候，让这些更加老旧的结构崩溃时常是有用处的，这样某种新的，更有生命力的事物就可以作为它的替代而成长了。这在社会层次上是一个自然而然的过程，如同它

甚至在个体的层次上都可能被认为是一个自然而然的过程一样。你们的个体的意识会有一个部分是已经被投入到社会能量复合体之中的，因此，在复合体中的个体或者一个个体的，与那个复合体自身之间，会有一条并不明亮的边界。我的朋友们，会有一种混合。

Now, so far as it is the case that all members of a society seek along pathways that are essentially able to be coordinated with each other, that is to say are of a polarity that is the same, the process of dissolution, when it is found to be necessary, need not be seen to be terribly troubling. For if there is, at root, a common commitment to moving toward the light, we have found that given time, this is precisely what tends to happen. However, it is also the case that there are some with a legitimate claim to being part of the social energy complex which you enjoy who have not followed the intention of developing in a manner that is harmonious, in a manner that is welcoming and cooperative with other selves, but who prefer to take the view towards society which suggests that it is a place of contest, a place where wills test themselves against the resistance provided by other wills, and in this constant contest hone their energies to finer and finer effect. The food of such growth is as we have suggested—chaos. It is a chaos that is relentless, it is a chaos that is restless, it is a chaos which is unfathomable. There is in this chaos, it has been our experience, nothing to embrace because it is, in itself, nothing.

现在，即使社会的所有的成员都沿着那些事实上能够与相互彼此配合的道路而进行寻求，也就是说，这些道路具有一种相同的极性，在这种情况下所及的范围内，当解散是被发现有需要的时候，这种解散的过程并不需要被认为是可怕地令人苦恼的。因为，如果在根部有一种对朝向光的运动的共同的付出，我们已经发现，在适当的时间，这恰恰就是很可能会发生的事情了。然而，同样是在这样的情况中，会有一些人会合法地宣称是你们所享受的会能量复合体的一部分，而它们尚未跟随用一种协调的方式，用一种欢迎其他自我并与其他自我合作的方式发展的意图，它们宁可对社会采用这样一种观点，这种观念建议，它是一个竞争的场所，一个在其中意志会藉由对抗被其他的意志提供的阻碍而自我考验的场所，并在这种的持续不断竞争中打磨它们的能量到越来越美好的效果。这样的成长的食物，如我们已经建议的一样，就是混乱。它是一种冷酷无情的混淆，它是一种不安的混乱，它是一种深不可测的混乱。我们自己的体验是，在这种混乱中，没有任何事物是要去拥抱的，因为它在其自身就什么都不是。

And so, we cannot recommend to those who have chosen to serve on the path of service to others that the darkness itself, the chaos itself, the disorder or disharmony itself, be actually embraced. It can be seen to be, upon occasion, a temporary state through which one passes, and upon those occasions it is well not to attempt to resist the chaos, because we find that the very attempt to resist it creates an echo of the chaos itself in the resistance, and that can reverberate well down to the roots of one's being, and the effects of that can be profound. And so when it happens in your own life that the carefully constructed structures that have been built up around your patterns of interaction, around your patterns of self-expression, around your disciplines of everyday life, have for one reason or another met with such

difficulty that their order can no longer be maintained, we find that it is well not to try to force an issue, but to accept that, for the nonce, [2] a kind of chaos will reign. And you may take up a patient attitude of awaiting, as deep from within your natural processes that we have called self-discovery, [new truths] will begin to manifest themselves.

因此，我们无法对那些已经选择通过服务他人的道理来服务的人建议，黑暗在其自身，混乱在其自身，不和或者不协调在其自身，实际上是要被拥抱的。可以被看到的事情是，有时候，当一个人穿过一种暂时性的状态的时候，在这些情况中，不去尝试去抵制混乱，这是很好的，因为我们发现恰恰就是那种抵制混乱的尝试，在这种抵制中创造出了混乱其自身的一种回音，那种回音能够一直到一个人的存有的根部都产生出回响，那种回音的效果能够是深入的。因此，当它在你自己的生命中发生的时候，当在你的互动的模式周围，在你的自我表达的模式周围，在你日常生命的修炼周围已经被构建起来的被仔细构建的那些构架，已经因为这样或者那样的原因到遇到了这样的困难，以至于它们的秩序不再能够被维持的时候，我们发现不去尝试去强制一个议题，而是去接纳，暂时[2]，一种类型的混乱将会占上风，这是很好的。你们可以采用一个病人的等待的态度，因为在那个我们已经称之为自我发现的你的自然而然的过程的深处，新的真理将会开始显化它们自己。

Now, there can also be a correlate that will happen in a similar way at the level of your social complex, and indeed, my friends, we have seen this occur over and over again, so that out of an apparent evil, there can emerge into manifestation, a much greater good, and it is to that hope, my friends, that we would commend you. It is to the patience and the loyalty to your sense of purpose that we would commend you in awaiting the fruits of this hope which it is always good to hold in your heart.

现在，同样会有一种关联将会用类似的方式发生在你们的社会复合体的层次上，确实，我的朋友们，我们已经看到这种情况一次又一次地出现了，这样，从一种表面上的邪恶，能够有一种更大的善浮现进入显化，我的朋友们，我们会向你们推荐的恰恰就是那种希望了。我们会向你们推荐的恰恰就是在等待这种希望的果实的过程中的耐心以及对你们目的感的忠诚，将这种希望抱持在你们的心中，这一直都是有益处的。

You are entities of very great power, my friends. In your free will there is a possibility of transformation, not only of yourselves, but of your entire planetary sphere, and the greatest seed of this transformation is the hope which you cherish in the silent core of your heart.

我的朋友们，你们是具有非常巨大的力量的实体。在你们的自由意志中，会有一种转变的可能性，不仅仅是你们自己的转变，同样也是你们整个星球的转变，这种转变的最为的种子就是你们在你们的心中的静默的核心中所抚育的种子了。

We would suggest to you that in this silent core it is not so much the darkness of chaos that reigns, but a light which shines inwardly, and gathers itself to clarity of purpose, to fullness of intent, slowly, slowly, slowly, unseen, unsuspected at first, but capable of emerging into such a glorious flowering that it can be an experience of great awe to witness; to witness the silent

stirrings of intent to heal, to give to others, and to glorify the One Creator. These are the seeds that will allow your hope to blossom into a new reality that beckons.

我们会向你们建议，在这个静默的核心中，那种占上风的混乱的黑暗并不是如此大量的，而会有一种光向内闪耀，并将它自己收集到目的的清晰性，意图的圆满性，慢慢地、慢慢地、慢慢地、看不见，一开始是没有预料到的，但却能够浮现形成这样一个壮丽的花朵，以至于它能够成为一种要去见证的具有巨大的敬畏的体验，去见证意图的静默的意愿的兴起，以疗愈，以给予其他人，以荣耀太一造物者。这些就是种子了，它们将会允许你们的希望绽放形成一个新的召唤的实相。

We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

我们将不会说，诞生将会是容易的。现在足够清楚的事情是，它将不会是容易的。将会有黑暗的时期，将会有混淆，在你凝视着你们的伙伴的人类的行为的时候，将会有很多的机会将你们的眼睛在绝望中转开。然而，请知晓，你们是一个爱的无法压制的资源。那就是你们带到，可以说是，聚会的礼物了，当你们与另一个人结合在一起的时候，你们的礼物就被加倍了，并伴随着每一个新的灵魂加入你们而再一次被加倍。

So you begin your song silently, perhaps it bubbles up within your heart, and makes its way to your very lips, whereupon it becomes a melody which inspires a memory, another to sing along with you, and when the song becomes a chorus, and when it begins to fill the ears and the minds and the hearts of one more whose memory resonates with this song, that energy complex will begin to vibrate differently, will begin to vibrate as a social memory complex, and then, at that point, you will be well on your way towards entering a new dawn of experience.

因此，你们安静地开始了你们的歌唱，也许它在你们的心中冒泡了，并出现在你们的唇边了，在那里它成为了一首旋律，它启发了一个记忆，鼓舞了另一个人与你一同歌唱，当歌曲成为了一个合唱的时候，当它开始充满了多一个人的耳朵、头脑和心的时候，那个人的记忆就会与这首歌共鸣了，能量复合体将会用不同的方式振动，并将会开始作为一个社会记忆复合体振动了，接下来，在那个位置，你们就会在你们朝向进入一个新的体验的黎明的道路上一路顺风了。

It is the dawn that awaits you, it is the dawn that lies on the other side of this darkness. The darkness can be seen as impediment, or the darkness can be seen as prelude to this dawn. As we have suggested, the choice is yours. You are creatures of free will, you are creatures each of infinite worth, and it is our hope for you, and it is our confidence in you, that you will find your way.

它是等待着你们的黎明，它是存在于这种黑暗的另一面的黎明。黑暗能够被视为一种妨碍，或者黑暗能够被视为这种黎明的前奏。如我们已经建议过的一样，选

择是你们的选择。你们是具有自由意志的造物，你们是具有无限价值的生灵，你们将会找到你们的道路，这就是我们对你们的希望，这就是我们对你们的信心。

We are those of Q'uo, and we thank each here for giving us the opportunity to address you on this important and timely subject today. At this time, we would leave this instrument in the love and in the light of the One Infinite Creator and return to the one known as Jim to inquire whether there are further questions we may address. I am Q'uo, Adonai, my friends, Adonai.

我们是 Q'uo，我们感谢在这里的各位今天给予我们机会来在这个重要而适时的主题上对你们发言。在此刻，我们会在太一无限造物者的爱与光中离开这个器皿并返回到被知晓为 Jim 的实体以询问是否有进一步的我们可以讲述的问题。我是 Q'uo, Adonai, 我的朋友们, Adonai.

(Jim channeling)
(Jim 传讯)

I am Q'uo and am again with this instrument. May we ask if there be another query this afternoon for us?

我是 Q'uo，我再一次与这个器皿在一起了。请问这个下午是否有另一个给我们的问题？

Austin: Q'uo, I have one, but if there is anybody with a question related to the group question, they can ask it first. [pauses]

Asutin: Q'uo, 我有一个问题，但是如果有任何人有一个与团体问题有关的问题，它们能够首先询问它。[暂停]

Okay, our friend E sent in a question that says: "In 49.5 Ra says to attempt to raise the locus of this kundalini meeting without realizing the metaphysical principles of magnetism upon which this depends, is to invite great imbalance." My question is: how does one know that he or she has done enough work and is ready to explore kundalini energy? When someone feels various energy flows, specifically ones that are induced by breathing and movement meditative practices, what would be a way to explore and study these energies safely and without inviting imbalance, and what would be signs of danger?"

好的，我们的朋友 E 送来一个问题，问题是，“在 49.5 中，Ra 说，尝试去在没有领悟昆达尼里的磁性的形而上学的原则的情况下提升这种昆达尼里的相遇的位置，就是去招致巨大的失衡。“我的问题是，”一个人如何知道他或者她已经做了足够多的工作并准备好去探索昆达尼里的能量呢？当某个人感觉到各种各样的能量的流动，尤其是一种被呼吸和冥想的联系的运动所诱发的流动的时候，安全地且不会招致失衡地探索并研究这些能量的一种方式会是什么呢，什么是危险的信号呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. This is a substantial query with a great deal of preparation that we must make. You may look at your energy centers, red through violet, as a means of shining your light, shall

we say, in short. When the Intelligent Energy of the One Creator moves from the Logos, from the Sun, to your energy field, the magnetic attraction of this energy through the red ray energy center, is that which begins your appreciation of catalyst in your life experience according to the choices that you have made previous to your incarnation. The lessons that you wish to learn are all embodied within various of the energy centers, and as the Intelligent Energy of the One Creator moves within your energy centers, you are then able to perceive it according to the, shall we say, coloration or choices made previous to the incarnation. This energy seeks to move upwards, arising into eventual union with the One Creator in the indigo ray energy center. For indeed, at this center, the crown is already upon the head and you are potentially, the Creator, for the Creator resides there waiting for your discovery.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。这是一个内容充实的问题, 我们必须对其进行大量的准备工作。简单地说, 我们可以将你们的能量中心, 从红色直到紫罗兰色的中心, 视为一种让, 容我们说, 你们的光闪耀的途径。当太一造物者的智能能量从理则, 从太阳, 移动到你的能量场的时候, 这种能量穿过红色光芒能量中心的磁性的吸引力, 就是开始了你在你的生命体验中对催化剂的了解的事物了, 这种了解是取决于你在你的投生之前已经做出的选择的。你希望去学习的课程是全都包含在各种各样的能量中心中, 当太一造物者的智能能量在你的能量中心中移动的时候, 你接下来就能够根据染色或者在投生之前做出的选择感知它了。这种能量寻求向上移动, 上升进入到与在靛蓝色光芒的能量中心中的太一造物者的最终的统一之中。因为, 确实, 在这个中心, 幻光是已经出于头顶上的, 你潜在地就是造物者, 因为造物者留在那里等待着你的发现。

As the energy moves into the red-ray center, it is concerned with that which may be described as the survival, in a physical sense, of your being, of your body, of your incarnation, as well as the reproduction, sexually speaking, of other entities perhaps, if you have chosen this service for this incarnation. As the energy moves further upward to the next center, the orange ray is that which is concerned with the individual expression of your power or your emotions on a one-to-one basis with other entities. When this has been accomplished to a sufficient degree to allow the energy to move higher, then the yellow ray energy center is that which is awakened, and which concerns itself with your expression and your energy upon a group level, with families, with communities, with the workplace, with teams and so forth.

当能量进入到红色光芒的时候, 它是涉及到可以被描述为在一种物质性的意义上的你的存有, 你的身体, 你的投生的生存的, 同样还有从性的方面而言的对, 也许是对其他的实体的生殖, 如果你已经为这次投生选择了这种服务的话。当能量进一步向上移动到下一个中心的时候, 橙色光芒是涉及到用一种一对一的方式与其他个体之间的你的能量或者你的情绪的个体性的表达, 当这种表达已经在一个充分的程度上被完成以允许能量移动到更高的位置, 接下来, 黄色光芒能量中心就是被唤醒的中心了, 它在其自身涉及到你在一个团体的层次上, 与家庭, 与社区, 与工作场所, 与团队, 以及如此等等的你的表达与你的能量。

If you are able to balance your energies in the yellow ray energy center to a

sufficient degree to allow further movement, then the movement occurs into the heart energy center, the green ray center. This is that which expresses your energies upon a universal nature, in love that is given to all with no expectation of return. This may be seen as a steady state of the One Creator, for all is seen as that which is deserving of love, and able to give love. The giving and receiving here is balanced. This energy center is that which marks the harvestability of an entity within the third-density illusion. When you are able to open this center to a sufficient degree, and give more love than you receive, shall we say, then your harvestability grows nigh.

如果你能够平衡在黄色光芒能量中心中的能量到一个充分的程度以允许进一步的移动, 接下来, 移动会进入到心的能量中心, 绿色光芒的能量中心。这就是在一个普世的属性上, 通过在不期待回报的情况下被给予一切事物的爱而表达你的能量的中心了。这种表达可以被视为是太一造物者的一种稳定的状态, 因为一切事物都是被视为是值得爱并能够给予爱的事物。给予和接受在这里是平衡的。这个能量中心是标志了一个在第三密度的幻象中的实体的可收割性的。当你能够开放这个中心到一个足够的程度, 并比你接受的爱, 容我们说, 给予更多的爱, 接下来你的可收割性就会逐渐接近了。

As the energy moves further into the blue ray energy center, communication is that quality here of an inspirational nature, that one is able to give in great abundance to those about one, again expecting no return. This is the first truly spiritual energy center, for it gives as does the Creator, freely and inspirationally and continuously. If the energies within this center are balanced and open, then the indigo ray energy center becomes available to the seeker of truth. Here lies the power of the One Creator. If this energy center may be opened, activated, balanced and then utilized to release the spirit as a shuttle into the violet-ray energy center, contact with the One Creator or Intelligent Infinity is possible.

当能量中心进一步移动进入到蓝色光芒能量中心的时候, 沟通交流就是那种在这里会具有一种启发性属性的特性了, 这样一个人就能够对在它周围的人们给予大量的事物了, 并再一次不期待回报。这个第一个真正灵性上的能量中心, 因为它如同造物者会给予一样地, 自由地、启发性地且持续不断地给予。如果在这个能量中心中的能量是平衡且开放的, 接下来, 靛蓝色的能量中心就可以为真理的寻求者所取得了。在这里存在有太一造物者的力量。如果这个能量中心可以被开放, 被激活, 被平衡并接着被利用以释放灵性作为一个进入到紫罗兰光芒能量中心的穿梭器, 与太一造物者或者智能无限之间的接触就是可以取得的了。

This is the rising of the kundalini to its height, where the entity realizes itself as the One Creator. However, if at any lower energy center— most especially the magnetically charged in the, shall we say, negative sense, of the negative pole of drawing unto the entity energies of the red, orange or yellow centers— [have] not been balanced sufficiently to withstand the impact of the rising of the energy to the indigo center, then there will be imbalances in the experience of this energy as it moves into the indigo-ray energy center. These imbalances may be detected by an entity which has experienced some anomaly, shall we say, in the experience of the rising of the kundalini. The

anomaly may be that which is confusing, is surprising, unexpected, and which gives one doubt. This is the sign of, not necessarily danger, but of imbalance. 这就是昆达利尼在它的高度上的上升，在其中实体意识到它就是造物者。然而，如果任何较低的能量中心——尤其是在，容我们说，负面性的意义上用磁性的方式被充能了的负面性的极点被拉动到实体的红色、橙色、或者黄色中心的能量中——尚未被充分地平衡到足以承受能量升高到靛蓝色中心的冲击，接下来当能量进入到靛蓝色能量中心的时候，在这个实体的体验中就会有失衡。这些失衡可能会被一个已经在昆达利尼的上升的体验中体验过某种反常现象的实体所发觉。这种反常现象可能是令人混淆的事物，令人吃惊的事物，未被预料到的事物，以及给予一个人疑虑的事物。这不一定是危险的信号，而是失衡的信号。

One may investigate the nature of the lower energy centers by utilizing the catalyst which is present in the daily experience. We may say that it is frequent that these lower energy centers are sometimes not necessarily ignored, but not given the importance that they deserve, for it is seen as more, shall we say, grand or glorious, to work upon the higher energy centers, perhaps not working upon the negatively oriented centers, [3] the red, the orange and the yellow, which are negative magnetically speaking, in that they draw unto the entity those energies of the Logos, the Intelligent energy.

一个人可以藉由在日常生活体验中存在的催化剂对较低能量中心的属性进行检查。我们可以说，会频繁发生的情况是，这些较低的能量中心时常不一定会被忽略，而是没有被给予它们应得的重要性，因为在更高的能量中心上进行工作，而也许不是在阴性导向的中心[3]上进行工作，会被视为是更为，容我们说，重大或者光荣的，阴性导向的中心即从阴性磁性的方面而言的红色、橙色、和黄色能量中心，因为它们将那些理则的能量，智能能量吸引到实体身上了。

Looking at your daily round of experience in the meditative state at the end of the day, is a good means by which to appraise the balance and the openness of these centers. Look, therefore, to those experiences that you have with others on a one-to-one basis, also upon a basis of the individual self that you are in relation to groups in which you participate. Look to see the nature of the use of power in these two centers. Is there an attempt upon your part in any way to exercise, unduly, a power over others on an individual basis or upon a group basis, for this is where the imbalances can occur that would create a difficulty in the entity experiencing the free flowing of energy through all lower centers as it makes its way to the indigo center.

在一天结束的时候在冥想状态中检查你们的日常生活的体验，是一种藉由其对这些中心的平衡和开放性进行评估的有效途径。因此，检查这些你用一对一的方式与其他人拥有的体验，**同样也检查在一个个体的自我的基础上，在你是与你参与其中的团体有关联基础上你拥有的体验。**检查并看到在这两个中心中对能量的使用的属性。在你的部分上会有一种尝试，是用任何方式，在一个个体的基础上或者在一个团体的基础上，不适当地将一种力量施加在其他人的身上了吗，因为这就是失衡能够发生的位置了，这种失衡会在那个在能量前往靛蓝色中心的时候正在体验能量自由流经所有较低的能量中心的实体内在之中创造出一种困难。

Is there a further query upon this subject, my brother?

我的兄弟，有另一个问题吗？

Austin: No, thank you, Q'uo.

Austin: 没有了，谢谢你们，Q'uo。

Q'uo: We thank you, my brother. Is there another query at this time?

Q'uo: 我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: I have another one sent in by our friend T, who wrote to us saying in Chapter 7 of Secrets of the UFO, Don described how ETs imprinted their message on Puharich's tape recorder. This blew T's mind, especially in consideration of all the severe risks that, as he describes her, "Lady Carla" had to endure. So he wonders, wouldn't it be "wonderful and risk free to ask the Confederation to simply imprint their messages on some recording device?" And he asks further, what the pros and cons are between these two methods of human vs. tape recorder.

Austin: 我有另一个问题是由我们的朋友 T 发来的，他对我们写信说，在《UFO 的秘密》的第七章中，Don 描述了外星人如何将它们的信息印刻在 Puharich 的录音机上。这让 T 感到困惑，尤其是考虑到所有“Carla 女士”不得不承担的严重的危险。因此，他想要知道，“请求星际联邦单纯地将它们的信息印刻到某种录音设备上，这难道不是美妙但却不冒险的吗？”他进一步询问，在这两种方法，人类对比录音机，之间，赞成与反对的意见是什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. This is an interesting query. We find that the nature of the group receiving messages from supposed extra-terrestrial sources, or the individual receiving messages, is based upon the qualities of the group or the individual: their strengths, their desires, their determination to be of service to others, and so forth. There are some entities, such as the one known as Andrija Puharich, that have a love of the riddle, a love of the untangling of that which is put in symbolic form and not presented, shall we say, in the normal manner. This entity received information from sources which were, shall we say, not always of a positively oriented nature. These messages received in a fashion which was meant to, shall we say, glorify the puzzle-solving abilities of the one known as Andrija, thus the tape recorder was used. In other instances, other mechanical devices were used with this entity. We suggest that for those entities who are positively oriented, as was the one known as Andrija, and who have abilities to reflect this positivity in its most pure aspect, that there is no machine or technology more efficient for the reproduction of contact with those of a positive orientation than the human mind. The human mind which has been tuned to its highest and best qualities to transmit information in a stable fashion is far superior to any mechanical devices.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。这是一个有趣的问题。我们发现，从被假设是外星源头接收到信息的团体，或者接收信息的个体的属性，是以团体或者个体的属性为基础的：它们的力量，它们的渴望，它们对于服务他人的决心，如此等等。会有一些个体，诸如被知晓为 Andrija Puharich 的个体，

会拥有对于谜题的热爱，一种对于解开用象征性的方式被放置而不是用通常性的方式被呈现的事物的热爱。这个实体是从，容我们说，并非一直具有一种正面导向的属性的源头接收到信息。这些信息是用这样一种方式被接收到的，他是打算要，容我们说，夸奖被知晓为 Andrija 的实体的解谜的能力的，因此录音机被使用了。在其他的情况中，其他的机械设备被这个实体使用了。我们建议，对于那些正面导向的实体，如同被知晓为 Andrija 实体一样，如果它们拥有能力去用其最为纯净的面向来反映这种正面性，没有任何的极其或者技术，在产生出与具有一种正面导向的实体之间的接触的方面是比人类的头脑更加有效的。已经根据人类头脑在用一种稳定的方式传递信息的方面的最高和最佳的特性而被调音过人类的头脑，是比任何机械设备要远远更加高级的。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Austin: No, not in regard to that one. Thank you, Q'uo. We do have one more from T who writes: "Dear Q'uo, as far as I learned from those of Ra, one Holy and Creative Logos is in every star/sun, like a soul in one's body. If that's the case, I wish to know the metaphysical meaning among three kinds of star systems: that is, the single star system, the binary star system, and the multiple star system. A side question in my wildest imagination: If our solar system was a binary star system at the very beginning, does it mean that the balance between yin and yang would be much better than the current situation?"

Austin: 没有了，在关于那个问题的方面没有了。谢谢你们，Q'uo。我们确实还有一个来自 T 的问题，他写道：“Dear Q'uo，就我从 Ra 团体学习的范围，一个神圣且创造性的理则是在每一个恒星/太阳中的，就好像在一个人身体中的一个灵魂。如果是那样的话，我希望知道三种类型的恒星系统的形而上学的意义：也就是，单一恒星系统，双恒星系统，多恒星系统。在我追狂野的想象中的一个侧面的问题是，如果我们的太阳系在一开始是一个双星系统，他意味着在阴和阳之间的平衡是比当前的情况要远远更好的吗？”

Q'uo: I am Q'uo and am aware of your query, my brother. We shall do our best to transmit our response through this instrument, though it is, shall we say, unfamiliar with the type of terminology that would be necessary to transmit this information with clarity and precision.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们确实会尽我们所能来通过这个器皿传递我们的回应，尽管这个器皿对于带着清晰度与准确度来传递这个信息所需的那种类型的术语，容我们说，是不熟悉的。

The nature of various Logoi within the Infinite Creation is various, shall we say, for each has the free will to provide a means by which the One Creator may know itself with greater variety and intensity, for indeed this is the reason for the Creation. Thus, there are some Logoi who have chosen to join forces with others in which you may call "an experimental basis," to see if there might be more variety or intensity of experience possible by the joining of these forces. 在无限造物者内在之中的各种各样的理则的属性，容我们说，是多种多样的，因

为每一个理则都拥有自由意志去提供一条藉由其太一造物者可以带着更大的多样性与更大的强度来知晓祂自己的途径，因为确实这就是造物的原因了。因此，会有一些理则已经选择通过你们可以称之为“一种实验性的基础”的事物与其他的理则将力量结合在一起了，以看看是否可能会有藉由将这些力量的结合有可能的体验的更大的多样性或者强度。

Each Logos has the ability to create a system of planetary entities that will provide it with further means by which to offer to the Creator experience that reveal itself more fully. Whether there may be two or three or more Logoi involved in such an experiment is up to the free will choice of those who share this desire to join together with others of their kind to provide an experience that is enough at variance from what could be produced by a single Logos, that the experiment is undertaken.

每一个理则都拥有能力去创造一个行星的实体的系统，这些实体将藉由更进一步的藉由其向造物者提供体验的途径为它提供更充分地揭露它自己的体验。是否可能会有两个或者三个或者更多的理则被包含在这样一个试验中，是取决于那些分享了这种与属于它们的类型的其他的理则结合在一起以提供一种体验的理则的选择的，这种体验是与能够由一个单一的理则被产生出来的体验是足够不一样的，以至于实验会被进行了。

We cannot begin to describe how the effects of more than one Logos within a galactic system, or as you would call it, a solar system, would enhance the experience of the Creator by the Creator and each of the entities within the care of the single Logos, the multiple Logoi, or what have you. We apologize for not being able to be more precise in our descriptions, but we have a language to work with which does not include the various qualities that would be necessary to cover in the description of such binary systems or trinary systems, shall we say.

我们无法开始描述，在一个星系系统中，或者，如你们对它的称呼一样，在一个恒星系统中，多于一个理则的影响，会如何增强造物者对造物者的体验，在单一的理则的情况下，在多个理则的情况中的每一个实体对造物者的体验，或者你们拥有的对造物者的体验。我们为无法在我们的描述中成为更加准确的而抱歉，但是我们拥有的藉由其进行工作的语言并不包含了对这样的双星系统或者，容我们说，三星系统的描述的方面需要涉及到的各种各样的特性。

As far as we are aware, the sub Logos that is your sun body has always been singular in its expression of its creation for the One Creator.

就我们所知晓的范围，你们的恒星星体之所是的子理则，在其为太一造物者对它的造物的表达中，一直都是单一的。

We find that this instrument grows somewhat tired and we would suggest that we conclude with our farewell to you as is our wont. Again, we thank you, my friends, for calling for our presence this afternoon. We have greatly enjoyed our experience with you. The light that you shine outward and inward is most brilliant and full of the dancing energies of love, of unity, of joy, of experience well achieved, and of the hopes and aspirations for future service

to others. We are those known to you as Q'uo. We leave you now, my friends, as we have found you, in love and in light. Adonai vasu borragus.

我们发现这个器皿逐渐变得多少有些疲倦了，我们会建议，如我们惯常的一样，我们用我们向你们的告别来结束。再一次，我的朋友们，我们感谢你们今天下午呼唤我们出席。我们极其享受我们与你们在一起的体验。你们向外和向内闪耀的光是极其明亮且充满了爱、统一、喜悦的舞蹈的能量，充满了被很好地实现了的体验，以及对未来服务他人的希望与渴望的。我们是你们知晓的 Q'uo。我们现在在爱与光中离开你们，我的朋友们，如我们发现你们的时候一样。Adonai vasu Borragus.

[1]incandescent [adj]: a term which means "glowing or white with heat," or, similarly, "intensely bright; brilliant." The word seems here to be used to describe a property or quality of darkness, or the chaos within the darkness. Though used well in a poetic sense, it is debatable whether or not the word was used correctly in its relationship to darkness and/or chaos.

[1] incandescent[形容词]: 词语的意思是，“炽热的或者白热的，”或者类似于，“强烈地明亮的，光辉的。”这个词语在这里看起来似乎被用于描绘一种黑暗或者在黑暗中的混乱的属性或者特性。尽管它在诗歌的意义上是被很好地使用了的，这个词语在与黑暗以及/或者混乱的关系的方面是否是被正确使用了的，这是有争议的。

[2]for the nonce [phrase]: for the present; temporarily.

[2] for the nonce[短语]: 暂时的，临时的。

[3]"...the negatively oriented centers." This phrase is not intended to denote that the lower chakras are natively negatively polarized, as if they are centers of the service-to-self polarity, but rather that these centers function as does the negative pole of the magnet. The negative pole attracts to itself. These lower centers attract energy and experience to the seeker. The energies of those chakras may be used for either service to self or service to others.

[3] "...the negatively oriented centers." 这个短语不是打算要表示较低的脉轮是天生就是负面极化的，就好像它们是属于服务自我的极性的中心一样，毋宁是，这些中心会如同磁极的阴极一样地起作用。阴极会被其自身吸引。这些较低的中心会将能量和体验吸引到寻求者。这些脉轮可以被用作要么服务自我，要么服务他人。

December 17, 2016

2016-12-17 愤怒的角色与根源

Group question: Today, we'd like to discuss the topic of anger. What is the role of anger on the spiritual seekers path? How can we understand the root causes of our anger? How can we balance this anger and utilize it as catalyst for our spiritual growth?

团体问题：今天我们想要讨论愤怒的主题。在灵性寻求者的道路上，愤怒的角色是什么呢？我们如何才能理解我们的愤怒的根源呢？我们如何才能平衡愤怒并将它用作我们的灵性成长的催化剂呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet you, my friends, in love and light this afternoon. As always, we are honored to be asked to join your circle of seeking this day. We are always happy to join you, happy once again to be with this doughty circle of seekers, for always do you bring with you love and light which amazes us, as you live within the darkness of an illusion in which there seems to be so little of these qualities. We would ask one favor, as always, and that is that you use your own discrimination when listening to our words, for we do not wish to be seen as any kind of infallible authority. We have traveled further upon the path which you now travel yourselves and are happy to offer the experience we have had upon this this journey. We do not wish to be a stumbling block in any way for you so if we speak any word that does not ring true to you, leave it behind and take only those that have meaning upon your spiritual journey, for by now, you have all gained a great deal of experience as seekers of truth.

我是 Q'uo，我们向你们致意，我的朋友们，在这个下午的爱与光中。一如既往，我们对于加入你们而感到高兴，我们对于再一次与这个淘气的寻求者的圈子在一起而感到高兴，因为当你们在一个幻象的黑暗中生活的时候，你们一直都在你们身上带着让我们感到吃惊的爱与光，在这个幻象中，看起来似乎这些特性是如此稀少的。我们请求一个恩惠，一如既往，那就是你们在聆听我们的话语的时候使用你们自己的分辨力，因为我们确实不希望被视为任何类型的不会犯错的权威。我们已经在那条你们自己正在其上旅行的道路上旅行了更远的距离了。我们并不希望用任何方式成为一块绊脚石，因此，如果我们说了任何的你们听起来不是真实的话语，请将它留在后面并仅仅采用那些在你们的灵性的旅程上有意义的话语，因为到现在你们已经作为真理的寻求者全都取得了大量的经验了。

You have come into this illusion to learn, to grow, to serve others, and to seek the One Creator in all. Why would you come here to do such a thing? Where you were before you came here it is obvious that all is one, that the Creator exists in all things, in each entity, that love is the power that made the Creation, and that the Creation is made of light. There is joy from whence you come; there is purpose; there is power. So why would you enter an illusion of darkness in which you must place the veil of forgetting between your

conscious and your subconscious minds. Why would you risk forgetting all of the truth that you know in your very being, every cell of your being? You wish to learn more than can be learned in such an environment of seeming purpose, power, direction, unity, for in those realms of the exalted nature of Creation, progress is far more slowly made, for there is little against which to push, little reason to exercise your spiritual muscle, shall we say. Yes, growth does happen there, but it is far slower than is possible within your third-density illusion.

你们已经进入到这个幻象中来学习，成长，服务他人并在一切事物中寻求太一造物者了。为什么你们要来到这里来做这样一件事情呢？在你们来到这里之前你们所在之处，万物是一体的，造物者是存在于一切事物之中，存在于每一个实体之中的，爱是创造了造物的力量，造物是由光构成的，这些都是显而易见的。会有喜悦，会有目的，会有力量从你们来自于的地方产生出来。因此，为什么你们会进入到一个黑暗的幻象中，在其中你们一定要在你们的有意识的心智和潜意识的心智之间设置遗忘的罩纱呢？为什么你们会冒着你们会遗忘在你们的核心存有之中，在你们的存有的每一个细胞之中知晓的真理的风险呢？你们希望学习比在这样一个具有表面上的目的、力量、方向、统一的环境中能够被学到的东西更多的东西，因为在那些具有令人兴奋的造物的属性的领域中，要做出进展是远远更加缓慢的，因为几乎没有要对抗的事物，几乎没有理由去，容我说，锻炼灵性的肌肉。是的，成长确实在那里发生，但是，它比在你们的第三密度的幻象中的有可能发生的成长是要远远更慢的。

What does this illusion offer you that is so important and that enables your growth in a way that no other illusion can? It is the fact that you must search diligently, consistently, every day for those truths you believe are true. You prove to yourself in many ways each day that what you are doing here is revealing that which has been hidden: the truth of the Creation. This effort is that which polarizes you more efficiently than any effort made in the higher densities or the inner planes of your own path, and so here you are, learning those lessons which you have chosen previous to the incarnation to attempt to learn.

这个幻象给你们提供了什么事物是如此之重要且使得你们有能力用一种任何其他幻象都无法提供的方式成长呢？这就是这样一个事实，你们必须要勤奋地、坚持不懈地、每一天寻求那些你们相信是真实的真理。你用很多方式向你自己证明，每一天你在这里正在做的事情就是去揭露出已经被隐藏起来的事物：即造物的真理。这个努力就是使得你比在你自己的道路的更高的密度或者内在层面中做出的任何的努力都更有成效地让你极化的事物了因此，你来到这里，同时学习那些你在投生前已经选择去尝试去学习的课程。

You wish, in many cases, to improve your appreciation of compassion, of love, of understanding. These are all facets of the same quality, my friends. And how do you do this? May we say first of all you do not program more love, more compassion—you program the opposite, my friends, you program the lack of compassion, the lack of love, the lack of understanding, the lack of sympathy, for by so doing, you set into motion within your own soul's being the desire to solve these riddles; anger being one of the great riddles of your

illusion; anger being that which is not possible in the higher densities, for only unity, joy, peace and understanding are possible there. But here, in your third-density illusion, it is possible to experience anger, for it is possible to see one as separate from another self and to feel an emotion that is not love for another self, or perhaps even for the self, for your anger may be pointed in any direction. For the conscious entity who is aware of the process of seeking within the third-density illusion, if there is the desire to achieve more love, more compassion, [then] the lack of that love and compassion—in the form of anger, or non-acceptance of other selves, or irritation, or impatience, whatever form your anger may take—is pointed toward yourself.

在很多的状况中，你们希望去增强你们对于同情心、爱与理解的了解。我的朋友们，这些全都是相同的特性的面向。你如何进行这个工作呢？容我们首先说，你们并没有规划更多的爱，更多的同情心——你规划了相反的事物，我的朋友们，你们规划了对同情心的缺乏，爱的缺乏，理解的缺乏，同感的缺乏，因为藉由这样说，你在你自己的灵魂的存有的内在之中启动了去解开这些谜题的渴望：愤怒就是你们的幻象的巨大的谜题中的一个谜题了，愤怒在更高的密度中是不可能存在的，因为在那里仅仅只有统一、喜悦、平安与理解是有可能的。但是，在这里，在你们的第三密度的幻象中，有可能去体验愤怒，因为有可能将一个人事物是与另一个自我是分离的，并对于另一个自我，或者也许甚至是对自我，感觉到一种不是爱的情绪，因为你们的愤怒可能是被指向任何方向的。对于在第三密度中察觉到了寻求的过程的有意识的实体，如果会有渴望去取得更多的爱，更多的同情心，接下来爱与同情心的缺乏——以愤怒、或者对其他自我的不接纳，或者恼怒、或者没有耐心的形式，无论你的愤怒可能呈现出什么形式——就会被指向你自己的。

Thus, as you move through your daily round of activities you find various forms of catalyst that offer you the opportunity to see the anger sprout forth within your consciousness, within your experience, and for the moment of that sprouting forth, you are at its mercy. The anger rages freely, like a fire within you, and burns that which it touches, which is your consciousness, and perhaps the consciousness of others about you. However, as we said, positively oriented entities usually program this anger for the self so that as the one known as J discovered, it is quite effective to take that anger that you feel for another and realize that you feel it for yourself in the guise of another.

因此，当你们经历你们日常生活的活动的时候，你们会找到各种各样的催化剂的形式，它们会为你们提供机会去看到在你们的意识中，在你们的体验中发芽的愤怒，因为在那个发芽的时刻，你们就是受其摆布的。愤怒会自由地肆虐，就好像在你们内在之中的一种火焰，会灼烧它接触到的事物，你们的意识之所是，也许是在你们周围的其他人的意识。然而，如我们说过的一样，正面导向的实体经常会为自己规划这种愤怒，这样如被知晓为J的实体发现的一样，使用你对另一个人感觉到的愤怒，并意识到你是在装作另一个人而为对你自己感觉这种愤怒的，这是相当有成效的。

And what do you do with this anger that you feel towards yourself, and why would you feel it in the way that you do, tripped, shall we say, by catalyst of a surprising nature, of an unseen nature, of a repeating nature. May we say if

you see certain types of catalyst repeating, you may see this as one of your basic lessons, programmed by you, before the incarnation began, with hopes that during the incarnation you would discover the pattern and see where the anger was, what kind of catalyst trips it.

你要如何处理这种你对你自己感觉到的愤怒呢，为什么你们会用这样一种你们确实被具有一种令人吃惊的属性，具有一种看不见的属性，具有一种重复性的属性的催化剂，容我们说，绊倒的方式感觉到它呢？容我们说，如果你们看到一定类型的催化剂不断重复，你们可以将这个催化剂视为是你们的基础的课程中的一个，它是在投生开始之前就被你们规划好的，同时希望在投生期间你们会发现那个模式并看到愤怒是在何处，什么类型的催化剂绊倒了它。

In this regard, my friends, we use the word catalyst as that which is a neutral factor in causing, shall we say, an emotional response within your being. In this case we are discussing anger, so the catalyst could be anything: it could be a flat tire on the road, it could be a sharp word of criticism from another person, it could be a family member who repeats certain behaviors that begin to, as you may say, get under your skin, to irritate you. And yet, when you look at the true cause of the anger rising up within you, look at it within the meditative state, you see, if you see clearly, that the cause is your inability to accept some feature of your own being that has been reflect to you by another. This mirroring effect is what makes the interaction with other selves most important within your illusion, for it is other selves that reflect to you those portions of yourself of which you do not approve. In this case, it would be anger. Perhaps you could make a case, "Well, so-and-so behaved in such-and-such a fashion, and wouldn't you get angry too?" Such a response might be "Well, I would get angry too if I were attempting to learn the lessons of compassion."

在这个方面，我的朋友们，我们将催化剂这个词语用作在你们的存有内在之中，容我们说，造成一种情绪性的反映的过程中的一个中性的要素。在关于我们正在讨论的愤怒的方面，催化剂可以任何事物：它可以是在路上的爆胎，它可以是乃至另一个人的批评的一种尖锐的言辞，它可以是一个重复一定的行为举止的家庭成员，那个行为举止开始，如你们可能会说的一样，让你恼怒，让你激怒了。而当你们检查在你们内在之中升起的愤怒的真实的原因，当你们在冥想状态中检查它的时候，如果你们能够清楚地看到的话，你们会看到，原因是你无法接受你自己的存有的某个特性，而那个特性已经由另一个人对你反映出来了。这种镜射效应就是使得与其他自我之间的互动在你们的幻象中是极其重要的事物了，因为正是其他的自我将你并不赞同的你自己的那些部分向你映射出来了。在这个方面，它会是愤怒。也许你们能够提出一个情况，“好的，用这样或者那样一种方式如此、如此行为举止，你难道不会同样感到愤怒吗？”这样一个回应可能是，“好的，我同样会感到愤怒，如果我正在尝试去学习同情心的课程的话。”

For if you look with the eye of compassion, true heartfelt love, upon any situation and remove yourself from it, look from a distance, you may see, if you see clearly, the Creator experiencing itself through you. For is that not the reason for the Creation? To give the Creator a variety of experiences that it would not have without your free will choices. And so you do, in everything

that you do, give the Creator more intensity and variety of experience.

因为如果你是带着同情心的眼睛以及真实的由衷的爱来观察任何的情况，将你自己从那个情况中取出来，并从一个远处来观察的话，如果你们是清楚地看到的话，你们可以看到，造物者正在通过你体验祂自己。因为那不就是造物的原因吗？要给予造物者多种多样的体验，如果没有你们的自由意志的选择，造物者就不会拥有的这样的多种多样的体验了。因此，你们通过每一个你们做的事情，都确实给予了造物者更大的体验的强度与多样性了。

So as you look from a distance and see the Creator experiencing itself, for the moment that you are no longer attached to that image and that experience, you feel love, you feel compassion, you feel understanding, you feel acceptance, and then you move again, placing yourself in the role in which the anger has been experienced, and you lose that distant perspective, you lose the knowledge of the Creator experiencing itself, and this is not a bad thing, my friends—this is why you came here, this is what this illusion offers you. Do not feel bad that you have what you call anger or other distortions. These are the methods by which you learn what you wish to learn. When you are experiencing such catalyst know in your heart and in your soul you are doing what you came to do.

因此，当你从一个远处来观察并看到造物者在体验其自身的是时候，在你不再执着于那个形象与那个体验的时刻，你就会感觉到爱，你感觉到同情心，你感觉到接纳，接下来，你就再一次移动，同时将你自己放在愤怒在其中已经被体验了的角色中，你失去了那个远处的远景，你失去了对造物者正在体验其自身的知晓，这不是一个坏的事情，我的朋友，那就是你为什么来到这来的原因了，这就是幻象提供给你的事物了。不要因为以拥有了你称之为愤怒或者其他扭曲的情绪而感觉糟糕。这些都是你藉由其学习你希望学习的事物的方式。当你正在体验这样的催化剂的时候，在你的心中并在你的灵魂中知晓，你是在做你来到这来做的事情的。

Now, my friends, what shall you do with the anger, besides feel it for the moment and then the remorse later. We recommend that which those known to you as Ra suggest as a balancing exercise, for in this exercise you take the anger that has disbursed itself about you and colored your emotions with its very being, and you use it in a fashion which can result in the diminishing of the anger and in the increasing of love for yourself and for all the Creation about you.

现在，我的朋友们，除了在那个时刻感觉到愤怒并接着在之后感觉到悔恨之外，你们将要对愤怒做什么呢。我们推荐，你们知晓为 Ra 的实体作为一个平衡练习建议的事物，因为通过这种练习，你们会使用那个已经让它自己在你们周围分散开来并用它的核心存在为你们的情绪染色的愤怒，你们通过一种能够产生出愤怒的减少以及对你自己以及对在你周围的所有造物的爱的增加的结果的方式来使用它了。

Those of Ra have said that it is the nature of distortion, in this case, anger, that in order to balance distortion, one must first accentuate it. This is the way of all distortions, of all learning, so when you feel anger, at the end of your day,

in your meditation (and we strongly recommend meditation), at the end of your day for this very purpose, relive again that experience that brought forth anger from you. See it as it developed. Feel again that anger mentally, then increase the anger to what you might call a ridiculous proportion so that it is overwhelmingly powerful within your mind as you meditate upon it. And then, at the height of its power, for just an instant, image its opposite, that is, the love that you wish to develop in this incarnation. As you image that love, rest back and observe it growing within your consciousness, larger and larger, within the inward mental picture, until it equals the ferocity of the anger that you have just created.

Ra 已经说过，扭曲的特性就是，在这个问题上，扭曲就是愤怒，为了要平衡扭曲，一个人必须首先着重强调它。这是所有的扭曲，所有的学习的方式，因此，当你们感觉到愤怒的时候，在你们一天结束的时候，在你们的冥想中（我们强烈推荐冥想）在你们一天结束的时候为了这个目的，再一次重新体验那个为你们带来了愤怒的体验。在它发展的时候观察它。再一次在头脑中感觉那种愤怒，接下来。将那种愤怒增强到你们可以称之为一种可笑的比例，这样，当你们对其进行冥想的时候，它就会在你们的头脑中是令人压倒性地强有力的了。接下来，在它的力量的高处，仅仅花一会儿，想象它的对立面，也就是说，在这次投生中你们希望去发展的那种爱。当你们冥想那种爱的时候，向后退并观察他在你们的意识中不断增强，在内部的心智的图像中，变得越来越大，一直到它与你刚刚已经创造出来的愤怒的强烈是等强的为止。

Now you see that you have within you two means by which the One Creator can come to know itself. Accept yourself now for having both these means for the Creator to know itself contained within your being. This acceptance of yourself will seat this lesson more and more firmly within you each time that you use this balancing process.

现在，你们看到你们在你们内在之中拥有两条太一造物者能够藉由其知晓祂自己的途径。现在接受你自己同时拥有着两条造物者知晓祂自己的途径被包含在你的存有内在之中。在每一次你使用这个平衡的过程的时候，这种对你自己的接纳将会让这个课程越来越坚固地固定在你内在之中。

This is not a quick or easy program, my friends, but if there is no balancing to your distortions, if there is no balancing to your anger in this instance, it shall continue for the rest of your incarnation, and the learning of love will come very, very slowly. It will come eventually, but not in the degree to which you had hoped.

这不是一个快速或者容易的程序，我的朋友们，但是如果没有对你们的扭曲的平衡，它将会在你们的投生的剩下的部分中继续，对爱的学习将会非常非常缓慢地出现。它最终将会出现，但是，并不是用你们曾经希望过的程度出现。

If you wish to accelerate the learning and the gathering of love within your being, then use the balancing exercises to do that very thing, for these exercises are that which allow your lower energy centers most especially, and occasionally the higher energy centers, to function more effectively, to allow the intelligent energy or the light, the prana of the One Creator from your Sun

body, your Logos, to enter through your feet and lower chakras and to move without hindrance through the entire system of chakras or energy centers. Eventually, it is the goal of each seeker to cause this energy to move through the red of the survival and sexual impulses, the orange of the emotional nature and one-to-one relationships, the yellow of the group involvement of the self, to the green of universal energy of love freely given, to the blue of free communication and inspiration, and to the indigo ray wherein there lies the One Creator, and the intelligent energy of that One Creator, and may be discovered by the seeker who is able to remove the blockages from the lower energy centers through the process of your balancing.

如果你们希望去加速在你们的存有内在之中的爱的学习和收集，那么就使用平衡练习来进行那个事情，因为这些练习就是会允许，尤其是你们的较低的能量中心，偶尔地是更高的能量中心，更加有效地运转，并允许来自于你们的太阳星体，你们的理则的智能能量、或者太一造物者的光、普纳，通过你们的双脚与较低的能量中心进入，并毫无阻碍地流经整个脉轮系统或者能量中心的事物了。最终，每一个寻求者的目标就是去使得这种能量流经生存与性冲动的红色中心，具有情绪的特性以及一对一的关系的橙色中心，自我的团体的牵连的黄色中心，并进入到被自由给予的普世之爱的绿色中心，进入自由的交流与启发的蓝色中心，进入太一造物者以及太一造物者的智能能量存在于其中的靛蓝色光芒，这样太一造物者就可以在那里被那个能够通过你的平衡的过程从较低的能量中心移除阻塞的寻求者发现了。

Without removing these blockages, the energy of the One Creator is not able to progress upward in what you call the rising of the kundalini. The blockage of this energy causes various difficulties within the human mind/body/spirit complex. If these blockages are not appreciated upon the mental and emotional level by your own being, and balanced in meditation, there may well be the giving over of these blockages in symbolic form to the body complex so that the development of various distortions that you call disease, begin to have an effect within the physical body. The idea here being that if a disease is present in the body, the attention will be more fully focused upon the physical body, and the riddle of why the disease is there will be untangled eventually by the mental application of analysis, conjecture, balancing, and wholeness.

在没有移除这些阻塞的情况下，太一造物者的能量是无法通过你们所称的昆达利尼的升起而向上发展的。这种能量的阻塞会在人类的心/身/灵复合体内在之中造成各种各样的困难。如果这些阻塞没有被你自己的存有在心智和情绪的层次上被了解，并在冥想中被平衡，就很有可能会有用象征性的方式将这些阻塞让渡给身体复合体，这样你们称之为疾病的各种扭曲的发展，就会开始在物质性身体中产生一种影响了。在这里的观点是，如果一个疾病出现在身体中，注意力将会更为充分地被聚焦在物质性身体上，对于为什么疾病会出现的谜题将会藉由心智对分析、推测、平衡与整合的应用而最终被解开。

Thusly balanced, your energy centers, at some point in your incarnation, will be free to allow the energy of the One Creator to move higher and higher until the green-ray energy center is activated. As this center is activated, then

the harvest of the entity is near, for it is only necessary to clear the red, orange and yellow, in order to arrive at the green-ray energy center. The ability to love and serve others about one, more than one loves and serves the self, for this is the positive path of which we speak, and we are well aware that each within this circle of seeking is a positively oriented entity seeking to move the energies higher and higher in the positive sense. Then, if you are a doughty seeker, full of adventure, and wishing to experience more catalyst, it is possible to move higher and higher within the energy centers, until eventually the prana of the One Creator meets the intelligent infinity, the Polaris of the self, the North Star, residing within the indigo ray, and the fully experienced presence of the One Infinite Creator is possible. This is the great goal of all who seek this pearl of great price, shall we say.

在你的能量中性由此而被平衡之后，在你的投生中的某个位置，你的能量中心将会是自由的，以允许太一造物者的能量移动到越来越高的位置，一直到绿色光芒的能量中心被激活。当这个中心被激活的时候，接下来对实体的收割就临近了，因为为了要抵达绿色光芒的能量中心，唯一需要的事情就是去清理红色、橙色和黄色中心。比一个人对自我的爱和服务更多地去爱并服务在一个人周围的其他人的能力，因为这就是我们谈及的正面性的道路，我们清楚地了解，在这个寻求的圈子中的每一个人都是一个寻求去用正面性的方式将能量移动到越来越高的位置的正面性导向的实体。接下来，如果你们是一个勇敢的、充满了冒险精神且希望去体验更多的催化剂的寻求者，有可能在能量中心中移动到越来越高的位置，一直到最终太一造物者的普纳与存在于靛蓝色光芒中的智能无限、自我的极点、北极星相遇，对太一无限造物者的被完整体验到的临在就是有可能的了。这就是素有寻求者这个，容我们说，昂贵的珍珠的实体的伟大的目标了。

At this point, my friends, we shall open the possibility of questions for follow up for this particular question, if we have not covered any point that you would wish us to do so. Is there a follow-up query at this time?

我的朋友们，在此刻，我们将会为这个特定的问题的后续问题开放提问的可能性，如果我们尚未涉及到任何你们希望我们涉及的要点的話。在此刻有一个后续问题吗？

Gary: Q'uo, on the topic of anger specifically, Ra calls it a "random energy" a couple of times. In 46.9, they say, "Random and undirected energy," and "random energy of anger." Do you know why they would associate that adjective with anger?

Gary: Q'uo, 具体关于愤怒的主题，Ra 数次将其成为一种“随机的能量”。在 46.9 中，它们说，“随机的且没有方向的能量，”以及“愤怒的随机的能量。”你们知道为什么他们将那个形容词与愤怒联系在一起吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The emotion of anger is one of such intensity that it is quite easy for the entity experiencing it to lose control, shall we say, to not be able to master the anger, not be able to corral it, to tame it, but to be at its mercy. In this regard, it is random in its effect upon the mind/body/spirit complex, for most of the emotions that you will encounter in your balancing process are not so, shall we say, violent in

their expression within the mind and the emotions of the seeker.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。愤怒的情绪是具有这样的强度的一种情绪, 以至于感觉到它的实体要, 容我们说, 失去控制, 且没有能力掌握愤怒, 没有能力将它用围栏围起来, 去驯服它, 而是任由其操纵, 这是相当容易的。在这个方面, 它在其对于心/身/灵复合体上的影响的方面是随机的, 因为大多数你们在你们的平衡的过程中将会遭遇到的情绪都不会在它们在寻求者的心智与情绪中的表达的方面是, 容我们说, 如此狂暴的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: No, thank you, Q'uo.

Gary: 没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another follow-up query to this question at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻对于这个问题有另一个后续问题吗?

(no response)

(没有问题)

Q'uo: I am Q'uo. Is there another query at this time?

Q'uo: 我是 Q'uo。在此刻有另一个问题吗?

Gary: B writes: "My husband experiences involuntary shaking while meditating. While it seems it isn't common, we know this happens to others and are aware of certain religions and cultures who also have experiences such as the Quakers, Shakers, Bushmen, and other shamanistic cultures. It seems to us to be a sort of 'fast track' in spiritual development and healing. Can you please speak on this particular type of meditation and its purpose? Also, if my husband finds himself so inclined and able, would teaching this ability of shaking meditation be a useful service to others in this time of transition?"

Gary: B 写道: "我的丈夫在冥想的时候体验到不由自主的震动。尽管它看起来似乎并不是通常的, 我们知道这中情况发生在其他人身上, 我们知道一定的宗教信仰和文化同样拥有这样的体验, 诸如贵格会、震教、新垦地移民以及其他的萨满文化。在我们看起来它似乎是在灵性发展和疗愈中的某种类型的'快车道'。你们能够对这种特定类型的冥想以及它的目的进行谈论吗? 同样, 如果我的丈夫发现他自己倾向于并能够的话, 教导这种振动冥想的能力在这个转换的时期会是一种有用处的对他人的服务吗?"

Q'uo: I am Q'uo and am aware of your query, my brother. This facility for the, shall we say, artificial encouragement of the kundalini energies to rise from the red ray upwards is often accomplished by certain breathing and exercise techniques that will, in a sense, begin this process that the entire incarnation

has been achieved to pursue. However, we find that there is oftentimes a difficulty within certain entities that are unaware that what they are doing in certain breathing exercises is to awaken the kundalini so that it begins its process without, shall we say, the proper nurturing or seeking within the lower energy centers of this process, for it is one of great power. It is one which is approached, if done so consciously and carefully, with respect and with a program that is, shall we say, pursued with a daily regimen that seeks to gently awaken this sleeping energy, for it is that which contains the entire power of the One Infinite Creator. We would recommend caution in its exercise. We would recommend the utilization of those who teach specific practices to awaken this energy. It is not that which is wisely undertaken without due caution.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。这种对从红色光芒向上升起的昆达利尼的能量的人为的促进的技术, 经常是藉由一定的呼吸以及锻炼的技巧而被完成, 它在某种意义上将会开始这个过程, 而整个投生已经被取得就是为了去追寻这个过程。然而, 我们发现, 对于一定的实体, 如果它们尚未知晓它们在一定的呼吸的训练中正在做的事情是去唤醒昆达利尼的能量, 在它们内在之中时常会有一种困难, 这样它就会在没有对这个过程的较低的能量中心中的, 容我们说, 适当的滋养或者寻求的情况下开始它的过程了, 因为它是一个具有巨大的力量的过程。如果这个过程是如此有意识地, 且小心谨慎地, 并带着尊重且藉由一个程序而被进行的话, 如果这个程序是藉由一种每日的生活规则而被追寻, 且寻求去温和地唤醒这种沉睡的能量的话, 它是一个会被接近的过程了, 因为它是包含了太一无限造物者的完整的能量的事物。我们会推荐在这个训练中的谨慎小心。我们会推荐对于那些教导具体的练习的实体的利用以唤醒这种能量。在没有适当的小心的情况去进行这个过程是不明智的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: Yes, there is a question from J, and he's wondering about intoxication from alcohol and drugs, and wondering what effect that has on our spiritual experience. I will modify that question to exclude, from those categories, psychoactive substances that may yield genuine self-understanding, and ask Q'uo regarding other intoxicants, if anything can be broadly said about their effect on our spiritual journey.

Gary: 是的。有一个来自 J 的问题, 他想要知道来自酒精和毒品的麻醉作用, 他想要知道那会对于我们的灵性的体验有什么作用。我将会对这个问题进行限定以从那些分类种除去那种可能会产生出真实的自我理解的对神经起作用的物质, 并询问 Q'uo 关于其他的麻醉品, 在关于它们对我们的灵性旅程的作用的方面, 是否有任何事情能够宽泛地被讲述呢?

Q'uo: I am Q'uo and am aware of your query, my brother. The effect on the spiritual seeker of these various intoxicants is quite various to be honest. There is not one particular rule of thumb, shall we say, or practice, that would pertain to each entity. For some, in wine it is truly said in vino veritas, there is truth there. For some entities, the ability to release the cares of the day and to

become, shall we say, high or drunken, is a way to find the inner self for a moment or two and to allow this inner child to play. For others, who have different personalities, it is difficult to undertake such experiences without suffering the more deleterious effects of the addictive nature of such substances to certain personalities. In this case, the learning and potential lies within the obverse experience, that is, to discover a reason to not use such substances. Thus, we cannot give you a general rule that is applicable for all entities.

我是 Q'uo, 我理解了你的问题, 我的兄弟。说实话, 这些各种各样的麻醉品对灵性寻求者的作用是相当多种多样的。没有一个特定的经验法则, 或者实践是适合于每一个实体的。对于一些人, 在酒中真的可以说是酒后吐真言, 在那里会有真理。对于一些实体, 从生活中释放忧虑并成为, 容我们说, 喝高了或者喝醉呢的能力, 就是一种暂时找到内在的自我并允许这个内在的孩子玩耍的方式了。对于其他人, 如果它们拥有不同的人格, 要在没有遭受这样的物质对于一定的人格的上瘾性的特性的更为有害的效果的情况下拥有这样的体验, 这是很难的。在这个方面, 学习和可能性是存在于对应面的体验中的, 也就是说, 找到一个不去使用这样的物质的理由。因此, 我们无法给予一个适用于所有实体的一般性的规则。

Is there a final query, my brother?

我的兄弟, 那回答了你的问题吗?

Gary: Before I ask, I'll look to the group and see if anybody has one.

Gary: 在我提问之前, 我将会检查团体并看看是否任何人有一个问题。

(no response)

(没有回应)

Gary: Final query. Well, the question for me on that topic—it occurred to me while listening, that while there are certain religions that embrace intoxicants, and again I excluded psychoactive substances, [1] I am not aware of any teaching for the path of the adept that includes the use of substances. Insofar as that is correct, why would the path of the adept seek to exclude intoxicants?

Gary: 最后的问题。好的, 我在那个主题上的问题是——我在聆听的时候突然想到, 虽然会有一定的宗教信仰是拥抱麻醉品的, 再一次, 我排除了对神经其作用的物质[1], 我并不知道任何的寻求行家的道路的教导会包含对这些物质的使用。就我所知的范围, 这是正确的, 为什么行家的道路寻求去排除麻醉品呢?

Q'uo: I am Q'uo and am aware of your query, my brother. The path of the adept is the path of one who seeks to see and to experience clearly that journey towards union with the One Creator. In this journey of union, the adept has many opportunities to be of service to others. These opportunities, in order to be most efficacious, needs must be seen with a clear eye and heart, which is to say the emotions as well.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。行家的道路是一个寻求去看到并清晰地体验那条朝向与太一造物者的合一的旅程的实体的道路。在这个合一

的旅程中，行家会拥有很多的机会去服务他人。这些机会，为了要极其富有成效的，需要必须藉由一双清晰的眼睛与心而被看到，在情绪的方面也是如此。

The use of intoxicants is that which, for the time of the use, blurs the vision, shall we say. We do not say this is true for each and every seeker. In this case we offer it as a potentially general rule that the adept would be one who has freed itself from those qualities of the outer world which detract from its journey of seeking union.

对麻醉品的使用，在使用的时候会让视线，容我们说，变得模糊不清。我们并不是说这对于每一个寻求者都是真实的。在这个情况中，我们提供它作为一个潜在一般性的规则，对于那些外在世界的会让它偏离它寻求合一的旅程的特性，行家会让它自己不受那些特性的束缚。

Many experiences in the outer world, as you would called it, or as we have called it, may seem at times to be most helpful and indeed provide catalyst of a useful nature. But as the seeker of truth, which we are calling the adept, proceeds further and further along its path, it will discover that those qualities of the outer world which at one time were happy experiences, no longer have attraction. The world and all its lures falls away, and the inner world only is that of importance to such a seeker, for only within the seeking of truth by meditation, by contemplation, by prayer, by fasting, by giving oneself completely to the will of the Creator, can the true seeker achieve this goal of union with the One Creator.

在外在世界中，如你们对它的称呼一样，或者如我们已经称呼它的一样，会有很多的体验可能会时常看起来似乎是极其有帮助的，却确实提供了具有一种有用处的特性的催化剂。但是，当真理的寻求者，我们称之为行家，沿着这条道路前进道越来越远的地方的时候，它将会发现那些曾经在一个时候是快乐的体验的外在世界的特性，不再拥有吸引力了。世界以及它的魅力慢慢消散了，仅仅只有内在世界是对于这样一个寻求者具有重要性的事物，因为仅仅在藉由冥想、藉由沉思、藉由祈祷、藉由节食、藉由将一个人自己完全奉献给造物者的意志而对真理的寻求的内在之中，真实的寻求者才能够取得这个与太一造物者的合一的目标。

My friends, we thank you for inviting us once again to your circle of seeking. It has been a pleasure, an honor and a treasure to be with you. You may not be able to see the love and the light that you create when you come together, for your eyes may not yet have opened to it, but we see this love and light. We see it as a tower of power that is flamingly bright, reaching to the heavens, calling to all who seek the light and serve the light, to rejoice in its presence, and we thank you again for inviting us this day. We are known to you as those of Q'uo. We leave you as we found you, in love and in light. Adonai, vasu borragus.

我的朋友们，我们再一次感谢你们邀请我们来到你们寻求的圈子。与你们在一起已经是一种快乐，一种荣耀以及一种财富了。你们可能无法看到当你们聚集在一起的时候你们创造的爱与光，因为你们的眼睛可能尚未对它开放，但是我们看到这种爱与光。我们看到它就好像是一个力量的高塔一样，它是火焰般地明亮的，向着天堂伸出手，并呼唤所有寻求光和服务光的实体在它的临在中欢庆，我们再

一次为你们今天邀请我们而感谢你们。我们是你们知晓的 Q'uo。我们在爱与光中离开你们，如我们发现你们的时候一样。Adonai, Vasu Borragus。

[1] Into that category the questioner includes substances like ayahuasca, psilocybin, and LSD, among potential others. Those natural or synthesized chemicals which are powerful and, if not used carefully and conscientiously with proper control and guidance, can be quite dangerous; but, if used appropriately, have the potential to precipitate healing, self-understanding, integration of the fragmented self, opportunity to face the shadow, to uncover subconscious material, and so forth, without the addictive or self-destructive risks of other intoxicants and narcotics. While there is objective data on the matter, what is expressed here is the questioner's subjective understanding and opinion only, of course.

[1]提问者将诸如死藤水，迷幻蘑菇以及 LSD 之类的物质包含在那个分类中，可能还有其他的物质。那些天然的或者合成性的化学物质是强有力的，如果这些物质没有被小心谨慎且负责任地，并带着适当的控制与指导来使用，能够成为相当危险的，但是如果它被适当地使用，拥有可能性让疗愈、自我理解以及对碎片化的自我的整合沉淀下来，并拥有机会去面对阴影，揭露潜意识的材料，以及如此等等，而不会有其他的麻醉品或者麻醉药剂的上瘾性或者自我破坏的风险。虽然对这个问题上有客观的数据，在这里被表达的事物，当然，仅仅是提问者的主观的理解和观点。

January 7, 2017

2017-01-07 适当的生活方式

Group question: Today we'd like to speak about finding right livelihood in this time of spiritual transition. Can you please speak about how we can change our attitudes around making money and how we can integrate our need to make money with our spiritual path?

团体问题：今天我们想要谈谈关于在这个灵性上的转换的时期找到适当的生活方式。能请你们谈谈我们如何才能改变我们在关于赚钱方面的态度以及我们如何将我们对于赚钱的需要与我们的灵性的道路整合在一起呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and I greet you in love and in light, my friends, this afternoon. It is with the greatest of pleasure that we offer ourselves in the attempt to speak to your query today. First, as always, we must ask a favor; that is that you will take that which has value to you from what we say, leaving all behind that has no value, for we wish to serve you as best we can. We are not considered authorities, shall we say. We are your brothers and sisters, and have moved somewhat further down the road that you now travel as well.

我是 Q'uo，我们在这个下午在爱与光中向你们致意，我的朋友们。带着最大的快乐，我们提供我们自己来尝试去谈及你们今天的问题。首先，一如既往，我们必须请求一个恩惠，那就是你们将从我们所说的内容中使用对于你们有价值的内容，将所有没有价值的内容都留在后面，因为我们希望尽我们所能地服务你们。我们不要被认是，容我们说，权威。我们是兄弟姐妹，我们已经在你们现在同样走在其上的那条道路上已经多少走得更远一些了。

You ask this day what is the proper attitude to take in discovering your "right livelihood," as you call it, the means by which you offer your services to others in the manner in which you receive recompense for such. This is a question which is well worth consideration, especially in the times in which you now exist, for they are gradually, at the moment, changing into that which is of a more harmonious nature from that which has been based upon the exchange of monetary emolument, realizing no innate justifiable purpose for codifying and mystifying the nature of value. For those who would seek their own ends in a selfish manner have made that which you call your "monetary system" their method of manipulation. This is, shall we say, the old way, which has long existed upon your planet and in which all entities, both those positively oriented and those negatively oriented, have found themselves dealing with for the length of their incarnations. It is a kind of attitude which sees people as commodities and things to be used, to be valued in the using, without concern for the heart of being that beats within each, and has the potential of realizing so very much more in the simple accomplishment of a task and reward as if it were a carrot and a stick.

你们今天询问，在找到你们的，如你们对它的称呼一样，“适当的生活方式”的方

面，以及在你们藉由其对其他人提供你们的服务，你们会接收到对这样的服务的报酬的方面的方面要去采用的适当的态度是什么。这是一个非常值得考虑的问题，尤其是在这个你们现在存在于其中的时代，因为在此刻，这个时代正在逐渐从那种基于金钱的报酬的交换，而没有意识到对价值的特性的真理与神秘化的天生无可非议的目的时代，改变成为具有一种更为协调一致的特性的时代。因为那些用一种自私的方式寻求它们自己的目的的实体已经使得你们所称的你们的“金钱系统”成为了它们操纵的方式了。容我说，这是已经在你们的星球上存在了很长时间的旧的方式，在其中所有的实体，同时是那些正面导向的实体和那些负面导向的实体，都已经发现它们自己在他们的投生中的很长时间在与之打交道。它是这样一种类型的态度，它将人视为是要被使用的商品与事物，人在这种使用中重视，而没有对于在每一个人内在之中跳动的存有的心的关注，而这颗心拥有潜力在对一个任务的简单的完成中实现如此之远远更多的事情，并就如同它是胡萝卜加大棒一样地得到回报。

You seek this day and all days from now on, and have for some time, the means by which you may realize a more harmonious manner of choosing how you shall expend your energies, and for what reason you shall act in that manner, for you are all conscious seekers of truth. You are all those that have become aware that the universe in which you live is not made up of separation and individuals that have no relationship to each other other than the monetary exchange between them. You realize that the One Creator exists in all entities and all things, and you wish to honor and glorify that One Creator in every instance in which you partake. Thus is the rightness of your livelihood defined: that which honors the Creator of all and seeks the Creator of all and reflects the Creator of all. Thus, my friends, as you ponder with your heart, with your mind, with your emotions, and with what you may call your intuition, how to proceed upon this new path of right livelihood, we would suggest that you utilize all of these assets that are yours in order to give yourself a rounded picture, shall we say, of possibilities.

你们在这个日子以及在从现在开始的所有日子都寻求你们藉由其可以实现一种更为协调一致的选择你们将如何花费你们的能量的方式的途径，你们寻求它有一段时间了，因为什么原因你们将会用那种方式活动呢，因为你们全都是有意识的真理的寻求者。你们全都是那些已经察觉到你们在其中生活的宇宙不是由分离以及那些在它们之间除了金钱的交换之外与相互彼此没有关系的个体所组成的。你们意识到，太一造物者存在于所有的实体和所有的事情中，你们希望你们参与其中的每一个时刻都荣耀并崇敬太一造物者。你们的生活方式的适当性就是如此被定义的：荣耀万物的造物者，寻求万物的造物者，并沉思万物的造物者。因此，我们的朋友们，当你们用你们的心，用你们的头脑，用你们的情绪，用你们可以称之为你们的直觉的事物来沉思如何在这条合适的生活方式的新的道路上前进的时候，我们会建议，你们利用所有你们的有用的资源，以便于给予你自己一个可能性的，容我说，多方面的图像。

As you move upon this path of self-realization, you discover that there are indeed no mistakes. In fact, there have been no mistakes, though there seem to have been many—in the old ways of doing things, for example—and yet each step that mankind and humankind has taken, whether it be a step

forward, a step backward, a step or two to the side, all of these have been necessary to bring you to where you are now, and where you are now is at a point of decision making. So as you evaluate possibilities, go within to meditate, to open yourself to a greater realization of what is possible for you in your own life pattern. Go into meditation without pre-conceived ideas that this is what you need. Realize that if you are moving in unity with the One Creator, the Creator knows well what you need and will provide it. Rather, go into the meditative state in an open fashion, opening your being completely to possibility. Realize that you entered this incarnation with many choices of lessons wished to be learned, opportunities to be experienced, services to give, joy to be shared, love to be given freely to all.

当你们在这条自我领悟的道路上移动的时候，你们会发现，确实没有错误。实际上，一直都是没有错误的，尽管看起来似乎有许许多多的错误——举个例子，在旧的做事情的方式中——而人与人类已经走出的每一步，无论它是一个前进的步子，一个后退的步子，或者一两个靠边的步子，所有这些脚步对于将你们带到你们现在所在之处都已经是必不可少的了，你们现在所在之处是一个做决定的位置。因此，当你们评估可能性的时候，进入到内在之中以冥想，让你自己相对在你自己的生命模式中对于你是有可能的事物的一种更大的领悟开放。不带着预设的，这就是你需要的事物的想法，进入到冥想中。意识到，如果你是与太一造物者协调一致地前进的，造物者会清楚知晓你需要的事物，并将会提供它。毋宁是用一种开放的方式进入到冥想状态，向着可能性完全开放你们的存有。意识到你们是带着许多希望被学习的课程，要被体验的机会，要给予的服务，要分享的喜悦，要自由地给予所有人的爱的选择进入到这次投生的。

When you open yourself to possibilities, you are opening yourself first to these pre-incarnative choices that you have fashioned a potential incarnation out of. It does not mean that these will happen without your choice—it means that you shall have the opportunity to choose. Thus, what you determine before the incarnation meets your free will in the incarnation. If you can tune yourself to receive that from yourself, from your subconscious mind that has been placed there before the incarnation, you shall be able to make a choice that is in harmony not only with your own choices, but with the choices of the One Creator that have been placed in all those entities about you as well.

当你让你自己向着可能性开放的时候，你在就让你自己首先向着这些投生前的选择开放了，你已经从通过这些选择塑造了一次有可能的投生了。这并不意味着这些将会在没有你的选择的情况下发生——这意味着你将拥有机会去选择，因此，你在投生前决定的事物会在投生中遭遇你的自由意志。如果你能够让你自己调音到从你自己，从你的潜意识的心智接受那个在投生前已经被放在那里的事物，你将会能够做出一个选择，这个选择不仅仅与你自己的选择协调一致，同样也与太一造物者的已经同样被放置在你周围的那些实体中的选择协调一致。

As you are able to open yourself in this fashion, then receive whatever guidance is available. Come out of your meditation, and keeping that open sense of your being in the forefront of your perceptions, move through your daily round of activities, looking always for opportunities to express the love of the Creator to those about you, looking always for ways to serve those who

you find in your path of experience for the day. Look for those synchronicities and coincidences, those subjectively interesting happenstances that find their way to you somehow you do not know—and yet, when they find their way to you, you recognize the rightness of their appearance. You recognize that this is a portion of your own creation that has moved to you through your own freewill. Look at this gift as that is what it is: a gift from your greater self to you within the incarnation. Open it, examine it, feel it, perceive its heart, shall we say. See if there is a way by which you might utilize it as an enhancement of your own deepest nature of one who seeks to know the Creator in all, of one who seeks to love the Creator in all, of one who seeks to serve the Creator in all. If this is a manner in which you may pursue in a daily fashion that which is inside of you, then your days shall become, shall we say, firmly rooted, or strongly structured in the foundation of your being that you have reached through meditation and then in the experience of the day this becomes a tool, this becomes a manner in which you approach your life, your patterns of experience, your processing of catalyst.

当你能够用这种方式开放你自己的时候，接下来，接收无论什么可以被取得的指引。从你的冥想中出来，将那种对你的存有的开放的感知保持到你的知觉的前方，穿越你的日常生活的活动，一直寻找去向你周围的人表达造物者的爱的机会，一直寻找机会去服务那些你在那一天在你体验到道路上发现的人。寻找那些同时性与巧合，那些主观上有趣的偶然事件，它们会用某种你不知道的方式出现在你面前——然而，当它们出现在你面前的时候，你会认出它们的出现的适当性。你认出这就是你自己的造物的一部分，它已经通过你自己的自由意识来到你面前了。将这个礼物视为其之所是：一个来自于你的更大的自我给在投生中的你的礼物。打开它，检查它，感觉它，感觉它的，容我们说，心。看看是否有一条你可以藉由其将它用做你自己最深的本性的一种强化物的途径，这种最深的本性是属于一个寻求去知晓在万物之中的造物者，一个寻求去爱在万物之中的造物者，一个寻求去服务在万物之中的造物者的实体。如果这是一种你可以通过其用一种每日的方式追寻在你内在之中事物的方式，接下来，你的生活就将会成为，容我们说，深深地扎根于，或者被强有力地构建在你已经通过冥想触及的你的存有的基础之中，接下来，在一天的体验中，这回成为一个工具，这会成为一个你通过其对待你的生命，你的体验的模式以及你对催化剂进行处理的方式。

By taking time each day, perhaps at the beginning of your day would be most efficacious, to meditate upon the deepest desires of your heart, the opening of your being as it exists in its ideal state, and then coming from the meditation into your daily round of activities with that sense of purpose as a lens through which you see that which comes before your notice. Realize also that you do not operate within a vacuum, you are not alone on this path—far from it, my friends. You do have your friends that are both seen and unseen. You have many that cheer you along the way from the realms of light each day that you move in this harmonious fashion. You have those physical friends in the illusion about you that also may resonate to that which you are seeking to accomplish in finding a path of right livelihood. When they are informed of your operation to purge yourself of the old ways and to allow the new to grow within you as a seed within the ground, there are often opportunities

that are, shall we say, expressed from these entities as well that may be synchronistic in your own seeking. Share that which is in you with all those who you feel may be able to appreciate your desire and your new vision for the future of all. Continue to do this with every opportunity so that you begin to create a community of souls, a community of likeminded and like-opened-hearted seekers of truth that may assist you, and you assist them, and each assist each other in this grand quest for a new way of being; a new way of seeing; a new way of serving.

藉由每一天都花时间对你的心的最深的渴望进行冥想,也许在你的一天的开始的时候会是最有成效的,在你的存有存在于它的理想状态之中的时候开放你的存有,接下来,带着那种目的感从冥想进入到你的日常生活的活动中,就好像一块你通过其观察出现在你的注意力前方的事情的透镜一样。同样也意识到,你并不是在一个真空中运转的,你在这条道路上并不是孤单的——我的朋友们,你们远远不是孤单的。你们确实同时拥有看得见和看不见的朋友。每一天在你们用这种协调一致的方式前进的时候,你们在沿路上拥有很多为你们能加油的来自于光的领域的实体。你们在你们周围的幻象中拥有那些物质性的朋友,它们同样可能会与你们正在通过找到一条适当的生活方式的途径而寻求去完成的事物产生共鸣。当它们了解到你将旧的方式从你自己身上清洗掉,并允许新的方式在你内在之中就好像一颗在土地中的种子一样地成长的工作的时候,经常会有机会同样会从这些实体身上,容我们说,被表达出来,这些机会可能与你自己的寻求是同时性的。与所有那些你感觉到可能能够欣赏你的渴望和你对于一切事物未来的新的视野的人分享在你内在之中的事物。继续藉由每一个机会进行这个工作,这样你就会开始创造出一个灵魂的群体,一个具有相似的想法和相似的开放的心真理的寻求者的群体,它们可能帮助你,你可能帮助它们,每一个人都在这场对一种新的存有的方式,一种新的观看的方式,一种新的服务的方式的伟大的追寻中彼此帮助。

For it is that time now, within your third density experience, that the harvest comes nigh. It is the time that many feel is a darkened time, a confused time, a perilous time, a dangerous time, and yet, my friends, we tell you it is said truly that it is darkest before the dawn—and my friends, the dawn does come. It is slowly appearing now within the hearts of those such as yourselves that speak of these things, that seek these things, for it is that which is meant to be. All cycles end and new cycles begin. And thus, you are upon this planet at this time ending the third density experience that has been for the purpose of providing each a choice, a choice of how to seek the Creator beyond this third density. You have weathered the difficulties of existing on the other side of the veil of forgetting, not being able to see with clarity the unity of all Creation, the power of love that has formed it, the light out of which it has made it. And yet you have prevailed, because with this veil of forgetting you are required to make an effort to seek that which it hides, and you have made that effort. And that effort you may see as growth of a spiritual sense, a polarization in your consciousness that would not have been possible to make as effectively without that veil. Though it may seem to stand between you and that which is most beloved, it is that which gives you the opportunity to realize the beloved in your own life, and in the lives of those about you.

因为现在就是那个时刻了，在你们第三密度的体验中，收割即将到来。现在就是很多人感觉到是一个黑暗的时刻，一个混乱的时刻，一个冒险的时刻，一个危险的时刻，而我的朋友，我们告诉你，它是在黎明前最黑暗的时刻，这是真的——我的朋友，黎明确实来临了。它现在正在缓慢地在诸如你们自己之类的那些谈及这些事情，寻求这些事情的人的心中出现，因为这就是它打算要成为的样子。所有的周期以及新的周期都开始了。因此，你们在此刻在这个星球上是在结束第三密度的体验，第三密度的体验的目的就是提供给每一个人一个选择，一个关于如何在这个第三密度之外寻求造物者的选择。你们已经经受住了存在于遗忘的罩纱的另一面，而无法清晰地看到一切造物的一体性、已经形成了造物的爱的力量、以及已经由爱产生出来的光的困难了，而你们已经占上风了，因为藉由这个遗忘的罩纱，你们被要求去做出一个努力以寻求它隐藏起来的事物，你已经做出了那个努力了。你们可能视为在一种灵性的意义上的成长，一种在你们的意识中的极化的努力，如果没有罩纱的话，本来是不会有可能一样有效地被做出的。尽管它可能看起来似乎将你们与最为深爱的事物隔离开了，就是那种隔离给予了你们机会去意识，在你们自己的生命中，在你们周围的那些人的生命中的被挚爱的事物了。

There are truly no mistakes, my friends. The path you travel now is the path that will take you to this new vision of the future of your peoples that will pass through the third-density illusion and lead you into the fourth density of love and understanding. It is a path that has been a long journey for each soul upon it. There has been much seeming trauma, difficulty, disharmony, confusion, doubt, obstruction, blockage ... and yet, we tell you that all these seeming negative aspects are opportunities for you to learn, to move beyond them, to deal with each other in the most efficient manner possible. You have been given blessing upon blessing. Many have gone unrecognized. That is fine, my friends, for they have had their effect upon you. Sometimes you have learned in spite of yourself. Sometimes you have learned not knowing that you have learned, and yet you have learned. You have gone forward. You have moved with that goodly company of souls who are of like mind with you, and now you are on the edge of a new experience. Together shall you go there; together shall you rejoice in the love and the light of the One Infinite Creator. Peace and blessings, my friends.

我的朋友，真的没有错误。你们现在旅行的道路就是那条会将你们带到你们的人群的未来的这个新的景象的道路，这条道路将会穿越第三密度的幻象并将你们引导进入到爱 and 理解的第四密度。它是一条对于每一个在其上的灵魂都已经是一条漫长的旅程的道路。已经有大量表面上的磨难、困难、不和、混淆、疑虑、障碍、阻塞……而我们告诉你们，所有这些表面上的负面性的面向都是你们去学习，去超越它们，去用有可能最有成效的方式与相互彼此打交道的机会。你们一直都在被给予一个又一个的祝福。很多的祝福都没有被认出来。那是没问题的，我的朋友，因为它们已经对你们产生了它们的效果了。有时候你已经学会了，尽管是靠你自己。有时候你已经学会了，而你不知道你已经学会了，而你已经学会了。你已经前进了。你已经与那些具有与你类似的想法的美丽的灵魂的伙伴一起前进了。你们将一起前往那里，你们将一起在太一无限造物者的爱与光中欢庆。平安与祝福，我的朋友。

We would ask at this time if there might be a follow-up question to this query?
我们在此刻会询问，是否可能有对于这个问题的一个后续问题？

Z: At this time of transition is it better to seek out people and situations that resonate with our energy and avoid those that do not resonate with our energy?

Z: 在这个转换的时刻，去找寻那些会与我们的能量有共鸣的人和情况，而避免而些与我们的能量没有共鸣的人和情况，这是更好的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. In general, we would say that this is correct, however, we would comment. The seeking out of those who are of like mind is, of course, a very helpful thing to do at all times, and we would recommend it highly, and we find that this is what you have engaged yourself in in your own life pattern and we applaud you for doing so. As for avoiding those who are not of like mind, we would suggest not so much avoidance, as perhaps seeing them in another light; seeing them as those who are yet to ask their questions upon their own spiritual path. Maybe spending a bit of time when possible dropping a clue here or there, and if they are able to query about the clue, then perhaps there is more time that you might give to them as well. Thus, we are suggesting that we not disregard such entities out of hand and immediately, but rather attempt to see them with new eyes and new experience and to see if, perhaps, the reflection of the One Creator might be had by them in you. If this is not successful, my friends, then you will find there is a natural falling away of those who have no interest in that which moves you, which opens your heart, which shines your light.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。一般而言，我们会说这是正确的，然而，我们会进行评论。寻找那些具有类似的想法的人，当然是在所有的时候都是一个要去做有帮助的事情，我们会高度推荐它，我们发现，这就是你已经让你自己在你自己的生命模式中从事的事情了，我们会因为这样做而称赞你。在关于避免那些并不是具有类似的想法的人的方面，我们会建议，与其如此多地回避，不如也许用另一种方式看待它们，将它们视为是那些尚未在它们自己的灵性旅程上询问它们的问题的人。也许在有可能的时候花一点点时间在这里或者那里留下一点点的线索，如果它们能够对那个线索提问，接下来，也许就会有更多的时间是你同样可以给予它们的。因此，我们在建议，我们不要立刻就对这样的实体置之不理，毋宁是用新的眼睛和新的体验看待它们，以看到是否，也许，太一造物者的映射可以藉由它们而被拥有。如果这不是成功的，我的朋友，接下来，你们将会发现，那些对于推动了你们的事物，开放了你们的心，并闪耀了你们的光的事物没有兴趣的人会有一种自然而然的逐渐消失。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Z: Can you recommend a path of internal training for an aspiring adept?

Z: 你们能够推荐一条适合于一个有抱负的行家的内在的训练的途径吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We note this is a large subject. We cannot give specific recommendations for a particular choice that you may make in this regard, for part of the value of such a path is one's own choice of it. If we were to choose for you, we would be learning for you in this regard and infringing upon your freewill. We may, however, make recommendations. You have, before this session began shared a number of potential paths that you have examined in the past. We would recommend that you look upon each once again with perhaps a new eye; perhaps not so much an eye as a feeling, a tone, an inner receptivity that for you resonates, so that from each of these investigations which have not been mistakes, my friend, have been opportunities to gather information, that you may take that which is best for you and perhaps you shall discover your own best path to the same destination all seekers of truth seek—the One Creator. Thus, it might be a more difficult path to, at first, comprehend, for it is not one which is yet in existence. Its existence will come from you, and yet because it comes from you, it will have far more meaning for you and will guide you ever more quickly along that path which you now travel.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们注意到这是一个巨大的主题。我们无法对你在这方面可以做出的一个特定的选择给予具体的建议, 因为这样一条道路的有价值的部分, 就是一个人自己对它的选择。如果我们要为你做出选择, 我们就会在这个方面为你学习, 并侵犯你的自由意志了。然而, 我们可以做出推荐。在这次集会开始前你已经分享了你在过去已经检查过的数条具有可能性的道路了。我们会建议你再一次用也许一种新的眼光来观察每一条道路, @也许不用如此多地用作为一种感觉, 一个音调, 一种对你有共鸣的事物的一种内在的接纳性的一种眼光, 这样藉由这些并没有错误的调查研究中的每一个研究, 我的朋友, 就已经有机会去收集信息了, 这样你就可能采用对于你是最佳的道路, 也许你将会发现你最佳的道路会通往所有真理的寻求者寻求的相同的目的地——太一造物者。因此, 它可能是一条一开始更为难以理解的道路, 因为它不是一条已经存在的道路。它的存在性将会来自于你, 而因为它是来自于你的, 它将会对于拥有远远更多的意义, 并将会越来越快地沿着那条你现在旅行的道路指引你。

Is there a further query, my brother?

我的兄弟, 有另一个问题吗?

Z: No.

Z: 没有了。

Q'uo: We thank you, my brother, for your queries, they are most perceptive.

Quo: 我们为你的问题感谢你, 我的兄弟, 它们是极其有理解力的。

Is there another query at this time?

在此刻有另一个问题吗?

(Long pause)

(长暂停)

Q'uo: We would ask if there might be a final query at this time.

Q'uo: 我们会在此刻询问, 在此刻是否有一个最后的问题。

Austin: Q'uo, we have questions sent in from seekers abroad. One is from G who asks: "Can Q'uo comment on the topics of addiction, namely sexual ones in relation to porn. It is a problem I and many others of my generation struggle with."

Austin: Q'uo, 我们有一些从海外的寻求者送来的问题。一个来自 G 的实体写道, "Q'uo 能够对上瘾的问题进行评论吗, 也就是与色情文学联系在一起的性方面的上瘾。它是一个我和我这一代的很多的兄弟都在与之斗争的问题。"

Q'uo: I am Q'uo and am aware of your query, my brother. The sense of being addicted to any quality, concept or activity, is that feeling within one's being that there is some lack of that which is necessary for the life to be felt as whole, as perfect, as the "way it should be." This is usually because of a blockage in one of the energy centers that has become activated as a result of catalyst that you have chosen yourself to experience in order to free yourself of that which you call addiction. We would suggest that in this particular aspect of the sexual addictions, your culture has somewhat of a neurotic approach to this most powerful means of transferring energy between two entities, calling it that which is dirty and that which is desired at the same time; that which is used to sell and that which is hidden from sight. Thus it is a difficult area in which to find one's way if one has the difficulty called addiction.

Quo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。对任何特性、观念或者活动上瘾的感觉, 是在一个人的存有中的对于生命要被感觉为是整体的, 是完美的, 是"它应该是的样子"所需的事物的某种缺少的感觉。这通常是因为在一个能量中心中的一种阻塞, 这个能量中心已经作为你自己已经选择去体验的催化剂的一个结果而被激活了, 以便于让你自己从那种你们称之为上瘾的事物中释放出来。我们会建议, 在这个特定的性方面的上瘾的方面, 你们的文化对于这种在两个实体之间的这种机器强有力的能量转移的方式的处理多少有些神经质了, 你们的文化将其称之为肮脏的事物, 同时又将其称为被渴望的事物, 被用来销售的事物以及要从视野中被隐藏起来的事物。因此, 如果一个人拥有了被成为上瘾的困难, 它是要在其中找到一个人的道路的一个困难的区域。

We would recommend within the meditative state that the experience of the sexual addiction be examined in its completeness, from the beginning of its inception to the completion of its wholeness, shall we say. Examine each detail that makes a mark within your memory of previous experiences. Discover what it is that has attracted you on not just the level of the physical senses, but on the level of emotional response and physic resonance, perhaps also a spiritual distortion that has become tainted, shall we say. Find these areas of conflict within your own being. Examine them carefully, then within the balancing processes that have been described previously, attempt to find a wholeness within each portion of the addictive behavior that exists within you that you can replace the need for the addictive behavior with.

我们会建议在冥想状态中，那种性方面的上瘾的体验在其完整性中被检查，从它的开端的开始到他的完整性，容我们说，的完结。检查每一个在你之前的体验的记忆中留下了一个标记的具体细节。发现什么事物已经吸引了你，不仅仅是在身体感知的层次上，同样也在情绪的反应以及身体的共鸣的层次上，也许它同样是一种已经，容我们说，被污染的灵性的扭曲。找到这些在你自己的存有中具有冲突的区域。仔细检查它们，接下来，在之前已经被描述过的平衡的过程中，尝试去找到在那种存在于你内在之中的上瘾的行为的每一个部分中的一种完整性，这样你就能够用那种完整性提到对于上瘾的行为的需要了。

We realize this sounds quite abstract and symbolic, and yet so must it be in order to speak in a general sense, for we cannot tell one specific person exactly how to behave in a certain fashion for that again, is the infringement upon freewill that we wish to avoid. However, we can speak in generalities. We hope that you will forgive us for such generalities. The basic idea is to look at the behavior being experienced that you wish to change, and then, in the meditative state, examine the facets of this behavior that you have, shall we say, conscious control over, and use your analytical ability to see how these facets are triggered by those areas you consider the pornographic expression of sexual energy exchange.

我们意识到，这听起来是相当抽象且象征性的，而它必须如此，以便于用一种一般性的方式发言，因为我们无法告诉一个特定的人究竟如何用一定的方式行为举止，因为那，再一次，是对自由意志的侵犯，我们希望避免这种侵犯。然而，我们能够通过一般性发言。我们希望你们将会为这样的一般性而原谅我们。基本的观点就是去检查你希望去改变的被体验到的行为举止，接下来，在冥想状态中，检查这个你对其拥有，容我们说，有意识的控制的行为举止的面向，并使用你的分析能力来看到，这些面向是如何被那些你认为是性能量交换的色情的表达的区域所触发的。

We hope that we have been able to be of service to you, my brother. If, in the future, you would ask a more specific or refined query, we would be happy to respond to it.

我们希望我们已经能够对你有所服务了，我的兄弟。如果在未来，你愿意询问一个更加具体或者更加精炼的问题，我们会很高兴回答它。

We find that this instrument feels it may be able to respond to one final query. Is there a final query, my friends?

我们发现这个器皿感觉到它可能能够回答一个最后的问题，有一个最后的问题吗，我的朋友们。

Austin: There's another question from B, who writes: "Could Q'uo offer information pertaining to the chakra configuration/energetic attunements that must be effectuated in order to attain Buddhahood?"

Austin: 有另一个来自 B 的问题，它写道：“Q'uo 能够提供关于为了要取得佛性必须要被实现的脉轮的配置/能量调音的方面的信息吗？”

Q'uo: I am Q'uo and am aware of your query, my brother. This is the day for

the large queries. This query is one which covers the potential of a series of lifetimes in attaining, but which seems to be attained in one. Each energy center within your chakra system needs to be examined carefully so that all the catalyst that is meant to be utilized in each center has been so utilized.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。今天是一个适合于大的问题的日子。这个问题是一涵盖了在取得, 仅仅是看起来似乎要一个人内在之中要被取得的事物的方面的一系列的生命的可能性的问题。在你们的能量系统中的每一个能量中心都需要被仔细检查, 这样在每一个中心中所有的打算要被利用的催化剂就已经如此被利用了。

Within the red ray, therefore, the entity's sense of survival and sexual expression is of paramount importance. There must be a clear and clean expression of these energies at this lowest of these energy centers, for it is through this energy center, that the intelligent energy, or prana, of the One Creator moves.

因此, 在红色光芒中, 实体对于生存和性表达的感知是具有至高无上的重要性的。在这些能量中心的这个最低的中心, 必须有一种对这些能量的清晰而清楚的表达, 因为太一造物者的智能能量, 或者普纳就是流经这个中心的。

If unblocked, it shall move then to orange, where the individual expression of identity is engaged with one other entity on a one-to-one basis. Catalyst here begins to mount, shall we say, as the self experiences another self in a direct sense, most intense in its expression of the emotions and the identity and the experience that is shared. There is a great deal of catalyst here that needs balancing as there are disharmonies oftentimes that offer opportunities for reharmonization and the clearing of this energy center.

如果它是不受阻塞的, 它将会继续移动到橙色光芒, 在橙色光芒, 个体的身份的表达式是用一种一对一的方式与一个其他的实体联系在一起。催化剂在这里开始, 容我们说, 增加, 当自我用一种直接的方式体验到另一个自我的时候, 催化剂在其对情绪、身份以及被分享的体验的表达中是极其强烈的。这里会有大量的催化剂需平衡, 因为时常会有不协调的事物, 它们会为对这个能量中心的重新协调一直以及对其的清理提供机会。

If it is cleared, then the prana of the One Creator may move higher to the yellow ray energy center, where the self expresses its beingness within the groups that surround it, be they family, be they school, work, community, teams, etc. Here the catalyst again grows at what you may call an exponential level for there is not just one other self with which the self experiences relationship, but many, many other selves. The disharmonies and confusions are potentially many in this energy center. Again, one must be able to balance all of these disharmonies that are again opportunities to learn in order for the energy of the One Creator, the prana, to continue this movement upwards.

如果它被清理过了, 太一造物者的普纳就可以更高地移动到黄色光芒能量中心, 在那里自我是在包围着它的团体中表达它的存在性的, 无论这些团体是家庭, 还是学校、工作、集体、团队, 等等。在这里催化剂会再一次用你们所称一种指数的层次逐渐增加, 因为不仅仅有一个其他自我是自我要与其一同体验关系的, 同

样也有许许多多其他自我。不协调与混乱在这个能量中心中潜在地是很多的。再一次，一个人必须要平衡所有这些不协调，这些不协调再一次就是学习的机会，以便于太一造物者的能量，普纳，继续这种向上的移动。

Then, the heart energy center is that which signals the ability of the entity to give love to all those about one, even those one does not know, for at this energy center, the expression of love is universal in its sense of being given without expectation of return. This energy center is that which signals the harvestability of the mind/body/spirit complex that is able to open it and keep it open, shall we say, in the regard of giving more than is received.

接下来，心的能量中心就是预示了实体对在它周围的所有人，甚至是那些它不知道的人，给予爱的能力的中心了，因为在这个能量中心，在的表达在它不期待回报地去给予的意义上是普世性的。这个能量中心就是预示了心/身/灵复合体的可收割能力的中心，可收割的心/身/灵复合体在关于给予多于接受的方面能够开放这个能量中心并使其保持开放。

The blue energy center is that of the throat chakra, the ability to communicate clearly, to inspire even with the communication. To give it freely without again any expectation of return.

蓝色能量中心就是喉部脉轮的中心，它具有清晰地沟通交流，甚至藉由交流来启发的能力。再一次，它是在不期待回报的情况下的自由地给予。

And then we come to that great turning point, the indigo ray energy center, the center of the adept, that center which expresses one's being most effectively; the magical nature of all creation, the ability to create changes in consciousness at will; the One Creator expressed as the individual self.

接下来，我们抵达了那个伟大的转折点，靛蓝色光芒能量中心，行家的中心，最为有效地表达一个人的存有，所有造物的魔法的属性，在意识中随意创造改变的能力，以及作为个体的自我被表达的太一造物者的中心。

When the energy is able to move into the indigo ray energy center, then there is the ability to send the spirit shuttle, shall we say, to the violet ray and to experience the One Creator, the union with the One Creator, the joy of the One Creator. At this point, the service to all entities becomes an automatic response to feeling this Buddhahood, shall we say, for the violet ray energy center is also known as the Buddhist Center. It is that which is whole and complete; that which expresses for the individual the complete balance of all lower energy centers.

当能量能够进入到靛蓝色光芒中心的时候，接下来，就会有能力去向紫罗兰光芒送出那个，容我们说，灵性的运输器，并有能力体验到太一造物者，与太一造物者的合一，以及太一造物者的喜悦。在这个位置，对所有的实体的服务成为了对感觉这种，容我们说，佛性的一种自动的回应，因为紫罗兰光芒的能量中心同样被知晓为佛陀中心。它即是完整与完全的事物，以及为那个个体表达了所有较低的能量中心的完整的平衡的事物。

Thus, this journey is one which is, for many, a journey that takes many

lifetimes, and yet culminates in a single lifetime and is one which allows the entity to move throughout the universe with ease and facility, for one is then a portion, an active portion, of the One Creator.

因此，这个旅程，对于很多人，是一条要花费很多次生命，而会在一个单一的生命中达到顶点的旅程，这条旅程会允许实体顺利且流畅地在贯穿整个宇宙中移动，因为一个人在那个时候就是太一造物者的一部分，一个活跃的部分了。

We are Q'uo, and at this time we shall take our leave of this instrument for it has grown weary with the last effort. We leave each as we have found you, in love and in light. We thank you with great humility for your invitation to us this day. It has been a joy and a privilege to be with you. Your light is inspiring as it reaches to the heavens. Be at peace, my friends, all is well and all shall be well. We are known to you as those of Q'uo. Adonai, vasu borragus.

我们是 Q'uo，我们在此刻将离开这个器皿，因为它已经因为最后的努力而变得疲倦了。我们在爱与光中离开你们，如我们发现你们的时候一样。我们带着对你们在今天邀请我们的巨大的谦逊而感谢你们。与你们在一起已经是一种喜悦与一种荣幸了。你们的光是令人鼓舞的，因为它抵达了天堂。处于平安吧，我的朋友们，一切都好，一切都将是没问题的。我们是你们知晓的 Q'uo。Adonai, Vasu Borragus。

January 21, 2017

2017-01-21 面对评判与拒绝

Group question: Several of us in the group are struggling with the world which seems to judge or reject us so often, whether it's about our past, our choices, our spiritual beliefs, or some other aspect of our lives. We feel comfortable with ourselves in those things, but feel uncomfortable or hurt when met with judgment or rejection from others. It can also lead to feelings of isolation and loneliness. How can we relate to this catalyst of discomfort or hurt feelings? How can we find a place of comfort within ourselves which can withstand pressures from society, and how can we cope with feelings of isolation brought by our choices, beliefs, or experiences?

团体问题：在这个团体中的我们几个人都在与这个看起来似乎如此经常地评判我们或者拒绝我们的世界抗争，无论它是关于我们的过去，我们的选择，我们的灵性的信念，或者我们的生命的某个其他的面向。在那些事情中，我们对我们自己感到舒服，但是当我们遭遇其他人的评判或者拒绝的时候我们感觉到不舒服或者受伤害了。它同样能够导向隔离与孤单的感觉。我们如何与这种不舒服或者受伤害的感觉的催化剂打交道呢？我们如何在我们自己内在之中找到一个能够忍受来自于社会的压力的安慰的场所，我们如何处理由于我们的选择、信念或者体验而被引发的隔离的感觉呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and we greet each of you in love and in light this afternoon. It is such an honor to be with you. We cannot thank you enough for blessing us with your invitation to speak to you concerning those matters that are upon your minds and your hearts this day. By so speaking, we hope to offer you consolation and inspiration—not just information—so that you may take that which has value to you, leaving all else behind, and travel more assuredly upon your spiritual path, for it is that spiritual journey upon which each of us now finds ourselves.

我是 Q'uo，我在这个下午在爱与光中向你们致意。与你们在一起一种如此的荣耀。对于你们藉由邀请我们对你们谈及那些今天在你们的头脑中以及在你们的心头上的问题而对我们的祝福，我们怎么感谢你们都是不够的。藉由如此发言，我们希望提供给你们安慰与启发——不仅仅是信息——这样你们就可以使用对你们有价值的事物，将所有其他的都留在后面，并更为确信地在你们的灵性的道路上旅行了，因为恰恰就是那条灵性的旅程，我们每一个人发现我们自己现在正处于其上。

We all move in unison in a certain step, seeking the love and light of the One in unity with the One, and in all that we do, in all that we say, and in all that we think—for we, who have moved somewhat further along this path than you, have found the truth of unity to be that which is omnipresent. We cannot find a place where there is no unity. However, we are well aware that within your own illusion, you have no trouble whatsoever discovering places and people

that seem not at all in unison with you, that seem so very separated, distinctly different—almost antagonistically opposite in some cases—from your own perception of the reality around you.

我们全都是通过一定的脚步协调一致地行动，并同时在与太一的统一中，在所有我们做的事情中，在所有我们说的事情中，在所有我们思考的事情中寻求太一的爱与光的——因为我们已经发现合一的真理就是那无处不在的事物了，我们已经沿着这条道路比你们多少走得更远一些了。我们无法找到一个没有统一的地方。然而，我们全都清楚地了解，在你们自己幻象中，对于那些看起来似乎完全与你们不一致，看起来似乎如此非常分离，并且与你们自己对你们周围的实相的知觉明显不一样——在一些情况中几乎是对立性地相反的——的地方和人，你们在发现这些事情方面是无论什么麻烦都不会有的。

This makes it difficult, as you have carefully framed in your question, to be able to accept and utilize the catalyst that is offered by those who would criticize you for your beliefs, your behaviors; who would judge you for the same in a negative sense, and reject that which you offer, even when you offer it with your heartfelt love. For that which you offer is so very different from that which many entities are acquainted with, or have even perceived the slightest hint of; so what they are responding to is that great difference between your ways and theirs, for they yet reside most firmly behind the veil which you have begun to penetrate in your own seeking, and the veil, as you know, is quite an efficient means of segregating that which is, from that which seems to be.

如你们已经在你们的问题中仔细地讲述了的一样，这使得能够接受并利用催化剂成为困难的事情了，这些催化剂是由那些会因为你们的信念、你们的行为举止而批评你们的人，那些会因为相同的事情用一种负面性的方式评判你们，并拒绝你们提供的事物的人所提供，甚至在你们提供的事物是你们带着你们由衷的爱而提供它们的时候。因为你们提供的事物与很多实体熟悉的，或者甚至已经对其感觉到了最轻微的暗示的事物是如此之非常不同，因此它们正在回应的事物是在你们的道路和它们的道路之间的那种巨大的差异，因为它们极其稳固地居住在那个罩纱的后面，而你们通过你们自己的寻求已经开始刺穿那个罩纱了，如你们知晓的一样，那个罩纱是一种将事物之所是与其看起来之所是分隔开来的相当有效的方式。

Your illusion is as unified as is any illusion within the Infinite Creation, and yet, because of the veil of forgetting separating your conscious mind from your subconscious mind, you are not able to perceive all that is before your eyes, both your inner eyes and your outer eyes. For if you could but remove that veil right here in the third-density illusion, you would discover the unity of all things. And yet, within this third-density illusion, you would still find those who would not appreciate your unified view that would see them also as the Creator, for this is such a foreign concept to most upon your planet, that to consider it would require that they completely change their philosophy of life, their point of view, their means of seeing that which is before their eyes and around their heart.

你们的幻象如同在无限造物中的任何幻象一样是统一的，而因为遗忘的罩纱将你

们的表面意识的心智与你们的潜意识的心智分隔开，你们无法感觉到所有在你们的眼前的事物，同时包括你们内在的眼睛和你们外在的眼睛。因为只要你们能够将那个在第三密度的幻象中在这里的罩纱移开一点点，你们就会发现一切事物的统一了。而在这个第三密度的幻象中，你们仍旧会遇到那些不愿意欣赏你们的统一性的，会将它们同样也视为是造物者的视角的人，因为对于在你们的星球上的大多数人，这是一个外来的观念，以至于它们会认为这个观念需要它们完全改变它们生命的哲学，它们的视角以及它们观察在它们的眼前以及他们的心周围的事物的方式。

Though you may feel threatened, judged, rejected and in general ignored as an ultimate response by such entities, can you not also feel for them: the great sorrow of their dimmed sight, both within and without, that holds so much from their lives that could enrich their very being to the degree necessary to begin their own journey of seeking in a conscious fashion. For those who would so criticize you and ostracize you are suffering from the disease of ignorance and sleepfulness, for such is the beginning state of consciousness within the third-density illusion. It is meant to be this way for all entities in order that there may be a, shall we say, reward for penetrating the illusion about you. The harder that you have worked to make sense of the world about you in the way in which your spiritual journey has made sense to you requires that you work quite diligently on a daily basis to utilize the catalyst that comes your way for the purpose of continually clearing your sight and opening your heart to the Creator which exists both within and without. At some point within their incarnational experiences at the end of the third density, most entities are making progress upon this path of removing the veil and beginning to catch a glimpse of the love that created all that there is out of the light of the One Creator.

尽管你们可能感觉到受威胁，被评判，被拒绝，以及作为这样的实体的一种终极的响应的通常性地被忽略，而对于它们暗淡的视野，同时是内在的与外在的视野，难道你们不能同样也为它们感觉到的巨大的忧伤吗，这种视野将如此大量的能够丰富它们的核心存有的事物从它们的生命扣押起来了，以至于到了这些被扣押的事物对于用一种有意识的方式开启它们自己的寻求的旅程是必不可少的程度了。因为那些会如此批评你们并排斥你们的人是正在遭受无知与昏睡的疾病，因为这就是在第三密度中的意识的开始的状态。对于所有的实体它就是要打算成为这种方式的，以便于可能会有一种来自于刺穿在你们周围的幻象的，容我说，回报。你们越发努力地用一种通过其你们的灵性的旅程会对你们有意义的方式使得你们周围的世界是有意义的，这就需要你们相当勤奋地用一种每日进行的方式来进行工作以利用出现在你们面前的催化剂，以实现持续不断地清空你们的视线并向着造物者开放你们的目的，这个造物者是同时存在内在和外在的。大多数实体，在它们的投生体验中的某个位置，在第三密度的结束的时候，都会在这条移除罩纱并开始对爱取得一瞥的道路上前进了，这种爱从太一造物者的光创造出了一切万有。

So, when you find yourself in a situation in which you are opposed by those who disagree with your point of view and judge you for it, we would suggest first that you look at the situation as we see it: you have begun to see clearly

the nature of reality. You have found yourself in relationship with another who has not; you have been blessed and the other would rather curse you, shall we say, and yet, it is their own state of ignorance and sleepfulness that keeps them shackled to a restricted point of view. If you can begin to color your relationship with such entities with the color of compassion, to begin first to see that it is not so much you with which they disagree, it is that which you propose or propound; that which you expose them to: a dimly felt experience of love, of light, of unity which begins to shake their perception of reality. It causes them to fear they shall fall from the shaky craft that floats upon the sea of consciousness and drown in the waters of this so-called "unconditional love and unity" of which you speak. Thus, they feel greatly threatened for their very lives, for their thoughts, for their feelings, for their present, for their future, for all that they hold dear.

因此，当你发现你自己处于这样一个情景中，在其中是你被那些与你的观点有不同意见并因此而评判你们的人所反对的时候，我们会首先建议，你如我们看到那个情景一样地去观察它：你已经开始清晰地看到实相的特性了，你已经在与另一个尚未找到它自己的人的关系中找到你自己了，你已经是被祝福的了，与其说其他人咒骂你，容我说，毋宁是它们自己的无知与昏睡的状态使得它们被一种受限的观点所羁绊了。如果你们开始用同情心的色彩为你们与这样的实体之间的关系染色，以首先开始看到，它们不赞成的在很大程度上并不是你们，而是你们提议或者建议的事物，是你们让它们暴露于的事物：一种对爱，对光，对一体性的模糊感觉到的体验，这种体验开始动摇它们对实相的知觉了。它使得它们害怕，它们将会从那艘在意识的海面上漂流的不可靠的小船上掉下来，并在你们谈及的这个所谓的“无条件的爱与统一”的水域中淹死了。因此，它们为它们的生命，为它们的想法，为它们的感觉，为它们的现在，为它们的未来，为所有它们珍惜的事物感觉到巨大的威胁了。

We shall, at this time, transfer this contact to the one known as Steve. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. We would like to begin by thanking this instrument for the challenge which it asked us to respond to, especially given that this instrument felt the need to be reassured that only the positive information might be permitted to be spoken through it, as it is aware that there are in this crowded universe many voices which would offer themselves to inspire and to detune the unwary traveler on the byways of spirit.

我是 Q'uo，我们与这个器皿在一起了。我们想要藉由为这个器皿要求我们回应的挑战而感谢这个器皿开始，尤其是考虑到这个器皿感觉到有必要再次确认，仅仅只有正面性的信息可以被允许通过它被讲述，因为它察觉到，在这个拥挤的宇宙中会有很多的声音会提供它们自己来进行灌注，并让那些不小心的旅行者在灵性的旁路上失去调音。

I am Q'uo. I am Laitos. I am Latwii. I am Ra. These voices (and others that you have not become familiar with) are blended in this energy which this instrument now receives and makes available to you; for to us, as we reach out to you in service, it is not important to distinguish one voice from another when they are harmonized in a single service, focused and dedicated in an effort to make available both information and inspiration to others of like mind who seek. We are a multitude of voices blended into a single voice and can be so because not one among these voices turns in judgment against the others.

我是 Q'uo。我是 Laitos。我是 Lawii。我是 Ra。这些声音 (以及其他的你们尚未熟悉的声音) 是在这个器皿现在正在接收并使得其可以为你们所利用的这个能量中被混合在一起的, 因为对于我们, 当我们通过服务向你们伸出手的时候, 如果我们的服务是在一个单一的服务中协调一致, 并通过这样一种努力被聚焦并被致力于, 将一个声音与另一个声音区分开来, 这是不重要的, 这种努力会使得信息和启发同时可以为那些具有类似的想法的寻求的其他人所取得了。我们是被混合成为一个声音的大量的声音, 我们不是因为在这些声音中的一个声音通过评判对抗其他声音而能够这样做的。

Now, many here who have gathered, have within themselves, within their soul memories, a recollection—dimmed, it is true, by the veil—of a time and a way of life that is more harmonious, that is more open, that is more welcoming, that is less restricted. When a seeker has begun the process of peering through the fog and the mists of the veil, to get a glimmer of light on the other side, it can seem that the darkness all around is all the more difficult to endure, all the more pernicious even. It seems to have an energy and a life of its own that resists the lightening which the seeker undertakes. The judgments which you find all around you are merely reflections of this resistance in many cases. And so, one who seeks, seeks to penetrate the veil. But one who has come to incarnate here has not come to be free of the effects of the veiling, but has rather come to serve. And that means to serve in such ways as are, for the most part, very heavily veiled indeed.

现在, 很多已经聚集在这里的实体, 在它们自己内在之中, 在它们的灵魂的记忆之中, 对于一个更为协调一致, 更为开放, 更为欢迎性, 且较不受限的时刻与生活的方式拥有一种回忆——尽管它因为罩纱而是模糊的, 这是真实的。当一个寻求者已经开始了看穿罩纱的烟雾和迷雾, 并对在另一边的光取得一瞥的时候, 看起来似乎在四周的黑暗是更加难以忍受的, 甚至是更加有毒害的了。它看起来似乎拥有一种能量以及一种属于它自己的生命, 这种能量会阻止照亮寻求者所着手从事的事情。你们在你们周围发现的评判在很多情况中仅仅是这种阻碍的映射。因此, 一个寻求的人, 会寻求去刺穿罩纱。但是, 一个已经在这里投生的人, 不是来这里来摆脱罩纱的影响, 而是来这里进行服务的。那意味着用这样一种方式服务, 在绝大部分, 确实是, 非常沉重地被罩纱遮蔽的。

Now, we would call your attention to a portion of the process of judging which is, in fact, of a positive order of derivation. It is, indeed, essential to all who live in third density and who seek in third density. And we will say that this function does not end with third density, for it represents a process and an

operation which falls to the responsibility of every soul which has entered the great adventure of individuation. The positive aspect of judgment involves the capacity to make discrimination. It involves the capacity to see one path as preferable to another, for certain purposes, and these purposes. The capacity to judge, itself, is subject constantly to revision, to growth, to exploration, and to expansion by means of the experience that you gain from your path through incarnation. So, judgment itself is not a function of a negative order of derivation. It becomes problematic only when it becomes hardened, only when it loses its place as a portion of a process, and becomes a means of separation in and of itself.

现在，我们将你们的注意力呼唤到评判的过程的，实际上，是具有一种正面性的起源一个部分。确实，对于所有活在第三密度中并在第三密度中寻求的人，它是至关重要的。我们将会所，这个机能并不会随着第三密度而结束，因为它会呈现一个过程和一种活动，这种活动会落入到每一个已经进入到个体化的伟大的冒险之中的灵魂的责任的范围内。评判的正面性的面向包含了进行分辨的能力。它包含将一条道路视为是比另一条道路，对于一定的目的，更可取的能力。这些目的，这种评判的能力其自身，是持续不断地受到修正、成长、探索以及通过你们从你们穿越投生的道路取得体验的途径的拓展的影响的。因此，评判其自身不是一个具有负面性的起源的机能。仅仅是在它会变得顽固的时候，仅仅是在它失去了它作为一个过程的一部分的位置，并在其内在及其自身成为了一条分离的途径的时候，它才成为有问题的了。

Now, we have said before, the first step in separation is always the separation of self from itself, and it is only when the self finds itself separated from itself that it is truly vulnerable to the experience of separating that comes upon it from another. The moral to that story is simply this: When you feel the sting of the judgment of another—the other having separated itself from you, and generally placed itself above you in the order of value—when you feel this sting, if sting it does do, it is only because there is already the opening or aperture to the sting carried in your being.

现在，我们之前已经说过，在分离中的第一步一直都是自我与它自己的分离，仅仅是在自我发现它自己与它自己分离的时候，它才会真正易于受到它遭遇到的来自另一个人的分离的体验的影响。那个故事的寓意单纯地是这样的：当你们感觉到另一个人的评判的刺痛的时候——其他人已经让它自己与你们分开了，并一般而言将它自己置于你们之上以便于具有价值——当你们感觉到这种刺痛的时候，如果它确实产生出刺痛了，这仅仅是因为在你的存有之中已经存在有那个刺痛穿越的开口或者缝隙了。

Now, that is an easy principle to enunciate to be sure, but we will say that every incarnate individual in third density—whether or not they are natively of third density or whether perhaps they are a wanderer come into third density for purposes of service—every third-density being, we say, is full of these little self-separations that give the opportunity for judgment to create within the individual person a disharmony of voices, a cacophony of voices, a chaos of inward voices, some of which are condemnatory, some of which seek by way of an attempt at self-survival to justify the little wayward self one feels oneself

to be.

现在，那是一个很容易阐明以确信的原则，但是我们将会说，在第三密度中的每一个投生的个体——无论它们是否是原生属于第三密度，还是也许他们是为了服务的目的而进入到第三密度的流浪者——每一个第三密度的存有，我们都会说，是充满了这些小小的自我的分离的，就是这些自我的分离给予了评判机会在个体的人内在之中创造出一种声音的不协调，一种声音的嘈杂，一种内在的神魂的混乱，一些声音是谴责性的，一些声音是藉由一种自我生存的尝试的方式寻求合理化一个人感觉到它自己之所是的那个小小的任性的自我的。

And so, this experience of incarnate life upon the third-density plane, my friends, is bound to be one in which you begin by being moved off your center. It is bound to be one which you begin by finding yourself displaced, lost, and in need of healing. It can be a greatly liberating experience when first you discover that there is more to your being than the simple constructed ego that has been carefully crafted as much for protection as for positive effect, as a portion of your life experience. And when this realization that you are more (a realization which is common to those who begin spiritually to seek) is first felt, it can be greatly liberating. You can feel that the chains have been removed from your limbs and you are able now to move more freely. You can be tempted to exalt in this freedom and to proclaim to the world around the liberation which you have found. Everything can begin to seem light. Every other self can begin to appear under the rubric of friend and you can find that the world is indeed a welcoming place indeed. And when one encounters other selves who have but recently undergone this experience of liberation, it can be encouraging, particularly if you are one who has previously felt liberated, only perhaps upon subsequent experience to have found that the initial euphoria was, shall we say, a little bit premature.

因此，我的朋友们，这次在第三密度层面上的投生的生命的体验，是注定成为一次在其中你们会藉由偏离你们的中心而开始的体验。它是注定成为一次你藉由发现你自己是被错置的，迷失的，且需要疗愈而开始的体验。当你第一次发现你的存有是有比那个简单被构建起来的自我更多的事物时，它能够成为一种极大地令人解脱的体验，那个自我已经，为了正面性的效果以及为了一样多的保护性，被仔细地构建为你的生命体验的一部分的。当这种你是更大的领悟（这是一个对于那些开始灵性上的寻求的实体是通常性的领悟）第一次被感觉到的时候，它能够成为极其令人解脱的。你能够感觉到锁链已经从你的手脚被解开了，你现在能够更为自由地移动了。你能够被引诱在这种自由中得意洋洋并向周围的世界宣告你已经发现了的自由。每一个事情都能够开始看起来似乎是光明的。每一个其他的自我都可以开始出现在朋友的红色标题之下，你能够发现世界确实是一个欢迎的地方。当一个人遭遇到最近刚刚经历了这种解放的体验的其他自我的时候，它能够成为令人鼓舞的，尤其是如果你是一个之前感觉过解放的人，也许仅仅是在随后发生的体验中才发现，那种最初的幸福感，容我们说，是有一点点早熟的了。

For as you go through the daily activities of your lives, you will find again that there are those who present you with all the resistance you could ever want and give you every opportunity to, once again, take in these judgments of a world which is interested in your liberation not at all. And so you might find

that you have taken on a certain heaviness of the world, and for those who have a bit more experience on the path of spiritual seeking, it can sometimes begin to seem that earlier experiences of liberation are hardly a gift at all, for you are now burdened with the realization that much, much more is possible; much more love can be felt; much more harmony can be created than is being created, than is being felt.

因为当你们经历你们的生活的日常活动的时候，你们将再一次发现，会有一些人会向你呈现出所有你们曾经想要的反抗，并给予你们每一个机会，再一次，去接受这些属于一个对你们的解放完全没有兴趣的世界的评判。因此，你们可能发现，你们已经担负起了一定的世俗的重量了，对于那些在灵性寻求的道路上拥有多一点经验的人，有时候会开始看起来似乎是，早些时候的解放的体验几乎完全不是一个礼物，因为你们正在担负起这样一种领悟的重担了，那个领悟即，有远远更多的事情是有可能的，相比正在被创造的协调，相比正在被感觉到的爱，有更多的爱能够被感觉到，有更多的协调能够被创造。

And as you contemplate this fact, you can begin to feel distraught, because after the euphoria of your spiritual breakthrough has receded just a little bit, you get a glimpse of how little difference that seems to have made in the lives of others. And if you reflect a little further, you might come to the realization that you have not incarnated in third density in order to experience the exhilaration of liberation. You have incarnated in third density quite simply in order to serve, and the ones that are most in need of serving are most frequently the ones least inclined to receive your service gladly. And so, it can seem to one eager to fulfill the destiny of service, eager to lighten the vibrations of a planet long in distress, long laboring under the heavy weight of judgment compounded on judgment, it can seem, we say, that all hope of making a real difference is utterly forlorn.

当你们沉思这个事实的时候，你们能够开始感觉到发疯了，因为在你们的灵性的突破的幸福已经仅仅减少了一点之后，你们会对于那种解放在其他人的生命中看起来已经起到的作用是多么之少取得一瞥了。如果你们稍稍进一步思考，你们可能开始领悟，你们不是为了体验解放的兴奋而投生到第三密度之中的。你们相当单纯地是为了服务而投生到第三密度的，而那些最为需要服务的人极其频繁地就是那些最不倾向于高兴地接受你们的服务的人。因此，对于一个渴望去实践服务的命运，渴望去照亮这样一个行星的振动的人，这个行星是长期处于苦难之中，且长久地在重重评判的沉重的重压之下辛苦劳作的，看起来似乎，我们可以说，所有产生出一种真实的作用的希望都是完全绝望的。

My friends, we are the brothers and sisters of sorrow. We are here in a capacity of serving and we merely call your attention to what we think you already know—that all here gathered are here in the same capacity. Service is not an easy undertaking—it is not that the one who seeks to serve can be prided and plumed with the knowledge of having the truth. For what is the truth when the task at hand is to make oneself available to those for whom judgment is all there is? It is as if in order to serve you must submit to this world where judgment reigns supreme and you must allow yourself to get down and dirty, if we may put it in this way, by working in the mines, by

dredging up difficult feelings, by allowing oneself to present catalyst to others that is to them most unwelcome, thereby drawing judgment once again upon oneself. To serve, my friends, is not an experience of constant and unbridled joy, but involves also a capacity to take upon the self the sorrows of the world. 我的朋友们，我们是忧伤的兄弟姐妹。我们用一种服务的方式在真理，我们仅仅是将你们的注意力呼唤到我们认为你们已经知道的事物——所有聚集在这里的人都是通过相同的能力在这里的。服务不是一个容易的工作——这不是说一个寻求去进行服务的人可以因为拥有真理的知晓而骄傲而自夸。因为当在手边的任务就是让一个人自己可以为那些对于其评判就是生命的全部的实体所取得的时候，真理是什么呢？这就好像为了去服务，你们必须屈服与这个在其中评判是有巨大优势的世界，你必须允许你自己进入地下，藉由在矿井中工作，藉由挖掘困难的感觉，藉由允许一个人自己对其他人呈现对它们而言是极其不受欢迎的催化剂，并由此将评判再一次吸引到一个人自己的身上而让自己变脏，如果我们可以用这种方式描述它的话。我的朋友们，进行服务不是一个具有持久且强烈的喜悦的体验，而是会同样包含一种将自我放在世界的刀剑之上的能力。

We have commended to you the importance of the private space you can create for yourself in meditation, for it is here that healing may be done. When you are able to withdraw from the bustle of world and heal the wounds you have left yourself open to receiving in your effort to serve, you are performing service upon a very deep level. We would present you with a caution, and that is that it is possible to take upon yourself more than you are able to process, and there are those that have wandered from Ra, from Latwii, from Laitos, who have done just this, and who find themselves as a result in a state of confusion so deep that it is as if they have been lost in the maelstrom. It is as if they have become the problem, it is as if they have discovered a great truth about the Creation to the effect that some wounds will not heal. We would like to assure you that this is not so—that all wounds will, in the fullness of time, in fact, heal. But having said that, we will also say, that there will be those who work the byways of judgment so deeply and so effectively, and with such emotional power, that it is well not to engage where you fear yourself overmatched. And so, here we say that this is where the positive aspect of judgment comes into play, because you have to be able to make the proper discrimination with regard to your own powers of healing to determine whether a situation which is on offer, is one which you can effectively take up. There is no shame in coming to the determination upon an occasion or two, that a situation that has invited you in, so to speak, is not one in which your capacity for service can come to fruition, and under these circumstances, it is the better part of valor to withdraw into what, for you, is a safe place, and to stick to your knitting, so to speak.

我们已经向你们推荐过你能够在冥想中为你自己创造出的私密的空間的重要性了，因为就是在那里，疗愈能够被进行了。当你们能够从世界的喧闹中后撤并疗愈伤口的时候，你已经让你自己向着你在你去进行服务的努力中接收到的这些伤口开放了，你就是在是一个非常深入的层次上执行服务了。我们向你们提出一个警告，那就是你是有可能将比你所能够处理的事物更多的事物压在你自己身上的，会有那些已经从 Ra，从 Latwii，从 Laitos 流浪出来的实体，它们恰恰已经这样

做了，它们作为一个结果发现它们自己处于一种如此深入的混淆的状态中，以至于它就好像已经迷失在大漩涡中了一样。它就好像它们已经成为了问题一样，它就好像它们已经发现了一个关于造物的巨大的真理，以至于造成了某种伤痛将不会疗愈的效果了。我们想要向你们保证，不是这样的——所有的伤痛，在时间的圆满之中，实际上都将疗愈。但是，在说了那一点之后，我们将同样说，将会有这样一些人，它们在评判的旁路上如此深入且如此有效地，并藉由这样情绪性的力量工作了，以至于它们不会参与到那些你担心你自己在其中会被压倒的情况了，这是很好的。因此，我们在这里说的事情是，这就是评判的正面性的面向起作用的位置了，因为你们必须能够在关于你自己的疗愈的力量的方面做出适当的分辨，以确定是否一个正在面对着的情况是一个你能够有效地承担起来的情况。在对一两个场合做出决定，那个已经，可以说是，邀请你们加入其中的情况，不是一个在其中你们去进行服务的能力能够结出果实的情况，这是无需羞愧的，在这些情况下，将勇气的一部分撤回回到，对于你们是，一个安全的场所的事物之中，并坚持你们的，可以说是，结合，这是更好的。

Yes, my friends, judgment is a two-edged sword, and if you carry the effects of judgment, it can weigh you down to the point where your best resource, your capacity for hope and your capacity for joy, is something that seems so far removed, that you will never restore it to yourself. We can assure you that you have recovered from every mistake you have made in the past. We can assure you that you will make more mistakes in the future and that you will recover from these as well. So long as you approach every new experience with a commitment to love, to healing and to service, we feel confident in telling you that you will emerge from that experience better off than before. 我的朋友们，是的，评判是一把双刃剑，如果你们能够携带评判的效果，它能够为你们称量出你们最佳的资源所在的位置，你们对于希望的能力以及你们对于喜悦的能力，是某种看起来似乎如此远离的事物，以至于你将永远不会将其在你自己身上复原。我们向你们保证，你们已经从你们在过去已经犯下的每一个错误上恢复了。我们向你们保证，你们在未来将会犯下一些错误，你们将会同样也从这些错误复原。只要你们带着一种对爱、对疗愈、对服务的奉献着手处理每一个新的体验，我们就会对这样告诉你们感觉是有信心的了，你们将会比以前更好地从那个体验中出现。

And so, it is to these commitments that we would commend you and assure you that from the point of view that we have to offer, you are all doing great service as you bring your love and your light to this planet, which is, indeed, very much in need of that love and that light. 因此，我们会向你们推荐的事情就是这些奉献，我们向你们保证，从给我们所要提供的那个观点，你们将会在你们将你们的爱和你们的光带到这个行星的时候全都在进行伟大的工作了，这个行星确实是非常需要那种爱和那种光的。

We are those of Q'uo, who have enjoyed this opportunity to blend our thoughts with yours to bring our voice into your group as a portion of the seeking which we all do together. We would, at this time, leave this instrument and return to the one known as Jim. I am Q'uo. Adonai, my friends, Adonai. 我们是 Q'uo，我们已经非常喜欢这个机会将我们的想法与你们的想法混合在一

起，以将我们的声音作为我们全都在一起进行的寻求的一部分带入到你们的团体。我们会在此刻离开这个器皿，并返回到被知晓为 Jim 的实体。我是 Q'uo。
Adonai, 我的朋友, Adonai

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. It is our pleasure at this time to ask if there may be any other queries to which we may speak?

我是 Q'uo, 我与这个器皿在一起了。我们在此刻很荣幸询问, 是否可能有我们可以回答的任何其他的问题?

D: A question that I came with has been answered.

D: 我想到的一个问题已经被回答了。

Q'uo: Is there any other query at this time?

Q'uo: 在此刻有任何其他问题吗?

Gary: Q'uo, it's not a terribly important question, but I anticipate questions on this point in the future from readers of this transcript. Unless I am mistaken, it seems that the channeling through Steve indicated that Q'uo consisted of Ra, Latwii, and Latos. It is my understanding that the Q'uo principle consists of Ra, Latwii, and Hatonn. Can you clarify this please?

Gary: Q'uo, 它不是一个特别重要的问题, 但是我预料到在未来会有来自于这个稿件的读者在这一点上的问题。除非我弄错了, 看起来似乎通过 Steve 的传讯表明 Q'uo 是由 Ra, Latwii, Laitos 组成的。我的理解是, Q'uo 原则是由 Ra, Latwii 和 Hatonn 组成的。能请你们澄清这一点吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The beginning principle of Q'uo was, as you have stated: those of Hatonn of the fourth density, those of Latwii of the fifth density, and those of Ra of the sixth density, blending together in a principle that sought to continue the work of those of Ra with this work, in a manner which would not require the use of the trance, but which would require a certain stepping down, shall we say, of the vibrations of those of Ra. This was accomplished by a manner of blending of the vibrations of these three social memory complexes so that the product of their service could be appreciated upon the conscious level of those entities within this group who are able to receive the vibration of Q'uo. This has been the makeup of this group for a great portion of what you would call time. However, we have found it necessary in the recent of your past, shall we say, to invite those of Laitos to join our group, for you have begun the process of teaching the art of channeling, and have the necessity of welcoming new instruments into your group in a manner which is able to be appreciated by the new instruments.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。Q'uo 原则的开始, 如你已经陈述的一样, 是属于第四密度的 Hatonn 团体, 属于第五密度的 Latwii 团体,

以及属于第六密度的 Ra 团体，它们在一个寻求藉由这个工作来继续 Ra 团体的工作的原则中结合在一起，这种混合是一种不需要对出神状态的使用，但需要对 Ra 团体的振动的一定的，容我们说，降级的方式进行的。这种混合是藉由一种将这三个社会记忆复合体的振动混合在一起的方式完成的，这样它们的服务就能够在这个团体中的那些能够接受到 Q'uo 的振动的实体的有意识的层次上被感觉到的。这已经是这个团体在你们所称的时间的一个巨大的部分中的构成了。然而，我们已经在你们的，容我们说，最近的过去发现，有必要邀请 Laitos 团体加入我们的团体，因为你们已经开始了教导传讯的技艺的过程，并需要用一种能够被新的器皿所了解的方式欢迎新的器皿进入到你们的团体。

That requires the gentle vibrations of the one known as Laitos, also of the fourth density, but which specializes in the preparation and training of the new instruments in this group. We would suggest that the one known as Hatonn remains as a member of this group when needed. However, there is the necessity of only one fourth density social memory complex within the principle of Q'uo at any one time, as there is the necessity of only one fifth density entity and one sixth density entity, in order for the vibrations to meld most appropriately in the process of transmitting information to conscious channels. When you find yourself, and if you should find yourself in the future, no longer proceeding along the lines of training instruments, then you would find that the ones of Hatonn would again replace the ones of Laitos. Is there a further query, my brother?

那需要被知晓为 Laitos 的实体的温和的振动，Laitos 同样也属于第四密度，但却专长于为在这个团体中的新器皿做好准备并对其进行训练的方面。我们会建议被知晓为 Hatonn 的实体在被需要的时候依旧是这个团体的一个成员。然而，在 Q'uo 原则中在任何一个时刻仅仅只有一个第四密度社会记忆复合体的需要，因为仅仅只有对一个第五密度的实体和一个第六密度的实体的需要，以便于在对有意识地管道传递信息的过程中振动极其适当地混合在一起。当你发现你自己，且如果你在未来将会发现你自己，不再沿着训练器皿的线路前进的时候，在那个时候，你会发现 Hatonn 会再一次取代 Laitos。我的兄弟，有一个进一步的问题吗？

Gary: No, not on that topic. Thank you, Q'uo.

Gary: 没有了，在那个主题上没有了。谢谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Steve: Thank you, Q'uo.

Steve: 谢谢你们，Q'uo。

Gary: I have a question from J, who says: "It seems to me that the ability of perceiving the energy flows, not only as necessary to efficiently carry out the healing process, but is also the key to developing the healing ability. In fact, I think the perceiving of energy flows is also relevant to attaining the minimal balance necessary to become a healer. I know Ra mentioned that briefly in

58.3, how to activate the inner vision by using the swung crystal, but I still don't know exactly how to practice and develop my inner vision. Thus, I sincerely hope that Q'uo could expand on how to activate, if necessary, the inner vision, and give a practical and workable way for a third-density entity, such as me, to follow."

Gary: 我有一个来自 J 的问题, J 说, "在我看来似乎感觉能量流动的能力, 不仅仅在有效地执行疗愈过程的时候是需要的, 它同样也是发展疗愈能力的关键。实际上, 我认为, 对能量流动的感觉同样也是与取得成为一个疗愈者所需的最小的平衡有关的。我知道 Ra 在 58.3 中简要地提到过如何藉由摇晃的水晶激活内在视觉, 但是我仍旧不知道究竟如何练习并发展我内在的视觉。因此, 我真诚地希望 Q'uo 能够在如何激活, 如果有必要的话, 内在的视觉的方面进行拓展, 并给予一个适合于诸如我之类的一个第三密度实体去跟随的实践性的且可行的方法。"

Q'uo: I am Q'uo and am aware of your query, my brother. We might recommend that in addition to the practicing with the swung crystal, that this practice be accomplished while in the meditative state, which would require the entity to close the eyes and attempt to perceive the entity with which it works with the swung crystal so that there may be the opportunity to perceive the beginning nature of the energies, with which the one to be healed or worked with, is expressing. Thus, as the crystal is swung over various of the energy centers of the other entity's chakra system, then the one serving as healer may attempt to perceive how the energies are alike and are different from one energy center to the next, in an ascending manner. Thus, the crystal would be moved from the lower energy centers, beginning with the red ray, to the higher centers, seriatim, one at a time, pausing for at least a minute or two in your measure at each energy center, perceiving the energies that are emanating from that center. This process repeated on a regular basis with various other entities serving as the one seeking healing so that the one serving as healer may become familiar with a variety of expressions of these energies that are emanating from each energy center.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们可以推荐, 作为对用摇晃的水晶进行练习的补充, 这个练习可以在冥想状态中被进行, 这会需要实体闭上眼睛并尝试去感受它藉由摇晃的水晶而与之一同工作过的实体, 这样可能会有机会去感觉到要被疗愈的实体, 或者与之一同工作的实体正在藉由其表达的能量的开始的特性了。因此, 在水晶在另一个实体的脉轮系统的各个能量中心的上方被摇晃的时候, 一个作为疗愈者而服务的实体接着就可以尝试去感受, 能量是如何在一个能量中心与下一个能量中间之间, 用一种上升的方式, 是类似的以及是不同的。因此, 水晶可以从较低的能量中心开始, 从红色光芒开始, 移动到更高的中心, 顺序地, 一次一个中心地, 在每一个能量中心至少暂停一两分钟。这个过程与各种各样其他的作为寻求疗愈的实体而服务的实体一起用一种规律性的方式重复, 这样, 作为疗愈者而服务的实体就可以对这些从每一个能量中心散发出来的能量的多种多样的表达变得熟悉了。

Is there another query at this time, my brother?

我的兄弟, 在此刻有另一个问题吗?

Gary: Q'uo, there is one more from C who says: "I would love to hear an expansion on the subject of those who will not be harvesting to fourth-density earth and instead entering third-density harvest on other planets. In the context of family and close loved ones, how are these ties connected between those who will be staying in the fourth density positive, and those who need further incarnational lessons in third density? This is important to me because I've been feeling a large amount of distress that some of my family members may not be able to rejoice with me in the love of fourth density, although I have faith that we will be reconnected in time."

Gary: Q'uo, 还有一个来自 C 的问题, C 说, "我想要在关于那些将不会收割到第四密度的地球而是进入到其他的行星上的第三密度的收割的实体的主题上听到一个拓展。在家庭和亲密的爱人的背景中, 这些连接如何在那些将会留在第四密度的正面性之中的实体与那些需要在第三密度中的更多的投生的课程的实体之间连接关联呢? 这对于我是重要的, 因为我一直感觉到大量的苦恼, 我的家庭的一些成员可能无法与我一起在第四密度的爱中欢庆, 尽管我有信心在适当的时候我们将会被重新连接在一起的。"

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, those of a spiritual family—each entity that is a seeker of truth belongs to such a family—will remain in a connection within any other third-density planet. There will be the ability to continue to incarnate in a collected fashion, so that there may continue to be the expression of the karmic patterns that have become a part of such a family. It is not usual for a family of seekers, shall we say, to be split between one planet in one density and another planet in another density, for if there is the majority of those moving to another third-density planet for the repetition of the third density, there will be also the desire upon each member of the family to be with those that are moving to such another third density planet. That is to say, if there are those within this family that may achieve graduation into the fourth density, there may be the delaying of the movement into fourth density for a short period of what would be called time so that all members of the family may move together, eventually, into a fourth-density environment. This may seem like a great sacrifice for the one that would be able to move more quickly into fourth density, but if you will remember that the third-density cycles are 25,000 years, three of these cycles culminating in the 75,000 years for the entire third density, and compare that to the 30 million years of fourth density, you will find that the sacrifice may be but for a moment in what would be termed fourth-density terms.

Q'uo: 我是 Q'uo, 我理解了你的问题了, 我的姐妹, 确实, 那些属于一个灵性家庭的实体——每一个实体都是一个真理的寻求者, 每一个实体都是属于这样一个家庭的——将会在任何其他的第三密度的行星中保留在一种连接中。将会由能力继续用一种集合的形式投生, 这样就可能会继续有对已经成为了这样的家庭的一部分的业力模式的表达了。一个寻求者的家庭, 容我们说, 在一个密度的一个行星, 和在另一个密度中的另一个行星之间被分开, 这不会是常见的, 因为如果那些移动到另一个第三密度的实体中的大部分是为了重复第三密度的, 家庭的每一个成员将会同样有渴望去与那些移动到这样另一个第三密度的星球的实

体在一起。也就是说，如果在这个家庭中会有实体可能取得进入到第四密度的毕业，可能会有对进入到第四密度的一小段会被称之为时间的事物的延迟，这样所有的家庭成员就可以，最终一起移动进入到一个第四密度的环境了。这对于一个能够快速进入到第四密度的实体也许看起来似乎是一种巨大的牺牲，但是如果你们将会记起第三密度的周期是两万五千年，而三个周期加起来是整个第三密度的七万五千年，相比第四密度的三千万年的时间，你们将会发现那个牺牲可能是从第四密度的意义上会被称为一瞬间的时间。

Is there another query at this time?
在此刻有另一个问题吗？

T: Yes, I have one. I've talked about this before. What role does the use of minor drugs like marijuana, contribute to the inhibition of spiritual growth? Sometimes it seems like it helps, other times it seems like it scatters focus and concentration. Could you please comment on that?

T: 是的，我有一个问题。我之前谈到过这一点。对类似大麻轻量毒品的使用，在有助于阻碍灵性的成长的方面的地位是什么呢？有时候它看起来似乎是有帮助的，在其他的时候它看起来似乎分散了焦点和注意力。能请你们对那一点进行评论吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The use of substances such as the marijuana or the LSD or the mescaline, and so forth, can be considered useful to a certain extent. That is, that the eyes are opened to a certain amount of a larger reality in which the nature of love, of light, of joy, of unity, are appreciated by such an entity. However, we would recommend that as in all experience or processing of catalyst within the third-density illusion, there is the opportunity to learn these basic lessons, and then to move in a, shall we say, more natural fashion for the further expression and experience of the higher levels of consciousness that are resulting from the personal efforts in what we would call a more natural manifestation of the meditation, the contemplation, the prayer, the utilizing of the catalyst of the daily round of experience. It is easy for some entities to become so used to the ease with which an expanded vision may be obtained in the use of these so-called drugs that there is not the exercise of the internal powers of perception and apprehension of the greater reality that is a natural portion of each seeker's beingness. It is important for each seeker to exercise this natural ability to pursue understanding, if we may use this misnomer, in the daily round of activities. Thus, our recommendation is a limited and introductory use of such substances for the serious seeker of truth.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。对诸如大麻或者 LSD 或者墨斯卡灵以及诸如之类的物质的使用，能够在一定程度上被认为是有帮助的。也就是说，眼睛会向着一定数量的一个更大的实相被开放，在其中，爱、光、喜悦、统一的特性是被这样一个实体所欣赏的。然而，我们会建议，如同在所有对第三密度中的催化剂的体验或者处理之中建议的一样，会有机会去学会这些基本的课程，并接着用一种，容我们说，更加自然的方式移动，以取得对更高的意识的层次的进一步的表达与体验，这种表达与体验是源自于在我们会称为一种更为自然

性的对冥想、沉思、祈祷以及对日常生活的体验的催化剂的利用的显化的事物中的个人的努力的。对于一些实体，很容易如此习惯于藉由其可以通过对这些所谓的毒品的使用而取得的一种拓展性的视野的那种容易，以至于不会有对于更大的实相的感知或者理解的内在的力量的练习，这种更大的实相是每一个寻求者的存在性的一个自然而然的部分。每一个寻求者都去训练这种自然的能力以在日常生活的活动中追寻理解，如果我们可以使用这个用词不当的话，这是很重要的。因此，我们的建议是，对于严肃的真理的寻求者，对这样的物质采用一种有限且引导性使用。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Q'uo: I am Q'uo and as it appears that we have exhausted the queries for this circle of seeking, we would again thank you, each of you, for inviting our presence this day. We have learned as much from you as we hope that you have learned from us. Thus, we all serve as teachers, we all serve as students. And he One Creator within us learns as well, for each of us is quite able to experience those realities in another's being, in your own being, and in the world around us that can teach the Creator more of its own being. Thus this has been a most fruitful experience and blending of our energies with yours.

Quo: 我是 Q'uo，看起来似乎我们已经耗尽了这个问题了。我们会再一次感谢你们，感谢你们每一位邀请我们今天出席。我们已经从你们身上学到的东西是和我们希望你们已经从我们身上学到的东西是一样多的。因此，我们全都作为老师而服务了，我们全都作为学生而服务了。在我们内在之中的祂，太一造物者，同样也学习了，因为我们每一个人都相当有能力体验在另一个存有中，在你自己的存有中，在我们周围的世界中的实相，它们能够教导造物者更多祂自己的存有。因此，这已经是一种极其富有成效的体验以及对我们的能量与你们的能量的混合了。

My friends, we leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu.

我的朋友们，我们在太一无限造物者的爱与光中离开你们。我们是你们知晓的 Q'uo。Adonai, 我的朋友们，Adonai Vasu。

February 4, 2017

2017-02-04 男性与女性的整合

Group question: In the Law of One, Session 4.20, it states: "The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one and that one is love/light, light/love, the Infinite Creator."

团体问题：在一的法则，集会 4.20 中，它说道：“一的法则，虽然超越了名字的限制，如你们对振动声音复合体的称呼一样，可以藉由这样表述而被近似模拟，一切事物都是一，没有极性，没有对错，没有不和谐，而仅仅只有一致性。一切都是一，一是爱/光，光/爱，是无限造物者。”

In our world today there is a strong bias towards the male polarity. In many religions the Creator is spoken of as being male, and in the English language it is common to use what is called the "male generic," which is the use of masculine language to refer to both men and women. There is a male, or androcentric [1] bias in society where men are seen as the norm, and women as the other, resulting in discrimination and injustice.

在我们的世界中，会有朝向男性极性的一种强有力的偏向性。在很多宗教信仰中，造物者都是作为男性而被谈及的，在英语语言中，使用被称为“男性类别”的事物是通常，也就是使用属于男性的语言来同时表示男性和女性。在社会中有一种男性或者以男性为中心的偏向性，在这种偏向性中男人是被视为是标准，而女人则被视为是其他的事物，这导致了差别对待与不公平。

Our question is whether we can expect to see this condition change to a more balanced use of language and status in egalitarian society, as we move further into physical fourth density. Will it come about naturally as paradigms change, or is it something that will require a more active approach?

我们的问题是，随着我们更进一步进入到物质性的第四密度，是否我们能够期待看到这个情况在平等主义的社会中改变为一种对语言和地位的更为平衡的使用。它将会随着范式的改变而自然而然地出现，还是它是某种将会需要一种更为积极的手段的事物？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet you in love and in light this day. My friends, we thank you so very much for inviting our presence in your circle of seeking in which you've asked an important query, for there is much within your illusion that has difficulty with equality.

我是 Q'uo，我们在这个日子在爱与光中向你们致意。我的朋友们，我们如此非常感谢你们邀请我们出席你们寻求的圈子，在你们的圈子中，你们已经询问了一个重要的问题，因为在你们的幻象中有大量的事物是在平等的方面是拥有困难的。

We would pause for a moment in order to include our usual favor, which is to ask each to use personal discrimination in evaluating all of our information. Take that which is helpful, leave behind that which is not. This instrument was somewhat in, shall we say, a hurry to move forward with the opening message. Therefore, we shall continue as we had begun. This instrument has difficulty and doubts within its own mind concerning its ability to transmit accurate information this afternoon, for it has its own opinion about the topic under discussion. We have recommended to this instrument to simply let all other thoughts drop by the way for the moment, and to speak that which we give him, without attempting to cover it in any way whatsoever.

我们会暂停一会儿以便于将我们通常的恩惠包含在内，也就是请每一个人都在对我们的所有的信息进行评估的过程中使用个人的分辨力。使用有帮助的事物，并将没有帮助的事物留在后面。这个器皿是有点有些，容我说，急于带着开放的信息前进的。因此，我们将如我们已经开始地一样地继续。这个器皿在它自己的头脑中在关于它在这个下午传递准确的信息的能力的方面有困难和疑虑，因为它对于要讨论的主题拥有它自己的观点。我们已经向这个器皿推荐单纯地暂时将所有其他的想法都丢在路旁，并说出我们给予他的事情，而不去尝试用无论什么任何方式覆盖它。

As you are aware, the distortions within your illusion are many, for you do not see clearly the nature of the Creation. When it is said by those of Ra that there is no polarity, you look about you and you see what seems to be a great deal of polarity and division; people against people in what seems to be good and what seems to be evil, depending upon one's relative point of view. Indeed, even in the prayer which you invoked the presence of the Creator, this presence was seen to be a father. You must realize that you exist within an illusion which has, shall we say, been biased by the fact that a veil of forgetting keeps you from seeing the nature of reality. You are, therefore, left on your own, shall we say, to wend your way through the confusions and doubts about each and every item within your experience.

如你们知晓的一样，在你们的幻象中的扭曲是为数众多的，因为你们并未清晰地看到造物的特性。当 Ra 实体说没有极性的时候，你们环顾你们的四周，你们看到看起来似乎是具有大量极性与分裂，通过看起来似乎是善的事物以及看起来似乎是恶的事物，取决于一个人相对的视角，人与人进行对抗，确实，甚至在你们用来祈请造物者的临在的祈祷中，这种临在都被视为是一个父亲。你们必须意识到你们是存在于一个幻象之中，这个幻象已经因为一个遗忘的罩纱使得你们无法看到实相的本性的事实而具有了偏向性了。因此，你们是，容我说，依靠你们自己穿越在你们的体验中在每一个项目周围的混淆和疑惑了。

By this time upon your spiritual journey, you have been able to make certain tentatively arrived-at conclusions that give you a base upon which to stand so that you do not face a constant barrage of uncertainty in your daily round of activities, and yet the query which you asked about in this day is one which is fundamental in your experience. For indeed, there is no polarity in the ultimate sense, for all are one being, all are the Creator. In the illusion of separation, all of the Creation may be seen as a distortion of this One Creator.

在你们的灵性旅程上的这个时刻之前，你们已经能够做出一定的实验性地取得的结论了，这些结论给与了你们一个站立于其上的基础，这样你们就不会在你们的日常生活的活动中去面对一种持续不断的具有不确定性的猛攻了，而你们在今天询问的问题，是一个在你们的体验中是基础性的问题。因为，确实，在终极的意义上，没有极性，因为一切都是一个存有，一切都是造物者。在分离的额幻想中，一切的造物都可以被视为是这个太一造物者的一个扭曲。

Within many of the densities of experience, beginning with your second density, extending through at least the fifth density, there is the division between that which is seen to be male in the biological sense and that which is seen to be female in the biological sense. Oftentimes these gender issues are confused with issues of principle—the male principle and the female principle—the male principle being that which reaches, is active, which gives, which does. You may look to your Sun and see the male principle, reaching to Earth with the light that gives life to Gaia, your Mother Earth, which is an example of the female principle, that being that which awaits the reaching and which produces life when it is reached by the male principle.

从你们的第二密度开始，延伸穿过至少第五密度，在许多的体验的密度中都会有在在生物的意义上是被视为是男性的事物和在生物的意义上是被视为是女性的事物之间的分裂。时常，这些性别的议题会与原则的议题——男性原则和女性原则——弄混了，男性原则是伸手去拿，是主动的，是给予的，是行动的。你们可以观察你们的太阳并看到男性原则，它用光向地球伸手，光为盖亚，你们的地球母亲，赋予了生命，地球母亲就是女性原则的范例，女性原则等待伸手触及，并当它被男性原则触及的时候产生出了生命。

Life upon your Earth then, is the result of the male and female principles interacting. The male and female genders within your third-density illusion reproduce much of these principles of the male and the female, the positive and the negative, the radiant and the magnetic. We however must suggest that, as so much of your illusion is distorted in its representations of the ultimate reality, this is oftentimes an unavoidable distortion, for again, you do not perceive clearly the reality about you, and oftentimes the reality within you, so that the principle of the male and the female is represented in the biological genders becomes reason for, shall we say, discrimination, favoring of one over the other, so that there is not the equal sharing of the creation of the One Creator, but there is the use of the strength of the biological male of the physical sense, to take that which it wishes, and to leave behind that which it does not wish for others.

接下来，在你们的地球上的生命，就是男性和女性原则相互作用的结果。在你们的第三密度的幻象中男性和女性的性别产生出了大量的这些男性和女性的原则，正面性和负面性，辐射性和磁吸性。然而，我们必须建议，如同你们的幻象的如此大量的部分是在其对终极实相的呈现中被扭曲的，这经常是一种无法避免的扭曲，因为，再一次，你们并不会清晰地感知在你们周围的实相，并时常不会清晰地感知在你们内在之中的实相，因此，在生物的性别中被呈现出来的男性和女性的原则成为了，容我们说，区别对待，偏爱一个胜过另一个的原因了，这样就不会有对太一造物者的造物的公平的分享，而是会有对身体的意义上的生物学的男

性的力量的使用，以得到它希望的事物，并将那个它不希望的事物为其他人留下来。

This is part of the illusion in which you exist. It is part of the catalyst which each entity, both male and female genders must deal. For though it seems that it is most obvious that the biological female is the loser in this equation, we must suggest that there is also another loser if we talk in terms of winners and losers. For by being dominant in a physical sense and taking more than what is its due, the male is given a false sense of superiority which shall eventually lead it in a path which it will discover humility. For that which is not true, in the ultimate sense, will need be balanced in a fashion which may be somewhat difficult for the male gender to appreciate as it sees its efforts becoming less and less effective in providing the framework for an existence that is beneficial not only to it, to its offspring and its own kind, but which produces the world in which you now live, for there is much of the male arrogance in the cultures that are encroaching upon the planetary wellness and unity of all peoples.

这就是你们存在于其中的幻象的部分。它是每一个实体，男性与女性的性别同时都必须处理的催化剂的一部分。因为虽然看起来似乎很明显生物性的女性在这种平等中是输家，我们必须建议，如果我们用赢家和输家的措辞来谈论的话，同样也会有另一个失败者。因为藉由在物质性的意义上的占优势并得到比它应得的更多的东西，男性是被给予了一种虚假的优越的感知，这种感觉将最终导致在将它导向一条在其中它将会发现谦逊的道路。因为，不是真实的事物，在终极的意义上，将会需要用一种可能对于男性性别多少有些难以欣赏的方式被平衡，因为它会看到它的努力在为这样一种存在性提供框架的方面变得越来越没有成效了，这种存在性是不仅仅会对它，对于它的后代，对于它自己同类的人是有益处的，同样也是对你们现在生活于其中的世界产生出益处，因为在文化中会有大量男性的傲慢正在侵入到星球的健全以及所有人的一体性了。

There is, shall we say, a kind of reckoning that is being devised by those of the, shall we say, more compassionate nature, in which there shall be a rising of the ability to give in the nurturing, all-compassionate love that has been allowed by the male to the female sex upon your planet. This rising of the love quotient, shall we call it, shall occur not only in the female gender, but also within the male genders of those males who have developed a greater appreciation for a wider point of view.

会有一种类型的，容我们说，报应 (reckoning)，正在被那些具有，容我们说，更加富有同情心的属性的实体创造出来，在这种报应中，将会有一种，通过已经被男性允许的抚育性的，全然富有同情心的爱，来给予在你们星球上的女性性别的能力的提升。这种爱的应得的部分的提升，将会不仅仅在女性的性别中发生，同样也会在那些已经发展了对一个更为宽广的视角的一种更大的欣赏的男性性别内在之中发生。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am with this instrument. We would begin our communication through this instrument by thanking those here present, as well as this instrument and the one called Jim, for the effort it expends in calling upon us to speak and to share that energy which we have to offer as a portion of this seeking which we may all participate in together. We would point out that those here present are calling, and we are those who are responding to this calling. Now, you may liken this calling to the expression of a kind of desire belonging to the female principle, and you may liken our response to the calling as a kind of desire feeling [itself] called by the desire of those here seeking for truth. In our response there is a maleness, you might say, for we reach to you from a place which lies in your future as you might understand it, and in that sense, if you can, for a moment, pull back from your present circumstances of incarnation and consider yourself in a fully rounded way, you may see that there is really no ultimate separation between us and you. Now, in this circumstance of seeking, however, there seems very much to be a separation, and that separation seems to be the basis of this experience which you might understand as communication. We reach to you with this message of love and of light, as indeed, you have called us to reach to you with our message. Your calling is polarized; our reaching is polarized—female to male, male to female. And thus we have an event taking place that is an event in your lives, and an event in our lives, and an event in the life of the Creator. And so, we have as it were, simultaneously, an event which registers without polarity and with each of the two poles of the polarities represented by the male and the female principles.

我是 Q'uo, 我现在与这个器皿在一起了。我们会藉由感谢来开始我们通过这个器皿的交流, 我们感谢那些在这里在场的人们, 同样也感谢这个器皿以及给知晓为 Jim 的实体, 感谢为它花费在呼唤我们来发言并分享能量之中的努力, 这种能量是我们作为我们可以全都一同参与的这种寻求的一部分所要提供的能量。我们会指出, 那些在这里在场的人正在呼唤, 我们是那些回应这种呼唤的实体。现在, 你们可以将这种呼唤比作一种类型的属于女性原则的渴望的表达, 你们可以将我们对呼唤的回应比作一种类型的渴望, 这种渴望感觉其自身是被那些寻求真理的实体的渴望所召唤的。在我们的回应中, 会有一种, 你们可以说, 男性属性, 因为我们是从一个存在于你们的未来之中, 如你们可能对未来的理解一样, 的位置向你们伸出手的, 如果你能够暂时从你当前的投生的环境往后拉, 并用一个完整的圆的方式考虑你自己, 你可以看到在我们和你之间真的没有终极的分离。现在, 无论如何, 在这个寻求的环境中, 看起来似乎有非常大量的一种分离, 分离看起来似乎这就这个你们可能理解为沟通交流的体验的基础了。我们会藉由这个具有爱与光的信息向你们伸出手, 因为确实, 你们已经呼唤我们藉由我们的信息向你们伸出手了。你们的呼唤是有极性的, 我们的伸手是有极性的——女性对男性的极性, 男性对女性的极性。因此, 我们让一个事件发生了, 它是在你们的生命中的一个事件, 一个在我们的生命中的事件, 在造物者的生命中的一个事件, 因此, 我们, 实际上是同时性地, 拥有了一个事件, **这个事件没有记录极性, 而带有由男性和女性原则所表现的极性的两个极点的每一个极点。**

Now, we would suggest to you that each mind/body/spirit complex which is entered into the worlds of manifestation is both male and female, and is, in this sense, complete. But, at the same time, is, in this sense, also a duality—a duality, a unity, a unity in duality. The completeness of which we speak is one which is not apart from the duality it contains, but which embraces both moments of that duality. It turns out that the duality is susceptible of being experienced with an infinite number of shadings—one way and another. Sometimes the male is emphasized, and sometimes it is the female which takes center stage.

现在, 我们会建议, 每一个进入到显化的世界中的心/身/灵复合体都同时是男性和女性, 并且在这个意义上是完整的。但是, 同时, 每一个心/身/灵复合体同样也是一个二元性——一个二元性, 一个统一体, 在二元性中的统一体。我们谈及的完整性是一种与它所包含的二元性没有分别的完整性, 但这种完整性同时包含了具有那个二元性的时刻。它结果是, 二元性是易于受到藉由无限数量的明暗差别——用这样或者那样一种方式——而被体验到的事物的影响的。有时候男性是被强调的, 有时候, 占据了中心的舞台的是女性。

In a mind/body/spirit complex which is moving through the densities, and in particular in the third density which you now enjoy, it is a necessary and natural function to experience the polarities of male and female with emphasis lying first in the one and then in the other. The primary mode of this emphasis in incarnational experience is that you find yourself incarnated in a body, expressing the female or the male. But even when that is so, each of you still possesses a side representing the principle of the polarity not expressed in your physical form. Each male is female; each female is male. As you engage in that dance, which is your experience of this life and all of its complexities, you will have shadings of the one polarity and shadings of the other polarity, each calling to the other, each expressing itself in relation to the other in such a large myriad of ways, that it beggars description.

在一个穿越密度的心/身/灵复合体之中, 尤其是在你们现在享受的这个第三密度之中, 体验到男性和女性的极性, 带着首先对于一个极性的强调, 接着对于另一个极性的强调, 这是一种必须的且自然而然的机能。在投生体验中的这种强调的主要的模式就是你发生你自己投生在一个身体之中, 并表达出女性或者男性。但是, 甚至当就是如此的时候, 你们每一个人都仍旧拥有一个侧面是表现了在你们的身体形式中没有被表达的那个极性的原则的。每一个男性都是女性, 每一个女性都是男性。当你们参与到那个舞蹈, 也就是你们对这次生命以及所有它的复杂性的体验的时候, 你们将会拥有一个极性的明暗以及另一个极性的敏感, 每一个都呼唤另一个, 每一个都用如此无穷多以至于无法描述的方式通过与另一个的关联而表达其自身。

Now, it does happen that the dance itself can become distorted in a way that prevents, shall we say, a fuller expression of the interplay of polarities when one of the two polarities is allowed to predominate over the other, for this not only diminishes the role of one participant in the exchange of energies that routinely takes place upon your planet, but it also blocks the dominate

polarity from being able to experience that portion of its own being which is of the polarity being culturally dominated.

现在, 确实发生的事情是, 当两个极性中的一个被允许去对于另一个占据优势的时候, 舞蹈其自身能够用一种, 容我们说, 阻碍了极性的相互作用的一种更为完整的表达的方式成为扭曲的, 因为这不仅仅会减少在那种在你们的星球上常规性地发生的能量交换中一个参与者的角色, 它同样也会阻碍支配性的极性能够体验到它自己的存有的那个具有在文化上是被支配的极性的部分。

And we find that there is, in the question that you have asked today, a recognition of a circumstance which we believe to be true—that is to say, upon your planet at this time, there is an insufficient appreciation of the female principle. Now, it happens that insofar as approximately half of the incarnate mind/body/spirit complexes are female, that they have not been without a means of self-expression. And, indeed, this self-expression, we would say from the point of view we occupy, every bit as powerful a force in what is unfolding upon your planet as is its complementary polarity, that being the male. However, the female expression has tended to go, what we might call, “underground.” It has tended to seek expression through means that are somewhat devious because a more honest approach has been denied as a possibility. Now, this deviousness is also found every bit as much in the male, for the male simply is the same as the female in mirror image. It is as dependent upon the female as the female is upon the male. The two belong together inextricably as a portion of the structure of incarnate existence.

我们发现, 在你们今天已经询问的问题中有一种对一个环境的认识, 我们相信这是真实的——也就是说, 在此刻在你们的星球上, 有一种对女性原则的欣赏的不足。现在, 碰巧在投生的心/身/灵复合体的大概一半是女性, 在这个范围内, 它们并不是没有一种自我表达的途径的。确实, 我们从我们拥有的视角来说, 正在你们的星球上展开的事物中, 这种自我表达, 每一点都是和它互补的极性, 也就是男性, 是一样强有力的一种力。然而, 女性的表达倾向于进入到, 我们可以称之为, “地下。” 它已经倾向于通过多少有些狡猾的途径来寻求表达了, 因为一种更为诚实的手段已经作为一种可能性被否定了。现在, 这种狡猾性同样会一样多地在男性身上的被发现, 因为男性单纯地和在镜射的形象中的女性是一样的。男性依赖于女性, 就如同女性依赖于男性一样。两个性别作为投生体验的构架的一部分是无法解开地在一起的。

And so, when a male reaches out in male desire to the female, and the female calls this desire to itself in ways that are not honest, in ways that are not fully open, in ways, that as we say, are subject to the deviousness of third-density manifestations that have not yet risen to the level of the open heart, it is then that greater and greater distortions are possible. To deny the female its proper place is not simply an act of aggrandizement on the part of the male—an act on the part of the male whereby, as it might be said, the male tries to accrue to itself more than its fair share of recognition in its culture, but it is also a denial on the part of the male of an essential part of itself. And when the female calls to the male in such a way as to confine the male to that

portion of its being which lacks the female, then the female, too, is denied that portion of itself, which is already male.

因此, 当一个男性通过男性的渴望向女性伸出手的时候, 女性是用不诚实的方式, 用并未充分开放的方式, 用受制于尚未上升进入到开放的心的层次的第三密度的显化的狡猾性的方式, 将这种渴望召唤到它自己身上的, 就是在那个时候, 越来越大的扭曲就有可能出现了。要否认女性拥有它适当的位置, 并非单纯地是在男性的部分上的一个夸大的行为——在男性的部分上的这样一个行为, 可以被认为是, 男性由此将在它的文化中比它公平的认可的份额更多的部分归于它自己了, 但是它同样也是在男性的部分上的一种对它自己的一个实质性的部分的否认。当女性用这样一种将男性定义为它的存有的那个缺少女性的部分的方式向男性发出呼唤的时候, 接下来, 女性, 同样也否认了它自己的那个已经是男性的部分了。

The path of evolution is a path of integration. Integration involves portions of selfhood that have grown, that have developed over the course of a pattern taking place in many lifetimes, in such a way that not all portions of the being grow and evolve at the same rate and in the same way. And that creates a situation in which it is possible for portions of the self to be cut off from the larger whole, and to be forced to exist a kind of satellite existence on the periphery, causing perturbations, if you will, in the main body of the developing complex. In order to reabsorb these elements, one must, first of all, discover that they have in fact been denied admittance into the center. And one must find, first of all, a way to grasp how it has come about that they have been thrust out from that center. And then secondly, they must be loved as that which has been thrust out, and as that which properly belongs in the center.

演化的途径是一条整合的途径。整合包含了自我属性的那些已经成长的, 并已经经过了在多次投生中发生的具有一个模式的过程而发展了的部分, 这种成长和发展是用这样一种不是所有的存有的部分都是用相同的速度与相同的方式成长和演化的方式进行的。这种方式创造出了一个情况, 在其中自我的部分是有可能从一个更大的整体中被切割出来, 并被强迫在外围处于一种附属的存在性, 同时在发展中的复合体的主体中造成混乱, 如果你们愿意这样说的话。为了要重新吸收这些要素, 一个人必须首先发现, 它们实际上已经被否认拥有进入到中心的许可了。一个人必须首先找到一种方式去弄明白, 它们已经从那个中心被推出来, 这是如何发生的。接下来, 其次, 它们, 作为已经被推出来的事物, 作为是适当地属于中心的事物, 必须被爱。

And so, if we would discover that a significant portion of the female principle has been thrust out from the center of the pattern of spiritual evolution taking place upon a cultural level, there is remedial work of a fairly significant nature that must be done. And so we would agree that in order to take up a relation to this displaced female energy, that it must be brought back into a place of honor, and that is work which will require a good deal of self-reflection, not only on the part of those males which have been party to its repression, but also upon the part of the females that have learned to live within the framework of that repression.

因此，如果我们发现，女性原则的一个重要的部分已经从在一个文化的层次上发生的灵性演化的模式的中心被推出来了的话，就会有具有一种相当有意义的特性的纠正的工作必须被进行了。因此，我们会赞成，为了要开始与这种被错置的女性能量的一种关联，它必须被带回到一个具有荣耀的位置，这个工作是将会需要大量的自我反思的工作，不仅仅是在那些已经成为了它的抑制的共犯的男性的部分上，同样也在已经学会在那种抑制的框架中生活的女性的部分上的自我反思。

It is a natural expression of this attempt to heal upon a cultural level that those presently embodied in female form might reach out in anger and attempt to claim their rightful place in the center in a way that can seem strident. Sometimes a certain amount of stridency is necessary in order to capture the attention of one who is, shall we say, asleep to a problem, who is not aware of the nature of the problem, of the scope of the problem, of the reach of that problem.

那些当前被包含在女性的外形之中的实体可能会在愤怒中向外伸出手并尝试去用一种看起来似乎是刺耳的方式宣称它们在中心中的合法的位置，这是在一个文化的层次上进行疗愈的尝试的一个自然而然的部分。有时候，一定数量的刺耳是需要的，以便于抓住一个，容我们说，对于一个问题，无动于衷的人，一个并不察觉问题的属性，问题的范围以及问题的所及的限度的人的注意力。

And so, there will be friction that one might legitimately anticipate as the female principle—in the persons of incarnate female individuals—wishes to announce that it cannot continue to be pushed to the margins, and that a balanced configuration of the social complex requires a greater integration of its female portion.

因此，随着女性——在投生的女性的个体的人身上——希望去宣称，它无法继续被推到边缘，一种平衡的社会复合体的配置需要一种对它的女性的部分的更大的整合，将会有摩擦是一个人可以正常地预料到的。

We ask you to remember, as you consider this phenomenon, once again, that each male is female and each female is male. And so, when the male contemplates the loss of what it has thought are its prerogatives, it can balance that fear with the recognition that what it has to gain is far greater than what it has to lose. For what it has to lose is something false, and what it has to gain is something real.

当你们考虑这个现象的时候，我们请你们记住，再一次，每一个男性都是女性，每一个女性都是男性。因此，当男性思考它本来已经认为是损失的事情是它显著的的优点的时候，它就能够用这样一种认识来平衡那种恐惧，那种认识即，它所要去的的事情是比它所要失去的事情要远远大得多的。因为，它所要失去的事情是某种虚假的事情，它所要得到的事情是某种真实的事情。

Now, we have spoken in this way with the understanding that we speak to those whose polarity is positive, that is to say, those who have concluded—in the deepest decision that they have been able to come to as a product of their experience in manifestation—that they seek to serve others above all. What that means is that it is the path of the open heart that they embrace,

and it is, my friends, in the open heart that the integration of male and female takes place.

现在, 我们已经用这种方式带着这样一种理解发言了, 即我们是向那些其极性是正面性的实体, 也就是说, 那些已经得出结论——通过它们已经能够作为它们在显化中的体验的一个产物而取得的最为深入的决定——它们是高于一切地是寻求服务它人的实体发言的。那意味着, 它们拥抱的道路是开放的心的道路, 我的朋友们, 就是在开放的心之中, 那种对男性与女性的整合发生了。

As you well know, there are in your Earth experience at this time those who do not intend to evolve upon the path of that polarity, but choose rather to remain focused exclusively upon the self. That means that they attempt to evolve without opening the heart, and for them, that means that there is not an opening or a forum in which the male and the female may be integrated. Indeed, it can be a benefit to those who seek to serve primarily themselves to maintain this unintegrated state, to maintain the differentiation between male and female such that rather than coming together in the embrace of love, the two principles vie interminably with each other, and in such a way that it can be seen to be the desire of each for each, which is the very medium of that perpetual contest. And, in that context, the female can proudly embrace its devious capacity to manipulate the male, and the male can, itself, proudly embrace its propensities to dominate the female. Each of the two polarities declaring victory after its own fashion.

如你们清楚知晓地一样, 在你们的尘世的体验会在此刻会有那些并不打算要沿着那个极性的道路演化, 而毋宁是选择去保持排他地聚焦于自我之上。那意味着, 它们尝试在不开放心的情况下演化, 对于它们, 那意味着不会有一种开放或者一种论坛, 在其中男性和女性可以被整合了。确实, 保持这种未整合的状态, 保持在男性和女性之间的区别对待, 而不是在爱的拥抱将两者聚集在一起, 两个原则无止尽地相互彼此斗争, 这对于那些寻求去主要服务它们自己的实体是可以成为一种益处的, 这种相互斗争是用这样一种能够被视为是每一个人对每一个人的渴望的方式, 这就是不停息的斗争的根本的媒介了。在那种背景中, 女性能够骄傲地拥抱它的去操纵男性的狡猾的能力, 而男性, 它自己, 能够骄傲地拥抱它支配女性的嗜好。两个极性中的每一个都会用它自己的方式宣称胜利了。

Now, we trouble ourselves to give this description of the negative polarity in its operation as a function of the division of the sexes and call your attention to the fact that many of the elements which we have just described do characterize the interactions between male and female even in those cases where the mind/body/spirit complexes in question have not chosen the negative polarity as the principle polarity of further growth and development. But, there is a kind of persistence, shall we say, of these negative conditions that then constitute a context in which the seeking of a more integrated and more spiritually viable method of growth is played out. These are, what you might call, wounds to be healed, so to speak, insofar as they are not welcomed as conditions that wish to be retained and sharpened, but rather are conditions that your men and your women are attempting to surpass. We have suggested that the attempt may, indeed, involve some friction. The

attempt may, indeed, involve an over-expression of frustration on the part of the female which has so long been pushed to the margins in your society. An over-expression of this polarity may, indeed, be a legitimate portion of an effort to achieve balance, and it is well for those currently incarnate as males to appreciate the significance of this effort, and perhaps to be a little forgiving when those who are incarnated female bodies feel the need to act out, so to speak, their frustrations.

我们要对负面性的极性在其作为性的分裂的一个机能的运转的方面给出这个描述，我们是给自己找麻烦的，我们会将你们的注意力吸引到这样一个事实，我们刚刚已经描述的很多的要素确实是在男性和女性之间的互动的典型特征，甚至在那些在其中心身灵复合体在质疑中已经选择了负面性极性作为更进一步的成长和发展的原则的极性的情况中。但是，这些负面性的状况会有一种类型的，容我们说，顽固，这种顽固接下来会构成一种背景，在其中对一种更为整合性的且在灵性上更加有存活力的成长的方法就被表现出来了。这些方法就是，你们可以称之为，伤口要被疗愈的方法，在如此的程度上，可以说，它们作为希望被保留并被锐化的情况是不受欢迎的，受欢迎的毋宁是你们的男人和你们的女人正在尝试去超越的情况。我们已经建议过，那种尝试可能，确实会包含某种摩擦。那种尝试，可能确实会，包含一种在女性的部分上对挫折感的过度的表达，女性已经如此长时间都被推挤到你们的社会边缘了。对这种极性的一种过度表达可以，确实成为一种取得平衡的努力的一个正当的部分，对于那些当前作为男性投生的人，去欣赏这种努力的意义，并当那些投生在女性的身体中的实体感觉到需要表现出，可以说，它们的挫折感的时候，男性也许可以成为有一点点的宽恕的，这是很好的。

The key to healing, the key to bringing into balance the two dimensions which are essential to your process of evolution at this time is acceptance. This acceptance must begin precisely where it currently finds itself, and that is, you first of all must accept that there is an imbalance, and you must allow that imbalance its sway long enough to begin to love that energy which has felt itself to be pushed out from its center. To reject that energy in its current configuration is merely to create a circumstance in which action will continue to play upon reaction and no genuine healing will be able to take place. And yet, we would say that the commitment to healing will yield, little by little, a greater integration, and the greater the integration, the less one of the polarities will be pushed to the periphery, the more it will be brought in to the center. And the more that does happen, the more the distortions that have come to characterize your relations between the sexes will, indeed, begin to fall away.

疗愈的关键，将两个对于你们的演化的过程是实质性的维度带入到平衡之中的关键，在此刻就是接纳。这种接纳必须准确地它在当前发现它自己的位置上开始，也许就是说，你们首先必须接纳，有一种不平衡，你们必须允许那种不平衡拥有支配力量足够长的时间，以开始去爱那种已经感觉到它自己从它的重新被推出来的能量。要在那种能量当前的配置中拒绝那种能量，仅仅是去创造出一个环境，在其中，行动将会继续根据反应而进行，没有真正的疗愈将会能够发生。然而，我们会对你们说，对于疗愈的付出，将会一点一点地，产生出一种更大的整合，整合越大，一个极性就会较少地被推挤到边缘，它就将会更多地被带入到中心。

那种整合更多地确实发生, 已经开始成为你们的两性之间的关系的典型特征的扭曲, 就将会更多地开始逐渐消失了。

We will tell you that there will be no passage into fourth density until this work has been, to a large extent, done. That the doing of this work is essential to this passage, and the repair of the dysfunctions in the relations among the sexes is central to the integration of the social energy complex which governs your planet at this time, and which, in seeking its integration, seeks the first entry into a possibility it has not yet realized, which is to say, that it shall evolve into what we have called a social memory complex.

我们将会告诉你们, 一直到这个工作, 已经在很大的程度上被完成之前, 都不会有进入第四密度的转变。进行这个工作, 对于这种转变是实质性的, 对在性别中间的关系的的方面功能失调的修复, 对于在此刻统治你们的星球社会能量复合体的整合是中心性的, 这种社会能量复合体, 在寻求它的整合的过程中, 会首先寻求进入到一种它尚未已经意识到的可能性, 也就是说, 它将会演化进入到我们已经称之为一个社会记忆复合体的事物。

The development of that complex will be the work of fourth density. You presently stand at the entrance to that density, but there is work to be done, and we feel that in your question today, you have managed to put your finger on an essential element of that work, which suggests to us that you are very much about that work at this time. You would not have been able to identify with such clarity the nature of the problem had you not already been working on that problem for some time and at some depth. So we commend you to that effort and we would say that we have seen signs of a lessening of distortions and a beginning of a greater integration which shows promise.

那个复合体的发展将会是第四密度的工作。你们现在站立在那个密度的入口处, 但是有要被完成的工作, 我们感觉到, 在你们今天的问题中, 你们已经设法将你们的手指放在那个工作的一个实质性的要素上了, 它向我们建议, 你们在此刻是非常关注那个工作的。如果你们尚未在那个问题上工作已经工作过一段时间并已经在某个深度上工作过的话, 你们是无法用这样的清晰度识别出问题的特性。因此, 我们向你们推荐那种努力, 我们会说, 我们已经看到了对于扭曲的一种减轻以及对一种更大的整合的一个开始的迹象了, 这个迹象是展现了希望的。

We are those of the principle of Q'uo. We are male, we are female, we are both, we are neither. We are Q'uo and we leave you in love and light and this instrument and would at this time, return to the one known as Jim to ask whether there are further questions upon your minds. Adonai, my friends, Adonai.

我们是 Q'uo 原则。我们是男性, 我们是女性, 我们同时是两者, 我们两者都不是。我们是 Q'uo, 我们在爱与光中离开你们和这个器皿, 我们会在此刻返回到被知晓为 Jim 的实体来询问在你们的头脑中是否有进一步的问题。Adonai, 我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. At this time we would offer ourselves in the attempt to speak to any further queries which those present may have for us. Is there another query at this time?

我是 Q'uo, 我再一次与这个器皿在一起了。在此刻, 我们会提供我们自己来尝试去谈及那些在场的人可能会向我们提出的任何进一步的问题。在此刻有另一个问题吗?

F: Yes, I have a query to ask, to expand upon, what you have said about the path of the open heart that we are upon right now on our planet, and the key to that evolution in our culture as acceptance, and how to expand in our thinking these ideas toward other perceived polarities we have that we are working on. In addition to male and female, what those that might be characterized such as established inhabitants versus new immigrants or those of a more conservative persuasive versus those who are more progressive, and other types of differences that are perceived, and how we may think of these in terms of acceptance and the path of the open heart.

F: 是的, 我有一个问题要询问, 在关于我们现在在我们的星球上走在其上的开放的心的道路的方面, 对你们已经说过的内容进行拓展, 在我们的文化中那种演化的关键是接纳, 如何在我们的思考中向着我们正在其上进行工作的我们拥有的其他的被感觉到的极性拓展这些观点呢? 除了男性和女性的极性之外, 那些可能成为诸如在常住居民和新移民之间, 或者那些具有一种更加保守性的动机的人与那些具有更为进步性的动机的人之间, 以及其他类型的被感觉到的差异之间的极性之类的极性的典型特性的事物是什么呢, 我们如何可以从接纳性以及开放的心的道路的方面思考这些极性呢?

Q'uo: I am Q'uo and we believe that we grasp your query, my sister. The path of the open heart is what is available to each entity upon this planet. The third density has, as its sole purpose, the development of that quality which you may call "unconditional love." This is the quality which is associated with the green-ray energy center, that being the heart-ray energy center. In order to be able to move into this energy center, it is necessary that an entity be able to look upon the world about it and see that which draws forth from it this quality of love, for there is nothing in the creation that has any nature that does not deserve love. Even those most seemingly despicable, questionable, and evil-seeming entities are the Creator in another guise, which also deserves love. This path is that which is not easy to travel within your illusion, for it is most easy to see reasons to divide one self from another.

Quo: 我是 Q'uo, 我们相信我们理解了你的问题了, 我的姐妹。开放的心的道路是可以为在这个星球上的每一个实体所取得的。第三密度, 将对那种你们可以称之为“无条件的爱”的特性的发展作为它单一的目的。这就是与绿色光芒的能量中心, 也就是心的光芒的能量中心联系在一起的特性。为了要能够进入到这个能量中心, 实体需要能够观察在它周围的世界并看到从它身上吸引出了这种爱的特性的事物, 因为在造物中没有任何事物是拥有任何不值得爱的特性的。甚至那些在表面上极其恶劣的, 可疑的, 看似邪恶的实体, 都是带着另一个伪装的造物者, 它们同样也值得爱。这条道路在你们的幻象中并不容易被旅行, 因为要看到理由

将一个自我与另一个自我分隔开始极其容易的。

Thus, this path of the open heart is that which is a path which must be consciously traveled. The seeker of truth must realize that which he or she is doing, for this realization will bring forth the challenges ahead. To be able to utilize the catalyst of the daily round of activities in a useful manner, one must look to the meditative state and see where there is the lack of love that needs the balance of love, the lack of wisdom that needs the balance both of wisdom and of love, for each day you are presented with catalyst that is covered in a certain fashion, to give you the opportunity to love. Some opportunities are easier than others. Those within one's family are usually, not always, but usually easier to love than those who are not within one's own immediate family. Those who seem to be of like mind, religion, culture, or color of skin, are also seemingly easier to love than those who are of a different origin, culture, religion, or color of skin. However, all provide catalyst to the seeker to love. When one travels this seeker's journey upon a conscious level, there is the need to look to those about one eventually as brothers and sisters all.

因此，这条开放的心的道路就是一条必须被有意识地旅行的道路了。真理的寻求者必须意识到他或者她正在做的事情，因为这种领悟将会产生出前方的挑战。能够用一种有用处的方式利用日常生活的活动的催化剂，一个人必须在冥想状态中检查，并看到在什么缺少爱的位置需要爱的平衡，什么缺少智慧的位置需要同时智慧和爱的平衡，因为，每一天，你们都被呈现了用一定的方式被覆盖起来的催化剂，以给予你们去爱的机会。一些机会是比其他机会更为容易的。在一个人的家庭中的实体，经常会，不是一直，但是经常会比那些不属于一个人自己的亲密家庭中的实体是更加容易去爱的。那些看起来似乎似乎具有相似的头脑、文化、信仰或者肤色的实体，同样也是比那些属于一个不同的来源、文化、信仰或者肤色的实体看似更加容易去爱的。然而所有这些都为爱的寻求者提供了催化剂。当一个人在一个有意识的层次上在这条寻求者的旅程上旅行的时候，会有需要去将一个人周围的那些实体都最终全都视为是兄弟姐妹。

However, for most, it is a slow journey. It is one that is learned over many lifetimes, perhaps [even from] previous third- density experiences which have not yielded the proper polarity and ability to see all as the Creator and as the other self, and therefore, to love all others as such. Thus, it is a long road for some, or, indeed, most upon your planet, and yet for those who are able to make this journey within their own hearts, the qualities of loving others unconditionally are unmistakable in their appearance and in their effect, not only upon the seeker of truth itself, but on those with whom this seeker touches in its daily round of activities.

然而，对于大多数人，它是一条缓慢的旅程。它是一个经过许多次生命，也许甚至从之前的第三密度体验被学会的课程，之前的第三密度体验尚未产生出适当的极性以及将所有事物都视为是造物者，视为另一个自我，并因此去爱所有其他这样的自我的能力。因此，它对于一些人，或者，确实，对于在你们的星球上的大多数人，是一条漫长的道路，而对于那些能够在它们自己的心中进行这条旅程的人，那些无条件地爱其他人的特性，在它们的外观中，在它们的成效上是不会

出错的, 这种成效不仅仅是在真理的寻求者它自己身上, 同样也会在那些这个寻求者在它的日常生活的活动接触到的那些人身上。

Thus, there are many, shall we say, seeds of love floating about within every country and section of this planet that will be able to show, by example, the qualities of love that are indicative of the open heart. Therefore, it is hoped that as yeast allows the bread to rise, that the yeast of these loving hearts will have their effect upon the bread of humanity, will cause humanity to rise to a greater level, to be able to include each entity within all experience in the heart.

因此会有很多, 容我说, 爱的种子在这个星球的每一个国家和地区中四处漂流, 这些种子将能够显现出, 举个例子, 表示了开放的心的爱的特性。因此, 被期待的事情是, 就如同酵母会允许面包膨胀一样, 这些有爱的心的酵母将会对人类属性的面包产生它们的作用, 将会使得人类属性上升到一个更大的层次, 并能够将在所有体验中的每一个实体都包含在心之中。

This is what is necessary for any entity to be graduated into the fourth density of love and understanding. It is possible, as those of Ra have said, for the population of this planet to take hold of the needle and point it in one direction, to polarize positively in one fine, strong moment of inspiration. Though it is not probable, it is ever possible. And it is well to remember this possibility as one moves through one's daily rounds of activities, for if the heart is able to be opened in a larger and larger sense among the populations of this planet, then many of the problems of this troubled earth can begin to be solved by compassion, by giving and receiving that known as love.

这就是对于任何要毕业进入到爱 and 理解的第四密度的实体都是必不可少的事情了。如同 Ra 实体已经说过的一样, 这个地球上的人群是有可能拿起指针并将它指向一个方向, 并在一个美好的、强有力的启发的时刻之中正面性地极化的。尽管它不是很有可能的, 它一直都是有可能的。当一个人穿越一个人日常生活的活动, 去记住这种可能性, 这是很好的, 因为如果心能够用一种越来越大的方式在这个星球的人群中间被开放, 接下来, 这个遇到了麻烦的地球的很多的问题就能够开始藉由同情心, 藉由给予并接受被知晓为爱的事物而被解决了。

Those of another culture may be welcomed here, those of another religion, those of another color of skin, those different in whatever way they may be different, for as each one seems to be different in many ways, in the heart each is the same for are not all one? Is not each entity the One Creator? Cannot the entity who has opened its heart in love see this truth?

那些属于另一个问题的实体可能在这里被欢迎, 那些属于另一个信仰的实体, 那些属于另一种肤色的实体, 那些用无论什么它们可能是不一样的方式是不一样的实体, 因为每一个人都看起来似乎用很多种方式是不一样的, 在心之中, 每一个人都是相同的, 因为难道万物不是一体的吗? 难道每一个实体不都是太一造物者吗? 难道已经在爱中开放了它的心的实体无法看到这个真理吗?

Is there another query at this time, my sister?

我的姐妹，在此刻有另一个问题吗？

F: No, thank you.

F: 没有了，感谢你们。

Q'uo: I am Q'uo. We thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo。我们感谢你，我的姐妹。在此刻有另一个问题吗？

Austin: Q'uo, you just spoke about it seeming to be easier to love those who are more similar to us, or seem to be within the same tribe, and there are some in the scientific community who believe that the basis for this is biological as a result of the evolutionary path that we've taken as second-density creatures into third density. Is this the plan of the Logos that we might evolve that way and then be met with this challenge as a way to polarize or would this be more of an unpredicted result from the experiment of our Logos.

Austin: Q'uo, 你们刚刚谈道，要去爱那些与我们更加类似的人，或者看起来似乎是在相同的部落中的人是要更加容易的，在科学团体中有一些人它们相信这就是作为在第二密度的生物进入到第三密度的时候我们已经走过的演化的路径的一个结果的生物的基础。我们可以用那种方式演化并接着遭遇到这种挑战作为一条去极化的途径，这是理则的计划吗，或者，这更多是我们的理则的实验的一个未被预料到的结果呢？

Q'uo: I am Q'uo and am aware of your query, my brother. We appreciate the thoughtfulness which has been put into this query, for indeed, it is a most interesting subject.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们感激已经被投入到这个问题中的深思熟虑，确实，它是一个极其有趣的主题。

To the best of our knowledge, which, of course, is limited, we see that the origins of each entity that are begun within the second density—and which are carried forth into the third density as the second density animal nature is invested with the qualities of mind, body, and spirit—are those which have manifested in a way which perhaps has been a surprise to the Logos, and yet as this Logos has operated upon the basis of free will, there is always the opportunity and possibility that such surprises may yield positive results eventually, with some difficulty, shall we say, that offers itself as what would seem to be an inhibitor or drag upon the eventual realization of the unity of all beings. However, on the converse side, when such a difficulty is overcome, the polarization process is aided greatly, for the difficulty one faces in solving a problem, in meeting the challenge, in making whole that which seems broken, then is greatly enhanced and the polarization is increased much more than if the problem were not so difficult.

就我们最佳的知晓，当然，我们的知晓是有限的，我们看到每一个实体在第二密度中被开始的起源——作为第二密度的动物的属性被带入到第三密度中的事物，是被心智、身体和灵性的特性所投资的——是那些已经用一种也许已经对

于理则是一个令人吃惊的事物的方式显化出来的事物，而当这个理则已经在自由意志的基础上运转的时候，一直都有机会和可能性，这样的惊奇可以，容我说，带着某种困难，最终产生出正面性的结果，那个困难会提供它自己作为看起来似乎是一种对于所有的存有的一体性的最终的实现的一种阻碍物或者拖累物。然而，在反面，当这样一种困难被克服的时候，极化的过程是极大地得到了帮助的，因为一个人在解决一个问题的过程中，在面对一个挑战的过程中，在使得看起来似乎是破碎的事物成为完成的过程中面对的困难，接下来极大地被增强，相比如果问题不是如此困难，极性是被远远更大地增加了的。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Austin: No, thank you.
Austin: 没有了，感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Steve: Yes, I have a query, Q'uo. Would it be correct to say that unity itself can be deepened by division. Is that the point of the division into polarities in the first place?

Steve: 是的，我有一个问题，Q'uo。统一其自身能够藉由分裂而被深化，这样说是正确的吗？那就是在一开始的位置极性的分裂的要点吗？

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

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。

Our short answer is yes, indeed, this is the case. We shall use this instrument's experience with its permission of this past week. The instrument found itself in a difficult situation with one whom it had experienced unity. There was a division. There was the chance for separation. There was the need for communication. There was the need for the realization of shortcomings on each side. There was the need for the communication of these realization. There was the need for forgiveness of self and of other self. Eventually, there was the reunification of two entities which, at the beginning of the week seemed to be going separate ways, and yet, through the process of processing difficult catalyst, there was the reunification in a deeper fashion that proved to be quite satisfying to each entity. Thus, this is a simplistic example of that which we speak. When there is a division in what is whole, the degree of division determines the degree of effort necessary to heal that which is broken, and the degree of difficulty in achieving such becomes the degree of the polarity realized when such has been achieved.

我们简短的答案是，是的，确实就是如此。我们将使用这个器皿这个过去的一周的经验，在它的允许之下。这个器皿发现它自己对于一个他已经体验到了统一的实体处于一个困难的情况中。有一种分裂。会有分离的机会。会有对交流的需要。

会有对在每一边的缺点的领悟的需要。会有对这些领悟的交流的需要。会有对自我和对其他自我的宽恕的需要。最终，会有两个实体的重新统一，在这一周的开始这两个实体看起来将会走分开的道路了，而通过处理困难的催化剂的过程，用一种更为深入的方式会有重新统一，这证明对于每一个实体都是相当令人满意的。当在整体之所是种有一种分裂的时候，分裂的程度决定了要疗愈被打破的事物所需的努力的程度，在取得这样的疗愈的过程中的困难的程度成为了当这样的疗愈已经被取得的时候被实现的极性的程度。

At this time, we shall reluctantly take our leave of this instrument. Reluctantly we say because we so enjoy speaking to this group and attempting to respond to your queries, but we find that our speaking has somewhat tired this instrument. Thus, we thank you once again for your kind invitation to us to join your circle of seeking and to blend our vibrations with yours as we attempt to answer those queries which are on your mind and upon your heart. We thank each of you, my friends. We bless each of you on your journeys. Go forth in love and light. When in doubt, love. We are those of Q'uo. Adonai, vasu borragus.

在此刻，我们将不情愿地离开这个器皿。我们不情愿地说，因为我们如此享受对这个团体发言与尝试去回应你们的问题，但是我们发现我们的发言已经多少有些让这个器皿疲倦了。因此，我们再一次为你们好心地邀请我们加入你们的寻求的圈子，并在我们尝试去回答那些在你们的头脑中以及在你们的心头上的问题时候将我们的振动与你们的振动混合在一起而感谢你们。我们感谢你们每一位，我的朋友。我们在你们的旅程上祝福你们每一位。在爱与光中前进吧。当你们疑虑的时候，去爱。我们是 Q'uo. Adonai, vasu borragus。

[1] Androcentric: adj. focused or centered on men.

[1] Androcentric: 形容词，以男人焦点或者以男人为中心。

February 18, 2017

2017-02-18 催化剂的解释与天真

Group question: In 94.12 Ra says: "As the entity increases in experience, it shall, more and more, choose positive interpretations of catalyst if it is upon the service-to-others path."

团体问题：在一的法则的 94.12 中，Ra 说：“随着实体在经验中的增长，它将会，越来越多地，选择对催化剂的正面性的解释，如果它是走在服务他人的道路上的话。”

Our question is: As the positive entity proceeds along this path, increasingly choosing more and more positive interpretations of catalyst, is there a risk that this orientation may lead to ungrounded naivete, or an inability to recognize situations that merit fear, concern and caution?

我们的问题是：当正面性的实体沿着这条道路前进，不断增加地选择越来越正面性的对催化剂的解释，会有一种分享，这种取向可能会导向没有根据的天真，或者一种无法认出应该受到害怕、担忧和警惕的情况吗？

Can the positive entity open fully to catalyst from a standpoint of surrender, non-resistance, acceptance, and trust that all is well, and still exercise wisdom? 正面性的实体能够充分地从一個臣服、不抵抗、接纳并信任一切都好的立足点完全向催化剂开放，并仍旧实践智慧吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this afternoon. It is our great pleasure and privilege to be asked to join your group this day. We would ask, as always, a small favor to begin; that is, that you take those words that we have to offer that are helpful to you and use them as you will, leaving behind any that are not helpful without a second thought. In this way, then, we feel able to share freely with you, for as we have said before, we are not ultimate authorities, but are instead your brothers and sisters who've walked perhaps a bit further down the same road that you travel now, for all roads are one, my friends, all roads lead to the One Creator, and yet no one need move one step, for the Creator is with you at all times. We seek upon this journey to become one in every sense with the One Creator, as do you.

我是 Q'uo，我在这个下午在爱与光中向你们各位致意。我被请求在今天加入你们的团体，这是我们的巨大的快乐与荣幸。我们会一如既往请求一个小小的恩惠来开始，也就是，请你们使用我们所要提供的言语中的那些对你们有帮助的言语，随意使用它们，将任何没有帮助的部分毫不犹豫地留在后面。用这种方式，我们接下来就会感觉到能够自由地与你们分享了，因为如我们之前已经说过的一样，我们不是终极的权威，而是你们的兄弟姐妹，我们也许在和你们现在旅行的道路相同的道路上多走得远一点，因为所有的道路都是一条道路，我的朋友们，所有的道路都通往太一造物者，而没有一个人需要移动一步，因为造物者在所有的时候都与你们在一起。和你们一样，我们在这条旅程上寻求在每一个意义上与太一

造物者合一。

As you travel this road and see the various means by which you may learn the catalyst that is provided you in your daily round of activities, you begin to choose more and more in the positive sense, and you see that there is more and more of a positive nature to the catalyst that comes your way, so that fear is reduced in your heart, in your mind, in your very beingness, because you see the positivity that has occurred before. Is there a chance that you could become careless—that you could become, shall we say, ignorant of possibilities? Could there be catalyst that you have not yet met that could cause difficulties that your positive outlook could not encompass? We feel that these are the basic tenants of your question and shall attempt to speak to them this afternoon, as it is our great honor and privilege to attempt.

随着你们在这条道路上旅行，并看到各种各样藉由其你们可以了解在你们的日常生活的活动中被提供给你们们的催化剂的途径，你们开始越来越多地用正面性的方式选择，你们看到出现在你们的催化剂越来越多地具有一种正面属性，这样在你们的心中，在你们的心智中，在你们的个性存在性之中，恐惧就被减少了，因为你们看到之前已经发生了的正面性。会有一种偶然事件你们能够成为不小心的吗——你们能够对于可能性是，容我说，无知的吗？能够出现你们尚未遇到过的催化剂是会造成你们的正面性的眼界所无法容纳的困难吗？我们感觉到这些事你们的问题的基本的内容，我们将尝试去在这个下午谈及它们，因为去尝试是我们巨大的荣耀与荣幸。

Each of you lives now in incarnation which is one of a great line or lineage of incarnational experiences that have brought you to this point in your own evolution of mind, body, and spirit. Before this incarnation, you, as a seeking aspirant of unity, of love and of light, set before yourself the possibility of learning those lessons that are most important to you in your ability to be of service to others, to polarize in a positive sense toward your seeking of the One Creator, and to be able to express the unity of all the creation that lives within you and without you.

你们每一个人现在都会在一次投生中，它是在你们的心智、身体和灵性的演化中已经将你们带到这个位置的投生体验的一个巨大的线路或者世系中的一个投生。在这次投生前，你作为一个对统一，对爱，对光的寻求的追求者，你在你自己面前设置了学会那些对于你们极其重要的课程的可能性，这些课程是关于你去服务他人的能力，在正面性的意义上朝向你对太一造物者的寻求极化的能力，以及能够去表达存在于你内在之中以及你外部的所有的造物的统一性的能力。

These lessons have a special charge upon them, my friends. In your subconscious mind rests this charge, so that as you experience one event after another—thoughts, words, and deeds together—there is the possibility of the subconscious mind directing catalyst to you with a certain coloration, shall we say, a certain attraction to you that will allow you to be somewhat biased in your processing of that catalyst.

这些课程在它们上拥有一个特别的负载，我的朋友们。在你们的潜意识心智中存在有这个负载，这样随着你们体验一个接一个的事件——想法、言语、行为在

一起——潜意识的心智会有可能会带着一定的，容我说，染色将催化剂指向你们，向一定的吸引力指向你们，它们将会允许你们在你们对那个催化处理的过程中成为多少有些有偏向性的。

Your conscious mind, of course, being set in motion by the subconscious mind, works in its own fashion to magically transform that which comes before its notice. You look upon the catalyst of your day in a conscious fashion, and may ignore it, may see it as you had hoped to see it preincarnatively, may see it in another fashion altogether. For indeed, within the incarnation, that which you have determined to learn before the incarnation, comes face to face with the free will of the conscious mind.

当然，你们的表面意识的心智，在被潜意识的心智启动之后，会用它自己的方式进行工作，以用魔法的方式转变出现在注意力前方的事物。你们用一种有意识的方式观察你们的一天中的催化剂，你们可能会忽略它，你们可能如同你在投生前已经希望去看它一样地去看它，你们可能会用完全不同的另一种方式看待它。因为，确实，在投生中，你们已经在投生前决定去学习的事物，是面对面地出现在有意识的心智的自由意志的面前的。

In your question, you are presuming that the conscious mind, through many years of processing catalyst, has developed a certain bias of its own that may or may not be in congruency with the bias of your subconscious mind. In most cases, for positively oriented entities, seeing positive connotations to catalyst, these biases will, very likely, be positive in nature as well, so that you become one who sees into the heart of experience, not being fooled, shall we say, by the exterior appear of that which comes before your notice. For indeed, within your third-density illusion, there is love in every moment, in every event, in every entity, and it is your task, your challenge, your joy to find that love there. It may be more or less difficult, depending upon previous choices and current catalyst, and the perceptions which you allow yourself to have.

在你们的问题中，你们正在假设有意识的心智，通过许多年对催化剂的处理之后，已经发展处了一定的属于它自己的偏向性，这种偏向性可能或者可能不会与你们的潜意识的心智的偏向性是协调一致的。在大多数情况中，对于正面导向的实体，在看到催化剂的正面性的含义的时候，这些偏向性将会，非常有可能，在属性上同样也是正面性的，因此，你会成为一个洞悉了体验的核心的人，而不会被出现在你的注意力前面的事物的外部的表象所愚弄。因为，确实，在你们的第三密度的幻象中，在每一刻中，在每一个事件中，在每一个实体身上都会有爱，在那里找到那种爱，这就是你们的任务，你们的挑战，你们的喜悦。它可能是困难较多或者较少的，取决于之前的选择与当前的催化剂，以及你允许你自己拥有的知觉。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am with this instrument. We will begin our communication through this instrument by suggesting that we are now providing this instrument with catalyst, and this instrument has opened itself to us in the assurance that its intention is to distort this catalyst as little as possible so that the catalyst may be provided to others in this circle of seeking in as clear a fashion as is possible, given the limitations of this instrument's capacity to receive the language in which the communication is given, and the group's capacity to attend to and take in the catalyst that we have to offer. The words we speak will be as they will be, but there are many different ears here to attend to the words that we have to offer, and in no true cases will the catalyst be identical. And so, we would suggest to you that when it comes to the task of taking in and processing catalyst, that it is not so much a question of what the catalyst itself is thought to be objectively speaking, but how that catalyst works in relation to your capacity to receive it, to stimulate your powers of reception and powers of response. The responses that will be elicited within this group will be many and various, and they can be so even while all are tending towards a positive reception.

我是 Q'uo, 我与这个器皿在一起了。我们将通过这个器皿藉由这样建议来开始我们的交流, 我们建议, 我们是在提供给这个器皿催化剂, 这个器皿已经将它自己向我们开放, 并确信它的意图是尽可能少地扭曲这个催化剂, 这样催化剂就可以用一种尽可能清晰的方式被提供给在这个寻求的圈子中的其他人, 考虑到这个器皿去接受通过其交流被给予的语言的限制, 以及这个团体去注意并接收我们所要提供的催化剂的能力的限制。我们讲述的言语将会如它们应该是的样子, 但是在这里会有很多不同的耳朵会注意到我们所要提供的言语, 催化剂绝对不会是一模一样的。因此, 我们会对你们建议, 当它面对着接收并处理催化剂的任务的时候, 从客观意义上而言催化剂其自身被认为是什么, 这并不是如此大的一个问题, 重要的问题是那个催化剂在涉及到你们去接收它, 去刺激你们的接收的力量与回应的力量的能力的方面是如何工作的。将会在这个团体中被引发出来的回应将会是许多且各种各样的, 它们能够成为如此一致性的, 在所有人都倾向于一种正面性的接纳的时候。

And so, the point we would like to begin making is that catalyst is a term which is somewhat two-sided, for viewed simply and from the outside, catalyst is merely what happens to you. While viewed from the inside, catalyst speaks to the question of how you receive that which comes to you. Now, it is true that your capacity for reception tends to exert a kind of draw, or magnetic character in relation to catalyst in general, so that sometimes it can be said that what happens to you is what you have drawn to yourself. But, there is also a great deal of catalyst with regard to the major events in your world at this time, those happening to your entire social energy complex, that is of such a broad reach that it is not conceivable that each member of the social energy complex would have drawn this catalyst to itself uniquely.

因此, 我们想要开始明确的要点是, 催化剂是一个多少有些双面性的术语, 因为简单地且从外面被观察, 催化剂仅仅是发生在你们身上的事情。当从内部被观察的时候, 催化剂会谈及你们如何接收那个出现在你们面前的事物的问题。现在,

你们对于接收的能力倾向于在与一般性的催化剂相关的方面产生出一种类型的吸引或者磁性的特性，因此，有时候它能够被认为是，发生在你身上的事情是被吸引到你自己身上的。但是，同样会有大量的催化剂是关于在此刻在你们的世界中的主要的事件的，以及那些在你们整个社会能量复合体中发生的事件，这种催化剂会具有一种无法想象地如此广的范围，以至于每一个社会能量复合体的成员都已经将这个催化剂用独一无二的方式吸引到它自己身上了。

So in one's daily life one has a supply of catalyst that is of a highly personal nature, and one has also a supply of catalyst that is of a nature we might call more public. The different layers of catalyst, as we might call it, suggest an appropriateness of a response that differentiates. We have said that between the public and the personal there can be discerned a layering effect, and we would add to that this layering effect is actually quite multiple, so that, in effect, you have many, many layers of catalyst, one upon the other, blending in complex relations beyond our capacity to describe and generally beyond your capacity to discriminate. But it is useful to note that that catalyst which is of a more personal nature, that stimulates you in certain very particular ways, is subject to your particular response in a highly personal sense. With regard to this catalyst, it is, indeed, very much within your power to choose how you shall interpret that catalyst, and subsequently what response you will make to it, and how you will proceed in relation to the events that mark the major turning points in your life.

因此，在一个人的日常生活中，一个人已经拥有了一种具有高度个人性的特性的催化剂的供给了，一个人同样也拥有一个具有我们可以称之为更为公众性的特性的催化剂的供给了。催化剂的不同的层次，如我们可以称呼它的一样，建议了一种区别对待的回应的适当性。我们已经说过，在公众性的催化剂和个人性的催化剂之间，能够有一种分层的效果被分辨出来，我们会对补充，这种分层的效果实际上是相当多样性的，因此，实际上，你们拥有很多很多催化剂的层次，一层在另一层之上，通过复杂的关系混合在一起，这种复杂性是我们无法表述的，一般而言也是你们无法分辨的。但是，指出这一点是有用处的，即具有一种更为个人性的特性，会会同一定的非常特定的方式刺激你的催化剂，是受制于你用一种高度个人性的意义的你的特定的回应的。在关于这种催化剂的方面，去选择你将会如何解释那个催化剂，作为结果你将会对它做出什么回应，以及你将如何在关于那个标志了在你的生命中的主要的转折点的事件的方面前进，这确实是相当大地在你的力量的范围之内。

With regard to that catalyst which is of a more public nature, there is one point that we would suggest it is well for you to keep in mind. That is, that there is a dimension of your purpose in incarnating here that is not simply for personal growth. We would suggest that personal growth and development is always a factor in your incarnate existence, and should never be forgotten. But, you have also incarnated to serve—to serve others—and to be such a beacon of light as you are able to be. What happens that the others which you seek to serve are sometimes in a good condition and sometimes in a condition in which you may discern disturbance, in which you may discern pain, in which you may discern sorrow, and these are conditions that elicit

from you a service which it is well to attune to the circumstances that call for it. Thus, if someone is in pain, you do well to offer comfort. If someone is in a condition of sorrow, you do well to offer solace. If someone is in a condition of confusion, you do well to offer such clarity of interpretation as may be welcomed by the one calling forth your service.

在关于具有一种更为公众性的属性的催化剂的方面，会有一个我们会建议的要点，将它记在头脑中对你们是很好的。那就是，你对于在这里投生的目的有一个不简单地是为了个人的成长的维度。我们会建议个人的成长和发展一直都是在你的投生的存在性中的一个因子，并永远都不应该被忘记。但是，你们同样已经投生来进行服务——服务他人——并成为你能够成为一个灯塔。发生在你寻求去服务的其他人身上的事情，有时候是处于一种良好的情况中，有时候是出于一种你在其中可以分辨出烦躁，在其中你可以分辨出痛苦，在其中你可以分辨出忧伤的情况中，这些情况是从你身上引发出一种服务的情况，与呼唤了那个服务的环境协调一致，这是很好的。因此，如果某个人是处于痛苦之中的，你去提供安慰，这是做得很好的。如果某个人是处于一种忧伤的情况中，你去提供抚慰，这是做得很好的，如果某个人处于一种混淆的情况中，你去提供诸如解释的澄清作为可能会被那个引发了你的服务的人的欢迎的事物，这是做得很好的。

Now, in addition to attempting to serve others upon an individual basis, you are all confronted with a social complex of such intricacy that it often will seem that a single modality of service is of no avail, and it can be greatly confusing to attempt to discern where effective service may be offered. When the social complex is in a state of upheaval, in a state of confusion, and in a state where a great many of your fellow seekers can feel seriously displaced, you may do well to offer a viewpoint which is positive, which is uplifting, which is encouraging, while at the same time recognizing the difficulties that pervade your density of experience at this time. This is not easy work, my friends, and the circumstance in which you can find yourself can be such as to challenge your own positivity in ways that you can be somewhat slow to recognize. The nature of catalyst is that it is, generally speaking, quite ambiguous with respect to what may be said to be intrinsic to it. We have suggested that it is possible to respond to catalyst in a way that reflects a negative polarization and it is possible to respond to catalyst in a way that reflects a positive polarization.

现在，除了尝试去在一个个人性的方式上服务他人的尝试之外，你们全都会遇到一种具有如此的错综复杂的社会复合体，以至于经常看起来似乎一个单一的服务的形式是没有益处的，尝试去分辨在什么位置有效的服务可以被提供，这能够成为极其令人混淆的事情。当社会复合体是出于一种剧变的状态中，一种混淆的状态中，一种在其中有大量你们的伙伴的寻求者能够感觉到严重地错位的状态中的时候，你们提供一个正面性的，提升性的，鼓舞性的观点，同时认出在此刻在你们的体验的密度中盛行的困难，你是做得很好的。这不是容易的工作，我的朋友们，你发现你自己处于其中的环境能够成为用种种方式如此之挑战你自己的正面性的环境，这些挑战的方式你要能够识别出来多少会是有些缓慢的。催化剂的特性就是，一般而言，在关于什么会被认为是它内在的特性的方面会是相当含糊不清的。我们已经建议过，有可能用一种反映了一种负面性的极化的方式来回应催化剂，有可能用一种反应了一种正面性的极化的方式来回应催化剂。

But, there is not a template that you can put over all catalyst to give you the roadmap to what is negative and what is positive. In general, if you feel that in your response, you are able to experience and express the open heart, you are on fairly safe ground we feel. But the open heart is a most elusive phenomenon, because you can set out to express hope, joy, and love, and yet find that the very qualities which you have consciously embraced and have sought to bring to expression are received in a way that either rejects these qualities, or rejects your particular expression of them. And now what do you do, my friends? How do you respond to this rejection. Do you respond by rejecting the rejection, or do you respond by further accepting the catalyst that the one you have engaged with has to offer you? This can be tricky terrain, my friends, for you do well to know something about yourself while traveling these winding roads. For example, it may be that you will encounter a limit to your capacity to express and sustain positivity in an interaction, and under these circumstances, it can be well, politely to withdraw. It may be that you feel up to the task of taking upon yourself the role of one who absorbs the negativity offered by another and transmutes that negativity to positive effect, so that your response does not seem to be a rejection, but seems rather to be an acceptance of what the other has felt the need to express. In the case of the other with whom you have essentially a loving relationship, this process can prove to be very helpful for both parties. In the case of the other with whom there is not a baseline effect of trust, this process can be baffled in its root. And so, we would not deny that there are occasions where the better part of wisdom is to keep your own counsel. We will not deny that there are cases in which the better part of wisdom is to mind your own energies such that you are able to keep them in balance in reserve for those occasions in which they might be deployed in a manner that has promise in your best ability to ascertain.

但是, 没有一个模板是你们能够放置于所有的催化剂之上以给予你们关于什么是正面性的与什么是负面性的路线图的。一般而言, 如果你们感觉到, 在你们的回应中, 你们能够体验并表达开放的心, 我们感觉到你们是出于相当安全的地面上的。但是开放的心是一种极其无从捉摸的现象, 因为你们能够开始表达希望、喜悦、爱, 而又发现你们已经有意识地拥抱且已经寻求去带入到表达中的那些核心的特性, 是用一种要么拒绝那些特性, 要么拒绝了你们对它们的特定的表达的方式被接收到的。现在, 你们要做什么呢, 我的朋友们? 你们如何回应这种拒绝呢? 你们是藉由对拒绝的抵制来回应的吗, 或者你是藉由进一步接纳那个你已经与之产生关联的人所要提供给你的催化剂来回应的呢? 这就是不已处理的地带了, 我的朋友们, 因为你去知晓一些关于你自己的事情, 同时旅行通过这些迂回曲折的道路, 你是做得很好的。举个例子, 有可能你将会遇到一个你在一个互动中去表达并支持正面性的能力的限制, 在这些情况下, 礼貌地后撤, 这能够是很好的。它可能是你感觉能够胜任那个让你自己承担起这样一个角色的任务, 这个角色会吸收被另一个实体提供的负面性并将那种负面性转变为正面性的效果, 这样你的回应就不用看起来似乎是一种拒绝了, 而毋宁是看起来似乎是对其他人已经感觉到需要表达的事物的一种接纳了。在你已经与之实质性地拥有了一种爱的关系的其他人的情况中, 这个过程能够证明是对双方同时都是非常有帮助的。在那些你

与之并没有一个信任的基础的效果的其他人的情况中, 这个过程可能会在其根部就是令人难为的。因此, 我们不会否认, 会有一些场合, 在其中智慧的一个更好的部分是保留你自己的劝诫。我们将不会否认会有一些场合, 在其中智慧的一个更好的部分就是留心你自己的能量, 这样你就能够将它们保持平衡状态以留给那些在其中它们可以这样一种方式被应用的场合, 这种方式保证了这个场合是用你最佳的能力能够弄清楚的。

As you gaze upon your social complex at this time, you will find that there are as many different configurations, as many different combinations of positive and negative affect as you can possibly imagine, and it will not be possible for you to sort out which is which in a nuanced way upon every occasion. There will be times when you feel yourself drawn out from yourself so that your center can no longer be found, and you can feel that you are in a circumstance in which the energy which you are expressing is not what you would like it to be. This, too, has significance for you upon a personal level, and when such an experience is had, you do well to withdraw into your safe place where you may, in meditation, in contemplation, in prayer, consider and work with these energies so as to discover what has catalyzed that portion of your being to an effect which you may choose to decide is not what you would have it be, and that can institute for you a program of work of the self upon itself where you can gradually, through a process of slow discovery, find your way to a more sustainable relation to the general positivity which you have long since made the theme of your further development.

当你们注视在此刻你们的社会复合体的时候, 你们将会发现, 有多少如你们有可能能够想象得到的不同的正面性和负面性的效果的混合, 就会有多少不同的配置, 你们要将在每一个场合中具有一种细微差别的方式的事物弄清楚, 这将会对于你们是不可能的。将会有一些时候是你感觉到你自己是从你自己身上被拉出来了的, 这样你的中心就不再能够被找到了, 你就能够感觉到你是出于这样一个环境中, 在其中你正在表达的能量并不是你想要它成为的样子。这对于你在一个个人性的层次上同样是拥有意义的, 当这样一个体验被拥有的时候, 你后退撤入到你的安全场所, 你是做得很好的, 在其中你可以在冥想中, 在沉思中, 在祈祷中, 考虑并与这些能量一同工作, 以便于发现什么事物已经催化了你的存有的那个部分到了这样一种效果, 你可能选择去决定这种效果不是你想要它成为的事物, 那个事物就能够为你构成一个自我在其自身上进行工作的程序, 在其中你能够通过一个缓慢的发展的过程, 找到你自己的通往与一般性的正面性之间的关系的一种更为可持续的道路, 这种正面性是自从为你构建了更进一步的发展的主题就已经渴望的了。

When you feel you are balanced and clear and gathered together sufficiently so that you have an energy to bring to the world in a balanced and clear fashion, then you may sally forth into the energies of your social complex with that gift which you have most precious to offer, which is the gift of your open heart, and in an open-hearted giving, you are also accepting of what comes back to you. As we say, this energy that will come back to you will be of many different and complex hues and arrangements of entangled energies. It is almost as if these energies will be specifically designed to throw you off, and

throw you off they will again and again. The doughty seeker, however, will, having been thrown off, take this not as a rejection, not as something to be fought, not as something to be destroyed, but as a gift, as an offer of an opportunity to reach to a level and dimension of acceptance, reach to a level and dimension of positivity, reach to a level and dimension of love not yet discovered within yourself. When this discovery has been made, and when the fruits of this discovery have been through the slow work of meditation, of outreach, and of simple loving seated in the depths of your being, you will then find that you have to offer a deeper and greater gift to a very, very hungry world.

当你感觉到你是平衡的, 清晰的, 且被充分地收集在一起了, 这样你就拥有一种能量以用一种平衡且清晰的方式带到这个世界的时候, 接下来, 你就可以带着你所要极其珍惜地提供出来的礼物出发进入到你们的社会复合体的能量之中了, 这个礼物就是你开放的心, 在一种开放的心给予中, 你同样是在接收到被返还到你身上的事物。如我们说的一样, 这种将会返还到你身上的能量将会具有很多不同的且复杂的色调以及纠缠在一起的能量的排列。它几乎就好像这些能量将会专门地是旨在将你扔出去的, 它们将一次又一次地将你扔出去。无论如何, 勇猛的寻求者, 在已经被扔出去之后, 将不会将这当作是一种拒绝, 不会将这当作是某种要被战斗的事物, 不是当作某种要被破坏的事物, 而是当作一个礼物, 当作对一个机会的一种给予, 以伸手触及一个接纳性的层次与维度, 触及一个正面性的层次与维度, 触及一个尚未在你自己内在之中被发现的爱的层次和维度。当这种发现已经被做出的时候, 当这种探索的成果已经通过了冥想、向外延伸, 以及在你的存有深处的简单而充满爱的稳固下来的缓慢的工作之后, 你将会发现, 你必须要对一个非常非常饥饿的世界提供的一个更为深入且更加巨大的礼物了。

My friends, we have spent, what for you is many a long year attempting to be of service to your peoples. We have sorrowed with your peoples. We have rejoiced with your peoples, and we have seen one after another after another of our attempts to be of service go awry, and yet, even in the ruins of a plan we thought to be well-made, we have discerned glimmers of hope in ways that have found expression we did not anticipate—could not have anticipated; and so we have grown, we have learned, even from those attempts which seems to have been thrown back in our face as utter failures, which have invited us to feel ourselves to be gravely naïve.

我的朋友们, 我们已经花费了, 对于你们是许许多多多年的一段很长的时间, 来尝试去对你们的人群进行服务。我们对于你们的人群已经是感到忧伤的了。我们已经为你们的人群欢庆了, 我们也已经看到我们进行一个接一个再接一个的尝试出错了, 而甚至是在一个我们认为是精心设计的计划的破产中, 我们都已经用各种方式分辨出了希望的微光了, 这些方式已经找到了我们并未料想到——本来就是无法被料想到的——表达了, 因此我们已经成长了, 我们已经学习了, 即使是从那些看起来似乎已经作为全然的失败被扔回到我们的脸上尝试中, 这些失败已经引起我们感觉我们自己是严重地天真了的,

For us to criticize you for being naïve, my friends, would be the pot calling the kettle black, for our naivety resounds to the far corners of the universe in our experience of it, and we have felt gravely inadequate in our attempts to serve

over and over again. And yet, and yet, as we say, there are glimmers of hope, there are sparkles of joy, and there are moments of creative expression that have redounded to the deepest parts of our being as we rejoice in the new ways that positivity can find expression, very often in the moments of greatest darkness.

因为如果我们要批评你们是天真的，我的朋友们，我们就会是五十步笑百步了，因为我们的天真会在我们对宇宙的体验中在宇宙的遥远的角落中回响，我们已经严重地感觉到在我们一次又一次地服务的尝试的方面是严重不足的了。而如我们会说的一样，会有希望的微光，会有喜悦的火花，会有已经返回到我们的存有的最深处的部分的那些创造性的表达的时刻，当我们在那种正面性能够通过其找到表达的新的方式中，非常经常地是在最大的黑暗的时刻中欢庆的时候。

So, we will not tell you, my friends, that you should not be naïve, any more than we will tell you that you should expect that your expressions of positivity will find immediate resonance in your environment. What we can tell you is that your intention to serve will serve you well. You will have to examine this intention over and over and over again, because very often, it will not yield the result that you had hoped, and upon those occasions, you will need not only to forgive the world for disappointing you, but you will also need to examine the clarity and purity of your own intention to serve.

因此，我们将不会告诉你们，我的朋友们，你们不应该成为天真的，就好像我们将不会告诉你们，你们应该期待你们的正面性的表达将会在你们的环境中找到即刻的共鸣一样。我们能够告诉你们的事情是，你们的服务的意图将会很好地服务你们。你们将必须要一次又一次再一次地检查这种意图，因为非常经常地，它不会产生出你们已经希望的结果，在那些情况中，你们将需要不仅仅宽恕这个世界让你们感到失望了，你们同样将需要去检查你自己服务的意图的清晰度与纯净度。

That process, my friends, never ends. It is still the process we find ourselves deeply invested in. It is the pathway of positivity, my friends, and we commend you to it. We offer this catalyst to you as your calling to us is an offer of catalyst to us, and we thank you, my friends, and we wish you Godspeed along your way. We are those of Q'uo, and at this time we would return to the one known as Jim to ask if there are further queries upon your mind. Adonai, my friends, Adonai.

我的朋友们，那个过程将永远不会结束。它仍旧是我们发现我们自己深深地投入其中的过程。我的朋友们，这就是正面性的道路，我们向你们推荐它。我们向你们提供这个催化剂，因为你们对我们的呼唤就是一个向我们提供的催化剂，我们感谢你们，我的朋友们，我们祝愿你们在你们的道路上拥有神的速度。我们是 Q'uo，在此刻，我们返回到被知晓为 Jim 的实体，以询问是否在你们的头脑中有进一步的问题。Adonai，我的朋友们。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am again with this instrument. We would ask at this time if

there might be further queries to which we might speak?

我是 Q'uo, 我们再一次与这个器皿在一起了。我们想要在此刻询问, 是否有我们可以谈及的进一步的问题?

Gary: Q'uo, when a sexual energy transfer occurs between two people, what is the pathway of the energy traveled? By pathway, I mean that if the energy transferred between the two people could be seen, what is the path that it would travel between the two people?

Gary: Q'uo, 当一种性能量转移在两个人中间发生的时候, 能量旅行的道路是什么呢? 我说的道路的意思是, 是否在两个人中间被转移的能量能够被看到, 它在两个人之间旅行的途径是什么呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. This pathway reproduces the pathway which is utilized by the intelligent energy of the Creator, that which you also know as prana, which moves first through the red ray energy center, upwards, seriatim, to the violet ray.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。这条道路会产生出被造物者的智能能量, 也就是你们同样知晓为普纳的事物利用的道路, 它首先移动通过红色光芒能量中心, 并向上逐一通过每一个光芒, 移动到紫罗兰光芒。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: If we could refine that please. In an energy transfer you said that the energy moves as does the prana from red through violet, seriatim. How does it move between the people themselves?

Gary: 我们能够对那个回答进行精炼吗? 在一种能量转移中, 你们说过, 能量移动, 就好像普纳从红色, 逐一穿过, 移动到紫罗兰一样。它如何在两个人它们自己之间移动呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. As the experience of the orgasm is had by each entity, or by one entity, if that is the case, the energies of each, then, move to the other, beginning with the red ray, so that there is a crossing of the energies at the red ray, moving upward then, through each succeeding ray, to the violet ray energy center. Is there a further query, my brother?

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。当性高潮的体验被每一个实体, 或者被一个实体拥有的时候, 如果情况就是那样子, 每一个实体的能量, 会移动到另一个人, 从红色光芒开始, 因此在红色光芒会有能量的交叉, 接着向上移动, 通过每一个随后的光芒, 移动到紫罗兰光芒中心。我的兄弟, 有一个进一步的问题吗?

Gary: In the event that, Ra said, once the green ray is activated in both entities, then one individual may proceed beyond green ray. So let us say that we have a blue-ray activated entity and a green-ray activated entity, does the blue-ray activated entity then add an additional blue-ray energy transfer to the

green-ray entity, in a sexual energy transfer?

Gary: 在那个事件中, Ra 说过, 一旦绿色光芒在两个实体身上都是被激活的, 接下来, 一个个体就可能移动超越绿色光芒。因此, 让我们说, 我们会拥有一个蓝色光芒激活的实体和一个绿色光芒激活的实体, 蓝色光芒激活的实体接下来会通过一种性能量转移将一种额外的蓝色光芒的能量转移添加到绿色光芒的实体身上吗?

Q'uo: I am Q'uo, and this is correct my brother. May we speak in any further fashion?

Q'uo: 我是 Q'uo, 这是正确的, 我的兄弟。我们可以用任何进一步的方式回答吗?

Gary: Not on that question, thank you so much.

Gary: 不是在那个问题, 我们如此感谢你。

Q'uo: I am Q'uo, and we thank you, my brother.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

Steve: Yes, Q'uo, I have a query. When one encounters a highly focused negative greeting coming from another, can you speak to the opportunities for responding to this positively?

Steve: 是的, Q'uo, 我有一个问题。当一个人遭遇到来自于另一个实体的一个高度聚焦的负面性的致意, 你们能够谈谈对正面性地回应这个致意的机会吗?

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

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。

For the positively oriented entity, it is of paramount importance to realize that the entity which seems to be an adversary, is not, in truth, so. This entity is also the other self of the positive entity, is also the Creator, as is the positive entity. Thus, the positively oriented entity receiving a psychic greeting, or a psychic attack, as you describe it, is most able to express its own positivity by entering the meditative state seeking that sense of one-pointed focus within the self, a calm and restful experience of the One Creator existing within, and from this state, send through the heart energy center love and light to the entity which greets the positive entity.

对于正面性导向的实体, 去意识到那个看起来似乎是一个对手的实体, 实际上, 不是如此的, 这是具有至高无上的重要性的。如同那个正面性的实体一样, 这个实体同样也是具有正面性的其他自我, 同样也是造物者。因此, 正在接受一种心灵致意或者一种心灵攻击, 如你们对它的描述一样, 的正面导向的实体, 是极其能够藉由进入到冥想状态并寻求那种在自我之中聚焦于一个点的感觉, 以及一种存在于内在之中的太一造物者的平静与休息的体验而表达它自己的正面性的, 并从这种状态中, 通过心的能量中心将爱与光送往那个向正面性实体致意的实体。

This love and light is heartfelt in that it is not sent for the purpose of causing the negative entity either to cease its greeting, or to leave the positive entity alone, shall we say. It is sent because the positively-oriented entity feels true love and light for this other self that is the Creator, that has traveled another path from the positive entity's own choice. Thus, this is the beginning of that which the positive entity shall accomplish.

这种爱与光是由衷的,因为它不是为了使得负面性实体要么停止它的致意,要么,容我说,远离正面性实体的目的而被送出的。它被送出,因为正面性导向的实体感觉到对于这个其他自我的真实的爱与光,这个其他自我就是造物者,它已经旅行了与正面性实体自己的选择不一样的另一条道路。因此,这就是正面性的实体将会完成的事物的开始了。

Further, the positively oriented entity will image in its mind the form which the greeting takes. See it in careful detail and send the same love and light to this greeting as was sent to the negatively oriented entity.

更进一步,正面性导向的实体将在它的头脑中想象致意呈现的外形。在非常仔细的细节中观看它,并将和被送往那个负面性导向的实体的爱与光相同的爱与光送往这个致意。

Further, the positively oriented entity shall send this love and light to itself, as a wall of light about itself, spiraling in clockwise fashion, as the upward spiraling line of light of all Creation does.

更进一步,正面性导向的实体会将这种爱与光送给自己,作为一个围绕它自己的光的墙壁,用顺时针的方式螺旋,如同所有造物的爱与光的向上的螺旋线一样。

To complete the process, the positively oriented entity will send this love and light to the Creator which exists in all things everywhere at all times.

要完成这个过程,正面性导向的实体会将这种爱与光送给在所有的时刻在每一个位置存在于所有的事物中的造物者。

This is the means by which the positively oriented entity demonstrates the greatest positivity in response to a negatively oriented entity's offering of service to the positive entity.

这就是正面导向的实体通过回应一个负面导向的实体对正面性的实体的服务的提供而展现最大的正面性的途径了。

Is there a further query, my brother?

我的兄弟,有一个进一步的问题吗?

Steve: No, thank you, that's very good. I will study that.

Steve: 没有了,感谢你,那是非常好的。我将会学习那个过程。

Q'uo: We are Q'uo, and we thank you, my brother, for your query.

Q'uo: 我们是 Q'uo, 我们为你的问题感谢你,我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗？

F: I would like to follow up on that. Is the same process . . . would that be effective in helping the social complex that has a lot of negativity. Could each person who is oriented in a positive way use that same process to help alleviate some of the negativity in the social complex?

F: 我想要跟着那个问题询问。相同的过程.....在帮助拥有许多的负面性的社会复合体的方面会是有效的吗？每一个正面性导向的人都能够是同那个相同的过程来帮助减轻在社会复合体中的某种负面性吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. This is indeed so. There are many, many entities scattered about your planetary surface at this time which do this very thing, that is, to engage in the healing process of the planet itself and its various cultures, or individuals, depending upon the choice of the entity doing the sending. Those entities who are able, in the meditative state, to hold their mind upon one image for a series of minutes, shall we say, may then use this ability to focus their concentration, to send love and light to any place, person, group or situation upon the planet's surface. In this way, there is a, shall we say, providing of a general kind of assistance of an unseen nature that is, however, felt in the mind/body/spirit complex of those entities receiving such sendings of love and light.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。确实如此。在此刻在你们的星球表面上到处散布着很多很多的实体都在做这个事情, 也就是说, 参与对对这个行星其自身, 它的各种各样的文化, 或者个体的疗愈的过程中, 取决于进行这种发送的实体的选择。那些能够在冥想状态中将它们的头脑保持在一个形象上, 容我们说, 连续几分钟时间的实体, 接着就可以使用这种能力将它们的注意力聚焦起来, 以将爱与光送往在这个星球表面上任何地方, 人, 团体, 或者情况。用这种方式, 会有一种一般类型的具有一种无形的特性的帮助提供, 无论如何, 这种帮助会在那些正在接收这样的爱与光的送出的实体的心身/灵/复合体中被感觉到。

There are also entities in the Confederation of Planets in the Service of the One Infinite Creator who do nothing but send this love and light to this planet as well as to many others. Sending such love and light to those areas within the universe that are experiencing difficulties and are unable to resolve these difficulties with their own efforts and need the support of those who recall their own experiences at the same level of evolution, and reach their hands in a manner of giving that love and light to those who need it.

同样也会有一些服务于太一无限造物者的星际联邦的实体除了对这个星球, 同样也对很多其他实体, 送出这种爱与光之外什么都不会做。将这样的爱与光送往在宇宙中的这样一些区域, 那些区域正在体验到困难, 无法用它们自己的努力解决这些困难, 而需要那些回忆起了它们自己在相同的演化的层次上的经验的实体的支持, 这些实体会通过给予那种爱与光的方式将它们的手伸向那些需要它实体。

Is there a further query, my sister?

我的姐妹，有另一个问题吗？

F: Things appear very negative, but are those here on the planet and those of the Confederation doing this work, is it making a difference?

F: 事情在表面上是非常负面性的，但是那些在这个星球上在这里的那些实体们，以及那些属于星际联邦的实体们在做这个工作吗，它是有成效的吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. Your planet, indeed, seems very negatively oriented in many respects. However, this is a distorted perception in some ways, for it is the negatively oriented actions and entities and groups that draw the attention, that make the loudest noise, shall we say. Thus the negatively oriented experiences are more easily observed and are expressing themselves at this time upon your planet in a fashion which one may see as a last effort to control the positively oriented energies upon this planet which are, in actuality, in far greater quantity and quality than are negatively oriented energies.

Q'uo: 我是 Q'uo, 我理解了你的问题，我的姐妹。你们的星球，确实看起来在很多的方面是非常负面性导向的。然而，在一些方式上这种感觉一种扭曲的知觉，因为吸引注意力的，发出最大的，容我们说，噪音的，是负面导向的行动，实体与团体。因此，负面导向的体验是远远更加容易被观察到，并会在此刻在你们的星球上用一种一个人可以视为是去控制在这个星球上的正面导向的实体的一次最后的努力的方式表达它们自己，这个星球，实际上，正面性的能量是比负面导向的能量在数量和质量上都是要远远更大的。

The harvest of your souls, as may be said, has been occurring for a number of years upon your planet. The portals of ascension are surrounding your planet, much as does a gridwork of vortices that receive the intelligent energy of the One Creator in the form of your sun body's rays of life-giving sunlight, and are able to attract the souls moving through the process you call death, into these portals of ascension so that there is a gentle and steady stream of light from the Earth to this grid network of energies, forming a web of light about your planet that grows ever brighter, with not only the energies of those moving through the process of death and harvest, but also expressing the positively oriented actions, efforts, and intentions of so many upon your planet who work now to aid the harvest that is, shall we say, gaining a momentum and a speed.

对你们的灵魂的收割，如可能被说过的一样，已经在你们的星球上发生有一些年的时间了。提升的入口正环绕着你们的星球，非常类似于一个漩涡的格栅，它通过你们的太阳的具有赋予生命的阳光的光线的形式接收到太一造物者的智能能量，并能够吸引那些正在通过你们称之为死亡的过程的灵魂，将它们吸引进入到这些提升的入口，这样就会有从地球到这个能量的格栅网络的一种温和而稳定光的溪流了，它在你们的星球周围形成了一个越来越明亮光的网络，不仅仅是藉由那些正在穿越死亡和收割的过程的实体的能量，同样也藉由在你们的星球上如此多的现在正在进行工作以帮助收割的人表达的正面导向的行动、努力和意图，收割现在正在，容我们说，取得一种动量与一种速度。

We are hopeful in our efforts at providing such service, that this process may accelerate over a period of your time, dependent upon the choices of individuals and groups upon your planet, and may eventually be offered to all entities upon the planetary surface.

通过我们提供这样的服务的努力, 我们希望这个过程可以在你们的一段时间中加速, 我们希望这个过程可以最终被提供给在星球表面上的所有的实体, 这取决于在你们的星球上的个体与团体的选择。

Is there a further query, my sister?
我的姐妹, 有一个进一步的问题吗?

F: No, thank you so much.
F: 没有了, 非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister.
Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。

Is there a final query at this time?
在此刻有一个最后的问题吗?

Gary: Q'uo, in 73.22 Ra says: "Sexual energy transfer takes place upon a non-magical level, by all those entities which vibrate green-ray active. It is possible, as in the case of this instrument which dedicates itself to the service of the One Infinite Creator, to further refine this energy transfer. When the other self also dedicates itself, in service, to the One Infinite Creator, the transfer is doubled, and the amount of energy transferred is dependent only upon the amount of polarized sexual energy created and released."

Gary: Q'uo, 在一的法则的 73.22 中, Ra 说: "性能量的转移是在一个非魔法的层次上藉由那些在具有活跃的绿色光芒振动的实体发生的。在这个器皿的情况中, 这种能量转移是有可能的, 这个器皿让它自己致力于对太一无限造物者的服务, 以进一步精炼这种能量转移。当其他自我同样也在服务太一无限造物者的方面奉献了它自己的时候, 转移就被加倍了, 被转移的能量的数量就仅仅取决于被创造以及被释放的极化的性能量的数量了。"

So, my question is: Can you help us to understand why it is that dedicating the transfer to the One Infinite Creator doubles it?
因此, 我的问题是: 你们能够帮助我理解, 为什么致力于对太一造物者的转移会使得它加倍呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. When entities of a positive orientation seek to blend their energies in a fashion which gives honor and glory to the One Creator, they are sharing these energies not with a disembodied figure somewhere in the distance upon a cloud, they are sharing these energies with each entity upon this planetary surface, and, indeed, beyond as well. For the Creator exists in each and all upon your planet.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。当具有一种正面导向的实体寻求用一种将光荣与荣耀给予太一造物者的方式来混合它们的能量的时候, 它们不是在于一个在远处在一片云上的某个地方一个没有形体的人物分享这些能量, 它们是在与在这个星球表面上每一个实体, 确实同样还有在这个星球之外的实体, 分享这些能量。因为造物者存在于在你们的星球上的每一个人与所有人内在之中。

This dedication of service of love and of light and of power to the One Creator calls upon energies within each entity so engaging in the sexual energy transfer, such that these energies are called for in a fashion which magnifies that which could be seen as the abstractly practical or measurable energies, multiplies them in a fashion which increases their vibrancy, their brilliance, and their power, so that there is a multiplier effect.

将这种具有爱、光与力量的服务奉献给太一造物者, 会召唤在如此参与到性能量转移中的每一个实体内在之中的力量, 这些能量就会用一种对能够被视为是抽象地实用性的或者可以度量的能量的事物进行放大, 并用一种将会增加它们的振动、它们的亮度、它们的力量将让它们加倍的方式被呼唤了, 这样就会有一种放大器的效果了。

The two entities so engaging in this sexual energy transfer then each offer that which is theirs to give in this transfer, and by each entity offering the energies to the One Creator as the ultimate source and object of the experience, then the energies are doubled because two entities have given that which they have to offer to the One.

两个如此参与到这种性能量转移的实体, 每一个实体接下来就会将它们在这种转移中它们要给予的事物提供出来了, 藉由每一个实体都对作为体验的终极的源头与目标的太一造物者提供能量, 接下来能够就会被加倍, 因为两个实体已经给予了它们所要提供给太一的事物了。

Is there a short follow-up, my brother?

我的兄弟, 有一个简短的后续问题吗?

Gary: Thank you for the opportunity. There is, briefly, what is the mechanism of dedication? That is, how does one perform this dedication? Is it a verbal statement? Is it a mental intention? If you could clarify that. Thank you so much, Q'uo.

Gary: 为那个机会感谢你们。简短地, 那种奉献的机制是什么? 也就是说, 一个人如何执行这种奉献。它是一个言语的声明吗? 它是一个心智的意愿吗? 你们是否能够澄清那一点。非常感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother, for your queries. Yes, indeed, there is a formal mental statement, or it can be spoken, by each entity, to specifically dedicate the energies shared between them to the One Creator. Those who engage in this practice on a regular basis usually utilize a certain series of ritual words, or perhaps gestures, that will formalize this dedication. The dedication is efficient in direct ratio to the heartfelt sincerity of those

entities so dedicating their energy exchanges to the One.

Q'uo: 我是 Q'uo, 我们为你的问题感谢你, 我的兄弟。是的, 确实, 会有一个正式的心智的声明, 或者它能够被每一个实体说出来, 以明确地将在它们之间被分享的能量奉献给太一造物者。用一种有规律的方式参与到这个练习中的实体, 通常会利用一定系列的仪式的词语, 或者也许是姿势, 它们将会使得这种奉献正式化。奉献在效果上是与那些如此奉献它们的能量交换给太一的实体的由衷的真诚成正比的。

We are known to you as those of Q'uo. We thank you once again, my friends, from the depths of our heart of hearts for your offering of this service to us this day, for we are most honored to be here, to be able to speak our words to you, in whatever way might be of service. We see the light you have created by your seeking. We bathe in that light, we note that it has attracted a great heavenly choir that appreciates the worshipful nature of the seeking process herein expressed. We shall leave you at this time as we have found you, in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, Adonai, vasu borragus.

我们是你们知晓的 Q'uo。我的朋友们, 从我们的心的核心的最深处, 我们再一次为你们今天提供给我们这个服务而感谢你们, 因为我们对于在这里并能够用无论什么可以进行服务的方式向你们讲述我们话语是感到极其荣耀的。我们看到你们藉由你们的寻求已经创造出来的光。我们沐浴在那种光之中, 我们注意到它已经吸引了一种巨大的天堂的合唱了, 这种合唱赞美了在这里被表达的寻求的过程的崇拜的特性。我们将在此刻离开你们, 如我们已经发现你们的时候一样, 在太一无限造物者的爱与光中。我们是你们知晓的 Q'uo。Adonai, Adonai, vasu borragus。

February 26, 2017
2017-02-26 第四密度的转换

(Jim channeling)
(Jim 传讯)

Q'uo: I am Q'uo, and am with this instrument. We are happy to greet you this afternoon in love and in light as always, for always do we find you walking in love and light along your path of seeking the One Creator. There is nothing else in which to walk, my friends. There are only eyes to see and hearts to appreciate this love and this light.

Q'uo: 我是 Q'uo, 我与这个器皿在一起了。我们一如既往很高兴在这个下午在爱与光中向你们致意, 因为, 我们一直都发现, 你们是沿着你们寻求太一造物者的道路在爱与光中行走的。我的朋友们, 你们除了要走在爱与光之中之外, 没有任何你们要走在其中的事物。仅仅只有去看到这种爱与光的眼睛以及欣赏这种爱与光的心。

Before we begin, as always, we ask a small favor of you, and that is that you will take those words which we have to offer you this day, use those which have value to you, and leave the rest behind without a second thought. This aids us greatly in being able to speak freely, and we thank you for this favor.

在我们开始之前, 一如既往, 我们请求你们的一个小小的恩惠, 那就是你们将会采用我们今天所要提供给你们的那些言语中的对你们拥有价值的部分, 将其余的毫不犹豫地留在后面。这会在我们能够自由地发言的方面大大地帮助我们, 我们为这个恩惠而感谢你们。

At this time we shall ask if there is a query with which we may begin.
在此刻, 我们将会询问, 是否有一个我们可以用来开始的问题。

Gary: We would generally prefer that questions regarding the mechanics of the ongoing and upcoming transition of this planet to fourth density not become too strongly a focus of this group. We think consideration of events yet to transpire may serve as a distraction, bleeding the focus from its real point of contact with the Creator, i.e. the present moment.

Gary: 我们一般性地宁愿那些关于正在进行中以及即将到来的这个星球进入到第四密度的转换的问题不要过于强烈地成为这个团体的一个焦点。我们认为, 对于尚未发生的事件的考虑可能会起到一种分心物的作用, 并会使得焦点从它对于与造物者的接触, 当下一刻, 以及如此等等的真实的要点上发生渗漏了。

Yet, the Confederation has made a point of proactively speaking of harvest, and we feel more headway can be made into this mysterious subject. So, question number one for you Q'uo:

而星际联邦已经积极主动地谈及了收割并使之成为一个要点, 我们感觉到更多的进展可以在这个神秘的主题中被做出。因此, 给你们 Q'uo 的问题一是:

Why over the years has the Confederation felt it important to alert people on

Earth about the harvest through channeling, dreams, and visions? Is information shared about this topic meant as a catalyst to encourage or motivate people to seeking and service?

为什么在多年时间中星际联邦已经感觉到通过传讯、梦境以及异象去提醒在地球上的人们关于收割的事情是重要的呢？在这个主题上被分享的信息是打算要作为一种催化剂来鼓励或者激发人们去寻求与服务的吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. This is, indeed, a good question, for it probes to the foundation of our relation with the planet you call Earth. This particular planet has been, for the past approximately 75,000 years, making its way through the third-density illusion, its population increasing as time, as you measure it, has progressed to the present moment.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。确实, 这是一个很好的问题, 因为它探究了我们与你们称之为地球的关系的基础了。随着时间, 如你们对它的度量一样, 已经发展到当前的时刻, 这个特定的星球, 在过去的大概七万五千年的时间中, 一直都在进行它穿越第三密度的幻象的道路, 它的人群一直都在增长。

Each entity on this planetary sphere is here for the purpose of being able to welcome and enjoy more of the love and the light of the One Infinite Creator through its own energy centers in a fashion which will allow it to be, shall we say, graduated, or harvested into the fourth density of love and understanding. This is a process which has gone on throughout all time and before all time, and it is a process which shall continue infinitely into the future. Thus, it is of primary importance, not only because it is necessary for entities to be graduated in order to progress further along this path of seeking unity with the one, but it is necessary at this particular time, in this particular density, to make a choice that will allow each entity to continue to move along the line of upward spiraling light, in either the positively oriented sense of service to others, or in the sense of service to self, that which is called the negative path, the path of that which is not, for it is a path which is built upon separation, an artificial separation in a universe of unity, we might add.

每一个在这个星球上的实体都是为了能够欢迎并享受更多的太一无限造物者的爱与光流经它的自己的能量中心的目的而在这里的, 太一无限造物者的爱与光是用一种将会允许实体, 容我们说, 毕业或者被收割到爱与理解的第四密度的方式流经实体的能量中心的。这是一个在贯穿所有的时间以及在所有的时间之前就已经在进行中的过程, 它是一个将会无限地在你们未来继续的过程。因此, 它是具有首要的重要性的, 不仅仅因为实体需要毕业以便于沿着这条寻求与太一的合一的道路更进一步前进, 在这个特定的时刻, 在这个特定的密度中, 同样需要做出一个选择, 这个选择将会允许每一个实体都继续沿着向上的螺旋的光移动, 要么是通过正面性导向的服务他人的方式, 要么是通过服务自我的方式, 服务自我被称之为负面性的道路, 其之不是的道路, 因为它是一条被构建在分离之上的道路, 我们可以补充, 它是在一个统一的宇宙中的一种人为的分离。

Thus, this is a most special time, for the choice that is made within this illusion is the foundation choice for each entity making it, that will allow and propel the entity further along the path of seeking to serve the Creator in either

fashion, positively or negatively.

因此，这是一个极其特殊的时刻，因为在这个幻象中被做出的选择，对于每一个做出选择的实体都是基础的选择，这个选择将会允许并推动实体沿着寻求服务造物者的道路走得更远，用正面性或者负面性的两种方式中的任何一种方式服务造物者。

This 75,000 year cycle may seem like a great span of time to you who live a mere two score, three score, four score or so forth, and then you are no longer a part of this illusion until, once again, you choose to incarnate back into it. However, when you compare the 75,000 years with the length of time, as you measure it, of succeeding densities, the next being 30,000,000, the following 50,000,000, the following 75,000,000 years, your density is but an eyeblink in time. It is but the briefest of moments in which to consider the choice that must be made. This choice is that which has been attempted by many of the population upon this planet throughout their incarnational histories upon other third-density planets where they were not successful in making this choice, but found the need to incarnate upon this Earth plane in order to, once again, attempt this grand adventure, this grand choice-making, to set the foundation for all future work that they shall do in their consciousness.

这个七万五千年的周期对于你可能看起来就好像是一个巨大的时间的跨度，你在其中生活仅仅四十年，六十年，八十年或者如此等等，接下来你就不再属于这个幻象的一部分，一直到，再一次你选择转世投生返回进入到它。然而，当你将七万五千年与后续的密度的时间长度，如你们对它的称呼一样，进行比较，下一个密度是三千万年，接下来，后面的密度是五千万年，后面的是七千五百万年，你们的密度就仅仅是在时间中的一眨眼的的时间了。它仅仅是那个要在其中考虑必须要被做出的选择的最短的时段。这个选择就是被你们在这个星球上的人群中的很多人在贯穿它们在其他第三密度的星球上的全部的投生历史中已经被尝试过的选择，它们在其他第三密度的星球上在做出这个选择的方面是不成功的，但却发现需要在这个地球的层面上投生以便于，再一次，尝试这个伟大的冒险，尝试这个伟大的做选择，以便于为所有未来的它们将会在它们的意识中进行的工作打下基础。

Thus, we communicate with this planet at this time—and have for a number of your years, and in fact a number of your decades at this point—to alert those who are conscious of this process, that indeed, this is occurring, this shall occur, and this is most important to those upon this planet at this time, for the reasons that we have just stated.

因此，我们在此刻与这个星球进行交流——我们已经进行交流有你们的一些年的时间了，实际上，在这个位置已经有数十年的时间了——以提醒那些察觉到这个过程的实体，确实，这就是正在发生的事情，这将会发生，这就是对于在这次对于在这个星球上的人们极其重要的事情，因为那么我们刚刚已经陈述过的原因。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: There is indeed, and I forgot to mention that it is an honor to be able to ask these questions, Q'uo, so thank you very much.

Gary: 确实有, 我忘记了去提醒, 能够询问这些问题是一种荣耀, Q'uo, 非常感谢你们。

We recently visited Asheville, North Carolina, a place where we felt that we were glimpsing the embryonic beginnings of fourth density. We realized, or at least I realized, that however the discrete boundary is crossed, however the quantum shift happens—fourth density will be birthed through those doing the work of love and understanding on the ground. The fourth density itself literally comes into being through points of light such as we witnessed in Asheville, and points of individual and collective light that we witness around the world. Would you comment on this, please?

我们最近访问南卡罗莱纳州的 Asheville, 一个我们感觉到正在瞥见第四密度的萌芽的开端的地方。我们意识到, 或者至少我意识到, 无论不连续的边界是如何被跨越的, 无论量子转换是如何发生的——第四密度都将会通过那些正在地面上进行爱与理解的工作的人被诞生出来。第四密度本身实际上是通过诸如我们在 Asheville 观察到的光的位置, 通过我们在全世界看到的个体的与集体的光的位置开始形成了。你们愿意对这一点进行评论吗?

Q'uo: I am Q'uo, and though I am aware of your query, my brother, I was reminded by this instrument that we need to make a transfer at this point, so, at this time we shall transfer this contact to the one known as Steve. We are those of Q'uo.

Q'uo: 我是 Q'uo, 尽管我们理解了你的问题, 我的兄弟, 我被这个器皿提醒我们需要在这个位置做出一个转移, 因此, 在此刻我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)
(Steve 传讯)

I am Q'uo, and am with this instrument. We would like to begin our communication through this instrument by thanking this group, as well as this instrument, and its companion in this practice at this time, the one known as Jim, as well as the questioner, the one known as Gary, for the dedication to sincere seeking that serves as a beacon to us, and gives to us a sense of hope that the transition to the new level of reality, which is beckoning this planet at this time, will be effected with some measure of success.

我是 Q'uo, 我现在与这个器皿在一起了。我们想要藉由感谢这个团体, 同样也感谢这个器皿以及在此刻它在这个练习中的伙伴, 被知晓为 Jim 的实体, 同样也感谢提问者, 被知晓为 Gary 的实体, 感谢它们致力于真诚的寻求而开始我们通过这个器皿的交流, 就是这种真诚的寻求对于我们起到了一个灯塔的作用, 并给予了我們一种希望的感觉, 这种希望即, 在此刻正在召唤这个星球的进入到一个新的实相的层次的转换, 将会带着某种成功而产生起作用。

You mentioned that there are, upon the planet, at this time, beacons of light, and we would tell you my friends that there are few beacons of light greater than the one you presently participate in. This is one of the sources of hope for a great many of the helpers that have [been attempting to aid], for what you would consider long years, stretching even into eons of attempted aid in our belief, and in our desire, and in our hope, that there may be brought forth upon this planet a fourth-density experience that is able to enrich the sense of what it means to be a servant of the Creator. For, my brothers and sisters in light, it is the case that at every new birth into a higher density, the entire universe rings with joy.

你们提到, 在此刻在这个星球上有灯塔, 我的朋友们, 几乎不会有比你们当前参与的那个灯塔更大的灯塔了。对于大量一直都在尝试去帮忙的帮助者, 这是一个具有希望的源头的灯塔, 因为你们在长年时间中考虑的事情, 甚至延伸进入到在我们的信念中、在我们的渴望中、在我们的希望中的尝试进行帮助的巨古的时间之中了, 我们的希望即, 可能在这个星球上会有一种第四密度的体验被产生出来, 这种体验能够丰富打算要成为造物者的一个仆人的实体的感知。因为, 我的在光明中的兄弟姐妹们, 在每一个进入到一个更高的密度的新的诞生上会发生的事情是, 整个宇宙都会带着喜悦回响。

You are quite right to note that the transition to fourth density is aided by groups such as your own, and the one you mentioned in Asheville, where genuine efforts are being made to harmonize and to facilitate healing in those places where it is seen to be needed. We would suggest to you that this planetary experience has been somewhat vexed, leaving the need for considerable healing. And so, in addition to the gathering together of the resolve culminating in the choice to serve either the self or others, that an additional process of binding of the wounds is, at this point, well underway. It is an occupation of many groups such as your own to reach out the hand to those in need, and to offer in those subtle ways that may be available, the promise of a better way of living, a better life to come.

你们指出进入到第四密度的转换会被诸如你们自己的团体, 你能提到的 Asheville 的团体之类的团体所帮助, 你们是相当正确的, 在 Asheville, 真诚的努力正在被做出以在那些被看到是有需要的地方进行调和并促进疗愈。我们会对你们建议, 这个星球的体验已经多少有些是感到苦恼的, 这产生出了对于可观的疗愈的需要。因此, 除了将通过要么服务自我、要么服务他人的选择而达到顶点的决心收集起来之外, 一种额外的对这些伤口进行包扎的过程, 在此刻, 是很好地正在进行的。诸如你们自己的团体之类的很多的团体的一个工作, 就是去对那些有需要的人伸出手, 去通过那些微妙的方式提供可以被取得的事物, 提供对于一种更好的生活的方式, 一种即将到来的更好的生命的许诺。

We cannot stress highly enough, the significance of the role that such as yourselves can play in facilitating this process, for it may seem that you are small points of light in a vast firmament of darkness, yet, we will say to you, that this light is of such a nature that it may be passed on, it may extend its reach, it may move from person to person; and it does so, generally speaking, in a manner that is hardly observed—but not for that reason less important.

我们怎么高度强调这一点都不够，诸如你们自己之类的实体的角色的意义是能够通过促进这个过程而发挥作用的，因为看起来似乎你们是在一个巨大的黑暗的天空中的一些小小的光点，我们会对你们说，这种光是具有这样一种特性的，它可以被传递，可以拓展它的范围，它可以从一个移动到另一个人，它一般而言是通过一种几乎不会被观察到的方式这样做的——但是，这不是因为原因是较不重要的。

It is quite true that in this circle of seeking that has achieved such an intensity of that seeking during this period of time you call your weekend, that the light is focused in a rather small domain, but it is also true that each here present will subsequently sally forth into the world carrying, in ways perhaps not even consciously known, the effects of this intensification of the light. And that will spread, my friends, as surely as the dawn spreads over the surface of the land. It will spread as a gift of the new dawning of awareness that will begin the process of the ushering in of the fourth-density age upon this planet.

相当真实的事情是，在这个寻求的圈子中，在你们称之为周末的这个时段期间，已经有那种寻求的这样一种强度被取得了，以至于光是被聚焦于一个相当小的区域，但是，同样是真实的事情是，每一个在这里在场的人，都将会作为结果，用各种也许甚至不会被有意识地知晓的方式，出发进入到那个携带有这种对光的强化作用的效果的世界中。我的朋友们，那种效果将会如同破晓会在地面上展开一样确切地伸展开来。它将会如同一份新的意识的破晓的礼物一样地伸展开来，这将会开始引领在这个星球上的第四密度的过程。

We are Q'uo, and would, at this time, return the contact to the one known as Jim.

我是 Q'uo，我们会在此刻将接触返回到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am once again with this instrument, and through this instrument would ask if there might be another query.

我是 Q'uo，我再一次与这个器皿在一起了，通过这个器皿，我们会请问，是否有另一个问题。

Gary: In 63.24, the questioner asked, "Then, as the fourth-density sphere is activated there is heat energy being generated. I assume this heat energy is generated in the third-density sphere only. Is this correct?" Ra replied: "This is quite correct. The experiential distortions of each dimension are discrete."

Gary: 在一的法则的 63.24 中，提问者询问，“那么，当第四密度的星球被激活的时候，会有热能被产生出来。我假设这种热能是仅仅在第三密度的星球中被产生出来的。这是正确的吗？”Ra 回答说：“这是相当正确的。每一个维度的体验性的变貌都是不连续的。”

Ra also said in 40.10, "The harbingers of fourth-density vibrations were approximately forty-five of your years ago, the energies vibrating more

intensely through the forty-year period preceding the final movement of vibratory matter, through the quantum leap, as you would call it."

Ra 同样在 40.10 中说, "第四密度振动的预兆是在大概你们的时间的四十五年前, 在振动性的物质, 容我们说, 穿越量子跳跃, 如你们对它的称呼一样, 的最终的运动之前的四十年的时期中, 能量是更为强烈地振动穿越这个时期的。"

Question: As Ra describes it, there is apparently a quantum shift whereby third-density definitively ends, and fourth density definitively begins. All fourth-density bodies in the new environment inhabiting a qualitatively, discretely different environment. When the time and the conditions are right, is this discrete boundary crossed in a single, global moment? After which time the third-density sphere is inactive for some time while the early fourth-density beings get their bearings?

提问者: 如 Ra 对它的描绘一样, 会有一种明显地量子跃迁, 在其中第三密度会明确地结束, 第四密度明确地开始。所有第四密度的身体在新的环境中都居住在一个量子性地, 不连续地不一样的环境中。当时间和条件是适当的时候, 这种不连续的边界会在一个单一的, 全球性的时刻被跨越吗? 在那个时刻之后, 第三密度会在一段时间中是失活的, 同时早期的第四密度的存有出生了?

Q'uo: I am Q'uo, and am aware of your query, my brother. This is a query which is not easily answered with simple yes's and no's, for there is much that is anomalistic about your particular planet, and its transition into the fourth density. The quantum leap that those of Ra were speaking of is that which this planet itself has achieved, for the planetary entity is a fourth-density entity. The individuals and social complexes upon it, however, are, in some cases, upon a level of third- and fourth-density combination, [but] mostly the third, as you would surmise from news of the day, shall we say.

Q'uo: 我是 Q'uo, 我的兄弟, 我理解了你的问题。这是一个不容易用简单的是与否来被回答的问题, 因为在你们的特定的行星以及它进入到第四密度的转换的周围有大量不规则的事物。Ra 正在谈及的量子跃迁是这个星球本身已经取得的事物, 因为星球实体是一个第四密度的实体。然而, 在其上的个体与社会复合体, 在一些情况中, 是在一个第三密度和第四密度的混合体的层次上的, 但大部分是第三密度的层次, 如你们会从每一天的新闻中推测到的一样。

This planetary sphere, then, has the need to adjust the vibratory complexes of fourth density with the remnants of the third-density population's degradations, shall we describe it. There has been much of what you would call war, bellicose activity, and the slaughtering of millions and millions of the population of this planet. This vibration of anger, of separation, has embedded itself within the crust of the planet, so that there is the need for a physical release of this vibration of alienation, of separation, of war, so that the planet itself might proceed in a more harmonious manner as the home for the fourth-density population which shall inhabit it. Thus, the rupturing of various portions of the planetary surface has been occurring for a number of your years. These are the inconveniences which those of Ra spoke about.

这个星球, 接下来, 拥有需要去藉由第三密度的剩余人群的降解, 如你们对它的

描述一样，来调整第四密度的振动复合体。已经有大量你们所称的战争、好战的活动，以及对这个星球的数以百万的人群的屠杀了。这种愤怒的振动，分离的振动已经将它自己深植于这个行星的地壳之中了，因此，会有一种对这种离间、分离、战争的振动的物质性的释放的需要，因此，这样星球其自身就可能用一种更为协调的方式前进，作为将会居住在其上的第四密度的人群的家园。因此，星球表面上的各种各样的部分的破裂，在你们一些年的时间中已经一直都在发生了。这些就是 Ra 团体谈及的不便了。

As far as the discrete movement of the consciousness complexes of the peoples of your planet, there is, at this time, and has been for a number of years, the birthing into incarnation of those entities that have both the third- and fourth-density bodies activated, so that there is, indeed, a new breed of entity upon the planetary surface at this time. This number is increasing daily. These entities have much more ability to affect the consciousness of this planet at this time, and the consciousness of those about them, for they have the, shall we say, need to aid in the harvest which is a basic need that is at the foundation of the reason for their incarnating here. It is a great honor and privilege to be allowed this early in incarnation.

在你们星球的人群的意识复合体的不连续的运动方面，在此刻，已经有一些年的时间，那些出生进入到投生之中的实体是同时拥有第三密度和第四密度的激活的身体的，因此，在此刻在星球表面上确实会有一个新的实体的世系。这个数目每天都在增加。这些实体拥有更多的能力去影响在此刻这个星球的意识以及在它们周围的那些人的意识，因为它们，容我说，需要去在收割中帮忙，这一个基本的需要是处于它们在这里投生的原因的基础位置上的。被允许这种早期投生是一种巨大的荣耀和荣幸。

Thus, these entities, as they continue to incarnate upon the planet, will provide the body complexes through their own mating processes for other entities of even higher vibration to incarnate, so that this is a process which, in your time, will seem to take more time than a discrete movement in the blink of an eye. There will be a number of years which are indeterminate at this time due to the difficulty of your peoples in making discrete choices, shall we say, that will be necessary for the progression of the physical vehicle and the mind and spirit vehicles to become more blended into a vehicle which is purely fourth density. Thus, this will be a gradual transformation, as far as the third- to fourth-density mind/body/spirit complex transition is determined.

因此，随着这些实体继续投生在这个星球上，它们将会通过它们自己的交配的过程为其他的具有甚至更高的振动的实体提供身体复合体来进行投生，这样，这是一个将会，在你们的时间中，看起来似乎会花费比在一眨眼的时间中的一种不连续的运动更多时间的过程。由于你们的人群在做出不连续的选择的方面的困难，在这个时间上将会有一些不确定年份，对于物质性载具，心智和灵性的载具更多地混合成为一个纯粹第四密度的载具的进程，这个不确定的年份将会是需要的。因此，在第三密度到第四密度的心/身/灵复合体的转换被确定的范围内，这将会是一种逐渐的转换。

We would further add that there are many entities at this time that are

working very diligently—both on the third-density level and upon the higher realms within the planetary entity itself—to aid in the transition into the fourth density. These entities are, shall we say, making every possible effort to aid in this transition, so that their success would be a primary factor that must be taken into account, when considering the nature of the move into fourth density in its completeness.

我们会进一步补充，在此刻有很多的实体正在非常勤奋地进行工作——同时在第三密度的层次上以及在星球实体其自身内在之中的更高的领域中——以在转换进入到第四密度的过程中帮忙。这些实体，容我们来说，正在做出每一个有可能的努力来帮助这种转换，这样，当考虑进入到具有完整性的第四密度的特性的时候，它们的成功就会是必须要被纳入考量的一个主要因素了。

We pause briefly to give this instrument the chance to deepen its state.

我们会暂停以给予这个器皿机会来深化它的状态。

(pause)

(暂停)

I am again with this instrument. I am Q'uo.

我是 Q'uo，我现在与这个器皿在一起了。我是 Q'uo。

Thus, though it is possible for your planet to make a discrete choice to, as Ra said, choose in one fine, strong moment of inspiration to polarize positively, this is the choice that all those entities within the inner planes are hoping is made in your near future. However, this is not a probable choice, though it is ever possible. Thus, it is within a time period that those of Ra mentioned to be between 100 and 700 of your years that is most likely to be the case for this discrete transformation. In the overall movement of time, as you know it, this is a large period of time. In the movement of time into the fourth density of 30 million years, it is but a few moments.

因此，尽管你们的星球有可能做出一个不连续的选择以，如 Ra 说过的一样，在一个美妙的，强有力的启发的瞬间之中，选择正面性地极化，这是在内在层面的所有实体正在希望在你们不久的未来会被做出的选择。然而，这不是一个有很大可能性的选择，尽管它一直都是有可能的。因此，这种不连续的转换极其有可能是在 Ra 团体提及的，一个你们的一百年到七百年的时间段之中发生的。在时间的整个运动中，如你们对时间的知晓一样，这是一个很长的时间段。而在进入到具有三千万年时间的第四密度中的时间的运动中，这仅仅是一会儿的时间。

We shall, at this time, shall transfer this contact back to the one known as Steve, for further queries. We are those of Q'uo.

我们将在此刻将这个接触转移到被知晓为 Steve 的实体，以请求进一步的问题。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are now with this instrument. May we ask if there is a further query at this time?

我是 Q'uo, 我们现在与这个器皿在一起了。在此刻请问是否有一个进一步的问题?

Gary: This particular question may be a very quickly answered question, so the instrument may want to stay on for the next one, to your prerogative. In 63.27, Ra says, "The creation of green-ray body complexes will be gradual and will take place beginning with your third-density type of physical vehicle and—through the means of bisexual reproduction—become, by evolutionary processes, the fourth-density body complexes." Ra here echoing what Q'uo just said through the other instrument.

Gary: 这个特定的问题可能是一个非常简短地被回答的问题, 因此器皿可能想要继续进行下一个问题, 这由你们决定。在 63.27 中, Ra 说, "对绿色光芒身体的创造将会是逐渐的并将会从你们的第三密度类型的物质性载具开始发生——通过两性繁衍的途径——并藉由演化的过程称为第四密度的身体复合体。"Ra 在这里回应了 Q'uo 刚刚通过另一个器皿说过的内容了。

So, the probably self-evidently answered question is: Does the evolutionary process through bisexual reproduction move as follows:

因此, 那个有可能不言而喻地被回答了的问题是: 通过两性繁衍的演化的过程是如下进行的吗:

1. Yellow-ray active vehicles give birth to dual-activated bodies.
 2. Dual-activated vehicles give birth to green-ray active bodies.
 3. The fourth-density planet is populated by green-ray active bodies only.
- 一、黄色光芒激活的身体生出双重激活的身体。
二、双重激活的身体生出绿色光芒激活的身体。
三、第四密度的星球仅仅被绿色光芒激活的身体所居住。

Q'uo: I am Q'uo, and we would say that in a general sense, this is correct. There are qualifications which one might make, and refinements which one might make, but they require, for the most part, a knowledge of what you would call genetics that is not yet available on your planet.

Q'uo: 我是 Q'uo, 我们会用一般性的方式说, 这是正确的。会有一个可以做出的限定, 以及一个可以做出的精炼, 但是它们绝大部分要求一种在你们的地球上尚未是可被利用的你们称之为基因学的知识。

We would call your attention to the difference between a yellow-ray activated vehicle, such as is the most common upon this planet at this time, and the dual-activated vehicle, which is of the nature of something of an anomaly because the stronger pull, shall we say, in such a dual activated body is still going to be back toward the third ray, that is the yellow-ray vehicle. We say this because it remains the case that the veiling continues to be in place between the mind, and the body, and the spirit, and it will be a mark of fourth density that this veiling is removed.

我们会将你们的注意力拉到在一个黄色光芒激活的载具和双重激活的载具之间的差别上，前者是诸如在此刻在这个星球上极其通常的载具之类的载具，后者是具有某种属于一种反常性的特性的载具，因为在这样一个双重激活的身体中，更为强有力的，容我们说，拉力是仍旧会向后朝向第三光芒，也就是黄色光芒的载具的。我们这样说是因为，继续存在的情况是，罩纱会继续存在于心智、身体和灵性之间，而这个罩纱被移除将会成为第四密度的一个标志。

The effect of the dual-activated body, however, will be palpable in the sense that a greater propensity for intuitive awareness of the values, shall we say, of fourth density will increasingly make themselves apparent, particularly among the dual-activated mind/body/spirits; but once again, we would say, in such a way that this activation may, itself, become more general, may pass beyond the limited sphere of those who are in these dual-activated bodies and begin to exercise an influence in those whose incarnative condition is still that of third ray, or a yellow-ray vehicle.

然而，双重激活的身体的效果，将会从这样一种意义上是明显的，即对于第四密度的价值的直觉性认识的一种更大的倾向，将会越来越多地使得它们自己是明显的，尤其是在双重激活的心/身/灵身上，但是，再一次，我们会说，它是用这样一种方式进行的，即这种激活，在其自身，可能成为更加一般性的，可能会超越那些处于这些双重激活的身体中的实体的有限的范围，并开始在那些其投生性的状况仍旧是属于第三密度的状况或者是一个黄色光芒载具的实体身上产生一种影响。

Would the questioner like us to remain in this instrument to receive the next question?

提问者想要我们留在这个器皿中以接收下一个问题吗？

Gary: Yes, I have an unplanned follow-up.

Gary: 是的，我有一个计划外的后续问题。

You mentioned that the veiling is still very much present in the dual-activated entity between its mind and body, but a characteristic of the fourth density is that the veiling is removed. So, again, it seems to me that the movement, the timing, the speed into fourth density is linked to the choices and attitudes, and vibrations, of those here in Earth, on the ground. That includes the physical release of war and anger from the planet itself, and as mentioned, the choices that the entities make themselves, and insofar as this process moves forward, then the veil is gradually lifted, then the dual-activated entities have greater access to, and awareness of, who and what they are and their purpose here. Would you comment on that welter of a statement?

你们提到罩纱在双重激活的实体中仍旧是非常大地存在于它的性质和身体之间，但是第四密度的一个典型特征就是罩纱被移除了。因此，再一次，在我看来似乎是，进入到第四密度的运动，时间以及速度，是与在这里在地球上，在地面上的那些人的选择、态度以及振动联系在一起。它包含了从星球其自身对战争和愤怒的释放，以及如同提到的一样，实体靠它们自己做出的选择，在这个过程前进的范围内，接下来，罩纱就会逐渐被升起，接下来，双重激活的第四密度的实体

就会对于它们是谁，它们是什么，以及它们在这里的目的拥有更大的接通与认识了。你们愿意对于对那个说法的混乱进行评论吗？

Q'uo: I am Q'uo, and am with this instrument. We would say that the characterization just given is, in a general sense, quite true, and well spoken. We would add that the thinning of the veil, though it will proceed at first, as nearly as we can tell, very slowly, and by stops and starts, and more in some pockets than in others, will at some point assume a momentum that will make it an unstoppable process, and as this begins to be more and more true, it could happen that very quickly the veil could be removed so that it almost does seem as if one has, at that point, leapt across a sudden chasm or boundary.

Q'uo: 我是 Q'uo, 我与这个器皿在一起了。我们会说, 刚刚被给予的对特性的描述, 在一个一般性的意义上, 是相当真实的, 并且是说得很好的。我们会补充, 对罩纱的变薄, 尽管它一开始是, 在我们所能够讲述的范围内, 几乎是非常缓慢的, 间歇性的, 在有些人身上比其他人会更多一些的, 它将会在某个时刻取得一种动量, 这种动量将会使得它成为一个无法被阻止的过程, 随着这个过程开始变得越来越真实, 罩纱能够非常快速地被移除, 这样它几乎确实看起来就好像是, 在那个位置, 一个人已经跨越了一个急剧的断层或者边界了。

The factors which you mention which are, at this time, inhibiting or retarding the process, are those factors which can indeed be expressed as anger, and can also be expressed as fear, and can also be expressed as a kind of denial, or refusal as mind/body/spirit complexes become more and more intuitively aware that something is being required of them at this time, that the universe essentially vibrates in expectation of the making of their choice. And the longer they put off the making of this choice, the longer they refuse the call to the making of the choice, the more delayed will the transition be, up to the point that it is no longer possible to resist the overwhelming character of the new energies that beckon. And we will say, with some sorrow, that there will, at that point, be a weeping and a wailing and a gnashing of teeth on the part of those who feel that they have not succeeded in their mission which had hoped to render the choice foundational in such a way that it could serve as the point of departure into a new realm of being.

你提到的那些会在此刻抑制或者放在这个过程的因素, 是那些确实能够被表达为愤怒, 同样能够被表达为恐惧, 同样能够被表达为一种类型的否认或者拒绝的因素, 因为心身灵复合体越来越直觉性地察觉到, 某种事情在此刻正在对它们提出要求, 宇宙实质性地是在对它们做出选择的期待中振动的。它们将做出这个选择拖延的时间越长, 转换就将会更多地被延后, 一直到对新的能量的召唤的压倒性的特性的抵抗是不再有可能为止。我们将会带着某种忧伤说, 在那个位置, 对于那些已经希望使得那个选择成为基础性的选择以便于它可以起到出发进入到一个新的存有的领域的出发点的作用的人, 在它们的部分上将会有一种痛哭、一种哀悼, 一种咬牙切齿。

We would not characterize the future of these mind/body/spirits as being one of condemnation, for new opportunities to enact the drama of choosing will

be given them. But, in many cases, this will be a second or third such opportunity, and these souls will be aware of that fact in some subliminal part of their being, and there is the potential for a kind of chaos, or disharmony, arising as there can be a general flailing about, so to speak.

我们不会将这些心/身/灵的未来描绘为一个有罪的人的未来，因为表演选择的戏剧的新的机会将会被给予它们。但是，在很多情况中，这将会是一个第二次，或者第三次这样的机会，这些灵魂将会在它们的存有的某种潜在的部分中察觉到这个事实，会有一种类型的混乱，或者不协调的可能性会出现，因为会有一种一般性的，可以说是，鞭打。

Thus, the transition into the fourth-density illusion may seem to be muddled when taken as a whole; although, in those pockets where more light has prevailed, and more mind/body/spirits who have come together in a resolution of mutual harmony and are gathered to common purpose, the general confusion will, in all likelihood, be experienced more as a kind of background event, while the focus will be upon the foreground event of the transition, which will be a matter of great joy.

因此，进入到第四密度的幻象的转换，当作为一个整体被对待的时候，可能看起来似乎是混乱的，**尽管会有一些小的阵地，在其中更多的光已经占据上风了，更多的心/身/灵已经通过一种共同的协调的决心聚集在一起并被聚集在共同的目的上，一般性的混乱，十有八九，将会更多地被体验为一种背景的事件，同时焦点将会被放在转换的前景的事件上，这将会是一个具有巨大的喜悦的事情。**

We are those of Q'uo, and we will transfer the contact at this point to the one known as Jim.

我们是 Q'uo，我们将会在此刻将接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. Is there a further query?

我是 Q'uo，我现在与这个器皿再一次了。有一个进一步的问题吗？

Gary: Thank you so much, Q'uo, for your replies through both instruments.

Gary: 非常感谢你们，Q'uo，为你们同时通过两个器皿的回答。

We learn from 63.13-14, a couple of things:

我们从 63.13-14 中了解到几个事情：

- Third- and fourth-density electrical fields are incompatible. In other words, third-density entities cannot be fully aware of fourth density.

第三密度和第四密度的电子场域是不相容的。换句话说，第三密度的实体是无法充分察觉到第四密度的。

- All third-density bodies will go through what we call physical death before fourth density becomes fully activated in space/time. That second point may

involve some interpretation.

所有第三密度的身体都将会在第四密度在空间/时间中被完全激活之前经历我们所称的物质性的死亡。那个第二点可能某种解释。

So the question is: Because the yellow-ray body is incompatible with the green-ray environment, does the final, full activation of the green-ray environment in space/time wait for the final yellow-ray body to move through what we call death?

因此，问题是：因为黄色光芒的身体似与绿色光芒的环境是不相容的，在空间/时间中对绿色光芒的环境的最终且完全的激活，会等待最后的黄色光芒的身体经历我们所称的死亡吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am aware of your query, my brother. This is, in general, a correct assumption. For even if the entire planetary population made that one fine, strong choice for positive polarity, there would at that time be the necessity for the dropping of the physical vehicle of third-density: the yellow-ray body. At that time, there would be the ascension of the indigo-ray body, the form-maker body, into the realms of light, and this time would be that in which the steps of light, or the strength of light, would gauge the ability of the entity to withstand the impact of the light in an harvestable degree. This, having been determined primarily by the choice of the entity to pursue positive polarity with every fiber of its being, shall we say, the moving into the light being the confirmation of this choice. That is the situation which would pertain in the possible choice of positive polarity by the entire population of your planet.

我是 Q'uo，我的兄弟，我理解了你的问题。一般而言，这是一个正确的假设。因为即使整个星球的人群都做出了那一个美妙的，强有力的对正面极性的选择，在那个时候会有需要丢下第三密度的物质性载具：黄色光芒的身体。在那个时候，会有靛蓝色光芒的身体的，即塑形身体的扬升，进入到光的领域，在这个时刻中，光之阶梯，或者光的强度，会度量实体忍受一种可收割的程度的光的冲击的能力。这种能力是已经主要由实体用它的存有的每一根纤维来追寻正面性的极性，并移动进入到作为对这个选择的确认的光之中的选择决定了的。如果你们的星球的整个人群都做出了有可能的正面性极性的选择，这就是会与之匹配的情况了。

If the choices are more gradual, the same basic situation would also obtain, in that the entities would move through the death process in a manner which would exemplify the normal death process. The entity—not being consciously aware of its harvestability due to the group choice towards positive polarity—would then move into the form-maker body upon its yellow-ray body's death, and again, move into the light which would gauge the harvestability of the entity, according to the energy centers' ability to stand the impact of the love and light.

如果选择是更为逐渐的，相同的基本的情况同样会达成，在其中实体会用一种示

范了正常的死亡过程的方式穿越死亡的过程。实体——由于团体朝向正面性极性的选择，实体不会有意识地察觉到它的收割性——会接下来在它的黄色光芒的身体的死亡的时候进入到塑形身体中，并再一次进入到那种光之中，那种光会根据能量中心忍受爱与光的冲击的能力，测量实体的可收割能力的。

Is there a further query, my brother?
我的兄弟，有一个进一步的问题吗？

Gary: Yes, thank you. I actually do have a follow-up, very much connected to that one. I'm very appreciative of your replies.

Gary: 是的。感谢你们。我实际上确实有一个后续问题，与那个问题有很大的关联。我非常感激你们的回答。

So, you did indicate that fourth density couldn't, what I would call, fully manifest in space/time while there were third-density bodies present. At that point [of the death of the final third-density body] will those remaining physically here on planet Earth be in dual-activated bodies, just barely grasping the potential of fourth density? Or, will that point be the signal for the end of the dual-activated bodies, and the beginning of the full activation of green-ray bodies?

因此，你们确实指出第四密度，在存在有第三密度的身体的时候，是无法充分地在空间/时间中显化的。在最后的第三密度的身体的死亡的时刻，那些用物质性的方式留在行星地球上的实体，将会是处于双重激活的身体中，而仅仅是几乎没有掌握第四密度的潜能吗？或者，在那个时刻将会是双重激活的身体的结束以及完全激活的绿色光芒的身体的开始的信号吗？

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

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。

Again, this is a difficult situation in which to give a yes or no answer that would be accurate, for there will be both types of entities upon the planetary surface when the final choice, shall we say, is made by all entities, to move either in service to others, or service to self. This is to say, there should be those third/fourth-density entities with the dual-activated bodies that will be able to make the graduation, since that has already been affirmed for these entities upon another planetary sphere. The entities with the third-density body, yellow-ray activated only, will, at that time, need to move through the process of moving into the light, to determine the harvestability. Thus, at some point, there will be, as you say, only the fourth-density entities upon the planet, however, the amount of time, as you would measure it, that this process will take, is not, at this time, known.

再一次，要对这个情况给予一个是或者否的准确的回答，这会是困难的事情，因为在那个要么服务他人要么服务自我的最终的选择被所有的实体做出的时刻，将同时会有两种类型的实体处于星球的表面上。这就是说，将会有那些带有双重激活的身体的第三/第四密度的实体，它们将会能够完成毕业，因为那是在另一个星球上就已经为这些实体确认过的事情。那些带有第三密度的，仅仅只有黄色光

芒激活的身体的实体，在那个时刻，将会需要去穿越进入到光，并决定可收割能力的过程。因此，在那个位置，将仅仅只会有，如你们会说的一样，第四密度的实体在这个地球上，然而这个过程将会花费的时间的数量，如你们对它的衡量一样，在此刻是未知的。

We shall transfer this contact at this time, to the one known as Steve. We are those of Q'uo.

我们在此刻会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am again with this instrument. May we ask if there is a further query at this time?

我是 Q'uo，我再一次与这个器皿在一起了。请问在此刻是否有一个进一步的问题？

Gary: Thank you again, Q'uo, I think your replies here will help clarify a lot for those who study and are inspired by the Confederation's message.

Gary: 再一次感谢你们，Q'uo，我认为你们在这里的回答将会帮助那些学习星际联邦的信息并为其所鼓舞的人们拥有许多的澄清了。

This is a somewhat quizzical point, and is the only one of its type, but it's one that has perplexed me, so I'm going to ask it. In 63.8, Ra says: "As the green-ray cycle, or the density of love and understanding, begins to take shape, the yellow-ray plane, or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time, as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third density is learned. After this period, there will come a time when third-density may again cycle on the new yellow-ray sphere."

这是一个多少有点令人困惑的要点，这种类型的唯一的一个，但是它是一个已经让我感到为难的要点，因此，我将要询问它。在 63.8 中，Ra 说：“随着绿色光芒的周期，或者爱与理解的密度，开始成形，黄色光芒的层次，或者你们现在在你们的舞蹈中享用的地球，将会有一段你们的空间/时间的时期是无人居住的，因为第四密度的实体需要空间/时间学习将它们的密度对第三密度屏蔽起来的能力。在这个时段后，将会有一段时间，第三密度可以再一次在新的黄色光芒的地球上循环了。”

So, that's common knowledge among everyone who studies the Law of One. The puzzle is here: No matter how long the yellow-ray sphere is inactive, once it resumes activation there will be countless artifacts of our present civilization strewn around the world. I think of buildings, roads, bridges, homes, manufacturing plants, power plants, water facilities, etc. Will this be the case and, if so, how does that affect the free will of the new inhabitants of the new yellow-ray sphere?

因此，对于每一个学习一的法则的实体，那就是在它们当中的常识了。困惑是在

这里的：无论黄色光芒的星球失活多长时间，一旦它恢复机会了，将会有我们当前的文明的数不清的人造物遍及世界各地。我想到的是建筑物，道路，桥梁，家园、生产设备，电力设备、水力设施，等等。情况会是这样吗，如果是这样的话，那会如何影响在新的黄色光芒的星球上的新的居住着的自由意志呢？

Q'uo: I am Q'uo, and am again with this entity. We would say that it would be well to contemplate the length of the fourth-density experience, which, by your years, is many. Fourth-density, when it is in full flower, is of a vibrational level such that it is not apparent to those who occupy second-density vehicles, as have third-density entities done since the time of the veiling. There will be a period of transition, and it will not be short, as you measure time, while the newly formed fourth density is further evolving into a state of higher and higher vibrational being. During the period in which that evolution is taking place, there will not be sufficient discreteness between third density and fourth, such that the fourth could exist without being known to the third. It is quite true that at that time that fourth density has evolved to the point that it may remain invisible to the third, the third will be visible to the fourth.

Q'uo: 我是 Q'uo, 我们再一次与这个实体在一起了。我们会说, 去思考第四密度的体验的长度会是很好的, 这个长度, 用你们的年份计算, 是很长的。第四密度, 当它是处于完全的绽放的状态中的时候, 是具有一种振动的层次, 以至于它对于那些占据了第二密度的载具的实体并不是明显的, 就好像自从罩纱的时刻以来, 第三密度的实体已经做的一样。在新形成的第四密度正在更进一步演化进入到具有一种越来越高的振动性的存有的状态的过程中, 将会有一段转换的时期, 它将不会是短的, 如你们对时间的衡量一样。在那个在其中演化正在发生的时期中, 将不会有在第三密度和第四密度之间的足够的分离性, 以至于第四密度能够在不被第三密度知晓的情况下存在。在第四密度已经演化到了它可以对于第三密度保持不可见的位置的时刻, 相当真实的情况是, 第三密度对于第四密度会是可见的。

Third-density life, in its visibility, will be no great mystery to the fourth, any more than second density life is, to the third, a great mystery. But at the point that fourth density is able to maintain itself in a state not visible to the third, it is possible for third-density life to begin again. The greatest likelihood is that this would not occur until such time as fourth density is far enough advanced that a transition to fifth density may soon be contemplated. And we would say also that the early portion of third density experience tends to get underway rather slowly by third-density measures. In all likelihood, the population of the third density upon this planet at that time would be composed of second-density beings, graduating into the third density, and newly beginning their road upward from the first stirrings of self-consciousness.

第三密度的生命, 通过其能见性, 将对于第四密度不会是巨大的神秘, 就好像第二密度的生命对于第三密度不会是一种巨大的神秘一样。但是, 在第四密度能够让它自己保持一种对于第三密度不可见的状态的位置上, 第三密度的生命才有可能再一次开始。最大的可能性是, 这一直到诸如第四密度是远远足够进步, 以至于一种进入到第五密度的转换可以很快被期待的时刻之前, 这种情况都不会出

现。我们同样也会说，第三密度的体验的早期的部分倾向于，藉由第三密度的度量，是相当缓慢地进行的。十分有可能，在那个时候在这个星球上的第三密度的人群，会由正在毕业进入到第三密度的第二密度的存有构成，它们新开始了它们从自我意识的最初的搅动向上的道路。

Does this answer your question?
这回答了你的问题吗？

Gary: Thank you for asking [if that answered my question]. I think there was a misunderstanding. Please correct me if I'm wrong. My question wasn't about the free will of fourth-density inhabitants being affected when third density cycles again, rather, my question was about the free will of the third-density inhabitants being affected when they encounter the artifacts and remnants of our own global civilization.

Gary: 为你们询问是否那回答了我的问题而感谢你们。我认为有一个误解。如果我是错误的，请更正我。我的问题不是关于第四密度的居民的自由意志会在第三密度再一次循环的时候被影响，我的问题是关于第三密度的居民的自由意志会在它们遇到我们自己的全球的文明的人造物以及残余物的时候被影响。

By what you just said, it may be tens of millions of years before third density cycles again, in which case, Earth will have erased or removed much of our history, but we presently can go back many hundreds of millions, even billions of years in our archeological record, so the question being, when the new third-density cycle activates, and there are new third-density beings who become sophisticated enough, at least, to look into the archeological record, how does that affect their free will to learn of a global civilization that no longer exists.

藉由你们刚刚说的内容，在第三密度再一次循环之前，可能是数千万连的时间，在那种情况中，地球将已经清除或者移除了很多的我们的历史了，但是我们现在能够通过我们的考古记录返回到数亿万年，甚至数十亿年前，因此，问题是，当新的第三密度的周期激活的时候，会有新的第三密度的存有，如果它们变得足够高科技，至少去检查考古记录，了解到有一个全球性的文明不再存在了，那会如何影响它们的自由意志呢

Q'uo: I am Q'uo, and we are again with this instrument. The traces, as you might call them, of past civilizations are, as you have noted, easily erased by the sands of time. We ask you to contemplate the mystery of past civilizations upon your own planet—the land of Lemuria being one, the land of Atlantis being another. These were great civilizations that have vanished almost without a trace, and are mostly known through legends, even though there have been some who have assiduously searched for these traces, having been alerted by the legends.

Q'uo: 我是 Q'uo，我再一次与这个器皿在一起了。过去的文明的痕迹，如你们可能对它们的称呼一样，如你们已经注意到的一样，是易于被时间之沙抹除的。我们请你们沉思在你们自己的星球上的过去的文明的神秘——列穆尼亚大陆就是一个，亚特兰蒂斯大陆是另一个。这些文明曾经是伟大的文明，它们已经消失

得几乎无影无踪了，并大部分是通过传说被知晓的，即使已经有过一些已经对那些传说感到警觉的人，它们已经百折不挠地搜寻过这些痕迹了。

Now there are some traces of earlier civilizations currently upon your planet—we call your attention to the statues on Easter Island that are an early remnant of interactions between an earthly population and another earthly source, and so these remnants may, in fact, be in place, and they will be seen as a source of possible mystery, but in general, their presence does not greatly interfere with the free will of those who are learning the lessons of third density, uppermost in importance of which, is the making of the choice. 现在，现在在你们的星球上有一些较早期的文明的痕迹——我们将你们的注意力呼唤到在复活岛上的雕像，它们是在一个早期的人群与另一个早期的源头之间的互动的一个早期的残留物，因此，这些残留物，实际上，是可能在适当的位置的，它们将会被视为是一个有可能的神秘的源头，但是一般而言，它们的存在并不会极大地侵犯那些正在学习第三密度的课程的实体的自由意志，以及最为在这种学习中具有最大的重要性的事情，即做出选择。

So, it may be possible that at the latter end of its master cycle of development, a civilization may become aware of traces upon its planet of earlier civilizations. These, in general, do not constitute abrogations of free will in any significant way.

因此，在一个文明的发展的主周期的后期结束的阶段，这个可能会察觉到在它的星球上的较早的文明的痕迹，这是有可能的。一般而言，这不会用任何有意义的方式构成对自由意志的删减。

I am Q'uo, and at this time we would transfer the contact back to the one known as Jim.

我是 Q'uo，在此刻，我们会将接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. Is there a further query, my brother?

我是 Q'uo，我与这个器皿在一起了。我的兄弟，有一个进一步的问题吗？

Gary: Yes, I take a moment firstly to thank the group for supporting these questions, and say that I have one final question, after which time, if the instrument or instruments have continued energy, someone in the group may use the opportunity to ask a question.

Gary: 是的，我首先要花一会儿来感谢团体支持这些问题，我会说我有一个最后的问题，在那个时间之后，如果这个器皿或者两个器皿拥有继续的能量，在团体中的某个人可以使用这个机会来问一个问题。

My final question is thusly: We, in the group, have talked before on this point. We have a supposition that so long as one is still in a third-density body,

breathing third-density air, and experiencing this cycle of evolution, that they have the time to make the choice. Would you comment on the merit or accuracy of that statement, please? That will be my final question, and I thank you so much for this opportunity.

我最后的问题是这样的：在团体中，我们在之前已经对这个要点谈论过了。我们有一个假设，只要一个人仍旧是处于一个第三密度的身体中，在呼吸第三密度的空气，并在体验这个演化的周期，它们就拥有时间去做出选择。你们愿意对那个说法的优点或者准确性进行评论吗？那将会是我最后的问题，我为这个机会而如此之大地感谢你们。

Q'uo: I am Q'uo, and we thank you as well, my brother, for these points are of some considerable interest and importance to not only your planet's people, but to the Confederation of Planets in the Service of the One Infinite Creator, as well.

Q'uo: 我是 Q'uo, 我们同样也感谢你们, 我的兄弟, 因为这些要点不仅仅对于你们星球的人群, 同样也对于服务太一无限造物者的星际联邦, 都是具有某种可观的兴趣与重要性的。

Indeed, those who now dwell upon your planetary surface and breathe the free air have every opportunity to polarize that is necessary in order for each one to make the graduation, if that choice is their choice at this time. The necessity for most, as you are aware, is to become aware of that choice. This is not necessary in order to be graduated immediately, but is necessary in order to become more, shall we say, productive in the choosing. There is still time for choices to be made, both consciously and unconsciously, that can lead to graduation, depending upon each entities individual status, shall we say. The red, the orange, and the yellow rays being sufficiently opened, and moving into the green ray, with the opening of the heart center beginning to show itself in those acts of love and understanding which may demonstrate the ability of an entity to welcome and enjoy more of the love and the light of the One Creator.

确实, 那些现在居住在你们星球表面上并呼吸着自由的空气的实体, 拥有每一个极化所需的机会, 以便于每一个人都完成毕业, 如果那个选择在此刻是它们的选择的话。如你们知晓的一样, 对于大多数人, 需要的事情是去开始察觉到那个选择。为了要成为立刻就毕业的, 这不是必须的, 但是, 为了要在做选择的方面更加, 容我们说, 富有成效, 这是必须的。仍旧有时间供能够导向毕业的选择被做出, 同时是有意识地与无意识地, 这取决于每一个实体个体的, 容我们说, 状况。红色、橙色和黄色光芒是充分地被开放, 并移动进入到绿色光芒中, 同时对心的中心的开放开始在那些具有爱和理解的行为中展现它自己, 这些行为可能示范一个实体去欢迎并享受太一造物者的更多的爱与光的能力。

We feel that there is enough information of an inspirational nature available to all entities upon your planet that if these entities are able to, if not consciously be aware of the need for such a choice—and able to follow their subconscious minds leading them by the catalyst that it brings them, and to provide the ability to utilize this catalyst, that is, the entity itself being able to

utilize the catalyst and move forward, shall we say, in its evolutionary progression—then there would be the opportunity for the making of this choice upon a subconscious level, or an unconscious level, and not only upon the conscious level of the spiritual seeker who has long traveled this trail of seeking.

我们感觉到，加入实体不是有意识地察觉到对这样一个选择的需要的话，如果实体能够去跟随它们潜意识的心智，并藉由潜意识的心智带给它们的催化剂来引导它们，会有足够数量的具有一种启发性的特性的信息是可以供在你们的星球上的所有实体所取得的，以提供去利用这种催化剂的能力，也就是说，实体其自身是能够利用催化剂并在它们的，容我们说，演化的进程中前进的——接下来，会有机会在一个潜意识的层次上，或者在一个无意识的层次上做出这个选择，而不仅仅是在已经在这条寻求的小径上旅行了很长时间的灵性寻求者的有意识的层次上做出选择。

Thus, we feel that there is time, as you know it, for such choices to be made, and this is the grand adventure upon which each seeker now finds itself, and has found itself for a great portion of these last millennia upon this earth plane. There is, shall we say, divine inspiration that is also available to each entity through the series of guides and inner masters and friends, that have been attracted to each spiritual seeker, be that seeker a conscious seeker or not a conscious seeker—simply one who moves through its daily round of activities, looking to benefit in one manner or another from the opportunities of the third-density experience in a material sense, shall we say.

因此，我们感觉到，会有时间，如你们对它的知晓一样，供这样的选择被做出，这是每一个寻求者现在发现它自己处于其上的伟大的冒险，每一个寻求者都已经发现它自己在过去数个千年的时间中的一个很大的部分都在这个地球层面上了。通过各种各样的指导灵，内在的大师，以及已经与每一个灵性寻求者被联系在一起的朋友们，无论那个灵性寻求者是或者不是一个有意识的寻求者，都会有，容我们说，神圣的启发是同样可以为每一个实体所取得的——一个人单纯地去经历它的日常生活的活动，并从在一种物质性的意义上的第三密度的体验的机会用这样或那样的方式寻求益处。

All entities have these sources of inspiration and information available to them. There are all types of communication possibilities, as you have mentioned previously, from the dreams, from intuitional flashes or hunches, to meditational messages, to being guided to the right person, or the right book, or the right place. All of these efforts are being made now by those entities upon the inner planes, those of the guides of the spirit nature, those of the discarnate entities that are of a master, shall we say, and attracted to the entity through its many lives of seeking, the entity's own higher self, the entity's mind/body/spirit complex totality. All of these entities are well aware of the time growing shorter and shorter upon planet Earth for these choices of positive polarity to be made by those entities of the third density, who now find residence upon planet Earth.

所有的实体都会拥有这些可以为它们所取得的启发和信息的源头。会有所有类型的交流的可能性，如你们之前已经提到过的一样，从梦境，从直觉的火焰或者预

感的交流，到冥想性的信息，到被指引到适当的人，或者适当的书籍，或者适当的地方。所有这些努力现在都正在被那些在内层面的实体，那些具有灵性的特性的指导灵，那些通过实体很多次的寻求的生命被吸引到实体身边是一个大师的离世的实体，实体自己的高我，实体的心/身/灵复合体全体所做出。所有这些实体都察觉到在行星地球上供第三密度的实体，供那些现在居住在行星地球上的实体做出这些具有正面性极性选择的时间越来越短了。

Thus, we would say that there is every opportunity available, that there is every reason for hope, for the eventual graduation of each entity upon planet Earth. We can speak no more valiantly of each entity's ability, and opportunity, and necessity, for making these choices at this time. Though the time does grow short, the time remains for each one to make the choice that is necessary for graduation.

因此，我们会说，会有每一个可被利用的机会，会有每一个对于希望，对于在行星地球上的每一个实体的最终的毕业的理由。我们在谈及每一个实体在此刻英勇地做出这些选择的能力、机会以及需要的方面是怎么说都不够的。尽管时间确实逐渐变短了，每一个实体都有剩余的时间去做出毕业所需的选择。

At this time, we would transfer this contact to the one known as Steve, for any further query. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体，来回答任何进一步的问题。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am with this instrument. Are there further queries that we may answer at this time?

我是 Q'uo，我现在与这个器皿在一起了。在此刻我们可以回答任何进一步的问题吗？

J: Q'uo, I have one. I have been contemplating the archetypes of catalyst and experience. As I have modeled these in my mind, this is a unified concept of learning, separated solely by the veil—catalyst being this concept before the veil in the subconscious, and experience being this concept in the conscious increment life. Does this capture a sufficient amount of the significance of this concept, or am I missing some subtleties of this that you could comment on? Thank you.

J: Q'uo，我有一个问题。我一直在沉思催化剂和经验的原型。当在我的头脑中为这些原型建立模型的时候，这是一个统一的学习的观念，仅仅是被罩纱分开的——催化剂是在潜意识中在罩纱前的这个观念，经验是在有意识的增长的生命中的这个观念。这抓住了这个观念的意义的一个足够大的数量吗，或者我漏掉了一些这个观念的微妙之处吗，你们能够对其进行评论吗？谢谢你们。

Q'uo: I am Q'uo and we believe we understand your query, my brother. What you say is correct, and in fact, insightful, with regard to the way catalyst and

experience function in the veiled condition. That is to say, that the veil does introduce a kind of break between the functioning of catalyst and the functioning of experience that can arise from it. However, it is also true that the archetypes have their distinct being independently of the question of the veiling. This constitutes an interesting subject of investigation. We will attempt to be somewhat brief in our address to it, and invite further queries at some future time.

Q'uo: 我是 Q'uo, 我们相信我们理解了你的问题, 我的兄弟。在关于催化剂以及经验在有罩纱的情况中发挥作用的方式的方面, 你说的内容是正确的, 实际上是有洞察力的。也就是说, 罩纱并不会在催化剂的机能和能够由其升起的经验的机能之间插入一种类型的中断。然而, 同样真实的事情是, 原型会拥有它们独立于罩纱的问题的性质不同的存在。这构成了一个有趣的探索的主题。我们将尝试去在我们对其的讲述中多少有些是简洁的, 并在某个未来的时间邀请进一步的问题。

The catalyst can, in a general sense, be described as that which occurs—that which occurs particularly within the sphere of action and interaction of a mind/body/spirit complex. What occurs, however, as it is received by that mind/body/spirit complex, will be subject to interpretation, and subject to a principle of selection with regard to what merits further focus. This process, as you point out, can be largely unconscious when one is in the veiled condition. The result being that, effectively speaking, there can be a conflation between the concept of catalyst and the concept of experience, for one's access to the catalyst is always already characterized as one's experience.

在一个一般性的意义上, 催化剂能够被描述为发生的事情——尤其是在一个心/身/灵复合体的行动与互动的范围内发生的事情。然而, 发生的事情, 当它被那个心/身/灵复合体接收到的时候, 将会受制于解释, 受制于在关于什么事物是值得更进一步的聚焦方面的一种选择的的原则的。这个过程, 如你之处的一样, 能够使大部分无意识的, 当一个人处于一个有罩纱的情况中的时候。结果就是, 从效率的方面而言, 在催化剂的观念与体验的观念之间能够有一种融合, 因为一个人对催化剂的接近一直都是已经以一个人的经验为特征的。

In a condition which is not veiled, the distinctness of those two elements is more on display, and that can have the result that a greater freedom, shall we say, can be shown, in experience making its selection from its catalyst concerning that which will be taken in as significant from that catalyst. This, we believe, gives the beginning of an approach to an answer to your query, my brother.

在一个没有罩纱的情况中, 这两个要素的独特性是更多地展现出来的, 这种独特性能够产生出这样一种结果, 即一种更大的, 容我们说, 自由, 在经验在关于什么事物将会作为来自那个催化剂的有意义的事情而被采用的方面从它的催化剂做出它的选择的过程中, 能够被展现出来。我们相信, 这会给予对你的问题的一个答案的一个探讨的开始, 我的兄弟。

Is there a brief follow up that we may address in order to clarify any points remaining unclear?

有一个简短的后续问题是我们可以讲述以便于澄清任何依旧不清楚的位置吗？

J: No, this gives me much to think about, and I'm very grateful for your answer, Q'uo.

J: 没有了，这给予了我大量要去思考的内容了，我对于你们的回答是非常感激的。

Q'uo: I am Q'uo, and we thank you, my brother.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

At this time we would transfer the contact back to the one known as Jim, to inquire whether there is a final query on the minds of those here present. I am Q'uo.

在此刻，我们会将接触转移回到被知晓为 Jim 的实体，以询问在那些在场的人的头脑中是否有一个最后的问题。我是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. We would ask if there might be one final query to which we may speak this afternoon?

我是 Q'uo，我与这个器皿在一起了。我们会请问，是否有一个我们在这个下午可以对其发言的最后的问题？

Gary: Q'uo if no one else has one I will take this opportunity. In order to aid with the healing of planet Earth, and the birth of fourth density, and indeed, the healing of humanity itself, is it possible that a third-density entity could take upon itself collective pain, in some form or another, such that as they work through their own pain, as they know, and understand, accept, and heal themselves, they are consequently helping to heal the collective pain?

Gary: Q'uo，如果没有其他人有一个问题，我将会利用这个机会。为了帮助对行星地球的疗愈，第四密度的诞生，以及确实，对人类自身的疗愈，一个第三密度的实体有可能能够用这样或者那样一种形式让它自己承担起集体性地痛苦吗，诸如它们通过它们自己的痛苦进行工作，当它们知晓、理解、接受并它们自己的时候，它们作为结果就是在帮助疗愈集体性地痛苦？

Q'uo: I am Q'uo, and am aware of your query, my brother. This action of self-sacrifice, for the benefit of the planetary consciousness, and the population of the planet, is possible by those who are very consciously aware of the nature of their actions, and who consciously dedicate these actions to the very healing of which you speak. There have been these types of entities throughout the history of your planet, most often found in the monasterial regions of religious practice, remote areas of abbeys, caves, and so forth, which have been practiced from ages gone by, but which yet remain, in some small degree, in some locations on your planet at this time.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。这种为了星球意识以及星球

的人群的利益而自我牺牲的行动，是有可能被那些非常有意识地察觉到它们的行动的属性，并有意识地将这些行为奉献给你谈及的那种疗愈的实体进行的。在贯穿你们的星球的整个历史，已经有这些类型的实体了，它们积极经常地会在宗教修行的修道院的范围中，遥远的寺庙的区域中，洞穴中以及如此等等的地方被找到，这些已经进行过的实践的实体随着时间而消失了，但是，在此刻在你们的星球上在一些区域，用某种小的程度，这样的实体依旧存在。

This is a magical act in the very basic sense of the word. The entity so engaging in this experiencing of the pain of the planet and its population is beginning to transmute this pain from the planet in such a fashion that it becomes a personal experience. That is not just painful—though it is, indeed, that—but is also joyful, for the one performing this magical act of transformation does so from an intense feeling of love upon a conscious level that few upon your planet obtain within the space/time realms. These entities give of themselves for the benefit of others, and give in such a degree that there is eventually the complete giving of the life pattern for the planet's use in achieving the harvestability of its population.

在词语的非常基本的意义上，这是一个魔法的行动。如此参与到对星球以及它的人群的痛苦的这种体验的实体，是正在将这种来自于星球的痛苦用这样一种方式进行转换了，以至于它成为了一种个人体验了。那不仅仅是痛苦的——尽管它确实是——那同样也是喜悦，因为一个进行这种魔法的转换的行动的人是从一种在一个有意识的层次上的强烈的爱的感觉这样做的，在空间/时间的领域中在你们的星球上很少有人取得过这种强烈的爱的感觉。这些实体为了其他人的益处将它们自己奉献出来，并用这样一种程度进行奉献，以至于最终会有将生命的模式的完全的奉献给星球在取得它的人群的可收割能够的过程中使用。

This is not an action which is lightly undertaken, as you might be well aware. This is an action which takes a great deal of consideration over a long period of your time, for as it is successful in revealing and experiencing the pain of the planet within the mind/body/spirit complex of the third-density entity, the experience of this pain becomes that which is more and more evident within the physical vehicle. The ability of the entity to endure the pain over a longer portion of your time increases the efficiency of this action. It is oftentimes much easier, and a temptation for such an entity, to give the life over more quickly in order to end the pain. However, those who are of this nature most frequently desire to experience the pain for as long as possible, realizing the efficiency of the experience in the long run, shall we say.

如你们可能清楚知晓的一样，这不是一个会被轻松地进行的行动。这是一个要在一段你们的很长的时间中花费大量的考虑的行动，因为当它在揭露与体验在第三密度的实体的心/身/灵复合体之中的星球的痛苦的过程中是成功的时候，这种痛苦的体验会成为在物质性载体中越来越明显的事物。实体在一段更长的你们的时间段中去忍受这种痛苦的能力，会增加何种行动的效用。对于这样一个实体，更快地献出生命以便于结束痛苦，这时常是更加容易的，并且是一种诱惑。然而，那些具有这样的属性的实体极其频繁地会渴望去尽可能长地体验痛苦，并同时意识到，容我们说，长时间体验的效用。

At this time, we shall recognize the weariness of both instruments, and take our leave of this group. We cannot thank you enough, my friends, for the dedication to service of others, to the experiencing of the light of the Creator, to the sharing of the love of the Creator, each with the other, and with all about you, that we have noticed and noted for some time within this group. You are a great joy to behold, my friends. The light that you create by your efforts in seeking is seen into the heavens, and is appreciated by many.

在此刻，我们认出了同时在两个器皿身上的疲倦，我们会离开这个团体。我的朋友们，为你们致力于服务他人，致力于体验造物者的光，以及与相互彼此，与在你们周围的所有人对造物者的爱的分享，我们怎么感谢你们都是不够的，我们在这个团体中已经注意到并已经指出这一点有一段时间了。我的朋友们，看到你们是一种巨大的喜悦。你们藉由你们在寻求中的努力创造的光是在天堂中都看得见的，是被许多实体所感激的。

We are known to you as those of Q'uo. We leave you now, in the love and the light of the One Infinite Creator. Go forth in peace and joy. Adonai, Adonai, vasu borragus.

我们是你们知晓的 Q'uo。我们现在离开你们，在太一无限造物者的爱与光中。在平安与喜悦中前进吧。Adonai, Adonai, Vasu Borragus。

March 4, 2017

2017-03-04 造物者与能量中心

Group Question: Our question today comes from our friend, Lana, and references two previously read quotes from Ra, and her question is: "I am confused about the sequence of activity and focus here. Should the spiritual seeker focus on the Creator, unity, love, light, and joy first, and only afterward focus on clearing the blockages in lower energy centers and balancing the self? This is confusing because Ra seems to indicate that lower-center blockages will impede efforts to seek the Law of One on one hand (15.12), yet indicates on the other hand that the Law of One should be put first (52.11). Can you clarify?" [1]

团体问题：我们今天的问题来自我们的朋友 Lana，以及两条之前读到的来自 Ra 的引文，她的问题是，“我对于在这里的活动以及聚焦的顺序感到困惑。灵性寻求者应该首先聚焦在造物者、统一、爱、光与喜悦之上，并仅仅在那之后聚焦在对较低能量中心中的阻塞的清理以及对自我的平衡吗？这是令人困惑的，因为 Ra 看起来似乎在一方面表示，较低的中心的阻塞将会阻碍去寻求一的法则的努力 (15.12)，而在另一方面又表示，一的法则应该被放在首位 (52.11)。你们能够澄清吗？”[1]

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. I greet you in the love and in the light of the One Infinite Creator, of which we are all a part. This afternoon we see many seeking hearts joined as one in the offering of this query to us, and the resolving of confusion of doubt and the enhancing of that which you might call understanding. It is our great honor to be with you this day. We thank you for your invitation. As always, we ask one favor of you, and that is that you take those words that we have to offer you, that are helpful to you, and use them as you will, leaving behind those that are not helpful. This allows us to speak more freely, for we are not the ultimate authority on any topic which you might consider, but we are those, such as are you, brothers and sisters who walk the long and dusty path to the One Creator, moving through density after density, experience after experience, and drawing closer and closer to that which we always are at all times, the One Creator. And yet, that process of realization of our unity with the one is the process of the spiritual seeker who seeks to know more and more of how unity may work in one's life, and how unity may be achieved more effectively as one processes the catalyst of the day into experience that might be stored and used further along the journey.

我是 Q'uo，我与这个器皿在一起了。我在太一无限造物者的爱与光中向你们致意，我们全都是太一造物者的一部分。这个下午，我们看到许多寻求的心通过将这个问题提供给我们，解开带有困惑的混淆并增强你们可能称之为理解的事物而结合成为一体的了。在这个日子与你们在一起是我们巨大的荣耀。我们为你们的邀请而感谢你们。一如既往，我们向你们请求一个恩惠，那就是请你们采用我们

所要提供给你们的话语中的那些对你们有帮助的部分，如你们所愿地使用它们，并将那些没有帮助的部分都留在后面。这允许我们更为自由地发言，因为我们在任何你们可能考虑的主题上都不是终极的权威，我们是那些，和你们一样，走在那条通往太一造物者的漫长而布满尘土的道路上的兄弟姐妹，我们穿越了一个接一个的密度，一个接一个的体验，越来越接近我们在所有时候一直都是的那个事物，即太一造物者。而那个对我们与太一之间的一体性的实现的过程，就是这样一个灵性寻求者的过程，它会寻求着寻求去越来越多地知晓一体性可能如何在一个人的生命中工作，一体性可能如何在一个人将一天中的催化剂处理形成可以被存储并在旅程上更进一步被使用的经验的时候而更有成效地被取得的。

Today you ask of priorities—of whether it is more important to concentrate upon the overall concept of seeking and serving the One Creator at all times, or if it is more important to work upon the energy centers through which the intelligent energy of the One Creator moves as it is able, without blockage.
今天你们询问优先性——是去将注意力集中于在有的时候都寻求并服务太一造物者的整体性的观念上是更加重要的，还是在太一造物者的智能能量会，在没有阻塞的情况下如其所能地，通过其移动的能量中心上进行工作是更加重要的，哪一个是具有优先性的。

My friends, you live in an illusion which has a past, a present, and a future. Your third density is the only such illusion that has these three features of what we may call "the eternal present," for we live, ourselves, in this eternal present, in the spiritual realms, as you would call them, in which all is seen as one, in which love is the shaping force of the universe, which is made of light. Here it is far less difficult to be confused about what to do or how to be. However, in your illusion, these are questions of significance, for you must focus your attention upon one thing at a time, as time passes, in order to be effective in your expenditures of energy—the intelligence energy which is the gift of the Creator to you each day, that which enlightens you, gives your body energy, your mind inspiration, your spirit its very being.

我的朋友们，你们生活在一个幻象中，这个幻象有一个过去，一个现在和一个未来。你们的第三密度是唯一拥有我们可能称之为“永恒的当下”的事物的这三个特定的这样的幻象，因为我们，我们自己就生活在这个永恒的当下之中，生活在这个灵性的领域，如你们对它们的称呼一样，之中，在之中一切都是被视为是一体的，在其中爱是宇宙的塑造性的力量，宇宙是由光构成的。在这里在幻象中，要对于要做什么或者如何成为感到困惑，这是远远更为容易的。然而，在你们的幻象中这些是具有重要性的问题，因为随着时间的流逝，你们必须一次将注意力聚焦在一个事物上，以便于在你们对能量的支出上成为有成效的——智能能量是造物者每一天给予你们的礼物，智能能量启发你们，给予你们身体能量，给予你们心智灵感，给予你们的灵性它的核心的存有。

Thus, we would suggest to you that you meditate upon a regular basis in order to discover what is, for yourself, the most important item, shall we say, upon your list of spiritual things to do. We realize that your world runs upon lists and things to do. Thus, we use this analogy in speaking to you, for we know that you have consciously chosen to seek that which is loosely called the

truth, and you wish to know how to do it well. For each, at times, feels less than successful in pursuing this path of the conscious pilgrim. There are difficulties each faces in the daily round of activities that sometimes seem without end, and without solution, without more difficulties ensuing. If one is a spiritual being, how can such continue without a resolution resulting from the application of love, of light, of consciousness, of intention, of good will, if nothing else?

因此，我们会向你建议，你用一种有规律的方式进行冥想，以便于为你自己发现，容我说，在你要去做的灵性的事物的列表上什么是最为重要的项目。因此，我们在对你们发言的时候使用这个比喻，因为我们知道，你们有意识地选择去寻求被松散地称呼为真理的事物，你们希望知晓如何很好地进行这种寻求。因为，时常，在追寻这条有意识的朝圣者的道路的过程中每一个人都会感觉到是较不成功的。在日常生活的活动中每一个人都会面对困难，而这些困难有时候看似没有尽头，没有解决方案，**只有跟随在其后的困难的**。如果一个人是一个灵性的存有，这样的困难如何才能在没有一个会产生出对爱、对光、对意识、对意图、对良好的意愿，如果没有任何其他的事情的话，的应用的结果的解决方案的情况下继续呢？

We suggest to you meditation because, my friends, each of you has all of the answers that you seek already within your being. This is suggested by many, suspected by some, yet realized by very few. It is more than a simple saying, an inspirational "hook", shall we say, to move one along the path. No, my friends, it is the very foundation stone upon which each of you build an incarnation. Each of you, before this incarnation, set before yourself a series of choices that would allow you to learn that which you wish to learn. For before the incarnation, you see with clear eyes that which has come before, that which awaits in the future, that which exists at the moment, and you look at those needs that you have for growth of your understanding, shall we say, within the third-density experience—this understanding that will allow you to be harvested into the fourth density of love and understanding, if you are successful in recognizing those pre-incarnative choices, learning them through the catalyst that comes your way each day, and expressing them in your behaviors, in your thoughts, and in your words.

我们向你们建议冥想，因为，我的朋友们，你们每一个人都在你们的存有内在之中已经拥有所有你们寻求的答案了。这是被很多人建议过，被一些人怀疑过，而只被非常少的人领悟了的事情。它是比一个简单的说法，比一个为了推动一个人沿着那条道路前进的启发性的“钩子”要更多的。不是的，我们的朋友们，它是你们每一个人在其上构建一次投生的基石。你们每一个人，在这次投生前，都在你自己前方设置了一系列的选择，它会允许你学习你希望去学习的事物。因为在投生前，你是藉由清晰的眼睛看到已经在之前出现过的事情，在未来等待着的事情以及存在于那一刻的事情，你检查了你为了你在第三密度中的，容我说，理解的成长所拥有的那些需要，如果你在认出那些投生前的选择并通过出现在你的道路上的催化剂而学习它们，并在你的行为举止，在你的想法，在你的言语中表达它们的过程中是成功的话，这种理解将会允许你被收割到爱与理解的第四密度。

Thus, in meditation you may ask yourself, "What must I do this day with my daily allotment of prana, of intelligent energy, of the inspiration of the One Creator?" And begin by these meditations to discover a pattern that exists within your energy centers, whether it be of your relationship to one other entity; your relationship to a group of entities; your relationship to the entire Creation; your ability to give acceptance and freedom and inspiration to all those about you; your very being contact, shall we say, with the Creator within, perhaps in the form of your higher self, of your mind/body/spirit complex totality. These are means by which you may look upon your energy centers as areas of inclination, areas of interest, areas of expression, areas of inspiration. And yet, while you are doing this, it is well to look also upon the bigger picture, the life experience that lies before you, that has gone before this moment, that exists at this moment, and see if you can find the One Creator there. Or, if that is too much of a challenge for the moment, look instead for love, for that is the challenge of the third-density illusion, to find love in every moment, for it is there, my friends—the Creation is made of love, made from love.

因此，在冥想中，你可以问你自己，“今天我必须要用我的普纳、智能能量、太一造物者的启发的每日配额来做什么呢？”并藉由这些冥想开始探索一种存在于你能量中心内在之中的模式，无论这种模式是属于你与另一个实体之间的关系，你与一个实体的团体之间的关系，你与整个造物之间的关系，你去对所有你周围的实体给予接纳、自由与灵感的能力，还是你的存有与内在的造物者的，容我们说，接触，也许这种接触是用你的高我的形式，你的心/身/灵复合体全体的形式。这些都是你可以藉由其将你的能量中心视为是具有倾向性的区域，兴趣的区域，表达的区域，灵感的区域的方式。然而，当你正在进行这个工作的时候，去同样也查看那个更大的图像，存在于你前方的生命体验，在这一刻之前已经经历的生命体验，存在于此刻的生命体验，并看到是否你能够在那里找到造物者，这是很好的。或者，如果那暂时是过大的一个挑战，作为替代寻找爱，因为那就是第三密度的幻象，在每一刻中找到爱，因为我的朋友们，它就在那里——造物者是由爱构成的，是由爱产生的。

We suggest then, that you consider yourself an entity which can invest your daily expenditure of energy in a number of directions, according to your own estimation of where the need is resting or expressing itself, and do this within the larger picture of seeking to serve the One Creator in each moment, by everything that you do. There need be no separation between the seeking and serving of the One Creator, and the unblocking of your energy centers. This is a general and simplistic representation of what you might call the "skeleton" of a response to your query.

我们接下来会建议，你考虑你自己是一个能够将你的每日的能量消耗投资到一定数量的方向中的实体，根据你自己对需要存在于何处，或者需要在何处表达它自己的评估，在寻求去在每一刻中，藉由每一个你做的事情来服务太一造物者的更大的图像中进行这种投资。在寻求与服务太一造物者，和为你的能量中心消除阻塞之间不需要有分离。这是一个对于你们可以称之为对你们的问题的一个回应的“骨架”的一般性与简单化的陈述。

At this time, we shall transfer this contact to the one known as Steve, and

hope, through this instrument to flesh out this skeleton somewhat more fully. We are those of Q'uo. We now transfer this contact to the instrument known as Steve.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体，我们希望，通过这个器皿多少有些更为充分地在这个骨架赋予血肉。我们是 Q'uo。我们现在将这个接触转移到被知晓为 Steve 的器皿。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We will begin by giving to this instrument a simple maxim, and through exploring this maxim, attempt to discover, as we have suggested, flesh upon the bone. The maxim is simply this: that at the heart of the Creation lies the Creator. There is, therefore, nothing in the Creation lacking heart. To know that is to have arrived at a truth that can be deceptive, for is it not true that when you are in the throes of fear, that when you are caught up in a state of discord with someone with whom you are close, when you feel yourself to be lost in a social situation that is tossing you to and fro—is it not then true that you are unable to find this heart? Is it not then true that the truth of the Creator eludes you?

我是 Q'uo，我与这个器皿在一起了。我们将藉由给予这个器皿一个简单的格言开始，并通过探索这个格言，尝试去发现，如我们已经建议过的一样，在骨头上的血肉。这个格言单纯地就是这样子的：在造物者的核心之处存在有造物者。因此，在造物中没有任何事物是缺少核心的。去知晓这一点就是已经抵达了一个无法成为虚假的真理，因为当你们处于恐惧的剧痛之中的时候，当你们被卡在一个与某个你与之亲密的人之间的不和的状态之中的时候，当你感觉到你自己在一个正在将你来回抛掷的社会性的情境中迷失了的时候——难道在那个时候是真实的事情是，你无法找到这个核心吗？难道在那个时候是真实的事情是，造物者的真理躲避着你吗？

Now, you may know, as a proposition, the truth content of the maxim we have offered you—at the heart of the Creation lies the Creator, and you may take this maxim with you as you sally forth into your days. But just who is this Creator? Your mind reaches in vain for a definition that is adequate. Your feelings grope very often in vain for a way of relating in feeling to that Creator. And so, the great mystery of creation unfolds within your own person, in the sense that there is born a *nisus* [2], or a hope, shall we say, moving in the direction of seeking that which is not fully known, not known enough to be able to know what it is that is sought, what it is that could satisfy this seeking.

现在，你们可能知晓了，作为一个主张，我们已经提供给你们的那个格言——在造物的核心之处存在有造物者——的真实内涵了，你们可以在你们进入到你们的生活中时候将这个格言带在你们身边。但是，这个造物者是谁呢？你们的心智在空无中寻找一个充分的定义。你们的感觉经常在空无中摸索寻找一条在感觉中与那个造物者建立关联的途径。因此，造物者的伟大的神秘在你们自己的内在之中展开了，在感觉中会有一种努力[2]或者，容我说，一种希望被诞生出来，它会沿着寻求尚未被充分知晓的，且没有被足够多地知晓的事物的方向前

进，以能够知晓被寻求的事物是什么，能够满足这种寻求的事物是什么。

We believe that within this group there is considerable understanding of the energy centers. You are aware that there is, as the foundation center, what we have called the red ray—that the red ray, if it is blocked, prevents activity from moving to a higher configuration. As a simple example, you may be aware that if you are in a state of fear, that you will not be able to engage in quiet, calm, inspiring, interpersonal communication. That will be a possibility of exploring your selfhood that is blocked. Similarly, we would say that this communication, which we have simply referenced, and would ascribe to the orange ray level of beingness, if it is not harmonious, if it is disturbed, it will, in turn, block your ability to move into more articulated and complex relations with your fellow citizens. And it is the latter function which we would say characterizes the yellow ray. Only when all disturbances of red ray, all fears and lusts that may come upon you at that level, have been regularized to the point where you are able to engage meaningfully and in a focused way with another self or two, such that you may share your feelings with another, who may share his or her feelings with you. And only when that circumstance has been regularized to the point that you are able to move outward into a social realm where there is a great deal of sharing and interchange of energies and ideas and hopes and dreams, and only when that realm has been regularized to the point that you may reach outward to all in the Creation, in open hearted giving, can you be said to have touched the Creator.

我们相信在这个团体中，会有对能量中心的大量的理解。你们知道，作为基础的中心，会有我们已经称之为红色光芒的能量中心——如果红色光芒被阻塞了，它会阻碍前往一种更高的配置的活动。作为一个简单的例子，你们可能会察觉到，如果你们处于一种恐惧的状态中，你们将无法参与到安静的、平静的、启发性的、人与人之间的交流之中。那将会是一个探索你被阻塞的自我属性的可能性。类似地，我们会说这个交流，我们已经简单地提到过这一点了，是会归因于存在性的橙色光芒的层次，如果它是不协调的，如果它是被干扰的，它将会相应地阻碍你们进入到与你们的伙伴的人群之间的更为清晰且复杂的相互关联之中的能力。而後者的功能就是我们会说代表了黄色光芒的特征的功能了。仅仅是在所有的红色光芒的扰动、所有可能在那个层次上已经出现在你身上的恐惧和欲望，都已经被规律化到了你能够有意义地且用一种聚焦的方式与另外一个或者两个自我打交道的程度，这样你才可能与另一个人分享你的感觉，那个人才可能与你分享他或者她的感觉的时候，仅仅是在环境已经被规律化到了你能够向外移动进入到一个社会性的领域的程度，且在那个领域中有大量的对能量、理想、希望和梦想的分享与相互作用的时候，仅仅是在那个领域已经被规划到了你可以向在造物中的所有人都伸出手，并在开放的心中给予的时候，你才能被认为是已经触及了造物者了。

And yet, we will say that even in the throes of fear, the Creator has touched you—even in the throes of dysfunctional interpersonal communication, the Creator has touched you. Even in the throes of a disturbed social matrix, the Creator has touched you.

然而，我们将会说，甚至在恐惧的苦痛之中，造物者已经触及你了——甚至在

功能失调的人际交往的苦痛中，造物者已经触及你了。甚至在一种不安的社会母体的苦痛中，造物者已经触及你了。

So, where does one make a beginning? In truth, the beginning always already has been made. Where does one take a stand, shall we say? And in truth, one generally finds that a stand has already been taken. One finds that there is a foot in your life, a commitment, and in many cases, the first step that you need to take is simply that of recognizing your own commitment, of recognizing what the core concern in your seeking really is. Once you have felt that concern rise to the surface of your consciousness, then you will know where the work remains to be done.

因此，一个人在什么地方建立一个开端呢？实际上，开端已经已经被建立了。容我们说，一个人立足在何处呢？实际上，一个人一般而言会发现，它已经拥有了一个立足之处了。一个人会发现在你们的生命中有一个脚步，一个许诺，在很多情况中，你需要走出的第一步单纯地就是去认出你自己的许诺，认出在你的寻求中的核心的关注点真正是什么。一旦你已经感觉到那个关注点上升到你的意识的表面了，接下来，你就将会知道，在什么地方留有要被进行的工作了。

For, indeed, the concern as it comes to you will be colored—it will be colored red, orange, yellow, green. But, it will be colored, usually, in a multitude of colors, a complexity of colors, for you have lived long upon this planet, and many lives have passed from the time you were first birthed into third density until this day in which we bring our energies together with you. And you will have discovered along the path many kinds of disturbances in your energy field: you will have discovered difficulties, you will have discovered weaknesses, you will have discovered strengths. And as you make the effort to open the heart and to discover within the open heart, the work of the Creator reaching to you as you reach to the Creator, you will find that there is strewn about an impediment here, and an impediment there, a hurdle there, a difficulty elsewhere, and these are all difficulties for the Creator as well as difficulties for you, yourself. And the leading edge of the Creation for you is precisely the working out of these difficulties.

因为确实，当关注点出现在你头脑中的时候，它将会被染色——它将会倍染成红色、橙色、黄色和绿色。但是，它通常将会用多种色彩，一个色彩的复合体被染色，因为你已经在这个星球上生活了很长时间了，从你第一次被诞生进入到这个第三密度一直到这个我们将我们的能量与你们结合在一起的日子，已经有很多次的生命度过了。你们将已经在道路上发现了在你们的能量区域中的许多类型的干扰了：你们将已经发现了困难，你们将已经发现了缺点，你们将已经发现了优点。当你们进行努力去开放心，并在开放的心之中探索的时候，造物者的工作会在你们向造物者伸出手的时候向你们伸出手，你们将会发现四处遍布着妨碍物，这里一个，那里另一个，这里一个障碍，别处又有一个困难，**所有对于造物者的困难，同样也是对于你，你自己的困难。**对于你们而言，造物的前沿恰恰就是解决这些困难。

Now, we will say that it seems to fall to the particular genius of third-density entities that they are able to make, as the saying goes, "mountains out of

molehills”—that small difficulties can easily be magnified to large ones, and the more you dwell upon them, the larger they seem to become. Now, this is not by accident, my friends, for there is a process of magnification that is part and parcel of life experience in third density. In fact, as you came into this incarnate experience, you gave yourself certain challenges in the form of a predisposition to certain kinds of blockage, because it was your specific intent that these kinds of blockage would be carefully looked at, carefully reviewed, carefully experienced from within, so that they might be as the knot that is loosened, so that they might be something that can be, not so much overcome, as moved through.

现在，我们将会说，看起来似乎落入到第三密度的实体的特定的特质之中的事物是，它们能够，如同成语所说的一样，“小题大做” (mountains out of molehills)——小的困难能够容易地被放大成大的苦难，你们对它们越多地左思右想，它们就会看起来似乎变得更大了。现在，这不是偶然的，我的朋友们，因为在第三密度的中的生命体验的一部分就是一个放大的过程。实际上，当你进入到这个投生体验中的时候，你就通过对一定类型的阻塞的一种倾向性的形式给予了你自己一定的挑战，因为它你的特定的意图就是，这些类型的阻塞会被仔细观察，被仔细检查，从从内在之中被仔细体验，这样它们就可以如同被解开的结一样，这样它们就可以成为某种能够被穿越的事物，而不是在很大程度上被克服的事物了。

We say this because there is always a temptation on the part of sturdy seekers to encounter difficulties with a judgment, to the effect that the difficulties are not problems that a truly spiritual person would have. And so it is easy for eager seekers to feel that they must repress the difficulties that have bubbled up to the surface of their consciousness. “These are not worthy of the seeker I would be.” Now, when this happens, it is true that one may, for the nonce, set difficulties aside, and we would be the last to say that there are not some circumstances in which this is work well done. But everything thus set aside must be returned to, for it will return to you and will announce itself again and again as that which must be seen to.

我们这样说是因为，在坚定的寻求者的部分上一直都会有诱惑去带着一种评判来面对困难，以至于那些困难并不是一个真正的灵性的人会遇到的问题。因此，真诚的寻求者很容易感觉到它们必须要抑制那些已经冒泡升入到它们的意识的表面上的困难。“这些对于我要成为的寻求者是没有价值的。”现在，当这种情况发生的时候，一个人确实可以暂时将问题推到一旁，我们绝对不会说，不会有一些情况在其中这是被做得很好的工作。但是，每一个被推到一旁的事情必定会返回，因为它将会返回到你们身上，并将会一次又一次一次宣称它自己是必须要被关注的事情。

And so, it is always good work when you begin by invoking the Creator in your meditation, to invite the Creator drawn down from that heart which is, even as we speak, struggling to open, and invite it into the lower energy centers as a resource, as a source of love, for that is the healing power in dealing with the blockages that you find within your complex of beingness. Sometimes these blockages will seem to you most inconveniently exaggerated, most unacceptably exaggerated, but we would invite you to

reflect that it is a very useful process to exaggerate an imperfection so that it may be the more perfectly addressed, so that it may be the more thoroughly examined, so that it may be the more deeply healed.

因此，当你开始藉由在你的冥想中祈请造物者开始邀请造物者从那个，甚至我们会说，正在努力开放的心中被拉下来，邀请它作为一个资源，作为一个爱的源头进入到较低的能量中心的时候，这一直都是优秀的工作，因为那就是在于你在你的存在性的复合体内在之中发现的阻塞打交道的过程中的疗愈的力量了。有时候，这些阻塞将会对于你们看起来似乎是极其不便地被夸大的，极其无法接受地被夸大的，但是，我们会邀请你们反思，对一个缺陷的夸大是一个非常有用处的过程，这样它就可以被更为完美地解决了，这样它就可以被更为彻底地检查了，这样它就可以被更为深入地疗愈了。

So we would invite you to set aside all judgment about yourself when you are engaged in this process. If you are in a position where you are facing the need to do orange-ray work, that does not mean that you are but an orange-ray individual; that does not mean that you are spiritually unworthy. We can assure you that orange-ray work is work well done, work constantly in need of being done, and work that all in third density yet have completely to do. Orange ray is as important a feature of the One Infinite Creator as is any other, and we would say the very same about yellow ray, and indeed, all the rays of the spectrum are essential to the One Infinite Creator.

因此，我们请你在你从事这个过程的时候将所有关于你自己评判都放在一边。如果你是处于一个在其中你正在面对需要进行橙色光芒的工作的位置，那并不意味着不仅仅是一个橙色光芒的个体，那并不意味着你在灵性上是没有价值的。我们能够向你们保证，橙色光芒的工作是被很好地进行了的工作，是持续不断地需要被进行的工作，是在第三密度中的所有人都尚未完全进行的工作。橙色光芒是和任何其他的光芒一样重要的太一无限造物者的一个特性，我们会对黄色光芒说完全相同的事情，确实，光谱的所有的光芒对于太一无限造物者都是必不可少的。

We have focused on the orange and the yellow rays because these are the places in third density where you typically do find blockages that prevent an opening into the green-ray energy center, where unconditional love may be discovered. But what better work for this unconditional love to do than to reach back to those small conditions which have been placed within the heart of one's seeking, such as to dissolve from within these conditions. That, my friends, is what healing looks like to us. To us, the work that one does with the blockages that one feels, sometimes announcing themselves with extreme suddenness and in a way that is completely unexpected, this work is the work of the open heart.

我们已经聚焦在了橙色和黄色光芒，因为在第三密度中这些是你们在其中典型性地会找到阻塞的位置，这些阻塞会妨碍一种进入到绿色光芒能量中心的入口，在绿色光芒能量中心中，无条件的爱可以被探索了。但是，相比返回来向着那些已经被放置在一个人的寻求的核心之中的那些小小的情况伸出手，以便于化解这些情况，这种无条件的爱还有什么更好的要去做的工作呢？我的朋友们，那就是疗愈对于我们看起来是的样子了。对于我们，一个人对它感觉到的阻塞进行的工作，有时候会带着极大的突然性并用一种完全没有预料到的方式宣称它们自己的存

在，这种工作就是开放的心工作了。

And so, we would say, to sum up our response to the query, that one always begins with an intention one makes in relation to the Creator, one makes within the open heart, but one reaches from that position into those areas in which one can feel the open heart just a little bit constrained. You begin with the intention, you reach back to those factors which are encountered or experienced as impediments to the realization of that intention.

因此，我们会说，对我们对于问题的回应进行总结，一个人一直都是从一个意愿开始的，即它要与造物者建立关联，它要在开放的心之中建立关联，但是，一个人会从那个位置进入到那些在其中一个人能够感觉到开放的心有一点点受限的区域。你们从意愿开始，你们返回来向着那些作为实现那种意愿的阻碍物而被遭遇或者体验到的要素伸出手。

I am Q'uo and, at this time, we would leave this instrument in love and in light, and return to the one known as Jim. Adonai, my friends. Adonai.

我是 Q'uo，在此刻，我们会在爱与光中离开这个器皿并返回到被知晓为 Jim 的实体。Adonai，我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. We greet you again in love and in light. May we ask if there might be a follow-up to this query, which we may speak?

我是 Q'uo，我再一次与这个器皿在一起了。我们在爱与光中再一次向你们致意。请问是是否有这个问题有一个后续问题是我们可以对其发言的。

Austin: There was a follow-up, but I believe it was actually covered within the primary answer, so not at this time.

Austin: 有一个后续问题，但是我相信它实际上在主要的回答中被涵盖了，因此，在此刻没有后续问题了。

Q'uo: I am Q'uo. Is there another query at this time?

Q'uo: 我是 Q'uo。在此刻有另一个问题吗？

F: I have one. In a recent session, those of Q'uo said, "We see the love and the light when you come together as a tower of power that is flamingly bright, reaching to the heavens, calling to all who seek the light and serve the light." My question is: in many past sessions those of the Confederation have commented on how the energy of our group appears in the metaphysical realm. If possible, would you describe in more detail what you see, or what you perceive when looking at our group, as our channeling meditations proceed, and what effect this energy and these effects have on each of us, and to our planet as well? And also, if it's not an infringement of our free will, would you describe what you perceive when looking at a particular individual,

either in general or, if possible, a specific person, which I'd be glad for that to be me, but any one of us, who is open to that during the channeling meditation?

F: 我有一个问题。在一次最近的集会中, Quo 说, “在你们聚集在一起的时候, 我们看到爱与光就好像一个具有力量的高塔, 它是火焰般明亮, 向着天堂延伸并呼唤所有寻求光并服务光的实体。”我的问题是, 在很多过去的集会中, 属于星际联邦的实体已经对于在形而上学的领域中出现的我们的团体的能量是如何的进行过评论了。如果有可能的话, 你们愿意用更多的细节描述你们看到的事物吗, 或者, 当你们观察我们的团体的时候, 在我们的传讯的冥想进行的时候, 你们察觉到了什么, 这种能量的效果以及这些效果在我们每一个人身上, 同样也对我们的星球效果是什么? 同样, 如果它不是一种对我们的自由意志的侵犯, 你们愿意描述当观察一个特定的个体的时候, 要么是一般性的个体, 或者如果有可能的话, 一个具体的人, 你们感觉到了什么, 我会很高兴那个人是我, 但是, 我们任何一个在传讯冥想期间是开放的人?

Q'uo: I am Q'uo, and am aware of your queries, my sister. First of all, may we say that when we look upon this group, or any group, we see configurations of light, rotating at various angles and velocities that reflect the energy center activation, and overall balance. When we look upon a group, we see all of the entities within the group as sources of light of various colors, of various natures, rotations, angles of rotation, and so forth. Thus, the group becomes a magnification of the individual. Within each individual, the red-ray energy center is activated, as is the orange and the yellow, for this is the third-density illusion. These centers may be more or less bright, depending upon activations and blockages unique to each individual. Within this group, we find the heart-ray energy center, the green ray, also active within each entity within this circle of seeking, for this is the nature of the consciously oriented seeker of truth, to have moved its energy from red ray through orange and yellow into the green. In some instances, we also see further activation of the blue and the indigo, reflecting further study by such entities of the nature of their own evolutionary process. The activity or rotational speed of each energy center reflects the success that the seeker has experienced in both activating and balancing the energy centers so observed.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。首先, 容我说, 当我们观察这个团体或者任何团体的时候, 我们都看到了光的配置, 光用各种角度与速度旋转, 它反映了能量中心的激活以及整体性的平衡。当我们观察一个团体的时候, 我们将在团体中的所有的实体都视为具有各种各样色彩, 具有各种属性、旋转、旋转角度以及如此等等的光的源头。因此, 团体成为了个体的一种放大。在每一个个体身上, 红色光芒中心是激活的, 如同橙色与黄色中心是激活的一样, 因为这是第三密度的幻象。这些能量中心可能或多或少是明亮的, 取决于对于每一个个体独一无二的激活与阻塞。在这个团体中, 我们发现心的能量中心, 绿色光芒, 同样在这个寻求的圈子中的每一个实体内在之中都是激活的, 因为这就是真理的有意识地有导向的寻求者的属性了, 以让它的能量从红色光芒通过橙色和黄色进入到绿色光芒。在一些情况中, 我们同样看到的更进一步的蓝色和靛蓝色的激活, 它进一步反应了被这样的实体进行的对它们自己的演化的进程的属性的进一步的研究。每一个能量中心的活动或者旋转的速度都反应了寻求者在同时激活能量

中心以及平衡被如此观察到的能量中心的方面已经体验到的成功了。

The violet-ray energy center is that indicator of the balance of the lower energy centers of each seeker. Thus, the various colors and brilliance of these colors is surrounded by the violet- and red-ray protective shell, shall we call it, that reflects the overall balance of the mind, the body, and the spirit of the seeker of truth. This protective shell is that which holds in place whatever degree of health or disease or imbalance, shall we say, that the seeker has achieved to this point in the life experience. This shell, then, is also surrounded by the entity's vibratory expression of its true density of origin. Those wanderers in the group, then, being from either the fourth, the fifth, or the sixth-density experiences, would have the green, blue, and indigo coloration in their exterior portion of the aura.

紫罗兰光芒的能量中心是每一个寻求者较低的能量中心的平衡的指示。因此，各种色彩已经这些色彩的亮度是被紫罗兰光芒与红色光芒的保护性外壳，如我们对它的称呼一样，所包围的，这个外壳反映了真理的寻求者的心智、身体和灵性的整体性的平衡。这个保护性的外壳就是将寻求者在生命体验到的直到这个位置已经取得的无论什么程度的健康、或者疾病、或者，容我说，不平衡保持在适当的位置的事物了。接下来，这个外壳同样也是被实体的属于它真实的起源的密度的振动性的表达所包围的。那么，在团体中的那些流浪者，来自于第四、第五或者第六密度的体验的任何一个密度的流浪者，就会在它们的灵光的外部拥有绿色、蓝色和靛蓝色的染色了。

The strength of the polarization of each entity may be illustrated by the strength or, shall we say, density of the aura, in its ability to express the various qualities of each energy center. The individual vibratory level or aura of each seeker of truth, then adds unto the group's ability to express light in an organized fashion, that is an upward spiraling line of light, that your seeking for truth expresses in a combined fashion, and that is what we were speaking of when we described the tower of light that we are aware of when we approach this group, having been called by it, to address a query of its concern, and fashion a response to that concern.

每一个实体的极化的强度可以被灵光的质量或者，容我说，密度，通过它去表达每一个能量中心的各种特性的能力所解读。每一个真理的寻求者的个体的振动层次或者灵光，接着就增加了团体用一种有组织的方式表达光的能力，那就对光表达方式就是一种向上螺旋的光线，是你们用一种混合的方式对真理的表达的寻求，是当我们描述我们在接近这个团体的时候察觉到的光之塔的时候我们正在谈及的事物了，我们已经被这种光所召唤以讲述一个具有它的关注点的问题，并对那个关注点形成一个回答。

The ability of each seeker and of each such group of light, such as this one, to affect the planetary consciousness is significant, for as entities are able to balance mind, body, and spirit, and their expression within the energy centers, this lightens the planetary vibration itself, which has, for thousands of your years been degraded, shall we say, in its vibratory level due to the tendency towards your peoples to engage in bellicose activities. Thus, you are able to

affect this lower, or denser, baser, energy expression, by the quality of your own seeking that is reflected in your auras, and in your various energy centers which make up the aura.

每一个寻求者以及诸如这个团体之类的每一个这样的光的团体，去影响星球的意识的能力都是重大的，因为当实体能够平衡心智、身体和灵性，以及他们在能量中心中的表达的时候，这会照亮星球振动其自身，由于你们的人群去进行好战的行为的倾向，星球振动在你们的数千年的时间中已经在其振动层次上被降级了。因此，藉由在你们的灵光中，在组成了灵光的你们的各个能量中心中你们自己的寻求的特性，你们能够影响这种较低，或者较为致密，较为低下的能量表达。

Is there a further query, my sister?

我的姐妹，有一个进一步的问题吗？

F: No, thank you so much.

F: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你们，我的姐妹。在此刻有另一个问题吗？

Austin: Here's a question from D. "Does our Planet Earth have a preferred name, are we allowed to know it, does this question make any sense?"

Asutin: 这里有一个来自 D 的问题。“我们的行星地球拥有一个更喜欢的名字，我们被允许知道它吗，这个问题有任何意义吗？”

Q'uo: I am Q'uo, and am aware of your query, my brother. Those of us of the Confederation of Planets in the Service of the One Infinite Creator refer to your planet as Terra [3], as that which is the expression of the vibration of the Earth's third-density experience, which now moves into the fourth density. Many, also within your Earth's sphere call the Earth Gaia, because it is the mother of all life upon the planet. Is there a further query, my brother?

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们这些属于服务于太一无限造物者的星际联邦的实体将你们的行星称为 Terra[3]，如同地球的第三密度的体验的振动的表达之所是一样，这种振动现在进入到第四密度，在你们地球上的人同样也称之为地球盖亚，因为它是星球上所有生命的母亲。我的兄弟，有一个进一步的问题吗？

Austin: Not in relation to that one, Q'uo.

Asutin: 没有与那个问题相关的问题了，Q'uo。

F: Is that what Gaia would call herself? Does Gaia as an entity, have a name for itself?

F: 那是盖亚称呼它自己的名字吗？盖亚作为一个实体，有一个给它自己的名字吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. We look upon the

entity that is your Earth planet, and do not perceive that it has a name for itself, for it is that which is the mother, it would call itself, more or less, That Which Nurtures. Many entities in the Confederation of Planets in the Service of the One Infinite Creator do not engage in the naming which is so popular among your peoples, but see themselves, rather, as vibratory levels of experience that have certain abilities and desires to be of service, and offer them according to a unique vibrational quality of, you may say, desire expressed, desire manifesting. This is the case with the planet of your present origin.

Q'uo: 我是 Q'uo, 我们理解了你的问题, 我的姐妹。我们观察你们的行星地球之所是的实体, 我们并没有感觉到它拥有一个给它自己的名字, 因为它就是母亲之所是, 它或多或少会称呼它自己为, 抚育者 (That Which Nurtures)。在服务于太一无限造物者的星际联邦中的很多的实体并不进行在你们的人群中如此流行命名的行为, 而毋宁是将它们自己, 视为是拥有一定的服务的能力与渴望的体验的振动层次, 并会根据一种, 你们可以说是, 被表达的渴望, 显化的渴望的独一无二的振动的特性来提供他们。

Is there a final query at this time?

在此刻有一个最后的问题吗?

(pause)

(暂停)

I am Q'uo, and we are aware that the queries, for the moment, have been exhausted. We thank you each and every one, for lending your energies, your vibrations, your desire, your love and your seeking, to this circle this afternoon. It has been a great honor to join you, and we always experience a great deal of joy when we blend our vibrations with yours, for we see the best of you at this moment, that which you bring forth as your desire to seek that which you loosely call "the truth." In such a situation, we are all rising to the highest level of our being. We leave you, as always, in the love and in the light of the One Infinite Creator. Adonai, my friends, Adonai. We are those of Q'uo.

我是 Q'uo, 我察觉到问题暂时已经被耗尽了。我们为你们将你们的能量, 你们的振动, 你们的渴望, 你们的爱与你们的寻求借与在这个下午的这个圈子而感谢你们各位。加入你们已经是一种巨大的荣耀了, 我们一直都会在我们将我们的振动与你们的振动混合在一起的时候体验到大量的喜悦, 因为我们在此刻看到你们最佳的部分, 即你们作为你们寻求你们松散地称之为“真理”的渴望产生出来的事物。在这样一个情况中, 我们全都上升到我们的存有的最高的层次。一如既往, 我们在太一无限造物者的爱与光中离开你们。Adonai, 我的朋友们。Adonai。我们是 Q'uo。

[1] 15.12:

Ra: Those with blockages in these first three energy centers, or nexi, will have continuing difficulties in ability to further their seeking of the Law of One.

[1]15.12

那些在最初的三个能量中心或者节点中带有阻塞的人, 将会在推进一的法则的寻求的能力的方面遇到持续的困难。

52.11:

Questioner: Well, is there then, from the point of view of an individual who wishes to follow the service-to-others path from our present position in third density, is there anything of importance other than disciplines of personality, knowledge of self, and strengthening of will?

52.11

提问者：好的，那么，从一个希望去跟随服务他人的道路的个体的视角来看，从我们在第三密度的当前的位置，除了人格的锻炼、对自我的知晓以及对意志的强化之外任何具有重要性的事情吗？

Ra: I am Ra. This is technique. This is not the heart. Let us examine the heart of evolution.

Ra: 我是 Ra。这是技巧。这不是核心。让我们检查演化的核心。

Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy; this is the heart of evolution of the spirit.

让我们回忆起我们全都是一体的。这是伟大的学习/教导。在这种一体性中存在有爱。这是一个伟大的学习/教导。在这种一体性中存在有光。这是一个在显化中的所有的存在性的层面的基本的教导。一体性、爱与光以及喜悦，这就是灵性的演化的核心。

The second-ranking lessons are learn/taught in meditation and in service. At some point the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques you have mentioned become quite significant. However, the universe, its mystery unbroken, is one. Always begin and end in the Creator, not in technique.

第二级别课程是在冥想和在服务中的学习/教导。在某个位置，心/身/灵复合体会被如此顺利地激活并藉由这些中心的想法或者扭曲而被平衡，以至于你们已经提到的技巧会变得相当重要。然而，宇宙，它无法打破的神秘，是一体的，它是通过造物者，而不是通过技巧，开始和结束的。

[2] nisus [noun]: a mental or physical effort to attain a specific goal; a striving.

[2] *nisus* 【名词】：一种心智或者身体的努力以取得一定的目的，一种奋斗。

[3] This response is somewhat odd, as we are unsure why exactly the Confederation would use Latin terminology in reference to the Earth.

[3]这个回应多少是有些奇怪的，因为我们不确信为什么星际联邦在提及地球的时候会使用拉丁文的术语。

March 18, 2017

2017-03-18 静默的中心

Group Question: Ramana Maharshi said that all that is needed to realize the self is to be still. Much value is placed upon stillness in enlightenment traditions, including your own message. What does stillness mean? What is the importance of stillness? How does one become truly still?

团体问题：拉玛那·马哈希说，所有被需要的事情就是去认识到，自我是要成为静默的。在觉醒的传统中，大量的价值被放置在静默上了，包括你们自己的信息。静默意味着什么呢？静默的重要性是什么呢？一个人如何成为真正静默的呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this day. We thank you for inviting our presence once again. It is always an honor and a pleasure to join your circle of seeking, for you bring your true hearts' desires with you when you come to this place, and seek as you do, together, for more information, illumination, or inspiration of the One Creator that exists in all things—in you as well. Here, you find it perhaps easier to discover these simple truths, for you are with those of like mind, like heart, and like spirit, that together with you seek the same as do you. Though each of you in your own way seeks uniquely, for each of you has a unique path that you've traveled, returning to the One Creator, and finding that that is the place where you have always been.

我是 Q'uo，我在这个日子在爱与光中向你们各位致意。我们为你们再一次邀请我们出席而感谢你们。加入你们的寻求的圈子，这一直都是一种荣耀与一种快乐，因为当你们来到这个场所，并如你们所做的一样，一起在一切事物中——同样也在你们内在之中——寻求更多的太一造物者的信息、启发或者灵感的时候，你们将你们真实的心渴望带在你们身边了。在这里，你们发现要去发现这些简单的真理也许是更为容易的，因为你们是与那些具有相似的想法，相似的心，相似的灵性的人在一起的，这些人，与你们一起，寻求和你们寻求的相同的事物。尽管你们每一个人都用你们自己的方式进行独特的寻求，因为你们每一个人都拥有一条独一无二的你们已经旅行过的道路，通过那条道路你们返回到太一造物者，并发现那就是你们一直都在的地方。

We ask you this day, as we always do, to take those words that we offer you that have value to you, and use them as you will, leaving behind all others that have no value to you. In this way, we may feel more free to speak that which we have to offer, without fearing the infringement upon free will, for we are seekers, as are you, and are happy to share that which we have found upon our journeys.

我们今天请求，如同我们一直都请求的一样，使用我们提供给你们的话语中的那些对你们有价值的部分，如你们所愿地使用它们，将所有其他的对于你们没有价值的事物都留在后面。用这种方式，我们就可以感觉到在讲述我们所要提供的事物的方面是更加自由的，而不用担心侵犯自由意志了，因为我们是和你们一样的。

寻求者，我们很高兴分享我们在我们的旅程上已经发现了的事物。

You ask about that still point within the heart of each soul that all conscious seekers of truth desire to experience (at least from time to time, if not eventually) in what you may call the "steady state" of consciousness. Each within the meditative state has a far greater chance of catching a glimpse of this stillness, for within the meditative state you are taking a microcosm of your experience, and somewhat, shall we say, shielding it from the slings and arrows of outrageous fortune, as has been said, that exists without the meditative state, in the world about you in its normal realm and manner of functioning.

你们询问所有有意识的真理的寻求者都渴望去在你们可能称之为意识的“稳定状态”的事物中体验到的（如果不是永恒地体验到，至少是时不时地体验到）在每一个灵魂的核心之中的那个静默的位置。在冥想状态中每一个人都拥有一个远远更大的机会去抓住对这种静默的一瞥，因为在冥想状态中，你们是在使用你们的体验的一个微观宇宙，并多少有些，如同已经被说过的一样，将它与，容我说，狂暴的命运之箭与矢屏蔽开来了，这种狂暴的命运之箭与矢在其通常的运转的领域与方式之中，是存在于冥想状态之外，存在于你周围的世界中。

In the meditative state, when you have been able to relax your mind completely and let all cares and worries fall by the wayside for the moment, this is a process which can lead to your experience of the unity of yourself with the Creator, which always exists, my friends, at all times. What you are attempting to do in your meditative state is to become conscious of this unity, for there is nothing but the Creator about you, or within you. There is nothing but the Creator from which to make the creation, and this is exactly what the Creator did. All that is made is made of the love of the Creator, the light of the Creator, and the unity of the Creator, so that when you enter your meditative state, and let the cares of the day fall away—and this my friends, may take a while, depending upon the nature of your mind, the nature of your emotions, and the nature of the previous experience that preceded the meditation, or worries you may have on your mind. These are those challenges, those catalysts that present themselves daily, and within the meditative state it is possible for a brief period of time to allow them to move away from your conscious awareness.

在冥想状态中，当你已经能够将你的心智完全放松下来，并允许所有的关注与忧虑都暂时掉落到路边的时候，这是一个能够将你自己与造物者的合一导向你的体验的过程，在有的时候，我朋友们，造物者一直都是存在着的。你们在你们的冥想状态中正在尝试去做的事情是对这种一体性成为察觉的，因为在你们周围，或者在你们内在之中，除了造物者之外没有任何事物。除了造物者之外不会有任何事物是从其产生出造物的，这恰恰就是造物者做了的事情了。所有被造的事物都是由造物者的爱，造物者的光以及造物者的一体性制造的，因此，当你们进入到你们的冥想状态的时候，让那一天的忧虑逐渐消散——我的朋友们，这可能要花一会儿的时间，取决于你们的心智的特性，你们的情绪的特性，你们在冥想之前的体验，或者你们可能在你们的头脑中拥有的忧虑的特性。这些都是挑战，是那些每天将它们自己呈现出来的催化剂，在冥想状态中，有可能用一小段时间

允许它们从你们的有意识的察觉中离开。

Many entities use techniques of breathing, or mantras, or images within the inner mind, to focus upon in order to reach a one-pointed focus, that is a focus upon this unity of self with the Creator, of self with all that there is, however you wish to describe it. The slow and rhythmic breathing, deep inhalations and deep exhalations, are very effective means of allowing discord and disharmony to disappear, shall we say. For the concentration upon the breath as you inhale and exhale relaxes the mind most completely at the end of the exhalation, so that it is possible, at this point in the breathing, to stop the breath briefly, for a count of six or seven or eight, and at this point, become aware of the unified feeling of self with all that is. Then, as you breathe again, retaining the focus upon that point, and once again stopping the breath when the exhalation is complete.

很多的实体会使用呼吸、咒语或者在内在心智中的图像的技巧来聚焦，以便于抵达一个专注于一点的焦点，那是一种在自我与造物者，自我与一切万有的这种一体性——无论你们希望如何描述它——上的聚焦。缓慢而有韵律的呼吸，深深吸入并深深呼出，是允许不协调与不和，容我们说，消失的非常有效的途径。因为当你吸入和呼出的时候将注意力集中在呼吸上，会让心智极其完全地在呼出结束的时候放松下来，这样，在呼吸中的这个位置，就有可能暂时地停止呼吸，进行一个六或者七或者八的计数，并察觉到那种自我与一切万有合一的感觉。接下来，当你再一次呼吸的时候，重获对那个位置的聚焦，当呼出被完成的时候再一次停止呼吸。

When this is accomplished over a period of time, you may discover that there is an etheric feeling that makes itself known by there no longer being a necessity for your conscious creation of the one-pointed focus. This one-pointed focus then becomes that which is automatically experienced, and you simply are a witness to it as you continue the breathing as you have done. The focusing upon an image or a sound can have the same effect—that is the allowing of extraneous thoughts to fall away so that the mind may be aware of only the one point, the center of the self, totally relaxed and being one with the Creator.

当这个在一段时间中被完成之后，你可能会发现，会有一种以太的 (etheric) 感觉使得它自己被知晓了，你对于一个专一的焦点的有意识的创造就不再有必要了。这个专一的焦点接下来成为了会自动地被体验到的事物了，当你继续如你已经进行了的一样地呼吸的时候，你单纯地是一个对它的见证者了。聚焦于一副图像或者一个声音能够拥有相同的效果——那就是允许外部的想法消散，这样心智就可以仅仅察觉到一个点，自我的中心，完全放松并与造物者成为一体的。

These are techniques of the meditative state that can be used along with imagery, perhaps imaging the candle flame burning slowly, brightly, consistently, within the inner eye, so that one becomes, in a sense, entranced to the image of the flame, and once again, can come in contact with that inner sense of self—the smaller self that expresses itself as your personality, and the greater self that is the One Creator, awaiting your realization of unity

with it.

这些是冥想状态的技巧，它们能够与想象一起被使用，也许是想象缓慢地、明亮地，在内在的眼睛中燃烧的蜡烛火焰，这样一个人就可以，在某种意义上，进入到那个火焰的图像中，并再一次接触到那种内在的自我的感觉——作为你的人格表达它自己的较小的自我与太一造物者之所是的更大的自我的接触，太一造物者等待着实现与它的合一。

These are techniques, my friends, that are helpful in the achieving of this centered state of stillness within the meditative state. This is a good practice to experience throughout your day, if you are able, at least at the beginning and ending of your day, so that you may begin the day upon a firm foundation and continue the day with the feeling of unity, trailing with you, blowing from within you, and exuding from you. At the end of the day, again, entering the meditative state, renewing this contact, and reinforcing your own experience of it.

我的朋友们，这些技巧在取得这种在冥想状态中的处于静默中心的状态的方面是非常有帮助的。这是一个在贯穿你们的一天中要去体验的优秀的练习，如果你们能够的话，至少在你们的一天的开始和结束的时候，这样你们就可以在一个坚实的基础上开始那一天并带着那种一体性的感觉继续那一天，那种一体性的感觉会拽着你们的衣服，在你们内在之中爆炸，并从你们身上流出来。在那一天的结束的时候，再一次，进入到冥想状态中，更新这个接触，强化你自己对它的感觉。

Now, my friends, we come to the time between the two meditations—the time during which you live the daily round of activities, as it has been called. Within this state of being and activity, it is much more difficult to achieve the one-pointed silence, the one-pointed concentration, the sense of being one with all that there is, and with the One Creator. For your third-density illusion has been created as an experience in learning how to look at that which seems not unified, and yet, eventually find it within yourself to be unified; to look at that about you which seems to be broken, and yet find within yourself the ability to note it as whole and perfect.

现在，我的朋友们，我们来到了在两次冥想中间的时间了——那些你们在其中进行日常生活的活动，如它已经被称呼的一样，的时间。在这种存在于活动的状态中，要去取得一种专一的静默，专一的聚焦，以及那种与一切万有，与太一造物者合一的感觉，这是远远更加困难的。因为你们的第三密度的幻象已经被创造为一种体验了，通过学习如何看待看起来似乎没有统一性的事物，并最终在你自己内在之中发现它是统一的，如何去看待在你周围的那些看似破碎的事物，而在你自己内在之中找到那种将其视为是完整的和完美的能力。

Your illusion has many challenges that are your own choices, depending upon how you have planned your incarnation—for this life that you live on your third-density Planet Earth is a life lived within, shall we say, a school. You are at the third grade in this school. You have learned how to be self-conscious and a conscious seeker of truth, and now, within this school, you have the challenge of finding the love that exists in every moment, for indeed, that is the challenge of your third-density illusion. Love has become the moving

force, the creative energy that has made all that there is out of that which is called light, and yet, within your illusion it seems that there is so little of either love or light that you are challenged at every moment by what seems to be separation—a separation between yourself and others selves, between yourself and the world around you, between yourself and everything that exists. This illusion has the purpose of giving you the opportunity to find the unity, the love and the light, in each moment.

你们的幻象拥有很多的挑战，这些挑战都是你们自己的选择，取决于你们已经如何为你们的投生做计划了——以为内这次你们在你们的第三密度的行星地球上活出的生命，是一次在，容我们说，一个学校中被活出的生命。你们在这个学校中是在三年级。你们已经学会如何成为自我察觉的，如何成为一个有意识的真理的寻求者，现在，在这所学校中，你们拥有找到在每一刻中存在的爱的挑战了，因为，确实，那就是你们第三密度的幻象的挑战。爱已经成为了推动性的力量，成为了那种已经从被称之为光的事物制造出一切万有的创造性的能量，而在你们的幻象中，看起来似乎无论是爱还是光都是如此之少，以至于你们会在每时每刻都被看起来似乎是分离的事物所挑战——一种在你自己与其他自我之间，在你自己与你周围的世界之间，在你自己与每一个存在的事物之间的分离。这个幻象拥有给予你们机会在每一刻中找到统一性，找到爱与光的目的。

The effort that it takes to do this is that effort which you may call “the polarization in consciousness.” You have the opportunity by using your conscious attention, and focusing as clearly and concisely as possible, as in the meditative state, upon each portion of catalyst that comes your way in your daily round of activities. If there is any experience that throws you from your centered feeling of loving all of the creation and of feeling one with the Creator that you achieve in your meditation, then that is grist for the mill, food for thought, catalyst for being processed into an experience that can give you information as to how the creation about you actually functions, about how love is embedded in each moment.

要做到这一点要花费的努力使那种你们可能称之为“在意识中的极化”的努力你们藉由使用你们的有意识的注意力，在处于冥想状态中的时候尽可能清晰地且准确地聚焦在每一个在你们的日常生活的活动中出现在你们的道路上的催化剂而拥有那个机会的。如果有任何的体验将你从你在你的冥想状态中去的对所有的造物的爱的中心性的感觉以及与造物者合一的感觉抛出来了，接下来，那就是磨坊的谷物了，那就是思想的食粮了，那就是要被处理形成一种经验的催化剂了，那种经验能够在关于在你周围的造物实际上是如何运转，关于爱如何深植与每一刻之中的方面给予你信息。

When you find that there is a catalyst or experience that topples you from the centered feeling within your inner mountaintop, then this is a gift to you, from you, before the incarnation; for various types of catalyst can be perceived by a multitude of entities in a multitude of ways; for each of you has chosen to learn various lessons that are what you have determined to be the next lessons necessary in your overall soul growth. You have not come here to be immediately enlightened, you have come here to work towards that enlightenment and gain the power of polarization in the process. This is not

an easy program for advancement, for you have, of necessity, needed to forget all of the truths of how the creation is made and how you are a part of it—the truth of unity, the truth of love being all present, the truth of light being that from which all is made. In this illusion, it quite easily and persistently gives you this impression that all of these things are not part of this illusion, and are not part of the truth which you seek.

当你们发现有一个催化剂或者体验让你从处于你内在山顶之中的中心的感觉摇晃的时候，接下来，这就是来自于你的，在投生之前的，一个给你的礼物了，因为会有各种类型的催化剂能够用大量的方式被大量的实体感觉到，因为你们每一个人都已经选择去学习各种各样的课程了，你们已经决定这些课程是对于你们整体的灵魂的成长是需要的接下来的课程。你们不是来这里来立刻觉醒的，你们是来这里来朝向那种觉醒工作并在这个过程中取得极化的力量的。这对于前进而言不是一个容易的程序，因为，你们已经，不可避免地，需要去忘记所有关于造物是如何被产生的，以及你如何是它的一部分的真理——对一体性的真理，一直都存在的爱的真理，一切事物都是由光构成的真理。在这个幻象中，它相当容易地且会顽固地给予你这个印象，即所有这些事情都不是这个幻象的一部分，都不是你寻求的真理的一部分。

Thus, when you find you have been thrown from your one-pointed center, that still point of unity, then, in a portion of your meditation for the evening, it is well to take this experience, to relive it again in the meditative state that you may expand it and allow it to become larger than it was in real life, to become ridiculously large, so that you experience it to the fullest, you experience all of the power of seeming separation, of disharmony, of doubt, of confusion, of jealousy, of rage, of anger, whatever the emotion, whatever the experience that has taken you away from your unity, may be utilized to find that unity deep within the self once again. For when you experience it in a ridiculously large manner, and then see the opposite coming toward you, if you are angry, seeing love coming toward you, and allow it to become as large in proportion as was the anger to begin with, then this process of balancing will give you an even keel, shall we say, according to that situation so that you see it as an opportunity for you to know yourself more fully, for you to know the Creator more fully, and for the Creator to know itself more fully. That is the purpose of the creation, my friends, that the Creator may know itself in greater depth and greater intensity and greater variety.

因此，当你们发现你们已经从你的专一的中心，从那个安静的统一的位置被抛出来的时候，接下来，在你为夜间进行的冥想的一个部分中，在冥想状态中去使用这个体验，再一次重现它，这是很好的，这样你就可以拓展它，并允许它变得比它在真实的生命中更大，去成为荒谬地巨大的，这样你就会充分地体验它，你会体验所有表面上分离，不协调，疑虑，混淆，妒忌，暴怒，愤怒以及无论什么情绪，无论什么已经让你离开你的统一的体验的力量，这个体验可以被利用再一次在自我深处找到那种统一。因为当你用一种荒谬地巨大的方式体验它的时候，接下来，看到对立面来到你面前，如果你是愤怒的，看到爱来到你面前，允许它成为在比例上和愤怒开始的时候是一样巨大的，接下来，这个平衡的过程就将会，容我们说，根据那个情况给予你一个平衡的龙骨，这样你就会将它视为是一个供你更为充分地知晓你自己，供你更为充分地知晓造物者，供造物者更为充分地知

晓祂自己的机会了。那就是造物的意义，我的朋友们，造物者可以用更大的深度，更大的强度以及更大的多样性知晓祂自己了。

And thus, each of you, as a portion of the Creator, give to the Creator this great gift of your own learning that you have found the Creator where it was not before in your perception. This is a process which takes a great deal of time to accomplish, and yet it is that which each of you has been born into for the purpose of doing. This creation about you is that which is loaded, shall we say, with various kinds of catalyst that can give you this opportunity to expand your awareness of the balance within yourself and within all of the creation. Your pre-incarnative choices have put a certain charge, shall we say, upon various kinds of catalyst that your subconscious mind shall guide to you during your incarnative experience, so that when you see this catalyst coming to you, you will respond in a certain fashion, hopefully, if you are in harmony and unity with your pre-incarnative choices.

因此，你们每一个人，作为造物者的一部分，都给予了造物者你自己的学习的这个伟大的礼物，你们已经在造物者之前在你的知觉中并不存在的位置找到了造物者了。这是一个要花费大量的时间来完成的过程，而它就是你们每一个人已经被生出来所为了的目的了。在你周围的这个造物是，容我们说，装满了各种各样的催化剂的造物，这些催化剂能够给予你这个机会去拓展在你对于在你自己内在之中，在所有的造物之中的平衡的认识。你的投生前的选择已经在各种各样的催化剂上设置了一定的，容我们说，电荷了，这样你的潜意识的心智就将会在你的投生体验期间对你进行指引，这样当你看到这个催化剂来到你面前的时候，你就将，有希望，用一定的方式回应，如果你是与你投生前的选择是协调一致且统一的话。

Each of you has, perhaps, a handful of these lessons which you wish to learn during your incarnation. As you begin to learn these lessons more and more fully, and process them in the meditative state, so that the meditative state is able to seat the lesson within your being, then you are able to profit from this process, and you have increased your polarization in either service-to-others, or service-to-self, depending upon your choice, and we are sure that those here have chosen service-to-others. Thus, you will find that as you move further and further through the incarnative process, and gain the wisdom of years, and the equanimity of experience, that you will discover certain, shall we say, benefits, or as the business world would call it, "perks," that come to you as a result of your being able to take in the catalyst of the world, the confusions and to make a sense of them, to do as the alchemist—to make gold out of dross, to make the pearl of great price out of the passing fancy, the difficult emotion, the disharmonious choices.

你们每一个人，也许，都拥有一大帮你们希望在你们的投生期间去学习的课程。当你开始越来越充分地学会这些课程，并在冥想状态中处理它们的时候，冥想状态就能够在你的存有内在之中让那个课程固定下来了，接下来，你们就能够从这个过程受益，你们已经在要么服务他人，要么服务自我的方面增加了你们的极性了，这取决于你们的选择，我们相信那些在这里的实体已经选择服务他人了。因此，你们将发现，当你们在投生的过程中越走越远，并取得了多年的智慧与体验的沉着的时候，你们将会发现，容我们说，一定的益处，或者，如同商业的世界

会称之为“赏钱”的事物，它们会作为你能够接受世俗的催化剂，接受混淆，并能够使之有道理的能力的结果而出现在你们面前，就好像炼金术士做的一样——从渣滓中产生出金子，从飞逝的幻想，困难的情绪以及不协调的选择中产生出具有巨大价值的珍珠。

All of these are possibilities for you so that that still point within the heart of your being which you find in meditation can become more and more a reality that you experience in your daily round of activities, and as you experience this sense of peace, of equanimity and of joy within your own heart, then you may give it to others as you exude the very nature of your being, the simple interchange of ideas, of information, of experiences with those you meet every day, in any way that you might imagine. This illusion is for your experience, for your growth, for your ascension, eventually, into the fourth density of love and understanding.

所有这些对于你都是可能性，这样那个你在冥想中找到的在你的存有的核心之中的那个静默的位置就能够越来越多地成为在你的日常生活的活动中你体验到的一个实相了，当你在你自己的心之中体验到这种平安的感觉，沉着的感觉与喜悦的感觉，接下来在你流露出你的存有的本性的时候，你就会将它给予其他人，与你在每一天遇到的那些人之间的简单的观点、信息体验的交流，用任何你可能想到的方式。这个幻象是为了你的体验，你的成长，你最终提升进入到爱 and 理解的第四密度的。

At this time, we would ask if there are any queries to which we may respond concerning this primary query.

在此刻，我们会请问，在关于这个主要的问题的方面是否有任何我们可以回应的问题。

Gary: No follow up to the primary query, thank you, Q'uo, very much.

Gary: 没有对于主要问题的后续问题，谢谢你们。Q'uo，非常感谢。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: At a few different points in the Law of One, Ra describes the meeting point in the human energy system of the north and south pole spiraling energies, including:

Gary: 在一的法则中的一些不同的位置，Ra 描述了在人类能量系统中的南极和北极的螺旋能量的交汇的位置，包括：

- 49.5 "The measure of an entity's level of ray activity is the locus wherein the south pole outer energy has been met by the inner spiraling positive energy." 49.5 "一个实体的光芒的活动的层次的度量，是在其上南极的外部的能量已经与内在的螺旋的正面性的能量相遇的位置。"

- 49.6 "Where these energies meet is where the serpent will have achieved its

height.”

49.6 “这些能量相遇的位置就是蛇将会取得它的高点的位置。”

▪ 73.10 “The upward spiraling light developed in its path by the will, and ultimately reaching an high place of mating with the inward fire of the One Creator.”

73.10“向上螺旋的光在它的道路上会藉由一直而发展，并最终抵达一个与太一造物者的向内的火焰相交配的高处的位置。”

So, the first question, Q’uo, is: do these two distinct energies stop at the point of meeting in the energy system?

因此，第一个问题是，Q’uo：这两种性质不同的能量会在能量系统中的相会的位置停下来吗？

Q’uo: I am Q’uo, and am aware of your query, my brother. As each energy proceeds from its point of origin to the point at which there is no blockage restraining its further progress, the energy does, indeed, stop at that point, and expresses itself as the either universal love of the heart, the inspiration of the blue-ray energy center, or the state of beingness, the magical nature of the indigo-ray energy center. If there is no blockage to these energies, then the energies may continue on into the, what you would call “white light of the eighth chakra,” that is, the chakra directly above the crown of the head. This is the contact with intelligent infinity that those of Ra have spoken of, and which is the product of the successful rising of the kundalini, shall we say. However, for most entities, the kundalini rises only to a certain point, this point being the point at which there is a blockage from the inefficient use of catalyst. The continued seeking and using of catalyst then, is the manner by which this blockage may be removed.

Q’uo: 我是 Q’uo, 我理解了你的问题, 我的兄弟。当每一个能量从它原初的位置前进到那个在其上没有阻碍物会限制它的更进一步的发展的位置的时候, 能量确实会在那个位置上停下来, 并将它自己表达为要么心的普世之爱, 要么蓝色光芒能量中心的启发, 要么存在性的状态, 靛蓝色能量中心的魔法属性。如果这些能量没有阻碍, 接下来, 能量就可以继续前进进入到你们所称的“第八脉轮的白光”之中, 也就是位于头顶皇冠正上方的脉轮。这就是与 Ra 谈及的智能无限之间的接触, 这种接触是, 容我说, 昆达利尼成功的升起的产物。然而, 对于大多数实体, 昆达利尼仅仅会上升到一定的位置, 那个位置就是由于对催化剂的无效率的使用而有一个阻塞的位置。持续的寻求以及对催化剂的利用, 接下来, 就是这种阻塞藉由其被移除的方式了。

Is there a further follow up to this query, my brother?

我的兄弟, 有这个问题的一个进一步的后续问题吗?

Gary: There is, thank you. So, to ensure that I understand this clearly, the south and north pole energies meet at a particular chakra where the south pole energy has been stopped by blockage from going further, and upon meeting, they mate, you might say, and express the quality of that chakra, but

the north pole energy does not go further than that chakra, the south pole energy does not go beyond that chakra either?

Gary: 有的, 谢谢你们。因此, 确信我清晰地理解了它, 南极和北极的能量会在一个特定的脉轮相遇, 在那里南极的能量已经被障碍物停止而无法进一步前进, 在两种能量相会的时候, 你们可以说, 它们交配并表达出那个脉轮的特性, 但是北极的能量并不会前进到比那个脉轮更远的位置, 南极的能量确实也不会超越那个脉轮?

Q'uo: I am Q'uo and am aware of your query, my brother. In the case of which you speak, because of the blockage, this is true.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。在你谈及的情况中, 因为阻塞, 这是正确的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: Yes, there is, thank you. If the spiraling energy coming into the north and south poles could be perceived, would it surround the human body? Or would it stream into the violet and red rays, such that the energy center contained the spiraling energy, much as a drain would receive water funneling into it from a sink?

Gary: 是的, 有, 谢谢你们。如果进入到北极和南极的螺旋的能量能够被感觉到, 它是包围着人的身体的吗? 或者它是流入到紫罗兰和红色光芒, 这样那个能量中心就会包含有螺旋能量, 非常类似于一个导管接收到水从一个水槽汇聚进入它?

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest that this is a process which is unique to each individual. However, we will attempt to speak to the majority of experiences for entities in the third density.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们会建议, 这是一个对于每一个个体都是独一无二的过程。然而, 我们将尝试谈及对于在第三密度中实体是绝大多数的体验。

When the north pole energy moves down from the crown chakra, there is a kind of glow, or spillage, shall we say, an emanation that surrounds the primary energy river, we will call it, for there is a great flowing of power that is apparent upon the metaphysical level when the north pole energy is moving down to meet the rising of the prana, or intelligent energy of the One Creator. Thus, for most entities, there is a kind of glow, [much] as the sun that you observe within your sky tends to glow and give off a radiation of light. For the so-called adept, there is far less of this glow and spillage. There is a concentration of energy which is quite vivid and discrete contained within the energy center that you have spoken of, whatever that center may be.

当北极的能量从皇冠脉轮向下移动的时候, 会有一种类型的发光, 或者, 容我们说, 溢出, 一种围绕着那条, 我们将其称为, 首要的能量河流的放射, 因为当北极的能量是向下流动来与普纳, 或者太一造物者的智能能量的上升相会的时候,

一种在形而上学的层次上是明显的巨大的能量的流动。因此，对于大多数实体，会有一种类型的发光，非常类似于你们在你们的天空中观察到的太阳会倾向于发光并给出一种光的放射一样。对于所谓的行家，这种发光和溢出是远远更少的。会有一种相当鲜明且不连续的能量浓缩被包含在你们已经谈及的能量中心，无论那个能量中心可能是什么。

Is there a follow up to this query?
这个问题有一个后续问题吗？

Gary: I'll have to think further on that. No follow up to this line of questioning. I'll open the floor back up to this group to see if they have any questions. Thank you, Q'uo.

Gary: 我将必须要更进一步思考那一点。对于这个提问的线路没有后续问题了。我将会后退将讲台让给团体，以看看是否它们有任何问题。谢谢你们，Q'uo。

Z: Can you speak as to the use of will in opening of chakra centers?

Z: 你们能够在关于在开放脉轮中心的过程中对意志的使用的方面谈谈吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. The use of the will in general for the seeker of truth in the third density is that which is most prominent and powerful, for it is the will that is able to focus the attention. Most entities within third density have a short attention span, shall we say. The will, however, is able, in an entity who has practiced its use, to focus the attention in a fashion which is much likened unto the laser. The laser light is then able to offer a kind of, shall we say, softening to the energy center shell that holds certain configurations of perception concerning the experience of the seeker.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。对于在第三密度中的真理的寻求者，一般而言的对意志的使用就极其显著且强有力的事物了，因为就是意志能够聚焦注意力。在第三密度中的大多数实体仅仅只拥有，容我们说，一个短小的注意力的时长。然而，意志，在一个已经练习了对它的使用的实体内在之中，是能够用一种非常类似于镭射的方式来聚焦注意力的。那种镭射光接下来就能够对那个包含了涉及到寻求者的体验的一定的配置与观念的能量中心的外壳的提供一种类型的，容我们说，软化。

For example, the yellow-ray energy center concerns the seeker of truth in relationship to groups. If the seeker has any type of blockage in its ability to share its individual energies with groups, then the ability to focus upon this blockage by the use of the will, would, for this seeker, cause a kind of softening of the shell that holds the blockage in place. Each energy center has a kind of protective layer of, shall we say, unity, or solidity, or homogeneity, that allows the energy center to express itself according to the nature of the blockages or lack of blockages for each seeker of truth.

举个例子，黄色光芒的能量中心涉及到在团体关系中的真理的寻求者。如果寻求者在它与团体分享它的个人的能量的方面有任何类型的阻塞，接下来，藉由对意志的使用来聚焦于这种阻塞的能力，就会为这个寻求者，产生出对使得阻塞就位

的外壳的一种类型的软化。每一个能量中心都拥有一种类型的具有统一性、牢固性、同质性的，容我们说，保护层，它会允许能量中心根据对于每一个真理的寻求者的阻塞或者缺少阻塞的特性表达它自己。

In the higher energy centers, those from green upwards, the will may be used in another fashion as well. Not only in the being able to soften the blockage, or solidity, of the configuration of mind and emotions that hold certain perceptions in place, but it may also have an energizing effect, so that these energies that are being held in place become more available to the seeker of truth; become more apparent and able to be utilized in a conscious fashion by such a seeker. These energies then can be worked with in the meditative state in order to balance them and allow the prana or intelligent energy of the One Creator to move further and further upwards along the centers or chakras within the energy system.

在更高的能量中心中，在那些从绿色向上的能量中心中，意志同样也可以用另一种方式被使用。它不仅是在能够软化使得一定观念就位的心智与情绪的配置的阻塞或者牢固性的过程中被使用，它同样也可以拥有一种赋能的效果，这样这些被固定就位的能量就能够更多地可以为真理的寻求者所利用，变得更为明显并能够被这样一个寻求者用一种有意识的方式所利用。这些能量接下来就能够在冥想状态中被工作以便于平衡它们，并允许普纳或者太一造物者的智能能量越来越远地向上沿着在能量系统中的中心或者脉轮移动了。

Is there another query, my brother, upon this concept?
在这个观念上，有另一个问题吗？

Z: What is the most common blockage/imbalance for the indigo ray?
Z：对于靛蓝色光芒最为通常的阻塞/失衡是什么？

Q'uo: I am Q'uo, and am aware of your query, my brother. The most usual blockage associated with this ray, is that of lack of worth, not being able to see the self wholly and fully as the One Creator, and feeling that there is a lack, a diminution of the sense of self in some way in regards to the relationship between the self and the One Creator.

Q'uo：我是 Q'uo，我理解了你的问题，我的兄弟。与靛蓝色光芒联系在一起的最为通常的阻塞，就是缺少价值，无法完全且充分地将自我视为太一造物者，并感觉到用某种方式，在关于自我与太一造物者的关系的方面，会有在自我感知上的缺少，一种缩减。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Z: No.
Z：没有。

Q'uo: I am Q'uo. We would ask, at this time, for the final query for this session of working.

Q'uo: 我是 Q'uo。在此刻，我们会询问，这次工作的集会有最后的问题吗？

Gary: Ra describes the spirit complex as "shuttle," one which connects the mind/body to intelligent infinity. In trying to grasp what is meant by the spirit as "shuttle," and the mind/body's relationship to intelligent infinity, I constructed an analogy:

Gary: Ra 将灵性复合体描绘为“运输器”，一个将心智/身体于智能无限连接的事物。在尝试去掌握灵性是“运输器”的意思是什么，以及心智/身体与智能无限之间的关系的过程中，我构建了一个比喻：

The spirit complex is a shuttle as a deep-sea submersible craft is a shuttle. The depths of the ocean (intelligent infinity) are off limits to we surface dwellers unless we have a shuttle which can withstand the rigors and enormous pressures of that foreign environment. With knowledge, training, and preparedness, we can use the shuttle to access those dark and mysterious depths, visiting them for limited durations of time in proportion to our ability and resources. Perhaps, even, discovering treasures and returning to the landmass with them.

如同一个深海潜水艇是一个运输器一样，灵性复合体是一个运输器。海洋（智能无限）的深度是对于我们这些在表面上的居住者是在限度之外的，除非我们拥有一个运输器，它能够承受外来的环境的严酷以及巨大的压力。藉由知识、训练以及做好准备，我们能够使用运输器抵达那些黑暗而神秘的深度，同时在与我们的能力和资源成正比的有限的持续时间中访问它们。也许，甚至是发现宝藏并带着它们返回到陆地。

Q'uo, would you please comment on how effectively this analogy helps to reveal the nature and function of the spirit complex?

Q'uo, 你们愿意对于这个比喻是多么有效地帮助揭露了灵性复合体的特性和机能的方面进行评论吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that you have quite adequately described the nature of this process and the use of the shuttle to make contact with the Creator, or with intelligent infinity. However, the practice and the knowledge and the experience—ah, there we have the tricky part. This is that which is the work of the lifetime for most, for there is much work in preparation to be able to use the spirit as a shuttle.

Q'uo: 我是 Q'uo, 我理解了你的问题，我的兄弟。我们发现你已经相当充分地描述了这个过程的特性以及使用运输器来与造物者，或者与智能无限的接触。然而，练习、知识以及体验——啊哈，我们遇到了不易处理的部分了。这对于大多数人就是生命的工作之所是了，因为在做好准备能够使用灵性作为一个运输器的方面会有大量的工作。

The process that we described in the opening response to your primary question was how to utilize the catalyst of your experience, the catalyst of your world, the catalyst of your daily round of activities, in order to be able to eventually utilize the shuttle in such a fashion. This is the work of the adept;

this is the work of a lifetime; this is the work that requires great dedication, concentration, repetition, and, shall we say, imagination, for that which stands before the doughty seeker of truth is a gauntlet of catalyst that shall test one's ability to be able to find love where there seems to be no love at all; to find wisdom where there seems to be only ignorance; to find companionship where there seems to be only separation; to find unity where there is nothing but separation. This is the work of the magician; this is the work of the conscious mind; this is the work of the adept, my brother. This is what each of you is here to do; this is what each of you is doing quite well, in our estimation. We would recommend to each of you that you keep doing what you are doing.

我们对于你们的主要的问题的开场白的回应中所描述的过程, 是如何利用你们的体验的催化剂, 你们的世界的催化剂, 以及你们的日常生活的催化剂, 以便于能够最终用这样一种方式使用那个运输器。这是行家的工作, 这是一生的工作, 这是需要巨大的奉献、专注、重复以及, 容我们说, 想象力工作, 因为站在勇敢的真理的寻求者面前的事物是一种催化剂的交叉射击, 这将会考验一个人在看起来似乎完全没有爱的位置找到爱的能力, 在看起来似乎仅仅只有无知的提防找到智慧的能力, 在看起来似乎仅仅只有隔阂的地方找到友谊的能力, 在除了分离之外没有任何事物的地方找到统一的能力。我的兄弟, 这是魔法师的工作, 这是有意识的心智的工作, 这是行家的工作。这是你们每一个人来这里来做的事情, 在我们看来, 这是你们每一个人都正在做得相当好的事情。我们会推荐你们每一个人, 你们继续做你们正在做的事情。

At this time, we must take our leave of this instrument, as it is growing fatigued. We thank each of you, once again, for inviting our presence in your circle of seeking. It has been a great joy for us to be with you. Your light reaches, as always, into the heavens and has attracted an angelic host that sing in praise to the One Creator that exists within you and within all. My friends, be of good cheer; know that all is well, and all shall be well, for all is one. We are those known to you as Q'uo. Adonai, Adonai, my friends, Adonai vasu borragus.

在此刻, 我们必须离开这个器皿了, 因为它正在逐渐疲倦了。我们再一次感谢你们各位邀请我们出席你们的寻求的圈子。与你们在一起对于我们已经是一种巨大的喜悦了。你们的光, 一如既往, 延伸进入到了天堂并已经吸引了一大群天使, 它们在赞美中向着存在与你们内在之中以及万物内在之中的造物者歌唱。我的朋友们, 高兴起来吧, 知晓一切都好, 一切都将会是好的, 因为万物一体。我们是你们知晓的 Q'uo. Adonai, Adonai, 我的朋友们。Adonai vasu borragus。

April 1, 2017

2017-04-01 创伤性的死亡

Group Question: The topic of our question today is about the process of traumatic death, especially those brought about by a war. Can you please tell us how those who experience such a traumatic passing are ministered and guided in their healing process from the other side, how we can participate and aid in that process, and how we can relate in balance and forgiveness to the aggressors who cause the traumatic events?

团体问题：我们今天的问题的主题是关于创伤性的死亡的过程的，尤其是那些被一场战争引起的创伤性的死亡。你们能够告诉我们，那些体验到这样一种创伤性的离世的实体如何从另一边在它们的疗愈的过程中被帮助并被指引吗，我们如何参与并帮助那个过程，我们如何能够通过平衡和宽恕与那些造成了创伤性的事件的攻击者友好相处呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet you in the love and in the light of the Infinite Creator this day, and come to you as those who also seek the love and light of the One Creator. We are, as you, pilgrims upon the path, the path which leads through all illusion to the One. It is our privilege to be called to you, and we thank you for this call. As always we ask that you take those words that we speak to you, using those that have value, leaving behind those that do not have value to you at this time. If you will do us this favor, we may speak freely, for we are not ultimate authorities; we are your brothers and sisters who have moved somewhat further down or along the same path upon which you find yourself traveling at this time.

我是 Q'uo，我们在这个日子在无限造物者的爱与光中向你们致意，我们作为那些同样也寻求太一造物者的爱与光的实体来到你们面前。我们，和你们一样，是在道路上的朝圣者，那条道路穿越一个幻象通往太一。被你们呼唤是我们的荣幸，我们为这种呼唤而感谢你们。一如既往，我们请你们拿起那些我们对你们说的话，使用给那些有价值的部分，将那些对于你们在此刻没有价值的部分留在后面。如果你们愿意给予我们这个恩惠，我们就可以自由地发言了，因为我们并不是终极的权威，我们是你们的兄弟姐妹，我们在你在此刻发现你自己处于其上的相同的道路上多少有些走得更远或者更长一些。

Your query today is one which has great relevance to your world as it exists in this present moment, and has existed for a great period of time. Thousands of your years have passed as one civilization after another has risen to the heights of the third-density illusion by traveling the path of bellicosity, of adversary relationships, of wars, and death, and destruction. This has been quite harmful to your Mother Earth in that it has passed on to her the heat of the anger, the seeming separation of the battles, the confusion of the deaths that result inevitably from such conflicts.

你们今天的问题是一个对你们的世界拥有巨大的现实意义的问题，因为它在这个

当前的时刻就存在，并已经存在有很长一段时间了。随着一个接一个的文明已经藉由在那条好战、敌意的关系、战争、死亡与毁灭的道路上旅行而上升到第三密度的幻象的顶点，你们的数千年的时间已经过去了。这对你们的地球母亲已经是相当伤害性的了，因为它已经将那些愤怒、表面上的战争的分离以及由于这样的冲突而不可避免地导致的死亡的混淆的热量传送到给地球母亲了。

These are the outworkings of those disharmonies that many entities who promote the battles and benefit from them have within themselves, as well as the entities who participate in such slaughter, for each facet of your illusion is a reflection of the inner balance—or lack thereof—of those entities which find the necessity and the benefit of battle.

这些都是那些已经鼓动了战争并从中受益的人们，同样还有那些参与到这样的杀戮的实体在它们自己内在之中拥有的不协调的外部工作了，因为你们的幻象的每一个面向都是那些发现战争的需要以及利益的实体内在的平衡——或者缺少平衡——的一个映射。

Yes, my friends, there are many who have thusly partaken in profiting from battles, those entities who seem to seek the One Creator upon a darker path, shall we say, who seek to enslave and control all within their view, and to take the power of the many for the few.

是的，我的朋友们，会有很多人已经参与到从战争的获益了，这些看起来似乎在一条，容我说，更为黑暗的道路上寻求太一造物者，它们寻求奴役或者控制在它们的视野中的所有人，并为少数人夺取很多人的力量。

You asked today how those who fall in battle, and give their lives in the earthly sense, may be ministered to, both by those upon the inner planes—as you would say—to which they travel, and those upon the third-density material world that have compassion, concern, and love for those who are, shall we say, needlessly slaughtered in battle, the casualties of the conflict that are often seen as unavoidable by those who promote such engagements.

你们今天询问那些在战争中死亡的人，那些在尘世的意义上献出了它们的生命的人，它们如何可能被，同时是被那些在它们会旅行前往的——如你们会说的一样，内在层面上的实体，以及那些在第三密度的物质性的世界中的对那些在战争中，在冲突的灾祸中，容我说，不必要地被杀戮的人们抱有同情心、关心与爱的人们所帮助，而这些冲突的灾祸经常会被那鼓动了这样的战斗的人们视为是不可避免的。

We can assure you my friends that there is much that is done for such entities, and much also that you can do, for your love and your light are actual things, forces, energies, healing energies, that you may send to all those who are in need of such. The sending may be done most effectively in your prayerful states, your contemplative states, or in your meditative states, where your mind becomes settled, calm, and focused upon one point, and that one-pointed focus then is used to direct the love and the light from your heart, your being, your soul, to all who fall by battle's wicked edge of the sword, the bullet, and the bomb.

我们向你们保证，我的朋友们，已经有大量的工作已经为这样的实体进行了，同样也有大量的事情是你们能够做的，因为你们的爱与你们的光是实际存在的事物，是力量，能量与疗愈的能量，你们就可以将它们送往所有那些需要这样的能量的人们了。这样的送出可以在你们的祈祷的状态中，你们的沉思的状态中，或者在你们的冥想的状态中极其有效地被进行，在这些状态中，心智会变得稳定，平静，并被聚焦在一个点上，那种专一的聚焦，接下来就会被用来将来自于你们的心、你们的存有和你们的灵魂的爱与光导向所有那些因为战争、子弹与炸弹的邪恶的剑锋而死亡的人们了。

This love and light needs only the intention for those who so fall to find its mark—better than any bullet, any missile or arrow could emulate. Your intention is what is of most importance here, fueled by perhaps your heartfelt love and compassion, as these pour forth from your very being. Make this, if you wish, a daily ritual to include in your prayers, your meditations, in your images, those who need the healing effects of love, of light, of your empathy, and your thoughts, directed to them by your intentions. We cannot overstate the importance of this type of ritual action, for we all are one being, my friends. Thus, when you send this love and light to all who need it, it is as though one portion of the body responds to another portion of the body: the needs, medications or ministrations to heal a shared wound, for there is no wound that wounds any that does not also wound all.

这种爱与光仅仅需要那些如此死亡的人们去找到它的目标的意愿——这个目标是比任何的子弹、任何的导弹，或者箭矢所能够与之竞争的目标都是要更好的。你们的意愿在这里就是具有最大的重要性的事物，并也许会被你们衷心的爱和同情心提供燃料，因为这些都是从你们的本质的存有倾泻而出的。如果你们希望的话，使得这种意愿成为一个每一天进行的仪式，以将那些需要爱、光以及你们的同情心，你们的想法的疗愈的效果的人们包含在你们的祈祷，你们的冥想，你们的想象中，并藉由你们的意愿将这种疗愈导向它们。我们对于这种类型的仪式性地活动的重要性怎么进行夸大都不为过，因为我们全都是一个存有，我的朋友们。因此，当你们向所有需要它的人们送出这种爱与光的时候，它就好像身体的一个部分回应另一个部分一样：需要、药物或者救济会疗愈一个被共享的伤口，因为没有任何的让任何一个人受伤的伤口是不会同样让所有人受伤的。

We would go one step further, my friends. We would suggest to you that as you go through your daily round of activities you remember that you are dealing with, and interacting with the One Creator at all times. There is no time that this is not true. Thus, any act of kindness, generosity, or compassion that you have for another, redounds to the entire creation, most especially to your planetary sphere, to those who are far and near who cannot give love without all becoming aware of it at some level, for again, we are one. This is no platitude, this is no illusion, this is the way it is, my friends. We are one.

我们会更进一步，我的朋友们。我们会对你们建议，当你们经历你们日常生活的活动的时候，你们记住，你们在所有的时候都是在与太一造物者打交道，都是在与太一造物者进行互动。没有任何时候这不是真实的。因此，你们对另一个人的任何的具有善意、宽大或者同情心的行动，都会返回到整个造物，尤其是会返回到你们的星球，返回到那些在没有所有人都在某个程度上察觉到爱的情况下就无

法给予爱的或远或近的实体身上，因为再一次，我们是一体的。这不是陈词滥调，这不是幻象，这就是其之所是的方式。我的朋友们。我们是一体的。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and I am with this instrument. We would begin our communication through this instrument by asking you to reflect upon a simple question that may always be put in the first person: "Who am I?" And as you reflect upon this question, we ask that you be open to the flood of answers to that question that come back upon you. The answers are many and diverse—are they not? To others I am brother, sister, son, daughter, father, mother; I am friend, fellow citizen, fellow member of a larger species; and indeed we would suggest, fellow members of larger interplanetary groups with deep and lasting affiliations that can have an effect upon the way you experience your lives at any given moment.

我是 Q'uo，我与这个器皿在一起了。我们会藉由请求你们思考一个简单的问题而开始我们通过这个器皿的交流，那个问题可以用第一人称被提问，“我是谁？”当你们思考这个问题的时候，我们请你们向着返回到你们的头脑中的对那个问题的答案的洪流开放。答案可能是为数众多且形形色色的——它们不是吗？对于其他人，我是兄弟，姐妹，儿子，女儿，父亲，母亲，我是朋友，公民、属于一个更大的种类的成员，确实，我们会建议，你们是具有深入且持久的亲密关系的更大的星际团体的成员，这种亲密关系能够影响你们在任何给定的时刻体验你们的生命的方式。

And so, within the range of possible answers to the query, "Who am I?", you have an embarrassment of riches. And, we use the word embarrassment advisedly because, indeed, you can find yourself in an embarrassingly distressed place in attempting to give an answer, because you find that not all the voices that rise in response seem to be in harmony with one another. Indeed, you can find within this question such a multitude of voices that, for all intents and purposes, it is not less multifarious than the voices crying out upon your planet at this time.

在对于“我是谁”这个问题的有可能的答案的范围内，你们拥有一种对丰盛的窘迫。我们是故意使用窘迫这个词语的，因为，确实你发现你自己在尝试去给出一个答案的过程中处于一种令人窘迫地苦恼的位置上了，因为你发现在回应的过程中升起的声音并非全部都是与相互彼此协调一致的声音。确实，你们能够发现在这个问题中有这样大量的声音，以至于总而言之，它是个在此刻在你们的地球上呼喊的声音要是一样五花八门的。

When you reflect upon the fates of those who have been given the opportunity to leave this planetary experience, you are perhaps overcome by

sorrow, perhaps overcome by grief, perhaps overcome by horror, by anger, by a sense of the complete loss and wastefulness that so often attends careless human conduct, that you find it difficult to harmonize all of these different responses in your effort to reach out and be of help.

当你们反思那些已经被给予机会离开这个星球的体验的实体的命运的时候，你们也许会被忧伤所压倒，也许会被悲哀所压倒，也许会被恐惧、被愤怒、被一种完全的损失和浪费的感觉所压倒，这种感觉会于此经常地伴随着那些人类的轻率的行为，以至于你会发现要在你们去伸出手并进行帮助的努力中将所有这些不同的回应都协调一致是非常困难的。

What we would like to suggest to you is that every event that occurs within your experience is an opportunity for working on integration on many different levels simultaneously. You are a mind, a body, and a spirit, all simultaneously arranged in a unit, if you will, that is both deeply, deeply integrated, and deeply, deeply disintegrated, or shattered. There can be no more shattering experience than that of becoming incarnate in third density. So shattered are you, that it is difficult to reach, even, for the connecting thread that allows you to say, "This is who I am; this is what I stand for; this is what I will be." That circumstance [of being shattered], however, is fully intended, for as one who incarnates in third density, you are asked to do a certain work for the creation itself. The work you have before you is one of becoming integrated, one of becoming one who can stand your ground and say, "This is who I am; this is what the creation means in me, to me, and for me, that I may be in it, to it, and for it, in the clearest and most helpful way that I am able."

我们会向你们建议，发生在你们的体验中的每一个事件，都是一个同时在很多不同的层次上进行整合的工作的机会。你是一个心智，一个身体，一个灵性，所有都同时性地被排列在一个单元之中，如果你们愿意这样说的话，这个单元同时是深深地，深入地完整的，且深深地，深入地分裂的或者瓦解的。没有比在第三密度中投生更为分裂性的体验了。你们如此之分裂，以至于要伸手触及这是很困难的，甚至对于将这样的思路连接在一起都是很困难的，那个思路会允许说，“这就是我，这就是我所代表的，这就是我将要成为的。”然而，那个被瓦解了的环境，是完全被计划好的，因为作为一个在第三密度中投生的人，你是被要求为了创造其自身做一定的工作的。这个你已经放在你面前的工作，是一个成为完整的工作，一个成为这样一个人的工作，这个人会站在你们的地面上并说，“这就是我，这就是在我内在之中，对于我，且服务于我的造物的意义，这样我就可以处于其中，面对它，并为其服务，用我能够做到的最为清晰且最有帮助的方式。”

When you undertake this process, my friends, you are not simply harmonizing the various elements in your own life, but you are taking energies that have become ambient in your environment—energies that come to you in a vast variety of ways, some of it merely by rumors of war, and bringing these energies into a condition where they may be integrated, or as we prefer to say, as they may be healed, for disintegration is as a wound. The creation itself may be seen to be a wounded one, if you reflect upon the separation that seems so pervasive throughout it. All healing is fundamentally a healing of

separation.

我的朋友们，当你们进行这个过程的时候，你们并非在简单地让在你们自己的生命中的各种各样的元素协调一致，你们是在使用给那些已经在你们的环境中成为包围着的那些能量——那些用大量多种多样的方式出现在你们面前的能量，一些能量单单就是藉由战争的谣言出现的——并将这些能量带入到一种在其中它们可以被整合的情况中，或者我们宁愿说，它们可以被疗愈，因为分裂就如同一个伤口一样。造物其自身可以被看到是一个受伤的造物，如果你们思考在贯穿整个造物看似如此盛行的分离的话。所有的疗愈基本上都是一种对分离的疗愈。

But, my friends, separation is not something that can be healed by simply being overcome. It can seem paradoxical to reflect, but we find that to the best of our understanding, it is true that all healing has, in fact, already been accomplished. That is hardly a thought that you can make work from the standpoint of projects which you may be able to undertake as a portion of your third-density efforts.

但是，我的朋友们，分离不是某种能够单纯地藉由压制而被疗愈的事物。这一点对于仔细思考看起来似乎是悖论的，但是，我们发现就我们最佳的理解，真实的情况是，所有的疗愈，实际上都已经被完成了。从那个你们从其可能能够作为你们第三密度的努力的一部分而进行的计划的立场上，这很难是一个你们能够弄明白的想法。

But, we will say that when you have reached the point, as those here in this circle of seeking have done, that you are able to reflect on the self as a part of a higher adventure, so to speak, you may then begin to see that the healing that has already taken place is that which is on offer from that portion of yourself which we may call higher. The paradox involved in this thought stems from the fact that you could, under a circumstance in which you understand healing already to have taken place, nevertheless see that there is a real and present need for the healing that the self finds itself disintegrated, that the self finds itself distraught, that the self finds itself in a condition of dis-ease.

但是，我们将会说，当你们已经抵达了那个位置的时候，如同在这个寻求的圈子中的很多人已经做了的一样，你们能够对自我进行沉思，并将其视为是，可以说是，一种更高的冒险的一部分，你们接下来就可开始看到，已经发生的疗愈是从你自己的那个可以被称之为更高的部分提供出来的。被包含在这个想法中的悖论是源自于这样一个事实，在一个你们在其中理解疗愈已经发生了的情境中，你们能够仍然看到，会有一种对于疗愈的真实且存在的需要，因为自我发现它自己是分裂的，自我发现它自己是心烦意乱的，自我发现它自己是处于一种不安情况之中的。

Yes, these things, too, are true; yes, selves are in a condition of confusion, in a condition of chaos, and within this condition are very distraught indeed—so distraught, in fact, that the outcry that comes from self after self, and a portion of self after portion of self, is one that raises a great outcry under the heavens themselves, where we hear, and where we feel that you, too, can hear. All of this sorrow pervades the land, and cries out for healing, and yet we say that all is already healed, that there can be no healing in the sense that one

stitches together that which has become fragmentary, for that would require, cosmically speaking, more stitches than there are stars in the sky. That which is already whole, that which of the self is already integrated, that which can be invoked as a resource for a rediscovery of the self as healed, is what we have called the higher self. It is to the higher self that you reach when you ask for healing, for it is from the higher self that you have discovered that there is in you, a need for the healing to take place.

是的，这些事情，同样也是真实的，是的，自我是出于一种混淆的情况之中，处于一种混乱的情况之中，在这个情况中，自我确实是非常心烦意乱的——事实上，如此心烦意乱，以至于来自于一个接一个的自我，一个接一个的自我的部分的叫喊，会在天堂其自身下升高为一种巨大的叫喊，在天堂中，我听到了，在天堂中我们感觉到你们，同样也能够听到。所有这种忧伤是遍及大地，并呼唤疗愈的，而我们说，一切都已经被疗愈了，从一个人将已经成为破碎的事物缝补在一起的意义上可能没有疗愈，因为那需要，从宇宙的意义而言，比天上的星星更多的针线。而已经是完整的事物，已经是完全的事物，能够作为一个重新发现自我是被疗愈了的资源而被祈请的事物，就是我们所称的高我了。当你们请求疗愈的时候，你们就是对你们的高我伸出手，因为就是从高我那里，你们已经发现，在你们内在之中存在有一种让疗愈发生的需要。

Why should there be such a need, you may ask? Why in a creation of love should there be that which feels lost, confused, unloved, even to the point of being utterly unlovable? Why? Why? Why am I, one must ask, so separated from myself, that the various figments and fragments of my imaginary being can hardly be brought into a condition of wholeness or health? And the only answer that we can give you is simply that what you are asked to undergo, as a creature who has ventured forth into individualized being, is a condition of being thrust out from the center so that you may bring back to that center awareness of itself. It is a going forth into oblivion, so that you may return from oblivion with a deepened sense of what it means to be what we all are, which is a one infinite central intelligent being. Those who seem to be thrust into the darkest of nights, therefore, are properly seen to be those who are gathering the filaments of oblivion, such that these may be brought back as a gift to the one being, that, like us, is constantly asking itself, "Who am I? Who are we? How will I be? How will we be?"

你们可能会问，为什么应该有这样一种需要呢？为什么在一个爱的造物中应该感觉到是损失、混淆、不被爱，甚至到了完全无法爱的程度的事物呢？为什么，为什么？一个人可能会问，为什么我必须如此与我自己分离，以至于我的想象的存有的各种各样的虚构的部分与碎片几乎无法被带入到一个完整或者健康的情况中呢？我们能够给予你们的唯一的答案单纯地就是，作为一个已经冒险进入到个体化的存有的生灵，你们被要求的事物是一种从中心被猛推出来的存在的状况，这样你们就可以将其自身的察觉带回到那个中心了。它是进入到遗忘中，这样你们就可以带着这样一种被深化的感知从那种遗忘返回了，那种感知即，成为我们全体之所是，一个无限的、中心的、智能的存有，这是什么意思。那些看起来似乎是被退入到最黑暗的夜晚的实体，因此，是可以被适当地视为是那些正在收集遗忘的细丝的实体，这样这些细丝就可以被带回来作为一个献给那一个存有的礼物，那一个存有，就好像我们一样，正在持续不断地问它自己，“我是谁？

我们是谁？我们将会如何成为？”

We have said to you that as a portion of the adventure of individualized being, each mind/body/spirit complex may reach to the resource of its unity as if that were something already fully achieved. Now, we will say to you that, in fact, it is already something fully achieved in the form of your higher self, although to tell you this in the context of your experience of time, will inevitably seem paradoxical. To heal is to discover yourself as healed, and we will tell you that as you gaze upon those souls that are under the forces of bellicose actions, compelled to leave this incarnation, that that same thought that you may take for your own integration, you may take for theirs, for at the level of the higher self, you may not be two, but rather one, and we know that at the level of the Creator, itself, all are one. All is already healed; all is already integrated; all sorrow is redeemed in joy.

我们已经对你们说过，作为个体化的存有的冒险的一部分，每一个心/身/灵复合体都可以向它的合一性的资源伸出手，就好像那就是某种已经被完全取得了的事物一样。现在，我们将对你们说，实际上它已经是某种通过你们的高我的形式被充分取得了的事物了，尽管在你们对时间的体验的背景下告诉你们这一点将不可避免地是悖论的。去疗愈就是发现你自己是被疗愈了的，我们告诉你们，当你们注视着那些处于好战的行动的力量影响下的，被强迫离开这个投生的灵的时候，你们可以为你自己的完整进行相同的思考，你们可以为其他人的完整进行相同的思考，因为在高我的层次上，你们可能不是两个人，而毋宁是一个人，我们知道在造物者其自身的层次上，一切都是一体的。一切都被疗愈了一切都是完整的了，一切忧伤都在喜悦中被弥补了。

We would leave you with that thought that all sorrow is redeemed in joy, and tell you that it is our experience, limited though this may be, that the very depths of sorrow, when sounded, can carry one to a deeper and more resonant joy than one would have been able to contemplate, would have been able to fathom, would have been able to sound, without the experience of the sorrow. You, to us, my friends, are a source of great joy, and in the name of this joy, we now leave this instrument and return to the one known as Jim to inquire whether there are further questions to which we may address ourselves. I am Q'uo, Adonai, my friends.

我们会带着那个一切的忧伤都在喜悦中被弥补了的想法离开你们，我们告诉你们，我们的经验是，尽管这个经验可能是有限的，在忧伤的最深处，当被探测的时候，能够将一个人带到，比一个人在没有忧伤的体验的情况下已经能够思考的，已经能够了解的，已经能够探测的喜悦的，一种更为深入且更有共鸣的喜悦。我的朋友们，你们，对于我们，就是一个巨大的喜悦的源头，以这种喜悦的名义，我们现在离开这个器皿并返回到被知晓为 Jim 的实体，以询问是否有进一步的问题是我们可以让你们自己解答的。我是 Q'uo, Adonai, 我的朋友们。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. At this time, we would ask if

there might be any further queries to which we may respond.

我是 Q'uo, 我再一次与这个器皿在一起了。在此刻我会请问是否可能有我们可以回应的任何进一步的问题。

Gary: B asked: "Can you speak to us of the dynamic and process of invoking the higher self to assist us in self-healing?"

Gary: B 问道: "你们能够和我们谈谈在自我疗愈的过程中祈请高我来帮助我们的动力性与过程吗?"

Q'uo: I am Q'uo, and am aware of your query, my sister. In invoking the quality and essence of the higher self, one must realize that it is a portion of yourself which has experienced a great deal more of the creation and its internalization than can be imagined by your mind/body/spirit complex. Yet, this concept of the higher self is that which is available to any entity which, through the heartfelt need and call, is able to open the self to the reception of this higher self's offerings. There are numerous ways by which third-density entities have been able to access this portion of the greater self. We would name a couple to begin with.

Q'uo: 我是 Q'uo, 我理解了你们的问题, 我的姐妹。在祈请高我的特性与实质的过程中, 一个人必须意识到它是你自己的一部分, 这个部分已经体验了比你的心/身/灵复合体所能够想象到远远更多的造物及其内在化了。任何的能够向着对这个高我的给予的接收开放自我的实体, 这个高我的观念是可以, 通过由衷的需要与呼唤, 而为这个实体所利用的。会有各种各样的第三密度的实体能够藉由其接触到这个高我的部分的途径。我们会说几个来开头。

There is the prayer that is offered as a construction, not only of the mind, but also of the heart and of the soul of the seeker of truth within the meditative state. This one-pointed focus that is the product of the meditation may then move to deeper qualities of the self, passing through the lower levels of the conscious mind, the subconscious mind, and—in the image that might be helpful for the mind that meditates—moves into an expanding awareness, a seemingly nebulous form that contains all the possibilities of your incarnation's future, as you would see it. [This focus then] asks this nebulous quality of the higher self to organize a particular energy or cohesion of thought that responds to the seeker's heart's desire.

会有作为作为构架而被提供的祈祷, 不仅仅是心智的构架, 同样也是在冥想状态中的真理的寻求者的心智的构架与灵魂的构架。这个作为冥想的产物的专一的焦点接下来就可以移动到自我的更为深入的特性之中, 穿过表面意识的心智的较低的层次, 穿过潜意识心智——通过可能对于冥想的心智有帮助的形象——进入到一种拓展的察觉之中, 一种在表面上是模糊不清的形态之中, 这个形态包含了你们的投生的未来, 如你们看到它的一样, 的所有可能性。这个焦点接着就会请求这个高我的模糊不清的特性组织一种特定的能量或者想法的结合, 这种能量会回应寻求者的心智的渴望。

The form of the image offered by the seeker to the higher self is of the seeker's own making. You may offer yourself as one who asks for, shall we say,

a mercy, a gift, a quality of redemption, a quality of inspiration, however you may clothe this asking according to what it is you wish to realize, and then send this image of that heart's desire to this greater portion of your own self, remaining open in both heart and mind, to the potential reception of a response that would illuminate a dimmer or darker portion of your own mind complex. Thus, the inspiration may be received as an image, as words, as thoughts, as what you would call a "feeling," and may then be incorporated into one's own program of pursuing the nature of truth for yourself.

寻求者向高我提供的图像的形狀，是具有寻求者自己的特性的形狀。你可以提供你自己作为一个请求，容我们说，一个恩惠、一个礼物、一个救赎的特性，一种启发的特性的实体，无论你可能如何根据你希望实现的事物为这种请求穿上衣服，接下来，将这个具有那种心的渴望的形象送到这个你自己的自我的更大的部分，同时在心与心智中向着一个回应的接收保持开放，那个回应会启发你自己的心智复合体的一个较为暗淡或者较为黑暗的部分。因此，启发可能会作为一个图像，作为词语，作为想法，作为你们称之为一种“感觉”的事物被接收到，并可能接着被整合到一个人自己为你自己追寻真理的属性的方案之中。

Another means by which such imploring of the higher self may be accomplished is that within the sleep state where dreams become the language of communication, so that the same type of asking is offered before retiring for the evening, perhaps in the meditative state, in a prayer, or as an image supported by prayer, as you begin the process of moving into the sleep state. Thus, you take part in the programming, shall we say, of your own subconscious mind, to join in partnership with the concept of your higher self, so that images, actions, and information, may be formed in such a manner that the inward eye is aware of the content, the meaning, and the purpose of the response in the form of the dream.

另一个对高我的这样的恳求藉由其可以被完成的途径就是在梦境状态中，在梦境状态中，梦会成为交流的语言，这样相同类型的请求就在晚上休息之前被提供了，也许是在冥想状态中，在一种祈祷中，或者作为一个被祈祷词支持的形象，或者当你开始那个进入到睡眠状态的过程的时候。这样，你就参与到了对你自己的潜意识的，容我们说，编程中了，以与你的高我的观念结成伙伴关系，这样形象、行动、信息，就可以用这样一种内在的眼睛会察觉到通过梦的形式的回应的内容、意义以及目的的方式被形成了。

Is there a further query, my sister?
我的姐妹，有一个进一步的问题吗？

B: Yes, in the first description of accessing the higher self, it sounds to me so similar to making an intention, and I wonder if by us making an intention, where we intend something that has already happened, if, in fact, this is one way of accessing the higher self?

B: 是的，在与高我接触的的第一个描述中，在我听起来它如此类似于形成一个意愿，我想知道，如果我们形成一个意愿，在其中我们意愿某个已经发生了的事情，是否，这实际上是一种接触高我的方式呢？

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, this is accurate perception of our illustration, that which you call the making or setting of an intention. We speak of the same quality in this regard. Thus as you intend from the deepest portion of your mind/body/spirit complex, and do so wholeheartedly, you are offering an opportunity for information to be exchanged between you and your higher self, and thus, the efficiency of the exchange of information is predicated upon what you may call "your sincerity."

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。确实, 这是对我们的诠释的准确的认识, 即你所称的形成或者设置一个意愿。我们在这方面谈及了同样的特性。因此, 当你从你的心/身/灵复合体的最为深入的部分做出意愿的时候, 全心全意地这样做, 你就是在提供一个机会让信息在你和你的高我之间被交换了, 因此, 信息的交换的效率是基于你所称“你的真诚”而可以被断定的。

Is there a further query, my sister?
我的姐妹, 有一个进一步的问题吗?

B: Thank you, this is enlightening. Thank you.
B: 感谢你们, 这是令人启发的。谢谢你们。

Q'uo: I am Q'uo, and we thank you once again, my sister, for your query.
Q'uo: 我是 Q'uo, 我们再一次为你的问题而感谢你, 我的姐妹。

Is there another query at this time?
在此刻有另一个问题吗?

Gary: We've had an query from the Taiwanese Law of One Study Group outstanding. They ask, "Do multiple timelines really exist in our universe, and if so, what's the spiritual significance of knowing the nature of timelines?"

Gary: 我们有一个来自台湾的一的法则的学习小组的问题。它们询问, “在我们的宇宙中有多重时间线存在吗, 如果是这样的话, 知晓时间线的特性的灵性上的意义是什么呢?”

Q'uo: I am Q'uo, and am aware of your query, my brother, that is asked for those from the study group in Taiwan. Indeed, there are what have been described as "multiple timelines," for an individual, or a group, for a nation, for a planet; for each is an entity in regards to having the ability to learn and to grow according to pre-determined possibilities, determined previous to a certain incarnational experience, or evolutionary cycle, depending upon the nature of the entity of which we speak, be it individual, group, or planet.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟, 那个问题是代表在台湾的学习小组的实体被询问的。确实, 已经有被描述为“多重时间线”的事物了, 因为在关于拥有能力根据提前决定的可能性, 根据在一定的投生之前被决定的事情, 或者根据演化的周期去学习并成长的方面, 对于一个个体, 或者一个团体, 对于一个国家, 对于一个星球, 每一个都是一个实体, 这种演化的周期是依赖于我们谈到过的实体的属性的, 无论它是个体、团体还是星球。

These timelines are probability/possibility vortices that contain within them a variety of ingredients that could be seen as talents, proclivities, desires, balancing karma, adventurous discovery, and so forth, that are determined in order to offer greater possibilities for growth in the seeking and the serving of the One Infinite Creator. That there are a variety or multiplicity of timelines indicates that at a certain point in any entity, group, or planetary process of evolution, there may be refinements or adjustments to the planned process of learning and serving, that are deemed necessary if other probability/possibilities occur that were deemed most likely previous to the experience of whatever entity.

这些时间线是在它们内在之中包含了多种多样的要素的可能性/或然率的漩涡，这些要素能够被视为是天赋、倾向、渴望、平衡的业力、冒险的探索以及如此等等，它们是被决定了的，以便于通过寻求与服务太一无限造物者为成长提供更大的可能性。会有多种多样的，或者多重的时间线，这表明在任何实体，团体或者星球的演化的过程中的一定的位置上，可能会有对被计划好的学习和服务的过程的提炼或者调节，这是被认为是需要的，如果其他的可能性/或然率发生了，它们会被视为是很有可能在无论什么实体的体验之前就被决定了的。

Thus, the multiplicity of timelines gives any grouping of entities a kind of flexibility in responding to the unknown, the unexpected, or the surprise, shall we say, for these are always qualities that are liable to spring up, shall we say, in any interaction of entities, all of whom demonstrate free will choices and the ability to change the mind, or the direction, or the purpose, or the intensity.

因此，时间线的多重性，会在回应未知的事情，未被预料到的事情，或者，容我说，令人吃惊的事情的方面为任何实体的团体提供一种类型的灵活性，因为这些事情一直都是易于在任何实体的互动中，容我说，喷涌而出的，所有这些实体都示范了自由意志的选择，以及改变心智、或者方向、或者目的、或者强度的能力。

Is there a followed query to this query, my brother?

我的兄弟，对于这个问题有一个后续问题吗？

Gary: No, thank you, Q'uo.

Gary: 没有了，谢谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. We would ask if there might be a final query at this time.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。我们会询问在此刻是否可能有一个最后的问题。

Gary: Q'uo, a quick one. I've recently discovered the joy of planting, specifically planting trees where I live. Is there a means that is efficacious for gifting the tree with love in a way that can be best received at the tree's own level of intelligence?

Gary: Q'uo, 一个简短的问题。我最近发现了栽培的喜悦, 尤其是在我生活的地方种树。用一种能够最佳地在树自己的智能的层次上被接收到的方式将爱赋予树木, 这是一种有成效的方式吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. We would suggest that this is indeed so. There are numerous ways available to any entity who wishes to open a communication with an entity that we would call the tree, or any plant, or any item of existence within the one creation, for indeed, all are truly the One Creator and contain intelligence at the very heart of their being.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们会建议, 确实如此。对于任何希望开启与一个我们称之为树木的实体, 或者任何植物, 或者在太一造物中的任何的存在性之间的一种沟通交流的实体, 会有可以为这个实体所利用的多种方式, 因为确实, 万物真的就是太一造物者并都在它们的存有的最核心之处包含了智能。

You may image that love and light that you wish to send to the tree in whatever form has meaning to you, be it a cloud of love descending on the tree and completely soaking it completely through with your love, a beam of love offered to the tree, perhaps the roots and the trunk, the branches, the leaves, or all of the above. You may simply speak to the tree in words that have meaning to you, not so much as a prayer, but as an offering of love and of joy to the entity that is the tree, knowing that these words will be understood by the tree in their very essence so that the word "love," becomes translated into a feeling of being, a quality of expanded awareness that includes compassion, joy, inspiration, and so forth.

你们可以用无论什么对于你们有意义的形式想象你们希望送给树木的爱与光, 无论它是一朵爱的云降落在树木上并完全通过你们的爱完全将它浸泡在其中, 或者它是一束爱的射线被提供给树木, 也许是根部、树干、树枝、树叶或者以上全部。你们可以单纯地用对与你们有意义的言语向树木说话, 不用如此多地是一个祈祷词, 而是作为对树木之所是的实体的一种爱与喜的给予, 并同时知晓这些言语将会树木在它们的实质中被理解, 这样“爱”这个词语就会被转译为一种存有的感觉, 一种拓展的察觉的属性, 它包含了同情心、喜悦与启发, 以及如此等等。

We would, at this time, thank each, once again, within this circle of seeking, for inviting our presence this day. You do us a great honor by calling to us and offering us the opportunity to be of service to you, for this is the way by which we also progress upon our path of service, for as we serve the One Creator, we move along this journey of seeking as do you when you serve the One Creator, which is all about you, and within you as well. That is your great challenge and your great joy, my friends, to find the love and the light of the One Creator in every moment you experience, in every face you greet. Peace, joy, blessing to each of you. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu borragus.

我们会在此刻再一次感谢在这个寻求的圈子中的各位邀请我们今天出席。你们藉由呼唤我们并提供给我们机会来对你们俩进行服务而给予了我们一种巨大的荣耀, 因为这就是我们同样藉由其在我们的服务的道路上前进的方式, 因为当我们

服务太一造物者的时候, 我们是和你们在服务太一造物者的时候一样沿着我们服务的道路前进的, 造物者就是你们周围的一切事物, 同样也在你们内在之中。我的朋友们, 去在你们体验到的每一刻, 在你们对其致意的每一张面孔中找到太一造物者的爱与光, 这就是你们巨大的挑战与巨大的喜悦了。祝愿你们每一位都拥有平安、喜悦与祝福。我们是你们知晓的 Q'uo。Adonai, 我的朋友们, Adonai, vasu borragus。

April 15, 2017

2017-04-15 和谐的音诗

Group Question: Ra says, "The mind/body/spirit complex is not a machine. It is rather what you might call a tone poem." [1] Can Q'uo elaborate on what Ra meant by calling the self a tone poem? What does seeing ourselves as a tone poem reveal about our truer nature? Additionally, how is the harvest affecting our tone poem-like natures—whether the harmonic relationship with ourselves, with others, or with Planet Earth?

团体问题：Ra 说，“心/身/灵复合体不是一个机器，它毋宁是你们可能称之为——一首音诗的事物。”[1]Q'uo 能够对 Ra 藉由将自我称为一首音诗的意思是什么进行阐述吗？我们将我们自己视为一首音诗会在关于我们更为真实的本性的方面揭露什么呢？另外，收割如何会影响我们音诗一般的属性——无论是与我们自己、与其他人直接的和谐的关系，还是与行星地球之间的和谐的关系。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in the love and the light of the One Infinite Creator of which we are all the tiniest portion. We thank you for inviting us to your circle of seeking this day. It is a privilege and a pleasure to join you, for we see the light which emanates from your desire to know more of that which you call the truth. As always, we are happy to share that which we have to offer. If we may ask first a favor, that you take those words which we offer to you and use them as you will. If they are helpful, take them for your own; if they are not helpful, leave them behind. We do not wish to become a stumbling block to you. If you would do this for us as a favor, then we shall be free to speak that which we have to share this day.

我是 Q'uo，我在太一无限造物者的爱与光中向你们各位致意，我们全都是太一无限造物者的最微小的部分。我们为你们今天邀请我们来到你们寻求的圈子而感谢你们。加入你们是一种荣幸与一种快乐，因为我们看到了那种从你们去知晓更多的你们称之为真理的事物的渴望而散发出来的光了。一如既往，我们对于分享我们所要提供的事物是非常高兴的。如果我们首先请求一个恩惠的话，那就是你们使用那些我们提供给你们的话语，并如你们所愿地使用它们。如果它们是有帮助的，为你们自己的益处而是使用它们，如果它们是没有帮助的，将它们留在后面。我们并不希望成为你们的一块绊脚石。如果你们愿意给予我们这个恩惠，接下来，我们就将会自由地讲述我们今天所要分享的事物了。

You ask about the nature of your being and the manifestation that is your physical vehicle in those centers of energy that process the prana, or the intelligent energy from your sun, your sub-Logos—that portion of the Creator which has created that bit of the creation in which you dwell and have your being, and move about freely to explore the nature of yourself, the nature of your reality—and how you might proceed as a conscious being through this illusion, and discover more of the One Creator, the love and the light of the

Creator, and how they blend together into a creation of unity.

你们询问你们的存有与在那些能量中心中的你们的物质性载体之所是的显化物的属性，那些能量中心处理了玛娜，或者来自于你们的太阳，你们的子理则的智能能量，你们的子理则就是造物者的那个已经创造了那一小块造物的部分，在那一小块造物中，你们居住在其中，在其中拥有你们存有，自由地四处移动以探索你自己的属性，你的实相的属性的——你们询问你们可能如何作为一个有意识地存有穿越这个幻象并发现更多的太一造物者，更多造物者的爱与光，你们询问它们如何混合在一起形成一个具有统一性的造物。

It is true, indeed, that you are not a machine—you are a marvelous creation of various energies of a cosmic nature, fused in a coherent fashion to be able to process the light of your sub-Logos in an ascending manner that could easily become a musical scale. For you see, the octave of your energy centers is created in such a fashion that there is within each energy center a signature sound vibration which has its own range of frequencies that are activated according to how the intelligent energy of the sub-Logos is able to move through your energy centers. The efficient use of the catalyst that comes your way in each day's experiences allows you to activate, to balance, and to harmonize your energy centers over a period of what you would call a great series of incarnations in which you seek to learn how to move the meeting place of this intelligent energy higher and higher in your chakra system, so that you are able to give and receive that quality of love that signifies the open heart—the all compassionate love for the creation, that becomes the standard, shall we say, by which the light is able to manifest within your being.

确实，你们不是一个机器，这是真实的——你们是一个非凡的造物，它具有各种各样的具有一种宇宙特性的能量的，这些能量用一种协调的方式被融合在一起，以能够用一种上升的方式处理你们的子理则的光，这种处理光的方式能够轻易地成为一个乐器。因为你们看，你们的能量中心的八度音程是用这样一种方式被创造出来的，在每一个能量中心中会有一个标记新的声音振动，它拥有它自己的频率的范围，这个频率的范围会根据子理则的智能能量如何能够穿越你们的能量中心而被激活。对每一天的体验中出现于你们面前的催化剂的有效的使用，会允许你们在你们会称之一个巨大的投生的系列的时间段之中激活，平衡并协调你们的能量中心，在这些投生中，你们寻求去学习如何将这种智能能量的相会的位置在你们的脉轮系统中移动到越来越高的位置，这样你们就能够给予并接收那种象征着开放的心的爱的属性了——对造物的全然充满同情心的爱，这种爱的属性成为了光藉由其能够在你们的存有中显化的，容我说，标准了。

The light first makes its entrance into your system of chakras through the base energy center, that which has been called the red-ray center. This center is that which is concerned with the very basic functions of your life pattern: the survival of your physical and mental vehicles, and the reproduction of your physical vehicle itself. All catalyst is first reacted to at this base energy center, and the reaction of this center could be said to have a certain vibrational frequency that is audible to the metaphysical ear, the ear that has been tuned to the sounds of the universe, shall we say, for all the creation is alive and each portion of it sings its sacred song to the One Creator. The red ray, therefore,

has the lower notes in this musical arrangement of energy centers, and will pass the intelligent energy higher into the orange-ray energy center if there is no significant blockage at the red ray.

光首先通过根部脉轮进入到你们的脉轮系统，根部脉轮已经被称为红色光芒中心了。这个中心是关于你们的生命模式的非常基本的功能的：你们的物质性载具和心智的载具的生存，对你们的物质性载具其自身的繁衍。所有催化剂都是首先对这个根部的能量中心做出反应的，对这个中心的反应可以被认为是拥有一定的对于形而上学的耳朵是可以听得见的振动的频率，这个形而上学的耳朵是已经根据，容我说，宇宙之声而被调音过了的，因为所有的造物都是活的，它的每一个部分都对太一造物者唱出它神圣的歌曲。红色光芒，因此，拥有在这种能量中心的音乐的排列中的较低的音符，并将会将智能能量向更高处传递进入到橙色光芒中心，如果在红色光芒中没有重要的阻塞的话。

At the orange ray, the energy vibrates in a more, as you would say, rapid fashion, so that it becomes focused more carefully upon your individual expressions of identity in your relationships with other entities on a one-to-one basis. Here we have the ability to harmonize the energies of two entities, or if there is not immediate harmony, then there is a different kind of sound vibration that is the result of the interaction of two entities, and will reflect a certain amount of harmony or a lack thereof.

在橙色光芒中，能量是用一种更为，如你们会说的一样，快速的方式振动的，这样它就会更为仔细地被聚焦在你们通过你们与其他人之间的一种一对一的关系对你们个体对身份的表达上。在这里我们拥有能力去协调两个实体的能量了，或者如果没有即刻的协调，接下来就会有一种不同类型的声音振动，它是两个实体的互动的结果，它将会反映出一定的和谐或者一种缺少和谐的数量。

If there is still no significant blockage that totally blocks the intelligent energy, it shall continue its rise upward into the yellow-ray energy center in which the vibrations of the entity are again enhanced or increased, so that the relationship of the individual is now with a group of individuals and allows a greater ability to respond to this interaction. And this response, again, is amplified in such a manner that there is a higher pitch to the interaction between the individual and the group in which it finds itself—be it the family, the community, the school, work, team, and so forth. Many are the groups in your social complex, for indeed, you are grouped together in many various ways that allow individual expression to be magnified and cover a larger area, shall we say, of the experience available to each seeker of truth.

如果仍旧没有那种会完全阻塞智能能量的重要的阻塞的话，它将会继续它的上升，进入到黄色光芒能量中心，在其中实体的振动再一次被增强或者被强化，这样个体的关系现在就是与一个个体的团体的关系，并会允许一种更大的回应这种互动的能力了。这种回应，再一次，是用这样一种方式被放大的，在个体与它发现它自己处于其中的团体之间的互动会有一种更高的音高——无论它是家庭、集体、学校、工作、团体、如此等等。很多的团体是在你们的社会复合体中的团体，因为，确实，你们是用各种各样的方式形成团体的，这些方式允许了个体的表达被放大并覆盖了可以为每一个真理的寻求者所取得的体验的，容我说，一个更大的区域。

Within your third-density illusion, the goal is for this energy of the sub-Logos to move eventually into the heart, to the green-ray energy center, that again amplifies or accelerates the vibrational tone so that it takes on a more, shall we say, ethereal or higher pitch, that, then—when seen in comparison to the tones of the red, the orange, and the yellow energy centers—begins to blend in what is hoped to be an harmonious fashion so that one, who has a sensitive ear of the inner variety, may be able to discern an energy center blockage where there is a lack of harmony in the lower centers, that would, when relieved or balanced, bring the energies into the green ray.

在你们的第三密度的幻象中，对于子理则的这种能量的目标是最新移动进入到心，移动到绿色光芒的能量中心，再一次绿色光芒的中心放大了或者加速了振动性的音调，这样它就会呈现出一种，容我们说，更为以太的，或者更高的音高了，接下来——当这个振动性的音调与红色、橙色和黄色能量中心的音调进行比较的时候——这个振动性的音调开始通过有希望成为一种协调性的方式被混合起来，这样一个人拥有一种对内在的变化敏感的耳朵的人，就可能能够分辨出一个能量中心的阻塞，在这种阻塞中在较低能量中心中会有一种缺少协调，当那个中心被缓解或者被平衡的时候，它会将能量带入到绿色光芒中。

The energies are also available to move higher when the conscious seeker of truth has mastered the ability to give and receive love from all those about one, and give it as well to those who surround the entity. This love is not only given to those intelligent beings which the seeker of truth interacts with on a daily basis, but to the entire creation; for at this level of being, the seeker of truth becomes aware that the entire creation is made of that quality that vibrates in harmony with the green-ray energy center, that being the love vibration.

当有意识的真理的寻求者已经掌握了对所有一个人周围的人给予和接收爱，并同样也对在那个实体周围的人给予爱的能力的时候，这些能量同样可以被用来移动到更高的中心。这种爱不仅仅是被给予那些真理的寻求者用一种日常的方式进行互动的那些智能的存有的，同样也是被给予整个造物的，因为在这个存有的中心，真理的寻求者会开始察觉到整个造物都是由那种特性构成的，那种特性会与绿色光芒的能量中心协调一致地振动，那种特性就是爱的振动。

Thus, this vibration of love begins to find a resonance within the total system of energy centers and causes the tones of each center to be raised to a minimum, shall we say, graduation frequency, so that there becomes within the seeker a kind of sacred choral hymn, emanating on a constant basis that becomes, what you might say, the identifying vibration of the entity. Each ascending energy center beyond the green will also increase the pitch and quality of the tone of the energy center as it is able to become activated, balanced, and open, ready to received further intelligent energy and move it upwards, until eventually, at the violet ray there is the ability of the seeker of truth to have the experience of union with the One Creator that gives this entity the ability to be harvested at any moment that it chooses within the incarnational pattern.

因此，这种爱的振动开始在整个能量中心的系统中找到一种共鸣，并使得每一个中心的音调被升高到一个最小的，容我们说，等级的频率，这样，在寻求者内在之中就会有一种类型的圣歌的合唱了，并会用一种持续不断的方式散发出那种，你们可以说是，成为了实体的身份性的振动的事物了。每一个高于绿色中心的上升的能量中心，在它能够被激活、被平衡，成为开放的并准备好接收更进一步的智能能量并将其向上移动的时候，同样升高音高以及能量中心的音调的属性，一直到最终，在紫罗兰光芒，真理的寻求者将会由能力去体验与太一造物者的合一，这种合一将会给予这个实体能力在它选择的那一刻被收割的能力。

However, for most entities of the third density, the graduation into the fourth density is that which is accomplished at the end of the incarnational period as the seeker moves through the death process, as you call it, in its indigo-ray body and walks the steps of light to determine the ability to welcome and enjoy a higher frequency of the light vibration.

然而，对于绝大多数的第三密度的实体，毕业到第四密度，是会在投生时期结束的时候，在寻求者在它的靛蓝色光芒的身体中穿越死亡的过程，如你们对它的称呼，并走上光之阶梯以决定去欢迎并享受一种更高频率的光的振动的能力的时候被实现。

At this time, we would transfer this contact to the one known as Steve. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and am with this instrument. We begin our communication through this instrument by remarking that this instrument most assiduously challenged us, and this is a greeting which we welcome, for it is true that there are many voices, many tones, in this very diverse universe, and not all voices are attuned to the same message, so that every seeker has to exercise discrimination in what tones it shall listen to, and what tones it shall choose to harmonize with. Having said that, we will say something further, something that speaks to the query that is upon the minds of those present this day. And that is, that this is ultimately a one universe, and each individual mind/body/spirit complex is a microcosm of this one great universe, and therefore has within all that there is; has within all possible tones, and is responsive and responsible for attuning to all tones in some way.

我是 Q'uo，我现在与这个器皿在一起了。我们藉由评论这个器皿对我们极其苛刻的挑战而开始我们通过这个器皿的交流，这是一种我们欢迎的致意，因为真实的事情是，在这个非常多样性的宇宙中有很多的声音，很多的音调，不是所有的声音都是与相同的信息协调的，因此，每一个寻求者都必须训练分辨力，以分辨它将会聆听什么音调，它将会选择与什么音调调音。在说了这一点之后，我们将会进一步说一些事情，一些会谈及在那些今天在场的人的头脑中的问题的事情。那个事情就是，这与宇宙终极地，是一个宇宙，每一个个体的心/身/灵复合

体都是这一个伟大的宇宙的小宇宙，因此，在每一个个体在内之中都拥有一切万有，都拥有所有有可能的音调，并是对于用某种方式对所有的音调的调音是敏感的且负责的。

Now, this will turn out to be a rather challenging undertaking, as each here has already long since discovered, for there are many tones which will come to you which do not seem to be easily assimilated. Now, you may see these tones as visual; you may hear these tones as auditory; you may feel these tones as expressions of various kinds of emotional responses possible to a complex and crowded universe of stimuli, that, if left to it, will push you this way and that. Your task from the first stirrings of your being until that great moment when you walk finally into the light of the Creator itself, your task is to assimilate and vibrate in harmony with all that comes to you, such that all that comes to you is also that which comes through you, and that which is made available to all others similarly in the process of learning to be attuned.

现在，这将会被证明是一个相当令人挑战性的工作，如同在这里的每一个人在很久以前就已经发现了的一样，因为会有很多的出现在你们面前的音调看起来似乎是并不容易被消化的。现在，你们可以将这些音调视为是视觉性的，你们可以将这些音调听作听觉性的，你们可以感觉这些音调是对于一个具有复杂而拥挤的刺激物的宇宙是有可能的各种类型的情绪上的回应的表达，这种刺激物，如果被置之不理，将会用这样或者那样的方式推挤你们。从对你们的存有的第一次搅动，一直到当你最终走入到造物者其自身的光之中的那个伟大的时刻，你们的任务就是消化所有出现在你们面前的事物并与之协调振动，这样所有出现在你们面前的事物，同样也是会流经你们的事物，是可以类似地可以为所有其他人在学习成为协调的过程中所利用的事物了。

It is a creative process, to be sure, and there is, in any creative process, the potential for great harmonic beauty. However, there will be many, many events within your lives which will fall short of this beauty, which you sometimes perceive only dimly, which you sometimes perceive not at all, which you sometimes can only have available to you, the barest recollection, or the most remote hope. And so, you are very often left with the realization that that tone poem which you seek to be is not quite rhyming, not quite harmonizing, not quite integrated.

它是一个创造性的过程，请相信，在任何创造性的过程中，都会有对于伟大的协调性的美丽的可能性。然而，在你们的生命终将会有很多很多的事件将会达不到这种美丽的要求，你们有时候会仅仅模糊地感觉到这种美丽，你们有时候完全感觉不到这种美丽，你们有时候仅仅能够拥有可以为你们所取得的，对这种美丽的最微薄的回想，或者最为遥远的希望。因此，你们非常频繁地会留下这样一种领悟，你们寻求去成为那首音诗，是相当不押韵的，不是非常协调一致的，不是相当完整的。

Now, we have suggested in our communication through the one known as Jim that the system which you have learned to operate within, what are sometimes called the energy centers, is hierarchical in its arrangement, and that there is a process that you learn to balance and harmonize tones, first at

one level, and then at another, moving gradually upward. Now, it is true that it takes considerable mastery to reach the ability to function with consciousness in those energy centers which are attuned to a higher frequency. And it is often the case among seekers that, when a new level has been achieved, when a new capacity to vibrate in a higher register has been attained, to look back upon those earlier experiences, in which one found oneself dwelling in the lower energy centers, as a previous stage of one's evolution, as an earlier phase of one's maturation now well left behind. It is, to some degree, inevitable that this feeling will arise, for it is well that when one has broken through to a new plateau, that one's focus remains at that plateau for purposes of taking, shall we say, the measure of what is on offer at that level, and for learning to regularize the new energies which have become newly available.

现在，我们已经在我们通过被知晓为 Jim 的实体的交流中建议过，那个你们已经学会在其中运转的系统，那个有时候被称之为能量中心的事物，在其排列上是阶层性的，会有一个你们学会平衡音调并使之协调一致的过程，首先是在一个层次上，接着在另一个上，逐渐向上移动。现在，真实的事情是，要抵达那种藉由意识通过被调音到一种更高的频率的能量中心来运转的能力，这是要花费可观的控制力的。在寻求者当中经常会发生的情况是，当一个新的层次已经被取得了的时候，当一种在一个更高的音区中振动的新的能力已经被取得了的时候，要回顾那些之前的体验，在其中一个人会发现它自己长期停留在较低的能量中心中，作为一个人的演化的一种之前的阶段，作为一个人的成熟的一个之前的阶段，这些早期的体验现在被留在后面了。这种感觉将会出现，在某种程度上，这是不可避免的，因为当一个人已经突破到一个新的平台的时候，它的焦点会留在那个平台上，以实现，容我们说，测量在那个层次上被提供的事物，并学习让新近可以被利用的新的能量变得规律化的目的。

However, during the course of the lifetime of a spiritual seeker, it is generally the case that eventually all of the energy centers will be experienced to some degree; that is, one will have found a way to allow the prana, which is the intelligent energy which feeds your system, to rise un baffled to an extent or its full measure. And, at the time the seeker realizes that all of the energy centers have become available to do some measure of work, it is useful to begin a reflection of a different kind, that is, it is useful to begin to recognize that all of the energy centers do need to be able to function simultaneously. And in the simultaneity of their functioning, there is a new order of harmonization that arises as a possibility, and, indeed, as a task, for when you have learned, let us say, to open the heart, it will still be the case that you have issues that must be dealt with at the level of the red ray, at the level of the orange, and at the level of the yellow.

然而，在一个灵性寻求者的生命的进程期间，一般会发生的状况是，最终所有的能量中心都将在某个程度上被体验到，也就是说，一个人将会已经找到了一种方式来允许普纳，即为你们的系统供能的智能能量，在一定程度上或者用其完全的程度不受阻碍地上升。在寻求者意识到所有能量中心都已经可以被利用以进行某种程度的工作的时候，去开始具有一种不同类型的一种反思，这是有用处的，也就是说，开始去认识到，所有的能量中心都需要能够同时性地起作用。在它们的

运转的同时性的方面，会有一种新的具有协调性的次序，这种协调性会作为一个可能性，并确实作为一个工作而出现，因为当你们已经学会，让我们假设，开放心的时候，仍旧会发生的情况是，你们会遇到必须在红色光芒的层次上，在橙色光芒的层次上，在黄色光芒的层次上被处理的议题。

So, a newly heart-opened individual doesn't simply dwell continuously in the glory of the open heart, but must reach down and integrate experience after experience at the level at which this integration needs to be achieved, [but] now with a new tone introduced, that is to say, the tone characteristic of the open heart, which is the point of access to others without blocking their otherness.

因此，一个刚刚开放心的个体并不是单纯地持续不断地停在在开放的心的荣耀之中，而是必须向下伸手并整合在这种整个必须被取得的层次上的一个接一个的体验，但是现在有一个新的音调被引入了，也就是说，以开放的心为典型特征的音调，这个音调就是那个在不阻碍其他人的他人性的情况下去接近其他人的位置。

Indeed, there is beyond the open heart the possibility of giving without expectation of return, of radiance of one's being. This is another potential that is a wonderful new opening for the expression of one's being, but at the same time carries with it a responsibility that it be blended with expressions of one's being that are of a lower frequency, shall we say. And, we would say also, that for those who have learned to open the third eye, as it is sometimes called, the indigo-ray center, where the more mystically inclined individual may begin to participate in sacred and sacramental energies of a cosmic nature, that this energy center, too, requires constant integration with the frequencies of blue, of green, of yellow, of orange, and of red.

确实，在开放的性之外，会有在不期待回报的情况下给予的可能性，会有对一个人的存有的辐射的可能性。这是另一个对于一个人存有的表达的一个美妙的新的开始的可能性，但是，在同时，它是带有一种责任的，责任即它是与对一个人的存有的具有一种较低的，容我们说，频率的表达被混合在一起的。我们同样也会说，对于那些已经学会打开第三只眼，如同它时常会被称呼的一样，开放靛蓝色光芒中心的人，这个能量中心同样需要与蓝色、绿色、黄色、橙色和红色的频率的持续不断的整合，在靛蓝色光芒中心中，更加具有神秘倾向的个体可以参与到具有一种宇宙属性的神圣与圣餐的能量之中。

So, the tone poem that you are is a system in which energies vibrate across a rather broad spectrum, and with a complexity that is sufficient to baffle one who has not fully appreciated the intricacies of being that each is assigned to achieve. Now, these intricacies are sufficient in their complexity when considered at the level of the individual, but become vastly more intricate and vastly more complex when one realizes that an individual is but a portion of a larger whole.

因此，你们之所是的音诗是一个在其中能量在跨越一个相当广阔的光谱上，并带着一种复杂性振动的能量，这种复杂性是足以让一个尚未充分地欣赏每一个人被指定去取得的存有的错综复杂的人受挫的。现在，这些错综复杂，当在个体的层次上被考虑的时候，在它们的复杂性之中是足够的，但当一个人意识到一个个体

不过是一个更大的整体的一部分的时候，这些错综复杂会变得极其庞大地更为纷乱且极其庞大地更加复杂。

And indeed, it is the case, that as you have learned to process that experience which pushes you this way and that, you are, in fact, relating to the different tone poems that inhabit your rather crowded universe. And when you consider that there are a very large number of mind/body/spirit complexes, each with harmonics of its own, and that there are very many different groups of these tone poems struggling to achieve harmonics of their own, and that the whole constitutes a vast tone poem struggling to achieve some level of harmony, that the task at hand is quite enough to overwhelm the faltering imagination.

确实，实情是，当你们已经学会去处理那种用这样或者那样的方式推动你们的体验的时候，你们实际上，是在与居住在你们相当拥挤的宇宙中的不同的音诗建立关联。当你们考虑会有一个极其巨大数量的心/身/灵复合体，每一个都带有属于它自己的和声，且有非常多的这些音诗的不同团体正在努力取得属于它们自己的和声，且整体构成了一个努力去取得某种层次的协调的一个巨大的音诗的时候，在手头上的工作就是完全足够压倒那个摇晃不稳的想象力的。

Now, your planet clearly shows the difficulties of the task, for to many, when you contemplate the struggle to achieve harmony, it seems that it is a struggle being sadly lost, that is to say, that the disharmonies seem to prevail over the harmonies, and it hardly constitutes what one would wish to call a poem, for there seems to be no center of organization; there seems to be no basis of harmonic agreement. It does not seem as if all who participate in the energies of this planet, at this time are even singing the same song.

现在，你们的星球清晰地展现出了这个任务的困难，因为对于很多人，当你们诚实那种取得协调的努力的时候，看起来似乎它是一种令人难过地被失去了的努力，也就是说，不和谐看起来似乎是压倒了和谐的，它很难构成一个人会希望称之为为一首诗的事物，因为看起来似乎没有具有组织性的中心，看起来似乎没有具有协调的一致意见的基础。看起来似乎并不是好像所有参与到这个星球的能量中的人，在此刻都是在唱着同样一首歌的。

Now, there may be a point of view, there may be a way of listening such that that which at first blush does not seem to harmonize, in fact, if taken in the right way, can indeed be received as a portion of a larger harmony. So, when one hears the groans of anguish, when one hears the cries of sorrow, when one senses the rage or the violent reaction of one kind or another, that one can feel these to be moments of a, what we might call, orchestral performance that embraces, within itself, all that seems to be negative, and transmutes that negativity into a harmony which those who have become sufficiently attuned can begin to hear.

现在，可能会有一种视角，可能会有一种聆听的方式，诸如骤然看去看起来似乎并不协调的事物，而实际上，如果用合适的方式被观察，是能够确实作为一个更大的协调性的一部分被接受的。因此，一个人当一个人听到痛苦的呻吟的时候，当一个人听到悲伤的哭泣的时候，当一个人感觉到暴怒，或者这样或者那样一种

类型的猛烈的反应的时候，一个人能够感觉这些时刻是一种，我们可以称之为，管弦乐的表演时刻，这种表演，会在它自己内在之中，拥抱所有看起来似乎是负面性的事物，并将负面性转变为一种那些已经充分调音的人能够开始听到的一种和声了。

And, we would stress the term begin, for it is true that, again and again, you will be undoubtedly swallowed back up by the turmoil of the disharmonious and, again and again, will have to remind yourselves that that which seems to be disharmonious is best seen as a moment of a larger harmony. It may be a considerable period of what you know as time before all the disharmonies with which you are inundated can be brought into a condition in which the inner harmony can be discerned, and we would encourage you to be aware that it is the function of faith which enables you to make it through those times which can seem rather dark, whether these times are periods of depression within your own life, or periods of turmoil within the social energy complex which you share with others of your own kind.

我们会强调开始这个词语，因为真实的情况是，你们将一次又一次毋庸置疑地被不协调的混乱吞回去，并将不得不提醒你们自己会相信，看起来似乎是不协调的事物，是可以最佳地视为属于一种更大的协调性的一个片刻。在所有的你们被其淹没的不协调能够被带入到一个在其中内在的协调可以被分辨出来的情况之前，它可能会是被你们知晓为时间的事物中的一个相当长的时段，我们会鼓励你们察觉到，使得你们能够顺利通过哪些看起来似乎相当黑暗的时期的事物，恰恰就是那种信心的机能了，无论这些黑暗的时期是在你们自己的生命的那些沮丧的时期，还是在你们与属于你们自己类型的其他人分享的社会能量复合体中的混乱的时期。

We would say that from our point of view there has been strides made towards harmony, towards integration, and that for us, there is beauty discernable. We will grant that not all have come to the point where this tone poem of the social complex can be appreciated to the point that a conscious participation has become thinkable. Nevertheless, those who do not participate consciously, do participate, each in a way it is unique, and each in a way that brings to the overall poem, a beauty. The creation itself is an event which unfolds with a level of nuance and articulation that is staggering in its immensity, [such that] the immensity itself can be a source of awe. For us, we would say that a source of even greater awe is the degree to which it is possible for those within this great immensity to represent at once a uniquely creative relation to the vastness of the creation, and an appreciation of all of the voices that come within earshot at any one time.

我们会说，从我们的视角，已经有朝向和谐、朝向整合的大步迈进被做出了，对于我们，有可以分辨得出的美丽。我们将会保证，不是所有人都已经到达这样一个位置了，在这个位置上在这个社会复合体的音诗能够被欣赏到了一种有意识地参与已经成为可以考虑的程度了。虽然如此，那些并未有意识地参与的人，确实参与了，每一个人都用一种独一无二的方式，每一个人都用一种将一种美丽带到那个整体的诗中的方式方式了造物其自身是一个事件，它是带着一种微妙性与清晰度的程度展开的，这种清晰度会在其巨大性之中摇晃，这种巨大性其自身是能

够成为一个敬畏的源头的。对于我们，我们会说，一个甚至更大的敬畏的源头，就是在这种伟大的巨大性之中的人有可能去立刻呈现出一种与造物的庞大性的一种独特地有创造性，以及一种对在任何一个时刻在耳朵所及范围内出现的所有声音的欣赏的关联的程度。

This is an adventure we share with you, my friends; it is an adventure of the creation creating itself in many tones, in many hues, and we commend you to it. We are those of Q'uo, and we would return now to the one known as Jim. Adonai, my friends, Adonai.

我的朋友们，这是一场我们与你们共享的冒险，它是一场造物的冒险，造物用许多的音调，许多的色调创造了它自己，我们对这种冒险而称赞你们。我们是 Q'uo，我们现在回返回到被知晓为 Jim 的实体。Adonai，我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. At this time, we would ask if there might be any shorter queries to which we may respond?

我是 Q'uo，我与这个器皿在一起了。在此刻，我们会询问，是否可能有我们可以回应的任何较为简短的问题？

D: I'm new to this material. Can you define the word "polarity" in this context?

D: 我对于这个材料是新手。你们能够在这个上下文中定义“极性”这个词语吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. Polarity, from our point of view, is the use of the intelligent energy of the One Creator in either one of two fashions: the positive polarity being that which is radiant and shares the intelligent energy of the One Creator with those about the seeker of truth; or it may be manifested in the negative sense, and become that which is seen as magnetic, that which seeks to separate the self from other selves, and to dominate and control the other selves for the benefit of the self. Thus, polarity is the means by which the seeker of truth utilizes the intelligent energy of the One Creator.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。极性，从我们的视角，是对太一造物者的智能能量用两种方式中的任何一种的利用：正面性的极性是辐射性并与那些在真理的寻求者周围的人分享太一造物者的智能能量的，或者它可以用负面性的意义被显化，并成为被视为磁吸性的事物，寻求将自我与其他自我分开，并为了自我的利益操纵并控制其他自我。因此，极性是真理的寻求者利用太一造物者的智能能量的方式。

Is there a further query, my brother?

我的兄弟，有一个进一步的问题吗？

D: Not at this time.

D: 在此刻没有了。

Q'uo: I am Q'uo. We thank you for your query, my brother.

Q'uo: 我是 Q'uo。我们为你们的问题感谢你，我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗？

J: Yes, Q'uo. I have a query. In cases where our company would not be receptive to our spiritual orientation, we often find ourselves presenting a more palatable persona, often at the cost of feeling authentic. Is this a betrayal of our tone poem? Or is it consistent with that tone poem?

J: 是的，Q'uo。我有一个问题。在我们的伴侣对于我们的灵性导向并不是有接受力的情况中，我们经常发现我们自己呈现出一种更为愉快的人格，经常是以感觉到真实为代价的。这是对我们的音诗的一种背叛吗？或者它是与那个音诗是相容的。

Q'uo: I am Q'uo, and am aware of your query, my brother. We would suggest that the ability to share that which is at the heart of your seeking process is a function of both the green-ray energy center and the blue-ray energy center in which that which is felt within is either shared in an unadulterated or shall we say unguarded manner, or is in some degree shaded or hidden so that the sense of the self may contain a certain receptivity or acceptance by the other self.

Q'uo: 我是 Q'uo，我理解了你的问题，我的兄弟。我们会建议，分享在你的寻求的过程的核心之处的事物的能力是一种同时属于绿色光芒能量中心和蓝色光芒能量中心的机能，在蓝色光芒中，在内在之中被感觉到的事物是要么用一种纯粹的方式，或者容我们说，不加守卫的方式被分享的，要么在某种程度上是被遮蔽并被隐藏起来，这样自我的感知就可以包含一定的接纳性或者被其他自我的接受性的。

We would not suggest that it is so much a betrayal of one's tone poem, for one's tone poem is that which reflects the current status of each energy center operating in unison with each other energy center; thus, there is no single tone poem until and if the entity is able to completely activate, energize, and balance each of the energy centers. The fully activated being is extremely rare within your illusion. Thus, we would suggest to you that attempting to judge yourself in one fashion or another as either being true to your perceived tone poem, or having betrayed your perceived tone poem, is a less efficient manner of looking upon the nature of the self, than would be simply recognizing that the self that is your true nature is working to be able to express the feelings, the thoughts, the attitudes, the qualities of one's mental and emotional avenues of inquiry. Thus, the judging of the self reflects a kind of blockage of energy which then does itself affect the tone poem of your seeking self.

我们不会建议，它是如此大的对一个人的音诗的一种背叛，因为一个人的音诗是反映了每一个能量中心在协调一致中与每一个其他的能量中心一起运转的当前的状态的，因此，一直到且如果实体能够完全激活、活化并平衡每一个能量中心

之前,都没有一个单一的音诗。被充分激活的存有¹在你们的幻象中是极其罕见的。因此,我们会建议你们,相比单纯地认出你的真实属性之所是的自我是正在工作,以能够表达感觉、想法、态度、以及一个人的心智与情绪的询问的途径,用这样或者那样一种方式去评判你自己是要么与你感觉上的音诗是真实的,要么已经背叛了你感觉上的音诗,这是一种较不有效用的观察自我的属性的方式。这样对自我的评判会反映了一种类型的能量的阻塞,这种阻塞接下来确实在其自身会影响你的寻求的自我的音诗了。

Is there a further query, my brother?
我的兄弟,有一个进一步的问题吗?

J: No, Q'uo, thank you.
J: 没有了, Q'uo, 感谢你们。

Q'uo: I am Q'uo, and we thank you for your query. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们为你的询问而感谢你。在此刻有另一个问题吗?

F: If there are no others, I'll go ahead and ask one that I had. I've read that the eyes are the windows of our soul. The Confederation has referred to our eyes many times, Q'uo. You've mentioned that "for that which lies within the sparkle of the eye is the One Infinite Creator, of which that sparkle is a little holographic unit," and at another time, you've mentioned that "to look into another's eyes and see the Creator". Other spiritual works have called the eye "the lamp of the body", and Yogananda said that highly developed people are able to spiritualize or heal others solely by the magnetism of their eyes. I would ask that you help us understand our eyes better from a metaphysical perspective, and how we might allow more light or positive magnetism to shine through them in service to others.

F: 如果没有其他人有问题了,我将会前进并询问一个我拥有的问题。我已经读到过,眼睛是我们的灵魂的窗户。星际联邦已经多次提及我们的眼睛了。Q'uo, 你们已经提到过,"因为存在于眼睛的闪光之中的事物,就是太一无限造物者,那个闪光就是造物者的一个小小的全象的单元。"其他的灵性作品已经称呼眼睛是"身体的明灯",尤加南达说过,高度发展的人能够单单就有它们的眼睛的磁性对其他人进行精神的鼓舞或者疗愈。我会请求你们帮助我们更好地从一个形而上学的远景上理解我们的眼睛,我们如何允许更多的光或者正面性的磁性通过它们在服务他人的过程中闪耀呢?

Q'uo: I am Q'uo, and am aware of your query, my sister. This is indeed a large subject upon which you've request information. We will do our best to give that which we feel is most helpful.

Q'uo: 我是 Q'uo, 我理解了你的问题,我的姐妹。你在其上询问信息的主题确实是一个巨大的主题。我们会尽我们所能给予我们感觉是极其有帮助的信息。

Your eyes are those organs of your physical vehicle, to begin with, which produce the most information for your mind/body/spirit complex to use as

catalyst, for the eyes see a great distance, not only around you, but through their ability to grasp, in an instant, a great quantity of information, and give you that which is not only perceived intellectually, but that which is perceived intuitively; for the picture that your eyes give to you is that which contains many other entities, many other energies, the intersections of forces and vectors of interpersonal relationships, of tones within another entities manner of being, the body language, the facial expression, the quality of the voice, the nuances of the steady gaze or the glancing gaze. Thus, your eyes give you information that may be interpreted in a wide variety of ways.

作为开始, 你们的眼睛是你们的物质性载具的那些产生出了最多的信息以供你们的心/身/灵复合体作为催化剂使用的器官, 因为眼睛能够看到一个巨大的距离, 不仅仅是在你们周围, 同样也通过它们在一瞬间掌握巨大数量的信息并给予你们不仅仅用智力的方式被感觉到的事物, 同样还有用直觉性的方式被感觉到的事物, 因为你们的眼睛给予你们的图像包含了很多其他实体, 很多其他能量, 个人关系的力量与矢量的交叉, 在另一个实体存在的方式中的音调的交叉、身体语言、面部表情、声音的特性以及稳定的注视或者随意的注视的微妙变化。

The eyes are that which also see further into another being by looking into that entity's eyes as well. For as there is a reference through the eyes to the deeper portions of the self, there is also the ability of the eyes to see within the other self that looks upon you as well. Thus, there is the exchange, or interchanging of energies between two or more entities which can affect the intellectual, intuitive, emotional, as well as metaphysical perceptions of the seeker of truth.

眼睛同样也是那个会藉由凝视实体的眼睛而同样也更进一步洞悉另一个存有的事物。因为当会有一个通过眼睛对于自我的更深的部分的参照物的时候, 眼睛同样也会拥有能力去在其他自我内在之中看到那个同样也注视着你的自我的更深的部分。因此, 会有交换, 或者在两个实体或者更多的实体之间的能量互换, 这能够影响真理的寻求者的智力、直觉、情绪、同样还有形而上学的观点。

Thus, you have a wealth of information that is presented to you for your use as catalyst, for your use as inspiration, for your use as information, and for the general quality of giving you the feeling that you have perceived in a more or less correct, or complete, fashion, the world about you, for your eyes give you a physical path through this world, and give you also a metaphysical opening to a door that allows you to perceive with other senses, that which is before your eyes. The quality of the seeker which looks for the nature of truth within the illusion about it, is that which is processed by the inner eye, shall we say—the ability of the adept to evaluate the nuances of the various levels of meaning that may be ascertained from the great quantity of information fed to you by your outer eye that finds a whole, or a resonance, within the inner eye, that lamp, that when it is fully lit, illuminates the being from within and reveals the nature of the One Creator resting therein.

因此, 你们拥有了一份信息的财富, 它们是被呈现给你们以供你们用作催化剂, 用于启发、用于信息、用于那种会给予你们感觉的一般性的特性的, 那些感觉是你们已经用一种或多或少是正确的或者完全的方式感觉到的, 对于在你们周围的

世界的感觉，因为你们的眼睛给予了你们一条穿越这个世界的物质性的道路，并同样给予了你们一个对一扇门的形而上学的入口，这扇门会允许你们与其他的感觉一起，感觉到在你们眼前的事物。在它周围的幻象中寻求的真理的属性的寻求者的特性，就是那种被，容我们说，内在的眼睛——行家去评估各种各样的意义的微妙差别的能力——处理的特性，这些微妙差别可能从被喂养给你的外在的眼睛的巨大数量的信息而被确定，外在的眼睛会在内在的眼睛，那盏明灯中找到一种完整性，或者一种共鸣，当那盏明灯被完全点亮的时候，它就会从内在发光并揭露在内在之中休息的太一造物者的属性了。

Is there a further query, my sister?
我的姐妹，有一个进一步的问题吗？

F: No, thank you so much.
F: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister, for your query. Is here a final query at this time?

Q'uo: 我是 Q'uo: 我们为你的问题感谢你，我的姐妹。在此刻有另一个问题吗？

J: Yes, Q'uo, I have one further query. Would it be approximately correct to say that the mind is constituted by concepts in a way analogous to the body being constituted by atoms? If so, can you say more? If not, can you say what is incorrect?

J: 是的，Q'uo，我有一个更进一步的问题。说心智是用一种类似于身体是由原子构成的方式由观念所构成的，这是大致正确的吗？如果是这样的话，你们能够多说一些吗？如果它不是正确的话，你们能够说什么是错误的吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that your analogy is quite apt and perceptive, for your mind, indeed, is composed of a great deal of concepts that are received from each of your five senses, as well as from those inner intuitive senses that give you a feeling for that which the five senses give you the information. The body, being the physical vehicle that carries you about in your illusion, is composed of those various cells of skin, of ligament, of blood, of tissue, and so forth, which allow a functioning upon the physical level, so that the mind may be able to move about within your third-density illusion and gather information that will allow it to function in a similarly balanced, progressive, and expansive fashion, so that there is the ability of the seeker to continue to gather information and furnish the various portions of the mind complex with the kind of evaluation of experience, or catalyst, shall we say, that will be useful in the long run of the incarnational process.

Q'uo: 我是 Q'uo，我察觉了你的问题，我的兄弟。我们发现你的类比是相当合适且感觉敏锐的，因为心智，确实是由大量的观念构成的，这些观念是从你们的五感中的每一个接收到的，同样也是从那些内在的直觉的感知接收到的，那些内在的直觉的感知会对于五感给予你们的信息给予你们一种感觉。身体是在这个幻象中承载着你们四处移动的物质性载具，身体是由属于皮肤、韧带、血液、组织

以及如此等等的各种各样的细胞所构成的, 这样心智就可能能够在你们的第三密度的幻象中四处移动, 并收集信息, 这些信息将会允许心智用一种类似于平衡的、发展的、拓展的方式运转, 这样, 寻求者就会有能力继续收集信息并用那种类型对体验或或者, 容我们说, 催化剂的评估来装饰心智复合体的各种各样的将会在投生过程的长期的时间中有用处的部分。

Thus, the mind has various levels of storage of information that may be analogous to the various kinds of fluids and functioning of the body complex that allows the movement of the blood throughout the body to refurnish the energy of the physical sense, the mind has its ability to circulate various concepts and combinations of concepts that allow the seeker of truth to be revitalized by new information or new combinations of old information that have now been seen in a broader sense, or a deeper sense.

因此, 心智拥有信息的各种各样的层次的储存, 类似于心智复合体的各种各样类型的流质, 以及允许血液在贯穿整个身体中移动来为身体的感知提供能量的功能, 心智拥有它使得各种各样的观念以及观念的混合物循环的能力, 这种循环会允许真理的寻求者被新的信息或者被旧的信息的混合物恢复生气, 旧的信息现在已经用一种更为广阔的方式, 或者一种更为深入的方式被看到了。

Is there a final follow-up to your query, my brother?

我的兄弟, 有一个最后的后续问题吗?

J: No, Q'uo, thank you.

J: 没有了, Q'uo, 谢谢你们。

Q'uo: I am Q'uo, and we thank you my brother, for your most interesting questions. We would thank each in this group, at this time, for the queries that have been offered to us. We feel ourselves quite revitalized by them, for it is your questions and your invitation to us that give us a sense of having fulfilled our purpose of being of service to you, for by serving you do we grow in our own realization of our oneness with the One Creator, that oneness which we share with you. At this time, we shall take our leave of this instrument. We thank each once again for inviting our presence. We are most grateful, at all times, to be with you. You are a most inspiring and light-filled group. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu borragus.

Q'uo, 我是 Q'uo, 我的兄弟, 我们为你们极其有趣的问题感谢你。我们再一次在此刻为已经被提供给我们的问题感谢在这个团体中的各位。我们感觉到我们自己因为它们而是相当恢复活力的, 因为就是你们的问题以及你们对于我们的邀请给予了我们一种已经实现了我们对你们进行服务的目的的感觉, 因为藉由服务你们, 我们确实在我们自己对我们与太一造物者的一体性的领悟的方面成长了, 我们与你们分享那种一体性。在此刻, 我们将离开这个器皿。我们会再一次感谢各位邀请我们出席。我们在所有的时候对于与你们在一起都是极其感激的。你们是一个极其令人启发且充满光的团体。我们是你们知晓的 Q'uo。Adonai, 我的朋友们, Adonai vasu borragus。

[1] 15.12:Questioner: Once a mind/body/spirit complex becomes aware of this process it then decides that in order to have the abilities, the full abilities of the Creation and the Creator of which it is a small part yet at the same time, all of, in order to have the abilities that go with the entire Creation, it is necessary to reunite its thinking or reharmonize its thinking with the Original Creative Thought in precise vibration or frequency of vibration I will say. In order to do this it is necessary to discipline the personality so that it precisely conforms to the Original Thought or Original Vibration, and this is broken into seven areas of discipline each corresponding to one of the colors of the spectrum. Is this correct?

54.8 提问者：一旦一个心/身/灵复合体开始察觉这个过程，它接下来就会决定，为了拥有能力，造物者的……完全的能力，它作为造物者的一个小部分，而又——而同时又是造物者的全部的能力，为了要拥有与整个造物相一致的能力，它需要将它的思考进行重整，或者将它的思考通过精确的振动或者，我将会说，振动的频率与原初的创造性的能量重新协调一致。为了要进行这个工作，需要进行人格修炼，这样它就会精确地与原初的想法或者原初的振动相一致了，这种人格修炼被分成七个修炼的区域，每一个对应于光谱的色彩中的一个色彩。这是正确吗？

Ra: I am Ra. This statement, though correct, bears great potential for being misunderstood. The precision with which each energy center matches the Original Thought lies not in the systematic placement of each energy nexus but rather in the fluid and plastic placement of the balanced blending of these energy centers in such a way that intelligent energy is able to channel itself with minimal distortion.

Ra: 我是 Ra。这个陈述，虽然是正确的，却带有极大的被误解的可能性。每一个能量中心藉由其与原初的想法匹配的精确度不存在于每一个能量节点的有组织的排布之中，而毋宁是存在于对这些能量中心的平衡的混合的流动且可塑的排列中，这种对能量中心的混合是用一种智能能量能够藉由最小的扭曲传讯其自身的方式进行的。

The mind/body/spirit complex is not a machine. It is rather what you might call a tone poem.

心/身/灵复合体不是一台机器。它毋宁是你们可以称之为音诗 (tone poem) 的事物。

April 29, 2017

2017-04-29 Laitos: 与地球母亲的关系

(The topic of this channeling, chosen beforehand, was about our harmonizing our relationship with nature.)

(这次传讯的主题是提前被选择好的，主题是关于让我们与大自然之间的关系的协调一致。)

(Jim channeling)

(Jim 传讯)

(The introductory words were not recorded.) . . . My friends, we are so happy to join you for the third time this day. We believe that this has been one of the most enjoyable experiences that we have had, not only with your group, but with any group for a great period of your time. We so appreciate your dedication to seeking, your perseverance in channeling, and your good humor when things don't go quite right. A group such as yours is a true blessing, and we are honored to work with you.

(介绍性的话语被没有记录下来。)我的朋友们，我们如此高兴在今天第三次加入你们。我们相信这已经是我们已经拥有过的最为令人愉快的体验——不仅仅是与你们的团体，同样也是在你们的一段很长的时间中与任何团体之间的体验——中的一次体验了。我们如此欣赏你们对于寻求的奉献，你们在传讯中的坚持不懈，以及你们在事情进展不是相当顺利的时候的良好的幽默感。诸如你们的团体之类的一个团体是一个真正的祝福，我们对于与你们一同工作是感到荣耀的。

Your query this session concerns your relationship with what you would call Mother Nature, or the natural environment of Gaia herself. In this environment you find that there is no pretense, no subterfuge, no guile, no seeking without giving in return, for in the primal nature environment you find that all the creatures here are as they are, openly, freely giving and receiving the love and light of the One Creator. Within these beings you find harmony, you find the purpose of life is to reach in a growing fashion towards that which is just beyond the reach.

你们这次集会的问题是关于你们与你们所称的地球母亲，或者盖亚她自己的自然环境之间的关系。在这个环境中，你们找不到虚伪、诡计、狡猾，找不到寻求而不回报以给予，因为在这个原始的自然环境中，你们发现所有在这里的生灵都是如它们之所是，是开放而自由地给予并接收太一造物者的爱与光的。在这些存有中，你们找到了和谐，你们发现生命的目的就是去用一种不断增长的方式向着恰好就在所及范围之外的事物伸出手。

The desire to follow this, as those of Ra have called it, upward spiraling line of light, is strong in these beings, for they are well aware that the One Creator has made all things, and they all work together in a unified fashion, although some of their human brothers and sisters do perplex them quite frequently, and cause them concern. So, when you, in the pureness of your desire to seek

and serve the One Creator, move within the natural environment. The beings there are aware of your purpose, are aware of your potential, and are aware of their ability to give to you that simple inspiration of life in its natural environment, and in its primal ability to grow beyond where it is, to expand, to become thick, shall we say, upon the Earth, lush and loving. As you move within this environment, bringing with you the desire to seek truth, to share love, to join in harmony with the consciousnesses that you find there, there is much of healing and inspiration that can occur both for you and for those second density creatures that you invest, by your presence, and your ability to seek the One Creator upon a level to which they, themselves, are not yet privy. Thus, it is a symbiotic relationship that is naturally set up or realized when you move yourself within the primal nature environment.

在这些存有中去跟随这个，如那些属于 Ra 的实体已经称呼它的一样，光的向上螺旋线的渴望，是强有力的，因为它们清楚地察觉到了，太一造物者已经创造了所有的事物，它们全都用一种统一的方式在一起进行工作，尽管它们的人类的兄弟姐妹中的一些人确实相当频繁地让它们为难，并使得它们担忧了。因此，当你们，在你们去寻求并服务太一造物者的渴望的纯粹性之中，在大自然的环境中移动的时候，这些存有是察觉到你们的目的，是察觉到你们的潜能，是察觉到它们在它的自然环境中，通过它原始的能力去给予你们那种生命的启发的能力的，那种原始的能力就是去生产超越其之所在的位置，去拓展，在地球上，容我说，变得浓密，茂盛并充满爱的能力。当你们在这个环境中移动，并将去寻求真理，去分享爱，去加入到与你们在那里找到的意识之间的协调性的渴望带在你们身边的时候，会有大量的疗愈和启发是能够同时为你们，并为那些你们藉由你们的存在，以及你们去寻求太一造物者的能力而被投资的第二密度的生物所发生的，你们对太一造物者的寻求是在那些第二密度的生物，它们自己尚未参与的层次上发生的。因此，它是一种共生的关系，当你在原始的大自然的环境中让你自己移动的时候，这种共生的关系是自然而然地被设置或者被实现了的。

At this time, we shall transfer this contact to the one known as Steve. I am Laitos.

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我是 Laitos。

(Steve channeling)

(Steve 传讯)

I am Laitos, and we are with this instrument. We would like to thank this instrument and this group for persevering through the exhaustion which we feel is palpable at this time. We realize the dedication that you show by so doing, for the path that you have embarked upon is not an easy one, and is not one for which you have a great deal of preparation in your life experience.

我是 Laitos，我与这个器皿在一起了。我们想要感谢这个器皿和这个团体，感谢它们坚持不懈穿过了我们在此刻感觉到是可以触摸得到的筋疲力尽。我们意识到你们藉由这样做所展现的奉献，因为你们已经走在其上的道路不是一条容易的道路，不是一条你们在你们的生命体验中为其做好了大量的准备工作的道路。

The words that we have spoken through the one known as Jim, have

suggested that in that portion of your natural environment which is what we may call, largely, second density, you may feel that you may become harmonized with this portion of the experiential nexus which you enjoy by calming yourself and becoming attuned to the rhythms of the planet, and to the rhythms of the other forms of life which flourish upon your planet. Now, we would add to that the simple notion that your ability to harmonize with these rhythms is in large part due to the fact that these rhythms also are underway within a portion of your own being. You are grounded in second-density bodies. You are aware, therefore, of second-density rhythms in a very intimate way within your own persons, and you may find that there is a kind of poetry to these rhythms that is possible, and that allows you to express great beauty through the simple matters of your everyday way of going about being who you are upon this beautiful green planet.

你们已经通过被知晓为 Jim 的实体讲述的话语建议，在你们的自然环境的那个我们可以称之为，大部分是第二密度的部分中，你们可能感觉到，藉由让你自己平静下来，并与星球的旋律，与在你们的星球上活跃的其他生命形式的旋律成为协调的，你们可以与这个你们享用的体验性的节点的部分协调一致。现在，我们会那个简单的观点进行补充，你们与这些旋律协调一致的能力大部分是由于这些旋律同样是在你自己的存有的一部分之中进行中的事实。你们在第二密度的身体中是根深蒂固的。你们，因此，用一种非常亲密的方式察觉到了在你们自己的人格中的第二密度的旋律，你们可以发现会有一种类型的韵文对于这些旋律是有可能的，它会允许你们通过你们通过你们在这个美丽的绿色的行星上着手成为你们之所是的日常生活的简单的事情表达巨大的美丽。

If you wish to consider the point a little further, you might also allow yourself the realization that as third density has been birthed upon your planet, it has the effect of enlarging nature, and nature now has within it a capacity for self-consciousness which it only germinally had prior to the dawn of third density. We invite you to consider that there is nothing unnatural about self-consciousness, and, therefore, we would suggest that self-consciousness, too, belongs to nature, perhaps a little more broadly considered. And moving further into the same direction that we have introduced by enlarging nature to include self-consciousness, we will merely add that there is soon to come upon your planet a further expansion of nature, such that now it will include those features which you are beginning to recognize as belonging to the fourth density. And at this point, you will not lose what you have gained in the enlargement of nature into the third density experiences of self-consciousness, but you will rather add to that further capacities, further ways of being, that present additional challenges. And all of these challenges, all along the way, will involve the issue of harmonization—harmonization with others, harmonization with environment, and not least, harmonization within yourselves.

如果你希望稍稍更进一步考虑那一点，你可以允许你自己意识到，以为第三密度已经被诞生在你们的星球上了，它会拥有扩大大自然的效果，现在大自然在它内在之中拥有一种自我意识的本领了，在第三密度的黎明之前，它仅仅是初步地拥有这种自我意识的本领。我们邀请你们去考虑在关于自我意识的方面没有任何事

情是不自然的，因此，我们会建议，自我意识，也许用更为宽泛一点的方式被考虑的话，同样也属于大自然。藉由将大自然扩大到包含自我意识，在我们已经引领了的相当的方向上更进一步，我们将仅仅补充，在你们的星球上将很快出现一种对大自然的更进一步的拓展，诸如现在的大自然，它将包括那些你们正在开始识别为属于第四密度的属性。在这个位置，你们将不会失去你们在将大自然拓展到自我意识的第三密度的体验中已经取得了的事物，毋宁说你们将更进一步的本领，更进一步的存有的方式添加于其上，将当前的额外的挑战添加于其上。所有这些挑战，沿着这条道路的所有的事物，都将包含协调一致的议题——与其他人的协调一致，与环境的协调一致，尤其重要的是与你们自己内在之中的环境的协调一致。

So the ability to feel yourself a participant in a kind of reality that is ever growing, that is ever responsive to your efforts to reach out to it, depends on a little act of will which you may express in your being as the will to become harmonized. It is to this theme then, that we will ask you to be open to us as we attempt to explore some of the issues and some of the capacities in harmonization with environments and with others and with selves. We will begin this process now, as we transfer the contact to the one known as J1. I am Laitos, and at this time we leave this instrument and move to the one known as J1.

因此，去感受你自己是在一种类型的不断发展的，会不断地响应你向它伸出手的努力的实相中的一个参与者的能力，是依赖于一点点的你可以在你的存有中表达为去成为协调一致的意志的意志的行动的。就是对于这个主题，在我们尝试在与环境，与其他人，以及与自我成为协调一致的方面去探索一些议题以及一些本领的时候，我们接下来将请你们对我们成为开放的。我们将现在开始这个过程，在我们将接触转移到被知晓为 J1 的实体的时候。我是 Laitos，在此刻我们离开这个器皿并移动到被知晓为 J1 的实体。

(J1 channeling)
(J1 传讯)

I am Laitos, and I am with this instrument. What is harmony? What is it that seems so easy to perceive in the wild when you remove yourself from what can be called "the creation of man," and move into that natural harmony, the Creator's creation. It is an important question to explore in your life, and the natural environment has much to teach. Avail yourself of the opportunity to listen. Let the birds, the trees, the flowers, animals of different qualities, different experiences, the different kinds of love that are shown, have to say, when they teach.

我是 Laitos，我现在与这个器皿在一起了。什么是协调一致呢？当你将你自己远离可以被称之为“人类的造物”的事物，并进入到大自然的和谐，造物者的造物之中的时候，它看起来在野外是如此容易感觉到。它是一个要在你们的生命中探索的重要的问题，自然环境拥有大量要教导的事物。让你自己可以为去聆听的机会所取得。让鸟，树木，花朵，让具有不同属性、不同的体验，以及不同类型的被显现出来的爱的动物，在它们教导的时候，去说它们要说的事情。

It is you who have agency to bring harmony to the third density level, drawing upon what you have experienced in the past, recapitulating a lesson you have learned, but enlivening it, expanding it, deepening it with the focus of the third density sense of self. It is not trivial. It is a measure you take in your own health, but also the health of the entire planet, for this is part of the choice that you make; it's part of the broad array of activities and the subtleties of attitude encompassed within the concept of service.

拥有将和谐带到第三密度的层次的媒介，同时利用你们在过去已经体验过的事物，并扼要重述一门你们已经学会的课程，但却藉由第三密度的自我的感觉的聚焦来让它赋予生命力，拓展它，深化它的人就是你们。它不是琐屑的。它是一种你对你自己的健康，同样对在整个星球的健康进行度量的一个标准，因为这就是你做出的选择的一部分，它是被囊括在服务的观念之中的宽阔的活动与态度的微妙性的一部分。

This is a fascinating topic for this instrument, and we are attempting to transmit our message in spite of his musings, but this is as it should be. Just as it is a matter of will to allow us to come through to speak to you, it is a matter of will, desire, and love to let nature speak, to hear it on its terms, and if it seems alien, then it only needs to go deeper.

这对于这个器皿是一个令人着迷的主题，我们正在尝试去不顾他的沉思而传递信息，但是，这就是它应该是的样子。就如同允许我们通过以对你们发言是一个意志的问题一样，让大自然说话，以用它的方式来听到它，这是一个意志、渴望与爱的问题，如果它看起来似乎是相异的，接下来，它仅仅需要进入到更深处。

It's time for us to leave this instrument, and expand upon this thread of conversation with you through the instrument known as K. We are Laitos.

现在是我们离开这个器皿，并通过被知晓为 K 的器皿拓展这个与你们的谈话的线条的时候了。

(K channeling)

(K 传讯)

I am Laitos. We are with this instrument. You ask about your relationship with the natural elements upon your earth's surface: the living plants, the soil, the rocks, the crust of the Earth, extending to the animals and birds that live upon the living plants. It is true that the heartbeat of nature matches your own heartbeats is why you feel a resonance with the one great world upon you live and breathe. When you walk among nature, your heart is synchronizing with the heartbeat of nature—your breath synchronizing with the breezes that flow among the trees, your eyes soothed by the green color appearing to your eyes through the color spectrum, the color green, which to you seems a peaceful color. It is the color of the heart, wherein the heart is peace.

我是 Laitos。我们与这个器皿在一起了。你们询问关于与在你们星球表面上的自然元素之间的关系：活的植物，土壤，地球的地壳，并延伸到在活的植物上生活的动物与鸟。大自然的心跳会与你们自己的心跳匹配，这就是你们会感觉到与你们活在其上并呼吸的那一个伟大的世界之间的一种共鸣的原因了，这是真实的。

当你在大自然当中行走的时候，你的心是与大自然的心跳同步的——你的呼吸是与在树木中间流动的微风同步的，你的眼睛会因为通过色彩的光谱出现在你的眼前的绿色所抚慰，绿色对于你们看起来似乎是一种平安的色彩。它是心的色彩，在其中心是平安的。

The sense of peace becomes even more important as you approach the time of harvest, for it is in apparent contrast to the illusion of chaos going on seemingly, in some spots to a greater degree, but remember the illusion, for all is energy: energy to be cleared, energy to be integrated, energy to be healed, energy to work with for greater understanding while you are upon the Earth. Out of all of this energy comes peace, and the Earth will always represent that peace to you. It does now and it will continue to be so.

平安的感觉会随着你们接近收割的时刻变得甚至更加重要了，因为它与看起在进行中的混淆的幻象，在一些地点用一种更大的程度，成为显著的对照的，但请记住它是幻象，因为一切事物都是能量：要被清理的能量，要被整合的能量，要被疗愈的能量，要在你们在地球上的时候为了更大的理解而与之一同工作的能量。从所有这种能量中会产生出平安，地球将一直对你们呈现那种平安。它现在就在这样做，它将继续如此。

If you could but see with your eyes, your physical eyes, the energy that is emanating from nature's elements, the trees, the grass, the rocks, the consciousness that is there. And as you grow in consciousness, you will find yourself able to connect with the consciousness of this nature that surrounds you in an even greater way, the way you can with animals to understand what it is they have for you, and how you feel about nature, so pay attention as you pass a tree, or touch a tree, as you lie on the grass, what you feel from these elements of the Earth.

只要你能用你们的眼睛，你的身体的眼睛来看，能量就正在从大自然的元素，树木，青草，石头以及存在的意识散发出来。随着你在意识中的成长，你将会发现你自己能够与用一种比你们能够与动物连接的方式甚至更大的方式包围着你的具有这种属性的意识连接，以理解它们有什么事情要给你，你对于大自然感觉如何，因此，在你经过一棵树，或者接触一棵树的时候，当你躺在草地上的时候，留心你从这些地球的元素感觉到的事物。

We are Laitos. We thank you for this opportunity to speak, and we now move to continue the contact through the one known as J2.

我们是 Laitos。我们为这个发言的机会而感谢你们，我们现在移动以通过被知晓为 J2 的实体继续接触。

(J2 channeling)
(J2 传讯)

We are Laitos, and we are with this instrument. We thank you for your service, and your work to help raise the vibration on Planet Earth. As you do your work, sometimes you may feel that you come upon a block, and you're not sure how to get passed it. We invite you to use the resources that you have on

Earth. We invite you to take a break and to go out into nature and just be, and open your heart, experience the various unfolding of the flowers, the various stages each flower is in, as it unfolds.

我们是 Laitos, 我们现在与这个器皿在一起了。我们为你们的服务, 为你们帮助提升在行星地球上的振动的工作而感谢你们。当你们做你们的工作的时候, 有时候你们可能感觉到你们遇到了一个障碍物, 你们并不确信如何跨越它。我们邀请你们使用你们在地球上拥有的资源。我们邀请你们休息一会儿, 走出去进入到大自然中, 仅仅成为, 开放你们的心, 体验各种各样的花朵的绽放, 每一朵花, 在它绽放的时候, 处于其中的各种各样的阶段。

There is much constantly growing and unfolding in nature, there is constant movement, constant growth. It never stops. As you experience the flow of nature, you will find that you can get past your blocks and begin to flow again, and you will begin to harmonize with nature, harmonize with the reflection of the dew on the grass.

在大自然中会有大量持续不断地生长与绽放, 会有持续不断的运动, 持续不断的成长。它从不停止。当你们体验到大自然的流动的时候, 你们将会发现你们能够跨越你们的障碍物并再一次开始流动, 你们将会开始与大自然协调一致, 与在青草上的露珠协调一致。

We now pass this contact to the one known as Austin. We are Laitos.

我们现在将这个接触转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin)

We are Laitos, and we are with this instrument. We greatly appreciate the opportunity to speak upon this topic which we, as members of the Confederation of Planets in Service to the One Infinite Creator, have come to serve you at a very special time upon your planet. Fourth density approaches in your space/time. That it will arrive is guaranteed; the means of its arrival may vary.

我们是 Laitos, 我们现在与这个器皿在一起了。我们极其感激在这个主题上发言的机会, 我们作为服务于太一无限造物者的星际联邦的成员, 已经在你们的星球上的一个非常特殊的时刻前来服务你们了。第四密度在你们的空间/时间中接近了。它将会抵达, 这是保证的, 它抵达的方式可能会变化。

We suggest to you, and all those wanderers and seekers who wish to extend their hands in service, that one of the greatest of services you may embody at this time is to seek to understand, contemplate, and harmonize with the relationship between your planet—which you call nature—your social structures, and your individual beings. In this way, you may make what might be considered a somewhat difficult situation—which is the transition of your planet to proper fourth density—somewhat less difficult, somewhat more harmonious. And we can assure you that any efforts toward this end will have resounding effects through the time of transition.

我们对你们，以及所有那些希望将通过服务将它们的手伸出去的流浪者与寻求者建议，你们可以在此刻具体体验的最大的服务中的一个服务就是寻求去理解、沉思在你们的星球——你们称之为大自然——与你们的社会构架以及你们个体的存有之间的关系，并与之协调一致。用这种方式，你们可以使得被认为是一个多少有些困难的情况的事物——那个情况就是你们的星球进入到适当第四密度的转换——成为多少有些较不困难的，成为多少有些更为协调的。我们能够向你们保证，任何朝向这个目的的努力都将会在穿越转换的时间中拥有响亮的作用。

You may seek contemplation in the question, "What is nature? Where does nature end? Who is your planet, Mother Earth, Gaia? What is contained within that name?" You may see a blade of grass, and you know it is of nature. You may see a flower, an insect upon that flowers, and you know that they are of nature. You may see a tree and birds upon the tree and the sky above it, and you know these are nature. But when you look inside, to yourself, do you not know that you are also nature? How is it that you can be separate from these things?

你们可以在这样一个问题中寻求沉思，“什么是大自然？大自然会在何处结束？你们的行星，地球母亲，盖亚是谁？在那个名字中包含有什么事物？”你们可以看到一片草，你们知晓它是属于大自然的。你们可以看到一朵花，在那些花上的一只昆虫，你们知道它们是属于大自然的。你们可以看到一棵树，在那棵树上的鸟，在树上方的天空，你们知晓这些是大自然。但是当你往内看，看你自己的时候，你难道不知道，你同样也是大自然吗？你如何能够与这些事情是分开呢？

They are all of the Earth, as are you. No matter where you may have come from, you, right now, in this unique situation, are the Earth. You are Gaia. The concept of the planet you are on and the nature upon it is inseparable from your nature.

它们全都属于地球，和你是属于地球一样。无论你可能来自何处，你，在此刻，在这个独一无二的情况中，就是地球。你就是盖亚。你处于其上的行星与在行星上的大自然的观念，是与你的本性是不可分割的。

We suggest this mode of contemplation, as this awareness is made quite apparent within the fourth density. A social memory complex is not simply the fourth density beings upon a planet. It contains the planet and all of its beings as well, in relationship, in harmony. To seek this harmony now, when it is least apparent, will make it available more and more as your planet, might we say, struggles to express its true fourth-density nature. You may help it by seeking this harmony.

我们建议这种模式的沉思，因为这种认识在第四密度中会变得相当明显。一个社会记忆复合体不是单纯地在一个星球上的第四密度的存有。它包含了星球，同样也包含了所有它的存有，在关系中，在协调一致中。要现在，在它是最不明显的时候寻求这种和谐，将会使得它越来越多地可被利用，在你们的星球，容我们说，努力表达它真实的第四密度的属性的时候。你们可以藉由寻求这种和谐来帮助它。

At this time, we transfer this contact to the one known as Jim. We are Laitos.

在此刻，我们将这个接触转移到被知晓为 Jim 的实体。我是 Laitos。

(Jim channeling)

(Jim 传讯)

I am Laitos, and am again with this instrument. My friends, a natural environment is one of your greatest friends, for there you may take those confusions, doubts, dissensions, disharmonies, and let them flow into the natural environment to be recycled as another form of light to be used there for growth. You may shed these difficult experiences within Mother Nature's arms as you are cradled there, much as a child is comforted by its mother, and the loving feelings expressed by her for it. In the natural environment, you find a natural home, a place where you can realize that which seems confused in the urban environment, where the input into your mind/body/spirit complex in nature is that which is much easier for your brain to assimilate. There it is nurtured as well, as a plant within a protected garden, so that its energy expenditures are much more harmoniously balanced, and flow of the potential or expanded comprehension and expression of the love and light of the One Creator.

我是 Laitos，我再一次与这个器皿在一起了。我的朋友们，一个大自然的环境是你们最大的朋友之一，因为你们可以将那些混淆、疑惑、异议与不和谐带到那里，并让它们流入到大自然的环境中，以作为另一种光的形式被再循环，并在那里被用于生长。你们可以将这些困难的体验倾倒在大自然的母亲的手臂中，如同你们是在那里被放在摇篮中一样，非常类似一个孩子正在被它的母亲安慰，母亲对它表达出了爱的感觉。在大自然的环境中，你们会发现一个自然的家园，一个在其中你能够领悟在城市的环境中看起来似乎是混淆的事情的地方，一个在其中进入到你的心/身/灵复合体的输入在属性上是更加容易让你的大脑消化吸收的事物的场所。在那里大脑同样也是被滋养的，如同在一个被保护起来的花园中的一个植物一样，这样它的能量的支出就会被更为协调一致地平衡了，对太一造物者的爱与光的领悟与表达的潜在的或者被拓展的流动。

You are a part of nature, my friends. And when you realize your partnership with the natural environment, then both can benefit as each feeds the other what is needed for mutual growth. Go there to find respite from the storms of the self and other self interaction that has gone awry, and return again with the harmony in your heart to reach out in love to those around you. This is your destiny, my friends. It is to return to the Earth that you may grow upon the Earth and grow into the new Earth of fourth density.

我的朋友们，你们就是大自然的一部分。当你们领悟你们与自然环境之间的伙伴关系的时候，接下来两者都能够受益，因为每一方都在为另一方喂养对于共同的成长是需要的事物。去那里找到对自我与其他自我的已经出错了的互动的暴风雨的休息，再一次带着在你们心中的和谐返回，并在爱中向着在你们周围的人伸出手来。我的朋友们，这就是你们的天命。就是通过返回地球，你们可以在地球上成长，并成长成为第四密度的新的地球。

We are those of Laitos. At this time, we shall take our leave of this instrument

and this group. We leave you, my friends, in joy, in peace, in love and in light.
We are those of Laitos. Adonai, adonai.

我们是 Laitos。在此刻，我们将离开这个器皿和这个团体。我的朋友们，我们在喜悦中，在平安中，在爱中并在光中离开你们。我们是 Laitos。Adonai, Adonai。

April 30, 2017

2017-04-30 Laitos: 信心与受苦

(The topic of this channeling, chosen beforehand, was about reconciling our faith and acceptance of the tenet "all is well" with the pain and difficulty in witnessing deep suffering.)

(这次传讯的主题是提前被选择好的,主题是关于在我们对“一切都好”的信条的信心与接纳与在看到深深的受苦的时候的痛苦与困难之间的调和。)

(Jim channeling)

(Jim 传讯)

I am Laitos, and greet each of you, once again, in love and in light. What a privilege it is to be asked to join your circle this day. We have been so honored to be a part of your process of learning to channel for these past two days, that we feel much blessed to be able to return again, and to be with you as you exercise your instruments and expand your ability to perceive those concepts which we offer to you in response to those queries which upon your minds and hearts are resting, and which you have offered to us, to offer us the chance to speak and to serve—the same chance that you, yourselves, seek as well. We are one in this journey of seeking and serving, of learning to be more aware each of the other's needs, potentials, and desires.

我是 Laitos, 我再一次在爱与光中向你们每一位致意。被请求在今天加入你们的圈子,这是怎样一种荣幸呀。我们对于在过去的这两天时间期间成为你们学习传讯的过程的一部分已经是如此荣耀的了,以至于我们对于能够再一次返回,并你们能训练你们的器皿与拓展你们去感受我们提供给你们的概念的能力,是感觉到极其有福的,而那些观念是我们在回应那些在你们的头脑中与心中休息的,你们已经提供给我们,并提供给我们机会——这些机会同样也是你们,你们自己寻求的相同的机会——来发言与服务的问题的过程中所提供的观念。我们在这条寻求与服务的旅程上,在这条学习去更多地察觉到每一个其他人的需要、潜能与渴望的旅程上是合一的。

This day you seek to gain some understanding, shall we say, as best as is possible within our illusion, of the quality of that which is a seeming unwelcome guest, or partner to a loving creation: that is the concept of disharmony, to the point of even considering evil, and of how to perceive this, not only intellectually, but how to respond to it by the feelings of one's own inner sensitivities; how to express in a manner which may be comprehended both intellectually and emotionally. For a creation of love would seem to be a place where you would not find the disharmonies that would be as difficult, as dark, as deep, and as frequently experienced, as you do within your illusion—and, in fact, so many other third density planets, most especially, experience much the same as do you.

今天你们寻求去对一种看起来似乎是不受欢迎的客人,或者一个有爱的造物的伙伴之所是的特性取得某种,容我们说,在你们的幻象中是尽可能最佳的理解,那个特性就是具有不和谐,甚至到了可以说是邪恶的程度的观念的特性,你们想要

理解，如何感知这种不和谐，不仅仅是从智力上，同样如何藉由一个人自己内在的感知的感觉来回应它，如何用一种可以同时智力与情绪上可以被了解的方式来表达。因为一个爱的造物看起来似乎会成为一个在其中你们不会发现那种和你们在你们的幻象中体验到的一样的困难，一样的黑暗，一样的深入，且一样频繁地被体验到的不和谐的地方——实际上，如此多其他的第三密度的星球，尤其会体验到与你们体验到大为相同的不和谐。

And yet, in this creation of the One Infinite Creator, we find that there is that which is of the light and that which is of the darkness, and these are also portions of the One Creator. For the One Creator has created all that there is out of itself, using the power of Love to cause material of one vibration or another to condense into the photon, into the Light, which vibrates in such and such a manner, so that within your illusion you are able to perceive a certain range of experience; and to feel that there is a reality about you that does, indeed, exist as it vibrates within your range of perception, that which you can see, that which you can feel, that which you can hear, that which you can touch, that which you can taste.

而在这个太一无限造物者的造物中，我们发现会有属于光的事物，以及属于黑暗的苏武，这些同样也是太一造物者的一部分。因为太一造物者已经从祂自己创造出了一切万有，同时通过使用爱的力量在使得具有这样或者那样一种振动的材料压缩成为光子，成为光，这种光是用这样或者那样一种方式振动，这样在你们的幻象中你们就能够感觉到一定范围的体验，并感觉到在你们周围会有一种实相，在这个实相在你们的知觉的范围内振动的时候，这个实相就确实是存在的，是你们能够看到，你们能够感觉到，你们能够听到，你们能够触摸，你们能够品尝的事物。

You experience your illusion, shall we say, on the ground—boots on the ground—experience face to face the self meeting other selves, and other facets of selves, in what is not exactly a dance; sometimes it seems a combat. And we are speaking to you this morning to help you to realize that this is a creation of unity, that whatever you perceive as being out of the unified nature of the creation is that which has not been quite correctly perceived—for there is, in truth, no disharmony. There is no vibration that cannot be blended with that of love. There may be a greater period of time during which certain vibrations and experiences will need to be worked with in order to be able to experience them as that which is whole and perfect, unblemished, and playing a vital role within the evolutionary journey that each of you, and all creation, makes, as it pursues the path of unity, and to coalesce once again at the octave density with the One Infinite Creator.

你们是，容我说，在地面上——脚踏实地——体验你们的幻象的，面对面地体验自我遇到其他自我，自我的其他面向，通过并非如此准确地是一种舞蹈的事物，有时候它看起来事实是一种战斗。我们在今早正在对你们发言以帮助你们意识到，这是一个统一的造物，无论什么你们感觉是不具有造物的统一性的属性的事物，都是尚未被相当正确地感知到的——因为实际上，没有不和谐。没有无法用爱的振动来混合的振动。可能会有一段更长的时间是在其中是一定的振动与体验将会需要对其进行工作，以便于能够体验它们就是完整与完美的，纯洁无暇

的事物，是在你们每一个人的演化的旅程中扮演了一个至关重要的角色的事物，所有的造物，在它追寻那条统一的道路的时候，都会进行那条演化的旅程，并在第八密度再一次与太一无限造物者结合起来。

At this time, we shall transfer this contact to the one known as Steve. We are those of Laitos.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Laitos。

(Steve channeling)

(Steve 传讯)

I am Laitos and we are with this instrument. We would begin our communication through this instrument by giving you a little information about who we are, for we feel at this time that that information is useful as a portion of the message we have to bring on this topic here chosen for today. 我是 Laitos，我与这个器皿在一起了。我们会藉由给予你们一点点关于我们是谁的信息来通过这个器皿开始我们的沟通交流，因为我们在此刻感觉到，那个信息作为我们今晚所要带到这个为今天被选择好的主题上的信息的一部分是有用处的。

We are a social memory complex of fourth-density advancement which has shared, with those of Ra, a feature of its development which we would describe by saying it is harmonious in the extreme. Now, we put the matter in this way in order to highlight a certain feature of our experience, a feature which we are now discovering has left us able to penetrate the depths of what you might call "possible experience"—a little less than now we would like, and we have asked this instrument if we may draw upon its reserves of experience which, in this area, are somewhat extensive, in order to illustrate a simple point which we feel can be made, and that we would ask you to understand that there is much in this question which continues to motivate our own seeking. And so, in this regard, my friends, we would like to suggest to you that we must be regarded as fellow seekers along with you, in attempting to plumb these depths.

我们是一个具有第四密度的先进性的社会记忆复合体，它已经与那些属于 Ra 的实体分享了它的发展的一种属性，我们会藉由说它是极其协调一致的来描述这种属性。现在，我们用这种方式来描述那个问题以便于着重强调我们的体验的一定的属性，一种我们现在发现已经使得我们能够刺穿你们可以称之为“有可能的体验”的事物的深度的属性——比我们现在想要刺穿的深度较少一点点，我们已经询问这个器皿，是否我们可以利用它的在这个区域中多少有些拓展性的体验的储存库，以便于阐释一个我们感觉到能够阐释的简单的要点，我们会请你们理解，在这个问题中会有大量的事物是继续推动我们自己的寻求的。因此，在这个方面，我们会对你们建议，我们必须要被视为是和你们同行的，正在尝试去探测这些深度的伙伴的寻求者。

We, in our own development, had bought little experience of some of the levels and kinds of oppositional life, of aggressive life, of hostile and bellicose

life that your peoples at this time experience and express. And we will admit to you that there are times in which we stand, shall we say, aghast, before the phenomenon of rather striking—and in some cases, rather pure—negativity. And yet, we do realize that this negativity is a part of a creation which, in its unity, is able to transmute all—and we do mean all—negativity, into what we may call a positivity that is so deep, so vast, so thorough going, that it staggers the created imagination to contemplate. It staggers us, my friends, and we find the thought that the creation could have such depths as to envelope and transmute, without remainder, even such dimensions of negativity that have caused us to come to full arrest in disbelief and incomprehension from time to time.

在我们自己的发展中，我们几乎没有已经带有你们的人群在此刻体验和表达具有某些层次与类型的对抗性的生命，侵略性的生命，有敌意且好战性的生命。我们将会对你们承认，会有一些时候我们在其中会，容我说，面对，直面具有相当显著的——在一些情况中是相当纯净的——负面性的现象。而我们确实意识到，这种负面性是一个造物的一部分，这个造物，在其统一性之中，是能够将所有——我们的意思确实是所有——负面性转变为我们可以称之为具有一种正面性的事物，这种正面性是如此深入，如此庞大，如此彻底，以至于它会让被创造出的想象力大吃一惊，以进行沉思。我的朋友们，它让我们大吃一惊，我们发现，造物能够拥有的想法是具有如此的深度，以一直它会囊括与转变，而不会有残余，甚至那种已经使得时不时地我们完全被囚禁于不相信与不理解之中的如此的负面性的维度。

We now seek to learn along with you of that sense of completeness within ourselves that we have not yet been able to fathom which discovers within the self that which registers enough in the negative scale that we may find the completeness of the creation not only without, but also within. The arresting thought resides in the realization that, that which I see as so negative—I may know no name for it but evil itself—is as much a portion of myself as it is a feature of reality itself. So, we are driven in this regard by the urgency, by the instinct for seeking that one unavoidable question—Who am I?—to contemplate dimensions of selfhood of one's own personal being that have not been—that cannot have been—fully explored, given that these dimensions have not yet been able to harmonize in accord with the experience of that before which we stand aghast. Even that which you call suffering, in its most extreme forms, would be, as far as we now can understand, but a small price to pay for gaining access to those unfathomable dimensions of ourselves, that, as we now see it, the harmonious nature of our evolutionary experience has not yet permitted us to fathom, to view, to work with as a real and present reality of the immediacy of the energies of our lives.

我们现在寻求与你们一起学习对在我们自己内在之中的我们尚未能够看穿的完整性的感觉，这种完整性的感觉会在自我内在之中探索用负面性的尺度留下足够多的印象的事物，这样我们就可以不仅仅在外在，同样也在内在之中找到造物的完整性了。引人注目的想法存在于这样的领悟之中，我视为是如此之负面性的事物——我可能不知道它的名字，而仅仅是邪恶其自身——是我自己的一部分，

如同它是实相其自身的一种属性一样。因此，我们在这个方面会被寻求那一个无法避免的问题——我是谁？——的紧迫性与本能所驱动，以沉思一个人自己的个人的存有的自我属性的那些尚未已经——无法被——完全被探索过的维度，假定这些维度是尚未能够与我们对其感到惊恐的事物的体验成为协调一致的。甚至是你成为受苦的事物，在其最为极端的形式中，就我们现在能够理解的范围，都仅仅是为了要取得进入到我们自己的那些深不可测的维度的入口而要支付的一个小小的代价，如我们现在看到的受苦一样，我们的演化的体验的和谐的属性尚未允许我们去探测，去观察，并作为我们的生命的能量的直接性的一个真实且存在的实相而与之共同工作。

We, those of Laitos, do feel with you a certain bewilderment, and this points us in the direction of our further seeking. We feel you may realize that the reason that we have been chosen for this function of helping to bring along new channels for the Confederation, has a great deal to do with the fact that we are widely seen as a very gentle and helpful nature that poses few challenges for channels young in experience who find our energies to be easy to welcome, to be encouraging, to be gentle. We take so naturally to that which is gentle, that the ungentle in the creation gives us still great pause.

我们 Laitos，确实和你们一起感到一定的困惑，这对我们指出了我们更进一步的寻求的方向。我们感觉到你们可以意识到，我们已经被选择来进行这种具有帮助性的功能来为星际联邦产生出新的管道的原因，是与我们是被广泛地视为是具有一种非常温和且有属性的属性这个事实有很大的关联的，这种属性对那些在经验的方面是年幼的管道几乎不会呈现出挑战，这些管道会发现我们的能量是容易迎接的，是鼓励性的，是温和的。我们如此自然而然地被带到了温和的事物身边，在造物中的不温和的事物仍旧给了我们巨大的停顿。

We would at this time take advantage of this pause to thank this instrument for allowing us to dwell in those regions of its being which have enabled us to enrich our own gentle nature with some of the depths of its experience, and we would now transfer the contact to the one known as J1. I am Laitos.

我们会在此刻利用这个停顿来感谢这个器皿来允许我们居住在它的存有的那些区域中，这些区域已经使得我们能够用它的体验的某种深度来丰富我们自己的温和的属性了，我们现在会将接触转移到被知晓为 J1 的实体。我是 Laitos。

(J1 channeling)

(J1 传讯)

We are Laitos, and are with this instrument. We greet you in the love and light that we claim has primacy often in our communications. Part of the question has to do with the depth and applicability of this primacy, the way in which it sometimes seems to this instrument that you are fodder for the Creator's learning. It does seem bleak, which is why we relish the ability to show you directly the experience of instrumentality is not without compassion.

我们是 Laitos，我们与这个器皿在一起了。我们在爱与光中向你们致意，我们经常会在我们的沟通交流中宣称爱与光是第一位的。问题的一部分是与这种首要位置的深度与适用性，以及它通过其有时候对于这个器皿看起来似乎是，你们对于

造物者的学习是无用的事物的方式有关的。它确实看起来似乎是无望的，那就是为什么我们会对直接向你们展现媒介的体验不是没有同情心的能力感兴趣的原因了。

We reiterate, when we can connect with you directly, that we can show you to the best of your ability to perceive the character and taste of what is to be gained. It can melt away your fear of the darkness. It is a great element of our appreciation for this contact, and that is part of what we can transmit through this instrument that is of value in addressing this question; because, for this instrument, there has not been a great deal of angst and suffering when compared to others in this world—or even others in this room—so that in this case it is the fear of that which has not yet been experienced that drives this question deep into our hearts. And we appreciate that words of love constitute an equation that often does not seem can be balanced when one opens up to the totality of one's being and recognizes that the heart is not a brick that one simply throws on to the pile, dusts one's hands off, and considers the structure complete. Sometimes the greatest comfort, as you well know, is not the resolution of your anxiety, but the sharing of it.

我们会在我们能够与你们直接连接的时候重申，我们能够向你们展现，你们去感觉要被去的事物的特性与风味的最佳的能力。它能够让你们对黑暗的恐惧烟消云散。它是我们对这个接触的感激的一个伟大的要素，那就是我们通过这个器皿传递的内容中在解决这个问题的方面有价值的部分了，因为，对于这个器皿，与在这个世界中的其他人相比——或者甚至与在这个房间中的其他人相比——它尚未有过大量的苦恼与受苦，因此，在这个情况中，就是对尚未被体验过的事物的恐惧推动这个问题深深地进入到我们的心中。我们感激那些有爱的话语构成了一种方程，在一个人向着它的存有的完整性开放，并认出心不是一个人单纯地扔到一堆砖块上的一块砖，将它受伤的灰尘抖掉，并认为那个结构被完成了的时候，这种方程经常确实看起来似乎能够被平衡的。有时候，最大的安慰，如你们清楚知晓地一样，不是对你们的焦虑的解答，而是对它的分享。

And in this matter we perceive a deep truth that contextualizes why this question of the emotional valence of evil and suffering confounds all of us so. As much as we may like it, we are not your rescuers. We are linked arm-in-arm with you; we face what is difficult for us as you face it. We can only say that there are times the higher perspective yields satisfaction, but it is not every time in an entity's experience, and that this is a mystery we struggle with.

在这个方面，我们感觉到了一个深入的真理，它将为什么这个具有情绪上的化学价对邪恶与受苦的问题让我们所有人都感到如此之混淆的原因放在上下文中考虑了。和我们可能会喜欢它的一样，我们不是你们的救星。我们是与你们手牵手连接在一起的，我面对这对于我们是困难的事情，和你们面对它是困难的一样。我们仅仅能够说，会有一些时候，更高的观点会产生出满意，但是在一个实体的体验中，并不是每一次都是这样的，这就是我们与之扭打的一个神秘了。

We, as you, know that there is something here that is of great service to the Creator, and we would like to be your partner in exploring it. And to that end

we thank this instrument for opening up to the ambiguity that attends this question, the experience of it, and would like to transfer this contact to the one known as K, in love and in light—not as a matter of proclamation, but as a matter of deep faith. We are Laitos and we now leave this instrument, transferring our contact, our love and our light, such as it is, to the one known as K.

我们和你们一样，知晓在这里有某种事情是对于造物者的伟大的服务，我们想要成为在探索它的过程中的你们的伙伴。对于那个目标，我们为向着伴随着这个问题以及对它的体验的含糊不清开放而感谢这个器皿，我们想要在爱与光中——不是作为一个对爱与光的宣言的问题，而是作为一个对爱与光的深入信心的问题——将这个接触转移到被知晓为 K 的实体。我们是 Laitos，我们现在离开这个器皿，并同时将我们的接触，我们的爱我们的光，如同其之所是地，转移到被知晓为 K 的实体。

(K channeling)

(K 传讯)

I am Laitos, and we ask you, in considering this question, to do two things: to look upon it from a higher altitude, which you sometimes call "spiritual altitude," and in looking down upon the question of suffering or some problem to which there is not an answer yet, some sickness that has not yet been healed—to look upon it to see the many angles that perhaps, from on the ground, from boots on the ground, you cannot see from that angle. But from above you might have a perspective such as we have being outside of space/time in which you can see it is already solved and is already healed. It has come there to teach, to show something of learning, of value, that may grow to become a greater value in your reality, remembering always that in the resolving of anything, it is a releasing of the illusion to see the perfection of what is already there when all time is one moment—to see that you already are, in a sense, at the point of a resolution at all times when you can see it from above.

我是 Laitos，我们在考虑这个问题的过程中，请你们做两件事情：去从一个更高的高度，从你们有时候称之为“灵性的高度”来观察它，在俯视受苦的问题，某个对其仍旧没有一个答案的问题，某个仍旧尚未被疗愈的疾病的过程中——去观察它，以看到许多的角度，也许从地面上，从脚踏实地的角度，你们是无法从那个角度看到的。但是从上方，你们可以用于一种诸如我们在空间/时间的外部拥有的远景之类的远景，通过这样的远景，你们能够看到，它已经被解决了，并已经被疗愈了。它已经出现在那里以教导，以显现某个具有学习，具有价值的事物，这个事情是可以成长以在你们的实相中成为一种更大的价值，同时一直都记住，在解决任何事情的过程中，它是一种对幻象的释放，以看到已经在那里的事物的完美性，并当所有的时间都是一个时刻的时候，去看你们，在某种意义上，在所有的你能够从上面观察它的时候已经是处于那个具有一个解决的位置上的。

It is already done—sometimes healers say, "It is already done, already healed," and then it is brought forth into manifestation. And do not those healers have some joy in their hearts even as they face a patient, a person, with some

illness that seems resistant or not healed? And in their joy, in their heart, they say, "It is already done and already healed." And then it seems a miracle when it is shown to be done in a very short amount of what you call time. Perhaps you could see they are starting, these healers, from the end of the problem and working backwards to what you call "the present moment." And what is that that allows them to do that but their faith. And what is faith but knowing that all problems have a solution, all illnesses have a healing if the one is ready to be healed, and all lessons posed by that illness have been learned. It can be released upon the asking, and often without assistance, but sometimes with assistance from healers.

它已经被完成了——有时候疗愈者会说，“它已经被完成了，已经被疗愈了，”接下来，它就会被带入到显化之中了。那些疗愈者难道不会在它们的心中拥有某种喜悦吗，即使是在它们面对一个病人，一个带有某种看起来似乎是有抵抗力的或者没有被疗愈的疾病的人的时候？在它们的喜悦中，在它们的心中，它们所，“它已经被完成了，它已经被疗愈了。”接下来，当它在你们所称的时间的一个非常短的数量中被现实是被完成的时候，它看起来似乎是一个奇迹了。也许你们能够看到它们正在开始，这些疗愈者，从问题的结束开始，并正在反向对你们所称的“当下一刻”进行工作。除了知晓所有的问题都有一个解决，所有的疾病都拥有一种疗愈，如果一个人是准备好疗愈的话，所有被那个疾病所提出的问题都已经被学会了之外，信心还能是什么呢？它能够在请求的时候被释放，经常是没有帮助的，但是有时候是会带有来自于疗愈者的帮助。

The one you know as Jesus the Christ would always ask those that sought his help, "Wilt thou be healed?" Meaning, were they ready to be healed—were they asking of their free will—were they ready to release the illusion of whatever that problem was and wherever it originated within their consciousness? And when they said yes, by his very touch, by his very word, by the faith of the person, they were healed. What seemed a miracle is divinely natural. Releasing the illusion at the perfect timing, and whatever lessons are still yet to be learned, can be learned, and the further releasing occur. It's very simple.

被你们知晓为耶稣基督的实体一直都会询问那些寻求他的帮助的人，“你们愿意被疗愈吗？”它的意思是，它们准备好被疗愈了吗——它们是凭借着它们的自由意志来请求吗——它们准备好释放对于源自于它们的意识的无论什么问题以及无论它们是源自何处的幻觉吗？当它们说是的时候，藉由他的触碰，藉由他的话语，藉由那个人的信任，它们被疗愈了。看起来似乎是一个奇迹的事情在神性的方面是自然的。在完美的时刻释放幻觉，无论什么课程仍旧要被学习，都能够被学会，更进一步的释放就发生了。它是非常简单的。

And in this time of your time and space right now, it is a time where illusions can be let go of, and freedom can be had—and in that freedom, some joy. And through your faith, hold on to that envisioning of light and love is always present no matter what appears to be there. The appearances will move out of the way letting that light and love be revealed, for that is what you are created out of—light and love. We thank you for this opportunity to share these thoughts of truth and light and love with you today. We are Laitos, and

we now transfer this contact, in light and love, to the one known as J2.
在现在你们的时间和空间中的这个时刻，它是一个在其中幻象能够被释放，自由能够被拥有的时刻——在那种自由中，会有某种喜悦。通过你们的信心，建筑观想光，爱一直都是存在的，无论什么事情在表面上在那里。表象将会让出道路，并让光与爱被揭露出来，因为那就是你们从其被造的事物——光与爱。我们为这个在今天与你们分享这些具有真理，光与爱的想法的机会而感谢你们。我们是 Laitos，我们现在将这个接触，在光与爱中，转移到被请知晓为 J2 的实体。

(J2 channeling)
(J2 传讯)

I am Laitos, and we are with this instrument. We show this instrument a vision of an owl flying at night, and we show her that the owl can see that the Earth breathes, it breathes in and out in a beautiful way. We show her the eagle during the day, and the Earth breathes in and out in a beautiful way. We show her the breath as we breathe in and out.

我是 Laitos，我们与这个器皿在一起了。我们对这个器皿显示了一幅一个猫头鹰在夜晚飞翔的画面，我们向她显现，那个猫头鹰能够看到地球在呼吸，它用一种美丽的方式吸入并呼出。我们向她展现在白天的老鹰，地球用一种美丽的方式吸入并呼出。我们向她展现呼吸，如我们吸入和呼出一样。

It is the Earth, it is the Creator, it is the yin, it is the yang. The Creator is made up of all these things—the yin and the yang, the dark and the light, the breathing in, the breathing out. It is the balance. We ask that you feel the dark and the light in meditation, and focus on the whole. What is your focus? Do you focus on the dark, or do you focus on the light? We ask that you feel the many vibrations of Earth that are made up of the yin and the yang, and the Creator and its wholeness, and allow the beautiful wholeness of the Creator by focusing on your breath, which is the wholeness. That's all you need to do—it's very, very simple. Your breath is the Creator, and the wholeness of life. Allow what has been created, in all its beauty, in all its wholeness, in all its completion.

它是地球，它是造物者，它是阴，它是阳。造物主是由所有这些事情构成的——阴与阳，黑暗与光明，吸入，呼出。它是平衡。我们请你们在冥想中感觉黑暗与光明，并聚焦在整体上。你们的焦点是什么呢？你们聚焦在黑暗上吗，或者你们聚焦在光明上吗？我们请你们感觉地球的很多的振动时由阴和阳构成的，是由造物者与它的完整性构成的，并藉由聚焦在你们的呼吸上，呼吸是具有完整性的，而允许那种造物者的美丽的完整性发生。那就是所有你们需要去做的事情——它是非常非常简单的。你们的呼吸就是造物者，生命的完整性。允许已经被创造的事情，在它所有的美丽中，在它所有的完整性中，在它所有的完成之中。

At this time, we pass this contact to the one known as Austin. We are Laitos.
在此刻，我们将这个接触转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)
(Austin 传讯)

We are Laitos, and we are with this instrument. We take this opportunity to remind you that you are upon a spectrum of experience, and upon a journey of seeking that, from your particular perspective, can seem quite linear. We also are upon a spectrum—the same spectrum, not too far removed from your own experience. We may point out that upon this spectrum, at the point at which you find yourself, the viewpoint is extremely and uniquely limited, and we may point out that this limitation serves a divine purpose.

我们是 Laitos, 我们与这个器皿在一起了。我们利用这个机会来提醒你们, 你们是处于一个体验的光谱上的, 你们是处于一个寻求的旅程上的, 从你特定的观点来看, 那条旅程能够看起来似乎是相当线性的。我们同样是出于一个光谱上的——相同的光谱, 并未与你们自己的体验太过远离。我们可以指出, 在这个光谱上, 在你发现你自己处于其上的位置上, 观点是极其地且用独特的方式是受限的, 我们可以指出, 这种限制是服务于一种神圣的目的的。

Within your question today, we perceive a struggle to meet your intellectual understanding in which you understand and accept that all is reconciled at a certain point in time with the inescapable and all-important feeling of the heart when confronted with that extremities of suffering. We ask you to consider that intellectual understanding from within your limited viewpoint may, as you might say, only go so far.

在你们今天的问题中, 我们感觉到一种去满足你们的逻辑智力的理解的努力, 在这种理解中, 你们理解并接受, 在遭遇到了极度的苦难的时候, 一切的事物在时间中在一定的位置上都会与心的无法避免且完全重要的感觉和解。我们请你们考虑来自于你有限的观点中的逻辑智力的理解可能, 如你们可能说的一样, 仅仅只能走那么远了。

The question and the struggle that you have posed today is of great importance, and is interwoven with the divine purpose of that limited viewpoint of which we speak. Consider, when contemplating what you have called evil—what may be perceived as extreme suffering—what it is you feel within your heart. You might describe it as sorrow. Perhaps there is an element of confusion, even anger, or bewilderment, that causes this tension between the heart and the intellectual understanding that all is well, and all will be well. We suggest and encourage that you let the intellectual understanding fall away momentarily, set it aside and allow the feeling that you have found within your heart to fill your being.

你们在今天已经提出的问题与努力, 是具有巨大的重要性的, 并且是与我们谈及的那种受限制的观点的神圣的目的相互交织在一起的。当沉思你们已经称之为邪恶的事物——可以被感觉为极度的受苦的事物——的时候, 在你的心中你感觉到什么事情了呢? 你可以将它描述为忧伤。也许会有一种混淆的要素, 甚至是愤怒, 或者困惑的要素, 它造成了在对于一切都好, 且一切都将是好的心的理解和逻辑智力的理解中间的这种张力。我们建议并鼓励, 你们让逻辑智力的理解暂时消散, 将它放在一边, 并允许你已经在你的心中找到的感觉填满你的存有。

You may find yourself confused because this feeling does not feel like the love

which you have heard us describe in intellectual terms, but we suggest that should you spend enough time within the depths of this feeling, you shall recognize that the great heart of your sorrow, of your confusion, of your anger and your bewilderment—as a response to the suffering that you perceive—is love. This, my friends, is the great lesson of the density in which you find yourselves. What we have called intellectual understanding pales in importance in comparison to the recognition of the love which is expressed when your heart goes out to those you perceive as suffering. We might even suggest that while it is possible for some few within your density to reconcile the intellect and the heart in this matter, it is not necessary—and in some cases, not even beneficial, as the intellect and the understanding of the dynamics of this situation might distract from that great heart of love which is found within your struggle to reconcile the suffering before you.

你可能发现你自己是混淆的，因为这种感觉并不感觉像是你们已经听过我们用逻辑智力的措辞描述了的爱，但是我们建议，如过你们在这种感觉的深处之中花费足够多的时间，你们将会认出你们的忧伤，你们的混淆，你们的愤怒以及你们的困惑的伟大的核心——作为一种对你们感觉到的苦难的回应——就是爱。我的朋友们，这就是你们发现你们自己处于其中的密度的伟大的课程了相比对地那种当你们的心前往那些你们感觉到是在受苦的人的时候被表达的爱，我们已经称之为逻辑智力的理解的事物在重要性的方面是苍白的。我们甚至可以建议，尽管在你们的密度中少数人有可能在这个问题中让智力与心和解，它并不是需要的，在一些情况中，甚至不是有益处的，因为智力以及对这个情况的动力性的理解，是可以从那种在你们去调解在你们前面的受苦的努力中被发现的爱的伟大的核心分心的。

We are greatly honored and pleased to speak upon this topic, as we are those of the Brothers and Sisters of Sorrow. It is the sorrow which is expressed in your question today which is that to which we are called. We cannot express the gratitude in words that we feel to be afforded the opportunity to be in relationship to a group such as this, and to share in this sorrow so that we may all, no matter the point upon the spectrum of experience and progress, find the love which is the truth of creation.

我们对于在这个主题上发言是极其荣耀且高兴的，因为我们是那些忧伤的兄弟姐妹。就是在今天在你们的问题中被表达的那种忧伤，就是我们被称呼的事物了。我们无法用言语表达我们对于被提供了机会来与诸如这个团体之类的一个团体有关系，并在这种忧伤中分享而感觉到的感激，这样我们就可以全都找到造物的真理之所是的爱了，无论我们在体验与发展的光谱上的位置是什么。

And as a final note to this instrument, we may suggest and perhaps give hope in pointing out that the love which you might find within your density—which, as we know you all have experienced as greatly powerful—is but a glimmer of what we experience from our perspective. Imagine what you call self-consciousness within your third-density being, and how this is expressed only in faint glimmers within those entities of second density. Such is the nature of love and the vastness of its expression within the coming density of understanding and love. Can you imagine the vast power and understanding

that you perceive, is but a glimmer of the truth?

作为对这个器皿的一个最后的注释，我们可以建议，也许在指出你们可以在你们的密度中找到的那种爱——如我们知道你们全都已经体验微极其强有力的爱——的方面给予希望，仅仅是一个对我们从我们的远景体验到的事物的微光。想象你们在你们的第三密度的存有中的自我意识，以及这种自我意识是如何仅仅通过暗淡的微光在那些属于第二密度的实体中被体验到的。这就是爱的属性，以及它在即将到来的理解与爱的密度中的表达的巨大性了。你们能够想象你们感觉到的巨大的力量与理解，仅仅是对真理的一个微光吗？

We leave this instrument and transfer the contact back to the one known as Jim. We are Laitos.

我们离开这个器皿并将接触转移返回到被知晓为 Jim 的实体。我们是 Laitos。

(Jim channeling)

(Jim 传讯)

I am Laitos, and am again with this instrument. The glimmer of reality that is available to you in third density is but the faintest representation of the entirety of truth, which is unity, my friends. The One Creator has desired to know itself, thus the creation is its field of play, shall we say, through various of its parts interacting in ways that you cannot possibly imagine—and some of which you can—as knowledge is gained in both the path of that which is, and that which is not: the path of unity, and the path of separation.

我是 Laitos，我再一次与这个器皿在一起了。我的朋友们，在第三密度中可供你们使用的实相的微光仅仅是对真理的完整性，即一体性之所是的最为暗淡的表现。太一造物者已经渴望去知晓它自己了，因此，造物就是它通过它的各个部分的互动的，容我说，玩耍的操场，这种互动式用种种你们无法有可能想象得到的方式进行——一些方式是你们能够想象到的——随着知晓同时在其所是以及其所不是的道路中，即统一的道路与分离的道路中，被取得。

Your illusion teaches you well, for much of what you learn is done through suffering, a traumatic passage that each undergoes when there is disharmony to the degree that pain to the core of the self is felt. In this disharmony and discord there is a potential carved out within the very heart of your being that gives you not only the opportunity to feel what pain is like, but what joy is like, what love is like. For the more pain that you can feel, the more joy that you can feel. If you did not have the veil of forgetting blocking your vision from the true perception of reality, you would see quite clearly that all is one, that there is no disharmony—and yet, could you progress as quickly as you do now within the veil where so much seems disharmonious? Where so much seems like it is truly separated from any concept of love? No, my friends. Only where there is the possibility of misunderstanding can understanding come about. Thus you dwell within an illusion that is full of gifts for you, but many do not look like gifts—yet all are. For there are only gifts of the One Creator as it reveals itself to you in deeper and deeper mysteries and illusions. That is the great dance, my friends. We are all upon it, and the Creator calls the tune.

你们的幻象很好地教导了你们，因为大量你们学习的事物是通过受苦，通过当会有不和谐存在，到了在你们的存有的最核心处会有一种潜能被挖掘出来的程度的时候每一个人所经受的一个创伤性的通道而被进行的，这种潜能会给予你们机会去不仅仅感觉到痛苦是什么样子的，同样也感觉到爱是什么样子的。因为你们能够感觉到更多的痛苦，你们就能够感觉到更多的喜悦。如果并不拥有遗忘的罩纱来将你们的视线与对实相的真实的知觉隔离开，你们就会相当清楚地看到一切都是一体的，没有不和谐——而你们能够如同你们现在在罩纱中，在如此大量的事物看起来似乎是不和谐的位置前进一样快速地前进吗？我的朋友们，不能。仅仅在会有误解的可能性的位置上，理解才能够出现。因此，你们居住在一个幻象中，它是充满了给你们的礼物，但是很多礼物并不会看起来像是礼物——而所有都是礼物。因为当造物者在一个越来越深的神秘与幻象中向你们揭露祂自己的时候，仅仅只会有太一造物者的礼物。我的朋友们，那就是伟大的误导。我们全都在这个舞蹈中，而造物者呼唤了旋律。

We thank you once again for inviting us to join you and your circle of seeking. We are blessed by each invitation, and we gladly accept each invitation. We leave you in love and light, my friends. We are those of Laitos. Adonai, Adonai.

我们再一次为邀请我们加入你们和你们的寻求的圈子而感谢你们。我们是因为每一次的邀请而有福的，我们快乐地接受每一次邀请。我们在爱与光中离开你们，我的朋友们。我们是 Laitos. Adonai, Adonai.

May 6, 2017

2017-05-06 醒着的梦境的指示

Group Question: If we look at our daily experiences as giving us clues as to the direction of our seeking, how should we use our feelings, our intellect, and our intuition to choose our direction?

团体问题：如果我们将我们日常生活的体验视为是在关于我们的寻求的方向上给予了我们线索的，我们应该如何使用我们的感觉，我们的智力，我们的直觉来选择方向呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each in love and in light this afternoon. We are honored to be asked to join your circle of seeking. It is always a pleasure for us to be with you, for we appreciate your sincere seeking upon all levels of your being. We would, as always, ask you to take those words of ours which have meaning for you, and use them as you will, when you will, and leave behind any words that we speak which do not have meaning for you at this time. If you would do this favor for us, it would make it more possible for us to share our thoughts with you, without fearing that we should become a stumbling block in any way.

我是 Q'uo，我现在与这个器皿在一起了。我们在这个下午在爱与光中向各位致意。我们对于被请求来加入你们寻求的圈子是感到荣耀的。与你们在一起，这对于我们一直都是一快乐，因为我们欣赏你们在你们所有的存有的层次上真诚的寻求。我们会一如既往请求你们使用我们的言语中的那些对你们有意义的部分，并如你们所愿地，在你们愿意的时候，使用它们，并将我们所说的言语中任何对于你们在此刻没有意义的部分都留在后面。如果你们愿意给予我们这个恩惠，它会使得我们有可能与你们分享我们的想法而不用害怕我们会用任何方式成为一块绊脚石了。

You ask, this day, how to proceed upon your path of seeking by using your daily round of activities as an indicator of that path, and how to evaluate these activities which have signals and symbols for you to give you a clue as to your direction of seeking. You have many tools to use, my friends.

今天你们询问，如果藉由使用你们的日常生活的活动作为你们的寻求的道路的一个指示物来在那条道路上前进，如何评估这些对于你们拥有预兆或者象征的活动，以便于在关于你们的寻求的方向上给予你们一个线索。我的朋友们，你们拥有很多可以使用的工具。

Each of you within the third-density illusion has a mind complex that is quite able to engage in analytical thought so that you may look at a situation, or any portion thereof, and describe, in concepts, what you see, how they fit together, how they do not fit together; and make initial evaluations as to the meaning that may be derived by you in each portion of your daily experiences.

你们每一个人在第三密度的幻象中都拥有一个相当有能力从事分析性的想法的心智复合体，这样你们就可以检查一个情况，或者在其中的任何部分，并通过观念描述你们看到的事物，它们如何调和在一起，它们如何不调和在一起，并在关于在你们的日常生活的体验的每一个部分中可以被你们推论出来的意义的方面做出初始的评估。

You have your feelings, which are more of an emotional response to a situation than an intellectual evaluation of it, for there is that portion of yourself which is more, shall we say, in contact with the life force as it flows through you. This portion of yourself which is developed first in your childhood so that it is the primary means by which you, as a child, would respond to your experiences upon a daily level, rather than responding intellectually when that faculty or faculty has yet to be developed.

你们拥有你们的感觉，相比对一个情况的一种智力性的评估，你们的感受更多是对一个情况的一种情绪性的回应，因为会有你自己的那个部分是在生命力流经你的时候更多地与生命力接触的。这个你自己的部分是首先在你的童年时期被发展的，因此，你自己的这个情绪性的部分，是你，作为一个孩子，藉由其回应你的在一个日常的层次上的体验的主要的途径，在那个逻辑智力的便利或者机能尚未被发展出来的时候，你不是用逻辑智力的方式进行回应。

There is always the intuition that is available for any person, be it a conscious seeker of truth, or a person which has not yet become conscious of this journey of seeking that the third density provides each.

一直都会有可以为任何人所取得的直觉，无论它是一个有意识的真理的寻求者，还是一个尚未察觉到第三密度提供给每一个人的这条寻求的旅程的人。

These three are the main faculties of decision making, shall we say, each of which may be enhanced or directed in some fashion by those sources or forces that may seem to be outside of yourself, such as the personal guides, discarnate entities that are friends and teachers, your higher self, and so forth. Each seeker of truth, therefore, has gathered about it a repertoire of resources, which may be consulted upon a daily basis; or even more frequently for the seeker who has become awake and aware of its own actions, and the interactions with others, and how these interactions may play out upon your stage of interpretation of experience as you are both the actor, and the audience, the writer, and the reviewer.

这三个就是，容我说，做决定的主要的机能了，它们中的每一个都可以藉由可能看起来似乎是在你自己外部的源头或者力量而用某种方式被增强或者被指引，诸如个人的指导灵，作为你的朋友与老师的非投生的实体，你的高我，如此等等。每一个真理的寻求者，因此，都已经在它周围收集了一个资源的清单，这些资源可以用一种日常的方式被咨询，或者如果寻求者已经觉醒或者察觉到它自己的行为、与他人的互动，以及这些互动如何在你的体验的表演的舞台上演出的，这些资源甚至可以更为频繁地被咨询，因为你同时是演员与观众，同时是作者与评论家。

We would recommend, as a general rule, that you allow whatever faculty first makes its opinion known to be the first to speak to you, for this is that faculty

which is most likely to have a significant contribution to make in the evaluation of the waking dream which you call the life experience. Some people are more oriented towards mentally evaluating or analyzing a situation; others feel first with their emotions what the situation has to offer; others have an intuitive response which is oftentimes difficult to discern in contrast to the feelings or emotions. We can give you a general rule in this regard, and that is that the intuition will usually await politely the mental evaluation, the emotional response, and any type of guidance from elsewhere that the seeker may receive, before making its opinion, shall we say, known.

我们会推荐, 作为一个一般性的规则, 你允许最先让它的见解为你所知晓的无论什么机能首先对你发言, 因为这个机能极其有可能在对你称之为生命体验的醒着的梦境进行评估的方面拥有一种重大的贡献要做出。一些人是更多地被导向用心智的方式评估或者分析一个情况, 其他人首先会藉由它们的情绪去感受那个情况所提供的事物, 其他人会拥有一种直觉性的回应, 这种回应在与感觉或者情绪对照的时候时常很难区分。我们能够在这个方面给予你们一个一般性的规则, 那就是直觉在让它的见解, 容我们说, 被知晓之前, 将通常会有礼貌地等待智力的评估, 情绪的反应, 以及寻求者可能会接受到的任何来自其他地方的指引。

So let us assume that you are an entity that begins with the intellectual analysis of what has occurred to you. You look at the beginning of the interaction of your being with any other entity or other self involved in the situation, or in any other quality or factor that may be significant in the experience that you feel offers you a direction in your seeking. Look at each portion of the experience from the intellectual point of view, evaluating what occurred—just the facts, shall we say, of the interaction—the mechanical description of who did what to whom, if we may put it in these terms.

因此, 让我们假设, 你是一个从对已经发生在你身上的事情的智能性的分析开始的实体。你检查你的存有与被包含在那个情况中, 或者被包含在任何其他的特性或者因素中任何其他实体或者其他自我的互动开始, 那个特性或者因素在你感觉为在你的寻求中提供了一个方向的体验中可能是大有意义的。从智力的视角检查那个体验的每一个部分, 同时评估已经发生的事情——仅仅是那个互动的, 容我们说, 事实——谁对谁做了什么的机械性的描述, 如果我们可以用这些词语描述它的话。

Then, it is very likely that you will have a feeling as a response, an emotion of some kind that will then follow the intellectual analysis. This feeling will give you a response from that deep portion of yourself, which, as we mentioned previously, was first developed as you were a young child, perhaps even a babe in arms, so that it becomes a primary part of your decision-making process, for it is that which is most basic in your own personality structure. This feeling response, however, being that which is oldest among those tools of your evaluation, sometimes is, shall we say, biased in a certain mode of response so that even the feelings may be evaluated by the mental analysis to be sure that they are of significance and relevance to the current situation, and are not throwbacks, as we might call them, to an earlier time when a difficult situation may have caused them to be formed in a manner which

carries a bias with you throughout the life experience.

接下来，非常有可能你将会拥有一个感觉作为一个回应，拥有某种类型的一个情绪，它将会跟在智力性的分析之后。这种感觉将会给予你对于你自己的那个更为深入的部分的一种回应，如我们之前提到过的一样，你自己的那个更为深入的部分是首先在你是一个年幼的孩子的时候，也许甚至是被抱在手臂中的婴儿的时候被发展出来的，因此，它会成为你做决定的过程的一个主要的部分，因为它是你自己人格构架的极其基础的部分。然而，这种感觉的回应，因为它在你的那些评估的工具中是最老的，它有时候，容我们说，在一定的反应的模式中是有偏向性的，这样甚至感觉都可能被心智的分析评估以确信它对于当前的情况是具有重要性和实质性的，而不是，如我们对它们的称呼一样，后退到一个较早的时间的返祖现象，在那个较早的时间，一个困难的情况可能已经使得它们用一种在贯穿整个生命体验都会将一种偏向性带在你身边的方式被形成了。

When you have both intellectually and emotionally attempted to grasp the nature of your interaction with another self, or other selves, or portions of the scenery, shall we say, of the picture on the stage, then it is very possible that you will have a hunch, a flash, an intuitional inspiration that will reveal to you a kind of understanding, if we may misuse this term, which is most likely to be more accurate in its overall assessment of the value of a certain interpretation of the events you have just experienced. For the intuition is that which moves down the trunk of the tree of mind, going from the conscious to the subconscious, and even further, to the cosmic energies to which you are connected in the universe as a totality. For each entity, as you well know, is a portion of the One Creator, which has connections to all of the creation. Thus, those who have relied upon this inner knowing, or intuition, for a large portion of their life experience, have developed a tool which is quite accurate in its ability to apprehend the significance of your interactions with all other entities and portions of your environment.

当你已经同时用智力的方式和情绪的方式尝试去掌握你与另一个自我，或者其他自我，或者在舞台上的具有图像的，容我们说，布景的一部分之间的互动的属性的时候，接下来，非常有可能你将会拥有一种预感，一种闪光，一种直觉性的启发，它将会向你揭露一种类型的理解，如果我们可以误用这个词语的话，这种理解在它对你已经刚刚体验过的事件的一定的解释的价值的整体性的评估的方面极其有可能是更为准确的。因为直觉会沿着心智之树的主干向下移动，从有意识的心智移动到潜意识的心智，甚至更进一步，移动到你们作为一个整体在宇宙中与之连接在一起的宇宙能量。因为每一个实体，如你们清楚知晓的一样，都是太一造物者的一部分，它与所有的造物都拥有连接。因此，那些在它们的生命体验的一个很大的部分中已经依赖于这种内在的知晓，或者直觉的实体，它们已经发展了一种在它去领悟你与所有其他实体以及你的环境的各个部分之间的互动的意义的能力的方面是相当准确的工具。

For those who are still gathering more information about the interpretation of the situation, we would recommend meditation, so that the potential jumble of information from all of the sources may settle out, may arrange themselves in a more understandable, or represented or representative quality. The meditative state is one which enhances this connection that you have through

your intuition with higher forces or sources of inspiration and information, to which you may call upon for assistance. Thus, the meditative state is that which provides the peaceful environment in which you may carefully assess the situation as it has occurred for you.

对于那些仍旧在收集关于对情况的解释的更多的信息的实体，我们会建议冥想，这样来自所有源头的信息的潜在的纠缠就可能被解开，并可能将它们自己用一种更为可以理解，或者有表现力，或者有代表性的特性排列起来了。冥想的状态是一个会增强你通过你的直觉与具有启发与信息的更高的力量你源头之间拥有的这种连接的状态，你可以呼唤这种更高的力量与源头来取得帮助。因此，冥想状态就是会提供平安的环境的状态，在这个环境中你就可以在情况已经发生的时候为你仔细评估那个情况了。

Now, my friends, this is a most detailed and intricate description of how such interpretation of your waking dream may be achieved. We would suggest that each seeker of truth, after utilizing these resources on a daily basis for a long period of your time, may be able to move through this process more quickly than it would at first glance seem probable, given each step that we have enumerated. Some seekers of truth have developed what we may call "shortcuts" in this process, relying upon such qualities as the intuition; perhaps using the pendulum, perhaps feeling a certain feeling or recognizing a certain feeling in response to the situation; or may see within the situation recognizable symbols that have appeared before, whether in sleeping dreams or waking dreams, or within the studies with teachers, with books, with musical programming, or whatever the instrument of learning might have been.

现在，我的朋友们，这是一个对于你的醒着的梦境的这样的解释如何可以被取得一个极其具体细致与复杂的描述。我们可以建议，每一个真理的寻求者，在用一种每天的方式利用这些资源有你们的一段很长的时间之后，都可能会能够比它第一次看起来有可能的穿越这个过程更快地穿越它，考虑到每一个我们已经列举了的步骤。一些真理的寻求者已经发展出我们可能在这个过程中称之为“捷径”的事物，依赖于诸如直觉之类的特性，也许是通过使用重锤，也许是在回应情况的过程中感觉一定的感觉或者认出一定的感觉，或者可能在情况中看到可以识别的之前已经出现过的象征物，无论是在梦境状态中还是在醒着的状态中出现过的，或者在与老师，与书本，与音乐节目，或者无论什么学习的工具一起的学习中。

There is a kind of repeating theme for many seekers. Indeed, for each seeker that proceeds very far down this path of utilizing the daily round of experiences in the fashion of the waking dream, there is, as in the dream state, a kind of vocabulary that is ultimately developed by the conscious seeker, so that if a certain color is seen, a certain shape, a person with a certain kind of interest or name, there are an infinite number of portions of a picture of a waking dream that may provide a vocabulary or symbolic representation for each seeker. This is, of course, of necessity, determined by each individual seeker, so that it may well be that no two seekers share the same vocabulary, but speak a different language in interpreting the nature and portions of each waking dream picture.

对于很多的寻求者会有一种类型的重复的主题。确实，对于每一个用那种醒着的梦境的方式在这条利用日常生活体验的道路上前进了非常远的距离的寻求者，如同在梦境状态中一样，会有一种类型的词汇表会被有意识的寻求者最终发展出来，这样如果一定的色彩被看到，一定的形状，一个带有一定类型的名曲或者名字的人被看到，对一个醒着的梦境的图像就会有无限多的部分是可能为每一个寻求者提供一个词汇表或者象征性的呈现的。这当然是必须由每一个个体的寻求者决定的，这样很有可能没有两个寻求者会分享相同的词汇表，而是在解释每一个醒着的梦境的图像的特性和各个部分的过程中会说一种不同的语言。

These are means by which the seeking process is enhanced, and means by which the conscious seeker of truth may be able to move more swiftly through the decision-making process as to the meaning of the dream, and the specific wording, as it were, that speaks to the heart, to the mind, and to the soul.

这些就是寻求的过程会藉由其被增强的途径，这些就是有意识的真理的寻求者藉由其可能能够在关于梦境以及特定的词语的意义的方面更为迅速地穿越做决定的过程的途径，那些特定的词语，可以说是，在对心、对心智、对灵魂发言的。

At this time we would ask if there might be any queries concerning this question to which we have addressed our energies.

在此刻我们会请问，是否在关于这个我们已经对其讲述了我们的能量的问题的方面可能会有任何问题。

K: The answer has been quite helpful and informative and guiding. Thank you.

K: 答案已经是相当有帮助、富有教益且指导性的了。谢谢你们。

Q'uo: I am Q'uo. We thank you, my sister, and as there appear to be no questions to follow up the focus question, we would ask if there might be another query to which we may respond?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹，因为看起来似乎没有对于焦点问题的后续问题，我们会请问是否可能有另一个问题是我们可以回应的？

K: There is a query from a reader of the Law of One in another country, having to do with working upon the energy body, saying that reading in the Law of One, the idea that wanderers may suffer allergies as a result of discomfort with their physical bodies, and so a follow-up question has been sent to ask: If a strong and atypical allergy that suddenly covers, for example, a chest and front part of neck, may be connected with this person's attempts to open higher energy centers, is there a correlation there between working upon the energy body for positive growth, but then suffering, perhaps temporarily, a physical reaction to that in that part of the physical body, and if that is so, is it an indication of doing something on an energy level that could be alleviated somehow? Is this something to be aware of spiritually? How may this person understand this situation better, and thank you, Q'uo.

K: 有一个问题来自在另一个国家的一的法则的一个读者，问题是与在能量身体上的工作有关的，问题说，在阅读一的法则的过程中，那个流浪者可能遭受过敏

作为对它们的物质性身体的不舒服的一个结果的观点，因此一个后续问题被送来以询问：如果一种强有力且不规则的过敏突然间覆盖了，举个例子，一个胸部或者颈部的前部，这可能与这个人开放更高能量中心的尝试有关的吗，在为了正面性的成长而对能量身体进行工作，但接着遭受了，也许是暂时性地，在物质性的身体的那个部分中的一种身体反应，在两者之间有一种关联吗，如果是这样的话，它是在一个能量层次上做某种事情以便于那个症状以某种方式可以被缓解的一个指示吗？这是某种在灵性上要去察觉的事情吗？这个人如何可以更好地理解这个情况，谢谢你们，Q'uo。

Q'uo: I am Q'uo, and believe that we grasp the thrust of the query. It is indeed so that wanderers, in general, are subject to the experience of the allergic reaction to various portions of this planetary sphere, and indeed, at the deepest level of the wanderer's being, allergic reactions are often a type of rejection of the planet itself, and its disharmonious vibrations which may not be completely known in a conscious fashion by the wanderer. Thus, the body then relays this information from the deeper portions of the wanderer's being to the wanderer's conscious mind in the form of the allergic reaction.

Q'uo: 我是 Q'uo，我相信我们掌握了问题的冲力了。流浪者，一般而言，是易于遭受到对于这个星球的各种各样部分的过敏反应的体验的，确实是这样的，确实，在流浪者的存有的最深的层次上，过敏反应经常是一种类型的对星球其自身，以及它不协调的振动的排斥，这种不协调的振动可能不会用一种有意识的方式被流浪者完全知晓。因此，身体接下来会从流浪者的存有的更为深入的部分项流浪者的有意识的心智用过敏反应的形式传递这个信息。

We would also suggest that as it was mentioned in the query, the area of the energy centers that is affected by such an allergy be noted, for indeed, the allergy, or rejection of a certain portion of either an environment or an experience within the environment, is reflected in the energy center that is, itself, the subject of the allergic reaction.

我们同样会建议，如同在问题中被提到的一样，被这样一种过敏所影响的能量中心的区域被注意到，因为确实，对要么一个环境，要么在一个环境中的体验的一定的部分的过敏或者排斥，是在能量中心中被反映出来的，能量中心，在其自身，就是过敏反应的主题。

The red-ray energy center being that which deals with the survival of the entity and the sexual reproduction of the entity, it's survival, shall we say, as a species. The orange ray being that individual or emotional idiosyncrasy that is expressed in a one-to-one relationship with another being. The yellow ray being that group expression of energies that the wanderer has involved itself in. The green ray being the opening of the heart energy center, and the experience of universal love, being able to both give and receive that love. The throat chakra being that freely given communication or inspiration and acceptance of other selves. The indigo ray energy center being that energy of the adept, the magical personality and its state of beingness, of the sense of the Creator as intelligent energy. The violet ray being that center which reflects the overall balance of all the energy centers.

红色光芒能量中心是与实体的生存、实体的性繁衍、它作为一个物种的、容我们说，存活打交道的。橙色光芒是那种个体性或者情绪性的特质，它是在一种与另一个存有之间的一种一对一的关系中被表达的。黄色光芒是流浪者已经让它自己被包含在其中的团体能量的表达。绿色光芒是对心的中心，普世之爱的体验的开放，并能够同时给予并接受那种爱。喉部脉轮是那种被自由给予的交流或者启发，以及对其他自我的接纳。靛蓝色光芒中心是行家的能量，魔法人格以及它的存在性的状态，是对造物者是智能能量的感知。紫罗兰光芒是反映了所有能量中心的整体平衡的中心。

Thusly, when an allergy strikes an entity, be the entity a wanderer or not, it is well to look to the energy center that is affected so that there may be some indication of the kind of energy that is having some effect of a difficult nature for the wanderer, or for the entity experiencing it at a certain level of its energy centers.

因此，当一种过敏反应袭击一个实体，无论那个实体是不是一个流浪者，去检查被影响的能量中心，这样就可以对正在对流浪者，或者对正在一定的能量中心的层次上体验它的实体产生某种具有一种困难的属性的效果的能量拥有某种指示了。

Thus, the exploration into the cause and potential amelioration of the difficulty then may be more easily determined. The ability of the wanderer, or entity suffering such allergy, is predicated, shall we say, upon the ability to identify the allergen, that which is the focal point of the rejection by the entity that has expressed itself in a certain energy center.

因此，对于困难的原因以及对困难的潜在的改善的探索，接下来就可以更为容易地被决定了。遭受这样的过敏症的流浪者或者实体的能力，是由实体分辨过敏原的能力的决定的，过敏原就是被那个已经通过一定的能量中心表达其自身的实体的排斥的焦点。

May we ask for one more query at this time?
在此刻我们可以请求多一个问题吗？

K: Yes, and thank you for that answer. Would it be correct to say that the allergy appearing upon the body connected with a particular energy center of the body is like what was discussed earlier: providing and taking clues from a waking experience so that a person, an entity, may act upon them for personal growth. An allergy could be considered a waking experience providing clues for growth?

K: 是的，为那个回答感谢你们。这样说是正确的吗，出现在与一定的身体的能量中心有关联的身体上的过敏，就好像在之前被讨论过的一样：会从一种醒着的体验提供并得到线索，这样一个人，一个实体，就可以为了个人成长在其上进行工作了。一种过敏能够被考虑为是提供了成长的线索的一种醒着的体验吗？

Q'uo: I am Q'uo, and am aware of your query, my sister, and would suggest that you are quite perceptive in this correlation between the allergy and the waking dream, for indeed, all experiences of any seeker of truth may be seen

as being indications of the appropriateness or inappropriateness of certain engagements, certain entities, certain behaviors, certain experiences. Any facet of the experience that may be seen as a waking dream could be seen as that which is related to the allergy, in that the allergy has, for the entity, made a statement in evaluating repeating interactions between the entity with the allergy, and other entities, other thoughts, other places, or things, shall we say.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹, 我们会建议你在这个在过敏和醒着的梦境之间的关联的方面是相当有感受力的, 确实, 任何真理的寻求者的所有的体验都可以被视为是一定的参与, 一定的实体, 一定的行为举止, 一定的体验性的适当性与不适当性的指示。任何可以被视为是一种醒着的梦境的体验的面向, 都能够被视为是与过敏有关联的, 因为对于那个实体, 过敏已经在评估在带有过敏的实体和其他的实体, 其他的想法, 其他的地方, 或者, 容我们说, 事情之间的重复的相互作用的方面做出了一个陈述了。

For all is truly one for each seeker of truth. Each daily round of activities is much like a spiritual fingerprint, shall we say, in regards to the seeker's response to the daily round of activities, and the various portions of these activities. How the seeker views or responds to each portion of its waking dream is an indication of the nature of that seeker's vibratory level, in a general sense. This general vibrational level then, will repeat itself in various experiences that the seeker may then become attuned to and, shall we say, on the look-out for, and able to interpret when encountered. For all that you do speaks to you of that who you are, of what you seek, of your journey of seeking at this moment, and of your ultimate destination.

因为, 对于真理的寻求者, 万物真的都是一体的。每一个日常生活的活动, 都非常类似于在关于寻求者对日常生活的活动, 以及这些活动的各种各样的部分的回应的方面的一个灵性上的, 容我们说, 指纹。寻求者如何看待或者回应它的醒着的梦境的每一个部分, 一般而言, 就是寻求者的振动层次的特性的一个指示。这种一般性的振动接下来, 将会在各种各样的体验中重复其自身, 这样寻求者就可以接下对于那种振动进行调音, 对其进行检查, 并能够在体验被遭遇到的时候进行解释了。对于所有你做的事情, 都会对你谈及你之所是, 你寻求什么, 你在此刻的寻求的旅程, 以及你最终的目的地。

At this time, my friends, we shall take our leave of this instrument, for it is tiring, and wishes to remain as accurate as possible in its presentation of concepts that it is aware of, realizing that the growing tiredness does reduce the accuracy of perception.

在此刻, 我的朋友们, 我们将离开这个器皿, 因为它疲倦了, 并希望在它对它察觉到的观念的呈现的方面是尽可能保持准确的, 它同时意识到不断增长的疲倦确实在降低接收的准确性了。

We would, again, thank each of you for inviting us to join your circle of seeking this day. It has been a great honor and a privilege. We leave you as we found you, in love and in light. We are known to you as those of Q'uo. Adonai, my friends, Adonai, vasu borragus.

我们会再一次感谢你们各位邀请我们加入你们今天的寻求的圈子。它已经是一种

巨大的荣耀和一种荣幸了。我们在爱与光中离开你们，如我们发现你们的时候一样。我们是你们知晓的 Q'uo. Adonai, 我的朋友们, Adonai, vasu borragus。

May 20, 2017

2017-05-20 转变与感激

Group Question: Most within the group have felt various layers of clearing as old things are let go and openings are made for new energies and opportunities. There is a common desire to raise the self's vibrations to their highest potentials, and to be more effective in serving others. We would like to know how we can both work with and allow the energies of fourth density to clear and transform us; and what, if anything, we can do to consciously assist this process of clearing. Also, if you could speak to the role of gratitude in this process.

团体问题：在团体中的大多数人，随着就得事物被放下，并随着向着新的能量和机会的开放被做出，都已经感觉到了在各种各样层次上的清理。会有一种通常性的渴望去将自我的振动提升到它们最高的潜能，并在服务他人的方面是更有成效的。我们想要知道我们如何才能同时与第四密度的能量一同工作，并允许第四密度的能量清理并转变我们，我们能够做什么事情，如果有任何事情的话，来有意识地帮助这个清理的过程了？同样，你们是否能够谈谈在这个过程中的感激的角色。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this day. As always, it is a great privilege and pleasure for us to be asked to join your group once again. If you would do us the favor that you always do of taking those words we speak that have meaning to you, and use them as you will, and then leaving behind any words that we speak that have no meaning for you, then we will feel free to speak as we will, for we do not wish to be a stumbling block of any seeker of truth. We have traveled somewhat further along the same path upon which you travel than have you. We are your brothers and sisters who advance our own seeking by the service that we can offer to such entities as are you. Thus, we are most grateful to you for asking us to join you this afternoon in your circle of seeking.

我是 Q'uo，我们在这个日子，在爱中并在光中向你们各位致意。一如既往，被请求再一次加入你们的团体，这对于我们是一种巨大的荣幸与快乐。如果你们愿意给我们一个恩惠的话，也就是你们一直都拿走我们所说的话语中的那些对你们有意义的部分，如你们所愿地使用它们，并接着将我们所说的话语中的任何对你们没有意义的部分都留在后面，那么我们就将会感觉到自由来如我们所愿地发言了，因为我们并不希望成为任何真理的寻求者的绊脚石。我们已经沿着你们在其上旅行的相同的道路比你们已经旅行了的距离旅行了多少有些更远一些了。我们是你们的兄弟姐妹，我们藉由我们能够提供给诸如你们之类的实体的服务而推进我们自己的寻求。因此，我们对于你们请求我们在这个下午加入你们的寻求的圈子是极其感激的。

You ask today about transformations and gratitude, and the role that each may play in your own journey of seeking the One Creator all about you, every

day, in all you do, and all you think, and all you say. This is a very pertinent query, my friends, for these are days of great change, as you well know. Transformation upon transformation is occurring upon planet Earth as the waves of fourth density engulf this planet and its people, offering the opportunity to enhance one's own journey and service to others, if one is but open to such energies; and within this circle we find all are quite, quite, open to these energies, and are simply looking for ways to refine this openness and transmission of the energies of transformation.

你们今天询问关于转变与感激，以及每一个人在你自己的在你们周围的所有事物之中，在每一天中，在所有你们思考的事物中，在所有你们说的话中寻求太一造物者的旅程上可以扮演的角色。这是一个非常贴切的问题，我的朋友们，因为这些日子，如你们清楚知晓的一样，是具有巨大的改变的日子。随着第四密度的浪潮吞没了这个星球和它的人群，一个接一个的转变正在行星地球上发生，并同时提供了机会来增强每一个人的旅程与对他人的服务，只要一个人向着这样的能量开放，在这个圈子中我们发现所有人对于这些能量都是相当、相当开放的，并单纯地正在寻求方式来精炼这种开放性以及对转变的能量的传递。

It is not a difficult thing, my friends, as you know, to look about you, and see opportunities for growth ever present. You may look at the catalyst of your day and the events in your daily round of activities as not being merely a list of things to do that, once accomplished, may then allow you to move onto that which is important. Indeed, my friends, every moment of your life contains love. It is your opportunity, and indeed, responsibility as seekers of truth to find that love in the moment, especially in those moments in which there seems to be so little love—in moments of disharmony, in moments of confusion, in moments of pain and suffering, in moments that seem to have so little to do with the spiritual path.

我的朋友们，如你们知道的一样，要观察你们的周围并看到一直都存在的成长的机会，这并不是一个困难的事情。你们可以将你们的日子的催化剂以及在你们的日常生活活动中的事件都视为是不单单是一个要去做的事情的清单，一旦这个清单被完成了，接下来就可以允许你们继续移动要重要的事情上。确实，我的朋友们，你们的生命的每一刻都包含了爱。作为真理的寻求者，你们的机会与责任，确实就是在那每一刻中找到爱，尤其是在那些在其中看起来似乎只有如此之少的爱是时刻中——在不和谐的时刻中，在混淆的时刻中，在痛苦与受苦的时刻中，在看起来似乎与灵性道理拥有如此之少的关系的时刻中。

And yet, my friends, depending upon how you view such moments, each contains a great revelation for you: an opportunity for you to take that which is dark and make it light, to take that which is anger and make it acceptance, to take that which is confusion, and make it a sure path to the heart of love that resides in each soul on this planet, and indeed upon all planets in the infinite creation.

然而，我的朋友们，取决于你们如何看待这样的时刻，每一个时刻都包含了对于你们的一种巨大的启发：一个你们去拿起那个黑暗的事物并使得它成为光明，去拿起那个愤怒的事物并使得它成为接纳，拿起那个混淆的事物并使得它成为一条通往爱的核心的确切的道路的机会，爱居住在这个星球上，确实也在无限

造物中的所有的星球上的每一个灵魂之中，

So, we would suggest to you that you look through the eyes, or shall we say, the lens, of love as a regular means by which you perceive that experience that you find yourself in from moment to moment. If you can remain conscious of those values and standards and principles by which you are guided in the most sacred moments of your spiritual journey, and take them with you into the mundane world, where those about you may not have any inkling or idea of how one might be inspired by love, [then you] might be desirous of sharing it with others through something as simple as a smile, through something as simple as speaking a hello, of looking for opportunities to give that which you have in abundance: your love, your understanding, your compassion, your desire to be of service wherever possible.

因此，我们会对你建议，你通过眼睛，或者容我说，通过透镜，将爱视为是你藉由其感觉你发现你自己在每时每刻处于其中的体验的一种有规律的方式。对于那些你藉由其在你的灵性的旅程的最为神圣的时刻中被指引的那些价值、标准与原则，如果你对于它们保持察觉，并将它们带在身边带入到世俗的世界中，那些在你周围的人在那个世俗的世界中可能对于一个人可以如何被爱所启发并不拥有任何的模糊的想法或者观念，接下来，你就可以渴望通过某种如同一个微笑一样简单的事情，通过某种如同说一声你好一样简单的事情来与其他人分享它，并渴望找到机会来给予你大量拥有的事物：你的爱，你的理解，你的同情心，你对于在无论什么有可能的位置进行服务的渴望。

For this, my friends, is not only true for us, but true for you as well. You advance yourselves by giving of yourselves to others when asked, when you see the opportunity. It need not be a great or grand opportunity of saving a life or putting out a fire, it may be something as simple as listening for a few moments with compassion to a friend, or even a stranger, who has a tale of woe to share, who is confused as to what to do next in the life pattern. It is not often even necessary that you solve another person's problems. Simply by opening your heart and your mind to that person, by listening to what they say, you can give them a sense of acceptance that they are a valuable human being, that what they have to share is worthwhile, it is worth your while to listen. And then, if you have a suggestion, then you have frosting on the cake, shall we say.

因为，我的朋友们，这不仅仅对于我们是真实的，同样对于你们也是真实的。你们藉由在被请求的时候，在你们看到了机会的时候，将你们自己给予其他人而让你们自己前进。并不需要是一个巨大或者重大的拯救一个生命，或者扑灭一场大火的机会，它可能是某种如同带着同情心聆听一会儿朋友一样简单的事情，或者甚至是聆听一个陌生人，它拥有一个不幸的故事要去分享，并对于在生命模式中接下来要做什么事情感到混淆了。甚至你去解决另一个人的问题，这经常都是没有必要的。单纯地藉由向那个人开放你的心和你的头脑，藉由聆听它们所要说的事情，你就能够给予它们一种接纳的感觉，即它们是一个有价值的人，它们所要分享的事情是有价值的，它是值得你去聆听一会儿的。接下来，如果你拥有一个建议，接下来，你就拥有了，容我说，在蛋糕上的糖霜了。

Each day's round of activities will provide to you the means by which you can use the transforming energies of the fourth density of love and understanding that are now available to everyone upon the planet, and use them to give love to another. And when you give love to another, you give it also to yourself—for are you not that other as well? Is that not your other self? Is there anyone around you that is not your other self? In a creation of unity, how could it be otherwise?

每一天的日常生活的活动都将提供给你你通过其能够使用爱与理解的第四密度的转变性的能量的途径, 这种能量现在是可以为在你们的星球上的每一个实体所取得的, 使用它们来给予另一个人爱。当你对另一个人给予爱的时候, 你就同样也将爱给予你自己了——因为你难道不是也是那个他人吗? 难道那个他人不是你的另一个自我吗? 在你周围有任何人不是你的另一个自我吗? 在一个具有统一性的造物中, 它怎么能够使其他的样子呢?

The third-density illusion in which you find yourselves moving now is the only place within the universe in which there is a forgetting that all is one, that all is created by the power of love forming light. This illusion gives you the opportunity to refind and rediscover these basic truths of all of the creation, for if it were immediately obvious to you that all is one, that love is the great power of the universe, that all is made of light, what value would it be in your total beingness to have discovered that which is obvious? However, there is great value in your total beingness when you can find that love, that light, and that unity, in every situation about you.

你们在其中发现你们自己的第三密度的幻象, 是在宇宙中唯一在其中有一种遗忘的场所, 在其中你们忘记了万物是一体的, 一切事物都是被那种形成了光的爱的力量所创造的。这个幻象给予你们了机会去重新发现与重新探索这些一切造物的基本的真理, 因为如果万物是一体, 爱就是宇宙伟大的力量, 一切事物都是由光构成的是对于你们是直截了当地明显的, 去发现是明显的事物, 这在你们的整体的存在性之中会有什么价值呢? 然而, 当你们在你们周围的每一个情况中找到那种爱, 那种光, 那种统一性的时候, 在你们的整体的存在性会有巨大的价值。

Now, there are also ways in which you may enhance this realization of love and light and unity about you. In your meditations, whether at the beginning, the middle, or the end of the day, you may look upon the experience, and see what about it might have momentarily knocked you off your center of love. Was there some misperception upon your part that caused you for a short while to be unable to perceive the love that stood before you, the other self that stood before you, the Creator that stood before you? For each of you has a lesson, or a variety of lessons that is, you might call, the key of your incarnation—a certain way of perceiving the catalyst, or the experiences, that come to you, so that there might be a momentarily baffling of your ability to perceive the truth of love, of unity, and of light.

现在, 一直都会有你们可以在其中增强这种对在你们周围的爱、光以及统一性的领悟的途径。在你们的冥想中, 无论是在一天的开始, 在中间或者在结束的时候的冥想中, 你们都可以观察体验, 并看到在关于它的什么事物已经暂时地将你们锁闭你们的爱的中心之外了。会有在你们的部分上的某种错误的认识使得你们在

一段短的时间中无法感觉到在你们面前站立着的爱，在你们面前站立着的其他自我，在你们面前站立着的造物者吗？因为你们每一个人都有一个课程，或者多种多样的课程，它们就是，如你们所称的，你们的投生的关键了——一定的感觉催化剂，或者体验，那个出现在你们面前的事物的途径，这样就可能会有对于你去感觉爱、统一与光的真理的能力的一种暂时性的阻碍作用了。

Look then, in your meditations, to how this manifested itself, and seek to balance the lack of understanding with a greater understanding. Re-create the situation that caused the momentary baffling of your perceptions. Enlarge upon that situation so that you cause it to become greater and greater—outrageously large. And then, for the moment, image the opposite. If you had a problem with love, or being unable to feel love, then see that love growing. See the lack of love that you experienced, in its outrageous form, balanced by the love that grows and grows to equal that lack of love in the situation in which you seek now to balance. Then, as you feel both the lack of love, and the love before you in equal proportions, accept yourself as the doughty seeker of truth, the hearty soul traveling a long and dusty road, and accept yourself for having both of these experiences contained within you, as means by which the One Creator might come to know itself better.

接下来，在你的冥想中检查，这种阻碍作用是如何显化其自身的，并寻求用一种更大的理解来平衡缺少理解。重造那个对于你的知觉产生了暂时性的阻碍作用的情况。在那个情况上进行扩大，这样你就使得它变得越来越大——荒谬地巨大。接下来，在那个时刻，想象对立面。如果你们对于爱遇到了一个问题，或者无法感觉爱，接下来，看到那种爱逐渐变大。看到你体验到的那种爱的缺少，用它荒谬的形式，被那种爱所平衡，那种爱会不断成长，变大以等同于你在其中现在去寻求平衡的那个情况中的缺少爱。接下来，当你同时感觉到爱的缺少，以及用同等的比例在你面前的爱的时候，接受你自己是真理的勇敢的寻求者，是沿着一条漫长而布满尘土的道路旅行的热忱的灵魂，接纳你自己同时拥有着两种被包含在你内在之中的体验，作为太一造物者藉由其可以更好地知晓它自己的途径。

For, my friends, the One Creator has made all the creation as a means by which it can learn more of itself, for it offers free will to each seeker of truth. To exercise that free will then, each seeker offers to the One Creator a unique gift, that reveals to the Creator, that which it might not know had you not experienced what you did, in the way you did.

因为，我的朋友们，太一造物者已经将所有的造物都制成了一个藉由其它能够更多地了解它自己的途径了，因为它为每一个真理的寻求者提供了自由意志。要实践那种自由意志，接下来，每一个寻求者都向太一造物者提供了一个独一无二的礼物了，那个礼物向造物者揭露了，如果你尚未，用你体验的方式体验了你所体验的事物，造物者就可能并不知道的事情。

Each then, throughout the incarnation, can provide a great harvest of experiences that aid, not only your own spiritual seeking, and not only those about you as you share freely that which you have, but also aid the One Creator of all things, all universes, all times, all places. And within your meditation you might also conclude such a meditation with the feelings of

gratitude that are a natural outgrowth of the full realization, or even the partial realization, that you have, within you, the ability to learn, to grow, to serve, to love, to become one with the Creator in each entity that you seek, in each entity that you exchange your experiences with.

接下来, 在贯穿整个投生, 每一个人都能够提供一个巨大的体验的收获物, 那个收获物不仅仅会帮助你自己的灵性的寻求, 不仅仅会在你自由地分享你拥有的事物的时候帮助那些在你周围的人, 同样也会帮助一切事物、一切宇宙, 在所有的时间, 所有的地方的造物者。在你的冥想中, 你可以同样带着感激的感觉将这样一种冥想包含在内, 那种感激是这样一种完全的领悟, 或者甚至是部分的领悟的一个自然而然的衍生物, 即你在你内在之中拥有能力去学习、去成长、去爱、并与造物者成为一体, 造物者在每一个你寻求的实体之中, 在每一个你与之交换你的体验的实体之中。

The power of gratitude, praise, and thanksgiving is realized by many seekers of truth as that which is a foundation upon which you stand as seekers of truth. For as you are grateful, and give praise and thanksgiving for all that has been given to you, you continue the flow of those energies that are moving to you and through you in your daily experience. This sense of gratitude, combined with the ability to balance all momentary fluctuations away from perceiving the love about you, are helpful tools—indeed, the rod and the staff upon your journey to the valley of the shadow of death, as it would seem; where, within this illusion, there is much that partakes of what seems to be negative experience, of anti-life behaviors, of ignorance of how to promote the welfare of entities about you, of the planet itself having suffered thousands of years of degradation due to the bellicose actions of many different cultures, and peoples, and times.

感激、赞美、感恩的力量是被很多的真理的寻求者领悟为你们作为真理的寻求者站立于其上的一个基础的。因为, 当你们对所有已经被给予你们的事物是感激、给予赞美与感恩的, 你们就会继续那些在你们的日常体验中流动到你们身上并流经你们的那些能量的流动了。这种感激的感觉, 与那种平衡所有的让你们无法感觉到在你们周围的爱暂时性的潮起潮落的能力混合在一起, 是有帮助的工具——确实它们就是在你们前往那个, 如同它看起来似乎是一样, 死荫的幽谷的旅程上的杖与竿了, 在那条旅程上, 在幻象中, 会有大量的事物是带有看起来似乎是负面性的体验, 或者反生命的行为举止, 或者对于如何促进在你们周围的实体以及星球其自身的福利的忽略, 星球其自身, 由于很多不同的文化、人群以及时代的好战的行为而已经遭受数千年时间的退化了。

This is a test of one's will and faith, as you continue to move through your daily round of activities, for there is so much that is misperceived by the great majority of the population of this planet at this time. However, each entity is being engulfed in these transformational entities and energies that are moving to planet Earth at this time; and each will find its own way of responding to such energies.

随着你继续穿越你的日常生活的活动, 这是一种对一个人的意志与信心的考验, 因为会有如此多的事情在此刻是被在你们的星球上的绝大部分的人所误解的。然而, 每一个实体都是被这些在此刻正在移动到你们的星球的转变性的实体以及能

量所吞没的，每一个实体都将找到属于它自己的对这样的能量做出回应的方式。

We encourage each of you, as seekers of truth, and servants of the One Creator, to open your hearts as fully as you can, and share that love therein so that it might find its resonance in the love that does exist in each heart that you shall face, whether the entity that you shall face is aware of that love or not. By sharing your love, you cause a resonant vibration to be set up between you and all others that you come in contact with, so that this love vibration is enhanced in all entities that are open to the possibilities of change. For change is that which is your daily experience, though the change, over a period of time, is simply the movement from one level of vibration of love to another. Each of you travels this long and dusty road, bringing with you the love that the Creator has given to all the children of the one creation.

我们鼓励你们每一个人，作为真理的寻求者以及太一造物者的仆人，尽你们所能地充分地开放你们的心，并分享在其中的那种爱，这样，它就可以在确实存在于每一颗你们面对这的心之中的爱之中找到它的共鸣了，无论你将会面对的实体是否察觉到那种爱。藉由分享你们的爱，你们将会使得一种共鸣的振动被固定在你们以及所有你们接触到的其他人之间，这样这种爱的振动就会在所有向着改变的可能性开放的实体内在之中被增强。因为改变就是你们日常体验之所是，尽管那种改变，在一段时间之后，会单纯地从一个爱的振动的层次移动到另一个层次。你们每一个人都在这条漫长而布满尘土的道路上旅行，同时将那种造物者已经给予了所有太一造物者的孩子们的爱带在你们身边。

At this time, we would ask if there might be any follow-up query to this focus query from those present.

在此刻，我们会询问对于这个焦点的问题是否可能有任何来自那些在场的人的后续问题。

Y: I have a follow-up question please. Would Q'uo speak on the history of the origin of Ra oversoul in a sense of where there is time/space throughout their journey, before they became six- density beings?

Y: 我有一个后续问题。Q'uo 愿意谈谈 Ra 的超灵的起源的历史吗，从在它们成为第六密度的存有之前，一种贯穿它们全部的旅程的存在有时间/空间的部分的意义上？

Q'uo: I am Q'uo, and am aware of your query, my sister. You asked about those entities that are known to this group as those of Ra. These entities were able to find their beginnings upon the planet within this solar system which you know as Venus. This solar system is governed, shall we say, by a sub-Logos, a creative entity of love that you would see as your sun body. This sub-Logos has utilized the second density form that you would call the "ape body" to invest with consciousness of the self—that is, with self-awareness—so that all entities within this solar system that have been able to move from the second to the third density have utilized this body of the erect ape form that walks upon two legs, and has two hands, with the opposable thumb, which is the salient feature of this particular form of life; for

the grasping thumb then, is able to cause the entity to use tools, and this use of tools further aids the entity in being able to speak the language, rather than intuit the concepts as in the telepathic type of contact. Thus, this allows such entities to move through the third density experience in a much more rapid progression, so that the means of discovering the other self nature of all entities surrounding such entities is enhanced. Thus, those of Ra, as with those of planet Earth, the planet previously known as Maldek, the planet Saturn, and the planet of Mars, have all hosted third-density beings which have been able to utilize the veil of forgetting that exists between the conscious and subconscious mind to enhance the spiritual seeking. [1]

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。你们来询问关于那些被这个团体知晓为属于 Ra 的实体。这些实体能够在这个太阳系之中的你们称之为金星的行星上找到它们的开端。这个恒星星系是被一个子理则, 即你们视为你们的太阳的一个爱的创造性的实体, 容我们说, 所掌控的。这个子理则已经利用了你们称之为“猿猴身体”的第二密度的形体来自我意识——也就是说, 藉由自我察觉——对其进行投资, 因此, 所有在这个恒心星系中的能够从第二密度移动到第三密度中的实体, 都已经利用了这个直立的猿猴的形体, 这种形体有两条腿, 有两只手, 并具有可以对抵的拇指, 这是这个特定的生命形态的显著的特性, 因为能够抓取的拇指, 接下来, 就能够使得实体使用工具, 这种对工具的使用进一步帮助实体能够说话, 而不是如同在心电感应的接触类型中有藉由直觉知道的概念。因此, 这允许这样的实体用一种远远更快的发展穿越第三密度的体验, 这样对在这样实体周围的所有实体的其他自我的属性的进行探索的途径就被增强了。因此, 那些属于 Ra 的实体, 如同那些属于行星地球, 属于之前被知晓为马尔戴克的星球, 行星土星, 以及行星火星的实体一样一样, 都已经全都当过第三密度的存有, 它们已经能够利用存在于表面意识和潜意识心智之间的遗忘的罩纱来增强灵性的寻求了。[1]

Thus, those of Ra were able to find a graduation after the first 25,000 year cycle of a portion of the total population upon the planet Venus, a greater portion graduating in the second cycle of 25,000 years, and after the third cycle of 25,000 years, the social memory complex of those known as Ra to this group, was then formed from six-and-one-half million souls. These entities then proceeded to move through the fourth and fifth densities within the planetary influence of Venus. The sixth-density experience of these entities has been both upon the planet Venus, and within the confines of what you would see as your Sun body. [2]

因此, 那些属于 Ra 的实体, 能够在行星金星上在第一个两万五千年的周期之后为全部的人群的一部分人取得一种毕业了, 并在第二个两万五千年的周期之后为人群的一个更大的部分取得毕业, 在第三个两万五千年的周期之后, 被这个团体知晓为 Ra 的社会记忆复合体, 接下来由六百五十万灵魂所形成了。这些实体接下来前进穿越在金星的星球的影响范围中的第四和第五密度。这些属于第六密度的体验的实体已经同时位于行星金星上, 以及位于在你们会视为你们的太阳的实体的范围之中。[2]

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Q'uo, not having the Confederation's viewpoint or framework of spirituality, many in this world might feel despair, feeling that humanity has not a hopeful but a tragic outcome ahead of itself. How many in this world are in such despair, and how can despair be transformed to a hopeful orientation of the soul?

Gary: Q'uo, 如果没有星际联邦的对于灵性的观点或者框架, 在这个世界中的很多人会感觉到绝望, 感觉到人类并不拥有一个有希望的未来, 而是在其自身前方拥有一个悲剧性的结果。在这个世界上有多少人是出于这样的绝望中, 这种绝望如何能够被转变为一种有希望的灵魂的导向呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. We would suggest that the counting of souls of one nature or another at this time might be considered somewhat premature. However, we might suggest that there is a great number of souls upon your planet which find themselves facing a difficult situation in regards to being able to consciously perceive their spiritual journeys. They are what you might call those who are yet unawakened to the reality of possibilities within the third density, and continue to move in the routines and rhythms of the illusion which provide the attractions of worldly things, the gaining of money, of position, of power, and so forth. Oftentimes, after such gains are made, entities with a sufficient amount of each of these qualities find that there is yet lacking the satisfaction from such possession. This dissatisfaction, or angst, may also be experienced by those who seemingly have failed to gain enough of each money, or position, or power, or those other worldly affectations that are offered daily in your advertising and business worlds.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们会建议对于在此刻具有这样那样一种属性的灵魂的计算是可以被认为是多少有些不成熟的。然而, 我们可以建议, 在你们的星球上有大量的灵魂发现它们自己在关于能够有意识地感觉到它们的灵性的旅程的方面正在面对一种困难的情况。它们就是你们可能称之为那些尚未觉醒于在第三密度的具有可能性的实相, 并继续在幻象的常规与旋律中移动的实体, 这种幻象的常规与旋律提供了世俗的事物的吸引, 对金钱、地位、力量以及如此等等的获取。时常, 在这些实体得到了这样获取, 并对这些特性的每一个特性取得了一个足够数量之后, 实体会发现从这样的所有物仍旧有一种缺少满意。对于那些会被那些在取得足够数量的金钱、或者地位、或者力量, 或者在你们的广告以及商业的世界中每天都被提供的其他的具有世俗的吸引力的事物的方面已经在表面上失败了的人, 这种不满意, 或者焦虑, 同样可能被这样的人体验到。

Thus, it is that the possibility of transforming the doubt, the sadness, the fear of a life living without purpose, is the hoped-for motivation for looking upon the daily round of activities as being more than what it has been seemed to be—that which is the goal, that which is the end of the efforts and energy expenditures of each entity.

因此, 转变一种在没有目的的情况下被活出的生命中的疑虑、悲伤以及恐惧的可能性, 恰恰就是这样一种有希望的动机因素了, 即将日常生活的活动视为是比它

已经被看起来似乎是的事物更大的事物——这就是目标，这就是每一个实体的对努力和能量的支出的目的之所是的事物了。

There is, within each soul's incarnational pattern, those pre-incarnative lessons that each has fervently hoped would be able to be learned within the incarnational pattern. The subconscious mind of each has been programmed by the soul to look with a certain bias upon catalyst that comes in the notice of the seeker, so that at some point the heart chakra might be opened enough to experience a sense of loving those about one, of loving the self, of loving the universe about one. This type of transformation is possible when one is able to be alert and aware of the pre-incarnative lessons so that when catalyst comes one's way, it can be seen in a certain fashion, so that no two entities would look at the same catalyst in the same way, since all are unique, and all have programmed certain lessons that are indeed unique, though they may include the lesson of love in some facet or fashion for each entity.

在每一个灵魂的投生模式中，都会有那些投生前的课程是每一个实体都已经热切地希望在投生模式中能够学会的了。每一个实体的潜意识心智都已经被灵魂规划好通过一定的偏向性来观察出现在寻求者的注意力中的催化剂，这样在某个位置，心的脉轮就可以足够大地被开放以体验到一种对一个人周围的人的爱，对自我的爱，以及对在一个人周围宇宙的爱感觉。这种类型的转变在一个人能够警觉并察觉到投生前的课程的时候是有可能的，这样当催化剂出现在一个人的前方的时候，它就能够通过一定的方式被观察，因此，没有两个实体会用相同的方式看待同样的催化剂，因为所有人都是独一无二的，所有人都已经规划了一定的确实是独一无二的课程了，尽管它们可能为每一个实体都包含了用某种面向或者方式的爱的课程。

Thus, it is our hope that as the fourth-density vibrations continue to engulf the planet, that those entities who have not yet been able to find a conscious realization of their purpose in this life pattern might be able to open the door to their own hearts, so that there is the ability to experience the love therein, and to share it with those about one.

因此，我们的希望是，随着第四密度的振动继续淹没这个行星，那些尚未能够找到对它们在这个生命模式中的目的的一种领悟的实体，可能能够向着它们自己的心打开门，这样就会有能力体验到在其中的爱，并与在一个人周围的人们分享它了。

Is there another query at this time?

在此刻有另一个问题吗？

Y: I have a follow-up to the previous question, please. Would you be able to give us a physical description of beings that were representative of Ra when they visited Earth, and interacted with human beings in the Egypt area, and maybe some other areas? What did they look like?

Y: 有一个之前的问题的后续问题。你们能够对于当 Ra 访问地球，并于在埃及区域，也许是一些其他的区域的人进行互动的时候那些作为 Ra 的代表存有给予我们一个物质性的描述吗？它们看起来是什么样子的呢？

Q'uo: I am Q'uo, and am aware of your query, my sister. When those of Ra felt the call to walk among the Egyptians 11,000 of your years ago, they felt it was necessary to attempt to match, as much as possible, the forms of the entities that they would be engaging with on a daily basis, for if they had come in their normal form at that time, it would simply have been perceived as light; for the seeker of truth, eventually, within the sixth density not only seeks the light successfully, but becomes that which it has sought. Thus, those of Ra formed their bodies to resemble those of the Egyptians. However, they were somewhat taller and had a more golden luster to the integument or skin of their bodies. Thus, both their bodies and their message seemed to provide a means by which the Egyptian cultures were unable to clearly perceive the message of the Law of One, and worshipped those of Ra instead of seeing them as their brothers and sisters. Thus, the stay with the Egyptians was somewhat short, shall we say.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。当那些属于 Ra 的实体在你们的一万一千年之前感觉到在埃及人之中行走的呼唤的时候, 它们感觉到它需要尝试去, 与那些它们可能用一种个日常的方式打交道的实体的外形, 尽可能多地匹配, 因为如果在那个时候它们是用它们通常的形态出现, 它会单纯地被感觉为光, 因为真理的寻求者, 最终, 在第六密度之中不仅仅成功地寻求了光, 同样也成为了它已经寻求的光。因此, 那些属于 Ra 的实体仿造埃及人形成了它们的身体。然而, 它们是多少有些更高的, 且在它们的身体的外壳或者皮肤上有一种更为金色光泽。因此, 它们的身体与它们信息看起来似乎同时都提供了一种途径, 埃及人的文化通过那条途径是无法清晰地感觉一的法则的信息, 并会对那些属于 Ra 的身体进行崇拜, 而不是将它们视为是它们的兄弟姐妹。因此, 与埃及人呆在一起的时间是, 容我们说, 多少有些短的。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Gary: Yes, there's one from A., who writes, "Over this past decade there have been an increasing amount of stories about interspecies relationships. It seems animals don't have any trouble loving and bonding with other species, given the right circumstances. We also seem to be recognizing and utilizing qualities, abilities, and potentials in animals that were previously overlooked. Does this have anything to do with how the animal kingdom is relating to fourth density, or how fourth density is affecting the evolution of the animal kingdom?"

Gary: 是的, 有一个来自 A 的问题, 他写道, "在这个过去的时空中, 已经有数量不断增加的关于物种间的关系的故事了。看起来似乎动物并不会在于其他物种之间的爱与连接上遇到任何麻烦, 在假定有适当的环境的情况下。我们同样看起来似乎在认出并利用那些在动物身上的之前被忽略了的属性、能力与潜力。这与动物王国是如何与第四密度有关联是有任何关系的吗, 或者第四密度是在如何影响动物王国的演化的呢?"

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that the

fourth-density vibrations are having an effect on each form of life upon planet Earth at this time. The greatest effect, of course, is hoped for the third-density population in order to advance their own spiritual journeys, and to make themselves available for the, shall we say, graduation, or harvest, into the fourth density.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的兄弟。我们发现第四密度的振动真的在对在此刻在行星地球上的每一个生命形态产生一种作用。当然, 最大的作用是有希望对第三密度的人群产生的作用, 以便于推动它们自己的灵性的旅程, 并使得它们自己可以为进入到第四密度的, 容我们说, 毕业或者收割所取得。

However, the vibrations of love are such that they speak to the love in each other portion of the creation within the third density. There is that, what we have mentioned before, as harmonic vibration set up between those forms of life that you call second-density animals, and indeed, even the plants as well, and indeed the rocks and soil, and so forth, all have this quality of love within them, and this quality of love is beginning to vibrate upon all levels of the third, as well as the second, and first densities.

然而, 爱的振动就是如此, 以至于它们会在第三密度中的造物的每一个部分之中谈及爱。如同我们之前已经提到过的一样, 会有那种作为共振的振动在你们称之为第二密度的动物, 确实同样甚至是植物, 确实岩石与土壤, 以及如此等等的生命形态中间被建立起来, 所有的生命形态都在它们内在之中拥有这种爱的属性这种爱的属性是开始在第三密度, 同样还有第二密度与第一密度的所有的层次上振动的。

Thus, the vibrations of the fourth density which beckon those living upon planet Earth at this time will be felt by all creatures, both those which you would call "sentient," and those which are what you would call lacking of sentient being. However, the entire creation, we assure you, is alive, and is able to respond to the vibrations of love which are now so easily observable moving about the planet and within the heart of each entity upon planet Earth.

因此, 那些在此刻召唤那些生活在行星地球上的实体的第四密度的振动, 将会被所有的生灵感觉到, 同时包含那些你们称之为“有感觉的”实体, 以及那些你们会称之为缺少感觉的存有。然而, 整个造物, 我们向你们保证, 都是活得, 都能够回应那种爱的振动, 这种爱的振动现在如此容易地被观察到在星球周围以及在信心地球上的每一个实体的心中移动。

We find that this instrument is beginning to tire, and we would at this time then, take our leave of this instrument. We thank each of you once again, for inviting our presence. It has been a great honor and privilege to be with you. Your light is most impressive as it reaches into the heavens, as a beacon calling unto all light beings around, to observe the love and light created here.

我们发现这个器皿开始疲倦了, 我们会在此刻, 离开这个器皿。我们再一次为你们邀请我们出席而感谢你们各位。与你们在一起已经是一种巨大的荣耀与荣幸了。当你们的光抵达天堂的时候, 它是极其令人印象深刻的, 就如同一个光柱一

样呼唤所有周围的光的存有，以观察在这里被创造出来的爱与光。

We shall leave you in that love and light, as we found you in that same love and light. We are known to you as those of Q'uo. We leave you now, in love, in light, in peace, and in power. Adonai vasu borragus.

我们在那种爱与光中离开你们，如同我们在相同的爱与光中发现你们一样。我们是你们知晓的 Q'uo。我们现在在爱中，在光中，在平安中，在力量中离开你们。Adonai vasu borragus。

[1] Saturn may very well have hosted third-density life. This however is not confirmed in the Law of One material. See 30.14 for more information.

[1]土星非常有可能已经有第三密度的生命居住过了。然而，这在一的法则的资料中并未被确认。更多信息见 30.14。

[2] According to 6.23, Ra has left the [sixth-density Venusian] building.

[2]根据 6.23，Ra 已经离开了第六密度的金星人的构架了。

September 3, 2017

2017-09-03 社会运动中的极性

Group Question: We have been told that this is a time of harvest for Earth, and that those few desiring a service-to-self harvest should not be denied the opportunity to achieve their choice. As a person who prefers the service-to-others choice, what encouragements or thoughts can you offer concerning my reactions to, and especially, my thinking about, the fighting and riots in some of our cities. I don't want to be angry, I don't want to hurt others with what I say. How can I remain focused on what is positive when some events seem to go absolutely contrary to what I believe?

团体问题：我们已经被告知，这是一个地球进行收割的时刻，那些少数的渴望一种服务自我的收割的实体将不会被否认取得它们的选择的机会。当一个人更喜欢服务他人的选择的时候，在关于我对于在我们的一些城市中的斗争以及骚乱的方面，尤其在我对它们的思考的方面，你们能够提供什么鼓励或者想法呢？我并不想要成为愤怒的，我并不想要用我说的事情来伤害其他人。当一些事件看起来似乎与我所相信的事情是绝对相反的时候，我如何才能保持对于正面性的事物的聚焦呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this afternoon. It is a great joy and privilege for us to blend our energies with your own, as you are such beautiful and brilliant sources of light and love this day; and for the entire time during which you have shared your experiences this weekend, and throughout your lives indeed, you are those spoken of in the song just heard as tuning for this session. [1] Each of you have wandered far, not only in this life, as you move about in service to others, but in many previous lives on many other planets such as this one—those planetary beings which have called for your assistance to aid in the harvest of souls as is occurring now upon Planet Earth.

我是 Q'uo，我在这个下午在爱与光中向你们各位致意。要将我们的能量与你们自己的能量混合在一起，这对于我们是一种巨大的喜悦与荣幸，因为你们在这个日子是如此美丽而光辉的光与爱的源头，在你们在其中已经分享了你们在这个周末的体验的整个时间期间，以及确实贯穿你们整个的生命，你们都是如同在刚刚被听到的为这次集会调音的歌曲中被谈及的那些流浪者了。[1]你们每一个人都已经流浪到了远方，因为你们已经在服务他人中四处移动了，不仅仅是在这次生命中，同样也是在诸如这个星球之类的很多其他的星球上的许多之前的生命中——那些星球的存有已经呼唤了你们的帮助，以在对灵魂的收割的过程中帮忙，如同现在在行星地球上正在发生的一样。

We have observed your planet for a great portion of what you would call time, for this harvest is one which a great number of angelic forces have been observing with hopefulness and steadfast concern for many of your years. For you see that many of the seekers of truth upon your planet have yet to

awaken to the fact that they are those who are here to move forward in the evolution of their minds, their bodies, and their spirits, that journey of what you call seeking the truth: the truth of unity of all things, the truth of light that has made all things, the truth of love that permeates all things and all entities. We are ever hopeful that those who have long slept upon this planetary surface may gently awaken to the knowledge that there is a greater purpose to their knowledge of life, pursuit of its fruits, and elevation of their goals, shall we say, in this life experience.

我们已经花费了你们所称的时间的一个巨大的部分来观察了你们的星球了，因为这个收割是一场巨大数量的天使的力量已经用了你们很多年的时间一直都带着希望与稳定的关注而对其进行观察的收割了。因为你们看，在你们的星球上的很多的真理的寻求者尚未觉醒于这样一个事实，即它们是那些在这里来在它们的心智，它们的身体，它们的灵性的演化中，以及在那场你们称之为寻求真理的旅程中前进的实体：万物的一体性的真理，已经创造了万物的光的真理，贯穿一切事物与所有的实体的爱的真理。我们一直都抱有希望，那些已经在这个星球的表面上沉睡了很长时间的实体可以温和地觉醒于这样一种知晓，在它们的生命体验中会有对它们生命的知识，对它的成果的追寻，对它们，容我说，的目标的上升的一个更大的目的。

The question put forth today for us to consider is how those entities who have oriented themselves in service to others may look upon the harvest of those who have oriented themselves towards service to self, for all now have the opportunity to move forward in their evolution, as the transition into the density of love and understanding is underway upon your planet. Indeed, this process has been ongoing for some of what you would call time and shall continue for what we perceive to be an unknown amount of time into your future. Unknown, we say, for there is great confusion among many upon your planetary surface at this time—confusion as to what is the nature of reality, what is their place in the overall picture of the creation in which they find themselves moving about in somewhat random and difficult patterns of expression. We are aware that many of you here are desirous of being of service in whatever way you can, and perhaps may entertain some doubt or hesitation in regards to those entities who have chosen another path from your own. They have chosen, shall we say, a darker and more restricted expression of the infinite love and light of the One Creator.

今天向我们提出来以供考虑的问题是，那些已经让它们自己导向服务他人的实体可以如何看待那些已经将它们自己导向服务自我的实体的收割，因为随着进入到爱与理解的目的的转换正在你们的星球上进行，所有人现在拥有机会在它们的演化中前进。确实，这个过程已经一直都在进行中有在你们所称的时间一段时间了，并将会在你们的未来中的我们感觉到是一个未知数量的时间中继续。我们说未知的，因为在你们的星球表面上的很多人当中在此刻有巨大的混淆——在关于实相的属性是什么，它们在造物的整体上的图画中的位置是什么的方面的混淆——它们发现它们自己用一种多少有些随意且困难的表达的模式在这个造物中四处移动。我们察觉到你们很多人在这里渴望用无论什么你们能够的方式进行服务，并也许可以在关于那些已经选择了与你们自己的道路不同的另一条道路的实体的方面考虑某种疑虑或者忧郁。它们已经选择了，容我说，对太一造物者的

无限的爱与光的一种更为黑暗且更为受限的表达。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We would begin our communication through this instrument, as we often do, by thanking it for the assiduous challenge it offers us prior to allowing us to speak. We take the trouble and the time to make this expression of gratitude, for it is our understanding that the universe you enjoy is a crowded one, full of entities of many descriptions, of many orientations, ranging from the angelically positive to the demonically negative, and it is not always easy for those who are incarnate in third density to discern the precise tone of the message which is being offered. And, therefore, the challenge offered to the contact requesting that the contact aver [2] the lordship of the Christ, aver the preeminence of the pathway of service to others, is essential if you wish to preserve in your reception of the contact, a positive orientation. So, we say again, we thank this instrument, and we thank this group for its positivity, for without this, we could have no voice in your density at this time.

我是 Q'uo，我们现在与这个器皿在一起了。我们会开始我们通过这个器皿的沟通个交流，如我们经常做的一样，我们为它在允许我们发言之前提供给我们的苛刻的挑战而感谢它。我们很费力地且花费了一些时间来进行这种感激的表达，因为我们的理解是，你们所享用的宇宙是一个拥挤的宇宙，是充满了具有很多的种类，具有很多的导向的实体的，它们的范围从天使般地正面性的实体，到恶魔般地负面性的实体，那些在第三密度中投生的实体要分辨出被提供的信息的精确的音调，这并不是一直都是容易的事情。因为被提供给接触的挑战要求那个接触宣告了[2]基督的主的身份，宣告了服务他人的道路的卓越，如果你们希望你们对接触的接收中保持一种正面导向，这种挑战就是实质性的了。因此，我们再一次说，我们感谢这个器皿，我们感谢这个团体的正面性，因为没有这种正面性，我们就不会在此刻在你们的密度中拥有声音了。

The query for today requests information concerning what we regard as one of the more difficult nodal points of the creation as it is currently unfolding, which is to say, the differentiation of pathways to the Creator that we have called the pathway of the service to self, and the pathway of the service to others. Now, these pathways have long been understood upon your planet as distinct and have gone by different designations. You have the distinction, for example, between good and evil; you have the distinction, for example, between the way of love and the way of hate, the way of hope and the way of fear; and we could go on and on in indicating differences that the two pathways represent, and signals, shall we say, by means of which their difference can be registered.

今天的问题请求的信息涉及到了我们认为造物者的更为困难的缠结的位置中的一个位置的事物，因为它现在正在解开，也就是说，在我们已经称为服务自我的道路和服务他人的道路的通往造物者的道路的区别。现在，这些道路在你们的星球上已经有很长的时间是被理解为是性质不同的，且已经藉由不同的名称而行走的。你们拥有，举个例子，在善与恶之间的区分，你们拥有，举个例子，在希望的道路和恐惧的道路之间的区分，我们能够在指出在那两条道路所呈现的差异，以及它们的区别藉由其能够被记录下来的信号的方面不断继续下去。

We would like to say, however, that there is, with regard to what constitutes the negative pathway of seeking, and the positive or service to others pathway of seeking, a great deal of confusion; and it is not necessarily the case that activities that seem negative to you, and that, in fact, we would even say, possess a modicum of negativity to them, are indicators of an underlying polarity that is indeed service to self. So, we would begin by addressing some of the factors that play into the choice between service to others and service to self as a means of clarifying what we have to offer with regard to the attitude that might profitably be taken up on the part of those seeking service to others in relation to those clearly polarizing service to self.

然而，我们想要说，在关于什么事物构成了寻求的负面性的道路，以及正面性的或者服务他人的道路的方面，会有大量的混淆。那些看起来对于你们似乎是负面性的行动，我们甚至会说，那些实际上在其上拥有少量的负面性的行动，都不一定是一种潜在的确实是服务自我的极性的标志。因此，我们会藉由讲述一些会在服务他人和服务自我之间的选择中起作用的因素来开始，作为在关于那种可以在那些寻求服务他人的人的部分上，对比那些清晰地朝向服务自我极化的人，可以被富有成效地采用的态度的方面，一种澄清我们所要提供的内容的途径。

Now, it has been pointed out that there is, upon your planet now, a good deal of manifestation of what we might call chaotic energies, and sometimes, in fact, all too frequently, these chaotic energies find expression at the negative end of the emotional register. At this negative end you find fear, you find anger, you find hatred, you find misunderstandings that tend to get expressed in terms of various modes of prejudice. Now, when these emotions, which can be stored up in the mind/body/spirit complexes, not only of individuals, but of groups, you often get violent outbursts that create hostile situations and tend to provoke, on the other side, hostile responses, and it is almost impossible for citizens of your planet to avoid identifying with one side or another of many a conflict that arises to public attention. There is that side which is regarded as the evil; there is that side which is regarded as the good. Now, in some cases, we would not deny that there is a larger portion of negativity on one side than another, but that is not where we would like to place our thought at this time. For we would begin with the observation that the mere fact that an individual or group finds the need to express itself in negative terms, in hostile terms, or even in violent terms, does not necessarily indicate an underlying commitment to the negative polarity. As we have suggested, in fact, there is, on your planet, so much confusion that, for the most part, it is extremely difficult to ascertain even where the primary

propensity lies in many cases. So, it is most definitely premature to judge an individual as one who is polarizing on the path of service to self on the basis of certain manifest actions which are revelant, shall we say, of that polarity, without necessarily having embraced it full and complete.

现在, 已经被指出的事情是, 现在在你们的地球上, 会有大量的我们可以称之为混乱的能量的事物的显化物, 有时候, 实际上是过于频繁地, 那些混乱的能量会在情绪的记录器的负面性的末端上找到表达。在这个负面性的末端上, 你们发现恐惧, 你们发现愤怒, 你们发现憎恨, 你们发现误解, 它们都倾向于用各种各样的具有偏见的模式的方式而被表达。现在, 这些情绪是能够被储存在, 不仅仅是个体, 同样还有团体的心/身/灵复合体之中的, 你们经常会遇到激烈的情绪爆发, 它们会创造出敌意的情况并会倾向于, 在另一边, 激发敌意的反应, 你们的星球的民众几乎不可能避免与在大众的注意力前方出现的很多的冲突行为的一边或者另外一边认同。会有那个被认为是恶的一边, 会有被认为是善的一边。现在, 在一些情况中, 我们不会否认, 在一边会有比另一边的一个更大的负面性的部分, 但是, 那不是我们想要在此刻将我们的想法放置于其上的位置。因为我们会从对单单这样一个事实的观察开始, 当一个个体或者团体发现去用负面性的方式, 用有敌意的方式, 或者甚至是用暴力的方式来表达自我的需要的时候, 这并不一定表明一种潜在的负面性的极性的信仰。如我们已经建议过的一样, 实际上, 在你们的星球上有如此大量的混淆, 以至于, 在绝大部分情况中, 要甚至弄清楚主要的倾向存在于何处, 在很多情况中都是极其困难的。因此, 对于与那种负面性的极性, 容我们说, 有关的, 但并不一定已经完全地且完整地拥抱了那种极性的一定的显化的行动, 要以这样一种行动为基础而将一个个体评判为一个在服务自我的道路上极化的人, 这是极其明确地不成熟的。

So, let us say this: there are indeed emotions, and anger perhaps is amongst the most prominent among them, that if reinforced, if embraced, if built upon, if made the focus and the pivot of a commitment, can, in the fullness of time, lead to a polarization toward the negative that is of an harvestable quality. However, we would point out that anger, in its random expressions—anger as hostility as you suggest in demonstrations—you do not have the kind of focused service-to-self development that even remotely approaches harvestable quality. In fact, outbursts of this kind tend to characterize individuals who, in the root choice have already tended toward service to others but are having difficulty in manifesting that choice in a consistent fashion, in a fashion that reaches down to the root of their being.

让我们这样说: 确实会有这样一些情绪, 愤怒也许是在这些情绪当中最为显著的情绪了, 如果这些情绪被强化, 如果被拥抱, 如果被积累, 如果成为一种投入的焦点与中枢, 这些情绪是能够, 在适当的时候, 导向一种朝向负面性的极化的, 这种负面性是具有一种可收割的特性的。然而, 我们会指出, 愤怒, 在其随意性的表达中——如你们示范中建议的一样, 作为敌意的愤怒——你们不会拥有那种类型的被聚焦的服务自我的发展, 以至于那种发展甚至会遥远地接近可收割的属性。实际上, 属于这种类型的情绪的爆发倾向于描绘这样的个体的典型特征, 这些个体在根部的选择中已经倾向于对他人的服务了, 但是, 它们在用一种协调一致的方式, 用一种向下抵达了它们的存有的根部的方式显化那个选择的过程中正在遇到困难。

By contrast, an entity who is approaching harvestable quality on the negative path typically will not be noticed as one who is extraordinarily negative; [he or she] will most generally be taken as one who is, in fact, positive, because it is a characteristic of this path that the measure of success is indexed to the ability to control, to manipulate, to dominate others, and the surest way to queer the pitch, [3] shall we say, in that enterprise is to let the cat out of the bag [4] with regard to who you really are. It is very much to your advantage if you can generate a public persona that seems positive so that those whose energies you wish to commandeer to your own will gladly serve you, thinking that they are, in fact, serving one of a positive polarity.

藉由对照，一个正在接近在负面性的道路上的可收割的特性的实体，典型性地将不会作为一个格外负面性的实体而被注意到，他或者她将会极其通常性地被当作一个，实际上，是正面性的实体，因为这条道路的一个典型特征就是，对成功的度量是与控制、操纵、与支配其他人的能力挂钩的，在那个事业中去造成破坏[3]的最为确切的方式，就是在关于你真正是谁的方面露出马脚了[4]。如果你能够制造出一个公众性的伪装的外表，它看起来似乎是正面性的，这样那些你希望去强占给你自己的人的能量就将会快乐地服务于你，并同时认为它们，实际上，是在服务一个具有一种正面极性的实体，这对于你会是远远更有益处的。

So, while it is true that the attainment of the kind of focused service-to-self orientation very often does begin by working on negative emotions by honing the fine edge of hate, so to speak, it is not generally a manifest phenomenon that these emotions, in their expression, are associated with the individuals in question. Having said that, we will say that there are such individuals. And, having said that, we will also say that the presence of such individuals in a planet which is attempting to achieve harvestable quality of being into fourth density does constitute a real challenge, and is an element in the confusion generally observed in your social energy complex at this time. In fact, we would go one step further, and say that it is a rather significant element in that confusion. What makes it particularly difficult is that it is not always clear (in fact, ultimately it is never clear to any other entity) what the underlying polarity of its fellow citizens might be. And, it is very easy, therefore, to deceive others with regard to one's intentions; and it is very easy to make a presentation of oneself such that others are drawn into the orbit of the service to self, or Ipsissimus adept, [5] who seeks harvestable quality of its being on the negative path.

因此，尽管真实的情况是，对这种类型的被聚焦的服务自我的导向的取得非常经常地是藉由通过，可以说是，打磨仇恨的锋利的边缘而在负面性的情绪上进行工作开始的，它一般而言不会是一个显化的现象，以至于这些情绪，在它们的表达中，会与那些有问题的个体联系在一起。在说了那一点之后，我们将会说，会有这样的个体。在说了那一点之后，我们同样将会说，在一个正在尝试其取得进入到第四密度的存有的可收割的属性的星球上，这样的个体的存在确实会构成一种真正的挑战，并且是在此刻在你们的社会能量复合体中一般而言会被观察到的混淆的一个要素。实际上，我们会更进一步并说，它在那种混淆中是一个相当至关重要的要素。使得它尤其困难的事情是，它的公民的潜在的极性是什么，这并不会一直都是清楚的（实际上，终极地，它对于任何其他实体从未是清楚的。）因

此，要在关于一个人的意图的方面欺骗其他人，这是非常容易的，要对一个人自己产生出一种表象，这样其他人就会被吸引进入到服务自我，或者那个在负面性的道路上寻求它的存有的可收割的属性的负面性行家[5]的轨道中，这是非常容易。

The conundrum facing service-to-others entities in simply acknowledging that the social energy complex is permeated with negative elements that can be difficult to track down to their source, is that one cannot be certain—with regard to many, many an entity—that one is, in fact, dealing with an entity resolute in its opposition to service to others; and one does not wish to close a door if there is some reasonable expectation (or even, shall we say, unreasonable expectation) that another self who seems to be veering toward the negative, could, in fact, be merely dealing with energies that will eventually, and perhaps even soon, be resolved in such a way that a clearer orientation to service to others, could, indeed, emerge within that soul.

服务他人的实体在单纯地承认社会能量复合体是弥漫着很难追溯其源头的负面性的要素的方面所面对的谜题是，一个人无法确信——在关于很多很多的实体的方面——它实际上是在与一个下定决心去反对服务他人的实体打交道的，而如果有某个合理的期待（或者甚至，容我们说，不合理的期待）另一个看起来似乎是在转向负面性的自我，实际上是能够，仅仅与这样的能量打交道的，这些能量将最终，也许甚至是迅速地，用这样一种更为清楚的服务他人的导向，确实能够在那个灵魂中浮现出来的方式被分解，一个人是并不希望关上一扇门的。

So, what is a poor entity to do? How are you to address the realization that many of the social movements you face, do, indeed, seem to be shot through with elements tending towards service to self, and that these elements do, indeed, seem to be exercising a kind of magnetic draw towards many of your fellow citizens? What are you to do in striking a posture that expresses a clear orientation towards serving others, while, at the same time, recognizes that these negative elements are abroad in the land, and that those who are supporting and sustaining these negative elements do have a right to their choice of path? The operative consideration here is that of freedom of the will. And we would call your attention to the fact that it is a characteristic of those who wish to serve primarily their other selves, and who are willing to bend every effort in order to achieve a clearer orientation in that service, that the primary value they embrace is a recognition of the centrality of the freedom of the other self you wish to serve. To serve another self merely in the way you think other selves need to be served, is, after all, merely a surreptitious way of serving yourself. [6]

因此，一个可怜的实体要做什么事情呢？你要如何你要如何陈述那种领悟，很多你面对着的社会运动，确实，看起来似乎是被那些倾向于服务自我的要素所贯穿的，而这些要素，确实看起来似乎是在实践一种类型的对你们很多的民众的磁性的吸引力呢？你们在摆出这样一个姿势的过程中要去做什么事情呢，这个姿势会表达一种清晰的朝向服务他人的导向，而同时又认出这些负面性的要素正在酝酿中，那些支持并维持这些负面性的要素的实体确实对于它们的道路的选择拥有一种权利呢？在这里的起作用的考虑是对意志的自由度的考虑。我们会将你们的注意

力拉到这样一个事实，那些主要希望服务它们的其他自我的实体，那些乐意于为了取得在那种服务中的一种更为清晰的导向而付出了每一份努力的实体的一个典型特征就是，它们拥抱的主要的价值就是一种对你们希望去服务的其他自我的自由的中心性的承认。要仅仅通过你们认为其他自我需要被服务的方式来服务另一个自我，毕竟，仅仅是一种服务你自己的秘密的途径。[6]

And so, the first impediment to service to others is always the fact that others are, in fact, different than oneself—diverse in many respects, and a good many of them unobserved—so that one must tread very lightly, and give ground wherever one can so as not to interfere with the process of development of one's fellows.

因此，服务他人的第一位的妨碍，一直都是这样一个事实，其他人，实际上是与一个人自己是不同的——在很多的方面是有差别的，很多有差别的方面是观察不到的——因此，一个人必须要非常轻地踏步，并在无论什么一个人能够让步的地方让步，以便于不去侵犯一个人的伙伴的发展的进程。

Now, a situation of great confusion inevitably arises when one makes every effort to give this kind of ground only to discover that every inch one gives is taken, and more is constantly demanded, up to the point that one's own free will is being infringed. At some point, it does become necessary to find a way to step back from such engagements, and it can be the case that when the prospect of being dominated by a resolute seeker of the self is imminent that one might need to act rather precipitously, to act in a way that can even seem, on its face, to be violent, and in that violence, of course, we will confess there is negativity.

现在，当一个人做出全部的努力来做出这种类型的让步，却仅仅发现一个人给出的每一点努力都被占用了，且更多的给予被持续不断地被要求，以至于到了一个人自己的自由意志正在被侵犯的位置的时候，一个具有巨大的混淆的情况会不可避免地出现。在某个位置，去找到一种方式从这样的参与中后退，这就会成为必须的了，情况可以是，当被一个坚决的自我的寻求者支配的前景是迫在眉睫，以至于一个人可能需要去相当鲁莽地做出行动，需要用一种甚至能够看起来似乎是，在其表面上，是暴力的方式来行动的时候，在那种暴力中，我们当然将会承认，会有负面性。

Now, this is not news to those of you who have dwelled upon this planet in third density for some time. In fact, we will say something further: it is also a trait, it is also what we would even call a crisis in the creation that bleeds through into fourth density, even into fifth density, and we will say even into the early part of sixth density. Now, as those of Ra have suggested in the sixth density, the polarities are, in fact, unified, so that there is no longer the need at that point to polarize by making a choice of the one or the other. So, it is tempting to say, "Well, since that is, indeed, the goal that all evolving souls are directed towards, why do we not simply now take that result as a conclusion and begin to operate as if, indeed, the two polarities are, in fact, already unified?"

现在，对于你们中的那些已经在第三密度中在这个星球上居住了一些时间的实体

们，这并不是新闻。实际上，我们将更进一步说一些事情：它同样也是一个特性，它同样也是我们甚至会称之为在渗透进入到第四密度，甚至是进入到第五密度，我们将甚至会说，进入到第六密度的早期部分的造物中的一个紧要关头。现在，如那些属于 Ra 的实体已经在建议过的一样，在第六密度，极性，实际上，是统一的，这样在那个位置就不再有藉由做出这样或者那样一个选择来极化的需要了。因此，去这样说是令人诱惑的，“好的，既然那确实就是所有发展中的灵魂正在被朝向其被引导的目标，为什么我们现在不单纯地接受那个结果就是一个结局，并开始就好像，确实，两种极性，实际上，已经是统一的一样地运转呢？”

We would say to you that our answer to this question is going to seem like a somewhat disharmonic one, even though we as Q'uo—corporate entity that we are, combining fourth-density Hatonn, fifth-density Latwii, sixth-density Ra—attempt to harmonize our voices as best we can in the form of a single response. Upon this question, we would have to say, however: Ra: the polarities are harmonized; Latwii: the polarities are in the process of being harmonized; Hatonn: the polarities still are in opposition to one another—sadly, sadly, sadly.

我们会对你们说，我们对这个问题的回答，将会看起来似乎是一个多少有些不协调一致的回答，即使我们作为 Q'uo——我们是合作性的实体，我们是由第四密度的 Hatonn，第五密度的 Latwii，第六密度的 Ra 混合起来的——尝试尽我们最大的能力用一个单一的回答将我们的声音协调起来。无论如何，对于这个问题，我们不得不说：Ra 说，极性是协调一致的，Latwii 说，极性是在被协调一致的过程中的，Hatonn 说：极性仍旧是与相互彼此是对立的——可悲地、可悲地、可悲地。

As Q'uo, we have to say all of these three things at once. We have to say that, indeed, the polarities are such that they mix no better than oil and water, and that the service-to-self greeting to service to others can but be rejected, and when it becomes too insistent, must be rejected absolutely, for otherwise it would undermine the viability of the free will which is the very essence of the seeking process that all must enjoy upon the path of service to others.

作为 Q'uo，我们不得不同时说所有这三个事情。我们不得不说，确实，极性就是如此，以至于它们不会比油和水更好地混合在一起，服务自我对服务他人的致意，仅仅能够被拒绝，当它变得过于显著的时候，它必须被绝对地拒绝，因为否则它会削弱自由意志对存活力，这就是寻求的过程的核心的实质了。

We find also that those who have chosen the path of service to self, and have achieved harvestable quality in pursuing that path, are not, shall we say, stupid. They recognize very well what the dynamics are that they are dealing with, and so there is no means by which a service-to-others entity can talk them out of their position, or show them the error of their ways. You may offer them love and light, but it is safe to do so chiefly behind a strong curtain of protective light—a curtain of protective light, we would add, which is always available to you to invoke. It is your birthright as an incarnate soul to have access to this curtain of light which is often made use of by those in a positive orientation when faced with a psychic attack. You cannot talk an Ipsissimus

out of the polarity that has been deeply and fundamentally chosen and honed over long years of development. You can seek to co-exist as best as you can.

我们同样也发现，那些已经选择了服务自我的道路，并已经在追寻那条道路的过程中取得了可收割的品质的实体，它们将不会是，容我们说，愚蠢的。它们会很好地认出，它们在与之打交道的动力性，因此，没有一个服务他人的实体能够藉由其说服它们离开它们的位置，或者向它们展现它们的道路的错误途径。你们可以向它们提供爱与光，但是，主要在一个强有力的保护性的光的帷幕后这样做，这是安全的——我们会补充，这样一个保护性的光的帷幕一直都是可以为你们所取得以进行请求的。去取得这种光的帷幕，它是你作为一个投生的灵魂的天赋能力，这个光的帷幕经常会被那些具有一种正面性的导向的实体在面对着一种心灵攻击的时候所利用。你们无法说服一个负面性的行家离开那个极性，那个极性是已经被深入地，且从基本的位置被选择了的，并已经经过长年的发展被打磨过的。你们能够寻求尽你们最大的能力与之共存。

There have come times when groups oppositely polarized have come to blows. It is not a characteristic of the positive polarity to initiate these blows, or to act preemptively, but it is a characteristic from time to time—when necessary to preserve the integrity of the seeking process in free will—to act defensively; and it remains a rather strong instinct within third density, lasting well into fourth, to act protectively for others who may be seen to be vulnerable to the intrusions of service to self. We, as Q'uo, are not in a position to attempt to dissuade you from defensive action. We, as Q'uo, will say: you do have resources that you rarely draw upon that you can call upon to come to your aid, and when you do so, you can obviate the need, in many cases, for more overt hostile encounters. However, even that resource will sometimes fail, and it does prove to be true that when push comes to shove, shove must push back—sadly, sadly, sadly we say.

会出现这样一些时刻，用相反的方式极化的团体会开始动武。去启动这样的动武，或者去先发制人地行动，这不是正面极性的一个典型特性，但是，当有必要去保持在自由意志中的寻求的过程的完整性的时候，去用抵抗性的方式做出行动，这时不时地会成为一种典型特征，用保护性的方式为其他的可能被视为是易于受到服务自我的侵犯的伤害的实体做出行动，这在第三密度中会依旧是一种相当强有力的本能，同样会持续到第四密度。我们，作为 Q'uo，将会说：你们确实拥有一些你们很少召唤的资源，你们能够召唤它们来帮助你们，当你们这样做的时候，你们，在很多情况中，能够排除对更为公开性的，有敌意的遭遇的需要。然而，甚至是那个资源，有时候，都将会失败，会证明是真实的事情是，当推力开始推挤的时候，推挤必须要往回推——我们会说，可悲地，可悲地，可悲地。

So, we cannot tell you that you should not circle the wagons in a defensive gesture when such defense is necessary to preserve the integrity of the seeking of individuals, the seeking of positively oriented groups. But, we will say, that within many, many a positively oriented group, there will be the expression of negative emotions that can seem like they come from a service-to-self place, but in reality, at bottom, do not. So, even within circled wagons you will find apparent hostility, and we ask that you consider carefully

whether these negative expressions—expressions of anger, hostility, prejudice, ill-feeling—could not, after all, be healed, could not, after all be offered the love which it is your best and highest gift to be able to offer, and with that thought, we would return the contact to the one known as Jim. I am Q'uo. Adonai, my friends, Adonai.

因此，我们无法告诉你们，你们不应该，在这样的防守是需要，以保存个体的寻求，正面性导向的团体的寻求的完整性的时候，用一种防守性的姿态严阵以待。但是，我们将会说，在很多很多正面导向的团体中，将会由负面性情绪的表达，这些情绪看起来好像它们是来自于一种服务自我的位置的，但是实际上，从根本上，并不是的。因此，甚至在严阵以待之中，你们都将会发现明显的敌意，我们请你们仔细考虑是否这些负面性的表达——愤怒、敌意、偏见、感觉差的表达——终究，是无法被疗愈的，终究是无法被给予爱的，爱就是你们所能够提供的最佳和最高的礼物了，带着那个想法，我们会将接触返回到被知晓为 Jim 的实体。我是 Q'uo。Adonai，我的朋友们。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am again with this instrument. We thank the one known as Steve for his faithful service in transmitting our thoughts to you. At this time, we would ask for the follow-up queries which have been selected.

我是 Q'uo，我再一次与这个器皿在一起了。我们为被知晓为 Steve 的实体在将我们的想法传递给你们的过程中的忠实的服务而感谢他。在此刻，我们会请求已经被选择好了的后续的问题。

Gary: [The questioner writes:] "Do souls tend to incarnate on Earth as a member of a particular race, religion, nationality, or gender? And, how significant are these "subsets" of humanity on a metaphysical level? Thank you."

Gary: [提问者写道:] "灵魂会倾向于在地球上作为一个特定的种族、宗教、国家或者性别的成员而投生吗？这些人类属性的'子集合'在一个形而上学的层次上有多重要呢？谢谢你们。"

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

Q'uo: 我是 Q'uo，我了解你的问题了，我的兄弟。

Souls of this planet have a great variety of sources upon other third-density planets which have not been able to, shall we say, make the harvest there, and have journeyed to Earth in order to make another attempt at this transition into the fourth density of love and understanding. The variety of planets and races that now dwell upon your planet are rich and varied in their individual experiences elsewhere and here, and have for some period of your time attempted to make progress in the evolution of their minds, bodies, and spirits. These souls are those which have donned the, shall we say, persona or costumes of various types of thought processes and physical vehicles' colorations, shall we say, and their appreciation of the nature of the other self,

that is, those entities which exist in communion and proximity to each other. *在这个星球上的灵魂拥有在其他的第三密度的星球上的极其多种多样的源头，这些第三密度的星球已经无法，容我们说，在那里完成收割了，这些灵魂已经旅行来到了地球，以便于在这个进入到爱与理解的第四密度的转换中进行另一次尝试。行星的多样性，以及现在居住在你们的星球上的与种族的多样性是丰富的，且在它们个体的在这里以及在其他地方的体验的方面是多种多样的，它们已经在你们的时间的一些时段中尝试在它们的心智、身体和灵性的演化中进展了。这些灵魂是那些已经穿上了，容我们说，人物角色与服装的灵魂，这些服装会具有各种各样的想法的过程以及物质性载具的，容我们说，染色，以及它们对其他自我，也就是说，那些与相互彼此共存，或者相互彼此亲近的实体属性的欣赏。*

For the most part, there is a tendency to remain within the social complex of the planet of origin so that there may be a continuation of the group-oriented lessons that were begun there that have the purpose not only of expressing group identity and cohesions, but of allowing the individual within the group a certain freedom of expression that is balanced by conditions of, shall we say, reproducing the group standard or normal thought processes. However, as various individuals within each of these groups make progress in the polarization of their consciousness—either towards the positive of service to others, or the negative of service to self—they are free to, we shall say, mingle, or remove themselves from their original group and make incarnational contact with other groups that may have similar or different concepts of the individual and its ability to express its individuality within the group.

对于绝大部分人，会有一种倾向性去留在其起源的星球的社会复合体之中，这样就可能会有一种对在那里被启动的团体导向的课程延续性了，这些课程的目的不仅仅是表达团体的一致性与凝聚力，同样也是允许在团体中的个体拥有一定的表达的自由，这种表达的自由被，容我们说，重建团体的标准性或者通常性的思考的过程的条件所平衡的。然而，当在这个团体中的每一个团体中的各种各样的个体都在它们的意识的极化中产生进步的时候——要么是朝向服务他人的正面性，要么是服务自我的负面性——它们拥有将它们自己与它们原来的团体混合，或者将它们自己从原来的团体移除并与其他团体建立投生性的接触的，容我们说，自由，这些其他团体可能拥有类似的，或者不同的个体的观念，以及它在团体中表达它的个体性的能力。

Thus, after a long period of time, as you would measure it, one of your major cycles, perhaps, of 25,000 years, or somewhat less, there is the chance for individuals within any group to move to any other group by a consensus opinion before incarnation, in order that greater freedom might be achieved in the expression of the individual drive towards harvest. There is also the consideration within each group, of the so-called spiritual family, or minor grouping of entities within the larger group, that may wish to move as a group, as the individual may do; so that at this time, at the end of your master cycle of 75,000 years, there is much intermingling of entities from all of the various planetary sources of origin. When harvest has been achieved by any individual or spiritual family of individuals, that harvest, then, results in the moving forward of those individuals who have been able to polarize

sufficiently in order to begin the fourth-density experience of forming a social memory complex with all other individuals, or minor groups, from any planet of origin.

因此，在一段很长的时期之后，如你们对它的度量一样，在你们的一个主周期，也许是两万五千年，或者多少有些更少的时间之后，在任何团体中的个体都会有机会，藉由在投生前的一种共识性的选择，而移动到任何其他的团体，以便于更大的自由可以在朝向收割的个体的驱动力的表达中被取得。在每一个所谓的灵性家庭的团体中，或者在更大的团体中的较小的实体的集合中，同样也会有考虑可能会希望作为一个团体移动，如同个体可能会做的一样，因此，在此刻，在你们的七万五千年的大师周期的结束的时候，会有对所有属于各种各样的星球起源的实体的混合。当收割已经被任何个体或者个体的灵性家庭所取得的时候，接下来，收割就会产生出那些已经能够充分地极化的的个体的前进的结果，以便于开始与来自于任何星球起源的所有其他的个体或者较小的团体形成一个社会记忆复合体的第四密度的体验了。

Thus, the fourth-density population of your planet Earth will be comprised of many entities which have come from other third-density planets to this planet for their final experience of the third density, harvest having been achieved.

因此，你们的星球的第四密度的人群将会是由很多已经来从其他的第三密度的星球来带这个星球来进行它们最后的第三密度的体验，并已经取得了收割的实体所组成的。

At this time, we would also remark that there are many from other third-density planets here now who have made harvest upon those planets of origin before coming to Earth, and are here in order to aid the harvest of this planet, for there is much catalyst in motion that these entities may help to resolve in an harmonious manner which aids both the planet itself, its various sub-groupings of entities seeking harvest, and those who are making the harvest. Thus, there is the microcosm upon your planet that expresses the macrocosmic nature of an Infinite Creator, that is, the variety of beings that have come together to seek the fourth density upon your planet.

在此刻，我们同样也会注意到，现在在这里有很多来自其他的第三密度的星球的实体是在它们来到地球之前就已经在那些起源的星球上取得了收割的，这些实体在这里是为了帮助这个星球的收割，因为会有大量的运行中的催化剂是这些实体可以帮助用一种协调一致的方式来解除的，在同时会帮助星球其自身，它的各种各样的寻求收割的实体的子团体，以及那些正在进行收割的实体。因此，在你们的星球上会有微观的宇宙，它表达了无限造物者的宏观宇宙的特性，也就是说，已经聚集在一起以在你们的星球上寻求第四密度的存有的多样性。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: The [next] questioner writes: "Greetings, Q'uo, in the love and the light of our Infinite Creator. Thank you for being with us this evening. When we call upon beings for help or just company in meditation, for instance, is it better to name these beings specifically, saying something like, 'Please be with me in

this meditation, Q'uo, or is it better to not name anyone, and just say, 'friends and family,' or something general?"

Gary: 下一个提问者写道：“在我们的无限造物者的爱与光中致意，Q'uo。感谢你们今晚与我们在一起。当我们在冥想中呼唤存有来帮忙或者，举个例子，仅仅陪伴的时候，是明确地说出这些存有的名字，说某种类似‘请在这个冥想中与我们在一起，Q'uo，’是更好地，还是不说出任何实体的名字，而仅仅说‘朋友与家庭’或者说一般性的任何事情是要更好的呢？”

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

Q'uo: 我是Q'uo，我的兄弟，我了解了你的问题了，我的兄弟。

We would address this query by suggesting that there is more than one way to ask for assistance from the unseen realms of those who are guides, friends, inner planes teachers, and beloved family members who have passed on. One may, as was suggested in the query, ask specifically, at any time, for assistance in any matter that is specific in nature, or simply to ask for assistance in general with the process of living the life and expressing the desire to learn from each of the various portions of your daily round of activities.

我们会藉由这样建议来讲述这个问题，请求来自于属于无形的领域的那些指导灵、朋友，没在层面的老师以及那些已经过世了的挚爱的家庭成员的实体的帮助，不仅仅只有一种途径。一个人可以在任何时刻，如在问题中被建议的一样，具体地请求在任何具有具体的属性的问题中的帮助，或者单纯地请求对活出生命并表达渴望去从你们的日常生活的活动的各个部分中的每一个部分进行学习的过程的一般性的帮助。

One way of requesting assistance that few are aware of, and yet is probably the most generally used, is simply by honestly and sincerely proceeding upon your journey of seeking, and when difficulties arise, seeking with all your being, with your heart, with your mind, your body, and your spirit, to resolve the difficulties, to process the catalyst, and to gain experience. And even if you do not specifically request assistance, the sincerity and perseverance that you reflect in your working with catalyst, and processing it in as pure a fashion as possible, is another form of calling for assistance.

一种很少人察觉到，而确是有可能最为通常性地被使用的请求帮助的途径，单纯地就是藉由诚实而真诚地在你们的寻求的旅程上前进，当困难出现的，用你们全部的存有，用你们的心，用你们的心智，你们身体，你们的灵性来寻求，以解决困难，处理催化剂，并取得经验。即使你们没有具体地请求帮助，你们在你们与催化剂一同工作，并用一种尽可能纯净的方式来处理它的过程中反映出来的真诚与坚持，就是另一种呼唤帮助的形式了。

Even when you are, in your own estimation, failing miserably at making progress in any particular area of your life experience, this sorrow that emanates from you at such a moment, is, itself, also a calling, for many of you here are a portion of The Brothers and Sisters of Sorrow, or wanderers, as you call them. Entities in higher densities, as you may well be aware, progress

upon their own paths by being of service to others if they are of the positive polarity, and of service to self, if of the negative polarity. Thus, when distress is perceived on a certain level of activity or beingness by such Brothers and Sisters of Sorrow, it is as if a portion of themselves calls for them to respond to the pain that is felt by an other self.

甚至在你们，根据你们自己的评估，是在你们的生命体验的任何特定的区域中做出进步的过程中不幸地跌倒了的时候，这种在这样一个时刻从你们身上散发出来的忧伤，在其自身，都同样是一种呼唤，因为在这里的你们很多人都是忧伤的兄弟姐妹，或者流浪者，如你们对它们的称呼一样，的一部分。在更高密度中的实体们，如你们可能清楚知晓的一样，如果它们是属于正面性的极性的话，它们是藉由服务他人而在它们自己的道路上前进的，如果是属于负面性的极性的话，是藉由服务自我而在它们自己的道路上前进的。因此，当悲痛在一定的活动或者存在性的层次上被这样的忧伤的兄弟姐妹感觉到的话，它就好像它们自己的的一部分呼唤它们去回应被另一个自我感觉到的痛苦一样。

So, in short, we would say you cannot fail to call. Your needs are always known. There are always guides and helpers standing ready to lend their assistance in ways which you may or may not perceive, yet know that they are there. It is their great joy to be there, and when you call in any fashion, they will respond. Events may fall in a certain way which seem miraculous or mundane, and may not seem to be influenced by any force or source outside the self, or the random nature of the illusion about you, and yet, may be provided in a certain manner just for your own assistance and edification.

因此，简短地说，我们会说你们在呼唤的方面是无法失败的。你们的需要是一直都会被知晓的。一直都会有指导灵以及帮助者站在一旁准备好将它们的帮助通过你们可能或者可能不会感觉到的方式借出来，而你们会知晓它们在那里。在那里是它们的巨大的喜悦，当你们用任何方式呼唤的时候，它们将会回应。事件可能会用一定的方式落下，那种方式看起来要么是奇迹般的，要么是世俗性的，并可能看起来似乎不会被任何自我外部的力量或者源头，或者在你们周围的幻象的随机的属性所影响，而那种方式可能是用一定的仅仅适用于对你们自己的帮助或者启发的方式被提供。

Is there a final query, my brother?

我的兄弟，有一个最后的问题吗？

Gary: Yes, the [next] questioner writes: "They say we have to ask for help if we need it in order to receive help. I've noticed that sometimes I receive help when I did not ask for it. I'm extraordinarily grateful for help that comes when I do not ask for it. Why do we get assistance on occasion when we did not ask for it?"

Gary: 是的，下一个提问者写道：“它们说，如果我们是为了接收到帮助而需要帮助，我们就必须要请求它。我有时候注意到，我在我并未请求它的时候接收到了帮助。我对于当我为请求帮助的时候出现的帮助是格外感激的。为什么我们偶尔会在我们并未请求它的时候获得帮助呢？”

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that there

is much in this query which we have covered in the previous query, however, we shall attempt to add a bit of information that may be somewhat helpful. It is our hope that this is the case.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现在这个问题中有大量的内容是我们在之前的问题中已经涵盖了的, 然而, 我们将尝试添加一点点的可能多少有些帮助的信息。我们的希望是, 这就是实情了。

Each seeker of truth upon this planet, and indeed upon all third-density planets, has at least three guides that are known by the entity before the incarnation begins. Each of these guides meets and exchanges information with the seeker to be incarnated concerning the nature of the incarnation to come. Those lessons which have been learned in previous incarnations are reviewed that this learning may go forward with the entity and be a resource which can be called upon in the incarnation to come. Those areas which have not been learned to the level of purity or adeptness that is desired by the seeker are then set forth with the aid of the guides and, indeed, with the aid of the higher self as well.

在这个星球上, 确实所有第三密度的星球上的每一个寻求者, 都拥有至少三个指导灵, 在任何实体开始投生之前, 这三个指导灵都是实体所知晓的。这三个指导灵中的每一个都会在关于即将到来的投生的属性的方面与要被投生的寻求者举行会议并交换信息。那些在之前的投生中已经被学会的课程会被回顾, 这样这种学识就可以与实体一同前进并成为在即将到来的投生中能够被呼唤的一种资源了。那些尚未被学会的到了具有被寻求者渴望的纯净度或者熟练度的层次的区域, 接下来就会在指导灵的帮助下, 确实同样也在高我的帮助下, 被启程进入了。

If the entity is not yet consciously aware of the seeking process within the third-density illusion, these lessons are given a form and likelihood of being appreciated as they are encountered within the third-density incarnation. There is the sharing of this information upon the total level of the conscious and subconscious mind of the seeker. Thus, as the seeker moves about within the third-density illusion, on the other side of the veil of forgetting the subconscious mind can aid the entity by biasing the catalyst that the entity experiences in each day's menu, shall we say, of experiences. Thus, a number of entities may see one situation of catalyst, and each view it in a different fashion, because each has different lessons pre-incarnatively programmed, and pre-incarnatively biased by the subconscious mind. Thus, the entity then has a slight, shall we say, advantage, in being able to open the self to the recognition of that which has been chosen before the incarnation.

如果实体在第三密度的幻象中并未有意识地察觉到寻求的过程, 在这些课程在第三密度的投生中被遭遇的时候, 它们会被给予一种被欣赏的形式或者可能性。会有在寻求者的有意识的心智和潜意识的心智的全部的层次上对这个信息的分享。因此, 当寻求者在第三密度的幻象中四处移动的时候, 在遗忘的罩纱的另一面, 潜意识的心智能够藉由让实体在每一天的, 容我们说, 体验的菜单上体验到的催化剂产生偏向性而帮助实体。这样, 大量的实体就可能看到一个催化剂的情况, 而每一个实体都会用一种不同的方式观察它, 因为每一个实体都拥有在投生前被编程的不同的课程, 这些课程是由潜意识的心智用投生前的方式产生偏向性的。

因此，实体接下来，在能够去想着认出在投生前已经被选择的事物的方面，就会拥有一种，容我们说，轻微的，优势了。

However, free will is paramount within all experience of each seeker of truth, and the seeker may ignore the bias of the subconscious mind, may misperceive it, or may not notice it at all. However, as the seeker becomes more conscious of its own process of seeking the truth, as you call it, there is a greater likelihood that the seeker shall become more sensitive, shall we say, to the catalyst that presents itself to it upon a daily basis. There will be noticed certain repetitions of catalyst, certain synchronicities that will present themselves in order that the seeker of truth may be availed of the opportunity to learn as was hoped it would learn previous to the incarnation.

无论如何，在每一个真理的寻求者的所有的体验中自由意志都是至高无上的，寻求者可能会忽略潜意识的偏向性，并可能会错误地感知它，或者可能完全不会注意到它。然而，当寻求者在它自己对真理的寻求，如你们对它的称呼一样，的过程中变得更加有意识的时候，会有一种更大的可能性，寻求者将会对将它自己用一种日常的方式呈现给寻求者的催化剂变得更为敏感。一定的催化剂的重复，一定的将它们自己呈现出现同时性将会被注意到，以便于真理的寻求者可以如它在投生前被希望会学习的一样利用机会来进行学习。

Now, part of this seeking is to ask for assistance, of course, for as the seeker becomes more conscious of the process, the availability of guides, teachers, and friends upon the inner planes, becomes more of a realization consciously of the seeker, so that it might be more effective in its seeking, and as this process of becoming aware of the process of seeking, there is a kind of momentum built up that guides the seeker even further along the path in a more efficacious manner. To those who are more successful in their seeking is given the opportunity to progress even further and faster. Thus, the seeking becomes that which is a blessing and a joy.

现在，这种寻求的一部分，当然就是去请求帮助，因为当寻求者对这个过程更有意识的时候，在内在层面上的指导灵、老师和朋友的可利用性就会更为有意识地成为寻求者的一个领悟了，这样它在它的寻求中就会变得更有成效了，随着这个成为的过程察觉到寻求的过程，会有一种类型的动量被积累起来，它沿着那条道路用一种更有成效的方式更进一步地指引寻求者。对于那些在它们的寻求中更为成功的实体，它们会被给予机会去甚至更远地，更快地前进。因此，寻求就成为了一种福分与一种喜悦之所是的事物了。

And, we say that it has been a blessing and a joy for us to be asked to join your circle of seeking this afternoon. We are always most grateful to be able to feel the love within a circle such as this, to see the light emanating from it to the high heavens, and to rejoice with those great angelic beings who are called to you by the mere production of light and the expression of love. There is a heavenly choir that sings Hallelujah, Hallelujah, Hallelujah.

我们会说，被请求在这个下午加入到你们寻求的圈子，这已经是一种福分与一种喜悦了。我们一直都对于能够在诸如这个圈子之类的一个圈子中感觉到爱，能够看到光从它散发出来到达高处的天堂，并能与那些伟大的天使的存有一起欢庆

而是极其感激的，那些天使的存有仅仅被光的产物与爱的表达召唤到你们身边的。会有一种天上的合唱，它唱到，哈利路亚，哈利路亚，哈利路亚。

At this time, we shall take our leave of this instrument. We leave each of you, my friends, in love and in light, for there is nothing else but love and light in this universe. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu borragus.

在此刻我们将离开这个器皿。我的朋友们，我们在爱与光中离开你们，因为在这个宇宙中除了爱与光之外没有任何其他事情。我们是你们知晓的 Q'uo。Adonai，我的朋友们，Adonai vasu borragus。

[1] The tuning song used is called "The Wanderers" by Lacy J. Dalton. You can hear the song set to a video on L/L's YouTube channel here: <https://www.youtube.com/watch?v=GieV4UxTHgE>.

[1]被使用过的调音的歌曲被称为“流浪者”，Lacy J. Dalton 所著。你们能够听到在爱/光研究机构的 Youtube 频道上在一个视频中听到这首歌，视频地址是 <https://www.youtube.com/watch?v=GieV4UxTHgE>。

[2] Aver: verb, to declare positively.

[2]Aver: 动词，正面性地断言。

[3] queer the pitch: A British English idiom meaning to spoil the business at hand.

[3] *queer the pitch*: 一个英式英语的成语，意思是搞砸了在手头的工作。

[4] let the cat out of the bag: to reveal a secret carelessly or by mistake.

[4] *let the cat out of the bag*: 不小心或者因为错误揭露了一个秘密。

[5] Ra: The ipsissimus is one who has mastered the Tree of Life and has used this mastery for negative polarization.— 44.16

[5]Ra: *ipsissimus* 是一个已经掌握了生命之树且已经将这种掌握用于负面极化的实体。——44.16

[6] Relatedly:

Questioner: Would Ra's attitude toward the same unharvestable entities [during Ra's third density] be different at this nexus than at the time of harvest of [your] third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to serve is to simplify the grasp of what service is necessary or possible. – 89.30

[6]相关地:

89.30 提问者: 在这个节点 Ra 对于相同的无法收割的实体的态度和在第三密度的收割的时候的态度是不一样的吗?

Ra: 我是 Ra。不是实质性地不同的。对于那些希望去沉睡的人, 我们仅仅能够提供那些为沉睡的人设计的安慰。服务仅仅是在服务被请求的程度上才是有可能的。我们准备好用无论什么我们能够的方式进行服务。这作为一种与在第三密度中的其他自我打交道的方式仍旧看起来是令人满意的。我们的感觉是, 去成为一个人尝试去服务的每一个实体, 这就是对于什么服务是需要的或者是有可能的掌握的简化了。

September 16, 2017
2017-09-16 宽恕的悖论

Group Question: The Confederation has helped us see our world as a place where all is well—all that happens is meant to be and that there are no mistakes. On the other hand, offering forgiveness is stressed, and Ra has said that in forgiveness lies the stoppage of the wheel of action, or what you call karma. This seems like a paradox in that if one accepts and understands that there are no mistakes and all that happens is meant to be, what would there be that would need to be forgiven?

团体问题：星际联邦已经帮助我们将我们的世界视为一个在其中一切都好的地方——所有发生的事情都是打算好要成为的，没有错误。在另一方面，提供宽恕是被强调的，Ra 已经说过，在宽恕中包含有对行动之轮，或者你们所称的业力的停止。这看起来似乎是一种悖论，因为如果一个人接受并理解没有错误，且所有发生的事情都是打算好要成为的，又会有什么事情是需要被宽恕的呢？

(Jim channeling)
(Jim 传讯)

I am Q'uo, and greet each of you in love and light this afternoon. We thank you for inviting our presence this day. We are always honored to join this circle of seeking, for your seeking is of such a nature that it is as a bright light shining into the heavens above this dwelling, attracting those who rejoice with you at the ability and opportunity to seek again the One Creator, and to serve that Creator in whatever form that may be manifesting for us at this time.

我是 Q'uo，我在这个下午在爱与光中向你们各位致意。我们为你们今天邀请我们出席而感谢你们。我们一如既往对于加入这个寻求的圈子而是荣耀的，因为你们的寻求是具有这样一种属性，它就如同一道明亮的光闪耀进入到在这个居所上方的天空，吸引了那些为再一次寻求太一造物者，并用无论什么在此刻为我们显化的形式来服务那个造物者的能力与机会而和你们一起欢庆的实体。

We, as always, would ask you to do us a small favor: to use your discrimination in assessing the value of the words and the thoughts that we impart to you, taking those that have value to you, and leaving those behind that do not. In this way, you give us the freedom to share that which is ours to share.

一如既往，我们会请你们给予我们一个小小的恩惠：在评估我们给予你们的言语和想法的价值的过程中使用你们的分辨力，使用那些对你们有价值的内容，并将那些没有价值的丢弃掉。用这种方式，你们就给与了我们去分享我们所要分享的事物的自由了。

The question this day concerns the seeming paradox between the statement that is always at the forefront of Confederation philosophy—and that is that all is well, and indeed, all will be well—with the description of forgiveness being the stoppage of the wheel of karma, and why such forgiveness would be necessary in an environment or creation in which all was truly well. It is

queries such as this one that bring us great pleasure in responding to, and also bring us a sense of appreciation for the thoughtfulness and the intensive study that is reflected in the query.

今天的问题是关于在这样的说法之间的表面上的悖论，悖论一直都是星际联邦的哲学的最前线——那个说法就是一切都好，确实，一切都将会是好的——与宽恕是对业力之轮的停止的描述，以及为什么这样的宽恕在一个在其中一切真的都是没问题的环境或者造物中会是需要的。就是在回应诸如这个问题之类的问题的过程中，它带给了我们巨大的快乐，同样也带给了我们一种对在这个问题中被反映出来的对深思熟虑以及深入的研究的欣赏的感觉。

To begin, the creation in which we all dwell is a unified creation. It is that which has been created by the One Infinite Creator delegating, shall we say, the love that is so much a part of the One Creator to those entities that you call suns or stars, Logoi which reflect the love of the Creator in their activity of furthering the creation in which it holds true that all is well. For each Logos entity makes its own galaxy of stars, shall we say, using the material, the basic blueprint, we may say, that is given to it, to each one by the One Creator. Thus, the entire creation, in its infinity of beingness, can be seen on a macrocosmic scale to be that which reflects the One Infinite Creator and its desire to know itself in ways that are not possible without entities exercising their free will as they move through the densities of experience, learning the lessons of each density, and eventually returning again, in unity, to the One Creator, bringing the gifts of their free will choices to aid the Creator in knowing itself.

作为开始，我们全都居住在其中的造物是一个统一的造物。就是那个已经被太一无限造物者创造出来的事物，容我说，成为了爱的代表，对于那些你们称之为恒心或者星星的实体，那些在它们更进一步的创造中反映了造物者的爱的理则，爱是太一造物者的如此大的一部分，在理则的创造的活动中，一切都好，这是真实的。因为每一个理则的实体都通过使用被太一造物者给予它，给予每一个理则的材料与基本的，我们可以说，蓝图，产生出它自己的恒星的星系。因此整个造物，在它存在性的无限之中，都能够在一个宏观的程度上被看到是反映了太一无限造物者以及造物者用这样的方式去知晓祂自己的渴望的事物，在实体穿越体验的密度、学习每一个密度的课程并最终，在统一中，再次转向太一造物者，并同时将它们自己意志的选择的礼物带来以帮助造物者知晓祂自己的时候，如果没有那些实践它们的自由意志的实体，这些造物者知晓祂自己的渴望的方式就是不可能存在的。

As you move further and further down, or into, the nature of the creation, you begin to see how each portion, and each entity, within every nook and cranny of the universe, reflects the One Creator in some fashion that may be difficult to see for some, for there is much variety in an infinite creation that is based upon free will.

当你越来越深入到，或者进入到造物的属性之中的时候，你开始看到在宇宙的每一个角落中的每一个部分，每一个实体如何用某种可能对于一些人很难明白的方式反映了太一造物者，因为在一个无限的造物中会有大量的多样性是以自由意志为基础的。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We would begin our communication through this instrument by thanking it for its challenge, and also, we would say, for the work that it has begun to do in creating an atmosphere able to receive a column of light that may serve as a protection for itself and its workings and for the group with which it works. This is activity which we endorse and which we would say begins to come to the lower reaches of magical efficacy such that there is now the possibility of further development along these lines.

我是 Q'uo，我与这个器皿在一起了。我们会藉由为这个器皿的挑战，同样也为它在创造一个能够接收一种光柱的氛围的方面已经开始做的工作而感谢它来通过这个器皿开始我们的交流，这种光柱可以起到对它自己以及它的工作，以及对它与之一同工作的团体的保护的作用。这是一个我们赞成的行为，我们会说，这个行为开始进入到了具有魔法的效用的较低的范围，这样，沿着这些线路的更进一步的发展现在就有可能了。

We would suggest that with respect to the query at hand, that each here consider that it is a vulnerable entity, and vulnerable entities are in need of protection. But why, in a creation that is that of unity, should there be a need for protection? Why, in a creation of unity should there be those who are so unaware of that unity that they would conduct themselves in ways that have the potential for being hurtful to others? Why, in short, should there be a kind of diaspora of the Creator to the point that those who are the Creator, but are also individuated points of light, shall we say, should be capable of not knowing themselves in their origin, and also not knowing themselves in their destiny?

我们会建议，在关于正在处理的问题的方面，在这里的每一个人都考虑它是一个易受伤害的实体，易受伤害的实体是需要保护的。但是，为什么在一个具有统一性的造物中，将会需要有保护呢？在一个具有统一的造物中，会有那些对那种统一如此不察觉，以至于它们会用有可能会对其他人造成伤害的方式来指挥它们自己呢？简短地说，为什么会有一种类型的对造物者的分散，以至于到了那些是造物者，同样也是，容我说，光的个体化的点的实体将无法知晓它们的起源，同样也不知晓它们自己的命运的程度呢？

That is the mystery of the creation, my friends, in a nutshell, for to be a creature is to be vulnerable, and vulnerability is a mark of separation or distance from unity. Now, we assure you that there is no thing that you can say or do or that can happen to you that ultimately will separate you from that unity. But it is also true that to all appearances to the innermost resonance of your deepest experience it can seem that you reach for that unity in

vain—that the unity itself could not be further than it actually is—and in that distance from Creator to creature, there lies the whole purpose and intent of the creation, for in that distance, the Creator finds that even while it is true that the Creator cannot be other than what it is, it is also apparently true, that it is just this. That is to say, other than it is.

我的朋友们，那就是在一个果壳中的造物的神秘了，因为要成为一个造物，就是成为易受伤害的，易受伤害性就是一个与统一的分离或者与统一的距离的标志了。现在，我们向你们确认，没有任何你们能够说，或者做，或者能够发生在你们身上的事情，将会终极地将你们与那种统一性分开。但是，同样真实的事情是，对于你最深的体验的最为内在的共鸣是完全表象的事物，看起来似乎你是在徒劳地向着那种统一伸出手的——统一其自身是无法比它实际之所是更进一步的——在那种从造物者到创造物的距离中，存在有造物的全部的目的与意愿，因为在那种距离中，造物者会发现，甚至在这真实的情况下，造物者无法成为其之所是的别的样子，同样明显真实的是，它仅仅就是这个其之所是。也就是说，与其之所是不一样的。

Now, if you want to explore that question from the standpoint of the Creator, the answer that arises will be simply this: that the Creator needs to be other than what it is in order to be informed of what it is, and if we may put it this way, in order to grow. This is a living creation, and in life there is growth.

现在，如果你们想要从造物者的立场来探索那个问题，会出现的答案单纯地将会是这样的：造物者需要成为与它现在之所是的不一样的样子，以便于了解其之所是，以便于成长，如果我们可以用这种方式来表达的话。这是一个活的造物，在生命中会有成长。

Having said that, from the standpoint of the creation, we would now turn our attention to the standpoint of the creature, which must be seen provisionally, shall we say, both to be a portion of the Creator and an entity self-sufficient to an extent, and to the extent that it must learn to stand on its own. It must do this so that what it has to offer in reflection back to the Creator can be taken in by the Creator as new, as a gift, as a point of revelation enabling the deepening of the sense of the great mystery of being.

在已经说过了那一点之后，从造物 (creation) 的立场上，我们现在会将我们的注意力转移到造物 (creature) 的立场，造物必须暂时被视为是，容我说，同时是造物者的一部分与一个在一定程度上，在它必须学会去独立自主的程度上，自给自足的实体。它必须这样做，这样它通过对造物者反向映射而所要提供的事物，就能够被造物者作为一个新的事物，作为一个礼物，作为一个启示的位置而接受了，这种启示能够深化对存在的伟大的神秘的感觉。

The creature who thus stands alone bears the brunt of the possibility that arises inevitably in a creation in which there are many disparate, discrete faces of the Creator, because the information that is communicated back to the Creator arises in very great part from the interactions among the individual creatures, and these interactions can be very complex and, as you well know, very distressed.

像这样子孤立的造物会忍受在这样一个造物中无可避免地会升起的可能性的

冲击，在这个造物中，会有很多造物者的完全不同的，明显有差别的面孔，因为反向对着造物者被交流的信息会从在个体的造物当中的互动中的每一个巨大的部分中升起，这些互动能够成为非常复杂的，如你们清楚知晓的一样，成为非常令人苦恼的。

And so we could rephrase the query that we have been asked by asking merely why must there be distress? Why must there be the possibility of disharmony in order for the Creator to learn of itself? The disharmony arises from difference—the difference arises as a product of the disbursal, shall we say, of energy from the one Central Sun so that each scintilla of the creation, constituting an individual creature, begins a long journey back to the Creator from a position of dispersion, in which, at first, nothing at all is known. Even so radical is the question centered in the mystery of being that it must be posed against the background of not being, or nothing.

因此，我们会藉由仅仅这样询问来对那个我们已经被询问的问题进行重新措辞，为了造物者了解祂自己，为什么必须有苦恼，为什么必须要有不和谐的可能性呢？不和谐是从不同升起的——不同是作为能量从太一中心的太阳的支出的一个产物而出现的，这样，构成了一个个体的造物物的每一点点的造物，都从一个分散的位置，开始了一场漫长的返回造物者的旅程，在这个分散的位置上，一开始，根本没有任何事情是被知晓的。甚至处于存有的神秘的中心之处的如此根本性的问题就是，它必定是在不存在或者无（nothing）的背景中被提出来的。

Now, we will say that this disbursal into the nothing carries with it a background resonance which can be seen in two ways: It can be seen as a kind of dim recollection of a harmony of complete immersion in the one original being, which, as we have said, is creative; but it can also be experienced, this resonance, as abject terror. It is the terror of being removed from the center, and we will say that every creature carries the legacy of this potential even as they carry the legacy of the memory of unity.

现在，我们将会说，这种进入到无之中的支出会在它身上携带着一种背景的共鸣，这种共鸣能够用两种方式被观察：它能够被视为对一种完全浸没在那一个原初的存有之中的和谐的一种模糊不清的回想，这一个原初的存有，如我们已经说过的，是创造性的，但是这种共鸣同样能够，作为不幸的恐惧而被体验到。它是从那个中心被移除的恐惧，我们将会说，每一个造物物都携带有这种可能性的遗产，甚至在它们携带着对统一的记忆的遗产的时候。

And so, to be a creature is, in a way, to be a twofold entity—an entity that is vulnerable to the upper limit of that concept, absolutely, completely, vulnerable, and an entity which is equally absolutely and completely invulnerable. There is a perfection of sorts in that balance. Now, the adventure of the creation involves a double movement, shall we say, a movement outward into the vulnerability of individuation, and a movement inward, into the invulnerability of unity, which we might also call love. The vulnerability, therefore, we might call “unlove,” or the feeling of the loss of love.

因此，要成为一个造物物，在某种方式上，就是成为一个双重的实体——一个

因为那个观念的上部的限制而易受影响的实体，绝对地，完全地易受伤害的，一个同等地绝对且完全不易受伤害的实体。在那种平衡中会有某种类型的一种完美性。现在，造物的冒险包含了一种，容我们说，双重的运动，一种向外进入到个体的易受伤害性的运动，一种向内进入到统一性的不受伤害性的运动，我们同样可以将这种具有统一性的不受伤害性称之为爱。易受伤害性，因此，我们可以称之为“无爱”或者那种失去爱的感觉。

Now, love, itself—to the extent that it prevails, to the extent that it embraces the creature, to the extent that it constitutes a kind of energy so encapsulating the creature that the creature knows no other reality and it feels no separation—such a love as this, can, from a certain point of view, be seen as confining. It is supporting, it is nourishing, but it is also confining. And, as an analogy, we would suggest that you consider that there comes a time in the life pattern of those small beings upon your planet known as children that they must leave the comfort and security of the home and go outward into a world in which the protective embrace of the mother, the protective embrace of the father, is not available for them, and in this capacity, they are, indeed, more vulnerable. But, were it not for this leaving of the home, the young being would not have the opportunity by confronting the challenges that are part and parcel of the vulnerability which they carry with them into their life experience. They would not have the chance to grow, to develop, and to cultivate those unique gifts which they may then, subsequently, bring back to home and hearth, to the great joy of all who dwell there.

现在，爱，其自身——在它是盛行的程度上，在它拥抱了创造物的程度上，在它构成了一种类型能量，这种能量对创造物是如此包含性以至于创造物不会知道其他的实相，它感觉不到分离的程度上——诸如这种爱之类的一种爱，从一定的视角，能够被视为是限制性的。它是支持性的，它是抚育性的，但是它同样也是限制性的。作为一个类比，我们会建议你们考虑在那些在你们的星球上被知晓为孩子的小小的存有的生命模式种会出现一个时刻，它们必须要离开家园的安慰与安全，并向外进入到一个世界中，在这个世界中，母亲的保护性的拥抱，父亲的保护性的拥抱，是无法为它们所取得的了，用这种方式，它们确实是更加易受伤害的了。但是，如果不是因为这种离开家园，年轻的存有就不会藉由遭遇到挑战而拥有机会了，那些挑战就是它们带在它们身边带入到它们的生命体验中的那种易受伤害性的一部分了。它们就不会拥有机会去成长、发展并培养那些独一无二的礼物，它们接下来就可以，作为结果而将那些礼物带回家，并带到所有居住在那里的人们的巨大的喜悦之上。

So, it is by analogy, with respect to the creation as a whole, for you are cast out into an experiential domain in which it is fully intended that you do not know that you are immortal in the root of your being, and so the vulnerability can seem, in that case, to be absolute; can be unbalanced by the knowledge that in the heart of hearts, all continues to be well, that in your heart of hearts, you are already completely well. We say, then, that you do not know this as a creature—you do not know this as a creature in first density, you do not know this as a creature in second density, where the instinct for survival begins to be cultivated to the point where defenses are set up so that one entity may be

protected from the intrusions of another.

因此，在关于作为一个整体的造物的方面，就是藉由比喻，你是被投出去进入到了一个体验性的领域之中，在其中被充分地打算好的事情是，你是不会知道你在你的存有的根部之中是不朽的，因此，易受伤害性，在那种情况下，能够看起来似乎是绝对的事情，并能够被在心之心中的知晓所平衡，那种知晓即，一切都继续是没问题的，在你的心之心中，你已经是完全没问题的了。我们接下来会说，你作为一个造物是并不知道这一点的——你作为一个在第一密度中的造物是并不知道这一点的，你作为一个在第二密度中的生物是并不知道这一点的，在第二密度中，对于生存的本能开始被培养到了在其上防御被设置好的位置上，这样一个实体就可以被保护免受另一个实体的侵犯了。

Now, entities will intrude upon each other. And that, too, is part of the plan; for the overstepping of the bounds of one entity and another creates the conditions, the catalytic conditions we would say, that enable an articulated sense of the self to be cultivated, that enable a sense of the self as unique to be developed. And in the vast infinity of the creation, we would say that every spark of beingness is absolute in its uniqueness. When one contemplates the vastness of the creation, the supply of such uniqueness is, indeed, staggering, my friends. And, it is at the level of this uniqueness that the cutting edge of the creation unfolds. It is at the level of this uniqueness that your life is lived.

现在，实体将会相互彼此侵犯。那同样是计划的一部分，因为对这样或者那样一个实体的边界的进犯会创造出情况，我们会说，催化剂的情况，它们使得一种被清楚表达的自我的感觉能够被培养，使得一种自我是独一无二的感觉能够被发展。在造物的巨大的无限性之中，我们会说，存在性的每一个火花，在其独特性的方面都是绝对的。当一个人沉思造物的巨大的时候，对这样的独特性的供应，确实是，令人吃惊的，我的朋友们。就是在这种独特性的层次上，造物的尖峰展开了。就是在这个独特性的层次上，你的生命被活出来了。

Now, in present, you enjoy a density we have called the third, which is somewhat unusual in that it involves beings that have come to the ability where the knocks and tribulations of creaturely existence have come to be registered consciously in such a way that a conscious pattern of beingness, itself unique, has come to be central to your experience. But, at the same time, the question of who each here is, is also shielded so that—because of the veil of consciousness, characteristic of third density—you are vulnerable in a rather deeper way than you are if the adventure of your life pattern is defined merely as a struggle for survival or a struggle for domination. For the very nature of the being, that you have for a great period of time been in the process of creating for yourself, is that it can suffer the difficulties it encounters in incarnate life in such a way that these difficulties can begin to unravel the very threads of its being. Therefore, you are doubly vulnerable.

现在，在此刻，你们享受着一个我们已经称之为第三密度的密度，它多少有些是不同寻常的，因为它包含了已经取得了这样一种能力的存有，通过这种能力，生在生物的方面的存在性的碰撞与磨难已经开始用这样一种方式有意识地留下印象，通过这种方式，一种有意识的存在性的模式以及它的独特性已经开始成为你的体验的中心了。但是，同时，对于在这里的每一个实体是谁的质疑，同样是被

屏蔽起来，这样——因为意识的罩纱，这是第三密度的典型特征——相比如果你的生命模式的冒险是仅仅被定义为一种对生存的努力或者一种对支配力的努力，你用一种更为深入的方式是易受伤害的。因为存在的核心的属性，你已经处于为你自己创造这种属性的过程中有一段很长的时间了，就是，它能够用这样一种方式遭受到它找投生的生命中遭遇到的困难，通过这种方式，这些困难能够开始解开它的存有的线条。因此，你是加倍地易受伤害的。

When you are vulnerable in a way that involves self-consciousness, you must develop patterns of defense so as to be able to preserve the threads of your being at a very deep level, but these defenses can, themselves, be breached, and they are so routinely by strong catalyst. [1] The biggest breaches we find are from self to self, and when you feel thus breached, you can take a wound that is more than the wound of an accidental event, but the wound of an intrusion that feels like it has full intentionality behind it. These are the wounds that cry out to be healed, and as we have said, the great healer is forgiveness. The great healer is forgiveness, and forgiveness itself is a twofold phenomenon. The self must be forgiven by itself for being the one that is vulnerable; the one who offends the self must be forgiven as the one who has thus shown itself to be so deeply offensive.

当你用一种包含了自我意识的方式是易受伤害的时候，你就必须发展防御的模式，以便于能够在非常深入的层次上保存你的存有的线条，但是这些防御，在其自身，能够被突破，它们会如此有规律地被强有力的催化剂突破。[1]我们发现最大的缺口就是自我与自我的缺口，当你感觉到这样子被侵犯的时候，你能够得到一个伤口，这个伤口是比一次意外事故的伤口会更大，但是它是这样一种侵犯的伤口，这种侵犯感觉就好像在其后是拥有充分的意图的。会有一些伤口，它们会呼唤被疗愈，如我们已经说过的一样，伟大的疗愈者就是宽恕。伟大的疗愈者是宽恕，宽恕其自身就是一个双重的现象。自我为了它是一个易受伤害的实体必须被它自己宽恕，一个侵犯了自我的实体，作为一个已经由此显现它自己是如此深入地是冒犯性的实体，必须被宽恕。

Now, this forgiveness of which we speak, is perhaps, the most difficult activity that an incarnate entity must undertake, and indeed, it is almost the hallmark of third density life that it requires forgiveness in very many different ways in very many different capacities; and it requires this forgiveness to be registered again and again and again, for one who undertakes to forgive, rarely, if ever, fully comprehends the scope of the wound that has been inflicted. And that requires the healing that only forgiveness can give.

现在，我们谈及的这种宽恕，也许是一个投生的实体必须要进行的最为困难的活动，确实，第三密度的生命的标志几乎就是，它用很多不同的方式在非常多不同的方面需要宽恕，它需要这种宽恕一次、又一次、再一次地被牢记于心上，因为一个进行宽恕的人，几乎很少，如果曾经有过的话，会充分领悟已经被施加的损伤的范围。那种损伤需要仅仅只有宽恕能够给予的疗愈。

And so, the first act of forgiveness can be likened to the beginning of a scab, shall we say, the second act can further the process, and so on, until the wound is healed, and that can only be the beginning of a longer process in

which the scar that has been left finally resolves itself as well. And thus, we say, that an act of forgiveness is placed upon another act of forgiveness, and another and another, and another, and another, and it can seem as if this process is truly never-ending. But, my friends, we will assure you, that there is what we would call a resolution to the process, and there comes a time, when on a bright shiny day, you may wake up and discover that the wound you have taken no longer exists except as a memory, and in the memory itself there is now a certain joy. In that joy, there is the realization of work well done, for when you have healed yourself in this way, you have healed the very creation—you have set in balance a portion of the creation that was unbalanced, and given the Creator the proper perspective from which to see the inner nature of the very interactions through which the Creator becomes informed of itself. You stand at the very fulcrum of this work that is the purpose of the creation.

因此，宽恕的首先的行动能够被比作，容我说，一种结疤的开始，第二个行动能够让过程更进一步，如此继续，一直到伤口被疗愈为止，那仅仅能够成为一个更加漫长的过程的开始，在这个过程中已经被留下来的伤疤同样也会自我分解。因此，我说，一个宽恕的行动是被放置在另一个宽恕的行动上的，接着另一个，另一个，另一个，它能够看起来似乎这个过程是真正永无止尽的。但是，我的朋友们，我们将向你们保证，会有我们称之为的对那个过程的一个解决的事物，会有一个时刻出现，在那个时候，在一个明亮而灿烂的日子，你们可以醒来并发现，你已经遭受到那个伤口不再存在了，除了作为一个记忆之外，在那个记忆其自身之中，现在会有一定的喜悦了。在那种喜悦中，会有对于工作是被很好地完成了的领悟，因为当你已经用这种方式疗愈你自己的时候，你就已经疗愈了那个造物了——你已经将造物的一部分固定在平衡之中，并已经给予了造物者适当的远景，以从其来观察那个造物者通过其已经了解祂自己的互动的内在属性了。你正好是站在这个工作的支点处的，这就是造物的目的。

We thank you for this most insightful query, for it has given us an opportunity to speak to an issue which cannot help but be central to your process at this time, and we would assure you it is one that it is central also to our process, for we speak now of the nature of the creation itself. We commend you to your process, my friends, which continues now, as it has for a long time, to be an inspiration to us. You are courageous seekers, and we rejoice in your successes.

我们为这个极其富有洞见的问题而感谢你们，因为它已经给予了我们一个机会去谈及一个议题，这个议题在此刻是不得不对于你们的过程称为中心性的，因为我们现在谈及的是造物其自身的属性。我们为你们的过程称赞你们，我的朋友们，你们的过程现在继续对于我们是一个启发，如同它在很长一段时间已经是的一样。你们是勇敢的寻求者，我们在你们的成功中欢庆。

We are those of Q'uo, and at this time we would leave this instrument and return to the one known as Jim, to ask if there are further queries upon your mind. Adonai, my friends, Adonai.

我们是 Q'uo，在此刻，我们会离开这个器皿，我们返回到被知晓为 Jim 的实体，以请求在你们的头脑中的更进一步的问题。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. We would ask, at this time, if there may be any further queries to which we may respond?

我是 Q'uo, 我再一次与这个器皿在一起了。我们会在此刻询问, 是否可能有任何更进一步的问题是我们可以回应的?

Austin: Q'uo, you were talking about the path of incarnation is that of vulnerability through Steve, and it seems as though you were highlighting forgiveness as that of the positive spiritual path. I was wondering if you could talk about whether or not forgiveness is any part of the service-to-self path, and if not, how do they relate to that vulnerability when that's been infringed upon?

Austin: Q'uo, 你们通过 Steve 谈到了, 投生的道路是易受伤害的道路, 看起来似乎你们正在强调宽恕是属于正面灵性的道路的事物。我想知道, 是否你们能够谈谈, 是否宽恕在服务自我的道路上拥有任何的地位, 如果没有, 在那种易受伤害性已经被侵犯的时候, 它们如何与那种易受伤害性联系在一起呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, a very thoughtful query. The vulnerability that is felt by a positively-oriented entity is that vulnerability which has been pre-incarnatively recognized, shall we say, for your third density is one which, as we mentioned, is pursued on the other side of the veil of forgetting, and yet, each soul which enters third density is aware that it will forget the perfection of the creation, the love in every moment, and the light which forms each portion of the creation. Thus, it willingly takes on this vulnerability that has the function of allowing it to learn lessons that may, shall we say, involve trauma, the vulnerability being exposed and utilized by the nature of the third-density illusion in which there is the feeling of separation and the need to explore this feeling of separation in such a way that there is a growing sense of unity that results from the seeming opposite. Thus, the positively-oriented entity willingly exposes itself to the vulnerable situation in each incarnational experience in order to gain the increasing knowledge of the sense that all is well, the sense of unity that is, indeed, the nature, the true nature, of reality.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。再一次, 这是一个非常深思熟虑的问题。被一个正面导向的实相感觉到的易受伤害性时候已经, 容我说, 用投生前的方式被识别出来的易受伤害性, 因为你们的第三密度是一个, 如我们提到过的一样, 在遗忘的罩纱的另一面被追寻的密度, 而每一个进入到第三密度的灵魂都知晓, 它将会忘记造物的完美性, 在每时每刻中的爱以及形成了造物的每一个部分的光。因此, 它是自愿地穿上这种易受伤害性的, 这种易受伤害性拥有允许它学习可能包含了创伤的课程的功能, 当易受伤害性被显露出来并被第三密度幻象的属性所利用的时候, 在第三密度的幻象中会有分离的感觉与用这样一种会有一种越来越大的统一感的方式探索这种分离的感觉的需要, 这种统一感是源自于表面上的对立的。因此, 正面导向的实体将会在每一个投生体验中将它自

己暴露与易受伤害的情况，以便于取得不断增加的对于一切都好的感觉，对统一性的感觉的知晓，那种统一的感觉确实就是实相的属性，真正的属性。

However, upon the negatively-oriented path this sense of vulnerability is not utilized by the individual who may be its subject or its victim, shall we say. It is utilized by those which would enslave the negatively-oriented entity that is vulnerable, for this is the nature of the negative path: separation. That seeming separation exists for the positive entity for only as long as it is unable to penetrate the veil of forgetting. The negatively-oriented entity, therefore, seeks the separation from all other selves, and the control and domination of all other selves, and will use any vulnerability that any other self might express or exhibit as a means by which this domination and control might be effected. 然而，在负面导向的道路上，这种易受伤害的感觉不会被可能成为它的对象或者它的，容我说，受害者的个体所利用。它是被那些会奴役易受伤害的负面导向的实体所使用的，因为这就是负面性的道路的属性：分离。在表面上的分离会为正面性的实体仅仅在它无法刺穿遗忘的罩纱的时间范围内存在。负面性导向的实体，因此，寻求与所有其他自我的分离，以及对所有其他实体的控制与支配，并将会使用任何其他自我可能表达或者展现的任何的易受伤害性作为一种藉由其这种支配与控制可以产生影响的途径。

Now, there is a certain benefit, shall we say, to the entity so controlled and dominated through its vulnerability—perhaps the vulnerability being only that of possessing lesser power and the inability to exercise it over others as well. However, as power is exercised over the negative entity who has been vulnerable to its domination, this entity will gain in the desire to further its own negative polarization by so dominating those who may be more vulnerable than was itself. Thus, the vulnerability is used in a reverse fashion, just as the entire path of the negative polarity is based upon that which reverses each portion of the positive path.

现在，对于用这种方式通过它的易受伤害性而被控制与被支配的实体，会有一些的，容我说，益处——也许是易受伤害性仅仅是对较低的力量占有，而不能将它同样也施加在其他人身上。然而，当力量被施加在一个已经对于这种支配是易受伤害的负面性的实体身上的时候，这个实体将会在渴望中增长，以藉由如此支配那些可能是比它自己更为易受伤害的实体而使得它自己的负面性的极性更进一步。因此，易受伤害性是通过一种颠倒的方式被使用的，就如同负面性极性的整个的道路都是基于对正面性的道路的每一个部分的倒转一样。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: Not to that one, thank you, Q'uo.
Austin: 在这个问题上没有了，谢谢你们。Q'uo。

Steve: I have a query. It occurs to me that in the case of a negative entity, there is still an instinct for unity working, but it just seems that the unity is something the negative entity wants to arrogate to itself. It seems that in

doing so it is rejecting its own vulnerability, and one could see that rejection as grounded in fear, but at the higher levels of negative polarization, it seems as if the driving energy is no longer that of fear, but is something more like anger, or I don't quite know what the word would be, but can you tell me whether the driving energy behind negative polarization continues to be fear throughout, or whether there is something else, perhaps newly discovered, in the course of negative polarization, that would be the driving energy.

Steve: 我有一个问题。在我头脑中出现的事情是，在一个负面性的实体的情况中，人就会有一种对统一的工作的本能，但是看起来似乎，统一性是某种负面性实体想要霸占到它自己身上的事物。看起来似乎在这样做过程中，它正在拒绝它自己的易受伤害性，且一个人能够将那种拒绝视为是根植于恐惧之中的，但是却是在负面性极化的更高的层次上，看起来就好像驱动性的能量是不再具有那种恐惧，但是它是某种更加类似与愤怒的事物，或者，我并不知道那个词语会是什么，但是，你们能够告诉我，是否在负面性极化背后的驱动性的力量会从头至尾继续是恐惧，或者是否在负面性极性的进程中有某种其他的事情，也许是新被发现的事情，会是驱动性的能量呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. A quite thoughtful query—we shall begin.

Q'uo: 我是 Q'uo, 我理解了你的问题，我的兄弟。这是一个相当深思熟虑的问题——我们将会开始。

The drive towards a certain kind of harmony of which you spoke, or unity, not necessarily harmony, is that which is utilized only up to a certain point for negatively-oriented entities, for there is seeing in the beginning fourth density experience of the formation of the social memory complex of negative polarity that there is a reason to begin an alliance, shall we say, a means by which further power may be gained when one back is scratched and promises made to scratch your back, shall we say. This type of joining together in a common purpose has only limited value for the negatively-oriented entity as it climbs the steps of gaining polarity, for at some point the anger, which you have described, or the dissatisfaction with others selves to the point of separation, domination, and control is replaced by that which you would call greed, or the desire for more power, greater power, power of a certain kind, power that leads to recognition, adoration, submission, and the various degradations of the self that are willingly undertaken and described by the negative entity as worthwhile, up to a point. *你们谈及的朝向一定类型的协调，或者朝向统一却不一定是协调的驱动力，是仅仅在一定的位置之上才会为负面导向的实体所利用的，因为在第四密度的度负面性极性的社会记忆复合体的形成的体验的开端，会看到的事情是，有一个开始一种，容我们说，联盟的理由，容我们说，在一个人需要你为它挠背，它就会对你做出承诺会为你挠背的时候，会有一种藉由其更进一步的力量可以被取得的途径。这种类型的通过一个共同的目的的结合在一起，仅仅对负面性导向的实体，在它攀登取得极性的阶梯的时候，拥有有限的价值，因为在某个位置上，你已经描述过的愤怒，或者对其他自我的不满意，在分离、支配与控制的位置上的时候，会被你们称之为贪婪，或者对更多的力量，更大的力量，具有一定类型的力量，*

导向赞赏、崇拜，服从以及各种各样对自我的降级的力量的渴望所替代，这种对自我的降级，在一定的程度上，是自愿地被负面性的自我说承担并被其描述为有价值的。

Each entity which has been so dominated then, may use the anger at being dominated to rise within the levels of negative polarization until those levels have been achieved to a height where there is no longer the need for anger, for there is great success at domination. Therefore, the greed then is the more prevalent force that is utilized by such successful negative entities in their process of polarization. There is also a kind of desire to join in total unity with the One Creator, as is also the desire of positively-oriented entities. This desire to become the One Creator though, is that desire which sees only a limited view of the nature of the One Creator; the view which sees the universe as that which shall be put in order and the one which puts it in order will be the self which has manifested the Creator in a great enough degree to do so.

每一个已经如此被支配的实体，接下来，就可以使用对于被支配的分离，以在负面性的极性的层次中上升，一直到那些层次已经在一个高度上被取得了为止，在那个高度上，没有对于愤怒的需要，因为会有在支配的方面的巨大的成功。因此，贪婪接下来就是被这样成功的负面性实体在它们的极化的过程中利用的更为普遍性的力量了。同样也会有一种类型的在完全的统一中与太一造物者结合在一起的渴望，如同正面导向的实体的渴望一样。尽管这种成为太一造物者的渴望是仅仅看到了太一造物者的属性的一个有限的视野的渴望，那种视野会将宇宙视为是已经按秩序被安排好的事物，而那个将其按秩序安排好的实体将会是自我，自我已经用一种足够大的程度显化了造物者以这样做了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Steve: No, that's very informative. Thank you, Q'uo.
Steve: 没有了，那是非常有教益的。谢谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: Q'uo, switching back to the positive path again, on the theme of forgiveness, it seems like some things are harder to forgive than others. I think some people on the positive path find it easier to forgive things done to themselves versus things done to other people, and there are some things that just seem unforgivable, and understanding that this is a process of evolution, and growing love to more and more acceptance, do you have any advice on what to do if we find something unforgivable, and we just can't seem to break through and offer love to something that seems so abhorrent to us?

Austin: Q'uo, 再一次返回到正面性的道路，在宽恕的主题上，看起来似乎一些事情是比其他事情要更加难以宽恕的。我认为一些走在正面性的道路上的人会发

现要宽恕对它们自己做的事情是要被宽恕对其他人做的事情要更为容易的,会有一些事情仅仅看起来似乎是不可宽恕的,并同时理解这是一个演化的过程,以及对越来越大的接纳性的不断增长的爱,如果我们发现某个事情是无法宽恕的,你们对于要做什么拥有任何建议,我们仅仅看起来似乎无法突破并某种看起来似乎对于我们是如此厌恶的事情并对其提供爱?

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

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。

When seeing a situation that seems unforgivable, the positively-oriented entity would do well to look within the self for that experience which either has been experienced by this entity at a very early age, the age of the formation of the personality structure, the first few years of the life, so that perhaps a memory can be recovered that has been quite painful, and has been pushed into the subconscious realms of the mind, being too painful for the conscious mind to consider.

当看到一个看起来似乎无法宽恕的情况的时候, 正面性导向的实体如果在自我内在之中寻找要么在一个非常早期的年龄, 要么在人格构架的形成的年龄, 在生命的一开始的一些年已经被这个实体体验过的体验, 这样就可能有一种对已经是相当痛苦的事物, 已经被推入到了心智的潜意识的领域中, 并对于表面意识的心智进行考虑是过于痛苦的事物记忆, 就能够被恢复了, 这会是很好的。

There is another aspect to looking within the self for that which seems unforgivable, and that is the reverse. That is that the entity which cannot forgive a certain action from another may look within the self to that time which this action was undertaken by the entity which cannot forgive it in another, and the entity was unable, at that time, to forgive itself for accomplishing this action, which seemed then to be right, but quickly viewed as wrong, and the self was castigated by the self in such a manner that once again, the memory was so painful as to be moved within the lower regions of the conscious mind, or the higher regions of the subconscious mind. Such inner reflection and investigation, perhaps in the meditative state, or in the trance state when hypnosis is utilized, can reveal to an entity that which it itself has hidden from itself for reasons just mentioned.

在自我内在之中寻找看起来似乎是无法宽恕的事物, 会有另外一个面向, 那个面向就是倒转的事物。对于无法宽恕另一个人的一定的行动的实体, 可以在自我内在之中检查这个行动被那个无法宽恕它的实体在另一个人身上进行的行动的时刻, 在那个时刻, 实体无法宽恕它自己进行了这个行动, 这个行动在那个时候看起来似乎是正确的, 但是很快被视为是错误的, 自我用这样一种方式被自我责备了, 以至于, 再一次, 记忆是如此痛苦以至于要被移动到表面意识的心智的较低的区域中, 或者潜意识心智的较高的区域中。这样的内在的反思与调查, 也许是在冥想状态中的, 或者当催眠被使用的时候在出神状态中, 能够对一个实体揭露它自己已经为了刚刚被提及的原因而对它自己隐藏起来的事物。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you.

Austin: 没有了, 谢谢你们。

Q'uo: I am Q'uo and thank you once again, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你们, 我的兄弟。在此刻有另一个问题吗?

(Pause)

(暂停)

I am Q'uo. As it appears we have exhausted the queries for this session of working, we would, once again, wish to thank each of you present, for being so kind as to invite us to join your circle of seeking this day. As always, we are most overjoyed at this experience. We are most impressed with the purity of your desire to seek the truth, the willingness to open the heart, and the ability to exercise the mental capacity to express that which seems inexpressible in the nature of queries further exposing the unity of the creation, where it was not seen before.

我是 Q'uo。因为看起来似乎我们已经耗尽了这次工作的集会的问题了, 我们会再一次, 希望感谢你们每一位在场的人, 感谢你们如此热情地邀请我们在今天加入你们的寻求的圈子。一如既往, 我们对于这个体验是极度狂喜的。我们对于你们寻求这里的渴望的纯度, 开放心灵的乐意, 以及训练心智去表达, 在对造物的一体性的更进一步的揭露的方面的问题的属性中, 看起来似乎是无法表达的事物的能力而留下深刻的印象, 在造物的一体性中, 这种问题的属性是之前没有被看到过的。

We are those of Q'uo. We shall leave you at this time in love and in light. Go forth rejoicing in the power and the peace of the One Creator. Adonai, my friends, Adonai vasu borragus.

我们是 Q'uo。我们将在此刻在爱与光中离开你们。前进, 并在太一造物者的力量与平安中欢庆吧。Adonai, 我的朋友们, Adonai vasu borragus。

[1] Relatedly: "There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst." 95.24

[1]有关信息: "在你们的幻象中没有对于快速而严酷的催化剂的狂风、暴雨与暴风雪的外部的遮蔽物。"——一的法则, 95.24

October 7, 2017

2017-10-07 对年轻人的分享与帮助

Group Question: Q'uo, we feel we live in times that are intense, complex, confusing and distracted. It can create a prohibitively foggy environment for the awakening spiritual seeker. How do those further ahead on the path of seeking turn back to assist those beginning their first steps in this sort of environment. What is it that the more seasoned seeker may share with the presumably younger seeker?

团体问题：Q'uo，我们感觉到我们生活在其中的时代是强烈，复杂的，混淆的且分心的。它能够创造出对于觉醒的灵性寻求者是抑制性地模糊不清的环境。那些在寻求的道路上走在前面更远的地方的人如何转过身来帮助那些正在开始它们最初脚步的人呢？那些更为熟练的寻求者可以与那些大概是更加年轻的寻求者分享什么事情呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and it is a privilege and an honor to greet each of you in love and in light this afternoon. We are always glad to receive your call, for we know that within your circle of seeking you have opened your hearts to the concept of universal love, and share it freely with all of the creation, of which we are but a small portion. And yet, we feel your love as if you were a massive generator pumping out the power of universal love throughout the entire creation of the One Infinite Creator. Thus, to blend our energies with yours is a great honor, and we thank you once again for inviting our presence with you today. As always, we ask one small favor before we begin. Take those words which we offer to you that are useful to you, and use them as you will. If we say any word, or express any thought that does not feel right to you, please let it go—drop it immediately and go on, for we would not place any stumbling block upon your path.

我是 Q'uo，在这个下午的爱与光中向你们各位致意，这是一种荣幸与一种荣耀。我们一直都很高兴接收你们的呼唤，因为我们知道，在你们的寻求的圈子中，你们已经让你们的心向着普世之爱的观念开放了，并与所有的造物自由地分享它们了。我们仅仅是造物的一个小小的部分。而我们感觉到你们的爱就好像你们是一个巨大的发电机一样，你们将普世之爱的力量喷出贯穿太一无限造物者的整个造物。因此，将我们的能量与你们的能量混合在一起，这是一种巨大的荣耀，我们再一次为你们今天邀请我们和你们在一起而感谢你们。一如既往，我们在我们开始之前请求一个小小的恩惠。请使用那些我们提供给你们的话语中的对你们有用的部分，并如你们所愿地使用它们，如果我们说了任何话语或者表达了任何的想法是对你们感觉不正确的，请放开它——立刻丢下它并继续前进，因为我们不愿意在你们的道路上放置任何的绊脚石。

Today you asked us how one might be of service to those who are younger in years and experience within your illusion, and who have had a difficult time making their way through the great miasma of confusion, negativity, and

misdirection that is so often a part of any third-density illusion, and most particularly your own at this time at the end of the third-density cycle, for there is so much seeming division between people, ideas, dreams, and the path that one might take to find fulfillment in life.

今天, 你们询问我们, 一个人如何对那些在年龄上以及在你们的幻象中的体验的方面更加年轻的实体进行服务, 这些实体已经在穿越那个具有巨大的混淆、负面性以及误导性的瘴气的过程中遇到了一个困难的时间了, 而这种瘴气如此频繁地是任何第三密度的幻象的一部分, 尤其是你们在此刻在第三密度周期结束的时刻你们自己的幻象, 因为会有如此大量的在人、观点、梦想、以及一个人为了在生命中找到自我实现而可能采用道路之间的表面上的分裂。

We ask each of you to reflect for a moment upon those times in which you were also in your younger years and had little experience in making choices that were basic to your life's path. Those years, which you may call "the awakening years," in which you began to look beyond the concepts that you had been given from your earliest remembrance and began to move into your own construction of thought. These were your years of being energized, shall we say, electrified, open-minded with the beginnings of open-heartedness, all raining upon you at one time to compare with all that had been told [to] you by those who were your elders, more experienced, further along the path it would seem, than were you. Oftentimes, one can look in the past of one's own being and find what is helpful there that can be shared with others.

我们请你们每一个人都思考一会儿那些你们在其中同样也处于你们的较为年轻的年份中, 并在做出那些对于你们的生命的道路是基本性的选择的方面几乎没有经验的时期, 那些你们可能称之为“觉醒的年份”的时间, 在其中你们开始看穿你们从你们最为早期的记忆就已经被给予的观念, 并开始进入到你们自己的思想的构架中。这些时间就是你们的那些, 容我们说, 被赋予能量, 被刺激, 并因为开放的心的开始而头脑开放的时间, 所有的事情都同时落到你们身上, 以与所有那些已经被那些你们的长者们, 更有经验的人, 以及在道路上看起来似乎比你们走得更远的人告诉你们的事情进行比较。时常, 一个人能够在它自己的存有的过去中观察, 并找到在那里是有帮助的, 且能够与其他人被分享的事情。

Each of you is a unique being, however, so it is often also the case that when sharing with those of younger years, one must become aware that you are also dealing with an infinitely creative universe of experience for each entity with whom you come in contact. There is a certain amount of information of a rational nature, shall we say, that one would begin to share with others, and yet we caution that it might be more helpful to look to those intuitive qualities that are also a balance within your being to the intellectual or rational qualities, looking to both for a means by which to offer the helping hand to those who seek assistance.

你们每一个人都是一个独一无二的存有, 然而, 当与那些较为年轻的实体进行分享的时候, 经常同样也会发生的情况是, 一个人必须知晓你同样适合在与每一个你与之建立接触的实体的一个具有无限创造性的体验的宇宙打交道。会有一些数量的具有一种, 容我们说, 理性的属性的信息是一个人会开始与其他人分享的,

而我们会提醒，去检查与那些智力的或者理性的属性之间具有一种平衡的那些直觉性的属性，并同时检查两者来取得一种藉由其对那些寻求帮助的人提供帮手的途径，这是很好的。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Hatonn. We greet you in the love and in the light of the One Infinite Creator. I am Latwii. We greet you in the love and in the light of the One Creator. I am Ra, we greet you in the love and in the light of the One Creator. We are Q'uo, greeting you in the love and in the light of the One Creator.

我是 Hatonn。我们在太一无限造物者的爱与光中向你们致意。我是 Latwii。我们在太一造物者的爱与光中向你们致意。我是 Ra，我们在太一造物者的爱与光中向你们致意。我们是 Q'uo，我们在太一造物者的爱与光中向你们致意。

We would begin by saying that as you now speak and hear our words within yourselves, you have entered into a kind of energy exchange in which the limits of one being have been eroded, shall we say, so as to be open to another being, and our energies in this exchange are blended. We would suggest to you that this blending, which is not limited to your third-density experience by any means, is of the essence of what we understand communication to be. Communication is an exchange. It is sometimes symmetrical in one way, and asymmetrical in another, and sometimes the symmetries are reversed; they ebb and they flow in accordance with different requirements of the communicative experience. There are those who are in a position sometimes to teach, and there are those who sometimes take up the position of being a learner. Sometimes those of Hatonn look to those of Ra or those of Latwi for learning lessons that seem to be already available in some degree of completion to those who are taken as teachers.

我们会藉由这样说来开始，如你们现在说出并听到在你们自己内在之中的我们的话语一样，你们已经进入到一种类型的能量的交换了，在其中在关于向另一个存有开放的方面一个存有的限制已经被，容我们说，侵蚀了，在这种交换中，我们的能量是被混合在一起的。我们会对你们建议，这种混合不会用任何方式被你们的第三密度的体验所限制，这种混合是具有我们理解为沟通交流要成为的事物的实质的。沟通交流是一种交换。它用一种方式有时候是对称的，它用另一种方式是不对称的，有时候，对称性是被倒转的，它们会衰退，它们会根据交流体验的不同的需要而流动。会有一些人有时候会处于教导的位置上，会有一些人有时候会占据成为一个学习者的位置。有时候那些属于 Hatonn 的实体会向那些属于 Ra 的实体或者向那些属于 Latwii 的实体寻求以学习课程，那些课程对于那些被当成老师的实体看起来似乎已经通过某种程度的完整性是可以为其所取得了的。

But, my friends, we can assure you that the reverse is also true—that those of

Ra are most anxious to look to their friends of Hatonn and their friends of Latwii for learning, for inspiration, for sharing. And so, while it is true that those of Ra are further along a path viewed from one point of view, and may offer inspiration deriving from that furtherance, still, that does not, by itself, constitute the essence of what is sharable from one to another being. We would call your attention to the fact that when you attempt to be of service, the central factor is the quality to be found in that little word, "to be." It is your being that you seek to share.

但是，我的朋友们，我们能够向你们保证，那种倒转同样也是真实的——那些属于 Ra 的实体是极其渴望向他们的朋友 Hatonn 和它们的朋友 Latwii 寻求以取得学习、启发与分享的。因此，那些属于 Ra 的实体从一个视角观察是沿着一条道路走得更远一些，并可以提供源自于那种更远的启发，尽管这是真实的，它藉由其自身，仍旧会构成一个存有可以与另一个存有分享的事物的实质。我们会将你们的注意力拉到这样一个事实，当你们尝试去进行服务的时候，中心的要素就是在那个小小的词语“成为”中被找到的属性。

Now, those of you who have, as have members of this group, found your way to a rather complex body of information which has the potential to recast much of what you have learned in a context much broader than you had learned in your youth, you have the opportunity to share this broader perspective with those in your social complex that have not had such an opportunity, and that might be chafing against the limits of a more restricted perspective. It is tempting for those who have found a path which they have found to be useful in guiding them along the course of their evolutionary development to want to sally forth and to offer this good news to all who would listen. It is tempting, we say, and sometimes too much so, because in your eagerness to share, you risk violating the one precondition of all genuine or open-hearted sharing, which is the free will of others.

现在，你们中有些人已经发现，如同这个团体的成员已经发现的一样，你们的道路是一个相当复杂的信息体，这个信息体拥有潜力，在比你们在你们的年轻时期学会了的事物远远更加宽广的一个背景中，对你们已经学会了的事物进行大量的再造，你们会拥有机会去与那些在你们的社会复合体中的尚未拥有过这样一个机会，并可能对一种更为受限的远景的局限性而感到恼怒的人分享这个更为宽阔的远景。对于那些已经发现了一条道路的人，如果它们已经发现这条道路在沿着它们的演化的发展的进程上对它们进行指引的方面是有帮助的，令人诱惑的事情就是想要走出去并将这个好消息提供给所有那些愿意聆听的人。这是令人诱惑的，我们说，有时候这是过于令人诱惑的，因为在你们去分享的热情中，你们会冒着违背真诚或者开放的心的分享一个先决条件的风险，那个先决条件即，其他人的自由意志。

Now, to some extent, since you are incarnate, you have less need to be concerned about violating the free will of others within your range of experience than would we, simply because we are outside of the energy configuration that constitutes your social energy complex, and it would be a greater intrusion for us to offer specific recommendations about how you might proceed in your development than it would be for you to offer your

fellow travelers your point of view in aiding them to sort through what you have quite well understood to be a confusing mass of possibilities. However, if you do consider what your youth was like as you sorted through the vast array of directions on offer to you as you were seeking to find a way to support yourself, as you were seeking to find a way to pursue your own educational development, as you were seeking to find a way to be fitted in to the various social groups, the various friendships that you had available to you. As you sorted through all of these confusing issues, you had to reject as many opportunities as you could accept, and, in fact, indeed, many, many more opportunities did you have to reject. Some of these rejections you had the opportunity upon further experience to revisit and re-examine in light of further developments, further inspiration, or further information which you had been offered. But, in order to preserve that little kernel of autonomy, there was much that you had to build up walls against in order to be able to maintain the integrity of your own seeking process.

现在, 在某个程度上, 既然你们是投生的, 你们就不用和我们一样需要那么担心会违背了那些在你们的体验的范围内的其他人的自由意志了, 因为我们在构成了你们的社会能量复合体的能量配置外部的, 在关于你们可以如何在你们的发展中前进的方面, 相比你们提供给你们的同时的旅行这你们的视角, 以帮助它们理清你们已经相当好地理解是一堆令人混淆的可能性的事物, 我们提供具体的建议是一种更大的侵犯。然而, 如果你确实考虑你们的年轻人是什么样子的, 当你寻找以发展一条途径去支持你自己的时候, 在你寻求以找到一条途径去追寻你自己的教育的发展的时候, 在你寻求以找到一条途径去适应各种各样的社会团体, 各种各样已经可以为你所利用的友谊的时候, 如果你们对大量的被提供给你的方向进行整理, 在你对所有这些令人混淆的议题进行整理, 你就会不得不拒绝和你能够接受的机会一样多的机会了, 事实上, 你确实不得不拒绝远远更多的机会。这些拒绝中的一些, 是你拥有机会通过更进一步的体验去重新访问, 并在更进一步的发展, 更进一步的启发, 或者你已经被提供的更进一步的信息的光之中重新检查的。但是, 为了要保存意志自由的那个小小的核心, 会有大量的事物是你不得不对其构建起围墙, 以便于能够维护你自己的寻求的过程的完整性。

As we have suggested, each here is utterly unique and, indeed, every being upon your plane or upon any other, is completely unique, and it can be known to no other what is absolutely true or needed for any other. Therefore, the best way to view a relationship with another, we have found, is that of an offer, that of a suggestion, that of a gift of the willingness to share your beingness, rather than a claim that you might be in possession of knowledge which the other would do well to learn.

如我们已经建议过的一样, 在这里的每一个人都时候全然独一无二的, 确实, 在你们的地球上或者在任何其他星球上的每一个存有, 都是完全独一无二的, 能够仅仅为你所知晓事情, 对于任何去它人都不会是绝对真实, 或者是被需要的事情。因此, 去观察与另一个存有的一种关系的最佳的方式, 我们已经发现, 就是对具有分享你们的存在性的乐意的一个给予, 一个建议, 或者一个礼物, 而不是一种宣称, 你可能拥有其他人最好要学习的知识。

No one individual can be master of others. If you contemplate that simple

point, you may begin to realize that that has the potential, if taken seriously, to be somewhat revolutionary, as indeed, your social complex is simply shot through with violations of this principle. Your social complex is a factor in your own lives in ways that are surprisingly intimate, and in ways that you may not even realize. You can feel guilty, for example, that you are not offering yourself in service if you do not conduct yourself in a way which, in reality, would be an infringement upon free will. You are not doing enough, you may say to yourself. But, we would ask you to step back from that voice which speaks out within you and to recognize that the you to which you are perpetually attempting to take up a relation is a multitudinous thing. It has many voices and these voices come from many, many sources—some of them seemingly quite antithetical to others.

没有一个个体能够成为其他人的主人。如果你沉思那个简单的要点，你就可以开始意识到，那个要点，如果被严肃地对待，拥有潜能成为多少有些革命性的，因为，确实，你们的社会复合体单纯地充满了对这个原则的违背。你们的社会复合体，用很多惊人地是私密的方式，用很多你们可能甚至没有意识到的方式，是在你们自己的生命中的一个要素。举个例子，如果你没有通过一种，实际上是对自由意志的一种侵犯的方式来指挥你自己，以至于你没有通过服务来提供你自己，你能够对此感觉到内疚。你可能对你自己说，你做得不够。但是我们请你从那些在你内在之中大声说话的声音向后退，并认出你，那个你正在不断地尝试去对其承担起一种关系的事物，是一个有很多部分形成的事物。它拥有许多声音，这些声音来自许多、许多的源头——它们中的一些看起来似乎与其他的是相当对立的。

It is a central task of every entity which incarnates third density to begin the long process of integrating these voices, of finding that central resonance which alone, to our experience, may be said to be the source of truth. There are truths that speak more deeply, more eloquently of love than others, it is true. And it may be apparently clear to you that some of your fellow travelers have got caught up in false conceptions of truth such that they are moving further away, rather than closer to, the center, and risk finding themselves bereft of the very love which they seek to experience, and which they seek to share. But, if you reflect upon your own paths, you can discover many pathways which you may have taken which have seemingly led you astray, but which have, according to some almost unfathomable pattern, led you ultimately back to the very path that you feel is, indeed, most central to your being. And, it may be that in the process of this seeming detour, you have learned a lesson that was quite important to you, and possibly even vital to your capacity to take the next step on that path, which is uniquely your own.

每一个投生在第三密度的实体的一个中心性的任务，就是开始整合这些声音，并找到那个中心性的回声的漫长的过程，那个中心性的回声，根据我们的经验，是一个声音，并可以被认为是真理的源头。会有那些比其他的真理更为深入地，更为有说服力地谈及了爱的真理。可能对于你是明显地清楚的事情是，你们的一些伙伴的旅行者却已经陷入到真理的错误观念之中，以至于它们正在更进一步地远离，而不是接近那个中心，并让它们自己冒着失去它们寻求去体验，它们寻求去分享的爱的真理的风险了。但是，如果你反思你自己的道路，你能够发现很多

的, 你可能本来已经走上的, 看似已经让你误入歧途的道路, 根据某种几乎是深不可测的模式, 已经引导着你最终返回到那条你感觉对你的存有是极其中心性的道路了。可能会是, 在这个看起来似乎是绕路的过程中, 你已经学会了一个对于你是相当重要的课程, 这个可能甚至有可能对于你在那条道路上去走出下一步的能力是至关重要的, 那条道路用独一无二的方式就是你自己的道路了。

And so, each individual soul must assume complete responsibility for his or her development, and this requires, at some point, a rather distressingly fearsome isolation as a soul is so thrown back upon the resources that have no resonance whatsoever in the social complex, that it can, indeed, seem like a dark night of the soul. In this condition, you are very vulnerable because, as fearsome as it is to be so isolated, it is tempting to look for some thread of authority which will give you direction, and for which you do not have to take responsibility. Oh, how tempting it is to find that thread, and if you look at this from the point of view of somebody else looking on, we would say also, oh, how tempting it is to provide that thread. But, consider, my friends, that ultimately, each must find the path under the steam of the Creator within. The Creator within is the sole, true authority.

因此, 每一个个体的灵魂都必须为他或者她的发展, 承担起全部的责任, 这在某个位置上, 要求一种相当令人痛苦地可怕的隔离, 因为一个灵魂是如此依赖于那个在社会复合体中无论什么共鸣都没有的资源, 以至于它确实能够看起来就好像是一种灵魂的暗夜了。在这个情况中, 你是非常易受伤害的, 因为, 尽管成为如此隔离的是令人害怕的, 去寻找某种权威的线条是一样地令人诱惑的, 这种权威的线条将会给予你方向, 你就不必对你的方向承担起责任了。哦, 去寻找那个线条是多么令人诱惑呀, 如果你从某个其他人观察的这个视角来进行检查, 我们同样会说, 哦, 去提供那个线条是多么令人诱惑呀。但是, 我的朋友们, 请考虑, 最终, 每一个人都会在内在之中的造物者的溪流中找到道路。内在之中的造物者是唯一的、真正的权威。

And so, to your question we would say that it is well in looking back over the shoulder, so to speak, to those who are coming along the path in what seems like a direction from behind you, it is well to offer an invitation of companionship. It is well to be prepared to share the quality of your being, which we find is far more significant than any supply of information which you may be able to offer.

因此, 对于你们的问题, 我们会说, 可以说是, 回头看看那些正沿着看起来似乎是在你后面的一个方向沿着道路行走的人, 这是很好的, 去提供一种对伙伴关系的邀请, 这是很好的。去准备好分享你的存有的属性, 这时候很好的, 我们发现你的存有的属性比你可能能够提供的任何的信息的供应都是要远远更加有意义的。

You may have a broader picture, but unless somebody is specifically requesting that you give an accounting of that broader picture, it can be most intrusive for you to overlay your picture upon their process of seeking. If you contemplate what brought you to the position of developing a conviction with regard to those things you take to be true, you will find that the process

according to which that came into realization was filled with a great many very nuanced circumstances in which you were in relation to a host of energies that you had to sort through. The same is true for those you would be teacher to. They are finding their ways, and will most likely be best served by those who are able to reach out a hand in friendship and in love that is not judgmental and that provides only such direction as can be provided by example. This can be frustrating. It can be frustrating because you can be quite convinced that you are surrounded by needy, despairing fellows in danger of losing their ways, and it is true, this is a constant danger, but we would say that it is a danger which no one individual can absolve any other individual from facing.

你可能拥有一个更为广阔的图像，但是，除非某个人正在明确地请求你对那个更为宽阔的图像给予一种描述，你将你的图像覆盖在它们的寻求的过程中，这都能够成为极其侵犯性的。如果你沉思，什么事物将你带到了发展出在关于那些你当作是真实的事物的方面的一种确信的位置，你将会发现，根据那个真正充分认识的事物，那个过程是充满了大量的非常微妙的环境，在其中你是与许多的能量建立了关联的，这些能量是你不得不整理清楚的能量。对于那些你会成为它们的老师的实体，相同的过程是有效的。它们会发现它们的道路，并将极其有可能会因为那些能够通过友谊，通过爱而伸出援手的人而被最佳地服务，这种爱不是评判性的，而是提供了诸如方向之类的，能够藉由榜样而被提供的事物的。这能够是令人受挫的。它能够是令人受挫的，因为你们能够相当确信，你们是被穷苦，绝望的人包围着的，这些人是有找不到它们的道路的危险的，这是真实的，这是一个持久的危险，但是我们会说，没有任何个体能够让任何其他个体免于面对这样一个危险。

We have each had to stare into the abyss of utter solitude, and from that position discover that there is within every resource one could ever seek without, and by pursuing that resource—sometimes in such a way as to seemingly throw off every influence available from your social complex—by pursuing that resource you are paradoxically better able to discover that point where you do converge in being with others. There is where the possibility of your own self-realization lies concealed, and it is where lies concealed the possibility of your own opportunity to serve most deeply, because where your being is not something restricted to just being a that there thing, but is rather something which increasingly comes to grasp itself as essentially qualitative. You can find that qualities open onto the possibility of blending with other qualities in ever more eloquent ways.

我们请每一个人都不得不注视着那个完全孤单的深渊，并从那个位置发现，在内在之中存在有一个人能够在外部寻求的每一个资源——有时候，用这样一种看似扔掉了每一个可以从你们的社会复合体取得的影响的方式——藉由寻求那个资源，你们悖论地是能够更好地发现那个在其上你们确实与其他人在存有中汇聚在一起的位置的。会有你自己的自我实现的可能性是被隐藏起来的位置，就是在那个位置隐藏有你自己极其深入地服务的机会可能性，因为在那个位置上，你的存有不是某种受限于仅仅时候一个在那里的东西的事物，而毋宁是某种越来越多地开始掌握它自己是实质性地定性的事物。你能够发现，那些特性会向着用越来越有说服力的方式与其他特性混合起来的可能性开放的。

And so, we would say to you that if you can find within the seed of joy which allows you to proceed in your dance of life with merriment as well as an effort to be of aid to those around you, that you will be doing what you came here, my friends, to do, which is, to take in all that the catalyst of this density has to offer, to take it down to the roots of your being, to absorb it, and to qualitatively transform it so that darkness becomes less dark, becomes light, becomes brighter and brighter light, day by day. To undergo this process is to do two things at once: it is to expand your own being, and it is to make that being a beacon for those for whom you are an inspiration.

因此，我们会对你们说，如果你们能够在喜悦的种子内在之中找到那个允许你们在你们生命的舞蹈中带着快乐，同样也带着一种对你周围的人有所帮助的努力而前进的事物的话，你们将会在做你们来到这里来做的事情，我的朋友们，也就是说去接受所有这个密度的催化剂所要提供过的事物，并将它向下带到你的存有的根部，吸收它，在质量上转变它，这样黑暗就会较不黑暗，并成为光，成为日复一日，越来越明亮的光了。要进行这个过程，就是去同时做两个事情：它是去拓展你自己的存有，它是去使得那个存有为那些你对其是一个启发的人成为一个灯塔。

My friends, we would like to say that you are an inspiration to us. Your seeking, your courage, your dedication, despite all odds that are arrayed against you, are an inspiration to us. We thank you, my friends, and at this time we would return to the one known as Jim, to ask if we can respond in more particular ways to further queries you may have. We are those known to you as Q'uo. Adonai, my friends, Adonai.

我的朋友们，我们想要说，你们是我们的一个启发。你们的寻求，你们的勇气，你们的奉献，不管所有那些列队排在你们面前的纷争，都是对我们的一个启发。我的朋友们，我们感谢你们，在此刻，我们会返回到被知晓为 Jim 的实体，以询问是或否我们能够用更为具体的方式来回应你们可能拥有的更进一步的问题。我们是你们知晓的 Q'uo。Adonai，我的朋友们。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am again with this instrument. We would ask you, at this time, if there may be any further queries to which we may speak.

我时候 Q'uo，我再一次与这个器皿在一起了。我们在此刻询问你们，是否可能有任何我们可以谈及的更进一步的问题。

R: I have one question Q'uo. The question is about free will and infringement upon others. In my particular setting there is a small meditation group [in the Czech Republic] that meets in the place where I now live and I am the only one who has been through vocal channelings with Confederation contacts such as yours. When we sit in silent meditation I call upon Confederation entities to come and join, and I oftentimes feel the energy and emotion I have experienced with this group (usually I associate them with those of Hatonn).

What I want to ask about, if it is okay to share those feelings with the others in the group who have not had that experience, because they have not asked about it. It is something that I feel as a joyful occurrence, so I do it to encourage them and it has occurred to me that the path of seeking is not about confirmation that it is the inner Creator within that you have just talked about, still I am interested if such sharing is acceptable.

R: 我有一个问题, Q'uo。问题是关于自由意志和对其他人的侵犯。在我特定的环境中, 在捷克民主共和国有一个效的冥想团体, 它在我现在生活的地方机会, 我是唯一已经经历过与诸如你们的接触之类的星际联邦的接触后的语音传讯的实体。当我们坐在静默冥想中的时候, 我呼唤星际联邦的实体前来并加入, 我时常感觉到我在这个团体已经体验到的能量与情绪 (我通常将它们与 Hatonn 实体联系在一起)。我想要询问的事情是, 是否与在团体中的其他并未有过那种体验的实体分享那些感觉是没问题的, 因为它们尚未请求它。它是某种我感觉为一种喜悦的遭遇的事物, 因此我进行它以鼓励它们, 我想到的事情是, 寻求的道路不是关于确认你们刚刚已经谈到过的在内在之中的内在的造物者, 我仍旧感兴趣, 是否这样的分享是可以接受的呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. We would encourage you to follow that feeling which you become aware of within your own being of our presence, and share it with those within your group, for there are those in your group who are also members of our group, that is, are wanderers representing the Confederation of Planets in the Service of the One Infinite Creator, and have had their own particular experiences which may not be clear to them. If you share with them your experience, you may do that which is reaching the hand in service, shall we say, in a manner which clarifies their own experiences and provides an opportunity for sharing at deeper levels of consciousness in service to others, which are the reasons each of you has gathered there.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们会鼓励你们去跟随那种你在我们在场的时候在你们自己的存有内在之中已经察觉到的感觉, 因为在你的团体中会有那些同样也是我们的团体的成员的实体, 也就是说, 会有那些代表了服务于太一无限造物者的星际联邦的流浪者的实体, 这些实体已经拥有了它们自己的特殊的体验, 这些体验对于它们可能并不是清晰的。如果你们与它们分享你的体验, 你可以用一种澄清它们自己的体验, 并提供一个机会来通过服务他人在意识的更为深入的层次上进行分享的机会的方式通过服务胜出手, 服务他人就是你们每一个人已经聚集在这里的原因了。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

R: One more follow up, Q'uo. Taking what you have just said to other groups who work with the Law of One material in other languages or other locations, and they gather in silence to sit with the Infinite Creator and they invite the Confederation, or specifically those of Q'uo, let's say, to join their circle. Is that a calling that allows you to join those entities, sort of in the background, and be present at that particular moment?

R: 还有一个后续问题, Q'uo。将你们刚刚说过的内容应用在其他通过其他语言或者在其他的地点与一的法则的材料一同工作的团体, 它们在静默中聚焦在一起以与无限造物者坐在一起, 它们邀请了星际联邦, 明确地邀请了, 让我们假设, 那些属于 Q'uo 的实体来加入它们的圈子。那是一个会允许你们加入那些实体, 以某种方式在那个时刻存在于幕后并在场的呼唤吗?

Q'uo: I am Q'uo, and am again with this instrument, and would respond to your query by suggesting that this is indeed so. When we are called by such entities, we are happy to respond by blending our vibrations with them so that there is an indication to them that we are with them. However, we are not able to speak, and shall not offer any thoughts that could be interpreted as a channeling contact, for this would not be appropriate. However, we are most happy to blend our vibrations with each such entity and group that calls for our presence. This is one of the means by which we hope to share more and more of our vibrations of love and of light with these types of groups that gather to do the same.

Q'uo: 我是 Q'uo, 我再一次与这个器皿在一起了, 我们会藉由建议确实如此来回应那个问题。当我们被这样的实体呼唤的时候, 我们很高兴藉由将我们的振动与它们混合在一起而回应, 这样就会有一种对它们的指示, 我们是与它们在一起的。然而, 我们是极其高兴将我们的振动与每一个这样的实体以及呼唤我们的在场的团体混合起来的。这是一种我们藉由其希望与这些类型的聚集在一起做相同的事情的天梯分享越来越多的我们的爱与光的振动的方式。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

R: No thank you, not from me.

R: 没有了, 感谢你们, 不是来自于我。

Q'uo: We thank you, my brother. Is there another query at this time?

Q'uo: 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Steve: Yes, I have one, Q'uo. Could you speak briefly to the distinction between the kind of aid that you may offer to the social energy complex as a whole, as opposed to the kind of aid that you can offer to individuals that may be seeking within your range of experience?

Steve: 是的, 我有一个问题, Q'uo。你们能够简要地谈谈在那种类型的你们可以提供给作为一个整体的社会能量复合体的帮助, 对比那种类型的你们能够提供给在你们的体验的范围内寻求的个体的帮助之间的差异吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. To those of your social culture, we may offer that vibration of love which is requested from us by entities who are unaware of such vibrations emanating from specific sources, and yet who feel the need within the heart of their own being to be nourished by these kinds of energies to alleviate the pain and suffering of confusion and division that are so prevalent upon your planet today. A simple

cry of distress is enough for us to send our love and light to those who so cry.
Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。对于那些属于你们的社会文化的实体, 对那些并未察觉到从具体的源头散发出来的爱的振动, 而却在它们自己的存有的核心之中感觉到需要被这些类型的能量滋养以减轻痛苦以及遭受到的今天在你们的地球上如此普遍的混淆与分裂的实体, 我们可以向它们提供它们对我们请求的这样的爱的振动。一个简单的苦恼的呼唤就足够让我们对那些如此呼唤的人送出我们的爱与光了。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Steve: No, thank you.
Steve: 没有了, 感谢你们。

Q'uo: I am Q'uo, and we thank you, once again. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你。在此刻有另一个问题吗?

D: I do not have a query at this time, which is surprising, for someone of my nature. But I want to thank you for clarifications and re-seeding knowledge that I had inside. It's always nice to receive the clarification, and it's nice to be in your presence again.

D: 我在此刻并不拥有一个问题, 这对于某个具有我的属性的人是令人吃惊的。但是我想要为我在内在之中拥有的澄清以及重新播种的知晓而感谢你们。去接收到那种澄清一直都是很好的, 再一次处于你们的临在之中, 这是很好的。

Q'uo: I am Q'uo, and we appreciate your gratitude and your willingness to seek that which is most helpful, not only to yourself, but to those whom you will meet in your daily round of activities, and more specifically, within your chosen profession.

Q'uo: 我是 Q'uo, 我们欣赏你的感激以及你对于寻求的乐意, 这种乐意, 不仅仅对你自己, 同样也对于你在你的日常生活的活动中的将会遇到的人, 尤其是那些在你选择的职业之中的人, 是极其有帮助的。

We would ask for a final query at this time, if there may be one.
我们会在此刻请求一个最后的问题, 如果可能有一个问题的话。

Gary: Q'uo, if what Ra says regarding the solar system's history is correct, a third-density population may utterly destroy its planet. We have Mars, whose third-density population destroyed their biosphere, stopping the planet's development; we have Maldek that somehow exploded its planet. What about when a planet becomes fourth-density activated, and the fourth density depends upon the viability of the planet, can, say, our third-density population now destroy the planet when fourth density requires the planet's existence?

Gary: Q'uo, 如果 Ra 在关于太阳系的历史的方面说过的事情是正确的话, 一个

第三密度的人群可以完全摧毁它的行星。我们拥有火星，它的第三密度的人群摧毁了它的生物圈，停止了星球的发展，我们拥有马尔代克，它以某种方式让它的行星爆炸了。当一个行星成为第四密度激活的时候，第四密度会依赖于行星的生存能力，在第四密度需要这个行星的存在性的时候，我们的第三密度的人群现在能够，假设，摧毁这个行星吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We may only answer to a certain degree, for a complete answer to this query may provide some infringement upon the free will of some entities on your planetary sphere.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们仅仅可以在一定的程度上回答, 因为对这个问题的一种完整的回答可能对在你们的星球上的一些实体实体的自由意志提供某种侵犯。

It is so that your planet itself has achieved the fourth-density vibration of love. It is also true that the population of your planet is mixed between orange, yellow, and green vibrations. It is possible that this confusion can be harmonized at some point in what you would call your future. It is possible, as well, that such confusion shall continue and there shall be difficulties continuing of a geophysical and physical nature for the planet and for its population. We cannot say with any certainty what will occur, for this is a product of the free will of all the people that exist upon your planet. This volatility of energy within the mind and emotional complexes is that which makes it impossible to make a prediction with any hope of accuracy. We feel that there are certain probabilities that are more prominent than others, however, it is here that we must not cross the line for fear of infringing upon the free will of those entities who call Earth home.

你们的行星其自身已经取得了爱的第四密度的振动了, 确实如此。同样也是真实的情况是, 你们的星球的人群是在橙色、黄色和绿色振动之间被混合起来的。这种混乱能够在你们所称的你们的未来在某个程度上被协调, 这是有可能的。同样有可能的事情是, 这样的混乱将继续, 对于这个星球以及它的人群, 将会有一种地球物理学与物质属性困难会继续。我们无法藉由任何肯定来表明, 将会发生什么, 因为这是一个所有存在于你们星球上的人的自由意志的产物。这种在心智与情绪复合体中的能量的反复无常就是会使得藉由任何对准确性的希望来做出一个预测是不可能的事物了。我们感觉到, 会有一些的可能性是比其他的可能性是更加明显的, 然而, 就是这个位置, 我们必须不跨域对于侵犯那些称呼地球为家园的实体的自由意识的担心的边界。

We are those of Q'uo, my friends, and we shall, at this time, once again thank you for your invitation to us for your kind hospitality, with opening your hearts to us, opening the questioning that is upon your spiritual path to us, and for allowing us to share our vibrations and information with you. By so doing, you offer us the chance to be of the service that we are here to provide to your planet Earth. We look forward to future opportunities to join this circle of seeking, to blend our light once again with your own, which reaches into the heavens with each gathering of such a group.

我们是 Q'uo, 我们的朋友们, 我们将在此刻, 再一次为你们对我们的邀请, 为你们亲切的招待, 带着向我们开放你们的心, 并对我们开放在你们的灵性道路上的问题, 为你们允许我们与你们分享我们振动与信息, 我们再一次感谢你们。藉由这样做, 你们提供给我们机会来进行我们在这里要提供给你们们的行星地球的服务。我们期待未来加入这个寻求的圈子, 并再一次将我们的光与你们自己的光混合起来的机会, 你们的光藉由这样一个团体的每一次聚集都延伸到天堂之中了。

We are known to you as those of Q'uo. We leave you at this time in the love and in the light of the One Infinite Creator. Adonai, Adonai vasu borragus.
*我们是你们知晓的 Q'uo, 我们在此刻在太一无限造物者的爱与光中离开你们。
Adonai vasu borragus。*

October 15, 2017

2017-10-15 Laitos: 与弱点打交道

Group Question: How to deal with our weaknesses?

团体问题: 如何与我们的弱点打交道?

(Jim channeling)

(Jim 传讯)

I am Laitos, and am with this instrument. We greet you, my friends, in love and light this morning. What a joy to be with you once again. You do us a great honor by inviting our presence at each of your gatherings. We have long worked for the Confederation of Planets in the Service of the One Infinite Creator in a capacity of training those, who, like you, would like to become instruments to share the philosophy of the Confederation. The description of that one Great Original Thought of the Infinite Creator of how we are all part of that Creator, and how we all have access to that love and light with which the Creator has made all that there is.

我是 Laitos, 我与这个器皿在一起了。我的朋友们, 我们在这个早晨在爱与光中向你们致意。再一次与你们在一起, 这是怎样一种喜悦呀。你们邀请我们在每一次你们的集会上出席, 你们给与了我们一个巨大的荣耀。我们通过训练那些, 和你们一样, 想要成为器皿一分享星际联邦的哲学的实体的本领, 已经为服务于太一造物者的星际联邦工作了很长时间了。无限造物者的那一个伟大的原初的想法对于我们如何全都是那个造物者的一部分, 我们如何全都拥有进入到那种爱与光的途径的描绘, 就是藉由那种爱与光, 造物者已经创造了一切万有了。

This morning, we are aware that you have the desire to speak upon the topic of how you might deal with what you call your "weaknesses." We believe that this is also a very interesting topic, for weaknesses are not always what they appear to be, and we would recommend that each within the circle of seeking prepare to look at the concept of "weaknesses" as those areas within your own mind/body/spirit complex which are potentially strengths.

这个早上, 我们察觉到你们拥有渴望去在你们如何可以与你们称之为你们的“弱点”的事物打交道的主题上发言。我们相信这同样也是一个非常有趣的主题, 因为弱点并不是一直都是它们在表面上是的事物, 我们会建议在这个寻求的圈子中的每一个人都将那个“弱点”的观念视为是那些在你们自己的心身灵复合体之中的那些潜在是优点的区域。每一个弱点都拥有机会和潜力让你们在那个区域中变得更加强有力, 因为作为一个弱点, 它会站出来并抓住你们的注意力, 这样你们就可以用一种将会戏剧性地改变它的方式聚焦于它, 因为你们拥有的每一个优点, 我的朋友们, 同样曾经是一个弱点, 并可以用另一种方式被利用以帮助你在你们在你们的灵性旅程上前进。接下来, 请知晓无论弱点还是优点, 都不是偶然的事物, 不是一个因为粗心而引起的事情, 或者是无论什么任何类型的意外事件。这些是你们已经仔细选择来在其上进行工作的区域, 这些是在你的极化的过程中你们的前进的关键之所是的区域。

At this time, we would transfer this contact to the one known as Steve. We are

those of Laitos.

在此刻，我们想要将这个接触转移到被知晓为 Steve 的实体。我们是 Laitos。

(Steve channeling)

(Steve 传讯)

I am Laitos. We are with this instrument. Having set the basic approach, which we would like to take in regard to this question of dealing with what you perceive to be your weaknesses, we would now like to set this in a context through this instrument, and we would begin by suggesting that you contemplate once again, as we often do, the central question of who you are. Now, to some extent, this is a rather obvious answer that comes to you as being already provided, for you know that you have certain characteristics, that you belong to certain groups, that you have a certain history, and so on and so forth. However, there have been many times in your own life experience, when you can be surprised by a response, and discover that there seems to be, within you, another possible answer to that question, who, that you might have suspected, and indeed, each here recognizes that the pattern of spiritual evolution involves many, many incarnations, and that with regard to all of these incarnations, there could very easily be a different answer to the question of the who.

我是 Laitos。我们与这个器皿在一起了。在已经设置了我们想要在关于这个与你们感觉为是你们的弱点的事物打交道的问题的方面采用的基本的步骤之后，我们现在现在想要通过这个器皿在一个上下文中设置这个步骤，我们会藉由这样建议开始，你们再一次沉思，如我们经常做的一样，你们是谁的中心问题。现在，在某种程度上，如同已经被提供的答案一样，这是一个会出现在你们的头脑中的相当明显的答案，因为你们知道你们是拥有一定的典型特征的，你们是属于一定的团体的，你们拥有一定的历史，如此等等。然而，在你们自己的生命体验中已经有一些时候，你们在其中能够因为一个回应而感到吃惊，并会发现在你们内在之中看起来似乎有另一个对那个关于谁的问题的有可能的答案，你们可能已经怀疑过这个答案了，确实，每一个在这里的人都识别出，灵性演化的模式包含了很多很多的投生，在关于所有这些投生的方面，对于那个谁的问题非常容易地能够有一个不同的答案。

Now, as you come forth into this incarnation, you do so with a set of dispositions in place. To some extent, these dispositions can be reflected in what you call your astrology. To some extent, they could be reflected in what you call your genetic endowment. And to some extent, they are also reflected in areas that are not covered by either of these two sets of considerations, and within these dispositions, there can said to be both strengths and weaknesses, and we would stress again that strengths and weaknesses can each also be manifest as its opposite.

现在，当你们进入到这次投生的时候，你们是带着一套设置好的配置进入投生的。在某种程度上，这些配置能够在你们称之为你们的星象学的事物中被反映出来。在某种程度上，它们能够通过你们称之为你们的遗传天赋的事物被反映出来。在某种程度上，它们同样也会在那些并不会被这两套考虑中的任何一个所涵盖的区

域中被反映出来, 在这些配置中, 能够被认为同时有优点与弱点, 我们会再一次强调, 优点和弱点, 每一个都能够被显化为它的对立面。

So, with that thought firmly held in place, we would invite you to consider that the process of incarnation can be seen as an activity of working with a microscope. That is to say that certain facets of personality are taken to be principle subjects of interest, or subjects of possible service in the course of an incarnative experience. This can mean that certain dispositions are exaggerated. Now, to some extent, that exaggeration may well reflect a condition of the mind/body/spirit complex that has been discovered to be deficient and, therefore, a weakness. However, it may not be anywhere near the weakness that it appears to be, as you find it functioning as a disposition in this life. We say, therefore, that there is this magnifying emphasis that takes place through the process of incarnation.

因此, 在那个想法稳固地就位之后, 我们会邀请你们考虑投生的构成能够被视为是一个与一个显微镜一同工作的活动。那就是说, 一定的人格的面向能够被采用成为具有厉害关系的主题, 或者在一次投生体验的过程中具有有可能的服务的主题。这能够意味着, 一定的配置会被夸大。现在, 在某种程度上, 那种夸大可以很好地反映心/身/灵复合体的一个已经被发现是有缺陷的情况, 因此, 它是一个弱点。然而, 当你们发现它是作为在这次生命中的一个配置而运转的时候, 它在表面上可能与弱点没有任何接近之处。因此, 我们会说, 会有这种放大性的强调会通过投生的过程发生。

Now, that is, in some cases, a source of difficulty for one finds oneself overwhelmed by an exaggerated facet of the personality, but, when you recognized that there is a deeper level of the personality that is much more in balance, you can begin to see that by retreating to this deeper level of the personality, you find resources, or balanced resources, we would say, that enable you to move into the exaggerated area you consider to be weakness and to begin to bring that into harmony with the deeper portions of the self. The deeper portions of the self, in fact, can often go deeper than the individuated being you think yourself to be. And so, it might also be the case, we would suggest to you, that there could be a disposition, for example, to aggression within a social energy complex that you have volunteered to participate in. Now it may be that in the process of your own evolution, you did not feel such a disposition to aggression, but have taken it on for purposes of assisting in the evolutionary process of the social energy complex you now participate in. So, that is good work, that is service, we would suggest to you, and it is the portion, then, of your responsibility in this life to balance that which you now regard as a weakness, by taking it to a place within yourself where it may be brought into a more desired configuration.

现在, 在某些情况中, 对于一个发现他自己被人格的一个被夸大的面向压倒的人, 那是一个困难的源头, 但是, 当你认出会有一个人格的更为深入的层次是远远更多地处于平衡之中的时候, 你能够开始看到, 藉由后退到人格的更为深入的层次中, 你会找到资源或者平衡的资源, 我们会说, 那些资源会使得你能够进入到那个你认为是弱点的被夸大的区域, 并开始将那个区域带入到与自我的更为

深入的部分的协调一致之中。自我的更为深入的部分，实际上，经常能够比你认为你自己的那个个体化的存有进入到更深的位置。因此，我们会对你们建议，同样会有可能出现的情况是，在一个社会性的能量复合体中能够有一种，举个例子，对攻击性的配置是你们已经自愿参与其中的。现在，它可能会是，在你自己的演化的过程中，你并未感觉到这样一种对于攻击性的配置，但却已经为了在你现在参与其中的社会能量复合体的演化的进程帮忙的目的而将它穿起来了。因此，那是有益处的工作，我们会对你们建议，那是服务，接下来，去藉由将它带到在你自己内在之中的一个场所，在那里它可以被带到一种更加被渴望的配置中来平衡你现在认为是一个弱点的事物，这是你在这次生命的你的责任的一部分。

There is much more that we might deal with in a more particular way with regard to this subject, but we feel we have said enough, through this instrument, and would, at this time transfer to the one known as J1. I am Laitos.

在关于这个主题的方面会有远远更多的内容是我们可以用一种更为具体的方式来处理的，但是我们感觉到我们已经通过这个器皿说了足够多了，我们会在此刻转移到被知晓为 J1 的实体。我是 Laitos。

(J1 channeling)
(J1 传讯)

We are Laitos, and are with this instrument at this time. We will continue on this topic. One of the keys to the mystery of weakness, how it interplays with any dramas of your life experience, is this crucial topic of desire, for it is in relation to weakness that a desire can manifest and bring itself to the fore. You must remember how important desire is. It draws you along on your spiritual path. It unclouds what sometimes cannot be seen clearly. It places your being in a broader context, a longer timeframe, and the position that you occupy, the limitations with which you deal as an incarnate being, are bolstered, accentuated, and blessed, believe it or not, by your ability to acknowledge the temporary disunity embodied in weakness. You are here to do work, but identifying the work can be a challenge if there is not some temporary, or we should say, attenuated grasp of that which is to be accomplished, of that which, in your limited focused awareness, is to be strived towards. This is why, in part, you are afforded experience in intervals that you call lifetimes.

我们是 Laitos，我们在此刻与这个器皿在一起了。我们将在这个主题上继续。弱点的神秘，以及它如何与你生命体验的任何的戏剧相互作用的关键之一，就是这个至关重要的渴望的主题，因为一个渴望能够显化并将它自己带到前面，这是与弱点联系在一起的。你们必须记住渴望是多么重要。它在你们的灵性道路上牵引你们。它会时常无法清晰地被看到的事物变得清楚。它将你的存有放置在一个更为宽阔的背景中，一个更长的时间框架中，你所占据的位置，你作为一个投生存有与之打交道的局限性，是被你去承认在弱点中被具体体现出来暂时性的不统一的能力所支持，被其强调，并被其祝福的，无论你们是不是相信它。你是在这里来工作的，但是与工作认同能够成为一个挑战，如果没有对要被完成的事物，对在你们的受限的聚焦的察觉中要朝向其努力的事物的某种暂时的，或者说，被减削弱了的掌握的话。这在部分上就是为什么你们在你们称之为生命的

间隔中被提供了体验的原因了。

You are in a class, the class has a topic, there are many capacities that you bring to bear when you arrive at class, but they are nevertheless topics of study, and your orientation towards the task of study is rounded out by all of the other aspects of yourself, that perhaps you are more in balance with. So, we impress upon you the need to ground your grasp of your weaknesses, your grasp of your strengths, those characteristics that seem neutral, those characteristics that you have not been able to put your finger upon yet, in short, the totality of yourself. You will always work better with your weaknesses when you accept them in precisely the same way that you accept all other aspects of yourself, and this is a component of the balance that you are seeking to achieve so that you can bring your full self as creator into the next stage of your evolution.

你是在一个班级中，这个班级共有一个主题，会有很多当你抵达班级的时候你产生出来的能力，但是它们仍旧是学习的主题，你朝向学习的任务的取向是藉由所有你自己的其他的面向，那些也许你与之有更大的平衡的面向所完成的。因此，我们在你头脑中留下了这样的印象，将你对你的弱点的掌握，你对你的优点，以及那些看起来似乎是中性的特性，那些你尚未能够触及到的特性的掌握，简短地说就是，你自己的完整性固定下来的需要。当你用与你会接受所有你自己的其他面向的方式完全相同的方式接受你的弱点的时候，你将会一直更好地与你的弱点工作了，这就是你寻求去取得的平衡的一个组成部分，这样你就将你作为造物者的完整的自我带入到你的演化的下一个阶段中了。

We are so proud of how you have dealt with those things that are easy to despair of. At this time, we feel we can pass the baton to the one known as Gary. We are Laitos.

我们对于你们已经如何与那些容易感到绝望的事情打交道是如此骄傲。在此刻，我们感觉到我们能够将接力棒传递给被知晓为 Gary 的实体了。

(Gary channeling)

(Gary 传讯)

Greetings. We are those known to you as Laitos, and we wish to thank the instrument known as Jeremy and all gathered here this morning, as we attempt to exercise your channels. This topic of weakness has many entry points, and we would choose, through this instrument, to examine that aspect of this instrument's attempts to walk off that proverbial cliff.

致意。我们是你们知晓为 Laitos 的实体，我们希望感谢被知晓为 Jeremy 的实体以及所有在这个早上聚集在这里的实体，在我们尝试去训练你们的管道的时候。这个弱点的主题拥有很多入口的位置，我们会通过这个器皿来进行选择，以检查这个器皿对于走出那个谚语所说的悬崖的尝试的面向。

As indicated through previous instruments, weakness can be, and is, a teaching tool. You will find that your lessons are packed or encoded in what you consider to be your weaknesses. They highlight for you where you will

find your incarnational work as they call your attention to be placed upon them. These patterns in your energy system—why would the seeker consider these energy configurations to be weaknesses? Is it because they are uncomfortable, undesirable? Is it because they do not match the image of the self that the self holds for oneself? Weaknesses reveal. Weaknesses are your explorations into the many, many facets of your identity and multi-incarnational, and shall we say multi-density journey. They take you to places beyond your comfort zone without which you might be content with an image of self that is true only to a limited extent, but begins to deepen and broaden when so-called weaknesses become part of the tapestry of self. Your weaknesses might also be called gifts, for hidden within them are—as this instrument informs us that we are repeating ourselves—as they contain your lessons. But, we are attempting just to keep this instrument's beacon—so that as the coyote continues over the cliff without looking down, the weakness gives one a direction.

如同通过之前的器皿被表明了的一样，弱点能够是，且就是一个教导工具。你将会发现你的课程是被打包或者被编码在你认为是你的弱点的事物中的。它们在你将会找到你的投生工作的位置为你打出了强光，在它们呼唤你的注意力被放在它们之上的时候。这些在你的能量系统中的模式——为什么寻求者考虑这些能量模式是弱点呢？是因为它们是不舒服的吗，不被渴望的吗？是因为它们并不符合自我对一个人自己抱有的自我的形象吗？弱点会揭露。弱点是你们对你们的身份的许许多多的面向，对多次投生以及容我们说，多个密度的旅程的探索。它们将你带到了你的舒适区之外的位置，没有这个舒适区，你可能会对一个仅仅在一个有限的程度上是真实的自我的形象感到满意，但却会在所谓的弱点成为了自我的织锦的一部分的时候开始深化并拓宽。你的弱点可以同样被称为礼物，因为在它们中隐藏有——这个器皿通知我们，我们正在重复我们自己）因为它们包含你们的课程。但是，我们仅仅正在尝试去保持这个器皿的信号塔——这样当郊狼走出了悬崖继续而不往下看的时候，弱点就会给予一个人一个方向了。

We feel this instrument's natural proclivities to be resisting and constricting this contact. The thread becomes lost, but he persists, and he has opted at this time to release this contact with gratitude for all gathered, and transfer to the instrument known as J2. We are those of Laitos.

我们感觉到这个器皿的天生的倾向是抵抗并妨碍这个接触。线路失去了，但是他坚持，他已经在此刻选择去带着对所有聚集在一起的人的感激而释放这个接触，并转移到被知晓为 J2 的实体。我们是 Laitos。

(J2 channeling)
(J2 传讯)

We are Laitos, and we are with this instrument. We show this instrument an image of the earth with human hands all around it.

我们是 Laitos，我们现在与这个器皿在一起了。我们对这个器皿显示了一幅地球被人类的手包围着的图像。

We suggest to you that you are living in this third-density illusion as the

Creator. There are no mistakes here, my friends. It is all perfection. Your strengths and weaknesses are all part of the Creator, and you may be learning from these things. We would like to suggest to you and help you realize that we are all learning and we are so thankful for your bravery in this illusion, and we appreciate that the awareness on Earth has grown of your own strengths and weaknesses, and as you grow, as you become aware, we are excited to say that the consciousness of your planet grows.

我们对你们建议，你们是作为造物者活在这个第三密度的幻象中的。我的朋友们，这里没有错误。你们的优点与弱点全都是造物者的一部分，你们可以从这些事情学习。我们想要对你们建议并帮助你们意识到，我们全都在学习，我们对于你们在这个幻象中的勇敢是如此感谢，我们欣赏在地球上对于你们自己的优点与弱点的察觉已经逐渐成长了，当你们成长的时候，当你们开始察觉的时候，我们会很激动地说，你们星球的意识逐渐成长了。

We show this instrument a rock, and the rock is very strong, but within the rock there are veins of another type of rock that run through it, very small veins, and though the rock appears very strong, it has its weaknesses through these veins. Over time, this rock breaks down, piece by piece. This is a beautiful thing. We would like to suggest that it is an opportunity to create something else. Everything is in constant motion on your Earth, and it is always rebuilding itself after it breaks down, and we congratulate you for moving forward and in your awareness, and continuing your work and diligence of this process of becoming aware of your weaknesses, and allowing the breaking down and the rebuilding, and your growth, and we congratulate you, and we thank you, for this helps us grow as well. We always thank the Creator giving us this opportunity for immense growth. And we pass this contact to the one known as T. We are Laitos.

我们想这个器皿显示了一块石头，石头是非常强有力的，但是，在石头中会有另一种岩石的岩脉穿过它，非常小的岩脉，尽管岩石是非常强壮的，它通过这些岩脉拥有它的弱点。随着时间的发展，这块岩石会一块接一块地破碎，这是一个美丽的事情。我们想要建议，它是一个去创造某种其他事情的机会。在你们的地球上的每一个事情都是在运动中，它一直都会在它破碎之后重建其自身，我们会为前进而祝贺你们，在你们的察觉中，继续你们的工作，以及察觉到你们的弱点并允许破碎，重建，与你们的成长的过程的勤奋，我们向你们祝贺，我们感谢你们，因为这同样帮助我们成长。我们一直都感谢造物者给予我们这个极大的成长的机会。我们将这个接触传递给被知晓为 T 的实体。我们是 Laitos。

(T channeling)

(T 传讯)

We are those of Laitos, and we are with this instrument now. Imagine, if you will, that you are standing outside in the sun. No obstacles around you—just you. You look below and you see your shadow. Imagine that that shadow [is] all of your so-called weaknesses. They follow you. They interfere with the way you relate to what is around you. They color your scenery. They are seemingly attached to you, mimicking you. But remember that how you stand in the

light, how you accept that light, affects the magnitude of that shadow. To fully embrace oneself in the light, to stand straight, owning your strengths and owning your weaknesses, causes that shadow to become small, allowing yourself to recognize those weaknesses and see them as you have heard multiple times today, as doorways to growth, as doorways to strength, as part of yourself, allows oneself to stand more fully in the light, allows that shadow to become smaller, less pervasive, all the while accepting its existence, for it is part of you, it is that which you've chosen, allowing oneself to use these weaknesses as mirrors.

我们是 Laitos, 我们现在与这个器皿在一起了。如果你愿意的话, 想象你正在外面站在阳光中。在你周围没有障碍物——仅仅只有你。你往下看, 你看到你的影子。想象那个影子就是所有你所谓的弱点。它们跟随着你。它们妨碍了你与你周围的事物建立关联的方式。它们为你的风景上色。它们在表面上似乎是附着在你身上的, 并且在模仿你。但是, 请记住, 你是如何站在光中的, 你如何接受那种光, 并反映出那个影子的巨大。要充分地在光中拥抱一个人自己, 要站的笔直, 同时拥有你的优点, 拥有你的弱点, 这会使得那个影子变小, 允许你自己认出那些弱点, 并将它们视为是, 如你们在今天已经听过多次了的一样, 视为是通向成长的道路, 视为是通往优点的道路, 视为你自己的一部分, 允许一个人自己更为充分地站在光中, 允许影子变得更小, 较不遍布四处, 同时接受它的存在性, 因为它是你的一部分, 它是你已经选择了的事物, 同时允许一个人自己将这些弱点作为镜子使用。

As it has been said, weaknesses stand out, and that is by design, for those are areas in which you can grow to become the greater spiritual journeyman that you are meant to be, that you have chosen to be. As you sit in the circle among friends, it is clear that you've made that choice. We are so amazed and grateful and delighted to see how well the entities of this group have worked together, and individually, both on their strengths and their weaknesses, to propel the light further upward and outward. A weakness we see that is common among people of this density is not being able to have the patience or forgiveness for these weaknesses. What a great, great opportunity to be within this circle where one must step out, off of firm ground and into thin air, to let oneself truly forgive, and truly be patient, and we've seen it over and over within this group. We are so grateful, and we feel as though you should be so grateful and so forgiving and so proud of what you have been able to do.

如同已经被说过的事情一样, 弱点会凸显出来, 那是故意的, 因为那些弱点是那些你们在其中能够成长, 以成为你们打算要成为的, 你们已经该选择去成为的更大的灵性的旅行者的区域。当你们在朋友当中坐在圈子中的时候, 你们已经做出了那个选择, 这是很清楚的。我们对于看到, 这个团体的实体已经怎样好地在一起, 个体地, 同时在它们的优点和它们的弱点上进行工作, 以更进一步向上并向外推动光, 是感到如此吃惊、感激与高兴的。我们看到在属于这个密度的人群当中是如此常见的弱点, 就是无法对这些弱点拥有耐心或者宽恕。去处于这个圈子中, 这是怎样一个伟大的, 巨大的机会呀, 在这个圈子中一个人必须要走出, 离开那个稳固的地面, 并进入到稀薄的空气中, 来让一个人自己真正地宽恕, 真正地成为有耐心的, 我们已经在这个团体中一遍又一边地看到它了。我们是如此之

感激，我们感觉就好像你们应该对于你们已经能够做的事情是如此感激，如此宽恕，如此自豪的。

We will now take leave of this instrument and move on to the one known as Austin. We are those of Laitos.

我们现在将离开这个器皿，并继续移动到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin 传讯)

We are Laitos, and we are with this instrument. As we have explored, the journey of the relationship with your weaknesses is an intensely and necessarily personal journey, for you find yourself in the density of self-awareness upon a journey of the self. But at this time, we would like to explore the question which may arise: "If this density is that of the self, then why does it seem to be such a socially- driven density? How has this density that seems to isolate the self resulted in an amazingly intricate, beautiful, social complex upon your sphere?"

我们是 Laitos，我与这个器皿在一起了。如我们已经探索过的一样，与你们的弱点的关系的旅程是一场强烈地且必须是个人性的旅程，因为你发现你自己在一场自我的旅程上是处于自我察觉的密度中的。但是，在此刻，我们想要探索可能会升起的问题：“如果这个密度是自我的密度，那么为什么它看起来似乎是一个如此被社会驱动的密度呢？这个看起来似乎会让自我隔离的密度如何已经导致了一个在你们的星球上的令人吃惊地复杂、美丽的社会复合体呢？”

My friends, as you have identified your weaknesses and your strengths upon your initial journey of the self, we ask you to recall a time in which you have utilized your strengths in service to others upon your sphere. How bright the light shone through you as you accepted your role in serving your other-selves. In your acceptance of your strength, the Creator's will was done. We suggest that in a social society, such as you find yourself, that similar acceptance of your weakness will find the Creator's will done as well, as this allows, in full honesty and transparency, an other-self to serve you. Would you deny the joy that you have felt in serving your other selves to those who would wish to serve you?

我的朋友们，因为你们已经在你们自我的初步的旅程上识别出了你们的弱点与你们的优点了，我们请你们回想起一个在其中你们已经在你们的星球上通过服务他人利用了你们的优点的时刻。当你接受你在服务你的其他自我的方面的角色的时候，怎样明亮的光通过你闪耀出来了呀。在你对你的优点的接纳之中，造物者的意志已经被行使了。我们建议在一个诸如你发现你自己处于其中的社会之类的社会性的社会中，对你的弱点的类似的接纳将会同样也发现造物者的意志被实践了，因为这用完整的诚实与透明度允许一个其他自我服务你了。你会否认你在服务你的其他自我的过程中对那些会希望服务你的实体感觉到的喜悦吗？

Your social complex is as a puzzle scattered upon a table. There is no clear image shown. There is no full cohesion, as much turmoil is apparent within

and without, but all upon your sphere have some sense of the picture which may become clear should the puzzle pieces be fit together. As you have taken that journey of self, and explored your weaknesses, and found the Creator's love therein, you may turn to your other selves in full honesty and knowledge of who you are as an expression of the Creator, and turn yourselves towards the service of your other-selves. And any slack that you may fear you leave behind by your weaknesses, you may have faith that as you have accepted them as an aspect of your true self, that slack will be picked up by others upon the same journey, and together you shall move forward in mutual service. And as this pattern of behavior becomes more and more common on your sphere, as it enters into the fourth density, you will find a more and more cohesive social complex which eventually will be recognized as that social memory complex.

你们的社会复合体是如同一个被散落在一个桌子上的拼图一样。没有清晰的图像被显现出来。没有完整的结合力，混乱同样也在内在和在外是明显的，但是在你们的星球上已经有对于如果拼图的碎片被拼在一起的话就可能成为清晰的图像的某种感觉了。当你们已经进行了那场自我的旅程，探索过了你们的弱点，并在那里找到了造物者的爱的时候，你们就可以在对于你们作为造物者的一个表达之所是的完全的诚实与知晓中转向你们的其他自我，并将你们自己转向对你们的其他自我的服务了。任何你们可能因为你们的弱点而留在后面的空隙，你们都可以有信心，当你们已经接受它们是你们真实的自我的一个面向的时候，那个空隙就将会被在相同的旅程上的其他人拾起，你们一起将会通过共同的服务前进了。当这种行为举止的模式在你们的星球上变得越来越更为常见，当它进入到第四密度的时候，你们将会发现一种越来越有聚合力的社会复合体，它最终将被识别为社会记忆复合体。

For this to happen, each individual must make that journey inside, and discover, in truth and in honesty, who they are, and then share that with the Creator that is their other-selves. We suggest that you may see this happen within this room amongst those who have gathered with the intent to serve others. As you lay your weakness bare for all others to witness, you may find a balance within your group that allows you to move forward upon your journey. We thank you for your bravery, and the exploration of these depths, and at this time we will leave this instrument and return to the one known as Jim. We are Laitos.

为了要让这个发生，每一个个体都必须进行那个内在的旅程，并通过真理且通过诚实探索，它们是谁，接下来与它们的其他自我之所是的造物者分享那个旅程。我们建议，你们可以看到，这种分享在这个房间中在那些已经带着去服务他人的意图而聚集在一起的其他人当中发生了。当你们毫不掩饰地将你们的弱点摆出来让所有其他人见证的时候，你们可以发现你们的团体中的一种平衡，它允许你们在你们的旅程上前进。我们为你们的勇敢，以及对这些深度的探索而感谢你们，我们在此刻将离开这个器皿并返回到被知晓为 Jim 的实体。我们是 Laitos。

(Jim channeling)

(Jim 传讯)

I am Laitos, and we are with this instrument once again. My friends, you have all done so very well in speaking the words that we have provided on the topic of your weaknesses—how these weaknesses are actually very valuable qualities that will become means by which you serve others, and indeed the planetary consciousness itself. You have chosen these qualities to be the blessings that you pour out within your incarnation upon the planet, upon its population, and upon your own journey of seeking. You are blessings to us as well, for as we watch your activities within your own personal experiences and your group experiences, we see this desire to share love and light expanding ever outward and onward into the fourth density that is so quickly advancing within your earth planes at this time. This is a most propitious moment. The great work of so many beings of light, both on the Earth in your form, and in the inner planes in our form, have come together to rejoice, to give praise and thanksgiving for all that is occurring. It is the great harvest. Thank you once again for inviting us to join you in this circle of seeking. It has been an honor and a privilege. We are known to you as those of Laitos. Adonai, my friends, Adonai.

我是 Laitos, 我们再一次与这个器皿在一起了。我的朋友们, 你们已经全都在讲述我们在你们的弱点的主题上——这些弱点如何实际上是非常有价值的属性, 这些属性将成为你们藉由其服务他人, 并确实服务星球意识其自身的途径——已经提供的话语的方面做得如此非常之好了。你们已经选择了那些属性来成为你们在你们的投生中倾倒在星球上, 倾倒在它的人群上的, 以及倾倒在你们自己的寻求的旅程上的祝福了。你们对于我们同样也是祝福, 因为当我们观察你们在你们自己个人的体验与你们团体的体验中的活动的时候, 我们看到这种去分享爱与光的渴望不断向外拓展, 并向前拓展进入到第四密度。第四密度在此刻正如此快速地在你们的地球的层面上前进。这是一个极其适合的时刻。如此多光的存有的工作, 同时在地球上在你们的形体中, 以及在内在层面用我们的形式的光的存有的工作, 已经聚集到一起欢庆, 来为所有正在发生的事情给予赞美与感恩。它是伟大的收割。再一次为你们邀请我们在这个寻求的圈子中加入你们而感谢你们。它已经是一种荣耀与一种荣幸了。我们是你们知晓的 Laitos。Adonai, 我的朋友们, Adonai。

October 15, 2017

2017-10-15 Laitos: 找到创造性

Group Question: How can we find creativity in our daily lives?

团体问题: 我们如何在我们的日常生活中找到创造性?

(Jim channeling)

(Jim 传讯)

I am Laitos, and am with this instrument at this time. We are so happy to be here with you for your last gathering of this weekend. It has been such a blessing for us, my friends, to be with you, and we cannot thank you enough for inviting our presence. Not only are we able to fulfil our desire to be of service, and to be of service to you specifically, but we are most inspired by the determination, the inspiration, and the open-heartedness of each within this group. The energies that you have brought forth this weekend have been most blessed. They are such a joy to behold. It is seldom that we are to partake in this manner with entities upon your planet. We want you to realize what this means to us to be here with you.

我是 Laitos, 我在此刻与这个器皿在一起了。我们如此高兴在这个周末的你们的最后一次集会上与你们在一次。我的朋友们, 与你们在一起对于我们已经是如此大一种祝福, 我们对你们邀请我们出席是怎么感谢你们都不够的。我们不仅仅能够满足我们进行服务的渴望, 尤其是对你们进行服务的渴望, 我们同样也因为这个团体中的每一个人的决心, 鼓舞、以及开放的心而是极其受启发的。你们在这个周末已经产生出来的能量已经是极其有福的了。注视它们是如此大一种喜悦。我们很少能够用这种方式陪同在你们的星球上的实体。我们想要你们意识到, 在这里与你们在一起对我们意味着什么事情。

You have asked about the concept of creativity, as you call it, which we would see as the creative energy of the One Creator that finds a home in each mind/body/spirit complex within this illusion in some fashion or another, for as a Creator, each entity in your illusion, and in fact, each entity in the infinite creation is able to make something new out of something old, is to make something inspiring out of that which perhaps lacked inspiration beforehand. To make something that speaks a message of one form or another of truth where perhaps there was not so much of a clear message before, the arrangement of things, of ideas, of concepts, of sounds, and so forth, is the basic means by which creation of your experience has made manifest in a way that is understandable at some level of the observers perception. So, we look to each of you and to all entities that we perceive as being creators of one fashion or another, artists of one kind or another, for each of you uses the intelligent energy of the One Creator to proceed through your day in one fashion or another, and if you look at the means by which you do your work, or do that which you do, it may be a quite creative endeavor with just a little bit of attention, and if you focus more attention in love and in light, then you might have something that is surprisingly eloquent and elegant to show as a

product of your efforts.

你们已经询问关于创造性的观念，如你们对它的称呼一样，我们会将创造性视为是太一造物者的创造性的能量，太一造物者在这个幻象中的每一个心/身/灵复合体中都用这样或者那样一种方式找到了一个家园了，因为作为一个造物者，在你们的幻象中的每一个实体，实际上，在无限造物中的每一个实体，都能够从某种旧的事物中产生出某种新的事物，都能够从之前也许缺少灵感的事物中产生出某种令人启发的事物。要在也许之前并没有如此清晰的一个信息，以及对事物、观点、概念、声音，如此等等的一种清晰的排列的位置产生出某个讲述了一个具有这样或者那样一种形式的真理的信息的事情，就是去你们的体验的造物物藉由其已经用一种在观察者的知觉的某个层次上可以理解的方式已经产生出了显化的基本的途径了。因此，我们会将你们每一个实体以及所有我们感觉到的实体视为是用这样或者那样一种方式的创造者，是这样或者那样一种类型的艺术家，因为你们每一个人都使用太一造物者的智能能量来用这样或者那样一种方式穿越你们的生活前进了，如果你们检查你们藉由其进行你们的工作，或者做你们做的事情的途径，它可能是一种相当有创造性的努力，却仅仅只带有一点点的注意，如果你们将更多的注意力聚焦在爱与光中，接下来，你们就可以拥有某种事情，它会是令人吃惊地动人的，且优雅地展现为你的努力的一个产物的。

At this time, we shall transfer this contact to the one known as Steve. We are Laitos.

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Laitos。

(Steve channeling)

(Steve 传讯)

I am Laitos, and we are with this instrument. We would begin our communication through this instrument by responding to a message we have received from him expressing sorrow at our impending parting, and we would like to say that in response we, too, feel a certain sorrow, but it is a sweet sorrow, my friends, because what sorrow there is, is sweetened by the recognition that it has been a marvelous opportunity to exchange our energies with this group creatively, as we might say, and we would like to assure you that we are always available to you if you wish our presence to perhaps lighten or sweeten a meditation, or if, upon a walk you may be taking, you should catch a scent on a breeze, and remember us, we can assure you that we will be receptive to that remembrance and reciprocate in those subtle ways that are available to us. You are a blessing to us, my friends, and we thank you from the bottom of our hearts.

我是 Laitos，我与这个器皿在一起了。我们会藉由回应一个我们已经从他接收到的信息来开始我们通过这个器皿的沟通交流，这个信息表达了对于我们即将到来的离别的忧伤，我们想要在回应中说，我们同样也感觉到一定的忧伤，但是它是一种甜蜜的忧伤，我的朋友们，因为在那里存在的忧伤，是因为认出了它已经是一个非凡的机会去用创造性的方式，如我们可能会说的一样，与这个团体交换我们对的能量而变得甜美了，我们想要向你们保证，我们一直都是可以为你们所取得的，如果你们希望我们在场，也许为了照亮一次冥想或者使之变得甜美，或者如果在一次你们可能在进行的散步中，你们将会捕捉到在一阵风中一股香气，

并忆起了我们，我们能够向你们保证，我们将会是对那种忆起是有接受性的，并用那些可以为我们所利用的微妙的方式进行互动。你们对于我们是一种祝福，我的朋友们，我们从我们的心底感谢你们。

We feel that creativity is a good theme with which to end our weekend's activities, because it, in so many ways, characterizes the very essence of what we have been about here. When you do create, you draw upon energies not just available in the creation, but available from the Creator. When you draw upon our energies, you are asking us to open ourselves up to you, having already opened ourselves up to the Creator, and when you return your words to us, which we do receive in gratitude, we see, in these words, an element of newness that is the Creator.

我们感觉到创造性是一个很好的用来结束我们周围的活动主题，因为它，用某种方式，表明了我们已经在这里着手进行的事情的核心实质的特征。当你们确实进行创造的时候，你们会不仅仅会利用在造物中可供利用的能量，同样还有来自于造物者的可供取得的能量。当你们利用我们的能量的时候，你们正在请求我们，在我们已经对造物者开放我们自己之后，对你们开放我们自己，当你们将你们的话语返还给我们的时候，我们确实是在感激中接收它们的，我们在这些话语中看到了具有一种新鲜性的要素，那种新鲜性就是造物者。

So, we would like you to reflect, perhaps, on the fact that there is a certain receptivity in all of creation, and that this element of receptivity we would like to suggest reaches all the way back to the Creator, for the Creator itself has reached out into that which is not known in its act of creating, which means that the not-known is essential to an act that cannot be thought as having achieved closure, therefore, the act is open, and when you create, by opening your hearts, you are as close to the Creator as you can possibly be. If this creation refuses to close itself, but resolutely remains open, you are doing the work of the Creator in no matter what capacity you are conducting yourself. With this thought, we would like now to thank this instrument in sweet sorrow, and pass the contact to the one known as Gary. I am Laitos.

因此，我们想要你们，也许对这样一个事实进行思考，在所有的创造都会有一定的接受力，这种具有接受力的要素，我们想要建议是用所有的途径延伸返回造物者的，因为造物者其自身已经向外延伸进入到了在它的创造的行动中不被知晓的事情了，这意味着不被知晓的事情对于一种无法被认为是已经取得了封闭的行动是实质性的，因此，行动是开放的，当你们创造的时候，藉由开放你们的心，你们是尽你们所能地接近造物者的。如果这种创造拒绝自我封闭，而是坚决地保持开放，你就是在进行创造者的工作了，无论你是在用什么方式指导你自己。藉由这个想法，我们想要现在在甜蜜的忧伤中感谢这个器皿，并将接触传递给被知晓为 Gary 的实体。我是 Laitos。

Gary: With gratitude to the circle, I will pass this time, and, Laitos, I ask that you continue with J1, thank you.

Gary: 带着对圈子的感激，我这一次将会让过，Laitos，我请求你们通过 J1 继续，谢谢你们。

(J1 channeling)

(J1 传讯)

We are Laitos, and we are with this instrument. We will continue the topic of creativity, and thank the one known as Gary for exercising his discrimination. *我们是 Laitos, 我们现在与这个器皿在一起了。我们将会继续创造性的主题, 我们为被知晓为 Gary 的实体使用他的分辨力而感谢他。*

You are never without a creative twist in your foray through consciousness in your exploration of the limits of existence. That is the joke that is being told—the sweet joke that we all are dying laughing while you take this detail-ridden temporary experience so seriously. You bring a flare, a style, a perspective that no one else can have, and it is a joy to observe. We are cheering you on, as over and over again, time and time again, you compose a new hit, and then often worry about whether it will ever be composed again. It is instructive that you must somehow forget the infinity of possibilities that is your birthright, but all possibilities are open to you, and there is no end.

在通过你们对存在性的限制的探索在穿越意识的短途旅行中, 你们是永远都不会没有一次创造性的转弯的。那就是正在被讲的笑话了——在你们如此严肃地进行这次充满了具体细节的暂时性的体验的时候, 我们全都因为这个甜美的笑话笑死了。你们带来了一个闪烁的火焰, 一种风格, 一个有任何其他人能够拥有的远景, 去观察它是一种喜悦。我们正在鼓舞你们继续, 如同一遍又一遍, 一次又一次, 你们创作出了一个新的俏皮话, 并经常接着担心是否它将会被再一次被创造。你们必须以某种方式忘记你们的天赋权利之所是的无限数量的可能性, 但是所有的可能性都是对你们开放的, 并且是没有终点的, 这是富有教益的。

In saying this, we hope that we can inspire you to not simply appreciate your own creativity, but to cheer on your brother, to encourage your sister, to understand that creativity is the recombination of aspects of the Creator in novel configurations. This is what is, in part, so sought after. To us, it boggles the mind that you would consider yourselves ever to not be creative. We are so happy to be able to share this appreciation with you, for the works of (inaudible) is your life, we are the audience of and we will always pay to see it. We don't wish to give you a big head, but you are all maestros. And there is a usefulness to your ignorance at times of how wonderful you are. This instrument feels we have had our say with him. We are so blessed to have had this time with all of you, and continue to reiterate we are available any time you ask for our presence, and we will make it a creative meeting of minds, hearts, and spirits. At this time, we shall transfer this contact to the one known as J2, in love and in light. We are known to you as Laitos.

在这样说的方面, 我们希望我们能够鼓舞你们不单单欣赏你们自己的创造性, 同样也为你们的兄弟加油, 为你们的姐妹鼓气, 并理解创造性是通过新颖的配置对造物者的面向的重新组合。对于我们, 你们会认为你们自己从未是有创造性的, 这将我们的头脑搞糊涂了。我们如此高兴能够与你们分享这种认识, 因为(听不见)的工作就是你们的生命, 我们是听众, 我们将一直都付钱来看她。我们并不希望让你们感到自大, 但是你们全都是艺术大师。对于你们时常会忽略你们是多

么精彩，这是有一种用处的。这个器皿感觉到我们已经与他一起进行了我们的谈话。我们已经与你们所有人一起度过了这个时间，我们是如此有福，我们继续重申，我们在任何你们请求我们在场的时候都是可供利用的，我们将使得它成为一次心智，心和灵性的创造性的集会。在此刻，我们将在爱中，在光中将这个接触转移到被知晓为 J2 的实体。我们是你们知晓的 Laitos。

(J2 channeling)

(J2 传讯)

We are Laitos, and we are with this instrument. We feel joyfully happy to remind you that you are all in a constant state of creation. Your very movements are creative. You are the Creator. When you relax and enjoy your day, and do very little, in your world you might call that "recreating"—in those words you already know the truth. It is re-creating. Your body is always in a state of re-creating itself, and when you work, you come together as a team, and you are in a state of creation with an end product, an end manifestation. 我们是 Laitos，我们与这个器皿在一起了。我们感到很高兴愉快地提醒你们，我们全都是处于一种持久的创造的状态中的。你们的行动都是创造性的。你们是创造者。当你们放松，享受你们的日子，只做非常少的事情，在你们的世界中你们可能称之为“消遣”的时候——在那些词语中，你们已经知晓真理了。你们的身体一直都是处于一种反复创造它自己的状态中的，当你们工作的时候，你们是作为一个团队而来到了一起了，你们是处于一种创造的创造中，并带有一个最终的结果，一个最终的显化物。

We are showing the instrument the world with everything surrounding with the webs of energy connecting it. This energy that connects everything in webs is the creation that each individual or element on Earth, having an effect on the other. One creates and that energy of that creation travels to the next person, and to the next, and to the next. It is a web. It is a wonderful system of creation, and again, we thank the Creator for giving us this wonderful process to experience ourselves, and we pass this connection to the instrument known as T. We are Laitos.

我们正在向器皿展现了这个世界以及每一个被与它连接在一起的能量网络围绕着的的事物。这种将每一个事情用网络连接起来的能量，就是在地球上的每一个个体或者元素的都会对相互彼此产生的一种影响的创造物。一个事物创造，那个创造的能量会旅行到下一个人，到下一个，到下一个。它是一个网络。它是一个精彩的创造的系统，再一次，我们为给与我们这个美妙的过程来体验我们自己而感谢创造者，我们将这个连接传递给被知晓为 T 的实体。我们是 Laitos。

(T channeling)

(T 传讯)

We are those of Laitos, and we are now with this instrument. As it has been stated, this very existence is both an existence of love, and a product of creativity. May we remind you of the illusion, that this experience of the single self relating to other selves is but a way for the Creator to know Himself. All

that you experience has been a product of creativity, a construct to help make meaning of all that is. Those that fret that they cannot find creativity day-to-day, are just simply not remembering that every moment, every interaction, everything you see and touch, the sensations of seeing and touching, the acknowledgement that you are seeing and touching, and everything in between is but an act of creativity for the single one to know one.

我们是 Laitos, 我们现在与这个器皿在一起了。如同已经被陈述过的一样, 这个核心的存在性同时是一种爱的存在性与一种创造性的产物。容我们提醒你们回想起幻象, 这种单一的自我与其他的自我建立关联的体验仅仅是一种让造物者知晓祂自己的途径。所有你们体验到的事情已经是一个创造性的产物了, 是一个构架, 以帮助让一切万有产生出意义。那些因为他们无法日复一日地找到创造性而感到焦虑的人, 仅仅单纯地是没有回忆起, 每一个时刻, 每一个互动, 你们看到, 接触到的每一个事情, 看到和接触的感知, 对你们正在看到和接触的承认, 以及在两者之间的每一个事物, 都仅仅是一个具有创造性的行动, 以便于让那个单一的太一知晓太一。

While we create the solution of single self, we bring with us different methods of knowing oneself as a single identity, whether that be the gift of writing, of intellect, of painting, of cooking, of conversation, these are all practices of creativity in that you are using the moment to further know yourself within the illusion, making sense of the illusion. It is making this instrument laugh because it seems so beautiful in that everything that we are experiencing is creativity of love. We are the most creative selves because we create everything that we experience, and I am so sorry if this instrument is reiterating what she's already said. What we produce through this love of knowing the Creator for we are all this Creator, is the most ultimate form of creativity, and when you are able to realize that, you can see—sorry, this instrument has lost the connection temporarily—when you're able to see the illusion for what it is, it's magnificent in terms of this incarnation of creativity. For fear of saying the same things over and over again, this instrument is so grateful for this experience, and will transfer now over to the one known as Austin. We are those of Laitos.

在我们创造出单一的自我解答的时候, 我们在我们身边带来了知晓一个人自己是一个单一的身份的不同的方法, 无论那个方法是写作的礼物, 还是逻辑智力, 绘画, 烹饪, 交谈的礼物, 这些都是具有创造性的实践活动, 因为你是在使用那个那个时刻来更进一步地知晓在幻象中的你自己, 并让幻象言之有理。它正在让这个器皿发笑, 因为它看起来似乎如此美丽, 因为我们正在体验到的每一个实相都是爱的创造性。我们是极其有创造力的自我, 因为我们创造了我们体验到的每一个事情, 如果这个器皿正在重复她已经说过的事情, 我会如此抱歉。我们通过这种知晓造物者的爱, 因为我们全都是这个造物者, 产生出来的事物, 就是创造性的最为终极的形式, 当你们能够意识到那一点, 你们能够看到——抱歉这个器皿暂时失去了连接了——当你们能够因为幻象之所是而了解幻象的时候, 从这次具有创造性的投生的意义上, 它是宏大的。因为害怕一次又一次地说相同的事情, 这个器皿对于这个体验是如此感激, 并将会在现在转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)
(Austin 传讯)

We are Laitos, and we are with this instrument. As the one known as T has identified with humor, the message that we bring to you is simple and the same—that the heart of creation is creativity. This may be communicated in many different ways from many various perspectives. Allow us, if you will, to share this message one more time through this instrument, with the depiction of a system with which some here may be familiar with—yet, as we communicate it through this instrument, it may be over-simplified.

我们是 Laitos，我们现在与这个器皿在一起了。如同被知晓为 T 的实体已经带着幽默辨认出来的一样，我们带给你们的信息是简单且相同的——造物的核心就是创造性。这可以用很多种不同的方式从很多各种各样的观点被交流。如果你们愿意的话，请允许我们通过这个器皿，藉由描绘一个一些在这里的人可能对其并不熟悉的系统，再多一次分享这个信息——然而，当我们通过这个器皿交流它的时候，它可能是过度简单化的。

The heart of the Logos is that of the creative principle. This Logos shares this creative principle with what may be known to you as the sub-Logoi. Your local sun, as one of these sub-Logoi receive this heart of creativity from the Logos, and in turn, refine this creativity in yet another act of creation, then sending this heart of creativity to those entities who have volunteered to live the creation within the realm of that sub-Logoi. These entities are those all about you, and that entity you see in the mirror. You receive the heart of this creativity as you experience your life. As the Earth, the beautiful planet upon which you live, receives the light of the Sun, and creates further life from this light, you receive the experiences put forth by the sub-Logos and further create from this creative heart that is given to you.

理则的核心就是具有创造性的原则的理则。这个理则与可以被你们知晓为子理则的事物分享了这个创造性的原则。你们的本地的恒星，作为这些子理则中的一个，从理则接收到了这个创造性的核心，并相应地用另一种创造的行动精炼这种创造性，并接下来将这个创造性的核心送往那些已经自愿生活在那个子理则的领域中的造物中的实体。这些实体就是在你们周围的所有实体，你们在镜子中看到的那个实体。你们在你们体验你们的生命的时候接收到了这种创造性的核心。当地球，这个你们生活在其上的这个美丽的行星，接收到太阳的光，并更进一步从这种光创造出了生命的时候，你们接收到了由子理则发出的体验，并更进一步从这个被给予你们的创造性的核心进行创造。

There is nothing that you can do or experience that is not creative, my friends, yet the illusion within your density hides this fact from you, and so those glimmers of realization of the truth, of the life within creation, are then labeled by your veiled minds as moments of creativity.

没有任何你们能够做或者体验的事情是没有创造性的，我的朋友们，而在你们的密度中的幻象将这个事实对你们隐藏起来了，因此，那些对真理的，对在造物中的生命的领悟的微光，接下来就会被你们被罩纱遮蔽的心智标记为具有创造性的

时刻了。

This instrument is having difficulty maintaining the state, and we encourage him that our message was communicated and feel satisfied leaving this instrument and transferring the contact to the one known as Jim. We are Laitos.

这个器皿正在保持状态的方面遇到困难，我们鼓励他，我们的信息是被交流了的，我们会对离开这个器皿并将接触转移到被知晓为 Jim 的实体感到满意。

(Jim channeling)

(Jim 传讯)

I am Laitos, and am once again with this instrument. We are proud of you, my friends. Once again you have been most careful in your channeling and in your challenging, and have offered us the best of that which is yours to offer, and it is a bounty indeed. We are most grateful for being able to join you yet again. We cannot think of any place that we would rather be than here with you, although there are many that we may choose from. The third-density illusion has, by its very nature, a certain kind of quality of possibility that is beyond most levels of creativity that one can imagine within the Infinite Creator's universe. We know that there are places which have such glad and glorious surroundings that one is hard-pressed to breathe without having the breath taken away, and yet here, within the third-density illusion, where you exist with the veil of forgetting separating your conscious and sub-conscious minds, there is so much love that lies hidden within each, and when we can see it come forth within this surroundings, it is so much the more valued experience.

我是 Laitos，我再一次与这个器皿在一起了。我的朋友们，我们对你们感到骄傲再一次，你们在你们的传讯中以及在你们的挑战中已经是极其小心谨慎了，并已经提供给我们你们所要提供的最佳的事物了，这确实是一种恩惠。我们极其感激能够再一次加入你们。除了在这里与你们在一起之外，我们无法想到有任何地方是我们想要去的，尽管会有很多我们可以从其选择的地方。第三密度的幻象，藉由其本性，拥有一定类型的可能性，这种可能性是超出了一个人在无限造物者的宇宙中所能够想象到的大多数的创造性的层次的。我们知晓，会有一些地方会拥有如此愉快且壮丽的周遭环境，以至于一个人会在没有屏住呼吸的时候就会呼吸困难了，在第三密度的幻象中，在其中你们是与遗忘的罩纱一起存在的，这种罩纱将你们的有意识的心智与潜意识的心智分开了，会有如此多的爱是存在于每一个实体内在之中的，当我们能够看到在这个周遭环境中出现的时候，它远远更有价值的体验。

We shall look forward to all future times of your working together, in which you offer a call to our group. Go now, in peace and in power, in love and in light, blessings upon you all. We are those of Laitos. Adonai. Adonai, my friends, Adonai.

我们期待所有未来与你们一同工作的时间，在其中你们会对我们的团体给予一个呼唤。现在，在平安中，在力量中，在爱中，在光中前进吧，祝福你们全体身

上。我们是 *Laitos*。 *Adonai*。 *Adonai*， 我的朋友们。 *Adonai*。

November 4, 2017

2017-11-04 智慧的两个面向

Group Question: Q'uo, Ra describes wisdom as having two faces—a positive and a negative face. Could you elaborate on what constitutes both positive wisdom and negative wisdom? Also, can you speak to how the positively oriented seeker might avoid the pitfalls of negative wisdom, and move into positive use of wisdom?

团体问题: Q'uo, Ra 将智慧描述为拥有两个面向——一个正面性的和一个负面性的面向。你们能够对于什么同时构成了正面性的智慧和负面性的智慧进行阐述吗? 同样, 你们能够谈谈, 正面导向的寻求者如何可能避免负面性的智慧的陷阱, 并更多地进入到对智慧的正面性的使用呢?

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each of you this day in love and in light. It is our great pleasure to be with you my friends. We thank you once again for inviting us to join you in your seeking of truth today. As always, we ask one simple favor before we begin. We do not wish to be a stumbling block on anyone's journey of seeking, so we would ask if you hear any word or thought from us that does not resonate with truth for you, please disregard it immediately. Leave it behind without a second thought, and use only those words and concepts that do have the ring of truth for you. If you would do this for us, then we will feel free to speak to you as we will, for we are as you: seekers of truth on a journey that has been long and has produced fruit that we share with you on this same journey. You, who are conscious seekers of truth, and are aware that there is a unified creation about you, and that within your third-density illusion you seek to uncover some facets of this unity that will illuminate your thinking, your feeling, and your being in a way which will enhance the spiritual path which you travel.

我是 Q'uo, 我与这个器皿在一起了。我们在今天在爱中并在光中向你们致意。我的朋友们, 与你们在一起是我们巨大的快乐。我们再一次为你们邀请我们加入到你们今天对真理的寻求之中。我们并不希望成为任何人的寻求的旅程上的一块绊脚石, 因此, 我们会请求, 如果你们听到任何来自于我们的言语或者想法是没有与对于你们是真理的事物产生出共鸣的, 请立刻抛弃它。毫不犹豫地将它留在后面, 并仅仅使用那些对于你们听起来是真理的话语与观念。如果你们愿意为我们这样做, 接下来, 我们将会感觉到可以自由地如我们所愿地对你们发言了, 因为我们是和你们一样的: 我们是在一条旅程上的真理的寻求者, 这条旅程已经是漫长的了, 已经是产生出了我们在这条相同的旅程上与你们分享的果实了。你们这些真理的有意识的寻求者, 你们察觉到在你们周围会有一个统一的造物, 在你们的第三密度的幻象中, 你们寻求去揭露这种统一的一些将会用一种将会增强你们旅程的那条灵性的道路的方式启发你们的思考, 你们的感受, 你们的存有的面向

All of the creation, my friends, is created by the One Infinite Creator, using

concepts of polarity so that there is the positive and the negative in the magnetic sense, that hold together the vibrations of the photon at various levels and angles of rotation so that the creation about you may be seen to be of what appears two kinds of power that operate in order that the creation which you experience may be experienced in a sense which can provide you with a deeper grasp or understanding of how you fit into this creation and how you may move yourself through it in the process of evolving in mind, in body, and in spirit. This is in prelude to the query which you have asked this day, which requests that we consider the nature of both positive wisdom, and that which you call negative wisdom.

我的朋友们，所有的造物都是，通过使用极性的观念，而被太一无限造物者所创造的，这样有在磁性的意义上的正面性和负面性了，它们会将光子的振动在各种各样的层次以及旋转的角度上结合在一起，这样在你们周围的造物就可以被看到是具有看起来似乎是具有在表面上是两种类型的力量了，这两种类型的力量会起作用，以便于你体验到的造物可以在这样一种意义上被体验到，这种意义能够在关于你要如何与这个造物匹配，以及你们可以如何让你自己在心智、身体和灵性的演化的过程中移动穿越它的方面提供给你一种更为深入的掌握或者理解。这就是对你们今天已经询问的问题的序言，你们今天的问题请求我们同时考虑正面性的智慧以及你们称之为负面性的智慧的事物的属性。

We have begun with a concept of the magnetic polarity to indicate a corollary with your questions, that positive and negative entities who are polarizing in the service-to-others and the service-to-self sense are each following a path of polarization which is not that either is good or bad in itself, but which expresses a kind of polarizing function that allows concepts to be perceived and experienced in a certain fashion that you would see as a positive wisdom or as a negative wisdom. The positive wisdom is that which is based upon the quality of unity and the perception of that unity in a service-to-others sense so that as the seeker of truth on the positive path travels that path it may share with those about it its polarity which is radiant and gives of itself to others in order to enhance the quality of the other's existence. Paradoxically, this giving to others also increases a positive entity's polarity, so that it is a balanced action.

我们已经有一个磁性的极性的观念开始，以指出你们的问题的一个推论，在服务他人和服务自我的意义上极化的正面性和负面性的实体是每一实体都跟随着一条极化的道路，这条道路在其自身不是要么好要么坏的事物，而是表达了一种类型的极性的功能的事物，这种极性的功能允许了观念用一种的方式被感觉到以及被体验到，这种方式就是你们会视为是正面性的智慧或者负面性的智慧的事物了。正面性的智慧是基于统一的属性以及在一种服务他人的意义上的对那种统一的知觉的，这样当在正面性的道路上的真理的寻求者旅行那条道路的时候，它可以与在它周围的人分享它的辐射的极性，并将它自己给予其他人，以便于增强其他人存在性的属性。悖论地，这种对其他人的给予同样也增强了一个正面性的实体的极性，这样，它就是一种平衡的行动了。

The negative entity, on the other hand, sees its path within the one creation as that which shall be used to enhance the self and its journey of evolution, and

its ability to share energies with others is the reverse of the positive entity's abilities, in that other entities are seen as that which shall be controlled or manipulated in a certain way so that the negatively oriented entity is the one who benefits. There is much of interaction within your third-density illusion of both the positive and negative polarities at this time, and the seeker of truth upon the positive path is well advised to look carefully within its own heart as to the nature of its intentions and motivations in order that they may remain pure, for there are many missteps that are possible within the dimly lit path of the third-density illusion that exists on the other side of the veil of forgetting.

在另一方面，负面性的实体，它将它在太一造物中的道路视为是将会被使用以增强自我以及它的演化的旅程的事物，它与其他实体分享能量的能力是对正面性的实体的能力的倒转，因为其他的实体是被视为是将会用一定的方式被控制或者被操纵，这样负面性导向的实体就是那个受益的实体了。在你们的第三密度的幻象中会有大量的互动在此刻是同时具有正面性和负面性的极性的，走在正面性的道路上的真理的寻求者是被建议去在它自己的心的内在之中在关于它的意图与动机的方面仔细检查，以便于它们可以保持纯净，这样的建议是很好的，因为在第三密度的幻象的被昏暗地照亮的道路上还有很多踏错步子的可能性，因为第三密度的幻象是存在于遗忘的罩纱的另一面的。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We would begin, as often we do, with an expression of gratitude to this instrument, and to the one known as Jim, for the fastidious way they both have challenged our contact, so that they may be sure that no information shall come through them which does not comport with the polarity which they have chosen. As you know, that polarity, as indeed the polarity of this group, is that of the positive, and it is possible for polarized information to be given in such a way that it should seem to be wisdom, that it should seem to be wisdom even polarized to the positive, whereas in its heart it is not so polarized.

我是 Q'uo，我与这个器皿在一起了。我们会如我们经常地一样，用对这个器皿，以及对被知晓为 Jim 的实体的一种感激的表达来开始，用极其挑剔的方式，它们同时都挑战了我们的接触，这样它们就可以确信，那种与它们已经选择了的极性不一致的信息就不会通过它们而出现。如你们知道的一样，那种极性，确实是这个团体的极性，是正面性的极性，极化的信息是有可能用这样一种方式被给予，以至于它将会看起来似乎是有智慧的，它将会看起来似乎是这样一种智慧，它甚至是被极化为是正面性的，而在它的和心中，它并非如此被极化的。

And so, to this interesting question that we have been asked to address today, we would say that the first order of business for any who seeks beyond the veil of consciousness is to make sure of the polarity embedded in the seeking

itself, for that is the anchor, shall we say, of all further activity. An activity which is not so anchored is activity which invites an address to the question of wisdom such that the result is, at the very least, ambiguous. Now, we would suggest to you that there is much of ambiguity in the wisdom that characterizes a good deal of the energy arrangements within your social complex, so that a given piece of information, a given technological capacity, a given inspiration for how technological capacity or information can be used, will have to it both a positive and a negative potential.

因此, 对于这个我们今天已经被请求来讲述的有趣的问题, 我们会说, 对于任何寻求超越意识的罩纱的实体, 首先的要务就是去确信被根植于寻求其自身之中的极性, 因为那就是所有更进一步的行动的, 容我们说, 锚了。如果一个行动并非如此之用锚被固定好了的, 这个行动就是一种会招致一种解决问题的智慧的行动了, 这样结果, 在最差的情况下, 都是含糊不清的了。现在, 我们会对你们建议, 在那种在你们的社会复合体中以具有大量的对能量的排列为典型特征的智慧中, 会有大量的模糊性, 这样一条被给予的信息, 一个被给予的科技的能力, 一个被给予的对于科技的能力或者信息要如何被使用的启发, 都将在其上同时拥有一种正面性和一种负面性的潜能。

And thus it is, within your social complex, that wisdom itself, on its face, cannot be said to have a positive or a negative meaning intrinsic to it. It, therefore, falls to each member of this social energy complex to which you belong to sort out information differentially, to ascertain what the heart of it suggests to each individual who seeks to take it up, who seeks to make it part of a process of exploration, of manifestation, of development, of seeking.

就是这样, 在你们的社会复合体中, 智慧其自身, 在其表面上, 是无法被认为是拥有其固有的一种正面性的或者一种负面性的意义的。因此, 对于每一个寻求去使用它, 寻求使得它成为一个探索, 显化、发展以及寻求的过程的一部分的个体, 有区分地对信息进行筛选, 并确信它对的建议的核心是什么, 这就是你们所隶属于的这个社会能量复合体的每一个成员的责任了。

Now, we would begin by suggesting that you consider that there is to wisdom a kind of dual aspect. There is that aspect which is receptive, and with respect to this aspect you are attempting to ascertain truths, shall we say, about your environment, about others within your environment, and about yourself, which can be integrated with other information, other truths, which you have already taken in. In this context, the question before you is simply, "What is the nature of this information I seek to take in? What is the tendency of the information which I seek to take in?" In general, you could say that information which tends to incite fear, information which tends to promote the sense of separation, or information which seems to suggest the possibility for aggrandizing the self, that this information is of a negative tendency or polarity. On the other hand, if you find yourself being confronted with information which suggests joy, which suggests an opening of free possibility, which suggests acceptance of others, and the opportunity to be of help to others, you can be sure that you are confronted with the marks of the positive tendency in creation, or as we have called it, the positive polarity.

现在，我们会藉由建议你们考虑智慧是有一种类型的双重的面向来开始。会有那个是接纳性的面向，在关于这个面向的方面，你们正在尝试去确信，容我说，真理，关于你们环境，关于其他的在你们的环境中的人，关于你自己的真理，这种真理能够被整合在其他的真理，其他的真理以及你已经接受了的事物中的。在这个上下文中，在你们面前的问题单纯地就是，“什么是这个我寻求去采用的信息的属性呢？什么是我寻求去采用的信息的倾向呢？”一般而言，你们能够说，如果信息是倾向于煽动恐惧的信息，倾向于促进分离感的信息，或者看起来似乎建议提高自我的地位的可能性的信息，这个信息就是具有一种负面性的倾向性或者极性的信息。在另一方面，如果你发现你自己面对着那种建议了喜悦，建议了一种对自由的可能性的开放，建议了对其他人的接纳，以及对其他人有所帮助的信息，你就能够确信你是面对着具有在创造中的正面性，或者如我们已经称呼它的一样，正面性的极性的倾向的标志了。

Now, you are aware that it is an essential consideration for those who attempt to develop spiritually from within the context of the veiled experience that you should polarize one way or the other. That is to say, that you must choose. That which comes to you simply as wisdom, therefore, in an unpolarized sense, that which comes to you as wisdom in other words in which the tendencies of polarity are ambiguous, must be taken up in such a way that the choice that you make will redirect the energies in the direction of your choice so that should they be, as they are for this group, of the positive polarity, you have ensured, to yourself, that you can seat this wisdom in a context of service to other selves and not a context of service to self.

现在，你们察觉到，对于那些尝试在被罩纱遮蔽的体验的环境中去发展灵性的身体，一个至关重要的考量就是，你们应该一种方式极化，或者你们应该用另一种方式来极化。也就是说，你必须选择。因此，在一种非极化的意义上单纯地作为智慧而出现在你面前的事情，换句话说，如果在这种智慧上的极性的倾向性是模糊不清的，作为智慧而出现在你面前的事情，就必须要用这样一种方式被使用，你做出的选择将会让能量重新定向到你的选择的方向上，这样，如果它们是具有正面性的，因为它们对于这个团体是正面性的，你就已经对你自己确信，你能够见这种智慧固定在一个服务其他自我的背景中，而不是一个服务自我的背景中。

So, the question becomes, "How might you achieve this result?" And in moving to an answer to this question, we would like to take up the second phase of wisdom, which is that phase complimentary to, but not to be substituted for, the receptive phase. This we would call the "expressive phase of wisdom." When you are considering information, possibilities, that you are unsure about, you might ask yourself "What would be the significance of taking this information up into my process so that as it works to engage my own process, so that it works to augment my possibilities of self-realization in the complex of energies which constitute the environment around me, the society to which I belong, how might all of this contribute to creating a more accepting, a more loving environment?"

因此，问题就变成了，“你如何可能取得这个结果呢？”在移动到对这个问题一个回答的过程中，我们想要使用智慧的第二个阶段了，也就是与接纳性的阶段是称赞性的阶段，而不是对其进行替代的阶段。我们会使用“智慧的表达性的阶段”

来称呼这个阶段。当你正在考虑信息、可能性、以及你对其并不是确信的事情的时候，你可以询问你自己，“将这个信息用于我的过程，这样当它进行工作来参与到我自己的过程中的时候，它就会因此进行工作在构成了在我周围的环境，我所从属于的社会的能量的复合体中扩大我的自我领悟的可能性了，这全部如何对于创造一个更有接纳性，一个更加有爱的环境做出贡献呢？”

Now, on many occasions that which is negative in its innermost tendency will masquerade, so to speak, as positive, and it can lead one astray to take up bits and pieces of information which have a tendency to promote fear or separation, and together with those tendencies, be emotional by-products of them, such as hostility, hate, or distrust. And to suggest that these elements of truth which are present in your every day environment are negative is merely to suggest that there is already a great deal of polarity available to you in implicit suggestion, in propensity, and it does require, on your part, an active process of winnowing in order to sort out that which is negative in its tendency from that which is positive in its potential.

现在，在很多的在其内在深处的倾向性中是负面性的场合中，倾向性将会是，可以说是，被伪装成为正面性的，它能够让一个人导入歧途，以使用那些拥有一种促进恐惧或者分离的倾向性的信息的片段，会有诸如敌意、仇恨、或者不信任之类的情绪的副产品与那些倾向性一起出现。要建议这些在你们的日常生活的环境中出现的真理的要素是负面性的，这仅仅是建议，在隐含的建议中，在倾向性中已经有大量的可以供你们所利用的极性了，它确实在你的部分上需要一种主动的筛选的过程，以便于将在其倾向性中是负面性的事物与在其潜在的方面是正面性的事物区分开来。

Now, we would say, that in truth, everything which is negative in its tendency, is also simultaneously positive in its potential, which is only to say that the choice, after all, is yours concerning how wisdom shall be used. The choice is yours concerning how you will take up the power that is invested within the information that comes into your hands. The choice is yours, and it is important to have a practice, which is regular, according to which you avail yourself of the possibility of carefully examining every last uptake into your own being, so that when it comes to manifesting that being, you can be clear that it will bear the mark of your love, that it will bear the mark of your compassion, that it will bear the mark of your resolve that nothing should come through you that has not been tested in the depths of your own being and found to be consistent with the value for which you stand.

现在，我们会建议，每一个在其倾向性上是负面性的事物，同样也在其潜在的方面是同时性地正面性的，这仅仅是要说，在关于智慧将要如何被使用的方面，选择是属于你们的。在关于你们将要如何使用在那个在你手中的信息中被投资的力量方面，选择是属于你们的。选择是属于你的，根据你会让你自己受益于仔细检查每一个最后吸收到你自己的存有中的可能性的事物，去进行一种规律性的练习，这是重要的，这样当它开始显化那个存有的时候，你就能够清楚了解，它将会带有你的爱的标志了，它将会带有你的同情心的标志，它将会带有你的这样一种决议的标志，即如果一个事物在你自己的存有深处被检验，并会被发现是与你所代表的价值是不一致的，没有任何这样的事物将会通过你而出现。

Oh, my friends, it is so easy to get moved off one's mark, because wisdom, by itself, so very often, is overwhelming in its complexity, and therefore, is able to bear little pieces of negativity, little pieces of a kind of polarized inclination or propensity, that falls beneath the threshold of your attention, and so something taken up in all innocence can be seen later to have contained a tendency so fundamentally opposed to what you would embrace, so fundamentally opposed to what you would desire to manifest, that you are quite moved beyond your center, and find yourself scrambling to make amends for what you have come to think must have been a bad, bad mistake. Dealing with mistakes, or what appear to be mistakes, is part and parcel of the third-density experience, and so a good portion of your effort at seeking will be taken up by a process of review, a process of reassessment, and no single individual has been able to escape completely unscathed from the effect of having catalyst go awry.

哦，我的朋友们，要没有击中靶心，这是如此容易的事情，因为智慧，藉由其自身，是如此非常经常地，会在其复杂性中是势不可挡的，并因此是能够带有少量的负面性的片段，一种类型的有极性的倾向或者具有倾向性的片段，这些片段会不被注意到，因此，某个在完全的天真中被使用的事情，能够在后来被看到是已经包含了一种在如此基础性的方面与你会拥抱的事物是相违背的，在如此基础性的方面是与你会渴望去显化的事物相违背的倾向，以至于你会相当多地偏离了你的中性，并发现你自己争先恐后地去对于你已经开始认为是一个坏的，糟糕的错误的事情做出弥补了。在与错误，或者在表面上似乎是错误，而实际上是第三密度的体验的一部分的事情打交道的时候，你对于寻求的努力的如此大量的一部分，将会藉由一个回顾的过程，一个重新评估的过程而被使用，没有任何个体已经能够逃离，而完全不会因为让催化剂出错的效果而受损伤。

Wisdom has two faces—one face is that of the negative, the other face is that of the positive. It is important to be aware at the point that you receive information that can go to wisdom, which is which; it is important to be aware which is which when it comes to manifesting that wisdom which it is yours to give.

智慧拥有两个面向——一个面向是负面性的面向，另一个面向是正面性的面向。在你们接收到能够前往智慧的信息的位置上，其察觉到它是智慧的哪一个面向，这是重要的，当它开始显化那个你要去给予的智慧的时候，去察觉到它是智慧的哪一个面向，这是重要的。

There is, to this question, a great deal more that we could address, but we feel that for the time being we have given an overview sufficient to give a sense of what is involved. At this point, we would transfer the contact back to the one known as Jim, that he may address further questions that may be upon the minds of those present. I am Q'uo.

对于这个问题，会有远远更多我们能够讲述的内容，但是我们感觉到，我们暂时已经给予了一种足够的概论，以对于什么事情会被包含在内给予了一种感觉了。在这个位置，我们会将接触转移回到被知晓为 Jim 的实体，这样他就可以更进一步地讲述可能在那些在场的人的头脑中的问题了。我是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. At this time, we would ask if there might be any further queries to which we may speak.

我是 Q'uo, 我再一次与这个器皿在一起了。在此刻, 我们会询问, 是否可能有我们可以谈论的任何更进一步的问题呢?

Gary: Q'uo, in sexual energy transfer, is there a circuit between the male and female whereby the female has a positive pole at her heart center, and a negative pole at her root, and whereby the male has that in inverse: a negative pole at the heart center, and a positive pole at the root?

Gary: Q'uo, 在性能量转移的过程中, 在男性和女性之间会有一种回路, 通过其女性会在她的心中的中性拥有一个阳极, 在她的根部拥有一个阴极, 而男性通过其用倒转的方式拥有那个极性: 也就是说在性的中性拥有一个阴极, 在根部拥有一个阳极?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that the query is somewhat abstruse in that we find that both the male and the female are possessed of those poles which you have described as positive and negative. Located within the same region of the chakra system, or system of energy centers, the negative pole for each, then, is at the root, or red ray energy center. The positive pole for each is located at the crown chakra, for each male and female entity. When there is an exchange of energies between the properly polarized pair of entities, the positive pole may move downwards to the highest level above green ray which each has attained in the spiritual seeking and in the processing of catalyst. The energies, when they are exchanged through the completion, you would say, of the act of intercourse that is the orgasm, this energy flows back and forth between the male and female entities from the root ray to the root ray, from the orange ray to the orange ray, from the yellow ray to the yellow ray, from the green ray to the green ray, and thence upward to whatever is the lowest activated energy center.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现问题是有点抽象的, 因为我们发现男性和女性同时拥有那些你已经描述为阳性和阴性的极点。它们是位于脉轮系统, 或者能量中心的系统的相同的区域内, 对于每一个人, 阴极都是位于根部, 或者红色光芒的能量中性。对于每一个人, 阳极都是位于皇冠脉轮处。对于男性和女性的实体, 当会有在适当地极化的配对的实体中间的一种能量交换的时候, 阳极可以向下移动到每一个实体在灵性的寻求以及对催化剂的处理的过程中已经取得的在绿色光芒上方的最高的层次。当能量通过对性交的行为的, 你们会说, 闭合 (completion), 也就是性高潮, 而被交换的时候, 这种能量是在男性和女性的实体之间从根部光芒到根部的光芒, 橙色光芒到橙色光芒, 从黄色光芒到黄色光芒, 从绿色光芒到绿色光满来回移动, 并从那里上升到无论什么最低的被激活的能量中心。

We perceive an unclear statement through this instrument, and shall attempt clarification.

我们感觉到通过这个器皿的一种不清晰的表述，我们将尝试去澄清。

After the green ray energy exchange, the energy exchanges will continue to move upwards as far as each entity has been able to activate such energy centers, both of necessity needing to have activated the blue ray for this exchange to take place.

在绿色光芒的能量交换之后，能量交换将会继续向上移动到实体已经能够激活最远的这样的能量中心，两个实体都需要已经激活了蓝色光芒，以便于让这种交换发生。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: That was very clear, and thank you.

Gary: 那是非常清晰的，谢谢你们。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Steve: I have one, Q'uo. Could you speak briefly to the role of the unmanifest self in the process of using wisdom to polarize negatively or positively?

Steve: 我有一个问题，Q'uo。你们能够简要地谈谈在使用智慧来负面性地或者正面性地极化的过程中未显化的自我的角色吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. The unmanifest self within the mind/body/spirit complex of the spiritual seeker is that self which does not require another self in order to act, or to be able to engage in polarization, as you would say. The unmanifest self is that which is, in many ways, relegated to the mind complex of the spiritual seeker, for it is within the mental faculties that there are an infinite supply of opportunities for imagination to create whatever may be desired by the seeker. The seeker then is the creator of its own internal universe, and the polarity of any action within this personal universe is determined precisely the same as any action within the larger universe that exists, shall we say, outside of the seeker of truth, and yet as the seeker is all things, this is not an absolutely correct statement, but I am sure that you know what is meant.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。在灵性寻求者的心/身/灵复合体内在之中的未显化的自我，是那个并不会为了行动，或者为了能够参与到极化，如你们会说的一样，而对另一个自我提出要求的自我。未显化的自我，用很多种方式，是被移交给灵性寻求者的心智复合体的事物，因为就是在心智的机能中，会有无限数量的机会的供应，以便于想象力创造出无论什么可能会被寻求者渴望的事物，寻求者接下来就是它自己内在的宇宙的造物者，在这个个人的宇宙中的任何行动的极性都是被决定了的，这是与存在于那个真理的寻求者外面的

更大的宇宙中的任何的行动完全一样地，而因为寻求者就是一切事物，这不是一个绝对正确的说法，但是我确信你们知道意思是什么。

Thus, the seeker may proceed along either path, or even mix the paths, within the inner faculty of envisioning any activity or entity, and interaction between it and that entity that is possible to imagine. Thus, it is well for each seeker of truth on the positive path to take care that the stray thoughts and imaginings that are so common among your peoples do not take upon themselves a life which can become deleterious to the personal polarization of the seeker; for if there are imaginary conversations, shall we say, with another entity with whom the seeker has a disagreement, if the conversation of a fantasy nature goes beyond the boundaries of harmony, and proceeds to inflict upon the supposed adversary any type of difficulty, this difficulty redounds to the seeker itself. This principle is stated quite clearly in the phrase "As ye sow, so shall ye reap." Thus, it is well to know the seeds you sow, the ground in which they are planted, and the means by which they are fertilized.

因此，寻求者就可以沿着两条道路中的任何一条道路前进，或者甚至在想象任何的活动或者实体，以及在它以及那个实体之间有可能想象到的互动的内在的机能中将道路混合起来。因此，走在正面性的道路上的每一个真理的寻求者都去关注那些游荡的想法与想象，这是很好的，这些游荡的想法与想象在你们的人群中是如此通常，它们并未在它们自己上呈现出一种生命，这能够对于寻求者的个人的极化成为有害处的，因为如果会有与另一个实体之间的想象的，容我们说，交谈，而寻求者与之是拥有一种不同意见的，如果具有一种幻象的属性的交谈超出了协调性的边界，并前进到了将任何类型的困难施加被假设是对手的实体身上的话，这种困难就会返回到寻求者其自身了。这个原则在这样一个措辞中被相当清晰地陈述了，“你播种什么，你就将会收割什么。”因此，去知晓你播种的种子，以及它们被种植在其中的土地，以及它们藉由其会被施肥的途径，这是很好的。

Is there a further query, my brother?

我的兄弟，有另一个问题吗？

Steve: No, thank you, that was very helpful.

Steve: 没有了，感谢你们，那是非常有帮助的。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: I have a short one, Q'uo. In my understanding, most illnesses have, at their root, an emotional component. We're entering cold and flu season and I've always wondered if there's a way for us to understanding the root of what helps colds and flus manifest, as they seem so common, and spread very quickly among population in this particular season?

Austin: 我有一个简短的问题，Q'uo。在我的理解中，大多数的疾病，在它们的根部，拥有一种情绪性的组成部分。我们正在进入到感冒与流感的季节，我一直都怀疑，是否有一种方式让我们理解那些帮助了感冒与流感的显化的事物的根

源, 因为它们看起来似乎如此平常, 并且这个特定的季节会在人群中相当快速地传播?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that the response to this query could be more complex than the query itself. We shall attempt to speak in a simple fashion. The physical vehicle of most entities within your culture is that which has been subjected to a great variety of what many would call "poison" that is sold as food, and this type of tainted food, when combined with certain kinds of mental processes, is liable to produce a vulnerability to certain kinds of dis-ease, as you would call them, that which you have described as the "common cold" and that which you have described as "flu." The complexity of the interrelationship between the physical vehicle that is so weakened in certain aspects, combined with the mental quality of feeling that certain foodstuffs are advantageous when they are perhaps counter-productive, then with the combination of personal catalyst of what you would call a "disharmonious nature," provides a certain stew of a mixture that is responsible for the phenomenon of the mass subjugation of the immune systems of many of your peoples who have basically weakened physical vehicles due to dietary choices and mental choices of unrelieved disharmony, shall we say.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现对这个问题的回应能够成为比问题其自身更加复杂的。我们将尝试用一种简单的方式来回应。在你们的文化中的大多数实体的物质性载体, 是已经收到了极其多种多样的很多人会称之为“毒素”的事物的影响的, 这些毒素是作为食物被贩卖, 这种类型的被污染过的食物, 当与一定类型的心智的过程结合在一起的时候, 是易于产生出对一定类型的不适(dis-ease), 如你们对它们的称呼一样, 的一种易受伤害性, 你们已经将这些类型的不适描述为“常见感冒”, 以及“流感”。物质性载体在一定的面向中是如此之虚弱, 在物质性载体之间的相互关联的复杂性, 在与感觉到一定的食物是有利的, 而它们也许是起反作用的心智的属性结合在一起的时候, 接下来, 藉由与具有你们会称之为一种“不协调的属性”的个人的催化剂的结合, 就会提供一种混合物的一定的炖煮了, 这就是要为对你们人群中的很多人的免疫系统的群体性的征服的现象负责任的事物了, 由于饮食选择以及对于未被缓和过的, 容我们说, 不协调的心智的选择, 你们人群中的很多人的免疫系统已经基本上是虚弱的了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you.
Austin: 没有了, 感谢你们。

Q'uo: I am Q'uo. We thank you, my brother. Is there a final query at this time?
Q'uo: 我是 Q'uo。我们感谢你, 我的兄弟。在此刻有另一个问题吗?

X: I have a question. What is the technological relationship between the conscious mind and gravity?

X: 我有一个问题。在有意识的心智与重力之间的科技的关系是什么呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. The conscious mind is that which contains concepts which you could describe in some way as being gravitic, or of an attractive nature. The conscious mind is that which draws unto it those concepts and qualities of concepts that hold relevance to the seeker, which expresses a desire to learn certain lessons. This is much like your physical sensation of gravity, in that when an object of a material nature that has mass and weight is dropped, the object shall fall at a certain rate of speed toward the center of the Earth, which is expressing this gravitic quality. Gravity, in the spiritual sense, is the drawing unto the One Creator of all that is in the creation that has been created of light. You have described that as the spiraling line of light that those of Ra speak of within their Law of One channelings. Thus, the seeker of truth is much likened to a planetary entity, in that it draws unto itself those kinds of fields of interest with which it may interact, much as the light moves toward the Creator within all things, large and small, so do concepts of a spiritual quality move towards the seeker that desires them, so that the seeker actually draws unto itself those experiences that will allow it to learn those lessons which have been pre-incarnatively programmed by the seeker for the self.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。有意识的心智是包含了那些你们能够用某种方式描述为重力性, 或者具有一种吸引的属性的观念的事物。有意识的心智会将那些与寻求者拥有相关性的观念以及观念的属性吸引到寻求者身上, 并表达一种去学习一定的课程的渴望。这非常类似于你们对于重力的物质性的感知因为当一个具有一种物质性的属性, 且拥有质量与重量的对象被丢下的时候, 那个对象将会用一定的速度朝向地球的中性掉落, 地球的中心就是正在表达这种重力的属性的。在灵性的意义上, 重力是将在已经由光被创造出来的造物中一切万有都向着太一造物者的吸引。你们已经将那种吸引描述为 Ra 在它们的一的法则的传讯中谈及的光的螺旋线了。因此, 真理的寻求者是非常类似于一个星球的实体, 因为它会将那些它可以与之互动的有兴趣的领域都吸引到它自己身上, 非常类似于光朝向在所有事物, 大大小小的事物, 之中的造物者移动, 具有一种灵性的属性的观念就是这样朝向渴望它们的寻求者移动的, 这样寻求者就会实际上将那些将会允许它学习那些寻求者在投生前已经为自我规划好的课程的体验吸引到它自己身上了。

Is there a follow-up query, my brother, to this question?

我的兄弟, 对于这个问题有一个后续问题吗?

X: There is not. Thank you.

X: 没有了。感谢你们。

Q'uo: I am Q'uo. We thank you, my brother, and again, we thank each present for inviting our presence this afternoon. As always, it is the greatest of honors to be with you. We are always amazed at the amount of light that is generated by the quality of seeking, and the pure-hearted sharing of love and light, that comes from this group, each time we are with you. Your light

attracts many angelic presences, my friends, who sing the Hallelujah chorus as they witness your coming together to share that which is of your heart and of your spirit. We sing with them and with you.

Q'uo: 我是 Q'uo。我们感谢你, 我的兄弟, 再一次, 我们感谢每一位在场的人邀请我们在这个下午的出席。一如既往, 与你们在一起是最大的荣耀。我们一直都对每一次我们与你们在一起的是时候, 被源自于这个团体的寻求的属性, 那种对爱与光的心灵纯净的分享而产生出来的光的数量感到不可思议。你们的光吸引了很多的天使的存在, 我的朋友们, 在这些天使见证你们聚集在一起来分享属于你们的心且属于你们灵性的事物时候, 它们歌唱着哈利路亚。我们与它们, 并与你们一起歌唱。

At this time, we shall leave this instrument and this group, leaving as we always find you, in love and in light. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu borragus.

在此刻, 我们将离开这个器皿和这个团体, 如同我们发现你们的时候一样, 我们一直都在爱与光中离开。我们是你们知晓的 Q'uo。Adonai, 我的朋友们, Adonai vasu borragus。

December 2, 2017

2017-12-02 灵性道路的个体性与从众

Group Question: Today we'd like to talk about the concept of conformity and non-conformity. Ra said that the adept is one which has freed itself from the constraints of thoughts, opinions, and bonds of other selves. Q'uo has said that the spiritual path is very personal and individual. However, it seems as though we need to be able to understand and relate to others, and them to us, in order to serve them effectively. Can you please discuss this dynamic between conformity and non-conformity on the spiritual path of service?

团体问题：今天我想要谈论关于从众与不从众的观念。Ra 说过，行家是一个已经将它自己从想法、观念的束缚以及其他自我的羁绊解放出来的实体。Q'uo 已经说过，灵性的道路是非常个人的且个体性的。然而，看起来似乎我们需要能够理解并与其他人建立关系，它们与我们建立关系，以便于有效地服务它们。能请你们讨论在灵性的服务的道路上在从众与不从众之间的这种动力性吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet each of you in the name of the One Infinite Creator in the love and the light which flows forth from the One Creator. It is a great honor for us to be asked to join your group this afternoon as you have come together as seekers of truth to open your hearts and your minds to each other on this journey of seeking, and to ask for assistance from those such as are we, who offer ourselves in the opportunity to be of service to you, as we have traveled the same path which you now travel, and have moved somewhat further along, shall we say, upon this path; and it is part of our desire to move further along this path that brings us here to you on this afternoon, for we progress in our own evolution as we are able to serve entities such as yourselves to reach a hand back, shall we say, and offer assistance that you might move forward in your own seeking. Thus, does each portion of the One Creator serve other portions of the One Creator in aiding it in knowing itself in ways that would not be possible were not the free will of all those who travel this path exercised as you now exercise yours.

我是 Q'uo，我们以太一无限造物者的名义，在从太一造物者流出的爱与光中向你们各位致意。被请求在这个下午加入到你们的团体，这对于我们是一种巨大的荣耀，因为你们作为真理的寻求者已经聚集在一起来在这条寻求的旅程上向着相互彼此开放你们的心与你们的心智，并请求来自于诸如我们之类的实体的帮助，我们通过向你们进行服务的机会奉献我们自己，因为我们已经在与你们现在旅行的道路相同的道路上旅行过了，我们已经，容我说，沿着这条道路多少有些走得更远一些了，我们的渴望的一部分就是沿着这条在这个下午将我们带到这里，带到你们面前的道路更进一步地移动，因为在我们能够服务诸如你们自己之类的实体以，容我说，向回伸出一只手并提供帮助，以便于你们可以在你们自己的寻求中前进的时候，我们就在我们自己的演化中前进了。因此，太一造物者的每一个部分，通过用种种方式在祂知晓祂自己的过程中帮助祂，确实服务了太一造物者的其他的部分，如果没有所有那些在这条道路上旅行的实体的自由意志，如

你们现在实践你们的自由意志一样，这些帮助的方式是不可能的。

This afternoon, you asked us a most interesting query, one which is full of paradox. As the seeker of truth moves further and further along its path of seeking the truth, in all of its experiences, there is a time during which the seeker finds itself so seemingly far removed from the culture about it that it seems that it might be separating itself from this culture. Its own inner journey is unique, and requires of it to follow the impulses of the heart and of the intuition more than that of the mind which is so entranced and entrapped within the cultural milieu that to remain upon the mental level so closely associated with the culture is to ask the seeker of truth to deny the inner impulses that move it ever onward and inward upon this journey of the soul. There is much which seems to such a seeker that is not a part of this journey when it looks upon the world around it and the culture from which it sprang. Thus, desirous of being of service to any who ask it, it is often perplexed as to how to proceed to both be of service to others, and yet to be true to the inner self.

在这个下午，你们询问了我们一个极其有趣的问题，一个充满了悖论的问题。当真理的寻求者，在其所有的体验中，沿着它的寻求真理的道路走得越来越远的时候，会有一个时刻，在其中寻求者会发现它自己看似如此远离了在它周围的文化，以至于看起来似乎它可能是将它自己与这种文化分开了。它自己内在的旅程是第一无二的，并要求它，相比跟随心智的推动力，更多地跟随着心与直觉的推动力，心智在文化性的氛围中是如此神魂颠倒与深陷罗网，以至于要在心智的层次上如此紧密地与文化保持联系，就是要求真理的寻求者否认那种在这条灵魂的旅程上不断前向且不断向内推动它的内在的推动力了。当寻求者观察在它周围的世界以及它从其跃出的那个文化的时候，会有大量的事物对于这样一个寻求者看起来似乎并不是这条旅程的一部分。因此，在渴望对任何请求服务的人进行服务的时候，在关于如何前进以服务它人，而同时又对内在的自我成为真实的方面，它经常是感到困惑的。

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

在此刻我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. With regard to the inner self, we would ask you to contemplate a simple question—a simple question, we say, but one for which few answers are immediately forthcoming. The question is this? "Who are you, really?" Now, as it turns out, everyone already has an embarrassment of riches when it comes to the task of answering such a question, for everyone has a fulsome supply of elements of personality that have been gathered along the way of the life experience. You know, for example, what your ethnic belonging is, what your religious training has been, and you know a great deal about the culture in which your values have been

inculcated. Therefore, you are richly supplied with opinions and perspectives, and also a host of initiatives that you may pursue as you seek to become a better self, and as you seek to share the riches of your selfhood with those around you whom you have come to love, whom you have come to respect, and to whose needs you have felt the impulse to serve. All of these elements constitute a very richly woven fabric of selfhood that, over the years of your life, you have come to rely upon, you have learned to wear as a comfortable garment.

我是 Q'uo, 我们与这个器皿在一起了。在关于内在的自我的方面, 我们会请你们沉思一个简单的问题——我们说的是, 一个简单的问题, 但却是一个很少会有对其的答案会立刻出现的问题。这个问题是这样的, “你真正是谁呢?” 现在, 如同它证明的一样, 当每一个人遇到了回答这样一个简单的问题的任务的时候, 它都已经遇到大量的困惑了, 因为每一个人都拥有沿着生命体验的道路已经被收集起来的一份令人作呕的人格要素的供给了。举个例子, 你们知道你们的种族上的归属是什么, 你们的宗教信仰的训练已经是什么你们知道大量的关于你们的价值在其中已经被教化了的文化的事情。因此, 你们是被大量供应了见解与观点的, 同样还有在你寻求成为一个更好的自我的时候, 当你寻求去与在你周围的那些你前来爱, 你前来尊敬, 并对其需要已经感觉到了去服务的冲动的人分享你的自我属性的宝藏的时候, 你可以追寻的为数众多的主动性。所有这些要素都构成了一个非常丰富地被编制起来的自我属性的织锦, 在你的生命的多年时间中, 你已经开始依赖于这种自我属性了, 你已经学会去将其作为一件舒适的衣服穿起来了。

But now, as it happens, as you move more and more deeply into that mode of seeking which is not simply the mode of the body, or the mode of the mind, but is rather the mode of the spirit. As you more deeply move into this mode, we suggest, you find that this comfortable coat of many colors that you have participated in weaving for yourself begins to fit less and less well, begins to show a wearing at the elbows, shall we say, a fraying at the cuff, and eventually it becomes quite clear to you that the self that you have always known yourself to be, is no longer a self you can continue to be. And, we would suggest to you that this experience is a very trying one in that, in fact, it is the most trying experience you are ever likely to have, for there can be no more difficult process to undergo than that of shedding the sense of self that you have long grown to accept as the one true and proper answer to the question, “Who am I?”

但是现在, 如同它发生的一样, 当你越来越深入地进入到那个寻求的模式之中的时候, 那个寻求的模式不单单是身体的模式, 或者心智的模式, 而毋宁是灵性的模式。随着你更为深入地进入到这种模式之中, 我们建议, 你会发现这件你已经为自己参与到对其的编织的, 且具有许多的色彩的外衣开始越来越较不合身了, 开始在手肘处显露出一种磨损, 容我们说, 在袖口处的一种磨损的碎片, 最终, 会对于你成为相当清楚的事情是, 你已经一直都知晓你自己之所是的那个自我, 不再是一个你能够继续成为的自我了。我们会对你建议, 这个体验是一种非常令人难以忍受的体验, 因为, 实际上, 它是你越来越有可能会拥有的极其令人难以忍受体验, 因为没有比蜕去自我的感知更为难以承受的过程了, 你已经成长发展了很长的时间以将这种自我感知接受为对于“我是谁”的问题的一个真实而

适当的答案了。

We would ask you, for a moment, to step back with us, and to examine this question of the sense of self, for we would suggest to you that it is composed of many components which are, in fact, not germane to the self at all. And most of these components are drawn in one way or another, from your environment, which is to say, from the social energy complex that surrounded you like a penumbra as you grew up as you have come into your own, as you have accepted your place within your society, as you have learned to fashion and to formulate your aspirations for what you may become, and how you may serve others.

我们会请你们，花一会儿时间，与我们一起后退，以检查这个自我感知的问题，因为我们会对你们建议，它是由很多的组成部分构成的，这些组成部分与自我根本是没有关系的。这些组成部分中的大多数是用这样或者那样一种方式，从你的环境被吸引而来的，也就是说，随着你逐渐成长，随着你已经进入到你自己的位置，随着你已经接受了在你的社会中的你的位置，随着你已经学会去形成并系统表达你对于你可能成为的事物以及你可能如何服务他人的渴望，这些组成部分是从如同一个阴影一样包围着你的社会能量复合体被吸引来的。

And so, it can seem to be a very challenging moment when you learn upon the path of spiritual seeking, that all that you have taken to be central to who you are can no longer be sustained. It can no longer be of service for what you need to become, and that means that you must allow it to be shed as you would shed garments that no longer fit, or a skin that has become too tight, or if we may speak more intimately yet, an ego that has come to be too restrictive for the self that you are increasingly feeling yourself to give birth to.

因此，当你在灵性寻求的道路上学习，而所有你已经接受成为你是谁的中心的事物都不再能够是持久的时候，这能够看起来似乎是一个非常挑战性的时刻。它对于你需要成为的事物不再能够是有所服务的了，那意味着你必须允许它被蜕去，如同你会脱去不再合身的衣服一样，或者蜕掉一个已经变得过于紧绷的皮肤，或者如果我们可以更为直接地讲述的话，蜕去一个对于那个你越来越多地感觉到你自己要生出来的自我已经开始成为过于限制性的小我。

The ego, as you know it, is in large part, a combination of two factors. On the one hand, it is a factor born of acceptance and imitation of possible projections of personality which you find in your ambience. You may imitate your parents, you may imitate your brothers and sisters, or your peers, or your teachers, or some well-known cultural figure. All of these patterns of processing your experience in light of projected possibilities are available to you as a portion of the effect your culture has upon you.

小我，如你对它的知晓一样，在大部分，是两个要素的一种混合物。在一方面，它是一个源自于对于你在你的幻境中发现的人格的可能性的投射物的接纳与模仿的要素。你可能模仿你的父母，你可能模仿你的兄弟姐妹，你的伙伴，或者你的老师，或者某个知名的文化性的人物。所有这些在被投生的可能性的光之中处理你的体验的模式，作为你的文化已经在你身上产生的作用的一部分而是可以为你所利用的。

Now, it becomes clear from the beginning of your experience that first one, and then another, and then another, of these possible personae do not quite fit with who you more and more are beginning to experience you must be. More and more you can learn to discover these personae to be mis-fits, and to be, in fact, greatly distorting as images that you could project in giving to the world that sense of yourself you are learning to call your own.

现在，从你的体验的开始就成为清楚的事情是，这些有可能的人物角色从的第一个，接下来另一个，接着另一个，与你正在越来越多地开始体验你必须的是的那个实体并不是相当适合的。你越来越多地能够学会去发现这些人物角色是不合适的，作为你在给予世界那个你正在学习去称之为你自己的对你自己的感知的过程中你能够投射的形象，这些人物角色实际上是相当扭曲的。

And so, as you discover that these available personae do not match who you must be, you have already long since learned to defend yourself against these incursions, and these incursions can be felt very strongly, my friends. They are judgments upon you at every turn in your society. You can feel the force of judgment against you should you fail to live up to what is expected, and therefore, you learn from an early age that living in a society is fraught with dangers. That wee small self that you are, is oh, so vulnerable, and the large supply of judgments embedded in your cultural experience are experienced as so many daggers that are, oh, so sharp. Therefore, you have learned to develop what is called a "thick skin", and this skin, of which we speak, is formed of resistances—resistances that cut so deep that they begin to interweave themselves with those affirmative possibilities of personality projection that you have taken upon yourself.

因此，当你发现这些可供利用的人物角色与你必须要成为的实体并不匹配的时候，你已经学会去让你自己抵御这些侵入有很长时间了，这些侵入能够非常强有力地感觉到，我的朋友们。它们是在你们的社会中在每一个转弯处对你的评判。如果你无法活出被期待的事物的话，你就能够感觉到对你的评判的力量，因此，你从一个早期的年龄就学会了，在一个社会中生活是充满了危险的。那个你之所是的一丁点的小小的自我，哦，是如此易受伤害，根植于你们的文化体验中的巨大数量的评判是如同如此多的匕首一样被体验到的，哦，这些匕首是如此锋利。因此，你已经学会去发展出被称之为一种“厚皮肤”的事物了，这个我们谈及的皮肤，是由反抗形成的——如此深入骨髓的反抗，以至于它们开始将它们自己与那些你已经在你自己身上穿上的人格投射的肯定性的可能性交织在一起了。

And so, these two dimensions, the affirmative, the resistive, combine together to form a personality shell, which not only gives you the power of interacting projectively, of interacting affirmatively, but also the protection from "the slings and arrows", if we may quote the poet, "of outrageous fortune."

因此，这两个维度，肯定性的维度与反抗性的维度，混合在一起形成了一个格外壳，它不仅仅给予了你用投射性的方式进行互动，用肯定性的方式进行互动的力量，同样也给予了对于，如果我们可以应用诗句的话，“狂暴命运无情的摧残”的保护。

So, there you are a self, and every self is a unit of being that is self-constituted. There you are, a self richly protected and richly endowed with possibilities of self-expression, none of which belong, properly speaking, to yourself. And you have limped along your lifelong within the personality shell so constituted until you reach a point in your spiritual seeking, where it begins to become clear that you cannot go further without undergoing a process of dissolution of this personality shell.

因此，在那里你是一个自我，每一个自我都是一个自我构建的存有的单元。在那里你是一个被大量保护起来并大量地被富裕了自我表达的可能性的自我，这个自我没有任何部分，用适当的方式说，是属于你自己的。你已经在如此被构建出来的人格外壳中沿着你的生命一瘸一拐地前进了，一直到你在你的灵性寻求中抵达了一个位置，在这个位置上开始变得清楚的事情是，在没有经历一个对这个人格外壳的分解的过程的情况下，你是无法走得更远了。

We can suggest to you that it is a natural portion of the process of spiritual seeking in every individual lifetime to have to come to the point where this dissolution is needed in order to proceed further. It has become well enough recognized by those who have traveled this path before you so that it has acquired a name, or many, actually. It could be called "the dark night of the soul", it could be called "ego death", it could be called "crossing the abyss", or "traversing the labyrinth". Whatever you choose to call it, however, it is always experienced as a source of difficulty and dread, for all of the uses that this personality shell has served, must now be sacrificed. You lose everything you thought you had. You lose every last touchstone to who you are when you cross this abyss—every last touchstone, we say, but one. And that, my friends, is the key to cross the abyss successfully. The one touchstone that you do have in the dark night of the soul is the resolve you may carry with you in the form of the basic intention which you set for the trajectory of your life experience going forward. The abyss, if entered in any other way, is an opportunity to fall into madness, to lose all sense of personal integration. If you are to sacrifice all of those elements of your personality which have grown so near to the bone, so to speak, you must have something in reserve to carry you through, and that reserve, as we say, is formed of clarity of purpose, and strength of resolve concerning what you will stand for.

我们能够对你建议，在每一个个体的生命中，不得不来到这样一个位置，在其上这种分解是被需要的以便于更进一步前进，这是灵性寻求的一个自然而然的过程。对于那些已经在你们前面旅行过这条道路的实体，这个过程已经是被足够充分地认识到了的，因此它已经得到了一个名字，或者，实际上是很多的名字。它能够被称为“灵魂的暗夜”，它能够被成为“小我的死亡”，它能够被成为“跨越深渊”，或者“横穿迷宫”。无论你们选择称呼它什么，无论如何，它一直都被体验为一个困难与恐惧的源头，因为所有这个人格外壳的用途都已经起过作用了，现在必须要被牺牲掉了。你失去了每一个你认为你曾经拥有的事物了。在你跨越这个深渊的时候，你失去了每一个之前的对于你是谁试金石——我们会说，每一个之前的试金石，除了一个之外。我的朋友们，那个试金石就是成功地跨越深渊的标志了。你在灵魂的暗夜中确实拥有的那一个试金石就是你可以带在你身上的，用你为了你的生命体验的前进的轨迹设置的基本的意图的形式的决心。这个深渊，

如果用任何其他的方式进入，都是一个落入到疯狂，并失去所有个人的完整性的感知的机会。如果你要牺牲你的人格的所有那些已经生长得，可以说是，如此深入骨髓的要素的话，你就必须拥有某种后备的事物来携带着你穿越，那个后备，如我们说过的一样，是由目的的清晰以及在关于你将会代表什么的方面的觉醒的力量而被形成的。

We believe that everyone in this group is aware that the choice is one which allows you to decide that it shall be your ego, your constructed self, that shall arrogate to itself, all power. It matters not if that is your choice, what the rest of the world will say, for the strength of your conviction comes entirely from within. If, on the other hand, your choice is to allow the dissolution of that illusory self, so that you may be of greater service to other selves, to the creation itself, and to the Creator, then you begin to experience yourself as the finest filament of spirit, which can seem to be blown by every stray wind, which can seem to be so vulnerable that it's almost inconceivable it could survive among the tempests of your life experience, and as you reflect upon the question, the only thing you do have in the store is your commitment, your resolve, that the entire meaning of your life is that of service to others.

我们相信，在这个团体中的每一个人都知晓，那个选择是这样一个选择，它允许你决定那个虚幻的自我将成为你的小我，你被构建的自我，那个自我就会将所有的力量都独揽到它自己身上。如果那就是你的选择，世界的其他部分将会说什么就不重要了，因为你的确信的力量是完全来自于内在之中的。在另一方面，如果你的选择是对那个虚幻的分解，这样你就可以为其他自我，为造物其自身，为造物者进行更大的服务了，接下来，你就开始体验你自己是最为精细的灵性的纤维了，它能够看起来似乎是要被每一场分散的风吹走，能够看起来似乎如此易受伤害，以至于它能够在你的生命体验的暴风雪中存活下来，这几乎是无法想象的了，当你沉思这个问题，你在储存库中确实拥有的唯一的事物就是你的许诺，你的决心，即你的生命的全部的意义就是服务他人。

Now, we will say that few there are who reach the point of gazing into this abyss in the first place, and fewer yet are there who traverse it successfully to the other side. And yet, the abyss looms as a necessary passage that all who seek deeply must face, and there can be intimations of this abyss lurking, and these intimations can be, in themselves, so frightening that it causes the seeker to waiver in the enthusiasm for the seeking, and to pull back, and to find a zone of comfort where the familiar again is embraced. We do not judge of those who feel the need to pull back in this way, for it is sometimes a better part of wisdom to allow one's resources to be gathered so that one has, in one's legs, the necessary spring to carry you across the abyss. No one can come into this experience except utterly alone.

现在，我们将会说，很少有人会在一开始的位置就抵达那个凝视着这个深渊的位置，而成功跨越它到达另一边的人就更少了。然而，深渊会作为一个所有深入地寻求的人多必须要面对的必经之路而隐约到底出现，会有对这种深渊的提示是潜藏着的，这些提示能够，在它们自己内在之中，是如此令人害怕，以至于它会使得寻求者在对寻求的热情中放弃了，使得寻求者后撤，并找到一个舒适区，在其中熟悉的事物再一次被拥抱了。我们并不评判那些感觉到需要用这种方式后撤的

人，因为允许一个人的资源被收集起来，这样它就会在它的双腿中，拥有了所需的弹力来携带着你跨越深渊，这有时候是智慧的一个更好的部分。除非是完全孤单的，没有任何人能够进入到这种体验中。

Having come through it, however, the question will again arise, "How may I now be of service, for I who have traveled this path that has so individuated me [that I] now no longer feel myself to be a part of the social complex that had, for so long, defined me, either in an affirmative way, or in a negative way, as that which I have resisted. When you reach a point where there is no longer the affirmation nor the resistance to this social complex, in all of its infinitely variegated colorations, then you are in the position where the resources you now can draw upon will only be those of spirit. We say "only" for here is where the paradox reaches its height, for in fact, it will turn out that the spirit has more resources than you could ever have contemplated, and these resources can be summoned, can be expressed without being forced. They only need to be allowed as so many flowerings of the open heart. They need not be ostentatious. In fact, it can often be the case that your best service comes in such a way that hardly anyone notices. You do not need to leave a mark, you see, if there is no you whose mark needs to be left. You can be as obsequious as an autumn breeze. You can be as quiet as a symphony that never gets played.

在已经说过了这一点之后，无论如何，问题将会再一次出现了，“现在我要如何进行服务呢，因为我现在已经旅行了这条道路了，这条道路已经如此个体化，以至于我现在不再感觉到我自己是社会复合体的一部分了，那个社会复合体已经在如此长的时间中对我进行了限定，要么是用一种肯定性的方式，要么是用一种负面性的方式，作为我已经反抗了的方式。”当你抵达一个位置，在其上在其全部的复合体的无限多样化的色彩中，既不再有肯定，也不再有对这个社会复合体的反抗的时候，接下来你就处于这样一个位置中了，在其中你现在能够依赖于的资源将仅仅是那些灵性的资源。我们说“仅仅”，因为在这里悖论抵达了它的顶点了，因为实际上，将会被证明的事情是，灵性是拥有比你曾经已经能够预期得到的资源更多的资源，这些资源能够被召唤，能够在不被强迫的情况下被表达。你不需要成为装腔作势的。实际上，经常会发生的情况是，你最佳的服务是用这样一种几乎没有任何人会注意到的方式出现的。你并不需要留下一个标志，你们看，如果没有你，谁的标志需要被留下来呢？你能够成为和一场秋日的和风一样地奉承。你能够成为如同一首永远都不被弹奏的交响乐一样地安静。

Now, to be sure, when you open your heart to service of this sort, you do not get much feedback. You will not know whether your service has been for good or for ill, and it will most likely be the case that the one you seek to serve will not even be aware of the service that you have rendered. But take heart, my friends, for when you serve as deeply as you may with an open heart, it is never in vain, for that which seems to miss its mark nevertheless finds its way to a home in spirit unerringly.

现在，请确信，当你向着这种类型的服务开放你的心的时候，你并不会得到大量的反馈。你将不会知道是否你的服务已经是行善还是作恶了，将会极其有可能发生的情况是，你寻求去服务的人将甚至不会察觉到你已经提供了的服务。但是，

我的朋友们，有信心吧，因为当你带着一颗开放的心如你可能地一样深入地服务的时候，它就绝不会是徒劳的，因为看起来似乎错过了目标的事物，仍旧会准确地找到它通往在灵性中的一个家园的道路。

Yes, the way of an adept, the way of a seeker of spirit is an arduous path, and you can feel, if you allow yourself to so feel, that what you have to offer has no place in the society around you. But, so long as you are willing to understand that what you have to offer is not a matter of right thinking, true information, proper perspective, but rather only a matter of simple open-hearted love, there you cannot go wrong.

是的，一个行家的道路，一个灵性寻求者的道路是一条艰险的道路，你能够感觉到，如果你允许你自己如此感觉的话，你所要提供对的事物在你周围的社会中是没有位置的。但是，只要你乐意于理解你所要理工的事物不是一个正确思考、真实的信息以及适当的观点的问题，毋宁说仅仅是一个简单的开放的心的爱的问题，你在那里就无法出错了。

And so, with that thought, my friends, we would leave this instrument, and return to the one known as Jim to discover if there are any further queries to which we may put our attention. We are those of Q'uo. Adonai, my friends, Adonai.

因此，带着那个想法，我的朋友们，我们会离开这个器皿，并返回到被知晓为 Jim 的实体，以发现是否有我们可以将我们的注意力放置于其上的任何更进一步的问题。我们是 Q'uo。Adonai，我的朋友们。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and again with this instrument. We would ask at this time, if there might be any further queries to which we may speak?

我是 Q'uo，我再一次与这个器皿在一起了。我们会在此刻询问，是否可能有任何我们可以发言的更进一步的问题吗？

F: Q'uo, I would like to ask: Will all those who are unharvestable at the end of third density here on Earth begin at the level where they left off on the next third-density planet that they go to? Or do beings have to repeat the whole 75,000 year cycle? Or will they join a third-density planet at a later stage in the cycle at a stage that's compatible with their own level of light?

F: Q'uo, 我想要询问：所有那些在这里在地球上在第三密度结束的时候无法收割的实体，在它们前往的下一个第三密度的星球上都会从它们离开的时候所处于层次上开始吗？或者，存有不得不重复整个七万五千年的周期吗？或者它们将在周期中的一个稍晚的阶段，在一个与它们自己的光的层次是相配合的阶段加入一个第三密度的星球吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. All those entities which move through the light at the end of their incarnation upon this planetary sphere will have their violet ray, which symbolizes the balance of all

the energy centers within the mind/body/spirit complex, gauged by the light of the octave of creation that is represented by the light-bringers, shall we say, so that the level of vibration might be determined. This level of vibration then, if it is still within the range of the third density, will require that all such entities move onto another third-density planet that is in accordance with their own particular vibrations. Thus, as you have surmised, these entities will move, not necessarily as a mass, onto the same third-density planet, but shall, with aid of their own higher selves and guides, choose a third-density planet that is in accordance with their own vibrations. This may be a planet that has moved through the first 25,000 year cycle, perhaps the second, as well, so that these entities may well find themselves within the third and final 25,000 cycle, and be able to insert themselves, shall we say, into this cycle, in order to continue their learning of the ways of love, and opening the heart to all those about them. Some will find it necessary to exist within the second 25,000 cycle, and some may even find it necessary to begin at the beginning of a 75,000 cycle, although this is far less likely, for those incarnated now within your third-density illusion, are here by means of what is called "the seniority of vibration," so that all here have some hope of making the harvest if there is the ability to open the heart sufficiently to allow the love within to manifest as service to others in at least 51% of all thoughts, words, and deeds.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。所有那些在这个星球上在它们的投生的结束的时候穿越光的实体, 都将会拥有象征着在心/身/灵复合体中的所有能量中心的平衡的它们的紫罗兰的光芒, 紫罗兰的光芒会被, 容我们说, 光的携带者所呈现出来的造物的八度音程的光测量, 这样, 振动的层次就可以被确定了。这个振动的层次, 如果它仍旧是处于第三密度的范围内的话, 接下来就将会要求所有这样的实体移动到另一个第三密度的星球上, 这个星球是与它们特定的振动是一致的。因此, 如你已经假设的一样, 这些实体将不一定会作为一个群体移动到相同的第三密度的行星, 而是将会在它们的高我和指导灵的帮助下, 选择一个与它们自己的振动一致的第三密度的行星。这可能是一个已经穿越了第一个两万五千年的周期的行星, 同样也许是第二个两万五千年的周期, 这样这些实体就很有可能发现它们自己处于第三个, 即最后的两万五千年的周期中, 并能够将它们自己, 容我们说, 插入到这个周期, 以便于继续它们对爱的途径以及对在它们周围的所有实体开放心的学习了。一些人将会发现它需要存在于第二个两万五千年的周期中, 一些人可能甚至发现它需要从一个七万五千年的周期开始的时候开始, 尽管这是远远较不可能的, 因为那些现在在你们的第三密度的幻象中投生的实体, 是藉由被称之为“振动的老资格”的途径在这里的, 因此, 所有在这里的实体都有希望完成收割, 如果会有能够足够地开放心, 以允许在内在之中爱用所有的想法、言语与行为的至少 51%的比例作为服务他人显化出来。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

F: Not as a follow-up to that one, thank you, that was helpful. I do have one other short question. Does an entity in sixth density still have their higher self as a resource, and if so, is there a time when they merge or that the higher self is no longer needed?

F: 作为那个问题的一个后续问题没有了, 谢谢你们, 那是有帮助的。我确实有另一个简短的问题。一个在第六密度中的实体仍旧拥有它们的高我作为一个资源吗, 如果是这样的话, 会有一个时刻, 它们会融合, 或者高我不再是被需要的吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. It is indeed so, that entities within the sixth density of experience have what you might call a higher self, which has been referred to by those of Ra as the mind/body/spirit totality which is a nebulous conglomeration of potential experiences of a vast and unimaginable nature that is offered to the sixth-density entity at the mid-sixth density level, so that the ability to move further along the upward spiraling line of light that leads to the union with the One Creator is enhanced by the utilization of this vast library of information and inspiration.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。确实如此, 在第六密度的体验中的实体拥有你们可能称之为一个高我的事物, 它已经被那些属于 Ra 的实体称之为心/身/灵全体了, 这是具有巨大且无法想象的属性的潜在的体验的一种星云状的聚合, 它会在第六密度中期的层次被提供给第六密度的实体, 这样沿着导向与太一造物者的合一的向上的光的螺旋线更进一步移动的能力就会因为对这个巨大的信息与启发的图书馆的利用而被增强了。

Is there a further query, my sister?
我的姐妹, 有一个进一步的问题吗?

F: Is there a time that the higher self is no longer needed to the sixth-density entity when they get close to the end, or do they always have that as a resource?

F: 当他们接近终点的时候, 会有一个时间, 高我对于第六密度的实体不再是被需要的吗, 或者它们一直都会将其作为一个资源吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Forgive us for not addressing it in the original query. The entities who move through the sixth density and are harvested to the seventh density, that being the density of foreverness, are no longer in need of such assistance, although one must also realize the paradox of this situation, in that the mind/body/spirit complex totality has, in some fashion, been absorbed into the mind/body/spirit complex that has moved through the sixth density and into the seventh density. Eventually, all paradoxes are resolved as the spiritual mass of all those entities within the seventh density become absorbed into the One Infinite Creator once again.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。请原谅我们在最初的问题中没有解决它。穿越第六密度并被收割到第七密度, 也就是永恒的密度的实体, 是不再需要这样的帮助的, 尽管一个人必须要意识到这个情况的悖论, 因为心/身/灵复合体全体, 用某种方式, 已经被吸收进入到已经穿越了第六密度并进入到第七密度的心/身/灵复合体之中了。最终, 所有的悖论都被解除了, 因为所有那些在第七密度中的实体的灵性的质量都被再一次吸收进入到太一无限造物者了。

Is there a further query?
有一个更进一步的问题吗？

F: No, thank you, thank you very much.
F: 没有了，感谢你们，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister, for your queries. Is there another query at this time?

Q'uo: 我是 Q'uo，我们为你的问题而感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, it's funny that you should mention the Law of Foreverness because there's a question from M. of the Taipei Law of One Study Group. She notes that the sixth-density being learns the Law of One, and the seventh-density being learns the Law of Foreverness, and she wonders why there would be another law to learn after the Law of One. How is it that this thing called The Law of Foreverness seems to supersede the Law of One in the curriculum of evolution?

Gary: Q'uo，你们将会提到永恒法则，这是有趣的事情，因为有一个来自台北的一的法则的学习小组的 M 的问题。她指出第六密度的存有学习一的法则，第七密度的存有学习永恒的法则，她想要知道为什么另一个法则要在一的法则之后学习。这个被称为永恒法则的事物怎么会看起来似乎是在演化的全部课程之后是接替了一的法则的呢？

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

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。

The Law of Foreverness is simply an extrapolation of the Law of One that is seen to be in effect beyond this particular octave of experience. It is simply another name for the same law, for there is only one true law and that is the Law of One, however, there are other facets of the Law of One, such as that of love, that of light, and that of the ever-present moment extending infinitely forward and infinitely backward, and infinitely in all directions. Thus, those entities who experience the seventh-density of the foreverness of all things are merely experiencing a more intense experience and expression of that which you know of as the Law of One.

永恒法则单纯地是对一的法则的一个外推，一的法则是视为是在这个特定的体验的八度音程之外生效的。它单纯地是对相同的法则的另一个名字，因为仅仅只有一个真实的法则，那就是一的法则，然而，会有其他的一的法则的面向，诸如爱的面向，光的面向，无限地向前、无限地向后且在所有的方向中无限地延伸的当下一刻的面向。因此，那些体验到具有一切事物的永恒性的第七密度的实体，是仅仅体验到对你们知晓为一的法则的事物的一种更为强烈的体验与表达。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: L. writes: Ra said in the Law of One that there were 65,000,000 wanderers, and only a small percentage of them were awakened in 1981. I believe that that percentage has increased as of today. Could Q'uo confirm that, and is there anything we can do to assist more wanderers to wake up to their true identity and mission? Thank you.

Gary: L 写信说: Ra 在一的法则中说, 在 1981 年有六千五百万的流浪者, 它们仅仅只有一个小百分比被唤醒了。我相信那个百分比今天已经增加了。Q'uo 能够肯定那一点吗, 有任何事情是我们能够做, 以帮助更多的流浪者觉醒于它们真实的身份与使命的吗? 谢谢你们。

Q'uo: I am Q'uo, and am aware of your query, my friend. Indeed, there are more wanderers who have awakened to the reality of their own nature as being from elsewhere, shall we say. There are also more wanderers who have incarnated upon this planetary sphere in the succeeding 36 years since those figures were given by the one known as Ra. There are also those entities with the doubly activated bodies that are harvested souls of other third-density planets who have been incarnating upon this planet since the early 1980s, as you may call it, who are wanderers of a sort, yet are those who shall become the population of this fourth-density sphere when the harvest is complete.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的朋友。确实, 有更多的流浪者已经觉醒于它们自己的属性的实相是来自于, 容我说, 其他地方的了。自从那些数字由被知晓为 Ra 的实体给予之后, 在后续的三十六年的时间中, 同样有更多的流浪者已经在这个星球上投生了。同样还有那些具有双重激活的身体的实体自从八十年代的早期, 如你们对它的称呼一样, 就一直在这个星球上被投生了, 这些实体是其他的第三密度的星球的被收割的灵魂, 它们是一种类型的流浪者, 当收割完成之后, 它们将成为属于这个第四密度的星球的人群。

If you look upon all these three levels of experience, shall we say, the older wanderers, the younger wanderers, and those souls with the dual activated bodies, in general it may be said that approximately one-third of these entities have realized their nature as being from elsewhere, having come here with the purpose of being of service to this planetary sphere, as it goes through its own transitional stages, another roughly one-third having the feeling that they are somewhat different from most entities that they experience in their daily round of activities, and have the ability to penetrate the forgetting with further experience, the final one-third being more, shall we say, confused, knowing that they do not quite fit within the culture in which they find themselves, and yet have no real direction as to how to deal with this difference, or to find its significance in a personal sense.

如果你观察所有这三个, 容我说, 体验的层次, 较为年老的流浪者, 较为年轻的流浪者, 以及那些具有双重激活的身体的灵魂, 一般而言可以被认为, 这些实体中大概三分之一已经意识到它们的属性是来自于其他地方的, 并是带着在这个星球穿越它自己的转变性的阶段的时候服务这个星球的目的而来到这里的, 另外有大概三分之一拥有感觉, 它们是与它们在它们的日常生活的活动中体验到的大多数实体是有些不同的, 并拥有能力藉由更进一步的体验刺穿遗忘, 最后的三分之一是更为, 容我说, 混淆的, 它们知道它们在它们发现它们自己处于其

中的文化中并非是相当适合，而它们在关于愈合处理这种差异，或者如何在一种个人的意义上找到它的重要性的方面没有真正的方向。

The aiding of all such entities, whether they be wanderers, those of the dual-activated bodies, or those of third density who seek the fourth density within this planetary sphere, is done by simply taking advantage of the opportunities which come your way to share from the open heart in any way that is possible for you to do. It is not that you must construct a certain procedure or plan for awakening any entity, but that you simply open yourself in your heart and in your mind, to every possibility that presents itself to you at any time, and give of that which you have to give, as the moment requires and calls upon you to do. Each of you has the ability to share that love that is within you at all times, within your meditations as you radiate it outwardly to others, in your contemplations as you look upon that day that rests before you and awaits your insertion of yourself into it, and as you move through it to give that which is yours to give to those who ask in any way for it, simply perhaps as a smile returned, as directions given to the one who is lost, as providing a listening ear to the troubled soul, as giving anything that you have to give—willingly, openly, completely. Each of you is a teacher, my friends. Each of you is a student, and each of you can help to bring each other home. This is why you are all here at this time on Planet Earth.

对所有这样的实体的帮助，无论它们是流浪者，那些具有双重激活身体的实体，还是那些在这个星球上寻求第四密度的属于第三密度的实体，都是藉由单纯地利用出现在你面前的机会，用任何对于你是有可能进行的方式来从开放的心进行分享而被实现的。这不是说，你必须构建一定的步骤或者计划来唤醒任何实体，而是你单纯地在你的心中，在你的头脑中对在任何时刻每一个对你呈现出其自身的可能性开放你自己，并给出你所要给出的事物，如同那个时刻邀请你并召唤你去做的一样。你们每一个人都拥有能力去在所有的时刻都分享那种在你内在之中的爱，在你的冥想中，当你将它向外辐射给其他人的时候，在你的沉思中，当你检查那个在你前方并等待着你将你自己插入其中的日子的时候，当你穿越它以将属于你的事物给予那些用任何方式请求它的人们的时候，它简单地也许就是一个被送回微笑，被给予迷失的人的指引，对遇到了麻烦的灵魂提供一只聆听的耳朵，给予任何你所要给予的事物——乐意地，开放地，完全地。我的朋友们，你们每一个人都是一个老师。你们每一个人都是一个学生，你们每一个人都能够帮助将相互彼此带回家。这就是为什么你们在此刻全都在行星地球上的原因了。

We thank each of you once again, my friends, for inviting us to join you this day. It has been a great honor and privilege. By mingling with you, observing the light within you, the love that flows from you, we are enriched in our own being, and send this love and light back to you that you may share it with others. We are known to you as those of Q'uo. We leave you now, my friends, in the love and in the light of the One Infinite Creator who resides within each of you, and who is eager to come forth from you as love to others. Adonai, Adonai, vasu borragus.

我们再一次为你们邀请我们今晚加入你们而感谢你们每一位，我的朋友们。它已经是一种巨大的荣耀和荣幸了。藉由与你们混合在一起，并观察在你们内在之中

的光以及从你们流出的爱，我们在我们自己的存有中得到了充实了，我们将这种爱与光送还给你们，这样你们就可以与其他人分享它了。我们是你们知晓的 Q'uo。我们现在离开你们，我的朋友们，在太一无限造物者的爱与光中，太一无限造物者居住在你们每一个人内在之中，祂渴望作为对其他人的爱从你们发出。Adonai, Adonai, vasu borragus。

December 16, 2017
2017-12-16 世俗与灵性

Group Question: Some people may have passions, desires, or goals, that are difficult to directly relate to service to others. Is pursuing these things that don't seem to directly serve others a self-serving act, or can we relate to these types of passions on the positive path?

团体问题：一些人可能会拥有很难直接与服务他人联系在一起的热情、渴望或者目标。追寻这些看起来似乎不会直接地服务他人的事情是一种服务自我的行动吗，或者我们能够将这些类型的热情与正面性的道路联系在一起吗？

(Jim channeling)
(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this afternoon. As always, we appreciate your invitation to us to join you in your circle of seeking, for as we join you there, we each bring with us the heart of our being, to blend into one as we seek the one in all.

我是 Q'uo，我在这个下午在爱与光中向你们致意。一如既往，我们感激你们邀请我们加入到你们的寻求的圈子，因为当我们加入你们的时候，我们每一个实体都将我们的存有的核心带在我们的身边，以在我们的一切事物中寻求太一的时候将其合为一体。

Today, you have asked us about a facet of your spiritual journey that you may or may not see as being a spiritual journey, for each of you, as you are seekers of truth moving yourselves along a path of unity, have brought into this incarnation various desires, talents, directions, and an ability to utilize all of your resources in any fashion that you choose. Each of you in this circle of seeking has become consciously aware that what you desire at the foundation of your being is to be a conscious seeker, is to realize within yourself the nature of love within the open heart, and to be able to share this love with each entity that you meet in your daily round of activities, for you are consciously aware that all is one, that the Creator exists within each of these entities that you shall meet, and that the Creator within yourself seeks expression as you allow it to. It has been said in your holy works if you but knock upon the door, the door shall be open to you. Your incarnation may be seen as knocking upon that door repeatedly, for it is a door that is opened with perseverance, and each of you has developed this quality of repeated seeking, of undeniability, of inevitability, and as you bring into your daily round of activities, this desire to knock upon the door, symbolically, with every action that you take, every person that you meet, every word that you speak, then you become, shall we say, hollowed out, and become a channel for the One Creator to utilize in the various means by which you have provided for your incarnation, previous to your incarnation.

今天，你们已经询问我们关于你们的灵性旅程的一个面向了，你们可能会，或者可能不会将这个面向视为是一条灵性的旅程，对于你们每一个人，因为你们是让

你们自己沿着一条统一的道路前进的真理的寻求者，你们都已经将各种各样的渴望、天分、方向以及一种用任何你们选择的方式去利用所有你们的资源的能力带入到这次投生中了。在这个寻求的圈子中的你们每一个人都已经有意识地察觉到，你们在你们的存有的基础位置上渴望的事物，就是去成为一个有意识的寻求者，就是在你自己内在之中领悟在开放的心中的爱的属性，并能够与你在你的日常生活的活动中遇到的每一个实体分享这种爱，因为你们有意识地察觉到，一切都是合一的，造物者存在于这些你将会遇到的实体的每一个实体内在之中，存在与你自己内在之中的造物者寻求表达，如同你允许它表达的一样。在你们的神圣著作中已经这样说过了，只要你敲门，门就会为你打开。你的投生可以被视为是重复地敲那扇门，因为它是一扇会藉由坚持不懈而被打开的们，你们每一个人都发展了这种重复的寻求，不可否认性，不可避免性的属性，当你们将这种敲门的渴望，用象征性的方式，带入到你们的日常生活的活动中的时候，藉由你们进行的每一个活动，你们遇到的每一个人，你们说出的每一个话语，你们接下来就成为，容我说，被清空了的，并成为了一个管道，以便于太一造物者用各种各样的方式来利用它，你们在你们的投生之前就已经为你们的投生提供了这些方式了。

So, if you follow the path that you have laid out before you previous to this life, in whatever way it leads you, you may be assured that you walk a hallowed step, that you take a sacred journey, that you have within your being the ability to make holy whatever means by which you have chosen to live your life. There is no true distinction between what you would see as mundane, and perhaps not as useful on the spiritual path, and that which you feel is of the spiritual path, is holy, is consecrated, is that which opens up your heart to yourself and then to others.

因此，如果你跟随那条你在这次投生之前就已经在你们前面铺好的道路，用无论什么它会引领你的方式，你都确信，你们是走出了一个神圣的步子，你是在进行一场神圣的旅行，你在你的存有之中拥有能力让无论什么你已经藉由其选择去活出你的生命的途径成为神圣的。对于你会视为世俗的事物，也许在灵性的道路上不会视为是有用处的事物，以及你感觉到是属于灵性道路事物，是神圣的，是被尊崇的，是让你的心向着你自己，并接着向其他人开放的事物，在两者之间，没有真正的差别。

Of course, those talents and inclinations that are obviously colored with the Holy Spirit, shall we say, are those which are most frequently pursued by the conscious seeker and are used as tools for the evolution of your mind, your body, and your spirit. This is that which is most obvious, and which adds unto your journey those layers of meaning that you discover in each interaction that you undertake with all those you meet, however fleetingly, or whole-heartedly, upon your daily round of activities, for each experience can uncover for you those symbolic relationships that are connected to each of your energy centers as they move, seriatim, from red through violet. You may look at any experience that you have and see how it is connected to your physical survival, to your relationship of a mental and emotional nature with one other being, to your relationship in groups, to the open heart, to clear communication, to the nature of your being in the magical personality, and to

contact with what you call "Intelligent Infinity", or the One Creator.

当然，那些明显地是被，容我说，圣灵染色过的天分与爱好，是那些极其频繁地会被有意识的寻求者所追寻的事物，它们会被用作你的心智、身体和灵性的演化的工具。这是极其明显的事情，它会为你的旅程添加那些在你与所有那些你在日常生活的互动中遇到人一起进行的每一次互动中发现的意义的层次，无论那些互动是多么短暂地，或者是全心全意地，因为每一个体验都能够为你揭露那些与你每一个能量中心有关联的象征性的关系，在它们依次从红色能量中心流经紫罗兰中心的时候。你可以观察任何你拥有的体验，并看到它如何与你的物质性的生存，与你与一个其他存有之间的具有一种心智和情绪属性的关系，与你在团体中的关系，与开放的心，与清晰的交流，与在魔法人格中的你的存有的属性，以及与你称之为“智能无限”的事物，或者太一造物者的接触联系在一起。

For, you see, my friends, the One Creator is, indeed, indwelling in all entities, in all experiences, in all things. So, if you will take the time to look within your own being, in your meditative state, perhaps at the end of your day, you may reflect upon that which has gone before, and find that you have an abundance of observations and experiences that are rich in potential for teaching whatever is the focus of your current spiritual path, for there are, indeed, no mistakes. Everywhere you go, everyone you meet, has the ability to unlock for you secrets of your own being, secrets which you, yourself, have hidden there before your birth into this life you now lead.

因为你们看，我的朋友们，太一造物者，确实是居住在所有实体之中，所有体验之中以及所有事情之中的。因此，如果你将会花时间来在你自己的存有内在之中，在你的冥想状态中观察，也许是在你一天的结束的时候，你可以反思之前已经过去的事情，并发现你拥有丰盛的观察与体验，这些观察与体验在教导无论什么是你当前的灵性道路的焦点的事物的方面是富含潜能的，因为，确实没有错误。每一个你去的地方，每一个你遇到的人，都拥有能力为你解开你的自己的存有的秘密，你，你自己已经在你出生之前就藏在你现在所过的这次生命之中的秘密。

So, we look at your query and we see that you have many things that feel mundane, and yet are not. Many things that feel spiritually rooted, and are, indeed so, that can be ignored as well, my friends. We look to the heart of your intention to determine the most pure description or definition of that service which is indeed service to others. What you hope to do, what you intend to do, is that which carries the very heart of your being, and empowers your actions, your thoughts, and your words in a way which is not the case if your intention is not focused on service to others.

因此，我们检查你们问题，我们看到你们拥有很多感觉起来是世俗的事物，而它们并不是世俗的。我的朋友们，很多感觉是扎根于灵性中的事物，它们确实是这样的，同样能够被忽略。我们看到你们的意图的核心是是确定对确实是服务他人那种服务的最为纯净的描述或者定义。你们希望去做的事情，你们打算去做的事情，就是会用这样一种方式携带着你们的存有的核心，并为你们的行动，你们的想法，你们的话语赋予力量的事物，如果你们的意图不是被聚焦在服务他人上，这种方式就不会是有可能的了。

However, we reiterate that there is no service or action that you undertake

that does not have this ability, for you are the One Creator in all that you do, experiencing itself in one way or another—teaching in one way or another—learning in one way or another. You cannot fail, my friends, you cannot waste your time, you cannot waste another's time, for all times are holy. You expend your energies consciously and unconsciously, with intention or without intention, and they are as seeds planted in ground which may be fertile, may be the rocky soil, and may or may not produce a fruit that you can observe, and yet each action is important when consciously undertaken, and even those not consciously undertaken, and seemingly haphazardly offered, without any directing thought, yet can be used by another in a multitude of ways.

然而，我们会重申，没有任何你们进行的服务或者行动是不拥有这种能力的，因为在所有你们说的事情中你们就是太一造物者，造物者用这样或者那样一种方式体验祂自己——用这样或者那样一种方式教导——用这样或者那样一种方式学习。我的朋友们，你们无法失败，你们无法浪费你们的时间，你们无法浪费另一个人的时间，因为所有的时间都是神圣的。你们有意识地与无意识地，带着意图或者不带有意图地花费你们的能量，它们是如同被种植在土地中的种子一样，土地可能是肥沃的，可能是贫瘠的土壤，可能或者可能不会产生出一种你们能够观察到的果实，而每一个行动，在用有意识的方式被进行的时候，都是重要的，甚至是那些没有意识地被进行的行动，看似随意地被提供，没有任何有方向的想法的行动，而它们是能够被另一个人用大量的方式使用的。

Who can say how another entity will look upon an interaction with you. There is as much possibility of spiritual growth in the most fleeting of experiences, as there is in the long-term intensive involvement of two entities traveling the spiritual path together. It all depends upon your intention and your attention—what you give to the moment, what you see within the moment, and how you translate that into your own spiritual seeking.

谁能够说另一个实体将会如何看待一个与你之间的互动呢？在最为转瞬即逝的体验中，和两个实体一起在灵性旅程上旅行的长期且强烈的缠绕之中，都一样多的灵性成长的可能性。它是完全取决于你的意图和你的注意力的——你将什么事物赋予了那个时刻，你在那个时刻中看到了什么事物，你如何将那个事物转译为你自己的灵性的寻求。

At this time, we would ask if there might be any follow-up query, or refining query to which we may respond.

在此刻，我们会询问，是否可能有任何我们可以回应的后续问题，或者精炼性的问题。

Austin: No, thank you, Q'uo, I have no follow-up query to that specific question.

Austin: 没有了，感谢你们，Q'uo，我对于那个特定的问题没有后续问题了。

Q'uo: I am Q'uo, and we would ask if there might be any further queries to which we may respond.

Q'uo: 我是 Q'uo，我们会询问是否可能有任何更进一步的问题是我们可以回应

的。

Gary: Q'uo, I find that when I meditate my attention is pulled by thoughts, of course, but also by the movement of energy in my body. My attention moves with my breath, or moves with the shifting sensation of body. I was wondering if there is a more effective way or technique to stabilize the attention so that it looks at movement, but does not, itself, move.

Gary: Q'uo, 我发现当我冥想的时候, 我的注意力是被想法所拉动的, 当然, 同样也是被在我身体中的能量的运动所拉动的。我的注意力与我的呼吸一起运动的, 或者是与我的身体的变动的感知一起移动的。我想知道, 是否有一种更加有效的方法或者技巧来让注意力稳定下来, 这样它会观察运动, 而不是在其自身是运动的。

Q'uo: I am Q'uo, and am aware of your query, my brother. We might make a couple of suggestions. One, and that is, to see any distraction, whether bodily or mental, as simply being a worldly concern with which you do not give your attention, to move through the distraction, basically, to ignore it, and move on with the breathing, keeping yourself focused upon the drawing in of the breath, and the exhaling of the breath, focusing upon the inhale and the exhale, no matter what distractions you become aware of. This done for a significant length of your time (which varies according to the person and also to the individual experience of that day) can produce a one-pointed focus that is not subject to distraction.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们可以给予几个建议。第一个建议, 就是去将任何的分心物, 无论是身体的还是心智的分心物, 视为是单纯地一种世俗的忧虑, 你不用对其赋予你的注意力, 以基本上穿越那个分心物, 并忽略它, 继续与呼吸一起运动能给你, 让你自己一直聚焦在对呼吸的吸入, 对呼吸的呼出, 聚焦在吸入和呼出上, 无论你可能察觉到的分心物是什么。当这被进行了你的时间一段相当长的时间之后 (时间尝试取决于人, 同样取决于那个日子的个体的体验), 它能够产生出一个集中的, 不会受到分心物影响的焦点。

Another technique is to look upon the exhalation as an opportunity to stop the breath for however long feels appropriate to you, and note that at this point there are fewer thoughts, if any, for the holding of the breath upon the exhalation tends to be the equivalent of what you would perhaps call, the "rebooting of the computer", and then, once again, continue to focus upon your breathing.

另一个技巧就是去将呼出视为一个停止呼吸的机会, 无论多长时间的停止感觉起来对于你是合适的, 注意到在这个位置有更少的想法, 如果还有任何想法的话, 因为在呼出的时候抑制呼吸会倾向于成为等同于你们也许会称之为“为你的电脑进行重启”的事物, 接下来, 再一次, 继续聚焦于你的呼吸。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: None on that question, that was wonderful, thank you, Q'uo.

Gary: 在那个问题上没有了, 那是精彩的, 谢谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Gary: Q'uo, this question comes from the seeker named T, who writes: "Since the pineal gland is part of our second-density body, and part of the illusion, how important is the optimal functioning of this gland to spiritual evolution?"

Gary: Q'uo, 这个问题来自于名叫 T 的寻求者, 它写道: "既然松果腺是我们的第二密度的身体的一部分, 是幻象的一部分, 这个腺体对于灵性的演化的最适宜的机能有多重要呢?"

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

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。

My friend, the entire physical vehicle was derived from the second-density ape of your planetary environment and has been developed over millions of years to produce the fruit, shall we say, that is your third-density body at this time. One must remember, as well, that not only has the Logos chosen this type of vehicle for you to inhabit within your third density, but your own mind complex has interacted with this physical vehicle in such a fashion as to literally create it, and to imbue it or endow it with what you would call the "energy centers", or "chakras" that allow you, in your progression of seeking through many lifetimes, to move the energy of the kundalini, shall we say, upward from the red ray, through all intermediate rays, and to move into the indigo ray energy center, which is the home of the so-called pineal gland. This gland has certain features or physical characteristics that are analogous to mental and spiritual characteristics that can signify the various stages of activation. The ability to feel the sensations of the indigo ray gland suggests, perhaps, the beginning activation of this gland, so that its spiritual qualities may begin to make themselves available for enhancement by the experience of the daily round of activities being used to enhance spiritual growth.

我的朋友, 整个物质性载具都是有属于你们星球的环境的第二密度的类人猿派生出来的, 并已经在百万年的时间中被发展以产生出, 容我们说, 你们在此刻的第三密度的身体之所是的成果了。一个人同样也必须记住, 不仅仅理则已经选择了这种类型的载具供你们居住在你们的第三密度中, 你自己的心智复合体同样已经与这个物质性载具用这样一种方式进行互动, 以实际上藉由你们会称之为“能量中心”或者“脉轮”的事物创造了它, 灌注了它或者为其赋予了能力, 脉轮允许你, 在你通过许多次生命寻求的发展过程中, 将昆达尼里的能量从红色光芒向上移动, 穿过所有中间的光芒, 并一定进入到靛蓝色光芒的能量中性, 也就是所谓的松果腺的家园了。这个腺体拥有一定的特性或者物质性的典型特征, 它们是类似于能够象征着各种各样的激活的阶段的心智和灵性上的典型特征, 因此, 它的灵性的属性可以开始使得它们自己可以为藉由被用来增强灵性发展的日常生活活动的体验的提高所利用。

As you are able to process the catalyst that comes your way each day and store it as experience, then the energies that you would call "intelligent energy", or that which is also known as "prana", may begin further activation of the indigo ray so that there is the possibility of the balancing of the lower energies from the red ray through the orange, yellow, green, blue, and indigo, so that there is an even functioning available to the spiritual seeker that can, with the appropriate, shall we say, ingredients of attention, experience, and desire, cause the opening of the indigo ray, through which the shuttle of the spirit may move, and energize and open the violet ray energy center, so that an experience of illumination may be had by the seeker of truth.

当你们能够处理在每一天遇到的催化剂并将它作为经验储存起来的时候，接下来，你们会称为“智能能量”的能量或者同样也被知晓为“普纳”的事物，就可以开始更进一步激活靛蓝色光芒，这样就会有对冲红色光芒，通过橙色、黄色、绿色、蓝色和靛蓝色光芒对较低的能量平衡了，这样就会有一种均衡的机能可以为灵性寻求者所利用，寻求着藉由注意力、体验、渴望的适当的，容我说，成分，就能够产生出对靛蓝色光芒的开放，通过靛蓝色光芒，灵性的运输器就可以移动，充能，并开放紫罗兰光芒能量中心了，这样一种觉醒的体验就可以被真理的寻求者拥有了。

Thus, each energy center within your physical body, which has been developed from the second-density ape, may move you from that second density through the third-density experiences into the realms of that which is sacred, as you become one with the Creator on your journey of seeking that one.

因此，当你在你寻求太一的旅程上与造物者合一的时候，在已经从第二密度的类人猿被发展出来的你的物质性身体中的每一个能量中心，都就可以推动你从第二密度穿越第三密度的体验，进入到属于神圣的事物的领域中了。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Gary: Q'uo, is there any sort of impairment to the physical pineal gland that would create corresponding impairment to the indigo ray itself, and are entities on this planet so impaired in any way?

Gary: Q'uo, 对于物质性的松果腺的任何类型的损伤会制造出相应的对靛蓝色光芒其自身的损伤吗，在这个星球上的实体用任何方式受过这样的损伤吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We believe we grasp the heart of the query and will attempt to speak to that part. Aside from the physical damage that acute physical trauma would cause, we do not feel that the population of your Earth has suffered any type of impairment to the pineal gland itself that would hinder or halt the spiritual journey.

Q'uo: 我是 Q'uo, 我了解了你的问题，我的兄弟。我们相信我们掌握了你的问题的核心了，我们将尝试去谈及那个部分。撇开激烈的身体的创伤会造成身体的损伤，我们并不觉得你们地球的人群已经遭受过任何类型的对松果腺其自身的，会妨碍或者旅程的损伤。

We feel that there is some suggestion within this query that the difficulties of the planetary population to be able to utilize the catalyst of the daily round of activities in order to open the heart and share in love and light with all others about one, would be a correlation to this impairment of the pineal gland. We find that the difficulties suffered by this population's need for more attention being given to the possibilities of the heart center, are due to previous inability to open the heart in unconditional love that have been experienced in previous third density experiences, for many upon your sphere have had this difficulty previous to this 75,000 year cycle that is now ending upon your planet and have come to this planet for the purpose of repeating the third-density experience. This necessity for repeating the third-density experience is not due to any difficulty of the pineal gland.

我们感觉到在这个问题中会有某种暗示，地球上的人群在能够利用日常生活的催化剂，以便于开放性并于在一个人周围的其他人分享爱与光的方面的困难会具这种对松果腺的损伤具有一种相关性。我们发现因为这个人对于更多的注意力被赋予心的中心的可能性的需要而遭受的困难，是由于已经在之前的第三密度的体验中被体验到的，之前的无法在无条件的爱中开放心，因为在你们的星球上的很多人现在在你们的星球上正在结束的七万五千年的周期之前都已经有过这个困难，并已经为了重复第三密度的体验的目的而来到这个星球了。这种重复第三密度的体验的需要不是由于任何松果体的困难。

At this time, we shall take our leave of this instrument, for it is somewhat fatigued. We thank each of you once again, my friends, for your very generous invitation to us this day. We cannot thank you enough for your open-hearted welcoming of us each time we blend our vibrations with yours. You are most inspiring to us, for you live within a difficult illusion at this time, and there is much catalyst that is unprocessed in the world about you, and yet you keep your light bright and shining that others may follow the path to the heart.

在此刻，我们将离开这个器皿，因为它多少有些疲倦了。我们再一次感谢你们各位，我的朋友，为你们今天非常慷慨的对我们的邀请。为你们在每一次我们将我们的振动与你们的振动混合在一起的时候对我们的开放的心的欢迎，我们怎么感谢你们都是不够的，因为你们在此刻是生活在一个困难的幻象中，在你们周围的世界中会有大量的未被处理的催化剂，而你们让你们的光保持明亮与闪耀，这样其他人那就可以跟随那条通往心的道路了。

We are known to you as those of Q'uo. We leave you at this time in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

我们是你们知晓的 Q'uo。我们在此刻在太一无限造物者的爱与光中离开你们。Adonai vasu birragus。

January 6, 2018
2018-01-06 自我的阴影面

Group Question: Q'uo today our group question is about the shadow side. Could you give us a definition of the shadow side? And then help us to understand how we may understand the shadow within ourselves and how we might balance the shadow side.

团体问题: Q'uo, 今天我们的问题是关于阴影面的。你们能够给予我们一个对阴影面的定义吗? 接下来, 请帮助我们理解我们可以如何理解在我们自己内在之中的阴影, 我们可以如何平衡阴影面。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and we greet each of you in the love and in the light of the One Infinite Creator. We thank you for inviting our presence this afternoon in your circle of seeking. It is always a great joy for us to be with you, for we are all brothers and sisters on the same path, moving in unison and harmony towards the One Creator, who though seems to be a distant entity, is within each of us. It is our great joy to be with you and to speak to your concerns this day. We would ask a favor to begin, that is, that you will take those words and concepts which we offer you and use them as you will, leaving behind any that do not feel right to you. We would not be a stumbling block to you, and if you will do us this favor, then we will feel free to share with you that which we have come to share.

我是 Q'uo, 我们在太一无限造物者的爱与光中向你们各位致意。我们为邀请我们今天下午在你们的寻求的圈子中出席而感谢你们。因为我们全都是走在相同的道路上, 并协调一致地朝向太一造物者移动的兄弟姐妹, 造物者尽管看起来似乎是一个遥远的实体, 祂却是在我们每一个人内在之中的。今天与你们在一起并谈及你们的关注点, 这是我们巨大的喜悦。我们会请求一个恩惠来开始, 那就是你们将会拿取那些我们提供给你们的话语与观念, 并如你们所愿地使用它们, 将任何感觉起来并不适合于你们的话语都丢弃掉。我们不愿意成为你们的一块绊脚石, 如果你们愿意给予我们这个恩惠, 接下来, 我们就会感觉到自由来与你们分享我们前来分享的事物了。

You ask, this day, about the dark side, the shadow side, of the self, and what is it? Does it have a purpose and how does one balance it or use it, is this possible? My friends, this is a most important query, for within the cultures of your planet there are various mores [1] or customary expectations that are provided as givens, shall we say, that each within the culture must reproduce in some way, and if these cultural mores are ignored, or rejected for any reason, then there is the possibility of the entity so ignoring or rejecting a certain concept or quality [that it] then becomes relegated to the subconscious mind in order that it not be, shall we say, a bother or an irritating reminder to the conscious mind that it, indeed, exists at all. Various concepts throughout the many cultures of your planet may be found in such

a darkened environment, shut away as within a closet, so that the conscious waking self may proceed on its daily round of activities without having to consider these qualities that are somewhat disturbing to it for whatever reason.

你们今天询问关于自我的黑暗面，阴影面，以及它是什么？它有一个目的吗，一个人要如何平衡它或者利用它，这是有可能的吗？我的朋友们，这是一个极其重要的问题，因为在你们的星球的文化中会有各种各样的习俗或者惯例的期待是作为，容我说，已知的事情被提供的，在文化中的每一个人都必定会以某种方式重现那些习俗，如果这些文化性的习俗因为任何原因被忽略或者被拒绝，接下来，就有可能如此忽略或者拒绝一定的观念或者其特性的实体接下来就会在潜意识心智中成为被驱逐的，以便于它不会成为，容我说，一个困扰或者一个令人不快的提醒物，让表面意识心智想起，它确实是存在的。在贯穿你们的星球的很多的文化中的各种各样的观念可能是被发现是处于这样一种阴暗的环境中，就好像被锁闭在一个壁橱里一样，这样有意识的醒着的自我就可以进行它的日常生活的活动，而不必考虑这些因为无论什么原因对于它是多少有些令人不安的特性了。

We find, in your particular culture, that there are aspects of the sexual life that are relegated to this darkened area within the mind so that various fantasies then become the leakage, shall we say, that then begin to haunt the conscious mind and distract it from the proper placement of this normal human function within the conscious mind.

我们发现，在你们特定的文化中，会有一些性生活的面向是被驱逐到了这个在心智中的阴暗的区域之中，这样各种各样的幻想接下来就成为了，容我说，漏出物，这种漏出物接下来就开始在表面意识的心智中挥之不去，并让它从在有意识心智中的这种正常的人类功能的适当的安置上被分心了。

It was mentioned earlier today that humility had a certain feature for the questioner that would nag at the conscious mind from time to time, reminding it that it had failed to exercise this quality. Other qualities that many have so dismissed could be the qualities of pride, the other side of humility, of self-worth when the self is seen as insufficient to a task at hand, or unable to comprehend the learning necessary to reflect the ability of the self to function as well as any other self. There may be features of certain relationships—of parent to child, of sibling to sibling, of friend to neighbor, and so forth—where it is the desirable nature of the relationship to express it freely and openly, and yet for some reason, which is perhaps not apparent or visible to the seeker of truth, this relationship has developed certain blockages, or diversions of freely expressed energy, thus making clear communication difficult and open-hearted love non-existent.

在今天早些时候被提到过，谦逊对于提问者拥有一定的属性，它会时不时地对着表面意识的心智唠叨，并提醒它回想起它在实践这种属性的方面已经失败过了。其他的属性。很多人已经这样忽略掉其他的属性，能够是骄傲的属性，谦逊的另一面，以及当自我是被视为是不胜任在手头上的一个任务，或者无法领会所需的学习以反映自我，同样也反映任何其他自我去发挥作用的能力的时候的自我价值的属性。可能会有具有一定的关系的属性——父母与孩子，兄弟姐妹与兄弟

姐妹，朋友与邻居，如此等等的关系——在其中关系去自由且开放地表达它是理想性的属性，而因为某种原因，这种属性对于真理的寻求者也许不是明显的或者是可见的，这种关系已经发展处一定的阻塞，或者对自由表达的能量的转向，并因此使得清晰的沟通交流成为困难的，使得开放的心的爱不再存在了。

So, we would suggest to you, my friends, that the shadow side is that portion of any entity, especially the conscious seeking entity looking for truth in the life in the path, which cannot be dealt with clearly as a rule, and must be relegated to a safe place within the conscious mind, or more likely, for those who are not conscious of the seeking path, the subconscious mind. Thus, many of your peoples carry with them, what you might call "heavy baggage" that contains these qualities and concepts which are shunned, either by the culture as a whole, or by individuals according to unique personal experience. This "baggage" tends to weigh heavily upon each entity for it is that which is not understood, is not handled in a clear and open fashion so that there might be a fruit produced from the interaction of the entity and the concept. For, my friends, as we are sure you know, every experience that you have ever had has the capacity for teaching. Each person can learn a variety of lessons from any concept or quality of human behavior or endeavor.

因此，我们会对你们建议，我的朋友们，阴影面是任何实体，尤其是在生命中寻求在道路上的真理的有意识地寻求的实体，那个无法作为一种规则清晰地与之打交道的部分，这个部分必须被驱逐到在表面意识的心智中的一个安全的位置，或者更有可能，对于那些并未察觉到寻求的道路的实体，被驱逐到潜意识心智中的一个安全的位置。因此，你们人群中的很多人都携带着它们，携带着你们可以称之为“沉重的包袱”的事物，它包含了这些被躲避开的特性与观念，要么是作为一个整体的文化躲避开的，要么是被个体，根据独一无二的个体的体验，躲避开的。这个“包袱”倾向于沉重地压在每一个实体身上，因为它是不被理解的事物，是没有用一种清晰且开放的方式被处理的，这样就可能有一种果实从实体与观念的相互作用被产生出来了。因为，我的朋友们，如我们相信你们知晓的一样，你们曾经拥有过的每一个体验都拥有教导的能力。每一个人都能够从任何的观念或者人类行为举止或者努力的属性学会多种多样的课程。

When the mind and the heart are open to receiving any information that is available in the daily round of activities in an open manner, then there is a process of learning that is begun, oftentimes within confusion or doubt or disharmony, for these are those processes that, shall we say, grab one's attention, and continue to offer the opportunity for balancing the learning within the individual according to the energy centers or chakras that are involved.

当心智与心思是用一种开放的方式向着接收任何在日常生活的活动中可以被利用的信息开放的，接下来，就会有一个学习的过程被开始了，这个过程时常是在混淆或者疑虑或者不协调中被开始的，因为这些过程是那些，容我们说，会抓住一个人的注意力，并继续提供机会根据被包含在其中的能量中心或者脉轮来平衡在个体内在之中的学习的过程。

Each of you has a certain kind of energy body that is related to the various

energy centers or chakras. As you move from the red ray of personal survival and sexual reproduction, this very basic quality of experience can be translated to the orange ray, where the individual expression of emotions and idiosyncrasies to one other being is primary in the beginning process of relating and expanding to others. As you move up the energy centers, the expansion continues within the yellow ray where the individual self is placed in groups, beginning with, in most cases, the family, the neighborhood, the school, the workplace, etc. In each level of experience, there is the opportunity to relate to others, whether individually or in groups, in a manner which offers each seeker the chance to explore whatever catalyst, or opportunities for learning, have been chosen by it before the incarnation to learn during the incarnation. Thus, when there is baggage of an unknown or unrecognized or unaccepted nature, this baggage becomes as a blockage in each energy center in which it might be expressed or discovered.

你们每一个人都拥有一定类型的能量身体，它是与各种各样的能量中心或者脉轮联系在一起的。随着你们从个人生存与性繁衍的红色光芒开始移动，这个体验的非常基本的属性能够被转译到橙色光芒，在其中个体对一个其他的存有的具有情绪与特性的表达，在与其他人建立观念并拓展到其他人的开始的过程中是首要的。随着你们顺着能量中心向上移动，拓展在黄色光芒中继续，在其中个体的自我是被放置在团体中的，在大多数情况中，是从家庭、邻居、学校，工作场所，等等开始的。在每一个体验的层次中，都会有机会用一种为每一个寻求者提供了机会去探索无论什么催化剂的方式，或者用学习的机会已经在投生前被它所选择在投生期间学习的方式与其他人建立关联，无论是个体性地，还是通过团体。因此，当有具有一种未被知晓的，或者未被认出，或者为被接纳的属性的包袱的时候，这个包袱就会成为在每一个它可能通过其被表达或者被探索的能量中心中的一个阻塞。

These lower three energy centers are critical for each seeker of truth to clear so that the energy of the One Creator may move freely through them and begin to open the heart center of universal love and understanding. When this is done, then there is the opportunity for the entity to move from the third density to the fourth density of love and understanding. However, the shadow side of each seeker, having been relegated to the closet, shall we say, at some point, finds a way to become noticed, whether it is the nagging of the mind, or repeated experiences that lead the seeker to the closet to unlock the door. *这三个较低的能量中心是每一个真理的寻求者都要迫切地进行清理的，这样太一造物者的能量就可以自由地移动穿越它们，并开始打开普世之爱与理解的心的中心了。当这种开放被完成之后，接下来，实体就会有从第三密度移动到爱与理解的第四密度。然而，每一个寻求者的阴影面，在被驱逐到，容我们说，壁橱之中之后，将找到一种方式被注意到以打开门，无论它是心智的唠叨，还是将寻求者引导到壁橱中的重复的体验。*

At some point, each seeker of truth must realize that this shadow side is a good friend, and has much to teach, for it is holding in reserve those areas of blockage which, when dealt with clearly, release the energy that is held in place by the blockage, that it might move upward along the line of energy

centers, and release a certain kind of experiential energy at each level, for you all have planned, previous to this life experience, those lessons which are necessary for you, in your own estimation, to complete in order to become the whole human being that you desire to be, that being which sees all as love, gives and receives freely with each, the quality of universal love and acceptance. The effort that you make to uncover those hidden areas within you that can offer you learning to achieve this goal, is what is called the process of the polarization of your consciousness, for as those who are devoted to seeking and serving other selves, this positive polarization becomes the means by which you might open the heart energy center and release the unconditional love that abides therein.

在某个位置，每一个真理的寻求者都必须意识到这个阴影面是一个好朋友，并拥有大量的要教导的事物，因为它是在将那些具有阻塞的区域保留下来了，当这些阻塞的区域被清晰地处理之后，它们会释放因为那种阻塞而被局限的能量，这样它就可以沿着能量中心的线路向上移动，并在每一个层次都释放一定的体验性的能量，因为你们这次生命体验之前全都已经规划过了那些，根据你们自己的评估，对于你们是需要完成课程，以便于成为你们渴望成为的完整的人类存有，成为将一切事物都视为爱，并自由地与每一个实体给与和接收那种具有普世之爱与接纳性的属性。你们为了揭露那些在你们内在之中的隐藏着的，能够为你们提供学习以取得这个目标的区域而作出的努力，就是被称之为对你们的意识的计划的过程的事物了，因为作为那些致力于寻求与服务他人的实体，这种正面性的极化会成为你们藉由其可以开放心的能量中心并释放在其中等待着的无条件的爱的途径。

So, we would suggest to you that you make friends with your dark side, with your shadow self. Embrace it with open-hearted love. Invite it to share with you those areas which you have ignored in the past, for here is the repository of growth. Here is where you unblock the energies that await release. Here, within the shadow side, you have that grittier, heartier, more substantial part of yourself that has had to fend for itself for quite some time, and has developed qualities of perseverance, of endurance, and of desiring to be noticed and utilized as a full and whole partner in your journey of seeking. When this unification of your light side and your dark side can be made within your being, then you have the opportunity of, shall we say, functioning upon all cylinders.

因此，我们会对你们建议，你们与你们的黑暗面，与你们的阴影的自我做朋友。带着开放心的爱拥抱它。邀请它与你分享那些你在过去已经忽略了的区域，因为这里就是成长的宝库了。在这里就是你解开那些等待着释放的能量的位置。在这里，在阴影面之中，你拥你自己的那个更为刚强的，更为衷心的部分，这个部分已经不得不自我防御有相当长的一段时间了，并已经发展出了那些坚持不懈、容忍，以及渴望被注意到并被作为在你的寻求的旅程中的一个完全且完整的伙伴被利用的属性了。当你的光明面与了的黑暗面的这种统一能够在你的存有内在之中被达成，接下来，你就拥有机会，容我们说，在所有的圆筒上运转了。

This is the reason for the incarnation, for your true home from which you incarnated, exemplifies unity, exemplifies the fact that the Creator exists in

each entity, full and whole, awaiting discovery from the conscious seeker of truth. Here, within your third-density illusion, this is the concept that you take on faith, and with enough exercise of your will, can find that it is true for you; and, paradoxically, the light grows brighter as you are able to absorb and unify and balance and work with the darkness within. It is not an error or a mistake that such darkness exists for a period of what you call time. It is often necessary for some entities to use the dark areas of the mind to store the concepts that it is not ready to deal with. As you become more and more experienced in using the daily round of activities as food for growth, your own spiritual growth and the growth of those around you, then it becomes necessary to find those areas where you have stored that which you [then] wish[ed] to delay working with.

这就是投生的理由，因为你们从其投生的那个真实的家园，会示范统一性，示范造物者存在于每一个实体内在之中的事实。在这里，在你们的第三密度的幻象中，这就是你们拥有信心的观念，藉由对你们的意志的充分的实践，你们能够找到对你们真实的事物，悖论地，光会随着你们能够吸收、统一、并与内在之中的黑暗面一同工作而变得更为明亮。这样的黑暗存在了一段你们所称的时间，不是一个差错或者一个错误。一些实体经常需要利用心智的黑暗的区域来储存那些它尚未准备好与之打交道的观念。随着你在利用日常生活的活动作为成长，你们自己的灵性的成长以及那些在你们周围的人的成长的食粮的方面变得越来越更有经验，接下来，去找到那些你们已经在其中储存了你们在那个时候希望延缓与之的工作的区域，这就会成为需要的了。

Eventually, when you have found each of these areas within your being, then the intelligent energy, or the prana, of the One Creator can move freely through your energy centers, and eventually you may be able to realize consciously, in this incarnation, your nature as being the One Creator. First, however, my friends, make friends with your dark side. It is simply another aspect of yourself waiting to share its gifts with you.

最终，当你们已经发现在你们的存有中的这些区域的每一个区域的时候，接下来，太一造物者的智能能量或者普纳，就能够自由地穿越你们的能量中心，最终你们就可以有意识地意识到你们的本性就是成为太一造物者。然而，我的朋友们，首先与你们黑暗面做碰过。它单纯地是你自己的另一个面向，它等待着与你分享它的礼物。

At this time, we would ask if there might be any follow-up questions for this question?

在此刻我们会询问是否可能有这个问题的任何后续问题？

Z: Is shame about aspects of oneself a way of identifying the shadow self or tendencies?

Z: 对自己的一些面向的羞耻感是一种与辨别阴影的自我的方式或者倾向吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. Yes, my brother, the quality of shame, or the discouragement from expressing certain features of the self, is a quality which is quite indicative of that area of the dark side or

the shadow self, and may be followed as a trail of, shall we say, breadcrumbs to find the heart, or the source of such shame, so that it might be balanced and eventually erased, for, in truth, all is the One Creator, and there is no true shame.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。是的, 我的朋友, 羞耻的属性, 或者对表达自我的一定的属性感到泄气, 是这样一种相当好地指示了黑暗面或者阴影的自我的区域的属性, 并可以如同一条, 容我们说, 面包屑的小径一样地被跟随以找到心, 或者这样的羞耻的源头, 这样它就可以被平衡并最终被删除了, 因为实际上, 一切事物都是太一造物者, 没有真正的羞耻。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Z: No.

Z: 没有了。

Q'uo: I am Q'uo. We thank you, my brother, for your query. Is there any other query at this time, which we might address?

Q'uo: 我是 Q'uo。我们为你的问题而感谢你, 我的兄弟。在此刻有另一个我们可以讲述的问题吗?

Gary: Q'uo, it seems that there are a variety of ways to work with the shadow side, depending on what the blockage is in what particular chakra. Would you say that there is one core way to work with the shadow side? That is to say, what is the final end or integration of the shadow side?

Gary: Q'uo, 看起来似乎会有多种多样的方式与阴影面一同工作, 取决于什么阻塞在什么特定脉轮中。你们会说, 会有一种与阴影面一同工作的核心的方式吗? 也就是说, 什么是最后的目的, 是对阴影面的整合吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We look now to the practice that was suggested by those of Ra, for the balancing of all catalyst is that process which can lead to the releasing of the blocked energies within each energy center. So, when you would see any quality which you would say was part of your shadow side, then within your meditative state, invite that quality to present itself to you in a manner which reflects its most recent appearance in your consciousness. Look at that experience and make it larger—magnify it until it becomes outrageous, and then, for a moment, within your mind in meditation, image the polar opposite. If it be shame, image joy or positivity, however the shame has been expressed, find its polar opposite and allow that, by itself, to become as large as the original shame. Then, simply accept yourself and love yourself for having both of these qualities within your being as means to teach you love. This is a simple exercise, which when accomplished on a daily basis, may remove those blockages that exist as accentuations of certain qualities that are without balance.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们现在检查由那些属于 Ra

的实体建议过的练习，因为对所有的催化剂的平衡是能够导向对在每一个能量中心中被阻塞的能量的释放的过程。因此，当你们看到任何的你们会认为是你们的阴影面的一部分的属性的时候，接下来，在你们的冥想状态中，邀请那个属性用一种反映了它最近你的意识的表现的方式在中呈现其自身。看着那个体验，并使得它变得更大——将它放大一直到它成为荒谬的为止，接下来，在冥想中在你们的童战中，花一会儿时间想象相对的极点。如果它是羞耻，想象喜悦或者确信，无论羞耻已经用什么方式被表达了，找到它相对的极点，并允许那个极点藉由其自身，成为和原来的羞耻一样巨大的。接下来，为在你的存有之中同时拥有这些属性作为教导你爱的途径而单纯地接纳你自己并爱你自己。这是一个简单的练习，当它用一种每日进行的方式被完成的时候，它可以移除那些作为对一定的失去平衡的属性的着重强调而存在的阻塞。

Each seeker of truth must realize that it is a being of completeness, that its mind contains all things, and as you discover more and more qualities appearing in your daily round of activities that knock you off your center of love and understanding, then it is necessary to balance each quality with its opposite—the good as well as the bad, shall we say, for the wheel of karma moves through good and bad. Once you are able to balance these qualities, then you are off the wheel of duality, the wheel of karma, and may move forward unimpeded in your expression of the love and the light of the One Infinite Creator.

每一个寻求者都必须意识到，它是一个具有完整性的存有，它的心智包含了一切的事物，随着你越来越多地那些在你的日常生活的活动中出现的的中断了你的爱与理解的中心的属性，接下来，就需要去藉由其对立面来平衡每一个属性了——好的事物，同样还有，容我们说，坏的事物，因为业力之轮会穿越好与坏。一旦你能够平衡这些属性了，接下来你就停止了二元性之轮，业力之论，并可以在你对太一无限造物者的爱与光的表达中不受阻碍地前进了。

Is there any other query at this time?
在此刻有另一个问题吗？

Z: I have one query. How may the male adept balance the feminine shadow self?

Z: 我有一个问题。男性的行家如何可以平衡女性的阴影的自我呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. In general, the male is that quality which reaches, is active, and is in motion. The female principle is that quality which awaits the reaching, is more inactive and ready to potentiate, shall we say, as it joins with the male. This may be seen as an expression of the conscious mind, the male, relating with the unconscious mind, the female, so that each has a role to play in the evolution of the mind, the body, and the spirit complex. Thus, if in your meditations you can see that quality of the male, active and reaching for new experience, and catalyst to process and lessons to learn, being potentiated by the female, which has a certain kind of wisdom that is not available to the male, then there is the balance between the two within you, so that you become both.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。一般而言, 男性是是那种伸手触及的属性, 是主动的, 是在运动中的。女性原则是那种等待伸手触及的属性, 是更为被动是准备好在它和男性结合在一起的时候, 容我们说, 进行赋能的。这可以被视为是有意识心智, 男性, 与潜意识心智, 女性, 建立关联的一种表达, 这样每一个原则在心智、身体和灵性复合体的演化中都拥有一个要去扮演的角色。因此, 如果在你们的冥想中你们能够看到那种男性的, 主动的, 伸手去拿新的体验, 要处理的催化剂以及要学习的课程的属性, 是被女性所赋能了的, 接下来, 就会有在你们内在之中对两者之间的平衡了, 这样你就同时成为两者了。

Is there a final query at this time?

在此刻有另一个问题吗?

Z: No.

Z: 没有了。

Gary: Q'uo, I have a question. If a seeker has, what might be described as an existential pain, an experience of isolation or lack or deprivation, and as a result, they seek communion with others in mind and body as a means to speak to this pain, is the seeking of communion with others misguided, and would it be wiser to focus upon the self-sufficiency of the self as the Creator?

Gary: Q'uo: 我有一个问题。如果寻求者拥有了, 可以被描述为一种存在性的痛苦的隔绝或者缺少或者剥夺的感觉感觉, 作为一个结果, 它们寻求通过身体与心智与其他人的亲密交流作为一种谈及这种痛苦的途径, 这种与其他人之间的亲密交流是被误导的吗, 聚焦于自我作为造物者的自我充分性, 这是更为有智慧的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that a simple and direct answer to this query is not possible, for there are instances in which each of your alternatives is appropriate. We would recommend that within your meditative state, you look at the existential pain, the moments in which you experience it, the effect upon your mind and your emotions, the effect upon your functioning, the total qualities then, of the pain, looking to any possible source within your memory for this pain. Perhaps it is from an early childhood experience, perhaps you have brought it with you into the incarnation. To answer questions such as these, we would recommend that you use your intuition, that which moves between the conscious and the unconscious minds, and brings back information from the unconscious mind to the conscious mind, to direct the activity of thought and behavior. Thus, there may be sometimes when retiring into yourself for self-reflection and illumination from the unconscious mind would be indicated.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现对这个问题的一个简单而直接的回答是不可能的, 因为会有一些情况在其中你的每一个选项都是适当的。我们会建议, 在你的冥想状态中你检查存在性的痛苦, 检查那些在其中你体验到它的时刻, 以及它对你的心智与你的情绪的效果, 对你的功能运转的效果, 接下来, 检查痛苦的全部的属性, 同时也在你的记忆中寻找这种痛苦的任何有可能的源头。也许它是来自于一种早期的童年的体验, 也许你已经将它带在身边

带入到投生了。要回答诸如这些问题之类的问题，我们会建议你使用你直觉，这种直觉会在有意识心智与无意识心智之间移动，并将信息从无意识心智带回到有意识心智，以指引想法与行为举止的活动。因此，有时候退入到你自己内在之中来寻找自我反思以及来自无意识心智的启发，就可能会有被指示出来的事物了。

At other times, it might be that the direction from the intuition would be to move outward into an expression of the self with others, for the purpose of gathering information that can lead to bringing forth this existential pain in a more conscious expression that might be worked with, both energetically within the heart, and analytically within the mind. Thus, both the experience of retiring into the self, and the experience of moving into social intermingling can be useful in seeing this pain from all angles.

在其他的时候，可能会发生的情况是，来自于直觉的指引会向外移动形成自我与其他自我的一种表达，以实现收集信息的目的，这种信息能够通过一种更为有意识的表达铲射出这种存在性的痛苦，而这种痛苦可以同时在我心中积极有力地，且在头脑中是分析性地与之一同工作了。因此，退入到自我内在之中的体验，以及进入到社会性的混合之中，在从所有的角度上来观察这种痛苦的方面同时都能够是有帮助的。

It also might be helpful to keep a journal of these experiments in examining the existential pain, for in such journaling processes, you are also offering intuition an opportunity to express itself through what you might call "automatic writing," or the revealing of thoughts moving upward from your subconscious mind into the conscious mind. It is a form of channeling, shall we say, from yourself to yourself.

对这些检查存在性的痛苦的试验记录一份日记，这同样可能是有帮助的，因为在这样的写日记的过程中，你同样也在提供给直觉一个机会来通过你可能成为“自动写作”的事物来表达它自己，或者揭露那些从你的潜意识心智向上移动到表面意识心智的想法。它是一种形式的从你自己到你自己的，容我们说，传讯。

Do you have a follow-up query, my brother?

我的兄弟，你有一个后续问题吗？

Gary: Technically, not to that question. Another small one, if it's permissible within the instruments energy, but no worries if not.

Gary: 技术上而言，不是对那个问题的提问。另一个小问题，在器皿的能量范围中，它是许可的吗，如果不是的，不要担心说出来？

Q'uo: I am Q'uo, and we examine the energies of this instrument, and we would recommend the reserving of the query for another session.

Q'uo: 我是 Q'uo，我们检查了这个器皿的能量，我们会建议将问题保留给另一次集会。

Gary: Thank you, Q'uo.

Gary: 谢谢你们，Q'uo。

Q'uo: We thank you, my brother. We thank each present for inviting our presence this afternoon. It is always a joy to be with you, for you are the most inspiring seekers of truth that we have seen in quite some time. We are, of course, not always able to join many of those upon your planet who do seek truth, but we can observe, from what you would call a distance, that there is a growing number of those conscious seekers of truth that move into realms of expression of love and light that are equal to those we find here. However, each of you is most dependable, and when we wish to be inspired by those who move through the heavy chemical illusion of your third density, we know that we will find such inspiration here. Yours is not an easy illusion in which to exist, but it is one that teaches more than any other that you can imagine. Take then heart on your journeys of seeking, and know that there is fruit being produced each time you meet a new experience, a new problem, a new solution.

Q'uo: 我们感谢你, 我的兄弟。我们感谢每一位在场的人邀请我们在这个下午出席。与你们在一起一直都是一直都是一种喜悦, 因为你们是在相当长的一段时间中已经看到过的最为令人振奋的寻求者。我们当然并不是一直都有能力加入到在你们的星球上的那些许多的确实寻求真理的实体的实体当中, 但是我们能够从你们所称的一个距离之外管道, 会有数量不断增长的有意识的真理的寻求者在进入到爱和光的表达的领域之中, 这种在于光的表达的领域是与我们在这里发现的领域是同等的。然而, 你们每一个人都是极其可靠的, 当我们希望被那些穿越你们的第三密度的沉重的化学性的幻象的实体所鼓舞的时候, 我们知道我们将会在这里找到那些鼓舞。你们的幻象不是一个容易在其中生存的幻象, 但是它是一个比任何其他你们能够想象的幻象更多地教导的幻象。在你们的寻求的旅程上鼓起勇气, 知晓会有一种果实在每一次你遇到一个新的体验, 一个新的问题, 一个新的解决方案的时候被产生出来。

We are known to you as those of Q'uo. We leave each of you in love and in light. Adonai, vasu borragus.

我们是你们知晓的 Q'uo。我们在爱中, 在光中离开你们各位。Adonai, vasu borragus。

[1] mores: noun: the essential or characteristic customs and conventions of a community.

[1]mores: 名词: 一个群体的关键性或者典型性的传统与习俗。

January 9, 2018
2018-01-09 Laitos: 耐心

(Jim channeling Laitos)
(Jim 传讯 Laitos)

[First sentence or two missed] ...love and in light this evening. We are pleased to have been called to your group. It has been some of what you call time since we have had the honor of being with you for the purpose of helping to guide you into the realms of those who are instruments for various facets of the One Infinite Creator which we all are. We feel that each of you has been properly prepared by your own efforts this evening to begin the process of becoming aware of the thoughts being transferred to you from us; and this evening we find that you have chosen an apt topic, that of patience, for to become an instrument that has the ability to perceive clearly and carefully the concepts being transmitted takes a good deal of this quality of patience, for the normal human mind moves at a very rapid pace in its processing of information. This quality enhanced even more in your modern world of electronic communication where multi-tasking is the normal means of being able to perform your duties or your pleasures, and though this is an admirable feat, it is one which lends busy-ness to the mind. It is this busy-ness that meditation tends to remove, thus the meditative state is that state which is most effective in being able to become a channel, or an instrument, that can perceive thoughts of a subtle nature. The quality of patience is that which, for most people, must be exercised consciously, and that quality of constant exercise is what we advise in your daily meditative routine.

[第一个或者前两个句子被漏掉了].....今晚在爱与光中。我们很高兴已经被呼唤到你们的团体了。自从我们上一次为了帮助指引你们进入到那些成为我们全都是的太一造物者的各种各样的面向的器皿的领域中的目的而已经拥有与你们在一起的荣耀至今，已经过了一些你们所称的时间了。我们感觉到你们每一个人都已经适当地藉由你们自己的努力而准备好今晚开始察觉从我们被传递给你们的想法的过程了，这个晚上，我们发现，你们已经选择了一个适当的主题，那就是耐心的主题，因为要成为一个拥有能力去清晰且仔细地感知被传递的观念的器皿，是要花费相当多的这种耐心的特性的，因为通常的人类心智是在它对信息的处理过程中是用一种相当快速的步调移动的。这种属性会在你们的电子的通讯的现代世界中甚至更多地增强，在其中多重任务是能够执行你们的职责或者进行你们的娱乐的通常的途径，尽管这是一个值得尊重的本领，它是一种会将忙碌性赋予心智的本领。而冥想倾向于移除的就是这种忙碌性，因此冥想状态是那种在能够成为一个管道或者一个能够感知具有一种微妙的属性的想法的器皿的方面极其有效的状态。耐心的属性就是，对于大多数人，必须要有意识地被训练的属性，那种持续不断的训练的属性就是我们在你们的日常的冥想的常规中建议的属性了。

At this time, we would transfer this contact to the one known as Austin. We are Laitos.

在此刻，我们会将这个接触转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin 传讯)

We are Laitos, and we are with this instrument. We would like to express, through this instrument, gratitude for this group for offering us the opportunity to practice our own patience, as this service you have chosen of being instruments offering yourselves for us in order to share our thoughts, we must practice patience in developing our relationship with this group and with each of you individually as you practice this skill, for patience is still a part of our own path's lesson, and we rejoice at the opportunity to practice with you in this manner.

我们是 Laitos, 我们与这个器皿在一起了。我们想要通过这个器皿表达对这个团体提供给我们机会来实践我们自己的耐心的感激, 因为这个你们已经选择的通过提供你们自己而成为我们的器皿以便于分享我们的想法的服务, 我们必须要在发展我们与这个团体以及个体地在你们训练这种技巧的时候与你们每一个人的关系的方面实践耐心, 因为耐心仍旧是我们自己的道路的课程的一部分, 我们为与你们一起用这种方式来练习的机会而欢呼。

Of the tools available to the seeker among the seeker's spiritual utility belt, we would suggest that patience is perhaps one of the most important, and upon the path of the adept, one of the most utilized. However, we are aware, especially within your own third-density experience, of the difficulty of cultivating the habit of patience, for it is a habit, and in order to grow the muscle of patience, one must have patience for that task.

对于在寻求者的灵性的工具包当中可以为寻求者利用的工具, 我们会建议耐心是最为重要的工具之一, 在行家的道路上, 是最多被使用的工具之一。然而, 我们察觉到, 尤其是在你们自己的第三密度的体验中, 培养耐心的习惯的困难, 因为它是一个习惯, 为了要发展耐心的肌肉, 一个人必须对那个任务拥有耐心。

There are various perspectives and approaches in approaching this initial hurdle, you may say, and we would start with highlighting the antithesis in what you call impatience, for, naturally, if one finds themselves with a lack of patience, they are blessed with an abundance of impatience. While impatience may seem to be a great hindrance—and admittedly it is, in a practical sense—we suggest looking to the heart of the impatience, discovering that place inside from which that impatience expresses itself. In doing so, we believe after enough time of sitting with, and examining, impatience, you might find that this impatience stems from what we may call desire.

在接近这个, 你们可以说是, 初始的碰撞的过程中, 会有各种各样的远景与方法, 我们会从着重强调在你们称之为不耐烦的事物中的对立面来开始, 因为, 自然地, 如果人发现它们自己带有一种缺少耐心, 它们因为一种丰富的不耐烦而是有福的。虽然不耐烦可能看起来似乎是一个巨大的妨碍——要被承认的是, 用一种实践性的方式, 它是的——我们建议检查不耐烦的核心, 并发现那个不耐烦从其表达它自己的内在的位置。在这样做的方面, 我们相信在足够多的与不耐烦坐在一起并检查它的时间后, 你们可以发现, 这种不耐烦是源自于我们称之为渴望

的事物。

But what is it that you desire, my friends, that creates the sense of urgency and importance and call to action that generates the impatience? We cannot answer that question for you, for desire is the heart of your spiritual path, and discovering the depth of your desire is for you alone. However, upon gaining a certain level of comfort with the knowledge of your desire, we suggest that this desire may be placed into a greater context by recognizing your desire and how it motivates you upon your path. You may view it as a part of your path. You may zoom out, we may say, to view the part that that desire plays upon your greater journey, and as you zoom out to find a greater perspective, then perhaps this greater perspective may manifest itself in the form of patience, cultivated with an understanding that your path is what it is, that you experience that which is necessary for you to experience in order to continue your journey to the Creator. In this context you may ask of yourself, when feeling impatient, "Is this experience towards which I am feeling impatient not also part of that journey? Is this moment which I desire to be done with not a gift from the Creator to aid me upon my path?"

但是，我的朋友们，你们渴望的什么事情创造出了那种具有紧迫感与重要性的感觉，并呼唤了那种产生出了不耐烦的行动了呢？我们无法为你们回答这个问题，因为渴望是你们的灵性的道路的核心，探索你的渴望的深度是仅仅供你独自一人的探索。然而，在与对你的渴望的知晓取得一定程度的舒适的过程中，我们建议这种渴望可以藉由认出你的渴望已经它是如何在你的道路上驱动你而被放置在一个更大的背景中。你们可以将它视为是你的道路的一部分。你们可以，容我说，将聚焦往外拉，以找到一个更大的远景，接下来，也许这个更大的远景可以用耐心的形式显化它自己，并会藉由这样一种理解被培养了，即你的道路就是其之所是，你体验到了你需要体验以便于继续你通往寻求者的旅程的事情。在这个背景中，你可以在感觉到不耐烦的时候询问你自己，“这种我对其正在感觉到不耐烦的体验难道不是那个旅程的一部分吗？这个我渴望结束的时刻难道不是造物者的一个礼物，以在我的道路上帮助我吗？”

At this time, we leave this instrument and transfer the contact to the one known as Julie. We are Laitos.

在此刻，我们离开这个器皿并将接触转移到被知晓为 Julie 的实体。我们是 Laitos。

(Julie channeling)

(Julie 传讯)

We are Laitos, and we are with this instrument. We admire you in all your humanity, your desires and your passion to live life to its fullest, and we know that sometimes, when you live life to its fullest, you are moving quickly and passionately through your lives, and your days are filled with action and busy-ness and getting your list accomplished. And, sometimes you are impatient to achieve your goals, and we know you get frustrated when you struggle to achieve your goals in a timely manner, and we would like to suggest that you could help yourself by realizing the polarity of patience and

impatience, and see the circle, or oval, where impatience is on one side, and patience is on the other, and when you find yourself on one side, and feeling impatient, you could visualize the circle becoming smaller, and allow the polarity to be closer, and come closer to the balance of patience.

我们是 Laitos, 我们与这个器皿在一起了。我们在你们所有的人性中, 在你们对于最为充分地活出生命的渴望与热情中, 我们崇拜你们, 我们知道, 有时候, 当你们最为充分地活出生命的时候, 你们是快速且充满热情地穿越你们的生命的, 你们的日子是被行动与忙碌, 以及让你们的清单被完成所充满的。有时候, 你们对于取得你们的目标是没有耐心的, 我们知道你们会在你们努力用一种及时的方式取得你们的目标的时候会感觉到受挫, 我们想要建议, 你能够藉由意识到耐心和不耐心的极性来帮助你自己, 并看到那个圆, 或者椭圆, 在其上不耐烦是在一边, 耐心是在另一边, 当你发现你在一边, 并同时感觉到不耐烦的时候, 你能够观想圆正在变得更小, 并允许极性更加接近, 更加靠近耐心的平衡。

You can state, when you're feeling impatient, say quietly, in a calming moment, "patience," and you'll immediately be balanced, and your heart will remember to stay balanced. That same polarity can exist in your energy centers. You may call them chakras, and when you are in an unbalanced way, polarized to the impatient side, it can cause imbalance to your energy centers, in particular, the first three. It will be important for you to retreat to meditation at the end of the day if you felt impatience, and realign those chakras, and balance them as well. Unbalanced chakras, i.e., your energy centers, also cause a disruption in your own energy field around you, so it is important to be complete in this way, and so meditating is a good way to realign your field of energy around you. With patience and impatience, there is also acceptance and non-acceptance. Becoming in acceptance of what is will help you achieve patience. When you are not in acceptance of what is, that can cause impatience. Please remember that all is well, and everything is perfect and as it should be. Try to remember to be in acceptance that all is perfection, and your list will get done.

你能够规定, 当你正在感觉到不耐烦的时候, 安静地, 在一个平静的时刻中说“耐心”这个词语, 你将会立刻就被平衡了, 你的心将会回忆起要保持平衡。那个相同的极性能够在你的能量中心中存在。你可以成它们为脉轮, 当你是用一种不平衡的方式极化到了那个不耐烦的一边的时候, 它能够对你的能量中心造成不平衡, 尤其是前三个能量中心。如果你感觉到了不耐烦, 你一天结束的时候去退入到冥想之中, 并将那些脉轮重新校准, 同样也平衡它们, 这对于你将会是重要的。失衡的脉轮, 也就是失衡能量中心, 同样也会在围绕着你你自己的能量中心中产生出一种破裂, 因此, 用这种方式来完成是重要的, 这样冥想就是一种去对围绕着当你的能量场进行重新校准的好方法了。对于耐心和不耐烦, 同样也会有接纳和不接纳。对于事物什么将会帮助你取得耐心成为接纳的。请记住, 一切都好, 每一个事情都是完美的, 都是它应该是的样子。尝试去记住对于一切都是完美的成为接纳的, 你的清单将会被完成。

We thank this instrument, and we hand the contact over to the one known as Trish. We are Laitos.

我们感谢这个器皿, 我们将接触传递给被知晓为 Trish 的实体。我们是 Laitos。

(Trish channeling)
(Trish 传讯)

We are Laitos, and we are now with this instrument. As touched upon by the one known as Julie, patience is acceptance. Patience is an ultimate act of love. It's love of the moment; It is being in this moment; It is seeing the flaws and the beauty of every passing second. It is taking in all that is around you, using all that it is, and doing so with love, and in response, giving love. This instrument sees visions of parenthood, relationships of mother to child, ultimate acts of patience, sincere acts of love, tending to moments wherein things may not go as one had hoped, but accepting that with love.

我们是 Laitos, 我们现在与这个器皿在一起了。当我们被那个被知晓为 Julie 的实体接触的时候, 耐心是接纳性。耐心是一种终极的爱的举动。它是对那个时刻的爱, 它是存在于这个时刻中, 它是看到每一个流逝的时刻的缺陷与美丽。它是接受所有在你周围的事物, 所有所有存在的事物, 并带着爱这样做, 并在回应中给予爱。这个器皿看到了父母的景象, 母亲对孩子的关系, 终极的耐心的行动, 真诚的爱的行动, 照看着那些在其中事情可能并未和一个人本来已经期待过地一样发生的时刻, 但却带着爱接受那个时刻。

This instrument sees the universe as our mother, constantly nurturing us, giving us these instances of catalyst, but doing so with love, and having great patience for us. It is easy in this density to lose track—not see that connection, and hence become impatient, but the universe remains patient.

这个器皿将宇宙视为我们的母亲, 持久地抚育我们, 给予我们这些催化剂的场合, 但却带着爱这样做, 并对我们抱有巨大的耐心。在这个密度中, 要失去轨道——看不到那种连接, 并因此成为不耐心的——这是容易的, 但是宇宙会依旧有耐心。

This instrument now sees that, as with every mother/child relationship, eventually the child becomes a mother or a father, so we, too, must learn this patience so that we may give that patience back to this universe and back to one another. To act as beacons or candles, examples of how we can relate to one another with unconditional love, without expectation, with full acceptance.

这个器皿现在看到, 如同每一个母亲/孩子的关系一样, 最终孩子成为了一个母亲, 或者一个父亲, 因此, 我们同样必须要学习这种耐心, 这样我们就可以将那种耐心返回给这个宇宙并返还给相互彼此了。要如同灯塔或者蜡烛一样地行动, 它们是我们能够带着无条件的爱, 不带有期待, 带着充分的接纳与相互彼此联系在一起范例。

This instrument sees in her mind an equation: the word patience, equal sign, the word love. Finally, this instrument is seeing scenes of absolute, unconditional patience within this small circle. She is reminded how many times the circle has met before, and how many times we've sat with one another with patience, and she's very grateful.

这个器皿在她的头脑中看到了一个方程：词语耐心，等号，词语爱。最终，这个器皿正在看到在这个小圈子中的绝对的，无条件的耐心的景色。她正在回想起这个圈子之前已经聚会过多少次了，我们已经带着耐心与相互彼此坐在一起多少次了，她是非常感激的。

We will now leave this instrument, and go on to the one known as Gary. We are those of Laitos.

我们现在将离开这个器皿，并继续前往被知晓为 Gary 的实体。我们是 Laitos。

(Gary channeling)

(Gary 传讯)

We are those known to you as Laitos, and this instrument expresses appreciation for the clarity with which the instrument prior to him received and transmitted our thoughts on patience. It is an interesting subject for this instrument for it is very vivid catalyst in his own life, perhaps even one of the most, rather, one of the foremost lessons he has put upon his plate. He, in his private moments, asks how to be patient, how to learn patience when his entire system of body and mind seem to react in what he calls "knee-jerk patterns" without direction or seeming conscious consent or control. How to do something that is so anathema at times when the being rages with impatience [in] the steadfast absolute refusal to do as we were speaking through Julie—accept what could be so uncomfortable, that could not be accepted—that the Creator cannot be seen within that catalyst.

我们是你们知晓的 Laitos，这个器皿为在他之前的器皿藉由其接收并传递我们的对耐心的想法的清晰度而表达感激。它对于这个器皿是一个有趣的主题，因为它在他自己的生命中是非常生动鲜明的催化剂，也许甚至是最为鲜明的催化剂之一，可以说是，他已经在他的盘子上放置了的首要的课程之一。在他私人的时间中，他询问如何成为有耐心的，如何在他整个身体和心智的系统看起来似乎都用他称之为“条件反射模式”的方式，在没有方向或者表面上有意识的同意或者控制的情况下，作出反应的时候学习耐心了。如果一个人坚决而绝对地拒绝去如我们通过 Julie 正在谈及地一样地去行动——接纳能够是如此不舒服的事情，无法被接受的事情——以至于造物者无法在那个催化剂中被看到，在因为不耐烦而变得狂怒的时候如何去行动时常是如此令人厌恶的事情呢？

My friends, we echo our thought again that there is linkage between patience and acceptance, and seeing the Creator in the moment as the moment manifests itself. The instrument asks us to dive deeper into this concept. Perhaps one aspect of patience may be likened unto a speed or velocity. This is manifested to your senses as a busy-ness often, but while that is a very important component, there is also a, what this instrument sees as a misalignment with the speed, for lack of a better word, of the moment. The impatient self is misaligned with the moment, and wanting to move at a different rate. This instrument searches for concepts, feeling that it is not strictly a matter of clock time, but in the energetic displacement between self and moment that catalyzes this experience of what you call impatience.

我的朋友们，我们再一次重复我们的想法，在耐心和接纳，同时在一个时刻显化它自己的时候在那个时刻中看到造物者之间会有联系。这个器皿请我们更为深入地对这个观念进行探索。也许耐心的一个面向可以被比作一种速度或者速率。这经常会对你们的感知显化为一种忙碌性，但是虽然那是一个非常重要的组成部分，同样会有这个器皿视为是一种对，因为缺少一个更好的词语，那个时刻的速度的失调 (misalignment) 的事物。这种不来耐心就是对那个时刻的失调，并等待着用一种不同的速度移动。这个器皿搜索观念，同时感觉到这并非严格地是一个时钟时间的问题，而是在自我和催化了这个你们称之为不耐烦的体验的时刻之间的能量的错配。

This instrument again sees acceptance as this linking or bridging concept between the self, which is misaligned with the moment, and impatience, and the self which can be with the catalyst as it is without the friction of wanting other than what is. It is a simple concept actually, yet this instrument wants solution [to] the cause of impatience within himself, even something to unlock that door that the being might relax and breath, and expand from its contracted place.

这个器皿再一次将接纳视为是在那个与时刻失调的，不耐烦的自我与那个催化剂在一起而没有想要它成为别的样子摩擦的自我之间的这种连接性或者桥梁性的观念。它实际上是一个简单的观念，而这个器皿想要对于在他自己内在之中的不耐烦的原因的解决方案，甚至是某种打开门锁的事物，这样存有就可以放松，呼吸，并从它的紧缩的位置拓展了。

And to this instrument, and all seekers, we can only recommend meditation and the practice of balancing exercises, and perhaps most importantly, the setting of the intention, for in bringing awareness to impatience, and desiring to find or cultivate patience, one is setting into motion those processes that engender the birth of patience within the experience of the self. The greater the frequency of intention, the more the desire is refined and purified, the greater the space that is created for patience to emerge and manifest. And on that note, the instrument asks that we take our leave. We thank each of you for being on the other end of our transmission beam, and we pass this contact to the one known as Jim.

对于这个器皿以及所有的寻求者，我们仅仅能够推荐冥想以及对平衡练习的训练，也许最重要的是，对意图的设置，因为在将察觉带到不耐烦，并渴望去发现或者培养耐心的过程中，一个人实在启动那些会在自我的体验内在之中产生出对耐心的诞生的过程。对意图的设置越发频繁，更多的渴望就会被精炼或者被提纯，为耐心浮现或者显现被创造出来的空间就会更大。在那个说明之后，器皿请求我们离开，我们感谢你们每一位在我们的传讯的光柱的另一端，我们将这个接触传递给被知晓为 Jim 的实体。

[long pause]
[长暂停]

This instrument asks that we close this circle through his lips, due to a technical difficulty in the circle, so, my friends, we, as Laitos, thank you for the

time and the space that you have offered us on this day. We look forward to time spent with you in the future, and we wish you well on your journey of seeking and your service through your days.

由于在圈子中的一个技术上的困难, 这个器皿请求我们通过他的嘴来结束这个圈子, 因此, 我的朋友们, 我们 Laitos 为你们在这个日子已经提供给我们的时间和空间而感谢你们。我们期待在未来与你们一起花费的时间, 我们希望你们在你们寻求的旅程以及你们经历你们的日子和服务上顺利。

We are those known to you Laitos. Adonai.

我们是你们知晓的 Laitos。 Adonai。

January 20, 2018
2018-01-20 与星球的关系

Group Question: From love and acceptance to control and manipulation, there is a spectrum of response to catalyst. What about our relationship to the planet? Where on that spectrum does our present global culture lie? What would relationship of love and acceptance toward our planet look like, and how might we more effectively manifest that?

团体问题：从爱与接纳到控制与操纵，会有一个对催化剂的响应的范围。我们与行星的关系是什么样的呢？我们当前的全球的文化存在于那个范围的什么位置呢？对于我们的行星的具有爱与接纳的关系看起来像是什么样子的呢，我们如何可以更有成效地显化那种关系呢？

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each of you in the love and in the light of the One Infinite Creator, of which we are all a part. It is a great pleasure and privilege to be called to your group this afternoon. We look about and see the faces, the hearts, the minds, the bodies, the spirits of true spiritual seekers who come without guile or guise to seek that which is true for each, a portion of the philosophy of unity of the creation of the One Infinite Creator which dwells in each. We would be very happy to speak to you this afternoon concerning the topic of how to treat your Mother Earth, how you are treating her, and the whys and wherefores of this treatment, but first we must ask a favor. We would ask that each of you take whatever words that we have to say that are helpful and use them as you will in your journey of seeking and serving. Those words that we speak which have no meaning for you at this time, please leave them behind without a second thought, for we would not wish to place a stumbling block in your path. We are, as you, seekers of truth, who take great joy in exploring the infinity of the creation of the One Creator, and finding a reflection of the Creator in every portion of this creation—indeed, finding a portion of the Creator more and more within ourselves, as we seek to reveal the Creator within, and share this Creator with all. Thus, we speak this afternoon as your brothers and sisters who have traveled a bit further upon the path than have you, and it is our means of furthering our own journey to aid you in your journey, for we are all one in truth.

我是 Q'uo，我与这个器皿在一起了。我们在太一无限造物者的爱与光中向你们各位致意，我们全都是造物者的一部分。在这个下午被呼唤到你们的团体，这是一种巨大的快乐与荣幸。我们环顾四周并看到了属于真正的灵性寻求者的面孔，心，心智与身体，这些灵性的寻求者在没有狡猾与伪装的情况下前来寻求对于每一个人真实的事物，寻求居住在每一个人内在之中的太一造物者的造物的统一性的哲学的一部分。我们对于在这个下午在关于如何对待你们的地球母亲，你们正在如何对待她，这种对待方式的原因以及理由的主题上对你们发言是非常高兴的，但是首先我们必须请求一个恩惠。我们会请求你们每一个人都拿走无论什

么我们所要说的话中的有帮助的部分，并如你们所愿地在你们的寻求和服务的旅程中使用它们。对于我们说的话中的那些在此刻对于你们是没有意义的部分，请毫不犹豫地丢弃它们，因为我们不愿意在你们的道路上放置一块绊脚石。我们，如同你们一样，是真理的寻求者，我们在探索太一造物者的造物的无限性，并在这个造物的每一个部分中找到了造物者的一个映射的过程中得到了巨大的喜悦——确实，当我们寻求去揭露内在之中的造物者并与所有人分享这个造物者的时候，我们在我们自己内在之中找到了越来越多的一个属于造物者的部分。因此，我们在这个下午是作为你们的兄弟姐妹发言的，我们已经在你们旅行的道路上已经并你们旅行得更远一点了，在你们的旅程中帮助你们，这就是我们让我们的旅程更进一步的途径，因为我们实际上全都是一体的。

Each entity upon your planetary sphere, each of the 7 billion or more souls, has a spiritual journey that may or may not have been discovered by any entity at this point in time. Many have found a great deal of comfort in consciously realizing that they do have spiritual journeys. There is a great deal of work that is necessary in order to follow any particular spiritual path that seeks to reveal to the aspirant those mysteries of the being which each is, the purpose which each has, the direction which each travels, and the comrades and friends that move in harmony with each upon this endless journey of seeking the One Infinite Creator in each entity and experience. Those who have yet to discover that they have a spiritual path that is available to them by their own choosing previous to this incarnation, are those which have difficulty in reflecting any portion of the One Creator to the friends, families, strangers, and multitude of entities that surround each upon this planet. Each is meant to be a mirror to the other, but when the mirror does not reflect, or is not seen to reflect, any image that is comprehensible to those observing, then it is that the difficulties arise, and there is the, shall we say, blockage of potential to reflect clearly and helpfully, any portion of the One Creator within. 在你们的星球上的每一个实体，七十亿或者更多的灵魂中的每一个灵魂，都有一条灵性的旅程，这条旅程在时间中的这个位置可能或者可能没有已经被任何实体发现。很多的实体在有意识地领悟它们确实拥有灵性上的旅程的过程中已经找到了巨大的安慰了。为了要跟随任何特定的灵性的道路，会有大量的工作是必不可少的，这条灵性的道路会寻求向那些有志者揭露那些每一个人之所是的存有的神秘，每一个人都拥有的目的，每一个人都旅行的方向，以及在这条寻求在每一个实体与每一个体验之中的太一无限造物者的无尽的旅程上与每一个人协调一致地移动的伙伴与朋友们。会有一些实体尚未发现它们拥有一条灵性的道路，这条道路藉由它们自己在这次投生之前的选择就是可以为它们利用，这些实体是那些在对朋友，家人，陌生人以及在每一个人周围的在这个星球上的大量的实体映射太一造物者的任何的的过程中会遇到困难的实体。每一个人都是打算要成为其他人的一面镜子的，但是当镜子并未映射出，或者没有被看到映射出任何对于那些观察者是理解的形象的时候，接下来，困难就会升起了，会有有用清晰且有帮助的方式来反映内在之中的太一造物者的任何的部分的，容我们说，潜在的阻塞。

Thus, the two paths that have been described in your query this afternoon—that of giving and revealing the love and light of the Creator to all,

and that of controlling and refusing to become part of the oneness of all—are the boundaries, shall we say, within which action occurs upon your planetary surface. Unfortunately, there is much confusion between these two boundaries, so that the majority of the population of your planet cannot comprehend either choice, and moves back and forth between the two, in mostly disharmonious manners and means, so that there is blockage in the intelligent energy or the prana, which is the gift of the Creator to each on a daily basis, and these blockages then, are reflected in behavior, each toward the other, and each toward the planet as well.

因此，在你们在这个下午的问题中已经被描述了的两条道路——对所有人给予并揭露造物者的爱与光的道路，以及控制并拒绝成为万物的一体性的一部分的道路——就是在你们的星球表面上行动发生于其中的，容我说，边界了。不幸的是，在这两个边界之间会有大量的混淆，因此，你们的星球的绝大多数人无法领会两个选择中的任何一个选择，并会用主要是不和谐的方式与途径在两个选择之间来回移动，这样在造物者用一种日常的方式给予每一个人的礼物之所是的智能能量或者普纳中就会有阻塞了，这些阻塞接下来会在每一个人对其他人的行为举止中，同样也在每一个人朝向行星的行为举止中被反映出来。

At this time, we shall transfer this contact to the one known as Steve. We are Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and I am with this instrument. We would continue with this question of the role of blockage with regard to the inner constitution of the process of blocking those energies which we may say animate you from below, for it is these energies which enter your chakras through the red-ray center that invigorate you in a way that is characteristic of your planetary experience as a whole, and in this regard, we would say that you share a common source point of being energized with all others who co-constitute your planetary experience at this time. Now, this energy, as you are aware, may travel upward through your chakra system, enjoying a process of transformation as it goes. The higher it reaches within your chakra system, the more eloquent may be its expression, and, we may say, the more effective it may become in serving as a basis for the aid which you wish to offer to the planet, and to those who dwell upon it. It is well to consider that the planet is more than a lump of rock floating in infinite space. It is a living thing, and it is composed of many other living things which vibrate in harmony and, to some extent we would say also, in disharmony at this time. And so, if you understand yourself as a being that is immersed in this vast vibrating system of harmonics and disharmonics, you can see that you already have a place that is deeply embedded in an experience which reaches far beyond you.

我是 Q'uo，我与这个器皿在一起了。在关于阻塞了那些我们会说从下方为你们赋予了生命的能量的过程的内在的构成的方面，我们会用这种阻塞的角色的问题

来继续, 因为就是这些通过红色光芒中心进入到你们的脉轮的能量用这样一种对于你们作为一个整体的星球的体验是典型性的方式鼓舞了你们, 在这个方面我们会说, 你们与所有其他的在此刻共同构成了你们的星球的体验的实体分享了一个共同的被赋予了力量的源头的位置。现在, 这种能量, 如你们了解的一样, 是可以通过你们的脉轮系统向上移动的, 并随着它的移动享受一个转变的过程。它在你们的脉轮系统中抵达的位置越高, 它的表达就可以越发富于表现力, 它在为你们希望提供给星球, 提供给那些居住在其上的人的帮助起到一个基础的作用的方面就可以成为, 我们可以说, 更有成效的。去考虑这个星球是比一块在无限的空间中漂流的一大块石头更多的, 这是很好的。它是一个活生生的事物, 它是由很多其他的活的东西构成的, 这些活的东西是在和谐中振动着的, 在某种程度上, 我们会说, 这些活的东西在此刻同样也是不和谐的。因此, 如果你理解你自己是一个被浸泡在这个巨大的具有和谐和不和谐的振动系统中的存有的话, 你就能够看到你已经拥有一个空间, 它是被深深地根植于一个远远超出你之外的体验之中的。

And so, the question of how you might be of service to the planetary sphere as a whole is one which is both complex and very, very deep, in the sense that it reaches to the most intimate levels of your own capacity to experience and to express. Now, the energies which you find vibrating within are those which are susceptible of many different kinds of expression, and throughout the course of your development, you have learned to exercise judgment in ascertaining what forms of expression are useful, what forms of expression lead to certain results, and what forms of expression can lead to difficulties.

因此, 关于你如何可以对作为一个整体的星球进行服务的问题, 是一个复杂的问题, 从这个问题抵达了你自己去体验和去表达的能力的最为内在的层次的意义, 这个问题同时也是非常非常深入的问题。现在, 你发现在内在之中振动的能量是那些易于受到很多种不同类型的表达的影响的能量, 贯穿你的发展的整个的进程, 你已经在确定什么表达的形式是有用处的, 什么表达的形式会导向一定的结果, 以及什么表达的形式能够导向困难的方面学会了使用评判了。

So, you find that it falls to your responsibility to make discriminations concerning how these energies may be expressed. This goes beyond the simple recognition that sometimes you are, within your own system, harmonious enough, and sometimes, within your own system, you find yourself in a state of disharmony, for you may well be magnificently harmonious within yourself, but yet be aware that certain forms of expression of that harmony would not go well under certain circumstances, and therefore, you have learned when it is appropriate to speak, when it is appropriate to sing, to dance, to act in a myriad of ways that affect other selves, knowing that other selves, too, have very complex and delicate processes that they are dealing with, and you do not wish to be a stumbling block to those around you, any more than you wish to have them be a stumbling block to you.

因此, 你们发现让落入到了你在关于这些能量可以如何被表达的方面要做出分辨的责任的范围内了。这超出了这样一种简单的识别的范围了, 这种识别即有时候, 你在你自己的系统中, 是足够和谐的, 有时候, 在你自己的系统中, 你会发现你

自己处于一种不和谐的状态中，因为你很有可能在你自己内在之中是庄严地协调一致的，但你却察觉到对那种和谐的一定的表达的形式在一定的情况下是不会进展顺利的，因此，你已经学会，什么时候去说话是合适的，什么时候去歌唱，去误导，用无数的会影响其他自我的方式去行动是合适的，并同时知晓，其他自我，同样拥有非常复杂且微妙的它们正在与之打交道的过程，你并不希望成为在你周围的那些人的绊脚石，你同样也不希望让它们成为你的一块绊脚石。

And so, it is well to form an intent to be helpful in relation to your friends, in relation to the society as a whole, in relation to the planet itself, but you recognize that a good deal of discrimination is required in order to make the helpfulness you feel able to be introduced into activity that has a possibility or a likelihood of serving in a way that others can find helpful too. Now, as you have gone through your lives, you have learned, over and over again, through catalyst hard and easy, that certain patterns serve you well, and other patterns tend not to, and as a rule of thumb, you are very likely to have generated judgments that have become structural to your personality. You have learned to rely upon these judgments structural to your personality, and, in a general sense, we would say this is a very good thing, for you cannot process all of the catalyst that is available to you strictly on its own merits at every individual instant in time. You need to be able to recognize catalyst in terms of certain patterns that make it more efficient for you to respond and make it more successful when you anticipate the possible effects of your response. So, we do not say that the judgments that you have formed that have become crystalized into portions of your personality, and into portions of your patterns of behavior, should be likely laid aside.

因此，在与你的朋友们的关系的方面，在与作为一个整体的社会的关系的方面，在于星球其自身的关系的方面去形成一个意图，这是很好的，但是你认识到，为了要让你感觉到的有帮助性能够被引入到行动中，且那个行动拥有一种可能性或者有可能会用一种其他人同样能够发现是有帮助的方式来服务，大量的分辨力是被需要的。现在，当你们已经经历了你们的生活之后，你们已经一次又一次地通过困难与容易的催化剂学会，一定的模式会对你很有用处，其他的模式却倾向于不起作用，作为一条经验法则，你非常有可能已经产生出了评判，这些评判对于你的人格已经成为了有结构的了。你已经学会去依赖于这些对你的人格是有结构的评判了，在一般性的意义上，我们会说，这是一个非常好的事情，因为你无法完全靠实力在时间中在每一个单一的瞬间处理所有可以为你所取得的催化剂。你需要能够通过一定的模式来认出催化剂，这些模式会使得你对催化剂的回应更有成效，且在你预测你的回应的有可能的效果的时候使得它是更为成功的。因此，我们不会说，你已经形成的评判应该被恰当地放在一边，这些评判已经结晶形成了你的人格的那些部分，形成了你的行为举止的模式的那些部分了。

Having said that, we would also say something else now, and that is that it can happen, and, in fact, it very often does happen, that these judgments which you have formed are not well adapted to a circumstance which you may presently be encountering. And, therefore, it is also useful for you to recognize that your personality is an instrument through which you work, and while it is not just useful but, in fact, quite necessary, for being able to engage

in a wide way, with the breadth of experience that you encounter. It is also well to know that your personality can be allowed to thin from time to time. It can be allowed to change from time to time, and the more that you are able to see your personality as something which is not fully consonant with who you really are, at a deep level, you will be able to allow that personality to adjust where it may, or even to be set aside from time to time, when an occasion seems to require that to happen.

在已经说了那一点之后,我们现在同样也会说某个其他的事情。那就是能够发生,实际上,确实非常经常发生的事情是,这些你已经形成的评判并不会非常好地适合于一个一个你可能当前正在遭遇到的情况。因此,去认识到,你的人格是一个你通过其进行工作的器具,这对于你同样也是有帮助的,尽管它不仅是有用处,对于能够用一种宽阔的方式来参与到你遭遇到的体验,它实际上同样是相当必不可少的。去知晓你的人格能够时不时地被允许去缩窄,这同样也是很好的。它能够时不时地被允许改变,你越发有能力去将你的人格视为是某种并不是完全与你真正之所是协调一致的事物,在一个深入的层次上,你将能够允许那个任何在它可以调节的地方进行调节,或者甚至时不时地被放在一旁,在一个场合看起来似乎需要那种将人格放在一旁发生的时候。

Now, it is not completely reliable to note to yourself that you are setting aside your own personal predilections at any individual point in time, for the personality is something whose roots go very deep, indeed, and the personality is quite capable of arranging its propensities, and its judgments, shall we say, in such a way as to give you back to yourself, a distorted sense of what you are about—a distorted sense, in fact, of your own motivations. And so, one constantly must be aware of not simply the analytical implications of judgments which you have made; not simply the best estimate of what certain of your proposals of action might yield by way of a result, but also the nature of the energy that is investing your proposal to act, the nature, that is to say, of the energy investing your will to serve. This is a most elusive portion of your being, my friends, and it can transform itself from one mode to another quite quickly, and in a way that is most unexpected. And so, for example, you may set out to be helpful to other selves, perhaps in the context of a group effort of some sort, in which your intention is quite clearly to aid the group, and may have been well vetted with regard to the sense in which the group's efforts would potentially be helpful for larger groups, up to and including, the entire planet itself.

现在,在时间中的任何单一的位置上提醒你自己,你正在将你自己的个人的偏好放在一旁,这并不是完全可靠的,因为人格是某种其根部会非常深入的事物,确实,人格是相当有能力用这样一种方式安排它的倾向与它的评判的,容我们说,这种方式会将你正在着手进行的事情用一种扭曲的方式——实际上是对你自己的动机用一种扭曲的方式——返还给你自己。因此,一个人持续不断地必须要察觉到不仅仅你已经做出的评判的分析性的含义,不仅仅是对你对行动的一定提议在一个结果的方面可能产生出的事物的最佳的评估,同样也必须要察觉正在投资对你的行动的提议的能量的属性,也就是说,投资你对于服务的意志的能量的属性。这是你的存有的一个极其无从捉摸的部分,我的朋友们,它能够相当快速地,用一种极其料想不到的方式,将其自身从一个模式转变为另一个模式。举个

例子，你可以着手准备对其他自我成为有帮助的，也许是在具有某种类型的一个团体的努力的背景中，在其中你的意图是相当清楚地要去帮助团体，并可能已经在关于团体的努力通过其会有潜力对更大的团体，上至包含了整个星球其自身，是有帮助的意义已经被很好地检查过了。

And so, you start out with an agenda, you start out with an enterprise in which you feel well situated and well disposed to your other selves who are participating with you in the performance of this enterprise, but in the course of the activities in which you find yourself engaged, you perhaps discover that your sense of the way this enterprise will unfold is not quite in alignment with the sense that another of your fellow seekers has of the enterprise. You are, in short, potentially at loggerheads. Now, when something of this sort happens, the initial activity that almost always gets invoked, is to fall back on the set of judgments which you have in place, both as a portion of your personality structure itself, and as a portion of the way that you have situated yourself with regard to the current enterprise. And, when you examine these judgments, you can find that in some cases, they are so strongly oriented in a certain direction, and that direction is so fundamentally at odds with another set of orientations held by other selves, that you can see no way in which the two agendas can be brought into harmony with one another. Therefore, you have no choice but to conclude that the other self is wrong, lest you find you have to conclude that it is, after all, yourself that is wrong.

因此，你从一个议程开始了，你从一个计划开始了，在那个计划中你感觉到是很好的适合于那些与你一起参与到对这个计划的执行的你的其他自我并会被它们所喜欢的，但是，在你发现你自己参与其中的活动的进程中，你也许会发现，你对于这个计划将会展开的途径的感觉，与你的伙伴的寻求者中的另一个人对那个计划拥有的感觉并不是相当好地是协调一致的。简而言之，你们潜在地是不和的。现在，当某个属于这种类型的事情发生的时候，几乎一直都会被实行的最初的活动，是落回到你已经设置好的评判的设置中，同时是作为你的人格结构其自身的一部分，以及作为你在关于当前的计划已经让你自己适应于的方式的一部分。当你检查这些评判的时候，你能够发现，在一些情况中，它们是如此强有力地被导向移动的方向的，而那个方向如此基础性地是与被其他自我抱有的另一套的取向相异的，以至于你无法看到任何两种议程通过其能够与相互彼此协调一致的途径。因此，你除了得出结论其他自我是错误的之外是没有选择的，除非你发现你不得不得出结论，终究，错误的是你自己。

Now, if the matter is of comparatively minor import, the resolution tends not to be terribly difficult. But, to the extent that the matter reaches down to the roots of personality, which it very often does, no easy resolution might be seen to be at hand, and so, the art of compromise, therefore, would not be available to you. Now, we would suggest to you that the planet as you now find it has so often encountered loggerheads of just this nature that there seems almost to be built into [the planet's] very energy configuration, a set of inner blockages, or hostilities which resonate very, very deeply, we might almost say, from the bones of the planet outward. Now, when you draw in the energies of the planet through the red ray, you are, in effect, drawing in some

of this built-in disharmony, and your mind/body/spirit complex vibrates with this disharmony unless and until it is able to process the disharmony, and to heal the disharmony as a portion of the seeking activity which you undertake. *现在, 如果问题是具有相对较小的重要性的, 解决方案倾向于不会是极其困难的。但是, 在问题向下延伸到了人格的根部的程度上, 这是会非常经常地发生的, 就没有容易的解决方案可能会是就在手边的, 因此, 妥协的艺术就不会是可以为你所取得的了。现在, 我们会对你们建议, 如你们现在发现这个行星已经如此经常地遭遇到的就是具有这种属性的不和一样, 看起来似乎有一套的内部的阻塞, 或者非常非常深入地共振的敌意, 我们几乎可以说是, 从星球的骨头中向外散发出来的敌意, 几乎已经被构建在星球的核心能量配置中了。现在, 当你们通过红色光芒吸收星球的能量的时候, 你们实际上是在吸收一些这种内建的不协调, 除非且一直到它能够处理那种不和谐, 能够作为你进行的寻求的活动的一部分疗愈那种不和谐为止。*

Therefore, we would suggest to you that when you contemplate a goal of being of service to the planet as a whole, that the first thing to consider is how far you have got along in the process of healing the disharmonies of the planet within your own person. The greater progress you have made in this regard, we find, the more likely it is that when it comes to the loggerheads and difficulties that manifest themselves in your relations to others, you will be able to find a point of resolution where less jagged judgment is on display, and more soft-edged acceptance is available to you. That is not work, my friends, which is easily undertaken. It is work which requires slow effort and has to be done again and again and again, for it is really never complete, and we can tell you that we undertake work of just this nature on a routine basis. *因此, 我们会对你们建议, 当你沉思一个对这个星球作为一个整体有所服务的目标的时候, 第一个要考虑的事情就是, 你在对在你自己的个人内在之中属于这个星球的不和谐的疗愈的方面已经走得有多远了。你已经在这个方面做出的更大的发展, 我们发现, 更有可能是, 当它遇到了在你与其他人的关系中将它们自身显化出来的不和与困难的时候, 你将会能够在较不粗糙的评判展现出来的位置找到一个解决的点, 更为边缘柔软的接纳性就是可以为你所取得的了。那不是容易被进行工作, 我的朋友们。它是需要缓慢的努力, 并必须要被一次又一次又一次地被进行的工作, 因为它从来都不会真正地被完成, 我们能够告诉你, 我们用一种例行公事的方式进行具有这种类型的工作的。*

So, we would not suggest to you that if you find that your process of achieving inner harmony is less than complete, that you are a failure as an individual attempting to serve your planet. My friends, it will be incomplete, and that incompleteness will again and again manifest itself in disharmonious relations with others. The key to dealing with relations of this nature, is to reassert your commitment to harmony, and to understand that the difficulties that arise in your life, arise not simply as a result of some missed step on your part, or as a result of a misstep on the part of someone with whom you are interacting, but at bottom arises because the creation itself is attempting to find a pathway to a more eloquent expression of the Creator. And, if you take the disharmonious interactions into which you may have fallen in this life, we

would suggest to you that it takes a little bit of the edge off of the sense of personal failure, or the sense of failure on the part of those with whom you deal. It is far more important to consider the spirit of mutual engagement than it is to consider, from the outside, as it were, the proprieties of right action. It is all too easy to let an accumulated sense of the proprieties of right action to be one's sole guide in such a way that the true spirit of service has, in the meantime, withered in its root.

因此, 我们不会对你们建议, 如果你发现你取得内在的和谐的过程是较不完全的, 你作为一个尝试去服务你的星球的个体就是一个失败了。我的朋友们, 它将会是不完全的, 那种不完全将一次又一次地在与其他人之间的不和谐的关系中显化它自己。去与具有这种属性的关系打交道的关键, 就是去对你对和谐的承诺进行重新评估, 并理解在你的生命中升起的困难, 不是作为在你的部分上的某个走错了的步子的一个结果, 或者作为在你正在与之进行互动的某个人的部分上的一个错误的步子的结果而升起的, 而是因为造物其自身是在尝试去找到一条通过对造物者的一个更加富有表现力的表达的途径而从底部升起的。如果你拿起了那些你可能已经在这次生命中落入其中的不和谐的互动, 我们对你建议, 它将一点点的刀刃从个人的失败的感觉上, 或者从那些你与之打交道的人的部分上的失败的感觉上取下来。相比从外部去考虑, 可以说是, 正确的行动的属性, 远远更加重要的事情是去考虑共同参与的精神。在服务的真正的精神已经, 同时, 在其根部是枯萎了的时候, 用这样一种方式让一种对正确的行动的属性积累的感知成为一个人唯一的指引, 这是完全过于容易的。

Now, there are some who have so despaired of the root of serving others that they completely set it aside, and for them, the propriety of interaction with others always comes down to a question of demanding that others comport to the judgments one has made concerning how the universe shall be put in correct order. The ordering from without, however, is almost always less efficient, we have found, than the ordering from within, and we would add one thing: we would say that the ordering from within almost always appears to be completely inefficient, because one who is engaged in this kind of activity is aware of the massive responsibility that it puts upon the self to find that one's will to serve is, indeed, pure; is, indeed, completely clean; is, indeed, something that reaches all the way down to the root of personality.

现在, 会有一些人对于服务他人的根部已经如此之失望, 以至于它们完全将它放在一旁了, 对于它们, 与其他人的互动的属性一直都会归结为一个要求其他人与一个人已经在关于宇宙要如何处于正确的秩序中的方面做出的评判相一致的问题。然而, 来自于外部的秩序, 我们已经发现, 几乎一直都是比来自内部的秩序较不有成效的, 我们会补充一个事情, 我们会说, 来自内在的秩序几乎一直都会看起来是完全没有效用的, 因为一个参与到这种类型的活动中的人会察觉到它放在自己身上的巨大的责任, 以发现一个人对服务的意志, 确实是纯净的, 确实是完全干净的, 确实是某种一路向下延伸到了人格的根部的事情。

So, to sum up, we would say simply, that service is best performed from the standpoint of one who attempts to serve others, with an eye to the spirit which animates it, not with an eye to the protocols which are taken in judgment best to express its proprieties.

因此, 总的来说, 我们会简单地说, 从一个尝试去服务他人的人的立场, 同时着眼于为其赋予了生命的精神, 而不是着眼于在评判中被认为会最佳地表达它的属性的协议, 服务就会被最佳地执行了。

We are those of Q'uo, and we would, at this time, return the contact to the one known as Jim to discover whether there are question we may further address ourselves to. Adonai, my friends, Adonai.

我们是 Q'uo, 我们会在此刻返回到与被知晓为 Jim 的实体的接触, 以发现是否会有我们可以进一步让我们自己去解决的问题。Adonai, 我的朋友们。Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. At this time, we would ask if there might be any queries that we might speak to in a briefer manner.

我是 Q'uo, 我再一次与这个器皿在一起了。在此刻, 我们会询问是否可能有可能我们可以用一种较为简短的方式谈及的问题。

F: If anyone else doesn't have one, I would like to ask, Q'uo, if you could speak to times when we might feel resistance, or even maybe some fear in moving deeper in our meditation, and in our spiritual evolution, if you have suggestions on how we may move past that phase.

F: 如果没有任何其他他人有一个问题, 我想要询问, Q'uo, 你们是否能够谈谈在我们在我们的冥想中, 在我们的灵性的演化中移动到更深的位置的过程中, 那些我们在其中会感觉到阻力, 或者甚至可能是某种恐惧的时刻, 是否你们在关于我们可以如何超越那个阶段的方面有一些建议呢?

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a very thoughtful query, for it uncovers a phase of each seeker's journey which may, indeed, be somewhat mysterious, unknown, that which holds a good deal of potential for discovery if the seeker can find within itself the wherewithal to meet mystery face to face. It is an illusion in which each seeker exists, to consider that there is an understanding that is clear, and without doubt, without reproach, for that which the seeker feels comfortable with in the daily round of activities, and in the process of being a seeker of truth, is just the beginning of what is available to every seeker that continues to travel this journey of union with the One Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。这是一个非常深思熟虑的问题, 因为它揭露了每一个寻求者旅程的一个阶段, 这个阶段确实可能是, 多少有些神秘的, 未知的, 并且是拥有大量的发现的潜能的, 如果寻求者能够在它自己内在之中去面对地面面对神秘的必要的手段的话。要考虑会有一个清晰的, 没有疑虑的, 无可非议的理解, 这是一个每一个寻求者存在于其中的幻象, 因为寻求者在日常生活的活动中, 在成为一个真理的寻求者的过程中会对其感觉到舒适的事物, 仅仅是可以为每一个寻求者所利用的事物的开始, 每一个寻求者都会继续在这条与太一造物者合一的旅程上旅行。

There are many fascinating experiences that are available to every seeker, but they are not always immediately perceived as such. Here is where it is necessary for each seeker to exercise the quality of faith that whatever experience is presenting itself in your meditations, in your contemplations, in your dreams, or in your conscious waking experience, is an experience which offers to you a chance to deepen your beginning grasp or basic understanding of what it is that you are about, and where it is you are headed. The initial stages of the meditative state are usually a combination of fleeting glimpses of peace, and one-pointed attention, mixed with liberal amounts of distracting thoughts. Interestingly enough, and paradoxically so, these distracting thoughts are often felt to be somewhat of a comfort, for they are of that realm that is more understood by the seeker of truth.

会有很多可以为每一个寻求者所取得的令人着迷的体验，但是，这些体验并不是一直都会立刻就被感觉到是如此的。这里就是每一个寻求者都需要去实践信心的属性的位置了，那种信心即，无论什么体验在你的冥想中，在你的沉思中，在你的梦境中，或者在你的有意识的清醒的体验中将它自己呈现出现，这个体验都为你提供了一个机会去深化你对于你正在着手做什么事情，你正在前往何处的初步的掌握或者基本的理解。冥想状态的初始的阶段通常是一种对平安的转瞬即逝的模糊印象，集中的注意力，被混合着的大量的分心的想法的混合物。足够有趣地，且自相矛盾地，这些分心性的想法经常会被感觉到是有些是一种安慰，因为它们是属于那个更多地会被真理的寻求者理解的领域。

Yet, as you pursue the deeper levels of meditative experience, there are oftentimes examples of one's own subconscious mind that brings flashes or images that may be somewhat disturbing at first. These are those areas within the subconscious mind that have begun to become apparent to the consciousness of the meditator. If the meditator can look upon any such image, feeling, or expression of any kind of sensory impression that is unknown, and perhaps slightly disturbing, and see it as part of the self, the smaller self that meditates, and perhaps is part of a symbolic greater self that awaits discovery from the smaller self.

然而，当你们追寻冥想体验的更为深入的层次的时候，时常会有一个人自己的潜意识心智的样本会带来一开始可能多少有些令人不安的闪光或者图像。这些是在潜意识心智内部的那些已经开始对冥想者的意识变得明显的区域。如果冥想者能够观察任何这样的图像、感觉或者具有任何类型感官印象的表达，它们是未知的，也许是稍稍有些令人不安的，并将它视为是自我的一部分，是那个冥想的较小的自我，这些表达也许就是那个等待着来自于较小的自我的探索的一个象征性的更大的自我一部分了。

What we are basically saying, my friend, is that you have within you, various portions of your own self, your own proclivities, desires, emotions, some of which have not been fully explored, that wish to make themselves a unified example or representation of your greater self that is the One Creator. If there are any blockages of your energy centers, these are often examples of such blockages that can become hints and clues as to areas to illuminate, to investigate, in order that it might be revealed to you a greater portion of

yourself that can be brought into harmony with the conscious self that meditates and moves through the daily rounds of activities in the conscious state as well.

我的朋友们，我们基本上正在说的事情是，你们在你们内在之中拥有你自己的自我，你自己的倾向、渴望、情绪的各种各样的部分，它们中的一些事尚未被完全探索过的，并希望使得它们自己成为你更大的自我的一个统一的样本或者表现，你的更大的自我就是太一造物者。如果你的能量中心有任何的阻塞，这些阻塞经常是这样的阻塞的实例，这些阻塞能够成为那些要去照亮，要进行调查研究的区域的提示与线索，以便于你自己的一个更大的部分可以对你被揭露出来，你自己的这个更大的部分是能够与那个冥想，并同样也在有意识的状态中穿越日常生活的活动有意识的自我被带入到协调一致之中。

Thus, if you can exercise both the faith that what is expressing itself to you is part of you and is a part that is potentially quite helpful, and the will to continue to explore this unknown portion of yourself, then there is likened unto a door that swings open for you and invites you to enter, that your experience of both your smaller self, and your greater self, that is the One Creator, might be had. In short, there is nothing to fear; there is much to discover. But, it will take an effort upon your part to do so.

因此，如果你能够同时实践信心与信心，那种信心既正在对你表达它自己的事物是你的一部分，是潜在地是相当有帮助的事物一部分，那种意志即对于继续探索你自己的这个未知的部分的意志，接下来就会有好比一扇对你打开并邀请你进入的门的门的事物了，你同时对你的较小的自我以及对你更大的自我，也就是太一造物者的体验，就可以被拥有了。简而言之，没有任何事情要害怕，会有大量要发现的事物。但是，它将会需要在你的部分上的一种努力去这样做。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

F: No, that was very helpful. Thank you so much.

F: 没有了，那是非常有帮助的。非常感谢你们。

Q'uo: I am Q'uo, and we are most thankful to you, as well, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们对于你同样也是极其感谢的，我的姐妹。在此刻有另一个问题吗？

Gary: I would like to read a Quote from Ra, and then ask a question. Ra says: "There will also be a sharp increase, in the short run, of negatively oriented, or polarized entities and social complexes due to the polarizing conditions of the sharp delineation between the fourth density characteristics, and third density self-service orientation." [1]

Gary: 我想要都一段来自 Ra 的引文，接下来询问一个问题。Ra 说：“在短期内同样将会有一种负面导向或者负面极化的实体与社会复合体的尖锐的增长，这是由于在第四密度的属性以及第三密度的服务自我的取向之间的鲜明的轮廓的计划状况。”[1]

So, my question is: We find that our society consists in some part of entities entering into reality bubbles where the facts change according to the paradigm of the bubble, and correspondence between bubbles can be non-existent. Does this have any connection to the "sharp delineation" Ra describes? I ask, because it seems that the lines between world views, or vibratory levels, seems sharper and sharper.

因此，我的问题是：我们发现我们的社会存有实体的某个部分，这些实体会进入到实相的泡泡中，在其中事实会根据泡泡的范式而改变，在泡泡之间的通信是能够不存在的。这与 Ra 描述的“鲜明的轮廓”有任何的关联吗？我询问，因为看起来似乎在世界的观念或者振动层次之间的界线，看起来似乎越来越鲜明了。

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we find this is a salient observation, and would wish to attempt response by suggesting that in the most basic sense that you are correct that the short-run increase of the negatively oriented entities, both of individual variety, and social complexes, expresses itself frequently in a manner which can be easily misinterpreted; for the negatively oriented entities (who are also seeking their graduation into the fourth density) do not speak clearly that which is their desire, for they are aware that most entities would not wish to walk into a prison, shall we say, whether it be of a physical nature, or of a mental nature, or of an emotional nature; for the kind of communication that you describe is that which is frequently utilized in order to confuse. It is like the stage magician who shows you one hand that is performing a certain process, while in truth, the other hand is performing that which is salient to the, shall we say, the prestidigitation, the manipulation of the mind and the distraction of the eye, so that which is seen is not actually that which is presented for observation.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。再一次，我们发现这是一个引人注意的观察，我们会希望藉由这样建议来尝试回应，我们建议，在最为基本的意义上，你是正确的，同时在个体类型以及社会复合体的方面的负面导向的实体的短期的增加，会用一种能够容易地被误解的方式频繁地表达它自己，因为负面导向的实体（它们同样也在寻求它们进入到第四密度的毕业）并不会清晰地讲述它们的渴望之所是，因为它们察觉到大多数实体不希望走入到一个，容我们说，监牢中，无论监牢是具有一种物质性的属性还是具有一种心智的属性，或者是具有一种情绪的属性，因为你描述的沟通交流的类型是频繁地会被利用以便于产生出混淆的事物。它就好像是在舞台上的魔术师一样，它会向你们展现一只正在执行一定的过程的手，而实际上，另一只手正在执行对于变魔术是显著的事情，即对于心智的操纵，以及对眼睛的分心，这样，被看到的事情就不是实际上为了观察而被呈现出来的事情。

The type of communication of which you speak is the language of control, the language of suppression, the language of confusion, for under these conditions it is possible for the negatively oriented entity to willingly lure the unpolarized, or even perhaps the positively oriented entity into a situation which is like unto a prison, where thoughts are manacled, expression is muted,

and freedom is an illusion. Thus, we would recommend that within your own daily round of activities you take time, perhaps at the beginning, or the end, or both, of the day, to center yourself in a mindful manner, which reduces the sensory inputs into your brain/mind complex, and returns you again to that quality which we find those of Ra had referred to as the "unfed conscious mind," the mind of the beginner, the mind which has only consciousness as a resource, the mind which can calm the jangled nerves, and can allow the confusion to dissolve, the mind which can reveal once again, the basic purpose of each seeker of truth in the positive sense, that is, to reach within the heart and find the love residing there, to open that door to that love and bring it forth to share as one's response to any situation which may confront one.

你谈及的沟通交流的类型是控制的语言，抑制的语言，混淆的语言，因为在这些情况下，负面导向的实体就有可能乐意地引诱未被极化的实体，或者甚至也许是正面导向的实体进入到一个情况情况中，那个情况可以被比作一座监牢，在其中思想是被束缚起来的，表达是被压抑了的，自由是一个幻象。因此，我们会建议，在你的日常生活的活动中，你花时间，也许是在一天的开始，或者结束，或者同时两者，让你自己用一种留心的方式处于中心，这种留心的方式会减少进入到你的大脑/心智复合体的感官的输入，并再一次让你返回到那种我们发现那些属于 Ra 的实体已经称之为“未被喂养过的有意识的心智”的属性，返回到新手的心智，仅仅拥有意识作为一个资源的心智，能够让喋喋不休的神经安静下来，并能够允许混淆分散开的心智，能够再一次揭露每一个在正面性的意义上的真理的寻求者的基本目的的心智，那个基本的目的就是在心之中伸出手，并发现爱就居住在那里，并打开通往那种爱的大门，并将它产生出来以作为一个人对任何可能会遭遇到的情况的回应而进行分享。

This will take, in some cases, a good deal of consideration, for in a world of confusion, the expression of love is very often lost upon those to whom you send it. Thus, one cannot be dedicated, shall we say, to a certain outcome, but must have begun the exercise of faith that that love, which is sent, will reach its destination, and will have its effect upon what you would call "the world condition," the apparent misdirection and misapprehension of energies by those of the negative nature who seek at this time to use the small amount of time remaining within your third density to polarize sufficiently for their own graduation. So, our recommendation is meditation, centering, mindfulness, and love.

在一些情况中，这将会花费大量的考虑，因为在一个混淆的世界中，爱的表达非常经常地会错过了那些你将它送往的实体。因此，一个人是无法，容我说，致力于一定的结果的，而必须要已经开始了信心的实践，那种信心即，被送出的爱，将会抵达它的目的地，并将会对你称之为“世界的状况”的事物，对由那些具有负面属性的实体产生出来的能量的表面上的错误的导向与错误的理解拥有它的作用，那些具有负面属性的实体在此刻在寻求利用在你们的第三密度中剩下的少量的时间来为了它们自己的毕业而充分地极化。因此，我们的建议是，冥想，处于中心，留心与爱。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: No, thank you, Q'uo.

Gary: 没有了，感谢你们，Q'uo。

Q'uo: We are those of Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我们是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Q: I have a query, Q'uo, I don't know that you can answer it, but I feel a pulling apart of timelines, I guess, a sorting of vibratory frequencies, into different octaves. Can you comment on that?

Q'uo: 我有一个问题，Q'uo，我不知道你们是否能够回答它，但是我感觉到一种对时间线，我猜想是一种类型的振动的频率，的撕裂形成了不同的八度音程。你们能够对那一点进行评论吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We are most impressed this afternoon, may we say, before we begin our answer, the quality of queries. This group has always been most competent in querying, but this day is most impressive.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。在我们开始我们的回答之前，容我说，我们对于今晚的问题的质量是极其印象深刻的。尽管这个团体在提问的方面已经一直都是极其有能力的，但这个日子确实极其令人印象深刻的。

The perception of the timelines, as you describe them, is a perception of potential realities that you have participated in within both the dream state, and the meditative state, where you have allowed an opening to potential realities that your higher self has utilized in offering to you, and to others like you, the opportunity to experience a greater variety of challenges, shall we say. These challenges are lessons presented in symbolic form, as each entity in any incarnation presents to itself within the incarnation, to be experienced at that point. However, the choices for such lessons are made before the incarnation so that before your current incarnation, you have chosen certain realities in which to express these challenges, these symbolic puzzles that can, when untangled, reveal to you a greater perspective in your own spiritual journey.

时间线的观念，如你对它们的描述一样，是对你已经同时在梦境状态中以及在冥想状态中参与其中的潜在的实相的一种知觉，在其中你已经允许对这些潜在的实相的一种开放，你的高我已经通过对你以及对和你类似的其他人提供机会来体验具有一种更大的多样性的，容我说，挑战而利用这些潜在的实相了。这些挑战就是用一种象征性的形式被呈现出来的课程，如同每一个实体在任何投生中都会对在投生中的它自己呈现，并在那个位置上被体验到的课程一样。然而，对这样的课程的选择是在投生前被做出的，因此，在你当前的投生之前，你就已经选择了一定的在其中去表达这些挑战，这些象征性的谜题的实相，这些象征性的谜题，在被解开的时候，能够对你揭露在你自己的灵性的旅程上的一个更大的远景。

The feeling of the dissolving of such timelines is a residue of the learning of that which was set before you so that there is no longer a need for it to exist within any portion of your being, other than that being which you now are here. Thus, you are, shall we say, closing up shop so that there may be a graduation into the fourth density of love and understanding at the end of this incarnation.

这样的时间线的分解的感觉，是对在你的前方被设置好的事物的学习一种残余物，这样就不再会有一种让它存在于你的存有的任何部分之中的需要了，除了你在这里现在就是得那个存有之外。因此，容我们说，你是在关闭商店，这样在这次投生结束的时候就会有进入到爱与理解的第四密度的一次毕业了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Q: No.
Q: 不用了。

Q'uo: We are those of Q'uo, and at this time, we shall respect this instrument's growing fatigue and take our leave of this instrument. We would, once again, express to you, our great gratitude for inviting our presence this afternoon. It has been a joy, my friends, to be with you. We hope that you each will take from this session of seeking whatever words and concept that have meaning for you, and ponder them well. For each is as a seed, that, when pondered, is like the watering of the seed, so that it may grow even further than it has at present presented itself to you. There is growth available at all times, through all experiences.

Q'uo: 我们是 Q'uo，在此刻，我们将尊重这个器皿不断增加的疲倦并离开这个起名。我们会再一次对你们表达我们对于你们邀请我们在这个下午出席的巨大的感激。我的朋友，与你们在一起，这已经是一种喜悦了。我们希望你们每一个人都将从这次寻求的机会得到无论什么对你们有意义的言语与观念，并好好思索它们。因为每一个观念都好像一个种子一样，当它被沉思的时候，就好像对种子浇水，这样它就可以比它现在已经将它自己呈现给你们的样子甚至更进一步地成长了。在所有的时空中，通过所有的体验，都会有可供利用的成长。

This is a very fertile density, your third density, my friends, confusing though it may be. There is no other density within the octave of densities that provides such opportunities as are so easily perceptible here—easily perceptible, we say, to those outside of the third density. We have great sympathy for you, in that we know that so much of this third density remains a mystery, and a confusing experience for you. However, such mysteries and such confusions draw you forward into that which is awaiting for you within each mystery and confusion, for in truth, all is one, and all teaches unity, love and light.

这是一个非常肥沃的密度，你们的第三密度，我的朋友，尽管它可能是令人混淆的。在密度的八度音程中没有任何其他的密度提供了诸如在这里是如此轻易地可以感觉得到的机会之类的机会的——我们说，对那些第三密度外部的实体是容易地可以感觉得到的。我们对你们抱有巨大的荣庆，因为我们知晓这个第三密

度的如此大量的事物对于你们依旧是一种神秘，是一种令人混淆的体验。然而，这样的神秘与这样的混淆会吸引你们向前进入到了在每一个神秘与混淆中等待着你们的事物，因为实际上，万物是一体的，一切都教导了统一，爱与光。

We are known to you as those of Q'uo. Adonai, my friends, Adonai, vasu borragus.

我们是你们知晓的 Q'uo。Adonai, 我的朋友们。Adonai vasu borragus。

[1] 17.1

[1]一的法则, 17.1

February 3, 2018
2018-02-03 灵性的沉睡

Group Question: Ra describes their orientation in third density to those spiritually asleep as offering the comforts meant for sleep. [1] While not attempting to simply mimic Ra's example, this seems like a generally appropriate service-to-others attitude in third density. However, we currently find ourselves in a situation on Earth where those who are asleep could be causing great harm to the planet, potentially leading us all down a path of destruction. Can Q'uo offer suggestions for relating and serving those who seem to be in such a destructive sleep?

团体问题：Ra 描述了它们对于在第三密度中的那些灵性上沉睡的实体的取向是提供被打算用于睡眠的安慰物。[1]在不尝试去单纯地模仿 Ra 的例子情况下，这看起来就好像是一种在第三密度中一般性地适合的服务他人的态度。然而，我们现在发现我们自己在地球上处于这样一种情况中，在其中那些沉睡的人能够对星球造成巨大的伤害，并潜在地会将我们全都导向一条毁灭的道路。Q'uo 能够为与那些看起来似乎处于这样一种破坏性的睡眠中的实体建立关系并为它们服务提供建议吗？

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. It is our great honor to be called to your group this afternoon, as always, for when we come to your group, we know that we shall find those sincere seekers of truth who have opened themselves in mind, in body, and in spirit, to receive inspiration and information of a helpful nature that might be able to be utilized in the path of serving others. The query that you asked today is certainly that type of query. Before we begin to address it, we would, as always, ask you for a favor, and that is, to take whatever words we offer to you with your proverbial grain of salt, shall we say, take those that have meaning for you, leave behind any that do not. We do not wish to provide any type of deterrence or detour on your own spiritual path of seeking. We come as brothers and sisters who travel the same path as do you. With that favor granted, we feel free to speak to your query at this time.

我是 Q'uo，我在此刻与这个器皿在一起了。我们在爱与光中向你们各位致意。我们在爱与光中向你们各位致意。在这个下午被呼唤到你们的团体，这一如既往是我们巨大的荣耀，因为当我们来到你们的团体的时候，我们知道我们将会发现那些真诚的真理的寻求者，它们已经在心智中，在身体中，在灵性中开放它们自己，以在服务他人的道路上被利用。你们今天询问的问题肯定是那种类型的问题。在我们开始讲述它之前，我们会，一如既往，请求你们的一个恩惠，那就是请如你们谚语所说的，容我说，有保留地来使用我们什么我们提供给你们的话语，拿走那些对你们有意义的话语，将任何没有意义的部分都丢弃掉。我们并不希望提供任何类型的在你们自己寻求的道路上的阻碍与弯路。我们是作为那些和你们相同的道路上旅程的兄弟姐妹而来的。在我们被授予了那种恩惠的情况下，我们就在谈及你们的问题的方面感觉到自由了。

As you are all conscious seekers of truth, and have relatively clear perceptions of various philosophies and of various cultures upon your planet, you are well aware that your planetary population is scattered throughout the lower energy centers and has had a great difficulty in beginning to perceive the possibility of becoming a unified peoples that can present themselves to the graduation of the fourth density that is now occurring upon your planet; for there has been much disharmony for many thousands of your years upon your planet as you measure time. This disharmony has resulted from a basic misperception of the nature of reality.

因为你们全都是有意识的真理的寻求者，并对在你们的星球的各种各样的哲学以及各种各样的文化拥有相对清晰的观念，你们是清楚地知晓，你们的星球的人群是散布于贯穿整个较低的能量中心的，并在开始去感觉到成为一个统一性的，能够将它们自己呈现第四密度的毕业的人群的可能性的方面，已经遇到了一种巨大的困难了，第四密度现在正在出现在你们的星球上，因为在你们的星球上在很多千年的时间中，如你们对时间的衡量一样，已经有大量的不协调了。这种不协调已经是源自于一种对实相的属性的基本的错误的观念。

It is not surprising that at the beginning of the third-density experience that entities would have some difficulty in recognizing the unity of all creation, however, this difficulty has persisted throughout the entire third-density experience and has made it nearly impossible to contemplate the grasping of the needle of the compass and pointing it in one direction as a population of Planet Earth.

在第三密度的体验的开始，实体会在认出所有造物的一体性的方面遇到某种困难，这并不是令人吃惊的，然而，这种困难已经在贯穿整个第三密度的体验继续存在，并已经使得要期待作为一个行星地球的人群掌握指南针的指针并将它指向一个方向已经成为不可能的了。

Thus, as you move through your daily round of activities, you are well aware, if you utilize your sharing of news sources, that the disharmony upon your planet has seldom reached the levels of fracturing that are now being expressed by various groups, cultures, parties, and individuals, for there are individual interests involved that have very little to do with the spiritual path of what you would call "seeking the truth." What is often sought is more of the mundane materials and rewards of your third-density illusion. This illusion has a purpose of eventually providing a means by which each entity upon your planet could turn from the trinkets of the world, shall we say, to the inner seeking of the love and the light of the One Creator which binds all people.

因此，当你们穿越你们日常生活的活动的时候，你们是清楚地知晓，如果你们利用你们对新的源头的分享，在你们的星球上的不和谐是几乎不会抵达现在正在被各种各样的团体、文化、党派以及个体表达的破裂的程度，因为会有个体的利益被包含在那些与你们会称之为“寻求真理”的事物的灵性的道理没有什么关系的事物之中。经常会被寻求的事物是更多属于世俗性的材料的，以及你们第三密度的幻象的回报的。这个幻象拥有一个目的，它就是最终提供一条每一个在你们的星球上的实体藉由其能够从属于世俗的小装饰物转到对将所有人结合在一起的

太一造物者的爱与光的内在的寻求上的途径。

However, as you are well aware, various factions vie for a larger and larger piece of the proverbial pie. This not only leads to furthering the inability to grasp unifying principles, and to open the heart in unconditional love as is the necessity for graduation into fourth density, but it also accentuates the lower energy centers' tendency to separate from other people, groups, and cultures, so that there is a continuing fostering of the rejection of any possibility of reconciliation. Thus, not only do your people suffer the fracturing of their own mental, emotional and spiritual capacities, but these disharmonious vibrations are exuded to such an extent that your planetary sphere itself begins to absorb them into the crust of the planet so that there is the rupturing of the crust at various times and places, as a means by which your planet attempts to harmonize the cosmic instreamings of the fourth-density variety with its own fourth-density core vibration.

然而，如你们清楚知晓的一样，各种各样的党派为了，俗语所说的，馅饼的一个越来越大的部分而争斗。这不仅仅导向了更进一步地无法掌握统一性的灵性原则，无法在无条件的爱中开放心的加深，因为无条件的爱对于毕业进入到第四密度是必不可少的，这同样也着重强调了较低的能量中心朝向与其他人，团体与文化的分离的倾向，这样就会有一种持续不断的对任何调和的可能性的拒绝的鼓励了。因此，不仅仅你们的人群会遭受到它们自己的心智、情绪和灵性的能力上的破裂，这些不和谐的振动同样也会在这样一个程度上被渗出，以至于你们的星球其自身开始将它们吸收进入到星球的地壳之中，这样在各种各样的时间和位置上就会有地壳的破裂，作为一种你们的星球藉由其尝试去将属于第四密度的宇宙的流入与它自己的第四密度的核心振动协调一致的途径。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We would continue with our thought concerning the disrupted atmosphere that your planet, at this time, is exuding, and would invite you to consider that you, and all of your fellow mind/body/spirit seekers, are, at this moment, drawing in these vapors. You are bathed in this atmosphere. Now, if you are of a circumstance, with respect to your own situation, that you can begin to recognize the various strands of catalyst that beset you—sorting out the positive from the negative, sorting out the personal from the less personal—you may have a better opportunity to find your way within the morass, shall we say, that surrounds you.

我是 Q'uo，我们与这个器皿在一起了。我们能够继续我们在关于你们的星球的，在此刻，正在渗透出来的被破坏的环境的方面的思考，我们会邀请你们考虑，你们以及所有你们的心/身/灵的寻求者，在此刻都正在被拉入到这些空想之中。你们是沐浴在这个环境中的。现在，如果你们是属于一个环境的，在关于你们自己

的情况的方面，你们能够开始认出包围着你们的各种各样的催化剂的线条——将正面性的线条与负面性的线条分清楚，将个人性的线条与较不个人性的线条分清楚——你们可以拥有一个更好的机会在，容我说，围绕着你们的沼泽中找到你们的道路。

However, to return to the metaphor of sleep, we would suggest that those who are in this condition find that these energies of which we speak, these energies of disruption, these energies of dislocation, disharmony, and separation, can insinuate themselves into the inner fabric of consciousness to the point that they become almost the very stuff of everyday life.

然而，要返回到沉睡的比喻，我们会建议，那些处于这种情况中的人找到这些我们谈及的能量，这些破坏的能量，这些错位、不和谐、以及分离的能量，并能够让它们自己嵌入到意识的内在的结构中，到了它们几乎成为了日常生活的核心材料的位置。

And so, your query finds itself in a quandary, which, my friends, we would have to say, that we share with you, as indeed we participate vicariously, to be sure, with the energies of this planet as it seeks to birth itself into a higher manifestation of itself.

因此，你的问题会发现它自己处于一种窘境之中，我的朋友们，我们不得不说，我们与你们共享了那种窘境，因为我们确实用替代性的方式，无疑地，分担了这个星球的能量，在它寻求去让它自己出生进入到一个它自己的更高的显化物的时候。

We would ask, then, to begin with that you contemplate what it is to sleep, for there are some circumstances in which sleeping seems to be a somewhat innocuous activity. It suggests that one is perhaps not fully engaged upon an energetic level with the full spectrum available in the incarnate experience, and so time can pass in a state of comparative bliss, largely undisturbed by the kinds of catalyst that stir one out of one's lethargy. It is this kind of sleep which those of Ra experienced among certain of its members at certain points of its evolutionary process. Now, we would ask you to consider something further about the nature of sleep before we continue with the thought of what it means to deal with the kinds of negativities that you are concerned about.

我们会，接着，请求从你们思索什么是沉睡开始，因为确实会有一些环境是在其中沉睡看起来似乎一种多少有些无害的活动。它会建议，一个人也许并未充分地在一个积极的层次上参与到在投生体验中可被利用的完整的光谱了，因此时间能够在一种相对是满足的状态中流逝，而在大部分不会被那些会让一个人从那种嗜睡症中拉出来的催化剂的类型所打扰。Ra 在它的演化进程的一定的位置上在它的一定的成员中间体验到的就是这种类型的沉睡。现在，我们在关于与你们对其感到担忧的那些类型的负面性打交道是意味着什么事情的想法上继续之前，我们会请你们更进一步考虑沉睡的属性。

My friends, no sleep is ever perfect. To sleep is perchance to dream, and to dream is to engage in reception of elements of inspiration and intuitive input

that are meant to stir you to further seeking, and sometimes the sleep that one has undertaken is well undertaken for a mind/body/spirit complex that has been subjected to harsh catalyst, or catalyst that has thrown the individual seeker off its center.

我的朋友们，没有沉睡会一直都是完美的。沉睡偶尔会做梦，做梦会参与到对具有灵感与直觉性的输入的要素的接收，这些要素是打算要唤起你进行更进一步的寻求的，有时候一个人已经进行了的沉睡，对于一个心/身/灵复合体是很好地被进行了的，如果那个心/身/灵复合体已经遭受了严苛的催化剂，或者已经将个体从它的中心扔出去了的催化剂。

Is sleep well undertaken? For sleep affords the opportunity to rediscover that center, and to rejuvenate the energies for further activity when the opportunity becomes available in the fullness of time. But, as we say, there is, within this process of sleep, a continual in-stream of catalyst that is gentle in the sense that it doesn't force itself upon the sleeper, but rather serves gently to excite the fledgling self in a way that suggests possibilities. When the atmosphere of the planet is largely harmonious, or at least beginning to tend significantly in that direction, the sleeping self will be able to draw upon the energies emanating from the planetary center in such a way that that catalyst which is offered upon an individual basis will have the underlying tone, or tenor, shall we say, of harmony, and this serves as a kind of secret motivator for the direction one might take as the sleep begins to fall from one's eyes.

沉睡是被很好地进行了的吗？因为沉睡提供了机会去重新发现那个中心，在机会是可以在时间的充分性之中可供利用的时候恢复能量，以供更进一步的活动使用。但是，如我们说的一样，在这个沉睡的过程中，会有一种持续不断的催化剂的流入，从这种催化剂并不会将它自己强加在沉睡者的身上的意义上催化剂是温和，催化剂毋宁说是温和地起作用，以用一种会建议可能性的方式来刺激那个羽毛未丰的自我。当星球的环境是大部分和谐的，或者至少开始大有意义地倾向于那个方向的时候，沉睡的自我将会能够用这样一种方式依赖于那些从星球的中心散发出来的能量，在这种方式中，用一种个体的方式被提供的催化剂将会拥有潜在的具有协调性的音调或者，容我们说，主旨，这会在沉睡开始从一个人的眼前消散的时候起到一种类型的对一个人可以采用的方向的秘密的推动力的作用。

However, there are other circumstances that—in this vast universe of many diverse experiences, both upon the individual and the planetary level—are quite different in orientation from the harmonious experience which it had been our good fortune as we have often thought about it, but perhaps not such good fortune as we have later looked back upon it to have undergone in our own process of development. An excess of harmony can result is an energetic deficiency of sorts, a lack of tension one might say, for tension can be seen as a creative wellspring for further development. And so, we have found that it is quite frequently the case that social memory complexes which have evolved in a more harmonious fashion have found at a further point in their development that it is necessary for them to go back and to reinvigorate themselves in ways that you might think involve disharmony.

然而，在这个具有许多的形形色色的体验的巨大的宇宙中，同时在个人性的层次

上与星球的层次上, 会有其他的环境会在取向上是与协调一致的体验是相当不同的, 这种协调一致的体验已经是我们的好运了, 如我们已经经常会想到它的一样, 但也许并不是诸如我们在之后回顾它并希望在我们自己的发展的过程中本来已经经历过的好运之类的好运。一种过度的协调能够导致某种类型的一种动力的不足, 一个人可以说是, 一种张力的缺少, 因为张力能够被视为是一种对于更进一步的发展的创造性的源泉。因此, 我们已经发现, 相当频繁地会发生的情况是, 已经用一种更为协调的方式演化的社会记忆复合体已经在它们的发展中的一个更远的位置上发现, 它们需要返回并用各种各样你们可能认为是包含了不和谐的方式来让它们自己恢复生气。

Now, it is generally the case that these disharmonies can only be experienced vicariously from the standpoint of the higher density experience, and we would tell you that we who observe the disharmonies at play upon your planet, do find a certain stimulus, if you will, for our reflection, and our contemplation, and our inner spiritual work, that allows us to become more eloquent, if we may put it that way, in our praise of the Creator. There are others that are functioning as we speak, as observers and helpers upon your planetary surface and within its atmospheres, in a very similar way and for similar reasons.

现在, 通常性的情况是, 这些不和谐仅仅能够从更高密度的体验的立场上用替代性的方式被体验到, 我们会告诉你们, 我们这些观察在你们的星球上正在发生的不协调的实体, 确实发现有一定的刺激物, 如果你们愿意这样说的话, 供我们的反思, 我们的沉思, 以及我们内在的灵性的工作所使用, 这种刺激物允许我们在我们对造物者的赞美中成为更加有生動的, 如果我们可以用那种方式来描述它的话。会有其他的实体, 如我们说的一样, 是作为观察者与帮助者, 用一种非常类似的方式并为了类似的原因, 在你们的星球表面上, 并在它的大气层中发挥作用。

And so, if we say then further that within a disharmonious planetary experience, your sleep may perchance be vexed to nightmare, we would hasten to add that there is that energy, that love of the Creator, animating even the experience of nightmare.

因此, 如果我们接下来更进一步地说, 在一个不和谐的星球体验中, 你们的沉睡可能偶尔被激怒成为了噩梦, 我们会赶紧补充, 会有那种能量, 会有造物者的爱, 甚至会让噩梦的体验成为有生气的。

And so, we come to the question then, of what one who seeks in the name of love, who seeks in the name of serving others, and, in a state of humility as the innermost calling of the seeking, may do when confronted with those who seem to be so benighted in their conduct that darkness is built upon darkness, and anguish is built upon anguish, and hate builds itself upon hate. What does the positive seeker do when faced with this kind of expression? The answer, my friends, is not easily found, and we will not pretend to be able to give you a clear sense of direction that can see you through every darksome valley.

因此, 我们接下来就来到了这样的问题上了, 一个以爱的名义而寻求的实体, 一个以服务他人的名义并在一种谦逊的状态中, 作为对寻求的内在最深处的呼唤而

寻求的实体，当它遭遇到那些看起来似乎在它们行为举止中是如此愚昧，以至于黑暗被构建在黑暗上，苦闷被构建在苦闷上，仇恨将它自己构建在仇恨上的实体的时候，它可以做什么事情呢？当正面性的寻求者面对着这种类型的表达的时候，它要做什么事情呢？我的朋友们，答案并不容易找到，我们将假装能够给予你们一种对能够让你顺利通过每一个幽暗的山谷的方向的清晰的感觉。

We would ask you, however, to keep one thing in mind, and that is, the simple message that we have to bring: All is one. And so, when you contemplate that simple truth from a very practical point of view, it yields the conclusion that you are the one whose conduct is giving you difficulty. You are not two, but one, with the miscreant. You are not two, but one with the criminal; you are not two, but one with the other one who wishes not only to sleep, but within that sleep, to reach out and do harm.

然而，我们会请你们将一个事情记在头脑中，那就是，我们所要带来的那个简单的信息：万物是一体的。因此，当你们从一个非常实践性的视角来沉思那个简单的真理的时候，它会得出结论，你们是一个其行为举止正在给予你困难的实体。你们不是两个人，而是带有恶行的一个实体。你们不是两个人，而是带有罪的一个的实体，你们不是两个人，而是一个与其他的不仅仅希望沉睡，同样也希望在那种沉睡中去伸出手去造成伤害的人在一起的实体。

There is, within the creation, probably no more difficult question, for we could say, and in some sense we will say, that to the extent that you can absorb the hostility that is offered you from one of your fellow citizens, that is all to the good, and that is, in fact, one of the reasons that wanderers have incarnated upon this planet at this time. It is not simply a question of shining your light, which you may do; it is not simply a question of sharing with others that wisdom which it has been yours to discover, but it is, at a more visceral level, a matter of taking in the negative catalyst that is on offer to you, and transmuting that negative energy into simple un presupposing love. That, we can say, surely is true, but as we also must add, it is not always possible for you, for there can come occasions when the strength of the negative catalyst that has been presented to you is so overwhelming that it exceeds your capacity to transmute it into love, and there is great danger for you, that it would have a tendency so to distort your process should you allow it to come in, that you, yourself, could be thrown dramatically off your center.

在造物中，可能没有更加困难的问题了，因为我们能够说，在某种意义上，我们将会说，在你们能够吸收从你们一个伙伴的公民身上被提供给你们敌意的程度上，那就是很有利的，也就是说，那实际上就是流浪者已经在此刻投生在这个星球上的原因之一了。它单纯地就是一个让你的光闪耀出来的问题，这是你们可以做的事情，它单纯地是一个与其他人分享他已经是你要去发现的智慧的问题，但是，在一个更为内在的层次上，它是一个吸收被提供给你们负面性的催化剂，并将那种负面性的能量转变成为简单的，没有先决条件的爱的问题。我们可以说，那肯定是真实的，但是，如我们同样必须要补充的一样，它并不是一直都对于你是有可能的，因为能够出现一些场合，在其中已经被呈现给你们负面性的催化剂是如此之势不可挡，以至于它会超出你们将它转变成为爱的能力，对于你会有巨大的危险，如果你允许它进入，它会拥有一种倾向去扭曲你的发展，这样，你，

你自己就会戏剧性地从你的中心被抛出去了。

So, a little judgment is required as you constantly take the measure of your own capacity and seek to learn what opportunities are productive in their essential possibility, and what experiences offer little of the potential for productive engagement. There are times when there is no way forward but to step back, and to allow those whose sleep has been vexed to nightmare to play out their dramas undisturbed.

因此，在你持续不断地度量你自己的能力，并寻求去了解什么机会在它们的实质性的可能性之的方面是高产的时候，一点点的判断是被需要的。会有一些时候，在其中没有前进的途径，而仅仅只有后退，并允许那些其沉睡已经被刺激成为了噩梦的实体不受打扰地将它们的戏剧表演出来。

Now, there are things, even in these circumstances that you can do to aid the planet and we would suggest that that is work always well done. What you can do then, is to move into a state of meditation in as balanced a configuration as you are able to maintain in a stable way, and to invite in a little bit of the sense of the disrupted energies of your planet, a small nibble at first will suffice. And you may discover that as you become more experienced with this manner of aiding the planet, you are able to take in a little bit more, and a little bit more, and a little bit more of this negative, or disharmonious, or chaotic energy which your planet is currently exuding, and to work to heal it, simply by holding it in your heart and allowing the loving energy of your heart center to infiltrate this fragment of planetary disturbance; and to infuse it with that love which you bring forth from the Creator such that within you, the Creator is able to find it meets the Creator and to return to wholeness that which has been fractured by holding yourself in a resolute, clear, and humble way, available for little bits of disturbed life energy. You are serving, my friends, in a fashion far more useful than you might imagine.

现在，甚至在这些环境中都会有一些事情是你能够做以帮助这个星球的，我们会建议，那就是已经被很好地进行了的工作。你们在那个时候能够做的事情，就是进入到一种冥想的状态中，处于你能够用一种稳定的方式保持的尽可能平衡的一种配置中，并邀请一点点对你们的星球的混乱的能量的感觉进入，一开始一点点地咬就将会是足够的了。你可能会发现，随着你对于这种帮助这个星球的方式变得更有经验，你们就能够吸收多一点点，多一点点，多一点点的这种你们的星球当前正在渗出的负面性的，或者不和谐的，或者混乱的能量，并进行工作来疗愈它，单纯地藉由在你的心中握住它，并允许你的心的中心的挚爱的感觉渗入到这种星球的混乱的碎片，并用那种你从造物者产生出来的爱来灌注它，造物者是能够发现它遇到了造物者，并能够藉由让你自己保持在一种绝对的，清洁的、谦逊的方式来返回到那种已经破裂了的整体性，这种整体性是可以为一点点的被搅乱了的生命能量所利用的。我的朋友们，你们是在用一种比你们能够想象的远远更加有用处的方式来进行服务的。

Now, there will come the moment when your meditation ends, and you release these now healed energies back into the atmospheres, and now sally forth into the world at large. There you will meet with, and interact with, other

selves, and we would suggest to you that this exercise that you have just undergone (and in truth it is far more than a mere exercise) can give you a kind of strength and stability in relating to other selves as they, perhaps, will find it necessary to give you disharmonious catalyst of their own.

现在, 你们冥想结束的时刻将会出现, 你们现在将这些疗愈的能量释放进入到大气层中, 并出发进入到大多数的世界中。在那里, 你们将会遇到其他自我并与它们进行互动, 我们会建议你们, 这个你们刚刚已经进行过的练习 (实际上它是比一个简单的练习要远远更大的) 能够给予你们在于其他自我建立关联的过程中一种类型的力量与稳定性, 因为它们, 也许, 将会发现需要给予你们那些属于它们自己的不和谐的催化剂。

We will caution you that the more experienced you become in this process, the more adept you have gotten to be in absorbing and transmuting negative energy into the positive, the more radiant you will become, and the more radiant you become, the more you will begin to attract energies of all kinds really, but we would say notably, of this negative or disruptive sort, because at bottom, this disrupted energy truly wants to heal, though it does not know that that is what it truly wants, so it will unconsciously be attracted to you, and we find that the more you are able to take on, the more it is offered you to take on, and that can build to the point that you reach your limit. You become surfeited with energies that are crying out to be healed beyond your capacity to take them all in and to work them inwardly to a condition of balance. This, my friends, is the signal, that for you, a good sleep is nigh, and you are well advised to know that you cannot, by yourself, heal all the stray energies that abound upon this planet at this time. You can't do that, your group can't do that, we of Ra, we of Latwii, we of Hatonn, cannot do this. We can, however, do the best we can do, and then, for the rest, it is a matter of humbly turning to the Creator and asking what there is to be learned in contemplation of that which we cannot do, that which seems irremediably negative, sad, a misadventure in the creation itself.

我们将会提醒你们, 你们在这个过程中变得越发有经验, 你们在吸收负面性的能量并将其转换为正面性的能量的过程中已经变得更加熟练, 你们就将会成为更多地发光, 你们成为更多地发光的, 你们就将会开始真正吸收所有类型的能量, 但是我们会值得注意地谈及这种负面性或者破坏性的类型的能量, 因为实际上, 这种破坏性的能量真正是需要疗愈的, 尽管它并不知道那就是它真正想要的事物, 因此, 它将会无意识地被吸引到你们身上, 我们发现, 你越发有能力去承担, 它就会更多地被提供给你们来承担, 那能够积累到你们抵达了你们的限度的位置。你们会吃下了太过的那些正在哭喊着要被疗愈的能量, 超出了你将它们全部吸收并在内部对它们进行工作来取得一种平衡的状态的能力的限度。我的朋友们, 这就是一个信号了, 即对于你们, 一次有益的睡眠即将到来, 你被建议去知晓, 你无法, 凭借你自己, 疗愈所有在此刻在这个星球上大量存在的迷失的能量的, 这是很好的建议。你们无法做到那一点, 你们的团体无法做到那一点, 我们 Ra, 我们 Latwii, 我们 Hatonn 无法做到这一点。然而, 我们能够尽我们所能, 接下来, 对于剩下的部分, 它就是一个谦逊地转向造物者, 并询问, 在对无法做到的事物的, 看起来似乎是不可弥补的负面性的、悲伤的事物, 一种在造物其自身之中的不幸的沉思中, 在那里要被学会的事物是什么的问题。

We live in the hope and in the conviction that every apparent misadventure in the creation is but the stuff of opportunity for the Creator to learn of the Creator. And within that hope, we find sustenance; within that hope we find courage. [It is] within that hope into which we may, in our sleep, retreat to regenerate ourselves. We find great strength, great comfort, great love, and with that thought, that love is simply the best answer we can supply for the most difficult question one can ask.

我们是活在希望中，是活在这样一种确信中，在造物中的每一个表面的不幸都仅仅是造物者了解造物者的机会的原材料。在那个希望中，我们找到了食粮，在那个希望中，我们找到了勇气。就是在那种希望中，我们可以在我们的沉睡中后退，以让我们自己恢复活力。我们找到了巨大的力气，巨大的安慰和巨大的爱，带着那个想法，那种爱单纯地就是我们能够为一个人能够询问的最为困难的问题提供的最佳的回答了。

We would, at this time, end our communication with this instrument, and return the contact to the one known as Jim. I am Q'uo.

我们会在此刻结束我们与这个器皿的交流，我们会将接触返回到被知晓为 Jim 的实体。我是 Q'uo。

(Jim channeling)

(Jim 继续)

I am Q'uo, and am with this instrument once again. At this time we would ask if there might be any shorter queries to which we may speak.

我是 Q'uo，我再一次与这个器皿在一起了。在此刻我们会询问，是否可能有任何较为简短的问题是我们可以对其发言的。

Fox: Q'uo, I'd appreciate clarification of what Ra states in the Law of One, that service is only possible to the extent it is requested. Is it permissible for us to use the same manner as the Confederation does to determine a request for service, such as our own awareness of an unstated need, sorrow, or pain, where we can be of assistance?

Fox: Q'uo，我很感激对在一的法则中 Ra 所陈述的内容的澄清，即服务仅仅是在它被请求的程度上才是有可能的。如果我们使用和星际联邦用来确定一个对服务的请求的方式相同的方式，诸如我们自己对一种未被讲述的需要、忧伤或者痛苦以及我们在其中能够进行服务的位置的察觉，这对于我们是许可的吗？

Q'uo: I am Q'uo and am aware of your query, my sister. This is indeed an area in which there is room for opinion, shall we say. There is the Law of Confusion, also known as the Law of Free Will, that is of utmost importance in any attempt to be of service to others when the Confederation of Planets in the Service of the One Infinite Creator speaks to those within your third-density illusion. There are times when we have moved close to the boundary and have been times also, when we have, perhaps, moved slightly across that boundary in the attempt to be of service to others when we are aware that

there is a need or a calling for our service. Those of Ra, for example, oftentimes offered advice for the care of the instrument, that could have been perceived as infringing upon free will, but the advice was given with the knowledge that this particular instrument or entity would continue in its service nevertheless, thus a decision was made to aid this entity in continuing with perhaps a bit more comfort.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。这确实是一个在其中, 容我们说, 选择的空间的区域。会有混淆法则, 同样也被知晓为自由意志的法则, 在服务于太一无限造物者的星际联邦对那些在你们幻象中的实体发言的是时候, 在任何服务他人的尝试中, 自由意志的法则是具有最大的重要性的事物。会有一些时候我们已经接近了那个边界了, 同样还有一些时候, 在我们察觉到有一种对我们的服务需要或者呼唤的时候, 我们也许在服务他人的尝试中稍稍跨越了那个边界了。那些属于 Ra 的实体, 举个例子, 时常会提供对器皿的照料的建议, 那本来已经能够被感觉为对自由意志的侵犯了, 但是, 建议之在知晓这个特定的器皿或者实体无论如何都会在它的服务中继续的情况下被给予的, 因此, 一个决定被做出以帮助这个器皿带着也许多一点点的舒适去继续。

As you, [who are] seekers of truth within the third-density illusion, look about you to assess the possible needs of your service being given to another, you find yourself in a somewhat different situation, for you may speak to another that you feel has a need to hear what you have to say, and this other may easily accept, ignore, or reject what you have to say, for you are just as they—you are not coming from, shall we say, a realm exterior to this illusion, but come from this illusion, thus you have more freedom in being able to assess the need for service, and being able to provide that service.

当你们这些在第三密度中的真理的寻求者环视你们的四周来评估你们的服务被给予其他人的有可能的需要的时候, 你会发现你自己处于一种多少有些不同的情况中, 因为你可能对另一个你感觉到拥有一种去听到你所要说的事情的需要的实体发言, 这个实体可能会轻易地接受, 忽略或者拒绝你所要说的事情, 因为你和它们是一样的——你不是来自于, 容我们说, 这个幻象的一个外部的领域的, 而是来自于这个幻象的, 因此, 你们在能够评估服务的需要, 以及能够提供那种服务的方面是拥有更大的自由的。

Is there a further query, my sister?

我的姐妹, 有一个进一步的问题吗?

Fox: I guess I'm understanding then that we can judge for ourselves sometimes, of someone's need, without them actually making a request for our service, and serve them then?

Fox: 我猜想我理解我们, 有时候能够为我们自己进行判断其他人的需要, 在它们没有实际上对我们的服务做出一个请求的时候, 并接下来服务它们, 是吗?

Q'uo: I am Q'uo, and am aware of the first portion of your query. This instrument was preparing to answer that portion, when your second portion was spoken. Would you please repeat the second portion?

Q'uo: 我是 Q'uo, 我了解了你的问题的第一部分了。当你的第二个部分被说出

来的时候，这个器皿正在准备回答那个部分。那你愿意重复第二部分吗？

Fox: I guess I would just like clarification: It is permissible for us to be aware of a need and offer service for that need, even if a request has not been verbalized to us?

Fox: 我猜想我仅仅想要澄清：我们有可能察觉到一种需要并为那种需要提供服务，即使一个请求尚未用言语的方式对我们说出来，是吗？

Q'uo: I am Q'uo, and this is correct, my sister, for you carry no special weight in the view of any other third-density entity that may be within your reach or realm of experience. Your suggestion may fall upon deaf ears, may fall upon ears which care not to hear that which you say, and will have no difficulty in turning you away. Is there a further query, my sister?

Q'uo: 我是 Q'uo，这是正确的，我的姐妹，因为你在观察任何其他的可能在你的体验的所及范围或者领域中的第三密度的实体的方面并未携带有特殊的重量。你的建议可能会落到听不见的耳朵上，可能落到并不注意去聆听你所说的事情的耳朵上，并将会不会再转身离你而去的时候遇到困难。我的姐妹，有另一个问题吗？

Fox: Are we sometimes inspired to serve because of another self's thought or prayer of which we are unaware, and does that also constitute a request?

Fox: 我们有时候会因为另一个自我的想法或者对我们尚未知晓的事物的祈祷而得到启发去进行服务，那同样也构成了一种请求吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. There are many, many features or facets of service that are unknown to both the one who seeks to serve, and the one who may need a service. Many of your entities are, shall we say, in tune with others within their own group, whether it be family, work, school, or whatever situation may draw you together, so that there is the opportunity and ability to perceive needs that are unspoken. Oftentimes this occurs between two entities which share the emotion that you call love or concern for each other. We perceive, however, that for most instances, you are requesting information concerning those who may not be related in such an intimate fashion with you.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。会有很多很多的服务的特性或者面向是同时对于寻求服务的实体以及可能需要一种服务的实体都是未知的。很多你们的实体，容我说，是与在它们的自己的团体中的其他人是协调一致的，无论那个团体是家庭，工作，学校还是无论什么可能将你们吸引到一起的情况，这样就会有与能力去感觉到那些未被讲述的需要了。时常，这会在两个分享了你们称之为对相互彼此的爱或者关注的情绪的实体之间发生。然而，我们会感觉到，对于大多数的情况，你们是在请求关于那些可能不是用这样一种亲密的方式与你们有关联的实体的信息。

As you observe entities going about their daily rounds of activities, you may see behavior that seems dangerous, irresponsible, or that which is consciously engaged upon or within to injure another. These do not ask for your

assistance, and yet it could well be a service upon your part—if it is intended to be of service—to offer your advice. The intention, in this case, and in all cases of service, is the deciding factor.

当你观察那些着手进行它们的日常生活的活动的实体的时候，你们可能会看到看起来似乎相当危险的，不负责任的，或者有意识地伤害另一个人的行为举止。这些实体并未请求你们的帮助，而去提供你的建议，这能够很好地成为在你的部分上的一种服务——如果被打算好的事情就是去进行服务的话。在这个情况中以及在所有的服务的情况中，意图是决定性的因素。

The desire to be of service is that which, in your illusion, makes your activity truly a service. It is well and helpful if entities desire the service, and ask for it consciously, for this type of receptivity is that which welcomes assistance from outside the self; and it is this type of receptivity that we of the Confederation, in operating from a realm exterior to your illusion, seek out as we attempt to serve. However, in your attempts to serve, you are not always blessed with this configuration of receptivity in those whom you would seek to serve.

去进行服务的渴望，在你们的幻象中，是使得你们的活动真正成为一服务的事物。如果实体渴望服务并有意识地请求它了，这是很好的且是有帮助的，因为这种类型的接受性就是欢迎来自自我外部的帮助的事物了，在我们星际联邦从一个在你们的幻象外部的领域中进行操作的过程中，就是这种类型的接受性是在我们寻求服务的时候所寻求的事物了。然而，在你们的服务的尝试中，你们并不是一直都会为在那些你们会寻求去服务的实体内在之中的这种接受性的配置所祝福的。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Yes, one last part. Sometimes I feel that I'm unqualified, that I don't have the resources, or that a requested service would not be helpful to the person asking for my help. Are we making a mistake if we refuse a request for service in these situations?

Fox: 是的，一个最后的部分。有时候我感觉到我是不够格的，我并不拥有资源，或者一个被请求的服务对于那个请求我的帮助的人不会是有帮助的。如果我们在这些情况中拒绝了一个服务的请求，我们会犯了一个错误吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. Your own estimation of your abilities to serve is irrelevant in a situation in which you wish to serve, for there is no ability of any entity within your illusion to understand whether or not service has been offered. Understanding is not of your illusion. Intention is that which is important. You know not how you may affect another by simply wishing to serve and offering that which you have to offer, as meager as it may seem in your own estimation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。你自己对你进行服务的能力的评估，在一个你希望在其中进行服务的情况中是不相关的，因为在你们的幻象中，没有任何实体拥有能力去理解是否服务已经被提供了。理解并不属于你们的幻象。意图就是重要的事物。你们并不知晓你们藉由简单地希望去服务并提供

你所要提供的服务而如何可能影响另一个人, 尽管那个服务在你自己的评估中可能看起来似乎是微薄的。

Is there a further query, my sister?
我的姐妹, 有一个更进一步的问题吗?

Fox: So by refusing to help, though, because you don't have the resources or feel unable to help, or feel that the help that was being asked for would be harmful to that person, that if you had an intention to be of service to that person, that's okay. I'm not saying that well. Am I understanding what you're saying?

Fox: 因此, 藉由拒绝帮助, 虽然, 因为你并不拥有资源或者感觉到无法帮助, 或者感觉到被请求的帮助会对那个人是有该处的, 如果你确实拥有一种意愿对那个人进行服务, 那是很好的。我并没有很好地讲述。我理解了你们正在说的事情吗?

Q'uo: I am Q'uo. We believe that you grasp the basis gist of our response. We would add that if you refuse service to another because you feel unqualified to offer this service, you are judging yourself in a manner which will block your own energy centers and may well keep another entity from receiving something that could be helpful to it, for you do not, in truth, know what truly will help another. You cannot know that, you can only desire to help and intend to help.

Q'uo: 我是 Q'uo。我们相信你掌握了我们的回应的基本的主旨了。我们会补充, 如果你因为你感觉到不够格提供这种服务而拒绝对另一个人进行服务, 你就是在用一种将会阻塞你自己的能量中心的方式来评判你自己, 并可能让另一个实体无法接收到某个能够对于它是有帮助的事物, 因为你实际上并不知晓, 什么事情将会真正帮助另一个人。你无法知晓那一点, 你仅仅能够渴望去帮助并打算要帮助。

Is there a further query, my sister?
我的姐妹, 有一个更进一步的问题吗?

Fox: No, that was helpful. Thank you, thank you so much.
Fox: 没有了, 那是有帮助的。感谢你们, 非常感谢你们。

Q'uo: I am Q'uo. We thank you, my sister. Is there another query at this time?
Q'uo: 我是 Q'uo。我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Fox: I have one more short one, do you have one?
Fox: 我还有再多一个短小的问题, 你们有问题吗?

Gary: If given the space, I do have one, Q'uo. A friend of the circle, who I'll call J., was experiencing a constant involuntary influx of psychic information. For some reason, this is damaging his body and psyche. He states that he is not interested in help of a spiritual nature, or any help outside himself, and is presently wishing to end his incarnation. Is there anything that can be offered

to him by others other than prayer and being held in meditation that would be of potential help and that would not interfere with his free will?

Gary: 如果被给与了空间的话, 我确实有一个问题。Q'uo, 这个圈子的一个朋友, 我会称之为J, 正在体验到一种持续性的心灵信息的无意识的流入。因为某种原因, 这是损伤他的身体与心灵的。他说他对于具有一种灵性属性的帮助, 或者任何之他自己外部的帮助都不感兴趣, 他正在希望结束他的投生。除了祈祷以及在冥想中被拥抱之外, 有任何潜在会有帮助且不会侵犯他的自由意志的事情是能够被其他人提供给他吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. This situation is one which is most difficult for any entity to experience, for it seems that that which is being received is damaging to one's being to the degree that the desire is for ending the incarnation and ending the damage to the vehicle. We can only suggest to such entities that there are indeed no mistakes within any incarnational experience. If you have the desire to grow from that which you experience and to be of service to others with the fruits of which you experience growth, any situation may provide you with this opportunity.

Q'uo: 我是Q'uo, 我了解了你的问题, 我的兄弟。这个情况是一个对于任何体验它的实体都是极其困难的情况, 因为看起来似乎, 在渴望就是结束投生并结束对载具的损伤的程度上, 正在被接收到的事情是在对一个人的存有造成伤害的。我们仅仅能够对这样的实体建议, 确实在任何投生体验中都是没有错误的。如果你拥有渴望去从你体验到的事情成长, 并藉由你体验成长的果实来服务他人, 任何情况都可以提供给你这个机会。

Again, we repeat that this is not the density of understanding. Much must be taken on faith—the faith that what occurs in your incarnation is what is appropriate for you at that moment. That all things will come to an end at some point, and then, perhaps, there will be a glimmer of reason, and the puzzle will seem to be more understandable. If one can sustain the will to persevere, the ability to polarize in the conscious sense is greatly enhanced. Many entities have programmed for themselves situations that push the being to the boundaries of its ability to function in a certain way, in a certain situation because they wish to grow in that manner. This often includes a traumatic experience.

再一次, 我们会重复, 这不是理解的密度。大量的事情是必须凭借信心来承担的——有信心在你的投生中发生的事情是在那个时刻对于你是合适的事情。所有的事情都将会在某个位置结束, 接下来, 也许将会有一种对原因的模糊的感觉, 拼图将会看起来似乎是更加可以理解的。如果一个人能够维持意志以坚持不懈, 用有意识的方式极化的能力就会极大地被增强。很多实体已经为它们自己规划好了那些会将存有推动到它的能力的边界的情况, 以用一定的方式, 在一定的情况中发挥作用, 因为它们希望用那种方式成长。这经常会包含了一种创伤性的体验。

My friends, much of what occurs in your illusion in the way of learning has trauma and difficulty, and misunderstanding as its basis. These are the qualities that offer exploration into the deeper parts of the self, and if there can be a resolution of these difficulties, the growth is exponentially larger than

could be possible were the experience of a less traumatic nature. If all were happy and unified and pleasant and easily perceived, this would be like the situation before the great veil of forgetting was placed between the conscious and subconscious minds. Progress was quite slow. However, with this veil of forgetting (that brings true forgetting of all of the unity of the creation and the love and the light that forms every portion of the creation) also comes the ability to learn much more quickly that which is desired to be learned.

我的朋友们，在你们的幻象中用学习的方式发生的大量的事物都是将创伤、困难以及误解作为其基础的。这些就是提供了对自我的更为深入的部分的探索的属性了，如果能够有对这些困难的一个解答，相比如果体验是具有一种较不创伤性的属性能够有可能发生的成长，成长是指数性地更大的。如果所有的事情都是快乐的，统一的，愉快的且易于被感觉到的，这回类似于在伟大的遗忘的罩纱在有意意识心智和无意识心智之间被设置之前的情况。发展会是相当缓慢的。然而，藉由这种遗忘的罩纱（它带来了造物全部的一体性以及形成了那个造物的每一个部分的爱与光的真实的遗忘）同样也会出现远远更加快速地学习被渴望去学习的事物的能力。

We recommend that each entity look at those times of trauma, of difficulty and confusion, of heartbreak, of sorrow, of loss, as illusions that offer the opportunity to learn. All of the manifestation of your illusion has the purpose and the function of helping each entity turn from shape and shadow to the One.

我们会建议，每一个实体都将那些创伤的，困难的，混淆的，心碎的，忧伤的，失去的时刻视为是提供了学习的机会的幻象。所有对你们的幻象的显化都拥有帮助每一个实体从外形与阴影转移到太一的目的与功能。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: A small follow-up, and thank you for your eloquence, Q'uo. The question is: Is there anything you can offer his partner in terms of how to cope with the painful knowledge that her own thoughts, desires and life journey are all perceived psychically by this man, and cause him deep sadness and disappointment?

Gary: 为你们的口才而感谢你们，Q'uo，有一个小小的后续问题。问题是，如果他的伴侣知道她自己的想法，渴望以及生命旅程全都用心灵的方式被这个男人感觉到，并为他造成了深入的忧伤与绝望，在如何与那种痛苦的知晓打交道的方面，会有任何事情是你们能够提供给他的伴侣的吗？

Q'uo: I am Q'uo, and am aware of the query, my brother. We find much that would be repetitive in our response to this partner's experience, for there is, between these two entities, what you might call a contract or preincarnative choice that has the features of great difficulty and stress and disharmony built in in order to build a greater strength and endurance within the very being of each entity. This is a most anomalistic and unusual situation, for these entities are demonstrating qualities that are not common among most of your

third-density population. Thus, there is the possibility that too much emphasis might be given to the psychic nature of the experiences. It would be well if each could, shall we say, step back from the situation and attempt to grasp an overview—attempt with eyes seeking reasons and possibilities as to why the situation is perceived as it is, and experienced as it is. If this perspective can be achieved, there may be more information of a more harmonious nature that can begin to assemble the pieces of the puzzle for both.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现在对这个伴侣的体验的回应中会有大量的内容是重复性的, 因为, 在这两个实体之间会有你们可能称之为一种协议或者投生前的选择的事物, 它拥有更大的困难, 压力与不和谐的属性, 它们是为了在每一个实体的核心存有之中产生出一种能的力量与耐力而被构建在其中。这是一个极其反常且不常见的情况, 因为这两个实体正在展现出在你们的第三密度的大多数人群当中并不是通常性的属性。因此, 会有可能性, 过多的重点可能会被给予体验的心灵的属性。如果每一个实体都能够, 容我说, 从那个情况后退并尝试去掌握一种总体的看法——用在关于为什么这个情况会如其所是地被感觉到的方面寻求理由与可能性的眼睛来尝试——这是很好的。如果这种远景能够被取得, 就可能会有更多的具有一种协调的属性的信息能够开始同时为两个人将拼图的碎片集合起来了。

Each contains that which is necessary for grasping the overall picture so that neither entity becomes lost within the forest, shall we say, but is able to move beyond the wooded glen to the hilltop, and look behind at that which has been the difficult experience.

每一个实体都包含有掌握那个总体的图像所需的事物, 这样任何一个实体都不会在, 容我说, 森林中迷失了, 但却能够已从超越数目繁多的山谷移动到山顶, 并回顾已经是困难的体验的事物了。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Gary: Not for me, thank you, Q'uo.

Gary: 不是来自于我, 谢谢你们, Q'uo。

Fox: I'm going to save mine.

Fox: 我将会将我的问题保留。

Gary: Q'uo, a quick one. What is the value of grounding oneself in connection with the planet?

Gary: 一个简短的问题。通过与行星建立连接而让自己接地的价值是什么呢呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. The grounding that you speak of, we perceive to be that which is likened unto planting the feet within the Earth in order to receive the vibrations of your Mother Earth in the sense of making its transition into the fourth density of love and understanding. Metaphorically and metaphysically, if you can plant your feet in such a manner as they may reach even unto the core of the Earth, and

opened the heart and the mind and the spirit to the vibrations therein perceived, it is possible that you, in your desire to aid the planet itself, may send your heartfelt love and concern to the heart of your Mother Earth, for she is always receptive to such loving sendings, and responds quite vitally in its ability to receive and intensify these loving vibrations.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。你谈及的接地, 我们感觉是类似于将双脚扎根与土地之中, 以便于从你们的地球母亲正在进行转换进入到爱与理解的第四密度的意义上感觉到它的振动。用比喻性的以及形而上学的方式, 如果你能够用这样一种就好像双脚会甚至延伸到地球的核心的方式将你的双脚扎根, 并向着在那里被感觉到的振动开放心、心智与灵性, 你有可能, 在你去帮助星球其自身的渴望中, 向着你的地球母亲送出你由衷的爱与关注, 因为她一直都对于这样充满爱的发送是接纳性的, 并会通过其去接收并增强这些充满爱的振动的能力相当富有生命力地做出回应。

This is one means by which healing of your Mother Earth is possible, for entities to visualize in whatever manner has meaning for them, the enveloping of your planet within the vibration of love. This is that which is created within your being, by your desire, and is received by your Mother Earth as a natural function of her very being itself. Thus, such grounding can be beneficial to both you and to the Mother Earth and to her population who for the most part are unaware of her needs, or their ability to meet them.

这是一种藉由其对你们的地球母亲的疗愈是有可能的途径, 对于用无论什么对它们有意义的方式来观想的实体, 将你们的星球包裹在爱的振动之中。这就是藉由你的渴望在你们的存有之中被创造, 并被你们的地球母亲接收到, 作为它自己的核心存有的一个自然的机能的事物。因此, 这样的接地能够同时对于你, 对于地球母亲, 对于她的人群都是有益处的, 她的人群绝大部分并未察觉到她的需要, 或者它们去满足她的需要的能力。

At this time we shall thank each for inviting our presence to your circle of seeking. We are so honored my friends, to be with you. The love that you share with each other is obvious to us. The light that emanates from your very being is just as obvious, for it shines to the high heavens. It serves as a beacon to many. We are known to you as those of Q'uo. We leave you now, my friends, as we found you, in love and in light. Adonai, vasu borragus.

在此刻, 我们将为你们邀请我们出席你们寻求的圈子而感谢各位。我的朋友们, 我们对于与你们在一起是如此之荣耀。你们与相互彼此分享的爱对于我们明显的。从你们的核心存有中散发出来的光是一样明显的, 因为它照耀到了高高的天空。它会起到对很多人的一个灯塔的作用。我们是你们知晓为 Q'uo 的实体。我们现在在爱与光中离开你们, 我的朋友们, 如我们发现你们的时候一样。Adonai, vasu barragus。

[1] Questioner: What was the attitude just prior to harvest of those harvestable entities of Ra with respect to those who were obviously unharvestable?

Ra: I am Ra. Those of us which had the gift of polarity felt deep compassion

for those who seemed to dwell in darkness. This description is most apt as ours was a harshly bright planet in the physical sense. There was every attempt made to reach out with whatever seemed to be needed. However, those upon the positive path have the comfort of companions and we of Ra spent a great deal of our attention upon the possibilities of achieving spiritual or metaphysical adeptness, or work in indigo ray, through the means of relationships with other-selves. Consequently, the compassion for those in darkness was balanced by the appreciation of the light. – 89.29

[1] 提问者：在收割前，Ra 实体中的那些可收割的实体对于那些明显无法收割的实体的态度是什么呢？

Ra：我是 Ra。我们中的那些拥有了极性的礼物的实体对于那些看起来似乎是居住在黑暗中的实体感觉到深深的同情心。这个描述是极其恰当的，因为我们的行星在物质性的意义上曾经是一个刺目地明亮的行星。对于无论什么看起来似乎是被需要的事物，每一个尝试都被做出以向其提供援手。无论如何，那些走在正面性的道路上的实体拥有伙伴的安慰，我们 Ra 花费了我们大量的注意力在取得灵性或者形而上学的行家属性的可能性上，或者在靛蓝色光芒中的工作上，通过与其他自我之间的关系途径。因此，对于那些在黑暗中的实体的同情心是被对光的欣赏所平衡的。——《一的法则》89.29

Questioner: Would Ra's attitude toward the same unharvestable entities be different at this nexus than at the time of harvest of third density?

Ra: I am Ra. Not substantially. To those who wish to sleep we could only offer those comforts designed for the sleeping. Service is only possible to the extent it is requested. We were ready to serve in whatever way we could. This still seems satisfactory as a means of dealing with other-selves in third density. It is our feeling that to be each entity which one attempts to serve is to simplify the grasp of what service is necessary or possible. – 89.30

提问者：在这个节点 Ra 对于相同的无法收割的实体的态度和在第三密度的收割的时候的态度是不一样的吗？

Ra：我是 Ra。不是实质性地不同的。对于那些希望去沉睡的人，我们仅仅能够提供那些为沉睡的人设计的安慰。服务仅仅是在服务被请求的程度才是有可能的。我们准备好用无论什么我们能够的方式进行服务。这作为一种与在第三密度中的其他自我打交道的方式仍旧看起来是令人满意的。我们的感觉是，去成为一个人尝试去服务的每一个实体，这就是对于什么服务是需要的或者是有可能的掌握的简化了。——《一的法则》89.29

February 15, 2018
2018-02-15 Laitos: 感激

(Jim channeling)
(Jim 传讯)

I am Laitos, and am with this instrument. We greet you all in love and in light. We are most gratified to be able to join you this evening, for it has been a little while, in your measure of time, since we have been with you. It is our pleasure to be here to aid those who wish to become instruments for the One Creator in one facet or another, for we all are parts and portions of the One Creator, intermingling, exchanging our thoughts, our love, our dreams, and our gratitude with each other.

我是 Laitos, 我与这个器皿在一起了。我们在爱与光中向你们全体致意。我们对于能够在今晚加入你们是极其感激的, 因为在你们对时间度量中, 自从我们上一次与你们在一起, 已经有一段时间了。我们很高兴在这里来帮助那些希望成为在这样或者那样一个面向中的造物者的器皿的实体, 因为我们全都是太一造物者的一部分, 我们将我们的想法、我们的爱、我们的梦想, 我们的的感激与相互彼此融合在一起并与相互彼此进行交换。

The topic this evening is one which is close to our hearts, for the gratitude that we feel in being here is significant. It offers us an opportunity to be of service to you, to the Creator, and to any who will hear your words in the future, as you serve as instruments for the One Creator. We feel this feeling that you call gratitude as a steady state in our being, and in our home vibration, for within the fourth density of love and understanding, there is so much praise and thanksgiving and feeling of gratitude for being able to experience the unity of the creation, the love that animates it, and the light which is the creation, that our hearts overflow, and cause us great joy, for it is truly an honor and a privilege to be able to move further along the trail of seeking, and to discover more of the treasures of the One Creator hidden all about the creation.

今晚的主题是一个接近我们的心主题, 因为我们对于在这里而感觉到的感激是意义重大的。它提供给我们对你们, 对造物者, 对任何将会在未来听到你们的话语的实体进行服务的机会, 因为你们是作为太一造物者的器皿而服务的。我们感觉到你们你们称之为感激的这种感觉是一种在我们的存有中, 在我们的家园的振动中的稳定状态, 因为在爱与理解的第四密度中, 会有如此大量的赞美、感恩以及对能够体验到造物的一体性, 以及为其赋予了活力的爱, 造物之所是的光的感激的感觉, 以至于我们的心是满溢的, 并给与了我们巨大的喜悦, 因为能够更进一步地沿着寻求的小径移动, 并探索在造物中无处不在地隐藏着的太一造物者的更多的宝藏, 这真的一种荣耀与一种荣幸。

At this time, we shall transfer this contact to the one known as Austin. We are Laitos.

在此刻, 我们将这个接触转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin 传讯)

We are Laitos, and we are with this instrument. In our home density of fourth density, a steady state of gratitude comes with ease, because within this density we are free from the veiling that is so characteristic of your current experience. My friends, you do not need us to tell you that in your current experience such gratitude does not always come with such ease, and is not always in such a constant and steady state. But we ask you, what power do you feel within gratitude, because of the brief glimmers you receive, as opposed to the constant and steady state of gratitude?

我们是 Laitos，我们与这个器皿在一起了。在我们第四密度的家园的振动中，一种稳定的感激的状态是会容易出现的，因为在这个密度中，我们是免受在你们当前的体验中是如此典型性的罩纱的束缚的。我的朋友们，你们并不需要我们告诉你们，在你们当前的体验中，这样的感激并不会一直都会藉由这样的容易而出现，且并不是一直都会处于这样一种持久而稳定的状态中的。但是我们会问你们，因为你们接收到的短暂的模糊印象，而不是感激的持久而稳定的状态，在感激中你们感觉到的是什么力量呢？

This is one of the primary purposes of the veiling that you experience, for when a spark of the Creator, such as yourselves, can find their way through the darkness, glimpse a brief glimmer of light, and follow that light with faith, it is a powerful thing. And we ask you to consider the variety of the Creator's light as it manifests within your experience. Gratitude is simply one experience and one name for the variety of experiences you have that come close to a true recognition of the Creator.

这是你们体验到的罩纱的主要目的之一，因为当诸如你们自己之类的一个造物者的火花，能够找到它们穿越黑暗的道路，一瞥光的一次短暂的闪光，并带着信心跟随那种光的时候，它是一个强有力的事情。我们请你们考虑当造物者的光在你们的体验中显化的时候造物者的光的多样性。感激单纯地是一个体验，以及对你拥有的体验的多样性的一个名字，它是接近对造物者的一种真实的认出的。

We believe that you are aware of the benefit of concentration upon this gratitude, recalling throughout the day those things within your experience for which you feel gratitude, and this is certainly a highly recommended method for welcoming the Creator's love into your life. But, we might suggest, in addition to this consistent exercise, another approach to gratitude, and that would be to take the concept of gratitude into meditation and contemplation, and attempt to fit it within those experiences in your life for which you may not normally feel gratitude. Discover those struggles throughout the day, throughout the weeks, and the months, and the years, and those things that define the disharmony you perceive within your life.

我们相信你们知晓将注意力集中在这种感激上，并在贯穿一整天的时间中都回忆起那些在你们的体验中你们对其感到感激的事情的益处，这肯定是欢迎造物者的爱进入到你们的生命中的一个极其被推荐的方法。但是我们可以建议，除了这个坚持不懈的练习之外，还有另一条通过感激的途径，那就是去将感激的概念带入

到冥想和沉思中，并尝试去让它匹配在你们的生命中的那些你们可能通常不会对其感到感激的体验。在贯穿一整天的时间中，贯穿周，月与年的时间中，发现那些挣扎，以及那些界定了你们在你们的生命中感觉到不和谐的事情。

Why, we ask, would one be grateful for such things? That, my friends, is a fruitful question to take into your contemplations. Consider those blessing in your life that may not seem as blessings on the surface, but taken into a grander context and explored in a deeper sense, you may find that there is nothing in your life experience for which you cannot manifest gratitude.

我们会问，为什么一个人会对这样的事情感激呢？我的朋友们，那是一个要带入到你们的沉思中的富有成果的问题。考虑在你们的生命中的那些在表面上可能看起来不是福分的福分，当它们被带入到一个更为宏大的背景中并在一种更为深入的意义上被探索的时候，你们可以发现，在你们的生命体验中没有任何事情是你们无法对其显化感激的。

We leave this instrument with gratitude, and now transfer the contact to the one known as Julie. We are Laitos.

我们带着感激离开这个器皿，我们现在将接触转移到被知晓为 Julie 的实体。我们是 Laitos。

(Julie channeling)

(Julie 传讯)

I am Laitos, and we are with this instrument. Our discussion this evening is on gratitude, and we are truly thankful to speak through this instrument. There is much to be thankful for, and we would like to discuss our gratitude for you and your commitment as a group to be instruments of peace. Truly we thank you, for in your world you are at the finest university in your galaxy. You are lights in your bodies, and each day you have experiences in each given moment, and it is the highest state of learning in your physical forms.

我是 Laitos，我们与这个器皿在一起了。我们今晚的讨论是关于感激的，我们通过这个器皿发言而真正地是感谢的，我们想过要讨论我们对于你们作为一个团体对成为平安的器皿的奉献。我们真正地感谢你们，因为在你们的世界中，你们就是在你们的星系中的最美好的宇宙。你们是在你们的身体中的光，每一天，你们在每一个被给予的时刻中拥有体验了，它是在你们的物质性的形体中的学习的最高的状态。

There are many of us who observe you as you learn and grow together as co-creators, and it is a blessing to us, because we learn too. In your world there is balance with the darkness and the light, the up and the down. Some moments are good, where you feel happy and alive, and other moments you may not feel so good, and remember, this is the balance in your world. We must have it and we must be in gratitude for it.

我们中有很多实体都在你们作为共同造物者一起学习和成长的时候观察你们，它对于我们是一种福份，因为我们同样也学习了。在你们的世界中，会有在光明与黑暗，对上与下的平衡。一些时刻是好的，在其中你们感觉到快乐与有活力，其

他的时刻你们可能并不感觉到如此之好，请记住，这就是在你们的世界中的平衡。我们必须拥有它，我们必须对它是感激的。

Remember this as you go through your day, and we might suggest that when you feel that you are struggling within, and you search for something to lift you up to a better mood, to a happier day, allow yourself to be present. Look around you, take a break from your work and experience all of the amazing things that happen around you when you may not have been paying any attention at all. The sun is out; you are the sun children, you know. There is much going on in your world and you may not be aware. When you allow yourself to be present, and look at your physical form, and look all around you, you cannot help but be in gratitude, for this experience is the ultimate experience—the present moment.

在你经历你的日子的时候记住这一点，我们可以建议，当你感觉到你正在内在之中挣扎的时候，你可以搜寻某个事情来让你提升到一个更好的心境，提升到一个更加快乐的日子，允许你自己在场 (present)。看看你周围，从你的工作中休息一下，体验所有在你周围发生的令人惊奇的事情，这些事情可能是你一直都完全没有留心过的。太阳在外面，你们是太阳的孩子，你们知道。在你们的世界中有大量的事情正在进行，而你们可能并不察觉。当你允许你自己在场 (present)，看看你的物质性的形体，看看所有你周围的人，你就会情不自禁地处于感激之中了，因为这个体验就是终极的体验——当下一刻。

You will see that this will help you raise your energy, raise your feelings of love, open your heart and be thankful, and thankful for your sun that gives you life. We thank this instrument with all our hearts, for her dedication. We pass this contact to the one known as Trish. We are Laitos.

你们将会看到，这将会帮助你们提升你们的能量，提升你们的爱的感觉，开放你们的心并成为感谢的，为给予了你们生命的你们的太阳而感谢。我们带着我们全部的心感谢这个器皿的奉献。我们将这个接触转移到被知晓为 Trish 的实体。我们是 Laitos。

(Trish channeling)
(Trish 传讯)

We are those of Laitos, and we are now with this instrument. Gratitude is a very tough lesson to be learned on this planet. Not that the learning itself is hard, just in the sense that there is resistance on the part of this human race to be ever grateful to see the beauty in all, to see every circumstance as an opportunity, an opportunity to grow and learn and love and accept. It's a very important lesson to learn, however.

我们是 Laitos，我们现在与这个器皿在一起了。感激是在这个星球上要被学习的一门非常艰难的课程。这不是说学习其自身是困难的，仅仅是在会有在人类的物种的部分上会有抗拒的意义上是困难的，即对于在一切事物中感到美丽，对于将每一个情况都视为是一个机会，一个去成长、学习、爱与接纳的的机会的抗拒。然而，它是一门要去学习的重要的课程。

As it has been said, these times can feel very difficult. These human entities can find reasons to despair, fear, hate, more easily than ever. It's by practicing acts of gratitude, moments of silence, of being thankful for what is around you, for what you receive and making the best of it. All of this is so important. It's a necessary step towards the graduation, to the moving onward and upward to raising your own vibration.

如同已经被说过的一样，这些时间能够感觉是非常困难的。这些人类实体能够，比以往任何时候都更加容易地找到绝望、恐惧、仇恨的理由。就是藉由实践感激的行动，静默的时刻，你对你周围的事物，对你接收到的事物成为感谢的，并在不利情况下尽力而为了。它是朝向毕业，朝向继续向前与向上，朝向提升你自己的振动的一个必须的步骤。

This instrument apologizes, for she feels that gratitude is a blockage of her own, and with that, she feels that she cannot act as a clear, concise channel or lens for this message at this time. But, we of Laitos, and this instrument, are all grateful for this moment, for this opportunity to practice and to share the space with loved ones.

这个器皿必须抱歉，因为她感觉到那种感激是她自己的一个阻碍物，为此她感觉到她无法在此刻作为这个信息的一个清晰的，准确的管道或者透镜来行动。但是我们 Laitos，以及这个器皿，全都对这个时刻是为这个与那些挚爱的人们一起练习并分享空间的机会而是感激的。

We will now leave this instrument, depart and move on to the instrument known as Gary. We are those of Laitos.

我们现在离开这个器皿，离开并继续移动到被知晓为 Gary 的器皿。我们是 Laitos。

(Gary channeling)

(Gary 传讯)

We are those known to you as Laitos, and in keeping with this thread, we express through this instrument our own gratitude for the voice each of you gives those concepts which we offer on this topic of gratitude. And we thank the instrument before this one, known as Trish, for however far she may consciously at times feel from gratitude, we feel within her beingness a great deal of gratitude for her life circumstances and for her opportunities for service.

我们是你们知晓的 Laitos，在保持这个思路的过程中，我们通过这个器皿表达了我们自己对你们每一个人为我们在这个感激的主题上提供的那些观念赋予了声音的感激。我们感谢在这个器皿之前的器皿，即被知晓为 Trish 的器皿，因为无论她可能时不时地有意识地感觉到距离感激是多么遥远的，我们都在她的存有内在之中大量对她的生命的境况以及对她的服务的机会的感激。

Gratitude could be said to be a measure, if you wish to use this term, of degrees of awakening within the illusion which you now experience. The gratitude is rather . . . the gratitude may be practicedm and we certainly

commend your attention to this discipline, but it also arises on its own, automatically, you could say, as the being expands its point of view and comes into greater contact with the truth of unity. It is a very natural, inherent response when that self which has been astray, alone, battered and bruised, discovers increasingly the support, the threads of connection it has with all things, the ways in which the Creator intersects with its various energy centers, and those quarters of life that had formerly had conceptual walls around them, separating them into compartments.

感激能够被认为是一种对在你们现在体验到的幻象中的觉醒的程度的度量, 如果你们希望使用这个词语的话。感激是相当.....感激可以成为实践性的, 我们肯定推荐你们专注于这种修炼, 但是它同样也会, 你们能够说, 自动地, 自行地升起, 因为存有会拓展它的视角并进入到与一体性的真理之间的更大的接触中。当已经误入歧途的, 孤单的, 消瘦的且被撞伤了的自我越来越多地找到了支持, 它与所有事物之间的连接的线条, 以及造物者通过其与它的各种各样的能量中心, 还有生命的那些之前已经在它们周围拥有了观念性的墙壁, 并将它们分隔为间隔的部分的区域相交的方式的时候, 它是一个非常自然性的, 内在固有的反应。

As contact is increased with the light and the truth, the entity naturally responds with gratitude. Perhaps that takes the form of a gesture, perhaps it is visible in the eyes, the face, perhaps it appears within the thoughts. It is deeper than these manifestations, however, in that it is a state of being, you may say, and the more time that one spends in this state of being, the more vital one is, because in gratitude walls come down, barriers are made permeable, and the self opens itself to the universe, increment by increment, so that it is not only the individual unit known as the self that feels this gratitude, but the universe itself which feels this gratitude. It is not a lonely feeling, it is a feeling between two partners, you could conceive of it. It rings back and forth between the One and the many, the Creator and creation, and in it is a mutuality of love and a gestalt, is the word this instrument is doubtful of, that has its most concise expression in your language in the simple words, "Thank you."

当与光与真理之间的接触被增强的时候, 实体会自然而然地用感激来回应。也许那会采用一个姿势的形式, 也许它在眼中, 在脸上是可见的, 也许它会出现在想法中。它是比这些显化更为深入的, 然而, 因为它是一种, 你们可以说, 存有的状态, 一个人在这种存有的状态中花费的时间越多, 一个人就会变得越发充满生命力, 因为在感激中, 墙壁坍塌了, 障碍物成为可以刺穿的了, 自我逐步递增地让它自己向着宇宙开放了, 因此, 感觉到这种感激的不仅仅是那个被知晓为自我的个体的单元, 同样还有感觉到这种感激的宇宙其自身。它不是一个孤单的感觉, 它是一种在两个伙伴之间的感觉, 你们能够想象它。它会在太一与众多之间, 在造物与造物者之间来回奏鸣, 在其中会有一种爱的相互关系以及一种完形 (gestalt), 在其中会有这个器皿对其感到疑虑的话语, 那个话语在你们的语言用简单的词语拥有它最准确的表达, 它就是“谢谢你”。

To look at a moment, or a difficulty, or especially one of your other selves, and say, "Thank you."

看着一个时刻, 或者一个困难, 或者尤其是你们的一个其他自我, 并说, “谢谢

你。”

Take these words into your meditation, let your mind sit and contemplate that energy expressed in those words, and you will find that the thread of gratitude goes deeper than your current conscious awareness knows, and as you follow that thread deeper, you may, to your surprise, find transformation awaiting you.

将这些词语带入到冥想之中, 让你们的心智坐下来并沉思在这些词语中被表达的能量, 你们将会发现, 那种感激的线条是比你们当前有意识的察觉所知晓的要进入到更深的位置的, 当你们跟随着那个线条进入到更为深入的地方, 你们可能, 吃惊地发现转变正等待着你们。

This instrument asks us that we move on, with gratitude for those in this circle. We are those known to you as Laitos.

这个器皿请我们继续前进, 带着对这个圈子中的那些实体的感激, 我们是你们知晓为 Laitos 的实体。

(Jim channeling)

(Jim 传讯)

We are Laitos, and we are with this instrument once again. We are most pleased, and indeed full of gratitude at the experience of working with each of you this evening. We feel that you have made progress yet again, and have moved another step forward on the path of becoming instruments for the One Creator. We would ask at this time, if any has a question for us concerning the channeling experience this evening.

我们是 Laitos, 我们再一次与这个器皿在一起了。我们是极其高兴的, 并确实对今晚与你们每一个人一同工作的体验是感激的。我们感觉到你们已经再一次做出了进展了, 并已经在成为太一造物者的器皿的道路上向前移动了另一步了。我们会在此刻询问, 是否任何人在关于今晚的传讯体验的方面有一个给我们的问题。

Gary: Laitos, what part does the aiming and setting of the focus, from moment to moment, of the instrument, play in receiving and transmitting your words?

Gary: Laitos, 器皿时不时地瞄准焦点与设置焦点, 这在接收与传递你们的话语的过程中扮演了什么角色呢?

Laitos: I am Laitos, and we feel that your query is a salient one, for each who serves as an instrument, must, in some fashion, be able to find that focus in the moment, and continue that focus in a one-pointed fashion, so that our concepts might find a clear entry into your mind. If there is any other concept cluttering that focus, then there is difficulty in perceiving our contact, and we are aware of how the focus may vary with each instrument.

Laitos: 我是 Laitos, 我们感觉到你的问题是一个引人注目的问题, 因为每一个作为一个器皿而服务的实体, 都必须, 用某种方式, 能够找到在那个时刻中的焦点, 并用一种专注的方式继续那个焦点, 这样我们的观点就可以找到一个清晰的

入口进入到你们的心智中了。如果有任何其他的观念将那个焦点搅乱了，接下来，在接收到我们的接触的过程中就会有困难，我们察觉到焦点会如何在每一个器皿身上发生变化。

It is the goal to have the clear focus at all times. However, this is rare, for the conscious mind of each entity, in this circle and within this illusion, has had a great deal of stimulation as a normal state of being, and is almost requiring such, for many times the beginning meditator will discover that there is something eerie or unusual about the silence within. As progress is made in the meditations, and finding this focus, and experiencing the silence, then there is a comfort level that is achieved, that allows one seeking to serve as an instrument to, shall we say, rest back within the self, to allow any distracting thought to fall away of its own accord in order that clarity may be achieved in perceiving and transmitting our contact.

在有的时候都拥有清晰的焦点。然而，这是少见的，因为在这个圈子中以及在这个幻象中的每一个实体的有意识的心智，都已经拥有了大量的刺激作用作为一种通常的存有的状态，并几乎是需要这样的刺激作用的，在有的时候，入门的冥想者将会发现，会有某种关于内在的静默的可怕的或者不同寻常的事情。随着在冥想中的进展被做出，同时找到这个焦点并体验到静默，接下来，就会有一种舒适的层次被取得了，它会允许一个寻求去作为器皿服务的实体，容我们说，在自我之中感到放心，并允许任何分心的想法自动消散，以便于那种在感觉并传递我们的接触的过程中的清晰度可以被取得。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Presuming that I'm receiving your concepts when serving as an instrument, I find that it's not a single train of thought, you could say, from one concept to the next, but rather there are multiple threads I could pursue, depending on where I place my focus. If I select one of, say, three sensed threads, then the communication proceeds down the one I have selected. Can you comment on that interior process of the instrument?

Gary: 假设当我正在作为一个器皿服务的时候，我正在接收你们的观念，我发现它不是，你们能够说，从一个观念到另一个观念的一个单一的想法的序列，而确实会有多条线路是我能够追寻的，取决于我将我的焦点放置在何处。如果我选择，假设，三个被感觉到的线路中的一条线路，接下来，沟通交流就会顺着我已经选择的那条线路前进。你们能够对器皿的内部的过程进行评论吗？

Laitos: I am Laitos, and am aware of your query, my brother. Each instrument, as it is exercising its ability to perceive our contact, has some kind of a response to that perceived "train of thought", as you have called it. In many instances, we are able to include the response as part of our transmission, for we wish to include a certain percentage of the instrument's own experiences and ways of speaking in our transmissions, in order to give validity and respect to each instrument's spiritual journey, for each has learned much, and can add to our transmission that which is of a personal nature. Thus, for many

of your years, the Confederation of Planets in the Service of the One Infinite Creator has attempted to achieve a balance of roughly two-thirds our content, and one-third, roughly, of the instrument's experiences in our transmissions to your groups. Thus, the trains of thought that you are aware of within your mind as we speak to you are potential avenues for us to travel, and we are appreciative of the opportunity that you offer us in this regard.

Laitos: 我是 Laitos, 我了解了你的问题, 我的兄弟。每一个器皿, 当它在训练它接收我们的接触的能力的时候, 都拥有某种类型的一种对那个感觉是“想法的序列”, 如你们对它的称呼一样, 的回应。在很多情况中, 我们能够将那个回应包含成为我们的传讯的一部分, 因为我们希望在我们的传讯中包含一定比例的器皿自己的体验以及说话的方式, 以便于对每一个器皿的灵性旅程给予确实性与尊重, 因为每一个器皿都已经学会了大量的事物, 并能够将具有一种个人属性的事物添加到我们的传讯上。因此, 在你们的很多年的时间中, 服务于无限造物者的星际联邦已经尝试在我们对你们的团体的传讯中取得了大概有三分之二我们的内容, 与大致三分之一是器皿的体验的内容一种平衡了。因此, 在我们对你发言的时候, 你在你的心智中察觉到的想法的序列, 就是我们要去旅行的潜在的道路, 我们感激你用这种方式提供给我们的机会。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: I'll have to think on that. Thank you, Laitos.

Gary: 我将必须要对那一点进行思考。谢谢你们, Laitos。

Julie: Yes, I have a question, Laitos. I have a growing passion to be a very clear channel. As I have been having the experience over and over again through practice, I was just wondering if you had any advice on how we can prepare ourselves in the utmost way, to be a very, very clear channel. And I just want to thank you for channeling through me. I am honored, and I thank you.

Julie: 是的, Laitos, 我有一个问题。我拥有一种不断增长的热情去成为一个非常清晰的管道。因为我已经一直都一次又一次地通过练习拥有体验了, 我仅仅想要知道, 是否你们在关于我们如何让我们自己用最终的方式做好准备成为一个非常非常清晰的管道的方面有任何的建议。我感到荣耀, 我感谢你们。

Laitos: We are Laitos, and are aware of your query, my sister. We assume that your definition of a “clear channel” is one which would include more of our content, and less of yours, which is a feature of conscious channeling for those entities who have a great deal of experience in this type of service. It is a means by which more precise information may be transmitted, but in the beginning stages of learning this part, we recommend the instrument's willingness to accept a certain, shall we say, personal portion of the contact, or information transmitted through it, for this is a means by which most instruments find it more comfortable to expand upon their ability to allow information from outside the self to enter within the mind complex and be reproduced as what you call “channeling.”

Laitos: 我们是 Laitos, 我们知晓你的问题了, 我的姐妹。我们假设你对于一个“

清晰的管道的定义“是一个会包含更多我们的内容，较少属于你的内容的管道，对于那些在这种类型的服务中拥有大量的经验的实体，这是那些实体的有意识的传讯的一个特性。它是一种藉由其更为准确的信息可以被传递的方式，但是在学习这个部分的开始的阶段中，我们推荐器皿乐于接受接触或者通过它被传递的信息的一定的，容我们说，个人性的部分，因为这就是大多数器皿会发现更为舒适的一种途径，以在它们允许在来自我外部的信息进入到心智复合体内部，并作为你们所称的“传讯”被重现的能力上进行拓展。

As you progress upon this path of service, the clarity of your channel will be reflected by the degree of desire that you share, or manifest, in your daily round of activities, so that each service that you offer can be made as an honestation, shall we say, to the One Creator. Thus, you serve as a channel in everything that you do, every thought that you think, and every word that you speak. In other words, you are most mindful of each moment of your experience. Then, when you are, as you are now, seeking to serve as an instrument to channel or transmit concepts from outside the self, then you are reflecting what you have experienced and produced during the day as a result of your increased intention to be a clear channel at all times.

当你们沿着这条服务的道路前进的时候，你的管道的清晰度将会被你们在你们的日常生活活动中分享或者显化的渴望的程度所反映出来，这样你们提供的每一个服务就能够成为对太一造物者的一种，容我们说，荣耀。因此，你们在你们做的每一个事情中，在你们思考的每一个想法中，在你们说的每一个言语中都作为一个管道而服务。换句话说，你们在你们的体验的每一个时刻都是极其留心的。接下来，当你，如同你现在正在做的一样，正在寻求去作为一个器皿服务，以传讯或者传递来自自我外部的观念的时候，接下来，你就是在反应作为你增强性的在所有的时间都去成为一个清晰的管道的一体的结果而已经你在一天期间体验并产生出的事物了。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Julie: No, that really helps though. Thank you so much, Laitos.
Julie: 没有了，那真的是有帮助的。非常感谢你们，Laitos。

Laitos: We thank you, my sister. Is there a final query at this time?
Laitos: 我们感谢你，我的姐妹。在此刻有一个最后的问题吗？

Julie: None from me, Laitos. Thank you.
Julie: 我没有了，Laitos。谢谢你们。

Laitos: We are Laitos. As we appear to have exhausted the queries, we shall take our leave of this instrument and this group, thanking each once again, with the greatest of gratitude for your participation in this evening, and its practice of channeling.

Laitos: 我们是 Laitos。因为我们看起来已经耗尽了问题了，我们将离开这个器皿和这个团体，我们再一次带着我们对你们在今晚的参与以及对传讯的实践的最

大的感激感谢各位。

We are known to you as those of Laitos. We leave you in love and in light and in gratitude. Adonai, vasu borragus.

我们是你们知晓的 Laitos。我们在爱与光中，在感激中离开你们。Adonai, vasu borragus。

March 3, 2018

2018-03-03 内在工作与外在活动的纠结

Group Question: Some of us are experiencing an internal disharmony in following a calling to withdraw from more active participation in social issues and instead concentrate on our inner spiritual journeys. We recognize the value of doing inner work with less active engagement, but we sometimes perceive an increasing need for active work, sometimes even feeling guilty for not being more involved. Can you speak to this internal struggle and dissonance? What is its role as catalyst, and how can we work with it?

团体问题：我们中的一些人在跟随一种呼唤去从更为活跃地参与到社会性的议题中回撤，并作为替代将注意力聚焦在我们内在的灵性的旅程上的方面，正在体验到一种内在的不和谐。我们认出藉由较少的参与来进行内在工作的价值，但是我们有时候会感觉到一种逐渐增加的对活跃的工作的需要，有时候甚至会对不被更多地包含在其中而感觉到内疚。你们能够谈谈这种内在的挣扎与不协调吗？它作为催化剂的价值是什么，我们如何能够与它一同工作呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each of you in love and in light this day. We are most pleased to be asked to join your group this afternoon, for you have, as always, prepared yourselves well to become a unified seeking entity: many as one, and one as many. Before we begin, we will ask you our usual favor, and that is that you examine those words and thoughts that we have to share with you, and take those that have meaning for you, and use them as you will, and leave behind any words or thoughts that do not have meaning for you, for we would not wish to become a stumbling block or a hindrance upon your journey of seeking. If you will do this small favor for us, then we will feel free to share freely with you our thoughts upon this interesting query.

我是 Q'uo，我与这个器皿在一起了。我们在这个日子在爱与光中向你们各位致意。我们对于被请求在这个下午加入你们的团体是极其高兴的，因为你们已经，一如既往，让你们自己做好了充分的准备来成为一个统一的寻求的实体了：很多人如同一个人，一个人如同很多人。在我们开始之前，我们将会请求我们惯常的恩惠，那就是你们检查那些我们所要与你们分享的言语与想法，使用那些对你们有意义的部分，并如你们所愿地使用它们，将任何对你们没有意义的言语与想法都丢弃掉，因为我们并不愿意成为在你们寻求的旅程上的一块绊脚石或者一个妨碍物。如果你们愿意为我们进行这个小小的恩惠，我们接下来就会对自由地与你们分享我们在这个有趣的主题上的想法的过程中感觉到自由了。

You, as conscious spiritual seekers, have been upon this path of seeking for a lengthy period of time, as you measure, within this lifetime, and indeed, in lifetimes previous to this one as well. You have built up within your mind, your body, and your spirit the kind of momentum that seeks to understand the mysteries about you, for this illusion in which you now move and live and

have your being is full of mystery. The mystery for most does not go beyond fathoming the means by which to make a living, to provide a home for a family, and to progress in worldly fashions upon the path of gathering worldly satisfaction. However, you have found that this is but a symbol, and a means by which you may apprehend a larger reality, that which does not lie about you, but within you, and as you seek more and more proficiently, you begin to reflect this inner realization of love, of light, and of unity, to those about you.

你们，作为有意识的灵性的寻求者，已经在这次生命中，确实，同样也在这次生命之前的生命中，走在这条寻求的道路上有一段很长的时间了，如你们对时间的衡量一样。你们已经在你们的心智中，你们的身体中，你们的灵性中积累起来了那种寻求去理解在你们周围的升级的动量了，因为这个你们现在在其中移动，生活并拥有你们的存有的幻象是充满了神秘的。对大多数人，神秘并不会超越弄明白藉由其来谋生，为一个家庭提供一个家，以及用世俗的方式在收集世俗的满意的道路上前进的途径。然而，你们已经发现，这仅仅是一个象征物，是一条你们藉由其可以领会一个更大的实相的途径，那个实相是不存在于你们周围，而是存在于你们内在之中，当你们越来越熟练地寻求的时候，你们开始对那些在你们周围的人反映这种内在的对爱，对光，对一体性的领悟。

The question you ask today, my friends, is how best for you to proceed in this journey of seeking and sharing what you have found to be your inner truth—how much effort to make, and in what manner to make it, as you find yourself faced with what seems to be blatant disharmonies, unfairness, and injustice all about you. For this illusion has many such tangles to offer the spiritual seeker—how to insert the self, or if to insert the self, into these tangles and confusions of how, or whether, to love this or that person, group, or idea. This is the stuff of your third-density illusion; this is why you are here. To consider these points is to become a conscientious conscious seeker.

你们今天询问的问题，我的朋友们，是你们如何最佳地在这条寻求与分享你们已经发现是你们内在的真理的事物的旅程上前进——要做出多大的努力，用什么方式来做出它，当你发现你自己面对着全都在你周围的看起来似乎是露骨的不协调，不公平以及不公正的时候。因为这个幻象拥有许多这样的纠结要提供给灵性的寻求者——如何将自我插入到，或者是否要将自我插入到这些对于如何，或者是否，要去爱这个或者那个人，团体，或者观念的纠结于混淆之中。这就是你们第三密度的幻象的素材，这就是为什么你们在这里的原因。要考虑这些要点，就是去成为一个认真负责的有意识的寻求者。

You are considering how best to expend your energies of understanding, if we may use an inappropriate word, for understanding is difficult, if not impossible, within your illusion. But yet you seek to begin this process of putting together the pieces of the puzzle as to the appropriate way to progress upon your journey of seeking, how much should be reserved for the inner experience of seeking the one within, and how much should be expended upon the outer efforts to cause communal conformity, shall we say, to what you see as being the most essential understanding of unity.

你们正在考虑如何最佳地拓展你们理解的能量，如果我们可以使用“理解”这个不恰当的话语的话，因为理解在你们的幻象中，如果不是不可能的，是困难的。但

是你们寻求开始这个将拼图的碎片拼在一起的过程，这个拼图是关于要你们的寻求的旅程上前进的适当的途径，多少应该为了寻求那内在之中的太一的内在的体验而被保留下来，多少应该被花费在外在的努力中来产生出群体性的顺从，你们要将什么事物视为是对统一的最为实质性的理解。

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

在此刻，我们将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo, and we are with this instrument. We would begin our communication through this instrument by asking you to consider first what it means that you have found yourself incarnate in third density. Now, to be incarnate is to open yourself to catalyst which does not come entirely from within, and that means that you will be subject to the forces of nature, you will be subject to events of a random nature on a regular basis, and most of all, you will be subject to the influences offered by other selves with whom you are engaged, sometimes with a great degree of intimacy and sometimes with a degree of intimacy far less.

我是 Q'uo，我与这个器皿在一起了。我们会藉由请你们首先考虑你已经发现自己在第三密度中投生了这是什么意思来开始我们通过这个器皿的沟通交流。现在，要投生就是要让你自己向着并非完全来自于内在之中的催化剂开放你自己来开始，那意味着你将会受到大自然的力量的支配，你将会用一种有规律的方式受到具有一种随意的属性的事件的支配，你将会受到被你与之打交道的其他自我提供的影响的支配，有时候这种打交道是藉由一种巨大程度的亲密性进行的，有时候是藉由一种远远较少的亲密性的程度进行的。

And so, that being the case, you could make a very strong argument favoring the view that for you to turn away from all of this catalyst that is on offer, for you to turn inward and turn a blind eye to that which goes on around you, would be to abandon the very mission that you undertook in incarnating within this density, upon this planet, at this time. And we will not deny that there is not just a certain logic in this point, but a deeper meaning as well. It is true that you stand exposed to a great deal that can move you off your center, that can cause you discomfort, and that can stir you to conduct or behavior that surprises you, catches you off guard, and leaves you feeling that you are not the one you desire yourself to be.

因此，情况竟然是这样的，你就能够做出一种非常强有力的争论来支持那个观点，以便于让你转身离开所有被提供的这种催化剂，以便于让你转向内在并无视在你周围进行的事情，这会是对你通过在这个密度中，在这个星球上，在此刻投生来进行的核心的使命的放弃。我们将不会否认，在这个要点中会有不仅仅一定的逻辑，同样也会有一种更为深入的意义。你是被暴露在大量的能够让你离开你的中心的事物的，这是真实的，这些事物能够使得你不舒服，能够煽动你去产生出让你感到吃惊的行动或者举止，在不防备的情况下抓住你，并让你感觉到你并不是

你渴望你自己成为的那个人。

Upon recognizing that something like this has befallen you, it is often the case that you are tempted to withdraw. And the point with which to begin a reflection on this question relates to the feeling tone, shall we say, that might be associated with that propensity to withdraw. Are you proposing to withdraw into a safe place of your own because you feel it would be safe, because you feel it would be secure from the angry winds of chance? Are you feeling it would protect you from that which you feel is a danger to you?

在认出了某个类似这样的事情已经降临到你身上的时候，经常会发生的情况是，你会尝试去后退。那个藉由其开始一种对这个问题的反思的位置，会与，容我们说，感觉上的音调联系在一起，那种感觉上的音调是与那种后退的倾向联系在一起的。你们正在计划后退进入到一个属于你自己的安全的场所吗，因为你们感觉到它会是安全的，因为你们感觉到它会是免于那种愤怒的命运之风的？你们正在感觉到它会保护你免于你们感觉到对于你们是一种危险的事情吗？

And if these are the predominate considerations in your feeling of the need to withdraw, we would suggest that you consider well your motivational life; for that which you would protect is that which you have constructed as a vehicle for navigating the difficulties of this world, and it may turn out in the end to be less important to your actual welfare—or less important to your deeper being—than you might suppose. Indeed, it is the case that by the end of the incarnation, you will have lost all, you will not take any of what you have gathered here into that life which beckons beyond this; not any, we say, but what is actually the most important, and that is simply the love that you have gleaned, the love that you have learned to give in response.

如果这些是在你们对需要去后退的感觉中的占据支配地位的考虑的话，我们建议你们好好考虑你们的赋予了动机的生命，因为你们会保护的事物是你们已经作为一个用来穿越属于这个世界的困难而构建好的事物，它可能最后被证明是对于你们的实际的福利是较不重要的——或者对于你更为深入的存有是较不重要的——比你们可能会假设的重要性。确实，这就是在投生结束之前会发生的情况，你们将会已经失去了一切，你们将不会将任何你们已经在这里收集起来的事物带入到那个在这次投生之外召唤你的生命中，我们会说，不是任何事物，但是，实际上是最重要的事物，那单纯地就是你们已经收集起来的爱，你们已经学会在回应中给予的爱。

And so you can feel that your need to withdraw is motivated by your sense that there is, in this world, no love on offer to you, nothing of the nature of love coming forward to you, and so you withdraw into an inner sanctum where you can, at least, have the privacy to lick your wounds. Is that, however, all that you propose to do in this inner sanctum? We would ask you to consider whether there is something you may connect with in the meditative state that is more than a safe haven—that is, in fact, a kind of energy coming forward to you. We use the word “love,” but that can be misleading if you have a certain set of expectations placed upon what you would feel that normally to be; for it can be registered in ways that, once again, tend to push

you off your center, and make you feel disoriented. It is a strength of energy, you might call it, and this can come from within as well as from without. And coming from within, it has the capacity to stir things up, shall we say, so that those structures of your sense of your own self that you have in place can be dislodged actually as easily, or more easily, from within as from without.

因此,你们能够感觉到,你们对于后退的需要是被你们的这样一种感知所驱动的,即在这个世界上没有爱是被提供给你们,没有任何具有爱的属性的事物是正在来到你们身上的,因此,你们后退进入到一个内在的密室之中,在那里你们至少能够拥有私密来舔你们的伤口了。然而,那就是所有你们打算要在这个内在的密室中去做的事情吗?我们会请你们考虑,是否会有某种你们可以在冥想状态中与之连接起来的事物是比一个安全的港湾更多的呢——那个事物,实际上,是一种类型的正在来到你们身上的事物。我们使用“爱”这个词语,但是,如果你们拥有一定的成套的期待是被放置在你们感觉那个词语通常会是的事物上的话,那个词语就能够成为令人误导的了,因为它能够用种种,再一次,倾向于将你们推出你们的中心,并使得你们感觉到迷失了方向的方式,在你们的头脑中留下印象。它是一种,你们可能称呼它,能量的强度,这种能量的强度能够来自于内在之中,同样能够来自于外部。当它来自于内在之中的时候,它拥有能力,容我们说,让事物搅动,这样,那些你已经设置好的你对你自己的自我的感知的构架就能够,实际上如同来自外部的能量的强度一样容易地,或者,来自内部比来自外部更加容易地,被驱赶出去了。

And so if safety, or respite, or rest is that which you require, it can seem doubly difficult if turning outward you find confusion, you find energies that will not allow you to see your way clear to participate clearly in them, and turning inward, you find energies that you can hardly recognize as your own. And even if you are willing to call them the energies of love, it is a love which you do not recognize; it is a love which makes you feel lost or disoriented. And so we would suggest to you that these considerations, all taken together, give a fairly clear description of what life in third density is like.

因此,如果安全、暂停或者休息就是你们需要的事物,如果转向外部,它能够看起来似乎是双重困难的,你们发现混淆,你们发现那些将不会允许你们清楚地看清你们的道路以清晰地参与到其中的能量,如果想象内部,你们会发现那些你们几乎无法认出是你能自己的能量。即使你们乐意于称之为爱的能量,它是一种你们并不会认出的爱,它是一种会使得你们感觉到迷失或者失去方向的爱。因此,我们对你们建议,这些考虑,当全都被带到一起的时候,会给予一种对于在第三密度中的生命是什么样子的相当清晰的描述。

Now, there is a further consideration we would now add to the mix, and that is the consideration of polarity. Those in this circle of seeking are familiar with the concept of polarity. It can be described as a choice that one must make in the manner of service which you offer to others around you, and the manner of orientation characterizing your innermost seeking. We have described this choice as being one between the service to others and the service to self. If the matter is left simply at that, we feel that everyone here within this circle of seeking would have a clear path to registering what that choice would be, and for purposes of clarity, we will simply iterate that we are those who seek on

the path of service to others.

现在，会有一个更进一步的考虑是我们现在会添加到混合物之中的，那就是对于极性的考虑。那些在这个寻求的圈子中的人是熟悉极性的观念的。它能够被描述为，在你对在你周围的其他人提供服务的方式中，在代表了你最为内部的寻求的典型特征的取向的方式中，一个人必须要做出的一个选择。我们已经将这个选择描述为一个在服务他人和服务自我之间的选择。如果问题是单纯地就是那样子的，我们感觉到在这个寻求的圈子中的每一个在这里的人，都会拥有一条清晰的道路，通往对于那个选择会是什么留下印象，为了清晰的目的，我们将单纯地重复，我们是那些在服务他人的道路上寻求的实体。

But within the tangle and confusion of loves and dis-loves, and angry, and sorrowful, and grievous energies you experience on a daily basis in third density, the question of what polarity is what? can be most confusing, and it is often the case that you find yourself called to a mode of service which draws you out from yourself in a way that invites you to interact with others in the world in the name of a service which you think of as being directed to others. And yet, in the attempt you make to further the pathway of this service, you find upon the path that there are impediments, that there are stumbling blocks, that there are forks in the road leading to blind alleys, that there are fellow travelers whose full commitment to service to others you may come to doubt.

但是在你们用一种日常的方式在第三密度中体验到的爱与不爱，愤怒、忧伤与悲痛的能量纠结于混淆中，极性是什么的问题，能够成为最为令人混淆的问题，经常会发生的情况是，你发现你自己被呼唤到了一种服务的模式上，它会用一种邀请你们与在世界中的其他人，用一种你认为是被指向其他人的服务的名义进行互动的方式将你从你自己身上拉出来。然而，在你做出的去让这种服务的道路更进一步的尝试中，你会发现在那条道路上，会有障碍，会有绊脚石，会有在道路上的分叉会导向隐蔽的山谷，会有同伴的寻求者，它们对服务他人的全部的投入是你可能会开始怀疑的。

There are moments when you may come to doubt your own commitment, and you may begin to suspect that having started out with the best of intentions, you have found that those intentions have seemingly turned into the opposite of what you originally wanted them to be. You wanted, perhaps, to reach out in love and succor to those who are hurting, those who have been marginalized, those who have been unjustly done by, and you have found that there is little that you could do on their behalf by yourself and, therefore, have undertaken to make common cause with others of like mind that similarly are oriented to helping the dispossessed. But then you discover that these others may have a slightly different view of the right way to proceed, or you may discover that though you and the others you have chosen to work alongside are enough in harmony to make common cause, but are opposed by other forces that seem to be completely intractable, completely opposed to the initiatives which you are undertaking, and are, at the same time, so benighted to assume they have the right approach to the help of others. And in this situation, the temptation is to unsheathe the sword,

to work aggressively against the resistance that is encountered, and to fight it back so as to prevail in what has begun to appear to you as a great cultural war.

会有一些时刻，在其中你可能会怀疑你自己的投入，你可能开始怀疑已经是带着最佳的意图出发了，你已经发现那些意图已经看似转入到你一开始想要它们成为的事物的对立面了。也许，你想要在对那些受伤的人，那些已经被边缘化的人，那些已经不公正地被对待了的人在爱与援助中伸出手，你已经发现你凭借你自己为了它们的利益几乎什么都不能做，因此，你已经着手，与其他的具有类似的心智的，类似地是被导向去帮助那些被驱逐了的人的实体一起，为了共同的事业联合起来了。但是，接下来你会发现这些其他人可能对于要去前进的正确道路拥有一种稍稍不同的观点，或者你可能发现，尽管你和你已经选择与之一起工作的其他人，是足够协调一致以为了共同的事业而联合起来的，但是你们且会被看起来似乎完全难以对付的，与你们正在进行的倡议完全相反的其他的力量所反对，你们同时，是如此愚昧，以至于假设它们拥有适当的途径来帮助其他人。在这种情况下，诱惑就是去让剑出鞘，去侵略性地反对那些被遭遇到的抵抗，将它击退，以便于在已经开始作为一种巨大的文化的战争而出现在你们面前的事物中占上风。

And, my friends, when that has happened, you can easily see that your best intentions have turned into their opposite, and you have become not a bringer of the light, but one who has created a circumstance in which the light is less likely to be able to shine forth. Love has turned to anger, to disdain, to hate. How could one not hate that which is unlovable? How could one not hate that which is a block to your expression of love? Thus, anything that thwarts your instinct to serve others cannot be made consonant with your efforts to be of help upon a planet which, to all with eyes to see, is in desperate need of help.

我的朋友们，当那种情况已经发生的时候，你们能够轻易地看到，你们最佳的意图已经转变为它们的对立面了，你们已经没有成为一个光的携带者，而是成为了一个已经创造出一种情况，在其中光是较不可能能够闪耀出来的了。爱已经转向愤怒、转向轻蔑，转向仇恨了。一个人如何能不仇恨无法爱的事物呢？一个人如何能不仇恨你对爱的表达是一个阻碍的事物呢？因此，任何阻挠了你去服务他人的本能的事物都无法与你在一个，对于所有有眼睛去看的人，都是汲取需要帮助的星球上有所帮助的努力是协调一致的。

There we have the first indication of what we would call the mystery of polarity, for polarity itself—in a circumstance in which it is the guiding thread through a very deep labyrinth in which one can find one's way only with the light of a candle shielded precariously against winds that might blow in any direction at any time—to the extent that this mysterious thread we call "the mystery of polarity" is seen in relation to activities that will have manifest form, it is something which needs to be reflected back to you again and again in order for you to take your bearings with regard to it. And yet, at every moment there is a possibility of distortion in that reflection. Are you really seeing what you think you are seeing? Have you really put into your effort to reach out what you think you have put in? And, as we say, this little candle by

which you guide yourself can easily be blown out and must continually be re-lit. And in the meantime, while you cast about in anguish and confusion, you can have lost your orientation, you can have lost your way. And then what choice have you but to retreat into the regions of your own being, which still seem comparatively still, which still seem to be comparatively in possession of their own resources, where you at least have enough quiet that you may attempt to reinstitute your own intention with regard to the polarity which you, not just have chosen, but now must choose again, and again, and again.

在那里我们拥有了对我们称之为极性的神秘的事物的第一个指示了，因为极性其自身——在一个在其中它是穿越一个非常深的迷宫的导向性的线条的情况下，在这个迷宫中一个人能够仅仅藉由一支靠不住地抵御着在任何时候会在任何方向上吹起的风的蜡烛的光来找到它的道路——在这个神秘的线条的程度上，我们称之为“极性的神秘”的事物，是在与将会拥有显化的形式的活动有关的情况下被看到的，它是某种需要一次又一次地被映射返回到你们身上的事物，以便于你们在关于它的方面产生出你们的影响。你们真的是在看到你们认为你们正在看到的事情吗？你们真的已经将你们认为你们已经投入的努力投入到你们向外延伸的努力中了吗？如我们说过的一样，这个你藉由其指引你自己的小小的蜡烛是能够轻易地被吹灭的，并必须要持续不断地被重新点燃。同时，在你们在苦闷与混淆中搜寻的时候，你们能够已经失去了你们的方向，你们能够已经失去了你们的道路。接下来，你除了去后退进入到你自己的存有的区域中之外，你还有什么选择呢，那些属于你自己的存有的区域仍旧看似是相对平静的，仍旧看似拥有他自己的资源，在其中你们至少拥有足够的安静，以至于你可以尝试去重建在关于极性的方面你自己的意图，那个极性不仅仅是已经选择的极性，同样也是你现在必须再一次，再一次，再一次选择的极性。

Every time you make that choice, you strengthen the choice itself. And even if it is the case—as, my friends, we assure you that the choice is imperfectly made, that it contains elements which are not pure, that it is situated in a context in which a great deal of confusion still remains—even if these things are in place as we say they will be, the act of choosing to serve others with an open heart makes more difference than you can possibly imagine, for it changes everything upon an instant if you can find love in the moment. And finding love in the moment puts you in a position of being the fool who loves, for you don't know where this love will take you. All you can do is follow it through and let it take you where it will—and we will tell you, it will take you to places passing strange, it will take you to places where you don't recognize where you have come, how you have gotten there, or who you are as the one who is there. All of these considerations that may constitute what you think of as a stable way to be in a difficult world will be subject to such dislocation that in the end the only thing you have to guide you is your resolve to keep on going in love.

每一次你们做出那个选择，你们都增强了那个选择其自身了。即使它就是实情——因为，我的朋友们，我们向你们保证，选择是不完美地被做出的，它包含了并不纯粹的要素，它是位于这样一种背景中的，在其中大量的混淆仍旧留存——即使这些事情是处于合适的位置的，如我们说它们将会处于合适的位置上一样，去带着一颗开放的心来服务他人的选择的行动，会产生出比你们有可能想

象到的作用更大的作用，因为如果你能够在那个时刻中找到爱，它会在一瞬间就改变所有的事情。在那一刻中找到爱会将你放置在一个成为爱的傻子的位置上，因为你并不知道这种爱会将你带到何处。所有你能够做的事情就是从头到尾跟随它，它会将你带到这样地方，在那里你并不会认出你已经来过的那里，你如何已经到达那里的，或者作为一个在那里的人你是谁。所有这些考虑都可能构建你认为是一种处于一个困难的世界中的稳定的方法的事物，所有这些考虑都将会受制于这样的错位，最终，你拥有的唯一的会指引你的事情就是你对于继续在爱中前进的决心。

And so, let us say you have committed to a mode of service which has put you in relation to others, and you find, at some point, that the circumstances are such that an undertaking begun in love has reached a point of vexation where love is hardly recognizable any longer as a sustaining energy, and it has been so overridden with feelings of frustration or anger, that you cannot find a way forward. You cannot see how your pathway can be cleared. It is then that a retreat into a position of meditation is always appropriate, but it is also the case that you can continue in service with those with whom you have made common cause, providing you are prepared to allow the unexpected manifestation of these vagrant loves within your own person, within the relationships you have undertaken, so that these experiences may catalyze you to a more eloquent relation to your loving instincts, to your loving efforts to reach out to supply what a world in desperate need of love calls for you to supply.

因此，让我们说，你已经承诺了一种服务的模式，它已经将你与其他人联系起来，你会在某个位置发现，情况就是如此，以至于一种在爱中开始的行动已经抵达了一个苦恼的位置，在这个位置上，爱几乎不再会作为一种支持性的能量是可以识别得出的了，它已经因为挫折或者愤怒的感觉而已经是如此被蹂躏了，以至于你无法找到一条向前的道路了。你无法看到你的通道如何能够被清空。就是在那个时候，一种进入到冥想的位置的后退一直都是合适的了，但是同样会发生的情况是，你能够与那些你与之已经为了共同的目标联合起来的人一起在服务中继续，假设你做好了准备去允许这些在你自己个人内在之中，在你已经进行了的关系内在之中的变化无常的爱的预料不到的显化物了，这样这些体验就可以催化你取得一种与你的爱的本能，与你的爱的努力的更为有说服力的关联，以向外伸出手。

Now, we are well aware that that does not give you a clear answer to the question of whether you should demonstrate in the streets or find a charming ashram to which you may retreat. And we cannot, from our point of view, give you any clear indication that would supply you with what you need to make that choice. You have come to serve. The ways of service are manifold; the ways of service are diverse; the ways of service are always surprising in the torturous paths they follow. To close yourself off to service that suggests itself to you is to fail in one way. To sally forth into service with an insistence that there can only be one right way to serve is to close yourself off in another way all together.

现在，我们全都意识到，那并不会对于你们是应该在街上示范，还是要找到一个

你们可以退入到的迷人的隐修地的问题给予你们一个清楚的答案。我们，从我们的视角，无法给予你们任何会为你们提供你们为了做出那个选择需要的事物的清晰的指示。你们已经前来服务了。服务的途径是多重的，服务的途径是多种多样的，服务的途径在它们跟随的折磨人的道路中一直都会是令人吃惊的。要对你们关闭那个会将它自己向你建议的服务，就是用一种方式失败了。要带着一种对于仅仅只会有一种正确的服务的方式的坚持出发进入到服务中，就是用另一种方式让你自己向着所有方式都一起关闭了。

So, to serve in love is to first and foremost, love., And to love is to enter into a world of relations in which you are also asking for something in return: you are asking to be loved. You are asking to be loved even knowing that this may fail to come to pass. You are opening yourself up to the vulnerability that you experience in the failure of love, and as one who is committed to the polarity of serving others rather than the self, you are committed to the primary importance to be attached to the love which you bring forth on offer to the world. And that means that you are prepared to leave vacant, and wanting, and wounded, that portion of yourself that cannot help but want to be loved. You are willing to allow that portion of yourself that wants to be loved to be shown no love at all. That is the sacrifice you made in agreeing to incarnate in third density. You have agreed that the want of love that you almost certainly will experience in your efforts to serve will be your destiny, and that that would be taken deeply into your being where you may find that, despite all expectations to the contrary, despite all evidence to the contrary, that you do have bubbling up from a deep place within resources precisely able to heal the wound of the unlove which you have taken in.

因此，要在爱中服务，就是第一位且首要地去爱。去爱就是去进入到一个关系的世界中，在其中你们同样是在请求某种事情作为回报的：你们请求被爱。你请求被爱，甚至同时知晓，这可能是不会发生的。你让你自己向着你在爱的失败中体验到的易受伤害性开放了，作为一个致力于服务他人而不是服务自我的极性的人，你是致力于首要的重要性，以与那种你产生出来要提供给世界的爱联系在一起。那意味着你们是准备好了离开空洞、不足、受伤，以及你自己的那个情不自禁地想要被爱的部分的。你是乐意于允许你自己的那个想要被爱的部分完全不被显现任何爱的。那就是你在同意在第三密度中投生的时候你做出的牺牲了。你已经同意，你几乎肯定将会在你去服务的努力中体验到的那种对爱的渴望，将会是你的命运，那种对爱的渴望将会被深深带入到你的存有中，在那里你可能会发现，不管所有格格不入的期待，不管所有相悖的证据，你确实一直都在从一个在资源之中的深入的场所向上冒泡的，这种冒泡是恰好能够疗愈你已经接收到的没有爱的创伤的。

The more that you can take in to be healed, the more service you will be performing to this planet. And if we want to look at this circumstance from the standpoint of an engagement with the world, we could say that you do not have to be absented from that engagement altogether to have this process being working within you. If, for example, you find yourself in interaction with other selves that have found you to be inadequate or of an unsavory nature, and in responding to this judgment held very often aggressively against you,

you mirror back acceptance, love. That, my friends, is the great breaker of the karmic cycle of action and reaction, and reaction, and reaction. That is the gift you may put on offer.

你能够接受越多的冒泡来被疗愈，你将会对这个星球执行的服务就会越多。如果我们想要从一种与世界的结合的立场来检查这个情况，我们能够说，你们是不必完全地置身与那种结合之外，以让这个过程中在你内在之中进行工作。举个例子，如果你发现你自己在于其他自我互动，这些其他自我已经发现你是不胜任的，或者具有一种不令人愉快的属性，在回应这种非常经常地会攻击性地对你抱有的评判的时候，你将接纳，爱，映射回去。我的朋友们，那就是行动与反应，反应，反应的业力循环的伟大的破坏物了。那就是你可以提供的礼物了。

Now, we have spoken of a circumstance, which in our characterization of it has been given somewhat idealized form, for it will not always be the case that you are so configured in your being that you can make this movement which we have just described. It will not always be the case that you are so situated that you can return love for anger, love for hate, love for aggression. And then, upon those occasions when you have the good sense to realize you are up against your own limits, then it is that a retreat into the safety of your own process is perfectly acceptable—and, in fact, is highly advisable, for where you can do no good, it behooves you at least, to do no harm.

现在，我们已经谈及了一个情况，在我们对它的特征描述中，这个情况已经被给与了多少有些理想性的形式了，因为你是你的存有中是这样被配置，以至于你能够做出这个我们刚刚描述过的行动，情况将不会一直都是这样子的。你将会处于这样的情景，以至于你能够对愤怒返回爱，对仇恨返回爱，对侵犯返回爱，情况不会一直都是这样子的。接下来，在那些在其中你已经拥有良好的感觉来意识到你是碰到了你自己的限度的场合，就是在那个时候，一种后退进入到属于你自己的过程的安全之中，这是完全可以接受的——实际上，这是高度推荐的，因为在那里你不会产生益处，你理应至少不会产生伤害。

We find that these poor words which we have had to offer cannot give you anything resembling a clear path forward in the difficult circumstances that you face on a daily basis. All it can do is perhaps give you a scent that upon an occasion or two you may be able to follow, and if that serves you well, our service has been successful.

我们发现这些我们已经必须要提供的贫乏的言语是无法给予你们任何类似于一条在你们用一种日常的方式面对着的困难的情况中前进的通常的道路的事物。所有它能够做的事情也许就是给予一条线索，这样在一到两个场合中你们就能够跟随它，如果那对你们是很有作用的，我们的服务就已经是成功的了。

We are those of Q'uo, and at this time, we would take our leave of this instrument and return to the one known as Jim to discover whether we may further serve those in this group by addressing ourselves to questions that may yet remain. Adonai, my friends, Adonai.

我们是 Q'uo，在此刻，我们会离开这个器皿并返回到被知晓为 Jim 的实体来探索是否我们可以更进一步地藉由让我们自己来讲述那些可能仍旧留下的问题来更进一步地服务。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am once again with this instrument. It is our pleasure to ask if there might be any further queries to which we may speak at this time.

我是 Q'uo, 我再一次与这个器皿在一起了。我们很高兴询问是否在此刻会有任何更进一步的问题是我们可以谈论的?

Fox: Q'uo, I would like to ask: those of Ra told us that there were around 60 million wanderers on Earth in 1981. In the last channeling session, those of Q'uo stated that many of you are from elsewhere to aid this planet in its transition to the fourth density, and that those of Q'uo have knowledge of this type of experience, because many of you are portions of our own being, and have gone forth through the veil of forgetting to join others of like mind and kind, to serve the one in the many within the Earth planes. If you are able to tell us, roughly how many wanderers are there now in the Earth's population?

Fox: Q'uo, 我想要询问: 那些属于 Ra 的实体告诉我们, 在 1981 年在地球上大约有六千万的流浪者。在上一次传讯的集会中, 那些属于 Q'uo 的实体说, 你们很多人是来自于其他地方, 以在这个星球进入到第四密度的转换中帮助这个星球的, 那些属于 Q'uo 的实体拥有对这种类型的体验的知识, 因为你们很多人都是我们自己的存有的一部分, 并已经经历了遗忘的罩纱, 以与其他的具有类似的心智和类型的人结合在一起, 以服务在地球层面中的很多人内在之中的太一。是否你们能够告诉我们, 现在在地球的人群中有多少流浪者呢?

Quo: I am Q'uo, and am aware of your query, my sister. At this time there are approximately 350 million of these entities who have incarnated within your Earth planes in order to offer their service to those of this planet who would request such. Many have come in recent times also from other third-density planets who have made the graduation there, and are incarnating in what you may call the "doubly-activated bodies" in order to be of service in helping this planet make its transition into the fourth density of love and understanding. The number of these entities exceeds that of the wanderers, reaching nearly half a billion entities.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。在此刻大概有三亿五千万的实体是已经在你们的地球层面上投生以便于对那些属于这个星球上的那些需要它们的服务的实体提供这样的服务的。很多在近期已经来到这里的实体同样是来自于其他的第三密度的行星, 它们已经在那里完成了毕业了, 并正在投身到你们可以称之为“双重激活的身体”的事物中, 以便于在帮助这个星球完成它进入到爱与理解的第四密度中的过程中帮助这个星球。这些实体的数量超过了流浪者的数量, 几乎抵达了五亿实体了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Fox: Yes. If you can tell us—of those wanderers living on Earth at this time, can

you tell us what proportion are members of social memory complexes within the Confederation, especially those of whom we most often communicate?

Fox: 是的。是否你们能够告诉我——在此刻生活在地球上的那些流浪者中，你们能够告诉我，有多比例是属于在星际联邦中的社会记忆复合体的成员呢，尤其是那些我们极其经常与之交流的社会记忆复合体？

Q'uo: I am Q'uo, and am aware of your query, my sister. We can say that each of the wanderers that have incarnated within this planetary influence are, indeed, members of the Confederation of Planets in the Service of the One Infinite Creator, for this planetary entity that you call Earth, and which others refer to as Terra, is within the, shall we say, jurisdiction or bounds of responsibility, of this Confederation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。我们能够说，已经在这个星球的范围中投生的每一个流浪者，都确实是服务于太一无限造物者的星际联邦的成员，因为这个你们称之为地球，其他实体称之为 Terra 的行星实体，是在，这个星际联邦的责任的，容我说，管辖范围或者责任范围内的。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Not on that. I have a couple of other questions, but I'll hold those and see if anybody else has a question.

Fox: 在那个问题上没有了。我有几个其他的问题，但是我将要保留那些问题并看看是否任何其他人有一个问题。

Steve: I do have a question. This relates to those mind/body/spirit complexes that incarnate on this planet with what can seem to be serious limitations, particularly of a psychic or mental nature, and I'm thinking most especially of those who are seemingly impaired in an emotional way that is often ascribed to what is called the "autistic spectrum." I wonder if you can tell me if there is a pre-incarnative set of reasons associated with this kind of incarnative experience?

Steve: 我确实有一个问题。这个问题是关于在这个星球上投生的，那些带着看起来似乎是严重的限制，尤其是具有一种精神或者心智属性的限制的事物心/身/灵复合的，我尤其是正在想到那些用一种经常会被归类为被称为“自闭症谱系”的事物的情绪性的方式被削弱了的实体。我想要知道是否你们能够告诉我，是否会有一套投生前的原因是与这种类型的投生体验联系在一起的？

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, we find that there is a specific opportunity offered to entities who are, shall we say, expressing the condition that is known among your peoples as, "autism," for this particular condition makes it seem very difficult for such an entity to engage in a close or heartfelt experience of trading emotions and intelligence with other entities close to it. This is in order that the entities may develop a greater ability to do just that, for when there is the desire to create a certain ability within an entity, very often this entity preincarnatively will decide to

program the lack of such an ability in order that the necessity to produce or manifest and enhance such ability is provided by its seeming opposite.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 我们发现, 会有一个特别的机会被提供给这些, 容我们说, 正在表达了在你们的人群当中被知晓为“孤独性”的症状的实体了, 因为这个特定的症状使得这样的一个实体要参与到一种与其他与之亲近的其他实体之间一种亲近或者衷心的交换情绪与智能的体验, 这看起来似乎是非常困难的。这是为了这些实体可以发展一种更大的能力去那样做, 因为当会有渴望在一个实体中创造一定的能力的时候, 这个实体非常频繁地会在投生前决定规划对这样一种能力的缺少, 以便于产生或者显化并增强这样的能力的需要会被它表面上的对立面提供出来。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Steve: Yes, I wonder if there's a mirror effect, then, of this process, taking place on the part of those who love the entity in question?

Steve: 是的, 我想知道, 是否这个过程会有一种镜射效应会发生在那些在爱在问题中的实体的人的部分上?

Q'uo: I am Q'uo, and am aware of your query, my brother. In most cases, those entities that are close to such an entity that expresses the autistic manifestation of personality are preincarnatively associated with such an entity, belonging, shall we say, to the same spiritual family, and have the opposite need—that is to say, the ability to give more than would be normally ask of most in this situation, that of being perhaps the parent of such a child, or the sibling of such a child. Therefore, both entities, the parent caring for the autistic child and the autistic child, gain greatly from this interrelationship, for you see, there are indeed, no mistakes within your illusion, there are only opportunities to learn that are more or less difficult. The degree of difficulty also increases the degree of polarization possible when the difficulty is met with a full effort and perhaps some degree of success.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。在大多数情况中, 那些与这样一个表达了人格的孤独症的显化的实体是亲近的实体是用投生前的方式与这样一个实体联系在一起, 并属于, 容我们说, 相同的灵性的家庭, 且拥有相对的需要——那就是说, 比在这个情况中通常会要求大多数人给予的, 去更多地给予的能力, 那种能力也许是成为这样一个孩子的父母, 或者这样一个孩子的兄弟姐妹。因此, 两个实体, 即照顾孤独症的孩子父母与孤独症的孩子, 同时都从这种相互关系取得了大量的事物, 因为你们看, 在你们的幻象中, 确实没有错误, 仅仅会有学习或多或少是困难的事物的机会。当困难是被带着一种完全的努力, 也许是带着某种成功的程度被面对的时候, 困难的程度同样也会增加有可能的极化的程度。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Steve: No, thank you very much.

Steve: 没有了, 非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my brother.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

Z: I have a query. When a person has a Kundalini rising experience, is that the activation of their fourth-density energy body?

Z: 我有一个问题。当一个人拥有一种昆达里尼升起的体验的时候, 那是它们的第四密度的能量身体的激活吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. The rising of the Kundalini to the indigo ray energy center is that which you may indeed describe as the activation of the fourth-density body, that of the green ray energy center, which is then fully energized to be able to experience the higher vibrations now engulfing your planet so that these vibrations may be shared, or channeled, and transmitted to those about the entity experiencing the so-called Kundalini experience. For though an experience which seems solitary in nature, and, indeed, is experienced in this manner, it is one which offers the opportunities for the expansion of consciousness for others with whom the entity experiencing it shall come in contact.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。昆达里尼向着靛蓝色能量中心的升起的体验是你们可以确实描述为对第四密度的身体, 即绿色光芒的能量中心的激活, 绿色光芒的能量中心接下来就会被充分赋能以能够体验到现在正在吞没你们的星球的更高的振动, 这样这些振动就可以被分享或者被传讯, 并被传递到那些在那个体验到所谓的昆达里尼的体验的实体周围的人了。因为尽管一种在属性上看似孤单的体验, 确实是用这种方式被体验到的, 它是一种提供了机会让那个正在体验到它的实体将会接触到的其他人的意识拓展的体验。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Z: No.

Z: 没有了。

Q'uo: I am Q'uo, and we thank you, my brother, for your query.

Q'uo: 我是 Q'uo, 我们为你的问题而感谢你, 我的兄弟。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Fox: I have one more if no one else does. Ra spoke of the mutual strengthening energy transfer which happens in a couple during lovemaking, which physically revitalizes the female and provides inspiration to feed the

spirit of the male. They stated the path of this energy is up through the chakras for the female, but is the path the same for the male, or is there perhaps a circular route between the two entities?

Fox: 如果没有其他人有问题的话, 我还有一个问题。Ra 谈到过在做爱期间在一对夫妇身上发生的相互增强性的能量转移, 它会在身体的方面为女性恢复活力并提供灵感来喂养男性的灵性。它们陈述说, 这种能量的道路对于女性是通过脉轮上升的, 但是道路对于男性是相同的吗, 还是也许在两个实体之间会有一种圆形的回路呢?

Q'uo: I am Q'uo, and am aware of your query, my sister. When the sexual energy exchange is completed between the male and the female entities, or those expressing the male and female principles, the energy exchange is from red to red, from orange to orange, from yellow to yellow, from green to green. If there is the ability of each entity to experience higher energy center exchanges, this will also proceed in like manner. For there to be an energy exchange, there must be at least the activation of the green ray energy center. Is there a follow-up query, my sister?

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。当性能量转移是在男性和女性实体之间, 或者是在那些表达男性和女性原则的实体之间被完成的话, 能量交换是从红色到红色, 从橙色到橙色, 从黄色到黄色, 从绿色到绿色。如果每一个实体都拥有去体验更高的能量中心交换的能力, 这种交换同样将会用类似的方式前进。因为要有一种能量交换, 就必须至少有绿色光芒能量中心的激活。我的姐妹, 有一个后续问题吗?

Fox: No, thank you so much.

Fox: 没有了, 非常感谢你们。

Q'uo: We are those known as Q'uo, and we thank you, my sister. We would thank each in this group at this time for inviting us to join you today. It has been our great honor to do so. As always, you inspire us, and we hope that we have inspired and informed you in a similar manner, for, indeed, we all travel this path together, and together we seek and share the One Infinite Creator. Rest in peace, my friends, knowing that all is well, and that all shall be well. You are one with the One Creator, and you are discovering this more and more each day within your daily round of activities, for this is the natural progression of the conscious seeker of truth. We are known to you as those of Q'uo. We shall leave you now in the love and in the light of the One Infinite Creator. Adonai, my friends, Adonai vasu borragus.

Q'uo: 我们是那些被知晓为 Q'uo 的实体, 我的姐妹, 我们感谢你。我们在此刻会感谢在这个团体中的每一个人邀请我们在今天加入你们。这样做已经是我们巨大的荣耀了。一如既往, 你们启发了我们, 我们希望我们已经用类似的方式启发并鼓舞了你们了, 因为确实, 我们全都一起在这条道路上旅行, 我们一起寻求并分享太一无限造物者。在平安中休息吧, 我的朋友们, 同时知晓一切都好, 一切都将会是好的。你们与太一造物者是合一的, 你们在你们的日常生活的活动中在每一天都在越来越多地发现这一点, 因为这就是有意识的真理的寻求者的自然而然的发展了。我们是你们知晓的 Q'uo。我们将在现在, 在太一无限造物者的爱

与光中离开。 *Adonai*, 我的朋友们, *Adonai*, *vasu borragus*。

April 7, 2018

2018-04-07 物质性的局限性与痛苦

Group Question: Would you please give us guidance on how to interpret the messages provided by the catalyst we receive in the form of bodily ailments?

团体问题: 能请你们在关于如何解释由我们通过身体的疾病的形式接收到的催化剂提供的信息的方面给予我们指引吗?

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet each of you in love and in light this day and always. It is an honor to be with you, my friends. You show us great respect and consideration in asking us to join you today. We would, as always, ask a favor before we begin, and that is that you look at our words with a discriminating eye, and take only those which have meaning for you, leaving behind all others. If you would do us this small favor, then we will not worry about infringing upon your free will, for we are as you: seekers upon the path of truth, wishing to decrease distortions and bring forth that which is the purest and most powerful perceptions of the truth that are available to us.

我是 Q'uo, 我们在这个日子并一直都在爱中, 在光中向你们各位致意。我的朋友们, 与你们在一起是一种荣耀。你们邀请我们今天加入你们的过程中向我们展现了巨大的尊敬与关心。一如既往, 我们会在我们开始前请求一个恩惠, 那就是请你们用一只分辨力的眼睛来检查我们的话语, 仅仅采用那些对你们有意义的内容, 并将所有其他的都丢弃掉。如果你们愿意给予我们这个小小的恩惠, 接下来我们就不会担心侵犯你们的自由意志了, 因为我们和你们一样, 是走在真理的道路上的寻求者, 我们希望减少扭曲并产生出对于我们可供利用的最为纯净的事物以及对真理的最为强有力的知觉。

Today you ask us a very important question, a question which deals with the nature of the third-density illusion in its most basic sense, a place wherein catalyst may be perceived and utilized by the conscious mind in a manner which produces experience, and this experience gathered as a harvest within your incarnation allows you to choose the manner and timing of your growth into a fuller realization of your reality of being one with the One Creator with every entity around you, with every experience you have ever had. This is a noble quest, my friends, and as you move through your incarnational experiences, you move as a mind, and body, and a spirit. The spirit, or the soul, is that which has made certain choices previous to the incarnation that are deemed appropriate as further opportunities for increasing your knowledge of the One Creator and your identification with it.

今天你们询问了我们一个非常重要的问题, 一个在其极其基础性的意义中是与第三密度的幻象的属性打交道的问题, 第三密度是一个在其中催化剂会用一种会产生出体验的方式被有意识的心智感觉到并被利用的地方, 这种作为在你们的投生中的一种收获物而被搜集起来的体验允许你们选择你们的方式与时机, 以形成一

种是与太一造物者，与在你们身边的每一个实体，与你们曾经拥有过的每一个体验是合一的实相的一种更为圆满的领悟。这是一个高贵的追寻，我的朋友们，当你们移动穿越你们的投生体验的时候，你们是作为一个心智、一个身体与一个灵性移动的。这个灵性，或者灵魂，就是已经在投生之前做出了选择的事物，那些选择作为增加你们对于太一造物者，以及你们与它之间的同一性的知晓的更进一步的机会是被认为是合适的。

Your mind is that which has partaken in this choosing as well, for within the realms of the spirit world—those of the inner planes, or time/space, as those of Ra have called it—the mind and the spirit have free rein and great reach that allows the perception of so much more of the nature of creation than could ever be imagined within your third-density illusion. However, the mind could have no being within the third-density illusion without a body, for the body gives the mind the opportunity to have a beingness within the third density, a means by which to pursue those choices made prior to the incarnation. Thus the mind basically forms the body in such and such a fashion that the body may serve as the noble steed that carries the knight into the battle for truth. Thus, when the mind is confronted with concepts that are not well-imagined or perceived, there is the utilization of the physical vehicle to enhance the perception that has perhaps been misperceived, or not perceived at all. And this is the beginning of knowledge.

你们的心智是同样已经参与到这种选择中的事物，因为在灵性的世界的领域中——内在层面的世界，或者时间/空间，如那些属于 Ra 的实体对它的称呼一样——心智以及灵性是不受束缚且拥有巨大的范围的，这种巨大的范围会允许，比在你们的第三密度的幻象中可能能够被想象到的造物的属性，对于远远更多的造物的属性的知觉。然而，如果没有一个身体，心智就不会在第三密度的幻象中拥有一种存在，因为身体会给予心智机会去在第三密度的幻象中拥有一种存在性，一种藉由其追寻那些在投生之前被做出的选择。因此，心智基本上会用这样那样的一种方式形成身体，这样身体就可以作为承载着武士进入到真理的战斗中的高贵的骏马而服务了。因此，当心智是因为没有被有效地构想或者感知的观念而受到冲击的时候，就会有对于物质性载具的利用以增强也许已经被错误感知的事物，或者完全没有被感觉到的事物的知觉了。这就是知晓的开端了。

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

在此刻，我们会将这个接触转移到被知晓为 Steve 的实体。我们是 Q'uo。

(Steve channeling)

(Steve 传讯)

I am Q'uo and am with this instrument. The beginning of knowledge, we say, for those who dwell in third density do so in a condition which is somewhat anomalous with respect to the remainder of the creation, and it is only in this condition that that which we are now calling knowledge actually attains. For when you draw together those strands of concept which you feel belong together, which you feel constitute a frame of reference that is informative

with respect to yourself and to how the world itself turns, you are creating from two different sources a one structure—and the one source is that which we are calling embodiment, while the other source is that which you may call your mind.

我是 Q'uo, 我与这个器皿在一起了。知晓的开始, 对于那些居住在第三密度中的实体, 是在一种在关于造物的剩余的部分的方面是有些是不规则的情况中这样做的, 仅仅是在这个情况中, 我们现在称之为知晓的事物才是实际上会取得的。因为当你将那些你感觉到是属于一起, 你感觉到构成了一个关于你自己, 关于世界其自身是如何的参考系的观念的线条拉到一起的时候, 你就在从两个不同的源头创造一个构架了——那一个源头就是我们称之为具体化 (embodiment) 的事物, 而其他的源头就是你可以称之为你的心智的事物。

The mind is that instrument, or instrumentation, through which you reach to the body in order to be informed about a multitude of things—in order to be informed principally about what you, as mind, are not, or are not yet, or are not any longer. The body is that which informs the mind, while at the same time withdraws from the mind such that it is able, from a distance, so to speak, to come back again and again to the mind to stimulate it, to drive a kind of desire to know itself better, to be itself more.

心智就是那个器皿或者仪器, 你通过它向身体伸出手, 以便于在关于大量的事情的方面成为有见识的——以便于主要在关于你, 作为心智, 并不是的事物, 或者尚未是的事物, 或者不再是的事物的方面成为有见识的。身体就是为心智赋予了活力, 并在同时从心智后撤的事物, 这样它就能够从一个远处, 可以说是, 一次又一次地返回到心智, 以刺激它, 并驱动一种类型的更好地知晓它自己, 更多地成为它自己的渴望。

Now, we will tell you that that which is called knowledge is a consideration of variable usefulness, for indeed, as often as not, it masks rather than discloses what is really at work behind it, what is really at work to produce it. The dynamics associated with third-density incarnational experience are specifically set up so that the self which is putting itself to the test, so to speak, the self which is attempting to prompt itself to choose at the deepest layers of its being, is again and again moved off its center; again and again it is subjected to a framework of manifestation in which it cannot recognize itself, or refuses to recognize itself, or struggles to accept itself as that which is given. The self is given to itself, to a very large extent, in embodiment. And when there is disturbance in embodiment, when there is pain, when there is discomfort, when there is limitation, the self which would like to be what it has taken a fancy to being discovers over and over again that it cannot be this; that it carries a burden; that it meets with resistance; that it drags along a burden of that which will not assimilate itself to the highest hopes, the most far-reaching intentions, but that pulls one back, that refuses that intention, that creates a demand upon the self, that will not allow it to go forth in just the way it would choose.

现在, 我们将会告诉你, 被称之为知晓的事物是一种对变化无常的有用性的考虑, 因为确实, 它时常会遮蔽, 而不是揭露出什么事情是真正在其背后起作用的, 什

么事情是真正在运转以产生出它的。与第三密度的投生体验联系在一起的动力性是专门性地被设置好的，这样正在将它自己推向，可以说是，考验的自我，正在尝试去挑唆它自己去在它的存有的最深的层次上选择的自我，就会一次又一次地偏离它的中心，它会一次又一次地受制于一个显化的框架，在其中它是无法认出它自己，或者拒绝认出它自己，或者努力去接受它自己就是被给予的样子。自我，在一个非常大的程度上，是被在具体化中给予了其自身的。当在具体化中会有动乱的时候，当会有痛苦的时候，当会有不舒服的时候，当会有局限性的时候，想要成为它已经当成是一种幻想的事物的自我，会一次又一次地发现，它是无法成为这个样子的，它是携带着一种重担的，它是遭遇到一种抵抗的，它是拖着一个将不会让它自己与最高的希望，最为深远的意愿同化的重担的，这个重担却将一个人往后拉，拒绝那个意愿，在自我身上创造出一种要求，并将不会允许它就是用那种它会选择的途径前进。

And so the process of choice, involving choice of self, is given what we perhaps will shock you by saying, a gift of resistance. It is given the gift of refusal. It is given the gift of that which cannot be assimilated to the self without greatly enlarging the sense of that self that the self must now embrace. I am the self that looks to the starry heavens above, but that walks with this limp, but that carries this sorrow, but that embraces a sense of inner deformation that can be very far-reaching indeed. I am this self that out of this gift of pain, of limitation, of emotional or psychical misery, am yet able to reach in hope and aspiration to the starry heavens above. And in so doing, I find a way to accept the unacceptable within myself; I find a way to discover dimensions of my own aspiration that have, perhaps for a very long time, resisted this aspiration itself.

因此，这个包含了对自我的选择的过程，是被给与了，我们将会藉由说这样说来让你们感到震惊，一种抵抗的礼物的。它是被给予了拒绝的礼物的。它是被给予了这样的礼物的，如果没有对自我必须现在就拥抱的那种对自我的感知的极大的扩大，这个礼物是无法被自我所消化的。我是那个注视着头顶的星空，但一瘸一拐地行走的自我，这个自我却携带着这种忧伤，拥抱一种对可以确实是非常影响深远的内在畸形的感知。我就是从这种痛苦、局限性、情绪或者精神上的不幸的礼物产生出来的自我，而我却能够在希望与抱负中向着上方的星空伸出手。在这样做的过程中，我找到了一种方式来接受在我自己内在之中无法接受的事物。我找到了一种方式来探索我自己的热望的维度，这些热望的维度，也许在一段非常长的时间中已经抵制了这种热望其自身了。

This, my friends, is a significant portion of the significance of third-density experience. For in the third density you do not know who you are—you cannot know who you are. You cannot be who you really desire to be, for you are continually dragged under by the undertow of that portion of the embodiment which you enjoy, which simply refuses, refuses you at every turn. And even if it, at some point, with great reluctance, concedes a little ground to your insisting will, it does so in such a way that your full effort is required to bring into a configuration that is workable for you, this thing you call your body. It is a torturous affair and it is meant to be so, for there is a deep sense in which, in the third density, you are occupying that which you call your body,

which has a mind of its own. It has a being of its own, namely that of a second-density creature. And the third density is a point of transition, if you will, in which the limitations inherent in second density are, for the first time, being experienced not simply as the necessary parameters for individuated consciousness to indwell, but rather as something which may limit, something which may confound good intention, something which refuses the command which it pleases you to give it.

我的朋友们，这就是第三密度的体验的重要性的一个意义重大的部分了。因为在第三密度中，你们并不知道你们是谁——你们无法知道你们是谁。你们无法成为你们真正渴望成为的事物，因为你们是持续不断地被你们享受的具体化的那个部分的下层逆流往下拖动的，这种下层逆流单纯地会拒绝你，在每一个转弯处都拒绝你。即使它在某个位置上，带着巨大的不情愿，对你的坚持不懈的意志让出了一点点的地方，它是用这样一种方式这样做的，你的完整的努力会被要求产生出一种对于你是可实行的配置，即这个你们称之为你们的身体的事物。它是一个折磨人的事情，它就是打算要成为这样子的，因为会有一种深入的感觉，在这种感觉中，在第三密度中，你是占据着你称之为你的身的事物，这个身体是拥有一个属于它自己的特性的。它拥有一种属于它自己的存有，也就是说，一个第二密度的生物的存有。第三密度是一个转换的位置，如果你们愿意这样说的话，在其中在第二密度中是固有的局限性，第一次，不单单被体验为个体化的意识要存在于其中是必须的参数，同样也被体验为某种可能会产生限制的事情，某种能让良好的意愿感到混淆的事情，某种拒绝了它请你给予它的命令的事情。

Accordingly, in this third-density experience, you are perpetually faced with that which you can only call yourself, but which nevertheless is specifically set up to give you a kind of immediate catalyst which tells you that those intentions you are in process of formulating over and over again can only be seen in relation to a larger whole which is vastly more than such intentions, that resists these intentions and requires that they be adjusted to that which it may yet please you to call reality.

相应地，在这个第三密度的体验中，你是永远地面对着你仅仅能够依赖你自己的事物的，但是那个事物仍旧是明确地被设置好来给与了一种类型的直接的催化剂，它会告诉你，那些你正在处于一次又一次地对其进行系统表达的过程中的意图，是仅仅能够在与一个更大的整体的关联中被看到的，这个整体是比这样的意图要远远大得多的，它会抵制那些意图并要求它们被调节到可以让你高兴以称之为现实的事物。

Now, that circumstance we have just described is, in actuality, only a small portion of the dynamic of embodiment in which you live out your being, for as you know, the second-density vehicle, or the orange-ray body, is in actuality one of many bodies which you do indwell. It has a particularly strong focusing significance for you to be sure, and for the vast majority of humankind, it is the only body that is actually recognized. But, there is a yellow-ray vehicle which has its own dynamics. There is a green-ray, and a blue-ray, and an indigo-ray vehicle, each of which have their own dynamics and are functioning in one way or another at all times; although from the standpoint of the immediacy of your experience, it is true that the higher

bodies tend to be quiescent unless they are specifically activated through meditation and invoked as a portion of an effort to enlarge the parameters of catalyst received from embodiment itself.

现在，那个我们刚刚已经描述过的情况，实际上，仅仅是你在其中活出你的存有的具体化的动力性的一个小小的部分，因为，如你知道的一样，第二密度的载具，或者橙色光芒的身体，实际上是你确实居住在其中的许多个身体中的一个身体。它拥有一种格外强有力的聚焦性的重要性，以让你感到确信，对于绝大多数的人类，它就是实际上会被认出的唯一的身体。但是，会有一种黄色光芒的载具是拥有它自己的动力性的。会有一个绿色光芒，一个蓝色光芒，一个靛蓝色光芒的载具，它们中的每一个都拥有它们自己的动力性，并是在所有的时候都在用这样或者那样一种方式在运转中的，尽管从你的体验的直接性的视角来看，真实的情况是，更高的身体是倾向于禁止不动的，除非它们是专门通过冥想被激活并作为一种扩大从具体化其自身接收到的催化剂的参数的努力的一部分被祈请为止。

Now, this enlargement of the parameters of embodiment can be seen to be a useful portion of a path of one who seeks to develop along the trajectory of the adept, and when you undertake this honor and this responsibility you will find that the entire relation to that body, which is that of the second-density animal, is transformed. You will find that a pain, for example, does not just incite you to action from behind your back, but will be something you may take up a conscious relation to, something which you may interrogate with regard to meaning on several different levels at the same time. And you may discover that there are uses for this second-density animal being that you had not previously suspected. You may discover that there are dimensions of the structure of your incarnational experience that you have not previously contemplated. As an example, it may be that there is some specific kind of limitation that your particular animal body has that is not widely shared among the animal bodies of your peers, and this limitation may mark you out in some fashion. You, as we say, walk with the limp, you have some deformation that makes you somehow different.

现在，这种对具体化的参数的扩大能够被看到是一个寻求去沿着行家的轨迹发展的实体的一条道路的一个有用处的部分，当你承担起这个荣耀和这个责任的时候，你将会发现，这个与那个身体，也就是第二密度动物的身体之间的关联，被转变了。举个例子，你将会发现，一种痛苦并不会仅仅刺激你从你背后的行动，同样将会成为某种你可以与之建立起一种有意识的关联的事情，成为某种你可以在关于同时在数个不同的层次上的意义的方面进行询问的事情。你可能会发现，会有一些对于这个第二密度的动物存有的用途是你之前已经怀疑过的。你可能会发现，会有你的投生体验的构架的一些维度是你之前尚未沉思过的。作为一个例子，它可能是会有某种特定类型的局限性是你的特定的动物身体拥有的，这种局限性并非在你们的同类的动物身体中被广泛地共享了的，这种局限性可以用某种方式让你标记出来了。你，如我们说的一样，是一瘸一拐地行走的，你拥有某种畸形使得你以某种方式是不一样的。

Now, this difference can easily register not simply as an impediment or a lisp in your mode of relating to others of your own kind, but can also be seen as opportunity if you so choose to regard it. It may be seen as the occasion for

posing questions to yourself that lead you into areas perhaps not difficult to peer into, but very usefully peered into if it is achieved. If you are one who is a possessor of certain limitations, and yet find that within these limitations your life of enjoyment is curtailed in such a way that you have no choice but to relate to the world differently than those around you; but having accepted this fact, you become aware that there are, within this difference in perspective, opportunities for self-development—and yes, the most essential point, opportunities for service. For service, my friends, for service. For that is why you are incarnate in third density: to find a way towards service that can be embraced whole and complete, that can be embraced through all possible limitation, all possible pain, all possible psychic resistance. It's a question simply of service.

现在，这种不同是能够单纯地作为一种口吃，或者一种口齿不清而轻易地在您与属于您自己的类型的其他人建立关联的模式中留下印象，但是，这种不同同样能够被视为是机会，如果您选择这样去看待它的话。它可以被视为是向您自己提出问题的场合，这些问题会引导您进入到这样一些区域，这些区域也许并不是难以注视的，但是如果它被取得了，去注视它是非常有帮助的。如果您是一个一定的限制性的拥有者，而如果您在这些限制性中发现，您的生命的乐趣是用这样一种方式被缩减了的，您除了用与那些在您周围的人不一样的方式与世界建立关联之外，您除了接受这个事实之外没有任何选择，您就会开始察觉到，在这些在观点中的差异中，会有自我的机会——是的，最为实质性的要点是，服务的机会。服务的机会，我的朋友，服务的机会。因为那就是为什么你们是在第三密度中投生的原因了：去找到一条朝向服务的途径，这条途径是能够被完整地且完全地被拥抱的，是能够通过所有有可能的局限性，所有有可能的痛苦，所有有可能的心灵的抵抗被拥抱的。它单纯地是一个服务的问题。

Now, as you know, service is a function which bifurcates in third density. And if you take the choice of serving in such a way that the self remains the centering operator of that service and the centering purpose towards which that service is directed, you will begin to understand your pain; you will begin to understand all factors of bodily limitation as those points of resistance which are to be struggled against, which are to be overcome, which are to be held subject to the growing dominion of self will.

现在，如你们知道的一样，服务是一个在第三密度中有分歧的机能。如果您是用这样一种方式使用了服务的选择，即自我是留在那种服务的中心的操作者，以及那种服务被导向的中心性的目的的位置，您将会开始理解您的痛苦，您将会开始理解所有身体的局限性的要素就是那些要与之进行斗争，您要去克服的，并要受制于不断增长的自我意志的管辖的抵抗的位置了。

If, however, you take the view that the service which you have to offer is that which involves a kind of energy that moves through you from below, from embodiment, and from above—from spirit flowing through you and outward from you, without being held by you, without being directed towards what it pleases you to call your interests, but rather which allows your interests to be a fluid thing: a set of factors which can integrate, which can blend, which can lose themselves and be dissolved in interests of others and service to others.

And you will find not that all of your pains and disturbances disappear on the nonce, but that they are less significant to you if you feel that that self which you must yet be is a self whose being is not limited to this set of parameters which you now enjoy, which is not merely something which has needs, has demands it wishes to place upon the creation, but rather has placed itself in service to the creation.

然而，如果你采用了这样一种观点，即你所要提供的服务是那种会包含了这样一种类型的能量的服务，这种能量会从底部，从具体化，从上部移动通过你——从灵性流经你并从你向外流动，而不被你抓住不放，不被导向让你感到高兴以满足你的利益的事物，而毋宁是被导向允许你的利益称为一个流动的事情的事物：一套能够整合，能够混合，能够失去它们自己并被融化在其他人的利益与服务他人中的要素。你将会不会发现，所有你的痛苦与不幸都立刻消失了，但是它们对于你是较不重要的了，如果你感觉到那个你必须成为的自我，是一个其存在是不会被限制于这套你现在享受的参数的自我，这个自我不仅仅是某种拥有需要，且拥有它希望添加在造物上的要求的事物，它同样已经将它自己放置在对造物的服务中了。

The pains, then, that inevitably attend incarnate existence will not so much be your pains as they will be pains that you sense in passing, you endure as you endure a cold front in April. It's here today, but you know it will be gone tomorrow, for this is not you. You, in effect, are not you in any sense in which a "you" is less than infinity itself—for upon the service-to-others path, my friends, you and I are one. My pain is your pain, and your pain is mine. And I will happily walk in your pain. I will happily share your being, for how can it be any being other than my own? How can it be any pain other than all pain? And how can pain, as a particular part of the broader spiritual experience, be other than a portion of a larger joy?

接下来，那些会无可避免地陪伴着投生的存在性的痛苦，将不会如此多地是你的痛苦了，因为它们将会是你感觉到在流逝中的痛苦，你如同你忍受一场在四月的寒流一样地忍受了。它今天在这里了，但是你知道，它将会在明天就消失了，因为这不是你。你，实际上，在任何在一种在其中一个“你”是比无限性其自身是较少的意义上，都不是你——因为在服务他人的道路上，我的朋友们，你们和我是一体的。我的痛苦就是你的痛苦，你们的痛苦就是我的痛苦。我将会快乐地在你的痛苦中行走。我将会快乐地分享你的存有，因为它如何能够成为除了我自己之外的任何存有呢？它如何能够成为除了所有痛苦之外的任何痛苦呢？痛苦，作为更为广阔的灵性的体验的一个特殊的部分，如何能够成为一种更大的喜悦之外的一部分呢？

These are tall words, my friends, and we do not wish to diminish the reality of difficulty or to denigrate the role of personal pain, personal sorrow, for it is a significant portion of the experience of the Creator by the Creator, and it is a significant portion of the process of growth that all of us who have undergone individuation have partaken of.

这些都是令人难以置信的话，我的朋友们，我们不希望减少困难的实相，或者贬低个人的痛苦，个人的忧伤的角色，因为它是造物者对造物者的体验的一个至关重要的部分，它是我们所有已经经历了个体化的人已经参与到的成长的过程一个

至关重要的部分。

Yes, all of that is true, but if pain is allowed its fuller destiny, we feel it is fair to say that its destiny does not remain in the condition of pain, but rather points to something beyond it, points in the direction of the hope, the aspiration, and yes, the joy which is the crown of these affects.

是的，那全部都是真实的，但是如果痛苦是被允许拥有其更为完整的命运，我们感觉到这样说是公平的，它的命运并不会留在痛苦的情况之中，而毋宁是会指向某个在它之外的事情，指向希望，抱负，是的，喜悦的方向，喜悦就是这些作用的皇冠了。

We are those of Q'uo, and we would, at this time, return to the one known as Jim in an effort to serve you further by addressing ourselves to questions which may remain on your minds. Adonai, my friends, Adonai.

我们是 Quo，我们会在此刻，返回到被知晓为 Jim 的实体来进行一种努力，藉由让我们自己解答那些可能留在你们的头脑中的问题而更进一步服务你们。Adonai，我的朋友们，Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am once again with this instrument. We would ask, at this time, if there might be further queries to which we may respond.

我是 Quo，我再一次与这个器皿在一起了。我们会在此刻询问，是否有我们可以回应的更进一步的问题？

Z: I have a query, Q'uo. As a society of individuals, it seems that catalyst has accelerated beginning in the winter solstice and then significantly increased for many starting in the spring solstice in March. Many people are experiencing a releasing of attachments and the entering into the state of pure initiation. Could you speak to that?

Z: 我有一个问题，Q'uo。作为一个个体的社会，看起来似乎催化剂已经从冬至开始加速了，接下来，从三月的春至点开始对于很多人是实质性地增加了。很多人正在体验到一种对束缚的释放以及进入到纯粹的启蒙状态。你们能够谈谈那一点吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. Your planetary sphere at this time is moving through a portion of time/space in which the vibrations of awakening have intensified to the degree where those entities who are sensitive to certain energy-center accelerations are aware that they are going through transitions that are in the nature of these energy centers which have some remaining hindrance or blockage to the full experience of the intelligent energy or the light which is now available to those conscious seekers or truth—and indeed are available to all entities upon this planetary sphere, whether they be conscious seekers of truth, or yet unconscious of the nature of the potential for growth in the spiritual sense that is available to

them. All entities are experiencing some kind of response to these increased vibrational distortions that are now engulfing your planet as a rhythmic manifestation of the beginning experience of fourth density, which itself is a quantum leap forward, or upward, in the vibrational expression of the One Creator. If a consciously oriented entity experiences increased oscillations or vibrations in a certain energy center, or combination of energy centers, it is well to look to the nature of those centers so energized that there may be a conscious realization of the kind of vibration that is yet to be fully expressed through the entity's energy system. Those of Ra have described these centers in detail, thus we will leave the determination of the nature of each center to those seekers present.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。你们的星球在此刻正在穿越时间/空间的这样一个部分, 在这个部分中, 觉醒的振动已经强化到了那些对一定的能量中心的加速作用是敏感的实体会察觉到它们正在经历转变的程度了, 这些转变是在这样一些能量中心的属性之中, 对现在可以为那些有意识的真理的寻求者所利用的——确实是可以为在这个星球上的所有的实体所利用的, 无论它们是否是有意识的真理的寻求者, 还是仍旧对在灵性的意义上可以为它们所利用的成长的潜能的属性是不察觉的——智能能量或者光的完全的体验, 这些能量中心是拥有一些剩余的阻塞或者阻碍的。所有的实体都在体验到对这些被增强过的振动的扭曲的某种类型的回应, 作为第四密度的开始的体验的一种有韵律的显化物, 这些振动的扭曲现在正吞没你们的星球, 第四密度其自身是在太一造物者的振动性的体验中的一种向前的, 或者向上的量子跳跃。如果一个有意识地有导向的实体体验到在一定过的能量中心中, 或者多个能量中心的混合体中的增强性的振荡或者振动, 去检查那些如此被充能了的中心的属性, 这是很好的, 这样就可能有一种对尚未通过实体的能量系统被充分表达过的那种类型的振动的一种有意识的领悟了。那些属于 Ra 的实体已经详细描述过这些中心了, 因此, 我们将对每一个中心的属性的确定留给那些在场的寻求者。

Is there a further query upon this topic, my brother?

我的兄弟, 在这个主题上有一个更进一步的问题吗?

Z: Will the fourth density energies continue to increase or will there be an ebb and flow?

Z: 第四密度的能量将会继续增强吗, 或者将会有一种潮起潮落吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. There will be what you have called the continuation of these energies in an ebb and flow nature. We would see these as being a rhythmic expression of a melody which you might equate to the fourth-density experience. It has certain qualities that are more intense at certain times than at other times, some qualities finding the rhythm of expression being given according to the planetary nature or ability to receive these vibrations. The planet itself also has a combination of rhythmic receptivity in its own beingness, which it shares with its population. Your Mother Earth—or Gaia, as you have called her—is one which is giving birth to a new generation of beings, and indeed has begun to give birth to them some portion of your time previous, for there are those from elsewhere

who have begun incarnating upon this Earth, and Mother Earth has welcomed them with open arms, for they have already made the graduation on other planetary spheres and are now incarnating on Earth to aid with the birth of other fourth-density entities from this Earth plane.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。将会有你们已经称之为这些通过潮起潮落对能量的继续的事物了。我们会见过这些潮起潮落视为对一首旋律的一种有韵律的表达, 它可以等同于第四密度的体验。它拥有一定的特性, 这些特性在一定的时间是比其他时间要更加强烈的, 一些特性会找到根据星球的属性或者去接收这些振动的能力而被赋予的表达的旋律。星球其自身同样在它自己的存在性之中拥有一种对在其自身的存在性中的有韵律的感受性性的混合物, 星球会与它的居民分享这种感受性。你们的地球母亲——或者盖亚, 如你们已经称呼它的一样——是一个正在诞生出一个新的存有的世代的星球, 它确实就在你们的一些时间之前就已经开始诞生出它们了, 因为会有那些来自于其他地方的实体已经开始在这个地球上投生了, 地球母亲已经用张开的双臂欢迎它们了, 因为它们已经在其他的星球上取得了毕业并现在正在地球上投生, 来帮助来自这个地球层面的其他的第四密度的实体的诞生。

Is there further query, my brother?

我的兄弟, 有更进一步的问题吗?

Z: No.

Z: 没有了。

Q'uo: I am Q'uo. We thank you for your thoughtful queries, my brother.

Quo: 我是 Q'uo。我们为你深思熟虑的问题而感谢你, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

J: Q'uo, from your point of view, how clear is the distinction between our confusion and free will in allowing us that, and the impulse to guide us? Can you make a distinction very clearly at your level, or is it murkier?

J: Quo, 从给你们观点来看, 在我们的混淆以及允许我们拥有那种混淆的自由意志, 与去指引我们的推动力之间的区分是多么清晰呢? 你们能够非常清楚地在此刻的层次上做出一个区分吗, 或者区分是更加晦暗不清的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. Now you move into the realms of our ability and desire, and occasional discomfort, at serving as what you may call the teacher, or the learner, on another level. For we wish with all our being to be of true service to each entity upon your planet, but this is not something that is so easy to determine, even from our level of observation and experience. For we look upon many entities who, with just a tiny nudge, could make great leaps forward in consciousness, and the desire to give this tiny nudge is great. And yet, if we did so in every case, we must ask ourselves as a result: would this entity that we have hopefully helped have made this choice for him or herself eventually, and have learned more from

making this choice on its own, and from having us present a catalyst, shall we say, that is more obvious in its appreciation by such an entity? These are queries which are not easily answered, thus, we must, from our point of view, look at each entity that we wish to serve, as if we were that entity, and what is it that we would wish, as that entity wishes for the highest and best chance to grow, if we were such an entity. In many cases, we satisfy ourselves with the clue or the hint that is not quite so obvious, giving the one we wish to serve the opportunity to find the key to the door that they wish to open. There is no hard and fast rule for service, my friends, there is simply the desire to serve as best as one can, and hope, in retrospect, that one has indeed done so. Is there a further query, my brother?

Quo: 我是 Quo, 我了解了你的问题了, 我的兄弟。现在你进入到了我们的对于作为你们可以称之为老师, 或者在另一个层次上, 作为学习者而服务的方面的能力与渴望, 以及偶尔对其感到不舒服的领域中了。因为我们用我们全部的存有希望对在你们的星球上的每一个实体进行真正的服务, 但是, 这部是某种如此容易决定的事情, 甚至是从我们的观察与体验的层次上。因为我们看到很多的实体, 它们藉由仅仅一种微小的轻推, 就能够在意识中向前做出巨大的跨越, 去给予这种轻推的渴望是巨大的。而如果在每一个情况中都这样做, 我们就必须要作为一个结果询问我们自己: 这个我们已经有希望帮助了的实体, 已经藉由为他自己或者她自己做出了这个选择, 并已藉由靠它自己做出这个选择, 从让我们作为在这样一个实体的鉴赏中对其是更加明显的一个, 容我们说, 催化剂而存在, 而学会了更多事情了吗? 这些是无法轻易地被回答的问题, 因此我们必须, 从我们的视角, 检查每一个我们希望服务的实体, 就好像我们就是那个实体一样, 我们会希望的事情是什么, 如同那个实体会希望最高和最佳的成长的机会一样, 如果我们就是这样一个实体的话。在很多的情况中, 我们让我们自己为并不是如此明显的线索或者提示感到满意了, 这种线索或者提示给予了一个我们希望去服务实体机会去找到它们希望去打开的那扇门的钥匙。并没有对于服务的硬性规定, 我的朋友, 单纯地会有尽一个人所能地去进行服务的渴望, 以及在回顾中对于一个人确实已经这样做了的希望。我的兄弟, 有一个更进一步的问题吗?

J: Yes, just one more. Do you perceive that you introduce catalyst to us that you did not intend?

J: 是的, 还有多一个问题。你们感觉到你们会向我们引入你们并未打算过的催化剂吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. There have been many entities from the Confederation of Planets in the Service of the One Infinite Creator who have done just this thing. We look unto the sharing of information, for example, for greater forms of energy upon your planet, that would free the greater portion of your population from the necessity of working so hard and so long, to be able to afford greater energy, and we see that some of those offerings that we made to your peoples have created forms of energy that have been used for destruction. This is but one example; there are many others. We are not perfect beings, my brother. We seek to be perfect beings, as does each here, and we shall continue in that seeking to the best of our ability, with the hope that that which we offer may be seed for

growth and not destruction or dissatisfaction or disharmony.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。已经有很多来自于服务于太一无限造物者的星际联邦的实体已经恰恰做了这样的事情了。举个例子, 我们会期待对信息的分享, 来找到在你们的星球上的更大的能量的形式, 这种能量的形式会将你们的人群的更大的部分从如此辛苦, 如此长时间的工作的需要中解放出来, 以能够花费更大的能量, 我们看到那些我们对你们的人群做出的给予已经创造出了那些已经被用处破坏的能量的形式了。但是, 这仅仅是一个例子, 会有很多其他的例子。我们不是完美的存有, 我的兄弟。我们寻求去成为完美的存有, 如同每一个在这里的人一样, 我们将尽我们所能在老子那个寻求中继续, 并希望我们提供的事物可以成为成长的种子, 而不是用于破坏, 或者不满, 或者不和谐。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

J: No, thank you for your indulgence, Q'uo.

J: 不用了, 为你们的放任而感谢你们, Q'uo。

Q'uo: We thank you, my brother.

Q'uo: 我的兄弟, 我们感谢你。

Is there a further query at this time?

在此刻有一个更进一步的问题吗?

Gary: I have a question, Q'uo. From both a physical and metaphysical evolutionary perspective, the pleasure of sex makes sense because if sex is designed to be pleasurable and compelling then a species is more likely to procreate, and many opportunities for service arise in that modality of relating— including, as the Confederation reports, sacramental union with the Creator itself, including transfer of potential energies between the male/female principle difference. But the orgasm seems a . . . is a question to my mind. Is there anything that could be said about the purpose or meaning or nature of the orgasm itself?

Gary: 我有一个问题, Q'uo。同时从一个物质性与形而上学的演化的观念来看, 性的快乐是有道理的, 因为如果性是旨在成为愉快且迷人的, 接下来, 一个物种就更有可能去繁衍, 很多服务的机会就会在那种建立关系的方式中出现了——包括, 如星际联邦告知的一样, 与造物者其自身的圣餐性的合一, 包括在男性/女性的原则的差异之间的潜在的能量的转移。但是, 性高潮看起来似乎是.....对我的头脑而言是一个问题。在关于性高潮其自身的目的或者意义或者属性的方面, 有任何事情是能够被讲述的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. That which you have called the orgasm seems to be most unusual within most entities as being seen as a normal experience. That which you call the sexual experience for most entities upon this planetary sphere is that which has suffered a great deal of disguise, shall we say, and manipulation throughout many thousands of years of disharmony upon this planet. It has been that which has been used

to confuse, to sell—to destroy, in some cases, further desire for any other experience. And yet, we say to you, that when you experience that which you call the orgasmic release of the energies of sexual expression, you are experiencing that which is the steady state for many higher density entities, for as one moves into greater and greater union with the One Creator, that which is experienced resembles what you call the orgasm in the mental, emotional, spiritual, and physical levels of energy expression and experience. That orgasmic release is but a hint, my brother, of that which awaits each seeking soul that is able to make the graduation into the higher densities, beginning with your fourth density that is now available to Planet Earth. Thus, this hint is that which has suffered greatly in its being perceived by Earth's population as being tainted, reserved only for certain entities, and being made into an object of desire for itself only. We can assure you, there is more to come . . . pun intended.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。你已经称之为性高潮的事物看起来似乎是在大多数实体内在之中是极其不同寻常的事物, 当它是被视为一种通常性的体验的时候。你称之为性体验的事物, 对于在这个星球上的大多数实体, 是在贯穿在这个星球上的你们的许多千年的不和谐之中, 已经遭受了大量的, 容我说, 伪装与操纵的体验。它已经成为那那种被用来产生混乱, 被用来售卖——在一些情况中, 被用来破坏对任何其他体验的更进一步的渴望的事物了。而我们对你们说, 当你们体验到你们称之为对性表达的能量的高潮的释放的时候, 你们是在体验到对于许多更高的密度的实体是稳定状态的事物, 因为当一个人移动进入到与太一造物者的更大的合一的时候, 被体验到的事物就是类似于你们在能量表达与体验的心智、情绪、灵性与身体的层次中的性高潮的事物了。性高潮的释放仅仅是对等待着每一个能够毕业进入到从现在对行星地球是可以被利用的第四密度开始的更高密度的寻求的灵魂的事物的, 我的兄弟, 一个暗示。因此, 这种暗示就是已经在它被地球的人群感知为被玷污过了的方面是极大地受损了的, 而仅仅只为一定的实体保留下来, 并被塑造成为了一个仅仅对其自身的渴望的对象的事物。我们向你们保证, 会有更多的事物即将出现.....本来打算是说个双关语的。

(Laughter)
(笑声)

Is there a final query at this time?
在此刻有一个最后的问题吗?

Gary: Is there any deeper philosophical reason to the way the orgasm is structured? That is, it seems the culmination and result of two bodies or body/mind/spirits in a rhythm together—the male principle penetrating the female principle—until a crescendo results in this energy exchange called an orgasm. Is there any reason for the structure being designed that way?

Gary: 性高潮是有结构的, 这种方式是有任何更为深入的哲学上的原因的吗? 也就是说, 看起来似乎, 两个身体或者心/身/灵用一种有旋律的方式在一起的顶点与结果——男性原则贯穿女性原则——一直到有一个渐强音成为了这种被称为一次性高潮的能量交换的结果为止。结构被设计为那种方式是有任何原因的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. The beginning nature of the physical orgasm is that which is initiated by two entities that are sharing that quality of love for each other and for themselves in the red ray energy center. This is where the foundation is laid—pun not intended.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。身体的性高潮的起始的属性是被两个在红色光芒能量中心中分享了那种对相互彼此以及对它们自己的爱的属性的实体启动了的事物。这就是基础被铺设好的位置了——这不是打算要说双关语。

We wish to give description of such foundation as being that which can move higher and higher along the energy centers so that there is an increasing quality or shading or vibration of this orgasmic release through each succeeding energy center, so that the basic structure of the orgasmic release of energy accelerates in a cyclotronic [1] fashion through each higher center until it is able to find full expression within the indigo and violet energy centers, and contact with intelligent energy and intelligent infinity has been experienced by each entity sharing this sexual energy release.

我们对这样的基础给予描述是, 这样的基础是能够沿着能量中心移动到越来越高的位置的事物, 这样就会有这种性高潮通过每一个随后的能量中心的释放的一种增强的属性, 或者渐变, 或者振动, 这样, 性高潮的能量释的基本的结构就会用一种回旋加速[1]的方式通过每一个更高的中心加速, 一直到它能够在靛蓝色与紫罗兰能量中心中找到完整的表达, 且与智能能量与智能无限之间的接触已经被每一个分享这种性能量释放的实体体验到为止。

At this time, we shall take our leave of this instrument. We thank each of you for inviting our presence once again. It has been an honor to join your seeking, your sincerity, and your aspirations for greater realization in service to others, inspire us to the same. We are known to you as those of Q'uo. We bid you adieu. Adonai vasu borragus.

在此刻, 我们将离开这个器皿。我们感谢你们每一位邀请我们再一次出席。加入你们的寻求, 你们的真诚, 以及你们对服务他人的更大的实现的抱负, 这已经是一种荣耀了, 它启发我们去做相同的事情。我们是你们知晓的 Q'uo。我们向你们告别。Adonai vasu borragus。

[1] Cyclotronic: relating to a cyclotron, an early particle accelerator in which charged particles were generated at a central source and accelerated spiraling outward through a fixed magnetic and alternating electric fields.

[1] Cyclotronic: 与回旋加速器有关的, 一种早期的粒子加速器, 在其中被充能的粒子在一个中心的源头中被产生出来, 并通过一个固定的磁性磁场与交替的电场向外被螺旋加速。

April 9, 2018

2018-04-09 Laitos: 给予与接受

(Jim channeling)

(Jim 传讯)

I am Laitos, and we greet each of you I love and in light this fine evening. We are so honored to be asked to join you. What a privilege. We thank you for this invitation. We are always eager to work with new instruments, and this group has been especially able to take on the role of serving as an instrument for upliftment, inspiration, information and the general concepts of seeking the truth that each of you, as spiritual seekers, considers in your daily round of activities, for each here gathered is a sincere seeker of truth. We see how the heart of each entity beats in rhythm with unconditional love, and this, my friends, is key in the endeavor to learn to serve as an instrument, not only for us, those of Laitos, or other members of the Confederation of Planets in the Service of the One Infinite Creator, but as instruments of the One Creator itself, for you are all each of that nature, each entity that you meet is of that nature. Thus, when you give love to any entity, you give it to the Creator, you give it to yourself, you give it to all.

我是 Laitos, 我们在这个美妙的晚上在爱与光中向你们每一位致意。我们对于被请求加入你们是感到如此荣耀。这是怎样一种荣幸。我们为这个邀请而感谢你们。我们一直都渴望与新的器皿一同工作, 这个团体已经尤其能够承担起作为一个为了提升、启发、信息以及一般性的寻求真理的观念的器皿而服务的角色了, 你们每一个人, 作为灵性的寻求者, 在你们的日常生活的活动中, 都会考虑这样的一般性的寻求真理的观念, 因为每一个聚集在这里的人, 都是一个真诚的真理的寻求者。我们看到每一个实体的心是如何有节奏地与无条件的爱一起跳动, 我的朋友们, 这就是在学习作为一个器皿而服务的努力中的关键了, 不仅仅是我们, 那些属于 Laitos 的实体的器皿, 或者是其他服务于太一无限造物者的星际联邦的成员的器皿, 同样也是作为太一造物者其自身的器皿, 因为你们每一个全都具有那种属性, 每一个你遇到的实体都具有那种属性。因此, 当你对任何实体给予那种爱的时候, 你就将它给予了造物者, 你将它给予了你自己, 你将它给予了全体了。

And this evening, you asked us to speak through you about the concept of giving, for this is a primary lesson upon your planet at this time, for there are those who have, and those who have not, the materials things of this world, and yet all have something to give. What shall you give, my friends? We shall transfer this contact at this time to the one known as Austin. We are those of Laitos.

在这个晚上, 你们请我们通过你们谈谈给予的观念, 因为这是你们的星球上在此刻的一门主要的课程, 因为会有那些拥有属于这个世界的物质性的事物的人, 会有并不拥有那些事物的人, 而所有人都拥有某个事情要给予。我的朋友们, 你们将会给予什么呢? 我们在此刻将这个接触转移到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin 传讯)

We are Laitos, and we are with this instrument. To begin the exploration of this deep and rich topic through this instrument, we look at the two sides of this coin that seem to be in a dynamic interplay—that of giving, and that of what has been called the reward, or the receiving. In consideration of giving, we ask you to consider what is it that you give, what does it mean to give? You may find in your culture that the answer to this question, or these questions, may tend to be narrow, as there are distortions present among the various social systems that you navigate that impress upon each within your culture specific ideas of what it means to share and to give. But, we would ask you to take this concept of giving into contemplation and search for a broader definition. Search for those barriers and those limitations put upon the very idea of what it means to give, and realize that it is not so specific as you may think.

我们是 Laitos, 我们与这个器皿在一起了。要通过这个器皿开始对这个深入和丰富的主题的探索, 我们会看一看这个硬币的两面, 它们看起来似乎是处于一种动态的相互作用之中的——给予的一面, 以及已经被称之为回报, 或者接收的事物的一面。在对给予的考虑中, 我们请你们考虑, 你们给予的事情是什么, 给予意味着什么? 你们可能发现, 在你们的文化中, 对于这问题, 或者这些问题的回答, 可能倾向于成为狭窄的, 因为在你们横穿的各种各样的社会系统之间会有扭曲存在, 这些扭曲会将你们的文化对于去分享以及去给予意味着什么的特定的观点印刻在每一个在你们的社会中的实体的头脑中。但是, 我们请你们将这个给予的观念带入到沉思中, 并寻找一个更为宽阔的定义。寻找那些被放在了给予意味着什么的观念上的障碍物与限制, 意识到, 它并不是如同你可能认为的一样是如此特有的。

We also ask what it is that you feel you have to give, for your society has also impressed upon you conditions and ideas of what you have to offer to the world. What your world and your culture finds valuable is incredibly limited in the grand scope of the love of the Creator, for within your manifestation the love of the Creator has an infinite number of facets and appearances, and within you, there is an infinite number of ways for you to share that love of the Creator and to give to your other selves.

我们同样询问, 你们感觉到你所要给予的事物是什么呢, 因为你们的社会同样已经将你们要对世界提供的事物是什么的条件与观点印刻在你们的头脑中了, 你们的世界以及你们的文化发现是有价值的事物, 在造物者的爱的宏大范围内是惊人地有限的, 因为在你们显化中, 造物者的爱是拥有无限数量的面向与表象的, 在你们内在之中, 会有无限数量的方式让你们分享造物者的爱并将其给予你, 恩的其他自我。

We turn to the idea of receiving, and the question was asked, "How is giving its own reward?"

我们转向接收的观点, 问题被询问了, "给出它自己的回报如何呢?"

As seekers upon the positive path, we believe that you have all felt the deep well of joy within you when you have discovered a genuine gift that you

possess, whether that be a talent, a skill, a state of being, a passion, and you were able to share this and give it to somebody who genuinely requested this and appreciates it. The joy that we believe you are familiar with that comes from this sharing is the joy of the Creator. It is a sign that you are existing in harmony with the tune plucked by the hand of the Creator.

当寻求者走在正面性的道路上的时候，我们相信，当你们已经发现了一个你们拥有的真实的礼物，无论那个礼物是一个天分，一个技巧，一种存有的状态，还是一种热情，并且你们能够分享这个礼物，将它给予某个真心地请求这个礼物并感激它的人的时候，你们已经全都感觉到在你们内在之中的那个喜悦的源泉。我们相信你们是熟悉会从这种分享而出现的喜悦的，这种喜悦就是造物者的喜悦。它是一个标志，你们与那首被造物者的手拨动的旋律和谐一致地存在的。

And, as a final comment through this instrument, we encourage you to consider allowing others the opportunity to feel this joy in fulfilling a genuine need or request from you. As positive seekers tend towards what they feel to be a selfless and sacrificial path, we suggest that it is innate in the design that any deficiencies you feel may be served by others as you serve others' deficiencies. There is a complete system in which you may allow others to feel the joy of serving you, as you feel the joy of serving others, and a true bond is formed among all involved through which the harmony of the Creator resounds.

作为通过这个器皿的一个最后的评论，我们鼓励你们去考虑，允许其他人拥有机会来感觉到这种在满足了一个来自于你的真诚的请求的时候的喜悦。当正面性的寻求者倾向于它们感觉到是一条无私的且牺牲性的道路的时候，我们建议，在设计中是与生俱来的事物是，任何你感觉到的不足，都是可以被其他人服务的，如同你会服务其他人的不足一样。会有一个完整的系统，在其中你可以允许其他人感觉到服务你的喜悦，如同你感觉到服务他人的喜悦一样，一种真实的纽带是在所有被包含在其中的人当中形成的，造物者的和声就是通过那条纽带回响着的。

At this time, we leave this instrument and transfer the contact to the one known as Jeremy. We are Laitos.

在此刻，我们会离开这个器皿并将接触转移到被知晓为 Jeremy 的实体。我们是 Laitos。

(Jeremy channeling)

(Jeremy 传讯)

I am Laitos and I am with this instrument. He is a bit surprised at how this feels. We will give him a minute to calm himself. There are many minutes to give.

我是 Laitos，我与这个器皿在一起了。他对于这感觉起来是有什么样子有一点点吃惊。我们将会给予他一分钟来让她自己平静下来。会有很多的分钟是要给予的。

Part of what this demonstrated in giving is the rich bounty that all are entitled to. It is crucial not to hold in a defensive manner to oneself. This reinforces separation, fear, and a lack of fluidity so crucial to navigating the third-density

illusion. We would have you free yourself from the need to hold on. It's vital that you attain an awareness of how illusory giving is, as is receiving. These are roles you play to pursue a goal. Take back your focus, and let the giving give itself. Let the receipt of this be a blessing not just for you, but for the magnificent truth that there is no inherent separation that makes giving and receiving meaningful in the first place, so it is all a richly treasured and joyful game.

这在给予中所示范了的事物的一部分，就是所有人都有资格拥有的那种丰富的馈赠。不用一种防守性的方式将其仅仅抓在自己手上，这是至关重要的。这种紧握不放会强化分离，恐惧，以及一种流动性的缺少，流动性对于穿越第三密度的花香是如此之至关重要。我们会让你将你自己从紧握不放的需要中释放出来。你取得一种对于给予，和接收一样，是多么虚幻性的认识，这是关键性的。这些就是你为了追寻一个目标而扮演的角色。收回你的聚焦，让给予将其自身给予出去。让对这种给予的接收成为一个祝福，不仅仅是对你，同样也是对那个宏伟的真理，即并不存在有固有的分离使得给予和接收从一开始就是有意义的，因此，它全都是一个富含宝藏且喜悦的游戏。

We recognize how the illusion can take down this awareness, and so giving is something we encourage as an exercise, an exercise at being at once individual, limited, and just as much infinite. Think of how you receive our thoughts, think of what it means to receive them in this most unique circumstance. You can feel this blessing in giving a complement to another and letting the same energy that you feel flowing through you now, percolate through all the mundane events, the tragic and the joyful. You draw the lines that separate these concepts, but you can erase them as well, and we would have you do both.

我们认出，幻象是如何能够压倒这种认识，因此，给予是某种我们作为一个练习而鼓励的事情，这个练习就是，个体是多么有限，它就是多么无限。考虑一下你如何接收你的想法，考虑一下在这个极其独特的情况中接受到想法是意味着什么。在给予另一个人一种补全，并让你感觉到现在就在流经你的能量相同的能量，渗透到所有世俗的事件、悲剧以及喜悦的事情的过程中，你能够这种福分。你画出了将这些观念分开的线条，但是你同样能够擦掉它们，我们会让你们同时做两者。

Be at play. This is, after all, an illusion. Why not take advantage of it? Why not make it a study and let your heart arise from it, recognized anew, recognized in your brother, in your sister, and he who may seem to be your enemy. It is not undesirable for the lines, for the distinctions, to become blurred. It is, in fact, the greatest overcoming of the challenge of the veil to move about it and to let the resonance of your dance in and out of these concepts manifest who you truly are and set an example to others of who they truly are.

玩耍吧。毕竟，这是一个幻象。为什么不利用它呢？为什么不让它成为一场学习并让你的心从它升起，重新认出，在你的兄弟身上，在你的姐妹身上，在可看起来似乎是你的敌人的人的身上认出。让界线，让差别变得模糊不清，这并非不受欢迎的。实际上，罩纱周围移动，让你的舞蹈的共鸣在这些观念内部与外部显化你真正之所是，并为其他人设置一个它们真正之所是的榜样，这是对罩纱的挑战

的最大的战胜。

We are those of Laitos. We thank this instrument for extending once again, the tiniest bit of trust, and we hope he appreciates it. At this time, we will transfer our contact to the one known as Julie. We are Laitos.

我们是 Laitos。我们为再一次为这个器皿将最少数量的信任延伸出来而感谢这个器皿，我们希望他会欣赏它。在此刻，我们会将我们的接触转移到被知晓为 Julie 的实体。我们是 Laitos。

(Julie channeling)

(Julie 传讯)

We are Laitos, and we are with this instrument. We have enjoyed this discussion on the subject of giving and receiving. We would like to continue on with some information about your universe that you live in. You may feel limited in many ways, but we tell you, you are not limited in any way. Your universe is full to the brim with infinite possibilities, infinite energy. There is no bottom to the well, so to speak. So, we ask you to give wholeheartedly, and when you are in the act of giving, give with all your heart—let it go and do not expect anything back because you are unlimited, and you are not without what it is that you gave away. When you give with all your heart, you do open yourself up to bountiful receiving, but do not do it for that reason.

我们是 Laitos，我们与这个器皿在一起了。我们已经享受了这次在给予与接受的主题上的讨论了。我们想要用某种关于你们在其中生活的宇宙的信息来继续。你们可能用很多方式感觉到是受限制的，但是我们告诉你们，你们在任何方面都不是受限制的。你们的宇宙是充满了无限的可能性，无限的能量到了要溢出来的程度的。源泉，可以说是，没有底部的。因此，我们请你们全心全意地给予，当你们是由于给予的行动中的时候，带着你们全部的心来给予——随它去吧，不要期待任何事情回来，因为你们是不受限制的，你们并没有失去你们给予出去的事物。当你带着你全部的心来给予的时候，你确实让你自己向着慷慨的接收开放了，但是不要为了那个原因来进行给予。

Giving can be of the physical, or it can be spiritual. You may give with your gifts of service, your own skills that you've honed, that you've perfected, and you may give in this way—in a physical way. Giving can also be in a spiritual way. You can give with all your heart a gift of a smile, a warm kind smile, where you shine your light forward to that person. That is such a gift. In your world, that gift can be reflected on and on infinitely to other scenarios as the person who received your warm, kind smile passed it on. If you have nothing physical to give, you can go to a body of water, and cup the water, and give in a gift of ceremony with that water. Your gift of prayers, your gift of kind thoughts towards someone, your wishes of healing for someone, are all wonderful gifts. You can also give the gift of forgiveness, the ultimate gift. We suggest you forgive others and do not forget yourself.

给予能够是物质性的给予，或者它能够是灵性的给予。你可以藉由你服务的礼物，你已经打磨过的，你已经完善了的你自己的技巧来给予，你可以用这种方式——

用一种物质性的方式来给予。给予同样能够用一种灵性的方式。你能够带着你全部的心来给予具有一个微笑，一个温暖而和善的微笑的一个礼物，在这种微笑中，你向着那个人闪耀出你的光。那是这样一个礼物。在你们的世界中，那个礼物能够一次又一次无限地被映射到其他的场景中，当那个接收到了你温暖而善意的微小的人将它继续传递出去的时候。如果你没有任何物质性的事物要给予，你能够去一个有水的地方，装一杯水，并通过一个用那杯水进行的仪式的礼物来给予。你的祈祷的礼物，你对某个人的善意的想法的礼物，对对于疗愈某个人的希望，全都是美妙的礼物。你能够给予宽恕的礼物，这就终极的礼物。我们建议你宽恕其他人，不要忘记了宽恕你自己。

We thank this instrument and we pass the contact to the one known as Trish. We are Laitos.

我们感谢这个器皿，我们将接触转移到被知晓为 Trish 的实体。我们是 Laitos。

(Trish channeling)

(Trish 传讯)

We are those of Laitos, and we are now with this instrument. This instrument sees an image, an image of the tale of Jesus Christ with the servant upon the hill, receiving gifts—a few loaves of bread, a few fish—seeing all this need in front of him, thousands coming to hear him, but with love taking small gifts to create a gift that grows exponentially. We ask that you think about the way you give gifts as it has been stated: smiles, kind words, acts of love, acts of kindness. See how that something so small, so tiny, so minute in your own mind, in your own framework and your day-to-day tasks can grow exponentially into something so large that bounds beyond, moves beyond a simple interaction between two beings.

我们是 Laitos，我们现在与这个器皿在一起了。这个器皿看到了一个图像，一个耶稣基督与信徒们在山顶上接收礼物的故事的图像——几块面包，几片鱼——在看到在他面前的所有的需要的时候，数千人前来听他，但是凭借爱，用小小的礼物来创造出一份指数性地增加的礼物。我们请你们思考你给予礼物的方式，如同它已经被陈述过的一样：微小，善意的言语，爱的举动，仁慈的举动。看看在你自己的头脑中，在你自己的框架与你日常生活的任务中是如此之小，如此微小，如此琐屑的某个事情是如何能够指数性地发展成为某种如此之大事物，以至于跃出了，超出了在两个存有之间的一种简单的互动了。

Small acts can reach thousands, can reach millions, can move light years, but with that we must stress that, within this density, it's very easy to get lost in the idea that all must be reciprocated—"I give, so therefore, I must receive". We ask that you see that your gift to the other self inherently gives back to you. You and the other self are still one. Therefore, the act of giving and receiving are but the same. It is easy in this density to forget that, to see the exchange of energy as a study of cost and benefit—how much can I put in and how much can I get back. But, when you give from the heart, truly genuinely give from the heart to the other self, you forget. You let go of the sense of need and return, and instead, you see that the greater gift was to you to have this

opportunity to give so freely to help the other self, a far greater gift . . . [long pause] . . . all that there is, all that there ever will be, all that there ever was. If one truly thinks on all of that, one can see how everything is a gift. Experience is a gift.

小小的行动能够延伸到数千人，能够延伸到百万人，能够移动到光年之外，但我们对此必须强调，在这个密度中，要迷失在所有的事物都必须要被回报的观点中——“我给予了，因此，我必须收到”——这是极其容易的。我们请你们看到，你们给予其他自我的礼物是固有地会返回到你们身上的。你们与其他实体仍旧是一体的。因此，给予和接收的行动仅仅是相同的。在这个密度中，要忘记那一点，并将能量的交换视为是一种支出与收益的研究——我能够付出多少，如能够收回多少——这是容易的。但是，当你从心给予，真正真心地从心给予其他自我的时候，你忘记了。你放开了需要与回报的感觉，取而代之，你看到了，更大的礼物是被给予了你的，那就是去拥有这个机会来如此自由地给予，以帮助其他自我，一个远远更大的礼物.....[长暂停].....一切万有，所有将会存在的事物，所有曾经存在的事物。如果一个人真正地考虑全部，一个人是能够看到，每一个事物如何都是一个礼物的。体验是一个礼物。

This instrument is unsure if she is currently making sense, so she will lovingly and gratefully let go of this contact, and appreciate it as the amazing, beautiful gift that it has been. We are those of Laitos, and we will leave this instrument and gift ourselves to the one known as Gary.

这个器皿并不确信，是否她现在是言之有理的，因此她将会挚爱地，且感激地放开这个接触，并作为它已经是的那个令人惊讶的，美丽的礼物来感激它。我们是 Laitos，我们将离开这个器皿，并将我们自己作为礼物给予被知晓为 Gary 的实体。

(Gary channeling)
(Gary 传讯)

We are those known to you as Laitos, and we offer our gratitude to this circle for finding time in your very busy Earth days to meet, to link hands and arms in a circle, to open to one another, and allow energy to move from one to the next in a circle of being.

我们是你们知晓为 Laitos 的实体，你们在你们非常忙碌的尘世的日子中找到时间来聚会，来将手与手臂连接成为一个圈子，向相互彼此开放，并允许能量在一个存有的圈子中从一个人移动到下一个人，我们为此向这个圈子提供我们的感激。

You ask about giving and we might say that there are two paths of giving, but whereas one path gives enslavement, the other path gives freedom. That other path is that of service to others, and in that freedom, the self . . . [pause] . . . the giving of the service to others path is a giving which, in one way or another, wishes for the fullest expression and flowering of other selves, wishes that the other self could be their truest, highest, and best self, and seeks to support that in their giving, operating in the understanding that to serve others is to serve the self, for as one is uplifted, all are uplifted; as one more facet of the Creator is beautified, so too is that beauty reflected back to

the self. Giving is not a static energy, but the continuation of a primary movement that moves all selves upward together. Not to give is to stymie that movement, confuse that movement.

你们询问给予，我们可以说，有两种给予的途径，但是，一条途径给予奴役，而另一条途径给予自由。那个另一条途径就是服务他人的途径，在那种自由中，自我.....[暂停].....服务他人的道路的给予是这样一种给予，通过这样或者那样一种方式，它希望其他自我的最为充分的表达与绽放，希望其他自我能够成为它们最为真实，最高和最佳的自我，并寻求去通过它们的给予，通过在这样理解中的运作来支持那个其他自我，那种理解即服务他人就是服务自我，因为当一个人被提升的时候，所有人都被提升了，当更多一个造物者的面向变得美丽了，那种美丽同样也会被映射返回到自我身上。给予不是一种静态的能量，而是一种根本性的运动的持续，它会将所有自我一起向上移动。不去给予就是阻碍了那种运动，并让那种运动变得混乱了。

To give is to participate in evolution, but what is it that is given? This has been spoken to and we would iterate again that it is the self which is given. To give the self, more truly and freely and purely, is to not hold on to the self; it is to move ever closer to a surrender and trust in the design of the Creator, for the creation is a gift, and the Creator is ceaselessly giving. There is no holding back. There is no condition. The Law of One is given; it is available, and in giving from one's heart, one moves closer to this law.

去给予就是去参与到演化，但是，被给予的事情是什么呢？这已经被谈到过了，我们会再次重申，被给予的事情是自我。去更为真正地、自由地、纯粹地给予自我，就是不对自我紧握不放，它是越来越更加靠近对造物者的设计的一种臣服与信任。因为造物是一个礼物，造物者是不停息地给予的。没有任何的保留。没有任何的条件。一的法则是已知的，它是可供利用的，在从一个人的心来给予的时候，一个人更加靠近这个法则了。

For basic examples of the way in which giving is its own reward, consider the feelings one has in seeing the benefit of the other self. The elation you may feel in helping another out of a difficulty, or the relief you may feel in helping one lift from sorrow. These emotions within you are there for a reason. It is because giver and receiver are forever linked, such that as you help another, you, in a very real sense, help yourself.

对于那种通过其给予就是它自己的回报的方式的基本的范例，考虑一个人在看到其他自我的受益的时候它会拥有的感觉。你可能在帮助另一个人解决一个困难的过程中感觉到的振奋，或者你在帮助一个人摆脱忧伤的过程中可能感觉到的宽慰。这些在你内在之中的情绪是因为一个原因而在那里的。它是因为给者与接受者是永远地被连接在一起的，这样，当你帮助另一个人的时候，你用一种非常真实的方式，是在帮助你自己的。

And this instrument asks that we move on. We thank each in this circle, and now transfer our contact to the one known as Jim. We are those of Laitos.

这个器皿请我们继续移动。我们感谢在这个圈子中的每一位，我们现在将我们的接触转移到被知晓为 Jim 的实体。我们是 Laitos。

(Jim channeling)

(Jim 传讯)

We are Laitos and are again with this instrument. We very much appreciate each new instrument's progress. Each one has been quite diligent in preparing the self by tuning, and then exercising the challenge. These are primary ingredients in being able to serve as an instrument. At this time, we would ask if there might be any queries to which we may respond.

我们是 Laitos, 我们再一次与这个器皿在一起了。我们对每一个器皿的发展是非常欣赏的。每一个人在藉由调音让自己做好准备, 并接着使用挑战的过程中都已经是用功的了。这些是能够作为一个器皿服务的主要的要素。在此刻, 我们会询问, 是否可能有任何我们可以回答的问题。

Julie: Laitos, I do have a question, on the subject of catalysts. Could you explain to me how the catalyst works? Do we create the catalyst with our own being, our own actions, our own thoughts, or do they just come randomly? That is all for my question.

Julie: Laitos, 我有一个问题, 关于催化剂的主题。你们能够向我解释, 催化剂是如何工作的吗? 我们是藉由我们自己的存有, 我们自己的行动, 我们自己的想法创造出催化剂的吗, 或者它们仅仅是随机地出现的呢? 那就是我全部的问题了。

Laitos: I am Laitos, and am aware of your query, my sister. Each of you has a primary role in constructing what you may call catalyst, but it is not a role that you have undertaken within this incarnation until a certain point, at which time you are able to manufacture your catalyst, shall we say, consciously. Most entities create choices or lessons to be learned during the incarnation prior to the incarnation. These are chosen because as the soul looks over the entire range of learning that has occurred through thousands of lifetimes in various locations, there is seen that which yet remains to be learned, and thus, there is a certain kind of bias attached to the unconscious mind so that when the conscious entity, which you are during your incarnation, moves through its daily round of activities, it encounters various situations that provide it with what you call catalyst. However, the entity sees these situations as a function of the bias of its own unconscious mind, thus, two entities could experience the same situation at the same time, in the same place, and yet perceive it in totally different ways due to the different biases which each entity's unconscious mind has colored the catalyst with.

Laitos: 我是 Laitos, 我了解了你的问题了, 我的姐妹。你们每一个人都在构建你们可能称之为催化剂的事物的过程中拥有一个主要的角色, 但是它不是你们在这次投生中已经承担起的一个角色, 一直到一定的位置, 在那个时候你能够, 容我们说, 有意思地建造你们的催化剂。大多数实体会在投生之前创造出选择或者在投生期间要被学习的课程。这些课程是被选择的, 因为当灵魂纵览已经在各种各样的位置中通过数千次生命发生了的那整个学习的范围的时候, 仍旧要被学习的事物会被看到, 因此, 会有一定类型的偏向性与无意识的心智连接在一起, 这样, 当有意识的实体, 即在你的投射期间的你之所是, 穿越它的日常生活的活动

的时候，它会遭遇到各种各样的情况，这些情况会为它提供你们称之为催化剂的事物。然而，实体会将这些情况是为是它自己的无意识心智的偏向性的一个机能，因此，两个实体就能够在同时，在相同的地方体验到相同的情况，但却用完全不同的方式来感知它，这是取决于每一个实体的无意识心智已经藉由其为催化剂染色的不同的偏向性的。

As the conscious seeker of truth moves through the incarnation, and is able to more or less master the catalyst, that is, learn the lessons attached to the catalyst that were chosen before the incarnation, then such an entity is able to create further catalyst, accelerating its personal growth, and moving even further into the realms of the fourth density that is now surrounding and imbuing your planetary sphere.

当有意识的真理的寻求者移动穿越投生，并能够或多或少地掌握催化剂，也就是说，学会与催化剂连接在一起的在投生前被选择好的课程的时候，接下来，这样一个实体就能够创造出更进一步的催化剂，同时加速它个人的成长，越来越更进一步地进入到现在正包围着且灌注你们的星球第四密度的领域之中了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Julie: No, thank you very much.

Julie: 没有了，非常感谢你们。

Laitos: I am Laitos, and we thank you my sister. Is there another query at this time?

Laitos: 我是 Laitos，我们感谢你，我的姐妹，在此刻有另一个问题吗？

Gary: Laitos, is it possible to shut off that portion of the mind which evaluates your . . . Or rather, [is it possible to] shut off that portion of the mind that evaluates one's thoughts, and if so, is that helpful for channeling?

Gary: Laitos, 有可能关闭心智的那个评估你们的.....部分吗，或者，毋宁说是，会有可能关闭心智的那个评估一个人的想法的部分吗，如果是这样的话，它对传讯是有帮助的吗？

Laitos: I am Laitos, and am aware of your query, my brother. We find here that there is a dichotomy which must be investigated before a clear answer may be achieved. The dichotomy, as we see it, is that your conscious mind, that part that you have described as the, shall we say, investigator or interpreter of catalyst, indeed may be quieted in the meditative state so that you are more able to perceive concepts such as we send to you or any other entity would send in a telepathic manner.

Laitos: 我是 Laitos，我了解了你的问题了，我的兄弟。我们在这里发现，在一个清晰的答案可以被取得之前，会有一种二分法是必须要被调查研究的。这个二分法，如我们看到的一样，就是你们的有意识的心智，那个你们已经描述为对催化剂的调查者或者解释者的部分，确实可以在冥想状态中被安静下来，这样，你们就更加有能力去感觉诸如我们发送给你们的观念或者任何其他实体会用一种

心电感应的发送的观念之类的观念了。

However, there is a greater portion of the mind that you may call the witness, or the observer, which is always watching, and being available to the discrimination of the active conscious mind. There are instances in which this observer may also become somewhat less present, shall we say, as the deeper levels of meditation are achieved, those levels which approach the trance state. However, in the deeper levels approaching trance, there is some difficulty in perceiving telepathic contact in most cases, unless the instrument is well trained in the use of the trance state.

然而，心智会有一个更大的，你们可能称之为见证者或者观察者的部分，它一直都是在观察的，并且是可以为活跃的有意识的心智的分辨力所利用的。在更为深入的冥想的层次，那些接近出神状态的层次被取得了的时候，会有一些情况是在其中这个观察者可能同样以某种方式是多少有些，容我说，较不在场的。然而，在这些接近出神状态的更为深入的层次中，在大多数情况中在感知心电感应的基础的方面会有某种困难，除非器皿在对出神状态的使用的方面是受过良好的训练的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Not at this time, thank you, Laitos.

Gary: 在此刻没有了，谢谢你们，Laitos。

Laitos: I am Laitos, and we thank you, my brother. Is there a final query at this time?

Laitos: 我是 Laitos，我们感谢你，我的兄弟。在此刻有一个最后的问题吗？

Gary: Laitos, this may be impossible to express, but if the trance state is the threshold—the bottom level threshold for conscious channeling—then is it possible to identify, if there were a scale, how far above that bottom marker our present channeling is operating at?

Gary: Laitos, 这可能是不可能表达的，但是如果出神状态是门槛——有意识的传讯的底层门槛——那么，如果有一个标尺，有可能确定，我们当前的传讯是在那个底层的标志上方多远的位置运转的呢？

Laitos: I am Laitos, and believe we grasp your query, my brother. This is a realm in which each entity has a particular potential for utilizing the trance state for whatever purpose may be desired. Most entities have very little potential, though there is always some potential, and may be developed by practice. The level of trance where concepts telepathically transmitted would be difficult to perceive, are the deeper levels of trance where the entity is nearing what you would call the sleep and dreaming state of consciousness, that of the delta and into the theta range.

Laitos: 我是 Laitos，我相信我掌握了你的问题了，我的兄弟。这是一个范围，每一个实体在这个范围中都拥有一个特定的潜能来为了无论什么可能被渴望的

目的而利用出神状态。大多数实体拥有非常少的潜能, 尽管一直都会有某种潜能, 并可以藉由练习被发展。那个在其中用心电感应的方式被传送的观念会是很难感觉到的出神的层次, 是较为深入的出神地层次, 在其中实体是接近你们称之为意识的睡眠与梦境状态的层次, 即意识的 delta 的层次, 并进入到了 theta 的范围。

We also would add that there is consideration that must be given to the purpose or the desire of the entity entering the trance. This would allow the entity to remain at a functional level of trance if it were practiced enough at being able to control its movement into trance. Again, this is quite an advanced capability and for most entities is not a possibility.

我们同样也会补充, 会有一些考虑是必须要被给予进入到出神状态的实体的目的或者渴望的。这会允许实体保持在一种有功能的出神地层次, 如果在能够控制它进入出神状态的运动的方面进行足够多的练习的话。再一次, 这是一个相当高级的能力, 对于大多数实体, 这是不可能的。

At this time, we shall take our leave of this instrument. We would thank each most heartily for being such willing students with such open hearts, minds, and desires to serve. These are your greatest assets my friends, guard them well, exercise them often, and give praise and thanksgiving for them. We are those of Laitos. Adonai vasu borragus.

在此刻, 我们将会离开这个器皿。我们会极其衷心地感谢每一位成为带着这样开放的心, 心智与服务的渴望的这样乐意的学生。这些事你们最大的资产, 我的朋友们, 好好守护它们, 经常训练它们, 为它们给予赞美与感恩。我们是 Laitos。Adonai vasu borragus。

April 10, 2018

2018-04-10 Laitos: 解决冲突与自我理解

Group question: Recording started late. Question was along the lines of how to resolve conflicts with love.

团体问题：录音启动晚了。问题是沿着如何解决与爱之间的冲突的线路的。

(Jim channeling)

(Jim 传讯)

...in a situation in which you are either not understanding what another is saying or doing, or not being understood by another, there is the potential for the, as you say, the confrontation. At this point, it is your responsibility, or ability to respond, to put it more clearly, that is of the essence, for being able to move past the disharmony, or through the disharmony, being able to feel the beginning of resolution, this is a journey which may take some time and some energy upon each entity's part. At this time, we shall transfer this contact, to the one known as Austin. We are Laitos

.....在一个情况中，在其中你是要么不理解另一人正在说或者做的事情，要么你没有被另一个人理解，会有冲突的，容我说，可能性。在这个位置上，去回应，用更为清晰的方式表达它的话，具有实质的事情，这是你的责任或者能力，因为能够超越不和谐，或者穿越不和谐，能够感觉到解决的开始，这是一条可能要在每一个实体的部分上都花费一些时间和一些能量的旅程。在此刻，我们将转移这个接触到被知晓为 Austin 的实体。我们是 Laitos。

(Austin channeling)

(Austin 传讯)

I am Laitos, and we are with this instrument. The journey to harmonious resolution of such conflict as we have described, indeed, is a journey of many lifetimes. For the perception of universal love and understanding is but a first step of this journey to truly enabling the Creator to shine its love within the dynamic of the seemingly disharmonious relationship you may find with another self. From this point there is much work to be done in terms of self-honesty in regards to understanding how you perceive others, perceive the actions of others, perceive the orientation of others, and understanding of the journey you have taken to arrive at your current orientation.

我是 Laitos，我们与这个器皿在一起了。通往对诸如我们已经描述过的冲突之类的冲突的和谐的解决的旅程，确实是一条很多次生命的旅程。因为对普世性的爱与理解的知觉仅仅是这条旅程的第一步，这条旅程是通往真正让造物者能够将祂的光在你可能发现与另一个自我之间的看起来似乎不和谐的关系的动力性中闪耀出来。从这个位置，在自我诚实的方面会有大量工作要被进行，这种诚实涉及到对于你是如何感知其他人，感觉其他人的行动，感觉其他人的导向的理解，以及对于你为了抵达你当前的导向已经进行了的旅程的理解。

This self-understanding is indeed quite necessary in order to approach any

conflict with the hope of true harmonious resolution. Once a modicum of this self-evaluation has been achieved, one may then turn their perception to the other self with the love and understanding that sees this other self has taken its own journey. This entity has traveled their own path to arrive at their own position, and you have both now arrived at a point whereon this journey a dynamic tension between you will hopefully serve you both.

为了要带着对于真正和谐的解决方案的希望来着手处理任何的冲突, 这种自我理解是确实是相当需要的。一旦一点点的这种自我评价已经被取得了, 一个人接下来可以带着爱与理解将它们的知觉转向其他自我, 这种理解会看到这个其他自我已经进行了他的旅程了。这个实体已经旅行了它们的自己的道路已抵达它们自己的位置了, 你们两个人现在同时都已经抵达了在这条旅程上的一个位置, 在你们之间的一种动力性的张力将会有希望同时服务于你们。

We understand the difficulty in orienting oneself to only viewing conflict as that which might serve us on our journey, yet we offer this perspective so that you may take it into consideration and into contemplation once you find yourself in a struggle to approach a conflict with love, for we believe that if you find that which the conflict is attempting to teach you, it is then that the love will be more apparent, that the harmonious way forward will reveal itself to you, and a bridge from co-Creator to co-Creator will have the potential of being created. At this time, we shall leave this instrument and transfer the contact to the one known as Jeremy. We are Laitos.

我们理解, 在将一个人自己导向仅仅将冲突视为是可能在我们的旅程上服务我们的事物的方面的困难, 而我们提供这个观点, 这样一旦你发现你自己处于一种努力中以用爱来着手处理一个冲突, 你就可以将它带入到考虑中, 带入到沉思中, 因为我们相信, 如果你发现, 冲突是正在尝试去教导你, 接下来, 爱就将会成为更为明显的了, 和谐的前进的道路就将会将它自己对你揭露出来, 一座从共同造物者到共同造物者的桥梁将会拥有被创造出来的潜能了。在此刻, 我们将离开这个器皿并将接触转移到被知晓为 Jeremy 的实体。我们是 Laitos。

(Jeremy channeling)

(Jeremy 传讯)

I am Laitos, and I am with this instrument. We shall continue to speak on the matter of conflict, confrontational onset, for there is little that evinces the illusory nature of your reality more than that energy, that feeling that attends the conflict between two seemingly separate parts of the creation. Indeed, it is fundamental to the creation for there to be this aspect of separation drilled into every piece, and while it creates great suffering, great hardship, we must remember its educational purpose. It is only through these dents, or experiences, that the Creator finds something, something beautiful, that stand out from the undifferentiated unity, and it is important to consider the role of perspective in all of this, for you occupy a vantage point unique in this one creation. You have been placed at this point of view by your Creator, and in truth, it is of your own choice.

我是 Laitos, 我与这个器皿在一起了。我们将继续在冲突, 冲突性的开始的问题

上发言，因为相比那种能量，那种参与到在造物的两个在表面上是分离的部分之间的冲突的感觉，很少会有事物会更多地展现了你们的实相的虚幻的属性。确实，它对于造物是基础性的，因为这个分离的面相会穿透进入到每一个部分中，当它创造出巨大的受苦，巨大的困难的时候，我们必须记住，它的教育性的目的。仅仅是通过这些塌陷，或者体验，造物者才会发现某个事情，某个美丽的事情从无差别的统一性中站出来，去考虑在所有这种统一性之中的远景的角色，这是重要的，因为你占据了一个有利位置，它在这一个造物中是独一无二的。你已经被你的造物者放置在了这个视角上了，实际上，它是你自己的选择。

When a picture that disturbs you is presented, it is not the picture that must justify itself, but the viewer who must make sense of it. We relish the opportunity to remind each of you of your inherent agency in making sense of this, for it is not the sense you make of it that will reveal the truth—that is but an experience yielding a deeper lesson, and meditation will give you a far greater appreciation of what you can do and how you can consider your being relative to this great mystery. It is not an absence of love that attends the confrontation, rather it is the full presence of love projected into this solution, so do not despair. You can balance this, but you may have to release an attachment to outcome or to a sense of yourself that you momentarily forget is but a mirage.

当一个让你感到不安的图像被呈现出来的时候，必须要证明它自己是合理的并不是图像，而是必须要使得它有道理的那个观察者。我们利用这个机会来提醒你们每一位回想起你们在使得这个图像有道理的过程中的内在的代理，因为将会揭露出真理的事物并不是你使得它有道理了——那仅仅是一个体验，它产生出了一个更为深入的课程，冥想将会给予你对于你能够做的事情以及你能够如何考虑你的存有与这个伟大的神秘的关系的一个远远更为深入的知觉。参与到冲突中的事物并不是一种爱的缺少，毋宁说，它是被投射进入到这个解决方案中的爱的完全的临在，因此，不要感到失望。你能够平衡这种冲突，但是你可能必须要释放一种对结果或者对你自己的这样一种感觉的执着，那种感觉即，你暂时忘记了的事情仅仅是一个幻觉。

We are so happy to share this with you, and we can detect that this instrument feels very blessed to have participated, and can think of no greater gift than to pass this contact to the one known as Julie. We are Laitos. 我们很高兴与你们分享这一点，我们能够发现，这个器皿对于已经参与了是感到非常有福的，我们无法想到会有比将这个接触转移到被知晓为 Julie 的实体更大的礼物了。

(Julie channeling)
(Julie 传讯)

We are Laitos, and we are with this instrument. In continuation on our discussion this evening about conflict, we would like to explain to you how each experience in your lifetime can be held onto or it can be let go. In other words, if you have an experience on the negative side, and you hold onto this experience in your heart, this experience becomes a part of you. It is

emanated in your auric field. Eventually, you will reflect this experience upon another, and it may seem like an experience that feels like conflict. You may see an issue with the other person that goes against your very being and you may feel that you need to discuss this issue with that person to resolve the conflict.

我们是 Laitos, 我们与这个器皿在一起了。继续我们今晚关于冲突的讨论, 我们想要对你们解释, 在你们的生命中的每一个体验是如何能够被紧紧抓住, 或者它能够被放下。换句话说, 如果你对负面性的面相拥有一个体验, 且你将这个体验在你的心中紧握不放, 这个体验就会成为你的一部分了。它会在你的灵光场中被散发出来。最终, 你将会将这个体验映射到另一个人身上, 它可能看起来就好像是一个感觉起来好像是冲突的体验。你可能与其他的与你的存有相悖的人一起观察这个议题, 你可能会感觉到, 你需要与那个人一起讨论这个议题以解决冲突。

In your lifetime, we ask that you challenge yourself to immense growth, and when you experience a so-called conflict, search within your own heart where that conflict actually lies. You may find that the conflict is within yourself, and when you discover that where the conflict actually lies, it gives allowance for this conflict to simply dissipate, as if it never existed.

在你的生命中, 我们请你用巨大的成长来挑战你自己, 当你体验到一个所谓的冲突的时候, 在你自己的心中搜索, 那个冲突实际上是存在于何处的。你可能会发现, 冲突是在你自己内在之中, 当你发现, 冲突实际上是存在于何处的时候, 它会给予许可让这种冲突单纯地消散, 就好像它从未存在过一样。

At this time, we pass this contact to the one known as Trish. We are Laitos.
在此刻, 我们将这个接触转移到被知晓为 Trish 的实体。我们是 Laitos。

(Trish channeling)
(Trish 传讯)

We are those of Laitos, and we are now with this instrument. We ask that you view conflict in your experience much like the ocean on this planet. At times there are small ripples, at times there are tidal waves; the seas can be very calm and then, without a moment's notice, become choppy. We ask that you look this way so that you remember this conflict, this confrontation, is but at the surface, for under the waves there is so much more. A practice like this can help one remember that the pain, the hurt, the misconceptions are all temporary—here one second and gone the next.

我们是 Laitos, 我们现在与这个器皿在一起了。我们请你们观察在你们的体验中的冲突是非常类似于在这个星球上的海洋的。时常, 会有小小的涟漪, 时常会有由潮汐引起的波浪, 海洋能够成为非常平静的, 接下来, 一不注意, 就会成为波浪起伏的了。我们请你们用这种方式观察, 这样你们就会记起, 这个冲突, 这种对抗, 仅仅是在表面上的, 因为在波浪下方会有如此远远更多的事物。类似这样的练习能够帮助一个人忆起, 痛苦, 伤害, 误解全都是暂时性的——这一秒在这里, 下一秒就消失了。

With patience in mind, and knowing that the seas are always changing, we

believe that entities much like yourselves can focus on the love for one another, not necessarily keeping oneself from experiencing confrontation, or experiencing pain, but doing so fully with love and understanding and compassion, seeing the experience as a lesson, seeing the other self as self, knowing that as all things do, it will change. With that kind of patience, there is no stormy sea one cannot handle.

藉由在心智中的耐心，且同时知晓，海洋一直都是改变的，我们相信，非常类似于你们自己的实体是能够聚焦于对另一个人的爱，而不一定要让它自己避免体验到对抗，或者体验到痛苦，而是如此充分地带着爱、理解与同情心来这样做，将那个体验视为一个课程，将其他自我视为自我，并知晓，如所有的事情会改变一样，它将会改变。藉由那种类型的耐心，就不会有一个人无法处理的暴风雨的海洋了。

As the instrument known as Julie channeled, we said that perhaps confrontation as a manifestation of something within, another key practice would be to use that experience as a mirror to see the self as other self. Treat the self and other self the same, only with love and patience and compassion, listening fully and deeply, not just to words, but to energies, following them where they lead, focusing your love there.

在被知晓为 Julie 的器皿传讯的时候，我们说过，对抗作为在内之中的某个事物的一个显化物，也许另一个关键性的练习会是，使用那个体验作为一面镜子来将自我视为是其他自我。同样地对待自我与其他自我，仅仅带着爱，耐心与同情心，并充分且深入地聆听，不仅仅聆听话语，同样也聆听能量，跟随它们到它们导向的地方，在那里聚焦你的爱。

We feel that it is time to leave this instrument. We are very grateful for the circle to take on such a difficult topic, and we hope that whatever becomes of this channeling, all entities are able to take a piece from it.

我们感觉到，现在是离开这个器皿的时间了。我们对于进行这样一个困难的课题对于这个圈子是非常感激的，我们希望无论什么事情会成为这次传讯的内容，所有的实体都能够从中得到一份。

We are those of Laitos, and we will now go to the instrument known as Gary.
我们是 Laitos，我们现在将前往被知晓为 Gary 的器皿。

(Gary channeling)
(Gary 传讯)

We are those known to you as the Laitos, and we use this instrument's thoughts of his being awed and wowed by the channeling of each in the circle to offer our praise and thanksgiving for serving as instruments on this topic, which is a very common theme on your planet. None of your fellow other-selves in your density move through this experience without encountering confrontation between self and other self. It is a theme that is endemic to the third-density experience because it is, from the larger vantage point, productive of the development of will and faith that polarizes the self

on one path or another. Confrontation grinds away those portions of the rough-hewn sculpture that hide the polarized being within, for as portions of that sculpture are challenged by the nature of conflict, each is given the opportunity to remain an undeveloped block of stone (to continue the analogy) or allow the refining fires of your density to cast off pieces of that stone that self may be revealed to self.

我们是你们知晓的 Laitos, 我们使用这个器皿对于因为在圈子里的每一个人的传讯而让他感到敬畏与惊讶的想法, 来提供我们为作为器皿在这个主题上进行服务的赞美与感恩, 这个主题在你们的星球上是一个非常常见的主题。在你们的目的中的你们的伙伴的其他自我中没有任何一个人会经历这个体验而不遭遇到在自我与其他自我之间的对抗的。它是第三密度的体验所特有的一个主题, 因为, 从更大的有利位置来看, 它对于意志与信心的发展是高产的, 这种发展会让自我通过一条道路或者另一条道路极化。对抗会让将粗制的雕像的那些会将极化的存有隐藏在内部的部分打磨掉, 因为当那个雕像的那些部分被冲突的属性挑战的时候, 每一个部分都会被给予机会去保持是一个未被发展过的石块 (继续那个比喻), 或者允许你们的密度的精炼的火焰将石头的那些部分都抛弃掉, 这样自我就可以对自我被揭露出来了。

As we have said through the other instruments, confrontation, as is true with all of life moments, is a teaching opportunity, for each other self is a mirror of the self, offering, as Ra says, the self the opportunity to see the fruits of its beingness, and what fruits there are that may be seen for the self that can respond to the confrontation, not with the right/wrong mentality, or the inventory of details, but the consciousness which recognizes the ascendancy of love, the consciousness which can receive attack or insult or injury, and respond, not with the same energy, but with unimpeded love for the other self, seeing beyond their actions, hopefully understanding their motivations, but moving more deeply, seeing that they, too, are cut off from the all, seemingly. They, too, exist in an environment of not knowing, of confusion, that creates untold permutations of distortions, and in those distortions, is a core pain that may be called separation from the Creator, that causes one entity to hurt another entity without full awareness of the cause or motivation or consequences, but is a sort of blindness that is intentional, that is helpful, that is conducive to growth.

如我们已经通过其他器皿说过的一样, 对抗是一个教导的机会, 如同对于所有的生命的时刻这都是真实的一样, 因为每一个其他自我都是一面自我的镜子, 并会如同 Ra 说过的一样, 为自我提供机会去看到它的存在性的果实, 看到在那里有什么果实可以被看到来让自我能够回应那个对抗, 不是藉由对/错的心理, 或者藉由具体细节的清单, 而是藉由意识, 意识会认出爱的优势, 意识能够接受攻击, 或者侮辱, 或者伤害, 并做出回应, 不是带着相同的能量来回应, 而是带着对其他自我的未被妨碍过的爱, 洞悉它们的行动, 并有希望理解它们的动机, 看到它们同样, 在表面上看似是从整体被切除掉的。它们同样是存在于一个未知的, 混淆的环境中, 这个环境创造出了数不清的扭曲的阵列, 在那些扭曲中, 会有一种核心痛苦, 它可以被称为与造物者的分离, 它会使得一个实体伤害另一个实体, 而没有充分察觉到原因或者动机或者后果, 这种分离仅仅是一种类型的看不见, 它是有意的, 是有帮助的, 是有助于成长的。

While the instrument listens to what he believes are our words, he asks us to go deeper in terms of the information, but we rebuke, if we may, said request, because truth need no elaborate formulation as your intellects demand, because it is simple. Love is a unifying, simple energy that is distorted and reflected beautifully in countless ways, but in it all barriers and boundaries and differences dissolves in unreserved embrace, unqualified acceptance.

在器皿聆听他相信是我们的话语的内容的时候，他请我们在信息的方面更加深入，但是如果我们可以的话，我们要责备上述的要求，因为真理不需要按照你们的智力要求的一样认真推敲有系统的表达，因为它是简单的。爱是一种统一性的，简单的能量，它是用无数的方式被扭曲并美丽地被映射出来的，但是，在它内在之中，所有的障碍、边界、差别都溶解在无保留的拥抱与无条件的接纳之中。

And on that note, this instrument bids us adieu, and asks that we take our leave with gratitude for all. We now transfer this contact to the senior general, the one known as Jim.

在此，这个器皿向我们告别，并请我们带着对所有人的感激离开。我们现在将这个接触转移到资深将领，被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Laitos and am once again with this instrument. We are most gratified that we have been able to witness the progress that each new instrument has made this particular evening. As a group, we have noted that there is a great deal of, not only desire to serve as an instrument, but ability and facility to do so, and we congratulate each new instrument for exercising these qualities in a consistent manner, so that the progress each expresses truly reflects the nature of the preparation and the carrying out of the process that you have learned over these past almost two years.

我是 Laitos，我再一次与这个器皿在一起了。我们极其感激，我们已经能够见证每一个器皿在这个特定的晚上已经做出的进展了。作为一个团体，我们已经注意到会有大量的，作为一个器皿来服务的渴望，同样还有大量的去做能力与本领，我们为每一个新的器皿用一种协调一致的方式来训练这些特性而对你们道贺，这样，每一个人表达的发展就会真正反映了准备工作的属性，以及对你们在这几乎是过去两年时间中已经学会的过程的执行力了。

At this time, if you have any queries concerning this process, or any other queries as well, we will be happy to entertain them. Is there a query at this time?

在此刻，如果你们关于这个过程有任何问题，或者同样任何其他的问题，我们将乐意于招待它们。在此刻有一个问题吗？

Jeremy: Laitos, what is the next step for our group in developing our channels.

Jeremy: Laitos，在发展我们的管道的方面，我们的团体的下一步是什么。

Laitos: I am Laitos, and we are humorously considering reading this instrument's mind, for this was upon this instrument's mind as that which would be a possibility, considering your new configuration of senior channels have been reduced by one. We feel that the potential plan which this instrument has conceived of is something that may be workable for those within this group, and that is, as this instrument feels it has a strength in being able to respond to queries, rather than provide the channel for the longer focusing questions that begin your normal channeling Saturdays, that it would offer itself as one entertaining any query from the floor, shall we say, as is being done at this moment, and would also offer this opportunity to any of the instruments present in your regular channeling sessions, so that if said instruments feel comfortable with the setting on a particular channeling Saturday, they would then notify this instrument that they would be willing to co-channel a portion of that meeting's queries.

Laitos: 我是 Laitos, 我们正在幽默地考虑阅读这个器皿的心智, 因为这个问题在这个器皿的头脑中是作为一个可能性之所是的事物, 考虑到你们新的资深管道的配置已经减少了一个人了。我们感觉到, 这个器皿已经构想的有可能的计划是, 某个对于那些在这个团体中的人可能成为可以实行的事物, 也就是说, 因为这个器皿感觉到, 它在能够回答问题, 而不是能够为你们通常的周六传讯的更长时间的聚焦性的问题提供管道的方面是拥有优势的, 它会提供它自己作为一个招待任何与会者提出的问题的管道, 如同在此刻正在被做的一样, 并同样会对任何在你们的规律的传讯集会中出席的器皿提供这个机会, 因为, 如果上述的器皿对设置一个特定的周六传讯是感觉舒适的, 它们会接下来通知这个器皿, 它们会乐意于共同传讯那个集会的问题的一部分。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Jeremy: One further query, on a somewhat unrelated matter. We only have experience channeling you. Do you have any advice for ascertaining the identity of an entity once we move beyond simply channeling you?

Jeremy: 一个更进一步的问题, 在一个多少有些不相关的问题上。我们仅仅已经体验过传讯你们了。一旦我们超越了单纯地传讯你们, 你们对于确定一个实体的身份的方面有任何建议吗?

Laitos: I am Laitos, and am aware of your query, my brother. For the time being, and for some time to come, we would recommend that any channeling of those of Q'uo or other Confederation entities be done as a, what you would call a handoff from this instrument so that you would know the entity that was being available to your channeling process, and in the future, when you have felt a familiarity with those of Q'uo, or perhaps Latwii, or perhaps Hatonn, then you would be able and invited to offer yourself as the first contact of the session, and then be able to utilize the familiarity that you have developed with the vibrations of these other Confederation entities.

我是 Laitos, 我了解了你的问题了, 我的兄弟。在目前以及即将到来的一段时间中, 我们会建议任何对 Q'uo 或者其他的星际联邦的实体的传讯都作为从这个器

皿的一次你们称之为传球 (handoff) 的事物而被进行, 这样你就会知晓曾经可以为你们的传讯的过程所取得的实体, 在未来, 当你已经感觉到一种与那些属于 Q'uo 的实体, 或者也许是 Latwii, 或者也许是 Hatonn 的熟悉的时候, 接下来, 你能够且被邀请提供你自己作为集会的最开始的接触, 并接下来能够利用你已经与这些其他的星际联邦的实体发展出来的那种熟悉性了。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Jeremy: If nobody else has one, I will delve further. I have been going over transcripts from over decades of contacts with the Confederation. I wonder, how does one establish the identity of a contact when it is not handed off—and I asked this hypothetically, not in order to do so right now.

Jeremy: 如果没有任何其他他人有问题, 我将会更进一步挖掘。我一直都在重温与星际联邦之间的数十年的接触的记录。我想知道, 当一个接触的身份不是被传递的时候, 一个人如何确定一个接触的身份呢——我是假设性地询问这个问题, 不是为了现在就这样做。

Laitos: I am Laitos, and am aware of your query, my brother. Again, the process is that which you have successfully accomplished this evening. Perceiving not just words, but identity that is given to you. This is more difficult when you are dealing with entities which are completely new to a group. It is less difficult, yet more of a challenge, when you are presented with entities that have been channeling through various instruments in this group for a period of time, as you have noted. Thus, at some point, as you would become the first instrument to be exercised during a channeling session, it would be necessary for you to, as the one known as Carla would say, "hang your ass out over the line", and speak those words and identities that are given to you.

Laitos: 我是 Laitos, 我了解了你的问题, 我的兄弟。再一次, 过程是你已经在今晚成功地完成了的过程。不仅仅感知词语, 同样也感知被给予你的身份。当你是与那些对于一个团体是全新的实体打交道的时候, 这是更为困难的。当你是遇到了那些已经通过在这个团体中的各种各样的器皿传讯了一段时间的实体的时候, 如你已经注意到的一样, 它是较不困难的。因此, 在某个位置, 当你成为了在一次传讯集会期间的第一个要被训练的管道的时候, 你就需要, 如同被知晓为 Carla 的实体会说的一样, "是驴是马拉出来遛一遛", "说出那些话语以及被给予你的身份。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Jeremy: Just so that I understand, the idea is that we would channel the sound vibration complex of the name, just as we would channel normal thoughts transmitted from the entity. Do I have that right, Laitos.

Jeremy: 如同我理解的一样, 那个观点是, 我们会传讯具有名字的声音振动复合体, 就好像我们会传讯从实体被传递出来的通常的想法一样。我的理解是正确的吗, Laitos?

Laitos: I am Laitos. This is correct, my brother. Is there another query?

Laitos: 我是 Laitos。这是正确的，我的兄弟。有另一个问题吗？

Jeremy: No, thank you.

Jeremy: 没有了，谢谢你们。

Laitos: We thank you, my brother. Is there a final query at this time?

Laitos: 我们感谢你，我的兄弟。在此刻有一个最后的问题吗？

Gary: Laitos, if, in a channeling circle, in anticipation of serving as an instrument, one finds oneself thinking about the question, would it be helpful to stop thinking about the question?

Gary: Laitos, 如果在一个传讯的圈子中，在预感要作为一个器皿服务的时候，一个人发现它自己在考虑问题，去停止思考那个问题是会有帮助的吗？

Laitos: I am Laitos, and am aware of your query, my brother. This is a decision which is suggested by us to be implemented—that which you have suggested—to refrain from the consideration of what you might think to be a potential answer to any query that would be offered, or to the query which you know is going to be offered. This tends to bias the mind and present a state of confidence only up to the point that covers the amount of information you have created in your own mind. After that point, you would once again be left to the basic process of perceiving the words, either as concepts or a word or two at a time and would then be continuing in the more accepted and efficient way of serving as an instrument.

Laitos: 我是 Laitos，我了解了你的问题了，我的兄弟。这个一个被我们建议要被执行的决定——这是你们已经建议过的事情——去避免对你们可能认为是对任何被提供的问题，或者对你们知道将要被提供的问题的一个潜在的答案的事物的考虑。这会倾向于让心智产生偏向性，并仅仅会对那个涵盖了你已经在你自己的头脑中创造出的信息的数量的位置上才会产生出一种信任的状态。在那个位置之后，你会再一次被留给感知词语的基本的过程，要么是作为观念，要么一次一两个词语，并会接下来用更加被接受且更加有效的方式继续作为一个器皿来服务。

It is a great temptation to think about any potential question, and its potential answer, for it gives one the feeling that one has something to go on, but again, the channeling process is that which is basically produced most efficiently by exercising faith that you have learned a process which is real, that it does work, that you can open yourself to concepts which you have not heard before, and they will move through your mind and mouth in a sensible fashion, and if you do not stop to think about them, but rather speak them as they come, then they will continue to flow, and you will gain a greater confidence in this approach than in any other approach that we are aware of.

去思考任何有可能的问题以及它可能的答案，这是一种巨大的诱惑，因为它给予了一个人感觉，它拥有某个事情去进行，但是，再一次，传讯的过程是藉由训练

信心而极其有效地在根本上被产生出来的过程,以至于你已经学会了一个真实的过程,它确实是起作用的,你能够让你自己向着你之前尚未听到过的观念开放了,它们将会用一种感觉得到的方式通过你的头脑和嘴巴出现,如果你并不停止考虑它们,而是在它们出现的时候说出它们,接下来,它们将继续流动,你将会再一次对这个途径取得一种比任何其他的我们知晓的途径更大的信任。

We would offer a chance for a follow-up query, my brother.
我的兄弟,我们愿意提供一个机会来进行一个后续问题。

Gary: Thank you, I was hoping for one. Quickly then, it's a safe assumption that if thoughts do arise in our mind while we are waiting our turn to channel, they are not then inspired by you or the source, but are a product of our own thinking?

Gary: 谢谢你们,我刚才就在希望有一个机会。接下来,快速地,如果在我们正在等待轮到我们传讯的时候想法确实在我的头脑中升起了,那么它们就不是被你们或者被源头所启发的,而是我们自己的思考的一个产物,这是一个可靠的假设吗?

Laitos: I am Laitos, and this is correct, my brother. We do not approach an instrument before it is time to channel with any hints as to what the channeling message might be for that afternoon or for that query. We give each instrument the chance to prepare itself by the proper tuning and challenging process and then to allow itself to become, as you would say, blank, or empty, a vessel that has been hollowed out and is now available to receive the, shall we say, living waters of the words that will flow through you.

Laitos: 我是 Laitos,这是正确的,我的兄弟。我们并不会在一个器皿进行传讯的时间之前就藉由任何关于对于那个下午或者对于那个问题的传讯的信息可能是什么的方面的暗示来接近一个器皿。我们给予每一个器皿机会藉由适当的调音与挑战的过程来让它自己做好准备,并接下来允许它自己成为,如你们会说的一样,空白的,或者空无的,成为一个已经被倒空的容器,这个容器现在可以被用于接收,容我们说,将会流经你们词语的活水了。

This is the process that we have taught to this group, and to many other groups, and may we say that we have observed within this group the ability to comprehend this process much more efficiently than we have in any other group that we are aware of in our experience, and this is not to puff up the pride, shall we say, but to give you the confidence that you have accomplished a great deal, in that this is something that you should use as a foundation on which to stand for your future work in this channeling process. We are most grateful to each of you for being diligent and consistent in your efforts to become good instruments. We feel that you are well along the path on this particular project.

这就是我们已经教导这个团体,以及许多其他团体的过程了,容我们说,相比我们对任何其他我们通过我们的经验知晓的团体中已经观察到的,我们已经在这个团体中观察到远远更有成效地理解这个过程的能力了,这不是要,容我们说,让你们骄傲自满,而是要给予你们信心,你们已经完成了大量的工作了,因为这

是某种你们应该用做一个为了在这个传讯过程中你未来的工作而站立在其上的基础的事物。我们极其感激你们为一位在你们成为优秀的器皿的努力中的勤奋与坚持不懈。我们感觉到，你们在这个特定的计划上是一路都很顺利的。

At this time, we shall take our leave of this group, and we leave you in great joy, in love and in light, with a great deal of appreciation for the work that you have accomplished, and we look forward to future work times with you, shall we say. We are known to you as those of Laitos. We leave you now, in love and in light. Adonai, vasu borragus.

在此刻，我们将离开这个团体，我们会在巨大的喜悦中，在爱中，在光中，并带着带量的对你们已经完成的工作的感激离开你们，我们期待在未来，容我说，与你们一起工作的时间。我们是你们知晓的 Laitos，我们现在在爱中，在光中离开你们。Adonai vasu borragus。

May 9, 2018

2018-05-09 传讯练习：心的开放与阻塞

Group Question: In what ways do we block and unblock our heart centers?

团体问题：我们是用什么方式阻塞与疏通了我们的心的中心呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this evening. It is a great honor for us to be with you. This is a significant event, my friends, for each of you is as a graduate, moving further along your path of seeking to be of service to others by means of what you call the channeling process. We are most happy to become your next grade, shall we say. We, also, are hoping that our service to you is enhanced as your service to the Creator is enhanced by this process of the channeling of love and light messages to those who have ears and hearts to hear.

我是 Q'uo，我在今晚在爱中，在光中向你们每一位致意。与你们在一起对我们是一种巨大的荣耀。这是一个有意义的事件，我的朋友们，因为你们每一个人作为一个毕业生，都是在藉由你们称之为传讯过程的事物沿着你们的寻求对其他人进行服务的道路更进一步地前进的。我们极其高兴成为你们的，容我说，高年级。我们同样希望，随着你们对造物者的服务藉由这个向那些拥有耳朵与心去听的人传讯爱与光的信息的过程被强化，我们对你们的服务会被增强。

We would first give you a bit of basic information concerning our vibration. We are an easy vibration to perceive, for we have more of what you would call an impact, or a strength than those of Laitos. This is a portion of our way of being, and our development thus far in our own evolutionary journeys. However you have been able to perceive those of Laitos, we would recommend that you use and expect the same procedure, merely a bit more intense, shall we say. If we offer too much of a conditioning vibration, please ask us to reduce it, and we will be happy to do so. We will be presenting a somewhat more enhanced vibration to begin with in order to make it easier for you to perceive us. But, as we said, if it is too strong, we are happy to reduce it.

我们会首先给予你们关于我们的振动的一点点基本的信息。我们是一种容易感知的振动，因为我们拥有个比那些属于 Laitos 的实体更大的你们会称之为一种冲击或者一种强度的事物。这就是我们的存有的方式，以及我们迄今为止的在我们自己的演化的旅程中发展的一部分。无论你们已经能够用什么方式感觉那些属于 Laitos 的实体，我们会推荐你们使用并期待相同的步骤，仅仅有一点点，容我说，更加强有力。如果我们提供了过多的一种调节作用，请对我们要求减少它，我们将很高兴这样做。我们将会开始的时呈现一种多少有些更为强化的振动，以便于使得你们更容易感觉到我们。但是，如我们说过的一样，如果它太过强烈了，我们很高兴减轻它。

Now, to your topic, the opening or the blocking of the heart, how each can be

accomplished, how each of you may, through opening your heart in unconditional love, become a more and more potent servant of the One Infinite Creator, and also, how each of you, or any entity, may unwittingly block various avenues into the heart through the imperfect perception and processing of catalyst. This is a most central issue, my friends, for each of you and for all entities within this third density planetary sphere. For the heart chakra, or energy center, is that which is critical for the graduation into the fourth density of love and understanding. There are many upon your planet at this time who are moving through the portals of ascension as they pass from the human existence through that process you call death, and move into the higher realms of vibration. This is a process which has been ongoing for a number of your years. We are hopeful that there will be more and more of your population finding it possible to move their energy from the lower centers into the green ray energy center and begin to function as those who are able to give and receive unconditional love.

现在, 对于你们的主题, 对心的开放或者阻塞, 每一个如何才能被完成, 你们每一个人如何, 通过无条件的爱中开放你们的心, 成为太一无限造物者的一个越来越更为强有力的仆人, 同样, 你们每一个人, 或者任何实体, 可能会用什么方式, 通过对催化剂的不完美的感受与处理, 而不知不觉地阻塞各种各样的进入到心的途径。我的朋友们, 对于你们每一个人以及在这个第三密度的星球中的所有实体, 这都是一个极其中心的议题。因为心的脉轮, 或者能量中心, 对于毕业进入到爱与理解的第四密度是至关重要的。在此刻在你们的星球上会有很多人, 在它们通过你们称之为死亡的过程从人类的存在性离世的时候, 正在通过扬升的通道, 并进入到更高的振动的领域中。这是一个在你们的很多年的时间中已经一直在进行的过程。我们希望将会有越来越多的你们的人群发现, 它们有可能将它们的能量从较低的中心移动到绿色光芒的能量中心, 并开始作为那些能够给予并接受无条件的爱的实体来运转。

At this time, we shall transfer this contact to the one known as Austin. We are Q'uo.

在此刻, 我们将这个接触转移到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo, and I am with this instrument. We find within this instrument the thought solidified: "the moment contains love." Those of Ra offered this message as a central exercise available to you as seekers within the third density. We offer this thought again to you knowing that all present believe this to be true. And you may be heartened to know that the biggest hurdle to opening the heart has already been achieved, though you may not have memory of the great struggle which for many, takes many lifetimes, but there is a barrier, a certain type of resistance, to accepting the simple thought that the moment contains love, a resistance that you have successfully penetrated and moved through. This barrier tends to mark the flame of the seeker, the recognition of the inward light, the realization of the self in relationship to the

rest of the universe as that which is on a path, on a journey, upward and outward; but we realize that in your current configuration of seeking there seems to be more hurtles [to believing] the words true that "the moment contains love." It may not always seem to be the case. This is the gift of third density, for if love were readily apparent, there would be no choice. You, my friends, have made that choice. With love hidden from your perception, you have chosen to believe that, despite all appearances, it is there. This is so central an act of faith that we encourage you to rejoice simply in this faith, in this belief, that despite what struggle may be present in your attempt to recognize love within any given situation, the attempt to find it is just as beautiful as the love itself.

我是 Q'uo, 我与这个器皿在一起了。我们发现在这个器皿内在之中有这样的结晶的想法: "这一刻包含爱。"那些属于 Ra 的实体提供了这个信息作为可以供你们作为在第三密度中的寻求者所利用的一个中心性的练习。我们再一次对你们提供这个想法, 并同时知晓, 所有在场的人都相信这是真实的。你们可能会对于知晓对开放心的最大的撞击已经被取得了而感到精神振奋, 尽管你们可能并不拥有对于那种对于很多人是花费了很多次生命的巨大的努力的记忆, 但是对于接受在这一刻中包含爱的简单的想法, 会有一种障碍, 一定类型的抵抗, 一种你们已经成功地刺穿并通过了的抵抗。这个障碍物倾向于让寻求者的光辉, 对向内的光的认出, 以及在与宇宙的其他的部分的关系中对自我是走在一条道路上的, 处于一条旅程, 一条向上与向外的旅程上的领会产生出污点, 但是我们意识到, 在你们当前的寻求的配置中, 看起来似乎会有更多的对相信那个"在这一刻中包含爱"的话语是真实的撞击。它可能并不会一直都看起来似乎是这样的。这就是第三密度的礼物, 因为如果爱是好不勉强地明显的, 就不会有选择了。你们, 我的朋友们, 已经做出了那个选择。在爱是从你们的知觉被隐藏起来的情况下, 你们已经选择去相信, 不管所有的表象, 爱就在那里。这是如此中心性的一个具有信心的行动, 以至于我们鼓励你们单纯地在这样一种信心中, 在这样一种信念中欢庆, 不管什么样的挣扎可能出现在你们去在任何给定的情况中认出爱的尝试中, 去找到爱的尝试是恰恰如同爱其自身一样美丽的。

We offer some thoughts that might strengthen you in this seeking. We wish only to inspire in offering this information on how you might find love where it is least apparent, and the foremost accessible method is the contemplation of condition in relationship to unconditional love. In a moment where you are attempting to find the love in any moment, ask yourself what conditions you are placing upon the situation, particularly those other selves involved in whatever struggle you find yourself in the midst of. Ask yourself what you are expecting from them in order to receive your love. Are you placing a condition of behavior, a condition of reciprocation, a condition of respect? In the most challenging situations, these conditions may seem to all of your sensibilities appropriate. Why would one seek to love the murderer? Why would one seek to love the violent? We cannot offer you an answer for this question, though we know that in your hearts you recognize the worthiness of all to be loved, despite how they present themselves to you and to the world, for within them is the same Creator that is within you, and you are both dancing amidst an illusion of distortion. They have found a rhythm to which

they dance that you may not hear, but it is upon the same stage that you find yourself.

我们提供了一些想法，它们可能在这种寻求中让你们变得强有力。我们仅仅希望通过提供这个信息来启发，你们可以如何在爱是最不明显的地方找到爱，第一位地容易取得的方法就是，对在关系中的无条件的爱的条件进行沉思。如果你正在尝试去在任何时刻中找到爱，在这样一个时刻中，询问你自己，你正在将什么条件放置在那个情况上，尤其是对那些被包含在无论什么你发现你自己处于其中的努力中的其他自我的条件。询问你自己，为了让它们接收到你的爱，你正在期待从它们身上得到什么。你正在设置一个行为举止的条件，一个交换的条件，一个尊重的条件吗？在最为挑战性的情况中，这些条件可能看起来似乎对于所有你的感受性都是合适的。为什么一个人要寻求去爱杀人犯呢？为什么一个人要寻求去爱暴行呢？我们无法对这个问题提供给你一个答案，尽管我们知道，在你的心中，你认出所有事物都是值得被爱的，不管它们如何将它们自己呈现给你，呈现给世界，因为在它们内在之中是和在你内在之中的造物者相同的造物者，你们两者都是在一个扭曲的幻象当中舞蹈的。它们已经找到了一个它们要根据其舞蹈的旋律，你可能没有听到这个旋律，但是你发现自己是出于相同的舞台上的。

We abide by a request from this instrument to pass this contact to the one known as Julie. We are Q'uo.

我们因为来自这个器皿的一个请求而暂停，以将这个接触转移到被知晓为 Julie 的实体。我们是 Q'uo。

(Julie channeling)

(Julie 传讯)

We are Q'uo, and we are with this instrument. We continue our discussion on the matters of the heart. It matters deeply for us and for you. You will find that the heart is centrally located on your body. There is a reason for that. It is centrally focused at the center of your very being and the amplification of your energetic body, like a cell's nucleus. It is of the utmost importance to take care of this centrally located portion of who you are that is of your very existence. You must take time with this aspect of yourself, and you will find that blocks will suddenly release and your energetic body will become brighter and brighter, and your life force will grow.

我们是 Q'uo，我们与这个器皿在一起了。我们继续我们在心的问题上的讨论。它对于我们，对于你们都是具有深入的重要性的。你们将会发现心脏是位于你的身体的中心位置的。那是有一个原因的。原因是中心性地被聚焦在你的核心存有的中心以及对你的能量身体的放大上的，就好像一个细胞的细胞核一样。去关心这个位于你之所是的中心的部分，即具有你的核心的存在性的部分。这是具有最大的重要性的。你必须对你自己的这个面相花时间，你将会发现，阻塞将会突然间释放，你的能量身体将会变得越来越更加明亮，你的生命力将会成长。

When we speak of blocks, we are determining the whole of the heart that you began with on your journey on this Earth plane. In the beginning, when you were born, you were born with a whole heart that radiated naturally and with ease. It is your Earth experience to have experiences maybe on the

challenging side that quite possibly caused your heart to not shine to its fullest over time. Just like anything on your Earth plane that may need some upkeep you may need to take some time to give it back its shine, so to speak. We suggest that you experience the emotions that come to you, whether they be positive or negative, to their fullest. When you have, say, what you may call negative emotions coming up, say, they might feel like sadness, or anxiety, we express to you our utmost encouragement to feel these emotions and not deny them. It is in the denial of these emotions is where the blocks can happen. When you are flowing in emotion, fully and expressively in all the beauty we admire so about you, you are shining up your heart chakra and experiencing a fully unblocked heart.

当我们谈及阻塞的时候，我们正在确定你们在这个地球的层面上在你们的旅程上开始的时候的完整的心。在开始的时候，当你被生下来的时候，你是带着一颗完整的心被生下来的，那颗完整的心是自然而然地且轻松地发光的。相当有可能会造成你们的心随着时间的发展无法最为完全地闪耀的事物，恰恰就是你们可能在挑战性的面相上拥有体验的尘世的体验了。就好像任何在你们的地球层面上的可能需要某种维护的事物一样，你们可能需要花一些时间让它，可以说是，恢复它的闪光。我们建议你们最为完整地体验那些出现在你们身上的情绪，无论它们是正面性的还是负面性的。当你们遇到，假设，你们可能称之为负面性的情绪的事物的出现的时候，假设它们可能感觉就好像是悲伤，或者焦虑，我们对你们表达我们最大的鼓励，我们鼓励你们去感受这些情绪而不是否认它们。就是在对这些情绪的否认中，阻塞能够在那里发生了。当你们在情绪中是流动的，是充分地且富有表现力地在所有的美丽之中的时候，我们对你们是如此崇拜，你们是在闪耀你们心的脉轮，并正在体验一颗完全无阻塞的心。

Finally, we express to you another way to experience a fully activated heart chakra, and that is to maneuver your day-to-day experiences with utmost love of yourself. We understand that sometimes we experience, in your human existence, a less-than-positive feeling towards yourself. There are times when you may feel critical of something that you may have thought or felt, or something that you did. Maybe you wish you could turn back time and redo the whole experience. We ask that you send yourself love and forgiveness in these cases. Truly understand that it is all in your expression of your humanity and your emotional flow, and everything is a teaching. Do not deny yourself by being self-critical. You will open your heart, you will flow no matter what experiences you may have had as long as you are not denying yourself or others.

最后，我们对你们表达另一条途径，以体验一个完全激活的心的脉轮，那就是带着对你自己的最大的爱来熟练地掌控你的日常生活的体验。我们理解有时候我们回在你的人类的存在性中体验到一种对你自己的较不正面性的感觉。会有一些时候，你可能回感觉到对某个你可能思考过或者感觉过的事物，或者某个你做过的事情的批评。也许你希望你能够让时间后退并将整个体验都重新来过。我们请你在这些情况中对你自己送出爱与宽恕。真正地理解，它全都是在你对你的人类属性以及你的情绪性的流动的表达之中的，每一个事情都是一个教导。不要藉由成为自我批评的来否认你自己。无论你可能已经拥有过什么体验，只要你不否认你自己或者其他人，你将会开放你的心，你将会流动。

We thank this instrument and we pass the contact to the one known as Trish.
We are Q'uo.

我们感谢这个器皿，我们将接触转移到被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)

(Trish 传讯)

We are those of Q'uo, and we are with this instrument. Those entities across a planet or universe, they speak what you call a language, a dialect, a vernacular perhaps specific to where you live, to your culture, to how you relate to one another. Through that, much disconnect can occur, disharmony, catalyst. We invite you to think of the heart as an entity that only know one language—that language being love. For you see, your heart truly only knows two things: that being love and acceptance, counterbalanced by learning to love and learning to accept. The heart is not naturally inclined to anything else. We find that entities trip up, block avenues toward love when they lose the connection to their heart and connect more with their mind. While the mind is an important, integral part of your existence, your heart is what truly guides, your heart is what is truly common between you and your fellow entity.

我们是 Q'uo，我们与这个器皿在一起了。那些在一个星球或者宇宙的另一边的实体，它们说的是对于你们所居住的地方，对你们的文化，对你们与相互彼此建立关联的方式也许是特殊的，你们称之为一种语言，一种口语，一种方言的事物。通过那种差异，大量的割裂、不和谐、催化剂能够发生。我们邀请你们将心考虑为一个仅仅知晓一种语言的人——那种语言就是爱。因为你们看，你们的心仅仅真正知道两个事情：成为爱与接纳，它们是被学习去爱与学习去接纳所平衡的。心不会自然而然地倾向于任何其他事情，我们发现，当实体失去了与它们的心连接并更多地与它们的心智连接起来的时候，它们就会绊倒并阻塞通往爱的途径了。尽管心智是你们的存在性的一个重要的，不可或缺的部分，你们的心是真正指引的事物，你们的心是在你们和你们的伙伴实体之间真正共同的事物。

We suggest that you, in times of sorrow or perceived despair, in times of anger or misunderstanding, reflect, remember, the heart speaks but one language, and it knows only to love or to learn to love. We believe that many in this density focus so much more within their minds, getting lost in routine, getting lost with an expectation, forgetting, disremembering, if you will, the connection to the heart, that connection which inherently connects you to everyone and everything else. We believe that focused practice on remembering this truth could be the medicine, if you will, that heals, not just a single entity, not just a collection of entities, and not just a planet, but all.

我们对你们建议，在忧伤或者被感觉到是绝望的时候，在愤怒或者误解的时候，沉思并忆起，心仅仅是用一种语言说话的，它仅仅知晓去爱或者学习去爱。我们相信，在这个密度中很多人是远远更多地聚焦于它们的心智之中，并在道路上迷失了，因为一种期待而迷失了、并同时遗忘与不记得，如果你们愿意这样说的话，与心之间你的连接，那种连接是在与生俱来地将你们与每一个其他人与每一个其

他事物连接在一起的。我们相信，聚焦在忆起这个真理上的练习，是能够成为那种疗愈的良药的，如果你们愿意这样说的话，不仅仅是疗愈一个单一的实体，不仅仅是疗愈一个实体的集合，不仅仅是疗愈一个星球，而是疗愈一切事物。

While difficult situations have their merit in terms of providing catalyst from which to learn, the veil in this existence causes so much distraction that many of these entities forget, as we've previously stated, that this catalyst needs to be addressed through the heart to see the catalyst as opportunity to know, not just one self, but all selves. Consistent and focused practice, be it by means of meditation, or acts of worship, practices of passion, that is what we believe will keep the heart open and allow you to speak that most fluent and true language that is love. Not only will this practice help single entities, but it will also provide inspiration and guidance to those who are too stuck in the mind to act as many the prophet or cleric or visionary has stated, the beacon upon the hill. For again, your heart knows one language and that is love, and providing an example, a living, breathing example of this, showing others how this is truth only deepens your love, not just for self, for other self, but for all self.

尽管困难的情况从提供从其进行学习的催化剂的意义上是拥有它们的优点的，在这个存在性中的罩纱造成了如此大量的分心物，以至于这些实体中的很多实体忘记了，如我们之前说过的一样，这个催化剂是需要通过心被处理，以将催化剂视为是去知晓的机会，不仅是知晓一个自我，同样也是知晓所有的自我。首尾一致且聚焦的联系，无论它是藉由冥想，还是藉由崇拜的活动，对热情的练习，那就是我们相信将会保持心处于开放并允许你们说出那个爱之所是的流利而真实的事物了。这个练习不仅仅将会帮助单一的实体，它同样将会为那些对于心智太过自以为是的实体提供启发与指引，以如同很多的先知或者教士或者梦想家已经说过的一样，成为在山上的灯塔。因为，再一次，你们的心知晓一个语言，那就是爱，它同时提供一个范例，这种爱的一个活生生的，有呼吸的范例，并向其他人显现了，这如何是唯一会深化你们的爱的真理，不仅仅是对自我的爱，对其他自我的爱，同样也是对所有自我的爱。

We feel resistance within this instrument. We ask her to take a breath and relax. We see that this practice this small group has taken upon itself is one of the great, pure, and true ways of keeping the heart open and speaking the language of love, and for that we are immensely grateful. This group surely will act as a beacon upon the hill.

我们感觉到在这个器皿内在之中的抵抗。我们请求她进行一次呼吸，并放松。我们看到，这个小小的团体已经在它自己身上进行了的这个练习，是让心保持开放并说那个爱的语言的伟大的，纯净的，真实的方法中的一个方法，我们维持是无尽地感激的。这个团体肯定将会如同在山上的一座灯塔一样地行动。

We thank this instrument and will take leave of her at this time. We will move on to the instrument known as Gary. We are those of Q'uo.

我们感谢这个器皿并将会在此刻离开她。我们将会继续移动到被知晓为 Gary 的器皿。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo, and we greet you through this instrument, and wish to speak further on the question of blocking and unblocking the green ray, or heart center. The heart can be a challenge to some entities for its lessons so often are concerned with the giving of embrace, inclusion, the giving of welcoming into the self an expanded circle of identity. That is difficult for those of your planet who draw the boundaries around small circumscribed portions of the self, and claim that as self, and often erect walls, fortifications, and keep that which is identified as "not self" outside in order to protect that which is identified as "self" inside.

我们是你们知晓的 Q'uo，我们通过这个器皿向你们致意，我们希望在绿色光芒或者心的中心的阻塞或者开放的问题上更进一步地发言。心能够成为一些实体的一个挑战，因为它的课程如此经常地会涉及到对拥抱与包含的给予，对欢迎一个拓展的身份的圈子进入到自我之中的给予。对于你们星球上的那些会在自我的小小的有边界的部分周围画出边界，宣称那个边界就是自我，经常会树立起墙壁，堡垒，并让那个被定义为“不是自我”的事物挡在外面，以便于将那个被定义为“自我”的事物在里面保护起来的人，那种给予是困难的。

Love has many ways to penetrate these walls, shall we say. First, through doorways, windows, conduits, and channels, then through dismantlement of these walls altogether so that the self learns to exist without attachment to the fear that kept it isolated and separate, even if only in concept, then still in a very tangible and experiential way according to your third-density processes. This fear released, these walls coming down, the self finds itself upon more open planes where there seem not to be shelters and walls, and the self finds oneself in a sort of naked or vulnerable state, and it is this state which many of your peoples seek to avoid due to fear and vulnerability, but it is this state which the student of spiritual evolution will discover is the safest, most secure standpoint from which to navigate the catalyst of your experience, for love is a sunlight, it is a clarifier, it is a life-bringer, a light-bringer, and this love is who you are.

爱拥有很多方式去刺穿这些，容我说，墙壁。首先，通过门，窗户，管道，水道，接下来，通过对这些墙壁一起的拆除，这样，自我就会学会去在没有对恐惧的执着的情况下存在了，就是那种对恐惧的执着使得它成为孤立与分离的了，即使仅仅是在观念中是分离的，接下来根据你们的第三密度的过程那个，那种恐惧仍旧是处于一种非常触摸得到且有经验得来的方式中。当这种恐惧被释放的时候，这些墙壁就倒下了，自我会发现它自己是在更为开放的层面上，在其中看起来似乎没有遮蔽物或者墙壁，自我会发现它自己是出于某种类型的一种赤裸的或者易受伤害的状态中的，由于恐惧以及易受伤害性，你们人群中的很多人寻求去避免的就是这种状态，但是，就是这种状态，灵性上的演化的学生将会发现它是最安全的，是从其驾驭你们的体验的催化剂的最为稳固的立场，因为爱是一种阳光，它是一种澄清物，它是一种生命的赋予者，这种爱就是你们之所是。

The walls that come down erode the concept of the separate self, that capsule

of energy contained inside the idea of a self which is distinct from and separate from all others. And with each deepening of love, the boundaries not only expand but eventually dissolve as love opens the formerly contained self to the true unity of the universe that has no true boundary. Love is a dissolving agent. Blockages are a walling agent. What is to be protected when, as this instrument was studying earlier today, all catalyst ultimately is aiding you, all catalyst is teaching this increasing stepping into love? This catalyst may be resisted, rejected, defended from, and thus the Infinite intelligent energy of the Creator may be blocked; or this catalyst may be accepted into the system and greeted as an ally, as a brother or sister, as a guest which has something to tell the self about who the self is. Each piece of catalyst has a voice and a story to offer about ultimately the eternal self and infinite self, the self which was or is forgotten by the incarnate self behind the veil in your space/time illusion.

倒下的墙壁会侵蚀分离的自我的观念, 以及那个被包含在一个与所有其他人是不一样的且分离的自我的观念内部的能量的胶囊。藉由每一个人对爱的深化, 遍及不仅仅拓展了, 同样也最终消失了, 因为爱让之前被包围起来的自我向着宇宙的真实统一性开放了, 这种统一性是没有真正的边界的。爱是一种溶解性的动因。阻塞建造墙壁的动因。如这个器皿在今天早些时候正在研究的一样, 当所有的催化剂最终都是在帮助你, 所有的催化剂都在教导这种越来越多的踏入到爱中的时候, 还有什么事情是要被保护的呢? 这个催化剂可能会被抵制, 被拒绝, 被防卫, 这样造物者的无限智能的能量就可能会被阻塞了, 或者这种催化剂可以被接受进入到系统中, 并作为一个同盟, 或者一个兄弟姐妹, 作为一个拥有某种关于自我是谁的事情要告诉自我的客人而被欢迎了。每一份催化剂都拥有一个声音与一个故事要提供, 这个故事最终是关于永恒的自我, 无限的自我, 曾经或者现在被那个在你们的空间/时间中的罩纱背后的投生的自我忘记的那个自我的。

Nothing is more central than the love of the Creator, the love, as we said through the instrument known as Trish, is the only true language being spoken in the infinite universe, the love which merges self with self, self with other self, and sets the self upon the path to reunification with the Creator. For those you describe as mystics seek the One, not from an intellectual standpoint but with a burning love for truth, love for wisdom, love for the light, and love for union with the source of self and source of all life, love for oneness, love, too, for the illusion, for the beauty and wonder and opportunity and solemnity it offers.

没有任何事情是比造物者的爱更加中心的, 如我们通过被知晓为 Trish 的器皿说过的一样, 爱是在无限的宇宙中唯一被说的真实的语言, 这种爱会将自我与自我, 自我与其他自我结合起来, 并让自我踏上通往与造物者再次统一的道路。对于那些你们描述为神秘主义者的人, 它们不是从一个逻辑智力的观点来寻求太一, 而是带着一种火热的对真理的爱, 对智慧的爱, 对光的爱, 以及对与自我的源头以及所有的生命的源头的统一的爱, 对一体性的爱, 同样还有对幻象, 对幻象提供的美丽、奇观、机会以及庄严的爱来寻求太一的。

This instrument asks that we move along now. We wish you good evening and we now transfer this contact to the one known as Jim. We are those of

Q'uo.

这个器皿请求我们现在向前移动。我们祝愿你们拥有美妙的夜晚，我们现在将这个接触转移到被知晓为 Jim 的实体。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

We are Q'uo, and are again with this instrument. We are most pleased with each new instrument's progress this evening. We are quite amazed that each has been able to move further along the path of serving as an instrument, having just met us, shall we say. You have made a seamless transition into another realm of service and experience. It is our honor to move there with you.

我们是 Q'uo，我们再一次与这个器皿在一起了。我们对于今晚每一个新的器皿的发展都是极其高兴的。我们相当惊讶，每一个人，容我说，在刚刚遇到我们之后，就已经能够沿着作为一个器皿而服务的道路更进一步地移动了。你们已经进行了一次无缝的转换进入到了另一个服务与体验的领域中了。与你们一起移动到那里，这是我们的荣耀。

At this time, we would offer ourselves in the attempt to speak to any queries which may be upon the minds of those present.

在此刻，我们会提供我们自己来尝试去谈及任何可能在那些在场的人的头脑中的问题。

Gary: Q'uo, when I'm receiving contact, sometimes, both from Laitos, and this time from you, I experience a sense of becoming taller, almost, as if my torso is expanded in height, as if there's a sort of verticalness to me that goes deeper or higher, though that feels like a poor translation of dimension. Can you offer any insight into what this phenomenon is?

Gary: Q'uo，当我正在接收到接触的时候，有时候是同时接收到来自 Laitos 的接触的，这一次是来自于你们，我体验到一种变高的感觉，几乎就好像是我的躯干在高度上被拓展了，就好像对于我会有一种类型的垂直性，它向着更深与更高前进，尽管那感觉就好像是一种对维度的糟糕的转译一样。你们能够对于这个现象是什么提供任何洞见吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. As you are serving as an instrument, there is a certain kind of stretching of your own being that takes place with each contact that is made. Those of Laitos, being of the fourth density, were of a vibration that is closer in nature to your own, as you are also approaching the fourth density experience within your own being. We, being the principle that we are, combining the fourth, the fifth, and the sixth-density vibrations offer the opportunity for an expansion of one's ability which may be experienced or perceived by you as a kind of movement of your own physical vehicle as well. This movement or expansion is actually a metaphysical portion of the practice that you are now perfecting in the

channeling process. You are moving higher in your own ability to perceive that which is given to you to transmit by us, thus, your interpretation or translation of this stretching of your abilities is that which you perceive as the lengthening or heightening of your physical vehicle.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当你在作为一个器皿服务的时候, 会有一些类型的对你的存有的拉伸, 它会在每一次接触被建立的时候发生。那些属于 Laitos 的实体是第四密度的存有, 它们具有一种在属性上与你自己的振动是接近的振动, 因为你同样在你自己的存有中正在接近第四密度的体验。我们, 作为我们之所是的原则, 通过将第四密度, 第五密度和第六密度的振动混合起来, 提供了机会来取得对一个人的能力的一种拓展, 它可以被你体验为或者感觉为同样也是一种类型的你的物质性载具的运动。这种运动或者拓展实际上是你现在在传讯过程中正在完善的练习的形而上学的部分。你在你自己感觉被我们给予你来传递的事物的能力中正在移动到更高的位置, 这样, 你对你的能力的这种拉升的解释或者转译就是你感觉为对你的物质性载具的伸长或者升高了。

Is there another query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: No, thanks so much, Q'uo.

Gary: 没有了, 非常感谢, Q'uo

Q'uo: We are Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo : 我们是 Q'uo , 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

(Pause)

(暂停)

We are Q'uo, and we are aware that the queries have receded for the moment, some of which were almost expressed. We would again thank each of you for inviting our presence to work with you this evening. It has been an honor and a joy to be with you. We congratulate each for the progress that has been made. We encourage you to continue in this manner as you move forward in your desire to be of service as instruments of the One Infinite Creator ultimately, and of those such as we, in particular. At this time we shall leave each in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, my friends, Adonai.

我们是 Q'uo, 我们察觉到问题暂时已经撤退了, 一些问题已经几乎被表达出来了。我们再一次为你们今晚邀请我们出席来与你们一同工作而感谢你们每一位。与你们再一次, 这已经是一种荣耀与一种喜悦了。我们为已经被做出的进步而祝贺每一位。我们鼓励你们, 在你们对最终作为太一无限造物者的器皿, 具体而言作为诸如我们之类的实体的器皿而进行服务的渴望中前进的时候, 你们用这种方式继续。在此刻, 我们将在太一无限造物者的爱与光中离开各位。我们是你们知晓的 Q'uo。Adonai, 我的朋友们, Adonai。

May 12, 2018
2018-05-12 罩纱与极化

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument. I am most happy to greet you this afternoon and to join your circle of seeking, small though it may be, great in potential to share love and light it is. We are always overjoyed and honored to be asked to join your meditations, for this is the way that we, ourselves, progress along the path of evolution. We are your brothers and sisters, my friends. We, as you, travel this path as seekers of truth, moving perhaps a bit further along this path, and yet working with the same catalyst that is yours to work with in many ways, more subtle perhaps, and yet more vivifying of the experience that we gather about us, as we proceed upon this path. We ask one favor, as you are aware, and that is that you will take those words and thoughts which we have to offer you today and use them as you will. If it be of service to you, that is a good thing. If they not be of service, then leave them aside and let that be a good thing too. If you would do this favor for us, it will free us to give you that which we have to share without any fear that we shall infringe upon your freewill by so sharing.

我是 Q'uo, 我与这个器皿在一起了。我极其高兴在这个下午与你们在一起并加入你们的寻求的圈子, 尽管它可能是小型的, 它在分享其之所是的爱与光的潜能中是巨大的。我们一直都对于被请求加入你们的冥想是感到狂喜与荣耀的, 因为这就是我们, 我们自己, 沿着演化的道路前进的途径了。我们, 和你们一样, 是作为真理的寻求者在这条道路上旅行的, 我们也许沿着这条道路旅行得稍稍更远一点了, 而我们是正在用很多的方式与你们要去工作的相同的催化剂进行工作的, 也许这些方式是更为微妙的, 而它们使得在我们在这条道路上前进的时候我们在我们周围搜集起来的体验变得更加鲜活了。我们请求一个恩惠, 如你们知晓的一样, 那就是你们将会拿起我们今天所要提供给你们的那些话语和想法, 并如你们所愿地使用它们。如果它对你们有所服务, 那是一个好事情。如果它不具有服务, 接下来, 将它们放在一旁, 让那同样成为一个好事情。如果你们愿意给予我们这个恩惠, 它就会给予我们自由来给予你们我们所要分享的事物, 而不必有任何担心我们可能藉由如此分享来侵犯你们的自由意志了。

At this time we would, in conjunction with your new format, ask if there might be any queries to which we could speak?

在此刻, 通过与你们的新的模式相连接, 我们会询问是否可能有任何我们能够对其发言的问题?

Gary: Thank you for the opportunity, Q'uo. We do have a couple of questions from our friend, Fox, who asks: In the book Carla channeled, called A Book of Days, it states that "the dealings of the two polarities are separate, negative polarity being the choice to separate from positive unity." Her question asks: "Before the veil there was only service to others, or positive unity. Is it an actual choice in third density to remain in positive unity, or is the only real

choice that of separating from positive polarity and moving to negative polarity?"

Gary: 为那个机会感谢你们, Q'uo。我们确实有几个来自我们的朋友 Fox 的问题, 它询问: 在 Carla 传讯的被称为《A Book of Days》的书中, 它陈述说, “两个极性的行为是分离的, 负面性的极性成为与正面性的分离的选择。”她的问题问到: “在面纱之前, 仅仅只有服务他人, 或者正面性的统一。在第三密度中, 去留在正面性的统一之中是一个实际的选择吗, 或者, 与正面性的极性分离并移动到负面性的极性的选择, 是唯一真实的选择吗?”

Q'uo: I am Q'uo, and am aware of your query, my brother. Within this illusion that you now experience that has been created as it is because of the existence of what you call “the veil of forgetting”, there is, indeed a choice that can be made, and must needs be made, if entities are to be, shall we say, graduated into the fourth density of love and understanding. This choice, as you are aware, is that which is to be either of service to others or service to self. Now, upon the surface of it, it would seem that there are, indeed, two distinct choices in this condition that has resulted because of the presence and the implementation of the veil of forgetting by those Logoi who have been, shall we say, able to prosper or benefit from the earlier Logoi who had no such veil and had some difficulty within the third-density illusion of shepherding the flock through the third density because of a seeming lack of choice.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。在这个你们现在体验到的幻象中, 幻象已经因为你们称之为“遗忘的面纱”的事物的存在性如其所是地被创造出来了, 确实会有一个选择能够被做出, 必须需要被做出, 如果实体要, 容我们说, 毕业进入到爱与理解的第四密度的话。如你们知晓的一样, 这个选择就是要么服务他人, 要么服务自我的选择。现在, 在它的表面上, 看起来似乎, 确实在这个情况中会有两个截然不同的选择, 它是因为遗忘的面纱的存在以及那些理则对其的执行而产生出的结果, 那些理则已经能够, 容我们说, 是的之前的理则繁荣, 或者从其受益了, 之前的理则在第三密度的幻象中并不拥有这样的面纱, 并在将羊群放牧穿越第三密度的过程中, 因为一种表面上的选择的缺少而遇到了某种更困难了。

In reality, in the larger sense, shall we say, when one looks at the outcome of each choice—that of service to others and service to self—as each grouping of entities continues to proceed along the evolutionary path, there is a distinct difference between each choice. Separation is the polar opposite of communion and coming into unity, and yet each [polarity] deals with the desire to become, once again, the One Infinite Creator. The means by which this desire is fulfilled seems to be quite opposite and different for the negative polarity in that it intends, and does indeed, separate itself from all other selves, and compacts itself to the degree that it seems totally removed from all around it. And yet, one must remember that there is nothing in motion that has not been made, and which does not contain, the One Creator. The Creator has made all that is, and has provided free will in the ultimate sense for each portion of its own being—both those portions which seek to radiate

the love and light of the One Creator, and those which seek to absorb the love and light of the One Creator—and yet both deal with the love and the light of the One Creator for the purpose of moving back into unity with the One Creator.

实际上，在更大的意义中，容我说，当一个人检查每一个选择——服务他人与服务自我的选择——的产出的时候，随着每一个实体的团体继续沿着的道路前进，在每一个选择之间会有一种明显不同的区别。分离是与亲密交流并进入到统一相反的极点，而每一个记性都是在与，再一次成为太一无限造物者的渴望打交道的。这个渴望藉由其被实现的途径，看起来似乎对于负面性的极性是截然相反且相当不一样的，因为负面性的极性是打算要，并确实，将它自己与所有其他自我分开的，并将它自己压缩到了它看起来似乎完全与所有在它周围的实体是远离的程度了。而一个人必须记住，在已经被做出的运动中是没有任何事物的，在任何运动中，没有任何事物是不包含太一造物者的。造物者已经产生出了一切万有，并已经在绝对性的意义上为祂自己的存有每一个部分提供了自由意志了——那些寻求去辐射太一造物者的爱与光的部分，以及那些寻求去吸收太一造物者的爱与光的部分，同时都是在为了移动返回到与太一造物者的统一性的目的而与太一造物者的爱与光打交道的。

In this regard, it would seem that the basic elements of each path are the same. It is the means by which the desire of each polarity is manifested that makes the paths appear different. But, we must remember, my friends that much of what is an appearance in any aspect or polarity, is an illusion that exists for the purpose of aiding each path to progress to its final destination. All the creation is an illusion, or a distortion, of the One Creator to assist portions of the One Creator to travel through the One Creator in order to return to the One Creator. All of the action, the thought, and the being within the one infinite creation is a means by which the Creator learns more of itself from itself.

在这个方面，看起来似乎，每一条道路的基本的要素都是相同的。恰恰正是每一个极性的渴望藉由其被显化的途径使得道路看起来是不一样的了。但是，我们必须记住，我的朋友们，大量的在任何的面向或者极性中是一种表面的事物，都是一个幻象，它是为了帮助每一条道路朝向它最后的目的地前进的目的而存在的。所有的造物都是一个幻象，或者是造物者的一个扭曲，以帮助太一造物者的部分旅行穿越太一造物者，以便于返回到太一造物者。在太一无限造物中的所有行动，想法与存有，都是一条造物者藉由其从祂自己更多地了解祂自己的途径。

[In] the situation that existed before the veil of forgetting it seemed that there was not so much free will available to third-density entities, yet these entities in themselves were each capable and free to make choices regarding each aspect of their spiritual journey. However, it could be said that because there was no veil, there was no opportunity to proceed as quickly as was later possible after the implementation of the veil of forgetting, for when it is not easily apparent to a third-density entity that it is the One Creator, that all of the facets of unity of love and of light that belong to the One Creator and each of its portions are not obvious, then it is that the entity in third density must work in the conscious sense to exercise its own will and faith that such

possibilities are true and can be realized by each entity. This is an arduous process, my friends, taking many, as you know, incarnations in order to accomplish this polarization in consciousness, which is actually the action of each third-density entity after the veil of forgetting was implemented.

在遗忘的罩纱之前存在的情况中，看起来似乎没有如此多的自由意志可以供第三密度的实体所利用，而这些实体在它们自己内在之中，每一个都是能够且拥有自由去在关于它们的灵性旅程的每一个面向的方面做出选择的。然而，能够被认为，因为没有罩纱，相比在应用了遗忘的罩纱之后有可能的前进的速度，它是没有一样快速地前进的机会了，因为当它就是造物者对于一个第三密度的实体并不是轻易地显而易见的，且所有的属于太一造物者以及它的各个部分的爱与光的统一的面向并不是明显的时候，接下来，那个在第三密度中的实体就必须用有意识的方式进行工作以训练它自己的意志与信心，即这样的可能性是真实的，并且是能够被每一个实体所实现的。这是一个艰苦的过程，我的朋友们，它要花费许多的，如你们知晓的一样，投生，以便于完成这种在意识中的极化，它实际上就是在遗忘的罩纱被实行之后每一个第三密度的实体的行动了。

All of the trial and error, the spiritual sweat, shall we say, that has been spent attempting to make a coherent sense out of the life pattern, is the basics of the polarization process. This is where progress, ironically enough, and paradoxically enough, is most rapid, when the truth is hidden from the third-density being, then the attempt must be made to attempt to find the truth, and whether this takes a moment or a lifetime or a series of lifetimes, still the progress is far quicker with the veil in place than without it, for without the veil what is the motivation to change the conditions that are observed to be of unity where each is the Creator? There is no fear or love so great as to motivate a change in attitude or position.

所有的尝试与错误，以及已经被花费在去对生命模式产生出一种一致性的感觉的尝试上的，容我们说，灵性的蜜糖，都是那个极化的过程的基础。足够讽刺性的是，且足够有悖论的是，这就是前进极其快速的位置，当真理是对第三密度的存有被隐藏起来的时候，接下来，尝试就必须被做出，以找到真理，无论这要花费一个片刻，还是一生，还是一系列的生命，因为罩纱的就位，前进仍旧是比没有罩纱的时候要远远更快的，因为如果没有罩纱，对于被观察到是具有同一性的，且在其中每一个人都是造物者的情况，去改变那些情况的动机是什么呢？没有足够大的恐惧或者爱，以至于要在态度或者位置中激发一种改变。

Therefore, we would say that it is a matter of perspective that one may see from a distance, shall we say, that reveals that in truth the only choice for all entities, before or after the veil, is to return to the One Creator, to have many, many experiences on this journey home. The question then becomes, shall some means be implemented that accelerates this journey? For all eventually learn, some more quickly than others.

因此，我们会说，它是一个人可以从一个远处，容我们说，看到的远景的问题，这个远景会揭露出，实际上对于所有的实体的唯一的选择，在罩纱前或者罩纱后，都是去返回到太一造物者，去在这条回家的旅程上拥有许许多多的体验。问题接下来就成为了，某条会加速这条旅程途径将会被实行吗？因为，所以人最终都会学会，一些人是比其他人更快地学会的。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Gary: Yes, thank you. We'll table Fox's second question for now, and ask: Is it fair to describe the journey of spiritual evolution through the densities as one of becoming less distorted? That is, distortions are removed and fall away?

Gary: 是的，感谢你们。我们将会现在列出 Fox 的第二个问题，问题问到，将穿越密度的灵性的演化的旅程描绘为一条变得扭曲较少的旅程，这是合适的吗？也就是说，扭曲被移除或者消失了？

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we do not mean to be obscure, but we would suggest that this is true in the larger sense of removing the distortions or the qualities or facets of the being which are less reflective of the unity of the One Creator, of the radiance of the light of the One that is in the self, and the sharing of the love from the open heart. As one is able to remove the blockages through the energy centers that prohibit the free flow of the prana, or the intelligent energy through the energy centers, then progress through the densities of creation is also accelerated in a direct ratio, shall we say. So, there is the progress in evolution of mind, body, and spirit that is enhanced as the blockages, or distortions of each energy center, are ameliorated and balanced so that there is the clear reflection of the Creator's love and light as it moves through the crystalized centers of the individualized entity seeking its own evolution.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。再一次，我们并不是打算要成为模糊不清的，但是我们会建议，从移除扭曲，或者存有的较少反射了太一造物者的统一性，对太一的光的辐射以及从开放的心对爱的分享的属性，或者面向的更大的意义上，这是真实的。当一个人能够通过能量中心移除那些阻碍了普纳 (prana) 或者智能能量穿越能量中心的自由的流动的时候，接下来，穿越造物的密度的前进就同样会用一种，容我们说，正比例，被加速了。因此，随着每一个能量中心阻塞或者扭曲被减轻并被平衡，就会有在心智，身体和灵性的演化中的进步，这样，随着造物者的爱与光移动经过寻求它自己的演化的个体化的实体的结晶的中心，就会有对造物者的爱与管过的清晰的映射了。

However, in another manner, or perspective, one may also see a decrease in the distortion towards unity, or perfection, of the balance in full energizing of each energy center, so that a different type of distortion, then, is the goal of removing lesser distortions. So there are distortions of one kind that are balanced, and therefore, removed, as distortions of a higher nature are put in place, or realized, because of the removal of the lesser distortions.

然而，用另一种方式，或者通过另一个观点，一个人同样可以看到在对每一个能量中心的充分激活的过程中朝向统一性或者对平衡的完善的扭曲中的一种减少，这样一种不同类型的扭曲，接下来，就是移除较小的扭曲的目标了。因此，随着具有一种更高属性的扭曲因为对较小的扭曲的移除而就位，或者被实现，会有一种类型的扭曲被平衡，并因此被移除，

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: How do you reconcile that those of the negative path advance through the densities, while seeming to add more distortion to the Creator?

Gary: 那些具有负面性的道路的实体前进穿越密度，而同时看起来似乎将更多的扭曲添加到造物者身上了，你们如何对此进行调和呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. The negative path is that which attempts to use the love and the light of the One Creator in the opposite sense, as does the positive path. That is, to absorb it for the self, and to use the power that comes from it in order to control or manipulate other selves and further gain personal power by this manipulation. This has been described by those of Ra as "the path of that which is not." It is a path which takes that which is—unity—and fragments it into that which is not, which is separation.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。负面性的道路是尝试去用与正面性的道理相反的方式来使用太一造物者的爱与光的道路。也就是说，为了自我吸收它，并使用那种从它而来的力量，以便于控制并操纵其他的自我，并更进一步藉由这种操纵来取得个人的力量。这已经被那些属于 Ra 的实体描述为“其之不是的道路”了。它是一条使用了其之所是——统一——并将其分解为其之不是，分离之所是的道路。

However, once again, we suggest looking from a perspective where it is seen that each path involves individualized entities that seem separate from each other and seem separate from themselves. The first separation, of course, is the self from the self. Both operate within the boundaries of an illusory separation. The positive path, however, attempts to utilize the reality, or the truth of unity, while making its way through its own separation of self from self, and self from other selves. The difference between the two, of the separation of the positive path, and the separation of the negative path, is that those of the positive path seek to remove the separation and allow the unity that is the reality of all being to be manifest within the life pattern, while the negative path takes the separation of self from self and all other selves and attempts to capitalize upon this separation, in order to continue its journey into unity with the One Creator, by separating from all other portions of the One Creator, as though this were possible in the ultimate sense. However, as each present is aware, this is not possible past a certain level of the evolutionary process, for as the sixth density is approached and entered, the love and the light of the One Creator that has been compacted by the negative entity for itself alone must be released in order that further progress can be made, for within the sixth density, the balance between love and light must be achieved in the sense that each other self is seen, not only as the One Creator, but is seen the same as the self, whether that self is positively or negatively oriented, for each self is each other self, and the One Creator. The truth of this situation of the creation of unity, then, must be recognized by all entities who wish to

continue their journey through the sixth density into the eventual unity with the One Creator.

然而，再一次，我们建议从这样一个远景来观察，在其中被看到的事情是，每一条道路都包含了个体化的实体，它们看起来似乎是与相互彼此是分离的，看起来似乎是与它们自己是分离的。当然，最初的分離，是自我与自我的分离。两者同时都是在一个幻象的分离的边界内起作用的。然而，正面性的道路，会尝试去利用实相，或者统一性的真理，而同时穿越它自己的自我与自我的分离，自我与其他自我的分离。在两者之间的差别，即在正面性道路的分離和负面性道路的分離之间的差别，是那些属于正面性道路的实体会寻求去移除分离，并允许所有存有的实相之所是的统一在生命模式中被显化出来，而负面性的道路会使用自我与自我的分离以及自我与所有其他自我的分离，并尝试去对这种分离进行投资，以便于，藉由与太一造物者的所有其他部分来继续它进入到与太一造物者的统一的旅程，就好像这在终极的意义上是有可能的一样。然而，如同每一个在场的人都知晓的一样，在经过了一定的演化过程的层次之后，这是不可能的，因为当第六密度被接近并被进入的时候，已经被负面性实体仅仅为它自己被压缩过的太一造物者的爱与光，必须被释放，以便于更进一步的前进能够被做出，因为在第六密度中，在爱与光之间的平衡必须在每一个其他实体都被，不仅仅视为是太一造物者，同样也被视为是与自我相同的意义上被取得，无论那个自我是正面导向还是负面导向，因为每一个自我都是每一个其他自我，都是太一造物者。这个具有统一性的造物的情况的真理，接下来，就必须被所有希望继续它们的旅程穿越第六密度进入到与太一造物者的最后的统一性的实体所承认。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: Ra says that meditation, contemplation, and prayer allow data to "sink down into the roots of the tree of mind, thus enabling the body, and touching the spirit." [1] Can you speak to how and why meditation allows data to sink into the roots of the tree of mind?

Gary: Ra 说，冥想，沉思与祈祷会允许数据“沉入到心智之树的根部，因此为身体赋予能力，并接触灵性。”[1]你们能够谈谈冥想是如何以及为什么会允许数据沉入到心智之树的根部的吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. The meditative state is that state of consciousness which allows that which is significant or true—in the basic sense of unity, of shared consciousness, and of equal participation in love and light—to be glimpsed and realized in some degree by the one who meditates.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。冥想性的状态是这样一种意识的状态，它允许了有意义或者真实的事物——在统一性，被分享的意识，以及对爱与光的同等的参与的基本的意义上是有意义与真实的事物——被那个冥想的实体模糊地感觉到并在某种程度上被其领会。

The normal conscious experience of the life pattern is that which is fraught with distraction, though the distraction has the potential to become catalyst that can be processed into experience and thereby aid the evolutionary

process. The great amount of distraction and catalyst that is unprocessed is like static upon the clear radio signal. That static can be removed by retiring and focusing the consciousness inwardly, not just within one's own being, but within the greater and greater realization of the One Creator who resides within the heart of the being of each entity. As you move deeper and deeper into the meditative state, that which is a distraction tends to fall away as the mind becomes focused in a one-pointed fashion and is no longer distracted by the daily round of activities, the errant thoughts, the feelings of separation and so forth.

对生命模式的通常的有意识的体验是充满了分心物的，尽管分心物拥有潜能成为催化剂，催化剂能够被处理成为经验，并由此帮助演化的过程。巨大数量的未被处理的分心物与催化剂就好像在清晰的电台信号上的静电噪音一样。那种静电噪音能够藉由后退并向内聚焦意识而被移除，不仅仅是后退并聚焦在一个人自己的存有之中，同样也是后退并聚焦在对居住在每一个实体的存有的心之中的太一造物者的越来越大的领悟之中。当你们越来越深入地进入到冥想状态中的时候，一个分心物之所是的事物会倾向于消散，因为心智是用一种专注于一点的方式被聚焦起来，并不再被日常生活活动，漂流的想法，分离的感觉，以及如此等等所分心了。

In the meditative state, then, the entity who meditates is becoming more and more aware of the nature, the unitary nature, of its own being, so that those fundamental elements of any clear perception of the creation and the Creator are more easily ascertained by the meditator. The signal from the One becomes the sole focus of the attention so that the presence of the One becomes available to harmonize the consciousness of the meditator. In this way that which is of most use to facilitate the spiritual path becomes more obvious and is able to do its work more easily as there are less and less distractions or energy . . . we search for the word . . . drains. Much of the daily round of activities is a distracting of this conscious focusing ability that the meditator is able to refine when the meditative state has been achieved and experienced for a significant portion of your space/time environment.

接下来，在冥想状态中，冥想的实体就正在越来越多地察觉到它自己的存有的属性，整体性的属性，这样那些对造物与造物者的任何的清晰的感知的基本的要素，就会更为容易地被冥想者弄明白了。来自太一的信号就会成为注意力的单一的聚焦，这样太一的临在就成为可以被利用的，以让冥想者的意识成为协调一致的。用这种方式，对于促进灵性的道路最有用处的事物，就会变得更加明显且能够更为容易地进行它的工作，因为会有越来越少的分心物或者.....我们搜寻词语.....能量耗尽了。大量的日常生活的活动是一种对这种有意识的聚焦的能力的分心，冥想者能够在冥想状态已经被取得并被体验到你们的空间/时间的环境的一个相当多的部分之后，对这种有意识聚焦的能力进行精炼。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Thank you Q'uo, that was beautiful. We'll go with the last big one as this is the final query. The Confederation talks about "thought forms". Is any

thought, even a fleeting thought that crosses our minds, a thought form? Or, for a thought to become a thought form is a certain degree of intention and energizing required from the individual or the collective?

Gary: 谢谢你们, Q'uo, 那是美丽的。我们将着手进行最后那个大问题, 因为这是最后的问题。星际联邦谈论“思想形态”。任何的想法, 甚至是一个经过我们的头脑的飞逝的想法, 都是一个思想形态吗?或者, 一个想法要成为一个思想形态, 是一定程度的意图, 以及需要来自个体或者集体的赋能吗?

Q'uo: I am Q'uo, and am aware of your query, my friend. This is an interesting query in that it has the elements of yes and no, as so much of the spiritual journey is a paradox. Any thought that an entity may think in some realm can become a thing, or a thought form. As you are aware, your own density, as all densities, has many, many sub-densities. Seven sub-densities, each sub-density with seven sub-densities, and so on, infinitely. Thus, it is possible for any thought that one may think to become, shall we say, a resident or thing, at some level of being. This level of being is more and more apparent to third density entities the more energy that is given to the thought, especially now that your planetary entity itself has entered the fourth-density vibrations, so that more of these thought forms are created by the population of your planet.

Q'uo: 我是 Q'uo, 我了解你的问题了, 我的朋友。这是一个有趣的问题, 因为它拥有是和否的要素, 因为如此大量的灵性的旅程是一个悖论。人格实体可能会在某个领域中思考的一个想法, 都能够成为一个事情, 或者一个思想形态。如你们知晓的一样, 你们自己的密度, 如同所有的密度一样, 都拥有很多很多的子密度。七个子密度, 每一个子密度都带有它的七个子密度, 如此继续, 无限地。因此, 一个人思考的任何的想法都可能成为, 容我说, 在某个存有的层次上的一个居住者或者事物。当更多的能量是被赋予了想法的时候, 这个存有的层次是会对第三密度的实体成为越来越明显的, 尤其是现在, 你们星球实体其自身已经进入第四密度的振动了, 因此更多的这些思想形态被你们的星球的人群创造出来了。

So, when enough energy of thought is given to a form, there is a greater possibility that the creation of this form by thought will have its own experience in another reality, and become, shall we say, the milieu, the atmosphere, the ingredients of a certain kind of existence where forms of thought of many kinds are populating the environment of this level of consciousness. In some degree, there are beings that exist within your inner planes that are able to use these forms of thought as a kind of food, shall we say, that not so much nourishes a body as inspires some level of the mind or the spirit, becoming a reflection of this third-density illusion which each of your 7 billion population inhabits. If you can begin to imagine the great number of thought forms created by such a population, you may begin to become aware of how these thought forms could become a kind of enhancement or . . . food, is not quite the word we would use, but it is closest to the meaning, for these entities within the inner planes must know the thought forms may become quite obscure, they are also numerous, and are

not without their own use and purpose in the larger sense of the various levels of consciousness that are associated with your planetary sphere.

因此，当足够多的想法的能量被赋予了一个形式的时候，就会有更大的可能性，思想对这种形式的造物将会在另一个实相中拥有它自己的体验，并成为，容我们说，环境，氛围，以及具有一定类型的存在性的组成成分，在其中多种类型的思想形态是居住在这个意识的层次的环境中的。在某种程度上，会有存在于你们内在层面的存有能够使用这些思想形态作为一种类型的，容我们说，食物，这种食物并不会如同滋养一个身体一样地启发某种层次的心智或者灵性，它们会成为你们七十亿人群中每一个人居住的这个第三密度的幻象的一种映射。如果你们能够开始想象这样一个人群创造出来的巨大数量的思想形态，你们就可以开始察觉到这些思想形态如何能够成为一种类型的增强物或者.....食物，这很大程度上并不是我们想要使用的词语，但是它是最接近那个意思的，因为这些在内在层面中的实体必须要知晓，思想形态可能成为相当模糊不清的，它们同样是数量很多的，且在意识的各种各样的与你们的星球联系在一起的大大的意义上，是没有它们自己的用途与目的。

At this time, we shall take our leave of this instrument and of this group. We are aware that we have utilized this instrument for a longer portion of time, and we are most grateful for the opportunity to do so than is our usual wont. Again, we thank you for inviting our presence this day. It has been a great pleasure and honor to join you in your seeking. You are always an inspiration to us, as we hope to be to you. We leave you now in the love and in the light of the One Infinite Creator of which we are all a part. Peace and blessings, my friends. Adonai vasu. We are those of Q'uo.

在此刻，我们将离开这个器皿和这个团体。我们察觉到，我们已经使用这个器皿比我们通常习惯的时间更长的一段时间了，我们对于这样做的机会是极其感激的。再一次，我们感谢你们邀请我们今天的出席。在你们的寻求中加入你们已经是一种巨大的快乐与荣耀了。你们一直都是我们的一种启发，如我们希望成为你们的一种启发一样。我们现在在太一无限造物者的爱与光中离开你们，我们全都是太一无限造物者的一部分。我的朋友们，祝你们平安与有福。Adonai vasu。我们是 Q'uo。

[1] Following the exercises to consciously become aware of love in the moment, and to see the Creator in self, other-self, and creation, Ra says, "The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit." – 10.14

[1] 跟随在有意识地察觉到在那一刻中的爱的练习，去在自我，其他自我以造物中看到造物者，Ra 说，"这些练习的基础或者先决条件是一种朝向我们可以称之为冥想，沉思或者起到的事物的一种倾向性。藉由这种态度，这些练习能够被处理。没有它，数据将不会沉入到心智之树的根部，并引出使得身体有能力，成为高贵的，并触及灵性。"——10.14

May 26, 2018

2018-05-26 收割时期的人口问题

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you today in love and in light. It is our great privilege and honor to be asked to join your group this afternoon. It is an opportunity for us to be of service to the One Creator through that which we share with you and all others who may become aware of our exchange this afternoon. We can thank you no more than to say this is the way the One Creator moves through us as you call from us that representation of the One who is in each word and concept. We would ask a small favor, as always, that is that you will assure us that you will take those words and concepts which we offer to you and use them in whatever way serves you best, and if there are words and concepts that we share that have no meaning for you, leave them behind without a second thought, for we would not wish to cause you to stumble upon your path of seeking. Each path leads to the One Creator and should be honored by all, for all are the One.

我是 Q'uo，我今天在爱与光中向你们各位致意。在这个下午加入你们团体，这是我们巨大的荣幸与荣耀。它是一个机会让我们通过我们与你们以及与所有其他的可能会知晓我们在这个下午的交流的实体分享的内容来服务太一造物者。当你们从我们身上呼唤对在每一个词语与观念中的太一的表现的时候，这就是太一通过我们移动的方式了，我们无法比这样说更多地感谢你们了。我们，一如既往，请求一个小小的恩惠，那就是你们对我们保证，你们将会拿起那些我们提供给你们的话语和观念，并用无论什么会最佳地服务你们的方式来使用它们，如果会有我们与你们分享的词语和观念是对于你们没有意义的，请毫不犹豫地丢弃它们，因为我们并不希望使得你们在寻求的道路上绊倒。每一条道路都通往太一造物者，并应该被所有人感到光荣，因为一切事物都是太一。

At this time, we would ask if there might be a query for us with which we might begin.

在此刻，我们想要询问，是否可能有一个给我们的，我们可以藉由其开始的问题。

Fox: Q'uo, in the past you have mentioned that after the harvest, souls will be invited to come into the planetary experience from other sources because there will be an availability of slots due to the lack of those harvested from our third density. We humans are doing a terrible job caring for our planet, but over-population is, in part, causing a strain on resources and causing damage to the planet. Are there entities overseeing the number of souls who incarnate here? And if so, is there a spiritual reason for the overpopulation right now?

Fox: Q'uo，在过去，你们已经提到过，在收割之后，来自于其他的源头的灵魂将会被邀请进入到星球的体验，因为将会有可供使用的位置，这是由于那些来从我们的第三密度的被收割的实体的缺少。我们人类在照顾我们的星球的方面正在做一种糟糕的工作，但是，人口过剩，在部分上，正在造成一种资源紧张并在对这个星球造成伤害。会有实体监督在这里投生的灵魂的数量吗？如果是这样的

话，现在的人口过剩是有一种灵性上的原因的吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. We thank you for this query, for it is that which bears upon a portion of our own mission. It is true that there is the likelihood that most of the population of the fourth-density Earth shall be from elsewhere, for it is most likely at this time, though not a certainty, that the harvest of souls from Earth shall be small enough that a great many souls from elsewhere would be able to find their fourth-density home here. Indeed, this is a process which has been ongoing for a number of your years as you count time, for there are many who have been given the opportunity of incarnating early within your third-density planes to aid the harvest to fourth-density. These souls have both the third and the fourth-density bodies activated, and are able to be, shall we say, somewhat more perceptive in their ability to blend their vibrations with those of your Mother Earth, and are able, if they so desire, within their current third-density bodies, to begin the healing of the planet that is so needed, as you have mentioned, because of the overpopulation and lack of information of the population concerning the planet upon which they dwell.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。我们为这个问题而感谢你们, 因为它是关系到了我们自己的使命的一部分的事情了。第四密度的地球的绝大部分的人群将会是来自于其他地方, 这是真的, 因为在此刻极其有可能的情况是, 尽管不是一个肯定的事情, 来自地球的灵魂的收割将会是足够之少, 以至于大量的来自其他地方的灵魂能够在这里找到它们的第四密度的家园。确实, 这是一个, 它在你们的一些年的时间中, 如你们对时间的计算一样, 已经一直都在进行中的过程了, 因为会有很多实体已经被给予了机会在你们的第三密度的层面中提前投生, 以帮助进入到第四密度的收割。这些灵魂同时拥有被激活的第三密度和第四密度的身体, 并能够在它们的能力中对于将它们的振动与你们的地球母亲的振动混合在一起是, 容我们说, 多少有些更加感觉敏锐的, 并能够在它们当前的第三密度的身体中开始疗愈星球, 如果它们渴望这样的话, 因为人口过剩以及人群缺少关于它们居住于其上的地球的信息, 这种对星球的疗愈是如此被需要, 如你已经提到过的一样。

The great number of souls at this time that are incarnated upon Planet Earth, is due to the, shall we say, rapid approach of the ending of the harvest period of time, so that all entities who have been upon this planet in its previous cycles of evolution are now taking advantage of the remaining years for attempting to achieve the fourth-density vibration of love. This is a process which is likely to continue for some of your time, though it is most difficult to estimate in your years how long this may take. Within the overall span of fourth density itself, this is but a tiny portion of that period of time. However, relative to your experience of time, it could be some decades before this harvesting process is complete.

在此刻在行星地球上投生的巨大数量的灵魂, 是由于, 容我们说, 收割时期的终点的快速的接近, 这样所有已经在这个星球之前的演化的周期中已经存在于这个星球上的实体, 现在都在利用剩下的时间来尝试取得爱的第四密度。这是一个有可能要继续一些你们的时间的过程, 尽管要用你们的年份来估计, 这个过程可能

要花费多长时间是极其困难的。在第四密度其自身的全部的跨度中，这仅仅是那个时间段的一个微小的部分，然而，相对你们的时间体验，它能够是在这个收割的过程被完成之前的数十年的时间。

The determination of which souls are available for incarnation in order to attempt the harvest is that which is overseeing, in a sense, by entities from the Confederation of Planets in the Service of the One Creator, such as are we. This is not, shall we say, a strict hands-on operation, but is that which is simply the observing of those entities who have placed themselves, by their own progress, at the door of incarnation, may we say. This progress is measured by a kind of light vibration which those souls who are capable of achieving harvest are able to pass by moving through the filtering light that is congruent with a certain amount of the green-ray energy center being able to welcome and enjoy this light.

决定哪些灵魂是可以为投生所利用，以便于尝试收割，这是被诸如我们之类的那些来自于服务于太一造物者的星际联邦的实体，在某种意义上，所监督的决定。这不是一个，容我说，严格的手动操作的过程，而是单纯地观察那些已经，藉由它们自己的发展，将它们自己放在了，容我说，投生的门口的过程。这个过程是被一种类型的光的振动所度量的，那些有能力取得毕业的灵魂是能够藉由穿越过滤的光而通过那个光的振动的，那种过滤性的光是与一定数量的能够欢迎并享受这种光的绿色光芒的中心协调一致的。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Fox: I guess I'm still wondering if the—it sounds as though there's no gate keeper to keep the planet from being overpopulated then, other than people of souls coming here for harvest. Is there another spiritual principle for the overpopulation, like catalyst, or something like that?

Fox: 我猜想我仍旧想要知道，是否——它听起来就好像没有守门人让星球避免人口过剩一样，那么，除了那些来这里来收割的人之外。对于人口过剩有另一个灵性原则吗，类似，催化剂，或者某种类似那样的事情？

Q'uo: I am Q'uo, and believe I grasp your query, my sister. Please correct me if I am mistaken. Those of us from the Confederation of Planets observe this process of light filtering souls so that there may be a combination of both those entities who are available for harvest matched with the planetary entity itself and its ability to host, or hold, the greater population. This portion of time that you call harvest is a portion of time during which the planet itself begins to observe certain standards, shall we say, and is willing to stretch the normal limits of sustainability in numbers in order to provide a greater service to those who wish to attempt harvest.

Q'uo: 我是 Q'uo，我相信我掌握了你的问题了，我的姐妹。如果我搞错了，请纠正我。我们这些来自于星际联邦的实体会观察这个光过滤灵魂的过程，这样就可能会有一种同时对那些可以为收割所利用的实体，与星球实体其自身以及它去容纳，或者去接收更大数量的人群的能力相匹配的混合了。这个你们称之为收割

的时间的部分，是在其中星球其自身开始观察一定的，容我们说，标准，并乐意于延长在人数上的可支持性的通常的限度，以便于对那些希望尝试收割的人提供一种更大的服务的时段。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Fox: No, that helped. Thank you.
Fox: 没有了，那是有帮助的。感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?
提问者：我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Fox: If no one else has one, I've got another one. Those of Q'uo have told us that as physical fourth density is realized, the veil of consciousness will, little by little, fall away, and those souls who have been groping in the dark will now find themselves standing in the light. You went on to say, "It is to this light, it is to the bringing forth of the conditions from the soil which allow the light to begin to shine in nooks and crannies, long laying in darkness, that we commend you." As someone very connected with the soil, please help me understand what is meant by "bringing forth of the light from conditions of the soil"?

Fox: 如果没有其他人有一个问题，我有另一个问题。那些属于 Q'uo 的实体已经告诉我们，随着物质性的第四密度被实现，意识的罩纱将会一点一点地，脱落，那些已经一直都在黑暗中摸索的灵魂，现在将会发现它们自己站在光中了。你们接着说，“就是为了这种光，就是为了从土壤中产生出这些允许光开始在很长时间都隐藏在黑暗中的角落与缝隙中闪耀的情况，我们称赞你们。”作为某个与土壤联系很深的人，请帮助我理解，“从土壤的情况中产生出光”这是什么意思呢？

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a statement which is somewhat veiled itself, which suggests that as the veil of forgetting becomes more permeable in these last days of your planet's third density, then entities are able to see light in those darkened areas of the fertile soil of their own being as well as the planet's being. This was a, shall we say, metaphor not meant to point directly at the dirt, shall we say, but at the fertile circumstances that are everywhere present but frequently unused by entities who are unaware of the possibility of growth that is possible when the fertile conditions of one's being, and the spiritual surroundings of the planet itself, are utilized for the purpose of making the harvest, or opening the heart, shall we say. Thus, the soil is that which has been unused within the environment of many third-density entities, the environment in which they live and move and have their being.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。这是一个多少有些让它自己被遮蔽起来的说法，它建议，随着遗忘的罩纱在你们的星球的第三密度的这些最后的日子中变得更加可渗透，接下来，实体就能够在它们的自己的存有，同样

还有星球的存有的那些肥沃的土壤中的那些黑暗的区域中看到光了。这个比喻，容我们说，不是打算要直接指向，容我们说，尘土，而是指向当前无处不在的肥沃的环境，但是这些环境频繁地是没有被那些尚未察觉到成长的可能性的实体所利用的，当一个人的存有的肥沃的情况，以及星球其自身的灵性的周遭环境，是为了进行收割，或者，容我们说，开放心的目的而被利用的时候，这种成长就是有可能的了。因此，土壤就是在很多第三密度的实体的环境中，以及它们在其中生活，移动并拥有它们的存有的环境中已经是未被使用的事物。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Fox: No, no, thank you so much. That was very helpful.

Fox: 没有了，没有了，非常感谢你们。那是非常有帮助的。

Q'uo: I am Q'uo, and again, we thank you, my sister. At this time, we would transfer this contact to the one known as Julie, in order to exercise this instrument, for she has offered herself in this service, and we are most appreciative of her offer, and would, at this time, transfer our contact to her. I am Q'uo.

Q'uo: 我是 Q'uo，再一次，我们感谢你，我的姐妹。在此刻，我们会将这个接触转移到被知晓为 Julie 的实体，以便于训练这个器皿，因为她已经将她自己提供给这个服务了，我们对她的奉献是极其感激的，我们会在此刻将我们的接触转移到她身上。我是 Q'uo。

(Julie channeling) [1]

(Julie 传讯)[1]

I am Q'uo, and I am with this instrument. We have enjoyed your queries today, and we have thoroughly enjoyed giving you our responses and aiding you in whatever way we can. In response to a query about the planetary population, we would like to add to the response we gave through the one known as Jim. The Planet Earth population has grown immensely for reasons being that it is a great place for learning at this time. It has become immensely popular and many entities have come here to be a part of something wonderful. It is the beginning and the midst of the fourth density, and many are here to experience it fully. There are many vibrations experiencing all levels of the light and darkness which has been one of the great attributes to the Planet Earth. This has allowed for multitudes of levels to learning. There are many who wait with bated breath, as we might say, for the great shift, so it has become a breeding ground for excitement as a focal point in your planetary system for many.

我是 Q'uo，我与这个器皿在一起了。我们已经享受了你们今天的问题了，我们已经充分享受了给予你们回应，并用无论什么我们能够的方式帮助你们。在回应一个关于地球人口的问题的方面，我们想要对我们通过被知晓为 Jim 的实体给予了的回答进行补充。行星地球的人口因为它在此刻是一个进行学习的很不错的地方的原因而已经急剧地增长了。它已经成为极其有名气了，很多实体已经来到这

里来成为某种精彩的事情的一部分了。它是第四密度的开始与中间，很多实体是来这里来充分体验它的。会有很多的振动正在体验所有的光明与黑暗的层次，这已经是信心地球的伟大的特性中的一个特性了。这已经允许大量的学习的层次发生了。会有很多实体正屏住呼吸等待着，如我们可能会说的一样，伟大的转变，因为它作为在你们的星球系统中的一个焦点已经对于很多实体成为了令人兴奋的事物的繁殖地了。

We return to the following query in reference to the fertility of the soil on Earth and would like to further explain how your Sun assists, and its rays do not stop when it reaches the soil, as it continues on through to the center of the Earth. Your central sun creates a wonderful place of fertility and growth in every way possible, not only physically growing your plants, your trees, your flowers, etc. Because of your central sun you are able to grow in so many other ways—spiritually, physically, mentally, and so on. We are of the planetary Logos and allow for the cause and effect of your Sun, which has been a source of infinite light that projects outward to all planetary systems unending, much like a candle as it burns releases light infinitely outward.

我们返回到接着的关于在地球上的土壤的肥沃的问题，我们想要更进一步解释你们的太阳如何会帮忙，它的光线不会在它抵达土壤的时候停止，因为它继续前进，穿过土壤，到达地球的中心。你们的中心的太阳用每一种有可能的方式创造一个具有肥沃与成长的美妙的场所，不仅仅是在物质上你们的植物，你们的树木，你们的花朵，等等生长。因为你们的中心太阳，你们能够用如此多其他的方式成长——在灵性上，在身体上，在心智上，如此等等。我们是属于星球理则的，我们允许你们的太阳的原因与结果，这已经是一个无限的光的源头了，光无尽地向外投射到所有的星球系统，非常类似于一只蜡烛，在它燃烧的时候，会无限地向外释放光。

You are also beautiful lights, and the children of the Infinite Creator, so fertile in immense growth and we are so happy you allow us to be a part of it. Before we part from this instrument, we would like to remind you that you are also infinite lights on your own right, and your light shines infinitely outward and downward, and every direction, including the Earth's core. Shine brightly, my friends. I am Q'uo, and I pass the contact to the one known as Jim.

你们同样是美丽的光，无限造物者的孩子，因此你们是富含极大的成长的，我们是如此高兴你们允许我们成为它的一部分。在我们离开这个器皿之前，我们想要提醒你们，你们，靠你们自己，就是无限的光，你们的光向外，向下，向每一个方向，包含地球的核心，无限地闪耀。我的朋友们，明亮地闪耀吧。我是 Q'uo，我将接触传递给被知晓为 Jim 的实体。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am again with this instrument. We appreciate his fastidiousness in his challenge, and we would thank the one known as Julie for allowing us to utilize her instrument this day. We have found it to be quite exhilarating to exercise this instrument, and we thank her for her service.

我是 Q'uo, 我与这个器皿在一起了。我们感激他在他的挑战中的挑剔, 我们会感谢被知晓为 Julie 的实体允许我们在今天使用她的器皿。我们已经发现, 训练这个器皿是相当令人兴奋的了, 我们为她的服务而感谢她。

At this time, we would ask if there is another query to which we may respond?
在此刻, 我们想要询问, 是否有另一个我们可以回应的问题?

Gary: Q'uo, is there a correlation between body, mind, and spirit, and the first three distortions? That is, body with the Third Distortion, mind with the Second Distortion, and spirit with the First Distortion? [2]

Gary: Q'uo: 在心中, 身体与灵性和首先的三个变貌之间有一种关联吗? 也就是说, 在身体与第三变貌, 心智与第二变貌, 灵性与第一变貌之间有一种关联吗?
[2]

Q'uo: I am Q'uo, and am aware of your query, my friend. The correlation is not a one-to-one kind of correlation where you can easily see the similarities, or possible likeness of one to the other. The First Distortion of Free Will is that which could mostly be correlated, as we would see it, with what you would call the spirit, for it is that which is all, which has made a choice to become more aware of that which it is. The Second Distortion of the Love is that which we would correlate most closely with what you call the mind, for the Love of the Logos is that which is consciousness itself and begins to form the creation that will allow the first distortion to be fulfilled in knowledge of itself. The Third Distortion of Light would be correlated with what you would call the body, in our estimation, for the light is that which forms all things, all that is created as a field of being full of forms of life that are invested with the desire to grow, to be, to seek, to become. Thus, there is a correlation that is somewhat apparent upon close examination.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的朋友, 观念不是一种一对一的类型的关联, 在其中你们能够轻易地看到相似性, 或者一个与另一个的有可能的类似。自由意志的第一变貌是几乎能够与你们称之为灵性的事物, 如我们对它的观察一样, 联系在一起的事物, 因为它就是万物之所是, 是已经做出了一个选择来开始更多察觉到其之所是的事物。爱的第二变貌是, 我们会极其紧密地与你们称之为心智的事物联系在一起的事物, 因为理则的爱就是意识其自身之所是, 它开始形成造物, 而造物将允许第一变貌通过对它自己的知晓而被实现。光的第三变貌, 根据我们的评估, 与你们称之为身体的事物是有关联的, 因为光就是形成了一切事物, 以及所有作为一个存有的场域而被创造的事物, 这个存有的场域是充满了生命形态的, 这些生命形态是用去成长, 去成为, 去寻求, 去变成的渴望所投资的。因此, 在进行仔细检查的情况下, 会有一种多少有些表面性的关联。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: In follow-up to that, and thank you very much, Ra says that the realization of the infinity of spirit is even greater than the realization of the infinity of consciousness. [3] Does that statement from Ra have connection to

what you just said about the linkage between consciousness and the Second Distortion, and spirit and the First Distortion?

Gary: 接着那个问题, 非常感谢你们, Ra 说, 对灵性的无限性的领悟, 是比对意识的无限性的领域到更加巨大的。[3]那个来自于 Ra 的说法与你们刚刚说的关于在意识与第二变貌之间, 以及灵性与第一变貌之间的关联有一种联系吗?

Q'uo: I am Ra—I correct this instrument, this instrument is somewhat tired—I am Q'uo and shall attempt again to realign this instrument's tuning.

Q'uo: 我是 Ra——我纠正这个器皿, 这个器皿是有点有些疲倦的——我是 Q'uo, 我将会再一次尝试去重新校准这个器皿的调音。

Q'uo: I am Q'uo, and we believe that we are able now to proceed. The infinity of the spirit is that which contains those qualities of being that are what you would call "consciousness," a focusing of certain portions of the spirit that is able to create an infinity of awareness of being that is a portion of the totality of the spirit's beingness. Thus, the spirit is that which is created as consciousness, and is even more than consciousness, it is the uncreated as well—the Intelligent Infinity that has no polarity or nature of having been created but provides that which may become created as consciousness.

Q'uo: 我是 Q'uo, 我们相信我们现在能够前进了。灵性的无限性是包含了那些你们称之为意识的事物之所是的存有的特性, 以及对灵性的一定的部分的一种聚焦, 这种聚焦能够创造出无限数量的对就是灵性的存在性的整体性的一部分之所是的存有的察觉。因此, 灵性是被创造成为了意识的事物, 它是比意识要远远更多的, 它同样也是非被造的——智能无限并不拥有被创造出来的极性或者属性, 而是提供了可以被创造为意识的事物。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: No, I'll hold off. I think Fox has a query.

Gary: 没有了, 我将会拖延一下。我认为 Fox 有一个问题。

Fox: No, that's okay, go ahead.

Fox: 没有了, 那是很好的, 前进吧。

Q'uo: I am Q'uo. Is there a further query at this time?

Q'uo: 我是 Q'uo。在此刻有一个更进一步的问题吗?

Fox: I have one short one. Would you please share those spiritual principles that relate to the concerns of those who are aging, particularly memory issues, but also limitations of the body that develop with age.

Fox: 我有一个短小的问题。你们愿意分享那些与那些正在变老的人的担忧, 尤其是记忆问题, 同样还有伴随着年老发展出来的身体的局限性有关的灵性的原则吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. The process of which

you call aging, within your third-density illusion, is a product of the persistent processing of catalyst in order to move along the line of light, the spiritual spiraling light that moves in accordance with unity to the One Creator. The processing of catalyst over a period of what you call time begins to take its toll upon the mind/body/spirit complex. This toll is that of wearing, shall we say, of a certain friction that is created when catalyst is not completely processed. This causes a kind of aging that is represented in your physical vehicle, as you are aware, through its loss of some flexibility, some strength, some ability to recuperate from difficulties, be they physical illness, emotional or mental—the mind itself also suffering in some fashion from the catalyst which has not been well processed, and which has taken its toll also upon the mind, so that there are some difficulties, as you are aware in the memory. We also would suggest that oftentimes a soul will program into an incarnation the premature onset of what you would call the aging process so that this may be used as a motivation tool to aid the soul's progress. For most entities, however, the process of aging is that which is a reminder to the mind that the incarnation has a set length, and that if there is further progress to be made, it is well that it be attended to as soon as possible, for the time grows short.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。在你们的第三密度的幻象中你称之为老化的过程, 是一个对催化剂的持续性的处理, 以便于沿着光的线路, 灵性的螺旋线移动的产物, 这种灵性的螺旋线是与太一造物的一体性协调一致地移动的。在你们所称的时间的一个时段中对催化剂的处理, 会开始在心/身/灵复合体上收取它的费用。这种费用就是具有一定的当催化剂没有被完全处理的时候被创造出来的摩擦的, 容我们说, 产生耗损的事物了。这会使得一定类型的老化在你们的物质性载具中被呈现出来, 如你们察觉到的一样, 通过它对某种灵活性, 某种力量, 某种从困难中复原的能力的损失, 无论这些困难是身体的疾病, 情绪或者心智的困难——心智其自身同样会用某种形式因为尚未被有效处理的催化剂而受苦, 这已经同样在心智上收取了它的费用了, 因此, 如你们察觉到的一样, 会有一些在记忆中的困难。我们同样也会建议, 一个灵魂时常将会在一次投生中规划对你们称之为老化的过程的事物的一种早熟的开始, 这样这就可以被用作一种驱动性的工具来帮助灵性的发展了。然而, 对于大多数实体, 老化的过程是对心智的一个提醒物, 即投生是拥有一个固定的长度的, 如果会有更进一步的发展要被做出, 去尽可能快地关注那个发展, 这是很好的, 因为时间逐渐变短了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Fox: No, that was great. Thank you so much Q'uo. Thank you for all that you've given us today.

Fox: 没有了, 那是很好的。非常感谢你们, Q'uo。为所有你们今天已经给与了我们的事情感谢你们。

Q'uo: I am Q'uo, and we thank you, as well, my sister, for all that you have given to us as an opportunity to serve.

Q'uo: 我是 Q'uo, 我们同样也感谢你们, 我的姐妹, 为你们已经作为一个服务的机会给与了我们的所有的事物。

Is there a further query at this time?
在此刻有一个更进一步的问题吗？

Gary: Q'uo, many of us seem to have an understanding that the population of fourth density will be less in number than the present population of planet earth, which, if true, would mean that there will be a population reduction. If that is true, what is the mechanism of the population reduction between third and fourth density?

Gary: Q'uo, 我们很多人看起来似乎拥有一种理解, 第四密度的人数将会在数量上比行星地球当前的人数要少, 如果这是真的话, 这意味着, 将会有一种人口的减少。如果那是真的话, 在第三密度和第四密度之间的人数减少的机制是什么呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. The process of reducing the planetary population is a further extrapolation of the information that we just shared with the one known as Fox, for as entities are continuing to age and move through the process that you call "death," then there is the opportunity for either the moving forward into the fourth density upon this planet, or of returning for as long as is possible to the third density to continue the process of polarization. However, at some point, which is imminent, though not specifically predictable, there will no longer be the opportunity to return for third-density work to be processed into fourth-density harvest. Therefore, as the planet continues to be upgraded, shall we say, in fourth-density vibrations, there will be less and less opportunity for the third-density experience to be offered to those who have not yet made the harvest. When this time comes, those, then, who pass through the death process will find it necessary to be placed by their etheric or form-making bodies into another third-density planet, perhaps in another galaxy or position, in order to begin again a new third-density cycle that will allow further processing of catalyst that will hopefully, at some point, allow the mind/body/spirit complex to open the green-ray energy center in unconditional love that will provide the passport, shall we say, to fourth density.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟, 星球人数的减少的过程是对我们刚刚与被知晓为 Fox 的实体分享过的信息的一个更进一步的推论, 因为随着实体继续老化并经历你们称之为“死亡”的过程, 接下来, 将会有机会要么移动进入到在这个星球上的第四密度, 要么在尽可能长的时间中返回到第三密度来继续极化的过程。然而, 在某个位置上, 这个位置是近在眼前的, 尽管它不是可以明确地被预测到的, 将会不再有机会返回, 来让第三密度的工作被处理形成第四密度的收割。因此, 随着行星地球继续在第四密度的振动中, 容我说, 被升级, 将会有越来越少的机会让第三密度的体验被提供给那些尚未完成毕业的人。当这个时间到来的时候, 那些通过了死亡的过程的实体, 接下来就将会发现, 它需要被它们的以太身体或者塑形身体放置在另一个第三密度的星球中, 也许是另一个星系或者位置, 以便于再一次开始一个第三密度的周期, 这个周期将允许对催化剂的更进一步的处理, 这将会有希望在某个位置允许心/身/灵复合体在无条件的

爱中开放绿色光芒能量中心，这将会提供通往第四密度的，容我们说，护照。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Gary: With gratitude, and as a quick follow-up to that question, as those ineligible for fourth density move on to other third-density planets, how do those in the space/time realm of third to fourth density, experience the reduction? Is there a decrease in birth rates, or is there another outer mechanism in place? And thank you so much for everything you've offered, Q'uo, through you and Julie.

Gary: 带着感激，有一个对那个问题的快速的后续问题，随着那些对第四密度是不合格的人继续移动到其他的第三密度的星球，那些在第三密度到第四密度的空间/时间的领域中的的人，如何体验人数的减少呢？会有一种在出生率中的减少吗，或者会有外部的机制是就位的吗？为每一个你们，Quo，已经通过你和Julie，提供了的事情，而如此感谢们。

Q'uo: I am Q'uo, and am aware of your query, my brother. The population that remains upon the planet, as a great portion of it moves through the process that you call death—or which we would call “walking into the light” to have the energy centers assessed as to harvestability—will see that there is a reduction in the planetary population. Many will find reasons for such a reduction by reading their newspapers, which will have accounts of various illnesses, wars, and natural disasters that will be put forth as the reasons process for the reduction of entities upon the planet, and, in many case, this will be precisely so, for this will be the process by which many shall exit this particular planetary sphere. Thus, it will seem, and in many cases be, a natural process of entities finding the end of the incarnation through the means by which all incarnations have ended throughout the 75,000-year cycle of beingness upon your Planet Earth.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。留在星球上的人群，随着它的一个巨大的部分经历你们称之为死亡的过程——或者我们会称之为“走入光”以让能量中心在关于可收割能力被评估——将会看到，会有一种在星球人数上的一种减少。很好人将会藉由读报纸而为这样一种减少找理由，这些报纸将会归因于各种各样的疾病，战争以及自然灾害，它们将会被提出来作为对在星球上的实体减少的过程的理由，在很多情况中，这将会是正好如此的，因为这将会是被很多将离开这个特定的星球的人经历的过程。因此，它将会看起来似乎是一个实体藉由这样的途径而遇到了投生结束的自然而然的过程，在贯穿在你们的行星地球上的整个七万五年前的存在性期间，所有投生都是已经藉由这些途径结束的。

At this time, we would thank each entity here with the greatest of gratitude for inviting our presence this afternoon. You have spoken words of praise for us—we speak the same words of praise for you, for without your questions and your being, we would not be able to serve the One Creator as we have been able this day. We all serve the One, we all are the One, however, in our

seeming separate forms, we pursue seeming separate paths, and are grateful to do so.

在此刻，我们会带着对你们在这个下午邀请我们出席最大的感激感谢每一位在这里的实体。你们已经说出了对于我们是赞美的话语——我们说出了相同的对你们赞美的话语，因为没有你们的问题和你们的存有，我们就不会如我们今天已经能够服务太一造物者一样地服务太一造物者了。我们全都服务太一，我们全都是太一，然而，在你们表面上是分离的形体中，我们是追寻看似分开的道路的，我们对于这样做是感激的。

We are known to you as those of Q'uo. At this time, we shall take our leave of this instrument and this group. We leave each of you as always, in the love and light of the One Infinite Creator. Adonai vasu borragus.

我们是你们知晓的 Q'uo。在此刻，我们将离开这个器皿和这个团体，我们一如既往在太一无限造物者的爱与光中离开你们各位。Adonai vasu borragus。

[1] Julie is one of a handful of students learning to channel in the channeling intensive series.

[1]Julie 是在集中传讯系列中学习传讯的少数学生之一。

[2] Ra describes three primal distortions that birth the universe: the First Distortion they call the Law of Confusion or the Law of Free Will. The Second Distortion they call the Law of Love or the Logos. The Third Distortion they call the Law of Light.

[2]Ra 将生出了宇宙的三个初始原始描述为：第一变貌，它们称为混淆法则或者自由意志法则。第二变貌，它们成为爱的法则或者理则。第三变貌，它们成为光的法则。

[3] Questioner: Sorry about that. Can you tell me what the twentieth archetype would be?

提问者：为那个问题抱歉。你们能够告诉我第二十个原型是什么吗？

Ra: I am Ra. That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adepthood. We, of Ra, still walk these steps and praise the One Infinite Creator at each transformation.

Ra: 我是 Ra。你们称之为石棺的事物在你们的系统中可以被视为是物质性的世界，如果你们愿意这样说的话。物质世界是被灵性转换为无限与永恒的事物的。灵性的无限性比意识的无限性更大的一种实现，因为已经被意志和信心锻炼过的意识是可以直接被智能无限接触的意识。在行家属性的许许多多的脚步中，会有很多脱落的事情。我们，Ra，仍旧在走这些脚步并在每一次转换中赞美太一无限造物者。

June 16, 2018

2018-06-16 传讯练习: 激进的同情心

Jim: The question tonight deals with the concept of compassion, but maybe a more detailed concept of "radical compassion". What would Q'uo think about "radical compassion", or various other aspects of compassion; the value of achieving such, how to do so, and so forth.

Jim: 今晚的问题是同情心的观念, 但是也许是一个更为具体的“激进的同情心”的观念打交道的。Q'uo 在关于“激进的同情心”或者同情心的各种各样的其他的面向, 取得这样的同情心的价值, 如何这样做, 如此等等的方面有什么想法吗?

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument at this time, and we greet you in the love and in the light of our Infinite Creator. It is a pleasure and an honor to be able to join you this evening, my friends. We have looked forward to this time for some of your time, and are eager to begin. As always, we ask you a small favor, to take those words and concepts which we offer you as our service that have meaning, and use them as you will, leave behind any that do not have meaning for you. We are not ultimate authorities—we are your brothers and sisters who wish to help each of you perfect your channeling process in the way that is the most helpful to you.

我是 Q'uo, 我在此刻与这个器皿在一起了, 我们在我们的无限造物者的爱与光中向你们致意。我的朋友们, 能够在今晚加入你们, 这是一种快乐与一种荣耀。我们已经期待这个时间有你们的一段时间了, 我们渴望开始。一如既往, 我们向你们请求一个小小的恩惠, 请使用我们作为我们的服务而提供给你们的话语与观念中的那些有意义的部分, 并入你们所愿地使用它们, 将任何对你们并不用有意义的内容都丢弃掉。我们不是终极的权威——我们是你们的兄弟姐妹, 我们希望用对你们最有帮助的方式来帮助你们每一位完善你们的传讯的过程。

This evening you have given us a topic that is, indeed, very close to our hearts, for within the heart of each entity resides some form and some quantity of that which you call compassion—the feeling of empathy and sympathy and love for another being. This feeling moves each seeker of truth to take some kind of action that will allow the expression of the compassion, the love, the concern, the sympathy that is felt within the heart, within the mind, and within the soul of any seeker of truth that is consciously seeking that which you call love, forgiveness, unity, reconciliation, and so forth. As you were speaking before this session began, it was mentioned that there are numerous forms and kinds of compassion that might resonate for different people at different times. This evening, we will focus upon that which you call "radical compassion." For the most part, however, we would also wish to contrast this radical compassion with other types of compassion that are also effective in healing wounds, in binding relationships, and inspiring higher activity, shall we say.

今晚你们已经给与了我们一个主题，这个主题确实是与我们的内心相当接近的，因为在每一个实体的心之中都存在有某种形式以及某种数量的你们称之为同情心的事物——对另一个存有的移情作用、同感以及爱的感觉。这种感觉会推动每一个真理的寻求者来进行某种类型的行动，它将会允许在任何真理的寻求者的心中、头脑中与灵魂中的同情心，爱，关心以及移情作用的表达，那个真理的寻求者是在有意识地寻求你们称之为爱、宽恕、统一、和解以及如此等等的事物。如你们在这次集会开始前正在谈论的一样，被提到的事情是，会有很多种同情心的形式与类型，它们可能会在不同的时候对不同的人产生出共鸣。今天晚上，我们将聚焦在你们称之为“激进的同情心”的事物上。然而，对于绝大部分，我们同样希望将这种激进的同情心与其他类型的在疗愈创伤的方面，在将关系结合在一起，并启发，容我们说，更高的活动的方面同样是有成效的同情心进行对比。

At this time, we shall transfer this contact to the one known as Austin. We are Q'uo.

在此刻，我们将这个接触转移到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo, and I am with this instrument. The word "radical" carries much connotation within your society, but we ask you to consider those known to you as prevalent in your society who have been at the forefront of great periods of change, of transformation, of elevation and transcendence within your society. Those who have been known as radicals who have faced the great pressure of social norms which they knew in their heart to be a distortion of the love of the Creator, and saw at the time, as it were, for that distortion's existence was coming to an end.

我是 Q'uo，我与这个器皿在一起了。“激进”这个词语在你们的社会中携带有大量的含义，但是，我们会请你们考虑在你们的社会中你们知道是普遍存在的人，它们已经处于在你们的社会中的改变、转变、上升与超越的伟大的时期的前沿了。那些人已经被知晓为激进分子的人已经面对了社会性的常规的巨大的压力了，它们在它们的心中知道这种常规的事物是造物者的爱的一个扭曲，并会在那个时候看到就是如此，因为扭曲的存在性即将结束了。

This urge within them to act was fueled by what you have called compassion, that which may also be seen to be empathy, to be caring, to be service; but as you look at these examples of radical compassion, we ask you to consider a significant portion of their work which was done within the heart of themselves, as opposed to that which you may witness being done on the outside. It is no simple thing, my friends, to stand up to the very culture which has impressed upon you values, ideas, teachings, and norms, and to say to that culture, "For me, this isn't so." To say, "There is another way, and I can share that. And you, who have shown me the way of being to this point, cannot stop my new way of being."

在它们内在之中的这种对行动的冲动是被你们已经成为同情心的事物，同样可以被视为是移情作用，关心，与服务的事物所驱动的，但是，当你们检查这些激进

的同情心的例子的时候，我们会请你们考虑它们的工作的一个相当大量的部分是已经在它们自己的心之中被进行了的，而不是你们可能看到是在外部被进行了的。我的朋友们，去勇敢地对抗那个已经将各种各样的价值、观点、教导与常规的事物印刻在你们身上的文化，并对那个文化说，“对于我，并非如此，”说，“会有另一种方法，我能够分享那种方法，你们这些已经向我展现了存在的方式的到了这个位置的人，是无法阻止我新的存在的方式的，”这不是简单的事情。

The work done in one's own mind is significant in evaluating that which we consider to be true, to be normal, to be a given, as it were; and before we may become radicals who spread change and transformation through society, one must become a radical within one's own mind. We must challenge ourselves. We must question our own notions of compassion, and test them against imagination—imagination that may conceive of a world in which truth and beauty shine clearer.

在对我们认为真实的事情，通常的事情，可以说是，一个已知的事情进行评估的方面，在一个人自己的心智中被进行的工作是大有意义的，在我们可以成为那会在社会上拓展改变与转变的激进分子之前，一个人必须要在它自己的心智中成为一个激进分子。我们必须挑战我们自己。我们必须质疑我们自己的同情心的观点，并用想象力来检查它们——那种可能会构想一个在其中真理与美丽是更为清晰地闪耀的想象力。

At this time, we shall take leave of this instrument and transfer the contact to the one known as Julie. We are Q'uo.

在此刻，我们将会离开这个器皿并将接触转移到被知晓为 Julie 的实体。我们是 Q'uo。

(Julie channeling)

(Julie 传讯)

I am Q'uo, and I am with this instrument. We are continuing a discussion on radical compassion, as this instrument shows us her dedication and passion to be an instrument to allow us to come through in a flowing manner. Compassion is a passionate way to be in the flow, and is no different from the flow of us coming through in this channel. You are all rising up on this fourth-density planet and becoming passionate with each other, coming closer and realizing that you are all one and the same. And so, this is a radical idea to be compassionate with others is no different from being compassionate to yourself. When you have love rise up for another, and help them in a spontaneous way, it is the same as loving yourself and allowing that love to rise up for yourself.

我是 Q'uo，我与这个器皿在一起了。当这个器皿向我们展现了她对于成为一个器皿的奉献于热情，以允许我们用一种流动的方式通过的时候，我们继续一场对激进的同情心的讨论。同情心是一种处于流动中的热烈的方式，它与在通过这个传讯出现的我们的流动是没有区别。你们在这个第四密度的星球上全都是在上升的，并正在对相互彼此成为热情的，成为更加接近的，并意识到你们全都是一体的与相同的。因此，对相互彼此成富有同情心的是与对你自己成为富有同情心的

是没有区别的，这就是一个激进的观念。当你让爱为他人升高，并用一种自发性的方式帮助它们的时候，它是与爱你自己并允许那种爱为你自己而升高是相同的。

It is the way your planet is growing into a flow of love and kindness to one another. It is how creatively you will flow together in the inner workings of your relationships. This is how blockages become opened, for it is in service to others that you shall become opened and flowing with love, open-hearted love for each other, and for yourself. It is in giving that you shall ultimately receive. It is all interconnected. Your compassion is found inside, and easily accessible. If you allow yourself to experience another's perspective as your own, compassion can rise up. It is as simple as that. In your daily experience we ask that you make note of the times when you feel compassion for others and for yourself.

这就是你们的星球进入到一种对相互彼此的爱与善的流动的方式了。这就是你们将会如何用创造心的方式在你们的关系的内在工作中一起流动的方式了。这就是阻塞如何被打开的方式了，因为就是在对他人的服务中，你将会成为爱放的，与爱一起流动的，并成为用开放的心来彼此相爱，且爱你自己的。就是在给予中，你将会最终接收到了。它全都是相互连接的。你的同情心是在内在之中被找到的，是易于取得的。如果你允许你自己体验另一个人的远景如同体验你自己的远景一样，同情心就能够升高。它就是和那一样简单。在你的日常生活的体验中，我们请你留心那些在其中你对其他人以及对你自己感觉到了同情心的时刻。

As you make note of these instances, you will become more aware of how often it happens in what you call a day, or in a moment, in a fragment of time. It is within that awareness that you can have a practice of bringing compassion into your daily life all day long, in any given moment. This is a very important topic because it is at the very essence of life, and might we say that you make note of your compassion to the planet earth, for she needs compassion and love at this time.

当你留心这些场合的时候，你将会越来越多地察觉到它是如何经常地在你称之为一天的时间中，或者在一个瞬间中，或者在一个时间的片段中发生。就是在那种察觉中，你能够在一整天的时间中，在任何给定的时刻，都进行一种将同情心带入到你们的日常生命中的实践了。这是一个非常重要的主题，因为，容我说，你们留心你们对行星地球的同情心，这是在生命的根本的实质中的，因为行星地球在此刻需要同情心与爱。

We complete this channel with this instrument and pass to the one known as Trish. I am Q'uo.

我们完成了与这个器皿的传讯并传递给被知晓为 Trish 的实体。我是 Q'uo。

(Trish channeling)

(Trish 传讯)

I am Q'uo, and I am now with this instrument. Forgiveness for this instrument, for this instrument is feeling some trepidation. However, this topic of radical

compassion is one of utmost importance at this time. The existence on this planet within this realm of time is exceptionally difficult, exceptionally cold, and exceptionally disconnected. Entities are separating themselves from one another along lines that serve no purpose, so we of Q'uo ask that we remember that this radical compassion be enacted at this time most especially. For radical compassion, though it serves others, is a positive feedback loop, in that when you give yourself, or one gives oneself freely to love and serve another, regardless of any number of dimensions of separation, oneself still serves oneself, for we are all of one.

我是 Q'uo, 我现在与这个器皿在一起了。请对这个器皿抱有宽容, 因为这个器皿正在感觉到某种惊慌。然而, 这个激进的同情心的主题是一个在此刻具有极大的重要性的主题。在这个时间的范围中, 在这个星球上的存在性是异常困难的, 是异常冰冷的, 是异常支离破碎的。实体正在沿着不起到任何作用的线路将它们自己与相互彼此分隔开, 因此, 我们 Q'uo 就会请求我们记住, 这种激进的同情是要极其特别地被实行的。因为激进的同情心, 尽管它是服务他人的, 是一种正向反馈回路, 因为当你给出你自己, 或者一个人自由地将它自己给予了爱与服务他人而不顾任何数量的维度的分离的时候, 它仍旧是在服务它自己, 因为我们全都是一体的。

It has been said that we are experiencing a great change at this moment in time. Disconnection may feel exceptionally severe or palpable. Confrontation, and hatred, and misconception seem to brew very heavily. That is why the focus on this idea, if you will, of compassion beyond bounds, and beyond expectation is enormously important. We of Q'uo know that now is a perfect experiment of compassion that you, on this planet, call radical. This environment is a perfect petri dish. All of these components coming together in what may seem a controlled, isolated and insular environment, however, within this petri dish of what may at times feel negative or counter-productive, we of Q'uo know exists not just the potential, but the actualization of positive growth, that which we have known, and that which you have deemed to be compassion and acceptance and love.

已经被说过的事情是, 我们在时间中的这一刻正在体验到一种巨大的改变。支离破碎可能感觉起来是异常严重或者是清楚明了的。对抗、仇恨、以及误解看起来似乎是非常厚重地酝酿着的。那就是为什么对这个超出了边界, 超出了预期的同情心, 如果你们希望这样说的话, 的观点的聚焦是非同寻常地重要的原因了。我们 Q'uo 知道现在是一个对同情心的完美的实验, 你们在这个星球上将这个同情心的实验称之为激进的。这个环境是一个完美的培养皿 (petri dish)。所有这些在可能看起来似乎是一种受控的, 被隔离的, 且孤立的环境中, 无论如何, 在这个可能会时常感觉起来是负面性的, 或者是起反作用的事物的培养皿中聚集到一起的要素, 我们 Q'uo 知道它们不仅仅存在有潜能, 同样存在有对正面性的成长的实现作用, 我们已经知晓那种实现了, 我们已经认为将这种实现是为是同情心, 接纳与爱了。

While all of this is but an illusion to know one another, there is a great need for this compassion at this time. It is through this compassion that entities may learn the interconnectedness between entity and entity, and that they may

see that all is one, all affects one, and so we ask that in this experience, however individual entities may see it as being, that you practice this experience, this knowing, this truth, of radical selflessness, of radical caring, of all-encompassing love, not just of oneself, but of other selves and of environment, for this will be the purest form of spiritual growth, and purest form of interaction with catalyst. In keeping with this thought of compassion, we ask that you exercise forgiveness to this instrument, for she feels she has gone in countless directions, but this instrument is very thankful, and we will take this opportunity to gratefully leave this instrument and to move on to that known as Gary. We are those of Q'uo.

尽管所有这些都是一个幻象以知晓相互彼此，在此刻会有对于这种同情心的一种巨大的需要。就是通过这种同情心，实体可以学会在实体与实体之间的相互关联性，它们可以看到万物一体，全部的事物都会影响给一个事物，因此，我们会在这个体验中请求，无论个体的实体可能会如何看待它，你们都实践对激进的无私性，对激进的关注，对包含一切的爱的那种体验，这种知晓以及这种真理，不仅仅是对一个人自己，同样也对其他自我与环境，因为这将会成为灵性成长的最为纯净的形式，成为与催化剂进行相互作用的最为纯净的形式。在保持这种对同情心的思考的同时，我们请你们练习对这个器皿的宽恕，因为她感觉到她已经在无数个方向中前进了，但是这个器皿是非常感谢的，我们将会利用这个机会来感激地离开这个器皿，并继续移动到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)
(Gary 传讯)

We are those known to you as Q'uo, and we greet you again with gratitude to each who has given voice to various facets of our message on this interesting topic of radical compassion. It is easy to say that there is only one self, but, in practice, difficult to experience. What is it that begins the linking between this understanding and this actuality but the great bridge between individualized portions of creation which your peoples have, among other words, called compassion?

我们是你们知晓的 Q'uo，我们再一次带着对每一位已经讲述了在这个有趣的关于激进的同情心的主题上的我们的信息的各种各样的面相的器皿的感激向你们致意。要去说，仅仅只有一个自我，这是容易的，但是，在实践中，它是很难体验的。是什么事物开启了在这种理解与这个现实性之间的连接，除了在你们的人群已经，用其他的词语，称之为同情心的造物的个体化的部分之间的那个伟大的桥梁？

As we have spoken through other instruments, compassion is the means by which one steps into the figurative shoes of the other, shall we say. What is it once in those shoes that one sees, but a life, a Creator, a self, much like [one's own] self, different in emphasis, different in surface, same in consciousness and awareness and origin and destination, but perhaps with different clothing on, and different shoes, but walking, or stumbling, or crawling and falling, just as the self perceives the self to do.

如我们已经通过其他器皿说过的一样，同情心是一个人通过其，容我们说，穿上

其他人的象征性的鞋子的途径。一个人看到的曾经穿着那些鞋子的事物，不过是一个生命，一个造物者，一个自我，非常类似于一个人自己的自我，在着重强调的方面是不同的，在表面上是不同的，在意识、察觉、起源与目的地的方面是相同的，但是也许是穿着不同的衣服，不同的鞋子，但是却如同自我感觉到自我在做的一样地走路，或者摔跤，或者爬行，或者跌倒。

But what makes it radical, the instrument asks us. Perhaps we would say that there are no words which can adequately speak to that consciousness—which, as described previously, your world does not quite teach you, but which is available to the seeking entity—which finds a universality, an allness, a wholeness to experience, which attempts to see through, or beyond, or within the many surface differences which your peoples use to create categories of difference and separation.

但是什么事情使得它是激进的呢，这个器皿询问我们。也许我们会说，没有词语能够充分地谈及那个意识——如同之前被描述过的一样，你们的世界并未很多地教导你们，但却是可以为一个寻求的实体所取得的事物——这个意识会找到一种普世性，一种全体性，一种整体性来体验，它会看穿许多你们的人群用来创造出差异与区别的许多的表面性的区别，或者看到它的外部或者内部。

We are those of Q'uo, and we attempt to deepen this instrument's reception. To continue, we encourage each who reads our words to, as always, seek the heart of self in meditation, for within that inner sanctum, compassion is an integral or inherent portion of the beingness underneath or behind the personality shell. There, like a spring of water, compassion may be accessed and tapped, and through persistence and the discipline of will and faith, the self may find ways to allow that spring out into the world, may allow that spring to hydrate and nourish and water those myriad areas of the self which had been dammed up and denied access to this eternal spring which rests within; to remove those blockages caused by judgment and negative self-valuation; to allow mercy to spread through the self as that spring of compassion restores that which has been rejected, redeems that which has been judged, so that a wrongness is transformed into an eternal rightness—the rightness of existence, the rightness of self, and rightness of other selves. The self is free not to resist the flow of life, but to radically, we might say, accept that which presents itself in the moment, radically, by the standards of your third-density population, but normal, we might say, in our higher densities of experience. All adjectives and adverbs are relative, of course, but we commend you to your work, for this is the work of the choice, and you, my friends, are well upon your ways, and we honor this instrument's request to move along. We thank you, and we transfer this contact to the one known as Jim. Adonai

我们是 Q'uo，我们尝试去加深这个器皿的接受性。继续，我们鼓励每一个读到我们的话语的人，一如既往，在冥想中寻求自我的核心，因为在那个内在的至圣所中，同情心是在人格外壳之下或者背后的存在性的不可或缺的或者固有的部分。就好像一个水的源泉一样，同情心是可以被取得或者被接入的，通过坚持不懈以及对意志与信心的修炼，自我可以找到方式允许那个源泉流出来进入到世界

中, 可以允许那个源泉对自我的那些无数的已经被阻塞并否认了拥有通往这个永恒的源泉的入口的区域进行水合作用, 进行滋养与浇灌, 以移除那些被评判性与负面性的自我评价造成的阻塞, 并允许慈悲通过自我蔓延, 就如同同情心的泉水会恢复已经被拒绝的事物, 会弥补已经被评判的事物, 这样, 一种错误就会被转变成为一个永恒的正确——存在性的正确性, 自我的正确性, 其他自我的正确性。自我是拥有自由不去抵制生命的流动的, 而是去, 我们可以说, 激进地接受那个会将其自身呈现在那个时刻中的事物, 根据你们的第三密度的人群的标准是激进地, 但是, 在我们更高的体验的密度中, 我们可以说, 是正常的。所有的形容词与副词, 当然, 都是相对性的, 但是我们为你们的工作而称赞你们, 因为这就是选择的工作, 你们, 我的朋友们, 是很好地走在你们道路上的, 我们为这个器皿会继续前进的请求感到荣耀。我们感谢你们, 我们将这个接触转移到被知晓为 Jim 的实体。Adonai。

(Jim channeling)
(Jim 传讯)

I am Q'uo and am once again with this instrument. My friends, we are most pleased with your efforts this evening. You have not disappointed us at all. We are most happy to have been part of your expansion of abilities in channeling the Confederation philosophy that we have offered you as the means by which you may perfect your channeling efforts. This has been for us, as always, an experience in utilizing different instruments in slightly different fashions, for each of you have an individual way of perceiving that which we offer you as concepts and words, and this is something that we are familiar with through our previous experiences and are always fascinated to discover that each seeker has a unique manner in which our concepts may be perceived and offered as channeled words.

我是 Q'uo, 我再一次与这个器皿在一起了。我的朋友们。我们对于你们今晚的努力使极其高兴的。你们绝对没有让我们失望过。我们对于已经成为了你们在对你们在传讯星际联邦的哲学的能力中的拓展的过程的一部分而是极其高兴的, 我们已经对你们提供了星际联邦的哲学作为你们可以藉由其完善你们的传讯的努力的手段。一如既往, 这对于我们已经是一个用稍稍不同的方式利用不同的器皿的体验了, 因为你们每一个人都拥有一种感觉我们作为观念与话语提供给你们的事物的个体性的方式, 这是某种我们通过我们之前的经验而对其熟悉了的事物, 发现每一个寻求者都拥有一个独一无二的方式, 通过这种方式我们的观念可以被感觉到并作为被传讯的话语被提供出来, 这一直都是令人着迷的。

At this moment, we have the desire to ask if there may be any queries to which we may respond?

在此刻, 我们拥有渴望来询问, 是否可能有我们可以回应的问题?

Gary: Q'uo, in the higher densities we understand that you denizens of those regions are not attached to outcomes, and success and failure are both seen as opportunities; or should I say that when you do not achieve a desired outcome, even that is seen as an opportunity. Nevertheless, when you do succeed at a desired aim, is there a sense of triumph or joy, or greater joy than

you might feel if you did not achieve that desired outcome?

Gary: 在更高的密度中，我们理解你们作为那些区域的居民是不会执着于结果的，成功与失败都同时被视为是机会，或者我应该说，当你们没有取得一个被渴望的结果的时候，甚至都都会被视为一个机会。虽然如此，当你们确实在一个被渴望的目标上成功的时候，会有一种胜利感或者喜悦感吗，或者会有比如果你们并未取得那个被渴望的结果你们可能会感觉到的喜悦更大的喜悦吗？

Q'uo: I am Q'uo and am aware of your query, my brother. It is an interesting query in that it allows us to express a concept of willingness to accept that which is, even though we may have offered our efforts to, in some way, alter that which is, in the hope that by so altering that which is, we may increase another entity's appreciation, joy, satisfaction, etc. Always we seek to do the Father's will, for this is the path to unity. In most instances, when we give over our will to the greater will, we feel we have done that which is most helpful to all concerned.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。这是一个有趣的问题，因为它允许我们表达一种对接受其之所是的乐意的观念，即使我们可能已经提供了我们的努力来，用某种方式，改变其之所是，同时寄希望于，藉由这样改变其之所是，我们可以增加另一个实体的欣赏、喜悦、满意，等等。我们一直都寻求去执行天父的意志，因为这就是通往统一的道路。在大多数情况中，当我们将我们自己的意志交托给更大的意志的时候，我们就会感觉到我们已经进行了对于所有涉及到的事情最有帮助的事情了。

However, there are times when we look upon an entity who calls for our service and wishes the service to be offered in a particular way, and when we have offered that service as it has been desired, and the outcome is not what the entity itself desired, then we look upon our participation in that outcome as double-sided, shall we say. It may be the will of the Father that the outcome be as it was in order that a lesson which we do not see be realized, but we look at the entity who called us for a certain offering from us, and though we offered it as requested, the entity has not been able to benefit as it had hoped. In this regard, we see our participation as that which was the best and highest which we had to give, and satisfy ourselves in knowing that it is not always possible to predict what will be the outcome of any particular offering of service, thus it is well to offer without expectation of return. However, there is still that part of us that would attempt to predict or see a certain outcome result from our offering, for we do wish to be of service, and in most cases, we feel that our services are, indeed, appreciated, for their intention, if not their outcome.

然而，会有一些时候，当我们观察一个呼唤我们的服务并希望服务用一种特定的方式被提供的实体的时候，当我们已经提供了那个服务，如同它已经被渴望的一样，而结果并不是那个实体它自己渴望的事情的时候，接下来，我们会将我们对那个结果的参与视为是，容我们说，双面的。结果是如其所是地一样，它可能是天父的意志，以便于一个我们并未看到的课程被领会，但是，我们会检查那个呼唤我们来从我们取得一定的给予的实体，尽管我们如同被要求一样地提供了它，实体尚未能够如同它已经希望了的一样地受益。在这个方面，我们将我们的参与

视为是我们所要给予的最佳与最高的事物，并会让我们自己在这样一种知晓中感到满意，即去预测什么事情将会是任何特定的对服务的给予的结果，这并不是一直都是有可能的，因此，去在不期待回报的情况下提供服务，这是很好的。然而，在我们身上仍旧会有那个部分，它会尝试去预测并看到从我们的给予产生出的一定的结果，因为我们希望进行服务，在大多数情况中，我们感觉到我们的服务，确实是因为它们的意图而被欣赏的，如果不是为它们的结果的话。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Thank you. No, not at this moment.
Gary: 感谢你们。没有了，在此刻没有问题了。

Q'uo: Is there a further query from any entity within our circle this evening?
Q'uo: 今晚有来自与在我们的圈子中的任何实体的一个更进一步的问题吗？

(Long pause)
(长暂停)

I am Q'uo, and as we perceive there is a golden silence settling over the circle, we shall respond to that silence with the joy of knowing that each here has been satisfied by that which has transpired, for we feel your satisfaction, your joy, and your desire to serve as purely as possible at all times. At this time, we shall take our leave of this instrument and this circle. We leave you as always, in the love and in the light of the One Infinite Creator. Go forth in peace and joy. We are those of Q'uo. Adonai, vasu borragus.

我是 Q'uo，因为我们感觉到有一种金子般的静默在圈子上方固定下来了，我们将带这对这样一种知晓的喜悦来回应那种静默，那种知晓即每一个在这里的人都已经对已经发生了的事情感到满意了，因为我们感觉到你们的满意，你们的喜悦，以及你们在所有的时候都尽可能纯净地服务的渴望。在此刻，我们将离开这个器皿和这个圈子。我们一如既往，在太一无限造物者的爱与光中离开你们。在平安与喜悦中前进吧。我们是 Q'uo。Adonai vasu borragus。

August 13, 2018

2018-08-13 传讯练习: 黄色光芒

Group Question: How do we interact with the social yellow-ray dynamics in a positive sense?

团体问题: 我们如何用一种正面性的意义来与社会性的黄色光芒的动力打交道呢?

(Jim channeling)

(Jim 传讯)

...of light, of unity, and wish to become what you call instruments, or channels, for this love, light, and unity. It is a pleasure to be with you, for we know well what your heart's desire is. It is written upon your souls, plainly, for all of the spirit world to see. Your hearts beat in unison with the desire to serve as those instruments who are able to provide information and inspiration to those about them through their work in the art of channeling.

.....属于光, 属于同一, 并希望为这种爱, 光, 统一成为你们称之为器皿或者管道的事物。与你们在一起是一种快乐, 因为我们清楚地知晓你们心的渴望是什么。它是被清清楚楚地写在你们的灵魂上, 以便于所有属于灵性世界的实体看到。你们的心是在与那种作为器皿去服务的渴望的合唱中跳动的, 那些器皿能够对那些在它们周围的实体通过它们在对传讯的技艺中的工作提供信息与启发。

Tonight, you ask a question that is most pertinent to your third-density experience, and your graduation into the fourth density of love and understanding, for the yellow-ray experience of groups forming opinions, agendas, procedures, and so forth, is the very heart of your illusion in third density. Each individual contributes a significant portion of its own being into the blending of energies and ideas with others of its kind, whether in the family, the school, the workplace, the larger institutions of study, and so forth. Each grouping of entities has a purpose. Your question this evening concerns how an individual seeker of truth conscious of this process of seeking, may affect the nature of most of your yellow-ray groupings. This is a meaty topic, my friends.

今晚, 你们询问了一个对你们的第三密度的体验, 对你们进入到爱与理解的第四密度的毕业是极其贴切的问题, 因为会形成观点、议程、步骤以及如此等等的团体的黄色光芒的体验就是在第三密度中的你们的幻象的核心了。每一个个体都将它自己的存有的一个意义重大的部分贡献出来, 与其他的它的同类的人一起形成了能量与观点的混合物, 无论是在家庭中, 学校中, 工作场所中, 或者在更大的学习的机构中, 如此等等。每一个实体的团体都拥有一个目的。你们今晚的问题是是与一个察觉到这个寻求的过程的个体的真理的寻求者如何可以影响大多数的你们的黄色光芒的团体的属性有关的。这是一个内容丰富的主题, 我的朋友们。

At this time, we shall transfer this contact to the one known as Jeremy, suggesting to this entity that he relax and become aware of our presence within the forehead region of its skull, and when a pressure there is felt, then

become aware of words and concepts beginning to be transmitted. We are those of Q'uo.

在此刻，我们将转移这个接触到被知晓为 Jeremy 的实体，我们同时建议这个实体，他要放松并察觉到我们在它的头颅的前额中的存在，当一种压力在那里被感觉到时，接下来察觉到词语和观念开始被传递了。我们是 Q'uo。

(Jeremy channeling)
(Jeremy 传讯)

I am Q'uo, and we are with this instrument. We fear we have surprised him, please allow us some time to balance energies. Now it is coming together.
我是 Q'uo，我们与这个器皿在一起了。我们恐怕我们已经让他感到吃惊了，请允许我们拥有一些时间来平衡能量。现在它正在聚集在一起了。

The great challenge of this illusion is largely one, as this instrument has said earlier, of finding one's place within it. Place is a curious thing, a creation of unity. No one can possibly know, in concrete terms, the sense of belonging that awaits them on the other side. What kind of fitting in should attend your intercourse with the social world? This is a question well founded and we relish the opportunity to answer some of those aspects that we feel we have a perspective on.

这个幻象的巨大的挑战，大部分是，如这个器皿早些时候已经说过的一样，找到一个人在其中的位置的挑战。位置是一个奇妙的事情，一个统一的创造物。没有任何人有可能能够知道，从实际的方面，在另一边等待着它们的那种归属的感觉。什么类型的适合参与到你与社会性的世界的交际之中？这是一个十分有根据的问题，我们享受回答那些我们感觉到我们对其拥有一种远景的面向中的一些面向。

Gather to your senses all that you perceive when you are in a group. It is intoxicating if you allow it to penetrate the walls you have learned to put up. These were not walls that were designed to isolate you. You meant these walls to protect you. They were well built for purposes of learning and for giving you something to reach over to grasp your fellowman's hand, so wherefrom does this alienation arise? We cannot place our finger on any one answer short of the longing of every entity to return to the Creator, and each entity in the illusion will manifest this longing, this discomfort, this unease in a different way.

当你在一个团体中的时候，收集所有你感觉到的感知。如果你允许它刺穿了你已经学会去树立起来的墙壁，它就是令人陶醉的了。你打算要这些墙壁来保护你。它们是为了学习的目的，为了给予你某个要去伸出手去越过的事物，以抓住你的伙伴的手，而被很好地构建起来，因此，从什么位置这种离间出现了呢？，如果这个答案缺少了每一个实体对返回到造物者的渴望，我们无法将我们的手指放在任何一个答案上，在这个幻象中的每一个实体都将会用一种不同的方式显化这种渴望，这种不舒服，以及这种不安。

We will take a moment to balance this instrument.
我们将会花一会儿时间来平衡这个器皿。

We are those of Q'uo and we are with this instrument once more. It is in the eyes of the group, each entity in the group, where you will find that bridge between orange ray energies and the yellow ray, for when you can love the entity of a thousand eyes, and take that entity into your heart, you can more easily open your heart, give what is needed, for a complex of loving entities to bring forth that which they have to offer, something that is both you and more than you, and the fit, we surmise will feel just right.

我们是 Q'uo，我们再一次与这个器皿在一起了。就是在团体的眼中，在团体中的每一个实体的眼中，在其中你们将会发现在橙色光芒的能量与黄色光芒的能量之间的桥梁，因为当你们会去爱那个具有一千只眼睛的实体，并将那个实体带入到你们的心中的时候，你就能够更为容易地开放你们的心，并给予所需要的事物，对于一个有爱的实体的复合体，要将它们所要提供的事物，某种就是你们且同时比你们更大的事物产生出来，那种适合，我们猜测，将会感觉是恰到好处的。

At this time, we feel it is proper to transfer this contact to the one known as Austin. We are those of Q'uo.

在此刻，我们感觉到将这个接触转移到被知晓为 Austin 的实体是合适的。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

We are Q'uo and we are with this instrument. We offer our gratitude and our praise to the one known as Jeremy for his openness in accepting our contact, and his care in receiving our words.

我们是 Q'uo，我们与这个器皿在一起了。我们为被知晓的 Jeremy 的实体在接受我们的接触的过程中的开放性，以及他在接收我们的话语的时候的小心而对他提供我们的感激与我们的赞美。

The density that you currently experience is that of the yellow ray. It is natural, then, that much of the illusion within your life will manifest within this realm, as it is here that the crux of your work will be done in terms of spiritual evolution. Indeed, it is within the third density that the veiling has resulted in an incredible and staggering variety of expressions due to the illusion. That which separates the conscious mind from the unconscious mind also allows the individual to view themselves as separate from other. But this perspective is, as you well know, illusory, and you are connected to all entities and aspects of your environment which surround you in ways that you may or may not perceive. And just as the second-density diversity upon your planet is beautiful and vast and contains incomprehensible variety, so do we see your third-density environment; that of your social groups, interacting on various levels and in various degrees—sometimes in harmony, sometimes in interdependent relationship, and sometimes in disharmony and contention so powerful that what you call war may be manifested due to the staggering variety of social groups upon your planet.

你们当前体验到的密度是黄色光芒的密度。接下来，在你们的生命中将会有大量的幻象在这个区域中显化出来，这就是自然而然的了，因为就是在这里，从灵性演化的意义上的你们的工作的关键选择将会被做出了。确实，就是在第三密度中，由于幻象，罩纱已经导致了一种令人难以置信的且令人震惊的体验的多样性了。将有意识心智和无意识的心智分开的事物，同样也允许个体将它们自己视为是与相互彼此是分离的。但是，这个观点，如你们清楚知晓的一样，是虚幻的，通过种种你们可能或者可能不会感觉到的方式，你们是与所有的实体以及包围在你们周围的你们的环境的面相连接在一起的。就好像在你们的星球上的第二密度的多样性是美丽而巨大的，并包含了不可思议的种类一样，我们就是这样来看待你们的第三密度的环境的，你们社会性的团体的环境，当在各种各样的层次上以及在各种各样的程度中与进行相互作用的时候——有时候是在和谐中的，有时候是在相互依赖的关系中，有时候是在如此强有力不和谐与争吵之中，以至于你们称之为战争的事物可能会由于在你们的星球上的社会性团体的令人震惊的多种多样而被显化出来了。

You may similarly view what you have termed eco-systems within your second-density sphere to also apply to the third-density environment in which you exist. There are systems nested within systems. Just as the small ant colony plays a role of its local environment, so, too, does each group within your society play a role, small and large, within the eco-system of your social sphere. Your scientists acknowledge that they have yet to grasp even the smallest slipper of how interconnected the eco-system of your planet is in terms of second density. So, too, is your ability to grasp the interconnected and mysterious ways in which your third-density environment is interconnected.

你们可以类似地观察，在你们的第二密度的范围中你们已经称之为生态系统的事物同样也适用于你们存在于其中的第三密度的环境。会有被堆叠在系统中的系统。就好像小小的蚂蚁的群落会在扮演它的本地的环境的一个角色一样，就是这样，在你们的社会中的每一个团体同样在你们的社会性的范围的生态系统中扮演了一个或大或小的角色。你们的科学家承认，它们尚未掌握从二密度的方面的你们的星球的生态系统是如何相互关联起来的甚至最小的舞鞋 (slipper)。你们去掌握你们第三密度的环境在通过其相互关联的相互连接的而神秘的方式的能力同样也是这样子的。

What, then, can one do to express a positive nature? We suggest the image of a star with planets rotating around it, orbiting it, the star itself existing in a cluster of stars, orbiting the galaxy, just as the star has elements orbiting around it, you, too, have elements of your society which circle you, some large, some small, some imperceptible. It can be easy to get lost within the movement of those things which orbiting around you. These are elements of the social groups of which you are a part—beliefs, expressions, duties, perceptions. Despite all of the movement you see around you, it is well to remember the center of all of these things, and recognize the radiant nature that you may express despite what it is that orbits around you. And this radiant nature, if welded with care, can also reveal to you elements of your social life that perhaps don't seem so in line with your chosen path.

接下来, 一个人能够做什么事情来表达一种正面性的属性呢? 我们建议一个带有旋转的, 且围绕着它转动的行星的恒星的图像, 恒星其自身是存在于一大团的恒星之中, 它们围绕着星系转动, 就好像恒星拥有围绕着它转动的要素一样, 你们, 同样拥有属于你们社会的要素, 它们围绕在你们周围, 一些是巨大的, 一些是小的, 一些是感觉不到的。要迷失在那些围绕着你们转动的事物的运动中, 这能够是容易的。这些事情是你们是其一部分的社会性团体的要素——信念, 表达, 责任、观念。不管所有你们在你们周围看到的运动, 去记住所有这些事情的中心, 并认出你们可以表达的那种发光的属性, 无论围绕着你们转动的事情是什么, 这是很好的。这种发光的属性, 如果是带着小心谨慎被结合在一起, 同样能够向你们揭露出你们色社会生活的那些也许看起来似乎并不是如此与你们选择好的道路是在一条线上的要素。

From this still, radiant place, you may examine these beliefs and social constructs and determine whether or not they are truly in service to others, and then choose to change these things. This takes courage, this takes wisdom, and above all, this takes love of self and love of others who express those things that you wish to change. But, we suggest, that this is a central aspect of your journey at this stage.

从这个安静的, 发光的位置, 你们可以检查这些信念与社会性的构架, 并决定是否它们是真正服务他人的, 并接下来选择去改变这些事情。它需要勇气, 它需要只会, 最重要的是, 它需要对自我的爱与对其他表达了那些你希望去改变的事物的人的哎。但是, 我们建议, 这就是在这个阶段你们的旅程的一个中心性的面相。

At this time, we take leave of this instrument and transfer the contact to the one known as Julie. We are Q'uo.

在此刻, 我们会离开这个器皿并将接触转移到被知晓为 Julie 的实体。我们是 Q'uo。

(Julie channeling)
(Julie 传讯)

I am Q'uo, and I am with this instrument. We are discussing the most positive aspects to be expressed through the yellow ray in this group. May we suggest that we look at the bigger picture—the Planet Earth. On your illusory ride with a most auspiciously large group of people existing simultaneously, expressing themselves in a very large variety of ways in their yellow ray, each one, from their own perspective do they exist together simultaneously, in an illusory separated form. Might we suggest that all are in some capacity of service in their own way, while existing in this group, and by means of service we would describe a multitude of polarities within this yellow ray of knowing and not knowing some light workers in search, seeking purposefully for the best possible way to express themselves in the yellow ray area, such as the seeker who spoke this evening, instrument Jeremy. And he seeks so diligently and we are in such admiration of this search and desire to improve.

我是 Q'uo, 我与这个器皿在一起了。我们在这个团体中正在讨论通过黄色光芒

被表达的最为正面性的面相。容我们建议，我们检查更大的图像——行星地球。在你们与一个极其幸运地巨大的，同时性地存在的，并通过具有一种非常巨大的多样性的方式在黄色光芒中表达它们自己的人的团体一起进行的虚幻的航行中，每一个人，从它们自己的观点，都是同时性地一起存在于一个虚幻的分离的形式中的。容我们建议，所有人，在存在于这个团体中的时候，藉由我们会描述为在这个知晓与不知晓的黄色光芒中的大量的极性的服务的途径，用它们自己的方式，都是拥有某种进行服务的能力的，一些光的工作者，在寻求中，会有意地寻求在黄色光芒的区域中有可能最佳的方式来表达它们自己，诸如今晚发言过的寻求者，器皿 Jeremy 之类的寻求者者。他如此勤奋地寻求，我们是如此钦佩这种寻求与这种改善的渴望。

There are so many unaware of their service that they provide within the yellow ray just by their very existence, by their very facet they hold within the diamond. Their very existence is their service. They play their part. It is what we all came here to do, so we suggest that allowing and existing and having the intention to be in your best growth and potential within the yellow ray is enough. And beyond the yellow ray is the green ray, as we rise up within that is our heart-centered activities, and less thinking is involved within this ray and may we suggest to not overthink the yellow ray in allowing your being, and just by having the very best intentions to express yourself at its fullest through the yellow ray would very much suffice.

会有如此多的人并未察觉到它们在黄色光芒中仅仅藉由它们的根本的存在性，藉由它们在钻石中拥有的面相，而提供的服务。它们的根本的存在性就是它们的服务。它们扮演了它们的角色。这就是我们全都来这里来做的事情了，因此，我们建议，允许，存在，并拥有意愿来处于你们最佳的成长以及在黄色光芒的潜能中，这就是足够的了。在黄色光芒之外，是绿色光芒，当我们在我们那种在我们的心的中心出的活动中站起来的时候，较少的思考是被包含在这个光芒中的，容我们建议，不要在允许你们的存有的方面过度思考，仅仅藉由让表达你自己的最佳的意图通过黄色光芒处于它最为圆满的状态，就是相当足够的了。

There are always ways to improve. Perhaps by observing other groups within your organism on Earth, such as the grouping of water molecules existing within your oceans. Each molecule is separate, yet it exists together, flowing and allowing its molecule to be a part of its group in flow would be a good observation to make, and a way to see yourself within your groups and your individual groups that you are called to becoming a part of and existing in.

一直都会有改善的途径。也许是藉由观察在地球上的你们的有机体中的其他的团体，诸如存在于你们的海洋中的水分子的团体。每一个份子都是分开的，而它是一起存在，流动并允许它的分子成它在流动中的团体的一部分，就会是一个要做出的优秀的观察，就是一种看到在你的团体以及你被呼唤成为其一部分并存在于其中的个体的团体中的你自己的方式了。

Flowers in a garden: observing these flowers, existing beautifully, quietly, without judgment or examination exist within their group, beautifully. This would also be a very good meditation to try so that you can see how beautifully you already exist and perform within your group. You have so

much to offer. You are lights within this world, and we thank you for your service from the bottom of our hearts, and we thank you for allowing us to be a part of this group, and we pass the contact to the one known as Gary.

在一个花园中的花朵：观察这些花朵，它们美丽地，安静地存在，没有评判或者检查存在于它们的团体中，多美呀。这同样会是一个要去尝试的非常好的冥想，这样你就能够看到你怎样在你的团体中美丽地存在与表演了。你拥有如此大量的事物要提供。你就是在这个世界的光，我们从我们的心底感谢你的服务，我们为你们允许我们成为这个团体的一部分而感谢你们，我们将接触转移到被知晓为 Gary 的实体。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo, and we greet you now through this instrument on this wonderful topic, which has been given such a depth of variety and insight through each instrument in this circle, and that is the topic of the positive use and experience of the yellow ray in your energy system. That ray which has been spoken through previous instruments as the arena of the group which is your path to the heart to evolution and to the Creator, for the group is the many as it is manifested in the third density. It is that medium wherein you may experience a relationship between self and group that may fall within a spectrum of harmony to disharmony, the latter being quite common on your planet and within yourself—and as was a motivating factor in the question, a personal part of the experience, for to be in disharmony with the group is to not feel that one is in right relationship with the group. There is an out-of-kilterness and a proportion which is not right, a dissonance between the note of self and the note of others, and in that gap comes pain, for the heart of self which seeks the Creator and is simultaneously one with the Creator, wishes to be in harmony with all other selves in order that that music which is greater than the self can be played from self through group, as the self has contributions to make to the group, gifts of service and voice.

我们是你们知晓为 Q'uo 的实体，我们现在通过在这个精彩的主题上发言，这个主题已经通过在这个圈子中的每一个器皿被给与了这样一种具有多样性与洞见的深度了，那个主题就对在你们的能量系统中的黄色光芒的正面性的使用与体验。已经那个已经通过之前的器皿被谈及了的光芒，作为团体的竞技场，就是你们通往演化的核心以及通往造物者的道路了，因为当团体在第三密度中被显化出来的时候，它是为数众多的。就是那种你们在其中可以体验到之中在自我与团体之间的关系的媒介，可能会落入到一个从和谐到不懈的光谱之中，在你们的地球上以及在你自己内在之中，不和谐是相当常见的——作为在问题中的一个驱动性的要素，不和谐是体验的一个个人性的部分，因为处于与团体之间的不和谐的状态中，就是不去感觉到一个人是与团体处于适当的关系中的。会有一种失去平衡以及一种并不合适的比例，一种在自我的音符与其他人的音符之间的一种不协合音，在那个缺口中，痛苦会出现，因为寻求造物者且同时性地是与造物者是合一的自我的心，希望与所有其他自我协调一致，以便于那个比自我更大的音乐能够通过团体从自我被演奏，因为自我拥有要对团体做出的贡献，拥有服务与声音的礼物。

To move toward that harmony, one may consider the utility of the premise of the present rightness of the self, and the present rightness of other selves, and the present rightness of the group. By rightness, we offer an avenue of contemplation whereby one may strip the tendrils of judgment and resistance that stop up the energy and contribute to the disharmony between self and others, for if one is already in a state of rightness, and the group, whatever its expression, is already in a state of rightness, then one is free to open the heart and to love that which is. And once the material of the self and the group is loved, then its truer nature may be understood, and then a space may be created wherein the divine harmony and the rightness of all things may be manifested in an environment of utter harmony of what you call cooperation: mutual desire to serve one another, to work toward a common good and common goal. These things happen within the yellow ray as its energy is lifted into the green ray.

要朝向那种和谐移动，一个人可以考虑对自我当前的适当性 (rightness)，其他自我当前的适当性，以及团体当前的适当性的前提的使用。藉由适当性，我们提供了一条沉思的途径，通过这条途径，一个人可以剥去那些阻碍了能量并对在自我与其他人之间的不和谐做出了贡献的评判与反抗的卷须，因为如果一个人是出于一种具有适当性的状态中，团体，无论它的表达是什么，都已经处于一种具有适当性的状态中了，接下来，一个人就拥有自由去开放心灵并去爱其所是了。一旦属于自我与团体的材料是被爱的，接下来，它更为真实的属性就可以被理解了，接下来，一个空间就可以被创造出来，在其中神圣的和谐性与所有事情的适当性就可以在一个具有你们称之为合作的事物的完全的和谐的环境中被显化出来：去相互彼此服务，去朝向一个共同的善与共同的目标工作的共有的渴望。在黄色光芒的能量被提升进入到了绿色光芒中的时候，这些事情就会在黄色光芒中发生了。

This instrument searches for a thought which it feels was lost along the way. It has not recovered.

这个器皿正在搜寻一个它感觉到在道路上搞丢了想法。它尚未取回。

The yellow ray is your field at this time, and through that ray, as we spoke through the instrument known as Austin, is a self-radiance that contributes to the whole, and as one fire helps to light the next, and generates more of itself as it is unblocked, unleashed, and brought into the open heart of an acceptance of where one is, as one is, for as we spoke through the instrument known as Julie, there is rightness in you by virtue of the fact that you exist. Where you exist is your space—that space is sacred. You are, you have service, and the more that you accept that space where you stand, the more that you become as the empty instrument through which the Creator plays its song through you and through all your other selves in a symphony that is quite beyond your comprehension, but is hearable, shall we say, to your heart and to your soul, and at this time we transfer this contact, with gratitude to all, to the one known as Jim.

黄色光芒就是在此刻你们的田地了，通过那个光芒，如我们通过被知晓为 Austin

的器皿说过的一样，会有一种会为整体做出贡献的自我的光辉，当一个火焰帮忙点亮了下一个火焰，并产生出比它自己更多的事物的时候，当一个人是消除了阻塞，解开了束缚，并被带入到具有有一种对一个人所在之处，如其所使的接纳性的开放的心之中的时候，因为如我们通过被知晓为 Julie 的实体说过的一样，在你内在之中藉由你是存在的事实就会有适当性了。你是，你拥有服务，你越多地接受那个你站立的位置，你就会越多地如同一个空的乐器一样，通过这个乐器，造物者通过你，通过所有你的其他自我，在一个交响乐中弹奏它的歌曲，这个交响乐是相当大地超出了你们的理解的，但是它对你的心与你的灵魂是听得到的，在此刻，我们会，带着对所有人的感激，将这个接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument once again. We are most pleased that each within this circle has been able to receive our transmissions with a high degree of accuracy. This gives us great pleasure, my friends, as we are aware it gives to you as well, for it is a work well done to offer to the One Creator that which is the finest of your creation, as individual portions of the One Creator. We thank each in this group for the effort that each has made to be fastidious in the challenging of our contact, for this is most important, my friends. It is a crowded universe, as the one known as Carla used to say, and there are many entities that would appreciate the opportunity to divert you from your course of seeking in a pure fashion to serve the One Creator in the positive polarity. Your challenge is your guarantee that you have us on the line. We would ask at this time if there are any queries to which we may respond.

我是 Q'uo，我再一次与这个器皿在一起了。我们极其高兴在这个圈子中的每一个人都已经能够带着一种很高程度的准确性来接收我们的传递了。这给予了我们的巨大的喜悦，我的朋友们，因为我们知道它同样也给予了你们巨大的快乐，因为它是一个被很好地进行了的工作，以向太阳造物者提供你们的造物的最美妙的事物，即太一造物者的个体的部分。我们为每一个人已经在对我们的接触的挑战中为了成为一丝不苟的做出的努力而感谢在团体中的每一位，因为这是极其重要的，我的朋友们。这是一个拥挤的宇宙，如被知晓为 Carla 的实体习惯于说的一样，会有很多的实体会感激那个让你们从你们用一种纯净的方式寻求去用正面的极性来服务太一造物者的进程偏离正道的机会。你们的挑战，就是你们对于你们让我们上线了的保证。我们会在此刻请求，是否有任何问题是我们可以回应的。

Jeremy: Q'uo, I wonder if you have suggestions for how we can relate positively to a group that manifests an adversarial energy. How could we help there when we are one among many, and the many are in anger?

Jeremy: Q'uo, 我想要知道是否你们在关于我们如何正面性地与一个显化了一种敌对的能量团体建立关联的方面有什么建议吗？当我们是很多人中的一员，且很多人都是处于愤怒中的时候，我们如何才能在那里帮忙呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. In many ways this query exemplifies the nature of your third-density illusion, for there is much of disharmony upon this planetary sphere which has existed for a great portion

of your time. Thus, each of you as seekers, in your own spiritual path, have set before you the challenge of interacting in a loving manner with those whom you meet in your daily round of activities, and to give that which is the best of your heart, that which you desire the most to share with others. We do not recommend the precise strategy, shall we say, for interacting in a manner which may be effective in transforming the angry, disharmonious vibrations of a group. Rather, we would recommend that you, as one individual, carry that precious unconditional love with you into any such group situation and look for opportunities to come your way; drawn, as if by magnetic attraction, to your heart because you have asked the One Creator to present to you such opportunities as will give you a measure of sharing of that love with others in what could be seen as the most unusual, or unexpected of circumstances; so that you are as the gardener who plants the seed, the seed of love, of acceptance, of compassion, of knowing that each entity you meet is the One Creator. And if you can speak to the Creator in whatever situation presents itself with your love, the Creator within the entity that you speak to will rouse the consciousness of this entity to a degree that it may be willing to venture into new territory, if for just a moment, with you.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。用很多种方式, 这个问题示范了你们的第三密度的幻象的属性, 因为在这个星球上会有大量的不和谐, 这种不和谐已经存在于你们在你们的时间的一个巨大的部分中了。因此, 你们每一个人, 作为寻求者, 在你们的灵性的道路上, 都已经在你们面前设置了这样一种挑战, 那就是用一种有爱的方式来与那些你们在你们的日常生活的活动中遇到的人进行互动, 并给予属于你们的心最佳的事物, 给予你们最为渴望与其他人分享的事物。我们并不推荐用于用一种可能在转变一个团体的愤怒的、不和谐的振动的方面是有效的方式来进行互动的精确的策略。我们毋宁是推荐你, 作为一个个体, 将那种宝贵的无条件的爱带在你身边, 带入到任何这样的团体情况中, 并寻找机会来走你的道路, 这样的机会, 如同藉由磁铁的吸引一样, 会被吸引到你的心, 因为你已经请求造物者向你展现这样的机会, 这样的机会将会给予你一种, 在能够被视为是最为不同寻常的, 或者未被预料到的情况中, 对与其他人分享那种爱的手段, 这样你就如同种下种子的园丁也一样了, 那个种子是爱、接纳心、同情心的种子, 以及对每一个你遇到的实体都是太一造物者的知晓的种子。如果你们能够在无论什么奖其自身呈现出来的情况中都带着你的爱对造物者说话, 在你对其说话的实体内在之中的造物者将会搅动这个实体的意识到了一种程度, 它可能会乐意于与你一起冒险进入到新的领域中, 如果仅仅是一小会的时间的话。

You cannot change the world at once, my brother, but you can change it one interaction at a time, one step at a time, upon a long journey of revealing and receiving the love that is within each moment and in each person. You, yourself, are a fine example of such love in action, for you take that love with you wherever you go and share it with whomever you meet. This is our recommendation, my brother. Let the love of the One Creator move through you as if it is also a channel of energy, a river of beingness, that can surround and engulf any disharmony brought before it.

你们无法一下子改变世界, 我的兄弟, 但是你能够, 在一条漫长的揭露与接受那种在每一刻中且在每一个人身上的爱的旅程上, 一次一个互动地, 一次一步地改

变它，因为你在无论什么你去的都带着那种爱，并与无论什么你遇到的人分享它。这就是我们的建议，我的兄弟们。让太一造物者的爱流经你，就好像它同样是一个能量的管道，一个具有存在性的河流，那条河流能够包围并吞没任何被带到它面前的不和谐。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Jeremy: No, that seemed to me to be very complete. Thank you, Q'uo, for your generosity.

Jeremy: 没有了，那在我看来似乎是非常完全的。为你们的慷慨而感谢你们，Q'uo。

Q'uo: I am Q'uo. We thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo。我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, when you look at me, the one who you would call "the one known as Gary," do you have any particular suggestions that I might consider to improve my ability to be an effective channel for your thoughts?

Gary: Q'uo, 当你们检查我，那个你们称为“被知晓为 Gary 的实体”的时候，你们有任何具体的建议是我可以考虑，以增强我成为一个你们的想法的有效的管道的能力的吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. Our recommendation to each entity, not only to you, my brother, is that you be willing to take the risk—the risk of being a fool, a fool for the One, in an attempt to speak those concepts that come to you, as they come to you, as clearly as possible, taking the time to be sure that each concept is clearly received and transmitted, without attempting to imagine what might be the thought that is being striven towards, for there is a great temptation on the part of all new instruments, to attempt to receive more than is being given at the moment, which is to say, to take part in the creation of the message that is being offered through you. This is quite understandable, for it is a portion of each seeker of truth's history as a small child, to have, at some point or other, or perhaps many points, having the feeling of being foolish, of making a mistake, of having group disapproval heaped upon one. This is not likely to occur in this environment, however. The training for each seeker in this regard has been for the most to wish to escape such retribution, shall we say, for the action that was taken innocently, and which did not turn out as one had hoped it would.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们对每一个实体的建议，不仅是对你，我的兄弟，就是你们乐意于去冒险——成为一个傻子，一个太一的傻子的风险，在一种去说出那些出现在你们头脑中的观念的尝试中，当这些观念出现的时候，尽可能清晰地，花时间确信，每一个观念是清晰地被接收到并被传递了的，不要尝试去想想，那个正在被驱赶出来的想法可能是什么，因为在

所有新的器皿身上都会有一种巨大的诱惑去尝试去接受到比在那个时刻正在被给予的事物更多的事物，也就是说，去参与到对正在通过你们被提供的信息的创造中。这是相当可以理解的，因为每一个真理的寻求者的历史的一部分，如同一个小孩子一样，都会是这样或者那样的某个位置上，或者也许在许多位置上，拥有成为愚蠢的感觉，犯了一个错的感觉，让团体的不认同堆积在它身上的感觉。无论如何，这是不大可能会在这个环境中发生的。每一个寻求者在这方面的训练，对于大多数人，都已经是希望去逃避这样的对一个天真地被进行了的行动，并未被证明是一个人本来已经希望它是的样子的行动的惩罚。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: No, thank you.
Gary: 没有了，感谢你。

Q'uo: We are Q'uo. Again, we thank you, my brother.
Q'uo: 我们是 Q'uo。再一次，我们感谢你，我的兄弟。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Jeremy: Q'uo, this is a little bit of a change of subject, but I wonder, from your position in the Creation, how clear is the boundary between free will and being able to give somebody the information they seek? How clearly do you see when something goes over the line?

Jeremy: Q'uo,这是对主题的一个小小的改变，但是我想要知道，从你们在造物中的位置，在自由意志与能够给予某个人它们寻求的信息之间的边界有多么清晰？当某个事情越过了那条线的时候，你们是多么清晰地看到的呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. We assume that you mean how clearly do we see when entities within your illusion go over this line, that would be an infringement upon free will. Is this correct, my brother?

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。我们假设你的意思是，当在你们的幻象中实体越过了这条线的时候，我们是如何清晰地看到的，那会是对自由意志的一种侵犯。这是正确的吗，我的兄弟？

Jeremy: No, actually, what I'm asking is when one of us asks you a question, Q'uo, and you perceive it as crossing the line into the area where our confusion suits us best. How clearly do you see that our question reaches for information that crosses that line? Is that line clear to you?

Jenemy: 不是，实际上，我正在询问的问题是，当我们中的一个人询问你们一个问题的时候，Q'uo，你们感觉到它是跨越了边界进入到了在其中我们的混淆是最适合我们的位置的区域中。你们是如何清晰地看到，我们的问题是在对跨越了那条线的信息伸出手呢？那条线对你们清晰的吗？

Q'uo: I am Q'uo, and am aware of your query more fully, we hope, this time.

As you can see from our misperception of your former query, which is, indeed, the same query, we do not always see clearly. We wish to suggest that the basic principle by which we determine whether or not to answer a particular query, is if our answer would give you a direct suggestion as to action to take, rather than giving you a principle by which you might utilize a process of decision making more clearly, and determine your own action. In other words, we do not wish so much to give you a precise answer as a philosophical answer, by which you might, yourself, make the appropriate response in terms of your own experience.

Q'uo: 我是 Q'uo, 我们希望这一次我们更加充分地了解了你的问题了。如同你能够从我们对你前面的问题的误解看到的一样, 确实, 它是相同的问题, 我们并不是一直都是清晰地看到的。我们希望建议, 我们藉由其确定是否回答一个特定的问题的基本原则, 是我们的回答会给予你们在关于要进行的行动的方面的一个直接的建议, 而不是给予你们一个藉由其你可以利用一个更清晰地做出的决定的过程, 并确定你自己的行动的原则。换句话说, 我们并不希望在给予你们一个精确的答案作为一个哲学性的回答, 而藉由哲学性回答, 你自己可以在你自己的体验的方面产生出适当的答案。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Jeremy: No, that's quite clear.
Jeremy: 不用了, 那是清晰的。

Q'uo: I am Q'uo. We would, at this time, thank each once again for inviting our presence this evening. It has been a great joy to be with you. We are always full of love and light, that not only do we bring with us, but that we take with us from you as we give you ours. It is a fair exchange my brothers and sister, for there is much of joy within this group this evening. We will not make the pun obvious. We are those of Q'uo. We thank you again. We leave you in love and in light, peace and in power. Adonai vasu borragus.

Q'uo: 我是 Q'uo, 我们会在此刻为你们邀请我们在今晚出席而感谢你们每一位。与你们在一起已经是一个巨大的喜悦了。我们一直都充满了爱与光, 那种爱与光不仅仅是我们带在我们身边的, 我们同样也在我们给予你们我们的爱与光的时候将来自于你们的爱与光带在我们身边了。我的兄弟姐妹们, 它是一种美丽的交换, 因为今晚在这个团体中会有大量的喜悦。我们将不会让双关语变得明显。我们是 Q'uo, 我们再一次感谢你们。我们在爱与光中, 在力量与平安中离开你们。Adonai vasu borragus。

September 1, 2018

2018-09-01 易受伤害性与创伤体验

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in love and in light this afternoon. We are most honored to be able to join your circle of seeking. We have observed your circle and your being over the past two days, as you would call them, and have been most inspired by the open hearts that we have noted sharing the love and the light of the One Creator who resides in all, with all, and we join you in rejoicing in that love and in that light, and in the comradeship that you have built this weekend.

我是 Q'uo，我在这个下午在爱与光中向你们每一位致意。我们对于能够加入你们的寻求的圈子是感到极其荣耀的。我们已经在过去的两天时间中观察呢你们的圈子与你们的存有了，如你们会称呼它们的一样，并已经因为我们已经注意到的对居住在万物之中，与万物同在的太一造物者的爱与光的分享而已经是极其受启发的了，我们加入你们一起在那种爱中，那种光中，在那种你们已经在这个周末构建的伙伴关系中欢庆。

We are aware that there are queries which have been offered to us in hopes of clarifying certain concerns that are upon your minds. We would ask one favor of you before we begin to respond to these queries, and that is that you would see us as your brothers and sisters who are wishing to be of service to you, but who have no authority over you, and do not wish to be seen as infallible, for we have walked but a further step along the path than have you. If any word or thought we speak does not ring of truth to you, we ask that you lay it aside without a second thought. Take only that which has value to you and use it as you will, as you must, for this is the density of choice, and all information and inspiration may be utilized by each seeking soul to further the journey upon the spiritual path.

我们察觉到有已经向我们提出的问题了，并寄希望于澄清在你们的头脑中的一定的关注点。我们会在我们开始回应这些问题之前请求一个你们的恩惠，那就是你们将我们视为是你们的兄弟姐妹，我们希望对你们进行服务，而不拥有任何高于你们的权威，我们并不希望被视为是不会犯错的，因为已经在那条道路上仅仅比你们多走了一步。如果任何我们说的话或者想法在你们听起来并不是真理，我们请你们毫不犹豫地将它放在一边。仅仅拿走对你们有价值的内容，并如你们所愿地，如你们必须地一样使用它，因为这是选择的目的，所有的信息与启发都可以被每一个寻求的灵魂利用，以让在灵性道路上的旅程更进一步。

At this time, we would ask for the first query to be read.

在此刻，我们想要请求第一个问题被朗读。

Gary: Q'uo, the first question from the group asks: "How can we embrace being vulnerable in the face of catalyst from other selves?"

Gary: Q'uo, 第一个问题是来自于团体的，它询问：“我们如何能够在面对来自

其他人的催化剂的时候拥抱成为易受伤害的。”

Q'uo: I am Q'uo and am aware of your query. This is a salient query, for your third-density experience, for all of you, living beyond the veil, are quite vulnerable to any questioning or doubt that comes from any other soul, or even from yourself, for there is nothing that can be known for sure, or experienced in a way that can be explained with certainty, for all that you experience is that which is subjectively experienced. Thus, it is necessary, in order to gain the confidence to continue walking this path of seeking and serving, to be able to develop your own inner strength that propels you past any doubt or fear of further movement upon this journey. To develop your own inner strength is a process which may take a variable length of what you call time and experience within your illusion, for to some it comes more quickly, if this is not a portion of their pre-incarnative choices, shall we say. For some, it is easier to look upon the path of seeking as that which is the most natural thing in the world, shall we say, for they are born with a knowing that there are other lessons that they shall face upon this time that you call an incarnation within the third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了。这是一个引人注目的问题, 对于你们的第三密度的体验, 对于你们所有人, 活在罩纱之外就是要对来自任何其他灵魂, 甚至是来自你自己的任何质疑或者怀疑成为相当易受伤害的, 因为没有任何事情是能够确信无疑地被知晓的, 或者用一种能够带着确定性而被解释的方式而被体验到的, 因为你们所有人体验到的事情都是主观性地被体验到的。因此, 为了要取得确信以继续走在这条寻求与服务的道路上, 需要能够发展你们自己的内在力量, 那种内在的力量会驱动你们超越任何的对于在这条旅程上更进一步地行动的疑虑或者恐惧。要发展你们自己内在的力量是一个可能要在幻象中花费可变的长度的你们称之为时间的事物的过程, 因为对于一些人, 它会更快地出现, 如果不是它们的, 容我们说, 投生前的选择的一部分的话。对于一些人, 要将寻求的道路视为是在世界中, 容我们说, 最为自然而然的事物, 这是更为容易的, 因为它们生来就带有一种知晓, 会有其他的它们将会在这个你们称之为在第三密度的幻象中的一次投生的这个时间去面对的课程。

However, for some entities the choices of lessons include the potential for working with what you would call the lower self-esteem, the concept of the self that has introduced to it that doubt or uncertainty that what you are doing is what you should be doing, or what you can do, or what you might do. In this instance, we would recommend that you retire to your meditative state, perhaps at the end of your day, and review the day that has just passed, seeing all of those instances in which you moved with certainty, and those in which you moved with uncertainty. Look carefully at the factors and features of each instance in which either certainty or uncertainty was experienced. See if there is a triggering mechanism, a commonality that is contained within either the certainty or uncertainty, whether there be one or the other, look then to seeing the balance between the two that you can achieve when you observe how you have expressed these qualities within your being.

然而, 对于一些实体, 对课程的选择包含了与你们会称之为较低的自尊的事物一

同工作的可能性, 这个自我的观念已经将对于你们正在做的事情是你们应该在做的事情, 或者你们能够做的事情, 或者你们可能做的事情的怀疑或者不肯定引导到它身上了。在这个情况中, 我们会建议你们后退到你们的冥想状态中, 也许是在你们的一天的结束的时候, 回顾那个刚刚已经过去的日子, 同时看到所有那些你们带着肯定在其中移动的情况, 以及是那些你们带着不肯定在其中移动的情况。仔细检查每一个在其中要么确定性, 要么不确定性被体验到, 要么会有一个要么会有另一个的情况的要素与特性, 接下来, 检查并看到, 在你们观察到你们如何已经在你们的存有中表达了这些特性的时候, 你们能够在两者之间的取得的平衡了。

Look then to the uncertainty—see there a reflection of the self at a younger age, progressing backwards, shall we say, from your current time period to the time in which you feel this quality was born within your being, that time in which you first experienced the doubt of whether what you were doing and what you were feeling, and how you were being, might have value. Was there an instance in which another entity introduced that doubt to you, calling it to your attention, making you wonder if this was real or if this was not. See then, the forces, as much as is possible, which have conspired to bring about this current state of mind, the configuration of that which is called uncertainty.

接下来, 检查那种不确定性——看到会有一种对在一个较为年幼的年龄的自我的映射, 从你当前的时间, 容我们说, 反向前进到这样一个时间, 在那个时间中, 你会感觉到这种属性会在你的存有中被诞生出来, 在那个时间中在关于是否你正在做的事情, 你正在感觉到的事情, 以及你是如何存在可能是有价值的方面, 你第一次体验到对其的怀疑了。是否会有这样一个情况, 在其中其他的实体将那种怀疑引导到你身上了, 让你注意到它, 并让你感到疑惑, 是否这是真的, 或者是否这不是真的。接下来, 尽可能多地看到那些已经共同促使以引发出这种当前的心智的状态, 那种被成为不确定的事物的配置的力量。

If you are able to remember the time and experience in which this uncertainty was planted within you as the seed, look then to what has happened since, follow the path of the growth of this plant within you, to observe its effects upon your incarnational experiences. Was there any indication of a lesson that could be learned by experiencing such doubt? Was there any fruit that came or comes from such experience of doubt? Were you able, in any instance, to overcome the barrier that uncertainty built about your own mind and perception of yourself? Can you see how you might ascend that barrier? Can you see beyond the uncertainty?

如果你们能够回忆起在其中这种不确定已经作为种子被种植在你内在之中的时刻与体验, 接下来, 检查自从那之后已经发生了的事情, 跟随在你内在之中的这个植物的成长的道路, 以观察到它在你的投生体验上产生的作用。会有任何对一个能够藉由体验这样的疑虑而被学会的课程的指示吗? 从这样的疑虑的体验, 曾经产生过或者正在产生任何的结果吗? 在任何情况中, 你能够跨越那个在你自己的心智与对你自己的知觉周围被构建起来的那种不确定的障碍吗? 你能够看到你如何才能攀登那个障碍吗? 你能够看穿那种不确定吗?

Then look to that time, or those times, in which you have been able to find

within your being, the concept of certainty. How was this expressed? What was its trigger or genesis? Was there, in your experience at that time, any motivating factor from without, from another entity for example, that gave you the feeling of confidence, of assurance, of the ability to move forward with strong and sure steps?

接下来, 检查那个或者那些在其中你已经能够在你的存有中找到那种具有确定性的观念的时间。这种确定性是如何被表达的呢? 它的触发物或者起源是什么呢? 在你在那个时刻的体验中, 曾经有任何来自外部的, 举个例子, 乃至其他实体的驱动性的要素给予了你那种确信的感觉, 信任的感觉, 以及用强有力而确信的脚步前进的能力吗?

Look then to both of these experiences to see what each has had to offer to you through your life experience. Many times there is a great learning that can come from that which seems of a negative nature, for that of a negative nature that seems to oppose your own sense of self can be utilized as a motivating force to move you forward upon your spiritual path.

接下来, 同时检查这两个体验来看到, 每一个体验已经通过你的生命体验必须要提供给你的事物。很多时候, 会有一种巨大的学习能够从那个看起来似乎具有一种负面性的属性的事物产生出来, 因为那个具有一种负面性的属性的, 看起来似乎与你自己对自我的感知相反的事物, 能够被用着一种驱动性的力量, 要让你在你的灵性道路上前进。

Indeed, my friends, there are no mistakes within your life path. There is nothing that is in your journey that you have not placed there of your own free will before the incarnation. Thus, if you can examine the factors which have created your experience of both certainty and uncertainty, then you may be able to fashion a further path through the remainder of your incarnation that walks with a more certain tread.

确实, 我的朋友们, 在你们的生命道路上没有错误。在你的旅程中没有任何事情是你在投生前没有凭借你自己的自由意志已经放置在那里的事物。因此, 如果你能够检查已经同时创造了你的具有确定性和不确定性的体验的要素, 接下来, 你就可能能够塑造一条更进一步的道路穿越你的投生的剩余的部分, 并用一种更为肯定的脚步来行走。

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Thank you Q'uo, the next question asked, or says rather, "Greetings, our brothers and sisters of Q'uo. My question is, what exactly is a thought? Where does it come from, and what exactly is it made of? I understand that the origin of all things is the Infinite One, and that everything is made of light, but I am wondering if you can expand upon this topic. Thank you so much."

Gary: 感谢你们, Q'uo, 下一个问题询问, 或者毋宁是在说, "我的兄弟姐妹 Q'uo, 你们好。我的问题是, 一个想法究竟是什么? 它是来自于何处, 究竟它是由什么构成的? 我理解所有事情的起源都是无限太一, 每一个事情都是由光构成的, 但是我知道, 是否你们能够在这个主题上进行拓展。非常感谢你们。"

Q'uo: I am Q'uo and am aware of your query my friend. This is, again, an important concept to consider, for, within your illusion, what you have to propel you through the illusion in whatever fashion you move is the power of your own thought, the power of other thoughts, the power of all thought which has created your cultural milieu. The thoughts that you think, and that are thought about you, are the creation of the mind as it forms consciousness in a certain relationship with itself so that there are considerations given to the qualities of your mind that has perceived the illusion about you in a certain structured fashion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的朋友们。再一次, 这是一个要去考虑的重要的观念, 因为在你们的幻象中, 你们拥有的用来用无论什么你们移动的方式驱动你们穿越幻象的事物, 就是你们自己的想法的力量, 其他人的想法的力量以及所有已经创造了你们的文化性的周遭环境的想法的力量。你们思考的想法, 对于你们被思考的想法, 就是在心智通过一定的与它自己的关系来形成意识的时候的心智的造物了, 这样就会一些考虑会被给予你们的心智的那些已经用一定的有结构的方式感觉到在你们周围的幻象的属性了。

Thus, you describe to yourself the nature of everything—of your being, of the illusion in which you move, of other entities about you, of the possibilities of your movement, of the creative aspects of anything or being that you encounter. Thus, thoughts are your own creation made of the light of the One Creator fashioned by your mind to serve as instruments of understanding of a certain nature.

因此, 你对你自己描述了每一个事物的属性——你的存有的属性, 你在其中移动的幻象的属性, 在你周围的其他实体的属性, 你的运动的课可能性的属性, 你遭遇到的每一个失去或者存有的创造性的面相的属性。因此, 想法是你自己的造物, 它是由太一造物者的光构成的, 是被你的心智塑造的, 以作为具有一种的属性的理解的器皿来起作用。

We realize that your illusion does not contain the concept of clear perception, or understanding, but we use this term because it is closest to our meaning. Thus, the thoughts that you create are your expressions of your perception of your reality, your relationship to it, the means by which you shall move through it, and the ultimate goal or destination of the steps that you take in a conscious fashion.

我们意识到你们的幻象并不包含具有清晰的知觉的观念, 或者理解, 但是我们使用这个词语, 因为它是最接近于我们的意思的。因此, 你创造的想法是你对你的实相的知觉, 它与它的关系, 你将会藉由其穿越它的途径, 以及你用一种有意识的方式走出的脚步的最终的目标或者目的地的表达。

Thus, your thoughts are the means by which you move yourself through your illusion, experiencing those choices that you have made prior to the incarnation in the manner in which you hope to make them, for before the veil you are aware of those needs which you have yet to accomplish within your own beingness, and will provide yourself with these opportunities to

learn in a certain way within the incarnation, according to the thoughts that you create as perceptions of your journey.

因此，你的想法就是你藉由其让你自己移动穿越幻象，并同时体验那些你在投生前用你希望去做出选择的方式已经做出的选择的途径，因为在罩纱之前，你是察觉到那些你仍旧必须要在你自己的存在性中实现的需要，并将会提供给你自己这些机会来用一定的方式，根据那些你作为对你的旅程的知觉而创造出来的想法，在投生中学习。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: Thank you. The next one asks: "Will you please share any practices or methods that may help us understand and work through the core traumas that we experience, especially in respect to other selves who experience these traumas in different ways than our own."

Gary: 谢谢你们。下一个问题询问：“你们愿意分享任何可能帮助我们理解并解决我们体验到的核心的创伤的练习或者方法吗，尤其是在关于用与我们自己不同的方式正在体验到这些创伤的其他的自我的方面。”

Q'uo: I am Q'uo and am aware of your query, my friend. Much of the learning that each of you will experience within this illusion will be related to that concept which you call trauma, for by a traumatic experience, whatever lesson you learn will be engrained far more deeply and surely within your own being than a lesson that is learned without trauma. The type of learning that includes trauma is that which requires a certain kind of inner strength that many find lacking within their own nature. Thus, the desire to move through and heal trauma is that which is the observation of a certain experience or instance of experience that is a reflection in microcosm of the larger journey that you make through this illusion. Again, we recommend that meditation is the greatest tool by which you may process the gaining of strength, the healing of trauma, and the moving forward from trauma, using it as a base upon which to make your next evolutionary step.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的朋友。你们每一个人将会在这个幻象中体验到的大量的学习将会与你们称之为创伤的观念是有关联的，因为藉由一种创伤性的体验，你们学习的无论什么课程将会，比一个在没有创伤的情况下被学会的课程，远远更为深入且确切地被根植于你们自己的存有中。那种类型的包含了创伤的学习，是那种需要一定类型的内在的力量的事物，很多人将会发现在它们自己的属性中是缺少这种内在的力量。因此，去经历并疗愈创伤的渴望就是对一定的体验或者体验的情况的观察之所是的事物，那个体验是对你们穿越这个幻象进行的更大的旅程的微观宇宙中的一个映射。再一次，我们推荐，冥想是你们可以藉由其处理对力量的取得，对创伤的疗愈，从那种创伤前进，并将其用作一个你在其上走出你的下一个演化的脚步的基础的最大的工具了。

Within the meditative state, again we recommend at the end of your day, to take that traumatic experience and to examine it as you examine all

experience to learn from experience as you process the catalyst to be more precise, to achieve experience. Look then to that which has brought about the trauma—what was the nature of its origination? Can you see any helpful fruit that came from it? Is there any means by which you have previously been able to withstand the trauma, to move forward from it, and to seek to heal the trauma and thusly learn from it? This is practicing what you might call mindfulness upon both the conscious and subconscious levels of your mind. Your mind is a powerful quality that you may utilize in examining the nature of all of the experiences or catalyst that you encounter in your daily round of activities. When you can look upon any experience, any trauma or difficulty with a calm and accepting mind and heart, it is far more likely that you will be able to receive intuitional hunches or flashes of inspiration that come from your subconscious mind that utilize its contact with your pre-incarnative choices.

在冥想状态中，再一次，我们建议在你们一天的结束的时候，拿起那个创伤的体验，并在你检查所有的体验的时候检查它，以在你处理催化剂的时候从那个体验学习，以成为更为准确的，并取得经验。接下来，检查那个已经引发了创伤的事物——它的起源的属性是什么？你们能够看到任何有帮助的成果从其产生出来吗？有任何途径是你之前已经藉由其能够忍受那个创伤，从其前进，寻求去疗愈那个创伤并因此从其学习的吗？这就是同时在你的心智的有意识和潜意识的层次上的，你可能称之为内观 (mindfulness) 的练习了。你的内观是在检查你在你的日常生活的活动中所有遭遇到的体验或者催化剂的属性的过程中你可以利用的一个强有力的工具。当你对带着一个平静而接受性的心智与新来观察任何的体验，任何的创伤或者痛苦的时候，你将会远远更加有可能接收到来自于你的潜意识的心智的自觉性的暗示或者灵感的闪光，你的潜意识会利用它与你的投生前的选择之间的接触。

If you sincerely ask of your subconscious mind that it give to you that hint or clue as to the direction of movement in your own daily round of activities regarding the traumatic experience, then you may be able to process this type of catalyst in a successful fashion. We also suggest that you might engage in what you would call the journaling process so that you look upon the experience that brought about the trauma and talk about it to yourself. In many cases, such an activity can activate what you would call the automatic writing that is communication from your subconscious mind to your conscious mind.

如果你真诚地向你的潜意识请求它给予你在关于在你自己的日常生活的活动中关于创伤性的体验的运动的方向的提示或者线索的话，接下来，你们就能够用一种成功的方式处理这种类型的催化剂了。我们同样建议，你们可以参与到你们称之为写日记的过程的事物中，这样你就会观察引发了那种创伤的体验，并对你自己谈论它了。在很多情况中，这样一个活动能够激活你会称之为自动写作的事物，它是一种从你的潜意识心智到你的有意识的心智的沟通交流。

If there is a kind of trauma within your life experience that seems so large and difficult with which to deal that you need extra help, shall we say, from your subconscious, in perhaps another fashion, we would recommend that you

utilize your dreaming experiences. Take then, the tablet and the pencil, placed beside the bed, perhaps with a lighted source of some kind, a flashlight, shall we say, and be prepared to record any dream that comes when you are preceding the sleep time with mental contemplation upon the trauma that you have experienced. Your dreams can give you these clues, as can the automatic writing, as can the intuitional flash.

在你们的生命体验中会有一种类型的创伤会看起来似乎如此巨大，如此难以与之打交道，以至于你们需要来自于你们的潜意识的，容我说，额外的帮助，通过也许另一种方式的帮助，我们会推荐你们使用梦境的体验。接下来，使用后记事本与铅笔，将它们放在床边，也许带着某种类型的一个光源，一个，容我说，手电筒，并准备好记下任何当你进行睡眠的时候出现的梦境，同时在心智上沉思你已经体验到的床上那个。你的梦境能够给予你们这些线索，如同自动写作一样能够给予的一样，如同直觉性的闪光能够给予的一样。

You have many sources upon which to draw, including your inner guides and those angelic presences that are drawn to you because of the nature of your own being and your seeking. Look, then, with both the conscious and subconscious minds, to the experience of being able to ask with a whole heart, from those portions of yourself and your guidance that they may aid you in your conception and perception of additional information that may aid your growth.

你们拥有很多可以利用的源头，包括你们的内在的指导灵，以及那些因为你自己的存有以及你的寻求的属性而被吸引到你身边的天使的存有。接下来，同时藉由有意识心智和潜意识心智来检查那个体验，同时能够带着一颗完整的心来从你自己的那些部分遗迹你的指导灵请求，这样它们可以在你的观念作用以及对额外的可以帮助你的成长的信息的方面帮助你了。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: Thank you. "When groups like this meet for positive service, what happens in the metaphysical world and what spiritual concepts are involved?"

感谢你们。"当类似于这个团体的团体为了正面性的服务而集会的时候，在形而上学的世界中发生了什么事情，什么灵性的观念被包含在其中呢？"

Q'uo: I am Q'uo and am aware of your query, my friends. As we, in the realms of the spirit, look upon you with many other beings of light, we see gathered before us our other selves who are so eager to learn, so full of the optimism and energy of inspiration, that we ourselves are filled with inspiration with love for you, and shed light upon you to join you upon your journeys. When you gather together in gatherings such as this, the very heavens themselves rejoice, for you are but they at another stage of evolution, and yet you are they as they are, for each of you has a soul, a spirit that exists within these lighted realms which has sent you forth as an emissary into this illusion to suffer what is called the "slings and arrows of outrageous fortune," and to come together in groups like this to share means by which to deal with such

outrageous fortune, to see it as a friend which teaches, as a guide which points the direction, as food which nourishes the soul.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的朋友们。当我们在灵性的领域中与很多其他的属于光的存有一起观察你们的时候, 我们看到我们的其他自我在我们面前聚集在一起了, 这些其他的自我是如此渴望学习, 如此充满了乐观与启发的能量, 以至于我们自己是被藉由我们对你们的爱而被启发所充满了的, 我们将光照在你们身上, 以在你们的旅程上加入你们。当你们在诸如这个机会之类的机会上聚集在一起的时候, 整个天国其自身在欢呼, 因为你们不过是在另一个演化的阶段上的它们, 而你们如它们之所是, 就是它们, 因为你们每一个人都拥有一个灵魂, 一个存在于这些光的领域中的灵体, 这些光的领域已经将你们作为一个大使派遣出来进入到这个幻象中, 以遭受被称之为“暴虐的命运之箭与矢”的事物, 并通过诸如这个团体之类的团体聚集到一起分享藉由其与暴虐的命运打交道的途径, 并将它视为是一个教导的朋友, 一个指出了方向的向导, 视为是滋养灵魂的食物。

For there is nothing but love and light, my friends, in various configurations in this illusion in which you inhabit and indeed within the entire creation. The One Creator has fashioned us all as means by which it shall know itself in greater variety and intensity and depth. You are the creator in earth clothes. You move as the Creator moves, yet there are times when you wonder, "How does this all work?" It works together, my friends. As you learn to be a community, and to commune, not only with each other, but with the natural environment about you, with those you know and do not know, with those within the angelic realms, and those beyond this Earth, for all are, indeed, one. There is no true division. Call, then, upon your friends at any time, and you shall be answered. The very heavens rejoice at your every step.

我的朋友们, 因为在这个你们居住在其中的这个幻象中, 确实整个造物中, 在各种各样的配置中, 除了爱与光之外, 什么都没有。太一造物者已经将我们全体塑造为藉由其它将会用更大的多样性, 强度与深度来知晓祂自己的途径了。你们就是穿着尘世的衣服的造物者。你们如同造物者移动一样地移动, 而会有一些时间你们会怀疑, “这全都是如何工作的呢?” “我的朋友们, 它一起工作。当你们学习成为一个集体, 并进行交谈, 不仅仅与相互彼此, 同样也与在你们周围的自然环境, 与那些你知晓与不知晓的人, 与那些在天使领域中的实体, 那些在这个地球外面的实体进行交谈的时候, 因为万物, 确实是一体的, 没有真正的分离, 接下来, 在任何时候都呼唤你们的朋友们, 你们将会被回应。整个天国都会为你的每一步而欢呼。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Gary: Yes, Q'uo, thank you. This one asks: "In attempting to help others understand and experience the energy Suzanna [1] spoke of, could you provide any appropriate insight into the nature of this energy? For example, is this energy only sexual in nature? Is it a portion of a larger, more universal energy? In its most efficient usage what takes place, etc.?"

Gary: 是的, Q'uo, 感谢你们。这个问题询问: “在尝试去帮助其他人理解并体

验 Suzanna [1]谈及的能量的方面，你们能够对这种能量的属性提供任何适当的洞见吗？举个例子，这种能量在属性上仅仅是性吗？它是一个更大的，更为全体性的能量的一部分吗？在它最有效率的使用中，发生了什么事情？如此等等。”

Q'uo: I am Q'uo and am aware of your query, my friend. This energy is the energy of the creation. This energy that you call the sexual energy is the energy that is created and contained in and by each iota of the creation. For all the creation is the One Infinite Creator. As you experience this energy in your normal sexual exchanges of energy, you begin, and we stress begin, to appreciate what the very nature of creation is, for it all is of an orgasmic joy. There is nothing but this joy in the higher realms. Those within your illusion that are able to attempt to potentiate, and are able to do so, within their own life experience, have begun that process that each of you shall eventually realize in your own life—if not in this one, then another. For this is your birthright. This is part of what propels you through the illusion.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的朋友。这种能量是造物的能量。这种你们称之为性能量的能量是被造物的每一个微粒创造并被包含在其中的能量。因为所有的造物都是太一无限造物者。当你们在你们通常的性能量交换中体验到这种能量的时候，你们开始，我们强调开始，欣赏造物者的本性之所是的事物，因为它全都是具有一种性高潮的喜悦的。在更高的领域中，除了这种喜悦之外没有任何事情。那些在你们的幻象中的能够尝试去在它们自己的生命体验中赋能并能够这样做的实体，已经开始了你们每一个人都将最终在你们自己的生命实现的过程了——如果不是在这次生命中，那么就是在另一次生命中。因为这就是你们的天赋权利。这就是推动你们穿越幻象的事物的一部分。

But, much is shielded from the conscious knowledge of most entities upon your third-density planet. It is shielded in order to provide you a protection from energy which you are not able to process until you have made certain realizations or balances within your higher energy centers. This energy, if run through the circuit of your energy chakras without the opening of the higher chakras would be quite damaging to your energy centers.

但是，大量的事物是从在你们的第三密度的星球上的大多数实体的有意识的知晓被屏蔽了的。它被屏蔽了，以便于提供给你们一种对你们无法处理的能量的保护，一直到你们已经在你们的更高的能量中心中实现了一定的领悟或者平衡为止。这种能量，如果在没有开放较高的脉轮的情况下就流经你们的能量的脉轮的回路，会对你们的能量中心成为相当损伤性的。

Thus, though you are experiencing this, you are not aware of it. You may become aware of it by certain practices that involve the balancing of each energy center, seriatim, from the red through the violet. This is a process that those of Ra have called "the balancing of all catalyst" so that you do not pick and choose, shall we say, those things of which you approve, and those things of which you disapprove, but are able, at some point, to see the entire array or realm of experience that you have had as that which is the One Creator, with no distinction of good or bad.

因此，尽管你们正在体验到这种能量，你们并未察觉到它。你们可以藉由一定的

练习察觉到它，这种练习包含了对每一个能量中心的平衡，从红色中心顺次地直到紫罗兰中心。这就是一个那些属于 Ra 的实体已经称之为“对所有的催化剂的平衡”的过程了，这样你们就不会挑选并选择，容我说，那些你们会赞的事情，那些你们不赞成的事情，而是能够，在某个位置，将你们已经拥有的整个体验的范围或者领域都视为是太一造物者之所是，而没有对好或者坏的分了。

This is something that is the goal of each conscious seeker of truth, and each shall experience more and more of the opening of the beingness of the self to the experience of this energy, as the energy centers themselves are open and balanced, and allowed the free flow of the intelligent energy of the One Creator to move through each center until it is open and activating the indigo ray energy center, and then the violet. This, my friends, is what you have to look forward to. Thus, there is much which you may experience and expect to occur within your life patterns.

这是某种每一个有意识的真理的寻求的目标之所是的事情，每一个寻求者都将会体验到越来越多的自我的存在性向着对这种能量的体验的开放，当能量中心其自身是开放且平衡的，并允许太一造物者的智能能量的自由的流动，以穿越每一个能量中心的时候，一直到它是开放的且正在激活靛蓝色光芒的能量中心，接下来，紫罗兰能量中心为止。我的朋友们，这就是你们必须要期待的事物了。因此，会有大量你们可能体验并期待在你们的生命模式中发生的事情。

At this time, we shall take our leave of this instrument and this group. We leave you, my friends, as we found you, in love and in light, in unity, in peace, and in power. You are the Creator. Make no mistake—that is your true essence. Rejoice, then, as we rejoice with you. We are those of Q'uo. We leave you at this time in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体。我的朋友们，我们在爱与光中，在统一性中，在平安中，在力量中离开你们，如我们发现你们一样。你们是造物者。你们不会犯错——那就是你们真实的实质。接下来，欢庆吧，因为我们与你们一同欢庆。我们是 Q'uo。我们在此刻在太一无限造物者的爱与光中离开你们。Adonai vasu borragus。

[1] The Homecoming Gathering was attended by Suzanna Miller who offered a presentation on ecstatic or sexual energy. Her website is <https://www.blissrunner.com/>.

[1] Suzanna Miller 参加了回家集会(The Homecoming Gathering)，她提供了一场对狂喜能量或者性能量的演讲。她的网站是：<https://www.blissrunner.com/>。

September 15, 2018

2018-09-15 冥想与催眠回溯

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet you in the love and in the light of our Infinite Creator. What a joy and a privilege it is to be asked to join your group this afternoon. We have long accompanied this group upon a significant portion of its spiritual path, and we are always most honored to be able to join you in yet another effort to expand the love in your heart, the understanding in your minds, and the inspiration in your souls—for we are, like you, seekers of truth. We have, perhaps, traveled a few steps further upon the path than have you, thus, it is our own way of growing in further understanding to offer ourselves to you at this time in hopes that we may serve you by attempting to answer the queries which you pose to us.

我是 Q'uo, 我们在我们的无限造物者的爱与光中向你们致意。被请求在这个下午加入你们的团体, 这是一种怎样的喜悦和一种怎样的荣幸呀。我们已经在这个团体的灵性道路上的一个相当大的部分上长期陪伴这个团体了我们一直都对于能够在另一次去拓展在你们心中的爱, 在你们的心智中的理解以及在你们的灵魂中的启发的努力中加入你们是感到极其荣耀的——因为我们和你们一样是真理的寻求者。我们也许已经在道路上旅行了比你们已经旅行的距离更远的距离了, 因此, 在此刻向你们提供我们自己, 这就是我们自己在让理解更进一步的方面的成长的途径了, 我们希望我们可以藉由尝试去回答你们会对我们提出的问题来服务你们。

However, before we begin we would ask our perpetual favor: that is, that you take those words and thoughts that we offer to you and use them as you will. If any should not ring of truth to you, leave them aside without a second thought, for we would not wish to become stumbling blocks upon your path. If you would do this favor for us, it will make it much easier for us to speak to you, for we do not wish to appear as authorities who have the ultimate answers for any question you may pose. We are those who have our own distortions, and yet feel that we have enough of a grasp upon the evolutionary path which you now travel that we may attempt to answer your queries.

然而, 在我们开始之前, 我们请求我们永远的恩惠, 那就是, 请你们拿起那些我们提供给你们的话语与想法, 如你们所愿地使用它们。如果任何的话语对于你们听起来不像是真理, 请毫不犹豫地丢弃它们, 因为我们不希望成为在你们的道路上的绊脚石。如果你们愿意为我们进行这个恩惠, 它将会使得我们更加容易对你们发言了, 因为我们并不希望作为那种对你们可能提出的任何问题都拥有终极的答案的权威出现。我们是那些拥有我们自己的扭曲的实体, 而我们感觉到, 我们对你们现在在其上旅行的演化的道路拥有足够多的一种掌握, 以至于我们可以尝试去回答你们的问题了。

Is there a query with which we may begin?

有一个我们可以用来开始的问题吗？

Fox: Q'uo, Dewey Larsen, the engineer and theoretician whom Don and Ra had discussed, wrote that one purpose of sleep is that it rebalances the imbalance between space/time and time/space that occurs during the waking hours. Q'uo, would you please speak to that, and to whether meditation also helps with this balancing?

Fox: Q'uo, Dewey Larsen, Don 和 Ra 已经讨论过的工程师与理论学家, 写到, 睡眠的一个目的就是它对在醒着的时间期间出现的在空间/时间和时间/空间之间的失衡的重新平衡。Q'uo, 你们愿意对我们谈谈那一点, 谈谈是否冥想同样会有助于这种平衡?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, both the states of which you call sleep and the state of which you call meditation are means by which there is a balance achieved between that which is your conscious mind and that which is your unconscious mind, or your subconscious mind. For as you know well, these two portions of your unified mind are divided or separated by what you have called the "veil of forgetting." This veil of forgetting provides you with the means by which your process of polarization may be enhanced as it requires that you constantly seek in a conscious fashion, that which seems hidden from you: that is, more of the unity, the love, and the light, of the One Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 你们称之为睡眠的状态以及你们称之为冥想的状态, 同时都是藉由其会有一种平衡在你们的有意识心智与你们的无意识心智之间被取得的途径。因为如你们清楚知晓的一样, 你们的统一性的心智的那两个部分是被你们已经称之为“遗忘的罩纱”的事物分隔或者分开的。这个遗忘的罩纱为你们提供了你们的极化的过程藉由其可以被增强的途径, 因为它需要你们持续不断地用一种有意识的方式寻求看起来似乎对你们被隐藏起来的事物: 也就是说, 太一造物者的更大的统一性, 更多的爱与光。

In your daily round of activities, as you consciously see and experience those events that populate your day and interact with those people that are a portion of your day, you are then able to begin processing the catalyst that they provide for you in the form of any movement in your being away from unconditional love. Thus, as you use your meditative state in any type of a balancing process to attempt to get a better grasp of the nature of the catalyst you have experienced, you are engaging in the polarization process. The effort that you make, the struggle that you must put forth, the attempt to untangle that which seems unknown or doubtful, is the essence of the spiritual journey, the attempt to make sense and to understand that which seems lacking in sense and understanding.

在你们的日常生活的活动中, 当你们有意识地看到并体验到那些充满了你们的生活的事件, 并于那些是你们的生活的一部分的人进行互动的时候, 你们接下来就能够处理它们为你们提供的, 用在你们的存有中任何偏离了无条件的爱的运动的形式了。因此, 当你们在任何类型的一种平衡性的过程使用你们的冥想

状态，以尝试去对你们已经体验到的催化剂的属性取得一种更好的掌握的时候，你们就在参与到极化的过程中了。你们做出的努力，你们必须付出的奋斗，以及去解开看起来似乎是未知的或者是令人怀疑的事物的尝试，就是灵性旅程的实质了，就是让看起来似乎却缺少道路与理解的事物言之有理并理解它的尝试了。

Thus, as you engage in the process of sleep, you relax the conscious mind to the point that it is no longer the primary player within your being, but gives over this role to that portion that you call your unconscious mind, so that the catalyst which you have experienced becomes a tool, or a portion of an effort to give you images through your dreams that may further illuminate the experience that you have had in your conscious daily round of activities. Your meditative state offers you another means by which to approach the attempt to understand that which has come to you in your conscious experience, for in meditation you can use the ability to focus more clearly and concisely upon these catalytic events than is normally available to you in your conscious mind as it is busying itself with a multitude of thoughts and responses. These are more likely to fall away in both the sleeping state, especially, and in the meditative state according to the ability of the meditator.

因此，当你们进行催眠的过程的时候，你们放松了有意识的心智到了它不再是在你们的存有中的主要的玩家，而将它的位置让位于你们称之为你们的无意识心智的那个部分的程度，这样，你们已经体验到的催化剂就会成为一个工具，或者这样一种努力的一部分，这种努力会通过你们的梦境给予你们形象，这些形象可以对你们在你们的有意识的日常活动中已经拥有了的体验进行更进一步的阐释。你们的冥想状态提供给你们另一条途径藉由其去着手进行那种尝试，以理解已经在你们的有意识的体验中发生在你们身上的事情，因为在冥想状态中，你们能够使用那种，比在你们有意识的心智中，在它让它自己忙于大量的想法与反应的时候，通常可以为你们所利用的那种聚焦能力，更为清晰且准确地聚焦在这些催化剂的事件上的能力。同时在睡眠状态，尤其是睡眠状态中，与冥想状态中，取决于冥想者的能力，这些大量的想法与反应会更有可能消散。

The meditative state also offers another opportunity to ask questions of your unconscious mind that perhaps an intuitional flash will bring to you as an illumination, or perhaps it will be an experience you will have later in your conscious experience of the day when the interesting coincidences or synchronicities may begin to appear within your waking experience that are a result of having asked for assistance in your meditative state from the unconscious mind. Thus are you able to utilize both your conscious and your unconscious mind in your seeking process if you are able to give those portions of your experience that are relegated to dreams and to meditation as much credence and value that you give those experiences of your conscious state.

冥想状态同样也提供了另一个机会来向你们的无意识心智询问问题，无意识心智也许会拥有，将会作为一种启发带给你们的一种直觉性的闪光，或者也许它将会是一种你们在以后将会在你们对一天的有意识的体验中拥有的一个体验，在那个时候，有趣的巧合或者同时性可能开始在你们的醒着的体验中出现，它们是已经在你们的冥想状态中向无意识心智请求的帮助的一个结果。因此，如果你们能够

对你们的体验的那些被驱逐到你们的梦境与你们的冥想中的部分给予和你们会给予那些你们有意识的状态的体验的一样多的信任与价值，你们能够在你们的寻求过程中同时利用你们的有意识的心智与你们无意识的心智了。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Fox: Yes. Does our sleep and meditation also help Gaia's balance of her physical and metaphysical aspects and perhaps help manifest fourth-density physical?

Fox: 是的。我们睡眠和冥想同样会帮助盖亚对她的物质性与形而上学的面向的平衡，并也许会帮助显化第四密度的物质性吗？

Q'uo: I am Q'uo and am aware of your query, my sister. This is an interesting query, in that the answer is both a yes and a perhaps. The yes is given to those entities who are able to use the meditative state in a more specific sense. That is, in the ability to create visualizations of various portions of Gaia that are in need of healing, and to see them with clarity for a number of what you would call your minutes. These visions, held in the conscious mind, then in the meditative state, may provide an ability for the forces of light to send to Gaia those imaged experiences of healing and wholeness that she so desperately needs. The perhaps is given to those entities who are able to utilize their catalyst in the sense by which we just spoke in the previous query, to enhance their own process of seeking so that they are able to open their hearts more and more in the love vibration, and this vibration is that which then adds its healing energy to that of Gaia and her needs, for as you grow, so does she grow. As more and more seek the love and the light of the One Creator within their own hearts and experiences, so then is further healing offered to your Mother Earth.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。这是一个有趣的问题，因为答案同时是一个是的，与一个也许。是的是被给予那些能够用一种更加明确的方式来使用冥想状态的实体们的。也就是说，在创造出对盖亚的各种各样的需要疗愈的部分的视觉化观想，并带着清晰度观看它们一定数量的你们称之为你们的分钟的时间的能力的方面。这些视觉化的观想，在被保持在有意识的心智中的时候，在冥想中接下来就可以提供一种能力来让光的力量将那些具有疗愈与完整性的被想象的体验发送给盖亚，这些体验是她如此极其需要的。那个也许是被给予那些能够用这样一种我们在之前的问题中刚刚谈到过的方式利用它们的催化剂，以增强它们自己的寻求的过程的实体的，这样它们就能够越来越多地在爱的振动中开放它们的心了，这种爱的振动，就是那种接下来会增加它对盖亚的疗愈的能量以及她的需要的事物，因为在你们成长的时候，盖亚会一样成长。当越来越多的人寻求在它们自己的心与体验中的太一无限造物者的爱与光的时候，接下来，更进一步的疗愈就会因此被提供给你们们的地球母亲了。

Is there another query at this time?
在此刻有另一个问题吗？

Fox: Just a short one. When you spoke of the visualizations of portions of Gaia, I'm assuming that includes the human population, and plant and animal populations that might be in a certain area, or were you speaking of just the physical planet—the first-density part of the planet?

Fox: 仅仅是一个简短的问题。当你们谈及对盖亚的一些部分的视觉化观想的时候, 我假设那是包含了可能在一定的区域中的人类的群体, 植物与动物群体, 或者你们仅仅是在谈及物质性的行星——行星的那个第一密度的部分吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. When we spoke of the healing of the entity known as Gaia, we spoke of the healing that is offered by each conscious seeker to any portion of the Mother Earth that is visualized by the seeker in the meditative state. Thus, it is the seeker who directs the energy to those areas in need of healing.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。当我们谈及对被知晓为盖亚的实体的疗愈的时候, 我们是谈及了被每一个有意识的寻求者提供给地球母亲的任何被寻求者在冥想状态中观想的部分的疗愈。因此, 是寻求者将能量指向那些需要疗愈的区域。

Is there another query at this time?
在此刻有另一个问题吗?

Fox: I'm still unclear—so the portion of Gaia would include humans, and any part of the planet, is that right? I guess I'm not making myself clear, I'm sorry.

Fox: 我仍旧是不清楚的——因此盖亚的部分会包含人类, 任何属于星球的部分, 那是对的吗? 我猜想我没有让我自己成为清楚的, 我感到抱歉。

Q'uo: I am Q'uo and am aware of your query. We shall attempt to be as clear as possible. The seeker who utilizes meditation and visualization determines the portion of Gaia that receives the healing vibration.

Q'uo: 我是 Q'uo, 我了解了你们的问题。我们将尝试成为尽可能清晰的。利用冥想与观想的寻求者决定了盖亚的那个会接收到疗愈振动的部分。

Is there another query at this time?
在此刻有另一个问题吗?

Fox: No, thank you, thank you so much Q'uo.

Fox: 不用了, 感谢你们, 非常感谢你们, Q'uo。

Q'uo: We thank you, my sister.

Q'uo: 我们感谢你, 我的姐妹。

Is there another query at this time?
在此刻有另一个问题吗?

Kyle: Yes Q'uo, I have a query. Can you please advise on how I can refine or be more efficient in my own seeking and work as a psychologist, that would

result in greater awareness of how I can better serve other selves?

Kyle: 是的, Q'uo, 我有一个问题。你们能够建议, 我要如何在我自己的寻求以及作为一个心理学家的工作中进行精炼或者成为更有成效的, 并对于我能够如何更好地服务其他自我产生出更大的认识?

Q'uo: I am Q'uo, and am aware of your query, my brother. To any seeker of truth such as yourself, who wishes to enhance the process of seeking and the efficiency of the service of others through the sharing of the bounty that is possible in seeking, the bounty of love and of light, we would again, as has been offered by Confederation sources for many of your years, recommend the using of the meditative state to begin to make deeper and deeper contact with your own subconscious or unconscious mind. Within this portion of your being is described for you and by you before the incarnation those qualities of your own talents and desires that wish to learn and to serve that will be able to be potentiated by your incarnational experience.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。对于任何诸如你自己之类的真理的寻求者, 如果它希望去增强寻求的过程以及通过对在寻求中有可能的馈赠, 爱与光的馈赠的分享来服务他人的成效, 我们会再一次, 如同星际联邦的源头在你们的很多年时间里已经提供了的建议一样, 推荐使用冥想状态来开始与你自己的潜意识或者无意识的心智建立越来越深入的接触。在你的存有的这个部分中, 会有那些在投生前就为你并被你设计好了的那些具有你自己的天分的属性, 以及那些希望去学习与服务渴望, 它们将会能够被你自己的投生体验所赋能。

Thus it is truly said: that that which you seek is already within your being. It is your task as the seeker of truth to unlock these potentials and treasures which are available to you through your own incarnative choices. You may also utilize contemplation, prayer, and analysis to look at what you have before you that you feel needs attention in the way of enhancing your own seeking process and in the way of offering your service to others. The analysis that you engage in may be seen as a preliminary step in the formation of an outline, shall we say, that can channel forth those talents and abilities from your unconscious mind that they may fill in this framework or outline with suggestions or images or impulses or intuitions means by which you may access these subconscious abilities. Thus you create a bridge between your conscious and your unconscious so that there may be a movement of the deeper portions of yourself to the conscious portions of yourself. Thus, you are self-contained, in that you have both the need and the ability to meet that need contained within you.

因此, 常言道, 你寻求的事物是已经在你的存有内在之中的。你作为真理的寻求者的任务就是去通过你自己的投生性的选择为这些可以为你所利用的潜能与宝藏解锁。你同样可以利用沉思, 祈祷以及分析来检查你在你面前已经拥有的, 你感觉到需要用增强你自己的寻求的过程的方式, 以及用提供你对他人的服务的方式来关注的事物。你进行的分析可以被视为是在形成一个, 容我们说, 轮廓的过程中的一个预备性的步骤, 这个轮廓能够从你的无意识心智将那些天分与能力传讯出来, 这样它们就可以用建议、形象、冲动或者直觉的途径填满这个框架或者轮廓, 藉由这些途径你就可以取得这些潜意识的能力了。因此, 你在你的有意识

和你的无意识之间创造出了一座桥梁，这样就可能会有一种你自己的更为深入的部分的一种运动。因此，你是自给自足的，因为你同时将需要以及去满足那种需要能力都包含在你自己内在之中了。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Kyle: Yes, and thank you for that. The other query would be if you could elaborate further upon that where this question might be applicable to other seekers with the same sense of urgency that I have. For example, Doctors Brian Weiss, Michael Newton, and some of their past-life regression work. Could you possibly comment on the work that they've done, and if these sorts of techniques, if you will, could be used in a more collaborative or group way?

Kyle: 是的，为那个回答而感谢你们。另一个问题是，是否你们能够对在关于这个问题在什么位置可以应用于其他的带有与我拥有的紧迫感相同的紧迫感的寻求者的方面进行更进一步的阐释。举个例子，Brian Weiss 博士，Michael Newton，以及一些它们的前世回溯的工作。你们有可能能够对它们已经进行了的工作进行评论吗，是否这些类型的技巧，如果你们愿意这样说的话，能够用一种更为合作性的或者团体的方式被使用呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that this instrument has a good deal of information upon which we may draw for a response to this query. We are aware of the entities that you speak of who have engaged in the life-between-lives hypnotic regressions. In these regressions, you will note that there is the possibility of achieving the realization of the information that we spoke of in our previous query—the ability to determine pre-incarnative choices, the ability to look at how this programming has been chosen, and for what purpose it has been chosen. If entities are able and willing to be hypnotized to the degree that they are able to move into the deeper portions of their own unconscious minds, and call upon those forces which are available to guide them—the higher self, various guides, and angelic presences—then there may be light thrown upon the pre-incarnative choices so that they may be revealed to the seeker undergoing the hypnotic regression. This is a means by which to aid the memory that has been dimmed or cut off from the subconscious or unconscious mind by the veil of forgetting.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现这个器皿拥有大量的信息是我们可以利用来产生出对这个问题一个回应的。我们知道你谈及的这些实体已经从事了中阴期 (life-between-lives) 生命的催眠回溯了。在这些回溯中，你们将会注意到，会有可能性取得我们在我们之前的问题中谈及的对信息的领悟——去确定投生前的选择的能力，去检查这个计划是如何已经被选择的，以及它已经是为了什么目的而被选择的能力。如果实体能够并乐意于被催眠到了它们能够进入到它们自己的无意识心智的更为深入的部分中的程度，并呼唤那些可以为它们所利用来指引它们的力量——高我，各种各样的指导灵，以及天使的存在——接下来，就可能会有光被投射到投生前的选择上，这样它们就可以

对正在经历催眠回溯的寻求者被揭露出来了。这是一种藉由其帮助那种已经因为遗忘的罩纱变得黯淡，或者已经从潜意识或者无意识心智被切除了的记忆的手段。

We may suggest that as the fourth density grows closer and closer in vibratory expression upon this planetary surface, as has been happening for many of what you would call years, that this veil of forgetting for many seekers of truth is becoming thinner and more penetrable. Thus, entities who previously may not have been able to be regressed and to achieve the hypnotic state of depth of singleness of consciousness necessary for such regression, may now be able to do so, for there is much more opportunity to be of service to others now upon this planetary entity that you call Gaia. This is another way of saying that there is much of confusion, of difficulty, of division, and of disharmony between many of these entities within your population who have aligned themselves with one side or another, each imaging the good against the evil.

我们可以建议，随着第四密度在这个星球表面上的振动性的表达中逐渐变得越来越接近，如同在很多的你们称之为年份的时间中已经一直都在发生的一样，这个遗忘的罩纱对很多的真理的寻求者正在变得更为薄，并更加可渗透了。因此，之前可能尚未能够被回溯，并取得具有对于这样的回溯是需要的意识的单一性的深度的催眠状态的实体，它们现在可能能够这样做了，因为现在在这个你们称之为盖亚的星球实体上会有远远更多的服务他人的机会。这是另一种方式说，在你们的人群中很多这些已经将它们自己与一边或者另一边对齐了，且每一边都想象善与恶的对立的人们之间的，会有大量的混淆、困难、分裂与不和谐。

Thus there is a great deal of need, as you are aware, of entities who are able to offer themselves in service to others, as is your great desire. We applaud this desire and recommend that those techniques that you are aware of that can be used in the hypnotic regression be utilized for the purpose of discovering how various entities have programmed, within their own being, the means by which the services that are so needed now, may be accessed and offered to all.

因此，如你们知晓的一样，会有大量的能够通过服务他人来提供它们自己的实体的需要，如同这就是你们巨大的渴望一样。我们称赞这种渴望，并建议那些你们知晓的能够在催眠回溯中被利用的技巧，为了探索各种各样的实体是如何已经在它们的存有中被编程，以及现在是如此被需要的服务藉由其可以被取得并对所有人被提供出来的途径的目的，而被使用

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Kyle: Yes. Thank you for that. To elaborate one step further, if possible, it sounds as if this may be an efficient technique to utilize to create that bridge or unlock the potential, as you mentioned. Is there a possible way to understand or explain further how this may be more beneficial to a variety of other selves—for example, a wanderer vs. a non-wanderer?

Kyle: 是的。为那个问题感谢你们。要更进一步地阐述, 如果有可能的话, 它听起来就好像是, 这可以成为一种有效的技巧来用来创造那个桥梁, 或者解锁潜能, 如你们提到的一样。会有一种有可能的方式去更进一步地理解或者解释, 这如何可能对各种各样的其他自我是更有益处的吗——举个例子, 一个流浪者对比一个非流浪者?

Q'uo: I am Q'uo and am aware of your query, my brother. Those that you describe as the wanderers will have far more ability to be able to utilize the hypnotic state for the movement back into their own consciousness and through the abilities of the hypnotist to help them to achieve the deeper states of consciousness and access those talents that might be utilized in a more efficient fashion once they are realized, either consciously or unconsciously. Those entities which are not the same as what you describe as wanderers may also be able to utilize the hypnotic state depending upon their desire to seek that which is beyond their conscious reach. The desire is that which is of the most importance—the intention, the use of the will in a focused fashion to be of service in whatever means offers itself to those who would serve. Indeed, there are many ways to be of service in the incarnational pattern. The utilization of hypnotic regression is one of the more specialized forms of unlocking these talents.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。那些你描述为流浪者的实体将会拥有远远更大的能力来利用催眠状态来返回到它们自己的意识, 并通过催眠师的能力来帮助它们取得更为深入的意识状态, 存取那些可能用一种更有成效的方式被利用的天赋, 一旦它们被意识到了, 要么是有意识地, 要么是无意识地。那些并不是与你们描述为流浪者的实体相同类型的实体, 同样能够利用催眠状态, 取决于它们寻求在它们有意识的所及范围之外的事物的渴望。这种渴望就是具有最大的重要性的事物了——意图, 用一种聚焦的方式对意志的使用, 以用无论什么会向服务的实体提供其自身的途径来进行服务。确实, 会有很多的在投生模式中进行服务的途径。对催眠回溯的利用是一种更为专门化的解锁这些天赋的形式中的一种形式。

We also suggest that the ability of each seeker of truth to consciously ask the higher self for guidance within the dream state, within the meditative state, and even within the conscious state, is also a means by which entities may be of service to others, for at this time there is the enhanced ability to utilize contact with other portions of the being—be it the higher self, the guides, and angelic presences, the loved ones who have passed over into the world of the spirit, and, indeed, the mind/body/spirit totality. These are sources of inspiration and information for any seeker who has the desire to give over the individual will in the sense of “not my will, but thy will by done.” That is able, then, to open a door to that which may previously have been shut to this entity.

我们同样会建议, 每一个真理的寻求者在梦境状态中, 在冥想状态中, 甚至在有意识的状态中, 去有意识地向高我请求指引的能力, 同样也是一种藉由其实体可以对他人进行服务的途径, 因为在此刻会有增强性的能力来利用与存有的其他部分接触——无论它是高我, 指导灵, 天使的存在, 还是已经过世并进入到灵

的世界中的实体，确实，还有心/身/灵的整体性。这些对于任何渴望去在“不是依照我的意志，而是依照汝的意志”的意义上将个体的意志交托除去的寻求者，这些都是具有启发与信息的源头。

There is also the opportunity of any entity who wishes to serve others to simply look about one and see what opportunities present themselves as a portion of the daily round of activities. As those of Ra have said, there are no mistakes. That which one sees and feels and experiences and encounters in the daily round of activities are opportunities to serve in even a small way, or a large way, it matters not, for each way of serving shares the love and the light of the one with all—for, indeed, you are all one being.

任何希望去服务他人的实体同样也会有机会去简单地观察在一个人的周围，并看到什么机会将它们自己作为日常生活的一部分将它们自己呈现出来了。如同被知晓为 Ra 的实体说过的一样，没有错误。一个人在日常生活的活动中看到、感觉到、体验到并遭遇到的事物就是去用一种甚至很小的方式，或者一种巨大的方式来进行服务的机会，服务方式的是大还是小并不重要，因为每一种服务的方式都分享了与万物之间的一体性的爱与光——因为，确实，你们全都是一个存有。

Any opportunity to serve, therefore, serves the one in all. If you can provide a loving service to any entity, then all entities, not only that entity, benefit, for your love vibrates in service to all, with all, because all have this same love within them.

因此，任何去服务的机会，都会服务于在万物之中的太一。如果你们能够对任何实体提供一种有爱的服务，接下来，所有的实体，不仅仅是那个实体，就都会受益，因为你的爱是在对整体的服务中，与全体一起振动的，因为万物都在它们内在之中拥有这种相同的爱。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Kyle: Thank you for the answer, no.

Kyle: 为那个回答感谢你们，没有了。

Q'uo: We are Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我们是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Fox: Q'uo, would you speak to how fear may be a necessary component in our incarnation, and in our polarization that allows us the opportunity to choose to release fear, and choose love?

Fox: Q'uo, 你们愿意谈谈在我们的投生中，在我们的极化中恐惧如何是一个必须可少的组成部分，它允许我们拥有机会去选择释放恐惧并选择爱吗？

Q'uo: I am Q'uo and am aware of your query, my sister. The ability to benefit from fear is an ability that is expressed or possessed by one who is, shall we say, fearless, who is able to stand face to face with that which is feared and to

see it as a portion of its own being, not as that which is separate from the being, for indeed, all are one. Whatever is feared is a shadow portion of one's own being in a specific form that may seem incongruous with one holds as the highest and best ideals with which to live.

Q'uo: 我是 Q'uo, 我理解了你的问题, 我的姐妹。从恐惧受益的能力是一种被一个, 容我说, 无惧的人所表达或者拥有的能力, 这样一个人能够面对面地与被恐惧的事物站在一起并将它视为是它自己的存有的一部分, 而不是将它视为是与存有分离的事物, 因为确实, 万物一体。无论什么事情被恐惧, 都是一个人自己的存有的, 用一种具体的形式的一个阴影的部分, 这个部分可能看起来似乎是与一个将最高与最佳的理想作为要去为之而活的事物的人是不一致的。

However, even the shadow side of the self has much to offer to any seeker of truth. It is the portion of the self that is most often feared and which takes the form of that in the outer world or illusion that then forms itself in the means by which the seeker may be able to utilize this form of fear to grow further into love and light by realizing in truth there is no thing to fear, for all is one. All is one in every aspect—both the positive and the negative. Love and light can be shared with all and benefit all without the need to fear any portion of the allness of one's being.

然而, 甚至是自我的阴影面都拥有大量要提供给任何真理的寻求者的事物。就是那个自我的极其经常会被恐惧的部分, 以及那个会在外在的世界和幻象中呈现出那种恐惧的形式的一部分, 接下来, 会通过寻求者可能能够利用这种恐惧的形式, 藉由领悟实际上没有任何事情是要害怕的, 因为万物是一体的, 来更进一步成长成为爱与光的途径来形成其自身了。在每一个面向中——同时是正面性与负面性——万物都是一体的。爱与光能够与所有的事物被分享, 并有益于所有事物, 而无需害怕一个存有的全体性的任何部分。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Fox: Thank you Q'uo. That was wonderful.

Fox: 谢谢你们, Q'uo。那是精彩的。

Kyle: Yes, Q'uo, I have one further question. Is it possible for you to elaborate on how similar seekers can connect, contact, or communicate with each other to provide greater service to others in a community based or collaborative way?

Kyle: 是的, Q'uo, 我有一个更进一步的问题。你们有可能在关于相似的寻求者如何能够与相互彼此连接, 接触或者与交流, 以通过一个以集体为基础或者合作性的方式来为他人提供更大的服务的方面进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, those who have a similar way of seeking, who are of like mind, may indeed join forces with each other in a manner in which there is perhaps, as you have suggested, a formalized arrangement of living, a community that is based upon shared values. If such an arrangement can be agreed upon by such seekers of truth,

then you may see the ability to serve as having the magical expression or expansion of that which those of Ra have called "the doubling," so that each entity doubles the ability of each other entity to be of service to those who are the focus of such a community of seekers of truth. Thus those who wish to offer themselves in a selfless manner, and to blend their energies and ideals and inspirations with those who share such ideals that are able to be of a greater service, for there is an expansive or doubling quality to each seeker's efforts.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 那些拥有一种相似的寻求的方式的人, 那些具有类似的心智的人, 确实可以用一种通过其可能会有, 如你已经建议过的一样, 一种对生活的正式性的安排, 一个基于共享的价值的集体的方式来与相互彼此将力量结合起来。如果这样一个安排能够被这样的真理的寻求者赞成, 接下来, 你们就可以将进行服务的能力视为是拥有了魔法的表达或者那些属于 Ra 的实体已经称之为“倍增”的效应的拓展, 这样, 每一个实体都倍增了相互彼此对那些成为了这样一个真理的寻求者的集体的焦点的实体进行服务的能力了。因此, 那些希望用一种无私的方式提供它们自己, 并将它们的能量、理想与启发混合与那些共享了这样的理想的人混合起来人, 它们就能够进行一种更大的服务, 因为会有一种对每一个寻求者的努力的拓展性的或者倍增的特性。

At this time, we shall take our leave of this group and this instrument, for this instrument is beginning to tire. We thank you all, once again, for offering your queries, your love and your light to us. You are inspirations to us as we hope to be to you, for you move within an illusion of dense fog and misapprehension of almost every portion of the One Creator. And yet, within this fog, you provide the light of your own seeking and inspiration that not only lights your way in the darkness, but provides a light for those who have no light of their own. Thus you bring each other home. We are those of Q'uo, and we thank you again, my friends, for your love and light. We leave you in that love and light. Adonai vasu borragus.

在此刻, 我们将离开这个团体和这个器皿, 因为这个器皿正在变得疲倦了。我们再一次, 为你们向我们提供你们的问题, 你们的爱与你们的光而感谢你们全体。你们是我们的启发, 如同我们希望成为你们的启发一样, 因为你们是在一个具有厚重的迷雾与对几乎太一造物者的每一个部分的错误认识的幻象中移动的。而在这种迷雾中, 你们提供了具有你们自己的寻求与启发的光, 这种光不仅仅会照亮你们在黑暗中的道路, 同样也会为那些没有属于它们自己的光的实体提供一种光。因此, 你们将相互彼此带回了家园。我们是 Q'uo。我们再一次为你们的爱与光感谢你们, 我的朋友。我们在爱与光中离开你们。Adonai vasu borragus。

October 6, 2018
2018-10-06 第四密度的发展阶段

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument which offers itself as a channel this afternoon for our words, which we offer to you in the hopes that you may find inspiration upon your spiritual path, for it is our great desire to walk with you upon this path, for this time that we are joined together in our seeking.

我是 Q'uo, 我与这个器皿在一起了, 这个器皿在这个下午提供它自己作为我们的话语的一个管道, 我们提供给予你们我们的话语, 以希望你们可以在你们的灵性的道路上找到启发, 因为我们巨大的渴望就是与你们一起走在这条道路上, 因为这一次, 我们在我们的寻求中结合在一起了。

As always, we ask a simple favor: that is, that you will take those words which we offer to you and use them in whatever way is useful to you. If any words we speak have no use for you, we ask that you leave them behind and worry not about them. We wish only to aid you in your spiritual journey, and not present any stumbling blocks upon your path. If you will do us this kind favor, then we will feel free to speak to you without hesitation.

一如既往, 我们会请求一个简单的恩惠, 那就是, 请你们拿起我们提供给你们的那些话语, 用无论什么对你们有帮助的方式来使用它, 如果任何我们说的话对你们是没有用处的, 我们请你们丢弃它们, 不要担心它们。我们仅仅希望在你们的灵性的旅程中帮助你们, 而不希望在你们的道路上呈现任何的绊脚石。如果你们希望为我们做这个恩惠, 接下来, 我们就会随意对你们发言而不会有任何迟疑了。

At this time, we would ask if there might be a query with which we could begin?

在此刻, 我们想要询问, 是否可能有一个我们能够用来开始的问题?

Fox: Q'uo, would you please give us an idea of the stages we might expect to see as we form a social memory complex here on Earth in fourth density?

Fox: Q'uo, 你们愿意给予我们一个对于当我们在这里在地球上在第四密度中形成一个社会记忆复合体的时候我们可以期待看到的阶段吗?

Q'uo: I am Q'uo and am aware of your query, my sister. This is an interesting query, for indeed the first stage has begun. All of those who seek in the conscious fashion the One Creator, without discriminating the name of such a Creator, or the qualities of such a Creator, or the source of such a Creator, but simply realize that such a Creator exists, and that there is the great desire within the self to serve that Creator in whatever way possible, is an entity which is making itself available for the harvest into your fourth density of love and understanding.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。这是一个有趣的问题, 因

为第一个阶段确实已经开始了。所有那些用有意识的方式寻求太一造物者的人，如果他不去区分这样一个造物者的名字，或者这样一个造物者的属性，或者这样一个造物者的源头，而是单纯地意识到这样一个造物者存在，在自我内在之中有渴望去用无论什么有可能的方式服务那个造物者，它就是一个正在使得它自己可以为进入到你们的爱与理解的第四密度的收割所取得的实体了。

It is important that each such conscious seeker realize that no matter how much information has been gathered to describe the nature of the Creator and its ability to express itself in each iota of the creation, that still there is little that is known about either the Creator or this journey that you are upon; for this density of choice is a density in which little is known, that there is no true understanding. There is the desire to gather information and to move forward in what is seen to be the spiritual journey, using this information as a means of describing the path that is walked and the steps that are taken, and as you have mentioned, the stages through which each passes.

每一个这样的有意识的寻求者都意识到，无论有多少信息已经被搜集起来以描述造物者的属性，以及它在造物的每一个微粒中去表达它自己的能力，关于造物者或者关于你们处于其上的这条旅程，仍旧只会很少的事情是已知的，因为这个选择的密度是一个在其中很少事情被知晓的密度，不会有真正的理解。会有这样的渴望，即搜集信息，在被视为是灵性旅程的事物中前进，同时使用这个信息作为一种描述被行走的道路，被走出的脚步，以及如你们已经提及的，每一个人通过的阶段的方式。

Thus, the beginning stage is that which is the conscious realization of the path upon which each seeker of truth now moves. As what you call time transpires throughout the remainder of this third-density illusion, and there is much confusion, much disharmony, much antagonism, division, and pain of a spiritual nature that is experienced by the great majority of your population, those entities who have qualified themselves through their own seeking of truth will find further means of polarizing their consciousness more towards that which is of service to others. For there will be many instances and opportunities for serving those who are in spiritual pain, in mental distress, in physical disease, for there is much of a disharmonious atmosphere within this planetary sphere. Your Mother Earth has been severely distressed for many thousands of your years by this disharmonious atmosphere and attitude, which is now culminating in the divisions between peoples, groups, countries that now express upon the third-density level of experience.

因此，开始的阶段是对每一个真理的寻求者现在在其中移动的那条道路的有意识的领悟。随着你们称之为时间的事物在贯穿这个第三密度的幻象的剩余的部分中发生，会有大量的混淆，大量的不和谐，大量的对立、分裂以及具有一种灵性属性的痛苦会被你们的人群的绝大多数人体验到，那些已经通过它们自己对真理的寻求而已经让它们自己具有了资格的实体，将会找到途径更进一步让它们的意识更多地朝向服务他人极化。因为将会有很多的场合与机会服务那些处于灵性的痛苦中，处于心智的疾病中，处于身体的疾病中的人，因为在这个星球中会有大量具有一种不和谐的氛围的事物。你们的地球母亲已经因为这种不和谐的氛围与态度而在你们的许多千年的时间中是剧烈地悲伤的了，现在这种不和谐的氛围与态

度正在那些现在在第三密度的体验的层次上进行表达的人群，团体，国家之间的分裂中抵达高潮。

As time continues to move forward into the fourth-density vibrations of love and understanding, there will be a decreasing population due to many factors that will allow entities to pass from this incarnation and to move through the cycle of light into the tunnel of light that measures the vibration of each entity so that it may be determined by each entity's ability to welcome and enjoy an increasing intensity of light whether or not this entity shall, indeed, move into the fourth density that is now forming upon this planetary sphere. Wars, disease, and simple old age will take their toll upon this planetary population, continuing to reduce it as time moves forward.

随着时间继续向前移动进入到爱与理解的第四密度，将会有一种逐渐减少的人数，这是由于很多的因素将会允许实体离开这次投生并穿越光圈进入到光的隧道，这个光的隧道会衡量每一个实体的振动，这样每一个实体去欢迎并享受一种逐渐增强的光的强度的能力就可以确定，是否这个实体将会，确实进入到现在正在这个星球上形成的第四密度中。战争，疾病，以及单纯的年老将会在这个星球的人群中收取它们的费用，同时随着时间的向前推移而减少星球上的人群。

As you are aware, there is no accurate means of determining exactly how long this time period will last until the fourth density is fully in its vibratory mode upon your Planet Earth. However, there will come that time when the population has dwindled and reached its zero point. As this time approaches, the fourth-density sphere will continue to be increasing in its population so that those entities who have been able to welcome and enjoy fourth-density vibrations will find themselves upon a new Earth, with new capabilities of understanding. Each entity will be able to perceive the thoughts and the feelings and the vibratory level of each other being, so that there is a beginning blending of these vibrations in a manner which reveals self to other self as self. Thus each entity will begin to feel a kinship, shall we say, a beating of similar hearts, a walking of the same path, a seeking of the same service-to-others qualities that are existent within the self.

如你们知晓的一样，没有准确的途径来准确地确定，一直到第四密度在其振动模式中充分地出现在你们的行星地球上之前，这个时间段将会持续多长时间。然而将会出现那个全球人数已经减少并抵达它的零点的时间。随着这个时间的临近，第四密度的星球将会继续在其人数上增加，这样，那些已经能够欢迎并享受第四密度的振动的实体将会发现它们自己处于一个新的地球上，并带有新的理解的能力了。每一个实体都将能够感觉到每一个其他存有的想法，感觉与振动层次，这样就会有用一种向作为自我的其他自我揭露自我的途径对这些振动的一种开始性的混合了。因此，每一个实体都将会开始感觉到一种，容我们说，亲属关系，一种类似的心跳，一种对相同的道路的行走，一种对存在于自我内在之中的相同的服务他人的属性的寻求。

As each entity, then, becomes more and more aware of the circle of other entities about it, and is able to absorb these entities' conscious vibrations of selfhood, then there will become a new experience of what you call reality, or

another illusion in which the light is more densely packed and reveals more information to each entity dwelling within this light-filled environment.

当每一个实体，接下来，越来越多地开始察觉到在它周围的其他实体的圈子，并能够吸收这些实体的有意识的自我属性的振动的时候，接下来，将会有一种对你们称之为实相的事物，或者对另一个在其中会有更加致密的光的幻象的新的体验，这个体验会向每一个居住在这个充满光的环境中的实体揭露更多的信息。

The progress, or the stages, as you have called them, of the blending of vibrations becomes amplified with the addition of each entity passing through that so-called tunnel of light, the vibrations of which are able to entice or draw toward it, those passing from the third-density illusion. As more and more entities, then, become aware of their new environment, there is the opening of each heart to each other heart, the opening of each mind to each other mind, the blending of the spirit, so that there is the ability to give and receive love in a fashion that is harmonious to all entities engaged in this group process. Thus each entity brings a living library of experience with it, as it is able to find a place within the beingness of the group. Each entity, therefore, will discover that there is a greater sense of self that enlarges itself within each portion of the group energies. Thus, there is the creation of what you would call a social memory complex that has a type of identity that is much likened unto the cells of the body of the One Creator becoming conscious of the Creator within each entity.

对振动的混合的发展，或者如你们已经称呼它们的一样，阶段，是伴随着每一个穿越那个所谓的光的隧道的实体的添加而被扩大的，这个光的隧道的振动能够将那些离开了第三密度的幻象的实体引诱或者吸引到它。随着越来越多的实体，开始察觉到它们新的环境，会有每一颗心对相互彼此的开放，每一个心智对相互彼此的开放以及对灵性的混合，这样就能够有用一种与所有参与到这个团体过程中的实体是协调一致的方式去给予并接收爱的能力了。因此，每一个实体都在它身上带来了一个活生生的体验的图书馆，当它能够在团体的存在性中找到一个位置的时候，每一个实体，因此，都将会发现，会有一种更大的对自我的感觉，那种对自我的感觉会在团体能量的每一个部分中拓展它自己。因此，会有对你们称之为一个社会记忆复合体的事物的创造，它会拥有一种类型的身份，这种身份非常类似于太一造物者的身体的细胞开始察觉到在每一个实体内在之中的造物者。

Thus, this process of blending of the vibrations of each entity has, at its disposal, the total living bank of each memory from each entity's incarnations throughout the third-density experience. Therefore, there is a time in which this blending may be completed, a time that is not measured as you measure time. This time may be seen as a kind of opening into the infinite intelligence of the One Creator so that each entity, thus offering itself into this blending, becomes aware of the nature of the One Creator, not only within itself, but also within each other entity within this newly forming circle of being which you would call either a group mind, or a social memory complex.

因此，这个对每一个实体的振动的混合的过程，会拥有来自于每一个实体贯穿整个第三密度的体验的投生的每一个记忆的全部的活的储存库供其支配。因此，会有一个在其中这种混合是可以被完成的时间，这并不是一个如你们对时间的衡量

一样地被衡量的时间。这个时间可以被视为是一种类型的进入到太一造物者的无限智能的入口，这样，每一个由此都将它自己奉献给这种混合的实体，就会开始察觉到，不仅仅是在它自己内在之中，同样也是在这个新形成的存有的圈子中的每一个其他实体内在之中的太一造物者的属性了，你们要么将这个新形成的存有的圈子称之为一个团体心智，要么称之为一个社会记忆复合体。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Fox: Not for that. Thank you so much, Q'uo, that was beautiful.
Fox: 对于那个问题没有了。非常感谢你们，Q'uo，那是美妙的。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?
Q'uo: 我是Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Fox: I do have one other. Forgiveness of self is referred to often in the messages we've received from the Confederation, but it is something I struggle with. Would you please expand on this topic and help us see the path to take to arrive at self-forgiveness?
Fox: 我确实拥有另一个问题。对自我的宽恕在我们从星际联邦接收到的信息中经常会被提及，但是它是某种我正在与之挣扎的事物。你们愿意在这个主题上进行拓展并帮助我们看到要抵达自我宽恕要走的道路吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. The forgiveness of the self is that which, when accomplished, allows the self to be able to move forward unfettered by the judgment of the self by the self. All judgment may be seen in a dual fashion. Judgment of a beginning nature, shall we say, is that which recognizes qualities within the being which are not as desired by the being, for they are considered to be other than that which is harmonious.
Q'uo: 我是Q'uo，我了解了你的问题了，我的姐妹。对自我的宽恕，当它被完成的时候，是那种会允许自我能够在不受自我对自我的评判的束缚的情况下向前移动的事物。所有的评判都可以用一种双重的方式被看到。具有一种初始的属性的评判，容我们说，是那种会认出在存有中的并不被存有渴望的属性的食物，因为它们是被认为是并不协调一致的事物。

We must pause briefly.
我们必须短暂地暂停。

(The instrument adjusts a restless and persistent feline entity on his lap.)
(器皿对在他的膝盖上的一只不安分且坚持不懈的猫科实体进行了调节。)

I am Q'uo and am with this instrument once again. The beginning judgment of the entity recognizes disharmony and that which offers the opportunity to grow through the harmonization of that which is disharmonious within the being. This involves the conscious recognition of each portion of the

disharmonious experience as being that which has within it certain qualities would allow the seeker of truth to expand its perception of itself. Thus, the ability to recognize that which needs to be balanced by its polar opposite is that which offers the concept of wholeness to the seeker of truth. In perceiving the self as becoming whole, it is necessary for the seeker to see the self as that which has made what could be described as a misstep or an error, and hold this misstep or error against the self as being a foolish movement, and thus increasing the judgment that began the appreciation of the nature of the supposed misstep.

我是 Q'uo, 我再一次与这个器皿在一起了。实体的初始的评判会认出不和谐, 以及通过对在存有中不和谐的事物的和谐而提供成长的机会的事物。这包含了对不和谐的体验的每一个部分就是在它内在之中拥有一定的属性的事物, 这种属性会允许真理的寻求者拓展它对它自己的观念的有意识地认出。因此, 认出需要被它的极性的对立面平衡的事物的能力, 就是那个会对真理的寻求者提供了具有整体性的观念的事物了。在感觉自我正在成为完整的过程中, 寻求者需要将自我视为是已经产生出了能够被描述了一次失策或者一个错误的事物的实体, 它将这种失策或者错误作为一个愚蠢的举动而举到自我面前, 并因此增加了评判, 就是那种评判开始了对被假设的失策的属性的认识。

However, after the recognition by the self of the seeming misstep, it is necessary for the entity to realize that this misstep has not been a misstep after all, but has been a movement towards growth, and the expansion of the perception of the self that requires that the self be able to accept itself as a new and risen being, shall we say, a being with a new possibility/probability vortex as a result of being able to move forward from the original position to the new position of more harmony and acceptance of the self. This acceptance of the self is another means of describing forgiveness. It is necessary for the entity to forgive itself for making what was seen to be a misstep. This forgiveness is possible as one sees that there has been a measurable growth in the awareness of the self, due to the experience of the need to process the catalyst resulting from the seeming misstep.

然而, 在自我认出了在表面上失策的事情时候, 实体需要意识到, 这种失策终究已经不是一种失策, 而已经成为了一种朝向成长的移动了, 自我能够接受它自己是一个新的, 容我们说, 复活的存有, 一个具有一种新的可能性/或然率的漩涡存有, 作为一个能够从开始的位置向前移动到具有更大的和谐与对自我的接纳的新的位置的结果, 这需要的那种对自我的观念的拓展。这种对自我的接纳就是另一种描述宽恕的途径了。实体做出曾经被视为是一个失策的事物而宽恕它自己, 这是需要的。这种宽恕, 由于体验到了对处理由表面上的失策产生出来的催化剂的需要, 在一个人看到在对自我的认识中已经有一种可以度量的成长的时候是有可能的。

Thus, the completion of the process of learning, which can also be described as "stopping of the wheel of karma" is accomplished, as the self realizes that every step that is taken by the self is necessary for progress in conscious growth of the self. Thus, the forgiveness of the self is a primary part of this learning. If there has been an interaction with another self that has also been

a portion of this disharmonious experience of the seeker of truth, then this other self must also be forgiven, for it is truly the case that each self is the other-self, each other-self is the self, so that it is necessary to forgive the self in both cases, and the other self in both entities. Therefore, there is the breaking of the inertia or the momentum that has carried the self to this point where it has been able to process the catalyst and to produce experience that is the fuel for future growth.

因此，对学习的过程的完成，它同样能够被描述为“停止业力之轮”，被实现了，因为自我意识到，每一个被自我走出的步子，对于自我的有意识的成长中的发展，都是需要的。因此，对自我的宽恕是这种学习的一个主要的部分。如果已经有一种与另一个自我之间的互动同样已经成为了真理的寻求者的这个不和谐的经验的一部分了，接下来，这个其他自我必须同样被宽恕，因为真实的情况是，每一个自我都是其他自我，其他自我就是自我，因此，同时在两个情况中都宽恕自我，同时在两个实体中都宽恕其他自我，这是需要的。因此，会有对已经将自我带到了这个位置的惯性或者动量的中断，在这个位置上，它已经能够处理出催化剂并产生出体验了，这种体验会成为未来的成长的燃料。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Fox: No, thank you, thank you, Q'uo. This gives me a lot to think about.

Fox: 没有了，感谢你们，Q'uo。这给与了我们很多要去思考的事情。

Q'uo: I am Q'uo, and again, we thank you, my sister. Is there another query at this time?

Q'uo: 我是Q'uo，再一次，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Austin: Yes, Q'uo. It's my understanding that as the social memory complex forms, the planet itself becomes a part of that social memory complex, and isn't just a host for it, but is an actual integral aspect of the social memory complex. Is this correct? And if so, could you talk about that relationship with the social memory complex and the planet?

Austin: 是的，Q'uo。我的理解是，随着社会记忆复合体的形成，星球其自身会成为这个社会记忆复合体的一部分，不仅仅是它的一个宿主，而是社会记忆复合体的一个实际上不可或缺的部分。这是正确的吗？如果是的话，你们能够谈谈社会记忆复合体与星球的关系吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, this is a most interesting query. We hope that we may do justice to it.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。再一次，这是一个极其有趣的问题。我们希望我们可以对它进行公正的评价。

Your planetary sphere has, itself, moved through the same densities of this illusion of creation, as have each of you, beginning within the first density; moving then from that which is simple awareness of earth, wind, fire, and water, moving into the second density, where there is a consciousness that

expresses itself as it moves towards the light, that being the second-density beings of the plants and the animals who are able to experience growth and movement in the beginning of self-conscious awareness; which is that quality which allows each second-density being to move within the third-density realm, to become that which is the completed entity—the mind, the body, and the spirit, being added in such a fashion to create a human being, as you might call them.

你们的星球，其自身，已经和你们每一个人一样地穿越了这个造物的幻象的相同的密度，在第一密度中开始，接下来，从简单的土、风、火、水的察觉移动，移动进入到第二密度，在第二密度中，会有一种意识，在它朝向光移动的时候，它会表达它自己，那种意识就是植物与动物的第二密度的存有，它们能够体验到在自我察觉的认识的开始中的成长与运动，就是那种自我察觉的认识是那种允许每一个第二密度的存有第三密度的领域中移动，并成为完整的实体——心智、身体与灵性——的属性，心智、身体与灵性的用这样一种方式被加起来，创造出了一个人类存有，如你们可能称呼它们的一样。

Your Mother Earth has been central in this process of growth through the first three densities, and shall continue to be central in this movement into the fourth density of love and understanding. Thus, the process of experiencing that which is known as the consciousness of self is that which is added by the planet itself, for the planet has, within it, the conscious awareness of each entity that has inhabited its own beingness.

你们的地球母亲在这个穿越一开始的三个密度的成长的过程中已经是中心性的了，并将会在这种进入到爱与理解的第四密度的运动中继续成为中心性的。因此，体验到被知晓为对自我的意识的事物的过程，就是被星球其自身添加的事物，因为星球，在它内在之中，拥有对每一个已经居住在它自己的存在性中的实体的有意识的察觉。

We must pause briefly.
我们必须简短地暂停。

(The restless second-density feline companion expresses its beginning of self-conscious awareness by continuing to solicit pets from the instrument.)

(不安分的第二密度的猫科动物的伙伴藉由继续恳求来自器皿的爱抚来表达它的自我意识的察觉的开始。)

I am Q'uo and am again with this instrument. The planetary entity which you call your Gaia, or your Mother Earth, has, throughout limitless time, experienced its own consciousness and expressed it as the quality that you may see as pure awareness—the awareness of the One Creator that exists in all things at all times. This awareness within your Mother Earth has gone through the same stages of growth as has each entity within your third-density illusion, and as each entity which moves into the fourth density. The qualities of conscious awareness have an expanded meaning within your Mother Earth, for her awareness is not just the awareness of her own beingness and her own body that may be seen quite simply as a movement

of matter within time and space, but is also an awareness of each form of life upon its surface, and within its beingness, as life exists at all levels of your Mother Earth.

我是 Q'uo, 我再一次与这个器皿在一起了。你们称之为盖亚, 或者你们的地球母亲的星球实体, 贯穿整个无限的时间, 已经体验了它自己的意识并将它表达为你们可以视为是纯粹的察觉的属性——对在所有的时间都存在于所有的事物中的太一造物者的察觉。这种在你们的地球母亲内在之中的察觉已经经历了和每一个实体, 和每一个进入到第四密度中的实体, 已经在你们的第三密度的幻象中经历过的成长阶段相同的成长阶段了。那些有意识的察觉的属性, 在你们的地球母亲中拥有一种拓展性的意义, 因为它的察觉不仅仅是对她自己的存在性以及她自己的身体的察觉, 她自己的身体可以被相当简单地视为是在时间和空间中的一种物质的运动, 同样也是对在它表面上, 在它的存在性之中的每一个生命形式的察觉, 因为生命是存在于你们的地球母亲的所有的层次上的。

Thus, the interaction that she undertakes with you in conscious expansion of awareness is that which is a process of harmonizing its beingness with the upward spiraling line of light that moves each entity's awareness through each level of consciousness, and each density of awareness. Thus, your Mother Earth moves with each of its total population of human beings and all beings of any nature, and indeed, within all things, be they rock, animal, or spiritual qualities of devotion, of seeking, of inspiration, of service to others and service to self.

因此, 她会在对察觉的有意识的拓展中与你们一起进行的互动, 就是一个让它的存有与螺旋上升的光线协调一致的过程了, 这种螺旋上升的光线会让每一个实体的察觉移动穿越每一个意识的层次, 每一个察觉的密度。因此, 你们的地球母亲是与它的全部的人类存有的人群的每一个存有, 与具有任何属性, 且确实在所有事物中的所有的存有一起移动的, 无论它们是石头, 动物, 或者奉献、寻求、启发、服务他人与服务自我的灵性的特性。

Thus, your Mother Earth has within her living bank of memory the experiences of all life forms that live upon her and within her, and she gives to each what you may call a very basic kind of inspiration that inspires at the cellular level, as well as all higher levels within each conscious being, and within all lower conscious and unconscious beings and substances. Thus, your Mother Earth moves in concert with its population, being one with each at a very basic level. Thus, all move together within this illusion to the next illusion of the fourth density of love and understanding.

因此, 你们的地球母亲在她的记忆库中拥有所有在她上面与她内在之中生活的生活形式的体验的活生生的记忆库, 她会给予每一个人一种非常基本的类型的启发, 这种启发会在细胞的层次上, 同样也会在每一个有意识的存有的所有更高的层次上, 在所有较低的有意识与无意识的存有与实质中产生灵感。因此, 你们的地球母亲是与它的人群协调一致地移动, 并在一个非常基本的层次上与每一个存有是合一的。这样, 所有的存有就在这个幻象中一起移动到爱与理解的第四密度的下一个幻象中了。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Austin: That was very interesting, thank you. I have another one that is related to the transition to fourth density and the social memory complex.

Austin: 那是非常有趣的，谢谢你们。我有另一个问题，它是与转换到第四密度与社会记忆复合体有关联的。

It seems that there is a technology that is being developed and has been developed, that sort of represents the transition and the connection that fourth density and the social memory complex will have. [1] Are these things a result of the fact that we are in fourth density and we are sort of trying to achieve that connection, but are using the technology as an excuse to get there, instead of our spiritual evolution?

看起来似乎会有一种科技正在被发展出来且已经被发展出来，那种科技以某种方式代表了第四密度以及社会记忆复合体将会拥有的转变与连接。[1]这些事情是我们处于第四密度中的事实的一个结果吗，我们正在以某种方式尝试取得那种连接，但是却正在使用那种科技作为一种到达那里的接口，而不是用于我们的灵性演化吗？

Q'uo: I am Q'uo and am aware of your query. We shall attempt to answer this query, for it is an interesting query.

Q'uo: 我是 Q'uo，我了解了你的问题。我们将尝试去回答这个问题，因为它是一个有趣的问题。

The technology that is available for the supposed movement of consciousness forward in its evolutionary pattern is much like unto the artist who draws a painting or picture that expresses the highest ideals known to the artist. The picture may be that which describes the advancing consciousness in many and varied ways as that which is more able to grasp the nature of creation, the quality of the Creator that inhabits each portion of the creation, and the place that the self finds that it is moving towards within this process of evolution.

可以供在意识的演化模式中的被假设的意识的向前移动所利用的科技，非常类似于绘制了一副图画或者图像的艺术家的，那个图画表达那个艺术家所知晓的最高的理想。图画可能是用多种多样的方式将发展中的意识的事物描绘为更加有能力掌握造物的属性，居住在造物的每一个部分中的造物者的特性，以及自我发现它在这个演化的过程中正在朝向其移动的场所的事物。

Technology can take the mind and the emotions a certain distance within the process of moving into the fourth-density illusion by describing various qualities that may be enhanced within the individual's mind/body/spirit complex. Practice upon these techniques of realizing these qualities of opening the heart, of expanding the point of view, of sharing service and love, of seeing the self as one with all other selves, and as seeing the self as one with the Creator, for these are helpful frames of reference that may be utilized to an increasingly efficient degree by those who have the capability of mental

visualization and practice of these procedures.

科技能够藉由描绘各种各样的可以在个体的心/身/灵复合体中被增强的特性，在移动进入到第四密度的幻象的过程中来带着心智与情绪走一定的距离。使用这些科技来实践对这样一些属性的领会，这些属性即让心开放，让视角拓展，对服务与爱进行分享，将自我视为是与所有其他自我是一体的，如同将自我视为是与造物者是一体一样，因为这些都是有帮助的参照系，它们可以被那些拥有对这些步骤进行心智观想并进行练习的本领的人在一个越来越更加有成效的程度上所利用。

However, there is a certain, shall we say, limit to the effectiveness of such technology, for technology itself relies upon a limited point of view in order to be constructed and programmed to work towards the expansion of that which is limitless, that is, the spirit and the mind of the seeker of truth. Therefore, in some ways, such a technology may be illuminating for a time, or for a certain amount of progress, but after this amount of growth has occurred, may not be able to complete the process for the seeker of truth utilizing the technology. At that point, the seeker must rely upon his own inner reserves of inspiration and information of both the mental and the spiritual qualities that it seeks within the fourth-density experience.

然而，这样的科技的效用会有一定的，容我们说，限制，因为科技其自身是依赖于一个受限的观点的，以便于被构建并被编程，以朝向对不受限制的事物，即真理的寻求者的灵性与心智，的拓展进行工作。因此，用某种方式，这样一个科技可能在一段时间，或者在一定数量的发展中是启发性的，但是在这个数量的成长已经发生之后，它可能就无法通过利用那个科技来让真理的寻求者完成发展了在那个位置上，寻求者必须依赖于他自己内在的启发与，同时具有它在第四密度的体验中寻求的心智与灵性的特性的信息的储备了。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Austin: Yes, we have a question sent in by our friend, Tomas, and he writes: "On November 14, 1976, Hatonn transmitted the following message: 'Although the concept of the Second Coming is grossly in error, and that the consciousness of the one known as Christ has come many times, there is an incarnation of the Master in consciousness at this time among your peoples. This Master is, at this time, a young boy. He will be among your peoples and will aid them.'"

Austin: 是的，我们有一个被我们的朋友 Tomas 发来的问题，他写道，“在 1976 年 11 月 14 日，Hatonn 传递了下面的信息：‘尽管基督再来的观念总体上是错误的，被知晓为基督的实体的意识已经来过很多次了，在此刻在你们的人群中会有一个在意识中的大师的投生。这个大师，在此刻，是一个年轻的男孩。他将会在你们的人群中，并将会帮助它们。’”

Tomas continues: "Now it's about 40 years later. Does Q'uo have any updated information on this person?"

Tomas 继续问道：“现在大概四十年之后，Q'uo 对这个人有任何最新的信息吗？”

Q'uo: I am Q'uo and am aware of your query, my brother. To give this information is bordering upon abrogation of freewill. We shall give what we feel is appropriate, and beg your forgiveness for not being able to be completely transparent in this matter.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。要给予这个信息是接近了废除自由意志的边界的。我们将给予我们感觉到是合适的内容, 并为无法在这个问题上是完全透明的而请求你们的原谅。

There has been some misperception generated regarding this transmission of information concerning the entity that is supposedly the one who has been called the Christ. There is the concept that this is the one known as Jesus, the Christ. This is incorrect. This is an entity that has been able to achieve this level or station of consciousness through efforts of its own inner seeking that have been exercised for four of your decades to date. This entity resides in a high mountain area in the Tibetan mountains as a result of feeling its own inner direction to pursue the healing of this planetary sphere, or your Mother Earth, by those techniques which you may call the visualization of light, healing the ruptures in your planetary Earth's garment or outer surface. This entity has joined with others of its kind, that is to say, who have a shared consciousness of the Christed One who exists in all, and who has created all from itself.

关于这个被假设是已经被称之为基督的实体的人的信息的传递的方面, 已经有某种错误观念被产生出来了。会有这样的观念, 即这个实体是被知晓为耶稣基督的实体。这是错误的。这是一个已经能够通过它自己内在的寻求的努力而取得这个意识的层次或者位置的实体, 迄今为止, 这种努力已经被实践了有你们的四十年的时间了。这个实体居住在西藏的山区中的一个高山区域中, 作为感觉到它自己内在的方向的一个结果, 以藉由那些你们可能称之为对光的观想的技术追寻对这个星球, 或者你们的地球母亲的疗愈, 同时疗愈在你们的行星地球的外观或者外部表面上的破裂。这个实体已经与其他的与他同类的实体结合在一起了, 也就是说, 它们拥有基督化的太一的一个被共享的意识, 这个意识是存在于万物之中, 并已经从它自己创造出了万物了。

Thus, this entity, and those who join with it, are pursuing a specialized mission, shall we say, that has as its goal the healing of your planetary sphere, so that those ruptures in the outer garment that have occurred and will occur in your future, as you know time, may have as little a destructive effect as possible upon the physical environment and those third-density beings within the area of the ruptures. This is the extent of the information that we feel is appropriate to share with you at this time.

因此, 这个实体, 以及那些与它结合在一起的实体, 正在追寻一个, 容我们说, 专门性的使命, 那个使命将对你们的星球的疗愈作为它的目标, 这样, 那些已经出现的, 并将会在你们的未来中, 如你们对时间的知晓一样, 出现的在外部表面中的那些破裂, 就可以在那些具有破裂的区域中的物质性环境以及那些第三密度的存有身上拥有尽可能少的一种破坏性的效果了。这就是我们感觉到适合在此刻与你们分享的信息的程度了。

We are most grateful to have been called to your circle of seeking today, my friends. It is a great inspiration to us and for us, as always, for you are sincere in your seeking and in your sharing of the love and the light of the One Infinite Creator, each with the other, and each with all whom you meet in your daily round of activities.

我们对于今天已经被呼唤到你们的寻求的圈子是极其感激的，我的朋友们。它一如既往对我们，且为我们是一种巨大的启发，因为你们在你们的寻求中，在你们，你们每一个人与其他人，与所有你们在你们日常生活的活动中遇到的人对太一无限造物者的爱与光的分享中是真诚的。

At this time, we shall take our leave of this group, leaving each, as always, in that same love and light. We are known to you as those of Q'uo. Adonai, vasu borragus.

在此刻，我们将离开这个团体，我们一如既往在相同的爱与光中离开你们每一位。我们是你们知晓的 Q'uo。Adonai, vasu borragus。

[1] The questioner was not intending to refer to any specific technology, but a general trend in technological advancement that offers opportunity for connectedness, transparency, and mental capabilities.

[1]提问者不是打算要提及任何具体的技术，而是在那些为连接性、透明度以及心智的能力提供了机会的科技进步中的一般性的趋势。

October 9, 2018
2018-10-09 从智力到心

Group Question: How do we move from the head to the heart, or from the intellect to the heart?

团体问题：我们如何从头脑移动到心，或者从智力移动到心呢？

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument. We are most gratified to be with you this evening as a result of your calling to us for the experience in channeling, which we may offer you by exercising your instruments through the transmission of thoughts that form a basic message that is hopefully that which you offer to all, within not only the channeling experience, but your life experience as a whole. Tonight we would also ask you, as always, to take our words lightly. If they have no meaning for you, let them fall away, and use the ones that have meaning in any manner that has meaning to you. This is a great aid in our service to you, for it allows us to speak freely.

我是 Q'uo，我与这个器皿在一起了。我们极其高兴在今晚与你们在一起，作为你们对我们的呼唤以取得在传讯中的体验的一个结果，我们藉由通过对想法的传递来训练你们的器皿来提供给你们这种在传讯中的体验，这些想法形成了一个有机会是你们向所有人提供的基本的信息，不仅仅是在传讯体验中，同样也是在作为一个整体的你们的生命体验中。今晚，我们同样也请求你们，一如既往，不要将我们的话语太当回事。如果它们对你们是没有意义的，让它们全都消散，使用那些用任何对你们意义的方式用有意义的内容。这是在我们对你们的服务中的一个巨大的帮助，因为它允许我们自由地发言了。

Your topic this evening is one which is shared by all third-density entities, for as you are born into this third density you have a mind, a body, and a spirit. These are your basic tools for carrying you through this third-density illusion in a manner which it is hoped will allow you to process the catalyst that is the meat of your daily round of activities, shall we say. The processing of this catalyst that is always with you is for the purpose of helping you to move from the lower energy centers of the red, the orange, and the yellow, into the heart—the green ray energy center. For this is the location of that quality which you know of as love, the ability to appreciate another entity at the deepest level of your being and your mind, and hopefully being able to share the heart and its acceptance and understanding that is of the basic level of all being, for you are all endowed with a mind which allows you to analyze and to consider the various components of your own being and the means by which you move through the illusion in which you now inhabit.

你们今晚的主题是一个被所有第三密度的实体所分享的主题，因为当你们被诞生进入到这个第三密度的时候，你们是拥有一个心智，一个身体，一个灵性的。会有你们的基本的工具，用于携带着你们用这样一种被期待将会允许你们处理催化剂的方式穿越这个第三密度的幻象，催化剂就是你们的日常生活的活动的，容我

们说，食粮了。对这种一直都与你们在一起的催化剂的处理，是为了帮助你们从红色，橙色与黄色的较低的能量中心移动进入到心——绿色光芒能量中心的目的的。因为这就是那种你们知晓为爱的属性，那种去从你的存有与你的心智的最深的层次上去欣赏另一个实体，并有希望能够分享心以及它的接纳与理解的能力的所在之处了，接纳与理解是处于所有的存有的基础的层次上的，因为你们全都被赋予了一个头脑的，它允许你们分析并考虑你们自己的存有的各种各样的组成部分，以及你们藉由其穿越你们现在在其中居住的幻象的途径。

At this time, we will transfer this contact to the one known as Austin. I am known as Q'uo.

在此刻，我们将这个接触转移到被知晓为 Austin 的实体。我是被知晓为 Q'uo 的实体。

(Austin channeling)

(Austin)

I am Q'uo, and I am with this instrument. That trait which you share with all other third density entities at this time is the ability to consider your environment, your circumstances, and your own being with abstract thought. Indeed, this ability to think abstractly is the key to the power behind your density. It allows you to consider yourself as your own being, as a distinct self within your environment. This ability was not present within the first and the second densities, and to a major degree it was not present within the third density prior to the veil. And so you might see some humor or some irony as we do in that this blessing of your density may also be seen as a hurdle or a barrier to your own spiritual evolution. But we rejoice in such ironies, as humor is a great blessing on what otherwise might be a dry and difficult journey.

我是 Q'uo，我与这个器皿在一起了。你们在此刻与所有其他的第三密度的实体分享的那种特性，是用抽象的想法考虑你们的环境，你们的周遭事物，以及你们自己的存有的能力。确实，这种抽象思考的能力就是在你们的密度背后的力量。它允许你将你自己考虑为你自己的存有，考虑为一个在你的环境中的独特的自我。这种能力在第一密度和第二密度是不存在的，在一个很大的程度上，它并不在于在面纱出现之前的第三密度中。因此，你们可以和我们一样地看到某种幽默与某种讽刺，因为你们的密度的这种福分同样也可以被视为是对你们自己的灵性演化的一种障碍物，或者一种屏障。但是，我们在这样的讽刺中欢庆，因为对于不那样的话就可能是一个干涸而困难的旅程的事物，幽默是一个巨大的祝福。

We find on your planet that this journey from the head to the heart, as you have called it, is even more arduous than most other third densities, as you have developed an incredible and intricate system of society with many intriguing facets that rely very deeply upon this faculty of abstract thought. Much of your childhood education, much of your communication, much of your economic being—indeed, much of your entire lives rely on the ability to consider ideas and concepts and situations abstractly. This necessity has built into your mind and your brain a habit of abstract thought. This habit

perpetuates itself, as all habits do, in a mostly unconscious sense. You may not even realize when you are thinking about something. Indeed, there are many thoughts that pass through your minds throughout the day that you do not even realize that you are thinking. These thoughts, as they cycle and repeat, solidify and create literal pathways within your brain that harden and reinforce themselves. Because of the prominence of the necessity of this type of thought within your society, this journey is exceptionally difficult for those within your society.

我们在你们的星球上发现，这个从头脑到心的旅程，如你们已经称呼它的一样，甚至是比大多大多数其他的第三密度要更为艰巨的，因为你们已经发展出了一个令人惊讶的、错综复杂的社会系统，它带有很多引发兴趣的面向，这些面向是非常深入地依赖于这种抽象思考的才能的。你们大量的儿童教育，你们大量的沟通交流，你们大量的经济的存有——确实，你们整个生命的大量的部分都是依赖于那种去抽象地考虑观点，概念与情况的能力的。这种需要已经在你的头脑与你的大脑中构建了一种抽象性思考的习惯了。这种习惯会，如同所有的习惯一样，用一种主要是无意识的方式自我延续。你甚至可以意识到你什么时候是在思考某个事情的。确实，会有很多的想法会在贯穿一整天中经过你们头脑，而你们甚至不会意识到你们是在思考的。这些想法，当它们周而复始的时候，会固化并在你们的大脑中创造出了实际上的通道，这些通道会自我固化与自我增强。因为在你们的社会中对这种类型的想法的必要性的突出强调，这条旅程对于那些在你们的社会中的人是指指数性地困难的。

And so, the question is posed: How is a seeker in your society to consider this journey?

因此，问题被提出了：在你们的社会中的一个寻求者如何考虑这条旅程呢？

We suggest, as with many issues and topics of concern upon the minds of seekers on your planet, that meditation is a primary aid in this concern. To sit in silence and disconnect from the necessities of thought that are imposed upon you by your daily lives is but a first step in actually realizing the strength and the persistence of these thoughts. To look within and become mindful of that which we have allowed to build up within our own minds, to become aware of the thoughts that have constructed walls and barriers within us. No work can be done in this arena until this initial step is taken.

我们建议，如同对于在你们的星球上的很多的寻求者的头脑中的关注的很多的议题与主题建议的一样，冥想是在这个方面的一个主要的帮助物。要坐在冥想中，并与那些被你们的日常生活强加在你们身上的思考的需要断开连接，这仅仅是在对这些想法的力量与坚持的实际上的实现的方面的第一步。要在内在之中观察并对于我们已经允许在我们自己的心智中构建起来的事物成为警觉的，以察觉到这些已经在我们内在之中建造出了墙壁与障碍物的想法。一直到这个初始的步骤被进行之前，没有工作能够在这个竞技场中被进行。

At this time, we will continue to speak on this topic through the instrument known as Julie. We are Q'uo.

在此刻，我们将继续通过被知晓为 Julie 的器皿在这个主题上发言。我们是 Q'uo

(Julie channeling)

(Julie 传讯)

I am Q'uo and we are with this instrument. We join you on a wonderful topic about the journey from the head to the heart. We join you at the heart as those in service, such as yourself, live mainly in your heart's space as true givers, and those that want to serve and allow us to speak through you requires the complete journey to the heart which you are all a great success in this matter of the heart, so to speak. We are thrilled to join you on this topic and continue on the discussion with a look at your history, and some of the most historic moments even in your lifetime on your planet were when people did not think before they acted. Instead, they acted from the heart. And when a matter is acted upon with the heart, truly wonderful things can happen.

我是 Q'uo, 我与这个器皿在一起了。我们在一个关于从头脑到心的旅程的精彩的主题上加入你们。我们在心中加入你们, 如同那些诸如你们自己一样进行服务的人, 是主要作为真实的给予者而活在你们的心空间中一样, 那些你想要服务并允许我们通过你们发言的人, 请求了前往心的完整的旅程, 在这个, 可以说是, 属于心的问题上, 你们全都是一种巨大的成功了。我们对在这个主题上加入你们感觉到激动, 我们会继续讨论, 并着眼于你们历史, 甚至在你们的星球上在你们的生命中的一些历史上最著名的时刻, 都是人们在其中并没有在它们行动前思考过的。它们反之是从心行动的。当一个事情是藉由心而被进行的时候, 真正美妙的事情就能够发生了。

Your people have had their finest moments when they have given to each other and helped each other in service and in emergency situations from the heart, and might we say, the more the merrier, because when two or more gather that are heart-based people living in their green ray, or even just acting momentarily from the green ray center, can move mountains, my friends. Miracles can happen, and they do happen daily when it comes to matters of the heart. It is the times when thought is the last thing and the heart it comes first, is when synchronicities can happen, healing can happen in these moments.

你们的人群会在它们已经给予了相互彼此, 并已经通过服务在紧急情况中从心开始对相互彼此帮助的时候就已经拥有了它们最佳的时刻了, 容我们说, 相互彼此帮助越多, 就会越发快乐, 因为当两个人或者更多的人聚集在一起的时候, 如果这些人是活在它们的绿色光芒中的以心为基础的人, 或者甚至仅仅只是暂时性地从绿色光芒中心来行动, 我的朋友们, 它们是能够移山的。奇迹能够发生, 当它来到了关于心的问题的时候, 它们确实每天都发生。就是在这些时间, 想法成了最后的事情, 而心是首先出现的, 就是在这些时刻中, 同时性是能够发生的, 疗愈是能够发生的。

We might suggest that when thoughts come into play, that you allow them to pass like clouds in the sky, living in non-attachment, but allowing. In your collective, there is much fear-based activity and your thoughts are connected. So, many of you who are experiencing thought patterns that feel particularly

fear-based, have a sensitivity and connection to others, picking up on others fear-based thoughts. With that being said, it is important to allow them to move through freely and focus on the matters of service to others. When you give in your communities, it is a good way to open your heart, and allow others to love you in return. It is in this giving that you will receive and reflect, and you will grow and you will rise to a much higher vibration of love and light, and your growth of catalysts, lessons, the curving, the rising and the falling of the catalysts, that learning curve, and your growth will continue, but the curves get smaller when you live in that heart-centered space.

我们可以建议，当想法开始运转的时候，你们允许它们如同在天空的云一样地经过，活在不牵绊之中，但确实允许。在你们的集体中，会有大量的以恐惧为基础的活动，你们的想法是被连接在一起的。因此，你们如此多的人正在体验到那些感觉起来格外以恐惧为基础的思想模式，你们对其他人拥有一种敏感性并与其他人拥有一种连接。在说了那一点之后，去允许它们自由地流经并聚焦在服务他人的问题上，这是重要的。当你们在你们的集体中给予的时候，它是一种开放你们的心，并允许其他人反过来爱你们的有益的方式。就是在这种给予中，你们将会接收并映射，你们将会成长，你们将会上升到一个远远更高的爱与光的振动，你们的催化剂、课程的生长，催化剂的曲线，上升与下落，那个学习曲线，你们的成长将会继续，但是曲线会在你们活在那个以心为中心的空间中的时候变得更小了。

So, the catalysts will continue because it is what you've come here to do—to learn, to grow. But the height and the intensity of the catalyst dissipates although your growth continues at the same rate. We thank this instrument, and we continue on and transfer the contact to the one known as Jim. We are Q'uo.

因此，催化剂将会继续，因为它就是你们已经来到这里来做的事情了——去学习，去成长。但是，催化剂的高度与强度会消散，尽管你的成长会用相同的速度继续。我们感谢这个器皿，我们继续，并将接触转移到被知晓为 Jim 的实体。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. The movement that you each have made into your own hearts is a testimony to your desire to be of service to all that you meet, to the One Creator, who exists in each entity and, indeed, in each portion of your creation. There is love in your hearts that will expand the more you share it, so that you may give all your love to everyone and still have love pouring through your heart, for it comes not from you, but through you. It comes from the One Infinite Creator and speaks to each heart as these hearts and minds and souls open in receptivity to that which is greater than they. So, too, have you grown this evening in your ability to receive information and exercise your instruments in a manner which is most inspiring to us. We are grateful to be able to work with you as each of us travels the path of seeking the One Creator, powered by the love that comes from that

Creator, and draws us to that Creator.

我是 Q'uo, 我与这个器皿在一起了。你们每一个人都已经做出的那种进入到你们的自己的心中的运动, 是对你们对所有你们遇到的人, 对太一造物者进行服务的渴望的一份宣言, 太一造物者是存在于每一个实体中的, 并确实存在于你们的造物的每一个部分中的。在你们的心中会有爱, 这种爱将会在你们分享它的时候拓展到更多的人, 这样你么你就可以将所有你们的爱都给予每一个人, 并仍旧让爱通过你们的心倾泻而入, 因为它不是来自于你们, 而是流经你们的。它是来自于太一无限造物者, 并会对每一颗心说话, 当这些心、心智与灵魂在比它们更大的事物的接纳性中开放的时候。因此, 你们在今晚同样也已经在你们去接收信息的能力中成长了, 并用一种对我们是极其启发性的方式训练了你们的器皿了。我们对于能够与你们一起工作是感激的, 因为我们每一个人都是在寻求太一造物者的道路上旅行的, 我们是被来自于造物者的爱所赋予了力量, 这种爱将我们拉向那个造物者 1 了。

As this time, we would ask if we might speak to any query which those present might have for us. Is there a query at this time?

在此刻, 我们会请问, 是否我们可以谈及任何在场的人可能会向我们提出的任何的问题?

Austin: Q'uo, the past few times that I've channeled, I feel like I start very strongly, but then I almost hit a wall about half way through what I feel is my time, and usually kind of give up on it. Is there anything you can say about why it feels like it's so strong, and then kind of feels like it disappears, or what is happening when I feel like I am losing the contact?

Austin: Q'uo, 过去几次我传讯的时候, 我感觉就好像我是非常强有力地开始的, 但是, 接下来, 我几乎就在大概半路上撞墙了, 尽管我感觉到事情是我的时间, 通常是那种放弃的时间。在关于为什么它感觉起来就好像它如此强有力, 接下来, 那种感觉就好像消失了的, 或者当我感觉到就好像我是在失去接触的时候正在发生什么事情的方面, 有任何事情是你们能够说的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. As we look upon your most recent channeling effort this evening, we see that you have certain concerns that are weighing heavily upon your mind. It is possible for a certain portion of time for these concerns to be set aside as you have done this evening. However, at some point, there is the reemergence in a, shall we say, diverting, or diluting nature, that blends with the information that we are sending you, so that there is more and more effort required upon your part to focus upon that which we send you, and to ignore the growing unease or concern, shall we say.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当我们检查你今晚最近的传讯的努力的时候, 我们看到你拥有一定的担忧正沉重地压在你的头脑上。有可能在一定的时间的部分中, 这些担忧会被放在一边, 如你今晚已经做了的一样。然而, 在某个位置, 会有在一种令人分心的, 或者稀释的属性中的重现, 它会与我们正在发送给你们的信息混合在一起, 这样在你的部分上就会有越来越多的努力是被要求的了, 以聚焦在我们发送给你的事物上, 并忽略逐渐增加的不安或者, 容我们说, 担忧。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Austin: No, thank you.
Austin: 没有了，感谢你们。

Q'uo: We thank you, my brother.
Q'uo: 我们感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Julie: Q'uo, do you—I just want to thank you so much for sending me images during my channeling, it really helps me, being visual. My question is, do you have any advice for me how to step into my channeling role better, stronger, and maybe even be more encompassing of the energy is my desire, and I'm not sure I'm stepping back enough. Is that what I'm supposed to do—is step back a little bit to allow you forward?

Julie: Q'uo, 你们会——我仅仅想要为你们在我的传讯期间发送给我的图像如此大地感谢你们，它真的帮助了我，因为它是看得见的。我的问题是，你们对于我要如何更好地，更加强有力地进入到我传讯的角色，也许甚至是对我的渴望的能量成为更加包含性方面有任何建议吗，我不确信我正在足够多地后退。后退一点点以允许你们前进，那是我假设要去做的事情吗？

Q'uo: I am Q'uo and am aware of your query, my sister. This is, in general, a correct perception. For as an instrument, it is your function to open your channel, or your mind in this case, to information that we send through thought. As you open your mind, or step back, as you put it, you allow us to move forward and through you more effectively with our message. Thus, the images which we have utilized in this contact with you this evening, have the purpose of enhancing your ability to open your mind, your channel, to these concepts which we send you, for the images are able to communicate upon a level that includes not only the conscious mind, but also the unconscious mind, so that both are able to harmonize their ability to perceive the gist of the message which we transmit to you and through you.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。这一般来说，是一个错误的观念。因为作为一个器皿，你的功能是，向着我们通过想法送出的事物，开放你的管道，或者在这个情况中，开放你的头脑。当你开放你的头脑，或者如你所说的，后退的时候，你就允许我们更有成效地藉由我们的信息前进并经过你了。因此，我们在今晚的这个与你之间的接触中使用了的图像，拥有增强你向着我们发送给你的这些观念开放你的头脑，你的管道的能力的目的，因为这些图像能够在这样一个层次上进行交流，它不仅仅包含了有意识的心智，同样也包含了无意识的心智，这样，两者就同时都能够让它们的能力协调一致，以感知我们传递给你并流经你的信息的精髓了。

Thus, we are most pleased with your effort tonight to become transparent—to move back, shall we say, from the process and to basically witness the process. This is a very commendable feature of any instrument's exercising of its ability to receive information—the ability to allow thought to move through you without any hinderance or comment from you.

因此，我们对于你们今晚去成为透明的——从过程返回并从基础上见证过程——的努力是极其高兴的。这是任何器皿对它去接收信息的能力的训练的一个非常值得称道的特性——去允许想法流经你，而没有任何来自于你的阻碍或者评论。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Julie: No, that's so helpful. Thank you.

Julie: 没有了，那是如此有帮助的。谢谢你们。

Q'uo: I am Q'uo, and we thank you once again, my sister.

Q'uo: 我是 Q'uo，我们再一次感谢你，我的姐妹。

Is there a final query at this time?

在此刻有一个最后的问题吗？

(Pause)

(暂停)

Q'uo: I am Q'uo. We are most grateful, as we have said, for each entity's exercising of their instrument this evening. It has been a most fruitful evening, and we suggest, even when there is a difficulty perceived, that this is also a step forward in the process of enhancing your ability to serve as instruments, for much can be learned in that which is not yet perfected. We encourage each to continue on the path that each is traveling in a very stable and secure manner at this time.

Q'uo: 我是 Q'uo。如我们已经说过的一样，我们对每一个实体在今晚对它们的器皿的训练是极其感激的。它已经是一个极其富有成效的也晚了，我们建议，甚至是在会有一种困难被感觉到的时候，这同样也是一种在增强你们作为器皿而服务的能力的过程中的一个前进的脚步，因为大量的事情是能够在尚未成为完美的事物中被学会的。我们鼓励每一个人都在那条每一个人在此刻正在用一种非常稳定而稳固的方式旅行的道路上继续。

We shall now leave this group and each instrument in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

我们现在将离开这个团体，我们会在太一无限造物者的爱与光中离开每一个器皿。我们是你们知晓的 Q'uo。Adonai vasu borragus。

October 20, 2018
2018-10-20 阴谋论的灵性价值

(Jim channeling)
(Jim 传讯)

I am Q'uo, and greet each of you in love and in light on this blessed day. Blessed, we say, because it is an opportunity that you offer us to serve the One Creator, which is in each of you as you query us concerning those matters that have meaning for you on your spiritual journey.

我是 Q'uo, 我在这个有福的日子在爱中并在光中向你们每一位致意。我们说有福的, 因为它是一个你们提供给我们的机会来服务太一造物者, 当你们询问我们关于那些在你们的灵性旅程上对你们有意义的事情的时候, 太一造物者在你们每一个人内在之中的。

As always, we begin by asking a small favor, that you take our words and use them as you will, leaving behind any that do not ring of truth to you, saving and utilizing those that do, so that you might use them however you will. If you would grant us this small favor, then we may speak without fear of placing a stumbling block in your road of seeking. We are those who have moved perhaps a few steps further on the road which you yourself travel, and we are happy to share what we have learned in our own journey, with you freely, though we are not what you would call "ultimate authorities."

一如既往, 我们会藉由请求一个小小的恩惠来开始, 那就是请你们拿起我们的言语并如你们所愿地使用它们, 将任何对你们听起来并不是真实的内容都丢弃掉, 保留并利用那些听起来是真实的内容, 这样你们就可以用无论什么你们愿意的方式来利用它们了。如果你们愿意给予我们这个恩惠, 接下来, 我们就可以发言而不用担心会在你们的星球的道路上放置一块绊脚石了。我们是那些已经在你, 你自己在其上旅行的那条道路上也许多走了几步的实体, 我们很高兴与你们自由地分享我们已经在我们自己的旅程上已经学会了的事情, 尽管我们并不是你们会称之为“终极权威”的事物。

May we ask if there is a query with which we may begin at this time?
请问是否有一个我们可以在此刻用来开始的问题呢?

D: Q'uo, can you give us any information on the formation of our solar system?

D: Q'uo, 你们能够在关于我们的太阳系的形成的方面给予我们任何信息吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. We appreciate the scope of your query, for to answer in detail, would require a great deal of time as you perceive it. However, we may give you what you may call a thumbnail sketch of this process of creation which is true not only for your own solar system, but for the infinite number of solar systems and galaxies spread throughout the One Infinite Creation—for as you know, this solar system in which you now dwell is one of an Infinite Creator which has placed itself within

each portion of all solar systems, and each portion of each planet and each person, for there is nothing but the One Creator existing within that which you call the creation.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们感激你的问题的广度, 因为要具体回答会需要大量的时间, 如你们对时间的感觉一样。无论如何, 我们可以给予你们那个你们可能称之为对这个创造过程的一个缩略的梗概的事物, 它不仅仅是适合于你们自己的太阳系, 同样也是适合于遍布于贯穿整个太一无限造物的无限数量的恒星系统与星系——因为如你们知晓的一样, 这个你们现在在其中居住的恒星系统是属于一个无限造物者的恒星系统, 无限造物者已经将他自己放置在所有恒星系统的每一个部分中, 放置在每一个行星与每一个人的每一个部分中, 因为除了太一造物者之外没有任何事情存在于你们称之为造物的事物之中。

Thus, the beginning, shall we say, of this process of creation was when that which you may know as the intelligent infinity, or the One Creator, existed in the state of total unity. There was not what you would call a creation at this time, if we may use that term in a sense in which there is no time.

因此, 这个创造过程的, 容我说, 开端, 是在你们可能知晓为智能无限, 或者太一造物者的事物存在于完全的统一性的状态中的时候。在这个时间, 如果我们可以用一种在其中没有时间的方式来使用那个词语的话, 没有你们称之为一个造物的事物。

At some point, this Infinite Creator made a choice—the choice was the first movement away from complete unity, and is called a distortion of that unity—a freewill distortion in which the Creator decided that it would know itself in ways that would not be possible if it did not create other intelligences and give them this same freewill which the One Creator exercised to begin the creation of a multitude of galaxies, each of which took the creative energy of the One Creator, that which you call love, or Logos, and from this primal Logos, extended the desire to know itself to an infinity of other Logoi, each of which created its own galaxy of experience.

在某个位置, 这个无限造物者做出了一个选择——选择就是从完全的统一性离开的首先的运动, 它被称之为那种统一性的一个变貌——一个自由意志的变貌, 在其中造物者决定, 他想要通过种种如果它没有创造其他的只能并给予它们这种自由意志就不会是有可能的方式知晓他自己, 这种自由意志与造物者用来启动这个具有大量的星系的造物使用的自由意志是相同的自由意志, 每一个星系都使用了太一造物者的创造性的能量, 你们称之为爱, 或者理则, 从这个原初的理则, 将知晓他自己的渴望延伸到无限的其他理则, 每一个理则都创造了它自己的体验的星系。

Each galaxy, as well, contains greater or lesser numbers of sub-Logoi, such as your Sun, so that the plan of the One Creator to know itself was formulated within each Logos to contain an octave of vibration, or densities of light, from the red through the violet, so that there would be a path available for each individualized entity that might exist within each planetary body created by sub-Logoi such as your Sun, so that your Sun, as a representative, or model,

for such sub-Logoi, then took the plan of the prime Logos, and refined it in a fashion which allowed for greater and greater expression of freewill to be shared with each type of consciousness that could evolve through the densities of creation, red through violet.

每一个星系，同样，包含了或多或少数量的子理则，诸如你们的太阳，这样太一造物者去知晓祂自己的计划就是在每一个理则中被星辰，以包含一个从红色到紫罗兰的振动或者光的密度的八度音程了，这样就会有一条道路可以为每一个存在于被诸如你们的太阳之类的子理则创造出来的行星体上的个体化的实体所取得了，这样，你们的太阳，作为对这样的子理则的一个代表，或者范式，接下来，就会采用原初的理则的计划，并用这样一种方式精炼它，这种精炼的方式会允许越来越大的自由意志的表达与每一种类型的意识分享，每一种类型的意识就能够通过从红色到紫罗兰的造物的密度演化了。

Thus, your planetary sphere, your Mother Earth, has now moved through the red ray energy center, in which the qualities or entities of earth, wind, fire and water have been able to solidify in a fashion in which life as you know it, the simple awareness of being, was able to come forth. This simple awareness of being then expressed itself as those four basic elements so that the elements of wind and fire could blow and burn incandescently, in a manner which would teach earth and water to be formed into rivers and lakes and land and islands and continents and so forth.

因此，你们的行星，你们的地球母亲，现在已经移动穿越了红色光芒能量中心，在其中土、风、火与水的属性或者实体已经能够用这样一种方式结晶了，通过这种方式，生命，如你们对它的知晓一样，存有的简单的察觉，能够前进了。这种存有的简单的察觉接下来会将它自己表达为那四个基本元素，这样风与火的元素就能够用这一种方式炽热地吹动与燃烧，这种方式会教导土与水形成河流、湖泊，陆地，岛屿，大陆，如此等等。

This simple awareness that was able to express itself began to move forward, shall we say, to be drawn forward or upward by the upward spiraling lines of light that are the intelligent energy of creation that has made all that there is, and which calls forth each portion of all that there is, into higher and higher expressions of consciousness so that within the second density—or the orange ray energy center, that which you know as movement and growth—was possible, so that the lower forms of plants and animals began to have a beingness within the orange ray energy center.

这种能够表达它自己的察觉开始，容我们说，前向移动以被已经产生出了一切万有，且召唤一切万有的每一个部分的造物的无限的能量的向上螺旋的光线向前或者向上拉动，进入到越来越高的意识的表达中，这样，在第二密度中，或者在橙色光芒能量中心中，你们知晓为运动或者成长的事物就是有可能的了，这样较低的植物与动物的形态就开始在橙色光芒能量中心中拥有一种存在性了。

As they were continually drawn forward as well, or upward by the upward spiraling line of light, they began to expand the simple awareness of the first density, so that there became what you may call the very beginnings of self-consciousness, of movement and growth, seeking the light.

当它们同样持续不断地被向前拉动，或者被光的向上的螺旋向上拉动的时候，它们开始拓展第一密度的简单的察觉，这样就会出现你们可能称之为自我意识，成长与运动，对光的寻求的最开端的事物了。

Then there was a further transformation, or quantum leap, into the third density, that of the yellow ray, in which you now live and move and have your being, and have self-consciousness expressed to its greatest degree, calling forth the quality of the spirit so that that spirit, which was latent within second density, is now activated within your third-density illusion, so that you are a completed being, having the mind, the body, and the spirit, with which to process the catalyst of this illusion with the purpose of opening the green ray energy center, and moving into that harvest into the fourth density of love and understanding, which is the process which your Mother Earth and its population is now engaged in.

接下来，会有一种更进一步的转变，量子跃迁，进入到第三密度，黄色光芒的目的，你们现在就在这个密度中生活，移动并拥有你们的存有，拥有在最大程度上被表达的自我意识，同时召唤灵性的属性，这样灵性，在第二密度中是潜伏的事物，现在就在你们的第三密度的幻象中被激活了，这样你就是一个完整的，拥有心智，身体与灵性，并藉由其来处理这个幻象的催化剂的存有了，你是带着开放绿色光芒能量中心，并移动进入到那个进入到爱与理解的第四密度的收割的目的而处理催化剂的，这就是你们的地球母亲以及它的人群现在正在参与到的过程了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

D: No, thank you.

D: 没有了，感谢你们。

Q'uo: I am Q'uo and we thank you, my brother.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗？

Austin: Yeah, Q'uo, I have a question. It's my understanding that the service-to-others path and self-care are not mutually exclusive, and that we can be positive beings while at the same time taking care of ourselves, such as taking care of our health, taking care of our spaces, making sure we have time to ourselves, and going out of our way to enjoy life. My question has to do with where this falls in the system of polarity.

Austin: 是的，Q'uo，我有一个问题。我的理解是，服务他人的道路与自我关注并不是相互排他的，我们能够成为正面性的存有，并同时关心我们自己，诸如关心我们的健康，关心我们的空间，确信我们有时间关心我们自己，并用我们自己的方式去享受生命。我的问题是与这是落在在极性系统中的什么位置有关的。

I imagine that doing these things out of an intention to better ourselves in order to serve better would be positively polarizing. But, what if we're doing these things just for the sake of ourselves—if we just want to be healthy, if we want to enjoy ourselves and enjoy life, not necessarily with the ultimate intention of serving others through that means. Is that serving ourselves, or where does this fall on the spectrum of polarity?

我想象, 如果是出于一种让我们自己变得更好以便于更好地服务的意图来做这些事情, 这会是正面性极化。但是, 如果我们仅仅是为了我们自己的缘故来做这些事情——如果我们仅仅想要成为健康的, 如果我们想要享受我们自己并享受生命, 而不一定是带着通过那种途径来服务他人的终极的意图。那是服务自我吗, 或者这是落在了极性的光谱的什么位置上的呢?

Q'uo: I am Q'uo and am aware of your query, my brother. This is, indeed, a salient query, for the times in which you find yourselves experiencing much catalyst of a seeming divisive nature, and yet providing opportunities for those who wish to serve to do so, as those which ameliorate, or attempt to ameliorate, the divisions that now persist upon your planet.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这确实是一个引人注目的问题, 因为会有一些时候你们会在其中发现你们自己正在体验到大量具有一种看似引起分裂的属性催化剂, 而这些催化剂同时为那些希望服务的人提供了进行这样的服务的机会, 在它们改良或者尝试去改良现在在你们的星球上存留的分裂的时候。

The difficulty with the planetary consciousness at this time is that many, many entities have not chosen either the positive or the negative polarity to pursue in their life path, and the query you raise is one which is within the boundary of the, shall we say, non-polarizing gravity well of indifference, as those of Ra have called it.

在此刻的星球意识的困难是, 很多很多的实体尚未要么选择正面性极性, 要么选择负面性的极性来在它们的生命道路上追寻, 你提出的问题是, 容我说, 没有极化的冷漠的重力井, 如那些属于 Ra 的实体称呼它的一样, 边界中的问题。

Many there are which have moved into the level of attempting to be conscious in their own private experience, so that the manner of viewing the self is that which attempts to care for each portion of the mind/body/spirit complex. However, most of the attention is given, in these instances which you mention, to the body and mind, attempting to become informed as to the best means of achieving the most balance of mind and health of body, with the intention of extending the life span, shall we say, to enjoy the pleasures of life, the qualities of existence that in your particular country may be described as the "American Dream," to have those accomplishments of education, the result in successful employment, the results in emolument to pay for houses and cars, and those accoutrements that aid in the convenience of the daily round of activities and style of life.

会有很多人已经移动进入到尝试去在它们自己的私人的体验中成为有意识的层

次中，怎样观察自我的方式就是会尝试去关心心/身/灵复合体的每一个部分的方式了。然而，在这些你提及的情况中，大多数的注意力是被给予了身体与心智，同时尝试去在关于取得最大的心智的平衡与身体的健康的最佳的途径的方面成为有见识的，并带着延长生命跨度的意图去享受生命的快乐，以及在你们特定的国家中可能被描述为“美国梦”的存在性的属性，以拥有教育的成就，在成功的职业中的结果，在薪水方面的结果以支付房屋与汽车，以及那些在日常生活的活动的便利与生活方式中有帮助的装备。

This type of self-consciousness is neither positive nor negative, as we mentioned, for it is the intention to provide the basic necessities for the life experience that moves no further than the intellectual apprehension of what makes the life more agreeable.

这种类型的自我意识，如我们已经提到过的一样既不是正面性也不是负面性的，因为意图是提供生命体验的基本的需要，这种意图并不比对使得生命更加愉快的事物的智力性的理解走得更远。

At some point, this type of energy and intention has an opportunity to express itself in service to others for those great majority of entities that are now incarnate upon your planet, due to the seniority system of incarnations that allocate the incarnative opportunity to grow in a spiritual sense to those most likely to be able to do so, so that each entity now incarnate in this positive sense, has programmed, preincarnatively, the opportunity to be of service to others at a certain point within the incarnative pattern. There will be catalyst offered that will invite the choice to be of service to others. The catalyst is of a great variety of potential means of expression, for each entity is quite unique, and will chose that which is in harmony with its own beingness and intentions in balancing the previous incarnations and their choices in the upcoming incarnation.

对于绝大多数现在在你们的地球上投生的实体，在某个位置，这种类型的能量和意图会拥有一个机会去通过服务他人来表达它自己，这是由于投生的老资格系统，这个系统会将用一种灵性的方式成长的投生性的机会分配给那些极其有可能能够这样做的人，这样，每一个现在是用这种正面性的意义投生的实体，已经在投生前就规划好了机会来在投生模式中的一些的位置上对他人进行服务。将会有催化剂被提供，这种催化剂将会引发服务他人的选择。催化剂是具有极其多种多样的潜在的表达的途径的，因为每一个实体是相当独一无二的，并将会选择与它自己的存在性，在对之前的投生的平衡的方面的意图，以及他它们在即将到来的头身中的选择最为协调一致的事物。

It is hoped by each entity then, in the positive sense, that this opportunity to serve others will become that which is paramount within the experience. This choice of service to others, then, at that point, marks the beginning of the opening of the green ray energy center, and the conscious apprehension of the reason for the incarnation, and the ability to see through the more illusory the entity, seeing beyond the health of the self, seeing beyond the comfort of the self, seeing beyond the caring for the family and looking to the expression of the service-to-others orientation in a conscious fashion.

接下来, 在正面性的意义上, 被每一个实体希望的事情, 就是这个服务他人的机会将会成为在体验中至高无上的事物。这个服务他人的选择, 接下来, 在那个位置上, 就会成为绿色光芒能量中心的开始, 对投生的理由的有意识的领会, 以及去看穿更加虚幻的实体, 看穿自我的健康, 看穿自我的舒适, 看穿对家庭的照顾, 并看到用一种有意识的方式去表达服务他人的取向的能力的标志了。

Therefore, the intention becomes altered to the degree that the self, then, looks beyond its own boundary to others selves, and finds a means by which service may be offered that will operate to polarize the consciousness in the sense of this service-to-others opportunity.

因此, 意图会被改变到了自我接下来会看穿它自己与其他自我的边界, 并会找到一种藉由其服务可以被提供的途径的程度, 这种途径将会运转以在这个服务他人的机会的方面让意识极化。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: Yes, just a clarification. I think I'm understanding that if there's an entity who is generally polarizing positively, and their focus, for most of the part, is upon serving others, and they maybe go out of their way to do something to enjoy themselves just for the sake of enjoying themselves and not for the sake of serving others—so long as it's not at the expense of another self, that activity is not necessarily positively polarizing, but it's not detrimental to that entity's positive polarity in itself. Is that true?

Austin: 仅仅是一个澄清。我认为我理解, 如果有一个实体, 它一般而言是正面性地极化的, 它们的焦点, 在绝大多数时候, 是在服务他人上的, 它们可能会离开它们的道路与仅仅为了享受它们自己的缘故, 而不是为了服务他人的目的而享受它们自己——只要它不是以牺牲另一个自我为代价的, 那个活动不一定是正面性地极化, 但是, 它对于那个实体在其自身的正面性极性并不是有害的。那是正确的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. This is true, for it is the intention that is the most important ingredient in such choices. The intention in the case which you describe is not that which is desiring to be of service to others, or of service to self by controlling others and separating from others, but is that which contains no polarizing possibility, for it is in the, shall we say, gravity well of indifference, indifference to the polarization process, and ignorance, shall we say, of that process's existence and opportunity to be utilized for any entity.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。这是真实的, 因为在这样的选择中最为重要的要素是意图。在你描述的情况中, 意图并不是渴望服务他人的意图, 或者藉由控制其他人并与其他人分离而服务自我的意图, 而是包含了没有极性的可能性的事物, 因为, 它是在那个, 容我们说, 冷漠的重力井之中的, 即对极化过程的冷漠, 对那个过程的存在性以及让机会被任何实体所利用的无知。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: No, not on that topic, thank you.

Austin: 没有了，不是在那个主题上，谢谢你们。

Q'uo: I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你, 我的兄弟。在此刻有另一个问题吗？

Austin: Yeah, on a different topic. I would like to ask about the idea that the information that you share, and that we provide on the internet, generally falls within the realm of—let me reword that.

Austin: 是的, 在一个不同的主题上, 我想要询问, 对于你们分享的信息, 以及我们在互联网上提供的事物的看法, 通常会落入到这样的领域中——让我重新措辞。

People typically find it through a means of researching conspiracy theories, and there's a path to finding the Law of One and the other channeled material by first discovering conspiracy and then finding the channeled material. And sometimes people sort of fall away from the conspiracy aspect, but I wanted to ask what the role of conspiracy theories, and that path of first finding conspiracy, and then finding the spiritual information, what the dynamic is there, and what the proper role of the conspiracy theories are in the heart of spiritual evolution.

人们典型性地是通过一条研究阴谋理论的途径找到它的, 会有一条通往找到一的法则以及其他的传讯资料的途径, 它是藉由首先探索阴谋论, 接下来找到传讯资料。有时候人以某种方式会离开阴谋论的面向, 但是, 我想要询问阴谋论, 以及那条一开始找到阴谋论, 接下来找到灵性信息的途径的角色, 存在有什么动力性呢, 阴谋论在灵性演化的核心中的适当的角色是什么呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. The so-called conspiracy theories are, for many entities, as you have mentioned: a beginning movement away from the generally accepted explanation of the nature of reality, for that which is hidden is known within the inner being to be of a spiritual nature ultimately for each individual. Thus, this subconscious knowing of the need to seek that which is hidden within the self oftentimes begins with seeking that which is hidden in the outer reality, there being an inner sense that the hidden quality is of importance to the individual mind/body/spirit complex.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。所谓的阴谋论, 对于很多的实体, 如你已经提及的一样, 是离开通常性地被接受的对实相的属性的解释的一种初始的运动, 因为被隐藏的事物是在内在的存有内部被知晓为是具有一种对每一个个体是终极地灵性上属性的。因此, 这种对于需要去寻求被隐藏在自我内在之中的事物的潜意识的知晓, 是从对被隐藏在外部的实相中的事物的寻求开始的, 会有一种内在的感觉, 那个被隐藏起来的属性是对个体的心/身/灵复合体是具有重要性的。

However, when this path of seeking to know more about the hidden qualities of the so-called planetary game, or conspiracy theories, as to how this game is played, is pursued long enough by an entity which is enough interested in riddles and puzzles to move beyond that which is of the conspiracy nature, eventually such an entity discovers that it does not feel fulfilled in that inner sense of craving fulfillment by knowing more and more of the conspiracy scenario—who did what to whom, and why.

然而，当这条寻求去知晓更多的所谓的星球的游戏的隐藏属性，或者在关于这个游戏是如何玩耍的方面的阴谋论的道路，是被一个对谜题或者难题感兴趣的实体追寻了足够长的时间，以超越了具有阴谋属性的事物时，这样一个实体最终会发现，它对于藉由知晓越来越多的阴谋的剧情——谁对谁做了什么事情——来满足那种内在的渴望并不感觉到是满足的。

When this sense of lack of fulfillment becomes strong enough, such an entity becomes more aware that there is something lacking within this hidden story—there is something there that might point the attention and the consciousness, and the expenditures of energy inward to this conspiracy buff, shall we say, for it is discovered that this sense of craving is stronger than the desire to know something that was hidden, and therefore, feel more informed than the average consumer of information within your culture.

当这种缺少满足的感觉变得足够强烈的时候，这样一个实体会更多地察觉到，在这个隐藏的故事中会有某个缺少的事情——会有某个事情可能会将注意力，意识以及能量的支出指向这个，容我说，阴谋论的爱好者的内部，因为被发现的事情是，这种渴望的感觉是比去知晓某种被隐藏的事情的渴望要更加强有力的，并因此是比在你们的文化中的一般水平的信息的消费者要更加有见地的。

The desire to move beyond being controlled by forces that are unseen and who have supposedly contact with entities of an extraterrestrial nature, perhaps, who are behind their machinations, causes the seeker of truth to be born in a fashion within the conscious mind and the sensitive heart of the entity who has heretofore decided that there was something more to the illusion than normally experienced, and now has decided that there is more to the illusion than conspiracies, and illuminati, and Malta, and so forth. Thus the seeker may be born as a portion of the path of seeking begins within that investigation into the planetary game.

去超越被那些无形的力量，那些已经假设与具有一种外星属性的实体接触的人，也许是在它们的阴谋诡计后面的实体所控制的渴望，会使得真理的寻求者用这样一种方式在实体有意识的心智中以及敏感的心中诞生出来，这个实体在此前已经决定，会有某个事情是比通常被体验到的幻象是更大的，并现在已经确定，会有比阴谋论，光明会，马耳他 (Malta) 以及诸如此类的幻觉更多的事物。这样，寻求者就可以作为那条从对星球的游戏的调查研究开始的寻求的道路的一部分被诞生出来了。

When the seeker then discovers the spiritual journey, then all seems to fall into place, as the pieces of the puzzle are more able to be placed in the

proper location within the mind/body/spirit complex of the new-born seeker of love and light. Thus, within this realm of secrecy may be sown seeds of infinity, and the seeker of truth moves forward.

当寻求者接下来发现了灵性的旅程的时候，接下来，所有的事物看起来似乎都各就其位了，如同拼图的碎片是更加能够被放置在新生的爱与光的寻求者的心/身/灵复合体中的适当的位置中一样。因此，无限的种子是可以被播种在这个隐秘的领域中的，真理的寻求着前进了。

Is there another query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes. The realm of conspiracy theories is vast, and some of the popular conspiracy theories, if they are true, could be at the root of all suffering on the planet. So some positive seekers, after finding the spiritual heart of evolution, still care about the nature of these conspiracies and want to raise awareness. But doing so can sometimes induce fear and create distortion; it's my understanding that that's why the Confederation tends not to wish to speak too directly about these conspiracy theories.

Austin: 是的，阴谋论的领域是巨大的，一些流行的阴谋论，如果它们是真实的话，能够成为在这个地球上所有的苦难的根源。因此，一些正面性的寻求者，在找到了演化的灵性的核心之后，仍旧关心这些阴谋论的属性，并想要提升认识。但是，这样做有时候能够引发恐惧并创造出扭曲，我的理解是，那就是为什么星际联邦会倾向于不过于直接地谈及这些阴谋论的原因了。

Are there any suggestions that the Confederation has for those seekers who do care about these particular conspiracies, and want to raise awareness but not create more distortion and fear?

对于那些关心这些特定的阴谋，并想要提升认识而又不创造出更多的扭曲与恐惧的寻求者，星际联邦有任何建议吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we move back to the concept of intention. Whatever action an entity undertakes with the intention of being of service to others is that action that begins to polarize the consciousness in the positive sense. Many seekers, in the best of intentions, tend, at times, to move into areas of transient information and experience. It is difficult to move clearly and concisely within the realm of illusion in which you now find yourselves, whether there is a conspiracy afoot or not.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。再一次，我们返回到意图的观念。一个实体藉由服务他人的意图而进行的无论什么行动都是那种会开始在正面性的意义上极化意识的行动。很多的寻求者，在最佳的意图中，时常倾向于进入到短暂易逝的信息与体验中。要清晰而简洁地在那个你们现在发现你们自己处于其中的幻象的领域中移动，这是困难的，无论是否有一个在进行中的阴谋。

Thus, the Confederation of Planets in the Service of the One Creator feels that it is important for entities to look first to the intention of service to others, and

secondarily to look to the amelioration of the suffering that is caused by the so-called hidden hands, and hidden motives and entities. When there is a means of avoiding the difficulty of the fear being introduced, it is most necessary to then step back from the movement into that realm of experience.

因此，服务于太一造物者的星际联邦感觉到，重要的事情是，实体要首先检查服务他人的意图，其次才是检查对由于所谓的隐藏的手，隐藏的动机与实体造成的苦难的改善。当会有一种避免恐惧被引发的困难的途径的时候，接下来极其需要的事情就是从进入到那个体验的领域的运动后退。

We feel that this has not been as well stated as we would wish, for this instrument is beginning to tire. We shall attempt clarity.

我们感觉到，这尚未已经是和我们希望的一样被很好地陈述了的，因为这个器皿开始疲倦了。我们将尝试澄清。

The seeker of truth who wishes to serve those who are in need of the basic ingredients of their life experience—the ability to chose their path, the ability to live without fear, the ability to feed and clothe the family, the ability to consider the nature of the reality in which they move, the ability to seek a greater reality within all—these are the areas in which entities may, indeed, serve others with the intention to give assistance to those who require it and request it. Thus, the intention is all.

希望服务那些需要它们的生命体验的基本的要素的人的真理的寻求者——选择它们的道路的能力，无惧地活着的能力，为家庭提供食物与衣物的能力，去考虑它们在其中移动的实相的属性的能力，寻求在万物之中的更大的实相的能力——这些是实体可能会在其中，带着去对那些需要它并请求它的实体给予帮助的意图，确实，去服务他人的领域。因此，意图就是全部。

Is there a final query at this time?

在此刻有一个最后的问题吗？

B: I have a query, please, concerning that subject on intention. My question is where does the resistance . . . what you resist, persists. I'm trying to form the question, I apologize.

B：我有一个问题，涉及到那个意图的主题。我的问题是，抵抗是在何处.....你们抵抗，会继续存在。我正在尝试去形成问题，我抱歉。

What you resist, persists, so it's sort of like we hesitate, confrontation with those that are in fear, out of fear that that will perpetuate the fear-based intention. So, how do we . . . I'm not sure I can form the question or not. How do we act as effective participatory individuals by serving others most effectively, and still avoid the resistance, and perpetuate persistence? Does that make sense?

你抵抗的事情，会继续存在，因此，它以某种方式就好像，我们不愿意，与那些处于恐惧中的人对峙，出于那种那将会让以恐惧为基础的意图继续存在的恐惧。因此，我们如何.....我不确信我是否形成了那个问题。我们如何藉由最为成效地

服务他人而作为有效参与的个体而行动，且仍旧避免抵抗，并让坚持永存呢？那是有道理的吗？

Q'uo: I am Q'uo, and believe that we grasp your query, my sister. The way that we, of the Confederation of Planets in the Service of the One Infinite Creator, have always suggested that the spiritual seeker pursue the path of service to others is to attempt to exemplify those qualities of that path, which are fundamentally the love of the Creator within all beings, sharing the light of this Creator with all with whom each entity comes in contact on a daily basis, and attempting to see the unity of all creation before one, whether it seems an illusory separation of entities pursuing various means of control and manipulation of others, or seeming to give that which is needed to others, when it is needed.

Q'uo: 我是 Q'uo, 我相信我们掌握了你的问题了, 我的姐妹。我们服务于太一无限造物者的星际联邦的途径, 已经一直都是建议, 灵性寻求者追寻服务服务他人的道路, 就是尝试去示范那条道路的那些属性, 那些属性基本上就是, 在所有存有中的造物者的爱, 与每一个实体用一种日常的方式接触到的所有的实体分享这种造物者的光, 尝试去看到在一个人面前的所有造物的统一性, 无论它看起来似乎是一种追寻各种各样的控制与操纵他人的手段的虚假的分离, 还是看起来似乎将被需要的事物给予了其他人, 当它被需要的时候。

Thus, our suggestion to each serious seeker of truth is to become that which you seek in the actions of your daily round of activities. Attempt to love with a whole heart when you're confused as to the nature of the experience confronting you. Attempt to share the light that you know of as the Creator within you. See the unity of all beings. Seek the light, and praise the light, and praise the One Creator in all.

因此, 我们对每一个严肃的真理的寻求者的建议都是去成为你们在你们的日常生活的活动的行为中寻求的事物。当你们在关于你们遭遇到的体验的属性的方面感到混淆的时候, 你们带着一颗完全的心去爱。尝试去分享那种你们知晓为在你们内在之中的造物者的光。看到所有存有的统一性。看到光, 赞美光, 赞美在万物中的太一造物者。

This, of course, will be translated by each seeker in an unique fashion, for there is no one way that works for each seeker. But if you have, within your heart and within your mind, the desire to be of service to others, then it will be a natural thing to resist not evil, for it perpetuates, as you say, that quality. If you fight or attempt to control that which is done to others, even out of the best of intentions, you are perpetuating that which you seek to eradicate, for that is the game of negative polarity—to control, to resist, to manipulate, for the benefit of the few.

这, 当然, 将会用一种独一无二的方式被每一个寻求者所转译, 因为没有一条道路是会对每一个寻求者都起作用的。如果你在您的心中, 在您的心智中, 拥有渴望去对他人进行服务, 接下来, 不去抵抗邪恶, 这将会是一个自然而然的事情, 因为如你说的一样, 它会让那种属性继续存在。如果你战斗或者尝试去控制对其他人被进行的事情, 甚至是出于最佳的意图, 你都是在让你寻求去根除的事情继

续存在了，因为那就是负面性极性的游戏——去控制，去抵抗，去操纵，为了少数人的利益。

The seeker of truth, however, does not recognize any division of a true nature in any being. That which is seen as evil, or negative, is the darker side of unity. At some point, all negatively orientated entities will, of their own freewill choice, desire to seek the light in the same sense as the positive entities do, for at some point within the evolutionary process it is not possible to move forward without seeing all the same as the self.

然而，真理的寻求者，并不会将在任何存有中分裂识别为具有一种真实属性。被视为是邪恶，或者负面性的事物，是统一性的较为阴暗的面相。在某个位置，所有的负面导向的实体都将，出于它们自由意志的选择，渴望去用正面性实体相同的方式来寻求光，因为在演化过程中的某个位置，在不将万物都视为是与自我相同的情况下，要去前进是不可能的。

In your illusion, in this third-density experience, it seems that there are the positive and negative entities that are so vastly separated from each other that there could be no possible union at any time. This is another illusion, my sister. See, then, the Creator in all, for the Creator has made all that there is—there is nothing but the Creator. Look above and beyond that which seems negative and divisive, for it is an illusion and at some point it shall be ameliorated and rectified. There will be, once again, the unity of all of creation as each individual within the infinite creation exercises its freewill to move back into unity with the One Infinite Creator, bringing all its infinite choices to the One Creator as means by which it may know itself more fully, more intensely, and with greater variety. All is one, my sister, there is no other truth.

在你们的幻象中，在这个第三密度的体验中，看起来似乎会有正面性与负面性的实体，它们是与相互彼此如此巨大地被隔离开的，以至于在任何时刻都不可能联合。这是另一个幻象，我的姐妹。接下来，在万物中看到造物者，因为造物者已经创造了一切万有——除了造物者之外，没有任何事物。超越并看穿看起来似乎是负面性与分裂性的事物，因为它是一个幻象，在某个位置它将会被改善并被纠正。再一次，将会有所有造物的统一，因为在无限造物中的每一个个体都实践它的自由意志以返回到与太一无限造物者的统一，同时将它的全部的无限的选择都带给太一造物者，作为造物者藉由其可以更为充分，更为强烈，带着更大的多样性知晓祂自己的途径。我的姐妹，万物一体，因为没有其他的真理。

At this time, we thank each for calling our presence today in your circle of seeking. We are honored to have been able to join you. We are inspired by you in your seeking within this dense and heavy illusion which seems to cloud every perception and make it difficult to see where the path might be. Move forward in love and in light at all times. That is your truth, that is your heart, that is your destiny. We are those of Q'uo. We leave you now in that love and in that light. Adonai vasu borragus.

在此刻，我们为你们呼唤我们今天出席你们寻求的圈子而感谢每一位。我们对于已经能够加入你们是感觉到荣耀的。我们在你们在这个厚重的幻象中的寻求中被你们所鼓舞，这个幻象看起来似乎笼罩了每一个知觉并使得它很难看到，道路可

能在何处。在有的时候都在爱中并在光中前进。那就是你们的真理，那就是你们的心，那就是你们的命运。我们是 Q'uo。我们现在在那种爱中，在那种光中离开你们。 Adonai vasu borragus。

November 3, 2018
2018-11-03 新时代的心灵能力

(Jim channeling)
(Jim 传讯)

I am Q'uo, and greet each of you in the love and in the light of the One Infinite Creator. We are most honored once again today to be invited to join in your circle of seeking. We are always pleased to have an opportunity to serve you in this manner, for it is our own way of progressing along the path of the evolution of the mind, the body, and the spirit, by serving others, for as we serve others, we serve the One Creator, who is in all.

我是 Q'uo，我在太一无限造物者的爱与光中向你们各位致意。我们今天对于被邀请加入你们的寻求的圈子是感到极其荣耀的。我们一直都很高兴拥有一个机会来用这种方式服务你们，因为它就是我们自己，藉由服务他人，沿着心智、身体和灵性的演化的道路前进的方式了，因为当我们服务他人的时候，我们服务了太一造物者，造物者是在万物之中的。

As always, we shall begin our session of seeking and serving with you by asking you to do us a small favor, and that is, as we speak our words and concepts to you, take those which have meaning to you and leave behind those that do not. We are not ultimate authorities, my friends, we are but your brothers and sisters who have walked a bit further along the same path that you tread, and we would not wish to place any stumbling block upon your path. So if you will do us this favor, we will feel free to speak that which is ours to offer.

一如既往，我们将藉由请你们给予我们一个小小的恩惠而开始我们与你们一起寻求与服务的集会，那个恩惠就是，当我们向你们讲述我们的话语与观念的时候，拿走那些对你们有意义的内容，并将那些没有意义的丢弃掉。我们不是终极的权威，我的朋友，我们仅仅是你们的兄弟姐妹，我们已经沿着你们行走的相同的道路走了稍微更远一点了，我们不希望在你们的道路上放置任何绊脚石。因此，如果你们将会给予我们这个恩惠，我们将会感觉到自由来说出我们所要提供的内容。

At this time, we shall ask if there is a query with which we may begin?
在此刻，我们将询问，是否有一个我们可以用来开始的问题。

Z: Greetings, Q'uo. I have a question. I've observed, especially in the last year or two, when seekers are gathered with open hearts and open mind to seek God, that I enter into this state, especially when there is many seekers, of Christ Consciousness, or witnessing. And many of my, I suppose what you could call "psychic abilities" are greatly enhanced, and I find myself existing in a place that I image to look a lot like 4D, and I wonder if you would at least comment on that.

Z: 致意，Q'uo。我有一个问题。我已经观察到，尤其是最近一两年中，当寻求者带着开放的心聚焦起来并向着寻求神开放心智的时候，我会进入到这种基督意

识，或者作见证的状态中，尤其是当会有很多寻求者的时候。我假设很多的你们能够称之为“心灵能力”的事物都被极大地增强了，我发现我自己存在于一个我想象的场所中，看起来很像是四维的，我想知道，是否你们愿意至少对那一点进行评论？

Q'uo: I am Q'uo, and am aware of your query, my brother. This is a very interesting query, for it is one which many would not feel they have the opportunity to ask—and yet, we suggest, that each person, in some degree, serves as do you serve, in these sessions of seeking. That is, each serves according to ability.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是一个非常有趣的问题, 因为它是一个很多人不会感觉到它们有机会询问的问题——而我们建议, 每一个人, 在某种程度上, 都是如同你在这些寻求的集会中进行服务一样地进行服务的。也就是说, 每一个人, 都是根据能力而进行服务的。

Because you have been honored and privileged to perceive the One Creator, or the Christ Consciousness, in a fashion which has made its profound effect known to you through your own experiences, then you have the ability, in these circles of seeking, to provide your own service in the direction of what is often called “the holding of the space or the place”, not just in space and time here in this room, but in the metaphysical realms where we exist, and where your higher self exists, and each higher self exists, so that you are able to provide a stabilizing energy that holds the contact through this instrument in a steadier fashion than would be possible were you not to be offering the service that you offer.

因为你已经用这样一种方式对感觉到太一造物者或者基督意识感到荣耀与荣幸了, 这种方式已经使得它深入的效果通过你自己的体验为你所知晓了, 接下来, 你在这些寻求的圈子中就拥有了能力去在经常会被称为“维持空间或者场所”的事物的方向上提供你自己的服务了, 不仅仅是在这个房间中在这里的空间和时间中, 同样也是在我们存在于其中, 你的高我存在于其中, 每一人高我存在于其中的形而上学的领域中, 因此, 你能够提供一种稳定性的能量, 它会用一种比如果你不提供你提供的服务所有可能的方式更加稳定的方式维持通过这个器皿的接触。

This is a kind of channeling of the intelligent energy which moves through you very freely at this time, and in your normal round of activities as well, but is most pronounced when you are engaged in a spiritual pursuit in which entities are attempting to enlarge their point of view, shall we say, the scope of that inner and outer vision that leads each seeker of truth further and further along the path of seeking and serving the one in all. Thus, the service that you offer is most helpful, not only to this contact as we speak through this instrument, but is also helpful to each seeker within this circle of seeking.

这是一种类型的对在此刻, 同样也在你通常的活动中非常自由地流经你的智能能量的传讯, 但是, 当你是在从事一种灵性上的寻求的时候, 它是极其深入的, 在这样的灵性的寻求中, 实体在尝试去扩大它们的, 容我们说, 观点, 以及对内在

和外在的视野的范围,这会引领每一个真理的寻求者沿着在一切事物中寻求与服务太一的道路越走越远。因此,你提供的服务是极其有帮助的,不仅仅是在我们通过这个器皿发言的时候对这个接触是极其有帮助的,同样也对在这个寻求的圈子中的每一个寻求者是有帮助的。

And now, we would speak to each seeker that also sits within this circle, saying that you also serve in a same manner, however, perhaps with less intelligent energy moving through your centers of energy as do move through the one known as Z's centers. Each entity brings a certain quality of beingness to the circle of seeking, so that the entities that have come here as individuals partake in the creation of a greater self that is representative of a greater being, much like your higher self, combining with each other higher self within the circle of seeking. Thus each enhances the process of being and of seeking of each other entity within the circle of seeking.

现在,我们会对每一个坐在这个寻求的圈子中的寻求者说话,我们会说,你们同样是在用一种相同的方式服务的,然而,也许是带着比流经被知晓为 Z 的实体的能量中心智能的能量较少的智能能量流经你们的能量中心。每一个实体都将一定的存在性的属性带到了寻求的圈子了,因此,已经作为个体来到真理的实体都参与到了对一个更大的自我的创造,那个更大的自我是一个更大的存有的代表,非常类似于你们的高我,与在寻求的圈子中的每一个其他人的高我混合在一起。因此,每一个实体都增强了在寻求的圈子中的每一个其他实体的存在与寻求的过程。

Is there a further query, my brother?
我的兄弟,有一个更加了一步的问题吗?

Z: I feel, Q'uo, that the fourth-density embodiment of community is available to us if we merely gather and make it so. Can you speak as to the need for that at this time?

Z: 我感觉到, Q'uo, 集体的第四密度的化身,是可以为我们所利用的,只要我们聚集起来并使得它这样可以为我们所利用。你们能够谈谈关于在此刻对那种化身的需要吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, you speak that which is most salient at this time for the population of your Mother Earth, for the time of fourth density experience is not just at hand, but is here, now, available to each. There is much ignorance of this possibility amongst the great majority of the population of this planet. Thus, the transition into the fourth density is occurring with some difficulty in the birthing process, shall we say, for there are energies available to all that may enhance each entity's seeking. But if entities are not consciously seeking to expand their awareness and find the openhearted love, that unconditional love that signals the harvestability into the fourth density of love and understanding, then oftentimes such entities will retreat into their own being, into the orange-ray energy center, so that they may defend themselves against what they see as being a kind of losing of the personality, a losing of that which they cherish,

that which they cannot see beyond.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 你谈到了在此刻对属于你们地球母亲的人群是极其突出的事情了, 因为第四密度的体验的时间不仅仅是近在咫尺, 同样现在就在这里了, 可以为每一个人所用了。在这个星球的绝大部分人去当中会有对这个可能性的大量的忽视。因此, 进入到第四密度的过渡是正带着在, 容我们说, 出生过程中的大量的困难发生的, 因为会有可以为所有人取得的能量, 这种能量是可以增强每一个实体的寻求的。但是如果实体并不有意识地寻求去拓展它们的察觉, 并找到开放心的爱, 以及那种标志着进入到爱与理解的第四密度的可收割能力的那种无条件的爱, 接下来, 这样的实体将时常会退入到它们自己的存有, 退入到橙色光芒的能量中心, 这样它们就可以保卫它们自己, 抵御它们视为是一种类型的对人格的失去, 一种对它们珍惜的事物, 它们无法看穿的事物的失去。

Thus, if entities who can see beyond the existence of the individual ego within each entity, and see the Creator within all and begin to form an openhearted bonding with all such entities, this bonding can serve as a kind of fulcrum by which the energies of separation may begin to be lifted away from those who are divided, each from the other, and make it more possible for such entities to also be able to enjoy and transmit this higher level of vibration that is now engulfing your Planet Earth.

因此, 如果实体能够看穿在每一个实体内在之中的个体的小我的存在性, 并看到在一切事物内在之中的造物者, 并开始形成一种与所有这样的实体之间的开放心的连接, 这种连接就能够起到一种类型的支点的作用, 藉由这个支点, 分离的能量就可以开始从那些被隔离开, 每一个人与相互彼此隔离开, 的实体身上被取走, 并使得这样的实体更加有可能同样也能够享受并传递这种现在正在吞没你们的行星地球的较高的振动层次了。

Thus, as you make efforts to blend your beingness with others in a kind of group mind as much as is possible within this third-density illusion, you are setting an example. You are showing the way and making it more likely that others shall follow, as they see the fruits of your labors, being that which is love and light freely shared with all. There is this quality of love and light within all entities, for the Creator exists within all entities. Thus, even those who have shut themselves off in a conscious fashion, from each other, still have that love and light within and can feel the resonance of it with your love and light as it is expressed in a group manner.

因此, 当你们做出努力来这个第三密度的幻象中将你们的存在性与其他人通过一种类型的团体心智尽可能多地混合起来, 你们就在树立了一个榜样了。你们是在显示道路并使得其他人将更加有可能会跟随那条道路, 当它们看到你们的辛苦工作的成果的时候, 那种成果就是与所有人自由地被分享的爱与光了。在所有的实体内在之中都会有这种爱与光的属性, 因为造物者是存在于所有实体内在之中的。因此, 甚至是那些已经用一种有意识的方式将它们自己对相互彼此封闭起来了实体, 仍旧会拥有那种内在之中的爱与光, 并能够藉由你的爱与光感觉到它的共鸣, 当它用一种团体方式被表达出来的时候。

Is there a further query, my brother?

我的兄弟，会有一个更进一步的问题吗？

Z: Not at this time, Q'uo, thank you.

Z: 在此刻没有了，Q'uo，感谢你们。

Q'uo: I am Q'uo, and we thank you, my brother.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗？

Austin: Yes, Q'uo. I was hoping that you could talk about the role that story-telling plays on our spiritual paths, particularly modern story-telling that might not have explicit spiritual themes but is maybe seen more as entertainment, but people are drawn to it for some reason, and these creators who create this content usually are tapping into deep excitement and a place of creativity. I was wondering if you could talk about the dynamic of story-telling and the spiritual path?

Austin: 是的，Q'uo。我希望你们能够谈论一下讲故事在我们的灵性道路上扮演的角色，尤其是现代的讲故事，它可能并不拥有明显的灵性的主题，但是却可以被更多地视为是娱乐，但是人会因为某种原因被它所吸引，这些创造了这个内容的创作者通常是在接入到深入的兴奋与一个具有创造性的位置。我想知道，是否你们能够谈谈讲故事以及灵性道路的动力性。

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, this is a query that is most helpful to have explicated at this time within your third-density illusion, for the story is that which all entities are familiar with.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。再一次，@如果这个问题在此刻在你们的第三密度的幻象中已经被清楚阐释了，它是一个极其有帮助的问题，因为故事是所有实体都熟悉的事物。

Each entity at some point in their raising up, from child to teenager to adult, will find the story engrossing for the mind, perhaps even enlarging the heart, opening the intuition, releasing the imagination, to see that which is normally not seen, to be able to conceive of moving one's own self into such a situation to see what would happen. Each child is born with this curiosity that is enlivened by the story-telling of all those teachers, friends, parents, and so forth, that attempt at this time, in the child's early upbringing, to enhance that upbringing by sharing the story, perhaps because it has had a great effect upon him or her as well, or perhaps simply because they feel this is something for the child.

每一个实体，在它从会孩子到青少年到成年人的长大的过程中，在某个位置上都将会发现故事对于心智是非常吸引人的，也许甚至是拓展心，开放直觉并释放想象力的，以看到通常不会被看到的事情，并能够去想象将一个人自己移动到这样一个情况中，来看看会发生什么事情。每一个孩子都是生来就具有这种好奇心的，这种好奇心是被所有那些老师，朋友，父母以及如此的等等的实体的讲故事，被

在此刻与在孩子的早期的抚养中的那种藉由分享故事而增强那种抚养的尝试，所赋予了生气的，也许因为它已经对他或者她同样也有过一种巨大的效果，或者也许单纯是因为它们感觉到，这是某种适合于孩子的事情。

However, as the child increases in age and experience, remembering stories that have been told and have inspired the child to think in ways that were fun, joyful, expansive, sharing with others, playing with others, being more than the simple self, conceived by most entities at some point as they grow older in their aging process.

然而，随着孩子在年龄和体验中增长，对于那些已经被讲述并已经启发孩子用种种有趣的、喜悦的、拓展性的，与其他人分享，与其他人玩耍，并成为比简单的自我更大的自我的方式来思考的故事，随着它们在它们的年龄变大的过程中年龄增长，对这些故事的忆起会被大多数实体在某个位置所构想。

Thus, the story-telling is that which enlivens the most creative and expansive aspects of each entity who hears the story, who tells the story, who imagines the self being in the story, being a character perhaps within another story created by the self in the times of solitude, so that there is the entertaining of the self by the self as the self expands into those realms of imagination, of playfulness, of giddiness, of incredible oneness with all that exists—for this is possible, depending upon each entity and the story so told and so absorbed within the beingness of the entity hearing the story.

因此，对于每一个听故事，讲故事，想象自我处于故事中，并也许会在孤单的时刻成为在另一个被自我创造出来的故事中的一个角色的实体，讲故事是会为这样的实体的最有创造力且最有拓展性的面向赋予了活力的事物，这样，在自我拓展进入到那些具有想象力、玩耍、轻快以及与所有存在的事物不可思议的一体性的领域之中的时候，就会有自我对自我的娱乐了——因为取决于每一个实体以及如此被讲述，与如此被吸收到听故事的实体的存在性的内在之中的故事，这是有可能的。

Thus, we can speak no more highly of means by which the evolutionary process may be enhanced within your illusion, by telling stories and continuing to tell stories as the aging process grows older and older in your terms, so that the stories perhaps become more involved in the way in which spiritual principles may be introduced as an adventure is undertaken, as a difficulty is faced, as the self is challenged in one way or another to go beyond what it thought possible previous to hearing any story at all.

因此，对于这种藉由其演化过程，随着年龄变大的过程，按照你们的说法，变得越来越年龄更大，通过讲故事以及继续讲故事在你们的幻象中被增强的途径，我们对其怎样赞赏都是不为过的，因此，讲故事也许是更多地被包含在这样的方式中了，通过这种方式，当一个困难被面对的时候，当自我是用这样或者那样一种方式被挑战要超越在听到任何这样的故事之前它曾经认为是有可能的事物的时候，如同一次冒险之旅被进行一样，灵性的原则是可以被引入的。

Thus, we encourage the telling of stories—the telling of stories that come from the heart, and speak to other hearts, for each heart within this illusion

has the ability to open itself completely in unconditional love to all other entities about one and to the self as well, seeing the One Infinite Creator indwelling in all entities, in all essences, in all things, and within the self, because the story so told speaks to that which is true, to that which is known, at the heart of every being: that we are, indeed, all one.

因此，我们鼓励讲故事——讲述那些源自于心，并对其他的心说话的故事，因为在这个幻象中的每一颗心都拥有能力在无条件的爱中完全向着在它周围的其他实体，同样也对自我开放它自己，同时看到居住在所有的实体中，所有的实质中，所有的事物中，以及自我内在之中的太一无限造物者，因为如此被讲述的故事谈及真实的事物，谈及在每一个存有的核心处是已知的事物：我们确实全都是一体的。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Austin: Not related to that, thank you, that was great.

Austin: 不是与那个问题有关的问题，谢谢你们，那是很好的。

Q'uo: I am Q'uo. We are grateful for your query, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我对于的问题是感激的，我的兄弟。在此刻有另一个问题吗？

Austin: Moving on to questions from seekers from all over the world. G. asks: "What can block the red ray?"

Austin: 移动到来自全世界的寻求者的问题。G 询问，“什么事物能够阻塞红色光芒？”

Q'uo: I am Q'uo, and am aware of the query, my brother. The red-ray energy center within all beings within your third-density illusion, and indeed, within all beings within all densities of illusion, concerns the ability of the entity as it is to survive, in one fashion or another, in order that it might have its beingness and be able to express it, in whatever way is unique to it.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。在你们的第三密度的幻象中的所有存有，确实，在所有幻象的密度中的所有存有的红色光芒能量中心，都是关于实体，如其所是地，用这样或者那样一种方式去生存的能力的，以便于它可以拥有它的存在性并能够用无论什么对于它是独一无二的方式来表达这种存在性。

This survival mechanism is also closely related to the sexual reproduction that produces the physical vehicle that is then able to have the energy centers activated at some point within the third-density experience, as all entities beginning third density have the red, the orange, and the yellow centers activated to some degree, with the goal, then, being to use the intelligent energy of the One Infinite Creator, or that which is often called "prana," to refine the open or active nature of each energy center until each is activated enough that there is a sufficient supply of intelligent energy to move further

and further upward along the chakra system or the energy system, into the green-ray energy center.

这种生存的机制同样也是与产生出了物质性载具的性繁衍紧密地联系在一起，物质性载具接下来就能够在第三密度的体验中在某个位置让能量中心被激活，因为所有开始第三密度的实体都拥有在某种程度上被激活的红色，橙色与黄色中心，这些能量中心被激活的目的就是去使用太一无限造物者的智能能量，或者经常被称为“普纳”的事物，以今年每一个能量中心的开放或者激活的属性，一直到每一个能量中心被足够激活，以至于会有足够多的智能能量的供给来沿着脉轮系统或者能量系统越来越更进一步向上移动，进入到绿色光芒能量中心中。

This, of course, requires a great deal of metaphysical work within the third-density illusion, [with the] the lower energy centers—beginning with the red, which is the foundation of all that is to come for each entity within the third-density illusion, and allow this intelligent energy to activate the red and to secure the survival of the entity within its own mind and beingness. And then move into the orange energy center where the individual, which is alive and well and seeking to learn and grow and share, becomes involved in one-to-one relationships of an intense level, perhaps of the emotional level, so that there is the ability to expand the energies from the simple survival unto the sharing with one other being, that which is most meaningful to the seeker of truth. And, if this can be done, then the energies may move yet higher into the yellow energy center, where the individual seeker begins, then, to explore the groups that it finds itself located within, beginning first, of course, with the family, perhaps moving to the school, to the neighborhood, to the workplace, to the teams, and so forth.

这，当然，需要大量在第三密度的幻象中对较低能量中心的形而上学的工作——从红色能量中心开始，它是对于在第三密度的幻象中的每一个实体的即将发生的事物的基础，并允许这种智能能量激活红色光芒，比让实体在它自己的心智和存在性中的生存得到保护。接下来，移动进入到橙色光芒中心，在其中个体，活着的，完好的，且寻求去学习，成长与分享的个体，会在一个强烈的层次上被包含在一对一的关系中，这样，就会有能力将能量从简单的生存拓展到与一个其他存有的分享，这对于真理的寻求者是极其有意义的。如果它能够被完成，接下来，能量就可以移动到更高的位置并进入到黄色能量中心，在那里个体的寻求者，接下来开始探索它发现它自己位于其中的团体，当然，首先是从家庭开始，也许会移动到学校，移动到邻居，移动到工作场所，团队，以及如此等等。

Thus is the entity prepared to move even further along, or upward along, the energy centers, so that the catalyst, the food for growth in the daily round of activities that is processed by each conscious seeker may then offer the seeker the opportunity to move into the heart, or the green-ray energy center, and begin to expand its ability to receive and transmit the unconditional love of the One Infinite Creator.

因此，实体会

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: We have a question from J who asks: "What determines how much pain, or how much catalyst one can handle if one never becomes aware of their preincarnative intention?"

Austin: 我们有一个来自J的问题，它问道：“什么事情决定一个人能够处理多少痛苦，或者多少催化剂，如果它从未知晓它们投生前的意愿的话。”

Q'uo: I am Q'uo, and am aware of your query, my brother. We would consider the possibility that an entity who feels that it is not aware of preincarnative choices, may not be aware that it is enacting certain functions or processing of catalyst that does recognize preincarnative choices upon an unconscious level. For most entities within the third-density illusion, this is the case, for it is the subconscious or unconscious mind which is completely aware of all preincarnative choices, and has the function of coloring any catalyst that comes to a seeker of truth in a certain way that allows that seeker to look upon the catalyst in a manner that is congruent with pre-incarnative choices.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。我们会认为，对于一个感觉到它并不知晓投生前的选择，感觉到它可能并不知道它是在发挥一定的功能，或者是在处理催化剂的实体，会有可能这个实体确实会在一个无意识的层面上认出投生前的选择。对于在第三密度的幻象中的大多数实体，正是如此，因为就是潜意识和无意识的心智是完全察觉到所有投生前的选择的，并拥有用一定的方式对出现在一个真理的寻求者面前的任何的催化剂进行染色的功能，这种方式会允许寻求者用一种与投生前的选择协调一致的方式来看待催化剂。

Thus, the entity so utilizing the catalyst, may not be aware, consciously, that what it is seeing, as it looks at its daily round of activities and how it perceives them, is a perception that is, indeed, in alignment with its choices made prior to the incarnation. Thus, if entities will simply, in the meditative state, at the end of the day, observe those activities which made a mark upon the mind that moved the entity to remember in some intellectual or emotional fashion that which occurred, then there may be the perception that a certain amount of experience of pre-incarnative choices has occurred.

因此，这样子利用催化剂的实体，可能不会有意识地察觉到，当它看着它的日常生活的活动的时候它正在看到的事情，以及它是如何感觉到它们，是一种自觉租用，这种知觉作用确实是与它在投生前被做出的选择是协调一致的。因此，如果实体，将会单纯地，在冥想状态中，在那一天结束的时候，观察到那些在心智中留在了一个标记，并会让实体用某某种智力性或者情绪性的方式回忆起发生了的事情的事物，接下来，就可能会有知觉作用，一定数量的属于投生前选择的体验已经发生了。

As this process of evaluating each day's activities occurs in meditation at the end of the day, there may seem to be a certain kind of pattern evolving within the experience of such an entity so that the pattern expresses the nature of the pre-incarnative choice that has been experienced by the entity. Thus, paying attention to what is occurring in the life experience is the surest means by which to become aware of those choices one has made with the hopes

that the learning of them will move the entity further along the path of the evolution of mind, body, and spirit, eventually resulting in the opening of the heart, and the movement into the fourth density of love and understanding. 随着这个在一天结束的时候在冥想中评估每一天的活动的过程的发生, 可能会有看起来似乎是一定类型的模式正在这样一个实体的体验中演化发展, 这样, 那个模式就会表达已经被实体体验到的投生前选择的属性。因此, 留心在生命体验中正在发生的事情, 就是最为确切的途径去藉由其察觉到那些一个人已经做出的选择, 同时寄希望于对它们的学习将会让实体沿着心智、身体和灵性的演化的道路更进一步地移动, 并最终导致心的开放, 并进入到爱与理解的第四密度。

Is there a final query at this time?
在此刻有一个最后的问题吗?

Austin: One that's a little bit longer, L writes in: "We are encouraged to accept and evaluate the thoughts that arise in the mind according to the resonance we perceive. In the channeling of June 20th, [2018], there was a point made about allowing oneself to go deeper into meditative states and accepting all images and thoughts that might arise. However, in past material, I have also found Q'uo speak about the intellect as a horse and our deep consciousness or higher self as the rider who has the ability to use the horse and move through the journey, but that often in our peoples, it happens that the horse runs away out of its own accord, and it is the rider who follows the mind instead.

Austin: 一个有一点点长的问题, L 写道: "我们被鼓励去接受在头脑中升起的想法, 并根据我们接收到的共鸣来对它们进行评价。在 2018 年 6 月 20 日的传讯中, 被提出的一个要点是, 允许一个人自己更为深入地进入到冥想状态中, 并接受所有可能会升起的形象与想法。然而, 在过去的材料中, 我同样已经发现, Q'uo 谈论心智是一匹马, 我们的深入意识或者高我是骑手, 骑手有能力使用那匹马穿越那条旅程, 但是在我们的人群中经常会发生的事情是, 碰巧那匹马会自己跑掉了, 反而是骑手在跟着心智跑。"

How can we achieve a balance between knowing when to give full freedom of exploration to the mind, and when to hold thoughts back as a precaution or as we work on disciplining our personality?"

我们如何能够在知晓什么时候要对心智给予完全的探索的自由, 什么时候要将心智抑制住之间取得一种平衡, 作为一种预防措施, 或者在我们在对我们的人格 的修炼上进行工作的时候?

Q'uo: I am Q'uo, and am aware of the query, my brother. We find some confusion within the query and will attempt to speak in a manner which we hope will be helpful.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现在问题中的某种混淆, 并将会尝试用一种我们希望将会有帮助的方式发言。

The rider, the one who seeks the truth within the conscious realms of its experience, is one which is attempting to move into those areas of both the

conscious and subconscious minds in a manner which will be able to perceive directions, or qualities, or resonances, that are present in the unconscious mind that may enhance conscious discoveries of experience that is felt to be helpful by the seeker in its daily round of activities. We would suggest a spontaneous response in the clearest possible blue ray activity of the entity speaking to itself and to others, balanced by the green ray compassion, so that there is the freely given and received love and communication and inspiration from and to such an entity. The horse does not need to run away in order for the conscious seeker to be able to utilize the situation in which it finds itself. If one can ride the unconscious mind, shall we say, or explore into it as the doughty seeker of truth, then the ability to receive helpful direction is enhanced by the interaction in a free and open manner between the conscious and unconscious selves, and between the conscious self and all other selves within the illusion in which the entity lives, and moves, and has its being.

骑手, 那个在它的体验的有意识的领域中寻求真理的实体, 是一个正在尝试用一种将会感觉到出现在无意识的心智中的方向, 特性, 或者共鸣的方式同时移动进入到有意识心智和潜意识心智的区域中的实体, 无意识心智可以强化对被寻求者在它的日常生活的活动中感觉到是有帮助的体验的有意识的探索。我们会建议, 实体在对它自己以及对其他人发言的时候在有可能最为清晰的蓝色光芒的活动中的一种自发性的回应, 是被绿色光芒的同情心所增强了的, 因此, 会有被自由地给予这样一个实体, 以及从这样一个实体被接收到的爱, 沟通交流以及启发。马并不需要跑掉, 以便于有意识的寻求者能够利用它发现它自己处于其中的情况。如果一个人能够驾驭, 容我们说, 无意识的心智, 或者作为勇猛的真理的寻求者探索进入其中, 接下来, 去接收到有帮助的方向的能力藉由被在有意识的自我和无意识的自我之间, 在有意识的自我和实体在其中生活、移动并拥有它的存在性的幻象中的所有其他的自我之间的, 用一种自由且开放的心的方式的互动所强化了。

We do not suggest holding back on thoughts unless there is the possibility that such thoughts might become injurious to another entity in some fashion. This is not usually clearly perceived by most seekers of truth, for most seekers are unable to see beyond the immediate effects of such words or actions, and to see that the initial difficulty that might occur in response to such words or actions could later be worked upon in such a way that a great deal of learning and expansion of the mind is possible.

我们并不是建议抑制想法, 除非会有可能性, 这样的想法可能用某种方式成为对另一个个体是有伤害的。这通常是不会清晰地被大多数的真理的寻求者感觉到的, 因为大多数寻求者是无法看穿这样的言语或者行动的即刻的效果, 并看到可能在回应这样的言语或者行动的过程中发生的初始的困难, 是能够用这样一种方式在以后在其上被工作的, 用这种方式大量的心智的学习与拓展是有可能的了。

Thus, our recommendation that for most entities and most occasions, that freely shared love and light through words and actions be the process by which each seeker moves further and further along the journey of unity with the One Infinite Creator.

因此，我们对于大多数实体与大多数情况的建议是，通过言语与行动被自由地分享的爱与光，成为每一个寻求者藉由其沿着与太一无限造物者的统一的旅程越走越远的过程。

At this time, we shall bring this session to a close, for this instrument is beginning to feel the tiredness of the physical vehicle. We thank each, once again, for being so receptive to our offerings of service, and so joyous in your very being. We always take a great deal of pleasure in immersing ourselves in the joy that is part and parcel of this group at all times, for when you come together in love and in light, and in the seeking of the Creator in all, there is a natural release of some portion of that indwelling love and light and unity that signifies the One Infinite Creator in all so that there is a blending of energies producing light that moves as a beacon into the heavens high above this dwelling place. We thank each of you for this grand opportunity to share our being with your being. We leave you in the love and in the light of the One Infinite Creator. Go forth in peace and in power, in praise and in thanksgiving. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们会将结束这次集会，因为这个器皿正在开始感觉到物质性载具的疲倦。我们再一次为你们对我们提供的服务成为如此善于接受的，并在你们的核心存有中成为如此喜悦的而感谢每一位。我们在将我们自己沉浸在那种在所有的时刻都是这个团体一部分的喜悦中是一直都得到了大量的快乐的，因为当你们在爱中并在光中，在对在万物之中的造物者的寻求中聚集在一起的时候，会有一种对存在于内在之中的象征着存在于万物之中的太一无限造物者的爱、光与统一性的某个部分的自然而然的释放，这样，就会有一种对产生出了光的能量的混合，这种光会如同一个信号一样移动进入到这个住所高处的天堂中。我们为这个与你们的存有分享我们的存有的巨大的机会而感谢你们各位。我们在太一无限造物者的爱与光中离开你们。在平安中，在力量中，在赞美中并在感恩中前进吧。我们是你们知晓的 Q'uo。Adonai vasu borragus。

2018-11-07 Jim: 关于 Don 的自杀的说明

Note of Don Elkins

Dear Friends,
亲爱的朋友们

Today is the 34th anniversary of the death of Don Elkins, and recently it has come to my attention that the nature of his death, by his own hand, is a topic that usually is not openly discussed by people who love the Law of One. The topic of suicide, in general, seems to be an uncomfortable and stigmatized one, as it is often viewed as a failure on the part of the deceased to meet life's challenges. Many people have a friend or family member that has left this illusion by that means, and it is very painful for those left behind. I am sure that people's reticence to talk about Don's death is largely based on love for him, for the Law of One, and for L/L Research. There may be a desire to guard the reputation of the Ra contact by avoiding conversations about Don's mental illness and suicide. I can feel your love and support in this regard, and I thank you for your heartfelt concerns.

今天是 Don Elkins 的去世三十四周年，最近，我已经注意到，他的死亡的属性，自杀，是一个通常不会公开地被那些热爱一的法则的人讨论的主题。自杀的主题，一般而言，看起来似乎是一个令人不舒服且被加上了污名的主题，因为它经常会被视为是在那个去世的人的身上的一种无法面对生命的挑战的失败。很多人都拥有一个朋友或者家庭成员是已经藉由那种途径离开了这个幻象的，对于那些被留在后面的人，这是非常令人痛苦的。我确信，人们对于讨论 Don 的死亡的缄默，大部分是基于对他的爱，对一的法则的爱，以及对爱/光研究机构的爱。可能会有一种渴望，藉由避免关于 Don 的心智疾病与自杀的谈话去守护 Ra 接触的声誉的。我能够感觉到你们在这方面的爱与支持，我为你们的由衷的关心而感谢你们。

I want you to know that, despite our great sadness in losing Don, Carla and I maintained faith in the possibility that Don's decline was the result of his undying dedication to others—namely to Carla—and to his life's work. He was truly a beloved companion for Carla, and was my best friend for the time that I knew him. Carla and I always wished to honor his memory by acknowledging all parts of his journey including the nature of his death. The factors that one must consider when talking of how Don's life came to an end are almost beyond most people's ability to comprehend because they are multiple in nature and have probably been reproduced only in a handful of instances in Earth's entire history, if at all.

我想要你们知道的事情是，尽管我们对失去 Don 拥有巨大的悲伤，Carla 和我仍旧对这样的可能性保持信心，即 Don 的跌落是他对其他人，也就是说，对 Carla，以及对他一生的工作的无休止的奉献的结果。他真的是 Carla 的一位挚爱的伙伴，在我认识他之后的时间中，他是我最好的朋友。Carla 和我一直都希望藉由承认他的旅程的所有部分，包括他的死亡的属性，来荣耀对他的回忆。一个人在谈及 Don 的生命是如何结束的时候必须要考虑的要素，几乎是超出了大多数人去领会的能力的，因为要素在属性上是多重的，并很有可能在地球的整个历史中的仅仅很少的情况中才会被重现，如果真会重现的话。

The primary factor was the "magical" nature of our spiritual work and, therefore, its susceptibility to negative interference. According to Ra there is a spiritual principle that when positive information, such as we were gaining from Ra, is consciously sought, this choice must be balanced by the availability of negative offerings from service-to-self entities. The "playing field" is automatically "leveled" by psychic greeting, so that the difficulty of our seeking is synonymous with the strength, or purity, of our free-will choice. In other words, spiritual work is never without sacrifice of one kind or another, as the power of a positive (or negative) choice equates to the difficulty of making it. The work of negative entities in this regard is usually called psychic attack, but Ra used the term "psychic greetings". Ra mentioned this in 69.17:

主要的要素是我们的灵性工作的“魔法属性”，以及由此而产生的，它对于负面性的干预的敏感性。根据 Ra，有一个灵性原则，当诸如我们在那个时候正在从 Ra 取得的信息之类的正面性的信息是有意识地被追寻的时候，这个选择必须要被来自服务自我的实体的负面性的供给的可用性所平衡。“运动场”是自动地被心灵致意所“瞄准”的，因此，我们的寻求的难度是与我们自由意志的选择的强度或者纯度的同义词。换句话说，灵性工作永远都不会缺少这样或者那样类型的牺牲，因为一个正面性（或者负面性）的选择的力量，是等于产生它的难度的。负面性实体在这个方面的工作经常被称为心灵攻击，但是 Ra 使用“心灵致意”的短语。Ra 在 69.17 中提到这一点：

Secondly, that which we and you do in workings such as this carries a magical charge, if you would use this much misunderstood term. Perhaps we may say a metaphysical power. Those who do work of power are available for communication to and from entities of roughly similar power. It is fortunate that the Orion entity does not have the native power of this group. However, it is quite disciplined whereas this group lacks the finesse equivalent to its power. Each is working in consciousness but the group has not begun a work as a group. The individual work is helpful, for the group is mutually an aid, one to another.

其次，我们和你们在诸如这个工作之类的工作中做的事情，是带有一种魔法的电荷，如果你们会使用这个被大大误解的词语的话。也许我们可以说，一种形而上学的力量。那些进行具有力量的工作的实体是可以为向着，或者来自于，具有大致类似的力量的人体的沟通交流所取得的。那个猎户实体并不拥有这个团体的天生的力量，这是幸运的，然而，它是相当训练有素的，而这个团体却缺少与它的力量的同等的计策。每一个实体都在意识中进行工作，但是这个团体尚未作为一个团体开始一种工作。个体的工作是有帮助的，因为团体是相互彼此共有的一种帮助。

So we were in a unique situation in that our work with Ra had attracted the attention of a fifth-density negative entity who wished to stop the Ra contact and remove the light that it produced. And the way that it went about that work was described by Ra in 80.4:

因此，我们在那个时候是处于一个独一无二的情况中的，在其中我们与 Ra 的工作已经吸引了一个第五密度的负面性的实体的注意，这个实体希望停止 Ra 接触

并移除它产生出的光。它着手进行那个工作的方式被 Ra 在 80.4 中描述过了。

Questioner: What is the reason for the fact that the entity is able to act through physical distortions that are already present [as] opposed to being unable to act on an entity who's had no physical distortions at all?

提问者：实体能够通过已经存在的身体的扭曲来发挥作用——反之，实体无法对一个完全不拥有身体扭曲的实体发挥作用，这个事实的原因是什么呢？

Ra: I am Ra. The key to this query is the term, distortion. Any distortion, be it physical, mental, or spiritual in complex nature, may be accentuated by the suggestion of one able to work magically; that is, to cause changes in consciousness. This entity has many physical distortions. Each in the group has various mental distortions. Their nature varies. The less balanced the distortion by self-knowledge, the more adeptly the entity may accentuate such a distortion in order to mitigate against the smooth functioning and harmony of the group.

Ra：我是 Ra。这个问题的关键是，扭曲这个词语。任何的扭曲，无论它在复合体的属性中是身体上，心智上的，或者灵性上的，都可以被一个能够用魔法的方式进行工作的实体的暗示所着重强调，那就是，在意识中造成改变。这个实体拥有很多身体的扭曲。在这个团体中的每一个实体都拥有各种心智的扭曲。它们的属性是变化的。扭曲被自我知晓平衡得越少，实体就可以更为熟练地着重强调这样一个扭曲，以便于减少团体的流畅的运转与协调性了。

Each of the three of us in the Ra contact had a variety of distortions that were used as targets of opportunity by our negative friend throughout the Ra contact. Just like any seekers, we still had much to learn. Carla pre-incarnatively chose arthritis as a means of focusing on her inner work—instead of on outer work in the world. This constantly was being intensified by our negative friend, sometimes in very mysterious ways but always according to the metaphysical laws, if you will, that provide for this balancing of difficulty in the face of choice. My tendency towards anger at myself in order to learn compassion for myself, for example, was intensified many times in my life as I made mistakes and responded by breaking a tool or an object.

在 Ra 接触中的我们三个人中的每一个人都拥有各种各样的扭曲，在贯穿整个 Ra 接触这些扭曲都被我们的负面性的朋友用作机会的目标。就好像任何寻求者一样，我们仍旧拥有大量要学习的事情。Carla 的投生前选择了关节炎作为一种对它的内在工作上——而不是在世界中的外部工作上——的聚焦的手段。这个扭曲持续不断地被我们的负面性的朋友强化，有时候是用非常神秘的方式，但是一直都是根据在面对选择的时候为这种困难的平衡提供形而上学的法则，如果你们愿意这样说的话。举个例子，我对我自己感到愤怒的倾向在我的生命中，在我犯错误并用打破一个工具或者一个东西来回应的时候，很多次地被强化了，这种倾向是为了去学习对我自己的同情。

Don was always very cautious and wise in anything that he did. In the last two years of his life his wisdom became distorted towards worry and fear that his

employer, Eastern Airlines, was going bankrupt and that Don would no longer be able to support our work or L/L Research. He also was worried about Carla's deteriorating physical condition that was being intensified by our negative Orion friend of fifth density. But his greatest worry seemed to be that Carla's spirit might be displaced into negative time/space by our negatively oriented friend. This had almost happened during a Sunday night public meditation on August 16, 1981. (68.5) This emphasis on the worry aspect of his wisdom constituted a free-will choice that could be, and was, intensified by psychic greetings. When Don asked Ra how our negative friend operated in regards to our group Ra said in 62.20:

Don 在他做的任何事情上一直都是非常小心谨慎且有智慧的。在他的生命的最后两年，这种智慧变得朝向忧虑与恐惧扭曲了，他的忧虑与恐惧是，他的雇主，东部航空，将要破产，Don 就不再能够支持我们的工作或者爱/光研究机构了。他同样也担忧 Carla 恶化的身体状况，这是被我们的第五密度的负面性的猎户朋友所增强了的。但是他最大的担忧看起来似乎是 Carla 的灵体可能会被我们的负面性导向的朋友放置在负面性的时间/空间中。这在 1981 年 8 月 16 号的一次周日晚间的公开冥想期间几乎发生了。(68.5) 这种他的智慧的担忧的面向的着重强调，构成了一个自由意志的选择，这个选择适合能够被，且曾经被心灵致意增强了。当 Don 询问 Ra 我们的负面性的朋友在关于我们的团体的方面是如何运转的时候，Ra 在 60.20 中说：

Questioner: What is the objective; what does the, shall we say, the leader, the one at the very top of the pecking order in fifth-density Orion, have as an objective? What is his— I would like to understand his philosophy with respect to his objectives and plans for what we might call the future or his future?

提问者：目标是什么呢，领导者，容我说，在第五密度的猎户中处于强弱排序的最顶端的实体将什么事物作为一个目标呢？他的哲学是什么——我会想要理解在关于他的目标以及对于我们所称的未来或者他的未来的计划的方面，他的哲学是什么呢？

Ra: I am Ra. This thinking will not be so strange to you. Therefore, we may speak through the densities as your planet has some negatively oriented action in sway at this space/time nexus.

Ra: 我是 Ra。这个思考将不会对于你们是如此陌生的。因此，我们可以透过多个密度谈论，因为你们的星球在这个空间/时间的节点拥有某种占据支配地位的负面导向的行为。

The early fifth-density negative entity, if oriented towards maintaining cohesion as a social memory complex, may in its free will determine that the path to wisdom lies in the manipulation in exquisite propriety of all other-selves. It then, by virtue of its abilities in wisdom, is able to be the leader of fourth-density beings which are upon the road to wisdom by exploring the dimensions of love of self and understanding of self. These fifth-density entities see the creation as that which shall be put in order.

早期的第五密度的实体，如果它是被导向保持作为一个社会记忆复合体的凝聚

力的方向的话，它可能在它的自由意志之中决定，通往智慧的道路存在于通过精巧的规范对所有其他自我的操纵之中。它接下来，凭借着它在智慧中的能力的优点，能够成为第四密度的存有的领导者，这些第四密度的存有正处于藉由探索对自我的爱以及对自我的理解的维度而通往智慧的道路。这些第五密度的实体将造物视为应该被整齐排列的事物。

Dealing with a plane such as this third density at this harvesting, it will see the mechanism of the call more clearly and have much less distortion towards plunder or manipulation by thoughts which are given to negatively oriented entities although in allowing this to occur and sending less wise entities to do this work, any successes redound to the leaders.

在与一个诸如这个处于这个收割时期的第三密度之类的层面打交道的时候，它将会看到更为清晰地呼唤的机制，并藉由被给予负面导向的实体的想法，在朝向掠夺或者操纵的方向上拥有远远较少的扭曲，虽然通过允许这种操纵或者掠夺发生并派遣较不智慧的实体去进行这个工作，任何成功都会归于领导者。

The fifth density sees the difficulties posed by the light and in this way directs entities of this vibration to the seeking of targets of opportunity such as this one. If fourth-density temptations, shall we say, towards distortion of ego, etc., are not successful the fifth-density entity then thinks in terms of the removal of light.

第五密度看到了由于光而被产生出的困难，并用这种方式指导具有这种振动的实体去寻找诸如这个机会之类的机会的目标。如果第四密度朝向小我扭曲以及诸如之类的，容我们说，诱惑是不成功的，第五密度的实体接下来就会在除掉光的方面进行思考了。

So since we would not detune our desire to serve the One Infinite Creator our negative friend wished to put out our light by whatever means possible. Each of us experienced numerous psychic greetings although Carla certainly bore the brunt of them.

因此，既然我们不会对我们服务太一无限造物者的渴望减少调音，我们的负面性的朋友希望藉由无论什么有可能的手段来熄灭我们的光。我们中的每一个人都体验到大量的心灵致意，尽管 Carla 肯定是它们中首当其冲的。

As Don's worries continued to grow Carla became concerned that her beloved companion, or B.C., as she called him, was suffering too much. So she told him that she would like to take over his worries and be the strong one. He could be like her, "small and foolish", instead of having to shoulder all these worries. Carla did not know that this offer had real and dangerous metaphysical implications. Don really didn't imagine that anything would come of this offer when he off-handedly accepted. But Ra said that since Don and Carla "had been as one since before time" (75.23) that this agreement resulted in a "deleterious energy exchange" between them. Ra described this deleterious energy exchange in 106.13:

随着 Don 的忧虑继续增强，Carla 担忧她挚爱的伙伴，或者 B.C.，如同她对他的称呼一样，正在过度地受苦。因此它告诉他，她愿意承担他的忧虑并成为强有力

的实体。他能够和她一样，“弱小而愚蠢，”而不是不得不担负起所有这些忧虑。Carla 并不知道，这种给予拥有真实而危险的形而上学的含义。在 Don 马上接受这个给予的时候，他真的没有想象到任何事情会从这种给予中产生出来。但是 Ra 说过，既然 Don 和 Carla “自从时间开始之前就已经是作为一个实体的” (75.23) 这个协议导致了在它们之间的一种“有害的能量交换”。Ra 在 106.13 中描述了这种有害的能量交换。

Questioner: Could Ra recommend what I should do to improve my state of health?

提问者：Ra 能够推荐我应该做什么事情来增进我的健康状况吗？

Ra: I am Ra. We tread most close to the Law of Confusion in this instance but feel the appropriateness of speaking due to potentially fatal results to the instrument. We pause to give the questioner and the scribe a few moments of space/time to aid us by stepping away from those distortions which cause us to invoke the Law of Confusion. This would be helpful.

Ra：我是 Ra。我们在这个距离极其靠近混淆法则了，但是由于对器皿的潜在致命性的结果，我们感觉到发言的适当性。我们暂停以给予提问者与抄写员一会儿的空间/时间来藉由离开那些使得我们引用混淆法则的扭曲而帮助我们。这会是有帮助的。

[A few moments pause.]

[一会儿的暂停。]

I am Ra. We appreciate your attempts. Even [confusion on your behalves is helpful. The questioner has, in the recent past, allowed a complete transfer] of mental/emotional pain from the questioner to the instrument. The key to this deleterious working was when the instrument said words to the effect of the meaning that it would be the questioner and be the strong one. The questioner could be as the instrument, small and foolish. The questioner, in full ignorance of the firm intent of the instrument and not grasping the possibility of any such energy transfer, agreed.

我是 Ra。我们感激你的尝试。甚至在你的行为举止上的混乱都是有帮助的。提问者，在最近的过去，已经允许了从提问者到器皿的一次完整的心智/情绪痛苦的转移。这个有害处的工作的关键，接下来就是当器皿说出了那些对提问者有意义的词语产生了效果，且效果是一种强烈的效果的时候。提问者能够和器皿一样，成为弱小而愚蠢的。提问者，在对器皿的坚定的意图的完全的无知，以及对任何这样的能量转移的可能性没有掌握的情况下，同意了。

These two entities have been as one for a timeless period and have manifested this in your space/time. Thusly, the deleterious working occurred. By agreement in care and caution it may be undone. We urge the attention to thanksgiving and harmony on the part of the questioner. We may affirm the previous recommendation in general of the skills and the purity of intention of the one known as Bob, and may note the sympathetic illness which has occurred due to the instrument's sensitivities.

这两个实体已经在一段无限长的时期中是如同一体的，并已经在你们的空间/时间中显化了这种一体性了。因此，有危害的工作发生了。藉由在关心与谨慎中的协议，它可以被消除。我们鼓励留心感恩与在提问者的部分上的协调性。我们可以肯定之前推荐的一般性的技巧，以及被知晓为 Bob 的实体的意图的纯净，我们可以指出，已经由于器皿的敏感性而发生的共情性的疾病。

Lastly, we may note that to the one known as Peter several aspects of the distortions experienced by the questioner, the instrument, and the scribe may be quite apparent and rather simply traduced to lesser distortions.

最后，我们可以指出，被提问者，器皿以及抄写员对于被知晓为 Peter 的实体体验到的数个扭曲的面向可能是相当明显的，且都相当单纯地被中伤成为了较差的扭曲了。

The deleterious energy exchange was never undone. What happened to Don, instead, was that his armor of light that allowed him to deal with any situation from a position of wisdom was removed and all outer stimuli came crashing in on him causing him great mental and spiritual pain. This continued to increase for the remaining eight months of his life. On top of that, both Don and Carla were in the midst of initiation at this time. (106.3 and 106.12) Initiation often is difficult all by itself to go through, but now it was added to the deleterious energy exchange and the attention of our negative fifth-density friend.

有害的能量交换是从未被消除的。发生在 Don 身上的事情，反而是，允许他从一个智慧的位置上与任何情况打交道的他的光之盔甲被移除，所有外部的催化剂冲入将他他垮，给他造成了巨大的心智与灵性的痛苦。在他的生命的剩下的八个月实践中，这个情况继续增强。在那个情况的顶点，Don 和 Carla 在那个时候同时都处于启蒙之中 (106.3 和 106.12) 启蒙要完全凭借它自己来穿越，经常是困难的，但是，现在启蒙被添加了有害的能量交换与我们的负面性的朋友的注意。

Don's great worry about Carla's spirit being displaced into negative time/space also led to a curious question that he asked me in the fall of 1983. He asked me if I thought it might be possible to make a deal with our negative friend to leave Carla alone. I told him that there would be no way to trust such an entity of negative polarity whose sole aim is to control you. So I really don't know how this question and Don's consideration of it played into his death, but I would not be at all surprised to discover one day that our negative friend was able to use this thought in Don's mind to help bring him to his end.

Don 关于 Carla 的灵性会被放置于负面性的时间/空间的最大的忧虑，同样也导向他在 1983 年秋天问过我的一个古怪的问题。它问我，是否我认为有可能与我们的负面性的朋友做一个交易，放了 Carla。我告诉他，绝对不要相信这样一个负面极性的实体，它唯一的目标就是去控制你。因此，我真的不知道这个问题与 Don 对它的考虑如何对它的死亡起作用了，但是，如果有一天我发现，我们的负面性的朋友能够利用在 Don 的头脑中的这个想法来将他带到他的终点，我是完全不会感到吃惊的。

The three of us lived in the house in Anchorage, Kentucky for seven months before Don died. During all that time he was in mental, physical and emotional decline. He lost 70 lbs. and went from 220 down to 150 lbs. He put himself into the psychiatric ward of a local hospital, but his psychiatrist went on vacation for the first three weeks of Don's stay there. And when he returned from his vacation he had very little to do with Don since Don didn't want to talk to him. Eventually Don was able to feign improvement enough to be released. He told us as we were driving home that he was no better, and each day seemed worse than the one before it. Carla feared that his body may eventually fail due to not eating.

我们三个人在 Don 死亡之前的七个月时间中住在肯德基的 Anchorage 的房子中。在全部那段时间期间，他都是处于心智、身体与情绪上的跌落之中。他失去了 70 磅的体重，从 220 磅下降到 150 磅。他让他自己安置在一所本地医院的精神病监护之中，但是他的精神病医生在 Don 呆在那里的一开始的三周时间在休假。但他从休假返回的时候，他与 Don 只有非常少的关系，因为 Don 并不想要与他说话。最后，Don 能够装出足够多的改善而被释放了。他告诉我们，当他开车回家的时候，它并没有好转，每一天看起来似乎都比前一天更糟。Carla 害怕他的身体可能会最有由于不吃饭而垮掉。

One day Don mentioned to me that he felt that his death was immanent, by one means or another. Reflecting on this today, it's still impossible to know whether Don's feeling came from his intuition or from his confusion. That day, Don told me he was thinking of killing himself because, if he was going to die anyway, he did not want to die in the hospital. Carla and I faced a very difficult choice. Neither of us wished to violate Don's free will if he was making conscious decisions. However, we were not convinced of Don's presence of mind. We certainly feared losing him to an unconscious act. We believed in the greater possibility that Don's mental illness, which was enhanced—or even brought about—by psychic greeting, was taking center stage. We felt it was causing him to believe in the imminence of his death, and in the doctors' inability to help him, and was leading him to contemplate suicide. We did not think that Don wanted to die; but only that he could not see a way to survive. To us, for better or for worse, Don's confusion constituted a call to service. Carla and I did our best to apply a love/wisdom balance to Don's predicament. I signed a mental inquest warrant to have Don taken to the hospital for a seventy-two hour stay to evaluate his situation.

有一天 Don 对我提到，它感觉到他的死亡，用这样或者那样一种方式，临近了。在今天反思这个说法，仍旧不可能知晓，Don 的感觉是来自于他的直觉还是来自于他的混淆。那一天，Don 告诉我，他曾经想到杀死自己，因为，如果他无论如何都要死去，他并不想要死在医院里。Carla 和我面对一个非常困难的选择。我们中的任何一个都不希望违背 Don 的自由意志，如果他是在做出有意识的决定。我们肯定害怕由于一种无意识的举动而失去他。我们相信，更大的可能性是，Don 的精神疾病，在被心灵致意所增强，甚至是被心灵致意所引发后，是占据着中心的舞台的。我们感觉到它正在真的他相信他的死亡即将到来，相信医生无法帮助他，并正在将他引向预期的自杀。我们并不认为 Don 想要死，而仅仅是他无法看到一条存活的途径。对于我们，无论是变好还是变坏，Don 的混淆都

构成了一种对服务的呼唤。Carla 和我尽我们全力对 Don 的苦境使用一种爱/智慧的平衡。我签署了一份精神病调查许可，让 Don 被送往医院进行一次 72 小时的住院，来评估他的状况。

When the police came to serve the warrant Don put a .38 revolver to his head and told the police to leave. It was then that Carla ran up the stairs to be with him but was pulled back by police officers. At one point during the ensuing standoff Don gathered all the coats in the house and put them on the porch so that the police could keep warm on a cold November night. Even through the agony of his current state of mind he could still feel compassion for the police in the cold night air. After a six hour standoff the police decided the situation needed to end and shot tear gas into the house. This drove Don out into the back yard where he shot himself and died instantly. Carla and I always believed that Don went outside to shoot himself so that Carla could continue to live in the house.

当警察前来执行那份许可的时候，Don 将一只 38 毫米左轮手枪对准它的头部，并告诉警察离开。就是在那个时候，Carla 跑上楼梯要与他一起，但是被警察官员拉回来了。在接着发生的拉锯期间的一个位置，Don 将房屋中所有的外套都收集起来，将它们放在门廊，这样警察就能够在一个寒冷的十一月的晚上保暖了。即使是通过他当前的心智状态的苦痛，他仍旧对在寒冷的夜晚的空气中的警察感觉到同情。在一场六个小时的拉锯之后，警察决定情况需要结束，并向房屋中射击了催泪瓦斯。这将 Don 驱赶到后院，在那里他对他自己射击并立刻死去了。Carla 和我一直都相信，Don 走出去对他自己射击，这样 Carla 就能够继续活在房屋中了。

Three days later Carla saw Don in a waking vision, and he told her that everything that had happened had occurred as planned and that all was well. He said that we would not be able to understand how this could be true until we, too, went through death's door. Within another two days Carla saw Don once again in a waking vision and was given the same information. So now Carla has passed through death's door and knows the good reasons for which everything happened, and the rest of us are left to ponder yet another mystery on the journey of seeking the truth of the Law of One.

在三天后，Carla 在一场清醒的异象中看到 Don，他告诉她，每一个已经发生的事情，都是如同被计划好一样地发生的，一切都好。他说，一直到我们同样也穿越了死亡的大门，我们无法理解这如何是真实的。在另外两天中，Carla 再一次在一场清醒的异象中看到 Don，并被给予了相同的信息。因此，现在，Carla 已经穿越了死亡的大门，并会知晓每一个事情发生的好的理由了，而我们其他人被留下沉思在寻求一的法则的真理的旅程上的另一个奥秘。

We cannot know whether Don might have survived, had things gone differently. Ra said many times that "There are no mistakes." That is easier to say than to comprehend, but I believe that is where our faith plays the crucial role in our spiritual development. Each of us in our spiritual journeys will find many times when we cannot fathom how what is happening to us can be without mistake. And yet when we look back upon how our spiritual journey

has unfolded we all can see many places where things did not look well at all but turned out well as we moved further along our paths. In this case, Carla's life may well have been saved by Don's sacrifice. Don was an incredibly conscientious, ethical man. He was also quiet and mysterious. I believe that there is much he sensed, knew, or experienced but did not discuss. I believe in his utter positivity and in the fact that all his conscious choices were designed to bring about a positive outcome for others, even at his own expense. Whether or not Don ended his life with presence of mind, his actions may have preserved Carla's life—whether by ending the Ra contact, or by some other means that allowed Don to accept the interference of our negative friend so that Carla could go on sharing her love and light. After all, they had changed places and this precipitated Don's decline.

我们无法知晓，是否 Don 本来是可以活下来的，是否事情本来会不一样地进行。Ra 说过很多次，“没有错误。”说这句话是要比领会它要更容易的，但是我相信，那就是我们的信心要在我们的灵性发展中扮演关键性的角色的位置了。在我们灵性旅程中的我们每一个人都将会发现，很多时候我们无法弄清正在发生在我们身上的事情如何能够是没有错误的。而当我们回顾我们灵性旅程已经是如何被展开的时候，我们全都能够看到很多的位置，在其中事情完全不是看起来是好的，但是随着我们沿着我们的道路走得更远，它们被证明是好的。在这个情况中，Carla 的生命很有可能是已经被 Don 的牺牲所拯救的。Don 是一个令人难以置信地认真负责且有道德的人。他同样是安静而神秘的。我相信，有大量他感觉到，知道，或者体验到，但却没有讨论的事情。我相信，在他完全的正面性中，所有他有意识的选择，都是旨在为其他人产生出一个正面性的结果，甚至是以他自己为代价。无论 Don 是否是泰然自若地结束他的生命，他的行为都可能已经维护了 Carla 的生命——无论是藉由结束 Ra 接触，还是藉由允许 Don 接受我们负面性朋友的干预的某种其他的途径，这样 Carla 就能够继续前进，分享她的爱与光了。毕竟，它们已经改变了位置以及这场被促成的 Don 的跌落。

After Don's passing, Carla and I felt almost as though we had entered a new incarnation together. Carla's tireless work in service to the One Infinite Creator would continue for thirty-one more magical years. During that time, Carla and I were able to serve one another in ways that we feel were in fulfilment of our pre-incarnational plans. Carla was finally able to balance her tendency, since childhood, to give of herself without expectation of return, with the ability to accept the love offerings of others, represented by her accepting my care while she was confined to her hospital bed. In this way, she balanced her sense of unworthiness. For my part, I was able to open my heart in unconditional love, thanks to the opportunity to meet Carla's daily needs. After her passing, and as a result of my experiences with Carla, I felt finally able to love myself. I was later inspired to ask Jesus to come into my heart and have since felt an ability to more fully open my heart to anyone around me. Every day I thank the One Infinite Creator for everything in my life. I do believe that all is well with Don, with the world in which we find ourselves, and with the world within us. All is truly well.

在 Don 去世以后，Carla 和我感觉几乎就好像我们已经一起进入到一次新的投生了。Carla 在服务太一无限造物者中的不懈的工作，继续了更多的三十一个魔法

的年份。在那个时间期间，Carla 和我能够用各种方式服务相互彼此，我们感觉到这些方式实现了我们投生前的计划。Carla 最后能够平衡她的倾向，从幼年时期开始，她都倾向于不求回报地给予她自己，并有能力接受其他人的爱的给予，这是从当她受限于她的病床的时候她接受我的照顾表现出来的。用这种方式，她平衡了她的无价值感。在我的身上，我能够用无条件的爱开放我的心，并对满足 Carla 的每日需要的机会而致谢。在她去世之后，作为我与 Carla 的体验的一个结果，我最后感觉到能够爱我自己了。我后来被启发去请求耶稣来到我的心中，并已经感觉到一种去更加充分地向着我周围的任何人开放我的心的能力。每一天，我都为在我生命中的每一个事情感谢太一无限造物者。我确实相信，对于 Don，对于我们发现我们自己处于其中的世界，对于我们在我们自己内在之中的世界，一切都好。真的一切都好。

In Praise and Thanksgiving,
Jim McCarty
赞美与感恩
Jim McCarty

November 13, 2018

2018-11-13 具有无限价值的存有

Group Question: What does it mean to be a being of infinite worth?

团体问题：成为一个具有无限价值的存有是什么意思呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you this evening in love and in light, for we are those who seek the light and feel the love and the blessings of the One who is all in all. We see that One in you. We answer your call this evening in hopes of being able to show you that reflection of the One in you.

我是 Q'uo，我在今晚在爱中，在光中向你们各位致意，因为我们是那些寻求光，并感觉到太一的爱与祝福的实体，太一就是在万物之中的万物。我们在你们内在之中看到那个太一。我们在今晚回应你们的呼唤，以期待能够向你们展现对那个在你们内在之中的太一的映射。

Before we get underway, we would ask you our favor as always, and that is that you use the words that we speak, the concepts that they create, in a manner that has meaning for you, leaving behind any words or concepts that do not have meaning for you, for we are all unique in our attempt to seek and to become the One Creator, and at some point in our journeys we may have that variant apparent perception of unity that is not shared for the time being with another. Remember, my friends, ultimately that there are no mistakes. Whatever path you tread at this time is that path which is yours, and which shall eventually lead you to the destination that you seek.

在我们开始进行工作之前，我们一如既往向你们请求一个恩惠，那就是你们用一种对你们有意义的方式来使用那些我们说的话，以及那些它们创造的观念，将任何对你们没有意义的话语与观念都丢弃掉，因为我们在我们去寻求并成为太一造物者的尝试中全都是独一无二的，在我们的旅程中的某个位置上，我们可能会拥有对统一的各不相同的表面上的观念，这种观念是暂时并未与另一个人所分享的。我的朋友们，请记住，最终没有错误。你们在此刻走的无论什么道路上，都是属于你们的道路，并将会最终引导你们前往你们寻求的目的地。

You ask this evening a very interesting and important question: that is, what does it mean to be an infinite being of infinite worth, for indeed, all of us are such, for such is the One Creator, a being infinite in nature, and infinite in worth. What is the worth? What is infinity? These are basic building blocks of that One Creator that resides in each entity and in all things, for there is nothing but the One Creator.

你们在今晚询问了一个非常有趣的，且非常重要的问题：问题是，成为一个具有无限价值的无限的存有意味着什么，因为确实，我们所有人都是这样在属性上是无限的，在价值上是无限的存有，因为太一造物者就是这样的存有。价值是什么呢？无限是什么呢？会有太一造物者的基础的构建模块，它是存在于每一个实体中，存在于所有的事物中的，因为除了太一造物者之外什么都没有。

At this time, we shall transfer the contact to the one known as Austin. I am Q'uo.

在此刻，我们将接触转移到被知晓为 Austin 的实体。我是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and I am with this instrument. Allow us, if you will, to offer our perception of how your culture and your society defines and applies the concept of worth. Something of worth in your society generally implies that it is an object that has a high value in monetary terms. A person of worth in your society is typically considered somebody with high utility who can produce and provide in the terms that your society appreciates which, as you are well aware my friends, typically centers around your monetary system. Most angles and facets of your culture's relationship with the concept of worth rely upon one of the most basic and primal distortions of the One Infinite Creator, and that is the concept of the finite. Your system of economy and how you value your environment and your peers typically revolves around a system that relies upon the concept of lack and the concept of gain, and the concept of loss and accumulation.

我是 Q'uo，我与这个器皿在一起了。请允许我们，如果你们愿意的话，对你们提供我们对你们的文化与你们的社会是如何定义价值的观念并对其进行应用的认识。在你们的社会中，某个具有价值的事物，一般而言，意味着它是一个从金钱的意义上拥有一种高价值的事物。在你们的社会中，一个具有价值的人，会典型性地被认为是某个具有高的效用的人，它能够从你们的社会所欣赏的事物的意义上产生并提供，如你们同样也清楚知晓的一样，我的朋友们，典型性是处于你们的金钱系统中心处的事物。你们的文化与价值的观念之间的大多数的角度与面向，都是依赖于太一无限造物者的最为基本且根本性的变貌中的一个变貌，那就是有限的观念。你们的经济系统以及你们如何评估你们的环境与你们的同僚的价值的方式，是典型性地围绕着这样一个系统旋转的，这个系统是依赖与缺乏的观念、得到的观念，失去与积累的观念的。

My friends, these ideas all speak to the very heart of the illusion. So, when you ask, "What does it mean to have infinite worth?" it is necessary that you understand the conceptualization that you have been given of the idea of worth has been defined purely in illusory terms. There is no number that can be applied to this concept, as it is conceived of by the Creator. There is no limitation, monetary or utilitarian value when speaking of the worth of any entity or portion of the One Infinite Creation.

我的朋友们，这些观念全都谈及了幻象的核心。因此，当你们询问，“拥有无限的价值意味着什么的时候？”你们需要理解，你们已经被给予的对价值的观念的概念化已经纯粹是从幻象的意义上被定义了的。没有能够被应用于这个观念上的数字，因为它是被造物者所构想的。当谈及任何实体或者太一无限造物的任何部分的价值的时候，是没有限制，没有金钱上的或者实用性的价值的。

We have found in perceiving entities within your social structure that the lack of feeling worthy is extremely pervasive. The reasons for this widespread distortion are many, but we will speak now of a primary aspect, as we see it. And that is, that many of your peoples find themselves in circumstances in which they perceive to be lacking in some form or another, whether there is a lack of love, a lack of comfort, a lack of warmth, a lack of freedom. This lack then implies to the entity distorted by your social system that it is unworthy of those things. But, my friends, we implore you to consider that whatever circumstances you find yourself in, whatever discomforts, be they large or small, whatever pains, disharmonies, or harsh catalysts that appear before you, these have nothing to do with that of which you are worthy, for these are all but a part of the illusion, and to find that of which you are truly worthy, you must look beyond the illusion and perceive the infinite abundance provided by the Creator. This abundance is present, no matter your circumstances, and it is your given right and ability to perceive this abundance through any circumstances, though we understand that can be infinitely challenging within your environment.

我们已经在感受在你们的社会构架中的实体的时候发现，缺少价值感是极其普遍性的。这种普遍性的扭曲原因是为数众多的，但是我们现在将会谈及一个主要的面向，如我们所见的一样。那个面向即，你们的人群中很多人会发现它们自己处于这样的情境中，在其中它们会用这样或者那样的某种形式感觉到是缺少的，无论是有一种爱的缺少，一种舒适的缺少，一种温暖的缺少，还是一种自由的缺少。这种缺少接下来会对那个被你们的社会扭曲了的实体暗示，它是不值得那些事情的。但是，我的朋友们，我们会恳求你们考虑，无论什么你发现你自己处于其中的情境，无论什么不舒服，无论它们是大还是小，无论什么出现在你面前的痛苦，不和谐或者激烈的催化剂，这些都与那个你们值得拥有的事物是没有任何关系的，因为这些全都不过是幻象的一部分，要找到那个你真正值得拥有的事情，你必须要看穿幻象并体验到被造物者提供的无限的丰盛。这种丰盛是存在的，无论你的环境是什么，去通过任何环境感觉到这种丰盛，这都是你的天赋的权利与能力，尽管我们理解，在你们的环境中，那是能够成为无限地挑战性的。

But we offer some final words of encouragement through this instrument. That, if you perceive that which the illusion is providing to you, whatever circumstances are causing you to feel unworthy, those circumstances are there for the very reason of teaching you to look and to find that worth, and should you view these as lessons, and open yourself to them as that which might teach and transform you, you will find, eventually, that you are worthy and infinitely so, and within that realization you will know the love which the Creator has for you.

但是，我们会通过这个器皿提供最后的鼓励的话语。那就是，如果你们感觉到幻象正在提供给你们的事物，无论什么情况正在使得你感觉到是无价值的，那些环境是为了教导你去观察并找到那种价值的原因而在那里的，如果你将这些环境都视为是课程，让你自己向着它们开放，它们是可以教导你和转变你的事物。你将会最终发现，你是有价值的，无限地有价值，在那种领会中，你将会知晓造物者对你拥有的爱。

At this time, we close the contact with this instrument, and transfer to the one known as Julie. We are Q'uo.

在此刻，我们会结束语这个器皿的接触，并转移到被知晓为 Julie 的实体。我们是 Q'uo。

(Julie channeling)

(Julie 传讯)

I am Q'uo and we are with this instrument. We are so pleased to be here this evening with those who passionately channel our message. You have our attention. Your Earth shines brightly as an infinite being of light. It is something we have in common, and we happily discuss this through you. Your planet has a light source that goes infinitely beyond the planet. There is a magnificent energy within her and on her surface are infinite beings of light. You are models of the Infinite Creator with lives that go on and on, such as a candle, a lightbulb. You are connected to each other and beyond. You are connected to us. Your energy vibrates fast and it vibrates slow. Your bodies vibrate more slowly, but within is an infinite array of energy that vibrates very quickly with light and information—infinite light and information within each and every one of you. We are so pleased to be able to connect with you and give you this message.

我是 Q'uo，我们与这个器皿在一起了。我们如此高兴在今晚与那些热情地传讯我们的信息的实体在一起。你们吸引了我们的注意力。你们的地球如同一个光的无限的存有一样明亮地闪耀。它是某种我们共同拥有的事物，我们通过你们快乐地讨论这个事物。你们的星球拥有一个光源，它无限地超越了这个星球。在她内在之中会有一种宏大的能量，在它的表面上是无限的光的存有。你们就是具有生命的无限造物者的榜样，生命会一直都发光，诸如一根蜡烛，一个灯泡一样。你们与相互彼此连接在一起的，在那之外，你们是与我们连接在一起的，但是，在内在之中会有一种无限的能量，它是带着光与信息非常快地振动着的——在你们每一个人内在之中的无限的光与信息。我们如此高兴与你们连接在一起，并给予你们这个信息。

As you passionately live your lives with great energy in sharing and growing, our own infinite light source reaches yours. In many ways we are brothers and sisters, and you have so much worth, my friends. To your core, you are love. We must remind you as you learn, and you grow, that you are ultimately love source. Realizing this periodically can help you understand your worth and takes you out and away from the lower vibrational frequencies and out to a higher state in realization. Feel with your heart. Do this often during the day. Take moments and feel with your heart and within your heart lies the infinite source. You may feel that energ[i]es run low as you are deeply involved and connected with each other in your relationships, in your communities. Take moments to feel your heart throughout the day. Feel your infinite being. It is so magnificent. You are so much more than meets the eye. We are complete with this instrument, and we pass the contact to the one known as Gary. We are Q'uo.

当你们藉由在分享与成长中的巨大的能量充满热情地活出你们的生命的时候，我们自己的无限的光源延伸到了你们的光源。用很多种方式，我们是兄弟姐妹，我的朋友们，你们是拥有如此之大的价值的。对于你们的核心，你们是爱。我们必须提醒你们，当你们学习的时候，当你们成长的时候，你们终极地是爱的源头。周期性地意识到这一点能够帮助你们理解你们的价值，并将你们从较低的振动频率中带出来，并带到一种在领悟中的更高的状态。用你的心来感觉。在一天期间经常地这样做。花一会儿时间，用你的心来感觉，在你的心中存在有无限的源头。当你在你的人际关系中，在你们的集体中深入地与相互彼此被牵扯与牵连起来的时候，你可以感觉到能量是低迷的。在贯穿一整天的时间都花一些时间来感觉的心。感觉你无限的存有。它是如此之宏大。你是比眼睛所见要如此之大得多的。你们与这个器皿说完了，我们会将接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)
(Gary 传讯)

We are those of Q'uo and we thank this group gathered this evening to discuss the question upon your minds, and indeed, in the heart of each quest to seek the truth for in each ascent up the ladder one move further from the mindset of measure and want and lack of which we spoke through the one known as Austin, and closer to the natural state which is an isness of worth, is a—we give this instrument the image of the fountain. It is a spring of self-generating, self-justifying worth in esse.

我们是 Q'uo，我们感谢这个团体在今晚聚集在一起讨论在你们的头脑中，确实，在每一个寻求真理的问题的核心之中的问题，因为在阶梯上的每一次的上升中，一个人都是从我们通过被知晓为 Austin 的实体谈到过的具有度量、需要与缺少的心态更进一步地移动，并更加接近一种具有价值的“是性” (isness) 之所是的自然而然的状态的，我们给予了这个器皿泉水的图像。它是一个从其自性 (in esse) 就具有自我产生，自我证实的价值的源泉。

This worth is seemingly, from the standpoint of the illusion, hard won, yet upon discovery is that which is natural to one, for the perception and experience of lack of worth is the adoption of a costume that one wears for a time in order to elicit certain lessons which paint a picture of separation. But obscure worth though that costume may, hidden in each facet is the true worth of the self, for in each balance exist the deeper faculties of the mind which ever invite the self into stronger contemplation of that which ever calls the feet forward on the quest for the grail, as the self discards adornment after adornment of self-judgment and concepts of the limited nature of the self, for all along, at each step of the journey there is only ever the one, the one shining through illusion after illusion—the one imbuing each of its manifestations the worth of being, the worth of the mystery, the worth which really only comes into articulation as an experience and concept due to the illusion wherein it is possible to perceive lack of worth, for were it not for the prospect of separation, the Creator could not know its own worth, could not value itself. Though this instrument finds some philosophical disagreement

with those words, he speaks, nevertheless, in hopes he is saying our words. 从幻象的观点来看, 这种价值看起来似乎是要被辛苦赢得的, 而在探索之后, 这种价值是对于一个人是自然而然的事情, 因为缺少价值的知觉与体验是采用了一套服装, 一个人会穿着它一段时间以便于引发出一定的课程, 这些课程会描绘一幅分离的图像。但是, 尽管那个服装可能是会遮蔽了价值, 被隐藏在每一个面向中的事情是自我的真实的价值, 因为在每一个平衡中都存在有心智的更为深入的机能, 这些机能会一直都邀请自我进入到对那不断召唤双脚在对圣杯的追寻之中前进的事物的沉思之中, 随着自我抛弃了一个接一个的自我评判的装饰物, 以及对自我的有限的属性的观念, 因为沿路, 在旅程的每一个脚步上, 都仅仅会太一, 太一会照耀一个接一个的幻象——太一将存有的价值, 神秘的价值, 以及会作为一个体验和观念真正仅仅会而进入到发音之中的价值, 灌注到它的每一个显化物之中, 这是由于在幻象中是有可能感觉到缺少价值的, 因为如果没有分离的景色, 造物者是无法知晓它自己的价值的, 是无法评价祂自己的。尽管这个器皿对这些话语发现某种哲学上的不赞成, 他仍旧说了, 并寄希望于他是在说我们的话语的。

Know that wherever you may find yourself in your seeking that you cannot escape your own true value to the Creator. Whatever your actions, however, distorted they may be, the strength of the focus and the unconditional love therein within which you are seen and held by the Creator is a light to purify and too worthy for you to consciously perceive and absorb, except insofar as you do your homework, polarize, evolve, and learn to integrate this light into the fullness of your being. Much awaits you, my friends, on your long and dusty journey and this instrument asks us to take our leave of him now, as we transfer this contact to the one known as Jim.

请知晓, 无论你在你的寻求中发现你自己处于什么位置上, 你都是无法避开你自己对造物者的真正的价值的。无论你的行动是什么, 无论它们可能是多么扭曲, 你在其中被造物者看到并被造物者抱着的那种聚焦与无条件的爱的力量, 是一种净化的光, 它对于你是价值太高, 以至于无法有意识地感觉到并吸收, 除非你做你的家庭作业, 极化, 演化, 并学习将这种光整合到你的存有的完整性之中。我的朋友们, 在你们长长的, 布满尘土的旅程上, 很多的事情等待着你们, 这个器皿请我们现在就离开他, 我们将这个接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument. We would thank each instrument present this evening for giving all the effort necessary to make great strides in the improvement of practicing the art of meditation. This is a joy for us to perceive, for it is fruit that produces more fruit, and reveals more of the Creator and its infinite worth within each channel that has been exercised this evening.

我是 Q'uo, 我再一次与这个器皿在一起了。我们会感谢每一位今晚在场的人给予了所有需要的努力, 以在对练习冥想的技艺的改进中大踏步前进。这是一种我们要去感觉的喜悦, 因为它的果实会产生出更多的果实, 并会揭露出更多属于造物者的事物以及在已经在今晚被训练过的每一个管道中的祂的无限的价值。

Before we close this session, we would, once again, offer ourselves in the attempt to speak to any query which those present may have value in the asking. Is there a query at this time?

在我们结束这次集会之前，我们会，再一次，提供我们来尝试去谈及那些在场的人可能会发现有价值询问的任何的问题。在此刻有一个问题吗？

Gary: Q'uo, worth can be associated with self-esteem and self-acceptance of the orange ray, and worth is also associated with the indigo ray. Can you speak to the difference between those?

Gary: Q'uo, 价值能够与橙色光芒的自我尊重与自我接纳联系在一起，价值同样可以与靛蓝色光芒联系在一起。你们能够谈谈在两者之间的区别吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The worth that is associated with the orange ray energy center involves the individualized entity that is able to express itself in a means that is intensive and potentially of an emotional nature, to another being with which it has a close relationship. The worth of such orange ray expression is the worth that is found in the individual and its apprehension of its ability to function as one who has the relationship of value with another, that the value is seen by the other and by the self in this intensive relationship. Thus, both entities are expressing a certain kind of fulfillment of potential that begins to express itself for the first time within the mind/body/spirit complex. This sense of individual worth then, may be compared to the worth that is the quality found in the indigo ray energy center, where the individual of value sees and feels and experiences itself as the Creator in the form of love, or the intelligent energy that is of a creative nature—the logos in miniature, shall we say. Thus, the worth of the individual mind/body/spirit complex at this level of beingness is a worth that expands far beyond the boundaries of an individual entity relating only to the orange ray energy center. The worth of the indigo ray is the worth of the logos, the worth of the creative energy of the universe that is expressing itself in some form or fashion, depending upon how it is channeled through into the being of the mind/body/spirit complex.

Q'uo: 我是 Q'uo, 我了解了你的问题了，我的兄弟。与橙色光芒能量中心联系在一起的价值包含了个体化的实体，这种个体化的实体能够用一种强烈的，且潜在是具有一种情绪性的属性的方式来对另一个它与之拥有一种亲密关系的存有表达它自己。这样的橙色光芒的表达的价值是在个体以及它对它的能力的领会中被找到的价值，它的能力即作为一个与另一个个体拥有有价值的关系的个体去运转，那种价值是在这种强烈的关系中被其他人并被自我所看到的。因此，两个实体同时都在表达一定类型的对潜能的实现，这种潜能是第一次在心/身/灵复合体中开始表达它自己的。这种对个体价值的感觉，接下来就可以与在靛蓝色光芒能量中心中被找到的特性之所是的价值进行比较了，在靛蓝色能量中心中，具有价值的个体会将它自己视为、感觉为，并体验为在爱，或者具有一种创造性的属性的智能能量的形式中的造物者，是缩小版的理则。因此，个体的心/身/灵复合体的价值，在这个存在性的层次上，是一种远远拓展超越了一个仅仅只与橙色光芒能量中心有关的个体实体的边界的价值。靛蓝色光芒的价值就是理则的价值，是

通过某种形式或者方式表达它自己的具有的创造性能量的价值, 这种表达的方式是取决于它是如何被传讯进入到心/身/灵复合体的存有之中的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: No, thank you Q'uo.

Gary: 没有了, 谢谢你们。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

(pause)

(暂停)

Q'uo: I am Q'uo, and as we perceive that the queries have been exhausted, we shall once again, thank each participant in this circle of seeking, and leave each in the love and in the light of the One Infinite Creator who is all in all. Rejoice, my friends, that you are that, and you have infinite worth within your being, for you are the one who is all in all as is all and every entity. We are known to you as those of Q'uo. Adonai vasu borragus.

Q'uo: 我是 Q'uo, 因为我们感觉到问题已经被耗尽了, 我们将再一次感谢这个寻求的圈子中的每一位参与者, 并在太一无限造物者的爱与光中离开各位, 造物者就是在万物中的万物。我的朋友们, 为你们之所是, 为你们在你们的存有中拥有无限的价值而欢庆吧, 因为你们就是在万物中的万物之所是的实体, 如同所有实体与每一个实体之所是一样。我们是你们知晓的 Q'uo。Adonai vasu borragus。

November 17, 2018
2018-11-17 感激、疗愈与人格修炼

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and in light. We are honored once again by your invitation to join your group of seeking and serving the One this afternoon. You are our treasured companions, for we see you as companions that move with us upon this journey of seeking, for without being able to serve you and others like you, we would have no means of moving further along this path of seeking that we share with you. Thus, we are grateful to you for your call.

我是 Q'uo，我在爱中，在光中向你们各位致意。我们再一次为在这个下午你们对加入你们的寻求并服务太一的圈子的邀请而感到荣耀。你们是我们宝贵的伙伴，因为我们将你们视为是在这条寻求的道路上与我们同行的伙伴，因为如果我们无法服务你们和类似你们的实体，我们就不会拥有沿着这条我们与你们共享的道路更进一步地前进的途径了。因此，我们为你们的呼唤是对你们感到感激的。

And, before we begin, we would ask our usual favor. That favor is that as you hear our words and evaluate them, take those which have meaning to you and use them however you will—however serves you the best. If there are any words, or any concepts which do not serve you well, we ask you to leave them behind without a second thought, for we would not wish to be a stumbling block to you on your journey of seeking. If you will do us that simple favor, then we will feel free to share with you those words and concepts which we hope will offer you some inspiration and motivation, perhaps, to continue seeking as you are doing so well at this time.

在我们开始之前，我们会请求我们通常的恩惠。那个恩惠就是，当你们听到我们的话语并评价它们的时候，请拿走那些对你们有意义的话语，并如你们所愿地使用它们——无论它用什么方式会最佳地服务你们。如果有任何的话语或者任何的观念不是对你们很有用处的，我们请你们毫不犹豫地丢弃它们，因为我们并不希望成为在你们寻求的旅程上的一块绊脚石。如果你们愿意为我们做那个简单的恩惠，接下来，我们就将会感觉到拥有自由来与你们分享那些我们希望将会为你们提供某种启发与动力的话语与观念，这样，也许你们就会如你们在此刻正做得如此之好地一样地继续寻求了。

May we ask if there might be a query with which we begin this session of seeking?

请问是否有一个我们可以用来开始这次寻求的集会的问题呢？

Fox: Q'uo, I have a question that a friend of ours, an L/L friend, named D., wrote me this morning and asked me to ask this question. "I have been thinking about the metaphysical significance or impact of giving thanks, of not only accepting catalyst as it comes, but being thankful for it."

Fox: Q'uo，我有一个问题，我们的一个朋友，一个爱/光中心的朋友，名叫 D，

在今早给我写信并请求我询问这个问题。“我一直都在思考关于致谢的形而上学的重要意义或者作用，不仅仅是在催化剂出现的时候接受它，同样也对它是感激的。”

Q'uo: I am Q'uo, am aware of a statement that the one known as D. is thankful for giving catalyst. May we assume he wishes to know how this aids the spiritual journey?

Q'uo: 我是 Q'uo, 我察觉到被知晓为 D 的实体的一个陈述, 是对给予催化剂而成为感谢的。我们可以假设他希望知晓, 这是如何对灵性旅程有帮助的吗?

Fox: I think he wanted to know the metaphysical significance or impact that you might offer.

Fox: 我认为他想要知道, 你们可以提供的形而上学的重要意义或者作用。

Q'uo: I am Q'uo and am aware of your query now. We believe that this instrument was unable to perceive a certain portion of the query.

Q'uo: 我是 Q'uo, 我现在了解了你的问题了。我们相信这个器皿无法感觉到这个问题的一定的部分。

We can assure the one known as D. that the process of giving praise and thanksgiving for all catalyst and all experience within the incarnational journey of seeking the truth is a means by which this processing of catalyst is greatly enhanced. If you can approach that situation which produces catalyst, you are approaching a situation that is oftentimes difficult, that provides the hesitation, the doubt, the fear, the anxiety, [that] exposes the self to examination, in yet another area of beingness.

我们能够对被知晓为 D 的实体确认, 为在寻求真理的投生旅程中的所有的催化剂与所有的体验都给予赞美与致谢的过程, 是一条藉由其这种对催化剂的处理会极大地被增强的途径。如果你能够处理那个产生出了催化剂的情况, 你就是在处理一个时常会是困难的情况, 那个情况会提供犹豫、疑虑、恐惧、不安, 它会让自我暴露于, 在另一个存在性的区域中的考验。

This ability to open the self to such catalytic engagement is that which fuels, or lubricates, shall we say, the entire process, for it opens the heart and the mind in a manner which tends to allow those negative emotions that first arise upon experiencing and sensing catalyst to fall away, to be put into their proper perspective of that which may provide some initial angst or hesitation, and yet at the same time provide an impetus to move forward into the unknown nature and areas of the self, for it is that which you wish to explore, my friends. You are the One Creator, and yet, in your incarnational experiences, you manifest but a tiny portion of that One Creator that exists in all things and in all entities, and there is great room for exploration and intrepid movement to those darkened areas within your own being.

这种让自我对着这样的催化剂的遭遇开放的能力, 就是那种会为, 容我们说, 整个过程赋予能量或者起到润滑作用的事物了, 因为它会用这样一种方式开放心与头脑, 这种方式会倾向于允许那些在体验并感觉到催化剂的时候最先升起的负面

性的情绪都逐渐消散，并被放入到它们的适当的观点之中，即它们可能会提供初始的焦虑或者犹豫，而它们同时会提供一种推动力，以前进进入到自我的未知的属性与区域中，因为它就是你们希望去探索的事物，我的朋友们。你们就是太一造物者，而在你们的体验中，你们显化了存在于所有的事物与所有的实体中的太一造物者的仅仅一个微小的部分，会有巨大的可供探索的空间，会有朝向在你们自己的存有内在之中的那些阴暗的区域的无畏的前进。

When you are able to give praise and thanksgiving for this entire process, you are casting the process into the light of the One Creator [1] and the love that resides within your being awaiting potentiation as you are able to access those portions of your analytical mind and your unconscious. [The unconscious] provides the bias that is given to all catalyst that will then allow you to perceive that catalyst in a manner which is congruent with your preincarnative choices; for before the incarnation, you know and knew well those areas within your being which needed to be explored, which needed to be enhanced, which needed to be put forward as the means by which you move yourself further and further along the spiritual path.

当你能够为这整个过程给予赞美与致谢的时候，你就是在塑造那个进入到太一造物者的光[1]以及在你的存有内在之中存在着的，处于潜在等待状态的爱之中的过程了，当你能够进入到你的分析性的心智与你的无意识的那些部分中的时候，无意识会提供被赋予了所有的催化剂的偏向性，这种偏向性接下来将会允许你用一种与你的投生前的选择是协调一致的方式感觉那种催化剂，因为在投生前，你是知晓并清楚了解那些你的存有的需要被探索，需要被增强，且需要被推到前面区域的，这些区域被推到前面是作为你藉由其让你自己沿着灵性的道路越走越远的途径的。

Thus, the praise and thanksgiving for all things is that which is most appropriate for each seeker of truth to utilize whenever possible. All that you experience in your life, all that you experience within any incarnation, is a gift given by the One Creator to the One Creator residing in you. If you can see your life experience within this framework of the infinity of beingness that has formed you, and the infinity of beingness that is within you, and the infinity of beingness that draws you forward, you shall move forward with solid and stately steps of realization and experience that has been gained through the moving into the unknown areas with that praise and thanksgiving that brings forth light and love to illumine your journey.

因此，对所有的事情的赞美与致谢，对于每一个真理的寻求者在无论什么时候去利用，都是极其合适的。所有你在你的生命中体验到的事物，所有你在任何投生中体验到的事物，都是被太一造物者给予居住在你内在之中的太一造物者的一个礼物。如果你能够在这种已经塑造了你，在你内在之中且向前拉动力的存在性的无限性的框架中观察你的生命体验，你将会带着稳固而庄严的领悟的脚步，带着已经通过前进进入到未知的区域中而被取得的经验，带着老子那个产生出光与爱以照亮你的旅程的赞美与感激，而前进，

Is there another query at this time?

在此刻有另一个问题吗？

Zach: I have a query, Q'uo. Could you describe some methods by which a crystalized healer may work with another being in order to help them, or help facilitate healing?

Zach: 我有一个问题, Q'uo。你们能够描述一些藉由其一个结晶的疗愈这可以与另一个一同工作以便于帮助它们或者帮助促进疗愈的方法吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The crystalized healer is the entity which has devoted itself to practicing the healing arts, first, upon the self, to enhance the natural ability that each entity has to allow the intelligent energy, or the prana, of the One Creator to move through each energy center in an ascending fashion in order that each energy center might provide its unique offering or flavoring of the life path as processed catalyst is utilized in a fashion which reveals each energy center's needs for balancing, to the point, eventually, of becoming crystalized. This represents the efficient use of catalyst for the healer, as each energy center is worked upon and balanced and crystalized. Then the healer may offer itself to another who wishes to be healed.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。结晶的疗愈者是一个已经将它自己奉献给了实践疗愈的技艺的实体, 首先是在自我身上实践疗愈, 以增强每一个实体都拥有的天生的能力, 以允许智能能量或者太一造物者的普纳 (prana) 用一种上升的方式穿越每一个能量中心, 以便于在被处理的催化剂用一种会对每一个能量中心揭露其产生平衡, 直到最终成为结晶的需要的方式被利用的时候, 每一个能量中心都可以提供它独一无二的生命道路的给予与风味。随着每一个能量中心都在其上被工作, 被平衡, 并成为结晶的, 这会为疗愈者呈现对催化剂的有效的使用。接下来, 疗愈者就可以对另一个希望被疗愈的人提供它自己了。

This is an important feature of all healing processes. The healer must be approached by the one who needs to be healed so that there is the observance of free will in the interaction between the healer and the one to be healed. The healer, then, using its own crystalized nature, and perhaps enhancing or intensifying that crystalized nature by the use of a crystal of one form or another of your gemlike qualities of stone, may then allow the prana of the One Creator to move forward from, or through, the green-ray energy center, and offer to the one to be healed an opportunity to release the surrounding shell or armoring of the red and violet energy centers which, in combination, are able to provide the stability to the mind/body/spirit balance in whatever nature or form it has taken, be it seen as that which is healthy, or be it seen as that which is in need of healing. Thus, when this red/violet shell is penetrated, there is the opportunity for the one to be healed to accept a new configuration of any particular energy center that is in need of the healing process.

这是所有疗愈的过程的一个重要的特性。疗愈者必须要被需要被疗愈的人接近, 这样就在疗愈者和要被疗愈的实体之间的互动中对自由意志的遵守了。疗愈者, 接下来, 通过使用它自己的结晶的属性, 也许是藉由对具有这样或者那样一个具有你们的宝石一般的石头的形式的一个晶体的使用, 通过增强或者强化那种

结晶的属性，可以接下来允许太一造物者的普纳 (prana) 从绿色光芒能量中心，或者通过绿色光芒能量中心，向前流动，并对那个要被疗愈的人提供一个机会去释放红色与紫罗兰能量中心的包围性的外壳或者盔甲，红色中心和紫罗兰中心，混合在一起，能够用无论什么它已经采用的属性或者形式来为心/身/灵复合体提供稳定性，无论这种属性是被视为是健康，或者它是被视为是具有疗愈的需要的。因此，当这个红色/紫罗兰的外壳被刺穿的时候，就会有机会让一个要被疗愈的人接受对具有疗愈的需要的任何特定的能量中心的一个新的配置。

Thus, that which was broken, or imbalanced, becomes made whole, or balanced, or bathed in the love and the light of the One Creator so that there is the reception of a different configuration by the one to be healed. Then, the healer allows the reintegration of the red/violet armoring shell to hold this new configuration in place and offer it as an enhanced means of moving through the life experience on the spiritual path for the one who has now been healed.

因此，被打破的事物，或者失衡的事物，就会成为完整的，或者被平衡的，或者是沐浴在太一造物者的爱与光之中的，这样，就会有那个要被疗愈的实体对一种不同的配置的接纳。接下来，疗愈者允许对红色/紫罗兰的盔甲的外壳的重新整合，以让这种新的配置就位，并将它作为对于那些现在被疗愈的实体的一种在灵性的道路上穿越生命体验的增强性的途径来提供它。

Is there another query at this time?
在此刻有另一个问题吗？

Zach: I have a very brief follow-up. Is the blending of energies in meditation, and that energetic exchange that occurs, an acceptable way of facilitating that healing?

Zach: 我有一个非常简短的后续问题。在冥想中对能量的混合以及发生的能量的交换，是一种可以接受的促进那种疗愈的方式吗？

Q'uo: I am Q'uo and believe that we understand your query, my brother. Please correct us if we do not.

Q'uo: 我是 Q'uo，我相信我们理解了你的问题，我的兄弟。请纠正我们，如果我们是不正确的话。

The meditative state is one which may, indeed, offer a blending of energies between two entities if it is desired and requested by each entity. Thus, the one to be healed asks that the healer, then, offer the meditative vibration to do the same as, shall we say, the crystal, the function of the crystal, so that the red and violet shell might be interrupted briefly, and the new configuration of healing accepted by the one to be healed.

冥想状态是一种，确实可以提供在两个实体之间的一种能量的混合的状态，如果它是被每一个实体渴望并要求的。因此，那个要被疗愈的实体会请求那个疗愈者，那个疗愈者接着会提供冥想性的振动，来产生出和水晶一样的，容我们说，晶体的功能，这样红色和紫罗兰的外壳就可以简短地被刺穿，新的疗愈的配置就会被那个要被疗愈的实体接受了。

Is there a further query my brother?
我的兄弟，有一个更进一步的问题吗？

Zach: No, Q'uo, thank you.
Zach: 不用了，Q'uo，感谢你们。

Fox: I would like to ask a follow-up to that. Is it possible for an individual to open to such healing without the aid of a crystalized healer helping them?
Fox: 我想要询问那个问题的一个后续问题。一个个体有可能在没有一个结晶的疗愈者帮助它们的情况下对这样的疗愈开放吗？

Q'uo: I am Q'uo and am aware of your query, my sister. It is, indeed, possible, for an entity which seeks healing within any energy center to utilize the twin qualities of faith and will to the extent that the same energizing or interrupting of the red/violet energy shell is accomplished by the will to be healed, and the faith that such is possible. Thus, the entity performing this healing upon the self would then see the new configuration of mind, body, and spirit in such a fashion that the healing would be accomplished, and then the reintegration of the red/violet protective shell would be accomplished also by the utilization of the faith and the will.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。一个寻求在一个能量中心中的疗愈的实体，确实有可能在这样一种程度上利用信心与意志的双重的特性到达，以至于那种相同的对红色/紫罗兰的外壳的赋能或者中断，可以藉由要被疗愈的意志，藉由对于这样的疗愈是有可能的信心而被完成。因此，在自己身上进行这种疗愈的实体会接下来会用这样一种疗愈会被实现的方式看到一种新的心智、身体与灵性的配置，接下来，对红色/紫罗兰的保护性外壳的重新整合同样也会藉由对信心与意志的利用而被完成了。

Is there another query at this time?
在此刻有另一个问题吗？

Austin: I have a question, Q'uo. Is it a necessity or an obligation for a seeker, wishing to polarize positively, to sacrifice their own desires or comfort in order to aid an other-self on their own path?

Austin: 我有一个问题，Q'uo。如果一个寻求者希望正面性地计划，去牺牲它们自己的渴望或者舒适以便于帮助一个其他自我走在它们自己的道路上，这对于那个寻求者是一种需要还是一种义务呢？

Q'uo: I am Q'uo and am aware of your query, my brother. This is a query to which the answer is not easily perceived, for it is a query which suggests that a seeker wishing to be of service to another gives something from the self that cannot be reproduced in order to be of service in the healing of an other self who is in need of the seeker's aid. We would suggest that in most true healings, that which is necessary for the healing to be accomplished, or for another entity to be served in any fashion whatsoever, is accomplished by

giving of those energies of the love, of the light, of the unity, of the harmony of all things, that can be seen as infinite in nature, moving through any entity which wishes to be of service to another in an infinite fashion. Therefore, the one wishing to be of service would be able to tap into these energies and allow them to move through the being of the self in a fashion in which there is an infinite flow of such energies and these energies then may be utilized in service to another.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是一个答案并不容易被领会的问题, 因为它是这样一个问题, 这个问题建议, 一个希望进行对另一个人服务的寻求者要从自我身上给出某个无法被复制的事情, 以便于在对一个需要寻求者的帮助的其他自我的疗愈中进行服务。我们建议, 在大多数的真实的疗愈中, 为了疗愈被实现, 或者为了另一个实体用无论什么方式被服务, 需要的事情是藉由给予那些具有爱, 光, 统一性以及万物的和谐的能量而被实现的, 这些能量能够被视为是在属性上是无限的, 并会用一种不受限制的方式通过任何希望进行服务的实体流动到另一个实体。因此, 希望进行服务的实体会接入这些能量并允许它们用一种会有这样的能量的一种不受限制的流动的方式流经自我的存有, 接下来, 这些能量就可以被用来服务另一个存有了。

However, if you are speaking of an area of service in which there is given something of a tangible nature, something that is within your manifested illusion, and exists as a commodity or an object, which in some fashion might be utilized by the one needing the service, and given to that entity by the one seeking to be of service, this is an acceptable means of giving of the self, so that the self would then not possess the manifested form of that which was given to the degree in which it was possessed before it was given away. Please let us know if this is a correct perception of your query, my brother.

然而, 如果你是在谈及一个服务的区域, 在其中会有具有一种可以触摸得到的属性的事情, 某种在你们被显化的幻象中, 作为一种商品或者一个事物而存在, 并以某种方式可以被一个需要服务的人利用的事物被给予, 并且是被一个寻求进行服务的实体给予那个实体的, 这是一种可以接受的给予自我的途径, 这样自我接下来就不会占有那种被给予的事物的被显化的形式到了这样一种程度, 在它被给出去之后, 它就不再被占有了。如果这是对你的问题的一个正确的感知, 请让我们知晓。

Austin: Yes, thank you.

Austin: 是的, 谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻, 有另一个问题吗?

Gary: Q'uo, Ra says that the heart of the discipline of the personality is to know yourself, accept yourself, and become the Creator. [2] They also say that the disciplines of the personality feed the indigo ray. [3] Can you describe how the disciplines of the personality feed the indigo ray, and what the relationship is between this discipline and that center?

Gary: Q'uo, Ra 说, 人格修炼的核心就是如何知晓你自己, 接受你自己, 并成为造物者。[2]它们同样也说对人格的修炼会为靛蓝色光芒供能。[3]你们能够描述, 人格的修炼如何为靛蓝色光芒供能吗? 在这种修炼和那个中心之间的关系是什么?

Q'uo: I am Q'uo and am aware of your query, my brother. The disciplines of the personality are those practices which the seeker of truth engages within and upon by utilizing the catalyst of the daily round of activities. These disciplines involve being able to utilize each unknown area of experience in a manner which illuminates one energy center after another, in an ascending fashion, so that what you would call the rising of the kundalini is experienced by the seeker of truth. This rising of the kundalini requires, then, that each ascending energy center be worked with throughout the incarnational pattern of experience in a manner which allows the preincarnative choices to be realized in the catalyst of the daily round of activities.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。对人格的修炼是那些真理的寻求者会藉由利用日常生活的催化剂来参与并从事训练。这些训练包含了能够用逐渐升高地照亮一个能量中心接着另一个能量中心的方式, 来理解体验的每一个未知的区域, 这样你们会称之为昆达尼里的升起的事物就会被真理的寻求者体验到了。这种昆达尼里的升起, 接下来, 需要每一个升高的能量中心, 在贯穿整个体验的投生模式中, 用一种会允许在日常生活的催化剂中的投生前的选择被意识到的方式, 被工作。

This experience of utilizing such catalyst in an ascending fashion is that which requires that the meditative state be utilized in order to examine the catalyst of the day; and each catalyst of the day which has moved the entity away from its center of love and balance as a response to all catalyst, then, is in its turn, balanced, so that it further allows the movement of the intelligent energy further up or along the energy centers. This meditative state is also enhanced, preliminary, shall we say, by the analysis of the mind to begin to achieve a basic understanding, if we may misuse this term, of the catalyst which is being experienced and processed by the entity in the meditative state.

这种对用一种升高的方式对这样的催化剂的利用的体验, 是那种会需要冥想状态被利用的体验, 以便于检查那一天的催化剂, 已经让实体作为对所有催化剂的一个回应而离开了它的爱与平衡的中心的那一天的催化剂, 接下来, 在它的轮次中, 就会被平衡了, 这样, 它就会更进一步地允许智能能量向上或者沿着能量中心更进一步地移动。这种冥想状态同样会, 容我说, 初步地被心智的分析所增强, 以取得一种对在冥想状态中正在被实体体验到并被其处理的催化剂的基本的理解, 如果我们可以误用理解这个词语的话。

Thus, both the analysis mentally, and the seating in meditation of this processed catalyst, is that which begins to feed the indigo ray energy center by each energy center below it, offering to it that fruit of catalyst which has been processed, balanced, and crystalized at each energy center; thus allowing the indigo energy center to, at some point, be able to become

activated to the degree necessary to begin to balance all lower energy center functions. Thus, this balancing may take a great deal of what you would call time in order that the preincarnative choices may be carefully processed over a portion of time and experience that will allow the complete utilization of preincarnatively chosen catalyst.

因此，在心智上的分析，以及在冥想中对这种被处理的催化剂的固定，就同时会开始由在靛蓝色中心下方的每一个能量中心为靛蓝色光芒中心供能，并对其提供已经在每一个能量中心被处理，被平衡并被结晶了的催化剂的果实，并由此允许靛蓝色能量中心，在某个位置上，能够被激活，到了需要开始平衡所有较低的能量中心的机能的程度。因此，这个平衡可能会花费大量的你们所称的时间，以便于投生前的选择可以在一段时间与体验的部分中被仔细处理，这将会允许对在投生前被选择好的催化剂的完全的利用。

Thus, as each energy center, then, is balanced and crystalized, the indigo-ray energy center may then begin the activation of that shuttle of the spirit which can move through the indigo ray, into the violet ray, transforming the intelligent energy of the indigo ray into the intelligent infinity of the violet ray so that the love that is activated within the indigo ray—that creative force that is within each entity—becomes able to contact the One Infinite Creator and thus, the sacrament of the fully experienced presence of the One Creator is had by the seeker of truth.

因此，随着每一个能量中心，接下来，被平衡并被结晶，靛蓝色能量中心接着就可以开始对那个灵性的运输器的激活，灵性就能够穿越靛蓝色光芒，进入到紫罗兰光芒，并将靛蓝色光芒的智能能量转变进入到紫罗兰光芒的智能无限之中，这样，在靛蓝色光芒中被激活的爱——那种在每一个实体内在之中的创造性的能量——就会开始接触太一无限造物者，这样，太一造物者的完全被体验到的临在的圣餐就会被真理的寻求者所拥有了。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: Quick follow-up. Thank you so much for that. Is it fair to say that the work of the indigo ray is largely the work of one-pointed abiding and resting and surrendering of the incarnate self to the indwelling creator?

Gary: 简短的后续问题。为那个回答而如此非常感谢你们。说靛蓝色光芒的工作主要是专注于一点地等待，休息并让投生的自我臣服于存在于内在之中的造物者，这样说是公平的吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. The one-pointed focus that allows the seeker of truth to attempt and eventually attain the activation of the indigo ray is a great and primary portion of this ability to activate the indigo ray, for its eventual activation itself [is] of the spirit, and uses this spirit as a shuttle for contact with the One Infinite Creator. However, we would also suggest that the indigo ray is the seat of that self which is the One Creator manifested as the creative power of Love. This, when realized fully within any seeker of truth, gives such seeker a sense of worth, of

self-worth as you might say, that it is able to see itself as the One Creator, whole and perfect, worthy in every respect, in order to continue processing catalyst so that there is the gaining of the knowledge of the self at each lower energy center in a way in which these various aspects of the self are then put together in the indigo-ray energy center, so that there is, then, a wholeness of being experienced by the seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。专注于一点的聚焦会允许真理的寻求者尝试并最终取得对靛蓝色光芒的激活, 这种聚焦是这种激活靛蓝色光芒的能力的一个巨大且主要的部分, 因为它最终的激活其自身, 是对灵性的激活, 并将这种灵性用作一个运输器, 以与太一造物者接触。然而, 我们同样也会建议, 靛蓝色光芒是那个作为创造性的爱的力量被显化的太一造物者之所是的自我的座位。当这种创造性的爱的力量在任何真理的寻求者内在之中被充分实现的时候, 这种创造性的爱的力量会给予这样一个寻求者一种价值感, 如你们可能会说的一样, 一种自我价值的感觉, 即它能够将它自己视为是太一造物者, 是完全的且完美的, 在每一个方面都是有价值的, 以便于继续处理催化剂, 这样, 就会有在每一个较低的能量中心中用这样一种方式对自我的知识的取得, 通过这种方式, 这些自我的面相接下来就在靛蓝色能量中心中被放在一起, 这样, 接下来就会有被真理的寻求者体验到的一种完整性了。

This, then, is the ultimate utilization of the disciplines of the personality, for the personality is that which is adopted within each incarnational pattern as a means by which those preincarnative lessons have been programmed to color, in a certain fashion, according to the lessons deemed necessary for the incarnation by the self before the incarnation.

接下来, 这就是对任何的修炼的终极的利用, 因为人格是在每一次投生模式中作为一种那些投生前的课程藉由其已经被编程的途径而被采用的事物, 根据在投生前被自我认为是对投生是需要的课程, 这种途径会用一定的方式进行染色。

Thus, the disciplines of the personality are those practices that are utilized on a daily basis by each seeker of truth, first utilizing the analysis of the mind to begin the process of examining and processing all catalyst in order to eventually be able to store it as the experience that is utilized by the seeker of truth in the opening of the gateway to Intelligent Infinity.

因此, 对人格的修炼就是那些被每一个真理的寻求者用一种每日进行的方式利用的那些练习, 首先是利用心智的分析来开始检查与处理所有的催化剂的过程, 以便于最后能够将催化剂作为经验储存起来, 这种经验会在开放通往智能无限的大门的过程中被寻求者所利用。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: That was so rich, thank you very much Q'uo.
Gary: 那是如此丰富, 非常感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Zach: I have one final query, Q'uo. Could you speak as to the Law of Responsibility as it relates to spiritual gifts and honors/blessings which one is able to experience, whether transcendent stages or other, what might be considered siddhis.

Zach: 我有最后一个问题, Q'uo。你们能够在关于责任法则的方面, 当它与灵性的礼物以及一个人能够体验到的荣耀/福分联系在一起的时候, 无论是超验的阶段, 或者是其他的, 可以被认为是顿悟的体验。

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, each entity within the incarnational pattern provides itself with the opportunity to have these blessings of one nature or another revealed at some point within the incarnative pattern. Many times, however, these blessings are not seen as blessings, but rather as difficulties, as perhaps darkness that cannot be overcome, as liabilities of the physical vehicle which seem to represent disease and distortion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 每一个实体在投生模式中都会为它自己提供机会去拥有这些具有这样或者那样一种属性的福分, 它们会在投生模式中的某个位置被揭露出来。然而, 很多时候, 这些福分并不会被视为是福分, 而毋宁是被视为是困难, 也许会被视为是无法被战胜的黑暗, 是看起来似乎是呈现了疾病与扭曲的物质性载具的累赘。

Blessings come in many, many containers, shall we say. Those blessings that are easily recognized, whether they be healing or extrasensory perception, or the ability to open the blue-ray energy center in inspiration and communication, or to heal—these are those which are most often seen as blessings, and indeed, are such. However, every difficulty that is experienced by any entity offers the opportunity to move into a blessed state of balance and realization of the One Creator existing within the self.

福分是会在很多很多的, 容我说, 容器中出现。那些会容易被认出的福分, 无论它们是疗愈还是超感的知觉, 或者是在启发与沟通交流中开放蓝色光芒能量中心的能力, 或者进行疗愈的能力——这些都是极其经常会被视为是福分的事物, 它们确实是这样的福分。然而, 被任何实体体验到的每一个困难, 都会提供机会去移动进入到一种有福的平衡状态, 以及对在自我内在之中的太一造物者的领会之中。

There are, indeed, no mistakes, my friends. Each of you has been given one or more blessings in a manner in which you may or may not recognize the situation that you find yourself in as the blessing. All blessings, indeed, carry the Law of Responsibility as a means by which to assure the self that the greatest attempt is made to give respect and honor and effort to each blessing, be it of seeming light or seeming darkness, in order that the blessing may accomplish, in the life pattern, that for which it was programmed. For many times, entities program the most difficult of situations in order that the greatest blessing may be achieved.

我的朋友们，确实，没有错误。你们每一个人都已经用这样一种方式被给予了一个或者更多的福分了，你可能或者可能不会通过这种方式将你发现你自己处于其中的情况视为是福分。所有的福分，确实都，携带着责任法则作为一种藉由其让自我确信的途径，即确信最大的尝试被做出了，以对每一个福分给予尊重，荣耀与努力，无论那个福分是在表面上是光明还是黑暗，以便于那个福分可以在生命模式中被实现，它就是为了那个生命模式而被规划的。因为很多时候，实体会规划最为困难的情况，以便于最大的福分可以被取得。

And thus, if you give your greatest effort to every situation in which you find yourself, you may find yourself rewarded with a blessing that is beyond your wildest dreams, shall we say. For all that you experience is experienced within an ambience of unity, seeing in your reality as separation, yet experienced at the heart of your being as unity. If you will give the greatest effort of your mind, your body, your spirit, and your emotions to process all of the catalyst that you receive in your daily round of activities, you will find a blessing that is the fruit of this effort.

因此，如果你对每一个你发现你自己处于其中的情况都给予最大的努力，你可以发现你自己得到了一种超出了你最为狂野的，容我们说，梦境的福分的回报了。因为所有你体验到的事情，都是在一个统一性的氛围中被体验到的，尽管它是在你的实相中是被视为是分离，它在你的存有的核心之中是作为统一性被体验到的。如果你愿意对你的心智，你的额身体，你的灵性与你的情绪给予最大的努力，来处理所有你在你的日常生活中接收到的催化剂，你将会发现这个努力的成果之所是的一种福分。

The Law of Responsibility asks that each entity give the fullest respect and effort to each daily experience, to each entity that one meets and to the entity that you see in the mirror before you each day. You are all the One Creator in disguise. Your incarnation has, as its purpose, the removing of the disguise that you may see the One in all in every instance of your experience.

责任法则要求每一个实体都对每一个日常生活的体验，对每一个它遇到的实体，对每一天你在你面前的镜子中看到的实体给予最完整的尊重与努力。你们全都是带着伪装的太一造物者。你的投生，作为其目的，就是将伪装移除，这样你就可以在你的体验的每一个情况中都看到太一了。

At this time, we shall take our leave of this instrument and this group, for this instrument is experiencing some weariness. We again thank you from the bottom of our hearts for your invitation once again today. You bless us with your presence, you bless us with your queries. You bless us with your love, and we hope that we have been able to bless you with ours. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体，因为这个器皿正在体验到某种疲倦。我们再一次从我们的心底再一次感谢你们今天的邀请。你们藉由你们的存在祝福了我们，你们藉由你们的问题祝福了我们，你们藉由你们的爱祝福了我们，我们希望我们已经能够用我们的爱祝福你们了。我们是你们知晓的 Q'uo。Adonai vasu borragus。

[1] Reminds one of 95.24: "The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst.

However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light." – Ra

[1] 这让一个人回想起了《一的法则》的 95.24

“已经纯净地选择了服务他人的道路的寻求者将肯定不会拥有一种不一致的表面的投生的体验。在你们的幻象中没有对于快速而残酷的催化剂的狂风、暴雨与暴风雪的遮蔽物。

然而，对于纯净而言，所有被遭遇到的事物都是谈及了太一无限造物者的爱与光。最为残酷的打击是藉由一种具有被提供的挑战以及即将到来的机会的氛围而被看到的。因此，光的巨大的顶点是被高高举起到这样一个位置之上，这样所有的解释就都可以被看到是被光所保护的了的。”——Ra

[2] 74.11: "The heart of the discipline of the personality is threefold. One, know yourself. Two, accept yourself. Three, become the Creator.

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing itself, accepting itself, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is then no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity." – Ra

[2] 《一的法则》的 74:11

“Ra: 人格锻炼的核心有三重。第一，知晓你自己。第二，接纳你自己。第三，成为造物者。

第三步是这样一个步骤，当它被完成的时候，它会让一个人表现为所有人的最为谦卑仆人，这个人在人格上是透明的，并完全能够知晓和接纳其他自我。在与追寻魔法工作的关系的方面，持续不断的对人格的训练将行家包含在知晓自我，接纳自我，并因此清理了通往伟大的靛蓝色的大门的道路之中，靛蓝色光芒的大门通往造物者的。要成为造物者就是成为一切万有。接下来，在行家藉由其开始它的学习/教导的事物的方面，就没有人格存在了。当靛蓝色光芒的意识开始变得更加结晶，更多的工作就可以被进行，更多的事物就可以从智能无限被表达了。”——Ra

[3] See: 74.5 – 74.11

[3]见《一的法则》74.5-74:11。

December 15, 2018

2018-12-15 多重伴侣, 一夫一妻与孤单的道路

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument, and we greet each of you in love and in light. It is our great pleasure and honor to be called to your group this afternoon, for you have the desire to know those portions of your journey which are yet unclear. We would be happy to share this information with you to the best of our ability, but first, as always, we would ask a favor of you, and that is that you would take those words and concepts which we speak and use them as you will. If any word or concept does not ring of truth to you, leave it behind without a second thought, for we would not be stumbling blocks upon your spiritual path. We are not ultimate authorities, my friends, we are but your brothers and your sisters who have moved a small distance further upon the same path that you travel than have you. We are happy to share that which has been our knowledge and the fruits of our journey. If you will do us this simple favor, we may speak freely then.

我是 Q'uo, 我与这个器皿在一起了, 我们在爱与光中向你们每一位致意。在这个下午被呼唤到你们的团体是我们巨大的快乐与荣耀, 因为你们拥有渴望去知晓你们的旅程的那些仍旧是不清晰的部分。我们会很高兴用我们最佳的能力来与你们分享这个信息, 但是, 一如既往, 我们首先会请求你们一个恩惠, 那就是拿起那些我们所说的言语与观念, 并如你们所愿地使用它们。如果任何的词语或者观念对你们听起来并不是真实的, 毫不犹豫地丢掉它, 因为我们不愿意成为在你们的灵性道路上的绊脚石。我们不是终极的权威, 我的朋友们, 我们仅仅是你们的兄弟和你们的姐妹, 我们已经在和你们已经旅行过的道路相同的道路上移动了比你们更远一小段距离了。我们很高兴分享已经成为了我们的知晓与我们的旅程的果实的事物。如果你们愿意为我们做这个小小的恩惠, 我们接下来就可以自由地发言了。

At this time, we would ask if there might be a query with which we may begin.
在此刻, 我们会询问, 是否可能有一个我们可以藉由其开始的问题。

Zach: I have a query, Q'uo. Several of us in the circle today have been confronted with situations and people that have been challenging to us in our hearts, and people and situations that have tried essentially to cause harm to us. It seems that the heart is the means or the path of transforming that energy, that distortion. Can you tell us how to better do that, and how that might work in practice?

Zach: 我有一个问题, Q'uo。我们在圈子中的几个人今天已经遭遇到了那些一直都在我们的心中对我们进行挑战的情况和人, 那些已经实质性地尝试对我们造成伤害的人与情况。看起来似乎, 心是转变那种能量, 那种扭曲的途径或者道路。你们能够告诉我们, 如何更好地进行那种转变, 那种转变实际上是如何运转的呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, the journey that each of you takes within this third-density illusion is a journey fraught with what seems to be difficulties, dangers, and doubts, for there is much confusion within this third-density illusion. The veil of forgetting works quite handily to shield each entity from the true knowledge of the universality and unity of all creation, the love that forms it from light, and how each is a portion of the One Creator. If these facets of truth were available to each at all times, your journey would be much easier, and yet would not produce the results that are possible when you delve into the difficulties of misperception, of misrepresentation, of confusion, of anger, and of the problems of everyday life which pound upon the consciousness in a certain fashion that makes it seem that understanding cannot be had, that harmony is an elusive possibility, that you cannot move your foot without tripping somehow upon another.

Q'uo: 我是 Q'uo, 我的兄弟, 我了解了你的问题了。确实, 你们每一个人在这个第三密度的幻象中进行的旅程是一条充满了看起来似乎是困难, 危险, 疑惑的事物的旅程, 因为在第三密度的幻象中会有大量的混淆。遗忘的罩纱是相当巧妙地起作用, 以将每一个实体都与对一切造物的普遍性与一体性, 对那种从光形成了造物的爱, 以及每一个人如何都是太一造物者的一部分的真实的知晓隔离开了。如果这些真理的面向是在所有的时候都可以为每一个实体所取得的, 你们的旅程就会是更加容易的了, 而那不会产生出当你们是挖掘进入到了日常的生活的误解、曲解、混淆、危险以及问题的困难之中的时候有可能产生出来的结果了, 这些困难会用一定的方式猛击意识, 这会使得看起来似乎理解是无法被拥有了, 和谐是一种无从捉摸的可能性, 你们是无法在不以某种方式踩到你跟一个人的情况下移动你们的脚步的。

The relationships which you find yourselves engaged within as you move through your daily rounds of activities are those which you draw unto yourselves through the need you have to learn that which you do not know. That which you do not know oftentimes comes in the form of a problem, a miscommunication, an anger, a doubt, a fear, a jealousy. Many ways are there to misperceive another entity's essence and purpose in your life pattern, for there is much which cannot be clearly fathomed about any situation.

当你们穿越你们日常生活的活动的时候, 你们发现你们自己参与到其中的那些人际关系, 是那些你们通过你们拥有的对于学习你们并不知道的事情的需要而吸引到你们自己身上的关系。你们并不知道的事情, 时常会以一个问题, 一种误解, 一种愤怒, 一种疑虑, 一种恐惧与一种嫉妒的形式出现。会有很多条途径去误解另一个实体的在你的生命模式中的实质与目的, 因为关于任何情况都会有大量的事情是无法被清晰地看穿的。

All situations in which you find yourself are many-layered. There are portions of the situation which are perceived only subconsciously and which color the proceedings and the interactions and communication in a fashion which is basically unknowable and yet can be felt. There are other portions of the relationship and attempted communication that are perceived with more clarity, and yet can be seen in more than one way so that there is no certainty of clear communication. There are other levels of communication that are

more of the surface nature which seem to be clear and seem to be as perceived.

所有的你发现你自己处于其中的情况都是多层次的。会有一些情况的部分是仅仅会潜意识地被感觉到，它们用一种基本上是无法知晓，但却能够感觉到的方式为行动、互动与沟通交流染色。在关系以及被尝试的沟通交流中会有一些其他的部分，它们是带着更大的清晰度被感觉到的，而又能够用比一种途径更多的途径被看到，这样就不会有清晰的沟通交流的肯定性了。会有其他的沟通交流的层次更多地具有表面的属性的，这些层次看起来似乎是清晰的，看起来似乎就是被感觉到的样子。

However, as you move into more intense communications with entities which seem to be operating from the lower energy centers, or operating in an unconscious fashion, without a clear direction of purpose, or the goals of their interaction, then it is that you must open yourself in some fashion to receive that energy of communication as clear or as muddy as it may be within your own heart and mind, so that in some way you may begin to order and fashion an understanding, a perception of what is being offered to you. The initial offerings may seem to be harsh or difficult or cold or calculating, however, if you move further and further into a clearer and calmer communication with any entity that stands before you, there is always the opportunity for moving closer to the heart of this entity and to the heart of your own being. This is the key. This is the goal of your incarnation and of this illusion, to eventually find the path to the heart that connects you both, to the heart that connects you with all things; for it is the heart, the ability to love without condition all those about you and all things about you which is the path to the fourth density of love and understanding.

然而，当你移动进入到与实体之间的更加强烈的交流的时候，如果这些实体看起来似乎是从较低的能量中心来进行运转的，或者是用一种无意识的方式进行运转，而没有一种对目的或者它们的互动的目标清晰的方向，接下来，你就必须要用某种方式开放你自己，以如它可能是在你自己的心与心智中一样清晰或者一样浑浊地接收沟通交流的能量，这样，用某种方式，你就可以开始安排并形成一种理解，一种对正在被提供给你的事物的知觉了。最初的给予可能看起来似乎是严厉的，或者困难的，或者冰冷的，或者是精打细算的，然而，如果你越来越更进一步地进入到与任何站在你面前的实体的一种越来越更加清晰的沟通交流中，就会一直都有机会来更加接近这个实体的心，接近你自己的存有的心。这就是关键。这就是你的投生与这个幻象的目的，就是去最终找到通往那个将你们两者连接在一起的心，通往那个将你与所有的事物连接在一起的事物的心，因为恰恰就是心，那种无条件地爱你周围的所有人与所有事物的能力，是通过爱与理解的第四密度的道路了。

This graduation into this higher realm, or vibrational nature of reality, is the purpose of each incarnation that is being played out at this time on your planet, for this is likened unto a school room. The entire creation may be seen as an educational system where you begin to discover more and more the truth that you and all beings are one—one in the Infinite Creator that has made all things, all of the creation, all entities from itself in order that it might

know itself more fully, with greater purity and greater intensity.

这种进入到实相的更高的领域或者实相的更高的振动的属性之中的毕业，就是每一个在此刻在你们的地球上正在被进行的投生的目的了，因为这就好比一间学校的教室一样。整个造物都可以被视为是一个教育系统，在其中你们开始发现越来越多的真相，即你们与所有的存有是一体的——在无限造物者中是一体的，造物者已经从祂自己创造了所有的事物，所有的造物，所有的实体，以便于它可以带着更大的纯度与更大的强度，更为充分地知晓它自己。

Thus do each of you play your part within this third-density illusion, and indeed, within all densities of light, for each choice that you make within these illusions allows you to know more of who you are, more of who the Creator is, and the Creator to know more of its own beingness through your freewill choices. Thus, it takes a great deal of effort to make that which is unclear, clear; to find love where there seems to be none; to find companionship where there seems to be only argumentation. Thus, the effort that you make is that which is called the polarization of your consciousness toward service to others in this regard.

因此，你们每一个人确实都在这个第三密度的幻象中，确实，在所有光的密度中，扮演了你们的角色了，因为你们在这些幻象中做出的每一个选择，都会允许你们更多地知晓你们之所是，更多地知晓造物者之所是，并会允许造物者通过你们的自由意志的选择更多地知晓祂自己的存在性。因此，要使得不清晰的事物成为清晰的，要在看起来似乎没有爱的地方找到爱，要在看起来似乎仅仅只有争论的地方找到友谊，这要花费巨大的努力。因此，你做出的努力，就是在这个方面被称之为让你的意识朝向服务他人的极化的事物了。

We would ask if there might be a further query, my brother.

我的兄弟，我们可以询问，是否可能有一个更进一步的问题吗？

Zach: I have a follow-up question, Q'uo. I've noticed in some situations the communication of the other entity's energy to me, and I find myself, or find it being transformed in the heart, and processed as I tune into their energy. Is this helpful to the other entity?

Zach: 我有一个后续问题，Q'uo。我在一些情况中注意到，其他实体的能量与我之间的沟通交流，我发现我自己，或者发现它是在心中正在被转变的，并在我调音进入到它们的能量中的时候被处理了。这对其他实体是有帮助的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, if you are able to utilize the ability to tune into another entity's heart or being in any fashion whatsoever, this will give you the chance to share in a more deep manner that loving essence that is within your own heart, for as you are more familiar with another entity, then that familiarity can create a path of communication that is clearer than a path that does not have this type of familiarity and awareness of the being of another entity.

Q'uo: 我是Q'uo，我了解了你的问题，我的兄弟。确实，如果你能够利用能力用无论什么任何方式调音进入到另一个实体的心或者存有，这将会给予你机会来用一种更为深入的方式分享在你自己的心之中的那种爱的实质，因为当你是更为

熟悉另一个实体的时候，接下来，那种熟悉性能够创造出—条沟通交流的途径，它是比—条并不拥有对另一个实体的存有的这种类型的属性或者认识的途径更加清晰的。

Is there another query at this time?

在此刻有另一个问题吗？

Zach: No, Q'uo, thank you.

Zach: 不用了，Q'uo，感谢你们。

Q'uo: We thank you, my brother. Is there another query?

Q'uo，我们感谢你，我的兄弟。有另一个问题吗？

Gary: Q'uo, the New Age community abounds with declarations that the energy is ratcheting up, or waves are coming in, or intensities are increasing. It's such a repeating and generic theme in recent decades that many of us tend to dismiss these assertions. Lately, however, I've seen so many examples of people moving through significant shadow-facing tests and trials, or even dark nights of the soul. I don't know if this is my own particular bubble, or if there is a larger phenomenon at play right now. Could Q'uo speak to the nature of this particular chapter in Earth's history, meaning roughly the latter half of 2018? Is there something that characterizes this period? Are people being purified and tested more than usual?

Gary: Q'uo，新时代的社群中充满了这样的说法，能量正在逐渐升高，能量波正在进入，或者强度正在增加。在最近数十年的时间中，它是这样一种重复性且一般性的主题，以至于我们很多人会倾向于忽略这些断言。然而，最近，我已经看到了如此例子，人们正在经历重大的面对阴影的考验与磨难，或者甚至是灵性的暗夜。我不知道，是否这是我自己特定的泡泡，或者，是否会有一种更大的现象现在正在上演。Q'uo能够感叹在地球历史中，我的意思粗略地就是2018年的下半年，的这个特定的篇章的属性吗？会有某个事情是这个时期的典型特性吗？人是在比通常更多地被净化并被考验吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, as what you call time moves forward in its progression of beingness, there is within this planetary influence the continuing engulfing of the planet by those vibrations which are significant in heralding the fourth density of love and understanding. This intensity of vibrations that continues to surround and enhance the planet itself is a feature of the clock-like face upon the galactic spiral of endlessness, shall we say.

Q'uo：我是Q'uo，我了解了你的问题了，我的兄弟。确实，随着你们称之为时间的事物在其存在性的进程中向前移动，在这个星球影响范围内会有振动对星球的持续性的吞没，这些振动在预兆爱与理解的第四密度的方面是显著的。这种继续包围并强化星球其自身的振动的强度，是在星系的螺旋的时钟一般的表面上的一个特性，这个螺旋，容我们说，是无尽的。

There are sources of cosmic streamings coming to this planet at this time from

each of the stars in your sky, from all of the creation, as a matter of fact. This vibratory change that is now becoming more and more noticeable for those entities which have the sensitivity to perceive them is occurring in order that those who are able to be aware of such energies might utilize them, either in a conscious or an unconscious fashion. Those entities who are aware consciously of the process of their evolution may become aware of these vibrations as well, and be able to incorporate them into their daily life pattern, knowing that there are enhanced energies all about, and that these energies serve much as do a magnifying glass upon that which it is focused. These energies offer those who are upon the path of service to others the chance to enhance the service by receiving the catalyst of the daily round of activities which may seem, at first glance, to be as it has been said previously in this session, to be of a difficult or even a negative nature.

在此刻会有正在到达这个行星的宇宙的能量流的源头，它们，实际上，是来自于在你们的天空中的每一颗星星，来自于所有的造物的。这种振动的改变，对那些拥有敏感性来感觉到它们的实体，现在正在变得越来越更加注意得到了，这种振动的改变正在发生，以便于那些能够察觉到这样的能量的人可以利用它们，要么是用一种有意识地方式，要么是用一种无意识的方式。那些有意识地察觉到了它们的演化过程的实体可能会同样也察觉到这些振动，并能够将它们整合进入到它们的日常生命的模式中，同时知晓会有增强性的能量是无处不在的，这些能量会非常类似于一个放大镜会在被聚焦的事情上产生的作用一样地起作用。这些能够会为那些走在服务他人的道路上的人提供机会去藉由接收到日常生活的催化剂来增强服务，这些日常生活的活动，在第一眼看来，可能是如同在这次集会之前已经被说过的一样，是具有一种困难的，或者甚至具有一种负面性的属性的。

These challenges are opportunities to exercise the ability to open the heart without reservation or condition to those entities about one, to engage in an interaction and communication that will allow the resolving of disharmonies that are provided as catalyst to enhance the progress on the spiritual path by any entity aware of such possibilities.

这些挑战是去是实践对那些在一个人周围的实体无保留或者无条件地开放心的能力，以及参与到这样一种互动或者沟通交流中的机会能力，这种互动或者沟通交流将会允许化解那些作为催化剂被提供出来的不和谐，以增强任何察觉到了这样的可能性的实体在灵性道路上的进程。

The subconscious perception of such energies is utilized by those entities who have not yet become consciously aware that what they are doing on this planet at this time is to utilize all catalyst for the purpose of opening their own hearts in love and service to others. The unconscious perception of these energies oftentimes is featured in difficulties for such entities, as for any entity, conscious or unconscious, of the process of evolution.

对这样的能量的潜意识的知觉是被这样一些实体所利用的，这些实体尚未有意识地察觉到它们在这个星球上在此刻正在做的事情就是去利用所有的催化剂，以实现在爱中开放它们自己的心以及服务他人的目的。对这些能量的无意识的知觉时常会对这些实体，如同对于任何实体一样，无论是有意识还是无意识的实体，以在演化过程中的困难为典型特征。

However, for those who are not consciously aware that these energies are available to enhance their own spiritual path, there is oftentimes the difficulty of an entity in facing the self as it is, balanced or imbalanced, so that whatever healing might be available through the application of the vibrations of love and understanding to the imbalance is perhaps not perceived clearly, and the self then is not also perceived but realizes that there is some effort necessary in order to be able to achieve a more harmonious existence with its fellow beings. Thus, in such an unconscious entity there may be more difficulties that are not easily resolved, and may, indeed, form themselves into what you would call distortions or diseases within the physical vehicle that will hopefully catch the conscious attention of such an entity so that it may become more aware of the opportunities which such difficulties present.

然而, 对于那些尚未有意识地察觉到这些能量是可供利用以增强它们自己的灵性的道路的实体, 一个实体在如其所是地面对自己的时候时常会有困难, 即无论它是平衡的还是失衡的都如其所是地面对自己, 这样无论什么疗愈就可以通过对失衡的爱与理解的振动的应用而可供利用, 尽管那种失衡并未被清晰地感觉到, 自我接下来就同样也不会被感觉到, 但却会意识到, 会有某种需要的努力, 以便于能够取得一种与它的伙伴存有的更为协调一致的存在性。因此, 在这样一个无意识的实体身上, 可能会有更多的困难是不会容易被解决的, 并确实会将它们自己形成你们会称之为在物质性载体中的扭曲或者疾病的事物, 它们将有希望抓住这样一个实体的有意识的注意力, 这样它就可以变得越来越更多地察觉到这样的困难所呈现的机会了。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Gary: Whoeee, that was good, thank you. Yes, among the energies at play at present, there is one prominent thread catalyzing many people that I've crossed paths with, and it seems to do with intimacy, love, transparency, openness, vulnerability, and the question about the boundaries of relationships. One general term that in part speaks to this is polyamory, though I suspect that what I'm noticing has larger metaphysical origin and implication. Can Q'uo speak to this?

Gary: 呼, 那很好, 谢谢你们。是的, 在现在正在上演的能量当中, 会有一条凸显的线路正在为很多我已经遇到的人产生出催化作用了, 它看起来似乎是带着亲密性、爱、透明度、开放性、易受伤害以及对关系的边界的质疑而进行的。一个部分谈及这种催化作用的通常的词语是多重伴侣 (polyamory), 尽管我怀疑, 我正在注意到的事情拥有更大的形而上学的源头与内涵。Q'uo 能够谈谈这一点吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, it is a possibility that many entities may become aware of the expanded ability to share love and light with each entity around one. However, in many cases, the beginnings of this sharing of love, of comradeship, of intimacy, of dedication to similar goals, of seeing the life path as joining in one fashion or another,

begins in the realm of the multiplicity of partners in order that the beginnings of the sharing of love and light may be started, shall we say. These are oftentimes the first inklings of the nature of true all-compassionate love and acceptance of the entities about one.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 会有一种可能性, 很多实体会察觉到拓展性的能力去与在一个人周围的每一个实体分享爱与光。然而, 在很多情况中, 这样对爱、友谊、亲密性以及类似的目标的奉献, 对将生命道路视为是用这样或者那样一种方式结合起来的分享的开端, 是在伴侣的多重性的领域中开始的, 以便于那种分享爱与光的开端可以, 容我们说, 被启动。这些时常是对在一个人周围的实体的真正的完全富有同情心的爱与接纳的属性的最初的迹象。

However, after the certain portion of your time has elapsed and experience has shown that there are difficulties of communication or problems of perception that persist with the, shall we say, third-density experience of companionship that is now attempting to be transmuted to the fourth-density experience of unconditional love, oftentimes there are misperceptions of the ability of an entity to give this unconditional love, even unto the point of the romantic experience and expression of love, to more than one entity; for it is inculcated into the third-density experience that the fidelity of one mate to another is to be desired. The fourth-density experience of this loving expression of companionship and dedication to fidelity is oftentimes made more difficult to express in a manner which is efficient in the polarization of each entity's consciousness.

然而, 在你们的时间的一部分已经流逝, 且体验已经显示出, 会有沟通交流的困难或者知觉的困难会与, 容我们说, 现在正在尝试被转变成为无条件的爱的第四密度的体验的第三密度的伙伴关系的体验一起存在之后, 时常会有对一个实体去给予这种无条件的爱的能力的误解, 甚至到了对多于一个实体的浪漫体验以及爱的表达的程度了, 因为会被灌输进入到第三密度的体验中的事情是, 一个伴侣对另一个伴侣的忠诚, 是被渴望的。这种伙伴关系的爱的表达以及对忠诚的奉献的第四密度的体验, 时常很难用一种在对每一个实体的意识的极化中是有效用的方式表达。

Thus, oftentimes, it is necessary to move through what you have called the polyamorous expressions of energies in more than one direction or to more than one partner. Oftentimes it will be discovered that it is more efficient to remain in the monogamous relationship, for this relationship offers a greater intensity of the use of catalyst so that the catalyst may not be escaped, shall we say, and put upon the shoulders of many instead of upon the shoulders of the one for whom it is generated.

因此, 时常会有需要去穿越你们已经称之为在对于一个方向或者对多于一个伴侣的多重伴侣的能量表达的事物。时常将会被发现的事情是, 去留在一夫一妻的关系中是更加有效的, 因为这种关系会提供对催化剂的使用的一种更大的强度, 这样催化剂就可以, 容我们说, 不被逃避, 且不会被放在很多人的肩膀上, 而没有被放在它为之而被产生出的实体的肩膀上了。

We are aware that this is a concept that is not absolutely clear within the mind of each entity that pursues the expression of love and commitment to more than one entity. The ability to focus upon one mate is that which is found in the higher densities to be the most efficient means of polarization of consciousness. [1] However, there are oftentimes the experiments with more than one mate that begins the fourth-density experience. There are no right or wrong answers for any entity in this regard. Each must discover for itself that which is most efficient for the self to move forward in the opening of the heart and the sharing of the love therein.

我们察觉到，这是一个在每一个追寻对多于一个实体的爱与奉献的表达的实体的心智中不会绝对清晰的观念。聚焦于一个伴侣的能力，在更高的密度中，是被发现对意识的极化最具成效的途径。[1]然而，时常会有与多于一个伴侣的实验，这些实验会开始第四密度的体验。在这个方面，对于任何实体都没有对或者错的答案。每一个人都必须为它自己发现对自我最有成效的事物，以在开放心并从那里分享爱的过程中前进。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Thank you. I have one, but I want to give another in the group opportunity if they have one.

Gary: 谢谢你们。我有一个问题，但是我想要给予团体中的其他人机会，如果它们有一个问题的话。

Zach: I have a final query, Q'uo. Could you briefly describe what Andara crystals are, and what their uses may be?

Zach: 我有最后一个问题，Q'uo。你们能够简短地描述安德鲁水晶 (Andara crystals) 是什么，它们的用途可以是什么吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We shall attempt to give this instrument an image that will be helpful in interpreting these crystals. The image is that which receives light in its basic form of life-giving prana or intelligent energy. These crystals of the Andara variety have the ability to absorb this primary type of light, and to store it in a fashion which allows a type of penetration of the red and violet protective ray of energy surrounding one needing healing, so that this protective shell is relaxed and removed to the degree that a new configuration of mind, body and spirit may be chosen by the one to be healed. Thus, these crystals function much as does the pyramid shape in the ability to penetrate the red violet protective shell and enhance the chances of healing occurring according to the choice of the one to be healed.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们将尝试去给予这个器皿一个图像，它将会在解释这些晶体的方面是有帮助的。这个图像就是在光的基本的赋予生命的形式中接受到光，或者接收智能能量的图像。这些安德鲁类型的晶体拥有能力去吸收这种原初类型的光，并用这样一种方式将其储存起来，这种方式要允许了一种类型的对围绕着一个需要疗愈的人的红色与紫罗兰的保护性

的能量的刺穿，这样，这个保护性的外壳就会被松开，并在这样一种程度上被移除，一种新的心智、身体与灵性的配置就可以被那个要被疗愈的人选择了。因此，这些结晶，在其刺穿红色紫罗兰色的保护性的外壳并增强疗愈的机会的能力的方面，是非常类似于金字塔的功能的，而那种疗愈是根据那个要被疗愈的人的选择而发生的。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Zach: No, thank you, Q'uo.
Zach: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you once again, my brother.
Q'uo: 我是Q'uo，我们再一次感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Gary: Does the planetary population at the end of a third-density cycle begin laying the groundwork for a social memory complex, and if so, how do those in third density begin this groundwork or walk those baby steps?

Gary: 在一个第三密度的周期结束的时候，全球的人群会开始为一个社会记忆复合体打下基础吗，如果是这样的话，那些在第三密度中的人如何开始这种基础工作，或者如何走出它们的婴儿学步呢？

Q'uo: I am Q'uo and am aware of your query, my brother. These steps upon your planetary sphere have begun some of your years ago, as entities began incarnating here that have been able to reach the graduation into fourth density upon other planetary spheres. As these entities with the dual-activated bodies partake in your third-density illusion, they begin to exhibit qualities that are oftentimes described as psychic abilities, which are not readily available to entities who have only the third-ray, yellow-ray body activated.

Q'uo: 我是Q'uo，我了解了你的问题，我的兄弟。这些在你们的星球上的脚步已经在你们的一些年时间之前了，在那些在其他的星球上已经能够取得进入到第四密度的毕业水平的实体开始在这里投生的时候，就开始。当这些带有双重激活身体的实体参与到你们的第三密度的幻象的是婚后，它们就开始展现出那些时常会被描述为心灵能力的特性，而这种心灵能力对于那些仅仅拥有激活的第三种光，光色光芒的身体的实体并不是易于被取得的。

Thus, as these entities begin their journey through the third density, finding their mates and producing their offspring, entities of greater, shall we say, activation of the green-ray energy center are then birthed through them in order to produce a higher level of consciousness, shall we say, and the physical vehicle that is able to house it and express it in the experience of the third-density illusion. This also has a quality of interaction with other entities of

a like vibration, so that there is set up between such entities a better means of accessing the higher levels of vibration that are available to those who are of the dual activated body nature.

因此，随着这些实体开始它们穿越第三密度的旅程，找到它们的伴侣并产生出它们的后代，具有绿色能量中心的，容我们说，更大的激活的实体，接下来就会通过它们被诞生出来，以便于产生出一种更高的，容我们说，意识的层次，以及能够容纳它，并在第三密度的幻象中表达它的物质性载具。这样的实体的同样也拥有一种与具有一种类似振动的其他实体进行互动的属性，这样就会有一种取得更高的振动的层次更好的途径会在这样的实体之间被设置了，这种更高的振动的层次是可以为那些具有双重激活的身体的属性的实体所利用的。

The communication, the ability to express love, the far-sightedness that sees new ways of approaching old problems, and the ability to enhance the growth of the vibrations of love wherever seen within the environment, are those means by which individual entities form group projects and group expressions of higher consciousness that then produce the fruits of the heart: the cooperative communities, the giving and receiving of love and inspiration from all about one, the ability to accept that which seems unacceptable, to have the feeling of love to be the end result of all interactions with other entities that no interaction is allowed to stop its transformation until the ability to give the love and light of the One Creator is experienced by all within the vicinity of each project or person that is able to shine this love and light from within its own being.

沟通交流，表达爱的能力，以及看到处理旧的问题的新的方法的远见，在无论什么爱在环境中被看到的位置去增强爱的振动的成长的能力，就是个体的实体藉由其团体计划以及具有更高的意识的团体表达的途径了，这种他团体的表达接下来就会产生出心的成果：合作性的集体，对一个人周围的所有人给予爱并从中接收爱的能力，接受看起来似乎无法接受的事情的能力，让爱的感觉成为与其他实体的所有的互动的最终结果的能力，没有任何的互动会被允许阻止这种转变，一直到去给予太一造物者的爱与光的能力是被在每一个计划的范围内的所有人，或者被能够从它自己的存有内在之中闪耀这种爱与光的人体验到为止。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Very grateful for your replies, Q'uo, and not from me, thank you so much.

Gary: 非常感谢你们的回应，Q'uo，我没有问题了，非常感谢你们。

Austin: I have a final query for you. In regards to what you were just talking about in forming communities and in general on the spiritual path, it seems like opening the heart also tends to be associated with forming bonds with other people. But some people are what we would call loners, or have solitary tendencies and might feel more comfortable apart from communities or on their own, and experiencing life in a more solitary way. Do these people have a role within this transition to a social memory complex, or are they at a

disadvantage on the spiritual path some way?

Austin: 我有一个给你们的问题。在关于你们刚刚正在谈到的，关于形成集体以及一般性地处于灵性道路上的事情的方面，看起来似乎开放心同样也会倾向于同其他人形成连接联系在一起。但是，一些人是我们称之为孤单者的人，或者是拥有一种孤单的倾向，并可能对远离集体或者靠它们自己，用一种更加孤单的方式体验生命，是感觉更加舒适的。这些人在这种进入到一个社会记忆复合体的转变中拥有一个角色吗，或者它们在灵性的道路上是出于一种不利位置吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Each entity of the nature of which you describe—that entity which seeks the solitary experience, is an entity which has within its own being the means by which to use the solitary experience to make a connection within the heart of all beings if this is the desire of such an entity. This is the path of the adept.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。每一个具有你描述的属性的实体——寻求孤单的体验的实体，是一个在它自己的存有中拥有了藉由其使用孤单的体验来在所有的存有的心之中建立一种连接的途径的实体，如果这就是这样一个实体的渴望的话。这是行家的道路。

Many times, however, entities seeking solitude, are seeking solitude to be away from other entities, in which case there is hopefully within the preincarnative choices of such an entity the opportunity to have an experience that will move the perception of the value of solitude further and further along or toward the joining with others in group efforts. The adept, however, is the entity which moves in a seeming solitary pattern in order that it might find within itself that great communion of all entities that is found within the heart of one who knows the One Infinite Creator. This seeking and finding of the one within, then, is oftentimes achieved in the solitary journey. *然而，很多时候，寻求孤单的实体，是在寻求远离其他实体的孤单，在这些情况中，在这样一个实体的投生前的选择中的希望是有机会去拥有这样一种体验，这种体验将会让对孤单的价值的知觉越来越远离或者越来越接近在团体的努力中与其他实体结合在一起。然而，行家是那些在一种看似孤单的模式中行动的实体，以便于它可以在它自己内在之中找到所有的实体的伟大的共性，这种共性是会在一个知晓太一无限造物者的实体的心之中被找到的。这种在内在之中对太一的寻求与找到，接下来，时常会在孤单的旅程中被取得了。*

However, when this joining with the One has been successful, there is, at that point, the desire to share this feeling of the presence of the One Creator with all entities about it. Thus, such an adept has programmed for itself the path to unity with all through seeming separation from all. Thus, there are two possibilities for those who seek solitude: one seeks every entity within the self that is the One Great Self, though the other entities who seek the self only for the self, the small self, shall we say, are with the possibility of remaining in a solitary configuration. However, there is always the opportunity for each entity to find another path to the surrounding community when the solitary path does not yield the sustenance to the heart that has been hoped for as it was chosen as the life pattern.

然而，当这种与太一的结合已经是成功的时候，在那个位置上，就会有渴望去与在它周围的所有实体分享这种对太一造物者的存在的感觉。因此，这样一个行家已经为它自己规划了，通过与所有人的表面上的分离而与所有人的合一的途径了。因此，那些寻求孤单的人会有两种可能性：一个人会在那一个伟大自我之所是的自我内在之中寻求每一个实体，尽管在一种孤单的配置中依旧存在有这样的可能性，会有其他的实体会仅仅为了自我，为了小我，而寻求自我。然而，当孤单的道路并未产生出那种对心的支持的时候，一直都会有机会让每一个实体都找到另一条道路前往周遭的社群，当孤单的道路作为生命模式被选择的时候，那种对心的支持就是已经被期待的事情了。

We are most grateful to each entity here this afternoon, for inviting our presence. We fear that we have somewhat worn out this instrument, for it is doubtful of some of its concepts at this point being transmitted clearly. Thus, we shall take our leave of this instrument. We leave each of you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

我们为你们邀请我们的在场，对于在这个下午在这里的每一个实体都是极其感激的。我们恐怕我们已经多少有些让这个器皿筋疲力尽了，因为不确信在这个位置上它的一些观念是清晰地被传递的。因此，我们将离开这个器皿。我们在太一无限造物者的爱与光中离开你们每一位。我们是你们知晓的 Q'uo. Adonai vasu borragus.

[1] Ra: "The harvest from the previous creation was that which included the male and female mind/body/spirit. It was the intention of the original Logoi that entities mate with one another in any fashion which caused a greater polarization. It was determined, after observation of the process of many Logoi, that polarization increased many fold if the mating were not indiscriminate. Consequent Logoi thusly preserved a bias towards the mated relationship which is more characteristic of more disciplined personalities and of what you may call higher densities. The free will of each entity, however, was always paramount and a bias only could be offered." – 84.22. See also 83.3 and 86.20.

[1]Ra: “从之前的创造物的收获物就是包含了男性和女性的心/身/灵的收获物。最初的理则的意愿是，实体用任何会产生出一种更大的极性的方式与相互彼此进行配对。在观察过许多的理则的进程之后，被决定的事情是，如果配对是不加区分的，极化会很多倍地增长。因此，理则保留了一种朝向伴侣关系的偏向性，这种伴侣关系在受过更多训练的人格或者你们所称的更高密度是更为典型性的。无论如何，每一个实体的自由意志，一直都是至高无上的，一种偏向性仅仅能够被提供出来。”——84.22。同样请参考 83.3 与 86.20。

Practice Channeling Circle
January 16, 2019
2019-01-16 传讯练习：修炼

Group topic: On discipline.
团体问题：关于修炼。

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We are most gratified to be asked to join your circle of seeking this evening. It is a great honor for us to be able to participate in your effort to learn the art of channeling for, indeed, it is an art which each seeker who wishes to learn it will make his or her own according to the manner in which the words and concepts are perceived and relayed in a conscious fashion to those gathered here this evening.

我是 Q'uo，我在此刻与这个器皿在一起了。我们对于在今晚被请求加入这个寻求的圈子是极其感激的。能够参与到你们学习传讯的技巧的努力之中，这对于我们是一种巨大的荣耀，因为，确实，它是这样一种技艺，每一个希望学习它的寻求者都将会创造出属于他或者她自己的技艺，这种技艺是取决于言语与观念通过其被感觉到，并在一种有意识的状态中被传达给今晚已经聚集在这里的实体的方式的。

Each of you is a channel, my friends. You channel at all times from some portion of your being. It is our honor to enter into your conscious minds and infuse them with thoughts that are chosen as a means of expressing certain concepts or philosophies. This particular evening you have chosen a topic of discipline that you wish to explore in some fashion with our assistance. We are most pleased to do so, and to be able to offer to you the type of message which is easy to perceive and transmit, so that an overall picture of this topic may be achieved with each instrument offering its own tune, shall we say, or aspect of this topic.

你们每一个人都是一个管道，我的朋友们。你们在所有的时候都在从你们的存有的某个部分进行传讯。进入到你们的有意识的心智，并用我们的想法来灌注它们，这是我们的荣耀，我们的想法是作为一种表达一定的观念或者哲学的途径而被选择的。你们已经在这个特定的晚上选择了一个关于修炼的主题，你们希望用我们方式在我们的帮助下对这个主题进行探索。我们极其高兴这样做，我们能够提供给你们那种容易感知与传递的信息，这样，对这个主题的一个整体性的图像，就可以藉由每一个器皿都提供它自己的调音，或者，容我们说，提供这个主题的某个面向而被取得了。

Each of you has a great deal of vital energy which may be expended in your daily round of activities, and may be expended in any way that you see fit to accomplish. As you move through these routines on a daily basis, you find that there is a certain rhythm or discipline, if you will, that aids in offering your energies in an outward direction in order to accomplish what you call work of

a physical, and sometimes mental, emotional, or even spiritual nature. Thus, you are always expending energy in some fashion with more or less discipline so that each of you is familiar with this term and its application in your own daily lives.

你们每一个人都拥有大量的生命力是可以在你们的日常生活的活动中被支出，并且可以用任何你们看到是适合于去完成的方式被消耗。当你们日复一日地经历这些活动的时候，你们会发现会有一定的旋律，或者修炼，如果你们愿意这样说的话，这种修炼会在用一种向外的方式来给出你们的能量的方面有帮助，以便于完成你们称之为具有一种物质性的属性的工作的事物，这种工作有时候是心智的、情绪的、或者甚至是灵性属性的。因此，你们是一直都在用某种方式，藉由或多或少的修炼来花费你们的能量，这样，你们每一个人就都对这个词以及它在你们自己的生活中的应用是熟悉的了。

At this time, we will transfer this contact to the one known as Austin. I am Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Austin 的实体。我是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo, and am with this instrument. The beginning of discipline upon the positive spiritual path relies upon the realization and the acknowledgment that you, as a seeker within the third density, exist within an illusion. This illusion serves a purpose, and to acknowledge the reality and the limitations that this illusion offers, and to welcome its purpose upon your path, you may begin to then apply the concept of discipline in a positive sense in your life. Indeed, this illusion is finite. The resources available to you are finite, whether they be time, energy, attention. The deep truth of your being is that you are infinite, but within that infinity you have chosen to experience these limitations [in order] to offer the Creator an opportunity to know itself.

我是 Q'uo，我与这个器皿在一起了。在正面性的灵性的道路上的修炼的开始，是取决于你，作为一个在第三密度中的寻求者，对于你是存在于一个幻象中的领悟与承认的。这个幻象是起到一种目的的，要承认这个幻象提供的实相与限制性，要欢迎它在你的道路上的目的，你可以开始用一种正面性的方式在你的生命中应用这个修炼的观念。确实，这个幻象是有限的。可以供你们使用的资源是有限的，无论它们是时间，能量，注意力。你们的存有的深入的真理是，你们是无线的，但是，在那种无限性之中，你们已经选择去体验这些限制性，以便于提供给造物者一个机会来知晓祂自己。

One perspective on the concept of discipline is asking the question, day by day, moment by moment, "To what end do I utilize the finite resources before me within this illusion?" Many seekers may find, in evaluating their days, that there is much attention and energy that is expended upon seemingly random and inane situations, emotions, thoughts and tasks. To become aware of what it is that is drawing the resources that you have each day and each moment is the first big step in mastering discipline in your life.

我们在修炼的概念上的一个观点，就是日复一日地，每时每刻地询问这样的问题，“我是为了什么目的来利用在这个幻象中在我面前的有限的资源呢？”很多寻求者可能会发现，在对它们的日子进行评估的时候，会有大量的注意力与能量被花费在了看似随机的，且空洞的情况，情绪、想法与任务上了。要开始察觉到什么事情在每一天与每一刻正在汲取你们拥有的资源，这就是在你的生命中掌握修炼的方面的首先的大跨步了。

We pause to allow this instrument to deepen its state.
我们暂停来允许这个器皿加深它的状态。

(Pause)
(暂停)

Becoming conscious of these things will allow you to then evaluate whether or not those resources given to you in each moment are being used to manifest your truest desires. You may ask yourself in each moment, “Is my energy going towards that which will serve? Is my energy being used in a way which benefits others (or the self, depending on which path you have chosen)?” A simple question itself will help you to find the discipline in your life upon your spiritual path.

开始察觉到这些事情将会允许你们接下来进行评估，是否这些在每一刻中被给予你们的资源是在被用于显化你们最深的渴望。你可以在每一个时刻中问你自己，“我的能量是朝向将会服务的事物前进的吗？我的能量是在用任何会有利于其他人（或者有利于自我，取决于你已经选择的道路）？”一个简单的问题其自身就将会帮助你找到在你的灵性的道路上的在你的生命中的修炼了。

We pause again to allow this instrument to deepen its state.
我们再一次暂停以允许这个器皿深化它的状态。

(Pause)
(暂停)

We are again with this instrument. We offer it gratitude for persistence through a troubled and unsteady state. We take this opportunity to further comment on the topic at hand. This instrument, being confronted by frustration at the process of channeling our thoughts, deciding whether to give up or to persist, chose to persist. This simple act is an example of the discipline of which we speak. The illusion offers many barriers and catalysts and hurdles for the seeker upon the positive path. At any of these barriers you may declare to yourself that you can go no further—that this is the final straw, that it will be easier to sit down and indulge in distraction instead of push through what difficulty lies before you, and make the decision to view whatever difficulty it is as an opportunity to exercise the muscle of discipline. For we believe that you will find in confronting difficulties, instead of allowing them to divert you from your path, that each difficulty reveals, little by little, more and more of the love of the Creator. As you persist, more holes are

poked in the veil, and each choice of love, despite adversity, empowers the previous choice, and each choice of love is an act of discipline.

我们再一次与这个器皿在一起了。我们为器皿穿越一个有麻烦且不稳定的状态的坚持不懈而感谢它。我们利用这个机会来对在手边的主题进行更进一步的评论。这个器皿，在传讯我们的想法的过程中遭遇到了挫折，在决定是要去放弃还是坚持下去的时候，它选择去坚持。这个简单的行动就是一个我们谈及的修炼的例子。幻象会为走在正面性的道路上的寻求者提供很多的障碍物、催化剂以及困难。在遇到任何这些障碍物的时候，你都可以对你自己宣称，你无法更进一步了——这就是最后一根稻草了，更加容易的事情是坐下来并沉溺于分心物之中，而不是克服那个在你面前的困难，并做出决定将无论什么困难视为是一个锻炼修炼的肌肉的机会。因为我们相信你们将会在面对这些困难，而不是允许它们让你偏离你的道路的过程中发现，每一个困难，都会一点一点地，越来越多地揭露造物者的爱。当你们坚持的是偶，更多的洞会在罩纱中被戳出来，无论是什么逆境，每一个爱的选择，都会为之前的选择赋予能量，每一个爱的选择都是一个修炼的行动。

We thank this instrument for its persistence, and we will leave it now, and pass this contact to the one known as Trish. We are Q'uo.

我们为这个器皿的坚持不懈而感谢它，我们现在将会离开它，并将这个接触传递给被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)
(Trish 传讯)

We are those of Q'uo, and we are now with this instrument. When one visualizes the term "discipline," one may see it as two roads converging. One of those roads being intention, another road being passion. There at the intersection of intention and passion one may find the soul's purpose. All of these points converging is where one can find and foster discipline. Discipline need not be a negative term. Discipline can be simply focusing on one's truth, letting go of the falsehoods, allowing them to fall away, living one's life or incarnation within their own truth, within their own focused path. It need not be an exercise of subtraction, rather discipline can be a process of refinement. Seeing one's goals and intentions and purpose, allowing oneself to completely submerge into that, for to be in service of discipline takes one to be a disciple, if you will, to one's purpose, having faith. With that faith one can hone in on what it is one is here to do, one can feel at home, if you will, with the journey ahead.

我们是 Q'uo，我们现在与这个器皿在一起了。当一个人想象“修炼”这个词语的时候，一个人可以将其视为是两条道路合并起来。那两条道路中的一条道路是意图，另一条道路是热情。在意图与热情的交汇处，一个人可以找到灵魂的目的。所有这些交汇点都是一个人在其中可以找到并促进修炼的位置。修炼并不需要是一个负面性的词语。修炼能够是单纯地聚焦在一个人的真理上，同时将虚假的事物放开，允许它们逐渐消散，并在它们自己的真理中，在它们自己被聚焦的道路中活出一个人的生命或者投生。它并不需要成为一种减法的练习，毋宁说，修炼能够成为一个精炼的过程。看到一个人的目标、意图与目的，并允许一个人自己完全沉浸于其中，**因为要服务于修炼，这要让一个人成为一个学徒，如果你愿意**

这样说的话，并对一个人的目的，抱有信心。凭借那种信心，一个人能够对它来到这里来做的事情进行打磨，它能够对前方的旅程感觉到是如同在家一样自在，如果你们愿意这样说的话。

The word "discipline" has taken on many unfortunate definitions and meanings throughout existence, but discipline can be as simple as living an incarnation of love, of compassion, of open-heartedness, and there is much value to that discipline. Discipline does not have to be a practice of punishment or a practice of entrapment. Discipline can also exist with fluidity, can exist with freedom, can exist without bounds. At the core, discipline is your truth. It is how one expresses that truth, how one lives one incarnation, how one exists, how one is to be. That is the exercise of discipline.

“修炼”这个词语在贯穿其全部的存在性之中已经带有了很多令人遗憾的定义与意义，但是修炼能够是和活出一个具有爱，同情心与开放的心的投生一样简单，那种修炼是有大量的价值的。修炼不必是一种具有惩罚的练习，或者是一种具有圈套的练习。修炼同样也能够伴随着流动性而存在，能够伴随着自由而存在，能够在没有束缚的情况下存在。在核心之处，修炼就是你的真理。它就是一个人如何表达那种真理，一个人如何活出一次投生，一个人如何存在，一个人如何成为。那就是修炼的练习了。

We will leave this instrument with one last thought: that this exercise of channeling is one great practice of discipline, and showing this instrument that with discipline must come great amounts of patience and gratitude—patience for the process, patience for the self, gratitude for the process and gratitude for the self. We thank this instrument, and we will take our leave. We move along to the one known as Gary. We are known as Q'uo. *我们将在离开这个器皿之前给出最后一个想法，那就是传讯的练习是一种伟大的修炼的实践，它这个器皿展现的是，伴随着修炼，必定会出现巨大数量的耐心与感激——对过程的耐心，对自我的耐心，对过程的感激，对自我的感激。我们感谢这个器皿，我们将离开。我们会移动到被知晓为 Gary 的器皿。我们是 Q'uo。*

(Gary channeling)

(Gary 传讯)

We are known to you as the principle of Q'uo, and we greet you again through this instrument, and we would continue sharing our thoughts on the rich and complex topic of discipline, for it is a key aspect of the path of the adept upon your plane, and indeed upon every plane beyond your own, for the Creator's energy manifests itself in infinite forms, infinite ways, and you seem to be but one entity, one point of light among that infinitude, and yet you contain that infinity and all of that which you perceive.

我们是你们知晓的 Q'uo 原则，我们再一次通过这个器皿向你们致意，我们会继续分享我们关于修炼这个丰富和复杂的主题的想法，因为它是在你们的层面上，确实，在超出你们自己的层面的每一个层面上的行家的道路的一个关键性的面相，因为造物者的能量会用无限多的形式，无限多的方式显化其自身，你看起来似乎仅仅是一个实体，在那种无限性之中的一个光点，而你包含了那种无限以及

所有你感觉到的事物。

You are a composite, it might be said, of many rivers of energy. Many threads are woven together, to form that unique self that you perceive yourself to be. And each of these rivers, so called, has a current, it may be said. Each of these is in a motion, for there is nothing that is static in the manifest universe. And lacking conscious attention and conscious participation in these energies that constitute the self, who knows where to they may flow or run, who knows whether they may drain the self, or seem to work against the self, to drown the self, to tide the self, to create conflict with other threads within the self, and so it is that we bring your attention back to the role of the conscious intention, and its necessity in the examined life that consciously looks at, brings attention to, reflex upon the workings of the self, so that these various seeming streams of energies may begin to reveal, perhaps something of their purpose or their movement, or their place within the self.

你是很多条能量的河流的一个，可以说是，复合物。很多的线条被编织在一起，以形成那个你感觉到你自己是的独一无二的自我。这些所谓河流中的每一条河流，都拥有一种，可以说是，趋势。这些河流中的每一条河流都是在运动中的，因为在显化的宇宙中没有任何事物是静止的。缺少对这些构成了自我的能量的有意识的注意与有意识的参与，自我知道它们可能会流向或者奔向何处，自我知道是否它们会耗尽自我，或者看起来似乎对自我对抗，以淹死自我，让自我涨潮退潮，创造出与在自我内在之中的其他的线条的冲突，这样我们就将你们的注意力带回到了有意识的意图的角色，以及它在被检查过的生命中的必要性了，这种被检查过的生命会有意识地观察自我的工作，对其留心并对其作出反应，这样这些各种各样的表面上的能量的水流就可以开始揭露，也许是某种关于它们的目的或者它们的运动，或者它们在自我内在之中的位置的事情。

As this conscious intention is brought to bear upon these energies, more of the self's desires may become known. Desires are, by nature, reaching, calling the self into action, moving toward a goal or object. So the discipline then is in the investigation of these desires, and the loving, forgiving, accepting, and understanding of these desires, that they may be traced back to the needs of the self so that those needs may reveal the one true need that beats within the heart of all seekers, to be with the One, as the One to fulfill the yearning between the seemingly separate self and the ever-present One, and it is only through that activity that you call discipline that the self is recollected and brought into an orientation that aligns the self with its highest aspirations and highest embodiment.

当这种有意识的意图被带到对这些能量产生出影响的时候，更多的自我的渴望就可以被知晓了。渴望，藉由其本性，是向外延伸的，是呼唤自我进入到行动之中的，是朝向一个目标或者对象行动的。因此，修炼，接下来就是在对这些渴望的调查研究之中，以及对这些渴望的爱、宽恕、接纳与理解之中了，这样它们就可以被追踪返回到自我的需要，以便于那些需要可以揭露出一个会击中所有寻求者的心之中的真正的需要，与太一在一起的需要，因为太一会满足在表面上分离的自我与一直都存在的太一之间的渴望，仅仅是通过你们称之为修炼的活动，自我才会被重新搜集起来，并被带入到一个让自我与它最高的志向与最高的化身对齐

的方向中。

The undisciplined self is wont to not lift the energies into higher and higher transmuted expression, but may, shall we say, less than consciously pursue more ephemeral objects, perhaps that which seeks, as the ones known as Ra said, comfort, distraction, unanimity and sleep. For the disciplined entity, the door to the universe opens. The illusion pierced, the self may more readily recognize the Creator everywhere it turns its gaze.

未经过修炼的自我是不会将能量提升到越来越高的被转变过的表达之中过的，而是可能会，容我们说，较不有意识地追寻更加转瞬即逝的对象，也许是，如被知晓为 Ra 的实体说过的一样，寻求舒适、分心物、死气沉沉与睡眠。对于修炼过的实体，通往宇宙的大门打开了。幻象被刺穿了，自我就可以在它将其目光转向的每一个地方更加容易地认出造物者了。

And this instrument asks that we release this contact, and we do so with gratitude for all present, as we transfer this contact to the one known as Jim.
这个器皿请我们释放这个接触，我们带着对所有在场的人的感激这样做，我们将这个接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. We would express our great appreciation for each entity's work this evening, for there has been much progress made by each of the new instruments, and we are very pleased to have been part of this process of the progression in the art of channeling, for you are truly becoming more proficient at perceiving the concepts which we are offering to you at a steady pace, which you are also able to grasp and to synchronize your effort in speaking the concepts. You are becoming more disciplined, my friends. You have become that which you seek. This is most desirable. We are honored to be part of your progress.

我是 Q'uo，我再一次与这个器皿在一起了。我们会表达我们对每一个实体今晚的工作的巨大的感激，因为每一个新的器皿都已经作出了大量的进展了，我们非常高兴已经成为了在传讯的技艺中的这个进展的过程的一部分了，因为你们真的正在对用一种稳定的速度感觉我们正在提供给你们们的观念的方面变得更加熟练了，你们同样也能够掌握这些观念，并将你们说出这些观念的努力与之同步了。你们正在变得更加训练有素了，我的朋友们。你们已经成为了你们寻求的事物。这是极其可取的。我们对成为你们的发展的一部分是感到荣耀的。

At this time, we shall transfer this contact to the one known as Austin, in order that we may entertain any queries which those present may have for us through this instrument. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Austin 的实体，以便于我们可以通过这个器皿招待那些在场的人可能会给我们提出的任何的问题。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and I am with this instrument. Despite the barriers this instrument has placed upon itself, those being hesitation and self-doubt, we offer this instrument some brief words of encouragement in stating that we find joy and humor in confronting these barriers, for they are juxtaposed against a great desire to serve in the capacity of channel. We do not mean to make light of such frustration that can arise when such desire meets these kinds of barriers, but rather such juxtaposition is quite novel from the perspective of the densities in which we find ourselves currently, and we appreciate that this instrument offers itself as a channel, and pursues its desire to serve despite the gravity of other distortions pulling it back.

我是 Q'uo, 我与这个器皿在一起了。不顾这个器皿已经在它自己身上放置的障碍物, 那些障碍物就是迟疑与自我怀疑, 我们向这个器皿提供了一些简单的鼓励的话语, 它表达了我们在遭遇到这些障碍物的时候发现的喜悦与幽默, 因为它们是与一种巨大的通过传讯的能力来服务的渴望并排在一起了。我们并不打算要减轻在这样的渴望遇到了这些类型的障碍物的时候会升起这样的挫折感, 毋宁说, 这样的并排从我们发现我们当前处于其中的密度的观点来看是相当新鲜的, 我们感激这个器皿提供它自己作为一个管道, 并不顾其他的扭曲的重力将它往回拉动, 而追寻它对服务的渴望。

At this time, we may ask if there are any queries, so that we may exercise this instrument further.

在此刻, 我们会询问, 是否有任何问题, 这样我们就可以更进一步训练这个器皿了。

Gary: I'd like to thank the instrument, firstly for having the courage to perform this service, and then ask you, Q'uo, if you can describe the value of meditation, please.

Gary: 我想要首先为这个器皿拥有勇气来执行这个服务而感谢器皿, 我接着会询问你们, Q'uo, 是否你们能够描述冥想的价值。

Q'uo: I am Q'uo and am aware of your query. This instrument expresses gratitude for what it calls a "softball," for, as you are aware, we ourselves are quite experienced at speaking upon this topic, and have many, many angles of approach through which we can exercise instruments while speaking of this deeply important topic.

Q'uo: 我是 Q'uo, 我了解了你的问题。这个器皿为它称之为一个“软球”(softball) 的事物表达了感激, 因为如你们知晓的我一样, 我们自己是对谈论这个主题相当有经验的, 我们拥有很多很多的处理的角度, 通过这些角度, 我们能够训练器皿, 同时谈及这个深入地重要的主题。

The third-density illusion in which you find yourself is one of particular busyness, and activity, and confusion, and randomness. These attributes of your reality are both exciting and daunting for the spiritual seeker, for there is much in the way of catalyst available to a mind/body/spirit complex who

wishes to utilize such an environment for the purpose of spiritual evolution and offer itself in service, either to others or to the self.

你发现你自己处于其中的第三密度的幻象是一个具有特别的忙碌、活动、混淆与随机性的幻象。你们的实相的这些特性，对于灵性的寻求者，同时是令人激动与令人胆怯的，因为如果一个实体希望利用这样一个环境来实现灵性演化的目的，并在服务中提供它自己，要么是服务他人，要么是服务自我，会有大量的在可供一个心/身/灵复合体所利用的催化剂的方式。

We have often heard of your planet referred to among some spiritual teachers in your density as a sort of kindergarten, a school of rejects or flunkies. But instead we might refer to it as an advanced class, for a spiritual seeker who enters your density upon this planet must be able to withstand a great deal of catalytic pressure in order to grasp the thread of spiritual seeking. This pressure that we refer to can be a great detriment to those seeking to serve and to know the self, but it may be alleviated greatly by the consistent practice of meditation and stillness, and the seeking of silence, for there is much more noise in your lives than you may realize, there is much more activity within your minds and within your bodies than you are aware of.

我们已经经常听到你们的星球在你们的密度中的一些灵性老师当中被称做一种类型的幼儿园，一个废品或者留级生的学校。但是，我们确实可以将它称之为一个高级的课程，因为一个进入到在这个星球上的你们的目的中灵性的寻求者，必须要能够忍受大量的催化剂的压力，以便于抓住灵性的寻求的线条。这种我们提及的压力是能够对那些寻求去服务与知晓自我的实体具有大量的损伤的，但是，它是可以藉由对冥想与静默的锻炼以及对静默的寻求而被大大地减轻的，因为在你们的生活中会有比你们可能意识到的噪音远远更多的噪音，在你们的心智中，在你们的身体中，会有比你们察觉到的活动远远更多的活动。

These things, the randomness of the activities and the noise, serve to keep the seeker off balance and yanks the thread away from the hands that seek to grasp it. By entering into meditation on a constant and consistent basis, the noise begins to settle and find a more regular form within the self. It may initially not seem as though there is significant change in the internal world upon taking up a meditation practice, but we encourage those who are beginners upon the path to continue to enter a state of silence and look within the self so that the noise may reveal patterns, and patterns may reveal purpose, and it is through this grasping of purpose that a seeker may better serve within such a chaotic and noisy environment.

这些事情，活动与噪音的随机性，都会起到让寻求者失去平衡，并将线条从寻求去抓住线条的手中使劲拉出来的作用。藉由用一种具有持续性与一致性的方式进入到冥想之中，噪音开始安定下来，并会在自我内在之中找到一种更加规律的形式了。它可能一开始看起来似乎在内在世界中并没有一种显著的改变会因为进行一种冥想的练习而发生，但是，我们会鼓励那些在这条道路上的新手，继续进入到一种静默的状态中，并在自我内在之中观察，这样噪音就可以揭露出模式，模式可以揭露出目的，就是通过这种对目的的掌握，一个寻求者可以更好地在这样一个混淆与嘈杂的环境中服务了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Yes, if the instrument is available. Is there a connection between the purity of devotion to service and the energy available to that entity?

Gary: 如果这个器皿是可供利用的话，是的。在奉献给服务的纯度与可供那个实体所利用的能量之间，会有一种联系吗？

Q'uo: I am Q'uo and am aware of the query. We would answer the question in a simple affirmative. Purity may be seen as a sort of focus. The energy that you referred to is ever present and ever available, yet is often misunderstood or misperceived, or not perceived at all. In order to make use in service and in spirit of such energy, a purity of focus is required, a consistent seeking through circumstances and through shifts of perception, so that no matter the situation in which a seeker finds itself, it may better understand the energies available, and the ways in which it may allow those energies to manifest. And so, as with meditation, we encourage the consistent seeking of this focus as a means of attaining the purity of which you speak.

Q'uo: 我是 Q'uo，我了解了问题了。我们会用一种简单的肯定来回答问题。纯度可以被视为是一种类型的聚焦。你提及的能量是一直都存在，且一直都可利用的，而它会经常被误解，或者被错误地感觉到，或者完全没有被感觉到。为了要在服务中以及在灵性中利用这样的能量，一种聚焦的纯度是被需要的，一种穿越环境，以及穿越知觉的过滤器的持之以恒的寻求是被需要的，这样，无论寻求者发现它自己处于其中的情况是什么，它都可以更好地理解可供利用的能量，以及它可以通过其允许这些能量显化的方式。因此，如同冥想一样，我们会鼓励对这种聚焦的持之以恒的寻求，作为一种取得你谈及的纯度的途径。

Is there a final query at this time?
在此刻，有一个最后的问题吗？

Gary: Not from me, thanks again to the instrument.

Gary: 我没有了，再一次感谢器皿。

Q'uo: We thank you, my brother, and thank all present in this circle of seeking for inviting us to join you upon your exciting journey. You give us the opportunity to proceed along our own journey, as serving you gives us great joy and great pleasure, and you offer us an outlet through which we may aid your planet. We are honored to link arms with you and offer light to a troubled world. We are Q'uo. Adonai vasu borragus.

Q'uo, 我们感谢你，我的兄弟，我们感谢所有在这个寻求的圈子中的实体邀请我们在你们激动人心的旅程上加入你们。你们给予了我们机会来沿着我们自己的旅程前进，因为为你们的服务给与了我们巨大的喜悦于巨大的快乐，你们提供给了我们一个通过其我们可以帮助你们的星球的出口。我们对于与你们牵手，并将光提供给这个困难的世界而感到荣耀。我们是 Q'uo。Adonai vasu borragus。

January 19, 2019
2019-01-19 业力之轮

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and in light this afternoon. We thank you, my friends, for offering us the opportunity to speak with you, and through our words, our being, and our desire to be of service to you in the way in which you require this day. We are always honored to join your group. Your group has been a great blessing to us over the years, as you have steadfastly hewn to the course of service to others in helping the self to the love and the light to the One who is All.

我是 Q'uo, 我在这个下午, 在爱中, 在光中向你们每一位致意。我的朋友们, 我们为你们提供给我们这个机会来对你们发言而感谢你们, 通过我们的话语, 我们的存有, 我们用你们今天请求的方式对你们进行服务的渴望, 我们一直都对于加入你们的团体是感到荣耀的。你们的团体在这些年的时间中已经对于我们是一种伟大的祝福了, 因为你们已经坚定不移地坚持服务他人的路线, 并通过帮助自我坚持爱与光, 坚持万物之所是的太一了。

Before we begin, we would as always, ask a small favor, and that is simply that you listen to our words, use those that have value, leave behind those that do not. This will allow us to speak more freely to you.

在我们开始之前, 我们会一如既往地, 请求一个小小的恩典, 那单纯地就是你们聆听我们的话语, 使用那些有价值的内容, 并将所有那些没有价值的内容都丢弃掉。这将允许我们更为自由地对你们发言。

Is there a query with which we may begin?

有一个我们可以用来开始的问题吗?

Fox: I have a question, Q'uo. In my understanding, we bring biases and karma with us into this incarnation, and then accumulate more as we are conditioned by this consensus reality. Would you please offer some insight into the relationship between the processes of bias, karma, and conditioned thoughts, and how we might navigate through the tangle they present to us so that we might further our evolution?

Fox: 我有一个问题, Q'uo。在我的理解中, 我们将偏向性与业力带在我们身边带入到这个投生中, 并接下来随着我们被这个共时性的实相所调节而积累了更多的偏向性与业力。在偏向性, 业力与调节性的实相之间的关系, 以及我们如何可以穿越它们呈现给我们的缠结, 这样我们就可以让我们的演化更进一步的方面, 你们愿意提供某种洞见吗?

Q'uo: I am Q'uo and am aware of your query, my sister. It is one which is filled with the stuff of your illusion, and in a good way, may we say, for biases are not always that which misleads or skews the truth. Oftentimes they provide a path through confusions and illusions to the truth that underlies all creation.

The karma that each of you works with in your daily round of experiences is that which has been accumulated over a great period of what you would call time, and a great number of what you know of as incarnations, and again, we would try as best we can to remove the stigma from karma, for karma is the collection of lessons that are yet to be learned, the opportunities to move closer and closer into confirmation and configuration with the qualities that you have chosen to learn in each incarnation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。这个问题是一个被你们幻象的材料, 容我说, 用一种良好的方式, 填满的问题, 因为偏向性并不是一直都是会误导或者扭曲真理的事物。时常, 它们会提供一条穿越混淆与幻象, 通往潜藏在所有造物之下的真理的途径。你们每一个人在你们的日常生活的体验中与之一同工作的业力是已经在一段很长的你们所称的时间中, 通过一个很大数量的你们知晓为投生的事物, 被积累起来的事物, 再一次, 我们尽我们所能地将污名从业力上移除, 因为业力是尚未被学会的课程, 与越来越更加接近对你们在每一次投生中已经选择去学习的特性的确认与配置的机会的集合。

The wheel of karma moves each entity forward in the process of spiritual evolution, as the entity is able, in each incarnation to learn those lessons that karma has decreed, shall we say. Each of you, being conscious of the process of evolution takes part in creating the pattern of your future, as you would call it, life experience, using the karmic, shall we say, learning or lesson that has accumulated as yet to be achieved. As you learn various lessons, you reduce the karmic load. You learn these lessons by programming your incarnation to contain opportunities to see the events in your life in a certain light that will allow you to process the catalyst, or the opportunity for learning that is contained within each such experience. You have an aid in this process in that that portion of your mind which you call the unconscious, or the subconscious, is well aware of each of these programmed lessons, and has the function of coloring, or biasing, the experiences or the occurrences in your daily round of activities in a certain fashion so that you are more likely to see these biases that are congruent with preincarnative programming in a certain light that will give you more of an opportunity to process the catalyst in the manner that will alleviate karma and move you further along your path of seeking and service.

在实体能够, 在每一次投生中, 学会业力已经, 容我说, 注定了的课程的时候, 业力之轮会让每一个实体都在灵性演化的过程中向前移动。你们每一个察觉到了演化的过程的人, 通过使用, 容我说, 业力, 学习, 或者作为尚未被取得的事物而已经被积累起来的课程, 都参与到了对你们的未来的模式, 如你们对它的称呼一样, 对生命体验的创造之中。当你们学习各种各样的课程的时候, 你们减轻了业力的负担了。藉由对你们的投生进行编程以包含了这样一些机会, 你们学会了这些课程, 这些机会让你们, 在一定的允许你们处理催化剂的光, 看清在你们的生命中的事件, 或者取得被包含在每一个这样的体验中的学习。你在这个过程中拥有一个帮手, 因为你的心智的那个你称之为无意识或者潜意识的部分, 是清楚知晓这些被规划好的课程中的每一个课程, 并拥有为在你的日常生活的活动中的体验或者遭遇用移动的方式进行染色或者产生偏向性的功能, 这样你就会更加有可能在一定的光中看到这些与投生前的变成是协调一致的偏向性, 这种光将会

给予你更多的机会去用这样的方式来处理催化剂，这种方式将会减轻业力，并让你沿着你的寻求与服务的道路更进一步了。

This is why, when two or three entities are in a certain shared situation, that oftentimes each will take a different perspective, or see the experience in a different light than will each of the others, for each of you has your own way of looking upon the world about you. It is as if you were wearing glasses of a certain nature that tinted the view that you see before you in a manner in which you are more able to take advantage of learning those lessons you programmed. This is where your free-will choice in the incarnation meets your preincarnation choice made before the incarnation, so that there is always freewill in operation in any event.

这就是为什么，当两个或者三个实体处于一定的被分享的情况中的时候，每一个人时常将会采用一个不同的观点，或者用在一种与每一个其他人都不同的光中看到那个体验，因为你们每一个人都拥有属于你自己的，观察在你周围的世界的方式。它就好像你是带着具有一定属性的眼镜一样，眼镜会用这样一种方式对你在你面前看到的景象染色，通过这种方式，你是更加有能力从那些你规划好的那些课程的学习中受益的。这就是在投生中你的自由选择与你在投生前被做出的投生前的选择相遇的位置了，这样在任何事件中就一直都会有自由意志在运转了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Could you give some insight into our conditioned thoughts and perhaps how those might relate to bias and karma?

Fox: 你们能够对我们的习惯性的想法 (conditioned thoughts) 给予某种洞见吗，也许是那些想法是如何与偏向性以及业力有关的？

Q'uo: I am Q'uo and am aware of your query, my sister. There are many ways in which thoughts that you have conditioned, or set aside in a certain manner in your mind, can also serve as a lens through which you see your daily round of activities in a certain light. The conditioned thoughts are those which are consciously created within the incarnation, and usually adhere to certain standards of, shall we say, excellence, or hoped-for performance, or ability to learn in a certain way, so that the conditioned thought may then be triggered by certain components of the daily round of activity, thereby offering to you the opportunity to do as you wish to do when you created the conditioned thought.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。对于你已经对其习惯了的，或者用一定的方式在你的头脑中被放在一边了的想法，会有很多的途径是这些想法会通过其同样能够起到一种透镜的作用的，通过这个透镜，你会在一定的光中看到你的日常生活的活动。习惯性的想法是那些在投生中有意识地被创造出来的想法，它们通常会坚持一定的，容我们说，优秀的标准，或者被期待的表现，或者用一定的方式学习的能力上，这样，习惯性的想法接下来就可能被日常生活的活动的一定的要素所触发，并由此为你提供机会去如当你创造习惯性的想法的时候你希望去做地一样地做了。

The conditioned thought may be seen as an incarnative choice, rather than a preincarnative choice, so that you are hopefully able to adhere to those conditioned thoughts in a certain fashion in congruency with those desires you had when you created the conditioned thoughts.

调节性的想法可以被视为是一个投生中的选择, 而不是一个投生前的选择, 这样你就会有希望能够用一定的方式坚持那些习惯性的想法, 这种方式是与当你已经创造出这些习惯性的想法的时候你拥有的渴望是协调一致的。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Fox: No, thank you, Q'uo, thank you so much.

Fox: 没有了, 感谢你们, Q'uo, 非常感谢你们。

Q'uo: I am Q'uo, and thank you, my sister, for your queries.

Q'uo: 我是 Q'uo, 我们为你的问题而感谢你, 我的姐妹。

Is there another query at this time?

在此刻有另一个问题吗?

Zachary: I have a query, Q'uo. Could you expound on the role of happiness, joy, and excitement on the path of positive polarization?

Zachary: 我有一个问题, Q'uo。你们能够对在正面性极化的道路上的快乐、喜悦以及激动的角色进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. These qualities, happiness and joy and satisfaction, are those qualities which oftentimes are reserved for those experiences in which one has obtained a desired goal—one has been able to accomplish that which one has set before one in a previous choice, whether it be before the incarnation, or during the incarnation. These qualities of attractive impulse, shall we say, are those which can help to draw the seeker of truth further along the path of this journey of evolution of mind, body, and spirit.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这些特性, 快乐, 喜悦与满意, 是那些时常会为那些一个人在其中已经取得了一个被渴望的目标的体验所保留起来的——一个人已经能够完成它已经在之前的选择中为它设置好的事情, 无论它是在投生之前, 还是在投生期间被设置好的。这些, 容我说, 有吸引力的脉冲的属性, 是那些能够帮助拉着真理的寻求者沿着这条心智、身体与灵性的演化的道路更进一步地前进的属性。

However, of themselves, they are not always that which is most helpful to the seeker, for oftentimes it is through the difficulties and the distress and imperfections within one's own imagined self and journey of seeking that are the most helpful in propelling one to make further steps upon the path which has seemed to be ill-trodden, or moved upon without the efficiency that was

hoped for, or in some manner has fallen short of the wishes of the seeker.
这些特性, 快乐, 喜悦与满意, 在其自身, 并不是一直都是对寻求者极其有帮助的事情, 因为当一个人在那条已经看起来似乎很糟糕地被行走的道路上走出更多的脚步, 或者在没有曾经被期待的效率的情况下, 或者用某种方式已经达不到寻求者的期待的情况下移动的时候, 对推动一个人是极其有帮助的事物, 时常是通过困难, 不幸, 以及在一个人自己的被想象的自我以及寻求的旅程中的缺陷的。

Therefore, when the seeker is able to see the shortcomings and to make adjustments in the perception and in the conception of the direction of the seeking to make those alterations which the seeming failure pointed out, then oftentimes the seeker is rewarding itself, shall we say, with the happiness and joy and the satisfaction of having made whole what was broken, of having healed what was hurting, of having made shining what was dull and listless.
因此, 当寻求者能够看到缺点, 并在知觉中, 以及在对寻求的方向的构想中做出调节, 以做出那些看似是失败的事物指出的改变, 接下来, 寻求者时常会因为已经让破碎的事物成为完整的, 让受伤的事物得痊愈, 让暗哑无光的事物变得闪亮而用快乐、喜悦与满意来, 容我们说, 回报它自己了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zachary: I have an additional query, Q'uo, that is unrelated to the previous one, but this one has to do with romantic partnerships. In the event on discovers a romantic partner has lied or has had omissions about things and that is discovered, is it better to confront them, or allow them the comfort of their lies and omissions?

Zachary: 我拥有一个额外的问题, Q'uo, 那是与前面一个问题无关的, 但是, 这个问题是与浪漫的伴侣关系有关的。在发现一个浪漫的伴侣已经说谎了或者已经对事情疏忽了, 而这被发现了的事件中, 去直面它们是更好的, 还是允许它们拥有它们的谎言与疏忽的安慰是更好的呢?

Q'uo: I am Q'uo and am aware of your query, my brother. Because this query has personal and potentially powerful implications in your life path, we find that we are somewhat limited in our ability to respond in a specific sense, for we do not wish to take from you that which is your greatest gift, and that is your freewill choices. We can say that when a seeker, such as yourself, finds oneself within such a situation, that if you look within your own being in the meditative state, with the question before your mind and your heart as to the most appropriate direction to take, you shall find that there is an answer waiting there that will direct you as is most appropriate for you to move, and in this regard, we would recommend that you achieve that meditative state which has access to what you may call your higher self, or those angelic presences which guide you, protect you, and seek to enable the movement forward on the path of seeking and serving the One Infinite Creator in all.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。因为这个问题在你们的生命的道路上是拥有个人性的, 且潜在是强有力的牵连, 我们发现我们在用一种具

体的意义来做出回应的能力的方面是多少有些受限的, 因为我们并不希望去从你身上夺走你最大的礼物, 那就是你的自由意志的选择了。我们能够说, 当一个诸如你自己之类的寻求者发现它自己处于这样一个情况中的时候, 如果你在冥想状态中在你自己的存有内在之中观察的话, 同时将关于要去采用的最为合适的方向的问题留在你的头脑中与你的心中, 你将会发现, 会有一个答案在那里等待着, 它将会指引你, 什么是你要去移动的最为合适的方向, 在这个方面, 我们会推荐, 你取得那种冥想状态, 它会接通你可能称之为你的高我, 或那些天使的存在, 它们会指引你, 保护你, 并使得你在那条寻求与服务在万物之中的太一无限造物者的道路上能够前进了。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Zachary: No, thank you, Q'uo.

Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: We thank you, my brother.

Q'uo: 我们感谢你, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

D: I have a question, Q'uo. A lot of our life is spent sleeping and dreaming often. How much attention should we give to the dreams that we have, and if we should give a lot of attention, how do we better facilitate a more constructive way of viewing them?

D: 我有一个问题, Q'uo。我们的很多的生命经常被花费在睡眠与做梦之中了。我们应该给予我们做的梦多少的注意呢, 如果我们应该给予很多的注意, 我们如何更好地利用一种更加有建设性的观察它们的方法呢?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, your dreams are messages that have great value to you if you give value to them, for your subconscious mind has within it, as we have said before, all of your preincarnative choices, all of your pre-existing existences in other incarnations. You have a great library of information within your unconscious mind that can be utilized in the form of the dream, which, when remembered and worked with in an analytical fashion, and in a meditative fashion, can reveal to you those blockages within your energy centers which you can then begin to work upon to allow the removal of the blockage and the moving forward of the intelligent energy, or the prana, of the One Creator to move you higher and higher along your energy centers so that there is the opportunity at some point to clear each energy center that leads to the heart. And within the heart chakra begin to feel the unconditional love for all entities and for all creation about you.

Q'uo: 我是 Q'uo, 我了解了你的问题了。确实, 你的梦境是对你拥有巨大的价值的信息, 如果你对它们赋予了价值的话, 因为你的潜意识心智在其内在之中拥

有，如我们之前已经说过的一样，所有你们出生前的选择，所有你们在其他的出生中的你们之前存在的存在性。你在你的潜意识心智中拥有一个巨大的信息库，它是能够通过梦境的形式被利用的，当梦境被回忆起并用一种分析性的方式，并在一种冥想状态中在内在之中被工作的时候，它能够对你揭露出那些在你的能量中心中的阻塞，你接下来就能够在这些阻塞上进行工作，以允许对阻塞的移除，以及让智能能量，或者太一造物者的普纳 (prana) 沿着你的能量中心让你移动到越来越高的位置，这样就会有在某个位置上清理通往心的每一个能量中心。在心的脉轮中，你会开始感觉到对照你周围的所有的实体与所有的造物的无条件的爱了。

If you wish to work with your dreams in an efficient manner, it is well to attempt to remember each dream and each portion of each dream as soon as possible upon the awakening, or even more appropriate and effective, to awaken after the dream to record it in some fashion, whether you use that which you call the recording device, or a simple pad and pencil does not matter. What matters is that you attempt to recall each detail as accurately as you can as soon as the dream is completed and then give over to this dream remembrance the time necessary, as soon as you awaken, to analyze the dream, to look for those meanings that are pointed to you in the heart of your being to move you further along your path of seeking. Look for that vocabulary that will begin to develop itself within your dream state, and begin to speak to you in a clear fashion so that when certain events or opportunities or entities are encountered within the dream, you will know immediately that a certain type of experience is being had and offered to you for the seeking of that truth that lies deep within the heart of your being within your unconscious mind.

如果你希望用一种有效的方式对你的梦境进行工作的话，尝试去在醒来的时候尽可能快地回忆起每一个梦境以及每一个梦境的每一个部分，或者，要甚至更加适当且有效的方法是，在从梦境中醒来之后用某种方式记录它，无论你是使用你称之为录音设备的事物，还是用一个简单的本子与铅笔，这并不重要。重要的事情是，你尝试去尽你所能准确地回忆起完整的梦境的每一个具体细节，并接下来将这个梦境的记忆交托给所需的时间，你一醒来之后就分析梦境，并寻找那些在你的存有的核心之中对你被指出的意义，以让你沿着你的寻求的道路更进一步。寻找那个将会在你的梦境状态中开始自我发展，并开始用一种清晰的方式对你说话的词汇表，这样当一定的事件或者机会或者实体在梦境中被遭遇到的时候，你将立刻知晓一定类型的体验正在被遇到，并被提供给你，以寻求那个深埋于你的无意识心智之中的你的存有的核心之中的真理。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

D: No, thank you, Q'uo.
D: 没有了，谢谢你们，Q'uo。

Q'uo: I am Q'uo, and we than you, my brother.
Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Gary: I have yet to find an elegant way to articulate why balance is so fundamental in the Confederation philosophy. Is there a good means of communicating why balance is so important?

Gary: 我尚未找到一种优雅的方式来阐述为什么平衡在星际联邦的哲学中是如此基础性的问题。为什么平衡如此重要，对这个问题有一种有效的沟通交流的途径吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Balance suggests opposites that are in equal status. If one sees the various qualities of the self and look deeply within the mind, one discovers that you contain the universe within yourself, and in your incarnation that you now experience, you express certain portions of this universe which you are. This is an order that you might learn particular lessons that you have set before yourself previous to the incarnation. However, if you are able to look deeply enough within yourself in the contemplative state, or the meditative state, or in the dream state, you may see that you contain all things, that there is nothing that is in the creation that you do not contain.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。平衡建议了处于同等的地位的对立面。如果一个人看到自我的各种各样的属性，并在心智中深入地观察，它会发现，你在你内在之中包含了宇宙，在你现在体验到的你的投生中，你表达了你之所是的这个宇宙的一定部分。这是一个你可以学会你在投生前就已经为你自己安排好了的特定的课程的秩序。然而，如果你能够在沉思的状态或者在冥想状态中，或者在梦境状态中，足够深入地在你自己内在之中观察，你可以看到你包含了一切事物，在造物中没有任何事物是你并未包含在内的。

You are everything. If you can look and find more of those qualities that you observe in the world around you within yourself, and begin to balance that which you find with that which remains to be found, you become what may be called a "360-degree being," containing, observing, and experiencing all that there is of the One Infinite Creator. This is the great goal, my brother, of all entities within the creation, and it is not a goal that is easily achieved, or quickly achieved, or achieved only within the third density, for this is a goal which all seekers of truth proceed to discover and follow as they move through the journey of the densities that lead back to the One Infinite Creator. Here, in this third-density illusion, your experience is that of beginning to become this 360-degree being. The achieving of such is accomplished by looking about you in your daily round of activities, to find one more, and one more, and one more quality that you might use to balance that which is already known to yourself within your own being. Thus, you become, in your own mind, that which you are in your unconscious mind.

你就是万物。如果你能够观察并在你自己内在之中找到更多的那些你在你周围的世界中观察到的属性，并开始用依旧要被发现的事物来平衡你发现的事物，你就

会成为可以被称之为一个“三百六十度的存有”的事物，并同时是包含了，在观察，在体验属于太一无限造物者的一切万有了。我的兄弟，这是在造物中的所有实体的伟大的目标，它不是一个容易被取得的，或者会快速被取得，或者仅仅是在第三密度中就会被取得的目标，因为这是所有的真理的寻求者朝向其前进，在它们穿越那个反过来导向太一无限造物者的密度的旅程的时候去发现并跟随的一个目标。在这里，在这个第三密度的幻象中，你们的体验就是开始成为这个三百六十度的存有的体验。对这样的体验的取得，是通过在你的日常生活的活动中在你周围进行观察而被实现的，以找到你可以用来平衡你在你自己的存有内在之中已经被你自己知晓的事物的属性，再多一个，再多一个。这样，你就会，在你自己的心智中，成为在你的无意识心智中的你之所是了。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Gary: No, not now, thank you, Q'uo.
Gary: 没有了，现在没有了，谢谢你们，Q'uo。

Q'uo: I am Q'uo, and thank you, my brother.
Q'uo: 我是Q'uo，我们感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Zachary: I have a query that builds on the last one, Q'uo, or maybe a quest for verification. Is it the case that the greater one's balance at each, for instances, chakra, the more love/light one can embody, and therefore, the closer one may become to embodying the One Infinite Creator?

Zachary: 我有一个问题，Q'uo，它是构建在上一个问题的基础上的，或者它可能是一个对确证的请求。在一个人的每一个，举个例子，脉轮上的平衡越来越来，就会有更多的爱/光能够体现，因此，一个人就可以更加接近对太一无限造物者的体现了，是这样的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This is true, as you have stated. As you are able to clear each ascending energy center, and allow the intelligent energy of the One Creator to move higher and higher within your being, you are able to express higher levels of achievement or higher levels of aspiration within each center of energy, for as you move higher within the energy centers, the expression of the One Creator grows more and more full within your being so that you are able, at some point, to be able to express the totality of the One infinite Creator at the violet-ray chakra. That is where the One Infinite Creator and the fire of the One Infinite Creator resides to welcome you to that home within your own being that contains the universe that we spoke of in the previous query.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。如你已经陈述了的一样，这是真实的。当你能够清理每一个上升的能量中心，并允许太一造物者的智能能量在你的存有之中移动到越来越高的位置，你就能够在每一个能量中心中表达更

高层次的成就，或者更高层次的领悟了，因为当你在能量中心中移动到更高的位置的时候，太一造物者的表达就会在你的存有之中变得越来越更加充分，这样你就能够在某个位置上，在紫罗兰光芒脉轮中表达太一无限造物者的完整性了。那就是太一无限造物者与太一无限造物者的火焰居住的位置，以欢迎你来到那个在你自己的存有内在之中的家园，它包含了在之前的问题中我们谈及的宇宙了。

The chakras, or energy centers, are meant to allow each entity to evolve in a gradual fashion so that there is a balanced progression of experiencing and shining forth the intelligent energy of the One Creator in a manner in which the entity is able to sustain in a stable fashion without losing the center of one's self and being overwhelmed by the power of the energy moving through each energy center.

脉轮，或者能量中心，是打算要允许每一个实体都用一种渐进的方式演化的，这样就会有用这样一种方式对太一造物者的智能能量的体验与闪耀的一种平衡的发展了，实体通过这种方式是能够用一种稳定的方式维持，而不会失去一个人的自我的中心，并被穿越每一个能量中心的力量所压倒。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Zachary: No, thank you, Q'uo.
Zachary: 没有了，感谢你们，Q'uo。

Q'uo: We thank you, my brother.
Q'uo: 我们感谢你，我的兄弟。

Is there a final query at this time?
在此刻有最后一个问题吗？

Fox: If no one else is, I brought one other. Q'uo, in response to a question about the influence of the Orion group on wanderers in the Law of One, Ra spoke of an "armor of light" that can occur in the spirit complex which enables it to recognize more clearly that which is not appropriate to be desired by the mind/body/spirit complex. [1] Q'uo, please tell us more about this armor of light, and how we can access and use it.

Fox: 如果没有任何其他人有问题，我提出另一个问题。Q'uo，在一的法则中，在回应一个关于猎户集团对流浪者的影响的问题的时候，Ra 谈及了一个“光之盔甲”，它能够在灵性复合体中出现，它会使得灵性复合体能够更为清晰地认出，哪一个事情是不合适被心/身/灵复合体所渴望的。[1]Q'uo，请告诉我们更多的关于这个光的盔甲的事情，我们如何取得它与使用它呢？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, this armor of light is that which is available to each wanderer by its own free-will choice previous to the incarnation, for each wanderer has garnered many experiences within third-density illusions serving as those who would aid other third-density beings in their progression towards the One. Each such

experience has also included the knowledge that there is what might be called the "loyal opposition" which presents to each wanderer, and indeed, to each entity within the third-density illusion, the opportunity to reinforce the desire to seek the One in the positive sense of service to others. That this desire to seek positive service shall be challenged by the negative entities of the Orion constellation, for it is their right to present what we will call the "other side of the case" to each entity that they encounter.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 藉由流浪者在投生前的自由意志的选择, 这个光的盔甲是可供每一个流浪者所利用的事物, 因为每一个流浪者都已经通过在存有朝向太一的发展中帮助那些其他的第三密度的存有的服务而收集了很多的在第三密度体验中的经验了。每一个这样的体验同样已经包含了对于会有可能被称为"忠实的反对派"的事物的知晓, 这些忠实的反对派会向每一个流浪者, 确实, 向在第三密度的幻象中的每一个实体都呈现出机会, 去增强用服务他人的正面性的方式去寻求太一的渴望。这种寻求正面服务的渴望将会被猎户星座的负面性的实体所挑战, 因为向它们遇到的每一个实体去呈现我们将会称之为"事情的另一面", 这是它们的权利。

Thus, the wanderer, with the knowledge of this function of negatively-oriented entities, being appropriate within the third-density illusion, may choose to create this armor of light out of the light of the One Infinite Creator, and store it within the spiritual complex so that within the meditative state, each wanderer which seeks to unlock the armor of light may feel its presence growing within the being as the image comes to the mind of the light expanding from the Infinite Creator and engulfing the wanderer in a sheet or armor of light, that may be carried into the waking state, and utilized in that state in a conscious fashion at any moment by freewill choice, so that the wanderer may shine this light before it whenever there is doubt as to the quality of the experience or the vision before the eyes, that is to be dealt with in some fashion. If the entity or entities or situation before the wanderer is of a negative orientation, this light, then, shall protect the wanderer from the incursion of the negative entity or energy into the wanderer's being. This is the manner of which those of Ra were describing the armor of light and its use, for each wanderer has the ability to discern, through use of the armor of light, that which is appropriate or not appropriate within its frame of reference.

因此, 流浪者, 带着对这种负面导向的实体的功能的知晓, 这种功能在第三密度的幻象中是合适的, 可以选择去从太一无限造物者的光创造出这个光的盔甲, 并将它储存在灵性复合体之中, 这样, 在冥想状态中, 如果流浪者寻求去解锁这个光的盔甲, 每一个流浪者就都可以感觉到它的存在在存有之中逐渐变大了, 当从无限造物者拓展并将流浪者淹没在一个光的被单或者光的盔甲之中的形象出现在头脑中的时候, 那个形象是可以被带入到清醒状态中, 并用一种有意识的方式, 在任何时刻都藉由自由意志的选择而被利用, 这样, 流浪者就可以在任何关于在眼前的体验或者景象的特性有疑虑的时候可以闪耀这种光了, 那个体验或者景象就是要用某种方式与之打交道的事情了。如果在流浪者面前的实体, 或者实体们, 或者情况是具有一种负面导向性的时候, 这种光, 接下来, 将会保护流浪者, 免受负面性实体或者能量侵入流浪者的存有。这就是那些属于 Ra 的实体描

述的光的盔甲以及它的用途的方式了，因为每一个流浪者都拥有能力，通过使用光的盔甲，来分辨，在它的参考系中，哪一个合适的，或者是不合适的。

At this time we shall take our leave of this instrument and this group, thanking each for offering us this glorious opportunity to observe and share in your seeking of the One Infinite Creator, for you create much light within your being that is freely shared and reaching to the skies, reaching to etherea, and guiding us here to you, and becoming that pathway that we move upon as we leave your group in the love and in the light of the One Infinite Creator of which we are all a part. We are known to you as those of Q'uo. Adonai, Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体，我们同时感谢每一位都提供给我们这个光荣的机会来在你们对太一无限造物者的寻求中进行观察与分享，因为你们在你们的存有中创造了大量的光，这种光是自由地被分享并延伸到了天空，延伸到了以太，指引我们来到你们这里，并成为了当我们在太一无限造物者的爱与光中离开你们的团体的时候我们在其上移动的道路了，我们全都是造物者的一部分。我们是你们知晓的 Q'uo, Adonai, Adonai vasu borragus。

[1] Ra: "The harvest from the previous creation was that which included the male and female mind/body/spirit. It was the intention of the original Logoi that entities mate with one another in any fashion which caused a greater polarization. It was determined, after observation of the process of many Logoi, that polarization increased many fold if the mating were not indiscriminate. Consequent Logoi thusly preserved a bias towards the mated relationship which is more characteristic of more disciplined personalities and of what you may call higher densities. The free will of each entity, however, was always paramount and a bias only could be offered." – 84.22. See also 83.3 and 86.20.

[1]Ra: "从之前的创造物的收获物就是包含了男性和女性的心/身/灵的收获物。最初的理则的意愿是，实体用任何会产生出一种更大的极性的方式与相互彼此进行配对。在观察过许多的理则的进程之后，被决定的事情是，如果配对是不加区分的，极化会很多倍地增长。因此，理则保留了一种朝向伴侣关系的偏向性，这种伴侣关系在受过更多训练的人格或者你们所称的更高密度是更为典型性的。无论如何，每一个实体的自由意志，一直都是至高无上的，一种偏向性仅仅能够提供出来。"——一的法则，84.22。同样可见 83.3 与 86.20。

February 9, 2019
2019-02-09 禁欲与双性恋

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in the love and in the light of the One Infinite Creator of which we are all a part. It is our great privilege and pleasure to be with you this afternoon as you enter into this sacred space in order to find out more of that which you call seeking the truth. We are always honored to be asked to join your circle in this seeking, for we are but your brothers and sisters who have traveled further upon the same path that you are on, and we wish, as a part of our service to the One Creator, to aid you in your journey in whatever way we may do without infringing upon your freewill.

我是 Q'uo，我在太一无限造物者的爱与光中向你们每一位致意，我们全都是太一无限造物者的一部分。在这个下午，在你们为了找到更多的你们称之为对真理的寻求而进入到这个神圣空间中的时候与你们在一起，这是我们巨大的荣幸与快乐。我们一直都对于被请求加入到你们在这个寻求中的圈子而感到荣耀，因为我们仅仅是你们的兄弟姐妹，我们已经在你们走在其上的旅程上旅行到了更远一些的地方，我们希望，作为我们对太一造物者的服务的一部分，用无论什么我们在不会侵犯你们的自由意志的情况下可以做的的方式，来在你们的旅程上帮助你们。

If you would so us one small favor, as always, we may then speak freely this day. That favor is to take those words and concepts which we speak to you and use them as you will, discarding any which do not ring of truth to you, for we would not be a stumbling block on your journey of seeking. If you would do us this small favor, then we may speak as we will.

如果你们愿意这样子给予我们一个小小的恩惠，一如既往，我们接下来就可以在今天自由地发言了。那个恩惠就是，对于那些我们对你们说的话与观念，请如你们所愿地使用它们，放弃任何可能没有对你们听起来是真实的内容，因为我们不愿意成为在你们的寻求的旅程上的一块绊脚石。如果你们愿意给予我们这个小小的恩惠，我们接下来就可以如我们所愿地发言了。

At this time, we shall begin by asking if there is a query we may attempt to speak to [in order] to begin.

在此刻，我们将藉由询问，是否有一个我们可以尝试去对其发言的问题来开始。

Zachary: Greetings Q'uo. Could you tell us how best to heal ourselves from grief?

Zachary: Q'uo，向你们致意，你们能够告诉我们如何最佳地疗愈我们的悲伤吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Grief is a quality that is inescapable within your third-density illusion, for within this illusion, it is not possible to see the complete unity of thought that binds all things and all people together as one being, the One Infinite Creator. The veil of forgetting does its work well as it hides from you the completeness of all beings, the

wholeness of all beings, the appropriateness of all experience that is to be had within your third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。悲伤是一种在你们的第三密度的幻象中是无法逃避的特性, 因为在这个幻象中, 是不可能看到将一切事物与一切都连接在一起成为一个存有, 成为太一无限造物者那个想法的完整的统一性的。遗忘的罩纱很好地起到了它的作用, 因为它将所有存有的完整性, 以及在你们的第三密度的幻象中要被体验到的所有的体验的适当性, 都对你们隐藏起来了。

Thus, this veil presents challenges to you that would not be possible without it, challenges such as that which you speak: the feeling of grief for the loss or the injuring of some entity, some quality, some concept, that you hold dear to you in your lives. That you feel this unity with some quality or entity that is now in doubt, in suffering, in pain, or perhaps about to leave the incarnation. There is the feeling within the open heart that this loss, this damage, this defect, is sad, is not to be desired, that there is not wholeness within it, that there is not the way through it to a brighter experience, to a more fulfilling experience of unity and love with this quantity or quality or entity.

因此, 这个罩纱会将挑战呈现给你们, 如果没有挑战, 这些挑战就不会是有可能的了, 诸如你谈及的挑战: 为了某个实体, 某种特性, 某个观念, 以及你在你的生命中珍惜的事物的失去或者损伤的悲伤的感觉。你感觉到的与某个特性或者实体之间的这种统一性, 现在是有疑虑的了, 是在受苦的了, 是处于痛苦中的, 或者也许是即将离开投生的。在开放的心中会有这样的感觉, 即这种失去, 这种损伤, 这种缺陷, 是令人伤心的, 不是被渴望的, 在其中没有完整性, 没有途径穿越它到达一种更为明亮的体验, 达到一种一个更加令人满足的, 具有与这个数量或者质量或者实体的统一与爱的体验。

This is as it must be, my brother, within your illusion, for to identify in such a compassionate and powerful way is a means by which you learn to appreciate the uniqueness of each experience which is yours to share within this illusion. Thusly do you immerse yourself in the nature of the illusion which is limitation, and the inability to expand the perception to include the wholeness of the creation within every individual part of the creation, no matter how small or seemingly insignificant. Thus, within your own heart, as you look within to see how this love has grown within you and has identified with that with which you feel grief, you then see that larger view, that panoramic view, the universal view that places each of us and each of our experiences within the love and the light and the unity of the One Infinite Creator. We look beyond the illusion in order to see the extending of each entity and quality into infinity so that there is truly no end to that which seems so limited. There is no true suffering that endures past the limits of this illusion, for beyond this illusion, there is no suffering. In truth, each of us has an identity and experience congruent with infinity, for we are, each of us, a portion of the One Infinite Creator.

这就是它在你们的幻象中必须是的样子了, 我的兄弟, 因为要用这样一种富有同情心且强有力的方式来进行识别, 就是一条藉由其你学习去欣赏你在这个幻象中要去分享的每一个体验的独一无二性的途径了。你就是这样让你自己沉浸于幻象

的属性之中的，幻象的属性就是限制，就是无法拓展知觉以包含在造物的每一个个体的部分中，无论多小或者看似多么不重要的部分中，的造物的完整性。因此，在你自己的心中，当你在内在之中观察以看到，这种爱是如何在你内在之中成长，并已经与你对其感觉到悲伤的事物认同了的时候，你接下来就会看到更大的视野，全景的视野了，全局性的视野，这种视野会将我们每一个实体以及我们每一个体验都放置于太一无限造物者的爱，光与统一性之中。我们看穿幻象，以便于看到每一个实体与特性都延伸进入到了无限之中，这样，看起来似乎如此之首先得事物就不会真的有终点，就不会有真正的受苦会延续超越这个幻象的界限了，因为在这个幻象之外，是没有受苦的。实际上，我们每一个人都拥有一种与无限的统一性，以及一种与无限协调一致的体验，因为我们，我们每一个实体，都是太一无限造物者的一部分。

Thusly, my brother, we would recommend to you that when you feel grief for any person, thing or concept, you expand your vision of that person, thing or concept until it moves far beyond the limits of this illusion and fills your heart, your mind and your spirit with the truth of the unity of all creation, for in this truth there is no end to any portion of the One Infinite Creator.

因此，我的兄弟，我们会对你建议，当你感觉到对任何人，事物或者观念的悲伤的时候，你拓展你对那个人、事物或者观念的视野，一直到它超越了这个幻象的限制，并用所有的造物的一体性的真理充满了你的心，你的心智与你的灵性，因为在这个真理中，太一无限造物者的任何部分都是没有终点的。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Zachary: Yes, Q'uo. Could you talk about authenticity and self-disclosure as it relates to opening the heart?

Zachary: 是的，Q'uo。你们能够谈谈真实性与自我揭露吗，当它与对心的开放联系在一起的时候。

Q'uo: I am Q'uo and am aware of your query, my brother. The terms "authenticity" and "full disclosure" are indeed quite relevant in the process of opening one's heart, for in order for full disclosure of one's beingness as the One Creator to be able to be felt by the self, the self must know itself in its authenticity. That is to say, the truth of the self is as we have spoken before in the previous query, far more than what seems to be such a limited creature here within the third-density illusion. The authenticity of each seeker of truth is that which is a spark of the great fire of the One Infinite Creator that burns as each sun in the sky seen as stars at night and suns in the day, each entity is intimately connected with the intelligent infinity that is the One Creator with the intelligent energy that is the formation of this universe in which we all live and dwell and have our being.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。“真实性”与“完全的揭露”确实是与开放一个人的心的过程有相当大的关联的，因为为了要完全接纳一个人的存在性就是能够被自我感觉到的太一造物者，自我必须通过它的真实性知晓它自己。那也就是说，自我的真理，如我们在之前的问题中已经谈及的一样，是比

在第三密度的幻象中在这里看起来似乎是这样一个受限的生物要远远更多的。每一个真理的寻求者的真实性，就是太一造物者的巨大的火焰的一个火花，那个巨大的火焰就如同在天空中的每一颗恒星一样地燃烧，它们在夜晚是被视为是星星，在白天是被视为是太阳，每一个实体都是与太一造物者之所是的智能无限，与智能能量紧密地连接在一起的，智能能量就是我们全都在其中生活，居住并拥有我们的存有的这个宇宙的构成之所是了。

Thus, as in meditation and in contemplation in an action you discover this authentic self that is you at the heart of your being. You are able to utilize this realization in order to fully disclose the love and the light that is within you, that flow forth freely from you when you are able to realize who you are in truth, that you are but in this illusion a limited portion of the infinity of yourself that exists beyond all illusion, for authentically you are the love and the light and the unity of the One Infinite Creator. There is nothing else in the universe but these qualities formed in such and such a way in many dimensions of being in order to allow the One Creator to experience itself in ways which are more intense in variety and more pure in quality so that it may know itself more fully through each experience which you, as a portion of it, may have in any density or illusion of this infinite creation in which you dwell.

因此，当在冥想中，在沉思中，在一个行动中时，你会在你的存有的核心之处发现这个你之所是的真实的自我。你是能够利用这种意识，以便于完全地揭露出在你内在之中的爱与光的，这种爱与光是在你能够意识到你实际上是谁，你不过是在这个幻象中的你自己的无限性的一个首先的部分的时候自由地从你开始向前流动的，你自己的无限性是存在于幻象外部的，因为真实地说，你就是太一无限造物者的爱、光与统一性。在宇宙中除了这三个特性之外没有任何其他的事物是用这样那样的一种方式存有的许多的维度中被形成的了，以便于允许太一造物者用种种在多样性的方面更加强烈，且在质量上更加纯净的方式来体验祂自己，这样祂就可以，通过你作为造物者的一部分可能在这个你居住在其中的无限的造物中的任何的密度或者幻象中拥有的每一个体验，更为充分地知晓祂自己了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zach: No thank you, Q'uo.

Zach: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you once again, my brother.

Q'uo: 我是Q'uo，我们再一次感谢你，我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗？

David: I have a question, Q'uo. As human beings, sexuality is a strong force that is in our bodies. Is there something to say about the practice of celibacy in directing spiritual sexual energy towards a different end?

David: 我有一个问题, Q'uo。作为人类存有, 性是在我们的身体中的一个强有力的力量。你们在关于通过指引灵性的性能量朝向一个不同的方向来进行禁欲的修炼的方面有某个要说的事情吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The sexual energy, or the intelligent energy or that which has been called prana, moves through each being in a series of stages or steps that may be seen as the energy centers, or the chakras, of the human body. This energy may be utilized in any of a number of fashions and functions for each center of energy or chakra is able to expand the range of expression of this energy so that the entity experiencing this transmission of intelligent energy, may be able to utilize it in its progression towards unity with the One Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。性能量, 或者智能能量, 或者已经被称之为普纳的事物, 是通过一系列的阶段或者步骤穿越每一个存有的, 这些阶段或者步骤可以被视为是人类身体的能量中心或者脉轮。这种能量可以通过数种方式与机能中的任何一种被利用, 因为每一个能量中心或者脉轮都是能够拓展对这个能量的表达的范围的, 这样体验到这种对智能能量的传递的实体, 就可能能够在它朝向与太一造物者的统一性的发展中利用它了。

However, in some instances, various seeker of truth have found value in becoming what you call celibate—that is, that they chose not to express the sharing of the sexual energies with another in order to be able to utilize this energy as a magnifier, shall we say, of the personal journey of seeking that each is engaged upon in this illusion, and indeed, beyond this illusion, until there is total unification with the One Creator.

然而, 在一些情况中, 各种各样的真理的寻求者已经在成为你们称之为禁欲的事物中找到了价值了——也就是说, 它们选择不去与另一个实体表达对性能量的分享, 以便于能够将这种能量用作每一个实体在这个幻象中正在从事的个体的寻求的旅程的, 容我们说, 一种放大器, 这条寻求的旅程, 确实也是在这个幻象之外的, 一直到会有与太一造物者的完全的统一为止。

However, we find that this type of celibacy as you have called it has its limits, so that there is the need for one practicing this celibacy of the sexual energy experience to see the ability of the self to perform both that which is that directed towards another internally, and that which is directed towards the self, also internally, so that one contains both the quality of the other self with whom sexual energy exchanges is not desired, and the qualities of the self, thus becoming two-pronged, shall we say, in the ability to absorb and then transmit, and then absorb again, the sexual energy that is contained within the single being.

然而, 我们发现, 这种类型的禁欲, 如你们已经称呼它的一样, 是拥有它的局限性的, 这样, 对于一个正在实践这种对性能量体验的禁欲的实体, 会有需要去看到让自己同时执行在内部被指向另一个实体的事物, 以及同样是在内部被指向自我的事物的能力, 这样一个人就会同时包含了另一个自我的属性以及自我的属性, 并因此在去吸收并接着转换, 接着再一次吸收被包含在单一的存有内在之中的性能量的能力中, 容我们说, 成为双尖的了 (two-pronged)。

This containing of the sexual energy, then, is focused in a manner which seeks to find its fulfillment internally at each energy center or chakra, as the energy moves up the spine in what is called the rising of the Kundalini. This experience of celibacy, then, is that which seeks to realize the exchanging of energies with another in a manner in which the self and the One Creator are the two entities so experiencing the exchanging of sexual energy. This is a practice which takes a great deal of discipline, and a use over a prolonged period of time in order to realize that which is of a dual nature in most cases. *这种对性能量的包含，接下来就会用这样一种方式被聚焦起来，这种方式会随着能量通过被称之为昆达里尼的升起而沿着脊椎向上移动，而在每一个能量中心或者脉轮中，在内部找到它的实现。接下来，禁欲的体验，就是那种寻求用这样一种方式去实现与另一个实体之间的能量交换的体验，在这种方式中，自我与太一造物者是两个这样体验到性能量交换的实体。这是一个要花费大量的修炼的练习，是一种在一段很长的时间中的应用，以便于实现具有一种在大多数情况中是双重属性的事物。*

Thus, the celibate seeker of truth is able to achieve the same result as the seeker that partakes in the sexual energy transmission with another being, the mated partner in most cases. These types of sharing of sexual energy have, as the basic goal, the rising of the kundalini so that the intelligent energy from the sun bodies that enters through the base chakra may eventually mate with the energies of the Creator which exist within each entity within the violet-ray chakra, or the Polaris of the self, as those of Ra have called it.

因此，禁欲的真理的寻求者是能够取得与参与到与另一个存有，在大多数情况中，是与伴侣之间的性能量交换的寻求者相同的结果的。这些类型的分享能量，作为基本的目标，是拥有昆达里尼的升起的，这样，从根部脉轮进入的来自于恒星的智能能量，就可以最终与存在于每一个实体的紫罗兰光芒脉轮，或者如 Ra 已经称呼它的一样，自我的极点之中的造物者的能量相会了。

Thus, whether one is celibate or not, there is the joining of these energies and the rising of the Kundalini so that there is a manifestation of unification that eventually allows the seeker of truth to be able to contact Intelligent Infinity, or the One Infinite Creator within the violet-ray energy center, and feel the sacred nature of this eventual union of the two energies.

因此，无论一个人是不是禁欲，都会有这些能量的相遇以及昆达里尼的升起，这样，就会有一种统一性的显化，它会最终允许真理的寻求者能够接触智能无限，或者在紫罗兰光芒中心中的太一无限造物者，并感觉到两种能量的这种最终的联合的神圣属性了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

David: No, thank you, Q'uo.

David: 没有了，谢谢你，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。

Is there another query at this time?

在此刻有另一个问题吗?

Fox: Q'uo, I have a follow-up to that one. Would you please share some on how our breath helps us recharge prana and any specific ways that we can use our breath to make that more efficient?

Fox: Q'uo, 我对那个问题有一个后续问题。在关于我们的呼吸如何可以帮助我们重新充能, 或者我们能够利用我们的呼吸来使得那种重新充能变得更加有效的任何具体的方式的方面, 你们愿意分享什么吗?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, breath is life and life is breath, for each is a basic portion of the One Infinite Creator. Contained within your breath is the essence of life, for as the body is energized by the prana, or intelligent energy of the One Creator, the breath is the expression of that intelligent energy in the mundane world so that the mind, the body, and the spirit, may have its beingness as an entity within the third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。确实, 呼吸就是生命, 生命就是呼吸, 因为每一个人都是太一造物者的一个基本的部分。在你们的呼吸中包含有生命的实质, 因为当身体是被普纳, 或者太一造物者的智能能量充能的时候, 呼吸就是在尘世中的智能能量的表达了, 这样, 心智, 身体与灵性, 就可以在第三密度的幻象中拥有它作为一个实体的存在性了。

The breath that you inhale and exhale on a daily basis is a living portion of the One Creator that gives life to you and moves life through you, for the breath contains the vitality of all beingness that is created by the One Creator in the infinite creation. Thus, as you breathe, you inculcate or infuse your entire being, from your body, your mind and your spirit with the vitality which is of the One Creator. Thusly, as you breath more and more deeply, perhaps holding that breath at the exhale and the inhale, until you feel a natural release to again enter into the rhythm of the intake and exhalation of the breath, you may begin to feel an activation of the indigo and violet ray energy centers so that as you begin to participate in the rhythm of the breathing and the holding of the breath and the releasing of the breath, you are allowing the life-giving forces within the breath to infuse or imbue your body with energy that is intelligent and which invigorates each cell of your body to be able to do its work more and more efficiently, thus allowing the body itself to become more enlivened and to partake in the vitality of the One Creator more fully as you rhythmically inhale, hold the breath, exhale, hold the breath, and so forth.

你们每天吸入与呼出的呼吸就是太一造物者的一个活生生的部分, 它为你们赋予了生命, 并让生命流经你们, 因为呼吸包含了在无限造物中的所有被太一造物者创造的存在性的活力。因此, 当你们越来越更加深入地呼吸的时候, 也许在呼出与吸入的时候保持那个呼吸, 一直到你感觉到到一种自然而然的释放, 以再一次

进入到呼吸的吸入与呼出的旋律之中为止，你们可以开始感觉到一种对靛蓝色与紫罗兰光芒的能量中心的激活，这样当你们开始参与那种呼吸，保持呼吸与释放呼吸的旋律中的时候，你们就在允许在呼吸中的那种赋予生命的力量用能量灌注或者浸透你们的身体了，这种能量是智能的，它会激发你们的身体的每一个细胞，以能够越来越更有成效地进行这个工作，并因此在你们有韵律地吸入，保持呼吸，呼出，保持呼吸，如此等等的时候允许身体其自身变得更加富有生气，并更为充分地参与到太一造物者的生命力之中。

This type of breathing is also enhanced by the focusing of the inner eye upon the brow chakra so that the magical nature of the indigo ray energy center may be able to help you create what you would call changes in your own consciousness, so that you become more and more aware of the One in each portion of your experience as you carry with you a more and more vital expression of that One within your mind, within your body, and within your spirit. Thusly, so imbued with life, you are able to perceive more clearly that which is the One Creator about you in every form and feature of the third-density illusion.

这种类型的呼吸同样会藉由将内在的眼睛聚焦在眉部脉轮而被增强，这样，靛蓝色光芒的能量中心的魔法属性就可能能够帮助你创造出你称之为在你自己的意识中改变的事物了，这样，当你在你的心智中，你的身体中，你的灵性中将那种太一的一个越来越有生命力的表达带在你身边的时候，你就会越来越多地在你的体验的每一个部分中察觉到太一。因此，当你这样被生命所灌注的时候，你就能够更加清晰地感觉到在你周围，在第三密度的幻象的每一个形态与特性中的太一造物者了。

Is there a further query, my sister?
我的姐妹，有另一个问题吗？

Fox: No, thank you so much, Q'uo.
Fox: 没有了，如此感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister.
Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。

Is there another query at this time?
在此刻有另一个问题吗？

Zachary: I have a follow-up question, Q'uo. This was regarding David's previous question on celibacy. Is developing the two prongs at each energy center a matter of balancing the masculine and feminine principles in oneself?
Zachary: 我有一个后续问题，Q'uo。这是关于 Davis 的之前对禁欲的问题的。在每个能量中心都发展出双叉，是一个在它自己内在之中平衡男性与女性原则的问题吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This is precisely correct, my brother, for within each being exists the completeness of the

Creator—both that which is masculine, that which reaches, and that which is feminine, that which awaits the reaching. Each entity is a combination of both these forces or features of the nature of creation, for all of creation is held in place, shall we say, by the polarized charges of the positive and the negative, the male and the female. Thus, the entity which is able to harness the balanced mating of these two qualities within its own being, is able to raise its center of consciousness from one chakra, or energy center, to another through the efficient processing of the catalyst of the daily round of activities that accumulate according to the activation and balance of each energy center.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是完全正确的, 我的兄弟, 因为在每一个存有内在之中都存在有造物者的完整性——同时是那个伸手触及的雄性与那个等待着伸手触及的磁性。每一个实体都是这两种力, 或者造物的属性的特性的一个混合物, 因为所有的造物都是被具有正面性与负面性, 男性与女性的被极化了的电荷, 容我们说, 保持在适当的位置上的。因此, 如果实体能够利用在它自己的存有内在之中的这两种特性的平衡的配对, 它能够通过对日常生活的活动的催化剂的有效处理, 提升它的意识的中心, 从一个脉轮或者能量中心, 提升到另一个脉轮或者能量中心, 这种催化剂是根据每一个能量中心的激活与平衡而聚集取来的。

Thus, as these qualities of male and female begin to be expressed in a balanced fashion within each energy center, then each center is activated and balanced and able to channel the intelligent energy of the One Creator more efficiently as it continues to expand its awareness of catalyst to each ascending energy center. Thusly, each seeker of truth becomes able to utilize any catalyst which comes before its notice in higher and higher levels of expression, so that eventually the realization of the One takes place within the seeker of truth's indigo and violet ray energy centers.

因此, 当这些男性与女性的特性开始用一种平衡的方式在每一个能量中心中被表达的时候, 接下来, 每一个中心就会被激活, 被平衡, 并能够更有成效地传讯太一造物者的智能能量了。因此, 每一个真理的寻求者就会开始能够, 用越来越高的表达的层次, 利用任何引起了它的注意的催化剂, 这样, 最终对太一的领会就会在真理的寻求者的靛蓝色和紫罗兰的能量中心中发生了。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Zachary: Yes, Q'uo. Might bisexuality be a consequence of this balancing of masculine and feminine rising the Kundalini?

Zachary: 是的, Q'uo。双性恋可能是这种男性与女性能量的平衡让昆达里尼上升的一个结果吗?

Q'uo: I am Q'uo and am aware of your query. My brother, you are once again correct, for as an entity is able to interiorize this process of the balancing of the male and the female qualities within its own being, it is possible either to share these energy exchanges with another, with a mate, shall we say, or to

interiorize these balancing of the energies within the self, and become, what you would call the bisexual entity, able to experience certain features of the intelligent energy moving through its own being in a manner which accelerates personal growth through the energy centers, so that eventual unity with the One is achieved. This is done, as you are aware, most usually in the mated relationship, for it is easier, shall we say for entities to utilize the mated relationship in order to process catalyst that each entity encounters in its own daily round of activities.

Q'uo: 我是 Q'uo, 我了解了你的问题了。我的兄弟, 你再一次是正确的, 因为当一个实体能够将这个平衡在它自己的存有内在之中的男性和女性的特性的过程内化的时候, 会有可能要么与另一个存有, 容我们说, 与一个男性, 分享这些能量, 要么将对自我内在之中的这些能量的平衡内化, 成为你说成的双性恋的实体, 并能够体验到智能能量的一定的特性用这样一种会加速个人成长的方式流经它自己的存有, 流经能量中心, 这样与太一的最终的统一就被取得了。如你们知晓的一样, 这极其通常是通过伴侣关系被实现的, 因为去利用伴侣关系以便于处理每一个实体在它自己的日常生活的活动中遭遇到的催化剂, 这对于实体是, 容我们说, 更加容易的。

However, throughout all ages of seeking there have been many who have been able to make use of the balancing of the male and female portions of their own being in a singular sense so that the solitude becomes that which is utilized within the personal seeking of such an entity.

然而, 贯穿所有的寻求的时代, 已经有过很多人能够用一种独自一人的方式利用它们自己的存有的男性和女性的部分之间的平衡了, 这样, 孤单就成为了在这样一个实体的个体的寻求中被利用的事物了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zachary: No, thank you, Q'uo.
Zachary: 没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo and again we thank you, my brother.
Q'uo: 我是 Q'uo, 我们再一次感谢你, 我的兄弟。

We would ask if there would be one final query at this time?
请问在此刻有一个最后的问题吗?

Austin: Q'uo, to seek some clarification of the response that you just gave: I might be misinterpreting, but it sounded as though you were referring to what I would understand as asexuality, in which a person does not seek any sexual partners, versus bisexuality, which is a person who would find themselves sexually attracted to both male and female partners. Could you clarify?

Austin: Q'uo, 我想要寻求对你们刚刚给出的回应的某种澄清: 我可能是产生了误解, 但是听起来就好像你们是在提及我会理解为无性别的事物, 在其中一个人

并不寻求任何性伴侣，而不是寻求双性恋，双性恋是一个人会发现它们自己在性的方面同时被吸引到男性和女性的伴侣了。你们能够进行澄清吗？

Q'uo: I am Q'uo and am aware of your query, my brother. It was our intention to attempt to combine both that which you call the bisexuality, with that which you call the asexuality. However, it was unclear in our response as to our intention in this direction. The bisexual entity then, would be able to utilize the male and female qualities within its own being in order to find the balance that is usually achieved in the mated relationship with another. The asexual being, however, is that which contains its own sexuality in an interior sense as well, but does not seek, in any more direct way to express or experience the positive and negative or the male and female qualities of its sexuality, either with another or with the self. Thus the asexual entity is that which is unused to the expression of sexual energies in any fashion within the being, or outside the being, but moves itself in a conscious fashion through the energy centers so that there is the realization of the nature of each energy center and the expression of those energies through the being's own activities in the daily round of experience. The sexual nature of these experiences is therefore not a prominent feature within such an entity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们的意图是尝试去将你们称之为双性恋的事物和你们称之为无性的事物混合在一起。然而, 在关于我们在这个方向的意图的方面, 在我们的回应中是不清楚的。接下来, 双性恋会能够利用在它自己的存有内在之中的男性与女性的特性, 以便于找到那种通常是在与另一个存有之间的伴侣关系之中被取得的平衡。然而, 无性的存有, 同样也用一种内在方式包含了它自己的性的存有, 但是这个存有并不用任何更加直接的方式, 要么是与另一个存有, 要么是与自我, 寻求去表达或者体验它的性的正面性和负面性, 或者男性和女性的特性。因此, 无性的实体, 是对于用任何方式, 在存有内在之中, 或者存有外部的性能量的表达, 都未被使用过的实体, 但是它会用一种有意识的方式让它自己通过能量中心移动, 这样就会有对每一个能量中心的属性, 以及通过存有自己在日常生活体验中的活动对这些能量的表达的实现了。这些体验的性方面的属性, 因此, 就不是在这样一个实体内在之中的凸显的特性了。

Is there a follow-up query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you, that was very clear.

Austin: 没有了, 感谢你们, 那是非常清楚的。

Q'uo: I am Q'uo and again, we thank you, my brother.

Q'uo: 我是 Q'uo, 再一次, 我们感谢你, 我的兄弟。

At this time, we would thank each present for allowing us to join your circle of seeking this day. We are always honored to do so, and we appreciate the fastidiousness with which each entity present has been able to prepare itself for joining its seeking within this circle this day. Your desire to be of service to

others is most inspiring to us, and we cannot thank you enough for your sharing with us the nature of your own being, as we hope we have been able to do with you concerning our desire to be of service as well.

在此刻，我们会感谢每一位在场的人允许我们今天加入你们寻求的圈子。我们一直都对于这样做是感到荣耀的，我们欣赏每一个实体藉由其已经能够让它自己为将它的寻求加入今天这个圈子而做好准备的一丝不苟。你们对他人进行服务的渴望对于我们是极其令人启发的，我们怎么感谢你们与我们分享你们自己的存有的属性都是不为过的，如我们希望我们已经能够在关于我们进行服务的方面对你们做的事情一样。

At this time, we shall take our leave of this group, leaving each as always, in the One Infinite love and light of the One Creator. We are known to you as those of Q'uo. Adonai, my friends, Adonai vasu borragus.

在此刻，我们将离开这个团体，我们一如既往，在太一无限的爱与太一造物者的光中离开每一位。我们是你们知晓的 Q'uo。Adonai，我的朋友们。Adonai vasu borragus。

March 23, 2019
2019-03-23 成为造物者

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and in light. We are honored to be asked to join your circle of seeking this afternoon. It is always a pleasure to be with this group. You are as old friends and old souls with whom we have become quite familiar over the years, and we are always most honored to be here. And, as always, we begin our channeling with you by asking you to do us the favor of taking the words and the concepts which we share with you today and use them as you will, leaving behind any that do not strike a cord of resonance within your being.

我是 Q'uo, 我在爱中, 在光中, 向你们每一位致意。我们对于被请求在这个下午加入你们的寻求的圈子是感到荣耀的。与这个团体在一起一直都是一快乐。你们就如同那些我们已经在多年时间中相当熟悉的老朋友与老灵魂一样, 我们一直都对于在这里是感到极其荣耀的。一如既往, 我们藉由请你们给予我们这样的恩惠而开始我们的传讯, 那个恩惠就是使用我们今天与你们分享的话语与观念, 如你们所愿地使用它们, 将任何并没有在你们的存有之中击中一根共鸣的琴弦的内容都丢弃掉。

We would not become a stumbling block to you, my friends. We have moved only a small distance further upon the same path which you now tread. We are your brothers and sisters. We are not ultimate authorities. We share what we feel is important with you, and hope we might be of service to you by doing so. So, if you will do us this small favor, taking the words that have value to you and using them as you will, we may speak as we can.

我们不愿意成为一块你们的绊脚石, 我的朋友们。我们仅仅是在你们现在走在其上的相同的道路上移动了稍稍更远一点的距离。我们是你们的兄弟姐妹。我们不是终极的权威。我们与你们分享我们感觉到是重要的事情, 并希望我们可以藉由这样做来对你们进行服务。因此, 如果你们愿意给予我们这个小小的恩惠, 使用那些对你们有价值的话语, 并如你们所愿地使用它们, 我们就可以如我们能够地一样发言了。

At this time, we would ask if there is a query with which we may begin?
在此刻, 我们会询问, 是否有一个我们可以用来开始的问题?

T: In the context of Ra's, "Know yourself, accept yourself, become the Creator," [1] focusing on the becoming the Creator, becoming more as you and Ra have said, knowing more and more deeply who you truly are and being that as our purpose here, could you speak to living that becoming the Creator versus where to place the desires and hopes that come around that versus putting a will behind your desires and hopes versus personifying the will of the higher self and magical personality of becoming the Creator? If that makes sense.

T: 在 Ra 的上下文中, “知晓你自己, 接受你自己, 成为造物者, “[1]浇在了成为造物者上, 成为比你更大的事物上, Ra 已经说过, 越来越更加深入地知晓你真正是谁, 以及作为你在这里的目的的存有, 你们能够谈谈那种成为造物者的生活, 对比将出现的渴望与希望放置在何处, 对比将一种意志放置于你的渴望与希望之后, 对比将更高的自我以及成为造物者的魔法人格的意志个人化?如果那是有任何道理的话。

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a salient query for all seekers of truth, for at some point within the spiritual journey, each of you shall have many opportunities to do just that, to become the Creator. As you have laid the foundation in knowing yourself as you are, as a third-density being within this illusion, perhaps as that which is called a wanderer who has taken on the vestment of the third density and come to be of service to all others upon this planetary sphere, you create within yourself a kind of momentum based upon this fundamental knowledge that you are here to serve, to seek and to serve the Creator in all.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。对于所有的真理的寻求者, 这都是一个显著的问题, 因为在灵性旅程中的某个位置, 你们每一个人都已经拥有很多的机会去恰恰那样做, 去成为造物者。作为在这幻象中的一个第三密度的实体, 也许是作为被称之为一个流浪者的实体, 流浪者已经穿上了第三密度的外衣并前来服务在这个星球上的所有其他实体, 当你已经通过如你所是地一样知晓你自己而打下了基础, 你就已经在你自己内在之中创造出了一种类型的动量, 这种动量是以这种你是来这里来服务的, 来寻求与服务在万物之中的造物者的知晓的。

At this point in your journey, you look upon each entity that you encounter in your daily round of activities as your other-self: firstly, a being just as you are who seeks the One in some fashion, whether consciously or unconsciously, and who seeks to become a servant of the One in all that you meet. Then you seek to know more of that self that you are, that self that has experiences throughout the day that meets the catalyst of the day, the opportunities to expand the awareness, to process that which is unknown so that it becomes known, to process each feature of your experience so that it is recorded as helpful knowledge within your being that helps you to move further and further along the path of seeking the One in all.

在你的旅程中的这个位置, 你将你在你的日常生活的活动中遭遇到的每一个实体都是视为是你的另一个自我: 首先, 是一个和你一样用某种方式寻求太一的存有, 无论是有意识地寻求还是无意识地寻求, 它寻求去在所有你遇到的人之中去成为太一的一个仆人。接下来, 你寻求去知晓更多的你之所是的那个自我, 那个自我在贯穿那整个日子都拥有了遭遇那个日子的催化剂的体验, 并拥有机会去拓展认识, 去处理未知的事物, 这样它就会成为知晓的了, 去处理你的体验的每一个特性, 这样它就会作为有帮助的知识被记录在你的存有中了, 这种知识会帮助你沿着寻求在万物中的太一的道路移动到越来越远的位置。

To become the Creator in this process, it is helpful if you are able to make contact with the deeper levels of your own being that would include your own

unconscious mind so that you draw from this wealth of information those qualities and essences that may aid you in your journey of seeking and serving the One. Oftentimes these qualities are of a nature of a spiritual yearning—a seeking beyond the normal realm of the self that has a history, that has a present, that desires a future—that you realize that you have roots that move back in the precipice or the point of time that you now exhibit and experience so that you connect yourself to those previous incarnational experiences that have built the foundation upon which you now stand and move forward from. It is also helpful if you are able to make contact with those guides, or spiritual qualities that are of assistance to you within each incarnation, that you may be informed of certain facets of your own being that may expand your knowledge of who it is you really are.

要在这个过程中成为造物者，如果你能够与自己的存有的更为深入的层次建立接触，这是有帮助的，你自己的存有的更为深入的层次会包含了你的潜意识，这样你就会从其汲取信息的财富，以及那些可能在你寻求与服务太一的旅程中帮助你的特性与实质了。时常，这些特性是就有一种灵性的渴望的属性的——一种超越了自我的通常的范围的寻求，自我的通常的范围是拥有一个历史，拥有一个现在，并渴望一个未来的——你意识到，你是扎根在你现在显现并体验到的那个悬崖或者时间点之中，这样你就将你自己与那些已经建造了那个你现在站立于其上并从其向前移动的基础的，之前的投生体验连接起来了。如果你能够与那些指导灵，或者那些在每一次投生中都是你的帮手的灵性的特性建立连接，它同样也是有帮助的，这样你就可以被告知你自己的存有的一定的面向，这些面向可以拓展你对于你真正是谁的知晓。

Also, upon the list of those essences or qualities that are helpful to make contact with is your higher self which contacts you as you are asking for such contact, whether it be in your dreams, in your meditations, or in your daily rounds of experiences, so that you are aware that you are meeting entities and experiences that are not just coincidental, but are pivotal in the seeking that you are engaged in.

同样，你的高我也在那个对于与之建立连接是有帮助的实质或者特定的清单上的，高我会在你请求这样的接触的时候与你接触，无论它是在你的梦境中，在你的冥想中，还是在你的日常生活的体验中，这样你就会察觉到，你是在与实体与体验会面，而它们不仅仅是巧合的，它们在你参与到其中的寻求中同样也是中枢位置。

Thus armed with such a wealth of information, then we suggest that, within your meditative state, you allow these qualities and essences to find a place within your experience and your knowledge [so] that you can call upon [them] at any time within your daily round of activities. [Then] that which is your higher self, or as some have called it, your magical personality, becomes available to you to help you interpret the nature of those catalytic experiences that are always presenting themselves to you as opportunities to expand your awareness and your ability to move further and further along your spiritual path.

因此，在用这样一种信息的财富武装起来的情况下，接下来，我们就会建议，在

你的冥想状态中，你允许这些特性与甚至在你的体验与你的知晓中找到一个位置，这样你就能够在你的日常生活的体验中的任何位置都呼唤它们了。接下来，你的高我，或者如某些人已经称呼它的一样，你的魔法人格，会成为可以供你利用，以帮助你解释那些催化剂的体验的特性，这些催化剂的体验会一直都将它们自己呈现给你，作为拓展你的认识与你沿着你的灵性的道路越来越更进一步地移动的机会。

Thus, as you become more aware of who you are, you become more aware of how the Creator moves in your being through each step that you take, especially within your meditative state. If you invoke the Creator within and ask of that Creator to move through you this day, as all days, and to express itself to you in a way in which you are able to discern that there is an expansion of your awareness occurring throughout the day that you experience, then you become more and more familiar with this quality of the Creator that resides within your very being. [Then] when you invoke it, you are calling upon the greater portion of your being to make itself apparent to you, that you may see how the Creator meets you in every experience, in every day, throughout your life, so that you may see with clearer eyes, with an open heart, with clear communication, with the ability to create changes in your own consciousness as a result of processing the catalyst that you find yourself emerged in throughout every day.

因此，当你能多地察觉到你之所是的时候，你就会更多地察觉到造物者是如何通过你走出的每一个脚步在你的存有中移动的，尤其是在你的冥想状态中。如果你祈请那些在内在之中的造物者，并请求那个造物者在这一天，如同在所有的日子一样，移动通过你，并用一种你能够分辨的方式对你表达祂自己，也就是说，在贯穿那一天会有一种你体验到的对你的察觉的拓展正在发生，接下来，你就会越来越更加熟悉这种居住在你的存有之中的造物者的特性了。接下来，当你祈请它的时候，你就是在呼唤你的存有的更大的部分来让它自己对于你成为明显的，这样你就可以看到造物者是如何在每一个体验中，在每一天，贯穿你的整个生命，与你相遇了，这样你就可以用清晰的眼睛，用一颗开放的心，藉由清晰的沟通交流，藉由作为对你发现你自己在贯穿每一天沉浸于其中的催化剂的处理的一个结果而在你自己的意识中创造出改变的能力去观察了。

The Creator, then, is able to become more available to you, more real to you, more present with you, as you discover that it is that quality within your being that has always been there—that still, small voice within that guides you, that leads you, that inspires you, that comforts you, that is such a companion as you have been dimly aware of throughout your entire experience. As you become more and more familiar with this Creator within that is all things, you remember previous experiences within this life in which this contact was made and magical things begin to occur at the time it was made and throughout your life experience from that point forward.

接下来，造物者就能够成为更加可以为你所用的，对于你成为更加真实的，更多地与你同在，因为你会发现，它就是那种在你的存有内在之中的一直都存在的属性——那个在内在之中指引你，引导你，启发你，安慰你的安静而微小的声音，它是这样一个伙伴，你在贯穿你的整个体验中都已经模糊不清地察觉到这个伙伴

了。当你对在万物之中的这个造物者变得越来越更加熟悉的时候，你就会回忆起在这次生命中的之前的体验，在其中这种接触已经被建立了，有魔法的事情开始在那个接触被建立的时候，在贯穿从那个位置向前的所有的你的生命体验中发生了。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

T: Thank you, no thank you.
T: 感谢你，不，谢谢你。

Q'uo: I am Q'uo, we thank you, my sister.
Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。

Is there another query at this time?
在此刻有另一个问题吗？

V: Yes, Q'uo. I would like to ask: How one can address heart desires, despite previously made commitments?
V: 是的，Q'uo。我想要询问：一个人如何能够满足心的渴望，不管之前被做出过的承诺是什么？

Q'uo: I am Q'uo, and am aware of your query, my brother. If we understand your query correctly, you are asking how the desires of your heart, which seem to operate without conscious control may be allowed to do so without infringing upon the freewill of others. Is this correct, my brother?
Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。如果我们正确地理解了你的问题，你是在询问，你的心的渴望，看起来似乎它是要在没有有意识的控制的情况下运转的，如何可以被允许这样做，而不侵犯其他人的自由意志。这是正确的吗，我的兄弟。

V: It is somehow correct. Maybe I will go a little bit further, saying, how can one address the old commitments being made despite needing of making new commitments based on acting on new heart's desires?
V: 它以某种方式是正确的。也许我可以稍稍更进一步，也就是说，一个人如何能够满足已经被做出的旧的承诺，不论有什么基于新的心的渴望的行动而做出新的承诺的需要？

Q'uo: I am Q'uo, and believe that we understand your query more clearly now, my brother. The commitment of the heart is that which each of you within this third-density illusion is attempting to make, for the heart is the center of unconditional love, which is the goal of each third-density entity to realize within the life pattern. For the unconditional love of all is that being that is able to find a means by which the One Creator moves through its essence, through its energy centers, through its daily round of activities.
Q'uo: 我是 Q'uo，我相信我们现在更加清晰地理解了你的问题了，我的兄弟。

属于心的承诺，就是在这个第三密度的幻象中的你们每一个人都在长时期做出的承诺，因为心就是无条件的爱的中心，是第三密度的实体在生命模式中要实现的目标。因为对一切事物的无条件的爱就是那种能够找到这样一条途径的存有，藉由这条途径，太一造物者就可以穿过它的实质，穿过它的能量中心，穿过它的日常生活的活动了。

As you take this unconditional love and let it move into individual expression of another entity in what you may call the romantic sense, in the sense of commitment to a journey together in some fashion, then you are making a change, shall we say, a directional change, in the unconditional love, so that that which is called the "bonding between two hearts" may occur and may provide each entity with the type of inspiration and partnership in cooperation that each will be able to aid the other as this journey of seeking continues with two becoming one. This is the type of commitment which is the expression of the unconditional love for all that has been funneled or pointed in a certain direction for a certain purpose, and this is the means by which many upon your plane of the third-density illusion begin the process of the total opening of the heart chakra to express love without condition to each entity and experience which one meets throughout the lifetime of experience.

当你使用这种无条件的爱，并通过你可能称之为浪漫的方式，在用某种方式一起进行一条旅程的承诺的意义上，让它移动进入到另一个实体的个体的表达之中，接下来，你就是在无条件的爱中产生一种改变，容我们说，一种有方向的改变，这样，被称为“在两颗心之间的纽带”就可以发生，并可以为每一个实体提供那种类型的启发与在合作中的伙伴关系，这样每一个实体就将能够随着这条寻求的旅程继续，藉由合二为一来相互彼此帮助了。这就是那种类型的承诺了，它是对于所有已经在一定的方向上，为了一定的目的而被汇聚或者被指向的事物的无条件的爱的表达，这就是在你们的第三密度的幻象的星球上的很多人藉由其开始对心的脉轮的完全的开放的过程的途径了，以无条件地向每一个实体，对一个人在贯穿整个生命体验中遭遇到的体验表达爱。

We are aware that many entities find themselves seemingly thrown into a loving relationship with another in which there seems to be no conscious choice in the matter. There is rather the recognition upon the level of the basic being that this love exists without there having been any previous desire or expectation that such would occur. We are aware that oftentimes this can become somewhat unsettling as one feels that one may be intruding upon a certain level of personality or private personality, shall we say, that is not in accordance with what one would wish if the choice was made consciously. However, as a choice has seemingly been made upon the unconscious level, and the conscious mind must simply recognize it in one fashion or another, then the choice is to be made by determining within your meditative state, the appropriate direction that can be taken in each instance in which the experience is shared with the other self, which is the object of the loving affections.

我们察觉到，很多实体发现它们自己看似被投入到了与另一个实体的这样一种爱

的关系之中，在这种关系中，看起来似乎在这个问题上没有有意识的选择。在这种爱存在的那个基本的层次上会有那种认出，在那里却没有任何的对这样的情况会发生的之前的渴望或者期待。我们察觉到，这时常能够成为多少有些令人不安的，因为一个人会感觉到，它可能是在一定的个人性或者，容我们说，私密的个人性的层次上，将于如果选择是有意识地被做出的话，一个人会希望的事情是不一致的事情强加于其上。然而，当一个选择已经看起来似乎是在无意识的层次上被做出，且有意识的心智必须要单纯地用这样或者那样一种方式认出它的时候，接下来，藉由在你的冥想状态中决定，能够在每一个在其中体验都是与其他自我，与爱的情感的对象被分享的情况中被采用的适当的方向，选择就会被做出了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

V: No, thank you very much.
V: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my brother.
Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗？

Fox: Q'uo, with the increasing vibrations of our energetic body as we progress in our spiritual practices, do our physical bodies reflect this higher frequency to allow our body to access higher aspects of the genetic programming of our DNA?

Fox: Q'uo, 当我们在我们的灵性的练习中前进的时候，藉由增加我们的能量身体的振动，我们的物质性身体会反应这种更高的频率，以允许我们的身体读取我们的 DNA 的基因编程的更高的面向吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. As each seeker of truth makes itself available to the fourth-density cosmic streamings of love and understanding that are engulfing your planet at this time, there is a kind of transformation that begins, as you have surmised, within the energetic body so that there is a kind of electrification, you might say, of these cosmic energies that begin to have an effect upon all portions of the mind, body and spirit complex so that there is the opportunity to raise the level of functioning of the mind, the body and the spirit in a fashion which is congruent with the instreaming of cosmic energies.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。当每一个真理的寻求者让它自己可供在此刻正在吞没你们的星球的那种爱与理解的第四密度的宇宙的能量汇流所利用的时候，会有一种类型的转变会在，如你已经假设的一样，能量身体中开始，这样就会有一种类型的对这些宇宙能量的，你们可以说是，电气化，它们会开始对心智，身体与灵性复合体的所有的部分拥有一种作用，这样，就会有机会用一种与宇宙能量的汇流协调一致的方式升高心智、身体和灵性的机能的层次了。

The physical body itself is the last, or shall we say, least, of the portions of the mind/body/spirit complex to be affected as it is a representation of the mind in a more material or mundane form, so that the energies that are first perceived spiritually, and then gravitate to the mind, become available to the body in a more indirect fashion so that the body itself, though having its DNA connections enhanced, is somewhat slower in the expression of these energies in a physical sense.

物质性身体其自身是心/身/灵复合体中最后会被影响的部分，或者，容我说，是受影响最小的部分，因为它用一种更加物质性或者世俗的形式对心智的一种表现，这样，在灵性上最先被感觉到的能量，接下来会沉淀到心智，并用一种更加间接的方式成为可供身体利用的，这样，身体其自身，通过让其 DNA 的连接被强化，在用一种物质性的意义对这些能量的表达的方面是有些较为缓慢的。

However, if one is carefully attuned to one's own body, one may discover that there are certain feelings of the body complex that may be perceived as being an increase in the vibration of the body itself so that the body seems more attuned to the daily round of activities, more able to blend itself in action with the direction of the mind in accomplishing those tasks of a physical nature that are now done more, shall we say, harmoniously, and with a kind of inner rhythm of beingness so that there is a pleasure that is taken emotionally and mentally by the entity as it observes its body being able to move in a more congruent way with the higher vibrations. This type of perception is only available to those who are particularly tuned in, shall we say, to their physical complex. Many entities upon the planet at this time of the third-density nature are somewhat estranged from their body complexes, as the body is often seen as the lesser of the expressions of the One Creator that need, or might benefit from, the attention of the entity to the upkeep of the physical body with the greater portion of attention given to the evolution of the mind and the spirit.

然而，如果一个人仔细地与它自己的身体进行调音，它可以发现，会有一些的身体复合体的感觉可以被感觉为是在身体其自身的振动中的一种增强，这样身体就看起来似是更多地与日常生活的活动是协调的了，是更加能够在行动中，通过完成那些具有一种物质性的属性的工作，将它自己与心智的方向混合起来，而这些具有一种物质性属性的工作现在是，容我说，更加协调一致地，是带着一种类型的内在的存在性的旋律而被进行了的，这样，当实体观察到它的身体能够用一种与更高的振动更加协调一致的方式移动的时候，会有一种快乐会在情绪上与心智上被实体感觉。这种类型的知觉仅仅是可供那些特别地对它们的，容我说，物质性复合体调音过的实体所取得。在这个地球上很多在此刻具有第三密度的属性的实体，是有些与它们的身体复合体是疏远的，因为身体经常被思维是太一造物者的较差的表达，它会需要实体对物质性身体的维护的注意力，或者可能会从这种注意而受益，而同时这种注意力的更大的部分是被给予了心智与灵性的演化的。

However, we are always glad to suggest to entities that the body complex is

that gallant steed which carries you about within the third-density illusion, and this steed needs its care and comfort as well, as the loving expression of the seeker gives that type of attention to its own physical vehicle.

然而，我们一直都乐于对实体建议，身体复合体就是携带着你在第三密度的幻象中四处移动的那只骏马，这只骏马同样也需要它的关心与舒适，如同寻求者的爱的表达将那种类型的注意力给与了它自己的物质性身体一样。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Well, is this feeling of higher functioning, I guess, of the physical body, is it connected at all to the genetic coding? I'm just wondering if there's any connection to the evolution of the human body as we do move into fourth-density physical, that the genetic coding is changing with our higher functioning, physical functioning?

Fox: 好的，这种物质性身体的，我猜想是，更高的机能的感觉，它与基因编码有任何的关联吗？我仅仅想要知道，在我们确实移动进入到第四密度的物质性的时候，它与人类身体的演化有任何关联吗，基因编码是随着我们的更高的机能，身体的机能而改变的吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. We would answer this in short in the affirmative, suggesting that the ability of the body to realize and express the enhanced genetic coding is a function of the seeker's conscious and spiritually directed focusing of these greater energies of the fourth density upon the body complex, perhaps within the meditative state, or perhaps within the means by which the body is given its sustenance and its care, its exercise and its love, shall we say.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。我们会简短地用肯定的方式回答这个问题，同时建议，身体去意识并表达增强性的基因编码的能力，是寻求者对这些更大的第四密度的能量在身体复合体上的有意识的，以灵性为导向的聚焦的一个机能，也许是在冥想状态中，也许是通过身体藉由其被给予它的给养以及对它的关注，被给予它训练以及，容我们说，对它的爱的途径。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Just that does this have anything to do with the physical evolution for the humans as we approach fourth density.

Fox: 我仅仅想要问，这与在我们接近第四密度的时候的人类的物质性的演化有任何关联吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Yes, this is indeed the case.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。是的，确实如此。

Is there a further query at this time?

在此刻有一个更进一步的问题吗？

L: Hi, Q'uo. Thank you for speaking with us. I was wondering about food and the diet, specifically eating high vibrational foods. What would your advice be for those of us who are trying to align ourselves with higher vibration, and just increase our vibration regarding our diet? I know there are a lot of harmful chemicals in the food, including the water, and I just wanted to know just what we can do to protect ourselves from these harmful chemicals and what can we tell others to encourage them?

L: Hi, Q'uo, 为你们与我们谈话而感谢你们。我想知道关于事物与饮食, 尤其是吃高振动的食物。你们对于我们这些正在尝试其将我们自己与更高的振动对齐的人的建议是什么呢, 仅仅是增加我们在关于饮食的方面的振动吗? 我知道在食物中, 包括在水中, 有大量的有害的化学物质, 我仅仅想要知道, 我们能够做什么事情来保护我们自己免受这些有害化学物质的危害, 我们能够告诉其他人什么事情来鼓励它们呢?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, the diet is that quality of one's being that is most usually overlooked by many seekers of truth, for there is within each seeker the desire for certain foodstuffs that it has become familiar with throughout the raising from the point of being the child, to the teenager and the adult, and so forth. There are certain proclivities or tendencies to eat those foods which one is most familiar with. However, as one is moving forward in the spiritual journey, the entire process of seeking becomes more attuned to the higher vibrations, and this attunement may be reflected in the choice of the foodstuffs which are offered to the body. The respect for the body is often made apparent by the types of foods that are sought and ingested.

Q'uo: 我是 Q'uo 吗我了解了你的问题了, 我的姐妹。确实, 饮食是一个人存有的那种极其通常会被很多的真理的寻求者检查的特性, 因为在每一个寻求者内在之中都会有对一定的食物的渴望, 这些食物是它已经在贯穿从孩提时期到青少年与成年人, 如此等等的时期就已经是熟悉了。会有一定的癖好或者倾向性去吃这些一个人对其极其熟悉的食物。然而, 当一个人在灵性旅程中前进的时候, 整个寻求的过程会更多地被调音到更高的振动, 这种调音可能在对被提供给身体的食物的选择中被反映出来。对身体的尊重经常会藉由被追寻并被消化的食物的类型而成为明显的。

The investigation that you have begun yourself to inform yourself as to the types of foods that might be more helpful is a good place in which to begin the seeking for that type of diet that is most helpful to your own metabolism, shall we say. There are general guidelines that are often used by many entities to construct the dietary patterns that are then utilized in the daily round of activities. These types of investigations may oftentimes be conflicting with other entities' choices for themselves—for we would suggest that body metabolism and that which would aid one entity may not necessarily aid another, for each is unique and has the requirements that are oftentimes not easily ascertained. There are certain balances within each body complex that

may be examined to determine what type of foods would be more appropriate than others.

你已经靠你自己开始的, 对于可能是更有帮助的食物类型的探索, 就是从其开始对那种对你自己的, 容我们说, 新陈代谢是极其有帮助的饮食类型的饮食的寻求的一个好的位置了。会有一般性的指南极其经常会被很多的实体所利用, 以构建接下来在日常生活的活动中会被利用的饮食的模式。这些类型的探索可能会去其他实体为它们自己的选择是冲突的——因为我们会建议, 身体的新陈代谢, 以及会帮助一个实体的事物, 并不一定会帮助另一实体, 因为每一个实体都是独一无二的, 并拥有时常并不容易被查明的需要。在每一个身体复合体中都会有一定的平衡是可以被检查, 以确定什么类型的食物是比其他类型要更加适合的。

One must look in the beginning to the general health of the body, to the ability of the body to function in a normal fashion, so that any anomalies or difficulties that might be experienced by the body may be taken into account when constructing a new dietary regiment. We are aware that many entities have different types of bodily distortions that are due to the catalyst of the daily round of activities not being completely or perfectly perceived by the mind and utilized by the mind, so that there is the necessity then to give to the body some type of a distortion that will attract the attention of the entity that it might utilize the catalyst which was not recognized mentally. Each seeker of truth must needs find the types of bodily distortions that it is experiencing and look there for the first type of treatment of these distortions being the mental determining or processing of the catalyst that has been, shall we say, ignored or only partially used.

一个人必须要从一开始就检查身体的一般性的健康, 检查身体用一种正常的方式运转的能力, 这样, 任何的可能会被身体体验到的反常或者困难就可以在构建一种新的饮食系统的时候被纳入考虑之中了。我们察觉到, 很多的实体都拥有不同类型的身体的扭曲, 这些扭曲是由于日常生活的催化剂并没有完全或者完美地被心智感觉到, 并被心智所利用, 这样, 就会有需要接下给予身体某种类型的一个扭曲, 这个扭曲将会吸引实体的注意力, 这样它就可以利用那些没有被心智认出的催化剂了。每一个真理的寻求者都必须找到那种它正在体验到的身体扭曲的类型, 并在那里寻找对这些扭曲的最初的治疗, 无论这些扭曲是由心智决定的, 还是由于对那些已经被, 容我们说, 忽略了, 或者仅仅部分被使用了的催化剂的处理。

Thus, during this process of discovering the type of catalyst that needs to be utilized more effectively, the body may need to be given a different type of foodstuff that would enable the body to temporarily deal with the distortion that comes from the imperfect use of catalyst. If the entities, or entity, seeking the dietary process of perfecting the diet begins with this initial discovery of the state of being of the body, then the more general determination of foodstuffs, according to their quality and their balance in the diet in meeting the body's needs may then be carried out.

因此, 在这个探索需要更有成效地被利用的催化剂类型的过程中, 身体可能需要被给予一种不同类型的食物, 这些食物会使得身体能够暂时与那个由于对催化剂的不完美的使用而产生的扭曲打交道。如果寻求完善饮食的饮食过程的一个或

者多个实体，从这种最初的对身体的存在的状态的探索开始，接下来，根据它们的质量，以及它们在满足身体的需要的过程中在饮食中的平衡来探索对事物的更加一般性的决定，就可以接下来被进行了。

We cannot make blanket statements to discover for each entity what foodstuffs are most appropriate. We would suggest that within the meditative state that the information which has been found in researching the qualities and types of foods be considered, so that the unconscious mind, or the higher self, perhaps, may aid in the determination of the kinds of foodstuffs that are most appropriate. We would suggest that the more purified foodstuffs, without the great enhancement of chemical preservatives and colorations, be a basic consideration in any determining of the dietary manner of proceeding with foodstuffs that you are offering to your body.

我们无法做出一般性的陈述，来为每一个实体弄明白什么食物是最为合适的。我们会建议，在冥想状态中，在对食物的质量与类型的研究中已经被发现了的信息被考虑，这样，无意识心智，或者高我，也许就可以在决定会是极其合适的事物的类型的方面帮忙了。我们会建议，在任何对于处理那些你正在提供给你的身体的食物的饮食方法的决定的过程中，更加纯净的食物，不带有大量的化学性的防腐剂或者染色剂的添加物，都是一个基本性的考虑。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

L: No, thank you.

L: 没有了，感谢你们。

Q'uo: I am Q'uo and we thank you, my sister.

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: Q'uo, in Ra's cosmology, before infinity became aware, it was without distortion. The moment, so to speak, that infinity became aware and discerned a concept—that it could and would know itself—the First Distortion was born, what Ra alternately calls the Law of Confusion and the Law of Freewill. And from that first distortion springs the infinite universes and infinite distortions. Can you describe what Ra means by "distortion"? What is a distortion?

Gary: Q'uo, 在 Ra 的宇宙论中，在无限成为察觉的之前，它是没有扭曲的。在无限成为察觉的，并分辨出一个概念——这样它就能够并会去知晓他自己了——的可以说是，瞬间，第一变貌被诞生出来了。Ra 替代性地将其称之为混淆法则或者自由意志法则。从那个第一变貌跃出了无限的宇宙与无限数量的变貌。你们能够描述一些 Ra 说的变貌 (distortion) 的意思吗？一个变貌是什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. As far as we are

able to determine, a distortion is any permutation or change from unity. Unity, then, being that quality from which all that is made comes. Unity itself is homogeneous, shall we say. It is as it is. There is no mark or disturbance of unity, there is only the intelligent infinity. When the First Distortion, or Free Will, came into being, then there was the possibility of utilizing portions of that unity to create a beingness, an expression, an alteration of that unity that would utilize that unity to allow the Creator to make what you see as the one creation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在我们能够确定的范围内, 一个变貌是一种对统一性的任何的变化或者改变。接下来, 统一性, 就是那种一切万有从其被产生出来的特性, 就会出现。统一性其自身是, 容我说, 同质的。它就是如其所是的样子。没有统一性的标志或者干扰, 仅仅只有智能无限。当第一变貌, 或者自由意志, 形成的时候, 接下来, 就会有利用统一性的那些部分的可能性, 以创造出一种存在性, 一种表达, 一种对统一性的改变, 这种改变会利用那种统一性来允许造物者产生出你们视为是太一造物的事物。

Any distortion is a permutation of unity. Any distortion is a reflection of some portion of unity. All distortions require the beginning of unity to be formed in such and such a manner so that there is a movement away from total unity into that which is the infinite creation. Thus, any distortion may utilize unity to create any thing, any universe, any being, any experience, any concept that is itself a distortion.

任何的变貌都是都统一性的一种更改。任何的扭曲都是对统一性的某个部分的一个映射。所有的扭曲都需要统一性的开端, 以用这样或者那样一种方式被被塑形, 这样就会有一种离开完全的统一性, 并进入到了无限造物之所是运动了。因此, 任何的变貌都可以利用统一性来创造出任何事物, 任何的宇宙, 任何的存有, 任何的体验, 以及其自身就是一个扭曲的任意的观念。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: Thank you. Is there any way to elaborate on what is meant when something is more distorted versus less distorted?

Gary: 谢谢你们。有任何方式对于当某个事情是更加扭曲, 而不是较不扭曲的时候它的意思是什么进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. In our belief, in our perception of this statement, we see that distortion is more distortion when it is seemingly of a more mundane... more of a quality which reflects less of the unity from which it has been made. Thus, in Logos is a distortion of unity but [of] such an equal, shall we say, or nearly equal distortion to unity, that it is of a, shall we say, higher level of distortion. As we move further and further down the chain of creation to planetary beings that are not completely of the eighth density nature of expression, there is more distortion apparent. As we move into types of living lifeforms upon the planetary sphere, there is greater distortion, for there is less of the appearance of unity within the creation that

is experienced as any type of life form.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。根据我们的信念, 根据我们对这个说法的观念, 我们看到, 当变貌是表面上具有一种更加世俗的属性.....更多地具有一种反映了较少的它已经从其被制造出来的统一性的属性的时候, 变貌是更大的扭曲。因此, 理则就是一种统一性的变貌, 但却是具有这样一种与统一性是, 容我们说, 同等的, 或者几乎是同等的扭曲。当我们越来越更进一步地沿着造物的链条向下移动到星球的存有的时候, 就会有更多的表面上的扭曲了, 星球的存有并不是完全具有表达的第八密度的属性。当我们移动进入到在星球上的活得生命形态之中的时候, 就会有更大的扭曲了, 因为在作为任何生命形态而被体验到的造物之中, 会有较少的统一性的表象。

The experiences of various lifeforms then may be seen to be further distortions from unity in that they may indeed seem to be at odds with each other, one type of lifeform in an adversary relationship with another type of lifeform, so that the expression of unity is even further and further from conscious awareness. Thus, as we continue to move into various types of experiences for various types of lifeforms, be they first-, second-, or third-density lifeforms, there is more and more distortion available to each expression. Yet, each distortion does partake of unity, for each distortion is made from unity.

各种各样的生命形态的体验, 接下来就可以被看到是对统一性的更进一步的扭曲了, 因为它们可能确实看起来似乎是与相互彼此是相异的, 一种类型的生命形态会与另一种类型的生命形态是处于一种敌对的关系中的, 这样统一性的表达就甚至越来越更加远离有意识的察觉了。因此, 当我们继续移动进入到各种各样的体验的类型之中来取得各种生命形态的时候, 无论它们是第一、第二、或者第三密度的生命形态, 就会有越来越多的扭曲是可以为每一个表达所取得了。而每一个扭曲确实都带有统一性, 因为每一个扭曲都是从统一性被产生出来的。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: I could squeak out a few more from this. I'll just ask one more, in gratitude—[these are] really excellent answers. I understand distortion on this scale: of unity at one end and separation at the other, or, the One at one end, and the many at the other, where more distortion moves toward the pole of separation, less distortion moves towards the pole, if it can be so-called, of unity. But, Ra also seems to use distortion in a sense between any two polarized values. For instance, they say that this particular house that we occupy now, it was very distorted toward angelic presences and light and blessing, and they said another time that one could be more distorted toward love. [2] Is there another sense that the word "distortion" is used between any two polarized values?

Gary: 我能够由此挤出更多一些内容了。我将仅仅多问一个问题, 感激地——这些真的是优秀的回答。我理解在这个尺度上的扭曲: 在一端是统一, 在另一端是分离, 或者在一端是太一, 在另一端是众多, 在其中更多的扭曲是朝向分离的极点移动的, 较少的扭曲是朝向统一性的极点移动的, 如果它能够被这样称呼的

话。

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest using the term "expression of" so that any quality that might be considered a distortion towards might also be seen as a quality that is an expression of . [In this way] there could be more and more intensity of expression of beauty, of truth, of separation, of ugliness, of adversary relationship, so that there is the quality of more of one sense of an entity, or of beauty, of joy, of understanding, of separation, and so forth. There is, indeed, then, the different type of use of "distortion" in this regard that sees distortion as a range, as a degree of expression of a certain kind of quality, rather than a simple movement away from unity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们会建议使用“表达”这个词语, 这样任何可以被认为是一种朝向扭曲的属性, 就都能够被视为是一种属性, 这种属性是一种对其的表达。用这种方式, 就能够有越来越大的对美丽、真理、分离、丑陋、敌对的关系的表达的强度, 这样就会有更多的对一个实体, 或者对美丽、喜悦、理解、分离以及如此等等的一种感觉的特性了。确实, 接下来, 在这个方面, 就会有不同类型的对“扭曲”的使用是会将扭曲视为是一个范围, 一种对一定类型的属性的一定程度的表达, 而不是一种简单的离开统一性的运动了。

So, in the sense of the more general use of "distortion," there is the original answer that we gave concerning movement away from unity as we proceed in the creation towards more and more individualization of the creation. There is also the use of "distortion" in the sense that there is more or less of a certain quality available in the creation of a certain aspect, shall we say, of the creation.

因此, 在对“扭曲”的更为一般性的使用的意义上, 会有对我们给予的, 关于在我们朝向在造物中的越来越大的个体性前进的时候离开统一性的运动的方面, 的最初的回答。同样也会有在这样一种意义上对“扭曲”的使用, 即会有或多或少的一定的特性, 是可以在具有造物的, 容我们说, 一定的面向的创造中是可供利用的。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: No, I'll stop there. Thank you so much.

Gary: 没有了, 我将会在那里停下来。如此之非常感谢你们。

Q'uo: I am Q'uo. We thank you, my brother. Is there a final query at this time?

Q'uo: 我是 Q'uo。我们感谢你, 我的兄弟。在此刻有一个最后的问题吗?

Zach: I have a question, Q'uo. Could you elaborate on the uses of the visualized merkabah for protection and healing?

Zach: 我有一个问题, Q'uo。你们能够在对观想梅卡巴 (merkabah) 来取得保护与疗愈的用途进行阐述吗?

Q'uo: I am Q'uo and believe that we are aware of your query. Please correct us if we are mistaken.

Q'uo: 我是 Q'uo, 我相信我们了解了你的问题了。如果我们出错了, 请纠正我们。

The merkabah, as we are aware of this quality, is a type of expression of the unity of the One Creator that may be seen as an, shall we say, crystalline being, a type of being or essence which reflects the unity of the creation in an individualized sense so that the merkabah becomes a symbol to the seeker that may utilize the visualization in the meditative state of the crystalline nature of its own being, so that the seeker itself is able to perceive the merkabah existing within its own being, and being reflected in the experience of the seeker in its daily round of activities. The crystalline nature of this merkabah being that which is able to find a connection between the seeker and each other self, or each other experience, that therefore becomes likened unto a crystal itself, the seeker and the relationship that it holds with all other entities and all other things becoming much like any crystal that has various relationships, various angles of relationship, various qualities of reflection, various qualities of perfection, various qualities of the entirety of the creation contained within each moment, and each experience of the seeker.

梅卡巴, 如我们对这种特性的知晓一样, 是对太一造物者的统一性的一种类型的表达, 它可以被视为是, 容我们说, 一种结晶的存有, 一种类型的存在或者实质, 它用一种个体化的方式反映了造物的统一性, 这样, 梅卡巴就成为了一种对寻求者的象征物, 寻求者可以在冥想状态中利用对它自己的存有的结晶属性进行观想, 这样, 寻求者其自身就更加能够感觉到存在于它自己的存有中, 以及在寻求者在其日常生活的活动中的体验中被反映出来的梅卡巴了。这种梅卡巴的存有的结晶的属性, 是能够在寻求者与每一个其他自我, 或者与每一个其他体验之间找到一个连接的, 这样, 这个梅卡巴就可以被比作一个水晶其自身, 寻求者与它与所有其他实体以及所有其他事物拥有的关系, 就变得非常类似任何的水晶, 水晶拥有各种各样的关系, 各种各样的关系的角度, 各种各样的反射的属性, 各种各样的完美的特性, 各种各样的具有造物的整体性的属性, 这种造物的整体性是被包含在每一刻以及寻求者的每一个体验之中的。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Zach: No, thank you, Q'uo.

Zach: 没有了, 感谢你们, Q'uo。

Q'uo: We thank you, my brother.

Q'uo: 我们感谢你, 我的兄弟。

At this time, we shall take our leave of this instrument and this group. We thank each once again for inviting our presence this day. It has been a joy and an honor to be with you. You are inspirations to us as always. We leave you in the love and in the light of the One Infinite Creator. We are known to you as

those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个器皿与这个团体。我们再一次感谢各位邀请我们今天出席。与你们在一起这已经是一种喜悦与一种荣耀了。你们一如既往是我们的启发。我们在太一无限造物者的爱与光中离开你们。我们是你们知晓的 Q'uo. Adonai vasu borragus。

[1] Ra: The heart of the discipline of the personality is threefold. One, know yourself. Two, accept yourself. Three, become the Creator.

Ra: 人格锻炼的核心有三重。第一，知晓你自己。第二，接纳你自己。第三，成为造物者。

The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing itself, accepting itself, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is then no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity. – 74.11

第三步是这样一个步骤，当它被完成的时候，它会让一个人表现为所有人的最为谦卑仆人，这个人在人格上是透明的，并完全能够知晓和接纳其他自我。在与追寻魔法工作的关系的方面，持续不断的对人格的训练将行家包含在知晓自我，接纳自我，并因此清理了通往伟大的靛蓝色的大门的道路之中，靛蓝色光芒的大门通往造物者的。要成为造物者就是成为一切万有。接下来，在行家藉由其开始它的学习/教导的事物的方面，就没有人格存在了。当靛蓝色光芒的意识开始变得更加结晶，更多的工作就可以被进行，更多的事物就可以从智能无限被表达了。——74.11

[2] Ra: This location is greatly distorted. We find an acceptable description of this location's quality to elude us without recourse to hackneyed words. Forgive our limitations of expression. The domicile and its rear aspect, especially, is blessed and angelic presences have been invoked for some of your time past. – 106.47

这个地点是极大地有扭曲的。我们发现对这个地点的属性的一个可以接受的描述会在不求助于陈腐的词语的方面难倒了我们。请原谅我们的表达的局限性。住所，尤其是它的后部的面向，是受过祝福的，天使的存在已经在你们的时间的过去被祈请了。——106.7

Ra: There is no magic greater than honest distortion toward love. – 55.2

Ra: 没有比对于爱的诚实的扭曲更大的魔法了。——55.22

Practice Channeling Circle

March 27, 2019

2019-03-27 传讯练习：绿色与蓝色光芒的平衡

Group topic: How to balance the green- and blue-ray energy centers.

团体问题：如何平衡绿色光芒与蓝色光芒能量中心？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each of you in love and light this evening. It is an honor to join you, to be part of your circle of seeking, and to help each present become more effective as a channel for the One Infinite Creator resides in all. We hope to be able to speak through each this evening in a manner which will assure each that our contact has been perceived clearly and in a manner that is comfortable to each new instrument. As always, we hope that you will look at those words and concepts that we share with you and winnow out those that have no value for you. Use those that do as you will, for this expression of freewill is most important in our relationship with you, for it is the foundation of all relationships that have the purpose of seeking the One and serving the One in all.

我是 Q'uo，我与这个器皿在一起了。我们在今晚，在爱与光中向你们各位致意。加入你们，成为你们的寻求的圈子的一部分，并帮助每一个在场的人，作为存在于万物之中的太一无限造物者的一个管道，而成为更加有成效的，这是一种荣耀。我们希望能够在今晚用这样一种方式通过每一个人发言，这种方式将会让每一个人都确信，我们的接触已经清晰地被感觉到了，且这种方式对每一个新的器皿都会是舒适的。一如既往，我们希望你们将会检查那些我们与你们分享的话语与观念，将那些对你们没有价值的内容都筛选除去。对于那些对与你们有价值的内容，如你们所愿地使用它们，因为这种对自由意志的表达在我们与你们的关系中是极其重要的，因为它是所有关系的基础，如果关系拥有寻求太一并服务在万物之中的太一的目的的话。

This evening your query to us is that how each may balance the concepts contained within the green-ray energy center of unconditional love for all, with the concept of clear communication that is expressed without fear, for the entity in the blue-ray energy center speaks as the Creator, and may share that which is clearly perceived within its being with every other being that comes before its notice. These two types of inputs, or qualities in communication are what is hoped for by each seeker of truth to eventually be able to comprehend and to share with others, for one without the other is somewhat short of the fullness of communication that is possible when both are balanced.

今晚你们给我们的问题是，每一个人如何可以平衡被包含在对万物的无条件的爱的绿色光芒的能量中心中的观念，与被无惧地表达的清晰的沟通交流的观念，因为在蓝色光芒中心中的实体会作为造物者说话，并可以与另一个出现在它的注意力前面的存有分享在它的存有中被清晰地感觉到的事物。这两种类型的输入，或

者在沟通交流中的特性，是被每一个真理的寻求者期待的事物，以最终能够领会并与其他人分享，因为一个如果少了另一个，就会是以某种方式缺少了当两者都被平衡的时候会有可能出现的沟通交流的圆满性了。

The heart and the throat: these areas of one's being are those which signal the advancement beyond the third-density illusion, in which there is so much confusion, that seldom is the open heart utilized in communications—far less, the blue-ray chakra of honesty in communications. So often within your illusion, these qualities are sacrificed to smaller concerns that fill the mind of so many upon your planet who are concerned with getting what they need to survive, of being able to defend the self from those who would take something that the self values greatly, so that most communication engages in a process of giving little, wishing for more, taking what is available, and never considering that there is a higher level of experience in communication that is possible when one seeks the open heart. At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

心与喉部，一个人的存有的这些区域是那些象征着超越了第三密度的幻象的进步的区域，在第三密度的幻象中会有如此大量的混淆，开放的心很少会在沟通交流中被使用——使用具有在沟通交流中的诚实的蓝色光芒的脉轮，就远远更少了。因此，在你们的幻象中，这些特性是成为了那些将你们星球上如此多的人的头脑填满的较小的关注的牺牲品的，这些人会关注得到那些它们为了存活，为了能够保护自我免受那些会夺走某些自我极其珍视的事物的人的侵害的事物，这样大多数的沟通交流就会参与到这样一个过程中，它给予很少，希望得到更多，抓住可供利用的事物，永远都不会考虑在沟通交流中会存在有更高的体验的层次，这种更高的体验的层次是在一个人寻求开放的性的时候才会有可能的出现。在此刻，我们将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo, and we thank this instrument and this group for taking the time of your busy days to meet for the purpose of spiritual seeking and serving. We would continue with our exploration of the question regarding the balance between the active green and blue rays by stating that both are essential to the path of the positive seeker, each offering different facets of the expression of the One Creator, neither complete without the other. [It is within] green ray, as the ones known as Ra has stated, that the seeker finds the springboard into higher expression and experience of the Creator, that springboard enabled as the self clears the heart of the lesser concerns of self-defense and self-oriented concern and discovers that within the heart one shares identity with all other selves. The self is not an alone, discrete entity, but is one in consciousness with all other selves. And in that oneness is an acceptance of however the self may be manifesting and expressing, an acceptance of both the self and the other self. 我们是你们知晓的 Q'uo 原则，我们感谢这个器皿和这个团体从你们忙碌的生活中找出时间来满足灵性寻求与服务的目的。我们会继续我们对关于在活跃的绿色

光芒和蓝色光芒之间的平衡的问题的探索，我们会说明，两者对于正面性的寻求者的道路都是至关重要的，每一个能量中心都提供了对太一造物者的表达的不同的面向，两者中任何一个，没有了另一个，都是不完整的。如被知晓为 Ra 的实体已经说明过的一样，就是在绿色光芒中，寻求者发现了进入到对造物者的更高的表达与体验的跳板，那个跳板在自我将较差的自我防御的关注以及以自我为中心的关注都清除掉，并在心之中发现，一个人是与所有其他自我分享了同一性的时候，就会成为可能了。自我不是一个孤单的，分离的实体，而是一个在意识中与所有其他自我合一的实体。在那种一体性之中，会有一种对无论自我可能用什么方式显化与表达的接纳，以及一种同时对自我和其他自我的接纳。

The energy of the green ray is that which releases that which would block this acceptance so that as further work is done, the blue ray may be penetrated wherein the other self and the self can be seen more truly in compassion for self and others.

绿色光芒的能量是会释放对这种接纳的阻塞的能量，这样，在更进一步的工作被进行之后，蓝色光芒就可以被刺穿了，在其中起他自我和自我能够在对自我和其他自我的同情心中更为真实地被看到了。

And this instrument asks us regarding the balance between the two, and we would say, of course, that this is unique to each seeker of truth, and that each balance must be discovered according to the developing awareness of the self, that awareness arrived at through a synthesis of experience which recognizes that each moment brings opportunity to activate and balance both rays and the seeking of the Creator. This instrument is not terribly satisfied, but continues speaking in the hopes of gaining practice and relaying our concepts.

这个器皿询问我们关于在两者之间的平衡，我们会说，当然，这对于每一个真理的寻求者都是独一无二的，每一个平衡都必须要根据自我的发展中的认识而被发现，那种认识是通过一种对体验的合成作用而被抵达的，它会认出，每一个时刻都会带来机会，以同时机会并平衡两个光芒以及对造物者的寻求。这个器皿并不是很好地被满足了，但是它会继续发言，以希望取得练习并传递我们的观念。

This balance between green and blue ray is a process that many are engaged in as they seek to understand the self and the relationship of self to others. We give this instrument the picture of the boat and this instrument runs with the image, not knowing its relevance. We point now to the wind, in the case of the sailboat, which catches the sails. Although, again, this is not computing [with the instrument], (inaudible) the wind may be likened unto wisdom. As the heart is open and the sails billow wide, the wisdom can be caught, and the self [who is] operating the navigation mechanisms of the ship can then orient it in the desired direction of travel. (This instrument is pleased to see that this does come together somehow.) Both the opening of the sails and the catching of wind are necessary for the movement and the journey.

这种在绿色光芒与蓝色光芒之间的平衡是这样一个过程，很多人在它们寻求理解自我以及自我与其他自我的关系的时候会参与到这个过程中。我们给予了这个器皿小船的图像，这个器皿带着那个形象奔跑，却不知道它的关联。我们现在指出

风，在帆船的情况中，风会接住风帆。虽然，再一次，这不是在[对器皿]计算，(听不见)风可以被比作智慧。当心是开放的，且风帆是张得很大的时候，智慧就能够被接住了，正在操作船只的航行的机械的自我，就接下来能够将它的方向朝向被渴望的旅行的方向了。(这个器皿很高兴看到，这个句子用某种方式组织起来了。)对帆的张开与对风的接住对于移动与旅程都是必不可少的。

Though this imagery does not readily offer insight into the balance between these two except to say that perhaps an open sail must be turned precisely to meet the conditions of the prevailing winds. This requires a knowing, a knowledge—the sensing of the wind which would be impeded if the self is concerned overly with other distracting matters. [In distraction] the wind perhaps would pass one by, its direction and intensity unnoticed, the ability to anticipate clouded by lesser concerns of the lower chakras, thereby pointing to the necessity of attention and clarity, openness, clearness in the chakra system that the sails remain open and the attention turned to feeling and moving with the wind, using it for the journey into the unknown. Once embarked upon the waters, the attention is constantly called to these practices that the self may continue adjusting constantly to changing conditions that the desired destination may be moved forward.

尽管这个意象并不会容易地为在两者之间的平衡提供洞见，而仅仅只能说，一个张开的帆必须要被准确地转动，以迎合占优势的风的情况。这需要一种知晓，一种知识——对风的感知，如果自我是过度关注其他的分心性的事物，这种感知就会被妨碍了。在有分心物的情况中，风也许会经过一个人，而它的方向与强度却没有被注意到，去参与的能力就会被较低脉轮的较差的关注云所遮蔽，并因此指出注意力与清晰度、开放性以及在脉轮系统中清理的需要，以便于风帆可以保持开放，注意力可以被转向对风的感觉以及与风一起移动，同时使用风来让旅程进入到未知之中。一旦在水域中启程了，注意力就要持续不断地被呼唤到这些练习，这样自我就可以继续持续不断地根据改变的情况进行调节，并朝向被渴望的目的地前进了。

And this instrument thanks us, asking that we now release this contact, with gratitude to this circle and to all those readers of that organization known to you as L/L Research for the circle of light that is held on this planet. We move now to the one known as Austin. We are those known to you as Q'uo.

这个器皿感谢我们，并请求我们现在释放这个接触，带着对这个圈子以及对被你们知晓为爱/光研究机构的所有的读者在这个地球上所构成的光的圈子的感激，我们现在移动到被知晓为 Austin 的实体。我们是你们知晓为 Q'uo 的实体。

(Austin channeling)
(Austin 传讯)

I am Q'uo and we are with this instrument. The journey of the self upon the path of spiritual evolution is one in which the seeker accumulates experiences, and biases, and distortions. As the journey travels through the densities, the energy centers of the mind/body/spirit complex are activated and tested, and tweaked until finally, typically within the third density, the seeker arrives at the

green-ray energy center, upon which what you know as the higher energy centers are immediately available for the working. The catalysts experienced up to that point are then made available to the entity for assessment and inspection, for within the green and the blue-ray energy centers the entity finally has an opportunity to examine the self and to accept itself.

我是 Q'uo, 我们与这个器皿在一起了。自我在灵性演化的道路上的旅程是一条寻求者在其中积累经验、偏向性与扭曲的旅程。在旅程穿越密度的时候, 心身灵复合体的能光中心会被激活, 被测试, 被扭曲, 一直到最后, 在第三密度中典型性地, 寻求者会抵达绿色光芒的能量中心, 在这个能量中心上, 你们知晓为更高的能量中心的事物立刻就可供工作所利用了。在那个位置之前被体验到的催化剂, 接下来可供实体所利用, 以进行评估与检查, 因为在绿色光芒和蓝色光芒能量中心中, 实体最终拥有机会去检查自我并接纳自我了。

When speaking of the balance between these two energy centers it is important to realize that the effectiveness of the green ray is potentiated by the outpouring of the blue ray. The green ray may represent an ideal that can be obscured in the face of other distortions within the self or within another, but upon activation of the blue-ray energy center those distortions become apparent. There is light shown upon those distortions so that the energies of the green ray are better able to navigate and understand and apply the universal love which it is always striving to do.

当谈及在这两个能量中心之间的平衡的时候, 重要的事情是意识到, 绿色光芒的成效是藉由蓝色光芒的向外的倾泻而被赋予了可能性的。绿色光芒可以呈现出一种理想, 它在自我的内在之中或者在另一个人内在之中的其他的扭曲的面前可能会是难以琢磨的, 但是在蓝色光芒能量中心激活的时候, 那些扭曲会变得明显了。会有光在那些扭曲上被显现出来, 这样绿色光芒的能量就能够导航, 理解并应用它一直都在努力去进行的那种普世之爱了。

Without the honesty, the integration and the reflection from the blue-ray energy center, the green ray can often become lost within the apparent chaos of your density, and thus the seeker frustrated, unable to understand its role in a situation which challenges the notion of love, and challenges the abilities of the seeker to offer that love. But as the seeker exercises the blue ray of communication, both to other and to self, it will experience catalyst that is challenging. But should this catalyst be taken for the quality that it is—as a lesson and as an opportunity for growth—and the blue ray becomes crystallized as basic catalysts and lessons become integrated into the mind/body/spirit complex, and the light of the Creator may shine clearer through an entity, the green ray may then be guided by the new and more purified understanding that the seeker has achieved.

如果没有来自于蓝色光芒的能量中心的诚实、整合与映射, 绿色光芒经常会在你们的密度的表面上的混乱中迷失, 寻求者因此会受挫, 无法理解它在一个会挑战爱的观念, 会挑战寻求者提供那种爱的能力的情况中的角色。但是, 当寻求者使用沟通交流的蓝色光芒的时候, 同时对其他人以及对自我, 它都将体验到正在挑战的催化剂。但是, 如果这种催化剂会被接受, 以取得其之所是的特性——作为一个课程, 作为一个成长的机会——蓝色光芒就会成为结晶的, 因为基础的

催化剂与课程被整合进入到了心/身/灵复合体之中，造物者的光就可以通过一个实体更为清晰地闪耀，绿色光芒就可以接下来被那个寻求者已经取得的新的、纯度更高的理解所指引了。

To attempt this process of integration and communication and honesty without attention to the green ray may further distort [the] distortions within the self, or within other selves, for the light of the Creator accepts all. Without this integral understanding of the green ray, the ideals of the blue ray lack the most important aspect of what the seeker may offer in any given situation.

要尝试这个整合、沟通交流与诚实的过程，没有对绿色光芒的注意可能会更进一步地扭曲在自我之中或者在其他自我之中的扭曲，因为造物者的光是接受一切的。没有这种对绿色光芒的整合的理解，蓝色光芒的理想会缺少寻求者在任何已知的情況中可以提供的事物的最为重要的面相。

We pause to allow this instrument to deepen its state.

我们暂停以允许这个器皿加深它的状态。

And so, we caution the seeker who seeks to exercise truth and honesty and communication to pay great care to the green ray, and all other energy centers that must function in a balanced fashion in order for the blue ray to express itself inwardly and outwardly with the purity necessary to clear distortions in self and other self. This process of caring for your system of energy centers is familiar to you with what Ra referred to as the balancing exercises with meditation and contemplation and prayer. In seeking the specific balance between the green ray and the blue ray, we suggest that the seeker look to those catalysts in which they are stifled in understanding the expressions of other self, or stifled in expressing the understandings of self, due to a lack of acceptance of the distortions of other selves, or self. If a seeker finds that an other self is expressing those ideas or ideals or opinions that it finds unacceptable, then this, we believe, will guide you to finding the balance between the blue and the green ray, for it is in the reflection offered by the other self in its own communication that knowledge of the self is gained, and that which one finds unacceptable and thus not able to be understood is indicative of a distortion in the green-ray energy center.

因此，我们会提醒寻求去练习真理、诚实与沟通交流的寻求者，要将巨大的关注赋予绿色光芒以及所有其他的能量中心，它们必须要用一种平衡的方式运转，以便于让蓝色光芒带着清理在自我与其他自我内在之中的扭曲所需的纯度来向内与向外表达它自己。这个关注你的能量中心的过程，就是你们熟悉的那个 Ra 作为对冥想、沉思与祈祷的平衡练习提及的过程。在寻求在绿色光芒与蓝色光芒之间的特定的平衡的时候，我们建议寻求者检查这样一些催化剂，这些催化剂是它们在理解其他自我的表达的时候被压制了的催化剂，或者在表达自我的理解的时候，由于一种对其他自我或者自我的扭曲的接纳的缺少而被压制了的催化剂。如果一个寻求者发现，其他自我正在表达那些它发现是无法接受的观点或者理想或者看法，接下来，我们相信，者会指引你去找在蓝色光芒和绿色光芒之间的平衡，因为就是在被其他自我通过它自己的沟通交流提供的映射之中，对自我的知晓可以被取得，一个人会发现不可接受并因此是无法理解的事物，就是在指出在

绿色光芒能量中心中的一个扭曲了。

At this time, we relieve this instrument, and transfer this contact to the one known as Trish. We are Q'uo.

在此刻，我们放开这个器皿，并将这个接触转移到被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)

(Trish 传讯)

We are those of Q'uo and we are now with this instrument. Much has been said to the point of balancing the green and blue-ray energy centers. We speak through this instrument, giving her the image of the mirror. Reflection is a word that has been used in this circle in terms of balancing these energy centers, for balance between the two is important, both in progression and in experience in learning and in remembering.

我们是 Q'uo，我们现在与这个器皿在一起了。在关于对绿色光芒和蓝色光芒的能量中心的平衡的要点上，已经有很多的内容被讲述了。我们通过这个器皿发言，同时给予了她镜子的形象。映射是一个在这个圈子中，在对这些能量中心的平衡的方面，已经被大量使用的词语。因为在两者之间的平衡，同时在发展的方面，在学习以及以及在忆起中的体验的方面，都是重要的。

This density in which you are currently participating is one rife with potential for catalyst. The entities on this planet are dependent upon communication, whether that be outward manifestations or inward manifestations, be that verbal or physical cues, be that written word or internal dialogue. With so much opportunity to express and divulge and experience connection between self and other self, so does the opportunity grow for experience in catalyst. As you may know, as we all may know, this catalyst is a gift. This catalyst can be used to learn, to know, and to remember who one and all are, which is merely an extension, merely a representation of the One, using this catalyst be it of negative or positive connotation. This catalyst can be extremely useful in regards to the way one communicates and the way one opens the heart in this incarnation.

你们当前正在参与其中的这个密度，是一个遍布催化剂的可能性的密度。在这个星球上的实体依赖于沟通交流，无论那种交流是向外的显化还是向内的显化，无论它是语言的交流还是身体的暗示，无论它是书写的文字还是内在的谈话。藉由如此大量的表达、揭露与体验在自我与其他自我之间的连接的机会，这种机会因此也会增加，以取得在催化剂中的体验。如你们可能会知晓的额一样，如我们全都可能知晓的一样，这个催化剂是一个礼物。这种催化剂能够被用来学习，知晓，并忆起一个人以及全体是谁，它仅仅是太一的一个眼神，仅仅是太一的一个代表，它会使用这种催化剂，无论它是具有负面性还是正面性的涵义。这种催化剂在关于一个人沟通交流的方式，以及一个人在这次投生中开放心的方式的方面成为极其有用处的。

Again, we circle back to the image of the mirror. We ask that you face this

catalyst in the mirror, knowing full well that that catalyst was both chosen and [is] a personification of the self. With meditation, contemplation, prayer, and other exercises, self can use this information to further activate both green and blue energy centers. One can see self through the eyes of other self and visa versa. One can, as you would say, put self in other self's shoes, and one can from this develop and practice and hone the ability to forgive and accept self and other self, for all is divine and all is well, and all is as it has been chosen to be.

再一次，我们绕一圈回到镜子的图像。我们请你们在镜子中面对这个催化剂，同时完全充分地知晓催化剂是被选择的，同样也是自我的一种人格化。藉由冥想、沉思、祈祷以及其他的练习，自我是能够使用这种信息以更进一步地同时激活绿色与蓝色能量中心的。一个人能够通过其他自我的眼睛看到自我，反之亦然。一个人，如你们会说的一样，让自己穿上其他自我的鞋子，一个人能够由此发展、时间并打磨去宽恕与接纳自我和其他自我的能力，因为一切都是神圣的，一切都好，一切都如同它已经选择去成为的样子一样。

When one can rest in the peace of this knowledge and truly feel the perfection of all that is, be it catalytic or not, one can then feel—we apologize . . . this instrument receives a beautiful image of a [flower's] bulb, and is under the impression that these energy centers are but flowers in this garden and this acceptance and this knowing of the perfection of all that is, is but sunlight upon these flowers. The bulb opens and blossoms and is able to take in that light, the light being the truth that is the Creator, and can use that light to create beauty around self and other self, so as one knows, or begins to know, perfection that is all around, as one begins to accept and forgive, then these green and blue-ray energy centers begin to blossom, begin to take in that light, begin to expel the oxygen and nectar that is the beautiful experience of the Creator knowing itself.

当一个人在这种知晓的平安中休息，并真正感觉到一切万有的完美性的时候，无论它是不是催化性的，一个人接下来就能够感觉到——我们抱歉.....这个器皿收到了一个花的球茎的魅力的图像，它得到了这样的印象，这些能量中心不过是在这个花园中的花朵，这种接纳性以及这种对一切万有的完美性的知晓，都不过是照耀在这些花朵上阳光。球茎张开，绽放，并能够接收那种光，光就是造物者之所是的真理，它能够利用那种光来在自我与其他自我周围创造出美丽，因此，当一个人知晓，或者开始知晓在周围的一切事物的完美性的时候，当一个人开始接受并宽恕的时候，接下来，这些绿色与蓝色光芒能量中心就会开始绽放，开始接受那种光，并开始放出氧气与花蜜，花蜜就是造物者知晓祂自己的美丽的体验了。

We apologize if this instrument has gone on a bit of an artistic tangent, and we thank all in this circle, for being beautiful channels to this extremely important message at this time. We will now take our leave of this instrument, and we will, we believe, move to the one again known as Austin to poll to see if there are other queries within this circle at this time, and this instrument apologizes if that was not the correct order of this. We are those of Q'uo.

如果这个器皿已经有一点点具有一种艺术性的离题的话，我们很抱歉，我们感谢

在这个圈子中的所有人，我们为在此刻成为这个极其重要的信息的美丽的管道而感谢在这个圈子中的所有人。我们现在将离开这个器皿，我们相信，我们将会再一次移动到被知晓为 Austin 的实体来投票表决，以看看是否在此刻在这个圈子中还有其他的问题，如果那不是这次集会的正确的顺序，这个器皿很抱歉。我们是 Q'uo。

(Austin channeling)
(Austin 传讯)

I am Q'uo, and I am again with this instrument. We thank all in this circle and offer an expression of satisfaction, for we sense with this instrument and with the other new instruments present a sense of dissatisfaction and self-criticism and self-judgment. Before accepting questions, we shall offer a few thoughts in regards to these feelings.

我是 Q'uo，我再一次与这个器皿在一起了。我们感谢在这个圈子中的所有人，并提供一个令人满意的表达，因为感觉到这个器皿以及在场的其他的新的器皿有一种不满意、自我批评与自我评判的感觉。在接受问题之前，我们将在这些感觉的方面提供一些想法。

First, that we believe all are aware in this circle is that the self is seldom a good and accurate critic of the self.

首先，我们相信在这个圈子中所有人都察觉到的事情是，自我几乎从来都不是自我的一个良好且准确的批评家。

The second, we encourage the cultivation of patience and gentleness with the self as each practices this art known as channeling, for it is a magical service that you have offered yourselves to perform, and such magic requires the soft touch, not just with those other selves within the circle, but with the self.

其次，我们鼓励在每一个人练习这种被知晓为传讯的技艺的时候都对自我培养耐心与温和，因为它是一种你们已经提供给你们自己来执行的魔法的服务，这样的魔法需要轻柔的接触，不仅仅是对那些在圈子中的其他自我，同样也是对自我。

The final thought is that this service may be seen as a dance. We offer ourselves to you, as you offer yourselves to accept our thoughts and energies, so that we may have the opportunity to share ourselves with your troubled world. As two partners dance, again and again, and become familiar with each other's movements and steps, they grow in familiarity. What was first an awkward process, involving stepped-on toes and stumbles, soon becomes a fluid and seamless process. This does not happen without continued practice and increasing familiarity between the partners. We are honored and joyed that you have accepted us as your partners in this dance, and cannot adequately express our excitement to continue dancing with you.

最后的想法是，这种服务可以被视为一种舞蹈。在你们提供你们自己来接收我们的想法与能量的时候，我们向你们提供我们自己，这样我们就可以拥有机会来让我们自己共享你们麻烦的世界了。当两个舞伴一次又一次地舞蹈，并对相互彼此的动作与脚步变得熟悉的时候，它们就会在熟悉性的方面成长了。曾经是一个笨

拙的，包含了踩脚指头与绊倒的过程，很快就变成了一个流畅而无缝的过程了。这并不会在没有持续的练习与在舞伴之间的增加的熟悉性的情况下发生。我们对你们已经接受我们作为你们在这场舞蹈中的舞伴而感到荣耀与喜悦，我们无法充分地表达我们对继续与你们舞蹈的激动。

At this time, we would ask if there are any questions in this circle of seeking?
在此刻，我们会询问，在这个寻求的圈子中是否有任何问题？

Gary: I've got a couple of questions that I can ask the new instrument with the request that the new instrument release the self from expectation and pressure. These are a couple of questions from readers abroad, and we are in an environment of support and safety, as an assurance to the instrument, so, Q'uo, J asks, "What determines how much pain, how much catalyst one can handle, if one never becomes aware of their pre-incarnative intention?"

Gary: 我有几个我能够询问新的器皿的问题，我同时请求新的器皿从自我身上释放期待与压力。这些问题是几个来自海外的读者的问题，我们是处于一个具有支持与安全的环境中，这是对器皿的一种保证，因此，Q'uo, J 询问，“如果一个人永远都无法知晓它们的投生前的意图，什么事情决定了一个人能够处理多少痛苦，多少催化剂？”

Q'uo: I am Q'uo and am aware of the query, my brother. Each mind/body/spirit complex moves through incarnations in infinitely unique variations, and each mind/body/spirit complex responds to catalyst in similarly infinitely unique variations. Thus, to respond to this query in a specific sense is virtually impossible, as there is no single determining factor or set of factors that an entity may possess, with which it may withstand the catalyst of pain. However, we may speak to the process with which entities prior to the gift of the knowledge of incarnational lessons may process catalyst.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。每一个心/身/灵复合体都是通过无限多的独一无二的变量穿越投生的，每一个心/身/灵复合体都会通过无限多地独一无二的变量来回应催化剂。因此，要用一种具体的方式来回应这个问题几乎是不可能的，因为没有有一个单一的决定性的要素或者一套要素是一个实体可能会拥有，且它藉由其来承受痛苦的催化剂的。然而，我们可以谈及实体在拥有知晓投生的课程的礼物之前可以藉由其来处理催化剂的过程。

There are circumstances that may be considered more ideal for such processing, and such circumstances may not be consistently present within any third-density environment, particularly the [environment] in which you find yourselves during this incarnation. Such circumstances which aid in the, may we say, unconscious processing of catalyst, may present themselves as the leisure time, or the free time in which an entity is not burdened or pressured by the demands of survival or relationships or social obligations. And thus the experiences of this entity, be it pain or pleasure or anything in between, may be relived, as the mind will conger thoughts and experiences without being guided to do so as an entity finds that it is not being drawn to

use its mind otherwise. and As such experiences may be relived and experienced again, an entity may then begin to notice patterns, as is the tendency of the third-density entity, particularly those of your biological makeup tend to do.

会有一些情况是可以被认为是对于这样的处理是更加理想性的, 这样的情况可能不会协调一致地出现在任何的第三密度的环境中, 尤其是你们在这次投生期间发现你们自己处于其中的环境。这样的可以在对催化剂的, 容我们说, 无意识的处理中起帮助的情况, 可以将它们自己呈现为闲暇的时间, 或者在其中一个实体可能不会负担起生活或者关系或者社会性的责任的要求的重担, 或者对其感到有压力。因此, 这个实体的体验, 无论它是痛苦的, 还是快乐的, 或者是在两者之间的任何事情, 都可以被重新体验, 因为心智将会如同鳗鱼一样地搅动想法与体验, 而不会被指引去这样做, 因为一个实体发现, 它不会被拉入到用别的方式使用它的心智。当这样的体验可以被重现并再一次被体验的时候, 一个实体接下来就可以开始注意到模式, 如同第三密度的实体的倾向, 尤其是那些具有你们的生物构成的实体倾向于去做的一样。

Your environment and biological evolution have guided you through a process in which pattern recognition is a crucial component to your survival, but also to your spiritual evolution, and so without the need for great consciousness of the greater spiritual journey, patterns may be found and thus integrated or assessed or responded to in various ways, and as this process of pattern recognition continues, an entity may find that certain responses, certain assessments, have within them a certain quality of lightness or magic. This is the heart beckoning to the entity, calling it upwards along the column of upward spiraling light through these patterns of catalyst.

你们的环境和生物的演化已经指引你们穿越了一个过程, 通过这个过程, 模式识别不仅仅是你们的生存的一个至关重要的要素, 它同样对你们的灵性的演化也是一个至关重要的要素, 因此, 如果没有对更大的灵性的旅程的伟大的意识的需要, 模式就可以被发现, 并因此被整合或者被评估, 或者用各种各样的方式被回应了, 随着这个模式识别的过程继续进行, 一个实体可能会发现, 一定的回应, 一定的评价, 在它们内在之中拥有一定的光明或者魔法的特性。这就是在召唤实体的心, 它召唤实体通过这些催化剂的模式沿着向上螺旋的光柱上升。

We stress again that there is no determining factor for an individual entity regarding how long this process may take, or how quickly an entity may achieve this recognition of love through the patterns of your experiences. We also stress that often a third-density environment may become too random or noisy, or there may be too much catalytic pressure for these patterns to reveal themselves to any particular entity. And so from a perspective such as you have, such progression may seem random, but we assure you that even the experiences spent struggling along the path are infinitely valuable to the Creator of which you are a part.

我们再一次强调, 在关于这个过程可能要花费多长时间或者一个实体可能会多么快地取得这种对穿越你们的体验的爱的模式的识别的方面, 并没有决定性的要素。我们同样也会强调, 一个第三密度的环境经常可能会成为过于随机或者嘈杂的, 或者可能会有过多的催化剂的压力, 以至于这些模式无法对任何特定的实体

揭露它们自己。因此，从诸如你们拥有的观点之类的一个观点来看，这样的发展可能看起来似乎是随机性的，但是，我们向你们保证，沿路上为之花费了努力的体验，对你们是其一部分的造物者，是无限地有价值的。

Is there another question at this time.
在此刻有另一个问题吗？

Gary: That was excellent, Q'uo. Thank you. I do have one personal one, and that will be it for me for the night. Thinking about channeling, you, Q'uo, it occurs to me that you were received by a very advanced instrument in our year 1986, and we are still developing. We, unlike that instrument, Carla, are still developing. Would it be more suited to our present abilities to receive a source like, say, Latwii? Would it be more perceptible? Rather, would their transmission be more perceptible to us?

Gary: 那是漂亮的回答，Q'uo。感谢你们。我确实拥有一个个人的问题，那个问题将会是我给今晚的问题。在思考传讯以及你们，Q'uo 的时候，我想到的事情是，在我们的 1986 年你们曾经被一个非常高级的器皿接受到了，我们仍旧在发展中。我们，和那个器皿 Carla 不一样，是仍旧在发展中的。去接受一个类似，假设 Latwii 的源头，这对于我们当前的能力会是更加合适的吗？它会是更加可以感觉到的吗？毋宁说，它们的传讯会是我们更加容易感觉到的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This is a salient query, as we have noted previously that this act of channeling is one of increasing familiarity between us and you, as instruments. We, as the principle known to you as Q'uo may adapt somewhat to the needs and necessities of each individual instrument, but as you may say, we can only go so far, and you, as instruments must also be able to reach us to a certain point.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟，这是一个引人注目的问题，如我们之前就已经指出的一样，这个传讯的活动是一个会增强在我们和作为器皿的你们之间的熟悉性的活动。我们，作为你们知晓为 Q'uo 的原则，可以多少适应每一个个体的器皿的需要与要求，但是，如你可能会说的一样，我们仅仅能够走这么远了，你们，作为器皿，必须要同样能够在一定程度上向我们伸出手。

It may be beneficial for some instruments to thus experience a greater variety of vibrational connection with those social memory complexes who offer themselves to this principle currently, namely those of Laitos[and] those of Latwii. In doing so, you may begin to experience the different distinct vibrations that then form the principle that we present to you as. With the greater experience of these vibrational qualities and as you grow accustomed to them, your connection to those of Q'uo may then be strengthened.

这样子体验与那些当前对这个原则提供了它们自己的社会记忆复合体，也就是 Laitos 和 Latwii，之间的一种具有更大的多样性的振动性的连接，这对于一些器皿可能是有益处的。在这样做的过程中，你们可以开始体验不同特性的振动，这些振动形成了我们呈现给你们的原则。藉由对这些振动特性的更大的体验，随着你们对它们变得更加熟悉，你们与那些属于 Q'uo 的实体之间的连接，接下来，将可以被增强了。

However, to continue in channeling us as you are currently doing offers the same opportunity and potential for increased familiarity. We can only encourage the contemplation and experimentation of what this group finds acceptable amongst itself.

然而，去继续如你们当前正在做的一样传讯我们，这会提供相同的对于增加的熟悉性的机会与可能性。我们仅仅鼓励对这个团体发现在它自己当中是可以接受的事情的沉思与实验。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: No, thank you so much.
Gary: 没有了，非常感谢你们。

Q'uo: We thank you, my brother.
Q'uo: 我们感谢你，我的兄弟。

I am Q'uo. Is there another query at this time?
我是 Q'uo。在此刻有另一个问题吗？

Trish: Yes, Q'uo. I have a question regarding faith. I believe that many entities on this planet struggle with faith in the long term or the short term, and while it is easy at times to remember that we are all the Creator experiencing itself and we are all one, at times it is catalytic and painful to have the faith to remember that, and it is easy to become lost in despair. My question is, is there any advice to the seeker who finds themselves in episodes of deep, deep pain, wherein they are unable to find faith, that would open the pathway for faith to reemerge in their hearts and minds. Thank you.

Trish: 是的，Q'uo。我有一个关于信心的问题。我相信在这个星球上有很多的实体都是在长期地或者短期地与信心交战，尽管是一些时候要忆起我们全都是在体验其自身的造物者，我们全都是一体的，这是容易的，在一些时候，要拥有信心去忆起那一点是催化性的，是痛苦的，要在绝望中迷失是容易的。我的问题是，如果寻求者发现它们自己处于深深的，深深地痛苦的情节段落中，在其中它们无法找到信心，有任何给这样的寻求者的建议会打开通道，让信心在它们的心与心智中重现吗？

Q'uo: I am Q'uo and am aware of your query, my sister. This query is central to the experience of third density, for the veiled environment in which you find yourself is specifically designed to challenge what you call faith, and to place the mind/body/spirit complex into circumstances in which knowledge of self as Creator, and other self as Creator, is, in a sense, forgotten, or placed out of reach, for even if an individual carries this understanding intellectually, the belief and experience of this understanding is not always available.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。这个问题对于第三密度的体验是中心性的，因为你发现你自己处于其中的被罩纱遮蔽的环境，是专门地被

设计来挑战你称之为信心的事物，并将心/身/灵复合体放置于这样的环境中，在其中对自我是造物者，其他自我是造物者的知晓，在某种意义上，是被遗忘了，或者是无法触及的，因为即使一个个体在智力上携带着这种理解，对这种理解的信念与体验并不是一直都是可供利用的。

So, we suggest to the seeker who finds herself in a situation in which the catalyst of pain is too great and obscures the light of faith to embrace the experience of the pain for what it is offering to the self, to recall within the self that this pain is serving a purpose for the self and for the Creator, and just as moments of love and beauty have a sacred nature and speak of the Creator, so too do moments of difficulty and pain, for the Creator's love and the Creator's light exists in each experience that a seeker may find upon its path. An attempt to reestablish faith in the midst of this pain might be, in that sense, misguided, as that attempt to reestablish what is being called faith is then turning away from that which is drawing the attention—that is, the pain or the difficulty being placed in front of the seeker. Instead of this turning away, we suggest turning within and placing those experiences in the heart, understanding that they are sacred and though they are difficult, they serve the purpose of offering potential.

因此，如果寻求者发现她自己是处于这样一个情况中，在其中痛苦的催化剂是太过巨大，并让信心的光变得暗淡，以至于无法拥抱痛苦的体验，这种痛苦的体验就是它想自我提供事物了，我们会对这样的寻求者建议，在自我内在之中回想起，这种痛苦，对于自我，对于造物者，是起到了一种目的的，就好像具有爱与美丽的时刻会拥有一种神圣的属性并会谈及造物者一样，那些具有困难与痛苦的实体同样也是如此，因为造物者的爱与造物者的光是存在于一个寻求者可能会在它的道路上找到的每一个体验中。在这种痛苦当中的一种重建信心的尝试，从那个意义上，是误入歧途的，因为那种重建被称之为信心的事物的尝试，接下来，就会转身离开正在吸引注意力的事物——也就是被放置在寻求者面前的痛苦或者困难。与其建议转身离开它们，我们毋宁是建议转向内在之中，并将那些体验放置在心之中，同时理解，它们是神圣的，尽管它们是困难的，它们会起到提供潜能的作用。

Is there a follow-up to this query, my sister?

我的姐妹，对这个问题有一个后续问题吗？

Trish: No, thank you so much.

Trish: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister.

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。

Is there a final query, at this time?

在此刻有一个最后的问题吗？

(Pause)

(暂停)

I am Q'uo. We sense that this circle has exhausted its queries for this evening, and we also sense a hunger in the stomachs present, and so with our highest gratitude and our greatest joy, we bid you farewell and leave you in the infinite love and light of the One Infinite Creator. I am Q'uo. Adonai vasu borragus.

我是 Q'uo。我们感觉到这个圈子已经耗尽了今晚的问题了，我们同样感觉到在长的人的胃部的一种饥饿，因此，带着我们最高的感激和我们最大的喜悦，我们向你们告别，我们在太一无限造物者的爱与光中离开你们。我是 Q'uo。Adonai vasu borragus。

March 30, 2019
2019-03-30 培养诚实

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument. We greet each of you in love and in light this day. We are most grateful, as always, to be asked to join your group in your efforts of seeking and serving the One Creator who lives in all. We have always felt a kinship to this group, for it has been our experience as individualized portions of the principle of Q'uo to work with this group over a long period of what you would call time, and during this time we have become familiar with each as he or she moves along the path of eternal seeking of the One in all. We, as always, would be grateful if you could do this, a small favor, and as you know, that is simply to take our words for whatever meaning they might have for you, and use them as you will, leaving behind any that do not have meaning for you at this time, for we would not wish to seem to be authorities with each word needing to be recognized and utilized. If you will help us in this regard then we will feel free to speak as we may, to your queries.

我是 Q'uo，我与这个器皿在一起了。我们在这个日子，在爱中，在光中向你们每一位致意。对于被请求在你们寻求与服务活在万物之中的太一造物者的努力中加入你们的团体，我们一如既往是极其感激的。我们已经一直都对这个团体感觉到一种亲缘关系，因为在一段很长的你们称之为时间的事物的时期之中，它已经是我们作为 Q'uo 原则的个体化的部分的体验了，在那个时期期间，我们已经在 他或者她沿着对在万物之中的太一的永恒的寻求的道路移动的时候熟悉了每一个人了。一如既往，如果你们能够进行这一个小小的恩惠，如你们知道的一样，那个小小的恩惠单纯地就是，无论我们的话语对你们可能有什么意义，都拿起它们并如你们所愿地使用它们，将任何对你们在此刻没有任何意义的话语都丢掉，因为，我们并不希望藉由每一个话语都需要被承认并被利用而看起来似乎是权威了。如果你们愿意在这个方面帮助我们，我们就将感觉到拥有自由去如我们可以谈论地一样谈论你们的问题了。

With that having been said, may we ask if there is a query with which we may begin?

在已经说了那一点之后，请问是否有一个我们可以用来开始的问题？

Austin: I have one, Q'uo. Ra says that the blue-ray energy center requires honesty, noting that it is something that the people of Earth have in great paucity. [1] In contemplating the meaning of this, I have framed my understanding with the idea that punching a person in the face is an honest expression of anger, yet it doesn't seem to indicate an open and functioning blue ray, leading me to believe that the honesty that Ra refers to is a deeper and more intimate honesty. Can Q'uo elaborate on this type of honesty that is related to blue-ray work and how we can cultivate that honesty?

Austin: Q'uo 我有一个问题。Ra 说，蓝色光芒能量中心需要诚实，并指出，它

是某种在地球上的人极度缺乏的事物。[1]在思索这个说法的意义的时候，我已经用这样的观点塑造了我的理解了，对一个人迎面一拳，是一种对愤怒的诚实的表达，而它看起来似乎并不是表明了一种开放的，有功能的蓝色光芒，这引导我相信，Ra所指的那种诚实，是一种更为深入且更加内在的诚实。Q'uo能够在这种类型的与蓝色光芒的工作联系在一起，以及我们如何培养那种诚实的方面进行阐述吗？

Q'uo: I am Q'uo and am aware of your query, my brother, and it is a salient query at this time in the evolution of your planetary consciousness and each entity within it, for as you each know, these times in which you live and move and have your being are fraught with much confusion, much division, much anger, and much separation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟, 在你们的星球的意识以及在其中的每一个实体的演化中的这个时刻, 这是一个凸显的问题, 因为如你们每一个人知道的一样, 这些你们在其中生活, 在其中移动并拥有你们的存有的时期, 是充满了大量的混淆, 大量的分裂, 大量的愤怒与大量的分离的。

The honesty that would be required to begin to unravel the tangle of these snafus, shall I say, is a kind of honesty that reflects the nature of the creation that is available to each seeker of truth. The creation that you find all about you in your everyday round of activities is a creation of seeming separation, and yet is a creation made out of the unity of the One Creator by utilizing an infinity of qualities, personalities, and desires not only for seeking and serving the Creator, but for determining for the self what are the most important qualities of the life experience.

要开始解开这些, 容我们能说, 混乱情况的缠结所需的那种类型的诚实, 是一种类型的反映了可以为每一个真理的寻求者所取得的造物的属性的诚实。你们在你们的日常生活的活动中发现在你们周围无处不在的造物, 是一个具有表面上的分离的造物, 而它是一个藉由利用无限数量的特性, 人格与渴望而从太一造物者的统一性产生出来的造物, 不仅仅是对寻求与服务造物者的渴望, 同样还有对于为自我确定什么事情是生命体验最重要的特性的渴望。

Thus, when looking at the concept of honesty, it is well to find within your perceptions the ability of honesty to look to the root of the nature of all beings and all creations to see the creation of the One in every facet of the daily experience. This honesty requires a searching and a delving deeply into one's own being and its relationship to each entity and property of the creation about it.

因此, 当检查诚实的观念的时候, 在你们的知觉中找到诚实的能力, 并检查所有的存有与所有的造物的属性的根部, 以在日常体验的每一个面向中都看到太一的创造物, 这是很好的。这种诚实需要一种搜寻以及一种深深潜入到一个人自己的存有以及它与在它周围的每一个实体以及造物的特性之间的关系。

Thus, so seeking, is the seeker informed of the unity that binds all things and all entities. This is the foundation of honesty—that is, unity. The seeming separation that springs from this unity is an illusion that has been created in

order to aid each seeker of truth in penetrating the outer qualities of the illusion so that as one looks at the daily round of activities that produce catalyst with other entities, one can see beyond the disharmony, the separation, the confusion and the seeming chaos, and look into the heart of not only the other beings, but also the heart of the self, and find there the quality of unconditional love that is the binding quality for all of the creation, for it is the power of love that has made all that is within the creation, and within each seeker's life experience.

因此，这样的寻求的寻求者，就是被告知了将所有的事物与所有的实体连接在一起的那种统一性的寻求者。这就是诚实的基础和——那就是，统一性。从这种统一性跃出的分离是一个幻象，这个幻象是为了帮助每一个真理的寻求者刺穿幻象的外部特性而已经被创造出来的，这样当一个人检查产生出了与其他实体之间的催化剂的日常生活的活动的时候，它就能够看穿不和谐、分离、混淆以及表面的混乱，并洞悉不仅仅是其他存有的核心，同样也洞悉自我的核心，并在那里找到那种将所有的造物结合在一起的特性之所是的无条件的爱的属性，因为就是那种爱的力量已经制造出了在造物中，在每一个寻求者的生命体验中的一切事物了。

If each seeker, then, can look at its own experience within its heart, within its mind, and within its soul identity, and discover the qualities of unity, the qualities of unconditional love, and the quality of clear communication, then the concept of honesty as it is applied in those teachings of the ones known as Ra can be made available to any entity who makes this seeking journey within its own being to find how honesty can be pure and clear, compassionate, and fully imbued with the qualities of unity.

如果每一个寻求者，接下来，能够在它的心中，在它的头脑中，在它灵魂的身份中检查它自己的体验，并探索那些统一的特性，无条件的爱的特性，清晰的沟通交流的特性，接下来，诚实的观念，如同它在被知晓为 Ra 的实体的教导中被应用过的一样，就可以为每一个在它自己的存有内在这种进行这场寻求的旅程的实体所取得，以弄明白，诚实如何能够成为纯净的。清晰的，充满同情心，且完全被统一的特性所浸透的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Just to clarify my understanding of what you were saying, would you say it is correct to say that somebody who is speaking with blue-ray honesty is speaking as a Creator to a Creator instead of speaking from their distortions to another person's distortions?

Austin: 仅仅澄清一下我对你们刚刚正在说的事情的理解，你们是说，当某个人正在带着蓝色光芒的诚实而说话的时候，它是在如同一个造物者对一个造物者说话，而不是从它们的扭曲对另一个人的扭曲说话，这样说是正确的吗？

Q'uo: I am Q'uo and am aware of your query, my brother, and we believe that you have stated it most clearly, indeed, for the blue-ray energies are truly the energies of the Creator that are offered outwardly to any entity within the

range of beingness of the one seeking to be honest and to express honesty. The Creator, at that point, resides within such an entity, and is able to reflect a broad spectrum of beingness in any attempt at clear, honest, communication.
Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟, 我们相信你已经极其清晰地陈述了它了, 因为, 确实, 蓝色光芒的能量真的就是造物者的能量, 这种能量是向外被提供给每一个在太一的存在性的范围中, 寻求去成为诚实并表达诚实的实体的。造物者, 在那个位置, 是居住在这样一个实体内在之中的, 是能够在任何清晰, 诚实的沟通交流的尝试中映射出一个宽阔的存在性的光谱的。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you.
Austin: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

L: Q'uo, I would like to ask, when Ra said to see the Creator in ourselves and then become the Creator, could you elaborate on what that means exactly and how one would go about becoming the Creator, or being the Creator?

L: Q'uo, 我想要询问, 当 Ra 说去看到在我们自己内在之中造物者, 并接着成为造物者的时候, 你们能够对那个说法准确的意思是什么以及一个人如何能够着手成为造物者或者一个人如何就是造物者进行阐释吗?

Q'uo: I am Q'uo and am aware of your query, my sister. The beginning of becoming the Creator, as you are aware from those teachings of the ones known as Ra, is to attempt to know yourself in as deep and various a manner as possible, to know your basic emotions, your desires, your abilities, your experience, and how you see the world about you and the world within you. This involves looking at your daily round of activities carefully to perceive the catalyst that has been harvested from your daily round of activities, and to process that catalyst as the nutritious type of spiritual food that it is so that you may grow from ingesting the balanced vision of the catalyst you have experienced.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。成为造物者的开端, 如你从那些被知晓为 Ra 的实体的教导中知晓的一样, 就是尝试用尽可能深入且多种多样的方式来知晓你自己, 就是去知晓你的基本的情绪, 你的渴望, 你的能力, 你的体验, 以及你如何看待在你周围的世界与在你内在之中的世界。这包含了仔细检查你的日常生活的活动, 以感觉已经从你的日常生活的活动中被收获的催化剂, 并作为有营养的灵性类型的食物来处理那种催化剂, 那种灵性类型的食物就是这样, 以至于你可以从对你已经体验到的催化剂的平衡的观点的摄取而成长。

As this process of seeking continues throughout your lifetime, you will then have the opportunity to accept all of the qualities that have appeared within

your life experience and have them balanced in a conscious fashion in your meditative states on a regular basis. The acceptance of all that you are . . . And you are all things, my sister—the mind that you have, the soul that you have, and the spirit that you have contain all that there is. You are, indeed, the microcosm of the One Creator.

随着这个寻求的过程在贯穿你的整个生命继续, 你将会接下来拥有机会去接受已经在你的生命体验中出现过的所有的特性, 并用一种有规律的方式在你的冥想状态中用一种有意识的方式平衡它们。对你之所是的全部的接纳.....你就是一切事物, 我的姐妹——你拥有的心智, 你拥有的灵魂, 你拥有的灵性, 包含了一切万有。你确实是, 太一造物者的微观宇宙。

As you are able to accept yourself as whole and perfect, even with imperfections within you, then you are prepared to become the Creator, for you have discovered the Creator within you as a portion of the knowledge of your being. [When] you have accepted that Creator within you as you go through the balancing of catalyst, you have open to you a door which allows you to see yourself as the Creator experiencing itself in every interaction with every other that you ever have had, ever shall have.

当你能够甚至是带着在你内在之中的不完美接受你自己是完整且完美的时候, 接下来, 你就准备好成为造物者了, 因为你已经发现在你内在之中的造物者就是你对你的存有的知晓的一部分。当你已经在你经历对催化剂的平衡的时候接受了在你内在之中的造物者的时候, 你就已经对你打开了一扇门, 这扇门会允许你, 在与你曾经已经遇到过, 与将会遇到的每一个其他实体之间的每一次互动中, 将你自己视为是造物者在体验祂自己。

This becoming of the Creator is opening a door to a greater experience of yourself as the One that has made all that there is. This is a gift that is given to the seeking self that enters into meditation and utilizes its will to serve as that pathway to the One Creator: exercising the great desire to know the One, to be the One, to express the One, letting that desire and that will open that door widely so that the One in all its glory, power, peace and majesty may express itself to you, not just through the door, but within your self as well. This is a process of a lifetime of seeking that can, shall we say, end in a moment of inspiration and enlightenment, where the light that shines comes from within you and from without you, and is one with you.

这种成为造物者就是向着你自己作为已经产生出了一切万有的太一的一种更大的体验打开了一扇门。这就是一个被给予了进入到冥想之中, 并利用它的意志来作为通往太一造物者的道路来服务的寻求的自我的礼物了: 实践去知晓太一, 成为太一, 与表达太一的巨大的渴望, 同时放开那种渴望, 这将会大大地打开那扇门, 这样太一, 在祂全部的荣耀、力量、平安与神秘之中, 就可以向你表达它自己了, 不仅仅是穿过那扇门, 同样也在你的自我内在之中。这是一个一生的寻求的过程, 它能够, 容我们说, 在一个灵感与觉醒的瞬间结束, 在其中, 闪耀的光会从你内在之中, 从你外在出现, 并与你成为一体的。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

L: Thank you.

L: 谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。有另一个问题吗?

Gary: In the Ra contact, the First Distortion, the first primal distortion is referred to both as the "Law of Confusion," and the "Law of Free Will." But, I think Ra actually calls it Law of Confusion 27 times and Law of Free Will only twice in response to Don. Clearly they favored the Law of Confusion as the moniker for the First Distortion. Can Q'uo elaborate on why it is that Ra prefers to call [it] the Law of Confusion?

Gary: 在 Ra 接触中, 第一变貌, 第一原初的变貌同时被称之为“混淆法则”与“自由意志法则”。但是, 我认为在对 Don 的回答中, Ra 实际上有 27 次称之为混淆法则, 而仅仅只有两次称之为自由意志法则。它们明显偏爱将混淆法则作为第一变貌的绰号。Q'uo 能够在关于为什么 Ra 更喜欢称之为混淆法则的方面进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. As each entity within this third-density illusion exercises free will, it is attempting to create a sensibility, or a construction of understanding concerning the world in which it finds itself, in the manner in which it moves through this created world. As Ra has said so many times, this density in which you exist is not a density of understanding—it is density of intentions.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当每一个实体在这个第三密度的幻象中实践自由意志的时候, 它就是在尝试去创造出一种感受性, 或者一种对于它发现它自己处于其中的世界的理解的构架, 以及它藉由其穿越这个被造的世界的方式。如同 Ra 已经说过如此多次的一样, 这个你们存在于其中的密度并不是一个属于理解的密度——它是属于意图的密度。

The intention and desire and exercise of will to seek the truth is one which goes through a process of what you might call trial and error, learning step by step what seems to be the most appropriate manner in which the self may view itself, the world about it, and other selves within it. These interactions create catalyst, as you are aware, which most often has its roots in misperceptions, in disharmony, and in incorrectly perceiving the communications and intimations of other entities so that confusion results. This confusion, then, offers the seeker an opportunity to rectify, or clarify the nature of the confusion so that there is a greater likelihood that the seeker may be able to harvest a kind of understanding, if you will pardon the misnomer, that might enlighten it in a greater way regarding all of its questions that revolve around the nature of its being, the progress of its seeking, the goal of the journey, and so forth.

对去寻求真理的意志的意图、渴望与实践, 会穿越一个你们可能称之为试错的事物的过程, 同时一步接一步地学会看起来似乎是最为合适的方式的事物的实践,

通过这种最为合适的方式，自我可以观察自我，在它周围的世界，以及在它内在之中的其他自我。这些互动会创造出催化剂，如你们知晓的一样，这种催化剂极其经常地会在错误的认识中，在不和谐之中，在不正确地感知其他实体的沟通交流与告知之中，这样就会有混淆产生出来了。这种混淆，接下来，就会提供给寻求者一个机会去，纠正或者澄清混淆的属性，这样就会有一种更大的可能性，那个寻求者可能能够收获一种类型的理解，如果你们原因原谅这个用词不当的话，这种理解可以用一种更大的方式对围绕着它的存有的属性，它的寻求的过程，旅程的目标，以及如此等等旋转的所有的问题产生出启发。

This type of exercise of free will that produces confusion, that offers catalyst, that offers further direction in the seeking, is a process which is predominantly undertaken within your third-density illusion so that the choice of polarity may be made, and the polarized choice for service to others or service to self may then be promulgated in higher densities. Now, the higher densities do not have the veil of forgetting, so there is less likelihood that there will be as much confusion in the exercise of free will in those densities, as there is in the third density. However, the higher densities do still utilize the exercise of free will that produces in its own way, a kind of confusion that offers a need for examination for further growth in the inner sensing of the way to unify with the One once again.

这种类型的对自由意志的之间会产生出混淆，提供催化剂，并在寻求中提供更进一步的方向，这种类型的自由意志是一个主要在你们的第三密度的幻象中被进行的过程，这样，极性的选择就可以被做出，对服务他人还是服务自我的被极化过的选择，接下来就可以在更高的密度中被发表出来。现在，更高的密度并不拥有遗忘的罩纱，因此，会有较小的可能性，在那些密度中在对自由意志的实践中将会有和在第三密度中一样多的混淆。然而，更高的密度仍旧确实会利用对自由意志的实践，这种实践会用它自己的方式产生出一种类型的混淆，它会为在对与太一的再一次的合一的内在的感知中检查以取得更进一步的成长提供一种需要。

The balancing exercises, shall we say, that are carried out in the higher densities are much, much finer, and less liable to grosser distortions. However, there is still much to learn in the way of seeking the truth in the higher densities so that the exercise of free will continues to produce a certain kind of confusion that then offers an opportunity for further growth.

在更高的密度中被进行的，容我们说，平衡性的练习，是远远更加精细的，是较不易受较为粗糙的扭曲的影响的。然而，在更高的密度中寻求真理的途径中，仍旧有大量要学习的事情，因此，自由意志的训练将继续产生出一定类型的混淆，这种混淆接下来就会提供一种更进一步的成长的机会了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: I think so. One second, please. Might the exercise of free will be an act of confusion because despite all possible appearances, there is only ever infinity and unity, then who is the real actor? Who is the one making the choices? Do we confuse ourselves for assuming illusory individuals have a will

separate from the Creator? Is this perhaps connected to why it is called "confusion?"

Gary: 我认为是这样的。请等一会儿。对自由意志的时间可能是一种具有混淆的行动，因为不管所有有可能的表象，都仅仅会有无限与统一，那么，谁是真的行动者呢？谁是那个正在做出选择的人呢？我们会因为假装虚幻的个体拥有一种与造物者分离的意志而让我们自己混淆吗？这也许是与为什么它是被称为“混淆”联系在一起了。

Q'uo: I am Q'uo and am aware of your query, my brother. We believe that you have successfully stated another aspect of the information which we attempted to share in our previous query and its answer. We suggest that, indeed, as each entity seems to exercise free will, one might look at the eventual outcome of every entity's exercise of free will and see that it results in reunification with the One Infinite Creator. So, then, it can be asked: Is there truly free will, if all eventually arrive at the same point at which they began?

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。我们相信你们已经成功地陈述了我们尝试在我们之前的问题与对它的回答中分享的信息的另一个面向了。我们建议，确实，当每一个实体看起来似乎在实践自由意志的时候，一个人可以检查每一个实体对自由意志的实践的最终的结果，并看到它是产生出了与太一无限造物者重新统一的结果的。因此，接下来，能够被询问的事情是，如果所有的事物最终都抵达了它们从其开始的那个相同的位置，真的有自由意志吗？

Some might say there is free will in every aspect of every choice of every being at all times, and be correct. Others might say there is no true free will, for each seeker will find its way home, some more quickly, some more slowly, yet all will reach the same destination, so there is no true free will, otherwise some would not find their way home, and also be correct.

一些人可能会说，在每一个存有的每一个选择的每一个面向中，在所有的时候都是有自由意志的，这样说是正确的。其他人可能会说，没有真正的自由意志，因为每一个寻求者都将找到它回家的道路，一些道路是更快地回家，一些道路是更慢地回家，而所有的道路都将会抵达相同的目的地，因此，没有真正的自由意志，否则一些人就不会找到它们回家的道路了，这样说同样也是正确的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: No, thank you very much, Q'uo.

Gary: 没有了，非常感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: I have another one, Q'uo. The Confederation often speaks about the essential value of meditation, referring to the silence and stillness found therein. However, there are many seekers who have found elevated states of

spiritual awareness through things like rhythm, dance, and movement such as chanting, or drumming, or walking meditation, or so-called movement-based embodied contemplative practices.

Austin: 我有另一个问题, Q'uo, 星际联邦经常谈及冥想的核心价值, 并同时提及在其中会找到静默与平静。然而, 会有很多寻求者已经通过类似旋律, 舞蹈, 诸如吟唱或者打鼓或者行走冥想, 或者所谓的以运动为基础的肉体的沉思性的联系之类的运动, 找到了被升高了的灵性认识的状态。

All of these things seem to be antithetical to the ideas of silence and stillness. Do these practices result in the same benefits as meditation, and if not, how are they different?

所有这些事情看起来似乎都是与静默与平静的观念是对立的。这些练习会产生出和冥想一样的益处吗, 如果不是的, 它们如何是不同的呢?

Q'uo: I am Q'uo and believe we understand your query, my brother. Please correct us if we are incorrect.

Q'uo: 我是 Q'uo, 我相信我们理解了你的问题了, 我的兄弟。如果我们是不正确的, 请纠正我们。

The types of experience which you have described have in common with the meditative state the focusing of the mind for a particular purpose. The purpose in most meditative states is union with the One Creator. The purpose, as we understand it, in the focusing of the mind for the accomplishment of movements of a certain nature also express the opportunity for the unification of the entity so- moving with the One Creator's ability to move in a certain rhythm as it creates that which you know as the one creation. There is a rhythm to the creation that each entity may become aware of in its movements, so that it may blend its movements with the great dance of the One Creator that exists in each moment, and each experience. So, each entity so dancing or moving or vibrating its vocal cords, or chanting in any manner whatsoever may be deemed proper, is also utilizing another path to the One Creator.

你已经描述的那种类型的体验在让心智为了一个心智为了一个特定的目的而聚焦起来的冥想性的状态是有共同之处的。在大多数冥想状态中的目的是与太一造物者的合一。在为了完成具有一定属性的运动而让心智聚焦起来的方面, 它的目的, 如我们对它的理解一样, 同样是表达与这样运动的实体与太一造物者用一定的旋律移动的能力合一的机会, 这种旋律就是当造物者创造出你们知晓为太一造物的事物的时候移动的旋律了。每一个实体在它的运动中都可以察觉到一种造物的旋律, 这样它就可以将它的运动与太一造物者的伟大的舞蹈混合在一起了, 造物者是存在于每一刻与每一个体验之中的。因此, 每一个这样的舞蹈, 或者运动, 或者振动它的声带, 或者用无论什么任何可以被认为是合适的方式吟唱的实体, 就同样也是在利用另一条道路通往太一造物者了。

Each of these means of experiencing the Creator may be seen as likened to the spokes of a wheel which all lead to the center, so that the wheel turns in a balanced fashion, allowing the traveler of each spoke to become aware of the

One within all, as it practices the meditation, the chanting, or the dance.
这些体验造物者的途径中的每一条途径，都可以被视为是好比一个轮子的辐条，所有的辐条都导向中心，这样轮子就可以用一种平衡的方式转动，同时允许每一个辐条上的旅行者，当它在练习冥想，诵咒，或者舞蹈的时候，都察觉到在万物之中的太一。

Is there another query, or a further query, my brother?
我的兄弟，有另一个问题吗，或者有一个进一步的问题吗？

Austin: No, thank you, that was an accurate assessment of my question.
Austin: 没有了，感谢你们，那是对我的问题的一个准确的评价。

Q'uo: I am Q'uo, and we thank you once again, my brother. Is there another query at this time?
Q'uo: 我是 Q'uo，我们再一次感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: I want to build off something Austin said, and focus on meditation, and focus on focusing itself. Ra describes that the Logos, or the Second Distortion, is a focusing of infinity. This act of focusing is what brings intelligent energy into manifestation and creates the Logos. Is there a connection between the focusing of infinity that creates the Logos, and the focusing necessary in the practice of meditation that brings stillness, silence, and eventually deep absorption and unity with the Creator?

Gary: 我想要在 Austin 说过的某个事情上进行建造，并聚焦在冥想上，聚焦在聚焦其自身上。Ra 描述了理则，或者第二变貌，是一种对无限的聚焦。这种聚焦的行动是将智能能量带入到显化中，并创造出理则的事物。在对创造了理则的对无限的聚焦，和在冥想练习中需要的那种会带来平静，静默，并最终带来深入的专注以及与造物者的合一的聚焦之间有一种关联吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The focus that is achieved by the Logos is a focus which is multi-faceted, in that it is a forming of the intelligent energy of the One Creator into various forms that you see in your night sky as the stars the galaxies, the creation of the One expressed through each Logos. It is each Logos's choice to focus this intelligent energy in any fashion which is in keeping with the desire of the One Creator to know Itself through the creation in each form of intelligence that partakes of the one creation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。被理则所取得的那种聚焦，是一种由多个面向的聚焦，因为它是一种将太一造物者的智能能量塑造成为各种各样的你们在你们的夜空中视为是星辰、星系、以及通过每一个理则表达的太一的造物的形式。每一个理则的选择就是将这种智能能量用任何与太一造物者，通过造物，通过在每一个参与到了太一造物的具有智能的形式中，去知晓祂自己的渴望相一致的方式聚焦起来。

Thus, there is the expression of a kind of rhythm that those of Ra speak of as if it were the beating of a giant heart so that it is the movement of energies that

are intelligent outward into the infinite realms of the one creation, and yet, at the same time, move backward in a type of inhalation that balances the exhalation so that you might see the Logos of each galaxy as being the quintessential meditator as it is giving and receiving that which it is: intelligent energy, the unity of the One potentiated into action.

因此，会有对 Ra 谈及的一种类型的旋律的表达，就好像它是一颗巨大的心的跳动一样，这样，向外进入到太一造物的无限的领域中的事物就是具有智能的能量的运动了，而同时，这种能量会通过一种类型的吸入向后移动，它会平衡那种呼出，这样你们就可以将每一个星系的理则都视为是典型性的冥想者，当它在给予并接收其之所是的时候，其之所是即智能能量，被赋能形成行动的与太一的统一。

Thus, each individual entity within your third-density illusion is also a Logos in miniature, shall we say, that seeks the One from within its own being, and yet seeks it also outside of itself so that there is a balance between that which is seen outside the self and that which is seen inside the self in the meditative state, thus achieving the equivalent of the beating of the giant heart within the microcosmic self.

因此，在你们的第三密度的幻象中的每一个个体的实体同样也是一个，容我说，微缩的理则，它会从它自己的存有内部寻求太一，而同样也从自我的外部寻求它，这样在从自我外部被看到的事物和在冥想状态中在自我内部被看到的事物之间的一种平衡，并因此取得等同于在那个微观的自我内在之中的那个巨大的心的跳动的事物了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Yeah, I do have a follow-up. So, I was following your line of thought that describes the mind/body/spirit complex as a Logos in miniature who is participating in that giant beating of the heart by seeing all outside the self and all within the self as the Creator. Could you speak specifically to what role focusing plays in the mind/body/spirit complex? And is there any way to elaborate on how that connects to the Logos itself, the Second Distortion Logos?

Gary: 是的，我确实有一个后续问题。因此，我正在跟随你们将心/身/灵复合体描绘为一个微缩的理则的想法的线路，这个微缩的理则藉由将在自我外部的所有的事物，以及在自我内部的所有事物都视为是造物者而参与到那颗心的巨大的跳动中。你们能够特别谈谈在心/身/灵复合体中，这种聚焦所扮演的角色是什么吗？有任何方式来阐述，那是如何与理则其自身，与第二变貌的理则联系在一起的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The focusing of both the Logos and the third-density mind/body/spirit complex is a gathering and pinpointing, or focusing, of energies for a specific purpose, rather than allowing the energies to be freely floating, shall we say, to be expressing in a non-directed manner.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。同时聚焦于理则和第三密

度的心/身/灵复合体是一种收集与精确定位，或者为了特定的目的而对能量进行聚焦，而是不允许能量，容我们说，自由地漂流，以用一种没有方向的方式进行表达。

Feeling the free will choice of all beingness to move as it will, each entity within your third-density illusion, and the Logos of each galaxy, then takes this energy within its own being, macrocosmic or microcosmic, and makes of it a kind of magnifying glass, so that it may be utilized in a productive or creative or information-producing manner. It may be producing, shall we say, work of a metaphysical nature. It is the harnessing of these diverse energies that move in what seems to be an undirected manner and directing them so that there may be a kind of work accomplished, both by the individual mind/body/spirit complex within your third-density illusion, and by the Logos of any particular galaxy in the infinite universe, thus each is connected to the other through the ability to focus these seeming undirected energies of intelligent infinity.

在每一个实体感觉所有的存在性对它如其所愿地移动的自由意志的选择的时候，在你们的第三密度的幻象中以及在每一个星系的理则中的每一个实体，接下来就会在它自己的存有——要么是宏观的，要么是微观的——之中使用过这种能量，并将它制成一种类型的放大镜，这样，它就可以用一种多产的，或者有创造性的，或者产生出信息的方式被利用。它可以成为具有一种形而上学的特性的，容我们说，生产性的工作。它就是将这些用看起来似乎是一种没有指向的方式移动的形形色色的能量套上马具并指引它们的方向，这样，就可能会有一种工作，同时是被在你们的第三密度的幻象中的心/身/灵复合体，与被在无限宇宙中的任何特定的星系的理则完成，这样，每一个实体就都通过聚焦这些看似没有指向的智能无线的能量的能力而与其他实体联系在一起了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Very illuminating. Thank you. A quick follow-up, and then if you the instrument has energy, K has a question. This act of focusing as you are describing it, is this connected to why Ra describes the path of the adept as that being a straight and narrow path?

Gary: 非常令人启发。谢谢你们。一个快速的后续问题，接下来，如果你们和器皿拥有能量的话，K 有一个问题。这种聚焦的行动，如你们正在对它的描述一样，这是与为什么 Ra 将行家的道路描绘为一条狭长的道路的原因吗？

Q'uo: I am Q'uo and am aware of your query, my brother. And this is the simple answer, and that is yes.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。简单的回答是，是的。

Is there a final query at this time?
在此刻有一个最后的问题吗？

K: Thank you, Q'uo. I would like to ask about, or make a query about, from what you can comment on, or if they're both individually and collectively, of

our progress as entities working toward opening our hearts, toward greater compassion and understanding over these past few months and few years.

K: 谢谢你们, Q'uo。我想要询问, 或者说提出一个问题, 它是关于, 根据你们能够对评论的内容的, 我们作为朝向开放我们的心, 朝向对这过去几个月与几年的更大的同情与理解进行工作实体的进展, 如果它们同时是个体性地与集体性地进展的话。

It seems to me that we have in the midst of much turmoil collectively there might be some opening for greater love and understanding coming in because of a displacement of energies that have been, for example rigidly oppositional or fixed in their thoughts or stances, and that perhaps if great change has happened collectively in our populations that it makes room for compassion and love and understanding to come in, and it sounds paradoxical, but I'm wondering if you could comment upon the increase, the awareness that is increasing, of the need to be more loving and compassionate, and if this is actually going on?

在我看起来似乎是, 我们集体性地是处于大量的混乱之中的, 可能会有某种对更大的爱与理解的开放会因为一种已经, 举个例子, 在它们的思想或者态度中成为了顽固地对立的, 或者是固化的能量的错位而进入, 也许如果巨大的改变已经在我们的人群中集体性地发生了, 以至于它腾出空间让同情、爱与理解的进入, 这听起来是悖论的, 但是我想要知道, 是否你们能够对成为更加有爱且更有同情心的需要的增加, 那种正在增加的认识进行评论呢, 是否这实际上是在发生的呢?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, the state of consciousness, shall we say, of many upon your planet at this time has benefited greatly by the disharmonies that have been so rampant and easily apparent as time has progressed through your recent decades. There has been much of darkness, much of disharmony, and yet within the darkness and the disharmony lie the opportunity for resolution of the darkness and disharmony by those whose hearts are open and who feel the desire to serve the One. [Those of this type] work as assiduously as possible to find solutions, both within the self, within the community, and within the larger world about it, so that those areas that are dark and disharmonious might find light shined into them by the attention of those with open hearts who are willing and able to give of themselves in a manner which inspires others to do likewise. [In this way] that there is a kind of momentum of consciousness that begins to grow stronger and stronger within various segments of each population in each country of your planetary consciousness.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 在此刻在你们星球上很多人的, 容我们说, 意识的状态, 已经因为在你们最近的几十年时间中已经随着时间的发展而如此猖獗一时且显而易见的的不和谐而极大地受益了。已经有大量的黑暗, 大量的不和谐, 而在黑暗与不和谐中存在有机会, 让那些其心是开放的, 并感觉到了去服务太一的渴望的实体去化解黑暗与不和谐。那些属于这种类型的实体会尽可能勤勉地工作, 以同时在自我内在之中, 在团体之中, 以及在它周围的更大的世界之中找到解决方案, 这样, 那些黑暗与不和谐的区域就可能发现, 藉由那些其心是开放的, 并乐于且能够用一种会启发其他人去一样地做的

方法来给予它们自己的实体的注意，光被照耀进入到它们之中了。用这种方式，会有一种类型的意识的动量，它会开始在属于你们星球意识的每一个国家中的每一个人群的各种各样的部分中变得越来越更加强有力了。

These entities with the open hearts and the desire to find solutions to difficulties are becoming more and more numerous as there is a kind of communication setting up from heart to heart and making available a type of avenue of expression of awareness so that the light of common human consciousness grows brighter and brighter to reveal the difficulties, their sources and their solutions. This is a process which is gaining more and more momentum at this time, and which gives us who that exist in the inner realms great hope and inspiration as we observe the possibilities of your planetary consciousness becoming such as to become able to move into the fourth-density of love and understanding with a greater number of entities thus being able to participate in this harvesting period.

这些实体，带着开放的心以及去找到对困难的解决方案的渴望，正在变得越来越更加众多，因为会有一种类型的沟通交流正在从心到心地被设置好，并可以为一种类型的对认识的表达的途径所利用，这样，共同的人类意识的光就可以变得越来越更加明亮，以揭露出困难，它们的源头以及它们的解决方案。这是一个在此刻正在取得越来越多的动量的过程，这个过程给予了我们这些存在于内在的领域中的实体巨大的希望与启发，因为我们观察你们的星球意识的可能性正在变成这样子，以至于能够带着一个更大数量的因此能够参与到这个收割的时期的实体进入到爱与理解的第四密度了。

At this time, we shall take our leave of this instrument, as it is becoming somewhat fatigued. We thank each present once again for the opportunity to join your group and to experience the love and appreciation that each of you has for the other and for the opportunities of being alive in this world today, and being able to move in a fashion that serves the one in all at all times. We are known to you as those of Q'uo. We leave each in the love and in the light of the One Infinite Creator. Adonai vasu borragus

在此刻，我们将离开这个器皿，因为它正在变得多少有些疲倦了。我们再一次为加入你们的团体并体验到你们每一个人对其他人拥有的爱与感激的机会，为今天活在这个世界上，并能够用一种在所有的时候都服务于在万物之中的太一的方式来移动的机会而感谢每一位在场的人。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开各位。Adonai vasu borragus。

[1] Ra: There is always some difficulty in penetrating blue primary energy for it requires that which your people have in great paucity; that is, honesty. Blue ray is the ray of free communication with self and with other-self. – 48.7

[1]Ra: 再次穿蓝色主要能量的过程中一直都会有某种困难，因为它需要你们的人群极其缺少的事物，那就是诚实。蓝色光芒是与自我，与其他自我的自由的沟通交流。——48.7

Practice Channeling Circle

April 17, 2019

2019-04-17 传讯练习：参与到第四密度的诞生

Group topic: How can we participate in the birth of fourth density?

团体主题：我们如何才能参与到第四密度的诞生之中呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you through this instrument at this time. We are with you once again with great joy to be asked to join your group. We find much of meaning in our interaction with you, for as you question an area, such as you do tonight, we are able to share that which comes through us to you, and through you, to us. We exchange the energies of being, and we are very grateful for this exchange, for it is another aspect of the One that you share with us, and we with you. As always, we ask the simple favor that you take the words that we share and use them however you wish, leaving behind any that have no meaning for you at this time. This is the means by which we may speak freely, and we thank you for this favor as always.

我是 Q'uo，我通过这个器皿在此刻向你们各位致意。我们再一次带着对被请求加入你们的团体的巨大的喜悦而与你们在一起。我们在我们与你们之间的互动中找到了大量的意义，因为当你们询问一个区域的时候，诸如和你们今晚做的事情一样，我们就能够分享通过我们流向你们的事物，以及通过你们流向我们的事物了。我们交换了存有的能量，我们对这种交换是非常感激的，因为你们与我们分享的，我们与你们分享的，是太一的另一个面向。一如既往，我们会请求一个简单的恩惠，那就是你们拿起我们分享的话语，用无论什么你们希望的方式来使用它们，将任何在此刻对你们没有意义的内容都丢弃掉。这就是我们藉由其可以自由发言的途径了，我们一如既往为这个恩惠而感谢你们。

Your topic this evening is one which is most dear to us as well as it is to each seeker of truth upon your planet, for the ability to perceive the energies of love and understanding is an ability which is spreading far and wide among the seekers of truth upon your planet. There is much of difficulty and trauma occurring now for many people, if not for all people upon your planet, for confusion seems to reign supreme, and division is a means by which people act and see each other, and discord seems to be so common as to be easily recognized within every seeking soul and all those who do not seek consciously as well.

你们今晚的主题对我们是一个极其喜爱的主题，如同它对在你们的星球上的每一个真理的寻求者都是一个极其心爱的主题一样，因为去感受爱与理解的能量的能力，是一种在你们的星球上的真理的寻求者当中传播得很远很广的能力。对于很多人，如果不是对在你们的星球上的所有人的话，现在会有大量的困难与创伤正在发生，因为混淆看起来似乎占上风的，分裂是人们藉由其对相互彼此行动与看待相互彼此的一种手段，不和看起来似乎如此之平常，以至于在每一个寻求的灵魂，以及所有那些并未同样有意识地寻求的人内在之中，这种不和会轻易地被认

出。

Within this type of an environment, it is often the case that those who do indeed consciously wish to be of service to others, and to share the vibrations of love and understanding, find the means to do so, for there are many opportunities to be of service now. You cannot pass through any particular day without becoming aware of someone, or something, or some group that has a need that you may play a part in fulfilling. It may be something small—the giving of a direction; something larger, the working for a moment or two to make something work that has failed to function; or something even greater than that [such as] dedicating your time and energies to being of a particular service to another entity that is in greater need.

在这种类型的一种环境中，经常会出现的情况是，那些确实有意识地希望服务他人，并分享那些具有爱与理解的振动的人，会找到途径来这样做，因为现在会有很多的机会来进行服务。你们是无法在不察觉到某个人，某个事情，或者某个团体是拥有一种你也许可以在对其满足的方面扮演一个角色的需要的情况下就穿越任何特定的日子。它可能是某种小事情——给予一个指引，它可能是某种更大的事情，进行一会儿的工作来让某个无法正常运转的事情工作，或者某种比诸如将你们的时间和能量奉献给成为对另一个有更大的需要的实体的一种特定的服务之类的事情甚至更大的事情。

There is opportunity around every corner that you may take note of and lend your services to by opening your heart, by sharing a smile, by speaking a word of encouragement. The list is endless, my friends. There is so much that may be done by anyone who wishes consciously and sincerely to be of service as a way of being at all times, for it is not just a particular portion of your day in which you may exercise a service. If you have the desire within your heart and within your mind to offer yourself however it is helpful, then you will attract unto yourself even more opportunities and find that your path becomes accelerated and illuminated, as a matter of fact, illuminated in the love and the light of the One who shines forth in all. As you speak to that One, you find the One speaking back to you and the words are always encouraging. They are always a reminder that that One is within you and more than that, you are that One. All are that One. This is the great challenge, my friends, and it is one which we find each here quite willing to undertake.

在每一个拐角处都会有机会是你们可以注意到，并藉由开放你们的心，藉由分享一个笑容，藉由说出一个鼓励的话语来给出你们的服务的。我的朋友们，这个列表是没有尽头的。对于任何有意识地且真诚地希望进行服务，作为在所有的的时候的存在的方式的人，会有如此多的事情是它可以去做的，因为你们可以在其中实践一种服务的时间并不仅仅是你们的一天中的一个特定的部分。如果你在你们的心中，在你的心智中拥有渴望去用无论什么有帮助的方式来奉献你自己，接下来，你就会将甚至更多的机会吸引到你身上，并发现你的道路被加速并被照亮了，且作为一个事实，是在太一的爱与光中被照亮的，太一是在万物之中闪耀的。在你那个太一说话的时候，你会发现太一正在反过来对你说话，话语一直都是令人鼓励的。它们一直都会提醒，太一是在你内在之中的，比这更重要的是，你就是那个太一。一切事物都是那个太一。我的朋友们，这就是伟大的挑战，它是我们

发现每一个在这里的人都相当乐意于去承担的挑战。

At this time, we would transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo, and we greet this group again through this instrument, and we would continue our message on the welcoming of the fourth density energies by speaking to the individual soul embarked upon the quest of seeking truth in an illusion. And [as] that illusion begins to fray at the seams, so to speak, becoming thinner, becoming, as this instrument noticed in the rug earlier, threadbare. That which had been formerly so solid begins to show its age, showing wear and tear, perhaps reaching the end of its use. That is something of the situation that the individual entity finds itself as third density ends and fourth density dawns.

我们是你们知晓的 Q'uo 原则。我们通过这个器皿再一次向这个团体致意，我们会就有谈及在一个幻象中开始着手进行对真理的追寻的个体的灵魂而继续我们关于欢迎第四密度的能量的信息。当那个幻象开始摩擦，可以说是，接缝处，同时变得更薄，变得，如这个器皿在早些时候在小块地毯上注意到的一样，破旧得露出线头的时候，在之前曾经是如此坚固的事物就开始显露出它的年龄，显露出破损与绽线的地方，也许正在抵达它的使用的尽头了。那就是个体的实体会在第三密度终点与第四密度的黎明处会发现它自己处于其中的情况中的某个事情了。

The illusion is nearing the end of its usefulness for the seeker upon the journey, but that terminus is not yet reached; not that we intend to convey any prophesy [in] the error of dating or predicting dates, rather we wish only to convey that there is still great work to do here in the environment, however much it may be transitioning, and that work is ever as it always is, upon the recognition of the One through the melting, boundary-dissolving energy of love-without-condition; for the seeker wishes to awaken from a dream, wherein all seemed to be separate and discrete, to the reality that had never not been true, that being that the self and all things had been One all along.

幻象正在接近它对于在旅程上的寻求者的有用性的终点，但是，那个终点站尚未被抵达，我们并不是打算要通告任何的预言的日期或者预测的日期的错误，毋宁说，我们仅仅希望传到，在这里在环境中仍旧有巨大的工作要进行，无论环境可能是怎样地转变，那个工作一直都是如同它一直都是的一样，那个工作就是通过无条件的爱的消融性的，溶解边界的能量来认出太一，因为寻求者希望从一个梦境中醒来，觉醒于实相，觉醒于存在，在那个梦境中，所有的事物看起来似乎都是分离的，而那个实相从未不是真实的，那个存在即，自我与所有的事物都是一体的。

And while this instrument appreciates our thoughts, he asks regarding fourth density specifically, and the participating and the birth of that density on your

planet at this time, and to those interested in consciously serving in this way, we would circle back to speaking of love with extra emphasis, perhaps, for this instrument, that love is the means whereby fourth density is born.

尽管这个器皿感激我们的想法，他具体地询问关于第四密度，关于参与到在此刻在你们的星球上的第四密度的诞生，对于那些有兴趣有意识地用这种方式来服务的人，我们会绕一圈回来谈及爱，也许是带着为这个器皿的额外的强调，那种爱就是第四密度藉由其被诞生出来的途径了。

Ra described love as a melting influence because it dissolves the conceptual boundaries that seem to wall off one thing from another thing. In fourth density, those conceptual boundaries have been overcome, shall we say, by the active presence of love being lived, experience of love, the meeting with the other self in the communion of love. The more that you can bring that into your daily lives [which are] dictated by the calendar and the tasks and the interpersonal dynamics, the more that your environment itself receives that love and begins to transform to hold or anchor that love ever more strongly and purely, the more that the Earth itself resonates to that frequency and is given—this instrument struggles, this instrument doubts how well it is transmitting our thoughts when he says that it is the Earth that is given a power to break through the third-density shell and its fourth-density form, thanks to those who tap into the frequency of love upon its surface.

Ra 将爱描述为一种融化性的影响，因为它会让观念性的边界分解，这些观念性的边界看起来似乎将一个事物与另一个事物用墙壁隔离开了。在第四密度，那些观念性的变化已经被那种被活出的爱的积极的存在，爱的体验，以及在爱的亲密交流中与其他自我的相遇而，容我说，超越了。你能够将越多的爱带入到你的那种被日历、人物与人际关系的动力性所支配的日常生活中，你的环境其自身就会接收到越多的那种爱，并开始转变，以越来越更加强有力而纯净地容纳那种爱，或者将其固定下来，地球其自身就会更多地与那种频率共鸣，并被赋予——这个器皿在挣扎，它怀疑如果这样说，它在传递我们的想法的方面是不是做得很好的——感谢那些接入到了在地球表面上的爱的频率的实体，地球是被给予了一种力量来冲破第三密度的外壳以及它的第四密度的形式的。

Though technique may enhance this activity, it is really as simple as loving and the qualities that you associate with love, the compassion, the kindness, the concern for the welfare of others, the selfless service for the betterment and upliftment of the other, the, as we were speaking to the instrument known as Jim, the seeing not the personality of others, certainly recognizing that, but seeing through the personality to the One underneath.

尽管技巧可能会增强这个活动，它真的是和爱，以及那些你与爱建立关联的特性一样简单的，那些特性即同情心、仁慈、对其他人的福祉的关心、为了其他人的改善与提升的无私的服务，如我们之前对被知晓为 Jim 的器皿说的一样，不去看其他人的人格，肯定地认出那种人格，但却看穿那种人格，看到在其下的太一。

This instrument asks that we now transfer this contact to the one known as Austin.

这个器皿请求，我们现在将这个接触转移到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

We are Q'uo and we are with this instrument. We emphasize so much the concept of love in regards to the question that you pose because, as this group is well aware, the fourth density is the density of love. This love, as it has been conceived of upon your plane, is but a fraction of the reality of what is made available by the onset of fourth-density vibrations, and, indeed, it is here, my friends. And that which is available to you now is much greater than it has been throughout the entirety of your people's third-density existence.

我们是 Q'uo，我们与这个器皿在一起了。我们在关于你们提出的问题的方面如此之大地强调爱的观念，因为，如这个团体清楚地知晓的一样，第四密度是一个爱的密度。这种爱，如同它已经在你们的层面上被的构想的一样，仅仅是在第四密度的振动开始之前可供利用的事物的实相的一个碎片，确实，我的朋友们，这种爱已经在这里了。现在可以为你们所利用的事情，是比贯穿你们人类的整个第三密度的存在性已经可以为你们所利用的事情，要远远大得多的。

However, the nature of third density is deeply engrained in the concept of illusion, and this illusion is quite persistent in the minds of individuals, groups, cultures, and, indeed, the entirety of your planet. This illusion persists through patterns of thought and conceptualizations, those which were only made possible through the perception of individuals as distinct and separate from one another, and from the Earth, and from the universe itself. So the persistence of these patterns to the present day shields your perception from that which is fully available should you, as a people, choose to see it.

然而，第三密度的属性是深深地根植于幻象的观念之中的，这个幻象在个体、团体、文化，确实你们整个星球的心智中都是相当持久的。这个幻象通过想法与观念化作用的模式继续存在，那些模式仅仅是通过个体是与相互彼此，与地球，与宇宙其自身是分开且分离的知觉，才会成为有可能的。因此，这些继续存在直至今日的模式，会让你的知觉与那种，如果你，作为一个人，选择去看到它，就完全可供利用的事物隔离开。

So, to speak to the question of how you as seekers of love and truth may participate in the unveiling of this new reality, we suggest that you look to those patterns, those systems, those conceptualizations within your lives from the smallest to the greatest in scale, and question in what capacity is love brought to bear within those patterns. As you perform this examination, you may find that, indeed, upon your planet there exists a great tangle of intricate and interlocking systems on all levels of society in which consideration for the love which binds all peoples and all things in the universe is notably absent. This recognition is a necessary foundation upon which the revelation of the density of love may be brought forth, for at this time, bringing the perception and the light of love into systems which are so engrained in your lives and upon your planet yields a power of transformation which was previously unavailable throughout the ages of your third density.

因此, 要谈及你们作为爱与真理的寻求者如何才能参与到对这个新的实相的揭露之中, 我们会建议, 你们在你们的生命中检查那些模式, 那些系统, 那些观念化的作用, 在尺度上从最小的到最大的, 并询问, 通过什么方式爱会在这些模式中被产生出来。当你们进行这种检查的时候, 你们看可能会发现, 确实, 在你们的星球上在所有的社会的层次上存在有一个复杂与相互纠缠的系统的巨大的缠结, 在其中对那种将在宇宙中的所有人和所有事物连接在一起的爱的考虑是明显地缺少的。这种认识就是对爱的密度的揭露可以在其上被产生出来的一个必须的基础, 因为在此刻, 将对爱的观念以及爱的光带入到在你们的生活中以及在你们的星球上如此根深蒂固的系统中, 会产生出一种转变的力量, 这种力量是贯穿你们全部的第三密度的时代之前都是无法被取得的。

Prior to the onset of fourth-density vibration, love certainly was available to the peoples on your planet. However, that love existed as a faint glimmer in the night sky discernable only to those with the strongest of wills to seek it and to share it. The love that is available to you at this time is as the brightest noon sun with great radiant power beyond what you might imagine in your veiled state.

在第四密度的振动开始之前, 爱肯定是可以为你们的星球上的人群所取得的。然而, 那种爱是如同在夜空中的一个暗淡的微光一样存在的, 它仅仅对那些带有最强有力的意志去寻求它与分享它的人才是可以分辨出开的。在此刻可以为你们所取得的爱, 就如同最为明亮的正午的太阳, 它带带有超出了你们在你们被罩纱遮蔽的状态中可以想象得到的力量的巨大的光照的力量。

So as you set upon the task of discovering where in your lives there are patterns that persist that speak to separation, know that simply perceiving them in the heart and bringing the light of that bright love to bear on them, there exists a deep transformative power. There exists in this transformation a type of creativity and intelligence beyond your capabilities of understanding at this time. Trust, my friends, that the simple radiance of love and awareness may work magic in your realm.

因此, 当你们开始着手进行那个在你们的生命中发现在什么地方会有那些会让谈及了分离的事物持续存在的模式的的任务的时候, 请知晓, 单纯地在心之中去感受那些模式, 并将具有那种明亮的光照耀在其上, 那里就会存在有一种深入的转变性的力量了。在这种转变之中存在有一种类型的超出了你在此刻的理解的力量的创造性与智能。因此, 我们的朋友们, 对爱与察觉的简单的照耀就可以在你的领域中进行魔法的工作了。

At this time we return the contact to the one known as Gary, to continue speaking on this important topic.

在此刻, 我们会将这个接触返回到被知晓为 Gary 的实体, 以继续在这个重要的主题上发言。

(Gary channeling)

(Gary 传讯)

We are those known to you, as if you needed the reintroduction, as Q'uo, and

we thank this instrument for the opportunity to take him for a spin again, for practice he could use. We continue to speak about that magical potential of love as we were describing through the one known as Austin. As we had said through that instrument, this love is brought to bear on the various aspects of self and society by the self. The fourth density, while a function of your planetary sphere entering a new vibration at a scheduled time, is also not something imposed upon a world, but is that which the world welcomes and births by its intentions, attitudes, vibration, or state of being.

就好像你们需要重新介绍一样地，我们是你们知晓的 Q'uo，我们为再一次将这个器皿当作一个他能够用来练习的陀螺的机会而感谢这个器皿。我们继续谈及爱的魔法的潜能，如我们正在通过被知晓为 Austin 的实体描述的一样。如我们已经通过这个器皿说过的一样，这种爱是被自我施加到自我与社会的各种各样的面向上的。尽管第四密度是你们的星球在按照一个预定的时间计划进入到一个新的振动的一种机能，第四密度同样也不是某种被施加在一个世界上的事物，而是世界欢迎，并会藉由其意图、态度、振动或者存有的状态而生下来的事物。

This connects to why those of Ra described your peoples as retarding the process, for it is through your own focuses that these higher energies are channeled or directed to that which is waiting to be uplifted. [It is] almost as if your society and the selves within your society live in a darkness, a darkened environment, a cave, and await the light to illuminate the true nature of that which is in the darkened environment, so it is that you grasp that sun as we were previously describing through the one known as Austin, and direct that light toward the upgrade of self and civilization. And as those aspects formerly hidden from the light come into the light, they are transformed—transformed by revealing something closer to their true nature, transformed by becoming aligned toward the, shall we say, values of fourth density.

这与为什么 Ra 将你们的人群描述为是在妨碍这个过程的原因联系起来，因为就是通过你们自己的聚焦，这些更高的能量才会被传送或者被指引到了正在等待着被提升起来的事物上。它几乎就好像是你们的自我是在生活在一种黑暗中，一种阴暗的环境中，一个洞穴中，并等待着光照亮在那个阴暗的话你就能够中的事物的真实的属性，这样，恰恰正是你们掌握着我们之前正在通过被知晓为 Austin 的实体描述的那个太阳，并将那种光倒向对自我与文明的升级了。当之前对光被隐藏起来的那些面向进入到光之中的时候，它们就会被转变了——藉由揭露某个更加接近于它们的真实的属性的事物而被转变，藉由与第四密度的，容我们说，价值对齐而被转变。

As the author enjoyed by those in this room, the one known as Charles Eisenstein, describes the institutions that presently serve energies of separation or enslavement, or disempowerment, or war even, can, through this process of bringing love where it was not before, be transformed into institutions and energies that serve the community that beautify self and other, and world, [and] that allow the gem that is your planet to lose the dull luster from years of anger, mistreatment of each other, and instead become that which reflects the solar Logos, and the light of the Creator in a way which

dazzles the eye, in a way which becomes a diamond in the continuum of space and time.

如同在这个房间中的人喜欢的作者，那个被知晓为 Charles Eisenstein 的实体描述的一样，那些当前服务于分离、或者奴役、或者失去力量，或者甚至是战斗的能量的机构，通过这个在之前没有爱的位置带来爱的过程，是能够被转变为服务于让自我、其他人以及世界变得美好的团体的机构与能量的，它们会允许你们的星球之所是的那个丢下来来自于常年的对相互彼此的愤怒与虐待的暗淡的光泽，并成为用这样一种会让眼睛感到目眩，并在时间和空间的连续体中成为了一颗钻石的方式映射出了太阳的理则，那种造物者之光的事物。

This is your work now, our friends. We empathize with how grueling it can at times seem, how much weight bears upon the shoulders, how much pressure pushes in upon the self, but we assure you that you exist at this time because you are capable of the work of carrying the load. You were called to this work. Your life here is an elegant, though also . . . this instrument looks for a synonym to sloppiness and foolish mistake and bumbling, there may be the word . . . we continue in closing, by saying your presence here at this time is that answer to that call.

这就是你们现在的工作了，我的朋友们。我们会强调，它时常能够看起来似乎是多么地令人筋疲力尽，在肩膀上的重量是多么沉重，推挤自我的压力是多么巨大，但是，我们向你们保证，你们在此刻存在，是因为你们是有能力进行承担起重担的工作的。你们是被呼唤到这个工作上的。你们在这里的生命是一个优雅的，尽管同样也是.....这个器皿寻找一个邋遢，愚蠢的错误，跌跌撞撞的同义词，可能会有这个词语.....我们继续，我们这样说来总结，你们在此刻在这里的存在，就是对那种呼唤的回应了。

This instrument is reminded again, of the one known as Eisenstein when he encouraged the circle of seeking [1] to be your gift, live your gift, share your gift, and you will be contributing that which is yours to contribute to the whole .

这个器皿再一次被想到了被知晓为 Eisenstein 的实体，当他鼓励“寻求的圈子”[1]成为你的礼物，活出你的礼物，并分享你的礼物的时候，你将会做出你要为整体做出的贡献。

We thank this instrument for the second round, and we now transfer our contact to the one known as Austin, that we, through him, may respond to individual queries if there are any. We are those known to you as Q'uo.

我们第二次感谢这个器皿，我们现在将我们的接触转移到被知晓为 Austin 的实体，这样我们就可以通过他来回应个体的问题了，如果有任何问题的话。我们是你们知晓的 Q'uo

(Austin channeling)

(Austin 传讯)

We are Q'uo and we are with this instrument. Before turning to the group to take further queries, we sense a pressing concern on this instrument's mind

regarding the process of channeling our thoughts that we wish to address. This concern is the perception that many concepts, ideas, and words, feel as though they are left behind, and this instrument is left with a feeling of loss, or inadequacy in the attempt to speak our thoughts with the fullest integrity and highest intention with which he perceives them.

我们是 Q'uo, 我们与这个器皿在一起了。在我们转向团体来接收更进一步的问题之前, 我们感觉到在这个器皿的头脑中在关于传讯我们希望讲述的我们的想法的过程的方面有一种压迫性的关注。这种关注是很多的观念、想法、词语, 感觉起来就好像它们是被丢弃掉了的感觉, 这个器皿被留下了一种失落的感觉, 或者在尝试去用最大的完整性与他藉由其感觉到我们的想法的最高的意图来说出我们的想法的尝试中有一种不充分的感觉。

We encourage this instrument, and all instruments attempting this service, to view the stream of thoughts as we present them to you as a sort of fractal. Upon perceiving this fractal of thoughts, there is an initial image, if you will, of what may be presented through the channeling process, and as that process unfolds, further images appear and various paths are made potential through this unfolding. Due to the limitations of the illusion through which we dance with you, there will always be the leaving behind of potentials, for the potential of our sharing with you, as the potential of all creation, is infinite, and yet as is the way of this illusion, there must be a focus. We suggest to this instrument that it may find a more satisfactory flow through the spiraling fractal as its focus through the process of channeling our thoughts continues to strengthen, and as practice with us in this process continues.

我们鼓励这个器皿以及所有其他的正在尝试去服务的实体, 将我们呈现给它们的想法的溪流视为是一种类型的分形 (fractal)。在感觉到这个想法的分形的时候, 会有可以通过传讯的过程被呈现出来的内容的一个初始的图像, 如果你们希望这样说的话, 当那个过程展开的时候, 更进一步的图像会出现, 各种各样的道路会通过这种展开而成为潜在可能的。犹豫我们通过其与你们一同舞蹈的幻象的限制, 将会一直都有被丢弃掉的潜能, 因为我们与你们的分享的潜能, 如同所有的造物的潜能一样, 是无限的, 而如同这个幻象的方式一样, 必定会有一种聚焦。我们对这个器皿建议, 他可以通过螺旋的分形找到一种更大的满意的流动, 随着它通过传讯我们的想法的过程的聚焦继续强化, 随着在这个过程中与我们一起的练习继续进行。

At this time, we ask if there are any questions that we may address?

在此刻, 我们会询问, 是否有任何我们可以讲述的问题?

Gary: Q'uo, when climbing a great mountain, as one ascends, the resources like oxygen, like supplies, become less, and the effort becomes harder, more taxing, the margin for error narrows and ever more will and faith are needed. Does this map on to the path of the adept as metaphor in any way?

Gary: Q'uo, 当攀登一座大山的时候, 随着一个人上升, 类似氧气, 类似补给之类的资源将会变少, 努力会变得更加辛苦, 更加费力, 错误的边缘会变窄, 越来越多的意志与信心会被需要。这用任何方式作为比喻描绘了通往行家的道路的地图吗?

Q'uo: I am Q'uo, and we are aware of your query, my brother. Indeed, the analogy may be made and connections may be drawn, as many things in your reality have symbolic significance from the physical limitations and explorations to those of the mind and the spirit. You speak in your question about the increasing difficulty as the individual ascends up the mountain, and we suggest that the analogy may be viewed in terms of a prolonged view of that ascent. Indeed, if one ascends with great enthusiasm and naïve desire without consideration for the environment in which one is entering, difficulties arise and the lessons become harsh.

Q'uo: 我是 Q'uo, 我们了解了你的问题, 我的兄弟。确实, 那个比喻可以被做出, 关联可以被建立, 如同在你们的实相中很多事情都拥有从物质性限制性与探索到那些属于心智与灵性的事物的象征性的意义一样。你在你的问题中谈及了随着个体登山会逐渐增加的困难, 我们会建议, 这个比喻可以从一个对那种上升的延伸性的视角被观察。确实, 如果一个人是带着巨大的热情和天真的渴望来登山, 而却没有考虑到一个人正在进入到其中的环境, 困难会增加, 课程会变得严苛了。

It is a similar path that the spiritual seeker finds itself upon [when they embark for the journey] with great enthusiasm. We have observed many seekers dive head first into the waters of the unconscious and take upon them the explorations of magic, but being unaware of the challenges and risks involved for the unprepared [in] these environments, the lessons, too, are harsh.

它是一条与灵性的寻求者, 在它们带着巨大的热情踏上旅程的时候, 发现它自己处于其上的道路相似的道路。我们已经观察到很多的寻求者首先一头扎进了无意识的水域之中, 让它们开始进行对魔法的探索, 但却并未察觉到被包含在其中的挑战与风险, 对于没有准备好寻求者, 这些环境与课程同样也会变得严苛了。

However, we understand and ourselves relate to such enthusiasm found in the mountain climber, and the so-called neophyte, and do not wish to discourage or quell the so-called naivety, as this quality brings with it its own necessary power. We may only suggest that in embarking on these journeys that the lessons learned are taken to heart, and if done in a disciplined way, such journeys may present stumbles and failures, but a journey is made richer by such experiences.

然而, 我们理解在登山者, 这些所谓的新手身上被发现的这种热情, 并将我们自己与之联系起来, 我们并不希望劝阻或者压制所谓的天真, 因为这种属性在其上是带有它自己所需的力量。我们仅仅建议, 在踏上这些旅程的时候, 要被学习的课程是被带到心之中, 如果课程是用一种受过训练的方式被进行的, 这样的课程可能会出现绊倒与失败, 但是, 一条旅程就是因为这样的体验而变得更加丰富的。

Is there a follow-up to this query, my brother?

我的兄弟, 有对于这个问题的一个后续问题吗?

Gary: Not at this time, thank you Q'uo.

Gary: 在此刻没有了。感谢你们, Q'uo.

Q'uo: I am Q'uo and we thank you, my brother. Is there another question at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Gary: I have one from a reader named R., who says: I have a huge burning question in my mind regarding animal life once Earth fully transitions into a full fourth-density planet. I understand from Ra that human life will not be supported for a while once this happens. My question is, what will happen to all the animals. What will their lives be like? I would love to see some feedback from Q'uo on this subject.

Gary: 我有一个来自一名叫做 R 的读者的问题, 它说, 我在我的头脑中有一个巨大而炽热的问题, 它是关于动物生命的, 一旦地球完全转移成为一个完全的第四密度的行星, 我从 Ra 理解, 一旦这种转换发生了, 人类生命将会在一段时间中不会被支持。我的问题是, 对于所有的动物将会发生什么事情呢? 它们的生命将会是什么样子的? 我想要看看 Q'uo 对这个主题上的某种回应。

Q'uo: I am Q'uo, and we are aware of the query, my brother. This instrument presses us to present a caveat in our response, as, in his perception, the nature of the transition and subsequent qualities of fourth-density reality are heavily debated among those who read our words. This instrument feels his own biases may unduly color our words in response to this query. We acknowledge and appreciate this instrument's conscientiousness, though [we] are enthusiastic to speak about the shift in relationship between those of your second-density realm and the inhabitants of your soon-to-be fourth-density realm, for within your current third-density experience, there is a great schism in understanding of the shared qualities between that of what you might call the natural world and the human world.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。这个器皿将我们推挤到要在我们的回应中提供一个防止误解的声明, 因为在他的观念中, 第四密度的转换的属性以及作为其结果的特性, 在那些阅读我们的话语的人当中是有着激烈的争论的。这个器皿感觉到, 他自己的偏向性可能会在回应这个问题的时候不适当地对我们的话语进行染色。我们承认并感激这个器皿的认真负责, 尽管我们对谈及在那些属于你们的第二密度的领域中的实体与你们很快要成为第四密度的领域的居住者之间的关系中的转换是有热情的, 因为在你们当前的第三密度的体验中, 对你们可能称之为自然的世界与人类的世界之间的被分享的属性的理解的方面, 会有一种巨大的分裂。

Upon your planet the separation between the second density and the third density has resulted in a great amount of suffering and confusion among both densities, and the individuals and groups therein. As the population of your planet transitions into a fourth-density society, these confusions and traumas will be realized in their fullest, for the realization of the Creator that is innate in all beings will be made more and more apparent, thus there will be what might be called a reconciliation, or a healing, and a concerted effort to mend a metaphysical harm that has unfolded.

在你们的星球上，在第二密度和第三密度之间的分离已经同时在两个密度中，以及在其中的个体与团体当中，导致了一种巨大数量的受苦与混淆。随着你们的星球的人群转换进入到一个第四密度的社会，这些混淆与创伤将会充分地被意识到，因为在所有的存有中固有的那种对造物者的领悟将会变得越来越明显，因此，将会由可能被称之为一种和解，或者一种疗愈的事物，以及一种协力的努力将会修复已经展开的一种形而上学的损伤。

This will result in a return to what you may see as a more natural relationship between the human population and all animal and plant population where there is less of control, less of domination, and more allowance of the greatest expression of all beings in your second density sphere.

这将会导致一种对你们可能看起来似乎是一种在全体人群和所有的动物与植物的群体之间的更加自然而然的的关系的事物的回归，在其中会有较少的控制，较少的支配，以及对在你们的第二密度的范围中的所有的存有的最大的表达的更多的允许。

Is there a follow-up to this query, my brother?

我的兄弟，这个问题有一个后续问题吗？

Gary: Yes, I'd like to ask my own now on top of that as long as the instrument still has energy. So, Q'uo, you are saying that fourth-density beings on planet earth will be able to interact with the second-density environment and the plants and animals in that environment?

Gary: 是的，我现在想要在最前面询问我自己的问题，只要这个器皿仍旧有能量的。因此，Q'uo，你们正在说，在行星地球上的第四密度的存有将能够与第二密度的环境以及在那个环境中的植物与动物进行互动？

Q'uo: I am Q'uo and am aware of your query, my brother. This topic is indeed difficult to address in a direct way, for the qualities of experience for what you call the human individual in fourth density are beyond description; and how the fourth-density individual may interact with the planet and the second-density sphere upon it are unique to your understanding of what it means to interact in a physical way. However, we may answer in the affirmative, based on your understanding of what physical interaction may entail, that should the individuals within the fourth-density population wish to have a direct relationship, both in the physical realm and metaphysical realm, with the second-density sphere, it is possible and likely probable that this will be necessary for the healing and reconciliation that we spoke about earlier.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这个主题确实是难以用一种直接的方式来表达的，因为你们称之为人格个体的事物在第四密度中的体验的特性，是超出了描述所及的范围的，第四密度的个体是如何与星球，以及在星球上的植物与动物进行互动，它对于你对于用一种物质性的方式来进行互动是什么意思的理解是独一无二的。然而，我们可以用肯定的方式来回答，基于你们对物质性的互动可以产生出来的事物的理解，在第四密度中的个体应该希望拥有一种，同时在物质性的领域中与形而上学的领域中，与第二密度的星球的直接的关系，会有可能且会有很大的可能性，这将会需要我们之前谈及的疗愈与和解。

Is there a follow-up to this query?
这个问题有一个后续问题吗？

Gary: Indeed, there is. Let me check in with the one known as Jim. Jim, is there energy for the circle to keep going?

Gary: 确实有。让我对被知晓为 Jim 的实体进行一次检查。Jim, 有能量让圈子继续进行吗？

Jim: Sure.

Jim: 没问题。

Gary: Q'uo, that answer was illuminating. Our third-density, physical human experience is nested within an environment of second density. We are third-density consciousness, but our environment is a second-density one. And a first-density one, too—we interact with elements and we breathe in oxygen. But we are also situated on the soil of Earth and have biological life all around us.

Gary: Q'uo, 那个回答是令人启发的。我们的第三密度，物质性的人类体验是被嵌套在一个第二密度的环境中的。我们是第三密度的意识，但是我们的环境是一个第二密度的环境，同样也是一个第一密度的环境——我们会与元素进行互动，我们吸入氧气。但是，我们同样是被置于地球的土地上并在我们周围到处都拥有生物性的生命。

Would you say that in the fourth density, they are not reliant on a physical environment, they are removed from the second density, and may visit the second density as something as a place to go that is removed from them?

你们会说，在第四密度中，它们是并不依赖于一个物质性的环境，它们是与第二密度分开的，并可以访问第二密度，作为某种类似于一个要去的地方，那个地方是与它们分开的事情吗？

Q'uo: I am Q'uo and I am aware of your query, my brother. This interesting query touches upon a dynamic which transforms throughout the cycle of fourth-density evolution. In what you may call the early days of fourth density, there is what may be referred to as a reliance and a direct nested experience that is inseparable from the first and second-density spheres that you have referred to.

Q'uo: 我是 Q'uo, 我了解了你的问题了，我的兄弟。这个有趣的问题触及了在贯穿整个第四密度的演化的周期中会发生转变的一种动力性。在你们可能称之为第四密度的早期的日子的时期中，有可能会被称之为一种依赖的事物，以及一种直接的被嵌套起来的体验，这种体验是与你们已经称之为第一密度和第二密度的事物是不可分割的。

However, this continuing evolution becomes difficult to describe in terms possible through this instrument; as what constitutes the first, and the second, and the third and the fourth-density spheres becomes more conceptual and,

you may say, abstract, as the densities progress. And so, we offer a simple and inadequate explanation that from your perspective as a third-density entity, the fourth density is very much similarly nested within the lower densities, and as they progress in evolution, fourth density entities may more freely choose how they appear and interact with those densities.

然而, 这种继续的演化会变得难以通过这个器皿用有可能的措辞来进行描述, 因为随着密度的发展, 构成了第一密度, 第二密度, 第三密度和第四密度的星球的事物会成为了更加观念性的, 你们可以说是, 更加抽象的。因此, 我们提供了一个简单且不充分的解释, 从你作为一个第三密度的实体的观点来看, 第四密度是远远更加类似于被嵌套在较低的密度中, 随着它们在演化中发展, 第四密度的实体可以更加自由地选择, 它们如何出现并与那些密度进行互动。

Is there a follow-up query, my brother?

我的兄弟, 有一个后续问题吗?

Gary: Yes, a final one, thank you, Q'uo. The design of this question is to try to understand and illustrate the relationship between the densities. So, Ra describes that after some time has elapsed, after harvest, third density may be reoccupied on this planet, that new third density will co-exist with first and second and fourth density. I wonder if that future third-density population followed a path similar to our own, and if they exploited their environment and developed technology that was not aligned with spiritual understanding, and if they began to degrade their environment the way that we now do, and they risk, even again, planetary annihilation, could a third-density population destroy and degrade their own environment and thus affect the fourth-density population?

Gary: 是的, 最后一个问题, 谢谢你们, Q'uo。这个问题的设计是尝试去理解并阐释在密度之间的关系。因此, Ra 描述了, 在收割之后, 在一些时间已经过去之后, 第三密度可以重新占据在这个星球, 新的第三密度将会与第一, 第二和第四密度共存。我想知道, 如果那个第三密度的人群跟随一条类似于我们自己的道路之类的道路, 如果它们开发它们的环境并发展了于灵性的理解并不一致的科技, 如果它们开始用我们现在的方式对它们的环境造成恶化, 它们甚至会再一次冒着星球灭绝的危险, 一个第三密度的人群能够破坏并毁灭它们自己的环境, 并因此影响第四密度的人群吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Such a scenario as you describe in which there is an active third-density population upon a planet which has a previously evolved fourth-density population is unique to your current scenario. One may conceive of this relationship in terms of how you may view your current relationship with us, the Confederation of Planets in Service to the One Infinite Creator, but such a relationship between two populations, one third density and one fourth density, who both call a planetary sphere their home, has some notably different dynamics, and the intense care that we take not to influence your own evolution in undue terms has a different quality for the fourth-density population sharing its home with a third-density population.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这样一个如你描述的场景, 在其中在一个星球上会有一个活跃的第三密度的人群, 以及一个之前就演化发展了的第三密度的人群, 对于你们当前的场景是独一无二的。一个人可以, 从你们可能会看待你们当前与我们, 服务于无限太一的星际联邦之间的关系的方式, 来想象这种关系, 但是这样一个关系是在两个人群, 一个第三密度的人群和一个第四密度的人群之间, 而两个人群同时都称呼一个星球为它们的家园, 并拥有某种明显地不一样的动力性, 我们不会对用不适当的方式影响你们自己的演化拥有强烈的关注, 你们的演化对于与一个第三密度的人群分享了它的家园的第四密度的人群是拥有一种不同的特性的。

Is there a follow-up query, my brother?

我的兄弟, 有一个后续问题吗?

Gary: No, tantalizing. In the interest of time and energy I will leave the questioning and thank the instrument and thank you.

Gary: 没有了, 它是令人着迷的。考虑到时间与能量, 我将会离开提问, 并感谢器皿, 感谢你们。

Q'uo: I am Q'uo and we thank you, my brother.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。

At this time, we shall take leave of this instrument and return to the one known as Jim so that we may offer some closing words for this circle. I am Q'uo.

在此刻, 我们将离开这个器皿并返回到被知晓为 Jim 的实体, 这样我们就可以为这个圈子提供一些结束的话语了。我是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument. We are most pleased, my friends, with the progress that has been made this evening by each instrument, especially the one known as Austin. We appreciate the dedication to becoming better instruments upon the part of each present, and upon the effort that is being made by each new instrument to aid each other in this process, for together, you are moving forward and moving at a more rapid pace because you have this cooperative energy circulating among you. It is a process which we have not observed in previous channeling groups to the extent that we have witnessed it amongst this group in the last couple of practice channeling sessions that you have held. We feel that this is a most nutritious and supportive environment for each new instrument. and we will look forward, as always, to working with you again.

我是 Q'uo, 我再一次与这个器皿在一起了。我的朋友们, 我们对于每一个器皿在今晚已经做出的进步是感到极其高兴的, 尤其是被知晓为 Austin 的实体。我们感激在每一个在场的人致力于成为更高的器皿, 以及被每一个新的器皿做出的在这个过程中相互彼此帮助的努力, 因为你们在一起前进, 并用一种更加快的速

度前进的，因为你们拥有这种在你们当中循环的合作性的能量。它是一个我们尚未在之前的传讯集会中观察到的过程，它到达了这样一种程度，我们已经在你们已经进行的过去几次练习传讯的集会中在这个团体当中见证了这种进步了。我们感觉到，这是一个对每一个新的器皿都是极其滋养且支持性环境。我们将会，一如既往地，期待与你们再一次工作。

This is a most helpful experience for us as well because we are able, in these sessions, to find a greater ability upon our part to see the intricacies of the experience that you share with each other and experience as individuals. The difficulties that come from having, shall we say, knowledge in certain areas, that may feel to you like a coloration possibility, and therefore you tread more carefully in these areas.

这对于我们同样也是一个极其有帮助的体验，因为我们能够，在这些集会中，找到在我们的部分上的一种更大的能力，去看到你们与相互彼此分享的体验以及作为个体的体验的复杂性。困难时源自于在一定的区域中，容我说，拥有知识，这些区域可能会对你们感觉像是一种染色的可能性，因此，你们要在这些区域中更加小心谨慎地踏步。

However, we are also appreciative of the type of dedication that is required to be willing to go forward regardless of the concerns that may be upon your minds or within your hearts. This is a very conscientious way to proceed as instruments and we are grateful that each of you is able to offer that which is yours to offer in the process of not only becoming an instrument yourself, but in aiding others to become better instruments in the means by which you relate to them, offering queries that are of interest and inspiration, and in the exploration of that which is unknown. For, my friends, each of you move within an illusion which contains a great deal of that which you will discover to be unknown, and how you face the unknown within your own life experience is critical factor that plays a great role in how you take on a new task or a new challenge and the unknown is that great friend that is waiting at all times to become known to you.

然而，我们同样也会感激这样一种类型的奉献，如果你们要乐意于不顾可能会在你们的头脑中或者在你们的心中的忧虑而前进，这种奉献就是被需要的了。这是一种作为器皿非常认真负责的前进的方式，我们对你们每一个人都能够提供你们所要提供的事物是感激的，不仅仅是在你自己成为一个器皿的过程中，同样也是在藉由你与其他人建立关联的方式，即提供具有兴趣与启发的问题，并对未知的事物进行探索，来帮助其他人成为更好的器皿的过程中。因为，我的朋友们，你们每一个人都是在一个幻象中移动的，这个幻象包含了大量你们将会发现是未知的事物，你如何面对在你自己的生命体验中的未知，这就是会在你如何承担起一个新的任务或者一个新的挑战的方面扮演一个重大的角色的至关重要的要素了，未知就是在所有的时候等待着成为被你所知晓的伟大的朋友。

By exploring that which is unknown, you expand your own natures and discover that those unknown areas are also within yourself, and by finding them within yourself, you move in a manner which sheds light upon the unknown, upon the darkness, upon the mystery, and this mystery recedes

ever further into that being that is without end within you. You are the great unknown and to yourself you shall continue to become more and more known because of your dedication to seeking and serving the one in all.

藉由探索未知的事物，你拓展了你自己的属性并发现，那些未知的区域同样也是在你自己内在之中的，藉由在你自己内在之中找到它们，你用一种会将光照耀在未知上，照耀在黑暗上，照耀在神秘上的方式移动，这种神秘是会不断向着更远的地方后退，进入到在你外在与内在之中的那个存有之中。你就是那个伟大的未知，对于你自己，你将会继续成为越来越更多地被知晓的，因为你对寻求与服务在万物之中的太一奉献。

At this time, we shall take our leave of this group, leaving each, as always, in the great love and ineffable light of the One Infinite Creator. Adonai, vasu borragus.

在此刻，我们离开这个团体，我们一如既往，在太一无限造物者的伟大的爱与无可言喻的光中离开每一位。Adonai, vasu borragus。

[1] "Circle of seeking" at The Space Between Stories Gathering that Gary and Austin attended in New York in 2016.

[1]"寻求的圈子"是 Gary 和 Austin 在 2016 年在纽约参加的"The Space Between Stories Gathering"。

April 20, 2019

2019-04-20 烧毁的巴黎圣母院

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We greet each of you in love and in light this day, and we are thankful to each of you for inviting us to join you in your process of seeking that which you call the truth, for all of us within the creation join in this great journey and keep each other company upon it.

我是 Q'uo, 我与这个器皿在一起了。我们在这个日子, 在爱中, 在光中向你们各位致意, 我们对你们每一位邀请我们加入你们寻求你们称之为真理的事物的过程是感谢的, 因为我们在造物中的所有实体都加入到这个伟大的旅程中, 并在其上成为相互彼此的陪伴。

We would ask, as always, that one small favor that makes it possible for us to speak without reservation, and that is that you will listen to the words that we speak and the concepts that we offer, and take those which have meaning to you at this time and use them in whatever fashion has meaning for you, leaving behind any words or concepts that have no meaning for you at this time. If you will do this for us, we may speak to you with greater clarity, having no fear that we shall be providing any kind of a stumbling block for you. With that understood, may we ask if there is a query with which we may begin?

我们一如既往会请求一个小小的恩惠, 那就是让我们有可能无保留地发言, 且你们将会聆听那些我们说的话与我们提供的观念, 拿走那些在此刻对你们有意义的部分, 将任何在此刻对你们没有意义的话语或者观念都抛弃掉。如果你们愿意为我们这样做, 我们就可以带着巨大的清晰度对你们发言, 而不必害怕我们将会提供给你们任何类型的一块绊脚石。在理解了那一点的情况下, 请问是否有一个我们可以用来开始的问题?

Zach: I have a query, Q'uo. This may be of transient importance, but could you please elaborate on the energetic significance of Notre Dame Cathedral burning down on Holy Monday?

Zach: 我有一个问题, Q'uo。这个问题可能是具有一种短暂的重要性的, 但是能请你们对在复活节圣周一被烧毁的巴黎圣母院在能量上的重要意义进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. This great and elegant and powerful edifice that has been so long a portion of your planet's spiritual legacy is that which symbolized the eternal truths that may have aided so many thousands and millions of people throughout its many centuries of existence, that will endure past the destruction of the physical building that held those aspirants who wish to know more of the love and the light of the One Infinite Creator. For all those who mourn the loss of this great dwelling place that was, indeed, an entity in itself, we say to them, and to all entities that the truths that you hold dear in your soul, in your heart, in your

spiritual journey, are those truths which will endure any kind of a catastrophe such as that which has taken this building from its earthly place and purpose. Q'uo, 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这个伟大的, 优雅而强有力的大型建筑已经在如此长的时间成为了这个行星的灵性上的遗产的一部分了, 它象征着在贯穿它的许多个世纪的存在性期间可能已经帮助过了千千万万人的永恒的真理, 这个永恒的真理将超越那个支持了那些希望知晓更多的太一无限造物者的爱与光的有志者的物质性的建筑的毁灭而持续存在。对于所有那些为了这个伟大的住所——确实, 它在其自身就是一个实体——的失去而悲伤的人, 我们会对它们并对所有实体说, 你们在你们的灵魂中, 在你们的心中, 在你们的灵性的旅程中所珍爱的真理, 是那些将会超越诸如已经将这个建筑从它尘世的位置与目的中夺走了的灾祸之类的任何一场灾祸而继续存在的真理。

Know, then, that when the structure of certain material things is no longer with you, as your body shall some day also be eliminated, that you and those timeless principles that you hold in common with so many others as the guiding lights of your life, will be as strong as ever and perhaps will burn even more brightly because now there is the realization that what such structural manifestations can give to you will never cease, will never die, though the manifestations may pass away.

接下来, 请知晓, 当具有一定的物质性的事物的构架不再与你们在一起的时候, 如同你们的身体同样将会在某个日子被除去一样, 你们以及那些你们与如此多其他人, 作为你们的生命的指引性的光, 而共同抱有的无时性的原则, 将会一直都是强有力的, 并将会甚至更加明亮地燃烧, 因为, 现在会有这样一种领悟, 这样的建筑的显化物能够给予你们的事物, 将永远都不会停止, 将永远都不会死去, 尽管显化物是可能逝去的。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zach: No, thank you, Q'uo.
Zach: 没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Questioner: I have a question, Q'uo. It's easy to apply what's happening to me and wonder that it's happening to others, but is there something happening right now, a current energy that's kind of universal in this moment?

提问者: 我有一个问题, Q'uo。很容易将正在发展在我身上的事情进行应用并怀疑它正在发生在其他人身上, 但是, 会有某个事情现在正在发生吗, 在这一刻中有一种当前的能量是那种宇宙类型的能量吗?

Q'uo: I am Q'uo and am aware of your query, my brother. At this time, as you would call it, in the transition of your planet into the fourth density of love and understanding, there are waves of cosmic streamings engulfing your planet in

a rhythmic fashion so that there is never a portion of this time that is without a certain kind of vibration of energy that acts upon various individuals in certain ways. For the most part, however, there are entities that are nearing graduation now whose inner sensitivities are such that they are more vulnerable to the energizing and upgrading effects of these cosmic instreamings so that their spiritual journeys, as they have constructed them, from within their own being, become energized in a manner which opens the heart in a more accessible means. That is to say, the opening of the heart becomes more possible for each entity that is sensitized to the variety of vibratory instreamings at this time.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在这个你们的星球进入到爱与理解的第四密度的转换的时刻, 如你对它的称呼一样, 会有宇宙的汇流的能量波正在用一种有旋律的方式吞没你们的行星, 这样, 这个时刻就不会有任何一个部分是没有一定类型的能量的振动是正在用一定的方式在各种各样的个体上产生作用的。然而, 在大部分的时间, 会有一些实体现在是接近毕业水平的, 它们内在的敏感性是如此这般, 以至于它们是更加易受这些宇宙汇流的让人充能与升级的作用的影响的, 这样, 它们的灵性的旅程, 按照它们已经构建了它们的样子, 从它们自己的存有内在之中, 就会用这样一种方式被充能, 这种方式会用一种更加容易接受的方式开放心。也就是说, 对心的开放对每一个对在此刻的各种各样的振动性的能量汇流是敏感的实体都会变得更加有可能了。

There is the greater possibility that one may be able to channel these energies in a fashion which is congruent with the pre-incarnative plans that each has made that becomes the spiritual path within the incarnation. Thus, if you are open to such acceleration of these instreaming energies, you may be able to focus your own attention upon each portion of your daily experience in a manner which allows you to imbue what you do, and who you seek, and with whom you interact, with the loving vibrations of your heart energies.

会有更大的可能性一个人可能能够用这样一种方式来传讯这些能量, 这种方式是与每一个人已经设置好的投生前的计划是协调一致的, 这种方式就成为了在投生中的灵性道路了。因此, 如果你们是对这些流入的能量的加速作用是开放的, 你们就可能能够用这样一种方式将你们自己的注意力聚焦在你们的日常生活体验的每一个部分上, 这种方式会允许你们用你们的心能量的那种爱的振动灌注你们做的事情, 你们寻求的人, 以及你们与之打交道的人。

This unconditional love can take many forms in that you may find yourself engaged in more meaningful and in-depth conversations concerning one's feelings, one's aspirations, one's doubts, one's fears, one's plan for moving into harmony with others, with the planet itself, with one's own being. Thus, these inner sensitivities can be likened unto the magnifying glass that allows the instreaming energies to become more potent within one's inner experience and thus becoming reflected outwardly to all about one, and affecting all in the manner in which you, yourself, have been affected.

这种无条件的爱能够采用很多的形式, 通过这些形式, 你可能会发现你自己参与到了关于一个人的感觉, 关于一个人的抱负, 一个人的疑虑, 一个人的恐惧, 一个人对与其他人, 与星球其自身, 与一个人自己的存有的协调一致的计划的更加

有意义且更加深入的交谈之中。因此，这些内在的敏感性能够被比作放大镜，它会允许流入的能量在一个人内在的体验中变得更加有力，并因此向外对所有周围的人被映射出来，同时用你，你自己已经被影响的方式，影响所有人。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Questioner: No, thank you very much.
提问者：没有了，非常感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Zach: I have a follow-up query, Q'uo. I've noticed that as the waves of love/light increase, many people are being confronted with the situation where they must use that increased energy to heal and evolve, or they are experiencing physical difficulty, and sometimes a dissolution of the physical complex. It also seems to be happening at the social and political level as well. Will that trend increase, and could you further elaborate on whether or not my observation is correct?

Zach: 我有一个后续问题，Q'uo。我已经注意到，随着爱/光的波动的增加，很多人正在遭遇到这样的情况，在其中它们必须要使用增强性的能量来疗愈并演化，或者它们正在体验到身体的困难，有时候是一种身体复合体的分解。它同样看起来似乎与在社会和政治性的层次上发生。那个趋势将会增加吗，你们能够对于是否我的观察是正确的进行更进一步阐述吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the cosmic instreamings have a dual purpose. The most salient purpose is that of aiding entities who wish to move forward on their spiritual paths in the opening of the green-ray energy center to be able to do so to make transitions in their own consciousness that then are shared with those about them so that there is a kind of momentum being built in their daily round of activities and experiences that allows a greater expression of this love vibration as a normal part of one's being and the sharing of that being with others.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。确实宇宙的汇流是拥有一种双重目的的。最为凸显的目的就是帮助那些希望通过对绿色光芒能量中心的开放而在它们的灵性道路上向前移动的实体能够这样做，以便于在它们自己的意识中产生出转变，接下来，那些在意识中的转变就会与那些在它们周围的人被分享，这样就会有一种类型的动量在它们的日常生活的活动与体验中被构建起来，这种动量会允许对这个爱的振动的一种更大的表达，作为一个人的存有的一个通常的部分，以及与其他人对那种存有的分享。

The other possibility is that of which you speak. You are correct in your assumption that for entities who are unable to make, shall we say, an opening within their own being to welcome and enjoy these enhanced vibrations of

love, there is, then, the critical point of realization that comes before the inner realization of such entities: that is that they must be able to more efficiently process the catalyst from their daily round of activities—realizing it is enhanced in its nature and requires a greater effort upon their part in order to process it—or the greater energies of love and understanding that are entering their mind/body/spirit complexes will begin to burn out the energy receptors and ability to respond.

另一个可能性就是你谈及的可能性。在你对于无法在它们自己的存有内在之中，容我们说，产生出一种开放，以欢迎并享受这些增强性的爱的振动的实体的假设的方面，你是正确的，接下来，就会有领悟的关键位置会在这样的实体的内在的你领悟之前出现，那种内在的领悟即：它们必须要能够更加有效地处理来自它们的日常生活的活动的催化剂——同时意识到，它在其属性中是被强化过的，为了要处理它，需要在它们的部分上的一种更大的努力——或者会有更大的爱与理解的能量能在进入到它们的心/身/灵的复合体，这些能量将开始让能量的接收器以及做出回应的能力烧掉。

There is, then, the increase of what you would call the disease or distortions of the mental and physical vehicles that are representations of the entity's inability, in some fashion, to welcome and enjoy and utilize these energies to process the catalyst of the daily round of activities. Thus, it is a kind of winnowing effect that is occurring, as the harvest begins to welcome those whose hearts are open to produce the fruit of love and the grains of understanding, and to separate those from the chaff, shall we say, that are unable to do this. We do not mean to be degrading to those who are unable to open the heart widely enough to welcome these energies, for they are the Creator attempting to know itself in a fashion which is becoming too much to bear, shall we say, [and] the circuitry of the body complex fails as does that of the mind.

接下来，就会有你们称之为疾病或者心智与身体的载具的扭曲，它们是实体，用某种方式，无法欢迎并利用这些能量来处理日常生活的催化剂的表现。因此，它是一种类型的正在发生的扬场筛选的效果，当收割开始欢迎那些其心是开放的实体，以产生出爱的果实，理解的谷物，并将那些谷物与无法这样做的，容我们说，谷壳都分开。我们并不是打算要贬低那些无法足够大地开放心以欢迎这些能量的实体，因为它们是在用这样一种方式尝试去知晓其自身的造物者，这种方式正在变得过度以至于无法，容我们说，承受，身体复合体的回路会失效，与心智的回路会失效一样。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zach: No, thank you, Q'uo.

Zach: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, once again, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们再一次感谢你，我的兄弟。在此刻有另一个问题吗？

Questioner 2: I have a query, Q'uo, please, and it has to do to follow up with the previous query, taking it up to the level of group, or collective, or social opening of the heart on a social level, collective level, and with the same dynamic that you just described applied to the opening of hearts when confronted with the catalyst of others that are suffering, other selves suffering as a group, and that that might help to open the hearts of the collective around them, or such other similar instances, such as natural disasters that cause floods and hurricanes and so on, or fires that are causing distress, and the collective humanity embracing and opening their hearts. Could you speak to that level of opening?

提问者 2: 我有一个问题, Q'uo, 它是与之前的问题的后续问题有关的, 将它上升到团体的层次, 或者集体的层次, 或者在一个社会的层次, 集体的层次上对心的社会性的开放, 如果将对你们刚刚描述过的相同的动力性被应用在对心的开放上, 当遭遇到其他的正在受苦的人, 或者作为一个团体在受苦的其它自我的催化剂的时候, 那可能有助于开放在它们周围的集体的心, 或者这样其他的类似的情况, 诸如造成了洪水、飓风以及如此等等的自然灾害, 或者造成了不幸的火灾, 集体的人类拥抱并开放了它们的心了。你们能够在那个开放的层次谈谈吗?

Q'uo: I am Q'uo and am aware of your query, my sister. It is indeed so that the collective consciousness of various groups is also affected by these same energies, in generally the same fashion. There is the need upon those who seek what is called the truth for these energies to be processed in a manner which allows the expansion of consciousness in general, and the opening of the heart in particular. When there is the inability to expand the group consciousness to welcome and enjoy a wider perspective regarding how the feelings, the attitudes, and the responses to others are offered to others, then there is the, shall we say, snapping back of this energy of expansion upon those who cannot welcome it, so that there is a kind of group catharsis or dilemma that is apparent in some fashion that may not be immediately understandable, for it is usually experienced symbolically, so that there is the need upon the part of the individuals within the group consciousness to gather together in a certain way to process that which the group has failed to do as a group.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实如此, 各种各样的团体的集体性地意识同样会被这些相同的能量所影响, 一般而言是用相同的方式被影响的。在那些寻求被称之为真理的事物的实体身上, 会有需要让这些能量用这样一种方式被处理, 这种方式会允许一般性的意思的拓展, 以及具体而言地对心的开放。当无法拓展团体意识以欢迎并享受一个关于对他人的感觉、态度以及回应是如何被提供给其他人的更为宽广的远景的时候, 接下来, 在那些无法欢迎这种能量的实体身上, 就会有这种能量的拓展的, 容我们说, 反扑, 这样, 用某种可能不会立刻就是可以理解的方式, 就会有一种类型的团体的精神宣泄或者两难境地会成为明显的, 因为它通常会用象征性的方式被体验到, 这样, 在团体意识中的个体的部分上, 就会有需要去用一种的方式聚集在一起, 以处理团体已经无法作为一个团体来处理的事情了。

Thus can, shall we say, some groups or individuals within group consciousness become as exemplars or leaders to show the way to the larger cooperative, or group consciousness, that it might expand its beingness and philosophical foundations, and grow into that which it was not before, so that there is the constant progression and utilization of the cosmic instreamings in a manner which is of benefit to all.

这样，在团体意识中的一些团体或者个体就能够成为榜样或者领导者，以展现通往更大的合作或者团体意识的道路，这样，它就可以拓展它的存在性与哲学上的基础，并发展成为它之前并不是的事物，这样就会有有用一种会对所有人都有益处的方式对宇宙的汇流的持续性的发展与利用了。

It is oftentimes the case that such individual group subgroups then can aid the larger group to move forward as each entity upon this planet may do for all other entities by engaging in those activities which share love and light with those about it, and thereby enhance the overall experience and opportunity for the sharing of love and light by all entities upon the Earth, for are we not all One? However, there are often cases in which the group energies are not able to expand to the degree necessary in order to maintain the group cohesion and the group experience that has been the history up to the point of being unable to expand further in the journey as a group. Thus, there are those opportunities that are continued to be offered to such a group until there is the dissolution of the group in one form or another as various members of the group find other directions and groups with which to travel this journey of seeking the One, and the heart of the self opening to the One and all.

经常会发生的情况是，这样的个体的团体会形成子团体，并接着能够帮助更大的团体向前移动，如同在这个星球上的每一个实体都可以藉由参与到那些与在它周围的实体分享爱与光的活动中，并由此强化整体的体验，以及在地球上的所有的实体对爱与光的分享的机会而为其他实体做的一样，因为我们难道不全都是一体的吗？然而，经常会发生的情况是，在其中团体的能量是无法拓展到保持团体的凝聚力所需的程度，团体体验已经随着历史上升到了无法在作为一个团体的旅程中更进一步地拓展的位置了。因此，会有一些机会会继续被提供给这样一个团体，一直到用这样或者那样一种形式会有团体的解体为止，因为团体的各种各样的成员会找到其他的方向以及要与之一同在这条旅程上旅行的团体，这条旅程就是寻求太一，并让自我的心向着太一与全体开放的旅程。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Questioner 2: No, thank you. Thank you very much.

提问者 2：不用了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you my sister. Is there another query at this time?

Q'uo：我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Zach: I have a query, Q'uo. Ra has described the mated marriage relationship as it exists on Earth as something akin to mutual slavery, and there are many forms of subtle oppression of self and other self in many relationships. How can we heal the mated relationship so that it better serves positive polarity?

Zach: 我有一个问题, Q'uo。Ra 已经将婚姻伴侣的关系, 当它存在于地球上的时候, 描述为某种类似于相互奴役的事物, 在很多的系统中会有很多的自我与其他自我的微妙的虐待。我们如何才能疗愈伴侣关系, 这样它就会更好地服务于正面性的极性?

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

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。

The mated relationship is that relationship which ideally allows each entity within it an equal opportunity to give and to receive the love and the light of the One Infinite Creator to all about the entity and within the relationship from each to the other. When there is constructed in such a relationship, a separation of equalities, shall we say, so that one is seen as lesser than the other, and must obey certain strictures or customs, shall we say, then it is that there is the distortion of the relationship itself and its ability to function as that which enables each to progress as teacher to the other, and as student for the other.

伴侣关系, 用理想性的方式而言, 是允许在其中的每一个实体都拥有一种同等的机会去接收太一无限造物者的爱与光, 并将其给予在那个实体周围的所有人, 以及在那个关系中的相互彼此的关系。当在这样一个关系中会有一种, 容我们说, 同等性的隔离被构建出来, 这样一个人就会被视为是比其他人较差的, 并必须要遵从一定的束缚或者, 容我们说, 惯例的时候, 接下来, 就会有对关系其自身, 以及它去正常运转的能力的扭曲, 这种关系的正常能力会允许每一个人作为相互彼此的老师, 作为相互彼此的学生而发展。

This type of balance is that which allows each entity within the relationship to be free to experience and express itself without the fear of a boundary being crossed that will result in a kind of criticism or ostracism that makes the relationship, in a certain sense, to become closed to the life-giving energies that flow through each entity; for as one is controlled by the other, then the relationship begins to degrade into that which is more negatively oriented in its foundation, so that there is less and less opportunity for either entity to progress in a fashion that is equal to each entity's potential.

这种类型的平衡是允许在关系中的每一个实体去成为自由的, 以在不害怕一个边界被跨越的情况去体验并表达它自己的事物, 这种跨越边界会导致一种类型的批评或者排斥, 它会使得关系对那种流经每一个实体的赋予生命的能量, 在一定的意义上, 被封闭起来, 因为当一个人是被其他人控制的时候, 接下来, 关系就会开始降级成为在其基础上是更加负面导向的事物, 这样, 两个实体中的任何一个实体就会有越来越少的机会去用一种对每一个实体的潜能都同等的方式前进了。

For before the incarnation, each entity incarnating within the third-density illusion has programmed certain lessons that will allow a perception and

expression of love and light to inhabit the areas needing attention and learning within the incarnation. These types of programmings are able to enhance each entity's growth patterns as long as there is the acceptance of each entity by each other entity as being whole and perfect, even though there may be distortions within the mind/body/spirit complex.

因为在投生前，每一个在第三密度的幻象中投生的实体都已经规划了一定的课程，这些课程将会允许一种对爱与光的知觉与表达居住在那些需要注意与学习的区域中。这些类型的规划是能够增强每一个实体的成长的模式，只要会有每一个实体对相互彼此是完全与完整的实体的接纳，即使在心/身/灵复合体中可能会有扭曲。

Thusly, if there is the perception and the exercising of that perception in ostracism or criticism or degrading in any way whatsoever of one entity by the other, or in some cases, each entity failing to realize the divinity of the other, then the mated relationship fails in its design and becomes an adversary relationship in which there is much doubt, confusion, anger, and dissolution of opportunities.

因此，如果在那种知觉，或者对那种知觉的实践中，会有用无论什么任何方式的一个实体对另一个实体的驱逐、或者批评，或者贬低，或者在一个情况中，每一个实体都无法意识到其他实体的神圣性，接下来，伴侣关系在它的设计中就会失效，并成为一种对手的关系，在其中会有大量的疑虑，混淆，愤怒，以及对机会的分解。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zach: No, thank you, Q'uo.

Zach: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my brother, once again. Is there another query at this time?

Q'uo: 我是 Q'uo，我们再一次感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, I have a question. The Confederation describes that we come into this incarnation with a personality shell, they call it. How much of that personality shell is simply a construct, something that's designed, a collection of bias and programming and gifts and limitations that we create to facilitate learning lessons?

Gary: Q'uo，我有一个问题。星际联邦描述我们是带着一个，它们称之为，人格外壳进入到这次投生中的。那个人格外壳有多少单纯地是一个构架，是某种被设计的事物，是我们创造出来以促进对课程的学习的一个对偏向性、编程、礼物与限制的集合呢？

Q'uo: I am Q'uo and am aware of your query, my brother. That which you call the personality shell may be seen as a reflection of what you would call the essence of the soul in one aspect. Each soul is a being of completeness, which

has a great deal of experiential data recorded within its significant self as a result of many, many previous incarnations within both the third-density illusion for those who have progressed only to this point thus far, and within other densities as well, for those wanderers who have come to aid the harvest on planet earth.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。你们称之为人格外壳的事物可以在一个方面被视为是你们称之为灵魂的实质的事物。每一个灵魂都是一个具有完整性的存有, 它拥有大量的体验性的数据, 作为很多很多次之前的投生的一个结果, 被记录在它的有意义的自我之中, 这些之前的投生对于那些迄今为止仅仅已经发展到这个位置的实体就是在第三密度的幻象之中的投生, 对于那些已经前来帮助在行星地球上的收割的流浪者, 这些投生同样还包括其他的密度之中的投生。

This great storehouse of experience is utilized in a certain fashion within each incarnation. A certain kind of shall we call framework, or personality shell, is constructed previous to the incarnation so that a variety of aspects of the lessons previously learned may be formed in order that preincarnative lessons for the upcoming incarnation may be entertained and expressed during the incarnation in a manner which will accelerate the spiritual evolution of this particular portion, or personality shell, of the overall soul essence.

这个巨大的体验的储藏库是用一定的方式在每一次投生中被利用的。一定类型的我们称之为框架, 或者人格外壳的事物, 在投生之前就被构建好了, 这样各种各样的之前被学习过的课程的面向就可以被形成, 以便于投生前的课程可以在投生期间用这样一种方式被招待并被表达, 这种方式将会加速整体的灵魂的实质的这个特定的部分, 或者这个人格外壳的灵性的演化。

Thus, there is the opportunity within the incarnation for this shell to be a distributor of energy, shall we say, a processor of catalyst, an entity of great potential which has a certain range of opportunity provided for it and by it to interact with others in a certain manner that is congruent with the structure of the personality shell. This is a vehicle for consciousness to be able to form itself in a fashion that is efficient in moving the mind/body/spirit complex further along the spiritual journey, or upward along the energy centers, as you may see them.

因此, 在投生中会有机会让这个外壳成为一种, 容我说, 能量的分配器, 一种催化剂的处理器, 一个具有巨大的潜力的实体, 这种潜能会拥有一定范围的机会为其提供并被其提供出来, 以用一种与人格外壳的构架协调一致的方式来与其他实体进行互动。这是一个载具, 它让意识能够用这样一种方式形成其自身, 这种方式在让心/身/灵复合体沿着灵性的道路更进一步移动, 或者沿着能量中心, 如你们可能看到它们的一样, 向上移动的过程中是有成效的。

Thus, this personality shell is an actor upon the stage of life that has its lines and its role constructed for it by the soul essence in order that eventually the soul essence may become what you would call "harvestable" in the third to fourth-density transition now taking place upon your planet. This personality shell, then, is useful as a tool for evolution. Its use is usually dispensed or

expended within the incarnation in a manner which is more or less successful in achieving the goal of spiritual growth.

因此，这个人格外壳是一个在生命的舞台上的演员，它拥有灵魂的实质为它构建的它的台词以及它的角色，以便于最终，灵魂的实质可以在现在正在你们的行星上发生的从第三密度到第四密度的转换中成为你们可以称之为“可收割的”事物。接下来，这个人格外壳，作为一个演化的工具是有用处的。它的用处通常是用这样一种方式在投生中被分配或者被花费的，这种方式在取得灵性成长的目标的方面或多或少是成功的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Not at this time. Thank you so much, Q'uo.

Gary: 在此刻没有了。非常感谢你们，Q'uo。

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

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有一个最后的问题吗？

Gary: In keeping with the theme of the personality shell, Q'uo, how does the entity within an incarnation distinguish between the personality shell and the deeper soul identity?

Gary: 为了与人格外壳的主题保持一致，Q'uo，在一次投生中实体如何在个人外壳与更为深入的灵魂的身份之间进行区分呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. The entity within the incarnation which may be seen as the personality shell may become aware of the deeper levels of its own being through that which you call the meditative state, where there is the seeking for that which is beyond the conscious recognition of the mind/body/spirit complex which has become a personality shell. As this entity becomes aware consciously of the process of evolution, it may utilize those preincarnative lessons to move further along its own spiritual path. As this movement along the spiritual path is achieved, there is the continuing realization that the self which thought it knew who it was, becomes aware that there is more to it than what it knew.

Q'uo: 我是Q'uo，我了解了你的问题，我的兄弟。在投生中的实体可以被视为是人格外壳，这个实体可以通过你们称之为冥想状态的事物察觉到它的存有的更为深入的层次，在冥想状态中，会有对超越了对已经成为了一个人格外壳的心/身/灵复合体的有意识的认识的事物的寻求。当这个实体有意识地察觉到了演化的过程，它可以利用那些投生前的课程来沿着它自己的灵性的道路更进一步地移动。当这种沿着灵性的道路的运动被取得的时候，就会有对自我的持续性的领悟，那个曾经认为它知道它是谁自我，就会开始察觉到，在它身上会有比它曾经知道的事情更多的事情。

Thus, the process of spiritual growth, intellectual understanding, and emotional acceptance of greater and greater portions of the being allows for

this process to accelerate, aided greatly by the processing of catalyst within the meditative state. The meditative state also being most helpful for the self to explore even further and deeper the qualities that it discovers along this spiritual path that are related to itself and are indeed a part of itself. As the entity expands its circle of knowledge, it becomes more and more aware of the immensity of the soul identity that is in closer and closer congruency with the One Infinite Creator which dwells within.

因此，灵性成长，智力性的理解以及对存有的越来越大的部分的情绪性的接纳的过程，会允许这个过程加速，并极大地被在冥想状态中对催化剂的处理所帮助。冥想状态同样对自我甚至更进一步且更为深入地探索它沿着这条灵性的道路发现的特性是极其有帮助的，这些特性是与它自己是有关联的，且确实是它自己的一部分。随着实体拓展它的知识的圈子，它会越来越更多地察觉到灵魂的身份的广阔，它的灵魂的身份就会与居住在内在之中的太一无限造物者越来越更加紧密地协调一致了。

Thus, such a seeker of conscious experience and catalyst in the processing of such, becomes availed of those facets of itself that are sacred, that are holy, that are all-encompassing, that are a portion, and in fact, in totality, the One Infinite Creator. Thus, there is no end to the discoveries of the facets of the self that a personality shell may discover in the spiritual journey. There is, within each entity, then, the possibility of making these discoveries of the enhanced qualities and facets, and energies, and directions of the soul essence that is expressing itself in greater and greater manner as the fourth-density energies continue to enhance this process upon your planetary sphere.

因此，这样一个有意识的体验与以及对这样的体验的处理过程中的催化剂的寻求者，会可以为它自己的那些神圣的、圣洁的，包含一切的，太一无限造物者的一部分，且实际上就是其全部的面向所取得了。因此，对人格外壳可以在灵性旅程中对自我的那些面向的探索，是没有尽头的。接下来，在每一个实体内在之中，会有可能性产生出对这些增强性的特性、面向，能量以及灵魂实质的方向的发现，灵魂的实质会随着第四密度的能量继续在你们的地球上增强这个过程而用越来越的方式表达它自己了。

We would ask if there is a follow-up query, my brother?

我们会询问，是否有一个后续问题，我的兄弟？

Gary: Thank you for the opportunity, but no thanks.

Gary: 为那个机会而感谢你们，但是，不用谢。

Q'uo: I am Q'uo and we thank you, my brother.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。

And we thank each once again for inviting our presence in your circle of seeking this day. As always, we are most gratified to join you, for we learn from you as much as you learn from us, my friends. Your third-density illusion is a great challenge for any entity to undertake. There is so much that is unknown that lies beyond the veil of forgetting, and we are most cheered and

feel such great appreciation as each of you fearlessly move forward into the great unknown that, as you come to know it, you see as yourself, and all other selves combined to be the One who is all in all. Blessings on your journeys, my friends. We are those of Q'uo, and we shall leave you now in the love and light of the One Infinite Creator. Adonai vasu borragus.

我们为你们今天邀请我们出席你们寻求的圈子而再一次感谢每一位。一如既往，我们对于加入你们是极其感激的，因为我们从你们身上学到了和你们从我们身上学到的一样多的东西了，我的朋友们。你们的第三密度的幻象对任何实体都是要承担的一个巨大的挑战。会有如此大量的未知的事物存在于遗忘的罩纱之外，当你们每一个人无惧地向前移动进入到伟大的未知的时候，我们是极其愉快，并感觉到了如此巨大的感激的，如你们对那个伟大的未知的知晓一样，你看到你自己，以及所有其他的存有，都被混合成为了太一，太一就是在万物中的万物。我的朋友们，在你们的旅程上祝福你们。我们是 Q'uo，我们现在在太一无限造物者的爱与光中离开你们。 Adonai vasu borragus。

May 11, 2019
2019-05-11 从心开始的服务

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each of you in love and in light this afternoon. Once again, we are filled with joy to be asked to join your group, for your circle of seeking has become a special experience for us. We seek to serve, as do you, offering you information that may be of assistance to you in your own spiritual journey, and at the same time, we learn from you through your experiences, your questions, much of what is helpful to us, for you live within a difficult experience, an illusion which hides most of the One who is in all from you.

我是 Q'uo, 我与这个器皿在一起了。我在这个下午, 在爱中, 在光中向你们每一位致意。再一次, 我们对于被请求加入你们的团体而感到被喜悦充满了, 因为你们的寻求的圈子已经成为了我们的一种特别的体验。我们和你们一样寻求服务, 我们提供给你们在你们自己的灵性的旅程上可能会对你们有帮助的信息, 同时, 我们同时也通过你们的体验、你们的问题从你们身上学习, 你们的很多的问题对我们都是有帮助的, 因为你们是活在一种困难的体验中, 活在一个幻象之中的, 这个幻象将在万物之中的太一的大部分都对你们隐藏起来了。

Before we begin, we would, as always, ask a simple favor of you, and that is that you take the words and concepts which we offer to you today and use them as you will, leaving behind any that do not ring of truth to you. In this way, we shall not become a stumbling block to you, for we would not wish to cause you distortions in your own journey of seeking, but to share those concepts with you which have been helpful to us. If you would do that small favor for us, we will be able to speak more freely to you.

在我们开始之前, 我们会一如既往对你们请求一个简单的恩惠, 那就是请你们拿起我们今天提供给你们的话语和观念, 如你们所愿地使用它们, 将任何对你们听起来不是真理的内容都丢弃掉。用这种方式, 我们就不会成为你们的一块绊脚石了, 因为我们不希望你们在自己的寻求的旅程中给你们造成扭曲, 我们寻求与你们分享那些已经对我们是有帮助的观念。如果你们愿意给予我们那个小小的恩惠, 我们就能够更加自由地对你们发言了。

At this time, we would ask if there is a query with which we may begin.
在此刻, 我们会询问, 是否有一个我们可以用来开始的问题。

A: I have a question. I want to be of service to others in all that I do, but how do I deal with the feeling of being taken advantage of?

A: 我有一个问题。我想要在所有我做的事情中服务他人, 但是, 我如何处理那种被利用的感觉呢?

Q'uo: I am Q'uo and am aware of your query, my sister. To be of service as fully as one can be, it is often necessary to undergo a certain kind of testing,

shall we say. The testing may be the feeling that you describe of being taken advantage of, it may be a feeling that you have fallen short in your service, it may be a feeling that you do not perceive a manner of being of service when perhaps there is one there, or it may be that you have difficulty responding in the manner in which you are asked to respond.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。要尽一个人所能地尽可能充分地进行服务, 经常需要去承担一定类型的, 容我们说, 考验。那种考验可能会是你描述的那种被利用的感觉, 它可能是一种你在你的服务中已经达不到要求的感受, 它可能是这样一种感受, 在也许会有一种进行服务的方式的时候, 你却并没有感觉到一种进行服务的方式, 或者它可能是, 你在用你被要求回应的方式来进行回应的方面遇到了困难。

Each seeker of truth who wishes to be of service must be aware that it is not always a simple action that is accomplished when you have the opportunity presented to you to be of service. There are often obstacles, as we have mentioned, that cause misperceptions and difficulties in such service that is being rendered. It is necessary, in our opinion, to be able to move in an effortless fashion, full of will to serve, and the faith that all will be well, and all is well, so that your service is given freely, without any offering or expectation of return. To expect a certain return dilutes, shall we say, the service that is offered. If you can give of yourself in a completely free fashion so that that which you give is all you have, and the best you have, you have done all that is possible for you to do.

每一个进行服务的真理的寻求者都必须察觉到, 当你拥有了被呈现给你的服务的机会的时候, 伴随着的不一直都是一种简单的行动。经常会有障碍, 如我们已经提到过的一样, 这些障碍会在这样的正在被提供的服务中制造出错误的观念与困难。在我们看来, 能够用一种不费力的方式移动, 充满了服务的意志与对于一切都将是好的且一切都好的信心, 这是有必要的, 这样, 你们的服务就会被自由地给予, 而不带有任何对回报的提供或者期待。如果期待一定的回报, 这就会, 容我们说, 稀释那个正在被提供的服务。如果你能够用一种完全自由的方式来献出你自己, 这样, 你给予的事物就是你全部拥有的事物, 你拥有的最佳的事物, 你就已经做了你有可能去做的全部的事情了。

It is necessary, in our opinion, for each servant of the One, to give in a whole fashion so that there is no reservation in the giving, for the reservations reflect some type of distortion or disharmony within one's own being that can serve as a useful vehicle towards finding a balance for that disharmony, and thereby enhancing one's ability to serve.

在我们看来, 每一个太一的仆人, 都需要用一种完全的方式来给予, 这样在给予中就不会有保留, 因为保留映射出了在一个人自己的存有之中的某种类型的扭曲或者不和谐, 这种扭曲或者不和谐能够起到一种有用处的载具的作用, 它会朝向为那种不和谐找到一种平衡, 并由此增强一个人服务的能力。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

A: No, that's perfect, thank you.

A: 没有了, 那是极好的, 谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Z: Greetings, Quo, I have a query. Harvest has commenced and the human civilization and population appears to be in a process of ascension, clearing negative karma and purifying their beings. How can we best be of service in that process, and also how can we get the best information from you to help with that process?

Z: 致意, Q'uo, 我有一个问题。收割已经开始了, 人类的文明与人群看起来似乎处于一个扬升的过程中, 同时清理负面性的业力并净化它们的存有。在那个过程中我们如何能够最佳地进行服务, 同样, 我们如何能够从你们那里得到最佳的信息来帮助那个过程呢?

Q'uo: I am aware of your query, my brother. These are queries which are heavy upon the minds of many seekers of truth in your experience today, for within this planetary influence, resides a great company of goodly souls who have removed themselves from one density to another, who have come to be of service to this planet in whatever manner is most appropriate and the queries that you have asked are those which each has within his or her soul essence. The manner in which one offers oneself in service is that which takes the opportunity that is presented to each within the daily round of activities that may or may not have been expected to be of service, for each experience that you have with another entity offers you some means by which you may be of service, for that is the great purpose of the interaction of entities in the third dimension reality of the societies that you form based upon the yellow-ray activation of your energy centers.

Q'uo: 我了解了你的问题了, 我的兄弟。这些问题是在你们今天的体验中在很多的真理的寻求者的头脑中沉甸甸的问题, 因为在这个地球上, 居住着大量的优美的灵魂, 它们已经让它们自己从一个密度移动到另一个密度, 它们已经前来用无论什么最合适的方式对这个星球进行服务了, 你已经询问的问题是每一个灵魂都在他或者她的灵魂实质中拥有的问题。一个人在服务中提供它自己的方式, 就是去利用在日常生活的活动中被呈现给每一个人的机会, 这样的机会可能或者可能不会已经是被预料到要进行服务的, 因为你与另一个实体拥有的每一个体验都会为你提供某种藉由其你可以进行服务的途径, 因为那就是在第三密度中的你们的社会的实相中的实体的互动的伟大的目的了, 这种社会的实相是以你们的能量中心的黄色光芒的激活为基础的。

The stuff of third density, the interactions of whatever fashion—be they harmonious, light and lifesome, deep and dark, exciting or dull, many or few—all offer the opportunity to present yourself as a servant of the One who resides in all. If you look for that One in each that you meet, you will find some aspect of that One responding to your desire to serve, and offering you a

manner in which you may be of service truly in that moment, on that day, in some way, that will be made apparent to you if you keep your heart and your mind as open as your arms greeting a loved one. You will find many and sundry ways to offer yourself in service, for that is all that is here: manners of serving. No matter what you do, whether you send rockets to the moon, whether you clean the baby's diapers, whether you sell items on the internet, everything is an opportunity for you to become a servant of the One in all. There is no other feature of this third-density experience that is as universal as the opportunity to serve.

第三密度的原材料，即无论什么方式的互动——无论它们是和谐的，轻松的，尘世的，深入而阴暗的，令人激动的，无论它们是令人激动的还是令人乏味的，无论是为数众多还是稀少的——所有这些互动都提供了机会将你自己作为居住在万物之中的太一的一个仆人奉献出来。如果你在每一个你遇到的事物中寻找那个太一，你将会发现，太一的某个面向会回应你对服务的渴望，同时提供给你一种你通过其可以真正地在那一刻中，在那个日子，用某种途径进行服务的方式，如果你让你的心与你的头脑如同你张开双臂欢迎一个挚爱的人一样地保持开放，那种服务的方式会对你成为明显的了。你将会找到各式各样的方式通过服务提供你自己，因为那就是在这里的全部的事物了：服务的途径。无论你做什么，无论你是将火箭发射到月球，或者你是在清理婴儿的尿布，或者你在互联网上卖东西，每一个事情都是一个机会让你成为那个在万物之中的太一的一个仆人。这个第三密度的体验是没有其他的属性是和服务的机会一样地普遍性的。

As regards your second query as to how to get the most helpful information from our group, we suggest that the same technique be used, that which you have done repeatedly in your interactions with us, and that is to ask what is on your heart. For that which comes from your heart, is the purest offering that you may give to any entity, be they from your density, our densities, or from any place. For this offering of the heart is an offering that brings all entities together in the opening of that green-ray energy center, an unconditional love for all beings, for all of the creation, whether you are aware of them or not, for the love that pours from your heart touches all, for all are indeed One. *在关于你的第二个问题，关于如何从我们的团体取得最有帮助的信息的方面的问题，我们会建议，相同的技巧被使用，那就是你在你与我们之间的互动中已经重复性地进行了的事情，也就是去询问，什么事情是在你的心中的。因为来自于你的心的事物，就是你可以给予任何实体的最为纯粹的给予，无论它们是来自于你的密度，我们的密度还是来自任何其他地方。因为这种对心的给予，就是一种会将所有的实体通过对那个绿色光芒能量中心的开放，通过一种对所有存有，所有造物的无条件的爱，带到一起的给予，无论你是否察觉到它们，因为那种从你的心倾泻出来的爱会接触到万物，因为万物确实是合一的。*

Is there another query?
有另一个问题吗？

Z: Yes, Q'uo, one brief query. Could you give any advice on how to deal with contrast in situations that we encounter in life—things that we prefer and not prefer, as we move along in the progression of life seeking alignment.

Z: 是的, Q'uo, 一个简短的问题。你们能够在关于如何与在我们在生命中遭遇到的情况中的对立面打交道的方面给予任何建议吗——在我们沿着生命的进程前进同时寻求校准的时候, 我们比较喜欢或者比较不喜欢的事情。

Q'uo: I am Q'uo and am aware of your query, my brother. There are many, many contrasts, an infinite supply of such that may be available to each entity within the incarnational pattern, for the contrasts of one thing to another are what the polarized nature of your third-density illusion is created of. All of these contrasts—the large and the small, the good and the bad, the male and the female, the light and the dark, and so forth, in each infinitesimal manner of representation—there is in each contrast an opportunity to balance the self by being able to look at the pairs of seeming opposites or contrasting features of one kind of beingness, so that you are able to take this within your mind, your body, and your spirits, and make it a portion of yourself, for do you not contain all things as a portion of the One Creator? Is there anything or portion or contrast with any other thing that you are not? We are all one, we all have each portion of the creation contained within us, the universe is contained within each entity. You are much, much more than you perceive yourselves to be in a normal sense of your own reality. You are this and you are that, that which you think you are not, you are that indeed. Take it all in with open arms, with open heart, with open mind, and take it as something that is of a beneficial nature to you to realize that you are far more than you ever thought possible, and as being everything in everyone, then look upon each around you as a brother, as a sister, as the same as yourself, the One Infinite Creator in another guise, another face, another feature, another form.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。会有很多很多的对立面, 每一个实体在投生模式中有无限数量的这样的对立面是可供利用的, 因为一个事物与另一个事物的对立就你们的第三密度的极化的属性尤其被创造出来的事物。所有这些对立面——大与小, 好与坏, 男与女, 光明与黑暗, 如此等等, 在每一种无限小的表现的方式中——在每一个对立面中都会有一个机会去藉由能够看到看似对立面的配对物或者具有一种类型的存在性的对立的属性而平衡自我, 这样你就能够在你的心智、你的身体与你的灵性中利用这个对立面, 并使得它成为你自己的一部分, 因为你, 作为太一造物者的一部分, 难道不是包含了所有的事物吗? 难道你不是任何事物, 任何部分或者与任何其他事物的对立吗? 我们全都是一体的, 我们全都拥有被包含在我们内在之中的造物的每一个部分, 宇宙是被包含在每一个实体内在之中的。你们是比你们在一种对你们自己的实相的通常的感知中感觉到你们自己之所是的事物要远远, 远远大的多的。你是这个, 你是那个, 你认为你不是的事物, 你其实是。用张开的双臂, 张开的心, 开放的心智, 将一切事物都接收进来, 将它当成了某种对你具有有益的属性的事物, 以意识到, 你是比你曾经有可能想过的要远远大的多的, 将它当成是在每一个人中的每一个事物, 接下来, 将在你周围的每一个实体都视为一个兄弟, 视为一个姐妹, 视为和你自己是一样的, 是在另一个伪装, 另一个面孔, 另一种属性, 另一种外形中的太一无限造物者。

Is there a further query, my brother?

我的兄弟, 有另一个问题吗?

Zach: No, thank you, Q'uo.

Zach: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo and we again thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你, 我的兄弟。在此刻有另一个问题吗?

D: I have one, please, Q'uo. You advised to ask what's on our hearts, and if I think long about this question, I will come up with a spiritual answer, and an intellectual answer. And I think what I'm struggling with is trying to reconcile what's going on in my emotional body. So my question at that level from my heart is: when you feel or perceive yourself to be in service to multiple people who are close to you, two or more, and you feel bound to these entities, perhaps by some calling or some pre-incarnative choice—maybe they're family members or people who have a long-standing role in your life, and you have a finite amount of energy, or seem to have a finite amount of energy to offer to each of them, and their needs seem to be pitted against one another, in that if you are to offer your energy, whether the energy that comes through you, as much as possible, whether your personal reserves, to just one of these entities, the other suffers. How do you reconcile the feeling that you're always falling short in serving those whom you love whose needs don't seem to match up? I guess that's all I have to ask. Thank you.

D: 我有一个问题, Q'uo。你们建议去询问在我们心中的事物是什么, 如果我对这个问题进行长时间的思考, 我将会想出一个灵性上的答案, 一个智力的答案。我认为我正在与之交战的事情是, 尝试去调和在我的情绪体中正在发生的事情。因此, 在那个层次上, 来自于我的心的问题是, 当你感觉或者感到你自己是在对多个, 两个或者更多个, 和你亲密的人进行服务, 并且你感觉到对这些实体是负有义务的时候, 也许是藉由某种呼唤, 或者某种投生前的选择——也许它们是家庭成员或者在你的生命中拥有一种长期角色的人, 你拥有有限数量的能量, 或者看起来似乎拥有有限数量的可以提供给它们每一个人的能量, 它们的需要看起来似乎是与相互彼此抵触的, 因为如果你要向这些实体中的一个实体提供你的能量, 无论是通过你流动的能量, 尽可能地多地提供, 或者是你个人的储藏的能量, 其他的实体都会受苦。这些是你爱的人, 而这些人需要看起来似乎并不是相匹配的, 你要如何调和这种你在服务这样一些实体的过程中你一直都是达不到要求的感觉?我猜想那就是所有我要问的事情了。谢谢你们。

Q'uo: I am Q'uo and am aware of your query, my sister. When you wish to be of service to entities as what you've described, that seem to be at odds in their requirements of you, it is well to look within your heart, perhaps within the meditative state, to see and feel what is your true heart's desire. If that desire is to be of as complete and loving a response to needs as you are aware of, go then to that source of request of service from you and give what is asked fully and freely, until you feel that you have given all that can be given by you at that time.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。当你希望去服务如你已经

描述的实体之类的实体的时候，这些实体在它们对你的要求的方面看起来似乎是相抵触的，你去在你的心中观察，也许是在冥想状态中观察，以看到并感觉，你真正的心渴望是什么，这是很好的。如果那种渴望是和你知晓的一样的一种对那些需要的完全且有爱的回应，接下来，去寻找那个向你请求服务的源头，并充分且自由地给予被请求的事物，一直到你感觉到你已经给与了所有你在那个时刻能够给予的事物。

Then, when you are asked by another to give what seems difficult or contradictory in some fashion, give again from the heart from your being, that tells you what it is you must do to be true to that feeling of wishing to give all that you have. When you feel that there is contradiction, opposition, confusion, or any other feature of your service that is not clear to you, find within your own being the faith, that as you follow your heart, there is no higher calling you may follow. Find within yourself the will to continue to give as it is asked of you to give.

接下来，当你被另一个实体请求去给予看起来似乎是困难的，或者用某种方式是有矛盾的事情的时候，再一次从你的存有，从你的心来给予，你的心会告诉你，要对那种希望给予所有你拥有的事物的感觉成为真实的，什么事情是你必须要做的。当你感觉到会有矛盾，对立，混淆，或者任何其他你的服务的对你并不是清晰的属性的时候，在你自己的存有中找到那种信心，即当你跟随你的心的时候，就不会有更高的呼唤是你可以跟随的了。在你自己内在之中找到那种意志，以继续如同你被那种意志要求给予地一样地给予。

Service is not always easy—service is often most difficult when it is most valuable to be given. All services given freely from the heart are helpful to all entities involved in the service. Indeed, in any way in which you may open your heart to others, you affect the entire creation, for all are One in love and light. If there is a pain in your heart from any service you offer, ask of yourself the source of the pain. Perhaps it is something within your being that you do not wish to do, but did even though it felt that it was something that was not helpful. If you are of service to others in the most beneficial way, you give to them what they ask of you. If that is not possible, then you need to ask yourself, why is this so. If it is truly not possible from an open-hearted way of your own being, then think again as to how the service may be most effectively offered. In most cases, simply giving as you are asked to give is the most helpful way to be of service for you cannot know how to serve another unless they tell you, unless they ask you.

服务并不一直都是容易的——**当要被给予的事情是极其有价值的时候，服务经常是极其困难的。**所有的自由地从心开始被给予的服务，对于被包含在那个服务中的实体，都是有帮助的。确实，用任何的你可以通过其将你的心向着其他人开放的方式，你都影响了整个造物了，因为，万物在爱与光中是一体的。如果你的心中会有一种来自于任何你提供的服务的痛苦，向你自己询问那个痛苦的来源。也许它是在你的存有中的某个你并不希望去做的事情，但是，即使它被感觉到它是某个没有帮助的事情，你却做了它。如果你是用最有益的方式来服务他人的，你会给予它们那个它们请求你的事物。如果那是不可能的，接下来，你就需要询问你自己，为什么是这样子的。如果从一个你自己的存有的开放的心的方

式, 它真的是不可能的, 接下来, 再一次思考, 服务如何可以最有成效地被提供。在大多数情况中, 单纯地如同你被要求地一样地给予, 就是最有帮助的服务的方式, 因为你无法知道如何服务另一个人, 除非它们告诉你, 除非它们请求你。

Is there a further query, my sister?
我的姐妹, 有一个更进一步的问题吗?

D: No, thank you so much, Q'uo.
D: 没有了, 非常感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Z: A brief follow-up question, Q'uo. What about when the other entity asks for us to provide a service that we deem to be not productive or even harmful to that entity?

Z: 一个简短的后续问题, Q'uo。当另一个实体对我们要求提供一种我们认为不是有成效或者甚至对那个实体有害处的服务的时候, 是怎么样的呢?

Q'uo: I am Q'uo and am aware of your query, my brother. If such a service is requested of you, and you have seen repeatedly from past experience to fall short of the desire of the one who asks, then it might be the most helpful thing to engage in conversation, to ask for a refinement of the service, explaining with the blue ray of freely given and received communication, how further a service of this kind that has failed previously, will be able to succeed at this time. Asking for clarification of service is often a good way to find the most helpful service, because it is not just you that adds your thoughts, but the one who asks your service who will also respond in kind. This may, indeed, move the service to a higher level of beingness so that it is truly effective. Being of service and offering what is asked is sometimes enhanced by freely given and received communication. A service does not necessarily need to be blindly given, for there [is] oftentimes, as you are aware, a certain contributing factor or essence to a service that needs refinement before the service may be considered truly helpful.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。如果这样一个服务是对你请求的, 你已经根据过去的经验反复不断地看到会无法满足那个请求的实体的渴望了, 接下来最有帮助的事情可能就是, 进行谈话, 请求对服务的一种精炼, 并用被自由给予与接收到的沟通交流的蓝色光芒来进行解释, 如何对这种之前已经失败过的服务的更进一步的服务将能够在这一次成功。请求对服务的澄清, 经常是一种找到最有帮助的服务的优秀途径, 因为将会善意地回应的实体, 不仅仅是的将想法添加上去的你, 它同样也是那个请求你的服务的实体。这确实可能会将服务移动到一种更高的存在性的层次, 这样它就是真正有成效的了。进行服务并提供被请求的事情, 时常会藉由被自由地给予与接收到的沟通交流所增强。一个服务并不一定需要去盲目地给予, 因为如你知晓的一样, 在服务可以被认为是真正地有帮助之前, 一个服务时常会有一定的有贡献的要素或者实质是需要精炼

的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Z: Yes, Q'uo. What if the other entity does not appear to learn from catalyst, and makes the same mistakes over and over?

Z: 是的, Q'uo。如果另一个实体看起来并没有从催化剂学习, 并一次又一次地犯相同的错误, 怎么办呢?

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest meditation in this case. Meditation to discover what is the heart of your own being, so that you may see whether or not this is a practice or offering which you wish to continue., For in your own heart, if you feel that there is a failure for a certain kind of offering that the entity receiving does not yet recognize, then it is perhaps a good movement, shall we say, to move within your own meditative state and see what it is that your heart truly tells you. For oftentimes those who wish to serve rely too heavily upon the mind, seeing certain features of an outward illusion that may not be correctly perceived, whereas if the perception of the heart is queried, or sought, then there is another level of realization and explanation that can be availed. We hope that this has been helpful, my brother, for this is not an easy situation in which to find one's true path, and we realize that oftentimes when one finds oneself in such a quandary that it is necessary to consider carefully the further steps upon a path that has led in a direction which seems to be unproductive. We realize that there are oftentimes situations in which one must rely upon one's own intuition that is another form of viewing that which is within the deepest levels of the heart, for the intuition is often the means by which many entities access the deeper levels of the heart that are not immediately available to the conscious mind.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们在这种情况下会建议冥想。冥想以发现, 什么事情是你自己的存有的核心, 这样你就可以看到, 是否这是一个你希望去继续的实践或者给予了。因为在你自己的心中, 如果你感觉到会有一种失败, 即实体接收到的一定类型的给予并没有被识别出来, 接下来, 容我们说, 进入到你自己的冥想状态中, 并看看你的心真的会告诉你们什么事情, 这也许就是一个优秀的行动了。因此, 那些希望去服务的人, 时常会将大量的重量压在头脑上, 并看到一个外在的幻象的一定的可能并未正确地被感觉到的特性, 而如果心的知觉被请求或者被追寻了, 接下来, 就会有另一个领悟与解释的层次是能够被取得的了。我们希望, 这已经是有帮助你的, 我的兄弟, 因为这不是一个可以在其中找到一个人真实的道路的简单的情况, 我们意识到, 当一个人发现它自己处于这样一个左右为难的处境的时候, 经常需要仔细考虑在一条道路上的更进一步的脚步, 这条道路会导向一个方向, 它看起来似乎是没有成效的。我们意识到, 经常会有这样的情况, 在其中一个人必须要依赖于它自己的直觉, 知觉是另一种观察在心的最深的层次中的事物的方式, 因为知觉经常很多实体藉由其触及心的更为深入的层次的途径, 而这些心的更为深入的层次对于有意识的心智并不是立刻就可以被其利用的。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Z: No, thank you, Q'uo.
Z: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you once again, my brother.
Q'uo: 我是 Q'uo，我们再一次感谢你，我的兄弟。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Austin: Q'uo, we've got one sent in from Luis, who asks: "If one is pursuing the path of the adept, seeking to find and be able to hold oneness within, is it recommended to maximize the time spent in awareness of the Creator, and in a more meditative state, or is it recommended to consciously take breaks from the state often, in order to work with the ever-present catalysts around us, or will the path simply present itself and there is no need to aim for either?"
Austin: Q'uo, 我们有一个从 Luis 发来的问题，Luis 询问，“如果一个人正在追寻行家的道路，并寻求去找到在内在之中的一体性并能够抓住它，将花费在对造物者的察觉中，花费在一种更为冥想性的状态中的时间最大化，这是被推荐的吗，或者，有意识地经常从那种状态休息，以便于与在我们周围一直都会出现的催化剂一同工作，这是被推荐吗，还是道路将会单纯地将其自身呈现出来，并没有将两者之中的任何一个当成目标的需要？”

Q'uo: I am Q'uo and believe that we understand the query, my brother. We find that a great deal of thought has gone into this query and that there has been a good deal of experience with each facet of the query. The meditative state in which the presence of the One is sought is a means by which to imbue one's own being with a sense of direction and purpose, also the sense of actually moving into the workaday world, shall we say, and utilizing the presence of the One to color those interactions with others in a manner which is most beneficial as it is that which contains the overview of all of the creation, and how each tiny portion fits as a piece to the greater puzzle. We are also aware that there has been a great deal of experience with allowing the moments of one's life experience to evolve as the seed that grows from the ground that has been watered by one's attention within one's own being.

Q'uo: 我是 Q'uo，相信我们理解了问题了，我的兄弟。我们发现，会有大量的想法已经进入到这个问题中，对问题的每一个面向都已经大量的体验了。太一的临在会在其中被追寻的冥想状态，是一条藉由其让一个人自己的存有作为一种方向感与目的感所灌注的途径，同样还有一种实际上进入到，容我们说，日常工作的世界，并利用太一的临在来为那些与其他人之间的互动进行染色的感觉，这些互动是用一种极其有益的方式的，因为它是包含了对所有的造物的整体观念，以及每一个微小的部分是如何作为一个拼图的碎片匹配到更大的拼图的互动。我们同样察觉到，已经有大量的对允许一个人的生命体验中的瞬间的体验了，如同

从土地生长出来的种子一样地发展，土地已经是被一个人对它自己的存有的注意所浇灌了的。

We would suggest that this query is one which has basically answered itself, for if one has availed the self of the opportunities of feeling the presence of the One, then this great nurturing food for the soul might be taken with one into the daily round of activities, and shared there with those hungry souls who come one's way, for each in a day's experience will discover that there are many opportunities to be of service: whether by a simple smile, a short conversation, the offering of a service, the finding of that which is lost. And then discovering again, within the meditative state at a later time, that this was that which was most appropriate in the reviewing of the day, in the balancing of the events of the day that, taken together, cause one to feel a certain kind of wholeness within the being so that there is that feeling within oneself that the path that one has followed for this particular day has proved helpful to others and gives one a feeling of being whole and helpful and inspired by that which comes from within and moves to the outer realms to bring the peace and the power of the inner realms to that which is the illusion around one.

我们会建议，这个问题是一个已经基本上自我回答了的问题，因为如果一个人让自己受益于感觉太一的临在的机会，接下来，这种伟大的对于灵魂是滋养性的食物，就可以被一个人带在身边，被带入到日常生活的活动中，并于一个人遇到的那些饥饿的灵魂进行分享了，因为在一天的体验中，每一个人都将会发现，会有很多的进行服务的机会：无论是藉由一个简单的微小，一次简短的谈话，对一个服务的给予，还是藉由对失去的事物的找到。接下来，在一个稍后的时间，在冥想状态中再一次发现，这就是在对那一天的回顾中，在对那一天的事件的平衡中最为适当的事情，当这些时间被带到一起的时候，它们会使得一个人感觉到在存有中的一些类型的完整性，这样，在一个人自己内在之中就会有这样的感觉，一个人在这个特定的日子已经跟随的道路，已经被证明是对其他人是有帮助的，它给予了一个人一种完整的，且有帮助的感觉，并会因为这样的事物而得到启发，这个事物是自于内在之中，并移动到外部的领域，以将内部领域的平安与力量带到在一个人周围的幻象。

At this time, we shall take our leave of this group for this instrument is becoming somewhat weary. We thank each, as always, for offering the queries, for offering the love, for offering the light to us, for you are inspirations to us as you move through your daily round of activities. You live within an environment, as we began to say at the beginning of this session, that is most difficult. It is one which has many challenges, and the doughty seeker shall find many opportunities to open the heart in love to all about it, and we leave you in that love and in that light. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们想要离开这个团体，因为这个器皿正在变得多少有些疲倦了。我们一如既往感谢每一位对我们提供问题，提供爱并提供光，因为当你们经历你们的日常生活的活动的时候，你们就是我们的启发。如我们在这次集会开始的时候开始说的一样，你们生活在一个极其困难的环境中。它是一个拥有很多的挑战的环境，而勇猛的寻求者将会找到机会去在爱中向着在它周围的所有事物开放心，我

们在那种爱中，在那种光中离开你们。我们是你们知晓的 *Q'uo. Adonai vasu borragus.*

May 18, 2019

2019-05-18 第四密度的压力锅

(Jim channeling)

(Jim 传讯)

I am Q'uo and with this instrument. We greet each of you in love and in light this day, as always. We are most happy to be called to your group once again, for it is an honor to join our vibrations with yours. You seek so valiantly in this world of illusion and disharmony of one kind or another. We know from our own experience that this is not an easy task. Therefore, when you call for our assistance, information and presence, we are most blessed in being able to answer your call.

我是 Q'uo, 我与这个器皿在一起了。我们一如既往在这个日子的爱与光中向你们致意。我们极其高兴再一次被呼唤到你们的团体, 因为将我们的振动与你们的振动结合起来, 这是一种荣耀。你们如此英勇地在这个具有这样或者那样的幻象与不协调的世界中寻求。我们从我们自己的经验知晓, 这不是一个容易的任务, 因此, 当你们呼唤我们的帮助, 信息与存在的时候, 我们对于能够回应你们的呼唤是感到极其有福的。

As always, we preface our speech and thoughts with a favor that you examine what we offer you, taking those thoughts and words that have meaning for you at this time, and use them as you will, leaving behind any that do not have meaning for you now. This will allow us to speak as we will, and to share more openly that which we have to offer you.

一如既往, 我们会在我们的发言与想法的前面首先请求一个恩惠, 那就是请你们检查我们提供给你们的事物, 拿走那些在此刻对你们拥有意义的想法和言语, 如你们所愿地使用它们, 将任何现在对你们没有意义的内容都丢弃掉。这将会允许我们如我们所愿地发言, 并开放地与你们分享我们所要提供给你们的事物。

At this time, we would ask if there is a query with which we may begin?

在此刻, 我们会询问, 是否有一个我们可以用来开始的问题?

Fox: Q'uo, would you please speak to us about how we might work with the anxiety and stress that comes from the fear of the unknown in our daily lives?

Fox: Q'uo, 请你们对我们谈谈, 我们如何与来自于对我们的日常生活中的未知的事物的恐惧的焦虑与压力一同工作。

Q'uo: I am Q'uo and am aware of your query, my sister. The anxiety which produces stress is a portion of each seeker's methodology, shall we say, or technique, of preparing the self for growth. Much as a runner before a race feels the adrenaline pumping through the veins, so does the seeker of truth before the great opportunity to move more fully into unconditional love feel the anxiety that dealing with such a great unknown produces.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。产生出了压力的焦虑是每一个寻求者让自己为成长做准备的, 容我说, 方法学或者让技巧的一部分。非

常类似于一个跑步者在一场比赛之前会感觉到肾上腺素涌入血管，真理的寻求者就是这样子会在更为充分地移动进入到无条件的爱的巨大的机会面前，感觉到与这样一种巨大的未知的打交道的时候产生出的焦虑了。

Each of you is well aware that you live now within a fourth-dimensional planetary influence—the fourth density being that which has become established within your illusion in greater and greater degree as the years have moved on. There is now, for each seeker of truth, a multiplicity of opportunities in each day's experience that will open the self to greater and greater challenges to prepare the self, at the level of the soul, to receive these instreamings of fourth-dimensional vibrations. Each of you is attempting to refine your ability to discern and work with these energies that are ever increasing upon your third-density planetary influence.

你们每一个人都清楚地了解，你们现在是生活在一个第四密度的星球的影响之中——随着时间的推移，第四密度的存在已经在你们的幻象中用越来越大的程度被构建出来了。对于每一个真理的寻求者，在每一天的体验中，现在都会有大量的机会将会让自我向着越来越大的挑战开放，以让自我，在灵魂层次上，准备好接收第四维度的振动的这些能量流做好准备。你们了每一个人都正在尝试去今年你们分辨这些在你们的第三密度的星球的影响中正在逐渐增加能量并与之一同工作的能力。

This is a process which each of you is aware of, both consciously (to a degree) and subconsciously, in completeness, so that you are aware that the chance and the opportunity to find the unconditional love flowing freely from your green-ray energy center is being enhanced as you meet each new day in your life experience. Each day you are aware will give you more and more opportunities to express this unconditional love and acceptance of much which you are now not able to greet with love, for there is so much in your world that seems to be other than partaking of love, partaking of unity, partaking of light, partaking of healing, partaking of the harmonizing of all that seems disharmonious.

这是一个你们每一个人都察觉到的过程，在一定程度上有意识地察觉到的，同时是完全地、潜意识地察觉到的，因此，你们是察觉到了那些时机与机会去发现，那种从你们的绿色光芒的能量中心自由流动的无条件的爱是正随着你们在你们的生命体验中面对每一个新的日子而被增强的。你们察觉到的每一个日子，都将给予你们越来越多的机会去表达对很多你们现在无法用爱来致意的事物的这种无条件的爱与接纳，因为在你们的世界中会有如此大量的事情看起来似乎是并不带有爱，带有统一性，带有光，带有疗愈，带有对所有看似不和谐的事物的协调一致的。

Thus we say to you now, that as you are aware, both consciously and unconsciously, of these opportunities within your meditative state attempt to visualize how these instreaming cosmic energies are engulfing your planet and imbuing your very being with more energy, more ability to perceive deeper within the illusion to see through the illusion to the One who resides within all.

因此，我们现在对你们说，当你们在你们的冥想状态中同时有意识地与无意识地察觉到的这些机会的时候，尝试去用视觉化观想这些流入的宇宙能量正在吞没你们的星球，并用更多的能量，更多的更为深入地在幻象中感觉以透过幻象看到居住在万物之中的太一的能力来灌注你们的存有。

One has so many disguises at this time that are so real it would seem, and so manifest, and so penetrating, that it is difficult to be able to see beyond the façade. However, each of you is capable of doing this. This is why you are here. This is the great challenge. This is the great mission. This is the great hope.

一个人在此刻拥有如此多的伪装，这些伪装，看起来似乎是，如此真实，如此明显，如此有穿透力，以至于要能够看穿表象会是困难的。然而，你们每一个人都能够这样做。这就是你们为什么在这里的原因。这是伟大的机会。这是伟大的使命。这是伟大的希望。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Fox: Just to clarify, is the anxiety and the resulting stress . . . is there some commonality that all of us are feeling more of this because of the fourth-density vibrations being raised?

Fox: 仅仅是去澄清一下，焦虑和由其产生出的压力.....会有某种共性，我们所有人都在更多地感觉到这种感觉，这是因为第四密度的振动在增强吗？

Q'uo: I am Q'uo and am aware of your query, my sister. You are quite correct, in that each entity who has awakened in a conscious fashion to the spiritual journey is now quite well aware that these times, indeed, are changing in their vibrational frequency, and the opportunity to grow is enhanced. The beginning response from most such seekers, is a feeling of "Can I do this? Is this possible?" This is stressful, but if you will take note of those times in your past when you have felt the same stress and anxiety and have moved forward nonetheless, and have done that which was so daunting to begin with, and have done well in such regard, know then, that you can do this now, as well.

Q'uo: 我是 Q'uo，我了解你的问题了，我的姐妹。你是相当正确的，因为每一个已经用一种有意识的方式觉醒于灵性的道路的实体，都是相当清楚地察觉到，这些时间，确实是在它们的振动频率中正在改变的，成长的机会是被增强了的。从大多数这样的寻求者的初始的呼应，是一种“我能够做到吗？这是有可能的吗？”的感觉。这是有压力的，但是，如果你们将会注意到你们的过去中的那些你们已经感觉到了相同的压力与焦虑，并已经依旧前进了，已经完成了曾经如此不敢开始的事情，已经用这样的方法做得很好的了时刻，接下来，你们就会知晓，你们现在同样能完成这个工作了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: This is kind of a different angle, but I was wondering, do second-density plants and animals—are they feeling any of this, or are they at a different

awareness level.

Fox: 这以某种方式是一个不同的角度, 但是我要知道, 第二密度的植物和动物——它们感觉到任何这种压力吗, 或者它们是在一个不同的察觉的层次上的吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Each conscious being that exists within your illusion in the third density, as well as the second, and even the first, is aware to some degree that there is more, shall we say, food, or nourishment, that is pouring forth into the experience of each form of consciousness to utilize in whatever means is possible, according to the level of conscious awareness.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。每一个存在于你们的第三密度的幻象中的有意识地存有, 同样还有第二密度, 甚至是第一密度, 都在某种程度上察觉到, 会有能多的, 容我说, 食物或者养分, 正在倾泻进入到意识的每一个原子之中, 以根据有意识的察觉的层次, 用无论什么有可能的方式来进行利用。

Is there another query, my sister?

我的姐妹, 有另一个问题吗?

Fox: Well, if it's okay, I wouldn't mind asking. You said there's this pouring forth of information—does it give us a sense of an unknown? Does it feel like—it just seems like a vast unknown. Is it because it's just so different from what we're used to?

Fox: 好的, 如果它是没问题的, 我不会介意询问。你们说过, 会有这种信息的倾注——它会给予我们一种未知的感觉吗? 它感觉起来就好像是——它就是感觉好像是一种巨大的未知。这是因为它仅仅是与我们习惯的事情是如此不同吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. The unknown is always available to any seeker of truth who wishes to move forward in its spiritual path. This is the nature of the process of seeking. However, at certain points in the evolutionary process of planets and cycles, there is an enhancement of that which is always ongoing—the ability to welcome and enjoy the more and more purely streaming love and light of the One Infinite Creator. This time, this cusp in which there is much greater opportunities available to each seeker, this time of growth and cyclical change, is much as the mountain that seems so tall, the ocean that seems so deep, the challenge that seems so daunting. Each seeker has lived a life of preparation for this time, and this is the time when each of you is aware that that which is the purpose of your incarnation, may be fulfilled.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。未知一直都是可以为任何希望在它灵性的道路上前进的真理的寻求者所取得的。这就是寻求的过程的属性。然而, 在行星的演化过程与周期中的一定的位置, 会有对一直都在进行中的事物的一种增强——去欢迎并享受越来越更加纯净的太一无限造物者的爱与光的流入的能力。这个时刻, 这个在其中会有远远更大的机会可以为每一个寻求者所取得的尖峰时刻, 这个成长与周期性的改变的时刻, 是非常类似于看起来如此

之高的山，看起来如此之深的海，看起来如此令人畏惧的挑战一样。每一个寻求者都已经活出了一次为这个时刻做好准备的生命，这就是在其中你们每一个人都察觉到你们的投生的目的之所是的事物是可以被实现的时刻。

Is there another query, at this time?
在此刻有另一个问题吗？

Fox: Okay, just a quick one. I'm sorry, do those of Q'uo feel fear? When we get to fourth density will we still feel fear?

Fox: 好的，仅仅是一个简短的问题。我很抱歉，那些属于 Q'uo 的实体会感觉到恐惧吗？当我们抵达第四密度的时候，我们将仍旧感觉到恐惧吗？

Q'uo: I am Q'uo and am aware of your query, my sister. The veil of forgetting is that feature which enhances the feeling of what you call fear or anxiety, or the knowing of that challenge which is to come, that may or may not be possible for the self to meet successfully. Thusly, we who live beyond the veil do not have this quality to provide us with fear, for we see clearly the energies at hand, and are aware that we have many times utilized these energies which are merely a part of our greater self and a part of your greater self. However, within your third-density illusion, the veil of forgetting provides a much more efficient means of making the discovery of such energies and such opportunities meaningful to the seeker of truth. Therefore, the anxiety is merely a sign to your deeper self, or we should say a sign from your deeper self, that you are about to embark upon that which is the heart of your journey, the purpose of your incarnation, the destination that each seeks.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。遗忘的罩纱是会增强对你们称之为恐惧或者焦虑的事物的感觉，或者知晓即将到来的，自我可能或者可能不会成功地迎接的挑战的感觉的特性。因此，我们这些活在罩纱之外的实体，并不拥有这种特性来感觉到为我们提供恐惧，因为我们清晰地看到在身边的能量，并知晓，我们已经很多次利用这些能量了，这些能量仅仅是我们更大的自我的一部分，是你们更大的自我的一部分。然而，在你们的第三密度的幻象中，遗忘的罩纱会提供一种远远更加有效的途径来使得对这样的能量的探索以及这样的机会对真理的寻求者是有意义的。因此，焦虑仅仅是一个给你的更深的自我的信号，或者我们应该说，来自你们更深的自我的信号，你们正在着手开始你们的旅程的核心，你们投生的目的，以及每一个人寻求的目的地之所是。

Is there another query at this time?
在此刻有另一个问题吗？

Fox: No, thank you so much, Q'uo.

Fox: 没有了，如此感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

A: Q'uo, how does a seeker identify or find their purpose in life, their purpose for this incarnation?

A: Q'uo, 一个寻求者如何确定或者找到它们在生命中的目的, 它们对这次投生的目的?

Q'uo: I am Q'uo and am aware of your query, my sister. It is said within your holy works called the Bible that if you seek, you shall find. If you knock at the door of unknowing, it shall be opened to you. As you wish and seek and desire to know that which is your purpose, that is much like the magnetic attraction of the iron filing to the magnet.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。在你们的被称之为圣经的神圣著作中说过, 如果你们寻求, 你们将会找到。如果你们敲那扇未知的大门, 它将会对你们打开。当你们希望、寻求并渴望去知晓你们的目的之所是的时候, 这非常类似于磁铁对铁屑的磁性的吸引力。

If you seek with purity, if you seek consciously, if you seek in meditation, if you seek with every fiber of your being, you shall draw unto you that which is yours, that which you have chosen before this incarnation to experience, to grow from and to share with others, as you move through your incarnational pattern. Each of you has made these choices previous to this incarnation. Each of you has prepared yourself with a bounty of riches one may see as the opportunities to grow in a fashion in which is appropriate for you.

如果你们带着纯度来寻求, 如果你们有意识地寻求, 如果你们在冥想中寻求, 如果你们用你们的存有的每一根纤维来寻求, 你们就会将属于你们的事物, 你们在投生前已经选择去体验, 去从其成长, 并在你们穿越你们的投生模式的时候与其他人分享的事物吸引到你们身上。你们每一个人都已经在这次投生之前做出了这些选择了。你们每一个人都已经为你自己准备好了一份厚礼, 一个人可以将其用一种对于你是合适的方式视为是成长的机会。

The life pattern is that which can be discerned in a general fashion by the intuition can be enhanced by the intellect, can be magnified by the spirit, can be realized in meditation as you are able to put yourself in the state of one-pointed seeking, so that that which is yours is drawn to you by your desire.

生命模式是能够用一种一般性的方式被知觉分辨出来的事物, 在你能够将你自己置于聚焦的寻求的状态中的时候, 它能够被智力所强化, 能够被灵性所放大, 能够在冥想中被意识到, 这样属于你的事物就会被你的渴望吸引到你身上了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

A: No, thank you very much.

A: 没有了, 非常感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

K: Yes, Q'uo, I have one question for you. Regarding seeing . . . particularly seeing oneself as the Creator, in addition to seeing others and seeing the world as the creation, but in seeing oneself as the Creator, there's often, depending on the background, guilt is coming from that, because it's somewhat seen as sacrilegious and other upbringings that you may have had. And particularly when trying to entertain this visualization or perceive that, is there any advice or could you speak to how one might be able to balance that with humility so that it's not seen, so that you can step into your own space, but do so in a balanced manner.

K: 是的, Q'uo, 我有一个给你们的问题。关于看到.....尤其是将一个人自己视为造物者, 加上将其他人与世界都视为是造物物, 但是, 在将一个人自己视为造物者的方面, 取决于背景, 经常会有罪咎感以及你可能已经有过的其他的教育出现, 因为它是多少有些被视为是亵渎的。尤其是在当你尝试去抱有这种观想, 或者感觉那种观点的时候, 有任何的建议吗, 或者你们能够谈谈一个人如何才用谦逊来平衡那种观点, 这样它就不会被看到, 这样你就能够进入到你自己的空间, 但却是用一种平衡的方式来这样做?

Q'uo: I am Q'uo and am aware of your query, my brother. When one is able to see the self as the Creator, in one degree or another, there has been a great step taken forward in the spiritual journey, for most entities are unable to realize that they, themselves, contain the One Creator within themselves, full and whole, awaiting discovery by the self. This is the great journey that each seeker of truth finds itself upon at all times whether in your illusion, or in ours, or those beyond us. There is a greater and greater ability to perceive the One in its completeness, in its infinity, in its eternality, that may be enhanced and perceived by any seeker.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。当一个人能够, 在这样或者那样的一种程度上, 将自我视为是造物者的时候, 在灵性的旅程上就已经有一个巨大的步子被向前迈出了, 因为大多数的实体是无法意识到, 它们, 它们自己, 是在其内在包含在太一造物者的, 在内在之中的太一造物者是完全与完整的, 是等待着被自我发现的。这就是每一个真理的寻求者会在所有的时候都发现它自己处于其上的伟大的旅程了, 无论是在你们的幻象中, 还是在我们的幻象中, 还是那些超越了我们的实体的幻象中。会有一种越来越大的能力去感觉到在其完整性, 在其无限性, 在其永恒性之中的太一, 这种能力是可以被任何寻求者增强并感觉到的。

As each seeker is able to make this realization and discovery, it is also possible to see that all other seekers of truth, all other beings, all other things, are also the same Creator—that we, indeed, are all One. If you can look upon those that you meet in your daily round of activities, and see as much of the Creator in them as you see in yourself, then you will see the more and more perfect type of truth that is available to all entities at all times. The perfection of the Creation is the unity within all. As each entity is able to discover this unity, this Creator, this original thought within each being, then there is seen to be an

equality amongst all entities, amongst all things, so that the One Creator who resides in all is perceived by each seeker of truth.

当每一个寻求者能够实现这种领悟与发现的时候，同样会有可能看到，所有其他的真理的寻求者，所有其他的存有，所有其他的事情，同样都是相同的造物者。我们确实全都是一体的。如果你们能够观察那些你们在你们的日常生活的活动中遇到的实体，你在你自己内在之中看到的造物者一样多地看到在它们内在之中的造物者，接下来，你就将会看到越来越多的完美的真理是在所有时候都可以为所有真理所取得的。当每一个实体能够在每一个存有内在之中发现这种统一性，这个造物者，这个原初的想法的时候，接下来，在所有实体当中，在所有的事物当中，就会有一种平等性会被看到，这样，居住在万物之中的太一造物者就可以被每一个真理的寻求者感觉到了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

K: No, thank you very much.
K: 没有了，非常感谢你们。

Q'uo: I am Q'uo and thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, if we have disharmony within ourselves, or blockage to love, or some unintegrated aspect of our being, will the increase of fourth-density energies challenge or exacerbate those conditions?

Gary: Q'uo，如果我们在我们自己内在之中拥有不和谐，或者对爱的阻塞，或者某种我们的存有的未被整合的面向，第四密度的能量的增强会挑战或者激化这些状况吗？

Q'uo: I am Q'uo and am aware of your query, my brother. You correctly perceive the process by which the cosmic energies now engulfing your planet serve as a kind of magnifying glass to give each seeker of truth an enhanced opportunity to move into a greater and greater harmony within the self and with all other entities about one, due to the necessity to deal with the enhanced feelings of disharmony, or misunderstanding, or doubt, or whatever blockage to the free flow of intelligent energy is working upon the seeker. Those who are unable to meet the self, shall we say, at this time, are those who are unable to utilize the increased psychic, cosmic energies now available to all.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。你正确地感觉到了现在正在吞没你们的星球宇宙能量藉由其起到一种类型的放大镜的作用的过程，以给予每一个真理的寻求者一种增强性的机会去移动进入到在自我内在之中，以及与在一个人周围的所有其他的实体之间的一种越来越大的和谐性，这是由于与那些不和谐，或者误解，或者疑虑，或者无论什么对智能能量的自由流动的阻塞打交道的必要条件就是在寻求者身上进行工作。那些在此刻无法，容我们说，面对自我的实体，是那些无法利用现在可以为所有实体所取得的这种增强性的心灵、宇宙

能量的实体。

At this time, therefore, there is a kind of split occurring amongst entities within the third-density population of your planetary sphere. The increased energies moving ever more fully and freely into your realm of experience are causing those who are willing and able to utilize these energies, to create harmony where there was disharmony, to make whole what is broken, are enhanced in their abilities and desires to do so.

因此，在此刻，会有一种类型的分裂在你们的星球的第三密度的人群中的实体中间发生。越来越更加充分且更加自由地进入到你们的体验的领域中的增强性的能量正在使得那些乐于且能够利用这些能量的实体，在曾经没有和谐的地方创造出和谐，让破碎的事物变得完成，并在它们去这样做的能力与渴望的方面被增强。

Those who are not consciously aware of the process of the spiritual path being the reason for their existence within this illusion, may find more and more difficulties if they are somewhat sensitive to these enhanced energies, and have the ability to utilize them, if they but turn their mind to them and open their heart to them.

那些并未有意识地察觉到灵性道路的过程就是它们在这个幻象中的存在性的原因的实体，它们可能会发现越来越多的困难，如果它们对这些增强性的能量是有些敏感，只要它们将它们的心智转向它们并向它们开放心，它们就拥有能力去利用这些能量了。

The greater majority of the entities, however, who are not consciously aware of the process of seeking in the spiritual sense, may be able to ignore and be unaffected by such energies, except in the larger sense of the cultural milieu which expresses such disharmony and discourse, that it is impossible to ignore them. However, in the personal life, such entities who are unaware of their purpose in existence being spiritual seeking, may then also be able to ignore these enhanced energies.

然而，这些并未有意识地察觉到在灵性的意义上的寻求的过程的实体中的绝大多数实体，可能会能够忽略这样的能量并不被其影响，除了是在表达了不和谐的文化性的氛围与演说，以至于不可能忽略它们的更大的意义上被其影响之外。然而，在个人的生命中，这样的没有察觉到它们的存在性的目的就是灵性的寻求的实体，可能会接下来同样也能够忽略这些增强性的能量。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: It seems like there are three basic roads for those on this planet; entities can just completely armor themselves against the increasing energies, and be deaf to them in a way, or they can sense them a little more strongly and decide, on one level or another, to cooperate or not cooperate with the energies. If that's correct, what does it mean to cooperate with the fourth-density energies of love and acceptance?

Gary: 看起来似乎对于在这个星球上的人有三条基本的道路，实体能够让它们

自己全副武装抵御这些增强性的能量，并用某种方式对它们装聋作哑，或者它们能够更加强烈一点地感觉它们，并在这样或者那样一个层次上决定与这些能量合作或者不合作，如果那是正确的话，与第四密度的爱与接纳的能量合作意味着什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. To be able to cooperate, or utilize these enhanced energies that are available to each entity upon your planetary sphere, one must be able to accept the possibility that the heart can be opened even further than it is opened at present, and be willing to step off the precipice, shall we say, as the Fool in your archetypes moves itself into a position of seeming foolishness, to open to such a degree that one is willing to share love with those who may feel very little love for you, who have, in fact, disharmony to such a degree that there is a defense against sharing love with you.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。要能够合作，或者能够利用这些可以为在你们的星球上的每一个实体所利用的增强性的能量，一个人必须要能够接受这样的可能性，即心是能够比它在此刻被开放甚至更进一步地被开放，乐意于如同在你们的原型中的傻子会让它自己移动进入到一个看似愚蠢的位置一样地，容我说，走出悬崖，并开放到这样一种程度，一个人会乐意于与那些可能会对你感觉到很少的爱，并实际上拥有不和谐到了这样一种程度，以至于会有一种对于你分享爱的抵抗的人分享爱。

However, if you are able, in your own sense of self, to open your heart, your mind, your being, in honesty and in freely given love and light, and make oneself vulnerable to further reception of disharmony, yet nevertheless continue forward in that love and light, you may find that there is the opportunity to make well what was harmful, to make whole what was broken, and to fill with love the void that contained none before.

然而，如果你能够，在你自己对自我的感知中，通过诚实，通过被自由给予的爱与光开放你的心，你的心智，你的存有，并让一个人自己对不和谐的更进一步的接纳成为易受伤害的，而却又依旧继续在那种爱与光的道路上前进，你就可能会发现，会有机会让曾经是伤害性的事物变好，让曾经是破损的事物变得完整，并用爱充满之前什么都不包含的空虚。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: One more, thank you so much. The difficulty of compatibility between the self and fourth density creates a situation, as we were describing of anxiety and stress, and pressure also. Life at this moment can be something of a pressure cooker, and that is intensified all the more when it's happening on a mass scale, when it's echoed back from the collective. So, do you have any advice regarding how the seeker can distinguish between what is theirs and what is the collectives, and how to swim in the collective waters?

Gary: 还有一个问题，非常感谢你们。在自我与第四密度之间的适应性的困难，会创造出一个情况，如我们对焦虑与紧张，同样还有压力的描述一样。在此刻，

生命能够成为某种类型的一个压力锅，当它是在一个大众的尺度上发生的时候，当它是从集体产生回声的时候，所有的事物都更多地被强化了。因此，你们在关于寻求者如何能够在什么事情是它们的工作与什么事情是集体的工作之间进行分辨，以及如何在集体的水域中游泳的方面有任何建议吗？

Q'uo: I am Q'uo and am aware of your query, my brother. As each seeker begins the day, knowing that there is much work, as you would call it, of the physical sense, of the mental sense, and of the spiritual sense awaiting it, it is well to retire into the meditative state and to open the heart in that state to the One Creator; to move within the heart of the being of the seeker that the will of the Creator may be done that day through the seeker in all the actions, in all the thoughts, in all the words; that the seeker becomes a vessel then for the One Creator to move upon the waters of consciousness, both subconscious and conscious realms, so that there is a fuel, shall we say, that the seeker then is powered by, knowing that it has given itself over to the basic reason it exists. The purpose of the incarnation, the destination of each seeker of truth, [is] to open the heart in unconditional love to all and to aid this process by inviting the One Creator to move within the heart, within the mind, within the body, within the experience of the day, that this aid may be given to the seeker to share with all that comes before its notice. In this way, there is an enhancement of the ability of each seeker to find a way to give love where love seems to have no home.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当每一个寻求者开始一天, 并同时知晓会有大量的身体的意义, 心智的意义以及灵性的意义上的工作, 如你们对它的称呼一样, 在等待着它的时候, 去退入到冥想状态中, 并在那种状态中向着太一造物者开放性, 在寻求者的存有的核心中移动, 这是是很好的, 这样造物者的意志就可以, 通过寻求者, 在所有的行动中, 在所有的想法中, 在所有的言语中被执行了, 寻求着接下来就成为了太一造物者的一个管道, 以让造物者在意识的水域上移动, 同时是潜意识的领域和有意识的领域, 这样, 就会有一种, 容我们说, 燃料, 寻求者接下来就会被其充能, 并同时知晓, 它已经将它自己交托给了它存在的基本的理由了。投生的目的, 每一个真理的寻求者的目标, 就是去在无条件的爱中向着一切事物开放心, 并藉由邀请太一造物者在心智中, 在身体中, 在那一天的体验中移动来帮助这个过程, 这种帮助就可以被给予寻求者, 以与所有引起它注意的事物进行分享。用这种方式, 就会有一种对每一个寻求者去找到一条途径的能力的增强, 以在爱看起来似乎找不到家园的地方来给予爱。

Indeed, each entity has the ability to do this, for each of you have programmed your own incarnational experience to include the ability to enhance your own opening of your heart, sharing of your love, revealing of your vulnerability to those about you, realizing that to be the Fool is to be the wise one, for there is no knowledge of an intellectual sense, or an emotional reaction that can comprehend the immensity of the power of love to heal that which is broken.

确实, 每一个实体都拥有能力来这样做, 因为你们每一个人都已经规划了你自己的投生的体验, 以将那种增强你自己开放你的心, 分享你的爱, 并向你周围的人揭露你的易受伤害性的能力包含在内, 同时意识到, 成为傻子, 就是成为智者,

因为没有一种智力的意义上的知晓，或者没有一种情绪性的反应，能够领会爱的力量的巨大，以疗愈破碎的事物。

Is there a final query at this time?
在此刻有一个最后的问题吗？

(Pause.)
(暂停)

I am Q'uo. As we seem to have exhausted the queries, we shall take our leave of this instrument and this group. We have been most overjoyed and thrilled to be with you this day. You are always an inspiration to us as you bravely move forward in this dense illusion of separation, knowing, in truth there is no true separation. We are known to you as those of Q'uo. We would bid you adieu. Adonai vasu borragus.

我是 Q'uo。因为我们看起来似乎耗尽了问题，我们将离开这个器皿和这个团体。我们对于在这个日子与你们在一起已经是极其喜悦且激动的了。你们对我们一直都是一种启发，因为你们永远地在这个厚重的分离的幻象中移动，并同时知晓，实际上没有真正的分离。我们是你们知晓的 Q'uo。我们会向你们告别。Adonai vasu borragus。

Practice Channeling Circle

May 21, 2019

2019-05-21 传讯练习：永恒的当下

Group question: Q'uo, if you could speak today on the topic of the eternal now.

团体问题：Q'uo, 你们能否在今天谈谈永恒的当下的主题吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and we greet you all in love and in light. We are most pleased and privileged to join your group this evening as you have gathered once again to practice the art of channeling; and my friends, as you know by now, there is indeed an art to this practice, for as you perfect your ability to tune yourself in harmony with the vibrations of love, light and unity, you begin to see more of the Infinite Creator expressing itself within you and from you in order that you might be able to be of service to the One Creator as an instrument that shares the very fabric of the Creator with those about you.

我是 Q'uo, 我们在爱中, 在光中向你们全体致意。我们对于在今晚, 在你们在一起聚集在一起来练习传讯的技艺的时候, 加入你们是极其高兴且感激的, 我的朋友们, 如你们现在知道的一样, 确实会有对这种练习的一种技艺, 因为当你, 通过与爱、光与统一性的振动协调一致, 来完善你让你自己来调音的能力的时候, 你会开始看到更多的无限造物者在你内在之中, 以及从你表达其自身, 以便于你可能能够作为一个器皿来服务于太一造物者, 这个器皿会与那些在你周围的人分享造物者的核心的属性。

As always, we will ask that simple favor once again this evening, that you take the words that we give you, and the concepts we share with you, and use them as you will, agents of free will as you are, and leave behind any that do not have that ring of truth for you at this time. For each of us moves in our own rhythms and patterns in the dance of our being, and at one time or another we shall make all the moves, all the steps, all the harmonies, of the great dance of creation.

一如既往, 我们将会在今晚再一次请求那个简单的恩惠, 那就是请你们拿起那些我们给予你们的话语以及那些我们与你们分享的观念, 如你们所愿地, 根据你们的自由意志的动因来来使用它们, 将任何在此刻对于你们听起来并不是真实的内容都丢弃掉。因为我们每一个人都是在我们的存有的舞蹈中用我们自己的旋律与模式来移动, 我们将会在这样的一个时刻进行那个造物的伟大的舞蹈的所有动作, 所有的脚步以及所有的和声。

If you investigate, in depth, each of these qualities that you call time, you will notice that at some point the concept of time can no longer fulfill its obligation to describe the purest nature of the reality which you perceive on a daily basis, for time must eventually fall away, for it is a finite concept attempting to measure that which is infinite and eternal. Time has its purpose,

to focus you most one-pointedly within your third-density illusion so that you notice those choices that you have made before the incarnation and see them as clearly as possible as you go about your daily round of activities, and imbue those activities with the qualities you wish to learn. This may be done in time within your illusion.

如果你们对你们称之为时间的特性进行深入的调查，你们将会注意到，在某个位置上，时间的特性就不再能够实现它描述你们用一种日常的方式感觉到的实相的最为纯净的属性了的责任了，因为时间最终必定会消散，因为当时间尝试去度量无限与永恒的事物时，它就是一个有限的观念了。时间拥有它的目的，那就是将你们用极其集中于一点的方式聚焦在你们的第三密度的幻象中，这样你们就会注意到那些你们在投生前已经做出的选择，并在你们着手进行你们的日常生活的活动的时候尽可能清晰地看到它们了，并用那些你们希望学习的特性来灌注那些活动。

At this time, shall we say, we transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Gary 的实体。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo, and we continue to speak on the topic of the eternal now through this instrument. It is a topic rich for exploration because it may be oriented toward from infinite starting points in your illusion, for there is no where that eternity is not; whether you may be positioned further in time or at the beginning of time, whether you seem to have an abundance of time or no time to spare, for the deepest part of yourself resides always in a present which simultaneously transcends time and meets the seeker wherever its mind may seem to be constrained by the illusion of time. Merely tasting this experience of eternity has the potential to transform that which it touches within the structure of the illusory self. It may be considered likened unto the salvation—what those on your planet call enlightenment, for the experience and the living within the illusory constructs of space and time are harsh, or rather can be harsh to those within those constraints.

我们是你们知晓为 Q'uo 的实体，我们会继续通过这个器皿在永恒的当下的主题上发言。它是一个对于探索而言是丰富的组合体，因为它可以被导向在你们的幻象中从无限开始的起点，因为没有任何地方是没有永恒的，无论你们可能是位于在时间中更远的位置，还是在时间的开始，无论你们看起来似乎拥有丰盛的时间，或者没有是时间或者空间，因为你自己的最为深入的部分是一直都存在于一个现在之中，这个现在是同时性地超越了时间，无论寻求者的心智可能看起来似乎是被时间的幻象束缚在什么地方，这个现在都会与寻求者相会。仅仅品尝这种永恒的体验就会拥有潜能去转变它会在虚幻的自我的构架中接触到的事物了。它可以被认为就好比是救赎——在你们星球上的人称之为觉醒的事物，因为在虚幻的时间和空间的构架中的体验与生活是严苛的，或者毋宁说，对那些在那些束缚中的人是严苛的。

In such a system as the third-density illusion which you experience you and entities suffer. There are attachments—things which are desired, things which are avoided. There are expectations which go unmet; there are goals set. There are many ways to lose or experience loss, to know the experience of limitation, to watch the timebound mind struggle against the strait-jacket of an unrelenting and merciless march of time, particularly in a society which has not generally reconciled with the process of death, the cycles of reincarnation, the place that aging and dying has in an evolutionary experience, so that time may seem to bring a loss to the self as time takes away friends and loved ones [and] seems to reduce the self's physical powers, perhaps even mental powers. Time may perhaps limit the self from choices that are desired or doing everything which one wants to do.

在诸如你们体验到的第三密度的幻象之类的一个系统中，你们和实体都在受苦。会有牵绊——被渴望的事物，要被避免的事物。会有无法被满足的期待，会有被设置好的目标。会有很多的方式去失去或者体验失去，去知晓限制的体验，去观察被时间束缚的心智与一种铁面无私而冷酷无情的时间的行进的束缚的抗争，尤其是在一个尚未一般性地与死亡的过程，转世投生的周期以及年老与死亡在一个演化的体验中拥有的位置达成和解的社会中，这样时间就可能看起来似乎会减少自我的物质性的力量，也许甚至是心智的力量了。时间可能限制自我进行被渴望的选择，或者限制自我去做一个人想要去做的每一个事情。

As we were saying, the experience of the third-density entity in time and its counterpart, space, is one of suffering for an entity which completely identifies with that structure, moving through its days without conscious contact with its deeper self which abides in eternity. This is why we say that even the slightest touch of eternity can create a pinhole through which the seeker caught within your illusion may glimpse, for lack of a better term, freedom. This taste may then help awaken the will and original desire inherent and built into the self so that the self embarks upon a quest through time to seek the timeless—for consciously or not, the self ultimately knows that its true home, its true identity, is one and the same with the, shall we say, timeless realm, the eternal now. From the standpoint of the eternal now, it is increasingly possible to witness the kaleidoscope of forms rising and falling, birthing and dying, on the stages of space and time with equanimity, love, light, and without the debilitating suffering that those seemingly caught within time experience.

如我们刚才正在说的一样，第三密度的实体在时间以及它的配对物，也就是空间中的体验，对于一个完全与那个构架认同的人，是一种受苦的体验，这样一个人会在没有与它的更为深入的，居住在永恒之中的自我的有意识的接触的情况下穿越它的日子。这就是为什么我们会说，甚至是与永恒的最为微小的接触，都能够创造出一个针孔，通过这个针孔，被限制在你们的幻象中的寻求者就可以一瞥，因为缺少一个更好的词语，自由了。这一点点味道，接下来，就可能帮助唤醒在自我之中固有的，以及被内建于自我内在之中的意志与原初的渴望了，这样自我就可以开始一场探寻，穿越时间，寻找无时性——因为要么是有意识地，要么是无意识地，自我最终都会知晓它真实的家园，它真实的身份，是与那个无时性

的领域，与永恒的当下，是一体的，是相同的。从永恒的当下的立场，要在空间与时间的舞台上，带着沉着、爱、光、而没有那些看似被束缚于时间中的人体验到那种令人衰弱的受苦，见证起起落落，生生死死的形式的花花筒，这是越来越更加有可能的了。

This instrument asks that we release this contact, and now transfer it to the one known as Austin. We thank this instrument and this circle.

这个器皿请求我们释放这个接触，并现在转移将它到被知晓为 Austin 的实体。我们感谢这个器皿和这个圈子。

(Austin channeling)

(Austin 传讯)

I am Q'uo, and am with this instrument. Much of the illusion in which you find yourself presently is steeped in a specific distortion and conceptualization of that which we call time. Indeed, time as a distortion carries a heavy burden in allowing for the Creator to experience itself. Without the distortion and division and compartmentalization of time, much of what allows for entities to have experience would not be possible. In seeking to grasp and experience the eternal now, as you have called it, we encourage the seeker to, in meditation, attempt to unravel those distortions of the concept of time and how they may relate to the method, shall we say, of yielding experience for the mind/body/spirit complex. And in doing so, we encourage the release of such strictures as the division of time and space, the perception of time as being an environment in which all things exist, for what you have abstracted as time is, indeed, quite innate and close to each individual entity and each iota of the creation.

我是 Q'uo，我与这个器皿在一起了。你发现你自己处于其中的很多的幻象是浸透了一种我们称之为时间的特定的扭曲与观念化作用的。确实，时间作为一种扭曲，在允许造物者体验其自身的方面，是携带着一种沉重的负担的。在没有时间的扭曲、区别与区分作用的情况下，会允许实体拥有体验的事物中的很多的事物就不是有可能的了。在寻求去抓住与体验永恒的当下，如你们对它的称呼一样，的方面，我们会鼓励寻求者，在冥想中，尝试去解开那些时间的观念的扭曲，以及它们可能如何与，容我们说，为心身灵复合体产生出体验的方法联系在一起。在这样做过程中，我们鼓励释放诸如时间和空间的划分之类的束缚，以及时间是一个所有事物存在于其中的环境的知觉，**因为你们已经将时间抽象考虑为的事物，确实是，对于每一个个体的实体与造物的每一个微粒都是相当固有的，且是与之接近的。**

You do not exist in time—time is as much of an element of your existence as the material which composes your body complexes, as the thoughts which arise in your mind complexes, yet by conceptualizing time to be a linear flow in which you exist allows for your journey to unfold in a way that appears unpredictable and novel. This is, indeed, what the Creator seeks as it desires to know itself.

你们并不是存在于时间之中——时间是和构成了你们的身体复合体的物质，和

在你们的心智复合体中升起的想法一样多地是你们的存在性的一个要素，而藉由将时间观念化为一种你们存在于其中的线性的流动，会允许你们的旅程用一种看起来似乎无法预测的，新奇的方式展开。确实，这就是造物者寻求的事物，因为祂渴望去知晓祂自己。

Your scientists and philosophers have troubled over the existence of time and the flow of time. Recent developments and so-called theories propose similar conclusions as we are implying, as we speak to you through this instrument. You, as a peoples, are learning through the method of scientific analysis that time is indeed innate to space, that perhaps the passage of time is, indeed, illusory. These so-called scientific breakthroughs are made possible only through concurrent spiritual development of your culture, and we suggest that for balanced progress to unfold for both the scientist and the seeker, that these paths merge so that a truly deeper understanding of your place and our place within the universe may unfold. For, indeed, my friends, the understanding of the eternal now is an understanding that we, the social memory complexes that compose the principle known to you as Q'uo, have yet to fully grasp.

你们的科学家和哲学家已经对时间的存在性以及时间的流动感到困惑了。最近的发展以及所谓的理论提出了与在我们通过这个器皿对你们发言的时候我们正在暗示的事情类似的理论。你们，作为一个人群，是正在通过科学分析的方法来了解到，时间对于空间，确实是固有的，也许时间的流逝确实是虚幻的。这些所谓的科学的突破，仅仅是通过你们的文化的同时发生的灵性的发展才会有可能的，我们建议，要让平衡的过程同时对科学家和寻求者展开，这两条道路要融合，这样一种对你们的在宇宙中的位置和我们在宇宙中的位置的真正更加深入的理解就可以展开了。因为，确实，理解永恒的当下是一种，我们，构成了你们知晓为 Q'uo 的原则的社会记忆复合体，必须要充分掌握的理解。

This makes the topic of time and eternity both a tantalizing and difficult topic to speak upon in this way, but we are joyed to do so, for in your own explorations of these lofty spiritual topics, we, ourselves, gain deeper understanding. We glimpse new varieties of the Creator in an attempt to understand Itself, and such attempts to us radiate of the most beautiful and vibrant love and light. We understand potential frustration in the attempt to grasp the type of idea which we speak about with you now, but we encourage the seeker attempting to rest within the eternal now to, when appropriate, release all word, form, and conceptualization, leave the ideas that we share with you upon the table as you open yourself fully and with desire to the One Infinite Creator, for "the eternal now" is simply another way of stating those words of "One Infinite Creator."

用这种方式来谈论，使得时间和永恒的主题同时成为了一个看得见却摸不着地让人着急的，困难的课题了，但是，我们对这样做是感到高兴的，因为通过你们自己对这些高高在上的主题的解释，我们，我们自己，会取得更深入的理解。我们一瞥造物者在一种去理解祂自己的尝试中的新的多样性，这样的尝试向我们辐射出极其美丽的、生机勃勃的光与爱。我们理解在尝试去掌握我们现在与你们谈论的那种类型的观点的过程中的潜在的挫折，但是，我们鼓励寻求者尝试去在永恒

的当下之中休息，以在合适的时候，释放所有的词语，形式，观念化作用，在你完全地，并带着渴望让你自己向着太一无限造物者开放的时候，将我们与你们分享的观点都留在桌子上，因为“永恒的当下”单纯地是另一种表述那些“太一无限造物者”的词语的方式。

At this time, we release this instrument and transfer the contact back to the one known as Gary. We are Q'uo.

在此刻，我们会释放这个器皿并将接触转移到被知晓为 Gary 的器皿。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo, and we speak again through this instrument with gratitude for this circle of seeking. We would offer some more commentary upon the topic of the eternal now, with reminder that any concept articulated or otherwise is just that. Infinite are the concepts that arise out of the now and which dissolve once their lifespan is complete, dissolve as all things will when, so to speak, and as they return into the now.

我们是你们知晓的 Q'uo，我们会再一次通过这个器皿，带着对这个寻求的圈子的感激，发言。我们会提供对永恒的当下的主题上的更多一些评论，我们同时提醒，任何观念，无论是被系统化表达的，还是用别的方式的观念，都仅仅是观念。无限是从当下升起观念，一旦它们的生命跨度被完成了，它们就会消散，如同所有的事情都将会在，可以说是，在它们返回进入到当下之中的时候消散一样。

Even these words of return and lifespan imply movement through space and time, which are dances that even we, or the instrument, struggle when attempting to navigate the paradox of describing what is and what is not. Your vocabulary gives us the term "illusion," which has limited utility, and it helps create distinction between eternity/infinity and finity/manyness, but it becomes difficult even then to say that finity is not real, or space and time are not real. But we can assure you that they are constructs that are limited, and eternity has no limitation.

甚至这些返回与生命跨度的词语都暗示了穿越空间和时间的运动，空间和时间是舞蹈，在尝试去航行穿过描述它是什么和它不是什么的悖论的时候，甚至我们，或者器皿，都是在进行挣扎。你们的词汇表给予了我们“幻象”这个词，它拥有有限的用处，它帮助创造出了在永恒/无限和有限/众多性之间的区别，但是，甚至在那个时候，要说有限不是真实的，或者空间与时间不是真实的，这都会成为困难的。但是，我们对你们确认，它们是有限的构架，永恒是没有限制的。

Each limitation that you will face, or experience, or conceive, or imagine disappears like smoke dissipating in the light of eternity. This instrument asks that we make good use of time and begin moving toward the exit of our time with this instrument, and we would make two final notes, which include the Confederation's favorite admonition to meditate, for the taste and eventual

experience of eternity will not precisely be found within the machinations of your mind complex, or even the emotions—though both may beautify and point the way when disciplined and known—but rather it is only through stillness and silence that the self may be with eternity. And before transferring this contact, we express eagerness to work with the one known as Trisha again, when some healing has been undergone. We are those known to you as Q’uo, and we now transfer this contact to the one known as Austin.

每一种你们将会面对或者体验或者构想或者想象的限制，都会如同烟雾消散一样地消失于永恒的光之中。这个器皿请我们善用时间，并开始向着我们与这个器皿的时间的出口位置移动，我们会做出两条最后的说明，它包括了星际联邦喜欢的对冥想的忠告，因为对永恒的品尝以及最终的体验，将不会在你们心智复合体的机械中被找到，或者甚至不会在情绪中被找到——尽管心智与情绪，在受过训练且被知晓的时候，是可以美化并指出道路的——毋宁说，仅仅是通过安静与静默，自我才可以与永恒在一起。在转移这个接触之前，我们会再一次与被知晓为 Trisha 的实体一同工作的渴望，在某种疗愈已经被进行了时候。我们是你们知晓的 Q’uo，我们现在将这个接触转移到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

We are Q’uo and we are with this instrument. At this time, we ask if there are any questions which we may speak to through this instrument.

我们是 Q’uo，我们与这个器皿在一起了。在此刻，我们询问，是否有任何问题是我们可以通过这个器皿来发言的。

Gary: Q’uo, what is the relationship between the instrument’s own knowledge base, and the content that is channeled through the conscious instrument?

Gary: Q’uo，在器皿自己的知识基础，与通过有意识的器皿被传讯的内容之间的关系是什么呢？

Q’uo: I am Q’uo and am aware of the query, my brother. You may see the difficulty that this question proposes with its own internal logic, for naturally, this instrument has its own ideas about the answer to this question, but we encourage it to release hesitation, and trust in the process.

Q’uo: 我是 Q’uo，我了解了你的问题了，我的兄弟。你可能看到了这个问题，藉由其自己内部的逻辑，而提出的困难，因为，自然而然地，这个器皿对这个问题会拥有它自己关于答案的观点，但是我们会鼓励它释放犹豫，并信任过程。

As we have stated before, the process of channeling is much like that of a dance, of a cooperation. It is, indeed, an intimate relationship between the instrument and the source of that which is being channeled. Each relationship between the instrument and the source is unique. Each instrument opens itself to our contact in its own peculiar way, making its own capacities and its own knowledge and its own distortions available in different ways. In general, we may describe the process of connecting to an instrument as finding those areas within the instrument’s mind and energy field in which it is most open,

or most able to receive contact, and allow for the flow of information, or light, to then be translated into the words which the instrument speaks. So, you may see that the answer to this question is, indeed, unique to each instrument as we may utilize each instrument's capacities according to the capacity of that instrument.

如我们之前已经说过的一样，传讯的过程非常类似于一场舞蹈的过程，一种合作的过程。它确实是在器皿和正在被传讯的源头之间的一种亲密的关系。在器皿和源头之间的每一种关系都是独一无二的。每一个器皿都会用它自己特定的方式让它自己向着我们的接触开放，同时用不同的方式让它自己的能力，它自己的知识，它自己的扭曲成为可供利用的。一般而言，我们可以将于一个器皿连接的过程描述为在器皿的心智与能量场中找到那些在其中它是最为开放，且最为能够接收接触，并允许信息或者光的流动发现，接下来，信息会被转译成为器皿说出的话语。因此，你们可以看到对这个问题回答，确实对每一个器皿都是独特的，因为我们可以根据每一个器皿的能力来利用那个器皿的能力。

To speak in a clearer sense, much of the relationship between us and the instrument is formed by the instrument, and as each instrument learns to release its own concept of how the channeling process works, the more open they become to being able to receive our thoughts in a more undistorted or clearer fashion, may we say.

如果用一种更加清晰的方式来谈论，在我们和器皿之间的大部分关系是由器皿星辰的，因为每一个器皿都会学习去释放它自己对于传讯的过程是如何工作的观念，它们越发开放，它们就越发能够用一种更加无扭曲的，或者，容我们说，更加清晰的方式接收我们的想法了。

Does this speak to the heart of your question, my brother?

我的兄弟，这回答了你的问题的核心了吗？

Gary: It does make headway, Q'uo. Let me contemplate for just a second, please.

Gary: 它确实产生了进展，Q'uo。请让我思索一会儿。

Are you suggesting that the more open the instrument is to the source, the more then you can transmit information which is unknown to the conscious mind of the instrument?

你们是在建议，器皿对源头越发开放，你们就越发能够传讯对于器皿的有意识的心智是不知道的信息吗？

Q'uo: We are Q'uo and we are aware of the query, my brother. Indeed, that inference may be made, and in general and simple terms, is correct, though we take this opportunity to elaborate, and suggest that though an instrument freer from personal distortion regarding the process of channeling may be able to receive what could be called "new" information, the utility of distortions towards the channeling process varies. Some distortions are more useful in transmitting our thoughts, and though it may inhibit somewhat the field of exploration which may be made, it may yet broaden the field of

understanding which may be had by the information which is transmitted for those who hear or read the words which we speak.

Q'uo: 我们是 Q'uo, 我们了解了你的问题了, 我的兄弟。确实, 可以被做出推论, 一般而言且简单地说, 是正确的, 尽管我们会利用这个机会来进行阐述, 并建议, 尽管一个在关于传讯的过程的方面更加不受个人的扭曲的束缚的器皿, 可能能够接收到能够被称之为“新”信息的事物, 对传讯过程的扭曲的利用是可变的。一些扭曲在传递我们的想法的过程中可能是更加有用处的, 尽管它可能会多少有些妨碍可以被进行的探索的区域, 它仍旧可能会, 为那些会听到或者读到我们讲述的话语的人, 拓展可能会因为被传递信息而被拥有理解的范围。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Yeah, to be clear, I don't mean to imply that "new" information is of necessarily greater value than that which is known, the eternal truths are the same in any age, yet the unknown draws us onward, and understanding the process by which unknown information can come through an instrument is of value.

Gary: 是的, 澄清一下, 我并不打算要暗示“新”的信息是一定是具有比已知的信息更大的价值的, 永恒的真理在任何时候都是相同的, 而未知会吸引我们不断前进, 理解未知的信息藉由其能够通过一个器皿出现的过程是具有价值的。

I'm wondering if you can speak to the instruments who first received you in our own particular storyline, those that we call the Detroit Group, and then the early generation of L/L Research channels. They had no conscious knowledge of you yet, began transmitting concepts of densities and harvest, and your names, and you began laying the groundwork of your cosmology with no previous base established. Was there something unique to those situations that allowed those instruments to transmit such new and radical information?

我想要知道, 是否你们能够谈谈在我们自己的故事线中最先接收到你们的器皿, 也就是我们称之为 Detroit 团体的器皿, 接下来, 是早期对爱/光研究机构的管道的产生。它们并不拥有对你们的有意识的知晓, 而却开始传递密度和收割的信息, 以及你们的名字, 你们开始在没有之前被建立的基础的情况下开始打下了你们的宇宙论的基础工作了。对于那些情况有某个特别的事情会允许那些器皿传递这样的新的、激进的信息吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. As you continue to explore this topic, we may openly state that we are careful in responding through this instrument as such information as you are seeking may be seen to guide in an inappropriate sense, in our eyes, and so we apologize for seeming to speak around the topic, if you will.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在你继续探索这个主题的时候, 我们可以开放地说明, 我们在通过这个器皿回应诸如你正在寻求的信息之类的信息的时候是小心谨慎的, 这样的信息, 在我们的严重, 可能是被视为是用一种不适当的方式来进行指引, 因此, 我们会为看似在绕着那个主题发言, 如果

你愿意这样说的话，而抱歉。

To speak directly to your query: indeed, there was much unique about the inception of the ongoing contact with the Confederation finding its origins in what you call "The Detroit Group," and the earliest iterations of your own channeling circles.

要直接地谈及你的问题：确实，在与星际联邦的持续进行的接触的开端在你们所称的“Detroit 团体”中找到它的起源，以及对你们自己的传讯的圈子的最早的迭代的方面，会有大量的独特性。

The environment, both in a personal and societal sense, of that time/space was incredibly unique to that which you currently experience. And we suggest that while such information that was channeled through those instruments was not done so in a vacuum of spiritual information, it was of quite a new and novel variety. The instruments of that time, thanks to the novel nature of the experience of channeling and learning this information—those instruments' imaginations were, shall we say, much less constrained by what may be received and, the potentials of their own situations.

时间/空间的环境，同时是在一种个人性与社会性的意义上的环境，对于你们当前体验到的事物是惊人地独特的。我们会建议，尽管通过那些器皿被传讯的信息，并不是在一个灵性的信息的真空中被传讯的，它是具有相当大的一种新鲜且新奇的类型的。在那个时候的器皿，多亏了传讯与学习这个信息的体验的新奇的特性——那些器皿的想象力，容我们说，是远远较少受限于可能被接受到的事物，以及它们自己的情况的潜能的束缚的。

As the so-called experiment in channeling continued through your group, ideas, and methods, and concepts began to crystalize and form certain patterns of thought that have defined a culture. The nature of this is two-sided—on one side, there is a great benefit to having the guidance that such a culture provides. And indeed, a culture which has persisted in your channeling circles has provided, to our great joy, a level of protection and integrity with which we continue our contact with you.

当在传讯中所谓的实验通过你们的团体继续的时候，观点、方法与概念开始结晶并形成了一定的想法的模式，这些想法的模式已经定义了一种文化。这种文化的属性是有两方面的——一方面，会有一种对拥有这样一种文化所提供的指引的巨大的益处。确实，一个已经在你们的传讯的圈子中是持续存在的文化已经提供了一个保护与完整性的层次，藉由这种保护与完整性的层次，我们就可以继续我们与你们的接触了，这是我们巨大的喜悦。

The other side of having such an established culture and established ideas, which include such information as the earlier instruments received, is that the dedication that this group has to those ideas and that culture constrains somewhat the imagination which the earlier circles were able to utilize in order to receive such new and novel information.

拥有这样一种被构建的文化，以及包含了诸如早期的器皿接收到的信息之类的信息的被构建好的观点的另一面，是这个团体对这些观点与那种文化做出的奉献，

会多少有些限制早期的圈子能够利用以便于接收到这样的新鲜与新奇的信息的想象力。

We do not mean to suggest that this constraint is, in its effect, complete or full, but [it] does present somewhat of a hurdle or difficulty in breaching the unknown.

我们并不是打算要建议，这种限制，在它的效果上，是完全或者完整的，但是，它确实在打破未知的事物的方面多少有些呈现出一种障碍或者困难了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Are you able to provide any information regarding how an instrument may unburden its imagination of previous knowledge and be more open to transmitting, rather be more open to receiving and then transmitting, information which is novel?

Gary: 你们能够提供任何关于一个器皿如何可以放下它之前的知识的想象力的负担，并变得对传讯更加开放，对接收，接着传递，新颖的信息变得更加开放？

Q'uo: I am Q'uo and am aware of your query, my brother. This query speaks to somewhat advanced spiritual techniques, as it involves the utilization of what has been called by us and your group magic, or the ability to make changes in one's own unconscious and consciousness at will. As we know that you are well aware, the path of the adept who may utilize magic to its highest extent is one of dedication and purification. The exploration of such topics as has been provided by us over the years—such as the archetypal mind, or healing, or balancing—are of utmost importance in this path, and we may only go so far as to suggest a dedicated practice and study of such topics in order to discover the ability to release one's mind of such distortions at will.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这个问题谈及了多少有些高级的灵性的技术，因为它包含了对已经被我们以及你们的团体称之为魔法的事物，或者在一个人自己的无意识或者意识中根据意愿做出改变的能力的利用。因为我们知道你们是清楚了解的，可以在最大的程度上利用魔法的行家的道路是一条奉献与净化的道路。对诸如已经在很多年时间里向我们提出的主题之类的主题——诸如原型心智、疗愈、或者平衡的主题——的探索，是在这条道路上具有极大的重要性的，我们仅仅可以走这么远的距离，以建议一种对这样的主题的奉献性的实践与研究，以便于探索那种根据意愿来将这样的扭曲从一个人的心智中放开的能力。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: No, that was super informative. Thank you, Q'uo, I will discontinue my questioning for this evening.

Gary: 没有了，那是极其有教益的。谢谢你们，Q'uo，我将不再继续我今晚的提问了。

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

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有一个最后的问题吗?

(Pause)

(暂停)

Q'uo: I am Q'uo and we sense that this circle of seeking is nearing its completion for this evening. To offer some final closing words, we leave this instrument and transfer the contact to the one known as Jim. We are Q'uo.

Q'uo: 我是 Q'uo, 我们感觉到这个寻求的圈子正在接近它在今晚的完结了。为了提供一些最后的结束语, 我们会离开这个器皿并将接触转移到被知晓为 Jim 实体。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. We look back over our evening with you with joy and satisfaction, realizing that each has, once again, made a significant step forward in the practice of receiving and transmitting our thoughts. It is a significant event for us to be able to generate the quality of information through the instruments present and have been to provide this evening. Partially, it is due to the quality of the questioning, of course, the sincerity of the students here gathered, but mostly it is the extreme desire of each instrument to improve in the ability to serve as an instrument, for this is a great challenge for any person or seeker to give over the use of the mind and the mouth—the body, as it were—in order to become utilized as a beacon of hope, of sincere desire to serve others. And this generation of the inner dedication to purification is most inspiring to us, for as you, we have in our own beings a constant reevaluation and rededication to seeking and serving the one who is in all.

我是 Q'uo, 我再一次与这个器皿在一起了。我们带着喜悦与满意回顾我们与你们在一起的这个夜晚, 并意识到, 每一个人都已经, 再一次, 在接受与传递我们的想法的练习中做出了一个重大的前进的步子了。能够通过在场的器皿产生出这样的质量的信息, 并已经为今晚提供了这些信息, 这对我们是一个意义重大的事件。在一部分上, 它是由于提问的质量, 当然, 还有在这里聚集起来的学生的真诚, 但是, 大部分, 它是由于每一个器皿对于增进作为一个器皿而服务的能力的极大的渴望, 因为任何人或者寻求者要放开对心智与嘴巴——可以说是, 身体——的使用, 以便于作为一个具有希望, 具有去服务他人的真诚的渴望的灯塔而被利用, 这对于那个人都是一个巨大的挑战。这种对净化的内在的奉献的产生, 对于我们是极其鼓舞人心的, 因为和你们一样, 我们在我们自己的存有中拥有一种对寻求与服务在万物之中的太一的持续性的重新评估与重新的奉献。

This is a process which you will find propels you further and further along the path of seeking that you have long been upon, not only within this illusion,

but others as well, as you have surmised. So, we look upon each of you as a portion of our brothers and sisters of sorrow, who have moved in service to this lovely little planetary sphere in order to help its population make the graduation into the fourth density of love and understanding. Know ye then that you have done well. We encourage you to continue this journey with every fiber of your being, for what else is there to do, my friends, that is of value.

这是一个过程, 你们将会发现它会推动你们沿着那条你们已经走在其上有很长时间的寻求的道路走得越来越远, 如你们已经推测的一样, 这条道路不仅仅是在这个幻象中, 同样也是在其他的幻象中的。因此, 我们将你们每一个人都视为是我们的忧伤的兄弟姐妹的一部分, 你们已经进入到了对这个可爱的、小小的星球的服务之中, 以便于帮助它的人群完成毕业进入到爱与理解的第四密度。接下来, 你们可以知晓, 你们已经做得很好了。我们鼓励你们用你们的存有的每一根纤维来继续这场旅程, 因为剩下的要去做的事情, 我的朋友们, 是具有价值的事情。

At this time, we shall take our leave of this group. We leave each of you in the love and light in which we found you, for there is nowhere else to be. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻, 我们将离开这个团体。我们在爱与光中离开你们各位, 如我们发现你们的时候一样, 因为没有其他地方存在。我们是你们知晓的 Q'uo。Adonai vasu borragus。

May 25, 2019

2019-05-25 同时性与巧合

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument and this group, and we come to you in love and in light. We are honored, as always, to be able to join you at your request, and to offer those words of love, of inspiration, of assurance and consolation, that may aid you on your journey of seeking. We know the path you tread is difficult, and that gatherings such as this are most helpful in discovering and in sharing with those of like mind and heart the path that you have tread this week, this day, and into what you call your future.

我是 Q'uo, 我与这个器皿和这个团体在一起了, 我们在爱与光中来到了你们身边。我们一如既往对于能够根据你们的请求加入你们, 并提供那些具有爱、启发、确认与安慰的话语是感到荣耀的, 这些话语可能会在你们的寻求的旅程上帮助你们。我们知道, 你们走的道路是困难的, 对你们在这一周, 这一天已经走过, 并走入到你们称之为你们的未来之中的那条道路, 诸如这个集会之类的机会在对你们那条道路进行探索的方面, 以及在与那些具有类似的头脑与心的实体分享那条道路的方面是极其有帮助的。

We would ask, as always, that you do us the favor of taking whatever words and thoughts we may share with you today, and use them as feels right for you, leaving behind any that do not feel appropriate for you at this time. If you will do us this favor, we shall feel free to speak as we will, without fear of putting any blockage upon your path.

我们会一如既往请求你们拿走我们今天可能会与你们分享的无论什么言语与想法, 当你们感觉到它们是合适你们的时候, 使用它们, 将任何你们感觉到在此刻并不适合你们的内容都丢弃掉。如果你们愿意给予我们这个恩惠, 我们就将会感觉到拥有自由如我们所愿地发言, 而不必担心我们会在你们的道路上设置任何的绊脚石了。

So, at this time, we would ask if there is a query with which we may begin?

因此, 在此刻, 我们想要询问, 是否有一个我们可以用来开始的问题。

Fox: Q'uo, do those of the Confederation sometimes use words or concepts that are perhaps less spiritually evolved from your point of view to accommodate our cultural expectations and beliefs, or perhaps due to the Law of Confusion?

Fox: Q'uo, 星际联邦有时候会使用也许从我们的观点来看是在灵性上较不演化的词语或者观念, 以适应我们的文化性的期待、信念, 或者也许是由于混淆法则吗?

Q'uo: I am Q'uo and am aware of your query, my sister. When we respond to queries such as yours, or any query at all, we attempt to find the word and the concepts which are most appropriate for the moment and for the query and

for the group that is gathered in seeking of the One. There is much, therefore, which we attempt to make allowances for, shall we say, for there are words that are most appropriate for every circumstance and every concept. There are words which may be somewhat abstruse or difficult to understand, that may, for another group or entity be more enlightening.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。当我们回应诸如你们的问题之类的问题, 或者无论什么任何问题的时候, 我们都尝试去找到最为适合于那个时刻, 适合于那个问题, 适合于为了寻求太一在被聚集在一起的团体的词语与观念。因此, 会有很多的事情是我们尝试要, 容我们说, 斟酌的, 因为会有一些话语是极其适合于每一个情况与每一个观念的。会有一些词语可能是多少有些深奥或者难以理解的, 这些词语可能对于另一个团体或者实体是更加有启发性的。

However, in general, we find that your language has a wide enough variety of words and concepts to meet our needs in the great majority of cases. Therefore, we have very little difficulty in selecting the appropriate words, for each of those within a group such as this has enough experience in the seeking process that there are many potential concepts and words that will suffice for any query. Thus, it is not that we seek to utilize words which are less spiritual, but that we seek to utilize words that are more informative for each question and questioner.

然而, 一般而言, 我们发现, 你们的语言拥有一种足够宽的词语或者观念的多样性, 以满足我们在大多数情况中的需要。因此, 我们会在选择适当的词语的方面遇到非常小的困难, 因为在诸如这个团体之类的一个团体中的每一个实体, 都在寻求的过程中拥有足够多的经验了, 以至于会有很多潜在的观念与话语将会对任何问题都是足够的。因此, 我们不会寻求利用较不有灵性的词语, 但是, 我们会寻求去利用对每一个问题与提问者更加具有教益的词语。

Is there another query, my sister?

我的姐妹, 有另一个问题吗?

Fox: I guess part of what I'm getting at is I'm wondering if you are sometimes having to come down to our level to address our questions. Does that make sense?

Fox: 我猜想我想要弄明白的事情的一部分是, 我想知道, 是否你们有时候不得不降级到我们的层次来解决我们的问题。那是有道理的吗?

Q'uo: I am Q'uo and am aware of your query, my sister. We would not put it exactly in that fashion, for we do not feel that speaking of the concepts of love, which is the concept each of you is most usually engaged in sharing, and seeking more information for, rather than speaking of wisdom or of unity or of foreverness, for each of these concepts is a critical portion of every seeker's journey. [1] There is no seeker of truth in any density of experience that would feel that describing consciousness, self-consciousness, universal love, and so forth, was a coming down, or a simplification of explanation of how such a word or concept is a fundamental portion of the infinite creation, the Infinite Creator, and each seeker on the path to unity with the One Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。我们并不会精确地用那种方式来描述它, 因为我们并不觉得, 那样做是谈及爱的观念, 也就是你们每一个人在分享以及寻求更多的对它的信息的时候极其经常地会参与到的那个观念, 毋宁说, 那是在谈及智慧, 或者统一, 或者永恒, 因为这些观念中的每一个观念都是每一个寻求者的旅程的一个至关重要的部分。[1]在任何体验的密度中没有任何的真理的寻求者是会感觉到, 描述意识, 自我意识, 普世之爱, 以及诸如此类的观念, 是一种降级, 或者是一种对解释的简单化, 它们解释了这样一个观念如何是无限造物, 无限造物者, 以及走在通往与太一造物者的合一的道路上的每一个寻求者的一个基础的部分。

So, we speak as we are able, to give illumination of the highest order to whatever word or concept we are asked to comment upon.
因此, 我们如我们所能地发言, 以对我们被请求去对其进行评论的无论什么词语或者观念给予具有最高的等级的阐释。

Is there another query, my sister?
我的姐妹, 有另一个问题吗?

Fox: No, thank you, thank you very much.
Fox: 没有了, 感谢你们, 非常感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?
Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

A: Q'uo, are coincidences, the many coincidences that I've been observing in my life recently, is there any way that you could illuminate if this is an indication . . . I'd like to confirm my belief that this means that I'm on the right path. Would you be able to illuminate that for me, please?
A: Q'uo, 巧合, 最近在我的生命中我一直都在观察到的很多的巧合, 有任何方式是你们能够说明, 是否这是一个指示.....我想要确认我的信念, 这意味着, 我是走在正确的道路上的。你们能够为我说明那一点吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Any coincidence that you may observe as you are moving through your daily round of activities and considering the nature of your journey, the purpose of your journey, the destination of your journey, how to discover the fullness of your journey, is a means by which your subconscious mind is giving you an indication of the correctness of your thoughts, of your actions, of your direction.
Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。在你经历你的日常生活的活动, 并考虑你的旅程的属性, 你的旅程的目的, 你的旅程的目的地, 以及如何发现你的旅程的圆满性的时候, 你可能会观察到的任何的巧合, 都是一种你的潜意识心智藉由其正在对你的想法, 你的行动, 你的方向的正确性给予你一个指示的途径。

These coincidences are a means by which your conscious mind may be

congratulated, shall we say, given an indication that the path you travel is that path that is most appropriate for you at this time, that you may not fully understand the implications of how this journey you are upon is the journey for you is that which shall be revealed to you through more coincidences and illuminations as you continue doing that which you are doing; and that which you are doing is seeking the truth as it may be known to you most clearly in every facet of your life experience. You are, at each moment that you are wondering about what is the path for you, finding another step on that path. Though you may not understand it at the time, it is that which is appropriate for you.

这些巧合是一种你的表面意识的心智藉由其可以，容我说，被祝贺，并被给予一个指示的途径，那个指示即，你旅行的道路就是在此刻对于你最为合适的道路，你可能并不会充分理解，这条你走在其上的旅程如何就是适合你的旅程，这个含意就是当你继续做你正在做的事情的时候将会通过更多的巧合与启发对你被揭露出来的事情，你正在做的事情就是寻求真理，因为它是可以在你的生命体验的每一个面向中极其清晰地被你们所知晓的事情。在你想要知道什么道路是适合你的道路的每一刻，你都是在找到在那条道路上的另一步。尽管你可能在那个时候并不理解它，它却是适合于你的事情。

You must realize, my sister, that the journey that you are upon you have been upon for a great portion of what you call time, in many incarnations previous to this one, and as you continue moving upon this path, there will be more and more indications of how this path opens opportunities for you to learn and to serve the One who is in all. You will continue to find various indications, synchronicities and coincidences that will make a, shall we say, trail of breadcrumbs, as it were, so that you may find each step of your journey revealed each day you live, each day you seek, is each day you shall find more and more of that journey opening up before you so that you are more able to consciously participate in that journey.

你必须意识到，我的姐妹，对于你处于其上的旅程，你已经是在你称之为时间的一个巨大的部分中，在这次投生之前的很多次投生中，处于其上了，在你继续在这条道路上移动的时候，将会有越来越多的对于这条道路会如何为你开放机会来让你学习，让你服务在万物之中的太一的指示。你将会继续发现各种各样的迹象，同时性以及巧合，它们将会，容我说，留下一条由面包屑构成的，可以说是，小径，这样你就可以发现你的旅程的每一步都被揭露被回来，每一个你活着的日子，每一个你寻求的日子，都是一个你将会发现那条旅程的越来越多的部分在你面前开放的日子，这样，你就更加有能力参与到那条旅程中了。

Each journey begins with the subconscious mind showing you some kind of indication that a certain opportunity may be taken, a certain book may be read, a certain conversation may be had, a certain coincidence may be noticed. Keep awake, my sister, open your mind and your heart and your soul and they shall be filled with the purpose of your life.

每一条旅程都是从潜意识心智开始的，潜意识心智会向你展现某种类型的指示，这样一定的机会就可以被利用，一定的书籍就可以被阅读，一定的对话就可以被进行，一定的巧合就可以被注意到。保持清醒，我的姐妹，开放你的心智、你的

心与你的灵魂，它们将会被你的生命的目的所充满。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

A: No, thank you. That was wonderful.

A: 不用了，感谢你们。那是精彩的。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, Ra says: "In your space/time, you and your peoples are the parents of that which is in the womb. The Earth, as you call it, is ready to be born and the delivery is not going smoothly." My first quick question about that quote—who are the parents in our illusion? Is that everybody on the planet? Is that those who are harvestable on a positive path? Or is there another category?

Gary: Q'uo, Ra 说，“在你们的空间/时间中，你们和你们的人群都是在子宫中的实体的父母。地球，如你们对它的称呼一样，准备好被生下来，分娩不是顺利进行的。”我对于那个引文的第一个简短的问题——在我们的幻象中，谁是父母？是在这个星球上的每一个人吗？是那些在一条正面道路上能够被收割的人吗？或者有另一个类别吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Each conscious seeker of truth who is attempting to open the heart in unconditional love, and therefore become what you would call harvestable, is potentially a parent of that which is being born at this time upon and within your planet, and within the heart of each seeker of truth. The fourth-density vibrations have been engulfing your planet for some period of time—that which you would call years, shall we say, so that this kind of illumination for the planetary entity and its population is that which feeds the soul of each conscious seeker of truth. [Indeed this] feeds the soul of the planet itself as it begins to interact with those conscious souls who are aware that there is a transition, both for themselves as entities, for the population as a group, and for the planet as an entity itself.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。每一个正在尝试在无条件的爱中开放心，并因此成为你称之为可以收割的实体的有意识的真理的寻求者，都潜在地是在此刻在你们的星球上，在你们星球中，在真理寻求者的心之中，正在被诞生出来的事物的一个父母。第四密度的振动已经吞没你们的行星有一段时间了——你们称之为，容我说，年份的事物——这样这种类型的对星球实体以及它的人群的照亮，就是会喂养每一个有意识的真理的寻求者的灵魂的事物了。确实，当这种第四密度的振动开始与那些有意识的灵魂进行互动的时候，它会喂养星球其自身的灵魂，那些有意识的灵魂察觉到会有一场转换，同时是对作为实体的它们自己，与对于作为一个团体的全体人群，对作为一个实体的星球其自身。

Therefore, there is much of a unified experience that is ongoing at this time. The planetary entity of the fourth density is this babe in the manger of the mind, body, and spirits that seek the fourth-density experience of love and understanding. This interaction between the fourth-density planetary sphere and the new fourth-density population that shall inhabit that sphere is as the parent to child, shall we say, in both directions [...] being inspirationally electrified so that there is much more energy available to the experience of growing, of seeking, of utilizing the love and the light of the One Creator. This growing and seeking is shared by the planetary entity being born, and the population of the fourth density that will inhabit this fourth-density planet.

因此，会有大量的具有一种一元性的体验的事物在此刻正在进行中。第四密度的星球实体就是这个在马厩中的具有心智、身体与灵性的婴儿了，它寻求爱与理解的第四密度的体验。这种在第四密度的星球与居住在那个星球上的新的第四密度的人群之间的互动，就好像是同时在两个方向的，容我们说，父母与孩子的互动.....在灵感上被充能，这样就会有远远更多的能量可以为成长、寻求和对太一造物者的爱与光的利用所取得了。这种成长与寻求是被正在被诞生出来的星球实体，以及将会居住在这个第四密度的星球上的第四密度的人群所分享的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Thank you, yes. In the case of a mother delivering a child, and the delivery is not going smoothly, the experience can be excruciating for the mother, maybe even life threatening—great stress, great duress. As this planet's fourth-density delivery is not going smoothly, and as those with open hearts of a harvestable nature are the parents, does the situation translate to us? That is, does it create a great strain upon those delivering this new planet into existence?

Gary: 是的，谢谢你们。在一个母亲分娩一个孩子，且分娩不是顺利进行的情况下，体验对于母亲能够成为极其痛苦的，也许甚至是威胁生命的——巨大的压力，巨大的强迫。当这个第四密度的实体的分娩不是顺利进行的时候，当那些具有一种可以收割的属性的，带有开放的心体的实体是父母的时候，那个情况会转移到我们身上吗？也就是说，它会在那些将这个新的星球分娩出来的实体身上创造出一种巨大的紧张吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The difficulty with the delivery of the new fourth-density planet and its population comes not from either the planet or the fourth-density potential population, but from those entities that are engaged in disharmonious and bellicosity of one nature or another, creations of disharmony, disease, confusion, and agitation. There is much division between the various cultures, entities within cultures, and entities within families, that there is the possibility of further enhancement of this disharmonious relationship, so that the warring factions of one group pitted against another could potentially cause difficulties of not only the mental, psychic, and physical nature, but of the potential for planetary

catastrophes that are well-documented within the history of your planetary experience. For there have been thousands of years of the warring efforts of many peoples that has embedded the anger of separation within the crust of the planet, so that there is the need at this time to release this heat of anger in a controlled fashion, so that there is necessarily a finite amount of heat that is released at any one time, thus reducing the possibility of planetary annihilation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。新的第四密度的星球的分娩以及它的人群的困难, 既不是来自于星球, 也不是来自于潜在的第四密度的人群, 而是来自于那些参与到了具有这样或者那样一种属性不和谐与好战性, 参与到了对不和谐、疾病、混淆与骚动的制造的实体。在各种各样的文化, 在文化中的实体, 以及家庭中的实体之间会有大量的分裂, 会有对这种不和谐的关系的更进一步的增强的可能性, 这样, 一个团体对抗另一个团体进行的纷争, 是潜在地能够制造出困难的, 这种困难不仅仅是具有心智的、精神的、身体的书话题, 同样地具有产生出星球的灾难的可能性, 这些星球的灾难已经在你们的星球的体验的历史中被详尽地记载下来了。因为已经有过数千年时间的许多人的战争性的努力了, 这种努力已经将分离的愤怒根植于星球的地壳之中了, 因此, 在此刻需要用一种可控的方式来释放这种愤怒的热量, 这样就有必要让一定数量的热能任何一个时刻被释放, 并由此减轻全球性的灭绝的可能性。

There is much of difficulty at this time, as you are aware, in the various divisions that exist within the cultures of your planet, so that this birth is occurring in an environment of great angst and hostility that must needs be dealt with in one fashion or another by those entities that are experiencing such disharmony.

在此刻在你们的寻求的文化之中存在各种各样的分裂之中, 如你们知晓的一样, 会有大量的困难, 这样这种出生就是在一个具有巨大的苦恼与敌意的环境中发生的, 这种巨大的苦恼与敌意必须要被那些正在体验到这样的不和谐的实体用这样或者那样一种方式处理。

It is hoped that [through] the efforts of your adepts, of your wanderers, and of those Confederation entities that send love and light to your planetary sphere, that these efforts at reducing the disharmony may indeed do so, and allow the birth of this planet to occur along with its population in a less difficult situation, shall we say.

被希望的事情是, 通过你们的行家, 你们的流浪者, 以及那些正在向你们的星球送出爱与光的星际联邦的实体的努力, 这些旨在减少不和谐的努力可以确实这样做, 并允许这个星球的诞生, 在一种, 容我们说, 较不困难的情况中, 与它的人群一起发生。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: Yes, one more, and then I'll release the mic back to the circle to see if somebody else has questions. This is a personal one, and I wonder if it connects to fourth density. I've had this phenomena happen in meditation.

Every now and then without rhyme or reason I feel my energy body expand. There is a sense of heaviness and denseness, like I'm wearing a big lead suit, and it interpenetrates my physical body. It's just this sensation, there's no further meaning to it or narrative behind it, it's just a sensation of dense energy that has a heavy quality, almost like it has a mass to it. Can you speak to whether I am sensing the fourth-density electrical field, or if there's some other explanation?

Gary: 是的, 还有一个问题, 接下来, 我将会将麦克风交回给圈子, 看看是否某个其他人有问题。这是一个个人的问题, 我想知道, 是否它是与第四密度是有关联的。我在冥想中遇到这个现象。时不时地, 没有规律, 也没有理由地, 我会感觉到我的能量身体拓展了。会有一种沉重与致密的感觉, 就好像我正穿着一件巨大的铅制的衣服, 它贯穿了我的物质性身体。它仅仅就是这种感觉, 没有对它的更进一步的意义, 或者在它背后的叙述, 它就是一种致密的能量的感觉, 它拥有一种沉重的属性, 几乎就好像它拥有一种属于它的质量一样。你们能够谈谈, 是否我正在感觉到第四密度的电场, 或者, 是否有某个其他的解释。

Q'uo: I am Q'uo and am aware of your query, my brother. We find that there are some aspects of your experience that we may address, and others that we may not. We would suggest that as you are in your meditative state and experiencing the expansive qualities of your own energy body moving in a greater and greater range of frequencies that are in excess of the normal range for yourself, that there is the, shall we say, interconnection between your energy body, and the vibratory patterns of the planetary sphere that are being expressed in the manner which we were describing in our previous answer to your query about the difficult harvest; for as you are expanding in your own ability to experience and appreciate the vastness of the spiritual searching that your energy body allows you to have, you are also experiencing some of those difficult vibrations that are everywhere present, and which impinge upon the unitive experience that is attempting to manifest itself through your meditative state.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现, 你的体验有一些面向是我们可讲述的, 有一些其他的面向是我们无法讲述的。我们会建议, 当你处于你的冥想状态中, 并体验到你自己的能量身体在一种越来越大的频率的范围中移动的特性, 且那种频率的范围超出了你自己的通常的范围的时候, 在你的能量身体与星球的振动模式之间会有, 容我们说, 相互连接, 星球的振动模式是在用我们在我们之前对你关于困难的收割的问题的回答中描述的方式被表达的, 因为当你在你去体验并欣赏你的能量身体允许你拥有的灵性的寻求的庞大的时候, 你同样也在体验在每一个位置都存在的困难的振动, 这些振动会冲击那种正在尝试通过你的冥想状态显化它自己的统一性的体验。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: No, thank you, Q'uo.

Gary: 没有了, 感谢你, Q'uo。

Q'uo: I am Q'uo and we thank you, once again, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你, 我的兄弟。在此刻有另一个问题吗?

Fox: I have one that is sort of related to that. When we come fully into fourth density, I wonder will our auras become one aura on the planet? The people—the mind/body/spirit auras?

Fox: 我有一个问题, 它以某种方式是与那个有联系的。当我们完全进入到第四密度的时候, 我想知道, 我们的灵光在地球上会成为一个灵光吗? 人类——心/身/灵的灵光?

Q'uo: I am Q'uo and am aware of your query, my sister. A portion of the experience for each seeker that is able to make the graduation into the fourth density of love and understanding, is to have the aura, as you call it, expand in a fashion which joins with others of the same vibratory level, to form an auric envelope, shall we say, of what you may call the social memory complex. Thus, each entity within the social memory complex adding to the overall vibratory nature of this complex, its own experience of each lifetime, including this lifetime, so that there is a vibratory representation of all efforts at seeking the One Infinite Creator that blend in an harmonic fashion, that allows the social memory complex to have a, what you would call a "data bank" of information upon which it may call at any time within your social memory complex's experience, where there is the desire to serve in a certain fashion, other selves who call for the services that are possible to offer according to the makeup of the social memory complex.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。对于每一个能够毕业进入到爱与理解的第四密度的寻求者, 它的体验的一部分, 就是让灵光, 如你对它的称呼一样, 用一种与其他具有相同的振动层次的实体结合起来的方式进行拓展, 以形成一种你们可以称之为社会记忆复合体的, 容我们说, 灵光外壳。因此, 在社会记忆复合体中的每一个实体都会将它自己对每一次生命的经验, 包括这一次生命, 增添到这个复合体的整体性的振动属性之上, 这样就会有对多有寻求太一无限造物者的努力的一种振动性的表现了, 当这些努力用一种协调的方式混合起来的时候, 它会允许社会记忆复合体拥有一个, 你们会将其称之为信息的“数据库”的事物, 它可以在任何时候都在你们的社会记忆复合体的体验中使用这个数据库, 在其中会有渴望用一定的方式去服务呼唤服务的其他自我, 根据社会记忆复合体的构成, 这些服务是有可能提供出来的。

Is there another query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Fox: No, thank you.

Fox: 没有了, 感谢你们。

Q'uo: We thank you, my sister. Is there another query at this time?

Q'uo: 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Gary: Q'uo, I have a query from L, who writes: "If one is pursuing the path of the adept, seeking to find and be able to hold the oneness within, is it recommended to maximize the time spent in awareness of the Creator in a more meditative state, or is it recommended to consciously take breaks from this state often in order to work with the ever-present catalyst around us, or will the path simply present itself and there's no need to aim for either?" [2]

Gary: Q'uo, 我有一个来自 L 的问题, 它写道, "如果一个人正在追寻行家的道路, 并寻求去找到并能够抓住内在之中的一体性, 将花费在用一种冥想状态来察觉造物者之中的时间最大化, 这是被推荐的吗, 或者, 有意识地经常从这种状态休息, 以便于与在我们周围一直都存在的催化剂一同工作, 这是被推荐的吗, 或者道路单纯地将会呈现其自身, 而并不需要以两者之中的任何一个为目标吗?" [2]

Q'uo: I am Q'uo and am aware of your query, my brother. As one proceeds along the path of seeking, it is often discovered that the meditative state offers not only direction but the opportunity to enhance one's own appreciation of various facets of the path that one is upon. Primarily, in relationship with other entities that offer a certain kind of catalyst that may enhance the journey, for each kind of catalyst may be explored by the seeker, both consciously, as the catalyst is first experienced, and then subconsciously, or even, shall we say, super-consciously, as the catalyst is taken into the meditative state in order to utilize the opportunities the catalyst provides for learning and growth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当一个人沿着寻求的道路卡里加了个的时候, 经常会被发现的事情是, 冥想状态不仅仅提供了方向, 同样也提供了机会去增强一个人对一个人走在其上的道路的各种各样的面向的欣赏。主要是对与其他的实体之间的关系欣赏, 如果这些实体提供了一定类型的, 可能会增强旅程的催化剂的话, 因为每一种类型的催化剂都可以被寻求者探索, 同时是有意识地, 在催化剂首先被体验到的时候, 接下来是潜意识地, 或者甚至, 容我们说, 是超意识地, 在催化剂被带入到冥想状态中, 以便于利用催化剂提供学习与成长的机会的时候。

This is a type of blending of both of the conscious and subconscious or super-conscious levels of appreciation and utilization of the catalyst that one finds in the daily round of activities. Thus, it is up to each seeker of truth to determine the ratio of meditative time to contemplative times, to conscious interaction with other entities within one's circle of friends, shall we say. So, there is not what you may call a kind of equation or definite description of the ratio of time spent in any one particular type of consciousness. It is unique to each entity so that each entity may utilize its skills in being able to appreciate the experience that is its destiny, shall we say, its pre-incarnatively chosen pattern that begins to take shape more and more clearly and more and more profoundly as each seeker of truth moves along its path of seeking.

这是一种类型的对一个人在日常生活的活动中发现的催化剂的欣赏与利用的有意识的层次, 同时还有潜意识或者超意识的层次的混合。因此, 确定冥想时间对沉思的时间, 对与在一个人的, 容我们说, 朋友圈子中的其他实体的有意识的互

动的比例，这是由每一个真理的寻求者决定的。因此，将不会有一种类型的方程式，或者在任何一种特定类型的意识中被花费的时间的比率的明确的描述。它对每一个实体都是独一无二的，这样每一个实体就可以利用它在能够去欣赏它的，容我们说，命运，它投生前被选择好的模式之所是的体验的方面的技巧了，随着每一个真理的寻求者沿着它的寻求的道路前进，这种投生前被选择好的模式会开始越来越更加清晰地，越来越深入地呈现出来。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Gary: Not a follow-up to that one. Thank you, Q'uo.
Gary: 没有对那个问题的一个后续问题了。谢谢你们，Q'uo。

Q'uo: I am Q'uo. Is there another query at this time?
Q'uo: 我是 Q'uo。在此刻有另一个问题吗？

Fox: If there's not another one from the group here today, I do have one from a seeker from Nairobi, Kenya, named A. He asks this question, and it's in two parts. The first part relates to what we were talking about in the last session. "How might we transcend the identification with the illusory ego self, particularly as it relates to the feelings of anxiety and fear."

Fox: 如果今天没有另一个来自团体的问题，我确实有一个问题，它来自于一个在肯尼亚的 Nairobi，名叫 A 的实体。他询问了这个问题，它有两部分。第一部分与我们在上一次集会中正在谈论的内容有关。“我们如何才能超越与幻象的小我的认同，尤其是在它与苦恼与恐惧的感觉联系在一起的时候。”

Q'uo: I am Q'uo and am aware of the query, my sister. Transcending is a pivotal term in this regarding. We would suggest that the conscious self, that which you have called the egoic self, is the self that experiences the anxiety, or any catalyst, that may be presented to the seeker of truth. This conscious self, then, must then seek assistance from a greater portion of the self, that which you may call the transcendent self, that one finds in the meditative state, if one is able to move past the various voices that make themselves apparent in the beginning stages of meditation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。在这个方面，超越 (Transcending) 是一个中枢性的词语。我们会建议，有意识的自我，也就是你已经称之为小我的事物，是那个体验到了苦恼，或者任何催化剂的自我，是可以对真理的寻求者呈现出来的自我。这个有意识的自我，接下来，就必须寻求来自一个自我的更大的部分，即你们说成的超我的帮助，如果一个人能够越过在冥想的开始的阶段让它们自己显现出来的各种各样的声音，它就可以在冥想状态中找到那个超我了。

As one is able to find that quiet, still point within the heart of one's being, the transcendent self, the witness that is ever present for each seeker of truth, at this time is then able to offer a broader view or perspective, shall we say, to the seeker, so that that which seems anxiety producing in the conscious

experience of the self may be seen in relationship to the larger purpose or perspective of the seeker that is able to utilize the spiritual principles that are more apparent within the meditative state, and see that that which has produced anxiety in the conscious state is but a, shall we say, agent provocateur that is meant to focus the attention upon a certain feature of the experience in order that a particular lesson may be learned that has, in some fashion, provided a challenge in the past. In the meditative state, the challenge may be seen to be met by a broader point of view that shows how a kind of lesson, or conclusion, may be drawn when one looks at the anxiety-producing situation from this larger perspective. The larger perspective comes from the subconscious mind that is well aware of the preincarnative choices that have been made and have been expressed in a certain way which has caused anxiety for the conscious self and growth potential for the soul itself.

当一个人能够找到在它的存有的核心之中的那个安静的，静止的位置的时候，那个超我，那个一直都为每一个真理的寻求者存在的见证者，在这个时候就能够为寻求者提供一个更加宽广的视野或者，容我说，远景了，这样看起来似乎是在有意识的自我的体验中产生出了苦恼的事物，就可以在与寻求者的更大的目的或者观点的关系中被看到，这样一个观点就能够利用在冥想状态中变得明显的灵性原则，并看到在有意识的状态中已经产生出了苦恼的事物，不过是一个，容我说，奸细，它是打算要将注意力聚焦在体验的一定的特性上，以便于一个特定的课程可以被学习，那个课程已经在过去，用某种方式，提供了一个挑战了。在冥想状态中，挑战可能被看到是要用一种更加宽阔的观点来面对的，这种观点会显现出，当一个人从这个更大的观点来检查那个产生出苦恼的情况的时候，一种类型的课程如何可以被产生，或者结论如何可以被得出。更大的观点是来自于潜意识心智的，潜意识心智是清楚知晓投生前的选择的，这些投生前的选择已经用一定的方式被产生与表达出来了，这种方式已经为有意识的自我产生出了苦恼，并为灵魂其自身产生出了成长了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Fox: Well, you've answered part of the second part of his question, but I'll just read it, rather than trying to sort it out. He asks: "Would Q'uo also please discuss the use of meditation (that's what you were just doing) but also any body and breath exercises that might help balance the energy body and aid in this transcending."

Fox: 好的，你们已经回答了这个问题的第二个部分了，但是我将仅仅会读出它，而不是尝试将它整理出来。他问道，“Q'uo 愿意同样讨论一下对冥想的使用吗，（那就是你们刚刚在做的事情了，）同样也讨论一样可能帮助让能量身体平衡以及在这种超越中其帮助的身体与呼吸的训练吗？”

Q'uo: I am Q'uo and am aware of the query, my sister. As we spoke previously, the meditative state is that which allows the consciousness to move into a realm of expanded awareness where there are opportunities and resources that can address any situation in the external world that the conscious mind

may encounter. The manner in which these resources are used is, of course, up to the choice of the one who seeks and meditates as a means of utilizing catalyst.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。如我们之前说过的一样, 冥想状态是允许意识移动进入到一个拓展性的察觉的领域中的事物, 在这个拓展性的察觉的领域中, 会有机会与资源能够解决在外部世界中有意识的心智可能遭遇到的任何的情况。这些资源在其中被利用的方式, 当然, 是由那个将寻求与冥想作为一种利用催化剂的途径的实体的选择决定的。

The use of the breath to find a deeper level of consciousness may often allow the utilization of these resources in a more efficacious manner so that the breathing deeply, in a rhythmic fashion, exhaling, holding the breath, inhaling, holding the breath, for a portion of time which feels comfortable to the meditator may allow the falling away of various extraneous distractions that keep the meditator from utilizing the resources of the deeper mind.

使用呼吸来找到一种更为深入的意识层次, 经常可以提供用一种更加有效的方式对这些资源的利用, 这样, 深深地, 用一种有节奏的方式吸入, 呼出, 抑制呼吸, 吸入, 在一段对冥想者感觉到舒适的时间抑制呼吸, 这可以允许各种各样的外部的分心物逐渐消散, 这些分心物会让冥想者无法利用深入心智的资源。

Thus, there is the possibility, through such deep breathing, to find a deeper level of experience and resources to call upon in processing the catalyst of the day.

因此, 会有可能性通过这样的深呼吸找到一种更为深入的层次的体验与资源, 以在对那一天的催化剂的处理的过程中使用。

Is there another query at this time?

在此刻有另一个问题吗?

Fox: No, I thank you so much.

Fox: 没有了, 我非常感谢你们。

Q'uo: I am Q'uo and we thank you, my sister.

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Gary: Q'uo, for those who sorrow and feel deep worry about the disharmony and disorder of our institutions and societies, and maybe civilization itself, would you have any words of encouragement or inspiration or illumination to offer?

Gary: Q'uo, 对于那些对我们的机构与社会的和谐与无秩序, 也许是对文明其自身感到忧伤与深深的担忧的人, 你们有任何鼓励或者激励或者启发的话语要提供的吗?

Q'uo: I am Q'uo and am aware of your query, my brother. As we mentioned at the beginning of this session, it is always an inspiration to us to join your circle of seeking, because we know what kind of challenges you face on a daily basis, as both individual seekers of truth, and as groups of those who attempt to work together to make positive changes in the society around you. There is so much of anger, so much of confusion, so much of jealousy, so much of retribution, so much of destruction, that it is overwhelming to any sensitive soul who seeks to make sense of the world around it within the meditative state, within the conscious state, within the sleeping state, one cannot escape the disharmonious interactions that are the day-to-day experience of most entities upon the surface of your planet. Each entity is bombarded with one report or another of killings, of anger, of challenges, of threats, of limitation, of one kind of mass murder or another, whether it is mental, physical, psychological or emotional. There is so much of dissention that is the normal way of things in your third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。如我们在这次集会的开始的时候提及的一样, 加入到你们的寻求的圈子, 这对于我们一直都是一种启发, 因为我们知晓你们用一种日常的方式在面对着什么类型的挑战, 同时作为个体的真理的寻求者, 以及作为尝试去一同工作来在你们周围的社会中产生出正面性的改变的实体的团体。会有如此大量的愤怒, 如此大量的混淆, 如此大量的妒忌, 如此大量的报复, 如此大量的破坏, 以至于它对于任何在冥想状态中, 在有意识的状态中, 在睡眠状态中寻求去让在它周围的世界变得有道理的敏感的灵魂都是压倒性的, 一个人无法逃避在你们的星球表面上的大多数实体的日复一日的体验的不和谐的互动。每一个实体都是被这样或者那样的杀戮, 愤怒, 挑战, 威胁, 限制, 这样或者那样类型的大规模屠杀所的报告所轰炸的, 如论它是心智的, 身体的, 心理上的还是情绪上的轰炸。会有如此大量的不同意见, 而这就是在你们的第三密度的幻象中的通常的事物的方式之所是了。

We would encourage each seeker of truth that wishes to make sense of it all to look within the heart and to see that each entity that is crying out for assistance, that is crying out in anger or frustration is the One Creator that has provided itself with challenges enumerable to find a reason to open the heart in love to all. At some point in each entity's journey, there comes the time when one throws down the intellectual defenses, the intellectual attack, the emotional retribution, and says within, "This must stop. I now stop my anger and open my heart in love."

我们会鼓励每一个希望去使之全都成为有道理的真理的寻求者都在心中观察, 并看到每一个正在呼喊寻找帮助, 正在愤怒或者挫折中呼喊的实体, 都时候太一造物者, 太一造物者已经为它自己提供了可以数算的挑战, 以找到一个理由在爱中向所有人开放心。在每一个实体的旅程中的某个位置, 会出现这样的时间, 在其中一个人会将所有的智力性的防御, 智力性的攻击, 以及情绪上的报复都抛弃掉, 并在内在之中说, "这必须要停下来。我现在停止我的愤怒, 并在爱中开放我的心了。"

Know then that when any soul does this, as more and more are doing now upon your planetary surface, this type of seeking and sharing of the love and

the light of the One Creator within each individual heart has a resounding and resonating effect that affects every other seeker on the planet, every other soul on the planet that has any kind of sensitivity to the vibrations of love and acceptance, that when you can find any kind of love within your own heart and share it in meditation, in contemplation, in conscious interaction with others, that love will be felt by every other soul on the planet, for indeed, each entity is a portion of the One Infinite Creator, cells in the body of the One who made us all, and when your love is expressed to any other soul, every cells in the body of the One Creator resonates with this love and light, and there is, for at least a moment, a kind of healing of the anger, of the retribution, of the disturbances of doubt and confusion.

接下来, 请知晓, 当灵魂这样做的时候, 随着在你们星球表面上越来越多的人现在正在这样做, 这种类型的对在每一个个体的心内在之中的太一无限造物者的爱与光的寻求与分享, 会拥有一种回声与共鸣的效果, 它会影响在星球上的每一个其他的寻求者, 在星球上的每一个其他的, 对爱与接纳的振动拥有任何类型的敏感性的灵魂, 这样, 当你在你自己的心内在之中找到任何类型的爱并在冥想中, 在沉思中, 在与其他人的有意识的互动中分享它的时候, 爱就将会被在星球上的每一个其他的灵魂感觉到, 因为确实, 每一个实体都是太一无限造物者的一部分, 都是在构成了我们全体的太一的身体中的细胞, 当你的爱是对任何其他的灵魂被表达的时候, 在太一造物者的身体中的每一个细胞都会与这种爱与光共鸣, 至少会有一个瞬间, 会有一种类型的对愤怒、报复、以及具有疑虑与混淆的动乱的疗愈。

You, as one individual seeker can make a difference in this world as you find love within yourself and share it with others, and as more and more entities are able to do this, more and more love is generated so that there is a kind of momentum built up, that is hoped for, at some point to find the, shall we say, threshold of entrance into every soul on the planet, so that at some point it is possible that your planet could, indeed, harmonize in one fine, strong moment of inspiration, as those of Ra put it so well.

你, 作为一个个体的寻求者, 是能够当你在你自己内在之中找到爱并与其他人分享它的时候在这个世界中产生出一种作用的, 当越来越多的实体能够这样做的时候, 越来越多的爱就会被产生出来, 这样就会有一种类型的动量被积累起来了, 被期待的事情是, 那种动量, 在某个位置, 会找到进入到在星球上的每一个灵魂的入口的, 容我们说, 门槛, 这样, 在某个位置, 你们的星球就有可能能够, 确实, 如被那些属于 Ra 的实体如此之好地描述的一样, 在一个美妙的, 强有力的灵感的瞬间协调一致了。

We encourage each of you to keep the faith, to keep moving forward, keep doing what you're doing, because you are on the path of seeking the love and the light of the One Creator, and as you seek it, you shall find it; as you knock, the door shall be opened to you. Rejoice then, that you are a portion of the One Creator, and know then that all others are of the same origination, and shall again at some point, unite in unity, and peace and love and understanding.

我们鼓励你们每一个人都保持信心, 继续前进, 继续做你正在做的事情, 因为你

正走在寻求太一造物者的爱与光的道路上，当你寻求它的时候，你将会找到它，当你敲门的时候，门将会向你打开。接下来，欢庆吧，你是太一造物者的一部分，并接下来知晓，所有其他人都是属于相同的起源，并将在某个位置，再一次，在统一、平安、爱与理解中合一。

At this time, we shall take our leave of this group, leaving each, as always, in the love and the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus

在此刻，我们将离开这个团体，我们一如既往在太一无限造物者的爱与光中离开各位。我们是你们知晓的 Q'uo。Adonai vasu borragus。

[1] Sometimes, Q'uo, or the instrument through which Q'uo speaks, just doesn't conclude the thought that began the sentence.

[1]有时候，Q'uo 或者 Q'uo 通过其发言的器皿，并不会结束开始句子的那个想法。

[2] This question from L was accidentally asked twice, previously in the session from May 11, 2019.

[2]这个来自 L 的问题意外地被询问了两次，之前是在 2019 年 5 月 11 日的集会中被询问的。

2019-07-16 传讯练习：乱世中的喜悦角色

Practice Channeling Circle

July 16, 2019

Group question: Our question today, is what is the role of joy in a troubled world?

团体问题：我们今天的问题是，在一个乱世中，喜悦的角色是什么呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in love and in light this evening. We are, as always, much inspired by your seeking and your desire to be of service to others via the channeling, as you call it, the speaking of those words and thoughts that we may share with you as we are on our own journey of seeking, a few steps beyond yours perhaps, but we are happy to share that which we have gathered as our own fruits of this journey.

我是 Q'uo，我今晚在爱与光中向你们每一位致意。我们，一如既往，是被你们的寻求和你们对于通过传讯，如你们对它的称呼一样，服务他人的渴望所大大地鼓舞了的，你们在传讯中讲述了那些可以与你们分享的言语与想法，因为我们是处于我们自己的寻求的旅程上的，我们也许比你们多走了一些步子，但是我们很高兴与你们分享我们已经作为我们在这条旅程上我们自己的果实而收集起来的事物。

As always, we ask of you a small favor before we begin, and that is, that you will take those words and thoughts and feelings that we transmit to you, and through you, and use them as you will. If they ring of truth to you, take them as your own and use them for further study and movement along the path back into unity with the One Creator. If any do not ring of truth to you, leave them aside without a second thought. We do not wish to be a stumbling block for any seeker if you will give us this honor of taking what rings of truth to you, and leaving behind that which does not, then we may speak freely.

一如既往，在我们开始之前，我们向你们请求一个小小恩惠，那就是，你们将拿起那些我们传递给你们，流经你们的话语、想法和感觉，如你们所愿地使用它们。如果它们对你们听起来是真实的，将它们当成是你们自己的，将它们用于更进一步的学习与沿着道路返回到与太一造物者之间的统一。如果任何的想法对你们听起来不是真实的，请毫不犹豫地将它们放在一旁。我们并不希望成为任何寻求者的一块绊脚石，如果你们愿意给予我们这种荣耀，即拿走对你们听起来是真理的内容，并将那些听起来不是真理的内容都留在后面，接下来，我们就可以自由地发言了。

This evening your question is a very interesting one, from the point of view of all seekers of truth who exist within your third-density illusion, for each must, at some point, consider the value and propriety of joy in any seeker who can look into the world about it, seeing the disharmonies, the dissensions, and the difficulties that separate one from another, group from group, ideas from

ideas, hearts and minds split apart. This is the reality in which you live and breathe and manifest your being.

今晚你们的问题，从所有的存在于你们的第三密度的幻象中的真理的寻求者的观点来看，是一个非常有趣的问题，因为每一个人都必须，在某个位置上，考虑在任何这样一个寻求者身上的喜悦的价值与适当性，这个寻求者能够洞悉在它周围的世界，看到将相互彼此，将团体与团体，观点与观点分隔开，将心与头脑割裂的不和谐、不同意见以及困难。这就是你们在其中生活，呼吸并显化你们的存有的实相了。

We ask you our own query, parallel to yours, what is the nature of your being? What is the true nature of your being, and how much of it is manifested in the world in which you live, in your daily round of activities? You are all things, my friends, this you know, you are the Creator, this you know. Thus, we feel that there is a place for joy within each seeker's mind, heart, and being. We shall expand upon this concept as we transfer this contact to the one known as Gary. We are Q'uo.

我们向你们询问我们自己的问题，与你们的问题平行，你们的存有的属性是什么呢？你们的存有的真实的属性是什么呢，它有多少是在这个你们在其中生活的世界中，在你们的日常生活的活动中被显化出来的呢？你们就是全部的事物，我的朋友，这是你们知道的，你们是造物者，这是你们知道的。因此，我们感觉到在每一个寻求者的心智、心与存有中都有一个喜悦的位置。我们将会在我们将这个接触转移到被知晓为 Gary 的实体之后在这个观念上进行拓展。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are known to you as the principle of Q'uo, and we greet you through this instrument, who is feeling a little shaken in his own tuning, but we assure him that we are with him, and if he can continue to speak that we will help guide the words toward the chosen topic this evening. And toward that end, we will expand upon the place of joy of the mind, the body, and the spirit, of the seeker within the illusion of third density, for as we were saying, you are all things and in all things there is joy.

我们是你们知晓的 Q'uo 原则，我们是通过这个器皿向你们致意，这个器皿在他的自己的调音中感觉到有一点点摇晃，但是我们向他保证，我们与他在一起了，如果他能够继续发言，我们就将会帮助指引言语转到今晚被选择的主题上。向着那个目标，我们将在第三密度中的寻求者的心智、身体以及灵性的喜悦的位置上进行拓展，因为如我们刚才正在对你们说的一样，你们就是万物，在万物中存在有喜悦。

What is the nature of this joy? It is . . . the instrument is receiving concepts of freedom and play that arise within the being who has seen the incarnation and the world about the self from the larger or, shall we say, elevated perspective. From this perspective, it may be recognized that the experiences of the self are but stories, meaningful, deeply impactful, consequential, meant to test, try and grow the soul, but stories nonetheless, which are chosen

increasingly by the self for the purpose of discovering the ultimately unlimited nature of the self. As each limitation is transcended, which is to say as we were saying a moment ago, as the perspective enlarges, the self finds space within the self for a deep, deep appreciation of catalyst and the play of life. The self stands back from those things which seem to bind and finds the strength to love that which is being experienced. And this, to put it quite simply, perhaps simplistically, feels good. Joy has a vertical dimension to it that reaches into ecstasy, dissolution of the individual self, or perhaps it may be better said, union of the individual self with the all self.

这种喜悦的属性是什么呢？它是.....这个器皿正在接收到自由与戏剧的观念，这种戏剧是在从更大的，或者，容我们说，提升了远景来看待投生以及在自我周围的世界的存有内在之中被升起的。从这个远景，可以被认出的事情是，自我的体验不过是故事，有意义的，深深地有冲击力的，有重要性的，打算要考验、测试灵魂并让灵魂成长的故事，但却仍旧是故事，被自我为了探索自我的终极地不受限制的属性的目的而越来越多地选择的故事。当每一个限制被超越的时候，也就是说，如我们在一会儿之前正在说的一样，随着观点的拓展，自我会在自我内在之中为一种对催化剂以及生命的戏剧的深深的，深入的欣赏找到空间。自我会从那些看起来似乎与正在被体验到的爱结合起来并找到对那种爱的力量的事物后退。相当简单地说，也许是简单化地说，这感觉起来是很好的。喜悦拥有一个属于它的垂直的维度，它会延伸进入到狂喜，个体的自我的消融之中，或者也许它可以被更好地说成是，个体的自我与全体的自我的合一。

Joy is, as Ra said, an analog (this instrument doubts the accuracy of that), to intelligent infinity. [1] It is a word for that which the individual self experiences upon contact with the greater perspective of intelligent infinity, and as it is perceived in the cells of the body, and in the hard and the soft places of the mind, as the spirit is touched into and funnels intelligent infinity into the self. It has a feeling quality that qualitatively modifies and enhances the experience of the self.

如 Ra 说过一样，喜悦是智能无限的一个类似物 (analog) (这个器皿怀疑那个说法的准确性。) [1]它是一个词语，它代表了个体的自我在与智能无限的更大的观点接触的时候，当它是在身体的细胞中，在心智的坚硬与柔暖的位置中被感觉到的时候，当灵性与智能无限接触，并将智能无限灌注到自我内在之中的时候的体验。它拥有一种感觉上的特性，这种特性会从质量上调节并增强自我的体验。

To speak to your question that experience may be in the midst of great suffering and hardship among loved ones one is associated with, or among one's peoples themselves, but such a self experiencing this joy sees multiple levels. Such a self sees the hardship, the suffering, the limitations of poverty or health or constraint, but also the higher levels wherein each is seen for what they truly are, that being infinite, that being the One Creator.

要谈及你们的问题，即那个体验可能存在于一个人与之联系在一起的那些挚爱的人中间的巨大的受苦与艰难之中，或者存在于人群自身当中，但是，这样一个正在体验到这种喜悦的自我会看到多个层次。这样一个自我看到了艰难、受苦、贫穷或者健康或者束缚的限制，但同样也看到了更高的层次，在其中每一个人都被看到是它们真正是的事物，是无限的，是太一造物者。

No self is truly imprisoned, truly lost, truly under the heel of difficult circumstance. Each soul suffers as they are identified with that small self, as it's called. But from a higher level or larger perspective, each is seen, ultimately, as free, as participating according to their choices and needs, however confused and uninformed they may be in a dream. But, with the higher realization one can make a connection within that sees, embraces, and desires to serve the circumstances about one, [and] simultaneously transcends those circumstances to feel the higher truth within the truth of the unbounded, unlimited, infinite self, which is not subject to processes of illusion and mortality, but which began this great experiment of creation in joy and will conclude this mysterious experience in joy.

没有自我是真正被囚禁，是真正迷失的，是真的被困难的情况踩在脚底的。每一个灵魂都在受苦，因为它们与那个小我，如同它被称呼的一样，认同了。但是，从一个更高的层次或者更大的观点来看，自我，终极地，是被视为是自由的，是被视为是根据它们的选择与需要而参与的，无论它们在一个梦境中可能有多么混淆与无知。但是，藉由更高的领悟，一个人能够建立一种内在的连接，那个连接会看到，拥抱并渴望去服务在一个人周围的环境，并同时性地超越那些环境，以感觉到在内在之中更高的真理，不受束缚，不受限制且无限的自我的真理，这种真理是不会受制于幻象与世俗的过程的，但是，它会在喜悦中开始这个伟大的造物的实验，并将这个神秘的体验包含在喜悦之中。

Joy is a subject worthy of the contemplative life because it truly does communicate something very fundamental and important about the identity of selfhood and the nature of the Creator, which interfaces with the incarnate self as the experience of joy, but roots down to the mystery itself. And with this thought, this instrument asks that we take our leave and move forward to the one known as Austin.

喜悦是一个值得一生的沉思的主题，因为它真的确实是在与某个关于自我属性与造物者的属性的一致性的方面非常基础且重要的事情进行交流，这个事情作为喜悦的体验与投生的自我的分界面，但却是扎根于神秘的其自身的。带着这个想法，这个器皿请求我们离开并前进到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

I am Q'uo and I am with this instrument. As we speak of the individual and subjective experiences of each seeker, we feel it is appropriate to address the semantic angle of this query, for each individual will relate to the word and concept of joy in its own unique way. This creates some difficulty when addressing a query such as this, for if each entity conceptualizes our words in their own way, the value and meaning of what is said is diffused. So, we find it appropriate to encourage each seeker to evaluate their own perceptions and definitions of joy, and when engaging in discourse such as we do with you at this moment, maintain awareness of the differences in your perception and the perception of those around you. Some may define joy as a sense of

jubilant and excitement, some may define joy as a sense of easy peace. We find this a useful concept to keep in mind, for it reveals to the self the complexity of these stories which one uses to perceive the world around oneself.

我是 Q'uo, 我与这个器皿在一起了。在我们谈及每一个寻求者的个体与主观性的体验的时候, 我们感觉到, 去讲述这个问题的语义学的角度是合适的, 因为每一个个体都将会用它自己独一无二的方式与喜悦的词语与观念联系在一起。当谈论诸如这个问题之类的一个问题的时候, 这会创造出某种困难, 因为如果每一个实体都用它们自己的方式对我们的话语形成概念, 被说过的内容的价值与意义就是散乱的了。因此, 我们发现, 鼓励每一个寻求者都对它们自己对喜悦的观念与定义进行评估, 并在进行诸如我们在此刻与你们一起进行的谈话之类的谈话的时候, 对在你们的知觉中与你们周围的人的知觉中的差异保持察觉, 这是合适的。一些人可能会将喜悦定义为一种欢呼与兴奋的感觉, 一些人可能将喜悦定义为一种轻松的平安的感觉。我们发现, 这是一个记在头脑中会有用处的观念, 因为它向自我揭露出了一个人习惯于感觉到在它自己周围的世界的这些故事的复杂性。

Each individual has a thick and twisted arrangement of beliefs and stories that filter the world around it and offer an infinitely unique experience. This presents the question: "What then are these stories and beliefs built upon and what is the true picture underneath these complexes of distortion?" It is here, my friends, that we suggest you look for meaning in the concept of joy, for the variety of definitions and the word "Joy" and the experience of joy, arise from the variety of distortions with which each individual experiences and views the same immutable thing, that is, the One Infinite Creator.

每一个个体都拥有一个厚重而缠绕的信念与故事的排列组合, 这些信念与故事会对在它周围的世界进行过滤, 并提供一种无限地独一无二的体验。这会提出这样的问题: "那么, 这些故事与信念是被构建在什么事物之上, 在这些扭曲的复合体下方的真实的图像是什么呢?" 我的朋友们, 就是在这里, 我们会对你们建议去检查在喜悦的观念中的意义, 因为喜悦的定义与词语的多样性, 以及喜悦的体验的多样性, 是从每一个个体藉由其体验并观察相同的永不改变的事物, 也就是太一无限造物者的扭曲的多样性产生出来的。

And so, each experience of joy may be influenced by the contrast of the stories and beliefs that one has about the nature of oneself, about the nature of the world around oneself, and about the nature of one's other selves. As these stories and beliefs and distortions are untangled, the experience of joy, the perception of the creation in its true glory may become more steady and more apparent, and this steady presence offers to the self a sense of lightness and relief from those stories previously told and those distortions previously held so tightly.

因此, 每一个喜悦的体验都可以被一个人在关于它自己的属性的方面, 关于在他自己周围的世界的属性的方面, 关于一个人的其他自我的属性的方面拥有的故事与信念的对照所影响。当这些故事、信念与扭曲被解开的时候, 喜悦的体验, 在造物的真实的荣耀中对造物的知觉, 就可能变得更加稳定, 变得更加明显了, 这种稳定的存在, 会对自我提供一种轻松感, 以及从之前被讲述的那些故事与之前被如此仅仅抓住的那些扭曲的解脱。

We are having trouble maintaining contact with this instrument. We pause to allow it to deepen its state.

我们在保持与这个器皿之间的接触上正在遇到困难。我们暂停与允许它深化状态。

We suggest to the seeker, that as it continues traveling upon its path, the severity of the illusion decreases, and the ability of one to recognize the true nature of the underlying reality increases, and this, we suggest to you, is the role of joy in such a world as you concern yourselves with at this time. The more that you are able to walk amidst the distortions and the tangle of complex stories told within a society and a world such as yours, free from the influence of these stories with secure knowledge of your true beingness, the more your beingness lightens the disharmonious vibrations and brings all of those around you into a sort of sympathetic vibration, the lightness of your own self may become infectious and your own ability to pierce the illusion may be as catalyst for those around you, offering them an opportunity to pierce their own illusions and tell their own stories as they see fit.

我们会对寻求者建议，随着它继续在这条道路上旅行，幻象的严酷性会减轻，一个人去认出潜在的实相的真实的属性的能力会增加，我们会对你们建议，这就是喜悦在诸如你们在此刻让你们自己对其感到担忧的世界之类一个世界中的角色了。你们越有能够在那些扭曲，以及在一个社会以及一个诸如你们的世界之类的一个世界中被讲述的那些复杂的故事的缠结当中行走，凭借着对你们的真实的存在性的确切的知晓而不受那些故事的影响，你们的存在性就会更多地照亮振动的不和谐，并将在你们周围的所有人都带入到一种类型的共振之中，你们自己的自我的光就可以成为有传染性的，你们自己去刺穿幻象的能力就可以成为你们周围的人的催化剂，并为它们提供一种机会去刺穿它们自己的幻象，并在它们感到合适的时候讲述它们自己的故事。

At this time, we take our leave of this instrument and transfer to the one known as Trish. We are Q'uo.

在此刻，我们会离开这个器皿，并转移到被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)

(Trish 传讯)

We are those of Q'uo, and we are with this instrument. Within this instrument we have a simple thought, a thought upon which one can meditate in regards to this feeling and emotion and state of being known as joy. We ask you to center your focus upon the newly born child. This soul, being born into this incarnation with certainly baggage of previous incarnations, but without too much in the way of societal distortion. This new-born child knows without provocation how to smile, how to laugh, and yes, knows how to cry as a means of calling for need. However, the new-born child does not know sadness. The child does not know a frown, rather this frown is learned. This emotive state is inherited, is learned.

我们是 Q'uo, 我们与这个器皿在一起了。在这个器皿之中, 我们拥有一个简单的想法, 一个人能够在关于这种被知晓为喜悦的感觉、情绪与存在的状态的方面对这个想法进行冥想。我们请你们将你们的焦点集中在新生的孩子上。这个灵魂, 在被生下来进入到这个投生中的时候是带着一定的之前的投生的包袱的, 但却没有带着过多的社会性的扭曲的方式。这个新生的孩子无缘无故地知晓如何去微笑, 如何大笑, 是的, 知道如何哭作为一种对需要的呼唤的途径。然而, 新生的孩子并不知道悲伤。孩子并不知道皱眉, 毋宁说, 这种皱眉是被学会的。这种情绪性的状态是被遗传的, 是被学会的。

We ask you to meditate upon that thought because it is a simple although often forgotten aspect that being extensions of the Creator, you are a manifestation and a true form of joy. That is the core of your being. We say this, realizing that experience may be felt or seen through a lens that can muddy the view of experience. One may feel opposition to joy, one may feel sadness, pain, whether that be within experience of one's own reality or whether that be viewing the reality around oneself. And there is worth to that. There is learning to be received from that. It is, though, important to state clearly that joy is the ultimate pure state, the state which can be forgotten.

我们请你们在那个想法上进行冥想, 因为它是成为造物者的延伸的一个简单, 但却经常会被忘记的面向。你是喜悦的一个显化物, 是喜悦的一种真实的形式。那就是你的存有的核心。我们这样做, 并同时意识到, 体验可能会通过一个透镜被感觉或者被看到, 那个透镜是能够让对体验的观察变得模糊不清的。一个人可能感觉到喜悦的对立面, 一个人可能感觉到悲伤、痛苦, 无论那是在一个人自己的实相的体验中, 或者那是对在一个人周围的实相的观察。那种体验是有价值的。会有从那种体验被接收到的学习。尽管清晰地这样表述是重要的, 喜悦就是终极纯净的状态, 是能够被忘记的状态。

That is essentially what can happen in your incarnation, in your density. There is room and space for one to forget joy, to distance oneself from joy. Again, we stress that there is use out of that distance, there is growth that can be had, learning that can be received. But, in essence, what one can do is simply remember. When one can fully immerse oneself in that remembrance, that true core knowledge that being, that blood that flows through your veins, as you may say, one can make sense of the "reality" around oneself.

那实际上就是在你们的投生中, 在你们的密度中能够发生的事情了。会有空间与位置让一个人去忘记喜悦, 并让自己远离喜悦。再一次, 我们强调, 从那种距离中会有用处产生出来, 会有成长能够被拥有, 会有学习能够被取得。但是, 实际上, 一个人能够做的事情, 单纯地就是去忆起。当一个人能够完全让它自己沉浸于那种忆起, 那种真正核心的知晓, 那种存有, 如你们可能会说的一样, 那种流经你们的静脉的血液之中, 它就能够在它自己周围的“实相”的意义了。

We understand that asking one to immerse oneself in the remembrance is what this instrument would call a big ask, but we also stress that that is the epitome of faith, the true trust, finding those silent moments within oneself where one can remember, whether that be acts of silent meditation, acts of reflection, simple acts of love, then one can truly remember and this

distortion of your "reality" around you that informs you can slowly begin to dissolve away in a meaningful and worthy fashion.

我们理解，要求一个人让自己沉浸于忆起之中，是这个器皿会称之为一种巨大的要求的事物，但是我们同样也强调，那就是信心的缩影，是真正的信任，在一个人能够忆起的位置在它自己内在之中找到那些静默的时刻，无论它是静默冥想的行动，还是沉思的行动，简单的爱的行动，接下来，一个人就能够真正地忆起，这个鼓舞了你的，对在你们周围的你们的“实相”的扭曲，就能够缓慢地开始用一种有意义且有价值的方式逐渐消散了。

This instrument is feeling a bit of her own insight coming through in this moment. She remembers the thought of sweetness in the darkness. It is through the experience of darkness, what we may call a troubled experience, or reality, or environment that one can know the truly sweet and essential and foundational essence that is one's being and one's soul and one's spirit. When one can see how truly immensely sweet that joy is, we ask that oneself to not forget that joy, that sweetness, in the times of darkness and sorrow, keeping faith that all that is around is here to inform, and exercise our ability to be our true, full, compassionate, love-filled, divine selves.

这个器皿正在感觉到有一点点她自己的洞见在此刻正在流经。她回忆起了在黑暗中的甜蜜的想法。就是通过黑暗的体验，我们可能称之为一个混乱的体验，或者实相，或者环境的事物，一个人才真正能够知晓真正甜美的、实质性的、基础性的实质，即一个人的存有，一个人的灵魂与一个人的灵性。当一个人能够看到，那种喜悦是怎样真正地无边无际地甜美的时候，我们请它自己在黑暗与忧伤的时刻不要忘记那种喜悦，那种甜美，保持那种在周围所有的事物都是来这里来鼓舞你的信心，并训练我们的能力，去成为我们真正的、完整的、充满同情心的、被爱说充满的，神圣的自我。

We feel this instrument is questioning herself and we will give her one last second to try to reconnect.

我们感觉到这个器皿正在质疑她自己，我们将给予她一秒钟来尝试重新连接。

This instrument is having further difficulty, but is practicing patience, kindness, and gratitude in this moment. At this time, we will take our leave of this instrument and will transfer the contact to the one known as Austin. We are those of Q'uo.

这个器皿正在遇到更进一步的困难，但是，它在此刻正在实践耐心、仁慈与感激。在此刻，我们将离开这个器皿，并将接触转移到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and am with this instrument, in which we find an inconsistent energy, tempered by a desire to continue the practice of sharing our thoughts as an instrument, though we find our time for this follow-up session of queries may be shortened somewhat, but with joy and enthusiasm, which we

share with this instrument, we ask if there are any further queries on the minds of those present this evening.

我是 Q'uo, 我与这个器皿在一起了, 我们在这个器皿内在之中发现了一种不一致的能量, 这种能量被一种去继续作为一个器皿分享我们的想法的渴望所淬炼, 尽管我们发现我们用于后续问题的集会的时间可能会多少有些被缩短了, 但是, 带着我们与这个器皿分享的喜悦与热情, 我们询问, 在今晚在场的人的头脑中是否有任何更进一步的问题。

Gary: Q'uo, could you speak to any particular method or methods for tuning oneself to joy, cultivating and increasing joy in the experience and awareness of the self?

Gary: Q'uo, 你们能够谈谈用来让一个人自己调音到喜悦, 并培养与增强在对自我的体验与察觉中的喜悦的任何特别的方法或者多个方法吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We appreciate the angle of applicability presented in this query and feel obligated to share the words which you are likely aware that we would share in response, and that is the encouragement to take up a consistent practice of meditation. However, we will extend this suggestion further, and explore the nature of how meditation may then help cultivate a more steady state of joy in your daily round of activities.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们感激在这个问题中被呈现出来的适用性的角度, 我们感觉到有责任去分享那些你很有可能知道我们会在回应中分享的话语, 那就是鼓励进行一种持之以恒的冥想的练习。然而, 我们将更进一步地拓展这个建议, 并探索, 冥想接下来如何可能帮助在你们的日常活动中培养一种更加稳定的喜悦的状态。

When one takes the time and the effort to enter into a state of calm and peace in which the silence of mind is sought, one slowly and irregularly may experience the peeling back of the layers of your personal reality. The center of awareness is drawn deeper into oneself, and the outer layers, dealing with attachments and distortions and the stories of the self and of the world, begin to fade into the background and the self becomes more apparent to the self. *当一个人花费了时间和努力来进入到一种平静与平安的状态中, 且在其中心智的静默被寻求的时候, 它就可能会缓慢地, 无规律地体验到你的个人的实相的层次的回响了。察觉的中心会被更为深入地吸引到它自己内在之中, 并通过与自我与世界的牵绊、扭曲与故事打交道, 开始逐渐消失于背景之中, 自我对于自我会变得更加明显了。*

When a consistent meditator becomes familiar with this state of awareness of the self, independent of the circumstances, this independent self is more easily accessible in the midst of circumstances that challenge the self in difficult ways. You may consider this to be a sort of muscle that is built through consistent exercise. As the state is entered consistently, it is accessed more easily, and so we suggest this angle so that the seeker who practices meditation may pay attention to the state found in meditation, and attempt to then recognize that

state outside of meditation, and this way the joy that is indicative of the authentic self may become more apparent in a greater variety of circumstances, and the love of the Creator may shine more brightly through the self.

当一个持之以恒的冥想者对这种自我的察觉的状态变得熟悉,且不依赖于环境的时候,这个独立的自我就会更加容易地进入到用困难的方式挑战自我的情况当中。你们可以将这考虑为一种类型的肌肉,它是通过持久的锻炼而被构建起来的。当这种状态是持续不断地被置于中心的时候,它就会更加容易被进入了,因此,我们建议这个角度,这样那些练习冥想的寻求者就可以留心那种在冥想中被找到的状态了,并尝试去接着识别出在冥想外部的状态,用这种方式,那种指示了真实的自我的喜悦,就可以在越来越更加多种多样的环境中变得更加明显了,造物者的爱就可以通过自我更加明亮地闪耀了。

Is there a further query, my brother?
我的兄弟,有一个更进一步的问题吗?

Gary: One more from me. In our density of experience we know things by contrast. If something becomes a—I should say, we know things by dynamic contrast. If something becomes a steady state then it has a tendency to become less acute or perceived. It may fade into the background, so to speak. I'm wondering about those in densities above our own, free of the veil, who have unfettered access to an experience of joy. What meaning does joy take on the densities above our own when it is, in my perception of things, a constant state?

Gary: 我还有一个问题。在我们体验的密度中,我们是藉由对比来知晓事物的。如果某个事情成为了一个——我应该说,我们是藉由动态的比较来知晓事物的。如果某个事情成为了一种稳定状态,接下来,它就会拥有一种倾向去较不敏锐或者较少会被感觉到。它可能会,可以说是,逐渐消失在背景之中。我想要知道那些在高于我们自己的密度的密度中的实体,它们是没有罩纱的,它们拥有对一种喜悦的体验的不受束缚的入口。在这些高于我们自己的密度的密度中,当喜悦,在我对事物的知觉中,是一种持久的状态的时候,喜悦会具有出什么意义呢?

Q'uo: I am Q'uo and am aware of your query, my brother. We find this query to be interesting and insightful, and also appreciate the challenge it offers to us and to this instrument, for articulating a response stretches, and indeed, exceeds the ability of this instrument's ability to articulate. However, we, and this instrument, will try our best.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现这个问题是有趣的且有洞察力的, 我们同样也感激它对我们, 以及对这个器皿提供的挑战, 因为要对一个回应进行清楚地讲述, 会对器皿去清楚表达的能力拉伸, 并确实会超出那种能力。然而, 我们和这个器皿, 将尽我们所能。

The densities above your own may be seen to be highly influenced by the actions taken by each individual mind/body/spirit complex and each social memory complex within the third-density experiences of those individuals and complexes. As the third density is the density of choice, and defines the

path of the individual subsequent to that density, it is of a particularly intense nature that subsequent to the discovery of the usefulness of the veil, creates a lasting imprint upon the experience of the mind/body/spirit complex throughout its journey of the densities.

高于你们自己的密度的密度, 可以被视为是极大地被那些个体与复合体的第三密度的体验中的每一个个体的心/身/灵复合体, 以及每一个社会记忆复合体所采取的行动影响的。因为第三密度是选择的密度, 它定义了个体在那个密度之后的道路, 它是具有一种特别强烈的属性的, 作为对罩纱的用处的探索的结果, 这种属性会创造出一种对心/身/灵复合体在贯穿它在所有的密度的旅程的体验上的一种持久的印刻。

And so, it is true that joy is apparent and consistent in those densities above your own. There are impressions and certain momentums created by the third-density experience of each individual that create a dynamic environment. This environment, while full of joy, has contrast in other ways. We are able to perceive things and experience things with a less dramatic contrast as you, but with contrast, nonetheless informed by our own third-density experience. We are also able to experience dynamic contrast in our own interactions with third-density social memory complexes, and responding to the call of such complexes.

因此, 真实的情况是, 喜悦在那些高于你们自己的密度的密度中是明显而一致性。会有印象以及一定的动能会被每一个个体的第三密度的体验创造出来, 这会创造出一种动态的环境。这个环境, 尽管是充满了喜悦的, 用其他方式, 是拥有对立面的。我们能够用一种相比你们是较不戏剧性的对比来感觉事物与体验事物, 但是, 藉由对比, 我们还是会被我们自己的第三密度的体验所鼓舞。我们同样能够在我们自己的与第三密度的社会记忆复合体之间的互动中体验到戏剧性的对比, 并对所有的这样的复合体的呼唤做出回应。

And thus, we offer our deepest gratitude for this opportunity to work with you and with your planet, for our own experience of the Creator and our own spiritual journeys would be far less vivid, far less meaningful, and far less joyful were it not for the opportunity to be with you here and now on your own journeys.

因此, 我们会对这个与你们, 以及与你们的星球一同工作的机会致以我们最深的感激, 因为我们自己对造物者的体验, 以及我们自己的灵性的旅程是远远较不鲜明生动的, 是远远较不有意义的, 如果没有在这里, 现在在你们自己的旅程上, 与你们一起工作的机会, 我们的旅程就会是远远较不喜悦的。

At this time, we relieve this instrument and transfer the contact to the one known as Jim. We are Q'uo.

在此刻, 我们会放开这个器皿并将接触转移到被知晓为 Jim 的实体。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. We are most pleased, my

friends, for the experience that each of you has had this evening, demonstrating your continuing growth in the process of perceiving and speaking the words and thoughts that we give you in response to the queries that you ask us. We are always pleased to be with this group, for you have always demonstrated a great deal of desire to be of service to others, and as time passes and your practice increases, your abilities also have increased to the point where we are enchanted with the concepts that we are able to transmit through you. "Enchanted" we say, because this is a sense of mystery revealed, where each new instrument has been able to remove those distractions from the mind that may interfere with the perception of our words and thoughts to the degree that we feel there is a consistency developing within each new instrument that reflects this focus of attention upon those words we give to you.

我是 Q'uo, 我再一次与这个器皿再一次了., 我的朋友们, 我们为你们每一个人在今晚已经拥有的体验是感到极其高兴的, 它示范了你们在感受并说出那些我们通过回应你们询问我们的问题而给予你们的词语与想法的过程中的持续不断的成长。我们一直都对与这个团体在一起是感到高兴的, 因为你们已经一直都示范了大量的服务他人的渴望, 随着时间的推移以及你们的练习的增加, 你们的能力同样也增加到了这样一个位置, 在那个位置上, 我们会被我们能够通过你们传递的观念感到着迷了。我们说"着迷", 因为这就是一种对被揭露的神秘的感觉, 在其中, 每一个新的器皿都能够将那些可能会干扰对我们的词语与想法的感知的分心物从心智中移除了, 以至于我们会感觉到, 在每一个新的器皿内在之中都会有一种稳定性在发展, 它反映了对那些我们给予你们的词语的这种集中注意力。

There is always a certain, shall we say, leeway that we find acceptable within new instruments so that there may be some distortion here and there in each instrument's presentations, but as we have said, with this group we do not see the type of distortions that we have seen in other groups within this organization's history. We thank each of you for your conscientiousness and fastidiousness. You are most—we look for the appropriate word within this instrument's mind—inspired, my friends, inspired is the word. This is what we feel from you, and this is what we feel in response to your efforts. We thank you once again for being this conscientious. We are known to you as those of Q'uo, and at this time we shall take our leave of this instrument and this group. We leave you as always in the love and in the light of the One Infinite Creator. Adonai vasu borragus

一直都会有一定的, 容我说, 风压偏差, 我们发现在新的器皿身上这种风压偏差是可以接受的, 但是, 如我们已经说过的一样, 我们在这个团体身上并没有看到那种类型的我们已经在这个机构的历史中的其他团体身上看到的扭曲。我们为你们的认真负责与一丝不苟而感谢你们每一位。你们是极其——我们在这个器皿的头脑中寻找适当的词语——令人启发的, 我的朋友们, 被启发的事物就是话语。这就是我们从你们身上感觉到的事物, 这就是我们在回应你们的努力的过程中感觉到的事物。我们再一次为这种认真负责而感谢你们。我们是你们知晓的 Q'uo, 在此刻, 我们将离开这个器皿和这个团体。我们一如既往在太一无限造物者的爱与光中离开你们。 Adonai vasu borragus。

[1] 31.3 Ra: "The bisexual knowing of the Creator by Itself has the potential for two advantages. Firstly, in the green-ray activated being there is the potential for a direct and simple analog of what you may call joy, the spiritual or metaphysical nature which exists in intelligent energy. This is a great aid to comprehension of a truer nature of sbeingness."

[1]31.3 Ra: "造物者对祂自己的两种性别的知晓拥有两种潜在的优势。首先, 在绿色光芒启动的存有中, 会有一种潜在的你们所称的喜悦的细节且简单的类似物, 它具有存在于智能能量中的灵性或者形而上学的特性。这是对一种更加真实的存在性的属性的领会的一种巨大的帮助。"

August 21, 2019

2019-08-21 传讯练习：被催化剂淹没

Group question: Q'uo, this evening, our question has to do with being overwhelmed on our spiritual path with so much catalyst to use, it's hard to tell which way to go and what to do. Could you give us some clues as to how to process catalyst that seems to be really too much to handle?

团体问题：Q'uo，今天晚上，我们的问题是与，当我们在我们的灵性道路上被如此大量的要使用的催化剂淹没的时候，要分辨要走哪一条道路以及要做什么事情是很难的，联系在一起。你们能够在关于如何处理看起来似乎真的太多以至于无法处理的催化剂的方面给予我们一些线索吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We are most pleased to once again be a part of your journey of seeking, which you know of as the truth, for the truth, in its entirety, will set you free. Each of you on your spiritual journey reflects the great desire to know more of this truth, and as we speak to you this evening in an attempt to reveal more of this truth to you, we would ask you, as always, that you take what we say with what you call a "grain of salt," that you may use the words and the thoughts that we share with you in whatever manner has meaning to you on your spiritual journey. If anything we say to you does not ring of truth, please disregard it without a second thought, for we are not authorities that are infallible. We are, much as are you, having traveled a few more steps perhaps along the same path that you tread. If you will do us this favor you make our effort to share truth much easier, for we do not wish to become any kind of a deterrent or crooked place in the road on your journey.

我是 Q'uo，我与这个器皿在一起了。我们对于再一次成为你们的寻求你们知晓为真理的事物的旅程的一部分是极其高兴的，因为真理，在其完整性之中，将会让你们自由。你们每一个人在你们的灵性的道路上都将映射出去知晓更多的这种真理的渴望，当我们今晚通过一种向你们揭露更多的这种真理的尝试而对你们发言的时候，我们会，一如既往，请求你们，你们将我们所说的内容当成是你们称之为“半信半疑” (grain of salt) 的事物，这样你们就可以用无论什么对你们在你们的灵性的旅程上是有意义的方式来使用那些我们与你们分享的话语与想法了。如果我们对你们说的任何事情听起来不是真实的，请毫不犹豫地忽略它，因为我们不是不会犯错的权威。我们，和你们一样，已经沿着你们走的那条相同的道路，也许旅行了多一些的脚步了。如果你们愿意给予我们这个恩惠，你们会让我们分享真理的努力变得更加容易了，因为我们并不希望成为在你们的旅程上在道路上的一块障碍物或者一个弯曲的位置。

This evening you ask a very poignant question, for at some time or another, every seeker of truth will discover that there is so much available in the way of opportunities to learn, catalyst to process, relationships to balance, and the inner sense of the beingness, feeling that wholeness that is capable of

working with what seems to be an overwhelming amount and quality of catalyst, as you call it. This is, of course, a type of experience which, at some point, each seeker will discover on the spiritual path, and perhaps more than one time, for many people have preincarnatively chosen to attempt to learn as much as is possible within the incarnative state. Learning as much as possible translates into sometimes feeling that the opportunity to learn is more than one can handle adequately, and one feels like taking a rest, moving off the path for just a short [time]at least, so that one may catch one's spiritual breath, and become somewhat renewed and invigorated by the rest, knowing that eventually one shall rise up once again and begin, step by step, moving along this spiritual path which has been chosen by you for your own learning opportunities.

你们今晚询问了一个非常尖锐的问题，因为在这样或者那样的一个时刻，每一个真理的寻求者都将会发现，在道路上会有如此大量的进行学习的机会，要处理的催化剂，要平衡的关系是可供利用的，会有这样的内在对存在性的感知，对那种完全性的感觉，即你们有能力与看起来似乎是具有一种压倒性的数量与特性的催化剂，如你们对它的称呼一样，的事物一同工作。这当然是一种类型的，每一个寻求者在灵性的道路上都将会在某个实体发现，也许不止一次会发现的经验，因为很多人已经在投生前选择尝试去在投生状态中尽可能多地学习了。学习会尽可能地转译成为时常会有的这样的感觉，即学习的机会是比一个人能够充分地处理的机会是要更多的，一个人会感觉想要进行休息，离开道路至少一小段时间，这样一个人就可以恢复它的灵性的呼吸了，并藉由那种休息成为多少有些恢复活力与焕然一新的，它同时知晓，最终它将会再一次站起来并开始，一步接一步地，沿着已经被你们选择好的这条灵性的道路前进，以取得你们自己的学习的机会。

It is well to remember that there is no event or problem, or challenge in your life pattern that is not there by your own choice. Thusly, it requires that you look within your own being to find the strength that you knew would be there when the time came to do what needed being done. Each breath that one takes upon the spiritual path is full of the vitality of the nature of one's being and the nature of the creation about you. There is energy of a spiritual quality available to each on this journey at all times if you but request the assistance of those angelic presences and guides and comforters who are with each seeker of truth.

去忆起这一点是很好的，在你们的生命模式中没有任何的事件、或者问题、或者挑战不是因为你们自己的选择而在那里的。因此，它需要你在你自己的存有内在之中检查，以在去做需要被做的事情的时刻出现的时候找到你知道会在那里的力量。一个人在灵性的道路上进行的每一个呼吸，都是充满了具有它的存有的属性以及在你周围的造物的属性的生命力的。会有具有一种灵性的特性的能量是在所有的时间都可以为每一个走在这条旅程上的实体所取得的，只要你们请求那些天使的存在、指导灵以及安慰者的帮助，它们会与每一个真理的寻求者在一起。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo. Greetings through this instrument. We would continue our sharing on this topic of facing what seems to be a greater quantity or intensity of catalyst than one feels oneself equipped to face or process, balance or integrate. Much could be explored between those two perceptions: the perception of the catalyst and the perception of the abilities of self to process that catalyst. Perception is fed and formed by multiple inputs into the system, but we note that it is malleable. It is ever shifting. Its boundaries can be widened. The limitations can be lifted. Self and circumstance can be re-seen. Among the ways that perspective can adapt or change include giving the self more credit than heretofore had been given, recognizing that the self is not given more than it can handle.

我们是你们知晓的 Q'uo 原则。通过这个器皿致意。我们会继续我们在这个主题上的分享，这个主题是面对看起来似乎比一个人感觉到它自己准备好去面对或者处理，去平衡或者整合的催化剂的一种更大的数量或者强度的催化剂。在那两种感知中间，即对催化剂的知觉以及对自我去处理催化剂的能力的知觉的中间，会有大量的事情是能够被探索的。知觉是被多重的系统输入所喂养，并尤其所形成的，但是，我们会指出，它是可塑的。它是不断变动的。它的边界能够被拓宽。限制能够被解除。自我与环境能够被重新观察。在知觉能够采用或者改变的途径当中，包含了给予自我比之前已经被给予的信任更多的信任，同时认出，自我并未被给予并它能够处理的更多的事物。

So, if there is a resistance, we say to you that resistance is an aid to evolution and the development of will and faith, and if there seems to be too much resistance, it may indicate that a change in course is needed, a re-evaluation may be required, or as we were indicating, it may be that perception itself is due for some self-examination.

因此，如果有一种抵抗，我们会对你们说，那种抵抗是一种对演化以及对意志与信心的发展的帮助，如果会有看起来似乎过多的抵抗，它可能是在表明，在道路上一一种改变是被需要的，一种重新评估可能是被要求的，或者如我们正在指出的一样，它可能是那种知觉其自身应当给予某种自我检查了。

The instrument searches for that thread that he felt was being followed, and he stumbles upon it, and the word or idea of giving to the self its due credit. Among that which makes catalyst seem outsized or larger than one's capacity is the evaluation of the self—that is, the self's strength or time, patience, integrity, ability to hold or withstand that which stretches and pulls or pushes or spins. It is well to be honest with the self about what capacities do exist. It is not well to put too much weight on that barbell. But it is also well to take one's catalyst into meditation to see what the deeper self might do with that catalyst when the conscious self is overwhelmed or fried-out, as you might speak it, so that perhaps there may be an adaptation, or an opening to creativity, which was restricted in the perception of being overwhelmed, or a tapping into a vital energy within.

这个器皿寻找他感觉到在之前正在被跟随的线条，他在它上面绊倒了，**词语或者观点给与了自我它应得的信任**。在那些会让催化剂看起来似乎超出了一个人的能力，或者比它的能力更大的事物当中，有着对自我的评估——也就是说，对自我的气力或者时间、耐心、诚实、以及去支持或者忍受那种拉扯、推挤或者旋转的事物的能力的评估。在关于确实存在什么能力的方面，对自我是诚实的这是很好的。将过多的重量放在杠铃上，这是不好的。将一个人的催化剂带入到冥想中，以看看，当有意识的自我是被压倒或者被烤焦了的时候，如你们可能会说的一样，更为深入的自我会对那个催化剂做什么事情，这同样也是很好的，这样也许就可能有一种适应，或者一种对创造性的开口，这种创造性的开口在被压倒的知觉中是被束缚起来的，或者会有一种接入到了一种内在之中的有生命力的能量之中。

There is much to be commended in giving the self a pep talk, shall we say, rallying the self through the facilities of will and faith, to meet the challenges before one. Envisioning is helpful to this rallying. Envisioning success, as it were, or deeper envisioning that you are the Creator, and you are meeting the Creator in each of your life circumstances, and where there is pain and fire, that is where the . . . we give this instrument the word "dream" [is] being burned away, where the limitations are being pulled back so that you, as an entity, may recognize more deeply, you, as the Creator.

在给予自我，容我说，一次鼓励士气的讲话，同时会通过意志与信心的机能来集合自我，以面对在一个人面前的挑战的方面，会有大量要被称赞的事情。观想对于这种集合是有帮助的。观想，可以说是，成功，或者更为深入地想象，你就是造物者，你正在你的每一个生命的环境中遇到造物者，在其中会有痛苦与火焰，那就是.....我们给予了这个器皿“梦想”这个词语，那就是梦想被燃尽的位置，那就是限制性被拉回来，这样你，作为一个实体，就可以更为深入地认出，你就是造物者的位置。

Collect your will, focus yourself, and step outside of the small containers of the stories about your suffering, your limitations, your difficulties, and see from the larger perspective, that you are upon a quest, and some seasons, some topographies of that quest involve, perhaps, extra exertions or particularly acute difficult. [See] that you have a destination, and you have help. As alone as you may feel in the interior of yourself, or in the exterior of your life, one never walks a quest alone. There are more sources of support than we can speak, even for those not consciously calling upon help, but by virtue of the purity of their focus, and the service-oriented nature of their intentions. That help becomes particularly available for those who consciously call; and [for] that which is heavy upon the shoulders and overwhelming, one may find other shoulders next to the self to help with that load. That [help] may arrive in the form of loved ones, new characters even on the stage of the self, or shifting circumstance, or the unseen help of guidance and the uplifting, inspiring energies of spirit that allow one to, if we may put it simplistically, become larger than the catalyst or the challenge so that you are not underneath the catalyst but looking at it, bringing it into your heart, becoming stronger.

收集你的意志，让你自己聚焦起来，走到那个关于你的受苦，你的限制，你的困难的故事的那个小小的容器的外面，从更大的观点来观察，你是在一场追寻之中的，那场追寻的一些季节，一些地形，会包含了，也许是，额外的努力，或者特别尖锐的困难。看到你是拥有一个目的地的，你是拥有帮助的。尽管你可能会在你自己的内部，或者在你的生命的外部感觉到孤单，一个人永远都不会一个人进行一场探寻的。会有比我们能够谈到的更多的支持的来源，甚至是对那些并未有意识地呼唤帮助的人，而它们凭借着它们的聚焦的纯度，以及它们的意图的服务导向的属性会得到帮助。那种帮助尤其是对那些有意识地呼唤的实体是可供利用的，对于沉重地压在肩上并且是压倒性的事物，一个人可能会发现，在自我身边有其他的肩膀会帮助担负那个重担。那种帮助是可能用挚爱的人的形式到来的，甚至是在自我的舞台上的新的角色，或者变化的环境，或者看不见的指导灵的帮助，以及提升性的、令人启发的灵性的能量，它们都会允许一个人，如果我们简单化地表达它的话，成为比催化剂或者挑战更大的，这样你就不会被压在催化剂下面，而是看着它，将它带入到你的心中，并变得更加有力了。

This instrument asks that we take our leave and move on to the one known as Austin. We thank this instrument and this group. We are those known to you as Q'uo.

这个器皿请求我们离开，并继续移动到被知晓为 Austin 的实体。我们感谢这个器皿是这个团体。我们是你们知晓的 Q'uo。

(Austin channeling)
(Austin 传讯)

We are Q'uo, and we are with this instrument. As we discuss the various approaches and perspectives that may aid in the processing and alleviating the intensity of catalyst that this group and, indeed, many others upon your sphere are feeling at this time, we find it appropriate to examine some of the underlying metaphysics and mechanics contributing to this wide-spread intensity. For we have found that illumination of universal processes and knowledge of the workings of the self and the universe often aid in gaining context for one's experiences. The orientation of context is often in itself relieving, for you may seem to yourself to be but a small portion of a much grander, larger, and more complicated universe, but we assure you that within yourself is the entirety of the universe, and in grasping the context of your being within the universe, you grasp the true nature of yourself as the Creator. 我们是 Q'uo，我们与这个器皿在一起了。当我们讨论可能会在处理这个团体，或者确实，在你们的星球上的很多其他的团体在此刻正在感觉到的催化剂的强度，并对其进行缓解的方面有帮助的各种各样的步骤或者观点的时候，我们发现去检查对这种广泛性的强度做出了贡献的一些潜在的形而上学与机械性是合适的。因为我们已经发现，对宇宙性的过程的启发，以及对自我与宇宙的工作的知晓，经常会在取得一个人的体验的背景的方面是有帮助的。这种背景的取向，经常在其自身，就是令人放心的，因为你可能对你自己看起来似乎是一个远远更加宏大的，巨大的，远远更加复杂的宇宙的一个小小的部分，但是我们对你们保证，在你自己内在之中有着宇宙的整体，在掌握你在宇宙中的存有的背景的过程中，你就掌握了你自己作为造物者的真实的属性了。

This period of time upon your planetary sphere is quite unique in many different ways and from many different perspectives. In virtually every instance of a planetary transition between densities, particularly from the third to the fourth density, there is a confluence and a shift in the energies available to the planet, and to the mind/body/spirit complexes and societal complexes upon this planet. When a societal complex, such as your own, develops with a focus upon the physical plane and the mechanics of your existence in the physical universe, this shift of energy can be jarring and go largely unnoticed. While these two attributes of the ongoing shift may seem to be at odds, we believe that this is a large portion of the reason for why so many of the entities upon your sphere feel an increasing intensity and difficulty of their own personal energies and the social energies that surround the entity.

在你们的星球上的这个时期用很多不同的方式，且从很多不同的观点来看，都是相当独一无二的。实际上，在一种星球在密度之间的转换中的每一个时刻，尤其是从第三密度到第四密度的转换中的每一个时刻，都会有一种汇聚，一种对这个星球，以及在星球上的心/身/灵复合体与社会复合体是可供利用的能量中的转换。当诸如你们自己的社会复合体之类的一个社会复合体，是凭借着一种对物质性层面以及你们在物质性宇宙中的存在性的机械性的聚焦而发展的时候，这种能量的转换能够是发出刺耳的声音，且大部分不会被注意到。尽管正在进行中的转换的这两个属性可能看起来似乎是相互冲突的，我们相信，这就是为什么在你们的星球上的如此多的实体感觉到它们自己个人的能量以及围绕着那个实体的社会性的能量的一种不断增加的强度与困难的原因的一个很大的部分了。

The nature of this new energy greeting your planetary sphere at this time is of a significantly higher focus and intensity than has been experienced for this last stage of third density. A primary quality of such an increase in focus and intensity is the illumination of the self to the self. As your planet now exists firmly within the space/time and time/space of potential fourth density, the remainder of the seeming third-density attributes within yourselves and your society persist due to reinforced patterns of thought and activity. The intensity you experience within the self when confronting catalyst is these patterns within the self being laid bare. As the third density is one in which the unconscious mind is not available to the direct perception of the individual, then this laying bare of one's own distortions can be quite uncomfortable, and difficult. Thus, the experience of such is quite elevated, and, as you have described, intense.

这种在此刻向你们的星球致意的新能量的属性，相比已经在这个第三密度的最后阶段被体验到的聚焦与强度，是具有一种明显地更高的聚焦与强度的。在聚焦与强度中的这样一种增加的一个首要的特性，就是自我对自我的启蒙。因为你们的星球现在是稳固地存在于潜在的第四密度的空间/时间和时间/空间之中的，在你们自己以及你们的社会内部的表面上的第三密度的属性的残余的部分，是由于想法与活动的被强化过的模式而继续存在的。当遭遇到催化剂的时候你在自我内在之中体验到的强度，就是在自我内在之中的这些模式正在被暴露出来。因为第三密度是一个在其中无意识的心智是无法为个体的直接的知觉所利用的密度，这种

对一个人自己的扭曲的暴露，是能够成为相当令人不舒服且困难的。因此，这样的体验是相当提升性的，且如你已经描述过的一样，是强烈的。

This is exacerbated by your own unique planetary conditions which, as you know, have already been a source of disharmony throughout the last cycle of your third density. There are many, many entities upon your sphere who have come here to repeat the third density, to continue third-density lessons, and this, what you might call "mishmash" of various social complexes from some planetary origins that are quite distinct from your own, elevates disharmony amongst the planetary social sphere. This planetary disharmony need not only manifest in the outward social circumstance, but just as often manifests within the self.

这是被你们自己独一无二的星球的状况所激化了的，你们的星球的状况，如你们知晓的一样，已经成为了贯穿你们整个第三密度的最后的周期的不和谐的一个源头了，在你们的星球上有很多很多的身体已经来到这里来重复第三密度，继续第三密度的课程，这个你们可能称之为各种各样的社会复合体的“大杂烩” (mishmash)，这些社会复合体是来自于那些与你们自己的社会复合体相当不同的星球的来源的，会提升在星球的社会群体当中的不和谐。这种星球的不和谐不仅仅需要在外部的社会性的环境中显化出来，同样也会一样频繁地在自我内在之中显化出来。

You were aware of these conditions prior to your incarnation at this time and at this place, and yet despite understanding the difficulty of simply existing at this time, the choice was made by each and every one of you to join the fray. As wanderers it was your hope, your dream, and your deepest desire to be here now, so that you may have but a small chance to discover your heart in the midst of such chaos, to open yourself to a world in desperate need of the love and the light that you know, and you knew, could be manifested.

你们在你们投生之前就察觉到在这个时间，在这个地方的这些情况了，而尽管你们理解单纯地存在于这个时刻的困难，去加入到混乱之中的选择仍旧被你们每一个人做出了。作为流浪者，你们的希望，你们的梦想，你们最深的渴望，就是在此刻在这里，这样你就可以仅仅拥有一个小小的机会去在这样的混乱当中找到你的心，向着一个极其需要爱与光的世界开放你自己，你们知道，且你们曾经知道，爱与光是能够被显化出来的。

As you contemplate the difficulty that you experience in your lifetimes, we offer you the comfort that this light and this love, no matter what you are experiencing, no matter what your circumstances, and no matter where your path takes you, will always be present, and you will, my friends, discover this once again.

当你们沉思你们在你们的生命中体验到的困难的时候，我们会提供给你们安慰，无论你们正在体验到什么，无论你们的环境是什么，无论你们的道路将你们带到何处，这种光与这种爱都将会一直都存在，我的朋友们，你们将再一次发现这一点。

At this time, we take leave of this instrument, and transfer the contact to the

one known as Trish. We are Q'uo.

在此刻，我们将离开这个器皿，并将接触转移到被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)

(Trish 传讯)

We are those of Q'uo and we are now with this instrument. The topic of the sensation of being overwhelmed, and the perceived intensity, is a topic of mass experience at this time on this planet. We make mention of the grandness of that experience as a means to remind you, or enlighten you, to the fact that new experience is not experienced alone. We also would like to highlight that the experience itself, the catalyst, the sensation of being overwhelmed, the intensity, and the other selves involved, they are all part of you, just as you are all part of them. We don't mean to make humor out of such a serious and likely pain-backed question and topic—we would like to simply demonstrate to you that the sensation is such a sweet gift for each and every entity in this space and time. We understand that it can feel as if one is drowning or as if one cannot breathe. We understand that there is great discomfort, and even perhaps a feeling of being lost, of unsure how to move forward, and even a belief that there is no hope to an end to such an experience.

我们是 Q'uo，我们现在与这个器皿在一起了。被淹没的感知，以及被感觉到的强度的主题，是在此刻在这个星球上的一个大众体验的主题。我们提及了体验的巨大，作为一种提醒你们或者启发你们回想起这样一个事实的手段，即新的体验并不是被一个人独自体验到的。我们同样想要强调，体验其自身、催化剂、、被淹没的感觉，强度、被涉及到的其他自我，它们全都是你们的一部分，就好像你们全都是它们的一部分一样。我们并不是打算要对这样一个严肃且很有可能会反馈痛苦的问题与主题来开玩笑——我们想要单纯地对你们示范，那种感觉对于在这个空间与时间中的每一个实体都是一个如此美妙的礼物。我们理解，它能够感觉起来就好像，一个人是在溺水，或者就好像一个人无法呼吸一样。我们理解会有巨大的不舒服，甚至也许会有一种迷失的感觉，不确信如何前进的感觉，甚至是这样一种信念，这样一个体验是没有希望会有一个尽头的。

We simply invite you to look upon this perceived negative experience with gratitude and perhaps as an exercise and view it instead as a positive, see the beauty of that pain, such a sweet gift though essentially we are stating the same thing—that you are so blessed to receive and know and live in this illusion that involves pain and uncertainty. We understand that there is discomfort with that, but it is with the experience of that that we understand the greatness, the beauty, the things, the elements, the all that is right.

我们单纯地邀请你们带着感激来观察这种被感觉到的负面性的体验，也许将其视为是一种锻炼，作为替代将它看做一种正面性的体验，看到那种痛苦的魅力，看到这样一个美妙礼物，尽管我们实质上是在说同样的事情——你们是如此有福接收到、知晓并活在这个包含了痛苦与不确信性的幻象中。我们理解，会有不舒服伴随着那种体验，但是，就是藉由对那种不舒服的体验，我们理解了伟大、美

丽、事物、元素，以及一切事物，都是正确的。

We apologize, this instrument feels like it is getting a barrage of information and is struggling to make sense, though she keeps coming back to the statement that feeling overwhelmed is a sweet fruit to harvest. We ask that you harvest that fruit, that you taste that pain, that feeling of being overwhelmed, that you make note of the tartness of intensity, and that you look with gratitude upon it, that you feel and see and understand you are merely the Creator experiencing all that is available, and that includes these moments that seem so dark, so hopeless. It is with this attitude of gratitude, we apologize, this instrument is laughing because the rhyming feels so perfect, but it is with this attitude that one can learn to rise above, or dwell within, but with peace.

我们抱歉，这个器皿感觉就好像它正在遭遇到一种信息的炮火，并正在努力去使之有道理，尽管她不断返回到这样的说法，被淹没的感觉是一个要收割的甜美的果实。我们请你们收割那个果实，你们品尝那种痛苦，那种被淹没的感觉，你们留心那种强度的辛辣，你们带着感激注视它，你们感觉、感到并理解，你们单单是正在体验所有可供利用的事物的造物者，它包含了这些看起来似乎如此黑暗，如此无望的时刻。就是藉由这种感激的态度，我们很抱歉，这个器皿正在笑，因为押韵感觉是如此完美，但是，就是藉由这种感激，一个人能够学会超越，或者居住在其中，但却是带着平安的。

May we suggest as an exercise when one is feeling overwhelmed and uncertain and perhaps hopeless, that one sit with oneself in silence, and that one ask for one's higher self to make one's higher self known, and when that higher self has made itself known, we ask that one put forth a question or an intention for understanding, for you see, your higher self will never leave your side, and your higher self perhaps has the ability to make more sense and provide perspective when you feel so distanced from the experience of knowing that all is well.

当一个人感觉到被淹没、不确定，也许是无望的时候，我们建议作为一种锻炼，一个人与它自己一起坐在静默之中，一个人请求它的高我让它的高我被知晓，当高我已经让它自己被知晓的时候，我们请求一个人提出一个问题或者一种理解的意图，因为你们看，你的高我将永远都不会离开你身边，你的高我也许拥有能力来在你感觉到如此之远离那种知晓一切都好的体验的时候使之更加言之有理并提供观点了。

We ask that you trust in your ability to overcome, and also your ability to draw within. We feel the need to simply state that gentleness and patience are two key tools in your toolbelt. With gentleness and patience for oneself, for other selves, for the catalyst itself, one can learn to hold the experience, however painful and dark it may seem, and hold oneself in love. It is through that experience that one may generate and foster true compassion and spiritual evolution. We are so grateful for this query, and we are so grateful for each instrument's willingness to take on such an immensely powerful topic, one that we know all on this planet experience, and perhaps in increasing intensity

and frequency as your time goes on.

我们请你们信任你们去超越的能力，同样还有你们进入到内在之中的能力。我们感觉到需要单纯地说明，温和与耐心就是在你们的工具皮带上的两个关键工具了。带着对一个人自己，对其他自我，对催化剂其自身的温和与耐心，一个人是能够学会在爱中抓住那个体验，无论它可能看起来似乎有多么痛苦与黑暗，并在爱中拥抱它自己。就是通过那个体验，一个人可能产生并促进真正的同情心与灵性的演化了。我们对这个问题是如此感激，我们对每一个器皿乐意于进行这样一个极其强有力的主题而是如此之感激，我们知道在这个星球上的所有人都体验到，也许随着你们的时间的发展，用不断增加的强度与频率体验到的这个主题了。

We will now take our leave of this instrument and we will return to the one known as Austin. We are those of Q'uo.

我们现在将离开这个器皿，我们将返回到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

We are Q'uo and we are again with this instrument. Before turning to the group to see if there are queries to which we may speak, we offer one final, short thought in response to your primary question of this evening.

我们是 Q'uo，我们对这个器皿是极其感激的。在转向团体来看看是否有我们可以谈及的问题之前，我们提供一个最后的，短小的想法来回应你们今晚的主要问题。

As we have said, the intensity and difficulty that have been described this evening are not isolated to just those within this circle, nor simply those who are on the spiritual path. At this time, the calling of sorrow from your planet extends to infinity, and in response to this calling, we of the Confederation of Planets in Service to the One Infinite Creator, turn our wills towards your planet, and open our hearts to each and every entity calling out in sorrow. We offer you our greatest and deepest love, and hold you deeply within our hearts.

如我们已经说过的一样，已经在今晚被描述的强度与困难，不仅仅对在这个圈子中的人，对于那些走在灵性道路上的人，都不是孤立的现象。在此刻，来自你们的星球的忧伤的呼唤，延伸到了无限，通过回应这种呼唤，我们服务于无限造物者的星际联邦，将我们的意志转向了你们的星球，并将我们的心向着每一个在忧伤中呼唤的实体开放。我们向你们提供我们最大与最深的爱，并将你们深深地拥抱在我们的心中。

At this time, we may ask if there are any queries to which we may respond?

在此刻，我们可以询问，是否有任何我们可以回应的问题吗？

Trish: Q'uo, I'm unsure if I'm asking this question in the way it was wished to be asked, but there has been a question of how one who is on the spiritual path, and following this philosophy, may interact with children on this planet without infringing upon their own free will. Is there a way to impart upon

them, or hold them in a way that is congruent with this philosophy?

Trish: Q'uo, 我不确信, 是否我是在用它希望被询问的方式来询问这个问题, 但是, 已经有一个这样的问题, 它是关于一个走在灵性道路上, 并跟随这种哲学的人, 如何可以与在这个星球上的孩子进行互动, 而不侵犯它们的自由意志。有一种方式去用一种与这种哲学是协调一致的方法来向它们传授或者支持它们吗?

Q'uo: I am Q'uo and I am aware of the query, my sister. The philosophy which we share through instruments such as this is but a certain perspective, and indeed, upon your planetary sphere, quite a unique perspective. However, despite the unique idiosyncrasies of that which we share with you, at the heart of our sharing is a message which has been shared in many, many different ways, and a, shall we say, system of spiritual contemplation that is not completely new.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。我们通过诸如这个器皿之类的器皿分享的哲学仅仅是一定的观点, 确实, 在你们的星球上, 它是一个相当独一无二的观点。然而, 不论我们与你们分享的事物有什么独一无二的特异性, 在我们的分享的核心之处是一个已经用很多很多不同的方式被分享过的信息, 并且是这样一个, 容我们说, 灵性的沉思的系统, 它完全不是新的事物。

We preface our response with that information in order to relieve the feeling of necessity to impart any particular philosophy or teaching to one's children, or to the little entities about one. We understand the desire to share in this specific mode of seeking and honoring the Creator, yet we point out the unique journey of each individual. However, we can suggest a method, if you will, of finding connections between that which we share with you, and those philosophies and methodologies available to you which are already bent towards cultivating and honoring the development of children and young ones in your society. We find that this topic, though having been explored by many of your researchers and teachers, is still quite mysterious, and we suggest that in merging those teachings which already exist and are already available to you with that which we share with you, more light may be shed upon appropriate and loving ways to cultivate the development of a child, and imbue the growth of the young ones among you with the love and spirit of the Creator.

我们在我们的回应之前说那个信息, 以便于解除这样一种感觉, 即有必要将任何特定的哲学或者教导灌输给一个人的孩子们, 或者灌输给在一个人周围的小实体。我们理解会有在这种特定的寻求与荣耀造物者的模式中去进行分享的渴望, 而我们会指出每一个个体的独一无二的旅程。然而, 我们能够建议一种找到在我们与你们分享的事物, 与那些可供你们利用的, 已经致力于培养与荣耀在你们的社会中的孩子与年幼的实体的发展的哲学与方法论之间的关联的方法, 如果你们愿意这样说的话。我们发现, 尽管这个主题已经一直都在被你们的很多的研究者与教师探索了, 这个主题仍旧是相当神秘的, 我们建议, 在将那些已经存在的教导与我们与你们分享的, 可供你们所利用的内容进行融合的过程中, 更多的光可以被照耀在培养一个孩子的发展, 用造物者的爱与灵来来灌注在你们当中的年幼的实体的成长的适当与有爱的方式上。

Is there a follow-up to this query, my sister?
我的姐妹，这个问题有一个后续问题吗？

Trish: No, thank you, Q'uo.
Trish: 没有了，谢谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister.
Q'uo: 我是Q'uo，我们感谢你，我的姐妹。

Is there another query at this time?
在此刻有另一个问题吗？

Gary: Q'uo, is it possible to block, even partially, the red ray energy center?
Gary: Q'uo, 有可能阻塞，即使是部分地阻塞，红色光芒能量中心吗？

Q'uo: I am Q'uo, and I am aware of the query, my brother. As we understand that you are already aware, the red-ray energy center, as well as the violet-ray energy center are unique among the system of energy centers that inform your experience. Though while they are unique, they are not the same in their uniqueness. The red-ray energy center, while unable to be blocked or distorted in ways similar to the more mutable energy centers with which you are familiar, the energy of the red ray may be realized in many distorted or blocked ways.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。如我们理解你已经知晓的一样，红色光芒能量中心，和橙色光芒能量中心一样，在鼓舞了你的体验的能量中心的系统当中是独特的。尽管它们是独特的，它们在它们的独特性中并不是相同的。红色光芒的能量中心，尽管无法用与那些你所熟悉的更加可变的能量中心类似的方式被阻塞或者被扭曲，红色光芒能量中心却可能用很多被扭曲与被阻塞的方式被了解。

The red-ray energy center is that center which provides the most fundamental and foundational energetic basis for all subsequent experience, yet this foundation may not always be stable, and may even be made unstable by the building up upon the foundation in unstable ways. We find some difficulty in expressing this concept through this instrument, though we hope that we have given some insight into the unique nature of this fundamental energy center.

红色光芒的能量中心是为所有在其后的体验提供了最为基本与基础性的能量基础的中心，而这种基础可能并不一直都是稳定的，并可能甚至会因为用不稳定的方式在基础上的堆积而变得不稳定了。我们发现在通过这个器皿来表达这个观念的过程中会有某种困难，尽管我们希望我们已经对这个基础性的能量中心的独特的属性给予了某种洞见了。

Is there a follow-up to this query, my brother?
我的兄弟，这个问题有一个后续问题吗？

Gary: So, each red ray is unique to each entity, and if it is not variable, depending upon the entity's processing of catalyst, but is set. Is it set prior to incarnation to have a certain level of activation?

Gary: 因此, 每一个红色光芒对每一个实体都是独一无二的, 如果它不是可变的, 是不依赖于实体对催化剂的处理的, 而是固定的。它在投生之前就已经被固定下来以拥有一定程度的激活吗?

Q'uo: We are Q'uo. We are aware of the query, my brother. We may answer this query in the affirmative in the sense that this foundation is, in essence, planned and laid prior to the incarnation. To clarify, the red-ray energy center is not active prior to incarnation, but the uniqueness and stability of this energy center is a fundamental aspect of the distortions planned by the self and the higher self prior to the incarnation, and greatly informs the progress which may be had by an entity upon the remaining energy centers.

Q'uo: 我们是 Q'uo。我们了解了你的问题, 我的兄弟。我们可以用肯定的方式来回答这个问题, 这个基础, 实际上, 是在投生前就被规划好并被打下了的。要澄清的话, 红色光芒的能量中心在投生前并不是激活的, 而这个能量中心的独特性与稳定性, 是被自我与高我在投生之前设计好的扭曲的一个基础的面向, 它会极大地鼓舞一个实体在其他的能量中心上可能会做出的进步。

Is there another follow-up to this query, my brother?

这个问题有另一个后续问题吗, 我的兄弟?

Gary: Yes, thank you, I have one more. In speaking of balancing the self, Ra says: "The first balancing is of the Malkuth, or Earth, vibratory energy complex, called the red-ray complex. An understanding and acceptance of this energy is fundamental." Can you elaborate on what the "understanding and acceptance of this energy" is which is so fundamental?

Gary: 是的, 谢谢你们, 我还有一个问题。在谈及对自我的平衡的时候, Ra 说, "首先的平衡是 Malkuth, 或者地球, 被称之为红色光芒复合体的振动能量复合体。对这个能量的一种理解和接纳是基础性的。"你能能够在关于"对这个能量的理解与接受"的什么东西是如此基础性的事情的方面进行阐述吗?

Q'uo: I am Q'uo and am aware of the query, my brother. We encourage the seeker wishing to understand this fundamental energy to focus upon the operative word of "fundamental" within that query. As you examine the catalyst experienced throughout your life, it might be apparent to an individual where certain personal distortions may be expressed, and connections might be drawn, to the individual's system of energy centers, whether those distortions have their origin in blockage, activation, or over-activation. Yet we suggest that present within all catalyst, no matter the quality of such catalyst, there is a fundamental energy of life—an essential and subtle energy which all of these distortions are built upon. To seek this energy, and to grasp it and subsequently accept it, empowers the perception of that catalyst which has been built upon this energy, and further allows for

the seeker to open itself to the inpouring energy within the self.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。我们鼓励希望去理解这个基础性的能量的寻求者聚焦在对在那个问题中的“基础的”这个有效力的词语上。当你们检查贯穿你们整个生命被体验到的催化剂的时候, 可能对一个个体是明显的事情是, 在一定的个人的扭曲可能会被表达的位置上, 与个体的能量中心系统之间的关联是可以被建立的, 无论那些扭曲的源头是在阻塞中, 激活中, 还是在过度激活之中。而我们建议, 在所有的催化剂中, 无论这样的催化剂的特性是什么, 都存在有一种基础的生命能量——一种所有扭曲都被构建在其上的实质性且微妙的能量。要寻求这种能量, 要掌握它并在其后接受它, 寻求者要对已经在这个能量上被构建起来的对那个催化剂的知觉赋能, 并更进一步允许寻求者让它自己向着在自我内在之中倾注的能量开放。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Actually, yes, one more. Are there words to describe what this fundamental energy is of the red ray of life, of all catalyst built upon it?

Gary: 实际上, 是的, 还有一个问题。会有一些词汇能够描述, 这种基础的能量是什么事物, 是生命的红色光芒的能量, 是被构建在其上的所有催化剂的能量吗?

Q'uo: I am Q'uo and am aware of the query, my brother. We find difficulty in expressing this energy through this instrument, though we may speak around and hopefully offer hints at what you may look for. We offer this instrument the visceral words of "vitality" and "life," and we offer the question for contemplation, "What is life? What is alive? From where does your life come? To what end do you live your life?" We believe that the seeking of the answers to these questions may help draw one to an understanding of the fundamental energy found within the red-ray energy center.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们在通过这个器皿来表达这种能量的过程中遇到困难, 尽管我们可以绕着圈说话, 并有希望对你们可能在寻求的事物提供暗示。我们向这个器皿提供了内心的词语, “活力”与“生命”, 我们提供这样的问题来供你们沉思, “生命是什么? 活着是什么? 你们的生命来自于何处? 你们是为了什么目的而活出你们的生命呢?”我们相信, 对这些问题的答案的寻求, 是可以帮助让一个人去的一种对在红色光芒能量中心中被发现的那种基础性的能量的理解的。

We find this instrument dwindling in its own energies, and ask the one known as Gary if he shall receive our contact again this evening?

我们发现这个器皿在它自己的能量中正在减少, 我们请求被知晓为 Gary 的实体, 是否他将会再一次在今晚接收我们的接触。

Gary: Yes, I would like to try. Thank you, Q'uo.

Gary: 是的, 我想要试试。谢谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother, for the thoughtful queries and

opportunity for this instrument to exercise its own capacities in what might be seen as a difficult course found within your questions. We bid this instrument farewell, and transfer this contact to the one known as Gary. We are Q'uo.

我是 Q'uo, 我们为你的深思熟虑的问题以及让这个器皿, 通过可能看起来似乎是在你的问题中被发现的一个困难的过程的事物, 训练它自己的能力的机会而感谢你。我们向这个器皿告别, 并将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those of Q'uo, and we resume contact through this instrument. We wish to express gratitude to each of the instruments present, and we would join this instrument into taking his first leap into serving as an instrument for the questions for which he had no foreknowledge.

我们是 Q'uo, 我们通过这个器皿来恢复接触。我们希望表达对每一个在场的器皿的感激, 我们会与这个器皿一起做出它第一次的跨越, 进入到作为一个它对其并不拥有预知的问题的器皿的服务之中。

Are there any queries in this group?

这个器皿有任何问题吗?

Austin: Q'uo, the Confederation often talks about the importance of meditation upon the spiritual path, but isn't always clear about why it is so important. Could you talk a little bit about the effect of meditation for the seeker and why the Confederation feels it is such an important aspect of the spiritual journey.

Austin: Q'uo, 星际联邦进行谈论在灵性道路上的冥想的重要性, 但是, 在关于为什么它如此重要的方面, 并不是一直都是清楚的。你们能够谈一点冥想对于寻求者的效果, 以及为什么星际联邦感觉它是灵性旅程的如此重要的一个面向。

Q'uo: We are those of Q'uo and we thank you, my brother, for asking this question, and easing this instrument's entrance into this somewhat, for this instrument, scary prospect.

Q'uo: 我们是 Q'uo, 我的兄弟, 我们为询问这个问题, 并让这个器皿放松进入到这个, 对于这个器皿, 多少有些是吓人的景色, 而感谢你。

You have asked this evening regarding why meditation may be an important tool upon the spiritual seeker's journey, and specifically what effect it may have upon that journey, and we would say that there are a number of effects, a number of reasons that we, of the Confederation, could highlight regarding the importance of this activity.

你在今晚已经询问关于, 为什么冥想可能成为在灵性寻求者的旅程上的一个重要的工具, 尤其是它可能会对那条旅程拥有什么效果, 我们会说, 会有很多的效果, 会有很多的原因是我们星际联邦能够在关于这个活动的重要性的方面着重强调的。

Perhaps we would start with describing meditation as a bridge between a self which perceives itself to be a separate, living in a separate narrative, in a separate environment, into the truth of unity; for thoughts, by nature, tend to obscure unity from the self's experience, which is to say, obscure the true nature of the self from the self. Thoughts, as the seeker discovers upon examining them, seem to think themselves, and [when left] unobserved carry the seeker, so to speak, on their momentum, each thought holding or fragmenting the attention so that the seeker is not seeing itself, or seeing what lies beyond the illusion, but is instead seeing the illusion and only the illusion.

也许我们会藉由将冥想描述为在自我进入到统一性的真理之中的一座桥梁, 这个自我感觉到它自己是一个分离的, 生活在一个分离的故事之中, 生活在一个分离的环境之中的, 因为想法, 藉由其本性, 就是倾向于将统一性从自我的体验中遮蔽开来的, 也就是说将自我的真实的属性对自我遮蔽起来。如寻求者在检查想法的时候会发现的一样, 想法, 看起来似乎会自己思考, 当它们处于不被观察的状态的时候, 它们会用它们的, 可以说是, 动能携带着寻求者, 每一个想法都会抓住注意力或者让注意力破碎, 这样寻求者就不是在看到它自己, 或者看到什么事情是存在于幻象之外的, 而是在相反看到幻象, 并仅仅看到幻象。

Meditation, therefore, is a powerful means of reclaiming the attention from these sticky and competing thoughts so that the self may become aware of awareness, and come to understand that the self is not the thoughts that one is thinking. What is it, my friends, that lies beyond thought? [Specifically] the thoughts that arise in the mind of the seeker. That is the frontier toward to which meditation leads one. And at that edge exists that which is yearned for, that which heals, that portal through which creativity and life and open possibility comes.

因此, 冥想是一个从这些粘人的, 竞争性的想法上收回注意力的强有力的手段, 这样自我就可以察觉到意识, 并开始理解, 自我不是它正在思考的想法。我的朋友, 存在于想法之外的是什么呢? 尤其是那些在寻求者的心智中升起的想法。那就是冥想会引导一个人前往的前线了。在那个边缘处存在有被渴望的事物, 存在有会疗愈的事物, 存在有创造力、生命以及开放的可能性会通过其出现的入口。

And in favor of bringing this evening to a speedier end, we would ask if there is one more query from this group.

因为我们倾向于将今晚带到一种更加快速的结束, 我们会询问是否有多一个来自于这个团体的问题。

Jim: Q'uo, could you tell us what is the most common blockage that keeps unconditional love from flowing out of our hearts?

Jim: Q'uo, 你们能够告诉我, 会阻碍无条件的爱从我们的心中流出的最为常见的阻塞是什么?

Q'uo: We are those of Q'uo and we have received and thank you for this query, my brother. We remind (or the instrument reminds itself, it is unsure) of

what those of Ra described as the inability to see the self and the other as the Creator, [1] as that which blocks the heart. Such is a very broad statement to make that seems to yield some meaning upon first inspection, but what does it mean to see the Creator in self and other? That can be explored from an intellectual or analytical standpoint, and it has representation in the realm of language, but it is a seeing and experiencing that is beyond articulation to recognize that the other self is not the body standing before one, or the behaviors being exhibited, or whatever particular persona may be presenting to you, but to recognize that the entity before you is the One, the source of the universe, infinity itself, hiding itself from itself in front of you.

Q'uo: 我们是 Q'uo, 我们已经接收到了这个问题, 并为这个问题而感谢你, 我的兄弟。我们会提醒会想起 (或者这个器皿提醒它自己回想起, 并不确信) 那些属于 Ra 的实体描述为无法将自我与其他人视为是造物者的事物, [1]以及会阻塞心的事物。这样的说法是一个非常宽泛的说法, 它看起来似乎会在第一次检查的时候就产生出某种意义, 但是, 在自我与其他自我内在之中看到造物者, 这是什么意思呢? 那能够从一种智力性的或者分析性的视角被探索, 它在语言的领域中拥有表征, 但是, 去认出其他自我不是站在一个人面前的身体, 或者是被展现出来的行为者, 或者是无论什么可能正在对你展现出来的特定的人格, 而是去认出那个在你面前的实体是太一, 是宇宙的源头, 是无限其自身, 它将他自己在你面前的它自己隐藏起来了, 这是一种看到与体验, 它是无法系统说明了。

That, and this Creator, are inviolable qualities of wholeness, perfection, completion—that this is their truth, your truth, the only truth. These threads of contemplation are that which open the heart and yield the deepening and deepening realization that all is One, all is love, and the response to that One, the dance of communion with that One, the being with that One is, and only is, to love and to open the heart. The primary blockage to that heart, then, is underpinned by separation, enhanced by the veil, and then lost in a maze by all those energies that arise from separation, many of which can be named.

那个, 与这个造物者, 是完全性、完美性与完整性的神圣不可侵犯的特性——这就是它们的真理, 你们的真理, 唯一的真理。这些沉思的线条, 是会开放性并产生出对万物一体, 万物都是爱的越来越更加深入的领悟的事物, 对那个太一的回应, 与那个太一的亲密交流的舞蹈, 与那个太一同在, 就是, 且仅仅就是, 去爱并开放性。对那个心的主要的阻塞, 接下来, 就是被分离所支持的, 被罩纱所强化的, 接下来因为所有那些从分离以及许多的能够被命名的事物升起的能量而迷失在一个迷宫中了。

We thank the ones known as Jim and Austin for these questions that have supported this instrument in taking a lead. We thank this instrument for allowing us to exercise it, and we now transfer this contact to close this circle, with the one known as Jim. We are those known to you as Q'uo.

我们为这些问题而感谢被知晓为 Jim 和 Austin 的实体, 这些问题已经通过抓住一条线索而支持这个器皿了。我们为这个器皿允许我们使用它而感谢它, 我们现在将这个接触转移, 以通过被知晓为 Jim 的实体来结束这个圈子。我们是你们知晓的 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. We are most pleased with the progress that continues to be made by each new instrument within this group. We have been most surprised that this progress continues, no matter the periodicity of the practice. You retain that which you have gained, and bring it forth each time in a refined fashion that allows us more leeway, shall we say, in offering our thoughts through the concepts and words of your language.

我是 Q'uo, 我再一次与这个器皿在一起了。我们对于在这个团体中的每一个新的器皿做出的持续性的进步而是极其高兴的。我们已经对于这种进步, 无论练习的周期是什么, 都会继续进行而是极其惊讶的了。你们会保留你们已经取得了的事物, 并每一次都用一种被精炼过的方式将它产生出来, 这会允许我们在通过你们的语言的观念与词语来提供我们的想法的方面拥有更多的, 容我说, 灵活性。

You have been an inspiration to us as we hoped to have been an inspiration to you. We thank each once again for this continued effort in your diligence in this practice. Go forth then with that same diligence and desire in your daily lives, and you shall see the overwhelming catalyst begin to be utilized and to be balanced within your beingness so that you may feel a comfort, knowing that you have, within you, the capacity to process all that comes before you as you look upon your daily round of activities and the experiences therein as being the food for thought, the growth potential, the going forward in love and in light with every step that you take. We are you and you are we, and we are One. We leave you now in the love and the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

你们已经是我们的一种启发了, 如我们曾经希望已经成为了你们的一种启发一样。我们再一次为你们在这个练习中, 通过你们的勤奋的持续性的努力而感谢各位。接下来, 在你们的日常生活中, 带着相同的勤奋与渴望前进吧, 你们级那个会看到压倒性的催化剂开始被利用, 并在你们的存在性中被平衡, 这样你们就可以感觉到一种舒适, 同时知晓, 你们, 在你们内在之中, 是拥有能力去处理所有出现在你们面前的事物的, 当你们将你们的日常生活的活动以及在其中的体验视为是想法以及潜在的成长的食物的时候, 在爱中, 在光中, 藉由你们走出的每一个脚步前进。我们是你们, 你们是我们, 我们是太一。我们现在在太一无限造物者的爱与光中离开你们。我们是你们知晓的 Q'uo。Adonai vasu borragus。

[1] Ra: "The root cause of blockage is the lack of the ability to see the other-self as the Creator, or to phrase this differently, the lack of love." 87.21

[1]Ra: "阻塞的根本的原因是无法将其他自我视为是造物者, 或者用不同的方式来措辞, 就是缺少爱。"——87.21

September 1, 2019

2019-09-01 流浪者的无价值感与自我宽恕

(Jim channeling)

(Jim 传讯)

(The first few moments of this channeling were not captured on audio.)

(这次传讯的一开始的一会儿没有被录音捕捉到。)

...we have observed your gathering with great joy and humility—joy, in that you reflect the love and the light of the One Infinite Creator so purely and perfectly as individuals and as a group; in humility because we are humbled by the sincerity in the hearts here gathered. It is not often that we observe such a beautiful gathering of sincere seekers of truth.

.....我们已经带着巨大的喜悦与谦逊观察了你们的集会了——喜悦，因为你们如此纯净且如此完美地作为个体，作为一个团体映射了太一无限造物者的光，我们是在谦逊中，因为我们因为已经聚集在这里的心之中的真诚而感到谦逊。我们并不是经常会观察到这样在一种真诚的真理的寻求者的美丽的集会。

Before we begin with the queries, may we ask, as always, that you do a small favor for us, and that is realize that we are not ultimate authorities. We give you our opinions as those who have traveled a small distance further upon the same path as you now travel. If any words or concepts that we speak do not fully resonate with that which you believe to be true, we ask that you leave them aside without a second thought, and take only those words and thoughts into your beingness that have value to you. In this way, we may speak more freely, and not have the concern that we may become any kind of a stumbling block upon your journey of seeking.

在我们开始提问之前，我们会请求，一如既往，你们给我们一个小小的恩惠，那就是去意识到，我们并不是终极的权威。我们是作为那些已经在与你们现在旅行的道路相同的道路上旅行了稍稍更远一段距离的实体来提供我们的观点的。如果我们讲述的任何的话语或者观点并没有完全地与你们相信是真实的事物产生共鸣，我们会请你们毫不犹豫地将它们放在一边，仅仅将那些对你们有价值的话语与想法纳入到你们的存有之中。用这种方式，我们就可以更加自由地发言，而不用担心，我们可能会成为在你们的寻求的旅程上的任何类型的一块绊脚石了。

Is there a query with which we may begin?

有一个我们可以用来开始的问题吗？

Gary: Q'uo, the first question from the circle asks, "What does self-forgiveness really look like? What practices can the self do to achieve self-forgiveness?"

Gary: Q'uo, 来自于圈子的第一个问题询问，“自我宽恕真正看起来是什么样子的呢？自我能够进行什么练习来取得自我宽恕呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. Self-forgiveness is one of the greatest challenges that you face within your third-density illusion,

not because you do not deserve forgiveness, or because you do not know how to forgive, but because lacking self-forgiveness is a process that once it is undertaken, allows you to accomplish a great deal of work in consciousness. In other words, it is a valuable tool which may be used consciously by the seeker of truth. However, as you know, if it is not consciously used and one is not aware that it is a valuable tool, it becomes a crippling block, shall we say—a feature that inhibits your growth. However, we are aware that those present this day, in this gathering, are those who are conscious of their spiritual journeys, and who seek a means by which to enhance that journey.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。自我宽恕是你们在你们的第三密度的幻象中面对的最大的挑战中的一个挑战, 不是因为你们并不值得宽恕, 或者因为你们并不知晓如何去宽恕, 而是因为缺少自我宽恕是这样一个过程, 一旦它被进行了, 它就会允许你们在意识中完成大量的工作。换句话说, 它是一个有价值的工具, 它可以被真理的寻求者有意识地使用。然而, 如你们知晓的一样, 如果它并未有意识地被使用, 且一个人没有察觉到它是一个有价值的工具, 它就会成为一块, 容我说, 绊脚石——一种会阻碍你们的成长的特性。然而, 我们察觉到, 今天在这次集会中在场的那些人, 是那些有意识地察觉到了它们的灵性旅程, 并会寻求一种藉由其来增强那条旅程的方式的人。

The nature of self-forgiveness is one which sees those actions that have been difficult to accept within the self, and thus tainting the self, shall we say, that are a challenge to understand, or to grasp, for you are those in the third-density illusion that exist within the veil of forgetting. You do not see that there is much more to you, to your mind/body/spirit complex, than you are aware of in your journey of seeking in this incarnation. You are, in fact, as you hypothesize and believe, the One Infinite Creator. However, as an aspect of that One Creator, you have chosen to express various distortions within this illusion that allow you to further progress upon your spiritual path. These distortions are those qualities that need what those of Ra have called the "balance" in order that you may become aware of the totality of your beingness in some fashion.

自我宽恕的属性是这样一种属性, 它会看到那些已经是很难在自我内在之中接受, 并因此会, 容我说, 污染自我的行动, 是一个要去理解的, 或者去掌握挑战, 因为你们是那些在第三密度的幻象中存在于的遗忘的罩衫中的实体。你们看不到, 对你们, 对你们的心/身/灵复合体, 会有比你们在这次投生中的寻求的旅程上你们察觉到的事物是远远更大的事物。如你们假设并相信的一样, 你们实际上就是太一无限造物者。然而, 作为太一造物者的一个面向, 你们已经选择在这个幻象中去表达各种各样的扭曲, 它们允许你们在你们的灵性的道路上更进一步地前进。这些扭曲是那些需要那种 Ra 已经称之为“平衡”的事物的特性, 以便于你们可以用某种方式更多地察觉到你们的存在性的全体性。

Thus, as you become able to balance these distortions, you then are able to see that each is a means by which you come to know yourself more fully, you come to know the Creator more fully, and the Creator is able to see itself in a way that would not be possible without your free will choice that brought this distortion into being. Thus, self-forgiveness looks more and more like the self

becoming aware of its true nature as an aspect of the One Infinite Creator containing that Creator in full within your very beingness.

因此，当你们能够平衡这些扭曲的时候，你们接下来就能够看到，每一个扭曲都是一种你藉由其开始更为充分地知晓你自己，你开始更为充分地知晓造物者，造物者能够用一种如果没有你的自由意志的选择就不可能的方式来看到它自己的途径，就是你的自由意志的选择将这种扭曲带入到存在之中了。因此，自我宽恕会越来越多地看起来就好像是，自我正在开始察觉到它真实的属性就是太一无限造物者的一个面向，它将那个造物者完整地包含在你的核心存在性之中了。

Is there another query at this time?

在此刻有另一个问题吗？

Joseph: Yes, Q'uo. The next question [from the circle]: "Earth 2019 is super intense. Many of us out here are feeling the call stronger and stronger, of not only our planet, but those who are attempting to use these final days of harvest to try to polarize. How can we help those who want to seek the Creator sincerely, but have found themselves lost, or maybe even intentionally misled?"

Joshiah: 是的，Q'uo。下一个问题是来自于圈子：“2019年地球是超级紧张的。我们很多人都在这里都正在感觉到呼唤越来越强有力，不仅仅是我们的星球的呼唤，同样还有那些正在尝试去使用这些最后的收割的日子来尝试去极化的人的呼唤。我们如何才能帮助那些真诚地想要寻求造物者，但却发现它们自己迷失了，或者也许甚至是故意被误导的人呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. In these last days of your third-density illusion, and the first days of the fourth-density quality of beingness, of love and understanding, you are aware that there is a great variety of entities upon your planetary surface, each of which has incarnated by the seniority of vibration, in that there is the possibility for each to achieve this harvest into the fourth density of love and understanding. These entities are in search of that which you have tasted, perhaps briefly, perhaps fully, and that is the opening of the heart chakra, the unconditional love given freely to all things and all entities about one.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。在你们的第三密度的幻象的这些最后的日子，以及这些第四密度的开始的日子，第四密度的存在性的特性是爱与理解的特性，你们知晓，在你们星球表面上会有极其多种多样的实体，它们中的每一个都已经是凭借着振动的老资格而投生的，因为每一个实体都拥有可能性取得这种进入到爱与理解的第四密度的收割。这些实体是在寻找你们已经品尝到的事物，也许你们是短暂地，也许是充分地品尝到的，那就是对心的脉轮的开放，以及被自由地给予所有的事情以及在一个人周围的所有实体的无条件的爱。

If you are able, in your daily round of activities, to find this open heart functioning as fully as possible with every entity that you meet, every entity with whom you exchange any kind of energy, then this loving vibration that is set up between two of you or more is then felt by each other entity upon the

planet that seeks love and light, for you are truly all one being. All entities upon the planet, whether positively, negatively, or neutrally polarized, would feel this love if all were conscious seekers of truth. However, because most are not conscious seekers of truth, this love vibration, then, goes into the subconscious mind of the being, to be used as it is possible when this entity is able to realize, in any degree, the conscious nature of its purpose for being on the Earth at this time. That is, of course, as we said, the opening of the green-ray energy center.

如果你们能够，在你们的日常生活的活动中，对你们遇到的每一个实体，每一个你们与其进行了任何类型的能量交换的实体，都让这种开放的性尽可能充分地运转，接下来，这种在你们两个人之间，或者在更多人中间被设置好的爱的振动，就会被在这个星球上的每一个其他的寻求爱与光的实体感觉，因为你们真的全都是一个存有。所有在星球上的实体，无论是正面性、负面性还是中性地被极化的，都会感觉到这种爱，如果所有的实体都是有意识的真理的寻求者的话。然而，因为大多数实体并不是有意识的真理的寻求者，这种爱的振动，接下来，就会进入到存有的潜意识的心智，以在这个实体能够，在任何程度上，意识到它在此刻存在于地球上的目的的属性的时候被使用，在它可能被使用的时候。当然，如我们说过的一样，那就是对绿色光芒能量中心的开放。

So, as you are a seeker of truth, consciously aware of your journey of seeking, as you are able to consciously share your love vibration with any other entity, at any other time, this vibration becomes available to all other entities upon this planetary sphere to be used as possible, when the time is right for that entity.

因此，当你是一个真理的寻求者，且你有意识地察觉到了你的寻求的旅程的时候，当你能够有意识地在任何其他时刻，与任何其他实体分享你的爱的振动的时候，这种振动就会可以为在这个星球上的所有其他实体所取得，以在时间对那个实体合适的时候，尽可能地为其所利用。

Of course, there are other means by which you may also encourage and enhance the vibration of love upon this planet. Those who are what you may call "adepts" who are able to enter into a state of meditation that may be called visualization, may also send this same love and light to all entities upon the planetary sphere and do so in a conscious fashion, so that this love and light again is available when it is possible to be perceived by any entity upon the planet.

当然，会有其他的途径是你同样藉由其鼓励并增强在这个星球上的爱的振动的。那些你们可能称之为“行家”的实体，它们能够进入到一种可以被称之为视觉化观想的冥想状态中，它们同样可以将这种相同的爱与光发送给在这个星球上的所有的实体，并用一种有意识的方式这样做，这样，这种爱与光就再一次是可供利用的，在它有可能被在这个星球上的任何实体感觉到的时候。

There are many other ways, of course, to share your love and your light. Each of you, as a wanderer, has come into the incarnation with various talents, perhaps speaking, perhaps writing, perhaps meditating, perhaps performing, perhaps creating one form of art or another, be it poetry, be it music, be it

sculpture, whatever, into these talents, you may imbue your love and light, so that whatever you create is able to generate that love and light to all who view your creation.

当然，还有很多其他的方法来分享你们的爱与光。你们每一个人，作为一个流浪者，都已经带着各种各样的天赋进入到投生中了，这些天赋也许是演讲，也许是写作，也许是冥想，也许是表演，也许是创造这样或者那样一种形式的艺术，要么是诗歌，要么是音乐，要么是雕塑，无论它们是什么，你们都可以将你们的爱与光注入到这些天赋之中，这样，无论你们创造了什么事情，它都能够对所有那些会看到你们的造物的人产生出爱与光了。

Of course, we are not saying that we [know] all of the potential means by which to share love and light. Each of you has many other ways of which you are aware that this may be done.

当然，我们不是在说，我们知道所有藉由其分享爱与光的潜在的途径。你们每一个人都拥有很多其他的你们知晓的，这种分享能够被进行的方式。

Is there another query at this time?

在此刻有另一个问题吗？

Vojta: "Can Q'uo speak to the question of how we can, while we are in third-density, achieve deep intimacy and connection with each other?"

Vojta: "Q'uo 能够谈谈我们如何才能，在我们处于第三密度中的时候，与相互彼此取得深入的亲密性与连接吗？"

Q'uo: I am Q'uo and am aware of your query, my brother. It is a portion of each entity's seeking in a conscious fashion, to hold the desire to obtain intimate connections of love and light with all other entities and with those especially close in the circle of seeking of such any entity. This desire, this intention, can be intensified through meditation and visualization, so that you may see your heart chakra glowing brightly in the green-ray vibration of color, seeing this glow of green love and light expanding outward to those about one, to those closest—nearest and dearest, shall we say—moving further outward until there is a connection eventually with every other entity upon the entire planet. This is possible, because as you know, you are all One, you are like cells in the body of the One Infinite Creator. All you need do is visualize these connections that exist. It is not so much a visualization as it is realization that such is true.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。去抱有渴望，以取得与所有其他实体，与那些在任何这样的实体的寻求的圈子中尤其亲密的实体之间的具有爱与光的亲密的连接，这是每一个实体用一种有意识的方式的寻求的一部分。这种渴望，这种意图，能够通过冥想与视觉化观想而被强化，这样你就可以看到你的心的脉轮在绿色光芒的色彩的振动中明亮地发光，并同时看到这种爱与光的绿色的光辉向外拓展到那些在一个人周围的人身上，拓展到那些最为亲密的人——容我说，那些最接近与最心爱的人——并更进一步向外移动，一直到与在整个星球上的每一个其他实体都最终拥有一种连接为止。这是有可能的，因为如你们知道的一样，你们全都是太一，你们就如同在太一无限造物者的身体中细

胞一样。所有你们需要去做的事情，就是去观想这些存在的连接。它并不是如此多地是一个视觉化观想的问题，而更多是对于这种连接是真实的领悟的问题。

The intimacy that each seeker of truth desires in the way of the open-hearted love, unconditional love for all entities, is possible to obtain through the intensification of this desire, this intention, this focus of one's beingness upon this quality so intently that there is nothing else in your field of vision, inner or outer, that is of importance to you, while you are exercising this ability, this desire and intention.

每一个真理的寻求者，用对所有实体的开放的心爱的爱，无条件的爱的方式，渴望的那种亲密性，是有可能通过对这种渴望，对这种意图，对这种将它的存在性放置在这种特性上的聚焦的强化而取得的，这种聚焦是如此强烈，以至于在你正在使用这种能力，这种渴望与意图的时候，没有任何其他事物在你的内在或者外在的视野之中是对于你具有重要性的。

Is there another query at this time?
在此刻有另一个问题吗？

Jade: Yes, Q'uo, thank you. [The next question from the circle is,] "How can one begin the process of initiation as described by Ra, and what signposts can one expect to experience as one progresses on that path?"

Jade: 是的，Q'uo，感谢你们。下一个来自圈子的问题是，“一个人如何开始被 Ra 描述过的启蒙的过程，在一个人在那条道路上前进的时候，它能够期待体验到什么路标？”

Q'uo: We must ask that the question be repeated much more loudly as this instrument's ears are unable to understand each word due to competing sound vibrations.

Q'uo: 我们必须要求问题更加大声地被重复，因为这个器皿的耳朵，由于竞争性的声音的振动，无法理解每一个词语。

Jade: Thank you for your patience, Q'uo. "How can one begin the process of initiation as described by Ra, and what signposts can one expect to experience as one progresses on that path?"

Jade: 为你们的耐心感谢你们，Q'uo。“一个人如何开始被 Ra 描述过的启蒙的过程，在一个人在那条道路上前进的时候，它能够期待体验到什么路标？”

Q'uo: I am Q'uo and am aware of your query, my sister. The process of initiation is one which requires great dedication to the seeking and serving of the One Infinite Creator. It would be well for any entity so desiring this initiation to engage in frequent meditation, in which there is observed within the being those forms of catalyst which have remained unprocessed, or not completely processed, for it is necessary for the energy centers of any initiate to be functioning in a fashion which is clear and somewhat crystalized, shall we say. This requires the efficient use of catalyst. Thus, one may observe at the end of your day, the experiences that were intentionally noted, be they

what you would call happy, or be they what you would call sad—any experience that leaves the mark within the mind at the end of the day, is that which must be observed, then balanced and accepted within the beingness of the seeker of truth, for each of you is like a crystal. Each of your energy centers may, indeed, be crystalized so that the love and light of the One Infinite Creator moves clearly and cleanly through each center. The love and the light of the One Infinite Creator contains that which you call catalyst, that has been colored by your subconscious mind in a fashion which biases you to see the actions of those around you in a certain way that corresponds to pre-incarnative choices that are the lessons you have chosen to learn within this incarnation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。启蒙的过程是一个需要对太一无限造物者的寻求与服务的巨大的奉献的过程。对于任何如此渴望这种启蒙的实体, 如果它参与到频繁的冥想中, 这对于它会是很好的, 在冥想中会有那些已经尚未被处理过, 或者没有被完全地处理的催化剂的形式会在存有内在之中被观察到, 因为任何启蒙者的能量中心都需要是在用一种清晰且多少有些, 容我们说, 结晶的方式运转。因此, 一个人可以在你们的一天的结束的时候观察到, 那些有意地被注意到的体验, 无论它们是你们会称之为快乐的体验, 或者它们是你们会称之为悲伤的体验——任何在那一天结束的时候在心智中留下了记号的体验——都是必须要被观察, 并接着被平衡, 并在整理的寻求者的存在性之中被接纳的事物, 因为你们每一个人就好像一块水晶一样。你们每一个能量中心, 确实都可以被结晶, 这样太一无限造物者的爱与光就可以清楚而清晰地流经每一个中心了。太一无限造物者的爱与光包含了你们称之为催化剂的事物, 催化剂是已经被你的潜意识心智, 用一种会让你产生偏向性的方式, 染色过的, 以用一种的会响应投生前的选择的方式来看那些在你周围的人的行动, 这些投生前的选择就是那些你已经选择在这次投生中要去学习的课程了。

If you will look, then, at the experiences of your day which move you one way or another, but move you, then use the balancing exercises, this will allow you to become in effect, an initiate. You do not need a pyramid with the Queen's Chamber position in order to avail yourself of this ability to become initiated. You are, yourself, the King's Chamber position that is able to utilize the power of the upward spiraling light as it moves through your energy centers, to become the true initiate.

如果你愿意, 在那个时候, 去检查你的那一天中的那些用这样或者那样一种方式推动了你的体验, 并接下来使用平衡的练习, 这将会允许你, 在效用, 成为一个启蒙者。你并不需要一个带有皇后密室的位置的金字塔, 以便于让你自己受益于这种成为被启蒙的能力。你, 你自己, 就是国王密室的位置, 这种国王密室能够, 在向上螺旋的光流经你的能量中心的时候, 使用向上螺旋的光的力量, 以成为真正的启蒙者。

Is there another query at this time?

在此刻有另一个问题吗?

Austin: Yes, Q'uo. The next question reads: "How can we let go of bitter, cold hatred, stemming from the experiences in our lives."

Austin: 是的, Q'uo。下一个问题说,“我们如何能够放下那些源自于在我们的生命中的体验的苦涩而冰冷的仇恨呢?”

Q'uo: I am Q'uo and am aware of your query, my brother. The experience of hatred that comes from the early times of one's experience upon this planetary sphere, are those which are most difficult to remove or to balance, for they come at a time during which the child entity is most vulnerable to influences, both positive and negative. There is, for each entity, however, this quality of becoming impressed, or some would say programmed, in a certain fashion that causes one to become difficult to perceive that which is true about one without being colored by the programming that caused what you call the anger, the hatred.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。源自于一个人在这个星球上的早期体验的仇恨的体验, 是那些很难移除或者平衡的体验, 因为它们是在这样一个时间出现的, 在那个时间期间, 孩子的实体是极其易受影响的, 同时有正面性和负面性的影响。然而, 对于每一个实体, 会有这种被印刻的特性, 或者一些人会说是用一定的方式被编程的, 这种方式会使得一个人难以在没有被编程作用染色的情况下感觉到在一个人周围的真实的事物, 就是这种染色作用造成了你们称之为愤怒与仇恨的事物。

We would suggest that one may be able to find certain hints as to the programming that caused such hatred within the beingness at the early age through the use of an examination of dreams, if one is able to recall them in detail upon the arising. The dreaming is a function of the subconscious mind that gives to the conscious mind, that which is consciously sought, that is, clues and hints that may give you an indication of the path to follow in removing the hatred.

我们会建议, 通过对一种对梦境的检查的使用, 如果你们人能够在起床的时候具体回忆起它们的话, 一个人可能能够, 在关于在早期的年龄, 在存在性内在之中造成了这样的仇恨的编程作用的方面, 找到一定的线索。梦境是一种潜意识的心智的机能, 它会将被有意识地寻求的事物, 也就是说, 线索与提示, 给予有意识地心智, 那些线索与提示可能会对在移除那种仇恨的过程中要去跟随的道路给予你一个指示。

There are other possibilities. There is the meditation that attempts to move you consciously backward within this incarnation to again view the circumstances by which you have been colored or conditioned to express that which is called hatred, whether it is of the self, another self, a condition or experience. The means by which one can access this information is the means by which you move from your conscious mind to your subconscious mind, wherein resides all choices pre-incarnatively made, all experiences that were able to cause you to become who you are now, or who you feel you are in a distorted sense, with the catalyst having been not perfectly used as yet.

会有其他的可能性。会有这样一种冥想, 它会尝试让你有意识地在投生中向回移动, 以再一次观察那些你已经藉由其而被染色, 或者被调节来表达那种被称之为仇恨的事物的情况, 无论它是自我的仇恨, 另一个自我的仇恨, 是对一个情况或

者是对一个体验的仇恨。一个人藉由其能够读取这种信息的途径，就是你藉由其从你的有意识的心智移动到潜意识的心智的途径，在潜意识心智中存在有所有在投生之前就被做出的选择，以及所有在过程能够使得你成为了现在你之所是，或者，你在一种扭曲的意义上，藉由至今尚未被完全地利用的催化剂，而感觉到你之所是的体验。

If, then, you are able—through meditation, perhaps even contemplation, or through dream analysis—to avail yourself of the information describing the programming that resulted in the hatred, then you may, within your own being, begin to discuss this with yourself in your own journaling. Write upon your paper that which is important in your own thinking concerning this programming—where it came from, how it has affected you in your life to this point, how it affects you now, what might happen if it continues. Also you may explore the possibility of how to rid yourself of this hatred by perhaps recreating the situation that you are able to recall that generated the programming that resulted in the hatred, and then relive that programming in a conscious fashion, where you act out the programming with dear friends that play those who were involved in this programming in your previous years.

接下来，如果你能够——通过冥想，也许甚至是沉思，或者通过梦境分析——让你自己可以取得描绘了导致了恐惧的编程作用的信息，接下来，你就可以，在你自己的春游之中，开始通过你自己的写日记来与你自己讨论这种编程作用了。在你的纸上写下在关于这种编程作用的方面在你自己的思考中是重要的事物——它是来自于各处，如果它继续，可能会发生什么事情。同样你也许可探索如何让你自己摆脱这种仇恨的可能性，也许是藉由再造那个你能够回忆起的，产生出了导致了那种仇恨的编程作用的情况，接下来，用一种有意识的方式重新体验那种编程作用，在其中你可以与你亲爱的朋友一起来表演那种编程作用，你的朋友扮演那些在你之前的日子曾经被包含在这种编程作用中的人。

Then, instead of your part being programmed, your part is to deny the programming, to stand up for yourself in a way which you were not able to do as a young child, to claim what is your right, to claim what is love and light within your being, and which was not given to you when you were in your younger years, to stand up and to shout it, to cry, to give whatever emotional response you feel so that you rid yourself of that programming in a conscious fashion, giving voice to the anger and the hatred that was given to you, so that you expel it from your being, never again to be affected by it.

接下来，不是让你的角色被编程，你的角色是要去否认那种编程作用，去用一种你作为一个年幼的孩子曾经无法做到的方式为你自己站起来，去宣称你的权利是什么，去宣称在你的存有中的爱与光是什么，并索取那些在你年幼的日子里并未被给予你的事物，站起来，对它怒吼，叫喊，给予无论什么你感觉到的情绪性的回应，这样你就会用一种有意识的方式将那种编程作用从你自己身上除去，同时对那些被给予你的愤怒与仇恨发出你的声音，这样，你就将它从你的存有驱逐出去，并永远都不再被它影响了。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: Q'uo, the final question from the circle asks: "Is there a higher rate of feeling personally inadequate among wanderers as compared to the general population, and if so, why would that be? How could such catalyst be employed to more deeply know the heart of self?"

Gary: Q'uo: 来自圈子的最后的问题询问, "相比大众人群, 在流浪者当中会有一种更高的比例会感觉到个人的不足吗, 如果是这样的话, 为什么会是那样子的呢? 这样的催化剂如何能够被探索以能加深入地知晓自我的心呢?"

Q'uo: I am Q'uo and am aware of your query, my brother. Yes, my friend, the wanderer has far more likelihood of being affected by feelings of unworthiness than the regular, shall we say, or general consensus population, because within the wanderer, whether or not it is consciously known, resides the knowledge of the harmony of the home density, of the love and the light, which is the normal way of being for the wanderer whence it came. The wanderer, especially if it is unconscious of being a wanderer—but also if it is conscious—has this knowledge with which to compare the experience it is now having within this third-density planet, at this time, where confusion and chaos reign supreme.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。是的, 我的朋友, 相比, 容我们说, 常规的人群, 或者一般性的共识性的人群, 流浪者拥有远远更大的可能性会被无价值的感觉所影响, 因为在流浪者内在之中存在有对家园的密度的和谐性的知晓, 对爱与光的知晓, 无论它是不是被有意识地知晓的, 以及对于流浪者是通常性的存在的方式的事物, 因为流浪者就是从那里来的。流浪者, 尤其是如果它并未察觉到是一个流浪者的话, 会将这种知晓与它现在在这个第三密度的地球上, 在此刻正在拥有的, 在其中混淆与混乱是占据上风的体验进行比较, 如果流量这察觉到它是一个流浪者了, 同样也会有这种比较。

The consensus reality has far different means of feeling of what is valued to the seeker or to any entity upon the planet, for that which is of the mundane world is that which is held as the goal: the education, the job, the money, the status, the power. These are things which can be used positively, but most frequently are not upon this planetary sphere. Thus, the wanderer compares itself to those who hold this value system, and sees itself falling short, and especially if it is unconscious of its condition as a wanderer and does not know that there is another way of being that is in unity with all other entities and with the One Infinite Creation and Creator. Then, this wanderer shall again use this system of judgment within the consensus reality to place upon itself the harsh judgment, feeling that it is not worthy of its own esteem, because it is not worth of the esteem of those about it within the consensus reality.

共识性实相拥有远远不同的对于什么事情对寻求者, 或者对在星球上的任何实体是有价值的感觉的途径, 因为属于世俗的世界的事物, 是作为目标而被抓住的事物: 教育, 工作, 金钱, 地位, 权力。这些事情是那些能够被正面性地使用的事情, 但是极其频繁地, 它们在这个地球上并未正面性地被使用。因此, 流浪者会将它自己与那些拥有这种价值系统的人进行比较, 并看到它自己是达不到要求

的，尤其是如果它并未察觉到它作为一个流浪者的情况，且不知晓会有另一种存在的方式是与所有其他实体，与太一无限造物与造物者是统一的。接下来，这个流浪者就会再一次使用在共识性实相中的这个评判的系统，以将严厉的评判放置在它自己身上，同时感觉到，它并不值得它自己的尊重，因为它并不值得那些在共识性实相中在它周围的人的尊重。

Thus, such a wanderer will eventually have opportunities to realize its nature as a wanderer, and the falseness of the world around it, when considered in comparison to the unity of the One Infinite Creation in the density whence the wanderer originated.

因此，这样一个流浪者将会最终拥有机会去领会它作为一个流浪者的属性以及在它周围的世界的虚假性，当这种虚假性是与浏览者来自于的密度中的太一无限造物者的统一性相比较的时候。

Thus, at some point each wanderer will have the opportunity of making this realization that it is not better than anyone else, but it is different from those about it. [It] will see in this difference the possibility of worthiness: that there is much to value in love and in light, the foundation stone of each wanderer. Each wanderer may then look upon itself in a far different light, opening the heart to the self, loving the self, then being able to extend that love to others about it so that it is reflected back to the wanderer. As the love and the light of the One Infinite Creator begins to flow more and more through the wanderer's heart, reaching that level of understanding, shall we say, that is possible within this third-density illusion, [the wanderer begins to realize] that it is one most worthy, or it would not be here serving this planet that so desperate needs the love and light of each wanderer upon it, for this planet is having great difficulty in becoming born into the fourth density of love and understanding.

因此，在某个位置上，每一个流浪者都将拥有机会去产生这种领悟，即它并不比任何其他人要更好，而是与那些在它周围的人是不同的。它将会在这种不同之中看到具有价值的可能性：在爱中，在光中会有大量有价值的事物，爱与光就是每一个流浪者的基石了。每一个流浪者接下来，就可以在一种远远不同的光之中观察它自己，并向着自我的心开放，爱自己，接着就能够将那种爱延伸到在它周围的其他人，这样，它就会被映射返回到流浪者了。当太一无限造物者的爱与光开始越来越多地流经流浪者的心，并抵达那种，容我们说，理解的层次的时候，在这个第三密度中，这种理解的层次是有可能的，流浪者就会开始领会，它是一个具有极其有价值的实体，否则，它就不会在这里来服务这个星球了，这个星球是如此极其需要在其上的每一个流浪者的爱与光，因为这个星球在被诞生进入到爱与理解的第四密度的过程中正在遇到巨大的困难。

Each wanderer is well aware of this problem, and seeks to give all that it has in the amelioration of the difficulty, of the chaos, of the hatred, of the separation, the division that exists among peoples of one kind or another, one color or another, one religion or another, one sense of self or another. The wanderer is here to help all realize that all are one, and the wanderer itself is an integral part of that oneness, of that unity.

每一个流浪者都清楚地知晓这个问题，并寻求在对这种困难，对混乱，对仇恨，对存在于这样或者那样一种类型，这样或者那样一种肤色，这样或者那样一个宗教信仰，这样活着那样一种自我的感知的人当中的分离与分裂的改善的过程中，给出它拥有的全部。

Then, with this knowledge firmly established within the mind, the body and the spirit of the wanderer, the wanderer may go forth in love and in light, in peace and in power, and in the knowledge that it has that which is valuable to offer, for it is a valuable being. It is the One Infinite Creator.

接下来，伴随着这种知晓在流浪者的心智、身体与灵性之中被坚实地固定下来的情况下，流浪者就可以在爱中，在光中，在平安中，在力量中，在对于它拥有有价值的事物要提供的知晓中，前进了，因为它是一个有价值的存有。它就是太一无限造物者。

At this time, we shall take our leave of this instrument. We thank each of you for your beingness, for your questions, for your love, for your light, for your dedication to service to the One Infinite Creator that you see in every other being around you. We are those known to you as Q'uo. We leave you now in the love and the light in which we found you and in which all of us exist for evermore. Adonai vasu borragus.

在此刻，我们将离开这个器皿。我们为你们的存在，为你们的问题，为你们的爱，为你们的光，为你们致力于对在你们周围的每一个其他存有之中看到的太一无限造物者的服务而感谢你们每一位。我们是你们知晓的 Q'uo。我们现在在爱与光中离开你们，我们就是在爱与光中找到你们的，我们全体都永远存在于爱与光中。Adonai, vasu borragus.

September 7, 2019
2019-09-07 橙色与黄色光芒的阻塞

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and in light. We are with you at this time in spirit and in truth. We see the shining being that each is as you sit within this circle of seeking, and we cannot thank you enough for including an invitation to us to join you here, that we may share with you those concepts and concerns that may be upon your minds and your hearts.

我是 Q'uo，我在爱中，在光中向你们各位致意。我们在此刻，在灵性中，在真理中与你们在一起。我们看到，当你们坐在这个寻求的圈子中的时候，每一个人都是闪光的存有，我们对于你们邀请我们在这里加入你们是怎么感谢你们都不够的，这样我们就可以与你们分享那些可能会出现在你们的心智与你们的心中的观念与关注点了。

At this time we would ask, as is our habit, if you would do us a small favor, and that is to take our words with a grain of salt, shall we say. Take those that have meaning to you at this time and use them as you will, as you must, and leave behind those words which have no meaning for you at this time, without giving them a second thought. In this way you clear a path for us to speak as we will, without any danger of becoming a stumbling block to you upon your path.

在此刻，我们会询问，如同我们的习惯一样，你们是否愿意给予我们一个小小的恩惠，那就是去用一种，容我说，有保留的态度来对待我们的话语。拿走那些在此刻对你们有意义的内容，如你们所愿地，如你们必须要地一样使用它们，将那些在此刻对你们没有意义的内容都毫不犹豫地抛弃掉。用这种方法，你们为我们清空了一条道路，来如我们所愿地发言，而没有任何会成为你们的道路上的一块绊脚石的危险。

At this time, we would ask if there might be a question with which we could begin this session.

在此刻，我们会询问，是否可能会有一个我们能够用来开始的问题。

Zach: Greetings, Q'uo. I've been doing some energy healing with Andara crystals and wanted to know if you had any advice on how to do that better or more safely.

Zach: 致意，Q'uo。我一直都在用安达拉水晶 (Andara crystals) 进行某种能量疗愈，并想要知晓，是否你们在关于如何更好或者跟安全地进行那个工作的方面有任何建议。

Q'uo: I am Q'uo and am aware of your query, my brother. Though we would greatly desire to give you instruction in this use of the Andara crystal for the healing purposes, we find that we must be general in order to not infringe upon your own free will, for to give specific instructions would be tantamount

to learning for you. However, we find that your query does contain the opportunity to share some of the more basic elements in the use of crystals in general for healing, and for enhancing the flow of the prana energies through any seeker of truth who wishes to remove the distortions that are within its own system of energy centers, or chakras.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。尽管我们会极其渴望在这种对安达拉水晶为了疗愈的目的的使用的方面给予你指导, 我们发现我们必须成为一般性的, 以便于不侵犯你自己的自由意志, 因为要给予具体的指导, 这回成为等同于替代你进行学习。然而, 我们发现, 你的问题确实包含了机会, 在对一般性地将水晶用于疗愈, 用于增强流经任何希望将在它自己的能量中心系统或者脉轮之中的扭曲移除的真理的寻求着的普纳 (Prana) 能量的流动的方面, 分享某些更加基本的要素。

The crystal, in general, is a faceted being which has the capacity to enhance the one who seeks to heal in its ability to do so, in order that it might interrupt the pattern of the balance between the mind, the body, and the spirit in each entity seeking healing. Thus, the crystalized healer is as important in the healing process as is the crystal itself, for the crystal is that being of inestimable value and intelligence which can utilize the light that moves through your being as you project that light into the crystal, so that your own love and light, or prana, as it moves through your centers of energy, is focused in a specified manner as it moves through the crystal, and therefrom into the various energy centers of the one to be healed which have become blocked by the inefficient or lack of use of catalyst from the daily round of activities for this entity.

一般来说, 水晶是一个具有多个侧面的存有, 它拥有能力去增强一个寻求疗愈的实体这样做的能力, 以便于它可以中断在每一个寻求疗愈的实体身上, 在心智、身体与灵性之间的平衡的模式。因此, 结晶的疗愈者在疗愈的过程中是和水晶其自身是一样重要的, 因为水晶是具有无法估量的价值与智能的存有, 它能够当你将那种流经你的存有的光投射进入到水晶的时候利用那种光, 这样, 你自己的爱与光, 或者普纳, 在它流经你的能量中心的时候, 就会用一种如同它会流经水晶一样的具体的方式被聚焦起来, 从那里进入到一个要被疗愈的实体的各种各样的能量中心之中, 那个要被疗愈的实体是已经因为对来自于日常生活的活动的对这个实体的催化剂的无效的使用或者缺少使用而被阻塞了的。

Thus, as you are able to balance your own energy centers in a fashion which allows the prana of the One Creator to be intensified, then this prana moves through the crystal for a further intensification as you are able, then, to direct it in a particular manner to the various energy centers of the one to be healed. The one to be healed, then, has as its part in the healing process to either consciously or subconsciously accept this healing prana in the locations that are in need of balance or healing, as you may say. This is a process which is facilitated by the one to be healed asking for this service upon your part, so that you are responding in each case to a request for those services which you may offer through the Andara crystal. It is most effective in this regard in order that there may be no infringement upon free will by offering to one

who has not sought healing, the healing process.

因此,当你能够用一种允许太一造物者的普纳被强化的方式来平衡你自己的能量中心的时候,接下来,这种普纳就会流进水晶来取得一种更进一步的增强,因为你能够,接下来,指引它用一种特定的方式前往一个要被疗愈的实体的各种各样的能量中心。一个要被疗愈的实体,接下来,在疗愈的过程中的角色就是去,要么有意识地,要么潜意识地,接受这种疗愈的普纳进入到那些需要平衡或者,如你可能会说的一样,疗愈的区域中。这是一个被请求在你的部分上这种服务的,要被疗愈的实体所利用的过程,你可以通过安达尔水晶来提供这种服务。为了不藉由向一个并未寻求疗愈的人提供疗愈过程而可能会产生出侵犯,安达尔水晶在这个方面是极其有效的。

Is there a further query, my brother?

我的兄弟,有一个更进一步的问题吗?

Zach: Could you elaborate on the process that happens wherein the distortions of the one to be healed passes through my energy system and is transmuted through the higher chakras.

Zach: 如果一个要被疗愈的人的扭曲传递通过我的能量中心,并通过较高的脉轮被转变了,你们能够对在这个过程中发生了什么事情进行说明吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The process of which you speak, that is, the distortions from the one to be healed moving to you, is a process which is made possible by your identification with the one to be healed in a manner in which you, in effect, become that entity for the time duration of the healing process. This is a means by which the higher self, shall we say, of the one to be healed finds a means by which the one to be healed is able to make the choice of accepting the healing process, and thereby blending its own beingness with your own, so that during the healing process you are as one with the one to be healed.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。你谈及过程, 也就是扭曲从一个要被疗愈的人移动到你身上的过程, 是一个藉由你与那个要被疗愈的人之间的用这样一种方式的认同而成为有可能的过程, 通过这种方式, 你实际上, 在那个疗愈的过程的期间成为了那个实体。这是一种要被疗愈的实体的, 容我们说, 高我藉由其找到一种方式来让那个要被疗愈的人做出接受疗愈的过程的选择, 并由此将它自己的存有与你自己的存有混合起来的途径, 这样在那个疗愈过程期间, 你与那个要被疗愈的实体如同一体的一样了。

This is a feature, or function, of the process in order that these energies may be transmuted and transferred from the one to be healed through you to the infinity of the universe about you, thereby to be seen or witnessed as becoming a part of the greater reality of the beingness of the One Infinite Creator. This is much likened to the garden being fertilized, shall we say, so that those energies which were not salubrious for growth within the one to be healed may become available for energizing in a positive fashion some other portion of the One Creator at what you would call a later time.

这是这个过程的一个特性或者一个机能, 以便于这些能量可以从一个要被疗愈的

实体, 通过你, 被传送或者被转移到在你周围的宇宙的无限性之中, 并由此被看作或者被见证为成为了太一无限造物者的存在性的更大的实相的一部分。这非常类似于, 容我说, 被施过肥的花园, 这样, 那些在一个要被疗愈的人内在之中的对于成长并不是有益健康的能量就可以成为可供利用的, 以用一种正面性的方式, 在你们会称之为一个以后的时间, 对太一造物者的某个其他的部分充能。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Zach: No, thank you, Q'uo.
Zach: 没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?
Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: I have one Q'uo. The Confederation has often talked about the orange- and the yellow-ray energy centers in terms of power, particularly on the negative path—power over individuals or social or group power. I was wondering if this power can be described in positive terms, and if so, what that looks like for each of these energy centers.

Austin: 我有一个问题, Q'uo。星际联邦已经经常从权力, 尤其是在负面性的道路上的权力——高于个体或者社会或者团体的权力的权力的意义上谈论橙色与黄色光芒能量中心了。我想知道, 是否这种权力能够用正面性的措辞被描述, 如果是这样的话, 对于这些能量中心中的每一个能量中心, 那种权力看起来是什么样子的呢?

Q'uo: I am Q'uo and am aware of your query, my brother. For the orange-ray energy center, the expression of the prana, or love/light of the One Infinite Creator, in a positive sense through this center, would allow the entity activating this energy center to relate to one other entity in a manner which was of acceptance, of giving, of that sharing which is personal, emotional, and individual to the two entities engaged in this type of energy exchange. The negatively oriented entities will utilize such energies in order to separate from and control such other selves that relate to the negative self on a one-to-one basis. The positively oriented entity will utilize the energies of the orange ray in order to welcome and enjoy the offerings of another in hopes that the offerings of the self to the other will be enjoyed in a similar fashion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。对于橙色光芒的能量中心, 太一无限造物者的普纳或者爱/光, 通过这个中心用一种正面性的方式的表达, 会允许实体激活这个能量中心, 以用这样一种方式与一个其他的实体建立关联, 这种方式是具有接纳性的, 是向两个参与到这种类型的能量交换中的实体给予并分享个人的, 情绪性的, 个体的事物的方式。负面导向的实体将会利用这样的能量, 以便于与这样的与负面性的自我用一种一对一的方式是有关系的其他实体分离并对其进行控制。正面导向的实体将会利用橙色光芒的能量以便于欢迎并享受另一个人实体的给予, 以希望自我对其他实体的给予将会用相同的方式被享用。

In the yellow-ray energy center, there is the opportunity to expand the energies of the One Creator upon the level of the group. The entities that are united in a certain fashion that allows them to share a commonality that is expressed within the group, such as the home, or family, the school, the workplace, the team, and so forth. These energies, in the positive sense, are utilized in order to share the abilities of the group in what you might call the "training wheels phenomenon" that will later become, if the fourth-density harvest is achieved by the society, the social memory complex. In the yellow-ray energy center, however, before that complex forms, there is the opportunity to begin to relate to other groups as if there was a common goal or feature between what, in negative polarity, is seen as competing groups.

在黄色光芒能量中心中，会有机会将太一造物者的能量在团体的层次上拓展。实体用一种会允许它们分享一种共性的，一定的方式被联合起来，这种共性是在诸如家、家庭、学校、工作场所、团队以及诸如此类的团体中被表达的。这些能量，在正面性的意义上，是为了，通过你们可能称之为“训练轮现象”的事物，而分享团体的能力而被利用的，如果第四密度的收割被社会取得了，那种“训练轮现象”将会在之后成为社会记忆复合体。无论如何，在黄色光芒能量中心中，在那种复合体形成之前，会有机会开始与其他团体建立关联，就好像会有一种共同的目标一样，这个共同目标是具有在负面性的极性中会被视为是竞争性的团体之间的事物的特性的。

Thus, in the positive sense, the entities share that which is theirs, that which is unique to them, with that which is needed by others in a group sense, so that two group then become much likened unto one group. In this positive sense then, each group becomes, in effect, the other group, so that there is one group as a result.

因此，在正面性的意义上，实体会分享属于它们的事物，对于它们是独一无二的事物，以及在一种团体的意义上是被其他人需要的事物，这样两个团体接下来就会变得非常像是一个团体了。在正面性的意义上，接下来，每一个团体实际上就会成为其他的团体，这样就会有作为一个结果的一个团体了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes, thank you. Just very quickly if you could tell me how correct I am in this statement that an unpolarized individual prior to opening the green-ray energy center might experience both of these types of energies in the positive and negative sense, in going throughout their days, and then the polarization begins to happen once they start choosing one expression of those energies or another. Would that be an accurate way to clarify the situation?

Austin: 是的，感谢你们。仅仅是非常快速地，是否你们能够告诉我我在这个陈述中有多正确，一个没有极化的个体，在开放绿色光芒能量中心之前，可以同时用正面性和负面性的方式，在经历它们的生活的过程中，体验到这些类型的能量，接下来，极化就开始发生了，一旦它们开始选择那些能量的这样或者那样一种表

达。那会是一种澄清那个情况的准确的方式吗？

Q'uo: I am Q'uo, and am aware of your query, my brother, and we would, in general agree with your summation of the process and quality of sharing of the orange- and the yellow-ray energies, so that eventually, these energies, then, are able to allow the entities so expressing them in the positive sense, to be able to make certain transitions into the green-ray energy center, moving in a unified fashion so that there is the freely given consideration, compassion, love and understanding, each to the other individual, each group to the other group, so that these individual and group energies then become spiraling in a fashion that moves into unconditional love for all entities and all groups, whether they are within the evident reach of the particular individual or group. Thus, the magnification of the positively oriented energies freely shared with the individual with the other group, then become magnified once again so that there is the sharing with all of the creation in an unclaimed or—we search this instrument's mind for the word—unconditional sense.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟, 我们会, 一般性地赞成你对橙色光芒和黄色光芒的分享的过程和特性的总结, 这样最终, 这些能量, 接下来就能够允许用正面性的方式这样表达它们的实体可以做出一定的进入到绿色光芒能量中心的转变, 同时用一种统一性的方式移动, 这样就会有被自由地给出的考虑, 同情心, 爱, 理解, 每一个个体对相互彼此, 每一个团体对相互彼此的给予, 这样, 这些个体与团体的能量接下来就会用这样一种方式成为螺旋性的, 这种螺旋会移动进入到对所有实体和所有团体的无条件的爱之中, 无论它们是否是在那个特定的个体或者团体的明显的所及范围之中的。因此, 对自由地与个体, 与其他团体被分享的正面性导向的能量的放大作用, 接下来就会再一次被放大, 这样, 就会有, 用一种无人认领的, 或者——我们在这个器皿的心智中搜索词语——无条件的爱的方式, 与所有的造物之间的分享了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you, Q'uo.
Austin: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you once again. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你。在此刻有另一个问题吗?

Zach: I have a follow-up query, Q'uo. Many traditions, Eastern traditions, teach that conservation of sexual energy and the orange and red ray is useful for achieving rising of the kundalini and getting up into the heart—that you're building up energy in those lower chakras. Does Q'uo think that is a useful practice?

Zach: 我有一个后续问题, Q'uo。很多的传统, 东方的传统教导, 对性能量、橙色与红色光芒的保留, 对取得提升昆达里尼并让其上升到心之中是有用处的——你们是在那些较低的脉轮中积累能量。Q'uo 认为这是一种有用处的练习

吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that this practice has a certain utility to those who place their faith in it, for the intention is that quality which is of the most importance, not necessarily the features or factors of the process itself. The process of reserving the sexual energies in the red and orange centers of energy is a process which can lead to that which you would call a greater appreciation and experience of the creation about one, and the Creator within one.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现这个练习, 对于那些将它们的信心置于其中的人, 会拥有一定的用处, 因为具有最大的重要性的特性就是意图, 而不是一定是那个过程其自身的特性或者要素。将性能量保留在红色和橙色能量中心的过程, 是一个能够导向对在一个人周围的造物以及对在一个人内在之中的造物者的一种更大的欣赏与体验的过程。

However, we would also comment that the freely shared energies dedicated to the Creator and to service to others, flowing freely through all the energy centers, is far more efficient in becoming able to appreciate that which you call the contact with intelligent infinity, for all of the energy centers—functioning in an open fashion, allowing energy to flow freely through them—amplify and intensify this energy in a manner which has no limits, shall we say. The process of reserving the energy in the lower two energy centers is limited in its ability to produce an increase in the conscious experience of the unity with the One Creator.

然而, 我们同样也会评论, 被奉献给了造物者以及对他人的服务的被自由分享的能量, 如果它们自由地流经所有的能量中心, 在变得有能力去欣赏你们称之为与智能无限之间的接触的事物的方面是远远更加有效的, 因为所有的能量中心——在它们用一种开放的方式运转, 并允许能量自由地流经它们的时候——会用一种没有, 容我们说, 限制的方式放大并增强这种能量。将能量保留在较低的两个能量中心的过程, 在其在对与太一造物者的统一性的有意识的体验中产生出一种增加的能力之中, 是受限的。

However, as we said in the beginning of this answer, the intention is that which is of most importance; and the intention, the faith and the will of the one who so practices this reserving of energies, is possibly also of great value to such a person in that it would allow a certain kind of experience of this unity with the all.

然而, 如我们已经在这个回答开始的时候说过的一样, 意图是具有最大的重要性的事物。一个这样子练习这种对能量的保留的实体的意图、信心与意志, 有可能同样会对这样一个人是具有巨大的价值的, 因为它会允许对这种与万物之间的统一性的一定类型的体验。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Zach: No, Q'uo, thank you.

Zach: 没有了, Q'uo, 感谢你们。

Q'uo: I am Q'uo and again, we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 再一次, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Gary: Incidentally, I had questions about the orange and yellow ray also. First, a prelude: Is the full negative use of orange and yellow ray that includes separation and control from others, enslavement, manipulation, and so forth, is that a blockage of the orange and yellow rays?

Gary: 附带地, 我同样也有关于橙色和黄色光芒的问题。首先, 一个开场的问题是: 对橙色和黄色光芒的完全负面性的使用时包含了与其他人的分离, 对其他人的控制, 奴役, 操纵, 如此等等, 那是一种对橙色和黄色光芒的阻塞吗?

Q'uo: I am Q'uo and am aware of your query, my brother. This is a query which is not easy to identify what is blockage and what is not, for it depends upon the polarity of the entity so blocking. The entity of a positive nature who wishes to utilize the yellow and the orange energy centers in its polarization process, does well to open itself freely in the giving and receiving of such energies. If there is the blocking of any energy for any reason which results in the separation of the self from another self, then the positively oriented entity has reduced its ability to polarize in the positive sense.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。要去识别什么是阻塞, 什么不是阻塞, 这并不是一个容易的问题, 因为它是取决于这样子阻塞的实体的极性的。具有一种正面性的属性的实体, 如果它希望在它的极化中利用黄色和橙色能量中心, 它会在对这样的能量给予与接收中自由地开放它自己的方面做得很好。如果因为任何原因会有对任何能量的阻塞, 这种阻塞会导致自我与另一个自我的分离, 接下来, 正面导向的实体就已经减少了它在正面性的意义上极化的能力了。

However, the negatively oriented entity will use such blockages to separate itself from other selves, and because separation and control are the key factors in the negative polarization, this type of blockage, then, serves the negatively oriented entity well, for it is able then to separate itself in a conscious fashion from another being, or other beings or situations, so that this separation allows it to engage in the control and manipulation of the entities or situation, thereby enhancing its ability to polarize in the negative sense.

然而, 负面性导向的实体将利用这样的阻塞来将它自己与其他自我分离, 因为分离和控制就是在负面性的极化中的关键要素, 这种类型的阻塞, 接下来, 就会很好地服务于负面性导向的实体, 因为它接下来就能够用一种有意识的方式让它自己与另一个存有, 或者其他存有, 或者情况分离, 这样, 这种分离就会允许它参与到对实体或者情况的控制与操纵之中, 并由此强化它在负面性的意义上极化的能力了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Yes. Thank you. I understand that the negative path is a viable one, and that as Ra describes it, there is power in that falsity. But I don't understand the physics of the energy movement. If the negative entity is blocking, intentionally, orange and yellow ray, how is it that they are drawing power through those centers, even to the point of making contact with Intelligent Infinity?

Gary: 是的。感谢你们。我理解负面性的道路是一条可变的道路，如 Ra 对它的描述一样，在那种虚假性之中存在有力量。但是，我并不理解能量运动的物理学。如果负面性的实体是在有意地阻塞橙色与黄色光芒，它们如何通过这些中心汲取力量，甚至到了与智能无限建立接触的位置？

Q'uo: I am Q'uo and am aware of your query, my brother. The negatively oriented entity will block the normal flow of orange- and yellow-ray energies to other individuals or groups in order that it might, in some fashion, gain a control of these individuals or groups' own orange- and yellow-ray energies, and enhance its own energy system in this blockage and control of others. Then, this energy that is gained from others is able to be added to the negatively oriented entity's orange and yellow-ray energy centers as they now become unblocked to function in their ability to control other selves.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。负面导向的实体将会阻塞橙色与黄色光芒的能量到其他的个体与团体的通常的流动，以便于它可以，用某种方式，对这些个体或者团体自己的橙色与黄色光芒的能量取得一种控制，并通过这种阻塞与对其他人的控制来增强它自己的能量系统。接下来，这种从其他人取得的能量就能够被增加到负面性导向的实体的橙色与黄色光芒的能量中心，因为它们会变得不阻塞，以在它们控制其他自我的能力中运转。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: Yeah, quickly. No, not right now. Thank you, Q'uo.

Gary: 是的，快速地。不，现在没有了。谢谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Kathy: I have one as a follow-up to the previous query. Would an entity so polarized toward the negative always be conscious of that, or be conscious of the fact that they are drawing energy from other selves in order to control and separate? In other words, how conscious does one have to be in order to do that?

Kathy: 我对之前的问题有一个后续问题。如果一个实体是如此朝向负面性极化的，它会一直都察觉到，或者是察觉到那个事实，它们正在从其他自我汲取能量以便于控制与分离吗？换句话说，一个人为了要那样做必须要多么有意识呢？

Q'uo: I am Q'uo and am aware of your query, my sister. The negatively oriented entity, utilizing the orange- and yellow-ray energy centers for separation from and control over others about it, must be totally conscious aware of the situation in which it is engaged, for the negative path is one which requires a certain purity of will and desire in order to function in the negative sense, for the creation about all entities is one of unity. In order to travel the path of that which is not, that is the path of separation from, and control over, others, the negatively-oriented entity must consciously focus all of its energies and desires and intentions upon its goal, that is, to take that which is another's in the way of energy center activation and production of the yellow and orange ray energies.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。负面性导向的实体, 在利用橙色与黄色光芒的能量中心来与在它周围的其他实体分离, 并控制其他实体的时候, 必须要完全有意识地察觉到它参与其中的情况, 因为负面性的道路是一条需要一定的意志与渴望的纯度, 以便于在负面性的意义上运转的道路, 因为在所有实体周围的造物是一个统一的造物。为了要在其之不是得道路上, 也就是与其他人分离且控制其他人的道路上旅行, 负面性导向的实体必须要有意地将它所有的能量、渴望与意图都聚焦在它的目标上, 也就是说, 用能量中心的激活以及产生出黄色和橙色光芒的能量的方式去夺取属于另一个人的事物。

Is there a final query at this time?

在此刻, 有一个最后的问题吗?

Zach: I have a final query, Q'uo. The researchers at the intentional community of Tamera, have concluded that, or theorized, that the free flow of Eros, which would be the free flow of energy throughout all energy centers with one another and the planet, is pivotal for our healing. In that vein, they have concluded that partnership, or the mated relationship is compatible with what they call "free love" or the flow, the open flow of orange-ray energy where it wishes to arise. Can Q'uo comment on that?

Zach: 我有一个最后的问题, Q'uo。在国际塔美拉生态村(community of Tamera)进行的研究已经得出结论, 或者建立了理论, 性欲的自由流动, 也就是与相互彼此以及与星球之间的贯穿所有能量中心的能量的自由流动, 对我们的疗愈是中枢性的。在那个脉络中, 它们已经得出结论, 伴侣关系, 或者配对关系, 是与它们称之为“自由的爱”或者橙色光芒能量的流动, 在它希望出现的位置的开放的流动, 是相容的。你们能够对此进行评论吗?

Quo: I am Q'uo and am aware of your query, my brother. The utilization of the energy centers, whether it be the red, the orange, or any other energy center, in a mated relationship, or a partnership, is helpful if the intention of the mating or the sexual energy exchange is the enhancing of the vibratory nature of the planetary consciousness, that is the energies of Mother Earth, as you would say. The consciousness of the planetary energies, then, is also transferred to the population of the planet so that this conscious dedication of the use of sexual energy exchange becomes that which enhances and

magnifies the well-being, shall we say, of the planetary consciousness and the group consciousness of the population of the planet. This is much likened to the enhancing and speeding up of the vital energies of both individuals, groups, and the planet itself, for these vital energies are being used in a spiritual sense in order that the goal, which is the betterment of the planetary condition, might be realized. Thus, the desire and the will and the focus of intention to do so, is that which is of utmost importance to the ones participating in the sexual energy exchange.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在一种配对的关系, 或者一种伴侣关系中, 对能量中心的使用, 无论它是红色、橙色或者任何其他能量中心, 都是有帮助的, 只要交配或者性能量交换的意图是对星球意识, 也就是, 如你们会说的一样, 地球母亲的能量的振动属性的增强。星球意识的意识, 接下来, 同样也会被转移到星球的人群, 这样这种对性能量交换的使用的有意识的风险, 就会成为会增强并扩大星球意识以及星球的人群的集体意识的, 容我说, 健全的事物了。这非常类似于同时对个体, 团体以及星球其自身的生命能量的增强与加速, 因为这些生命能量是用一种灵性的方式被使用, 以便于, 目标, 也就是对星球的情况的改善的目标, 可以被实现。因此, 渴望、意志以及对这样做的意图的聚焦, 对于那些参与到了性能量交换的人, 就是具有最高的重要性的事物了。

At this time, we would thank each of you for your love, your light, your conscientious, your support of this contact and your questions, for you do us a great favor by offering us these pearls and gems of beauty, of wisdom and of unity. We are with you always at your request to enhance your meditative vibrations, though we shall not speak at such a time, but are willing to be with you whenever you ask us to be in your meditations with you. This is a function of our desire to remain faithful to this group as this group has remained faithful to us. You are offering us an opportunity that is magical, powerful, and infinite in the ability to be of service to you, and to those who will become aware of this information in later times, as you would call it. We cannot thank you enough for allowing us to have a beingness within your consciousness and within your density of choice. We are those known to you as those of Q'uo. We leave you now in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

在此刻, 我们会为你们的爱, 你们的光, 你们的认真负责, 你们对这个接触的支持, 以及你们的问题, 而感谢你们每一位, 因为你们藉由提供给我们这些具有美丽、智慧与统一性的珍珠与宝石而给与了我们一个巨大的恩惠。在你们请求我们来增强你们的冥想振动的时候, 我们会一直都与你们在一起, 尽管我们将不会在这样一个时刻发言, 但是我们会乐意于在无论什么你们请求我们在你们的冥想中与你们在一起的时候与你们在一起。这是我们的这样一种渴望的一个技能, 这种渴望就是去如同这个团体已经对我们保持忠诚一样地对这个团体保持忠诚。你们正在提供给我们一个机会, 它是魔法的, 是强有力的, 在它对你们, 对那些将会在以后, 如你们对它的称呼一样, 知晓这个信息的人进行服务的能力的方面是无限的。对于你们允许我们在你们的意识中, 在你们的选择的密度中拥有一种存在性, 我们怎么感谢你们都是不够的。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开你们。Adonai vasu borragus。

2019-09-10 传讯练习: 身体的催化剂的价值

Practice Channeling Circle

September 10, 2019, 2019

Group question: Can you talk about the value of bodily catalyst and how to utilize it in our spiritual journey?

团体问题: 你们能够谈谈身体的催化剂的价值以及如何在我们的灵性旅程上利用它吗?

(Jim channeling)

(Jim 传讯)

Q'uo: I am Q'uo and greet each of you in love and in light this evening. I am most pleased and honored to be asked once again to join your circle of seeking as a participant in the role of attempting to respond to those queries which you feel are important in your journey of seeking.

Q'uo: 我是 Q'uo, 我在今晚在爱中, 在光中向你们每一位致意。我对于被请求, 再一次, 作为在尝试去回应那些你们感觉到爱你们的寻求的旅程中是重要的问题的角色中的一个参与者而加入你们的寻求的团体, 是极其高兴与极其荣耀的。

At this time, we would ask you, as is our wont, to take what we say with a certain questioning nature, using those words and concepts which we offer you in any way which feels appropriate to you. We would also ask that if any word or concept has no meaning to you at this time, it is well to leave it behind. Thusly, we may speak freely with you, as is our delight to do each time we join you.

在此刻, 我们会请你们, 如同我们的惯例一样, 藉由一种的质疑的属性来对待我们所说的内容, 用任何感觉到对你们合适的方式来使用那些话语与观念。我们同样也会请求, 如果任何的词语或者观念在此刻对你们是没有意义的, 将它抛弃掉是很好的。这样, 我们就可以自由地对你们发言, 如同我们会在每一次加入你们的时候很高兴地去做的一样。

This evening you have asked what is the value of bodily catalyst which seems to be so present among you and others with whom you are in contact, and how does one deal with it, or utilize it in the spiritual path that each of you is upon at this time.

今晚, 你们已经询问了身体的催化剂的价值是什么, 身体的催化剂看起来似乎在你们以及那些你们与之接触的其他人当中是如此常见, 如何在你们每一个人在此刻处于其上的灵性的道路上与之打交道或者利用它呢?

This is a very significant query, in that there is much within each seeker's spiritual journey that will be composed of the catalyst from the body. This is an instrument that any seeker may utilize upon the spiritual path to find symbolic resonances that are connected to a larger picture, as you might say, in your spiritual perceptions: the catalyst which you have chosen previous to the incarnation that will allow you to proceed in the direction that is most helpful

to you, learning those lessons that are yet to be learned, or yet to be learned in a more refined sense, for there are very many levels to each type of catalyst that you may encounter throughout your incarnation. As you proceed from level to level, you are able to utilize a body catalyst more and more effectively, looking always for the significance in whatever sense you may perceive so that you are gleaning that which is most appropriate for you at this time.

这是一个非常有意义的问题，因为在每一个寻求者的灵性旅程中会有大量的事情将会构成来自于身体的催化剂。这是一个很多寻求者在灵性旅程上可以利用的一个工具，以找到与在你们的灵性的知觉中的，你们可以说是，一个更大的图像连接在一起的象征性的共鸣：你们在投生之前已经选择的催化剂将会允许你们在对你们是最有帮助的方向上前进，学习那些尚未被学会，或者尚未用一种更加精炼的方式被学会的课程，因为你们可能在贯穿整个投生中遭遇到的每一个类型的催化剂都有很多的层次。当们从一个层次前进到另一个层次的时候，你们能够越来越更加有效地利用一个身体的催化剂，并一直都用无论什么你们可能感觉到的方式来寻找意义，这样，你们就会将在此刻对你们最为合适的事物收集起来了。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)
(Gary 传讯)

We are those known to you as Q'uo, and we greet you again through this instrument. We would continue speaking on the importance of the body for the spiritual seeker upon this or any plane, but particularly your third-density experience as the body becomes the outward manifestation and laboratory, you might say, of the experience, and the self-knowing journey of the mind.

我们是 Q'uo，我们通过这个器皿再一次向你们致意。我们继续谈论，身体对于在这个层面或者任何层面上的灵性寻求者的重要性，但是，尤其是在你们的第三密度的体验中，因为身体会成为体验以及心智的自我知晓的旅程的外部的显化物与，你们可以说是，实验室。

As those of Ra have described, catalyst which is not fully or efficiently processed by the mind complex will filter down into the physical/chemical vehicle you call your body, and may mirror back to the mind through manifestation that which is calling to be learned. As we spoke through the previous instrument, this, we would add, may not always be a literal manifestation, but a symbolic one. For instance, perhaps one may have a medical challenge or experience of heart difficulty, palpitations, congestion, failure even, which may offer echoes to the self of some experience, some relationship with the self, with another self, with a family, with a group, which is not balanced within the self, and seated in love, which has not been healed or forgiven.

如 Ra 已经描述过的一样，并未完全或者有效地被心智复合体处理的催化剂，将会过滤下降到你们称之为你们的身体的物理/化学的载具中，并可以通过正在呼

唤被学会的显化物而反向映射到心智。如我们通过之前的器皿说过的一样，我们会补充，这可能不会一直都是一种实际上的显化，而是一种象征性的显化。例如，也许一个人拥有一种心脏困难、心悸、梗塞，甚至是心衰竭的挑战或者体验，这可能会向自我提供对某种体验，某种与自我，与其他自我，与一个家庭，与一个团体的关系的回声，这种关系是尚未在自我内在之中被平衡，没有在爱中被固定下来，且尚未被疗愈或者被宽恕的。

As this situation persists within the life pattern, perhaps on center stage or perhaps in the periphery, perhaps even forgotten or likely ignored over a certain duration of time, then the catalyst which is desirous of being understood and precipitating growth within the self will find its way, shall we say, to the body complex, and modify that body into distortions which you see as ill health, but which offer the self a valuable teaching tool—a mechanism, as the ones known as Ra have described, of self-revelation.

随着这种情况在生命模式中继续存在，也许是在中心的舞台上，或者也许是在周围，也许在一定的时间的期间甚至是被遗忘或者很有可能是被忽略了，接下来，在自我内在之中渴望被理解并参与到自我的成长的催化剂，将会找到它前往身体复合体的，容我说，途径，并将那个身体调节成为你们将会视为是健康不佳的扭曲，但是这些扭曲为自我提供了一个有价值的教导的工具——如被知晓为 Ra 的实体已经描述过的一样，一种自我揭露的机制。

Your people's attitude toward body complex distortions is understandably often one of avoidance or fear. There is then often various means used to mask the symptoms, to suppress or control. We would encourage those experiencing bodily catalyst to take the situation, the sensations, the consequences of this bodily catalyst into inquiry in the silence of meditation, that the deeper underlying purpose of this catalyst may become more apparent to the mind, to the self. There is always a thread that can be followed in the bodily catalyst that, when pursued, can offer illumination or revelation about the experiences within the self. Through this mechanism, the self can become more known to the self. If one faces squarely the bodily catalyst or physical distortion, then it becomes more difficult to avoid the mirror that the body offers the mind.

你们的人群对身体复合体的扭曲的态度，可以理解地，经常是一种回避或者恐惧的态度。经常会有各种各样的手段被用来掩盖症状，以压制或者控制。我们会鼓励那些正在体验到身体的催化剂的人，将那个这个身体的催化剂的情况，感知以及结果，在冥想的静默中，带入到询问之中，这样这个催化剂的更为深入的潜在的目的就可以对心智，对自我成为更加明显的了。一直都会有一条线索是能够在身体复合体中被跟随的，当它被追寻的时候，它是能够在关于体验的方面在自我内在之中提供启发与揭露的。通过这种机制，自我就能够更多地为自我所知晓了。如果一个人直面身体的催化剂或者物质性的扭曲，接下来，要避免身体向心智提供的镜子就会变得更加困难了。

And with this thought, we would leave this instrument and transfer the contact to the one known as Kathy. We are those known to you as Q'uo.

带着这个想法，我们会离开这个器皿，并将接触转移到被知晓为 Kathy 的实体。

我们是你们知晓的 Q'uo。

(Kathy channeling)
(Kathy 传讯)

We are those of Q'uo. We come to you in the love and the light of the One Creator. Let these words be made of light and love, the way you are made of light and love. Let these words help illuminate the body, the concept of body, mind and spirit. As you look at this question regarding body catalyst, expanding your concept to include body/mind/spirit as an interconnected entity, with sets of vibrations combining, you can see how, and easily already know how mind and emotions, issues of the spirit may influence the body with some catalyst, and it is also through the mind and the spirit, and through an open heart and emotions, that one can successfully deal with body catalyst as it may appear as a result of emotions or mental influences. It may, just as easily disappear from the body and from the emotions and spirit as it is cleared from the consciousness of the one processing the catalyst.

我们是 Q'uo。我们在太一造物者的爱与光中来到你们面前。让这些话语成为由爱与光所制成的，就如同你们是由爱与光制成的一样。让这些话语帮助照亮身体，以及身体、心智与灵性的观念。当你们检查这个关于身体催化剂的问题，同时拓展你们的观念，以将心/身/灵复合体作为一个带有成套的混合的振动的，相互关联的实体包含在内的时候，你们就能够看到，灵性的议题可能会如何用某个催化剂来影响身体，而心智与情绪是如何影响用催化剂来影响身体，这是已经容易地就被知晓的了，同样就是通过心智和灵性，通过一种开放的心与情绪，一个人是能够成功地与身体催化剂打交道的，在它可能作为情绪或者心智的影响的一个结果而出现的出现。如同它会容易地从一个处理催化剂的实体的意识中被清理掉一样，它可能完全一样容易地从身体、从情绪与灵性被清理掉。

It seems to us that many of those on earth are becoming more and more able to process, to clear catalyst, the effects of catalyst, we should say. The catalyst is the energy of being affected by variances and frequencies around an entity. The effects of such catalyst may leave a discomfort or some way of feeling in the body not as comfortable, but we tell you that those effects are alleviated by the lifting of the body, mind and spirit higher in consciousness, clearing the issue, clearing the variances in frequencies that may have affected the entity in the first place, and from that higher place, there is more peace. Then, peace can settle into the body, the body can settle into peace more easily.

在我们看起来似乎，在地球上的很多实体正在变得越来越更加有能力去处理催化剂，去清理催化剂，我们应该说，清理催化剂的作用。催化剂是被在一个实体周围的能量的变化与频率影响的能量。这样的催化剂的作用可能会留下一种不舒服，或者在身体中用某种方式感觉到不舒服，但是，我们告诉你们，那些作用是会被藉由在意识中将身体、心智与灵性提升到更高的状态，清理议题，清理在一开始的位置上可能已经影响了实体的在频率中的变化而被缓解的，从那个更高的位置，会有一种更大的平安。接下来，平安是能够在身体中被固定下来，那个身体就会更加容易地固定于平安之中了。

More can be said on this subject, but at this time we will take leave of this instrument and let the contact be passed to the one known as Austin.

在这个主题上还有更多的能够被讲述的事情，但是，在此刻，我们将离开这个器皿，并让接触被传递到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

We are Q'uo and we are with this instrument. We feel it is important to emphasize the unity of the mind, the body, and the spirit, for it is the illusion of the distinction between these aspects of yourself that is often at the root of what has been called "bodily catalyst."

我们是 Q'uo，我们与这个器皿在一起了。我们感觉到去强调心智、身体与灵性的统一性是重要的，因为经常是处于已经被称之为“身体催化剂”的事物的根部的事物，就是在你自己的这些面向之间的区分的幻觉。

Within your society and in your culture, the material nature of the universe has been upheld as an ultimate authority, if you will, in the ways of the creation. This notion of materialism as the exclusive nature of your reality has sunk deep into the collective mind of the peoples upon your planet, and this notion emphasizes a division between your body and your awareness of your body, so that often the discomforts, the pains, the disease, and all other forms of bodily sensation, may be viewed as an imposition on the self—something that is to be fought and defended against. In a sense, the body is viewed as an enemy, as it fails to live up to expectations and begins to turn upon the self.

在你们的社会中，在你们的文化中，宇宙的物质性的属性已经被作为在造物之道之中的，如果你们愿意这样说的话，一种绝对的权威而被高高举起了。这种物质主义就是你们的实相的排他性的属性的观点，已经深深地沉入到了在你们地球上的人群的集体意识之中了，这种观点强调了在你的身体和你对你的身体的认识之间的一种区分，因此，不舒服、痛苦、疾病以及所有其他形式的身体的感知，经常可能会被视为是一种对自我的强加的负担——某种要与之战斗并对其进行防御的事物。在某种意义上，身体是被视为一个敌人，当它无法根据期待而活，并开始背离自我的时候。

This entire notion of an aspect of the self, so integral to one's own development, working against one's own development, is one which we find most amusing. We do not mean to make light of the extremely difficult and uncomfortable circumstances that so many of your peoples experience in terms of catalyst of the body, yet we suggest to the seeker wishing to grasp the nature of bodily catalyst and understand the nature of healing such catalyst, that a shift in perception of one's own body and connection to one's own true being is absolutely necessary.

这种对自我的一个对于它自己的发展是如此之不可或缺的面向是与一个人自己的发展是对抗的观念，这整个观念就是我们发现是极其搞笑的事情了。我们并不是打算要小看你们人群中如此多人在身体的催化剂的方面体验到的极其困难且不舒服的情况，而我们对希望掌握身体催化剂的属性并理解对这样的催化剂的疗

愈的属性的寻求者建议, 一种在对它自己的身体以及身体与一个人自己真实的存有的关联的知觉上的转变, 是绝对有必要的。

For, my friends, your body is not a shell; it is not a husk in which your spirit maintains temporary inhabitation. It is not an enemy to be thwarted and worked against. Your body is as much a part of your true being as your mind and as your spirit. These three aspects of self are, indeed, one self, and to exclude your body from the sanctity which seekers so often give to the mind and to the spirit is to invite reminders from the body that it is, indeed, as innate to you as any other portion of yourself.

因为, 我的朋友们, 你们的身体不是一个外壳, 它不是你的灵魂暂时在其中居住的一个外皮。它不是一个要被阻挠并与之对抗的敌人。你们的身体, 和你们的心智与你们的灵性一样多地, 是你们的真实的存有的一部分。自我的这三个面向, 确实是, 一个自我, 将你的身体从寻求者如此经常会赋予心智, 并赋予灵性的神圣性排除出去, 就是去招致来自于身体的提醒物, 即它确实如同你自己的任何其他部分一样对于你是与生俱来的。

So, when the seeker is confronted with such bodily catalyst, and pain and discomfort are presented to the self, we ask how might one respond to such an offering if it comes not from an enemy but from a friend, or even from the self? While such an offering may have an unpleasant experience, there is great healing and power in accepting such an offering as a gift from the body to the self, or in other terms, from the self to the self. This is a gift that may be held close to the heart, and understood as part of the self, no matter the accompanying experience, be it pain or pleasure.

因此, 当寻求者遭遇到这样的身体的催化剂, 且痛苦与不舒服被呈现给了自我的时候, 我们会问, 如果它不是来自于一个敌人, 而是来自于一个朋友, 甚至是来自于自我, 一个人要如何回应这样一种给予呢? 虽然这样一种给予可能拥有一种令人不快的体验, 且在接受这样一种给予就是一份身体给自我的礼物, 或者说, 是自我给自我的礼物的过程中会有巨大的疗愈与力量。这是一个可以被抓住靠近心, 并作为自我的一部分被理解的事物, 无论伴随着的体验是什么, 无论它是痛苦还是快乐。

Each of you has the capacity to hold these difficult experiences in the light of love and to integrate them into your being, and in doing so, a path towards healing may appear. There may yet be more distortion, or more gifts from the self, pointing to specific experiences or biases or beliefs that may need explored further by the self, while maintaining the torch of light and love that the explorer holds during this adventure. But, we suggest that once one is able to hold the body and its experiences in love and as a true aspect of one's being, healing has already taken place in its essential form. The rest, as you may say, is details.

你们每一个人都拥有能力将这些困难的体验保持在爱的光中, 并将它们整合到你们的存有之中, 通过这样说, 一条朝向疗愈的道路就可以出现了。可能还是会有更多的扭曲, 或者更多的来自自我的礼物, 它们指向了可能需要被自我更进一步地探索的特定的体验、或者偏向性, 或者信念, 而同时又要保持那个探索者在这

场冒险期间抓住的爱与光的火把。但是，我们会建议，一旦一个人能够将身体与它的体验保持在爱之中，作为一个人的存有的一个真实的面向，疗愈就已经用它实质的形式发生了。剩下的事情，如你们可能会说的一样，都是就具体细节。

We offer one final thought through this instrument on this vast and interesting topic that is so important to you and your planet at this time. The one known as Gary mentioned earlier in this meeting the contemplation of the notion of one love and one consciousness and one heart. We take this notion and extend it to that of one body.

我们通过这个器皿在这个巨大而有趣的主题上，这个主题在此刻对你们和你们的星球是如此之重要，提供一个最后的想法。被知晓为 Gary 的实体在这次集会中的早些时候提到过，对一个爱，一个意识与一个心的见解进行沉思。我们会使用这个见解，并将其拓展到一个身体的见解。

Realize, my friends, that the distinct being that you experience that may be so reinforced by the bodily experiences and pains is shared among all beings and all of the creation as your body is as much of the Creator as any other aspect of the creation. Consider the intricate system in which your body exists, and how it is connected to the environment around it, and to the bodies of the other selves with which it has contact. Your body is a reflection of the One and has the power of the One within it. It is truly a sacred portion of your being, and we are grateful to share this one body with you, the body of the Creator.

我的朋友，请意识到，你们体验到的那个明显的存有可能会如此之大地被身体的体验所强化，这个明显的存有与痛苦是在所有的存有与所有的造物中间被分享的，因为你们的身体和造物的任何其他面向是一样多地是属于造物者的。考虑到你们的身体存在于其中的错综复杂的系统，以及它是如何被连接到在它周围的环境，以及它已经与之接触到的其他自我的身体的。你的身体是太一的一个映射，它在它内在之中拥有太一的力量。它真实地是你的存有的一个神圣的部分，我们对于你们分享这一个身体，造物者的身体是感激。

At this time, we relieve this instrument and transfer contact to the one known as Gary, to address any questions that this circle might have. We are known to you as those of Q'uo.

在此刻，我们会放开这个器皿，并将接触转移到被知晓为 Gary 的实体，并解决任何这个圈子可能拥有的问题。我们是你们知晓的 Q'uo。

(Gary channeling)

(Gary 传讯)

We are known to you as those of Q'uo and we greet you again through this instrument. We make ourselves available for any small queries that may be upon your mind.

我们是你们知晓的 Q'uo，我们通过这个器皿再一次向你们致意。我们让我们可以为可能出现在你们的头脑中的任何小小的问题所利用。

Austin: Q'uo, we have a question from a seeker named M1, who asks, "I find myself fascinated by the question of how Q'uo and other channeled entities have evolved in their own understanding of humans over these last 50 years, perhaps in learning more of how their understanding of Earth human's have developed, we might gain at least another sliver of understanding about ourselves, as sparse as it may be around here."

Austin: Q'uo, 我有一个来自于以为名叫 M1 的寻求者的问题, 它问道, "我发现我自己为这样一个问题而着迷, Q'uo 以及其他的传讯的实体, 在他们自己对人类的理解的方面, 在过去五十年的时间中是如何发展呢, 也许是在更多地了解它们对地球人的理解已经如何发展了的方面, 我们可能至少取得了另一条关于我们自己的理解, 尽管这种理解是稀少的。"

Q'uo: We are those known to you as Q'uo, and we receive your query, my brother. We have witnessed your peoples for some time, long before you were upon this world. We have watched with a sense of wonder and keen interest and concern, as you have progressed, or stalled, or spun in circles, through your third-density experience. You ask for our opinions on your recent evolution, a span of your 50 years, and we give this instrument a sense of hope.

Q'uo: 我们是你们知晓的 Q'uo, 我们接收到了你的问题了, 我的兄弟。在你们出现在这个世界之前很久之前, 我们就已经在花了一些时间来见证你们的人群了。随着你们已经通过你们的第三密度的体验发展, 或者停顿, 或者在圈子里打转, 我们已经带着一种惊奇的感觉, 带着敏锐的兴趣与关注观察了。你们询问我们对在你们的一个五十年的跨度中的你们最近的演化的观点, 我们会给予这个器皿一种希望感。

We see much of the same conditions present now that have been with this population, these populations and their respective origins, for some time. These same conditions of attachment to non-seeking, non-conscious living, unconscious reaction to patterns, the tenacious seeking of comfort, however large the board may be which is applied to the head of the species, yet we see growing light as your world enters the fourth-density vibration. This light remains unknown to many upon your surface, but it becomes more visible with each passing season. [With] each upwards spiral, more of your peoples sense, or become aware of this increasing light, perhaps not consciously, but on some level within the being there is a choice that is made to participate in this light, to place priority upon loving others, finding the way toward compassion, finding value in healing and reconciliation, whether within the self, within relationships, or within the relationship to the Earth upon which one is born and one dies in the third-density illusion.

我们看到了, 现在已经在这个人群, 这些人群以及它们各自的源头上出现的情况大部分是相同的情况。这些相同的对不寻求, 无意识地生活, 对模式的无意识的反应, 以及对舒适的固执的追寻的牵绊的情况, 无论这个边界可能被用在怎样广大的人种的头上, 而我们看到随着你们的世界进入到第四密度的振动的不断发展的光。这种光对在你们星球表面上的很多人依旧是未知的, 但是它随着每一个季节的流逝都在变得更加可见了。伴随着每一次向上的螺旋, 你们的人群中更多的

人会感觉到，或者开始察觉到这种不断增强的光，也许不是有意识地察觉，但是在存有内在之中的某个层次上，会有一个选择被做出，以参与到这种光之中，将优先选择放在爱他人上，同时找到通往同情性的道路，在疗愈与和解中找到价值，无论是在自我内在之中，在关系内在之中，还是在与一个人在第三密度的幻象中在其上出生与死亡的地球的关系之中。

So, my brother, we cannot give specific diagnoses on planetary conditions, but we can assure you, with the fullness of our being, that there is cause for hope. People, as you call them, are awakening. Earth is transitioning, and whatever future days may hold in the way of destruction or disharmony, the birth process is underway and accelerates with each awakening of the seeker to these new vibrations.

因此，我的兄弟，我们无法在关于星球的情况上给予具体的诊断，但是，我们能够凭借我的存有的完整性对你们保证，会有希望的原因。人，如你们对它们的称呼一样，正在觉醒。地球正在转变，无论未来的日子可能会在破坏与不和谐的方式中遇到什么事情，出生的过程是正在进行中，并藉由每一个寻求者觉醒于这些新的振动而加速。

May we ask if there is another query at this time?
在此刻，请问是否有另一个问题？

Austin: I have a short follow-up. It seems like over the thousands of years that the Confederation has been interacting with humanity, there's been a gradual pulling back or lightening of the methods. Where once Ra walked among the Egyptians, it seems like now the most we can that hope for consistently is channeled contacts like this one. As we evolve as a species, will there be more opportunities for different sorts of interactions with the Confederation beyond this type of vocal channeling?

Austin: 我有一个简短的后续问题。看起来似乎在超过数千年的时间中，星际联邦一直在与人类进行互动，已经有一种对方法的逐渐的后撤或者减轻了。在 Ra 曾经在埃及人当中行走的位置，看起来似乎现在我们大多数人能够持久地期待的事情，诸如这个接触之类的被传讯的接触。随着我们作为一个物种发展，将会有更多的机会进行除了这种类型的语音传讯之外的不同类型的与星际联邦之间的互动吗？

Q'uo: We are those known to you as Q'uo and thank you for this query, my brother. Indeed, you have correctly noted our evolving strategy with regard to serving and answering the call of service emitting from your peoples. This strategy is consequent of our own naivety and, as you would define them, blunders, as our intentions did not achieve the desired outcomes. Our strategy, as you note, has thus been one of being as non-invasive as possible, gently awakening, advertising at the edges, passively beaming love and light, speaking to the self in veiled form in the dreams, and making our selves available through the vocal channeling. The virtue of this method being that the information or message that we share may be evaluated upon its own merits without the perception of the recipient being biased because . . . we

retrace . . . due to the presence of super-ordinary beings as the third-density entity would perceive it.

Q'uo: 我们是你们知晓的 Q'uo, 我们为这个问题而感谢你, 我的兄弟。确实, 你已经正确地指出了我们在关于服务与回应从你们的人群发出的服务的呼唤的方面的不断演变的策略。这种策略是是我们自己的天真与, 如你们对它们的定义一样, 失策的后果, 因为我们的意图并未取得渴望的结果。我们的策略, 如你已经注意到的一样, 因此已经是一种尽可能非侵略性的策略了, 这种策略会温和地唤醒, 在边缘上做广告, 被动地照射爱与光, 在梦境中, 通过被遮蔽的形式, 对自我说话, 通过语音的传讯让我们的自我是可供利用的。这种方法的优点是, 我们分享的信息或者讯息, 可以在其自身的优点上被评价, 而在接受者的知觉上市不会产生偏向性的, 因为.....我们后退.....由于超凡的存有的存在, 如同第三密度的实体对它的感觉一样。

Thus, may we speak of the love and the light of the One Creator with the hope that the carrier wave and the content of the information itself will be as the seeds disbursed upon your soil which may grow where the soil and the conditions are receptive.

因此, 我们可以谈及太一造物者的爱与光, 并同时带有希望, 信息的载波以及内容其自身, 将会如同被播撒到你们的土地上的种子一样, 它们可以在土壤与情况是有接受性的位置生长。

From our position in the densities higher than your own, there is a desire, my brother, to be with your peoples in a more direct or intimate way, for as a unified group of beings—unified in service to others—it is our great passion to share our love, to speak of that which we have learned, tailored for your experience, that we may hopefully empower your own seeking and your own experience.

从我们在比你们的密度更高的密度的位置来看, 我的兄弟, 会有一种渴望, 去用一种更加直接的或者亲密的方式来与你们的在一起, 因为作为一个统一的存有的团体——在服务他人中是统一的——我们最大的热情就是分享我们的爱, 并谈及我们已经学会的, 并为了你们的体验而被裁剪过的事物, 这样我们就可以有希望为你们自己的寻求和你们自己的体验赋予力量了。

If you can imagine the joy of knowing that one's service has been of aid in helping a self to realize the Creator within, it works that joy much the same in your density as it does ours. Will we be able to have or experience a more direct contact with your peoples? We may only suggest that in time—as your planet moves more firmly into the fourth-density vibrations and there is a reduction or elimination of the possibility of infringement upon the freewill of those not seeking—may we perhaps find other modalities more direct than the vocal channeling.

如果你们能够想象知晓一个人的服务已经在帮助一个自我去领会在内在之中的造物者的方面是有所帮助的喜悦的话, 这种喜悦与当它在你们的密度中出现的时候是大部分相同的。我们将会能够拥有或者个体验到与你们的人群的一种更加直接的接触吗? 我们仅仅可以建议, 在适当的时候——当你们的星球更加稳固地进入到第四密度的振动, 且会有一种对那些并未寻求的人的自由意志的侵犯的可

能性的减少或者消除的时候——希望我们也许可以找到其他的比语音传讯更加之间的方式。

Is there another query, my brother?
我的兄弟，有另一个问题吗？

Austin: Not from me, thank you, Q'uo.
Austin: 我没有了，谢谢你们，Q'uo。

Q'uo: We thank you, my brother. Is there another question from this group?
Q'uo: 我的兄弟，我们感谢你。有另一个来自这个团体的问题吗？

Austin: If no one else has a question, then I will read one more from M2, who writes: "Recent research in physics points to the cosmic web of galaxies having generally the same structure as the network of neurons in our brains. Is this meant as a clue, pointing to the consciousness underlying everything, or are there any other insights Q'uo might offer on this?"

Austin: 如果没有其他人有一个问题的话，接下来我将会读另一个来自 M2 的问题，它写道，“在物理学中最近的研究指向星系的宇宙网络一般而言拥有与在我们的大脑中的神经网络相同的结构。这是打算要作为指向存在于每一个事物之下的意识的一个线索的吗，或者 Q'uo 可能有关于这一点要提供的其他的洞见吗？”

Q'uo: We are those of Q'uo, and we receive this query with appreciation. We give the instrument the phrase, "as above, so below," for patterns repeat, or mirror, or dance in symmetry or likeness, or symbolic metaphor, one to the other, on various levels. You may take the instrument you call microscope and look at that which seems small and solid to you, zoom in, zoom in, zoom in, and at each level you will find an expansion into a vast interior space until you see that the universe exterior to you, and the universe interior to the solid seeming forms of life have a symmetry in their vastness. The stars, celestial bodies, positioned as they are in galaxies, the galaxies positioned as they are in the vast web or matrix of cosmic space, do bear a similitude to other structures, perhaps even the biological arrangement or structure of the, what you call "brain."

Q'uo: 我们是 Q'uo，我们带着感激接收了这个问题。我们给予这个器皿这个短语，“如其上，如其下，” (as above, so below)，来表示在各种各样的层次上一个事物与另一个事物的重复的模式，镜子，或者在对称性或者相似性中的舞蹈，或者，象征性的比喻。你们可以使用你们称之为显微镜的器具并检查对于你们看起来似乎是小而致密的事物，放大显示，放大，放大，在每一个层次上，你们都将会发现一种进入到一个巨大的内在的空间的拓展，一直到你们看到在你们外部的宇宙，以及在那个生命的表面上是固体的外形内在之中的宇宙，在它们的巨大性之中是拥有一种对称性的。恒星、星体、它们在星系中所处于的位置，星系在宇宙空间的巨大的网络或者母体之中所处于的位置，确实是带有一种与其他的结构的相似性的，也许甚至是你称之为“大脑”的生物性的排列或者结构。

Is this a clue with an intentional design? Rather, is this intentionally designed

as clues for the seeking eye? We would answer only generally, and say that, "yes," this is true, but not exclusively to this property of celestial bodies and neural networks, but to all facets, elements, of the creation. All things are mirroring, and in truth singing the majesty, the wonder, and the design of the Creator, and each way that this can be perceived or is recognized, can indeed, speak of a clue, calling the separate self to the mystery of the One.

这是一个带有一种有意图的设计的线索吗？毋宁说，这是作为对寻求的眼睛的线索而被有意设计的吗？我们仅仅会一般性地回答，并说，“是的，”这是真实的，但并不排他地是对这种星体与神经网络的属性是真实的，而是对造物的所有的面向与要素都是真实的。所有的事物都是镜射，并实际上是在歌唱造物者的庄严、奇妙与设计，这种镜射能够被感觉到或者被认出的每一种方式，都确实能够谈及一个线索，同时将分离的自我召唤到太一的神秘。

We ask if there is a follow-up or a final query.

我们会询问，是否有一个后续问题或者一个最后的问题。

Austin: No, not from me, thank you, Q'uo.

Austin: 没有了，我没有了，谢谢你们，Q'uo。

Q'uo: We thank you, my brother, and we depart from this instrument with gratitude for his offering to us, and we transfer this contact to the one known as Austin. We are those known to you as Q'uo.

Q'uo: 我们感谢你，我的兄弟。我们会带着对这个器皿对我们的奉献的感激而离开这个器皿，我们将这个接触转移到被知晓为 Austin。我们是你们知晓的 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and am again with this instrument. We express, through this instrument, our gratitude and admiration for the instrument known as Gary, as we understand the difficulty in accepting questions, and offering answers unknown to the self, relying solely on this process, and we offer our words of encouragement and suggest that as each instrument practices this art and technique more and more, the confidence with which one can enter into this service is slowly built, and through that confidence a greater service may be offered.

我是 Q'uo，我再一次与这个器皿在一起了。我们通过这个器皿表达我们对被知晓为 Gary 的器皿的感激与赞赏，因为我们理解在接收问题，并提供对于自我是未知的答案，并仅仅只依赖于这个过程之中的困难，我们会提供我们鼓励的话语，并建议，随着每一个器皿越来越多地练习这个技艺与技巧，一个人能够凭借着其进入到这种服务的信任就会缓慢地被构建起来了，通过那种信任，一种更大的服务就可以被提供了。

We ask at this time if there are any queries which we may address.

我们会在此刻询问，是否有任何我们可以讲述的问题。

Gary: Thank you, Q'uo, for that feedback. An individual named M3 writes: "Do those of negative polarity in fourth and fifth density, not realize they'll eventually need to switch and reconcile in sixth density? I'm curious as to their justification, if they do have some awareness of that need, or is this question an over-simplification of what entities in higher densities experience?"

Gary: 为那个反馈而感谢你们, Q'uo。一个名叫 M3 的个体写道, "在第四密度和第五密度中的那些具有负面性的极性的实体, 它们没有意识到它们最终将需要在第六密度中转换并和解吗? 我在关于它们的辩解的方面感到好奇, 是否它们确实对于那种需要拥有某种认识, 或者这个问题一个在更高的密度中的实体会体验到一种过度简单化的事情吗?"

Q'uo: I am Q'uo and am aware of your query, my brother. We may answer both of these queries in the affirmative. Indeed, to speak about such awareness in such simple terms is an over-simplification or an inadequate perception of the nature of the higher densities. It is quite impossible for the entity, solidly dwelling within third density, and accepting, for a time, the faculties of third-density consciousness, to grasp the nature of awareness of those in higher densities. However, simple though these terms may be, we can confirm that with the veil of third density lifted, and the nature of the Creator laid before the negative entity in the higher densities, it does become apparent, to use somewhat of a misnomer, that within the sixth density, the polarity is released, and for such a negative entity, this can be a difficult endeavor. However, we suggest to you that such an entity who perceives the self as the primal creator, deserving to be in a position of control and enforcing order upon the universe, this entity has already consciously chosen a path of difficulty, yet they understand, as do those upon the positive path, that the path still leads ultimately to the Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们可以用肯定的方式同时回答这两个问题。确实, 要用一种如此简单的说法来谈论这样的认识, 就是一种过度简单化, 或者是对更高密度的属性的一种不充分的感知。第三密度的实体, 在它稳固地居住在第三密度之中, 且暂时接受了第三密度的意识的机能的情况下, 要掌握那些在更高密度中的实体的认识的属性, 这是相当不可能的。然而, 尽管这些说法可能是简单的, 我们能够肯定, 随着第三密度的罩纱被升起, 且造物者的属性被摆在了在更高密度中的负面性的实体面前, 它确实会变得明显了, 这多少是一种用词不当, 在第六密度中, 极性被释放了, 对于这样一个负面性的实体, 这能够是一种困难的努力。然而, 我们会对你们建议, 这样一个感觉到它自己是首要的造物者, 并值得处于一个控制的位置上, 同时将秩序强加在宇宙上的实体, 这个实体已经有意识地选择了一条困难的道路, 而它们理解, 就好像那些走在正面性的道路上的实体理解一样, 这条道路将最终导向造物者。

Upon the realization in sixth density of the nature of unity, the negative entity does not resist, in the sense that you may understand, the need to release such polarity. Some may, for a time, continue walking the difficult path, attempting to test its limits, yet each step the negative or service-to-self entity takes upon their path is taken in the knowledge that they are the Creator, and

their path leads to a realization of all as the Creator. It is simply the path that they choose and that they find meaning within.

在第六密度中领会统一的属性的时候，负面性的实体，从你们可以理解的意义上，不会抵抗去释放这样的极性的需要。一些实体，可能会暂时，继续走在困难的道路上，并尝试去测试它的极限，而负面性或者服务自我的实体在它们的道路上走出的每一步，都是在对它们就是造物者的知晓中被走出的，它们的道路会导向一种对所有实体都是造物者的领悟。它单纯地就是它们选择，且它们在其中找到了意义的道路。

Is there a follow-up to this query, my brother?

我的兄弟，这个问题有一个后续问题吗？

Gary: Not to that query. Thank you, Q'uo.

Gary: 对那个问题没有了。谢谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Yes. R writes: "My question is, can Q'uo comment on how often a galactic Logos interacts with its creation in the form of a manifested principle, seemingly separate in the form of, shall I say, a sub-Logos, and does work with its creation by the means of teach/learning and guiding all aspects of its creation for the purpose of soul evolution?"

Gary: 是的。R写道，“我的问题是，关于一个星系的理则会多么频繁地用具有一种被显化的原则的形式，看似与，容我们说，一个子理则的形式是分离的形式来与它的造物进行互动，并确实会藉由教导/学习的途径来与它的造物一同工作，并为了灵魂演化的目的而指引它的造物的所有的面向，Q'uo能够对此进行评论吗？”

Q'uo: I am Q'uo and am aware of the query, my brother. We find this query quite difficult to address within the bounds of this instrument's capabilities, as well as the limits of the language available through this method, for to address this query would require an essential understanding and perception of the unifying line, you may say, between a Logos and its sub-Logos. This essential unity is, by design, shielded from the third-density entity.

Q'uo: 我是Q'uo，我了解了问题了，我的兄弟。我们发现这个问题在这个器皿的能力的边界中，同样在通过这种方法可供利用的语言的限制中，是很难讲述的，因为要讲述这个问题需要一种对在一个理则和它的子理则之间的，你们可以说，一元性的界限的一种实质性的理解与观念。这种实质性的统一性，藉由设计，就是对第三密度的实体被屏蔽起来的。

We find this query asks about frequency and consistency of this particular scenario, and such can only be expressed in terms of infinity, for in every moment, and every part of any Logoi's creation upon any level is that Logos manifest and offering to its creation the love and the light of the Creator as

understood and refined by that Logos. Is there a follow-up to this query, my brother?

我们发现这个问题询问关于这个特定的场景的频率与持久性，这仅仅能够在无限的意义被表达，因为在任何层次上的任何理则的造物的每一刻与每一个部分中，就是理则显化事物，以及将它的创造物提供给造物者的爱与光，如同那种爱与光被那个理则所理解与精炼的一样。我的兄弟，这个问题有一个后续问题吗？

Gary: Not to that one, thank you. I'll move on to the next one. Actually, I should check in with the instrument before doing that. Is that permissible Q'uo?

Gary: 对那个问题没有了，谢谢你们。我将继续移动到下一个问题。实际上，我应该在那样做之前检查一下器皿。那是许可的吗，Q'uo？

Q'uo: I am Q'uo and we thank you for your conscientiousness. Please present the next query.

Q'uo: 我是 Q'uo，我们为你的认真负责而感谢你。请给出下一个问题。

Gary: Our friend, A, asks: "Is it still possible for our third-density population to destroy the planet with nuclear or other warfare, now that we are in green-ray vibrations?"

Gary: 我们的朋友 A 问道，“我们的第三密度的人群仍旧有可能用核武器或者其他武器来破坏星球吗，既然我们是处于绿色光芒的振动中了？”

Q'uo: I am Q'uo, and am aware of your query, my sister. To speak in absolutes, or to confirm any specific probability, would be inappropriate at this time. However, we may say that there are many scenarios which may unfold that could, in essence, render your planetary sphere unviable for further experience. This is balanced by a far greater number of probabilities in which life meets the challenges presented to it by the confused society complex upon your planet and thrives regardless of any inconvenience met along the way.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。要用绝对的方式来发言，或者要确定任何具体的可能性，在此刻都会是不合适的。然而，我们可以说，会有很多的可以展开的剧情，实质上，是能够让你们的星球成为无法用于更进一步的体验的。这是被一种远远更大数量的几率所平衡的，在其中，生命会面对那些由于在你们的星球上的混淆的社会复合体而对其呈现的挑战，并无论沿路上遇到任何的不便都会存活下来。

To speak in some specific terms about the fear around the use of nuclear weapons, the power contained within such weapons is such that it affects dimensions and layers of reality beyond your own, and beyond that which these weapons were intended to affect. And so, in some scenarios, such weapons may not be permitted to be used, and would be thwarted as an expression of balance by the Confederation.

要用某种具体的方式来谈论在关于使用核武器的方面的恐惧，以及被包含在这样的武器中的力量的话，它会影响在你们自己的维度之外的维度与实相的层次，以

及超出了这些武器打算要影响的范围的事物。因此，在某些剧本中，这样的武器可能不会被允许被使用，并会作为一种平衡的表达而被星际联邦所阻扰。

However, this is not true in every scenario in which such weapons may be involved.

然而，在每一个可能会涉及到这样的武器的剧情中，这并不都是真实的。

Is there a follow-up or subsequent query that we may speak to?

有一个我们可以对其发言的后续问题或者附加的问题吗？

Gary: Not on that one, thank you Q'uo. J writes: "What happens with a leader of a positively oriented group who begins discouraging the principle of free will?"

Gary: 对于那个问题没有了，谢谢你们，Q'uo。J 写道，“如果一个正面导向的团体的领袖开始妨碍自由意志的原则了，在它身上会发生什么事情呢？”

Q'uo: I am aware of the query, my brother. We find some confusion in this query, as the described leader of a positive nature who discourages the principle of free will within the group is turning from the positivity used to describe such a leader . . . we pause to allow this instrument to deepen its connection.

Q'uo: 我了解了问题了，我的兄弟。我们在这个问题中发现了某种混淆，因为被表述的具有一种正面属性，但却妨碍了在团体中的自由意志的原则的领袖，是在背离被用来描述这样一个领袖的正面性的.....我们暂停以允许这个器皿加深它的连接。

We are Q'uo, and we are again with this instrument. Such a leader in a group that is seen to be positive may be met with temptations, either energized by those known to you as the Orion Confederation, or simply those temptations offered by the social mind which the group finds itself residing within. These temptations may sometimes exhibit as a desire for personal power, personal gain, or aggrandizement of the self.

我们是 Q'uo，我们再一次与这个器皿在一起了。在一个被视为是正面性的团体中的这样一个领袖，是可能遇到诱惑的，这些诱惑要么是被你们知晓为猎户联邦的实体所赋予能量的，要么单纯地是那些被那个团体发现它自己居住在其中的社会性的心智提供的诱惑。这些诱惑可能有时候会表现为一种对个人的权力，个人的所得，或者对自我的提升的渴望。

However, we feel that there are other types of temptations that speak more to the heart of this query, and those are the temptations of righteousness, and the feeling of being correct in one's view of the creation about one, and thus the desire to enforce these ideals upon others in the guise of a desire for a positive outcome becomes quite desirable in the eyes of such a leader. We would describe this as a confusion, and such a confusion may not only depolarize such an individual, but even allow an individual to polarize in the negative sense, upholding a seemingly positive ideal.

然而，我们感觉到，会有其他类型的诱惑会更多地谈及这个问题的核心，那些诱惑就是对于正确性，以及对在一个人对它周围的世界的观点中是正确的感觉的诱惑，因此，穿着对一种正面性的结果的渴望的伪装的将这些理想强加给其他人的渴望，在这样一个领袖的眼中会成为相当可取的。我们会将此描述为一种混淆，这样一种混淆可能不仅仅会让这样一个个体失去极性，同样也甚至会允许一个个体在负面性的意义上极化，同时高举一个看似正面性的影响。

We find this instrument waning in its energy, and at this time, take leave and transfer the contact to the one known as Jim, to offer this circle some final closing statements. We are known to you as those of Q'uo.

我们发现这个器皿在它的能量中正在衰减，在此刻，我们会离开并将接触转移到被知晓为 Jim 的实体，来向这个圈子提供一些最后的结束的发言。我们是你们知晓的 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. It is with great joy and pride that we commend each instrument for its abilities to participate so fully and conscientiously in this practice channeling session. We would commend the one known as Kathy for her ability to perceive our contact the first time that it was offered to her. She is to be commended for her desire to serve as an instrument, and her ability to perceive contact that is foreign to it.

我是 Q'uo，我们再一次与这个器皿在一起了。我们是带着巨大的喜悦与骄傲来称赞每一个器皿去如此充分且认真负责地参与到这次练习传讯的集会的能力的。我们会称赞被知晓为 Kathy 的实体，为她第一次在接触被提供给它的时候感觉我们的接触的能力。她因为她作为一个器皿进行服务的渴望，以及它去感觉对于它是陌生的接触的能力而是要被称赞的。

We would commend the ones known as Austin and Gary for their abilities to stretch their receptive faculties to the extent that they have moved beyond previous achievements and have made progress which is both exciting and solid. We are always amazed at the sincerity within the heart of each member of this group to be of the service which is possible for each without knowing the true nature of the possibilities. We can assure you that growth is potentially infinite, as is all of the creation, and that the heart that you have beating within your chest is a physical manifestation of the heartbeat of creation in which all entities participate as one being, for you know well that the creation and the Creator are one being, existing within each facet of the one creation.

我们会称赞被知晓为 Austin 以及被知晓为 Gary 的实体，为它们将它们接受性的机能伸展到了这样一种程度，它们已经超越了之前的成就，并已经做出了同时是令人激动且稳固的进步。我们同样也为这个团体的每一个成员的心之中对于进行有可能的服务的真诚而感到惊叹，因为每一个人都不知道这些服务的可能性的真实的属性。我们能够对你们保证，如同所有的造物一样，成长是潜在地无限的，你们拥有的在你们的胸膛中跳动的心，就是对造物的心跳的一个物质性的显化，

*所有的实体都是作为一个存有而参与到这个造物的，因为你们清楚地知晓，造物
和造物者是一个存有，并存在于一个造物的每一个面向之中。*

Thus, as you offer yourself in service to others, you partake of that great heartbeat of creation, and ride upon its rhythmic beating in a manner which allows you to perceive your shared unity with each other entity in whatever form or density within the one creation. Thus, we are all of one heart truly, for there is only one heart in truth, and you have served that Creator and that heart as if you were the lifeblood of that heart, moving in a rhythmic fashion within your own dance of being.

因此，当你通过服务他人而奉献你自己的时候，你就参与到了那种造物的伟大的心跳了，并用这样一种方式乘坐在它有节奏的律动之上，这种方式会允许你感觉到你与在太一造物之中在无论什么形式与密度中的每一个其他实体之间共享的统一性。因此，我们真的全都是属于一个心，因为实际上仅仅只有一个心，你已经服务那个造物者与那个心，就好像你就是那个心的生命的血液一样，那种生命的血液是在你自己的存在性的舞蹈中正在用一种有节奏的方式移动的。

At this time, we shall take our leave of this group. We leave each of you as we found you, in love and in light, for there is no place else to be. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个团体。我们在爱中，在光中离开你们每一位，因为没有其他的存在的位置。我们是你们知晓的 Q'uo。Adonai vasu borragus。

September 14, 2019

2019-09-14 红色光芒的阻塞与污染

(Jim channeling)

(Jim 传讯)

I am Q'uo, and greet each of you in love and in light this afternoon. We are most pleased to be asked to join your circle of seeking this day. We are aware that many here are not familiar with the channeling process, so we would begin by letting you know that we are not ultimate authorities. We are as your brothers and sisters who walk the same path as do you. We have moved, shall we say, a few steps further upon this path, and it is our service to others that moves us further along this path as it does you. Thus, your asking us to join your circle of seeking gives us an opportunity to be of service, and if you would do us a small favor, we would be able to serve you better: that is, when we speak in answer to your questions, any word or thought that does not resonate in harmony with you, leave it aside without a second thought, for we would not be stumbling blocks upon your path in any way whatsoever. Take those words and thoughts which have meaning to you and use them as you will. If you will do us this favor, then we may speak freely to you.

我是 Quo, 我在这个下午在爱中, 在光中向你们各位致意。我们极其高兴在今天被请求加入到你们的寻求的圈子。我们察觉到, 在这里有很多人并不熟悉传讯的过程, 因此, 我们会藉由让你们知道我们不是绝对的权威来开始。我们是和你们一样, 走在和你们所走的道路相同的道路上的你们的兄弟姐妹。我们已经在这条道路上, 容我说, 多走了一些脚步了, 和你们一样, 恰恰就是我们对他人的服务让我们沿着这条道路走得更远一些了。因此, 你们请求我们加入你们的圈子, 这给与了我们一个进行服务的机会, 如果你们愿意给我们一个小小的恩惠, 我们就能够更好地服务你们了, 那个恩惠就是, 当我们在回答你们的问题的过程中发言的时候, 如果有任何的话语或者想法并没有与你们和谐一致地共鸣, 请将它毫不犹豫地放到一边, 因为我们不愿意用任何方式成为在你们的道路上的绊脚石。请拿走那些对你们有意义的话语与想法, 并如你们所愿地使用它们。如果你们愿意给予我们这个恩惠, 接下来, 我们就可以自由地对你们发言了。

At this time, we would ask if there is a query with which we may begin.

在此刻, 我们会询问, 是否有一个我们可以用来开始的问题。

Jess: I have a question. Thank you. This question is from both myself and someone you've heard from before named Kyle. Kyle and I have been working together with others remotely in different geographical locations, as we greatly desire to tune, condition, and prepare ourselves for channeling, or for supporting channeled messages from the Confederation. Can you please comment on how this process is impacted whether we are in person vs. in different geographical locations? Is it possible to successfully channel messages from the Confederation with people in more than one location?

Jess: 我有一个问题。谢谢你们。这个问题是同时来自于我自己以及某个你们之前已经听说过的名叫 Kyle 的人。Kyle 和我一直都在与在不同的地理区域中的其

他人一同远程进行工作，因为我们极其渴望调音，调节作用，并让我们自己为传讯做好准备，或者支持来自于星际联邦的传讯的信息。你们能够对这个过程如何起作用进行评论吗，无论我们是独自一人，还是在不同的地理的区域中？有可能；凭借在多于一个地区的人来成功地传讯来自于星际联邦的信息吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. We look upon this query with some hesitation, for it is not our desire to infringe upon the freewill of entities by advising in a specific situation. Thus, we shall be somewhat general in our reply. It is to our best knowledge a task well done to be in the same situation or location, as you are attempting to be of service to others by offering yourselves in the process of channeling information from sources such as are we.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。我们带着某种不情愿来观察这个问题，因为我们的渴望是不去藉由用一种具体的方式建议而侵犯实体的自由意志。因此，我们将会在我们的回应中是有些一般性的。就我们最佳的知晓，在你们正在尝试去藉由通过传讯来自诸如我们之类的源头的信息的过程提供你们自己而服务他人的时候，一个任务如果是在相同的条件或者地点中被进行的，它会很好地被完成。

However, this is not a simple situation in which to participate, for there are various kinds of entities that one may make a contact with upon the inner planes through the meditative state approaching that which you call the trance state. Some are personal guides which may be accessed and channeled from one entity to another in different locations, for the personal guide is that source of energies and information that is what you may say local, or of your Earth sphere.

然而，这不是一个要去参与其中的简单的情况，因为会有各种各样类型的实体是个人可以通过接近你们称之为出神状态的冥想状态而在内在层面上与之建立一种接触的。一些实体是个人的指导灵，它是可以从在不同的地方的一个实体到另一个实体之间被读取并被传讯的，因为个人的指导灵是你们可以称之为本地的，或者是属于你们的地球层面的能量源与信息。

The conditions for such a situation are different for those such as are we, being native to other realms of experience and visiting your sphere as, shall we say, guests invited by entities such as yourselves. In this instance, it would be far more difficult, shall we say, to be able to access and process the information which we offer if there was a variety of locations, more than one. 诸如这样一个情况之类的情况是与诸如我们之类的实体不一样的，我们是属于其他的体验的领域的实体，我们是作为被诸如你们自己之类的实体邀请的，容我们说，访客来访问你们的星球的。在这种情况下，如果会有一种位置上的变化，多于一个地点，要取得并处理我们提供的信息就会是远远更加困难的了。

This also is subject to alteration if the entities partaking in the channeling process are adept at this process, so that they may exceed the local boundaries of time and space and become able to perceive the unity of the time and space facets of their channeling process. We hope that this is

enough information to give you some indication of your situation.

这同样也会受制于是否参与到传讯过程的实体对这个过程是精通的变量的, 这样它们就可能超越时间和空间的本地的边界, 并能够感知它们的传讯过程的时间和空间的面向的统一性。我们希望这会是足够给予你对你的情况的某种指示的信息。

Is there a further query at this time?

在此刻, 有一个更进一步的问题吗?

Jess: No, thank you.

Jess: 没有了, 谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Gary: Q'uo, I have a question about the red ray. Is there the possibility of blocking its flow in any way, say by fear of, or rather a threat to survival?

Gary: Q'uo, 我有一个关于红色光芒的问题。会有用任何方式阻碍它的流动的可能性吗, 假设藉由对生存的恐惧, 或者毋宁说是一种对生存的威胁。

Q'uo: I am Q'uo and am aware of your query, my brother. Normally speaking, the red ray is a ray which does not have an variable nature of expression. That is to say, it is normally fixed in its quality of beingness, that being the survival of the entity and the reproduction of entities. However, it is, indeed, quite possible to block the red ray in either of these expressions of its basic nature. The blockage is most usually accomplished by the entity in its conscious nature in which there would be seen a threat to the well-being of the physical or mental complexes of the entity. This fear consciousness, then, can, indeed, render the red ray blocked in a fashion which prohibits further movement of the prana, or the love and light of the One Creator, through its energy center.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。一般而言, 红色光芒是一种并不拥有一种可变的表达的属性的光芒。也就是说, 它通常在其存在性的特性中是固定的, 那种存在性的特性就是实体的存活与实体的繁衍。然而, 在对它的基本属性的这些表达中的任何一个表达中, 确实相当有可能阻塞红色光芒。阻塞极其经常地是被实体在它的有意识的属性中完成的, 在其中, 会有被视为是一种对实体的身体或者心智的复合体健全的威胁的事物。这种恐惧的意识, 接下来, 确实能够用一种会阻止普纳, 或者太一造物者的爱与光, 通过它的能量中心的更进一步的运动的方式让红色光芒被阻塞。

Is there a further query, my brother?

我的兄弟, 会有一个更进一步的问题吗?

Gary: What about in the instance of an entity who commits suicide. Have they blocked their red ray energy center?

Gary: 在一个自杀的实体的情况中是如何的呢? 它们阻塞了它们的红色光芒的

能量中心吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Such an entity would be feeling a kind of fear of being alive, of fearing the consequences of its experience that has moved in a most disturbing fashion through the entity, for some period of what you call time. Thus, the entity that would be, shall we say, driven by its own fears of failure, or fear of not being able to continue to process the growing catalyst in its life pattern, would be blocking all energy centers at once, for this type of experience is one which includes the very nature of the spiritual being of this entity. Thus, the red ray would be blocked firstly, then the others in turn, seriatim.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这样一个实体会正在感觉到一种类型的对活着的恐惧, 对它的体验的结果的恐惧, 它的体验在你们称之为时间的一段时期中已经用一种极其令人不安的方式经过了那个实体了。因此, 对于这个会被它自己对失败的恐惧, 或者对无法继续处理在它的生命模式中不断增加的催化剂的恐惧所驱动的实体, 它会同时阻塞所有的能量中心, 因为这种类型的体验是一种包含了这个实体的灵性存有的本性的体验。因此, 红色光芒会首先被阻塞, 接下来, 其他光芒, 依次地, 逐一被阻塞。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: One more red ray related question, and then I'll open it back up to the circle to see if anybody has questions. In the Ra contact, the questioner is asking about the balancing of the energy centers, and Ra begins—Ra moves through the energy centers starting with red ray, and they say: "The first balancing is of the Malkuth or Earth vibratory energy complex, called the red-ray complex, and understanding and acceptance of this energy is fundamental." Is there any way to elaborate on what Ra means by "an understanding and acceptance of this energy is fundamental?"

Gary: 还有一个与红色光芒有关的问题, 接下来, 我就将会将它交还给圈子来看看是否任何人有问题。在 Ra 的接触中, 提问者正在询问关于对能量中心的平衡, Ra 开始——Ra 用红色光芒开始穿越能量中心, 它们说, "首先的评论很是对 Malkuth 或者被称为红色光芒复合体的地球振动能量复合体的平衡, 以及理解并接受这种能量是基础性的。"有任何方式对 Ra 说的"对这个能量是基础性的"一种理解与接纳"进行阐述吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The Malkuth is the Earth realm in which the spiritual energies are fed into the mind/body/spirit complex firstly through the red ray in order that this elemental body, which is without form, may be energized in a manner which allows it to have a beingness within the Earth realms. The potentiated nature of the red ray at that time, then, becomes activated so that it becomes what you may call the foundation upon which the rest of the energy centers' activities may be based. It is that which is fundamental to all other actions and intelligence that will emanate from each succeeding energy center.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。Malkuth 是灵性能量在其中, 首先通过红色光芒, 被喂养进入到心/身/灵复合体的地球领域, 以便于这个元素身体, 它是没有形体的, 可以用一种会允许它在地球领域中拥有一种存在性的方式被充能。红色光芒在那个时候的潜在的属性, 接下来就会被激活, 这样它就会成为其他的能量中心的活动可以在其上以之为底座的基础的。就是对于所有其他的活动与智能都是基础性的事物, 将会从每一个后续的能量中心中散发出来。

Is there another query at this time?
在此刻有另一个问题吗?

Zach: I have a question, Q'uo. Could you expound on the right use and purpose of red-ray attraction between entities for positive polarization?

Zach: 我有一个问题, Q'uo。你们能够对在实体之间, 为了正面性的极化, 的红色光芒的吸引的正确的使用与目的进行详细说明吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The red-ray activation is that which occurs between two entities who are sexually polarized in a manner which is, shall we say, available for interaction, or interplay. This meaning that the attraction is that which finds a polar opposite, whether the entity be biologically male or biologically female. The physical attraction is that which is congruent with each entity's individual and unique natures. This operates without conscious control. This operates more accurately as an unconscious reflection of the nature of each entity's basic quality of sexual polarity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。红色光芒的激活是发生在两个实体之间激活, 这两个实体用一种, 容我们说, 可以为相互作用或者互动所利用的方式, 是在性的方面被极化了的。这意味着, 吸引是那种会找到一个对立的极性的事物, 无论实体是生物性的男性还是生物性的女性。身体的吸引是与每一个实体的个体的且独一无二的属性协调一致的事物。这会在没有有意识的控制的情况下运转。这会更加准确地作为对每一个实体的性的极性的基本特性的属性的无意识的映射而运转。

Thus, there is, as a result of this attraction, a kind of fellowship of a basic nature that becomes the foundation of an addition to this basic quality, as the interaction between the two entities commences and continues. Therefore, each entity is offered the opportunity to be of service to the other, in one manner or another, as it begins with the sexual attraction being added unto by the intense red and orange-ray quality of individual beingness, moving further along to the yellow ray, that places each entity within the group situation of the mated pair ideally. However, this is always due and processed by individual freewill. Thus, the basic pattern of energizing and promoting the relationship value of the two entities is that which is the propelling function of the red-ray excitation.

因此, 作为这种吸引的一个结果, 会有一种类型的具有一种基本属性的伙伴关系, 随着在两个实体之间的互动的开始与继续, 这种基本的属性会成为在这种基本的

特性上的一种附加物的基础。因此，每一个实体都被提供了对另一个实体，，用这样或者那样一种方式，进行服务的机会，当它从从性吸引开始，个体的存在性的强烈的橙色光芒的特性会增加这种性的吸引，同时更进一步移动到黄色光芒，它将每一个实体放置在用理想型的方式配对的伴侣的团体的情景中。然而，这一直都是由个体的自由意志所决定并被其所处理的。因此，对两个实体的关系的价值的基本的充能与促进的模式，就是在红色光芒的刺激驱动性的机能。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Zach: No, Q'uo. Thank you.
Zach: 没有了，Q'uo。感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Forest: I've got a question, Q'uo, and it is totally unrelated to red-ray energy. Perhaps a broader question on this sphere in what we call the year 2012, many earthlings were expecting what we refer to as "the Mayan Prophecies," which could have led to a mass harvesting of souls. It is my understanding that humanity was not ready for that to take place at that time. It is my further understanding that there were a number of spheres sent to protect the Earth, in mass, from such a comprehensive harvesting.

Forest: 我已经有一个问题了，Q'uo，它与红色光芒的能量是完全无关的。也许它是关于这个星球在我们所称的2012年的一个更为宽泛的问题，很多人类曾经都在期待我们称之为“玛雅预言”的事物，它本来是能够导向一场大型的灵魂收割的。我的理解是，人类在那个时候并未为那场收割做好准备。我的更进一步的理解是，曾经有有很多的星球被派遣来保护地球，整体上，避免这样一场广泛性的收割。

So, my question is twofold: First, is my understanding correct? Second, is if those spheres were generated by the collective consciousness of humanity, or were they sent by the One Infinite Creator, or were they simply sent by the Confederation to intervene independent of the One Infinite Creator. Thank you.

因此，我的问题有两个方面：首先，我的理解是正确的吗？第二，是否那些星球是被人类的集体意识产生出来的，或者它们是被太一无限造物者派遣来的，或者它们单纯地是被星际联邦派遣来干预，而独立于太一无限造物者的。谢谢你们。

Q'uo: I am Q'uo and am aware of your query, my brother. To begin, the energies of transformation that were widely perceived to be available in the year of 2012 were energies that were available on a variety of levels of being. These energies were potentially able to be manifested, not only upon the inner planes where they were, indeed, manifested, but also upon the outer planes of your third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。作为开始, 被大范围地感觉到在 2012 年可被利用的那种转变性的嗯那姑娘, 是在多种多样的存在性的层次上可供利用的能量。这些能量潜在地是能够被显化出来的, 不仅仅在它们曾经位于的内在层面上被显化出现, 同样也在你们的第三密度的幻象的外在层面上被显化出来。

Many prophecies and channeling, shall we say, focused upon these energies in many and sundry ways; some describing them in one way, others in another way. This is to be expected when there are various types of channels with various abilities functioning in the perception of that which exists upon the inner planes as possibility/probably vortices. There are always many different ways in which any prophesied potentiality may be perceived, or also, may be manifested, for as action takes place upon one level of the planetary consciousness, there is oftentimes a changing of the possibility/probably vortices.

很多的预言与传讯用很多且各种各样的方式, 容我们说, 聚焦在了这些能量上, 一些用一种方式描述它们, 其他的用另一种方式描述它们。这就是在会有各种各样的类型的管道的时候要被期待发生的事情了, 这些管道带有各种各样的能力, 会, 并会通过作为可能性/或然率的漩涡而存在于内在层面上事物的知觉而运转。一直都会有很多不同, 任何被预言的潜能可以通过其被感觉到, 或者, 同样可以通过其被显化的途径, 因为随着行动在星球意识的一个层次上发生, 经常会有一种对可能性/或然率的漩涡的改变。

The action of transformation was not so much a mass consciousness on the external level that was to be experienced, but a kind of inner transformative experience of various seekers of truth, as you may call them, that would, through being sensitive to the vibrations streaming in from the cosmic sources, and utilized these vibrations in a manner much like you would call the "rising of the kundalini" so that there would be, among those who were ready, a transformational experience that would allow them to further express this cosmic energy in their life patterns. This would become likened unto a fertilizing of the mass consciousness of humanity in order that the One Infinite Creator which exists within each entity and iota of creation might find a fuller manifestation of its beingness within the group mind of the Earth consciousness.

转变的活动并非如此之大地是在外部层次上要被体验到的一种大众意识, 而是各种各样的真理的寻求者, 如你们可能称呼它们的一样, 的一种类型的内在的转变性的体验, 这些真理的寻求者会对从宇宙的源头流入的振动变得敏感, 并会用这样一种非常类似于你们会称之为“昆达里尼的提升”的方式来利用这些振动, 这样, 在那些准备好了的实体当中, 就会有一种转变性的体验会允许它们更进一步地在它们的生命模式中表达这种宇宙能量。这可以被比作一种对人类的大众意识的施肥, 以便于存在于每一个实体与造物的每一个微粒中的太一无限造物者可以, 在地球意识的群体心智中, 找到对它的存在性的一种更为圆满的表达。

This was, indeed, experienced by many who were available to such energy shifts. However, those who were expecting to see a mass transmigration of

souls into the higher realms at that time were acting upon the information which had been less than perfectly perceived by various channels and contacts around your globe.

这确实会被很多可供这样的能量转换的所取得的实体体验到。然而，那些曾经期待看到一种灵魂大规模转生进入到更高领域中的人，在那个时候是在根据这样的信息行动的，这种信息已经被在你们的星球上的各种各样的管道与接触多少有些较不完美地感知到的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Forest: So it sound to me like the fertilization, as you call it, of certain individuals to raise their vibration, took place, and as the result of that, is that now currently in the year we call 2019, what is responsible for this time and third-density Earth history being unlike any other time in our third-density illusion? Thank you.

Forest: 因此，它对于我听起来就好像是，对一定的个体的，如你们对它的称呼一样，施肥，以提升它们的振动，这种施肥发生了，作为它的结果，现在当前在我们所称的 2019 年之中，什么事情是要为这个时间以及第三密度的地球历史与在我们的第三密度的幻想中的任何其他时间是不一样负责的呢？谢谢你们。

Q'uo: I am Q'uo and we thank you for your query, and for your summation, which, in our means of estimation is quite correct. There is a continuation of these energies that are now engulfing your planetary sphere, for the clock of the cosmic nature has begun to strike in an ever more forceful manner, to call in the types of transformations that are possible within individuals at this time. There is the interaction of much of the positive and negative polarities upon your planetary sphere so that there is much confusion, much doubt, much difficulty, and much awaiting of that which is to come without a clear perception of how these cosmic instreamings may have their effect upon entities and upon your planetary sphere itself. Your planet has made the transition into the fourth density of love and understanding and its population is slowly being harvested in the positive and the negative senses, so that each entity which now passes through what you would call the death transition is offered an opportunity to move through a portal of light, where the light will gauge the ability of the entity to withstand the impact of the fourth-density vibrations, this measured by the violet ray of each entity's energy centers.

Q'uo: 我是 Q'uo，我们为你的问题与你的总结而感谢你，在我们的评价的方式中，你的总结是相当正确的。会有持续不断的这些能量现在正在吞没你们的星球，因为宇宙属性的始终已经开始用越来越更加强有力的方式报时了，以召唤在此刻在个体内在之中是有可能的那种类型的转变。在你们的星球上会有大量的正面性与负面性的极性的相互作用，因此会有大量的混淆，大量的困惑，大量的困难，会有很多人都等待着在没有对这些宇宙能量的流入可能会如何对实体以及对星球其自身产生的影响的一种清楚的知觉的时候将会出现的事情。你们的星球已经完成了进入到爱与理解的第四密度的转变了，它的人群正缓慢地用正面性与负面

性的方式被收割，这样，现在穿越你们称之为死亡的转换的每一个实体，都被给予了一个机会去通过一个光的入口，在其中光将会测量实体去承受第四密度的振动的冲击的能力，这种能力是被每一个实体的能量中心的紫罗兰光满所度量的。

Thus, the transition into the fourth density is underway and shall continue for an unknown period of your time, for there is, as we have said, much confusion upon your planet at this time. However, we would suggest to each seeker of truth that as you send love and light to your planetary sphere and its population, that love and light works in a resonant fashion with the love and light of the One Creator which exists within each entity, so that whatever possibility any entity has for positive harvestability is enhanced by this resonant quality.

因此，进入到第四密度的转换时正在进行中，并将会继续你们的时间的一个未知的长度的时期，因为如我们已经说过的一样，在此刻在你们的星球上会有大量的混淆。然而，我们会对每一个真理的寻求者建议，当你们向你们的星球以及它的人群送出爱与光，那种爱与光将会用一种共鸣的方式与存在于每一个实体内在之中的太一造物者的爱与光一同工作，这样，任何实体拥有的对于正面性收割的无论什么可能性，就都会被这种共鸣的特性所增强了。

Thus, as entities such as yourselves hold meditations sending love and light to the planetary population, you enhance the opportunity for this harvest to be completed and to be able to be perceived by each entity upon the planet. This is the great hope of the Confederation of Planets in the Service of the One Infinite Creator. However, we, as you, stand upon the sidelines watching the play unfold. Eventually, the play will reach its final act, and the One Creator will be found in all.

因此，如果诸如你们自己之类的实体，保持冥想，并向星球的人群送出爱与光，你们就会增强这场收割被完成，并能够被在星球上的每一个实体感觉到的机会了。这是服务于太一无限造物者的星际联邦的巨大的希望。然而，我们和你们一样，是站在旁线上观看戏剧的展开的。最终，戏剧将会抵达它最后一幕，太一无限造物者将会在万物中被发现。

Is there another query at this time?

在此刻有另一个问题吗？

Forest: That is all, thank you.

Forest: 这就是全部了，谢谢你们。

Q'uo: I am Q'uo, again we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们再一次感谢你，我的兄弟。在此刻有另一个问题吗？

Rachel: Q'uo, so, it's my understanding that essentially, we're creating the path to the fourth dimension in the way of fertilization now. I guess just in the way of perception on what you know, for me, in the way of love and light I carry through the day, and the way I live I sometimes see things as playing out as

like a movie outside of myself. And so I'm asking, with what you're saying, and the way of us getting together as collectives and meditating for the world, is that we're carrying them closer to the violet light, which to me is part of us, most of us. Is it something that, to me, that we're all called to here together today to know each other for something of that nature, to work towards a higher understanding of vibration and how we can do that together?

Rachel: Q'uo, 因此, 我的理解是, 实际上, 我们现在正在通过施肥的方式创造出通往第四密度的道路。我猜想, 通过对你们知道的事情的感知的方式, 对于我, 通过我携带着穿越那一天的爱与光的方式, 以及我生活的方式, 我有时候会将事情视为是如同一部电影一样在我自己外部在放映着。因此, 我正在询问, 藉由你们正在说的事情, 我们聚集在一起成为集体, 并为世界祈祷, 这种方式是我们正在将它们带到更加接近紫罗兰光芒的位置吗, 这种紫罗兰光芒对于我, 就是我们, 我们大多数人的一部分。对于我, 它是某个我们今天全都被呼唤到这里一起以相互彼此知晓的事情, 为了某个具有那种属性的事情, 以朝向一种更高的振动的理解而工作, 我们如何才能一起进行那个工作呢?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, each entity within this circle of seeking as well as so many, many others of like mind, body and spirit, has within it, the capacity to contact that quality of love and light within each being which is the One Infinite Creator, and to send forth that love and light to the planetary population in a fashion which may inspire more seeking of the truth, as you may call it, by each entity. The seeking of this truth is the seeking of that which is the unity of all creation, expressed through the open heart that feels unconditional love for all of the creation. Each entity, in each iota of the creation, being seen as the other self, being seen as the Creator, being seen as the perfection of all creation within the third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 在这个寻求的圈子中的每一个实体, 同样还有如此许许多多的具有类似的心智、身体与灵性的其他实体, 在它内在之中, 都拥有能力去接触在太一无限造物者之所是的每一个存有内在之中的那种爱与光的特性, 并将那种爱与光, 用一种可能会鼓舞每一个实体的更多的对真理的寻求, 如你们对它的称呼一样, 的方式, 发送给星球的人群。对这个真理的寻求就是对所有造物的统一性的寻求, 它是通过感觉到了对所有造物的无条件的爱的开放的心被表达的。每一个实体, 在造物的每一个微粒中, 都被视为是其他自我, 被视为是造物者, 被视为是在第三密度的幻象中的所有的造物的完美性。

Thus, each moment, each day, each diurnal period that you experience this love and light and send it forth to the planetary whole, is an opportunity to expand upon the possibilities of the harvest being completed in the positively and the negatively oriented senses, so that this planet may offer the fruit of its beingness to the One Creator at the level of the fourth density of love and understanding.

因此, 你体验到这种爱与光, 并将它发送给星球整体的的每一刻, 每一天, 每一个昼夜周期, 都是一个机会, 让用正面性和负面性导向的方式的收割被完成的可能性得到拓展, 这样这个星球就可以将它的存在性的果实, 在爱与理解的第四密

度的层次上，提供给太一造物者了，

Is there a further query, at this time?
在此刻，有一个更进一步的问题吗？

Rachel: No, thank you.
Rachel: 没有了，感谢你们。

Q'uo: I am Q'uo. We thank you, my sister. Is there another query at this time?
Q'uo: 我是 Q'uo。我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, it is our understanding that each new generation that is born on Earth will express abilities and understanding that exceeds the boundaries of consensus reality and progressively lead us forward toward fourth density. When the new generation is at the stage of childhood, how do we adults help to inspire these children and help them to identify and develop their gifts?

Gary: Q'uo, 我们的理解是，在地球上被诞生出来的新一代将会表达超越了共识性实相的边界的能力与理解，并会逐渐引导我们向着第四密度前进。当新一代是出于童年时期的时候，我们这些成人如何帮助启发这些孩子，并帮助它们确定与发展它们的天赋呢？

Q'uo: I am Q'uo and am aware of your query, my brother. First of all, we would suggest that each person see each new child not just as a child of a mother and a father of third density, but as a child of the One Infinite Creator, for in truth, that is the nature of each child and each entity upon this planet. Seeing each child as the Creator, look then to how the Creator within all may be apprehended and taught to this child as a means of daily inspiration and recognition of the Creator that exists in all. Find a manner in which you may share your love of the One Creator with this child upon a regular basis, just as you learn arithmetic and reading in your schooling system, teach them the oneness of all creation, teach them the unconditional love of all creation, teach them the light of truth of all creation, teach them the interrelatedness of all entities within the one creation, and most especially at this time, upon the planet you call Earth.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。首先，我们会建议，每一个人都看将每一个新的孩子不仅仅视为是属于第三密度的一个母亲和一个父亲的一个孩子，同样也视为是太一造物者的一个孩子，因为实际上，那就是在这个星球上的每一个孩子和每一个实体的本性，接下来，检查一下在万物之中的造物者是如何可能被领会并被教导给这个孩子，作为一种每天启发与认出存在于万物之中的造物者的方式。找到一种通过其你可以与这个孩子用一种有规律的方式，就好像你会在你的学校系统中学习算数与阅读一样地，分享你对太一造物者的爱的方式，教导它们在太一造物中所有实体的相互关联性，尤其是在此刻，在你们称之为地球的星球上的实体的相互关联性。

Make this the foundation of every child's education, and then each child shall be rich in the knowledge of that which is. For we are all one: we are one with

each child, we are one with each other, we are one with the father, we are one with the mother, we are one with the planet—we are one.

让这成为对每一个孩子的教育的基础，接下来，每一个孩子就将会在对其之所是的知晓中成为富有了的。因为我们全都是一体的：我们是与每一个孩子是一体的，我们与相互彼此是一体的，我们与天父是一体的，我们与圣母是一体的，我们与星球是一体的——我们是一。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Thank you so much. Not on that one, no.

Gary: 非常感谢你们。在这个问题上没有了，没有问题了。

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

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有一个最后的问题吗？

Gary: Q'uo, Ra describes some contamination in the collective mind, and they say specifically, "Thus, there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various pre-dispositions to adversary relationships, or, as you call them, marriages, rather than the free giving, one to another, in the love and the light of the Infinite Creator."

Gary: Q'uo, Ra 描述了在集体性质中的某种污染，它们具体地说，“因此，甚至会有某种对性的，容我们说，污染，这种污染大部分是在你们自己的文化中显现为对有敌意的关系，或者如你们对它们的称呼一样，婚姻的各种各样的倾向，而不是对相互彼此在无限造物者的爱与光中的自由的给予。”

Can you describe the difference between marriage, as it's conventionally experienced on this planet, and the free giving that Ra is describing?

你们能够描述在婚姻，如同它在这个星球上传统性地被体验到的一样，与 Ra 描述的自由给予之间的差异吗？

Q'uo: I am Q'uo and we believe that we understand your query, my brother. Please correct us if we are not correct. The contamination that has existed from time immemorial upon your planetary sphere for the sexual energy transfers between the married couple is a product of negatively oriented entities wishing to plant the seeds of separation within the population of this planetary sphere. These types of seeds of separation then, have continued to grow throughout the history of your planet so that the sexual energy transfer has been marred, or contaminated, as those of Ra said, so that it is seen in many different ways to be that which is desirable, that which is valuable, that which is saleable, that which is to be controlled, that which is dirty, that which is to be avoided. Thus, there is confusion that has existed for many thousands of your years regarding this type of sexual energy transfer.

Q'uo: 我是 Q'uo，我们相信我们理解了你的问题，我的兄弟。如果我们是不正确的，请纠正我们。在你们的星球上从远古就已经存在的，对在婚姻的伴侣之间

的性能量转移的污染，是一种负面导向的实体的产物，这些实体希望将分离的种子种植在这个星球的人群当中。这些类型的分离的种子，接着，就已经在贯穿你们的星球的整个历史中继续生长，这样性能量转移就已经被损毁，或者如同 Ra 说过的一样，被污染了，因此，成为要被控制的，成为肮脏的，成为要被避免的事物，这就已经用很多不同的方式被视为是可取的，是有价值的，是有销路的了。因此，在关于这种类型的性能量转移的方面就已经有混淆存在了你们的许多千年的时间了。

The marriages, therefore, of those who are partaking in this sexual energy transfer have had to deal with the mixture of qualities that have been adjudged to be a portion of such sexual energy transfers. Few there are who have been able to look past these qualities of doubt and disgust to see that there is, within this energy transfer, the perfect beauty of unity, the sacred darkness and the wand of light moving in such a fashion as to create the opportunity for life to spring forth from the One Infinite Creator into the third-density illusion, thus awakening in both entities the opportunity to be of service to the new being. Whether or not entities are of the same biological nature, this same type of sexual energy transfer may also be seen to offer to each entity the bonding of a nature which is most holy in its grounding of beingness, so that there is also offered to each entity the type of service to others that the mated pair can experience and express in the daily round of activities, making holy each activity that is engaged in so that there is the expression of the One Creator, the love, the light and the unity within each activity that is undertaken by such entities. There is always the opportunity to see past the contamination so that there is a purity that is discovered beyond all contamination, beyond all confusion, beyond all doubt. For each of you contains within you the One Creator that can be accessed and experienced and expressed in a pure sense in every facet of your being as you move upward along the energy centers, and express each energy center's quality in a way in which the energy exchange is pure and perfect and personal.

因此，那些正在参与到这种性能量转移的实体的婚姻，就已经不得不与这样的属性的混合物打交道了，这些属性已经被判决成为了这样的性能量转移的一部分了。那些已经能够看穿这些怀疑与厌恶的属性的实体，很少有人能够看到，在这种性能量转移中，会有统一性的完美的美丽，神圣的黑暗，以及光的权杖用这样一种方式的移动，以便于创造出机会来让生命从太一造物者跃出，进入第三密度的幻象中，并因此同时在两个实体中唤醒对新的存有进行服务的机会。无论实体实体是否是属于相同的生物性的属性，这种类型的性能量转移都可以被视为是为每一个实体提供了具有这样一种属性的纽带，它在它的存在性的地面中是极其神圣的，这样，同样也会有那种类型的对他人的服务会被提供给每一个实体，这样配对的伴侣就能够在日常生活的活动中体验与表达这种类型的对他人的服务，同时实体每一个被参与到的活动成为神圣的，这样，就会有对太一造物者，以及对在被这样的实体进行的每一个活动中的爱，光与统一性的表达了。一直都会有机会去看穿污染，这样就会有一种纯度会超越所有的污染，超越所有的混淆，超越所有的疑虑被发现。因为你们每一个人在你们内在之中都包含有太一造物者，在你沿着能量中心向上移动，并用一种能量交换是纯净的，完美的，且个人的方式来表达每一个能量中心的特性的时候，太一造物者是能够用一种纯净的方

式，在你的存有的每一个面向中被进入并被体验到的。

At this time, we would again thank each of you for inviting our presence in your circle of seeking today. We are known to you as those of Q'uo. We shall now take our leave of this instrument and this group. We leave each of you as we found you, in the love and the light of the One Infinite Creator. Go forth in peace and in power, in joy and in praise for all is one. Adonai vasu borragus. 在此刻，我们会再一次感谢你们每一位邀请我们今天出席你们寻求的圈子。我们是你们知晓的 Q'uo。我们现在将离开这个器皿和这个团体。我们在太一无限造物者的爱与光中离开你们每一位，如同我们发现你们一样。在平安中，在力量中，在喜悦中，在对万物一体的赞美中前进吧。Adonai vasu borragus。

September 21, 2019
2019-09-21 负面性的末日

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and light. We are most pleased once again to be with you, for we know that we are with brothers and sisters on the same journey which we travel and we are most pleased to be able to assist your journey in any way that we may without infringing upon your free will. So, as you well know, we suggest that you take the information that we give you in response to your queries and use it in whatever way has meaning for you information which has no meaning for you. In this way, we may speak freely. Thusly, we would ask at this time if there may be a query with which we may begin.

我是 Q'uo，我在爱与光中向你们各位致意。我们再一次极其高兴与你们在一起，因为我们知道我们是走在和我们旅行的旅程相同的旅程上的兄弟姐妹们在一起，我们对于能够用任何我们不会对你们的自由意志产生侵犯的方式来帮助你们的旅程是极其高兴的。因此，如你们清楚知晓的一样，我们建议你们将我们在回应你们的问题的时候给予你们的信息拿起来，用无论什么对你们有意义的方式来使用它，将对你们没有意义的信息都抛弃掉。用这种方式，我们就可以自由地发言了。因此，我们会在此刻询问，是否有一个我们可以用来开始的问题。

Gary: This question comes from Luis, which asks: "Outside of our personal radiation of vibratory beingness to the planet, what are the most efficient forms of individual and collective work we can do to help heal the planet, smoothly alleviating the trapped heat caused by war and anger, and aid in the reduction of aggressive disharmonies between our cultures? Could you elaborate in more detail how to best perform this work, its effect, and its necessity or urgency?"

Gary: 这个问题是来自于 Luis，它问道，“除了我们的个人的的振动性的存在性对行星的辐射之外，为了帮助疗愈这个星球，顺利地缓解由于战争与愤怒造成的被卡住的热量，并在对在我们的文化之间的好战的不和谐的减少中给予帮助，我们能够做的个体与集体的工作的最为有效的形式是什么？你们能够更加具体细节地阐述，如何最佳地进行这个工作，它的成效以及它的必要性或者紧迫性吗？”

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the work of each seeker of truth who wishes to be of service to others at this time is to find within the self—perhaps within the meditative state, the contemplative state, or the prayerful state—that desire which you have brought with you into this incarnation to be of service to others, and see that desire as a babe in the arms that wishes to grow because of the sustenance that you give it through opportunities to grow. Look upon your daily round of activities from the meditative state and see how that this infant desire to serve may be fed with the interactions that you share with those about you, as you move through the experiences of your day.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 每一个希望在此刻对他人进行服务的真理的寻求者的工作, 就是去在自我内在之中——也许是在冥想状态中, 在沉思的状态中, 或者在祈祷的状态中——找到你们已经带在你们身边, 并带入到了这个投生, 以服务他人的渴望, 并将那种渴望视为是在怀抱中的婴儿, 它希望因为你给予它食物, 通过成长的机会成长。从冥想状态观察你们的日常生活的活动, 看到这个婴儿如何可以因为, 在你穿越你的一天的体验的时候, 你与你周围的人分享的那些互动而被喂养。

Then, as you move out of the meditative state and into your waking reality, take with you this enhanced desire to be of service so that in some fashion every interaction that you engage with another person has this desire to share the love and the light of the One Creator with that other person. Look to every interaction, whether it be a fleeting glance, with a smile, a conversation of seeming "small talk," as you would call it, enhanced by the loving comment, a longer engagement of energy exchange where work is accomplished, of a physical, emotional, or intellectual nature, that is also imbued with this desire to share the love that you feel growing within your heart center. This is a type of experience and processing of catalyst, shall we say, that is able to cause a kind of resonance to be set up between your unconditional love pouring forth from the green-ray energy center and each other entity's own green-ray energy center, whether activated or not; for within each energy center, the quality of each energy center is thereby enhanced when able to resonate with those offerings of love and light which you consciously send to each entity about you.

接下来, 当你们离开冥想状态并进入到你们醒着的实相中的时候, 将这种增强性的进行服务的渴望带在你们身边, 这样用某种方式, 你们与另一个人进行的每一个互动, 都会拥有这种渴望, 以与那个其他人分享太一造物者的爱与光。检查每一个互动, 无论它是一个飞快的一瞥, 带着一个笑容, 一次看似“闲聊”, 如你们称呼它的一样的, 对话, 它都会被有爱的评语, 以及一种对能量交换的更长的参与而增强, 在这种能量交换中, 具有一种身体的、情绪的, 或者智力属性的工作被完成了, 那个工作同样也是被这种分享你们感觉到的, 在你们的心中心中生长的爱的渴望所灌注的。这是一种类型的对催化剂的体验与处理, 容我们说, 它是能够使得一种类型的共鸣在你们从绿色光芒的能量中心与每一个其他自己自己的绿色光芒的能量中心, 无论它是否是被激活了的, 倾泻而出的无条件的爱之间被构建, 当能够与那些你们有意识地向在你们周围的每一个实体发送的爱与光的奉献共鸣的时候, 每一个能量中心的特性就会因此被强化。

The importance of such an attitude of service to others at this time upon your planet is of great importance, for there is much confusion amongst entities as to the purpose of the life path. Most are unaware that the spiritual qualities that seem so ephemeral and so distant, and so little exercised, are actually the substance of the purpose for each entity's existence within this third-density illusion at this time. Most entities, instead, are more concerned with the nature of the living environment, the ability to earn wages that can afford more sumptuous or plenteous living experiences, homes, and modes of transportation, and dress, and experience within the nightlife, shall we say.

These are merely means by which catalyst may be had and utilized or not, within your third-density illusion.

这样一种服务他人的态度的重要性, 在此刻在你们的星球上是具有巨大的重要性的, 因为在实体当中, 在关于生命道路的目的的方面, 会有大量的混淆。大多数人并未察觉到那些看似如此之转瞬即逝, 如此之遥远, 且如此之几乎没有被训练过的灵性的特性, 这些灵性的特性实际上是每一个实体在此刻在第三密度的幻象中的存在性的目的的实质。大多数实体相反是更加关心生活的环境的特性, 以及去赚取报酬的能力, 这些报酬能够负的起更加奢侈或者丰盛的生命体验, 家庭, 运输模式, 衣着, 以及在, 容我们说, 夜生活中的体验的。这些仅仅是, 在你们的第三密度的幻象中, 催化剂可能藉由其被拥有以及被利用, 或者不被利用的途径。

The means by which each entity is able to perceive the heart of its life path is enhanced by your own demonstration of how the open heart is primary within your life path. The example that you set is likened to the example of the one you call Jehoshua or Jesus, who said that it is important for entities to love the Creator with all their hearts, and to love their neighbors as themselves. This simple instruction and declaration seems to so many to be of so little value, when, indeed, it is of the greatest value for each entity within your third-density illusion at this time.

每一个实体藉由其能够感知它的生命道路的核心途径, 是被你们自己对开放的心如何在你们的生命道路上是主要的示范所强化的。你们设置的榜样就好像你们称之为约书亚或者耶稣的实体的榜样一样, 它说过, 对于实体重要的事情是用它们全部的心去爱造物者, 并如同爱它们自己一样地爱它们的令人。这个简单的指示与宣告看起来对于如此多的人是具有如此之小的价值, 而在此刻, 它对于在你们的第三密度的幻象中的每一个实体确实是具有最大的价值的。

Thusly, if you can practice this ability to enhance your own desire to give the love and light of the One Creator freely to all those you meet in your daily round of activities, you are setting up the basic resonance for this quality of love and light to be energized into activity within those whom you meet, and indeed, with the entire planetary population, for all of the population of your planetary sphere may be likened unto the cells within the collective body of beings so that each cell can, in some fashion, become aware of the activity of each other cell, and when the activity raises its vibration to the green-ray energy center, then this vibration has an enhanced ability to facilitate the activation of the green-ray energies for a larger and larger portion of the planetary population.

因此, 如果你们能够实践这种能力来增强你们自己对自由地对所有那些你们在你们的日常生活的活动中遇到的实体给予太一造物者的爱与光的渴望, 你们就是在设置基本的共鸣, 来让这种爱与光的特性被赋能成为在那些你们遇到的人, 确实还有星球的全部的人群内在之中的活动, 因为你们星球的所有的人都可以被比作在存有的集体的身体中的细胞, 这样, 每一个细胞都能够, 用某种方式, 察觉到每一个其他细胞的活动, 在活动将它的振动提升到绿色光芒能量中心的时候, 接下来, 这种振动就拥有了一种增强的能力来为星球的人群的一个越来越更大的部分促进绿色光芒能量的激活了。

Is there another query at this time?

在此刻，有另一个问题吗？

Anna: Q'uo, can you speak to the growing perception that world is both getting somehow more loving and more hateful at the same time, right now?

Anna: Q'uo, 你们能够谈谈那种不断发展的知觉，即世界同时是在以某种方式得到更多的爱，并在同时，现在正变得更加仇恨了吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, there is at this time a magnification of the polarities of service to others and service to self by the fourth-density vibrations that continue to engulf your planetary sphere and continue to increase in their vibratory beingness, so that those entities who have the predilection to serve the One Creator that they see in all others in the service-to-self polarity, [1] are enhanced in their ability to do so.

Q'uo: 我是 Q'uo, 我了解了你的问题了，我的姐妹。确实，因为持续吞没你们的星球的第四密度的振动，以及在它们的振动的存在性中的继续的增强，在此刻会有一种对服务他人的极性和服务自我的极性的放大，这样，那些拥有偏好去服务它们通过服务自我的极性[1]在所有其他人身上看到的太一造物者的实体，就会在它们这样做的能力中被强化。

The instreamings of the cosmic energies at this time are increasing and shall continue to increase in order that more and more opportunities may be offered to the planetary population to move in whatever direction has been chosen, if a direction has been chosen, so that entities of both the positive and the negative polarities may find it more and more possible to polarize in their chosen polarity. The difficulty with so many of the population of your planetary sphere is that the Choice has not yet been made, and these increasing vibratory energies of the fourth density, then, begin to enhance the confusion, just as it enhances the positive and negative choices, so that there is an increase in all three directions. This is that which is seen to be as unfortunate for most of the population of your planet, which does not find a choice as the primary purpose of their life pattern as we have spoken before. Thus, there is a greater opportunity for each entity to be propelled, shall we say, further along the path of its present seeking, be it positive, negative, or neutral.

在此刻的宇宙能量的流入是正在增强并会继续增强，以便于越来越多的机会可以被提供给星球的人群，以在无论什么已经被选择的方向上移动，如果一个方向已经被选择了，这样同时具有正面性极性和负面性极性的实体就可能会发现它越来越更加有可能在它们被选择的极性中极化了。你们星球上的如此多的人群遇到的困难是，选择尚未被做出，这些增强的第四密度的振动能量，接下来，就会开始增强混淆了，就好像它增强了正面性和负面性的选择一样，这样就会有在所有这三个方向中的一种增强了。这就是对你们星球的大多数人被视为是不幸的事物，它并未找到一个选择作为它们生命模式的主要的选择，如我们之前已经说过的一样。因此，会有一种更大的机会让每一个实体都沿着它当前的寻求的道路更进一步地被推动，无论它是正面性，负面性，还是中性的。

Is there another query, my sister?
我的姐妹，有另一个问题吗？

Anna: No, thank you.
Anna: 没有了，感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Anna's question made me think of one. Ra described how there would be a sharp increase of the negative polarity—I believe their words were "In the short run," though may be misquoting that. [2] And Q'uo, as well, has described how the negative polarity is as the dragon lashing its tail, and its time is short on this planet. I recall Q'uo saying this prior to the past several years when things have really intensified. So, I'm wondering if Q'uo could speak to this sense that the negative polarity has a short time here on Earth. What happens, and when do we see this decrease in the negative polarity?

Gary: Anna 的提问让我想到一个问题。Ra 描述过，如何会有一种负面性的极性的急剧的增强——我相信它们的话语是“在短期内”，尽管那可能是错误的引用。[2]Q'uo，同样已经描述过负面性的极性就如同龙死前的甩尾一样，它在这个星球上的时间是短暂的。我回想起 Q'uo 在过去几年之前就说过这一点了，在那个时候事情已经真正地被增强了。因此，我想知道，是否 Q'uo 能够谈谈这种负面性的极性在这里，在地球上只剩下很短时间的感觉。在负面性的极性中发生了什么事情，我们什么时候会看到这种减少？

Q'uo: I am Q'uo and am aware of your query, my brother. There is, indeed, at this time, the influx of the so-called negative polarity which seeks to be of service to the self by separating the self from all other selves in attempting to control them for the benefit of the self. This is in accordance with the opportunity for all entities to exercise their free will at all times, and most especially at this time, for this planetary sphere has, within its beingness, the fourth-density vibrations of love and understanding activated and beginning to have an effect upon the overall milieu or quality of experience within this planetary sphere. Thus, the vibrations of love and understanding of the service-to-others polarity are beginning to anchor themselves in a fashion which will eventually permit a greater reflection of this desire to see the One-in-all and to serve that One with all of one's being, for the positively polarized entities.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。确实，在此刻会有所谓的负面性极性的汇聚，负面性极性藉由将自我与所有其他自我的分离，通过尝试去为了自我的利益而控制其他自我，来服务自我。这是与所有的实体在所有的时候，尤其是在此刻，都拥有实践它们的自由意志的机会是协调一致的，因为这个星球，在它的存在性中，已经让第四密度的爱与理解的振动被激活，被正在开始对这个星球的整体的体验的环境或者体验产生出一种作用了。因此，服务他人的爱与理

解的振动正在开始用一种将会永久地允许一种对这种渴望的更大的映射的方式来将它们自己固定下来，对于正面性极化的实体，这种渴望就是看到万物一体，并藉由它全部的存有来服务那个太一。

Thusly, there is but a short period of time, as you would call it, that the negatively oriented entities may continue to pursue their chosen path of service to self. This is unconsciously recognized by such entities so that there is a renewed effort made at this time by such entities to exercise a great polarity in the negative sense and thereby achieve that which is called the harvest into the fourth density in the negative sense.

因此，仅仅会有一小段时间，如你们对它的称呼一样，负面性导向的实体可以继续追寻它们选择好的服务自我的道路。这是无意识地被这样的实体认识到的，这样，在此刻就会有有这样的实体做出的一种重新开始的努力，以在负面性的意义上施展一种极性，并由此取得在服务性的意义上进入到第四密度的被称之为收割的事物。

Thus, this dragon, as it has been called in your holy works, is beginning to sense the end of the opportunity to grow and develop in the negative polarity upon this planetary sphere. The time period that such possibilities may yet remain is unknown for many reasons. The most salient reason being the volatility of this population of entities that is between the two polarities, having chosen neither polarity. This grouping of entities has a great deal of confusion and is subject to manipulation by the negatively oriented entities so that there may be further negative reflections of experience for the social complexes of your planetary sphere. There is much confusion at this time, and this confusion has a certain kind of life span, shall we say, that can be extended by the negatively oriented entities. However, as we mentioned previously, the time period for the negatively oriented entities is drawing to a close.

因此，这条龙，如同它在你们的神圣著作中被称呼的一样，正在开始感觉到在这个地球上在负面性的极性中成长与发展的机会的结束。这个这样的可能性仍旧可能剩下的时间段，因为很多原因，是未知的。最为显著的原因是，在两个极性中间的，没有选择任何一个极性的实体的人群的反复无常。这个实体的团体拥有巨大的混淆，并受制于负面导向的实体的操纵的，这样，就可能会有对你们星球的社会复合体的更进一步的体验的负面性的映射。在此刻有大量的混淆，这种混淆拥有一定类型的，容我们说，生命的长度，它是能够被负面性导向的实体所延长的。然而，如我们之前已经提到过的一样，负面性导向的实体的时间段，正在接近一个终点了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Not on that question, thank you.

Gary: 在那个问题上没有了，谢谢你们。

Q'uo: I am Q'uo. Is there another query at this time?

Q'uo: 我是 Q'uo。在此刻有另一个问题吗？

Gary: Matt writes: "As I recall from the early contacts as transcribed in the Brown Notebook, [3] etc., there was a lot of communication about "understanding" and it seemed to me that Hatonn felt from their perspective that humans were largely lacking in understanding, and that their initial contacts were focused around increasing this. By contrast, I find that Q'uo really seems to be driving home the point that understanding is not of our density. I think it could be very enlightening to hear from Q'uo more specifically on why the message went from emphasizing the need for understanding in the early years to the inability to understand in later years.

Gary: Matt 写信说, "如同我回想在诸如《棕皮书》之类的早期的接触中被记录的一样, 会有很多关于'理解'的交流, 在我看起来似乎 Hatonn 从它们的观点感觉到, 人类在理解的方面大部分是欠缺的, 它们开始的接触是被聚焦在对这种理解的增加上的。作为对照, 我发现 Q'uo 真的看起来似乎完全回归到了那个理解是不属于我们的密度的要点了。我认为听一下来自 Q'uo 的更加具体的解释会是非常令人启发的, 为什么信息从对在早期的对理解的需要转移到了在晚期的对理解的无能力呢?"

Q'uo: I am Q'uo and am aware of your query, my brother. The quality of understanding is a quality of being able to grasp the sense of the purpose for the incarnation and the planetary milieu. This purpose has various levels of beingness that are available to entities of a variety of levels of consciousness, shall we say. The variety of levels of consciousness have more or less ability to expand or comprehend the nature of the environment in which each entity lives and moves and has its being. There is an unending depth to the nature of this environment upon your planetary sphere. It is possible for many entities to begin to grasp the nature of this environment as offering the opportunity for polarization in consciousness in either the positive or the negative sense.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。理解的特性是一种能够抓住投生的目的以及星球的周遭环境的感受的特性。这种目的拥有各种各样的存在性的层次是可供属于多种多样的, 容我们说, 意识的层次的实体所利用的。意识的层次的多样性, 拥有或大或小的能力去拓展或者领会每一个实体在其中生活, 移动并拥有它的存有的环境的属性。在你们的星球上的这个环境的属性是拥有一种无尽的深度的。很多实体都有可能开始掌握这个环境的属性就是提供在意识中极化的机会, 要么是在正面性, 要么是在负面性的意义上的极化。

This may be understood, shall we say, in a general sense by those with whom those of Hatonn began their communications many of your decades ago. The levels of grasping or understanding the opportunity to move along the spiritual path engages the seeker of truth in deeper and deeper explorations of that which is unknown, that being the nature of the catalyst that each seeker experiences in the daily round of activities. As this catalyst is explored, greater and greater realizations become apparent to the seeker of truth so that that which was previously thought to be understood, and clearly

understood, may become somewhat less of a part of the entity's life experience as greater realizations take place.

这可以用一种一般性的方式被那些 Hatonn 在你们的几十年前与之开始它们的沟通交流的实体，容我说，所理解。对沿着灵性道路移动的机会的掌握或者理解的层次，会让真理的寻求者参与到越来越更加深入的对未知的事物，即每一个寻求者在日常生活的活动中体验到的催化剂的属性的探索之中。随着这种催化剂被探索，越来越大的领悟对于真理的寻求者会成为明显的，这样之前被认为是被理解了，清晰地被理解的事物，在更大的领悟发生的时候，就可能成为了实体的生命体验的多少有些较小的一部分了。

As that which was previously understood, shall we say, is moved beyond, according to further grasping or understanding, or attempts to grasp and understand, catalyst in front of one's own being, then there is a further opportunity to enhance one's knowledge of the process of evolution for the self in both the positive and negative polarities.

随着之前被理解的事物，容我说，被超越，根据对在一个人自己面前的催化剂的更进一步的掌握或者理解，或者根据对其的掌握与理解的尝试，接下来，就会有一种更进一步的机会去增强一个人，同时在正面性与负面性的极性的方面，对自我演化的过程的知晓。

Thus, as each seeker of truth penetrates more and more of the nature of the evolutionary process for all beings, and for itself, particularly, there is seen to be an infinite amount of information available in regards to this process of evolution. Thus, the understanding that has been achieved previously, seems to lack in the necessary profundity to propel one further into the unknown that lies in the future, as you would call it, of each seeking being.

因此，当每一个真理的寻求者越来越多地洞悉对所有存有，尤其是它自己的演化的过程的属性的时候，就会被看到在关于这个演化的过程的方面是有无限数量的知晓是可供利用的。因此，之前已经被取得了的理解，看起来似乎是缺少所需的深度来推动一个人更进一步地进入到存在于每一个寻求的存有的未来，如你们对它的称呼一样，之中的未知之中。

Thus, the understanding quality is one which seems most ephemeral to the entity in hindsight, seeing it not as true understanding, but as a signpost along the way to truer understanding. Thus, each seeker of truth will find that the journey that it is upon in this illusion is one which offers continuous opportunities to learn and grow, and to find that which is unknown and is yet to be understood.

因此，对于事后聪明的实体，理解的属性是一种看起来似乎极其转瞬即逝的特性，它不会将它视为是真正的理解，而是视为在通过更加真实的理解的道路上的一个路标。因此，每一个真理的寻求者都将会发现，在这个幻象中它处于其上的旅程，是一条提供的持续的机会去学习与成长，并发现未知的，且尚未被理解的事物的旅程。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Gary: Not on that question. I'll ask another one, but first looking to the group to see...in which case I would like to know, Q'uo, how important or unimportant, needed or not needed is coming together in community is for the birth of fourth density?

Gary: 在那个问题上没有了, 我将会询问另一个问题, 但是首先我会检查一下团体看看.....在那样的情况下, 我想知道, 在集体中聚集在一起, 对于第四密度的诞生, 有多么重要或者不重要, 是多么被需要或者不被需要。

Q'uo: I am Q'uo and am aware of your query, my brother. We find that this query has a great deal of importance, not only to this group, but to many other groups that are scattered about the surface of your Mother Earth, for at this time there is a great feeling of the necessity of blending energies and ideals in the pursuit of the fourth-density vibrations of love and understanding. There is, amongst many of your peoples, the feeling that the journey of seeking is enhanced by the blending of energies in this manner, and indeed, this is so, for the fourth-density experience is one of joined mind/body and spirit complexes, in order to form what you call the social memory complex. Whether the groups are of two, or three, or more, or many more, is up to each individual and group that desires to form these social memory complex—we look for the instrument to find the word—expressions of the inner drive for the shared experience of growth and understanding.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现, 这个问题拥有巨大的重要性, 不仅仅对这个团体, 同样也对散布在你们的地球母亲表面上的很多其他团体, 因为在此刻会有一种巨大的感觉, 需要将能量与理想混合起来, 以追寻爱与理解的第四密度。在你们的人群中的很多人当中, 会有这样一种感觉, 即寻求的旅程是被会藉由用这样一种方面将能量混合起来而被增强的, 确实, 是这样的, 因为第四密度的体验是一个将心/身/灵复合体结合在一起, 以便于形成你们称之为社会记忆复合体的事物的体验。是否是团体是两个人, 三个人, 或者更多人, 或者远远更多人, 这是取决于了形成这些社会记忆复合体的每一个个体与团体的——我们搜索器皿来寻找词语——对被共享的成长与理解的体验的内在驱动力的表达。

There is a great deal of benefit from each such blending of energies, for as you are working upon various catalytic experiences, each entity may contribute an unique aspect to reveal more and more of the facility of certain responses or behavior patterns, or thought patterns that enhance the evolutionary path. Thus, each seeker has within it a library of experience that it has accumulated in its present incarnation and, indeed, within many previous incarnations that may serve as potential enhancements to the movement of the group in a positive direction so that each entity within the group benefits from each other entity's experiences and abilities.

会有来自于每一个这样的能量的混合物的大量的益处, 因为当你们正在各种各样的催化剂的体验上进行工作的时候, 每一个实体都可以贡献一个独一无二的面向以揭露出一定的回应, 或者行为举止的模式, 或者会增强演化的道路的想法的模式越来越多的机能。因此, 每一个寻求者都在它内在之中拥有一个它在它当前

的投生中，确实在很多之前的投生中已经积累起来的体验的图书馆，它可以起到对团体在一个正面性的方向上的运动的潜在的增强物的用处，这样，在团体中的每一个实体就会从相互彼此的体验与能力而受益了。

Thus, the fourth-density experience is one which begins to grow more and more within such groups that are dedicated to forming the social complex and then making the transition in some fashion, perhaps a little at a time, perhaps in quantum leaps, perhaps in great transitional bursts of energy, so that there is the formation of what may be clearly seen to be a social memory complex, where all entities are aware of the experience of each entity. This is possible at the end of the third-density experience so that the social memory complex becomes a possibility for all such entities dedicated to the realization of the birthing of such a bright and beautiful future for all entities thus participating.

因此，第四密度的体验是一种在这样的致力于形成社会记忆复合体，并接着用某种方式产生出转变的团体中开始变得越来越更多的体验，这种转变也许是一次一点点，也许是通过量子跃迁，也许通过巨大的能量的转变性的爆发，这样就会有对可以清楚地被视为是一个社会记忆复合体的事物的形成了，在其中所有的实体都察觉到每一个实体的体验。在第三密度的体验的结束的时候，这是有可能的，这样对于所有这样致力于为所有参与的实体实现这样一个光明而美丽的未来的诞生的实体，社会记忆复合体就会成为一种可能性了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: That was inspirational. Thank you. This may sound like a self-evident thing to say, but maybe there's a deeper insight available. Is it an expression of [accurate] understanding to see that the intensities of catalyst that we, of the positive polarity, feel ourselves pummeled with nowadays is precisely calibrated to, shall I say, upgrade our vibrations and help us to be compatible with the fourth-density energies?

Gary: 那是令人启发的。谢谢你们。这可能听起来就好像是在说一个不言自明的事情，但是，也许会有一种更为深入的洞见是可供取得的。如果我们是具有正面性的极性的，我们感觉到我们自己现在是被催化剂痛打了的，看到这种催化剂的强度是精确地被调节以，容我们说，提升我们的振动，并帮助我们与第四密度的成为相适应的，这是一种具有准确的理解的表达吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that you have placed yourself on firm ground with that statement, my brother. There is, indeed, the opportunity for each positive seeker of truth to be able to enhance the spiritual journey by being willing to accept and work with the more difficult or intense, shall we say, vibratory patterns of catalyst as it comes to the entity in the daily round of activities.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。我们发现你已经藉由那个陈述将你自己放置于坚固的基础上了，我的兄弟。确实，对于每一个真理的寻求者都会有机会能够，藉由乐意于接受更加困难或者更加强烈的，容我们说，催化剂

的振动模式，并与之一同工作，来增强灵性旅程在催化剂在日常生活的活动中，出现在那个实体的面前的时候。

There is no entity without the ability to process such catalyst, even though the processing itself may require almost every fiber of energy available within each entity. This is a portion of the life pattern that has been made a possibility by many of those whom you call wanderers, who are from the higher densities, existing now within this planetary sphere in order to help the population of this planet move forward into the fourth density of love and understanding.

没有任何实体是没有能力去处理这样的催化剂的，即使处理其自身是需要几乎在每一个实体内在之中可供利用的每一分的能量的。这就是生命模式的一部分，它已经藉由很多你们称之为流浪者的实体，那些来自于更高的密度，并现在存在于这个星球上，以便于帮助这个星球的人群移动进入到爱与理解的第四密度的实体，而成为了一种可能性了。

The wanderer is able to enhance its polarization in a great extent by being able to handle the more intense vibratory catalyst that is offered as a result of a type of preincarnative choice that makes the entity available for this experience at a certain part of its life pattern, or portion of its life pattern, so that there is the chance to greatly accelerate the personal path when such difficult vibratory catalyst becomes more and more a part of the life experience.

流浪者能够藉由有能力去掌控更加强烈的振动的催化剂而用一种巨大的程度来增强它的极性，这种更加强烈的振动的催化剂是作为一种类型的投生前的选择的结果而被提供的，它会使得实体在它的生命模式的一定的位置，或者它的生命模式的一部分，可以为这种体验所用，这样当这样的困难的振动性的催化剂越来越多地成为生命体验的一部分的时候，就会有机会极大地加速个人道路。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Yes, thank you. Could you offer any wisdom for...rather, let me reframe the question, sorry. Do those who, in the outer picture at least, who seem to play antagonistic roles in our lives, do they contribute to this acceleration?

Gary: 是的，感谢你们。你们能够对.....提供任何的智慧吗，让我对问题进行重新组织，抱歉。那些至少是处于外部的画面中，看起来似乎在我们的生命中扮演了敌对性的角色的人，它们对这种加速会有贡献吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, one may see such a process of providing the enhanced catalyst as a kind of preordained dance in which there is the exchange of energies as of the melody of movement of beingness that is able to become more available to the growth of the mind, the body, and the spirit as these catalytic experiences are shared back and forth, as though there were a type of dance step being placed into the life pattern.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 一个人可以将这样一个提供了增强性的催化剂的过程视为是一种类型的预先规定好的舞蹈, 在其中会有能量的交换, 如同具有存在性的移动的旋律的舞蹈一样, 在这些催化剂的体验是来回被分享, 就好像会有一种类型的舞步被放置在了生命模式中一样的时候, 这种舞蹈就能够变得更加可以为心智、身体与灵性的成长所用。

These opportunities are, indeed, chosen by each entity as a portion of each entity's life experience, offering the enhanced growth possibilities at a time in which there is more and more work, shall we say, in consciousness that is able to be accomplished by such entities, and this work in consciousness then, becomes likened to a beacon to others about each entity experiencing the enhanced vibratory catalyst. This beacon of light is created by the burning off, shall we say, of karmic residue that may be seen as the opportunity to move in a certain direction that is also preincarnatively chosen.

这些机会, 确实是, 被每一个实体选择, 作为每一个实体的生命体验的一部分的, 它们会在一个在其中会有越来越多的, 能够被这样的实体完成的, 容我们说, 在意识中的工作的时刻提供增强性的成长的可能性, 这种在意识中的工作接下来成为了对于每一个正在体验增强性的振动的催化剂的实体周围的其他人好比是一座灯塔的事物。这种灯塔是藉由, 将业力的残渣烧掉, 而被创造出来的, 以一定的方向中移动, 那个方向同样也是在投生前被选择好的。

This beacon, then, becomes likened to a pattern or model that inspires others to do likewise, for as each entity is able to move through the enhanced catalytic process, there is a kind of glow that becomes available to such an entity in order to signify the type of experience which has been mastered, shall we say. It is a kind of beaming of confidence within the life pattern that builds a resonance that can be felt by others about this entity, so that they also may see the opportunity to become like unto the one who has mastered the catalyst, and do likewise themselves. This is a part of a trading of energies back and forth that is a most helpful kind of experience for each entity partaking in this dance, for there is much to be gained in the way of positive polarization that can be an inspiration to others as well.

这种灯塔, 接下来, 就好比一种模式或者榜样, 它会启发其他人一样地去做, 因为当每一个实体都能够穿越增强性的催化剂的过程的时候, 就会有一种光辉会可以为这样一个实体所用, 以便于象征那种类型的已经被, 容我们说, 精通的, 体验。它是一种类型的在生命模式中的信心的闪光, 它会构建一种共鸣, 这种共鸣是能够被在这个实体周围的其他人感觉到的, 因此, 它们同样也可以看到机会来成为如同那个已经掌握了催化剂的人一样, 并让它们自己一样地做。这就是一种类型的能量的来回的交换, 它对于每一个参与这场舞蹈中的实体都是一种极其有帮助的体验, 因为会有大量的事物是可以正面性的极化的方式被取得的, 这种方式同样也能够成为对其他人的一种启发。

At this time, we would thank each entity here for offering us the opportunity to be of service by attempting to answer your queries. In this way, we are also able to move further along our own spiritual path. We thank each entity for the quality of questions on this particular day, for they are borne of personal

experience that is not always easy to experience. We are aware that each entity here has the difficulties that may seem to many to be more than can be handled, but we assure each of you, that you are most capable of handling such difficulties in your life patterns. If you would call upon us at any time in your meditations to help intensify the meditation without the words, we would be most happy to do so.

在此刻，我们想要感谢每一位在这里的实体提供给我们机会来藉由尝试回答你们的问题来进行服务。用这种方式，我们同样也能够沿着我们自己的灵性的道路更进一步地移动了。我们在在这个特定的日子的问题的质量而感谢每一个实体，因为它们产生出了那种并不是一直都是容易体验的个体的体验。我们察觉到，每一个实体在这里都拥有困难，这些困难对很多人看起来似乎是远远更加难以处理的，但是我们向你们每一位保证，你们是极其有能力处理在你们生命中的这样的困难的。如果你们愿意在任何时候，在你们的冥想中呼唤我们，以帮助在没有言语的情况下增强冥想，我们会极其乐意于这样做了。

We are always with you as we observe your patterns of experience interchanging one day with another, and we are always inspired by the love and the light that we see vibrating within your heart of beings at all times even when there is great confusion. Be strong, my friends, in mind, body and spirit, and continue to move forward as you have so well done in your futures, for you have much ahead of you that is of an inspirational nature that can be shared with others. We are known to you as those of Q'uo. We leave you now in love and in light, Adonai vasu borragus.

在我们观察你们一天接一天的相互改变的体验的模式的时候，我们一直都与你们在一起，我们一直都会被我们在所有时候在你们的存有的核心中看到正在振动的爱与光所启发，甚至在那些会有巨大的混淆的时刻。我的朋友们，在心智、身体与灵性中成为强壮的，如你们已经做得如此之好地一样在你们的未来继续前进，因为你们在你们前方拥有大量的具有一种启发性的属性的事物，它们是能够能够与其他人分享的。我们是你们知晓的 Q'uo。我们现在爱中，在光中离开你们，Adonai vasu borragus。

[1] "...to serve the One Creator that they see in all others in the service-to-self polarity." This is a potentially confusing statement. Those of the service-to-self polarity don't quite recognize the One Creator in all other-selves. They surely, however, recognize some distortion of the One Creator in each other-self, a distortion or illusion which sees the other-self as one to be manipulated and enslaved for the benefit of the self.

[1]".....为在它们在所有服务自我的极性的其他人身上看到的太一造物者服务。" 这是一个潜在地令人混淆的说法。那些服务自我极性的人并不会认出在所有其他自我身上的太一造物者。它们，无论如何，肯定会在每一个其他自我身上认出太一造物者的某种扭曲，一种将其他自我视为是要为了自我的利益而被操纵并要被奴隶的实体的扭曲或者幻象。

[2] "There will also be a sharp increase in the short run of negatively oriented or polarized mind/body/spirit complexes and social complexes, due to the polarizing conditions of the sharp delineation between fourth-density

characteristics and third-density self-service orientation." Ra, 17.1

[2]"在短期中将会有负面导向或者负面极性的心/身/灵复合体与社会复合体的一种急剧的增加,这是由于在第四密度的典型特性与第三密度的服务自我导向之间的具有鲜明的轮廓的极化的状况。"Ra, 17.1

[3] Available here: https://www.llresearch.org/origins/origins_toc.aspx.

[3]可在此网址取得: https://www.llresearch.org/origins/origins_toc.aspx。

September 28, 2019

2019-09-28 绿色光芒与蓝色光芒的智慧

(Jim channeling)

(Jim 传讯)

I am Q'uo and greet each of you in love and in light. We are, as always, most honored to be asked to join your circle of seeking today. You are, to us, a means by which we ourselves may glorify the One Creator by sharing our own journey with you in the form of answers to queries which you pose to us. Before we begin with queries we would ask you our usual favor, for we are not ultimate authorities, my friends; we are your brothers and sisters who have moved somewhat further along the same path that you travel, and we would ask you to take the words and concepts that we share with you, and use them as you will. If any do not find favor with you, we ask that you leave them by the wayside without a second thought. We would not become a stumbling block to you, my friends, and if you will do us this favor, then we feel that we may speak freely with you.

我是 Q'uo, 我在爱中, 在光中向各位致意。我们一如既往对于被请求在今天加入到你们的寻求的圈子是感到极其荣耀的。你们, 对于我们, 是一种藉由其我们自己可以通过与你们用回答你们向我们提出的问题的形式来与你们分享我们自己的旅程而荣耀太一造物者的途径。在我们开始回答问题之前, 我们会向你们请求我们通常的恩惠, 因为我们并不是终极的权威, 我的朋友们。我们是你们的兄弟姐妹, 我们已经在和你们旅行的道路相同的道路上旅行得多少有些更远一些了, 我们会请你们拿起我们与你们分享的言语与观念, 如你们所愿地使用它们。如果任何的内容是你们喜欢的, 我们请你们毫不犹豫将它们扔到路旁。我们不愿意成为你们的一块绊脚石, 我的朋友们, 如果你们愿意给予我们这个恩惠, 接下来, 我们就会感觉到可以自由地对你们发言了。

At this time, we would ask if there is a query with which we may begin?

在此刻, 请问有一个我们可以用来开始的问题吗?

K: I have a query, Q'uo. My question has to do with a natural rise in the quality and the depth of empathy and empathic understanding that many seekers, and those who are seeking to approach the next higher density, are maybe experiencing now, and could you talk to that?

K: 我有一个问题, Q'uo。我们的问题是与很多的寻求者, 那些正在寻求接近第四密度的实体现在可能正在体验到的, 在移情作用以及移情性的理解的特性与深度中的一种自然而然的上升有关的, 你们能够谈谈那一点吗?

Q'uo: I am Q'uo and am aware of your query, my sister. As you know, the purpose of this experience which each of you shares upon your Planet Earth is to begin to open your heart energy center in unconditional love for all those about you, for this is a choice which is available within your third-density illusion that can become transformative. For each seeker of truth that earnestly desires to begin this opening process, it is the desire and its

strength that begins to prepare each seeking soul for this transformation, that which you call empathy, or the ability to feel what another person feels clearly and profoundly within your own being. This is the beginning of the opening of the green ray or heart energy center. The empathy that is becoming a stepping stone, shall we say, to the open heart is the product of the times in which you live, the frequency of vibrations of your very planetary sphere that is finding itself engulfed in more and more streamings from the cosmic sources beyond your planet that signal the transition period of your planet in its population into a higher vibration.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。如你知晓的一样, 在你们星球上的你们每一个人共享的这个体验的目的, 就是去开始在一种对在你周围的所有人的无条件的爱中开放你的心的能量中心, 因为这是一个在你们的第三密度的幻象中可供利用的选择, 你们的第三密度的幻象是能够成为转换性的。对于每一个热切地渴望开始这个开放的过程的真理的寻求者, 就是渴望以及渴望的强度, 会开始让每一个寻求的灵魂为这种转变, 为这种你们称之为移情作用的事物, 或者在你自己的存有内在之中清晰地且深入地感觉另一个人感觉到的事物的能力做好了准备。这就是对绿色光芒的能量中心的开放的开始。正在成为通往开放的心的一个踏脚石的移情作用, 就是你们在其中生活的时代, 以及你们星球的振动频率的产物, 你们的星球正在发现它自己被淹没在越来越大的来自你们星球外部的宇宙源头的能量流之中, 它预示着你们星球的人群转换进入到一个更高的振动的转换性的时期。

The portion of your population that is consciously aware of the process of seeking to open the heart to all of creation is that portion that is vulnerable to the incoming vibrations of love and understanding which begin to open the heart by allowing the seeker of truth to begin its own exchange, shall we say, of energies with those about it. In this exchange there is the apprehension of others' vibrations, that which they are experiencing within their own chakras or energy centers as they go through their daily round of activities meeting entities who spark within them certain catalytic responses that may be what you would call positive or negative, difficult, harmonious, and so forth.

你们的人群的那个正在有意识地察觉到要寻求向着所有造物开放心的过程的人群的部分, 是那个会易于受到爱与理解的流入的振动的影响的部分, 这种会开始藉由允许寻求者开始它自己与它周围的人的, 容我们说, 能量交换而开放心。在这种交换中, 会有对其他人的振动, 在它们经历它们的日常生活的活动, 并遇到那些会在它们内在之中激发一定的催化剂的反应的实体的时候, 它们正在它们自己的脉轮或者能量系统中正在体验到的事物的欣赏, 这些催化剂的反应可能是你们会称之为正面性或者负面性, 困难的, 和谐一致的, 以及如此等等的反应。

To feel empathically that which another is experiencing is to begin to open the heart to greater and greater vibratory levels of unconditional love, for the response that such an entity who feels empathy for another elicits or produces is that response that wishes to be of service to the one with whom the entity empathizes. There is much within each seeker's life pattern that has been, shall we say, preincarnatively programmed to allow such vibrations to resonate within the beingness of the entity, so that what another person feels

may be appreciated at the level of one's being that is beyond the mind complex comprehension, moving into the heart energy center, and then having the emotions arise within the heart center that reflect what another being is experiencing. This is, as we have said, the beginning of the opening of the green-ray energy center which will eventually allow the person experiencing the empathic identification with another being to also feel the desire to be of service to the other being in whatever way may be possible or requested by the other being. Thus is the positive polarity enhanced in its own projection so that the service-to-others quality of the seeker of truth is purified by the experience of the empathic identity with another entity.

要用移情的方式感觉到另一个人正在体验到的事情, 就是去开始向着无条件的爱的越来越大的振动层次开放心, 因为因为这样一个对另一个人感觉到移情的实体会发出或者产生出的回应, 是那种希望对它移情的对象进行服务的回应。在每一个寻求者的生命模式中会有大量的事物是已经在, 容我们说, 投生前就被规划好了的, 以允许这样的振动在实体的存在性中产生共鸣, 这样另一个人感觉到事情就可以在它的存有的层次上被欣赏, 这个存有的层次是超越了心智复合体的感受, 并进入到了心的能量中心之中, 并接下来会在心的中心中让情绪升起, 这些情绪会反映出, 另一个存在正在体验到的事情是什么。如我们已经说过的一样, 绿色光芒的中心的开放的开始将会最终允许人体验到与另一个存有的移情的一致性, 这种开放的开始同样也感觉到用无论什么有可能的方式, 或者被另一个存有请求的方式来服务那个存有的渴望。就是这样, 这么面型的极性会在它自己的投射中被增强, 这样真理的寻求者的服务他人的属性就会被对另一个实体的移情的体验所净化。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

K: No, thank you.

K: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

N: I was just wondering if there's any reason behind the two anomalies I saw in the sky last week, or if it was just a random thing that happened.

N: 我上周在天空中看到两个反常现象, 我仅仅怀疑是否在其后有任何的原因, 或者它仅仅是发生了的一个随机的事情。

Q'uo: I am Q'uo and am aware of your query, my sister. We find that there is, indeed, information in this regard that we may share with you, as long as we do not infringe upon your freewill. The experiences that you and your friend were privileged to have were those which have been planned in your own life pattern at a certain point to occur. The identity and quality of the objects which you appear to have experienced in a certain way was to awaken within you a certain kind of desire to know the nature of infinity, for these objects, in

their mysterious appearance and effect upon you, have the purpose of acquainting you with those qualities within your own being that will allow you to progress upon your own spiritual path in a more, shall we say, progressive or powerful manner. The contemplation of the mysterious nature of these objects, then, is meant to introduce you, not only to mystery, but to the qualities of infinity that may be associated with such objects and their inhabitants, their source, their purpose, their meaning for you at this time. Thus we would recommend that in your meditative state you examine the feelings and thoughts that arose within your being as you observed these craft in their movement through your skies, and the basic response of awe and curiosity that began to grow within you at that time so that this questioning of the nature and origin of the objects may become a stronger portion of your own spiritual path.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。我们发现, 确实, 在这个方面会有我们可以与你分享的信息, 只要我们没有侵犯你的自由意志。你的你的朋友有幸拥有的体验是那些已经在你们自己的生命模式中被规划好要在一定的位置上发生的。你们看似用一定的方式已经体验到的事物的身份与特性, 是要去在你们内在之中唤醒一定类型的渴望, 以知晓无限性的属性, 因为这些事物, 通过它们神秘的出现以及对你们产生的作用, 会拥有让你们熟悉那些在你们自己的存有中的, 将会允许你们用一种更加, 容我们说, 发展性的, 或者强有力的方式在你们的灵性道路上前进的属性。对这些事物神秘的属性的沉思, 接下来, 就是打算要引导你们, 不仅仅前往神秘, 同样也前往那些可以与这样的事物, 它们的居住者, 它们的源头, 它们的目的, 以及它们在此刻对你们的意义联系在一起无限的特性。因此, 我们会建议你在你的冥想状态中检查, 当你观察到这些飞船移动经过的你的天空时候, 那些在你的存有中升起的感觉与想法, 以及对在那个时候开始在你内在之中成长的惊奇于好奇心的基本的呼应, 这样, 对这些食物的属性与起源的疑问, 就可以成为你自己的灵性道路的一个更加强有力的部分了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

N: No, thank you.

N: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Austin: The Confederation has talked about the blue-ray energy center in terms of wisdom and honesty and communication, and what you described earlier sounds like the process of opening the green-ray energy center of universal love is a very involved and maybe drawn-out process. I was wondering if there is a danger, or if it is a misstep, to attempt to exercise the blue-ray energy center before adequately opening the green-ray energy center. And if it is dangerous, if you could talk about that.

Austin: 星际联邦已经从智慧、诚实与沟通交流的方面谈论过了蓝色光芒能量中

心了，你们之前描述过的内容，听起来就好像是开放普世之爱的绿色光芒的能量中心的过程是一个非常纠结且也许是持续很久的过程。我想知道，尝试在充分开放绿色光芒能量中心之前就训练蓝色光芒能量中心，是否会有一种危险，或者是否它是一种失策。如果它是危险的，是否你们能够谈谈那一点呢？

Q'uo: I am Q'uo and am aware of your query, my brother. The blue-ray energy center is that center which features the love and light of the One Creator as it moves into shining with distinct clarity upon the world about the entity that is able to open and energize this throat-ray chakra. The clarity of the vision that is available to one who has activated the blue-ray energy center is a kind of crisp and clear apprehension of the pure qualities as they are presented to the perceptions of the entity utilizing the throat energy center. These perceptions have a quality that is pristine, shall we say, untarnished by cloudy or impure or disturbed or confused perceptions. These type of perceptions are possible at the lower energy centers, including that which you call the heart, or the green-ray center, for this center is one which is less discriminating, shall we say, in its perception as one who has opened the heart energy center has begun to feel an unconditional love and compassion for the creation about it, including the self. The green-ray energy center, however, may be somewhat confused—or to utilize the precise meaning of the word, fused together—with another entity's energy centers, so that there may be what could be seen from the blue-ray energy center a foolish or overabundant giving of love in areas where this type of abundant sharing of love could be of some detriment to the entity opening this energy center.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。蓝色光芒能量中心，是在太一造物者的爱与光带着清楚的清晰度移动并开始照耀在实体周围的世界上的时候，描绘了太一造物者的爱与光的属性的中心，这种清楚的清晰度是能够开放并活化这个喉部光芒的脉轮的。对一个已经激活了蓝色光芒能量中心的实体是可供利用的视野的清晰度，是一种内心的对纯粹的特性的新鲜而清晰的感知，在这些纯粹的特性被呈现给了利用喉部能量中心的实体的知觉的时候。这些知觉拥有一种，容我们说，纯朴的，未被阴郁的、或者不纯净的、或者不安的，或者混淆真的知觉所污染的特性。这些类型的知觉在较低的能量中心中是有可能的，包括你们称之为心，或者绿色光芒能量中心的事物，因为这个中心是，在它知觉的方面，一个较不有分辨力的中心，当一个已经开放了心的能量中心的人已经开始对在它周围的造物，包括它自己，感觉到一种无条件的爱与同情心的时候。然而，绿色光芒能量中心，可能是多少有些混淆的——或者使用词语的精确的意义——是与另一个实体的能量中心融合在一起的，这样就可能会有从蓝色光芒能量中心被视为是一种愚蠢的事物，或者是在那些区域中对爱的过度丰盛的给予，在那些区域中，这种类型的对爱的丰盛的分享是能够成为开放了这个能量中心的实体的某种残余物的。

Thus, the green ray is that which is given freely without discrimination that is possible within the blue-ray energy center that sees more clearly that which is before the face, before the eye, before one's presence. Thus, it is not always necessary to open the green ray before the blue-ray energy center is itself activated. For the blue ray sees with a certain clarity that which the green ray

does not see, for there are not conditions for the green ray in being able to see or love that which is before one. Thus, there is no danger, as far as we are aware of opening the blue ray before the green ray. The blue ray offers the one activating it a certain kind of protection. However, in relation to other selves, it is, perhaps, more helpful if the green ray is also activated before the blue ray so that the blue ray may be informed with the acceptance on an unconditional basis of another entity, or the creation about one.

因此，绿色光芒是不加分辨地自由地被给予的事物，它在蓝色光芒能量中心中是有可能的，蓝色光芒能量中心会更加清晰地看到在面前，在眼前，在一个人跟前的事物。因此，在蓝色光芒能量中心其自身被激活之前，并不需要开放绿色光芒。因为蓝色光芒会带着一定的清晰度看到绿色光芒看不见的事物，因为绿色光芒能够去看或者爱在它面前的事物，这是没有条件的。因此，就我们所知晓的范围，在开放绿色光芒之前去开放蓝色光芒，这是没有危险的。蓝色光芒会提供给激活了它的实体一定类型的保护。然而，在与其他自我的关联之中，如果绿色光芒在蓝色光芒之前同样也被激活了，这是更有帮助的，这样蓝色光芒就可以藉由对另一个实体的，或者对在一个人周围的造物的一种以无条件为基础的接纳，而成为有见识的了。

Is there a further query, my brother?

我的兄弟，有另一个问题吗？

Austin: Yes, I asked that question because sometimes it seems like certain seekers place an emphasis on wisdom over love, and in my perception sometimes this is done as lacking compassion, so I was wondering if it was that the blue ray—that they were attempting to exercise the blue ray before the green ray. But maybe instead, the wisdom that seems to be lacking compassion isn't necessarily actual blue-ray wisdom, and it's something besides the clarity that you spoke of. Is that correct?

Austin: 是的，我询问那个问题，因为有时候看起来似乎一定的寻求者会将一种重点放在智慧而不是爱上，在我的认识中，有时候这是伴随着缺少同情心而被进行的，因此，我想知道，是否蓝色光芒——它们正在尝试在训练绿色光芒之前训练蓝色光芒。但是，也许作为替代，看起来似乎是缺少同情心的智慧并不一定实际上就是蓝色光芒的智慧，它是某种在你谈及的清晰度之外的事物。那是正确的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Basically, we would say this is correct, for the wisdom of the blue ray is the wisdom which sees the world about it in a clear light. The wisdom, or the compassion of the green ray is that which sees all as objects and beings of the One Creator that are to be loved without discrimination, without any holding back, shall we say. Thus, the blue-ray entity may, as you have described, be somewhat cold in its estimation and communication with other entities, if the green-ray energy center within it has not been activated. However, it will not be, shall we say, fooled by other entities as easily as one who has the green ray open without the activation of the blue ray.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。基本上，我们会说，这是

正确的, 因为蓝色光芒的智慧是那种在一种清晰的光中看到在它周围的世界的智慧。绿色光芒的智慧, 或者同情心, 是将所有的事物视为是属于太一造物者的对象与存在的智慧, 这些属于太一造物者的对象与存有是要不加分辨地, 容我们说, 毫无保留地被爱的。因此, 蓝色光芒的实体, 如你们已经描述过的一样, 在它对其他实体的评估以及与其他实体的沟通交流中, 是可能会变得多少有些冰冷的, 如果在它内在之中的绿色光芒的能量中心尚未被激活的话。然而, 容我们说, 相比一个让绿色光芒开放, 却尚未让蓝色光芒激活的人, 它将不会是一样容易地会被其他实体所愚弄的。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you.
Austin: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: If no one else has a question, I can move on to those sent in from other seekers. J1 writes: "I am a musician and I'd really like to know if in the higher densities there is music. And, if so, what is the relationship of the entities of these higher densities with sounds and music in general. Could Q'uo please enlighten this subject, and maybe talk about Q'uo's particular experience with the concept of music?"

Austin: 如果没有任何人有一个问题, 我能够继续移动到那些从其他寻求者那里发来的问题。J 写道: "我是一个音乐家, 我真的想要知道, 是否在更高的密度中会有音乐。如果是的话, 属于这些更高密度的实体与一般而言的声音与音乐的关系是什么呢? Q'uo 能够启发这个主题吗, 也许是谈谈 Q'uo 与音乐的观念的特定的体验?"

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, music, as you call it, the rhythm of the spheres is that which is a significant portion of each higher density so that the orchestral sounds and vibratory patterns of musical expression become a primary means of communication between some entities who have a predilection towards vibrating in harmony with those beings that are a portion of the family or spiritual groupings of entities who, as a portion of their daily worship of the creation and the Creator, vibrate in musical notation their joy and love of living the higher density experience. There is, within each entity, a certain notational vibration that is unique to each entity so that the entity itself becomes likened unto an instrument that may be played, not only by the entity itself, but by the One Creator that exists within each entity. Each entity has within it the ability to vibrate musical notations in such a fashion that the creation itself begins to sing within such an entity. This type of orchestral vibration, then, becomes a worshipful experience for each entity that is able to partake in this type of

internalization of music of the spheres, as it is called.

Q'uo: 我是 Q'uo, 我的兄弟, 我了解了你的问题了。确实, 音乐, 如你对它的称呼一样, 即星球的旋律, 是每一个更大的密度的一个至关重要的部分, 这样音乐性表达的管弦乐的声音与振动的模式, 会成为在一些实体中间的一种主要的沟通交流的途径, 这些实体会拥有一种朝向与那些是家庭或者实体的灵性团体的一部分的存有和谐一致地振动的倾向性, 这些实体作为它们对造物与造物者的每日崇拜的一部分, 是通过音乐的音符振动表达了它们对于活出了更高密度的体验的喜悦与爱的。在每一个实体内在之中, 都会有一定的音乐的振动是对每一个实体是独一无二的, 这样, 实体其自身就可以被比作一个乐器, 它不仅仅可以被实体其自身弹奏, 同样也可以被存在于每一个实体内在之中的太一造物者所弹奏。每一个实体在它内在之中都拥有能力用这样一种造物其自身会开始与这样一个实体一起歌唱的方式振动表达音乐的音符。这种类型的管弦乐的振动, 接下来就会成为每一个实体的一种崇拜性的表达, 这个实体是能够参与到对星球音乐, 如同它被称呼的一样, 的这种类型的内在化之中的。

Thus, as entities are able to open themselves more and more fully to the Creation about them, they discover that these vibratory qualities of each photon of light are contained within their very being, so that there is an infinite array of musical creations that is possible to process or cause to vibrate within and without such an entity. Thus, entire experiential creations may be lived by such higher vibration entities that inhabit the higher densities beyond your own. The qualities of music within your own third-density experience are basic foundation stones, shall we say, for this more elevated type of musical instrumentation, where the entity is the instrument.

因此, 当实体能够越来越更加充分地向着在它们周围的造物开放它们自己的时候, 它们会发现, 每一个光子的这些振动的特性, 是被包含在在它们的核心存有之中的, 这样就会有无限多的音乐的造物是有可能处理或者产生出在这样一个实体内部与外部的振动。因此, 整个体验的造物就可以被这样更高振动的实体活出了, 这些实体是居住在比你们自己的密度更高的密度中的。对于这种更大地提升了的音乐乐器, 在其中实体就是乐器, 在你们自己的第三密度的体验中的音乐的特性, 是基础的, 容我们说, 基石。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: Not on that topic, thank you. That was very interesting.

Austin: 在那个主题上没有了, 谢谢你们。那是非常有趣的。

Q'uo: I am Q'uo. Is there another query, my brother?

Q'uo: 我是 Q'uo。我的兄弟, 有另一个问题吗?

Austin: We do have some more sent in. J2 writes: "How do I know if I'm making positive life choices? In other words, how do I know the choices I make will allow and help me to grow as a person? I greatly desire to grow in all aspects of life."

Austin: 我们有更多的来信的问题。J2 写道, "我如何知道是否我正在做出正面性

的生命的选择？换句话说，我如何知晓我做出的选择将会允许并帮助我作为一个人而成长呢？我极其渴望在生命的所有的方面成长。”

Q'uo: I am Q'uo, and am aware of your query, my brother. My brother, within your very query is the answer to it, for the great desire, the intention that is expressed in your being and reflected in your query, is that which is of the greatest importance in determining the nature of your desire to serve others and to move forward upon your spiritual journey. The third-density experience, as you are well aware, is not one of understanding, for there is the veil of forgetting that separates the conscious from the unconscious minds, and from the greater nature of reality that is the true reality in which we live and move and have our being. However, within the third-density experience, this veil of forgetting makes it impossible to know or understand for sure what will be the product or the result of one's efforts in service to others. What one can know is one's intention, one's desire, the strength of the desire to be of service, to be a loving entity, and to seek the One Creator within each experience, is that which will lead one forward upon the path of service to others, and increase the positive polarity according to the strength of the will and intention to serve.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我的兄弟, 在你的问题中就有对它的回答了, 在你的存有中被表达并在你的提问中被映射出来的意图, 就是在确定你的服务他人并在你的灵性旅程上前进的渴望的属性的方面是具有最大的重要性的事物。第三密度的体验, 如你清楚知晓的样, 并不是具有理解的体验, 因为会有遗忘的罩纱将有意识的心智与无意识的心智, 与更大的实相的属性分隔开, 那种更大的实相的属性就是我们在其中生活, 移动并拥有我们的存有的真实的实相之所是的实相。然而, 在第三密度的体验中, 这个遗忘的罩纱使得不可能确切地知晓或者理解一个人在服务他人中的努力的产物或者结果将会是什么。一个人能够知晓的事物是它的意图, 它的渴望, 以及进行服务, 成为一个有爱的实体, 并在每一个体验中寻求寻求太一造物者的渴望的强度, 就是将会引导一个人在服务他人的道路上前进, 并根据意志的强度与服务的意图而增加正面极性的事物了。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: Not on that one, but we have more. M writes: "I'm curious about how psychics and mediums access intelligent infinity. Since most seem to have their abilities naturally, does this mean that they naturally have the balance of the lower energy centers that Ra talks about as necessary to access Intelligent Infinity, or is there something else at play here?"

Austin: 在那个问题上没有了, 但是我们有更多的问题。M 写道: "我在关于灵媒是如何接通智能无限是感到好奇。既然大多数人看起来似乎是天生拥有它们的能力的, 这意味着, 它们自然而然地就拥有 Ra 谈过的, 接通智能无限的所需的较低的能量中心的平衡吗, 或者会有某个其他的事情在这里起作用吗?"

Q'uo: I am Q'uo and am aware of your query, my brother. Each entity that has

experienced the initiation that you may call contract with intelligent energy and/or contact with intelligent infinity, does so in an unique manner. Each entity within the One Creation is, indeed, unique. There are no two entities alike. Thus, generalizations are difficult when asking as to the process one would use in order to become able to experience Intelligent Infinity, and perhaps as a result of this experience, become what is called "psychic" or being able to exhibit paranormal abilities. The basic nature of such an experience is one which is fueled, once again, by the nature of the desire, the strong desire or will to move through each energy center, so that each is able to be open enough to transmit the prana or the love/light of the One Creator through it in a clear fashion so that the energies of the red, the orange, the yellow, the green, the blue and the indigo may function in a balanced manner, and allow the contact at violet ray with Intelligent Infinity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。每一个已经体验到了你们可以称之为与智能能量的接触以及/或者与智能无限的接触的启蒙的实体, 都是用一种独一无二的方式这样做的。在太一造物中的每一个实体, 确实都是独一无二的。没有两个相似的实体。因此, 在询问关于一个人为了能够体验到智能无限, 并也许作为这种体验的一个结果, 而成为了被称之为“灵媒”的事物, 或者能够展现超自然的能力的时候, 概括是困难的。这样一个体验的基本的属性是一种, 再一次, 由渴望的属性提供了燃料的体验, 对移动穿过每一个能量中心的强有力的渴望或者意志, 这样每一个能量中心就能够足够多地开放, 以用一种清晰的方式通过它传递普纳, 或者太一造物者的爱/光, 这样红色、橙色、黄色、绿色、蓝色与靛蓝色的能量就可以用一种平衡的方式运转, 并允许在紫罗兰光芒与智能无限的接触。

There may yet be, shall we say, blockages, or portions of some of the energy centers that are not yet fully cleared or balanced, so that there is a complete freedom of movement through the centers. There is a, shall we say, minimal level of balance that allow an entity to make this contact with intelligent infinity, and then be able to exercise a kind of reflection, or a portion of that intelligent infinity in each psychic reading or contact that is made in order to share information with another being requesting this contact and information.

仍旧可能会有, 容我说, 阻塞, 或者能量中心一些部分尚未是充分地被清洁或者被平衡, 这样就会有穿越能量中心的能量运行的一种完全的自由了。会有一种, 容我说, 最低程度的平衡, 它会允许一个实体建立这种与智能无限的接触, 并接下来能够训练一种类型的映射, 或者对在每一次灵媒的解读或者被建立的接触中的智能无限的一个部分, 以便于与另一个请求这种接触或者信息的存有分享信息。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Austin: I've got one if nobody else has one. I'm curious about prayer. Can you just talk a little bit about the metaphysics behind prayer and what happens when we pray?

Austin: 如果没有任何其他人有问题, 我已经想到了一个问题。我对祈祷感到好

奇。你们能够谈一点在祈祷背后的形而上学以及当我们祈祷的时候发生了什么事情吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Prayer is that facility that rises from within the heart of one's being to make contact with the One Creator in order to become more fully aware of the One Creator; to be able to then express the heartfelt beingness of the seeker of truth to the One Creator in order that the will of the One Creator may move in some fashion through the seeker of truth, not only at the moment of praying, but more importantly, in the daily round of activities, so that in some way, the one who prays becomes an instrument of the One Creator through which the Will of the One Creator moves and has an effect upon some portion of the one who prays, or the environment about the one who prays, or some other entity that the one who prays is knowledgeable of and wishes to be of service to. Thus, the praying is that which seeks to make a contact of a universal nature with the One Who Exists in All, that some portion of that entirety of Allness or beingness may be enhanced by a greater appreciation of the One Creator who resides within all beings.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。祈祷是从一个人存有的核心之中兴起的, 与太一造物者建立接触的便利, 以便于更加充分地察觉到太一造物者, 并接下来能够向太一造物者表达真理的寻求者的由衷的存在性, 以便于太一造物者的意志可以用相同的方式移动经过整理的寻求者, 不仅仅是在那个祈祷的时刻, 同样更加重要地, 在日常生活的活动中, 这样用某种方式, 一个祈祷的人就会成为太一造物者的一个器皿, 通过这个器皿, 太一造物者的意志就可以流动, 并对那个祈祷的人的某个部分, 或者对那个祈祷的人周围的环境, 或者对那个祈祷的人知道并希望对其进行服务的某个其他实体产生一种作用。因此, 祈祷就是寻求与存在于万物之中的太一建立一种具有一种宇宙属性的接触, 这样全有或者存在性的整体性的某个部分, 就可以被存在于所有存有之中的太一造物者的一种更大的欣赏所增强了。

At this time, we shall take our leave of this instrument. We leave each in love and in light and in great appreciation of the dance in which you live and move and have your being, at this time, within your third-density illusion. You are inspirations to us, my friends, as you carry forth the banner of love and light in difficult situations and circumstances. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻, 我们将离开这个器皿。我们在爱中, 在光中, 在对你们在此刻, 在你们的第三密度的幻象中, 在其中生活、移动, 对那个并拥有你们的存有的舞蹈的巨大的欣赏中。我的朋友们, 当你们在困难的情况与情景中举起爱与光的旗帜的时候, 你们是我们的启发。我们是你们知晓的 Q'uo。Adonai vasu borragus。

October 5, 2019

2019-10-05 内在的孩子与小我

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We are pleased to be asked to join your group this afternoon. We greet you all in love and in light, for there is nothing else in the universe but love and light. We are those who have experienced much interaction with this group over a period of years, and we feel we are with family. It is our joy to be with you to attempt to be of service to you by responding to those queries which you have to offer us. As always, we hope that you will realize that we are not ultimate authorities, and suggest that you examine our words and concepts carefully, leaving behind any which do not satisfy you in any way whatsoever, using those that have value in whatever way is meaningful to you. If you would do us this favor, then we may speak freely, my friends, for we are but brothers and sisters who travel the same path as you travel, perhaps a step or two further along the journey.

我是 Q'uo，我与这个器皿在一起了。我们很高兴被请求在这个下午加入你们的团体。我们在爱中，在光中向你们全体致意，因为在宇宙中除了爱与光没有任何其他事物。我们是那些已经在一段很多年的时间中与这个团体体验过了大量的互动的实体，我们感觉到我们是与家人在一起的。与你们在一起并尝试去藉由回答那些你们可能向我们提出的问题来对你们进行服务。一如既往，我们希望你们意识到，我们不是终极的权威，我们会建议你们仔细检查我们的话语与观念，将用无论什么任何方式让你们感到不满意的任何的内容都丢弃掉，使用那些用无论什么方式对你们有意义的内容。如果你们愿意给予我们这个恩惠，接下来，我们就可以自由地发言了，我的朋友们，因为我们是在和你们旅行的道路相同的道路上旅行的兄弟姐妹，我们也许沿着那条旅程多走了一两步。

May we ask at this time if there is a question with which we may begin?

在此刻请问是否有一个我们可以用来开始的问题？

Zachary: Greetings, Q'uo. I have a question. It has been said that red-ray attraction between two entities is what draws them together to do work in higher consciousness. What about when two individuals who are initially drawn together by red-ray attraction, and enter into a romantic partnership, find that there is a dissipation of that red-ray attraction? What is the significance of that?

Zachary: 致意，Q'uo。我有一个问题。已经被说过的事情是，在两个实体之间的红色光芒的吸引是会将它们吸引到一起来在更高的意识中进行工作的事物。对于两个一开始就被红色光芒的吸引力吸引到一起，并进入到一种浪漫的伴侣关系中的个体，当它们发现那种红色光芒的吸引有一种损耗的时候，是怎么回事呢？那种损耗的重要意义是什么呢？

Q'uo: I am Q'uo and am aware of your query, my brother. This is an interesting query in that there could be more than one potential response.

We would recommend that you consider deeper implications of what we have to offer. The red ray of survival of the being, and body, and the reproduction of the body is that which has an overwhelming ability to exert its influence upon those who are innocent in their first beginning times together. These innocent times of exploration are often offered to each entity by each entity's choice residing previous to the incarnation. The opportunity of being drawn together, then, gives each entity the chance to experience each other in a variety of ways that may be seen to be reflected in the higher centers of energy or chakras of each entity.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。这是一个有趣的问题, 因为会有比一个潜在的回答更多的回答。我们会建议你考虑我们所要提供给你们的内容的更为深入的含义。存有与身体的生存, 以及身体的繁衍的红色光芒, 是拥有一种压倒性的能力来对那些在它们一开始在一起的时候的天真的实体产生它的影响的事物。这些天真的探索的时刻, 经常会藉由每一个实体在投生前就存在的选择被提供给每一个实体。被吸引到一起的机会, 接下来, 就会给予每一个实体机会去用多种多样的方式体验相互彼此, 这些方式可以被看到是在每一个实体的更高的能量中心或者脉轮中被映射出来的。

The beginning red-ray attraction will, of necessity, cause intense interpersonal interactions that are a portion of the orange-ray energy center. If the catalyst from these interactions can be successfully processed by each entity so that there is love and acceptance as the product of the processing of catalyst, then there is the opportunity for the energies to move higher within each entity's chakras. Thus [energy] moves into the yellow ray of group energies wherein there is the chance for the two entities to blend as one in the social sense, so that they partake of a larger environment of friends, family, and so forth that comprise the group consciousness, thereby utilizing their orange-ray identities that have been solidified, shall we say, in the intense interaction relegated to the orange-ray energy center.

一开始的红色光芒的吸引, 将会需要产生出强烈的人际关系互动, 这些互动是橙色光芒能量中心的一部分。如果来自于这些相互作用的催化剂能够成功地被每一个实体处理, 这样就会有一种爱与接纳作为对催化剂的处理的结果了, 接下来, 就会有可能会让能量在每一个实体的脉轮中移动到更高的位置。这样, 能量就会移动进入到团体能量的黄色光芒中, 在其中会有可能会让两个实体用社会性的方式结合为一个实体, 这样它们就会参与到一个更大的朋友、家庭以及如此等等的构成了团体意识的环境中, 并由此利用橙色光芒的一致性, 这种橙色光芒的一致性是在被降级到橙色光芒能量中的强烈的互动中被固化了的。

In a portion of the experience that each shares within the orange and yellow-ray centers, there is always the opportunity to move even higher into the green-ray energy center. This is where it is necessary for each entity to face the self in a manner in which there are no conditions set upon the sharing of unconditional love with those about each of the entities. This is the goal of the third-density experience upon your planet at this time. It is that which requires a kind of honesty that many entities find difficult to produce, for there is little of the true seeking of the self that reveals the, shall we say,

clay feet, or the areas of investigation that have been ignored or not examined previous to the beginning entry into the green-ray energy center.

在每一个人在橙色光芒与黄色光芒中心中分享的经验的一部分之中，一直都会有机会移动进入到更高的绿色光芒的能量中心中。这个能量中心就是每一个实体需要用这样一种方式来面对自我的位置，通过这种方式，就不会有任何条件被设置在与每一个实体周围的人对爱的无条件的分享之上了。这就是在此刻在你们星球上的第三密度体验的目标。它就是需要一种类型的诚实的事物，很多实体都发现很难产生出的这种诚实，因为自我只有很少的真实的寻求会揭露出，容我说，致命弱点 (clay feet)，或者在开始进入到绿色光芒能量中心之前已经被忽略了，或者尚未被检查的调查的区域。

Thusly, there is the need by each entity to examine even more closely the true nature of its own being in order to move into the higher energy centers, beginning with the green ray energy center. As this process continues, oftentimes it becomes self-evident to each entity that the paths of each, which have moved successfully through the three lower energy centers, may be at variance with the each other in the manner of further progress. This is that which means, in essence, that the entities will need to examine their own motivations, ideals, and processes of moving further along, or upward along, the higher energy centers.

因此，每一个实体都有需要去更为紧密地检查它自己的存有的真实的属性，以便于移动进入到从绿色光芒能量中心开始的更高的能量中心之中。随着这个过程继续，时常会对每一个实体都成为自我证明的事情是，每一个人的道路，只要这些道路已经成功地穿越了较低的能量中心，是可能在更进一步的发展的方式上，与相互彼此是不同的。这实际上意味着，实体将需要检查它们自己的动机、理想，以及沿着更高的能量中心更进一步地移动，或者移动到更高的位置的发展。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zachary: Q'uo, why, as I understand it, or . . . Would it be an accurate inference to say that once you have reached or moved beyond the lower three chakras, and are moving into the heart and the blue ray and maybe even the indigo, it may be that the path can no longer be walked together in the spiritual journey of these higher chakras, and maybe that perception in the self, or that realization, could it perhaps in some way block the red-ray energy center so that their attraction to continue doing work is no longer there. Is that an accurate summary?

Zachary: Q'uo, 为什么，如我对它的理解一样，或者.....这样说是一个正确的推论吗，一旦你已经抵达或者超越了较低三个脉轮，并移动进入到心和蓝色光芒，甚至靛蓝色光芒中，就会有在这些较高脉轮灵性旅程中，道路不再会在一起行走，可能对在自我之中的知觉，或者那种认识，也许它能够用某种方式阻塞红色光芒的能量中心，这样它们继续进行工作的吸引力就不再存在了。那是一个准确的总结吗？

Q'uo: I am Q'uo and am aware of your query, my brother. In general, we

would agree that you have made a correct observation, for it is the red-ray energy center that provided the initial attraction, and these energies of the red ray, then, tend to be the foundation stone upon which the further progress is built. However, as that progress finds some bafflement or blockage within the green-ray energy center which requires the self to be revealed to the self and other selves more clearly, then the foundation stone becomes less and less of a portion of the shared experience of the two entities.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。总的来说, 我们会赞成你已经做出了一个正确的观察, 因为恰恰就是红色光芒能量中心提供了初始的吸引力, 并接着倾向于成为更进一步的发展被构建在其上的基石。然而, 随着那种发展在绿色光芒能量中心中遇到某种挫折或者阻碍, 因为绿色光芒能量中心需要自我对自我以及其他自我被更加清晰地揭露出来, 接下来, 那个基石就会变得越来越少地是两个实体共享的体验的一部分了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zachary: No, thank you, Q'uo.
Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you once again. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你。在此刻有另一个问题吗?

Questioner: I have a question, Q'uo, it seems as we mature, we lose our childlikeness that maybe wasn't meant to be lost. How do we walk the line between mature awareness and draw ourselves back at the same time to a playful, expressive, childlike wonder, that got lost? And is that something that we should be trying to do?

提问者: 我有一个问题, Q'uo, 看起来似乎随着我们成熟, 我们失去了我们的孩子气, 也许那并不意味着是损失。我们如何走在成熟的认识, 与同时我们自己拉回到一种玩耍的, 表达的, 孩子般的, 已经失去了的惊奇之间的边界上呢? 这是某种我们应该尝试去做的事情吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We find, once again, that this is a query which has implications for each entity within the third-density illusion, for that child within each that begins the incarnation with such a joy and excitement upon observing every new piece of experience that comes before its notice, is that child energy which, if continued throughout the incarnation, gives one the openhearted and openminded nature that sees all entities and experience as that which enhances one's own beingness.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们再一次发现, 这是一个对每一个在第三密度的幻象中的实体都拥有牵连的问题, 因为在每一个实体都是带着在观察到出现在它的注意力前方的每一条新的体验的时候如此之大的喜

悦与激动开始了投生的, 在每一个实体内在之中的那个孩子, 是那种孩子的能量, 如果它在贯穿整个投生中都继续存在, 它会给予一个人开放的心与开放的头脑的属性, 这种属性会将所有的实体与体验都视为是增强了一个人自己的存在性的事物。

However, the childlike nature is often driven into seclusion by the process of inculturation that requires that one behave in a certain manner that is called mature, or becoming an adult and giving up the ways of the child which are viewed at some point in the inculturation and educational process as being that which needs more discipline [and] more care to continue its expression in a more subdued fashion so that the rights of others are respected and there is more discipline necessary in order to walk a finer line of appreciation of what is expected of the self. The child energies are brought forth by the One Infinite Creator that exists in fullness within each entity, and as an entity is brought into this illusion, as the baby, this child energy is at its fullest.

然而, 孩子一般的属性, 经常会由于文化教化的过程而被驱赶到隔离之中, 那种文化教化的过程要求一个人用一定的被称为成熟的方式行为举止, 或者成为一个成年人, 并放弃那些孩子的方式, 那些孩子的方式会在教化与教育过程中的某个位置上被视为是需要更多的纪律, 更多的照顾, 以用一种更加被抑制的方式来继续它的表达, 这样其他人的权利就可以被尊重, 就会有更多的需要的纪律, 以便于走一条更加令人愉快的, 欣赏自我被期待事物的线路。孩子的能量是由圆满地存在于每一个实体内在之中的太一无限造物者所产生出来的, 当一个实体, 作为婴儿, 被带入到这个幻象之中的时候, 这种孩子的能量就是处于它最为圆满的状态的。

However, this child energy, then, is seldom allowed complete freedom throughout the process of its growth and maturation. There is the difficulty of allowing the child identity to continue to expand in a playful manner when the need is seen to become serious and to learn certain programs of study that will make one acceptable and marketable within the larger society. Thus, the direction of the educational and inculturation systems are focused upon producing those types of mature adults that can be able to provide a part of the larger economic environment that will enhance the economic productivity and security of the society as a whole.

然而, 这种孩子的能量, 接下来, 在贯穿它整个成长与成熟的过程都很少会被允许拥有完全的自由。当需要被看到是要变得严肃, 并学会一定的学习的项目, 这些学习的项目将会使得一个人在更大的社会中成为可以接受且有市场的时候, 就会有允许孩子的身份继续用一种玩耍的方式拓展的困难了。因此, 教育与文化教化的系统的方向, 是被聚焦在产生出这样类型的成熟的成年人上, 这种类型的成熟的成年人能够提供将会增强作为一个整体的社会的生产力与安全性的更大的经济性的环境的一部分。

Thusly, it is often the case that only a bare remnant of the child identity is able to find a home within the maturing adult. However, we would remind each that this child identity is always present in some fashion and will respond with great glee and joy when this is recognized and allowed to have its say and its

play, for the child identity is more closely aligned with the universal energies of love and light, and the playful interaction of the two. Thusly, if an entity such as yourself wishes to be able to once again contact that inner child that exists at this time within the heart of your being, it is well to be able to provide it with the same kinds of unique and inspiring opportunities for learning new experience that you devise for yourself in whatever direction your interests take you. You are [thus] able to make this child within a playmate once again who can share with you, and become more and more you, as you are able to see the broader view of the so-called mature life and make room for that child within that can give it joy and harmony and excitement and inspiration.

因此, 经常会发生的情况是, 孩子的身份只有一个极小的残余能够在成熟的成年人内在之中找到一个家园。然而, 我们会提醒每一位, 这个孩子的身份用某种方式一直都是存在的, 并将在这种孩子的身份被认出并被允许拥有发言权与玩耍的时候带着巨大的快乐与喜悦回应, 因为孩子的身份是更加紧密地与爱与光的宇宙能量, 以及两者之间的玩耍的相互作用校准的。因此, 如果诸如你自己之类的一个实体希望能够再一次接触在此刻存在于你的存有的核心中的内在的孩子, 它就完全能够提供给它相同类型的独一无二且令人启发的机会, 以学习你为你自己设计的, 在无论什么你的兴趣将你带到的方向中的新的体验。你因此能够使得这个内在之中的孩子再一次成为一个玩伴, 它能够与你分享, 并越来越多地成为你, 因为你能够看到所谓的成熟的生命更宽阔的视野, 并能够为那个内在之中的孩子留出空间, 这个空间能够给予它喜悦, 和谐、激动与启发。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Questioner: No, thank you very much.
提问者: 没有了, 非常感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Zachary: Q'uo, many of us that are on the ascension journey are quite sensitive to solar activity and electromagnetic storms. It appears that the eleven-year solar cycles from solar minimum to maximum, have a very strong impact on the planetary ascension. Can you speak to that?

Zachary: Q'uo, 我们很多处于扬升的旅程上的人都对太阳活动与电磁风暴是相当敏感的。看起来似乎从极小太阳年到极大太阳年的十一年的太阳周期, 会对星球的扬升拥有一种非常强有力的作用。你们能够谈谈那一点吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the entity which is your local sub-logos, the Sun body, that provides the life-giving rays of its own beingness, is an entity which is inhabited by those of higher densities which are utilizing the opportunity to produce what you would see as solar flares or energies that are a product of their own contact with Intelligent Infinity, so that this energy of the Sun, and of the higher density

entities residing therein, comes in a cyclical fashion, providing greater opportunities at some points within the evolutionary cycles of both the Sun body itself and of your Earth sphere itself.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 你们本地的子理则, 提供了属于它自己的存在性的赋予生命的光线的太阳星体, 是一个被那些属于更高的密度的实体所居住的实体, 这些更高密度的实体正在利用机会来产生出你们视为是太阳耀斑或者能量的事物, 这种能量是它们自己与智能无限的接触的一个产物, 这样这种太阳的能量, 居住在其中的更高密度实体的能量, 就会用一种周期性的方式出现, 同时在太阳星体其自身以及你们地球其自身的演化周期中的某个位置上, 提供更大的机会。

There is, also, to be considered, the instreaming of energies from beyond your solar system so that in conjunction with the cycles of flares upon the Sun body, there are the cosmic instreamings of the fourth-density vibrations that are likened unto the rhythms of a musical instrument, or a number of musical instruments that play a certain melody that can be apprehended by entities within the third-density environment of your Mother Earth that have the requisite sensitivities within their own being to recognize and resonate with these combinations of the solar flares and cosmic instreamings.

同样也要被考虑的事情是, 来自于你们的太阳系外部的能量的流入, 这样, 在于太阳星体上的耀斑的周期的协同工作中, 会有第四密度的宇宙的能量汇流, 它们可以被比作一个乐器的旋律, 或者许多个乐器在演奏一定的旋律, 这种旋律是能够被在你们的地球母亲的第三密度的环境的那些在它们自己的存有内在之中拥有所需的敏感性实体感受到的, 以认出这些太阳耀斑与宇宙汇流的混合物, 并为之共振的。

These are a portion of the process of your planet's movement into the fourth density of love and understanding. As entities upon your third-density sphere are able to harmonize their beings with these cosmic and solar energies, they also emanate from themselves a similar type of energy that may be apprehended by those in their presence, and indeed, beyond their presence. Each entity upon the planetary sphere that is resonating with the solar and cosmic instreamings is [thus] able to act itself as a beacon of light that emanates these stepped-down frequencies that represent the love, the light, and the unity of the One Infinite Creator that resides within each entity, and is activated by these energies, and reflects and promotes and processes these energies to those about the entity that is receiving them and broadcasting them.

这些是你们星球进入到爱与理解的第四密度的过程中的一个部分。当在你们的第三密度的星球上的实体能够让它们的存有与这些宇宙与太阳能量协调一致的时候, 它们同样也从它们自己身上散发出一种类似类型的能量, 这种能量可以被那些在它们周遭的人, 确实, 在它们所在之处之外的人感觉到。在你们的星球上的每一个与太阳与宇宙的汇流共振的人, 都因此能够让它自己作为一个灯塔来起作用, 这个灯塔会散发出这些被降级过的频率, 这种频率表现了存在于每一个实体内在之中太一无限造物者的爱、光与统一性, 并会被这些能量所激活, 对这些能量映射、提升并处理, 使之前往在那个正在接受它们并广播它们的实体周围的人。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Zachary: Just one briefly. Some people seem to be far more sensitive to these instreamings than others. What is the reason for that?

Zachary: 仅仅一个简短的问题。一些人看起来似乎比其他人是对这些汇流要远远更加敏感的。那是什么原因呢？

Q'uo: I am Q'uo and am aware of your query, my brother. The sensitivity to these solar and cosmic instreamings of energies, is a result of the process of the, as you would say, rising of the kundalini within such entities expressing this sensitivity. For those who have moved through the green-ray energy center, there is the beginning sensitivity to such energies. As the kundalini energy moves higher, into the blue-ray energy center, this sensitivity is once again enhanced. As the energies move yet higher into the indigo ray, these energies are at their peak level of expression, so that at this level, there is the ability to create changes in consciousness at will. There is, however, the necessity for the blending of all of these lower energy centers in a fashion that is processed and produced by the violet-ray energy center.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。对这些太阳与宇宙的能量汇流的敏感性是对在表达了这样的敏感性的实体内在之中的，如你们会说的一样，昆达尼里的升起的过程的一个结果。对于那些已经移动穿越了绿色光芒能量中心的实体，会有对于这样的能量的初始的敏感性。随着昆达尼里的能量移动到更高的位置，进入到蓝色光芒能量中心，这种敏感性会再一次更进一步地被增强。随着能量移动到更高的位置，进入到靛蓝色光芒，这些能量就处于它们表达的峰值的层次了，这样，在这个层次上，就会有能力在意识中随意创造改变了。然而，会有需要将那些较低的能量中心用这样一种方式的混合，这种混合方式是被紫罗兰光芒的能量中心处理与产生出来的。

Thus, it is well for such entities who are expressing the sensitivities of the green, blue, and indigo energy centers to give constant attention to the clearing of any catalytic obstructions that may find a way temporarily into any of the lower energy centers. Thusly, the entity that is sensitive to these energies will do well to engage in a daily program of examining the life experience so that there is a smooth flow of the prana, or love/light of the One Creator through each energy center ending at the indigo.

因此，对于这样的正在表达绿色、蓝色、靛蓝色能量中心的敏感性的实体，它们持续不断地留心对任何催化剂的阻塞的清理，这是很好的，这些催化剂的阻塞可能会找到一条途径暂时进入到任何一个较低的能量中心中。因此，对这些能量敏感的实体，如果它们参与到一种每日检查生命体验的程序之中，这会是很好的，这样就会有一种普纳，或者太一造物者的爱/光，流经每一个能量中心，并在靛蓝色光芒结束的平滑的流动了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Zachary: No, thank you, Q'uo.

Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you once again. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们再一次感谢你。在此刻有另一个问题吗?

Questioner: There is a query from someone who has written in this question: "There are certain esoteric teachings which spoke about the ego and how he is. The ego would be a set of psychical aggregates, a legion of selves fighting by the control. In these teachings, it is advised that ego be eliminated by the technique of ego death. I would like, if possible, that Q'uo comments on the nature of the ego, and the differences or similarities of the balancing suggested by the Confederation and the ego death." This question is from D.

提问者: 有一个问题是来自于某个已经写信提问的人, 在这个问题中他写道, "有一定的秘传的教导谈及了小我以及他是如何的。小我是一套心理的集合体, 一大批自我藉由控制来战斗。在这些教导中, 被建议的是, 小我要被藉由小我的死亡的技巧而被根除。我想要, 如果有可能的话, Q'uo 对于小我的属性的评论, 以及在星际联邦以及小我的死亡建议的平衡技巧的差异或者相似性。"这是来自 D 的问题。

Q'uo: I am Q'uo and am aware of your query, my sister. The ego is a term which has many meanings to different people. The ego in terms of the third-density active individual is, in our definition, a varying product of each of the lower energy centers, the red, the orange, and the yellow. As a conscious being is able to activate each of the lower energy centers, this activation will cause an individual an unique combination of the red, orange, and yellow energy centers, for each entity with active lower centers. There is, for each entity, then, a kind of fluid expression of these energies that is directed at the interaction with other entities similarly activated so that there is a kind of interconnectedness that evolves in a manner which deals with the catalyst that each has programmed previous to the incarnation. [This is often] of a surface quality, shall we say, dealing with the mundane completion of the daily round of activities, seeking the rewards of the material illusion, being concerned not with those higher energy centers which lie in potential.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。小我是一个对不同的人拥有不同的意义的词语。在第三密度的活跃的个体的意义上的小我, 根据我们的定义, 是每一个较低的能量中心, 也就是说红色、橙色和黄色能量中心, 的一个变化的产物。当一个有意识的存有能够激活每一个较低的能量中心的时候, 这种激活将会给每一个个体造成一种独一无二的红色、橙色、黄色的能量中心的混合物。对于每一个带有活跃的教导的能量中心的实体, 接下来就会有一种这些能量的一种类型的流动的表达, 这些能量是被指向与其他类似地激活了的实体之间的互动的, 这样就会有一种内心的相互关联, 这种相互关联用一种会与每一个实体在投生前就已经规划好的催化剂打交道的方式演化发展。这经常是具有这样一种表面的属性, 它会与世俗的完成日常生活的活动, 容我们说, 打交道, 同时寻求物质

性的幻象的回报，而不关注那些处于潜在状态中的较高的能量中心。

The ego, then, in this way of describing it, becomes what may be called the conscious acting self that is concerned with its own self-interests; not to the point of being negatively programmed, however, for there is the desire in the yellow ray energy center to combine energies with other ego entities to provide substance and living for each entity. The economic considerations being predominant for such entities. However, at some point within most incarnations there is the opportunity provided for such an ego-driven personality to find higher means of expression of this conscious acting self. The means for each entity are unique so that each entity has an opportunity to move beyond the mundane world to find that there is a great deal more to the potential in its life experience than has thus far been known, or sought.

接下来，在这种对小我的描述的方式中，小我就成为了可以被称之为有意识的行动的自我，它是关注它自己的自我利益的，但却不会到了用负面性的方式被编程的程度，然而，因为在黄色光芒能量中心中会有渴望将能量与其他的小我的实体混合起来，以为每一个实体提供材料与活力，经济上的考虑对这样的实体就会成为最为凸显的了。然而，在大多数投生中的某个位置，会有为这样一个由小我驱动的人格提供的机会，以找到这个有意识的行动的自我的更高的表达的途径。这种途径对每一个实体都是独一无二的，这样，每一个实体都会拥有一个机会来超越世俗的世界，以发现，在它的生命体验中会有比迄今为止已经被知晓或者被寻求的事物远远更多的事物是出于潜在状态中的。

Thus, at this point, the spiritual journey begins. The entity, having this inspiration, then, begins to look beyond the daily round of activities and the surface interpretations of the events that one finds oneself in. There is the opportunity and growing ability to realize that there is a greater environment that is represented by what might be called the spiritual nature of each being that begins to grow as a small flower, shall we say, within. As this flower is nurtured and nourished by the attention of the entity, then there are increasing opportunities for the further growth of the flowering being that is spiritual in its nature and seeks its own evolution in conjunction with the entities of like mind with whom it becomes engaged in finding more, we shall say, useful means of looking at the daily round of experience.

因此，在这个位置上，灵性的旅程开始了，实体，在拥有了这种启发之后，接下来，就会开始看穿日常生活的活动，以及一个人发现它自己处于其中的事件的表面的解释。会有机会与不断增长的能力，以意识到会有一个更大的环境，那个环境是被可以被称之为每一个存有的灵性属性的事物所表现出来的，这种灵性的属性会开始如同内在之中的，容我们说，一朵小花一样地地成长。当这朵花被实体的注意力所抚育，所滋养的时候，接下来，就会有不断增强的机会让开花的存有更进一步地成长，那个开花的存有在其属性上是灵性的，是在与具有类似的心智的实体的结合中寻求它的演化的，与那些具有相似的属性的存有在一起，它会参与到找到，容我们说，更有用处的检查日常生活的体验的方式。

Thus, such an entity, at some point within its spiritual journey, becomes aware that the spiritual journey is the sole function of its purpose on this planetary

sphere, and as a result becomes more and more desirous of reaping the benefits of such a spiritual journey, of the inspiration that is seen within the being at the recognition of the Creator that it seeks, also residing within its own being. Thus, the great search begins to find that which has always been there, that which begins to speak to the spiritual mind, that which sees the ability of each seeker to grow into an infinity of opportunity to experience the One within.

因此，这样一个实体，在它灵性旅程的某个位置，会开始察觉到，灵性旅程就是它在这个星球的目的的唯一的机能，并作为一个结果，越来越更加渴望收获这样一条灵性旅程的益处，以及在认出了它寻求的，同样也居住在它自己的存有内在之中的造物者的时候，在存有中被看到的启发的益处。因此，伟大的寻求开始发现，已经一直都在那里的事物，这个事物会开始对灵性的心智说话，且看到了每一个寻求者成长成为一个体验内在之中的太一的无限的机会的能力。

In such a case, then, the entity often feels that there is very little use for what once was the only focus of its attention, that is, the mundane world and its means of operation. Thus, many have said that the dropping away of the concerns of the work-a-day world represents a kind of death of the ego. This may, indeed, be so, for as the spiritual journey is undertaken with more and more vigor, more and more time commitment, and more and more joy resulting from this seeking, the material world begins to dwindle in its importance and presence within such spiritual being.

接下来，在这样一个情况中，实体经常会感觉到，曾经是它的注意力的唯一的焦点的事物，也就是说，世俗的世界以及它运作的方式，是用处非常小的。因此，很多人都已经说过，对日如一日的生活的忧虑的放下，代表了一种类型的小我的死亡。这确实可能是这样子的，因为随着灵性的旅程带着越来越大的活力，越来越多的时间的投入，以及从这种寻求中产生出的越来越多的喜悦而被进行，物质性的世界开始在其重要性以及在这样的灵性存有内在之中的存在中减少了。

Thus, it can be said that the ego death is that which is a natural outgrowth of such a progression of spiritual seeking. However, we would remind each entity that the dealing with the material world is ever present, and the ego death is that which is symbolic in nature, and does not allow the pure pursuit of the spiritual path, a seeking only that which is of a higher level than the mundane world. For each yogi, shall we say, must needs eat its meal of the daily round of activities, and feed the inner being that is the higher being, or higher self, with the spiritual food, while it feeds its own body with the produce of the mundane world.

因此，可以这样说，小我的死亡是这样一个灵性寻求的发展进程的一种自然而然的派生物。然而，我们会提醒每一个实体，与物质性世界打交道是一直都存在的，小我的死亡在属性上是象征性的，而不是允许纯粹的灵性道路的追寻，一种仅仅寻求具有一个比世俗世界更高的层次的事物。因为每一个，容我们说，瑜伽士，都必须要吃下它日常生活的餐食，并用灵性的事物喂养那个内在的存有，内在的存有就是更高的存有，或者高我，同时它要用世俗世界的产品来喂养它自己的身体。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Zachary: I have one final query, Q'uo, that's a follow-up to our previous discussion. It appears the mechanism of harvest, then, in relation to the Sun, is becoming activated enough in the heart to be sensitive to the instreaming energies to begin the process of purging of those things that are not in alignment with 4D energy. Is that an accurate summary of the mechanism of harvest?

Zachary: 我有一个最后的问题, Q'uo, 那是我们之前的讨论的一个后续问题。看起来似乎收割的机制, 与太阳联系在一起, 是正在在心中足够多地被激活, 以对汇流的能量变得敏感, 以开始净化那些与第四维度的能量并不协调一致的事物的过程。那是对收割机制的一个准确的总结吗？

Q'uo: I am Q'uo and am aware of your query, my brother. In general, we would say that you have made an accurate summary of this process, of the movement of entities within this planetary sphere into the four density of love and understanding.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。一般而言, 我们会说, 你已经对这个过程, 对在这个星球上的实体进入到爱与理解的第四密度的运动, 做出了一个准确的总结了。

The process of each entity's personal journey of seeking, however, will be unique in the manner in which the purging of the mundane world nature of its being is accomplished. There is, for many, a type of crisis that occurs when it is seen that the variety of experiences that have been shared with others within the work-a-day world, shall we say, still has a need to be accomplished upon some level of one's being. Though it may be, or seem to be a mundane activity that is undertaken, all such mundane activities can be viewed from a higher, shall we say, or broader perspective of the higher energy centers.

然而, 每一个实体个人的寻求的旅程的过程, 在对它的存有的世俗世界的属性的净化藉由其被完成的方式中, 将会是独一无二的, 对于很多人, 会有一种类型的危机会在这样一种情况被看到的时候出现, 即已经与在, 容我们说, 日常生活的世界中的其他人被分享了的体验的多样性, 仍旧拥有一种需要在一个人的存有的某个层次上被完成。尽管它可能是, 或者看起来似乎是一个世俗的活动在被进行, 所有这样的世俗的活动都能够从一个, 容我们说, 更高的, 或者更加宽阔的, 更高的能量中心的观点被观察。

Again, as one moves from green to blue to indigo, one finds a greater and greater expanse of one's beingness that is infinite in nature that may be, in many cases, utilized in a, shall we say, stepped-down fashion, to once again partake in what was, at a previous time in one's spiritual journey, a kind of mundane experiential sharing of energies to accomplish what seems to be mundane results. However, the entity which has experienced the higher energies may bring them forth into this shared experience so that the product of such seeming mundane interaction becomes that which is enhanced by a

greater expression of love of the One Infinite Creator to those entities that are a portion of the mundane gathering.

再一次，当一个人从绿色移动到蓝色，移动到靛蓝色光芒的时候，它会发现对它的存在性的一个越来越大的拓展，它的存在性在属性上是无限的，在很多情况中，它的存在性的属性是可能会用一种，容我们说，被降级了的方式被利用，以再一次参与到，在它的灵性旅程中在一个之前的时间曾经是一种类型的分享能量的世俗的体验的事物之中，以完成看起来是似乎世俗的结果的事物。然而，已经体验到了更高的能量的实体，是可能将这些能量带入到这种被分享的体验之中，这样这样看似世俗的互动的产物，就会成为会被太一无限造物者的爱对那些属于世俗的集合的一部分的实体的一种更大的表达所强化的事物了。

Thus, as the more, shall we say, spiritually awakened entity engages in such interactions at a seeming mundane level, there can be a speaking to the Creator within each other entity, whether that entity is as spiritually awakened as one itself is. Therefore, you speak only to the One Creator with the filtering down, shall we say, of the message to the active mind of the mundane participate. Thusly, the One Creator within each entity is speaking in unison with each entity as some level of each entity's being, depending upon that entity's progress.

因此，随着，容我们说，在灵性上更加觉醒的实体参与到这样的在一个看似世俗的层次上的互动之中，就能够有一种对在每一个其他实体内在之中的造物者的说话了，无论那个实体是不是和一个人它自己一样是在灵性上觉醒的。因此，你仅仅会在对太一造物者说话，并藉由对信息的，容我们说，筛选，来对世俗的参与者的活跃的心智说话。因此，在每一个实体内在之中的太一造物者，是在每一个实体的存有的某个层次上，协调一致地与每一个实体说话的。

At this time, we shall thank each entity here for inviting our presence once again. We are always most overjoyed to join you in your seeking. You are our inspiration, as we hope we are your inspiration. You are our inspiration in that you move and live and have your being in this dense, heavy illusion of third density in which the truth of unity, love, and light, have such a difficult time being apprehended. You inspire us as you apprehend it and share it with others. We thank you for this great service to the One who is in all.

在此刻，我们将感谢每一位在这里的实体再一次邀请我们出席。我们一直都对于加入你们的寻求是开心得要命的。你们是我们的启发，如我们我们希望我们是你们的启发一样。你们是我们的启发，因为你们在这个第三密度的厚重而沉重的幻象中移动、生活并拥有你们的存有，在这个幻象中，统一性、爱与光的真理，是如此之难被感受到。你们启发了我们，因为你们感受到它，并与其他人分享了它。我们为这种对在万物之中的太一的伟大的服务而感谢你们。

At this time, we shall take our leave of this instrument. We leave each in love and light. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个器皿。我们在爱与光中离开你们每一位。我们是你们知晓的 Q'uo。Adonai vasu borragus。

2019-10-13 布拉格集会

Law of One Seeker Gathering - Prague - Channeling Meditation
October 13, 2019

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each of you in love and in light. We are honored to be asked to join your group today. You are a shining example of love and light of all that there is in the one infinite creation, and the variety of your experiences, the dedication of your spirits, and the movement of love between you is an example for all humankind. Before we begin, as always, we ask a small favor. We wish you to understand that we are not ultimate authorities. If you will but help us in a small way by taking those words and thoughts that we offer you and use them as you will, leaving behind any that do not ring of truth to you. In this way, we will be able to speak freely to you and not becoming a stumbling block for you.

我是 Q'uo，我在爱与光中向你们每一位致意。我们对于在今天被请求加入你们的团体是感到荣幸的。你们是在无限造物中的一切万有的爱与光的一个闪耀的范例，你们的体验的多样性，你们的灵性的奉献，以及在你们当中的爱的运动，是给所有人类的一个范例。在我们开始之前，一如既往，我们会请求一个小小的恩惠。我们希望你们理解，我们不是终极的权威。如果你们愿意藉由将那些我们给予你们的话语与想法拿起来，并如你们所愿地使用它们，将任何对于你们听起来不是真理的内容都丢弃掉而用一种小小的方式帮助我们，我们就将能够自由地对你们发言，而不会成为你们的一块绊脚石了。

At this time may we ask if there is a query with which we may begin?
在此刻，请问是否有一个我们可以用来开始的问题？

Vojta: Yes, Q'uo. First a question from the circle is: "Can you speak to the importance of creating and coming together in groups such as this. How can we work to harness what we receive from such a brief meeting with so many beautiful souls?"

Vojta: 是的，Q'uo。首先是一个来自圈子的问题是：“你们能够谈谈创造诸如这个团体之类的团体，并在其中聚集在一起的重要性吗。我们如何才能进行工作来利用我们从这样一次与如此多美丽的灵魂的短暂的集会上接收到的事物呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. This gathering is a wayshower, shall we say, an example for all of humanity, in that the purpose of the gathering is to find those vibrations of love and understanding beginning to resonate more fully and freely within your heart, the green-ray energy center. The third-density experience upon this and all such planets has, as its purpose, the opening of this heart energy center in a manner which gives that which you may call unconditional love to all about one and all things about one, seeing the creation as one being, existing within every entity and

everything that one may experience in the life incarnation. This purpose is one which resonates with the true heart of every being on your planet, whether the being is consciously aware of the possibility of opening its own heart similarly in love and understanding.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这个集会是一个, 容我们说, 路标 (wayshower), 是为所有人类的一个范例, 因为集会的目的就是去找到那些正在开始越来越更加充分地且更加自由地在你们的心中, 在绿色光芒能量中心中共振的爱与理解的振动。在这个星球上以及在所有这样的星球上的第三密度的体验, 都将用这样一种方式来开放这个心的能量中心作为它的目的, 这种方式会向一个人周围的所有人给予那个你们可能称之为无条件的事物的爱, 并将造物视为是一个存有, 是存在于每一个实体之中, 存在于一个人在投生中可能体验到的每一个事物之中的。这个目的是一个与在你们的星球上的每一个存有的真实的心共鸣的目的, 无论那个存有是否有意识地察觉到类似地在爱与理解中开放它自己的心的可能性。

There is, as those of Ra have said, love in every moment and in every entity. As you gather together in this group and share that love vibration between you, that vibration begins to resonate outward in ripples that reach to the ends of the Earth, around the Earth, and engulf it in a manner which is perceivable by any entity which is sensitive to these vibrations. Each entity, whether sensitive or not, within this planetary influence has then the opportunity to similarly begin the process of conscious seeking of that which you may call the truth—the truth of the unity of all things, the truth of the One Infinite Creator that has created all things and exists in all things and in all entities, and is there, waiting within each entity and each iota of the creation to be discovered by those with eyes to see, ears to hear, and hearts to open in love and in light.

如那些属于 Ra 的实体已经说过的一样, 在每一刻中, 在每一个实体中都有爱。当你们在这个团体中聚集在一起, 并在你们当中分享那种爱的振动的时候, 那种振动就开始通过涟漪向外振动, 它们会抵达地球的尽头, 包围地球, 并用一种会被每一个对这些振动是敏感的实体是可以感觉得到的方式吞没地球。每一实体, 无论是否敏感, 在这个星球上接下来都会拥有机会去类似地开始有意识地寻求你们可能称之为真理的事物的过程——万物的统一性的真理, 太一无限造物者的真理, 太一无限造物者已经创造了所有的事物, 并存在于所有的事情和所有的实体之中, 造物者在那里, 在每一个实体, 每一个造物的微粒中等待被那些拥有耳朵去看, 拥有眼睛去听, 拥有心在爱中, 在光中开放的实体所发现。

Thus, as you take with you these loving vibrations back to those residences and homes within this Earth sphere from which you have come, you have the opportunity to begin to share, in some fashion, these vibrations with those that you meet in your daily round of activities, for each of you has made what you may call the preincarnative choices to see the world about you in a certain fashion that allows you to learn those lessons that are most important to you in this incarnation.

因此, 当你们会将这些爱的振动带在你们身边, 带回到那些你们已经从其来的, 在这个地球上的住所与家中, 你们拥有机会开始用某种方式与那些你们在你们的

日常生活的活动中遇到的人分享这些振动，因为你们每一个人都已经做出了你们可以称之为投生前的选择的事物，以用一定的，会允许你们学会那些在这次投生中对你们是极其重要的方式看到在你们周围的世界。

Thusly, if you can imbue each experience, each generation and experience of catalyst with these loving vibrations, you have made a large step forward within the metaphysical realms to bring this power of love into the daily round of existence, into the mundane environment which is the third-density illusion in which you live and move and have your being at this time.

因此，如果你们能够用这些爱的振动来感染每一个体验，对催化剂的每一次产生与体验，你们就已经在形而上学的领域中迈出了一个很大的步子，以将这种爱的力量带入到日常生活的存在性之中，带入到你们在此刻在其中生活、移动并拥有你们的存有的第三密度的幻象之所是的世俗的环境中。

As you are able to do this, you are sowing seeds of love and understanding all about you, within the environment, within the entities you meet, within the air that you breath, within the soil upon which you walk. These loving vibrations, then, consciously sown, have the opportunity to bloom and grow and bear fruit, as others become either consciously or subconsciously aware of their existence within their own being. Thus, you are, like the Johnny Appleseed of love and light. You wander where you may, seeding the planetary influence and its population with the love vibration.

当你们能够这样做的时候，你们就正在你们周围的所有事物中，在环境中，在你们遇到的实体内在之中，在你们呼吸的空气中，在你们在其上行走的土地中播种爱与理解的种子了。这些爱的振动，在有意识地被播种之后，接下来就会拥有机会开花，繁茂并结果，当其他的存有要么有意识地，要么潜意识地察觉到它们在它们自己的存有之中的存在性的时候。因此，你们，就好像爱与光的约翰尼的苹果种子一样，你们在你们可能会漫游的地方漫游，同时用爱的振动对星球与它的人群进行播种。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: Q'uo, the next question from the circle is: "I was wondering: in service to others, is there or can there exist a warrior aspect or energy?"

Austin: Q'uo, 来自于圈子的下一个问题是：“我想知道：在服务他人的过程中，存在有或者能够存在有一个战士的面向或者战士的能量吗？”

Q'uo: I am Q'uo and am aware of your query, my brother. This query is an interesting one, in that it puts forth the possibility of that which would seem contraindicated—the warrior characteristic or mentality that would not normally be seen as a companion of the fourth density of love and understanding. But, within your third-density illusion which is so heavy and problematic at this time for so many people, with so many divisions between it, so much doubt, anger, confusion and separation, it is not an easy process for the conscious seeker of truth to move through the illusion about it in a

loving manner at all times. There are difficulties that prohibit in some instances the freely shared love and light when it seems to be rejected and thrown back into one's face, causing one to feel perhaps to be a failure.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。这个问题是一个有趣的问题, 因为它提出了看起来似乎自相矛盾的事物的可能性——战士的特性或者心理通常是不会被视为是爱与理解的第四密度的一个伙伴。但是, 你们的第三密度的幻象在此刻对于如此多的人是如此之沉重且有问题, 并带有在人与人之间的如此多的分裂, 带有如此多的怀疑、愤怒、混淆与分离, 在这样的第三密度中, 对于有意识的真理的寻求者, 要在所有的时候都用一种有爱的方式穿越在它周围的幻象, 这并不是一个容易的过程。在一些情况中会有困难会阻碍对被自由地分享的爱与光, 当这被分享的爱与光看起来似乎被拒绝并被迎面扔回来, 使得一个人感觉到也许是一个失败的时候。

We would suggest that the warrior mentality is one which may be defined as fearlessness, the ability to continue in the face of seeming despair, hopelessness, or failure, to give that which is of love and of light regardless of the response of any entity about you. Indeed, to receive any response with love and light, for this is the purpose of this illusion—to learn the ways of love. And, if you are able, under any circumstance, to respond to any catalyst with love, you have triumphed in a warrior-like fashion over those forces of darkness which would wish for this darkness and separation to prevail upon this planet.

我们会建议, 战士的心理是这样一种心理, 它可以被定义为无惧性, 在面对看似绝望、无望或者失败的事物的时候去继续, 并不管你周围的任何实体的回应都给予那种具有爱与光的事物的能力。确实, 要带着爱与光接收任何的回应, 因为这就是这个幻象的目的——去学习爱的方式。如果你能够, 在任何情况下, 都带着爱回应任何的催化剂, 你就已经用一种战士一般的方式取得了对于那些黑暗的力量胜利了, 那些黑暗的力量会希望这种黑暗与分离在这个星球上占上风。

Thus you move forward without fear of rejection, without fear of any type of difficulty that may stop your intense desire to seek and to serve the One Infinite Creator within all entities that you meet, for if you speak to that One Creator in all entities that you meet, in love and in light, at some level, the Creator will respond and return your love and light in kind, and then the love and light of the One Infinite Creator will continue to grow more and more within this planetary influence as it moves more and more into the fourth density of love and light and understanding.

因此, 你们会不害怕拒绝, 不害怕任何类型的可能会阻碍你去寻求并服务在所有你们遇到的实体内在中光的太一无限造物者的强力的渴望的困难, 而向前移动, 因为如果你们在爱中, 在光中, 在某个层次上对所有你们遇到的实体内在之中的造物者说话, 造物者就将会在亲切中回应会返还你们的爱与光, 接下来, 太一无限造物者的爱与光就将会继续在这个星球上越来越多地成长, 随着它进入到爱、光与理解的第四密度。

Is there another query at this time?

在此刻有另一个问题吗?

Trish: Yes, thank you Q'uo. The next question from the circle is: "At times I have found it difficult to differentiate between discernment and judgment of the situation or others' actions. I have the desire to share by interpretation of a situation, or other's actions, but I've found it difficult without infringing on the others' freewill. How can I know when it is appropriate to share my thoughts with others?"

Trish: 是的, 感谢你们, Q'uo。下一个来自圈子的问题是:“我时常已经发现, 要在对情况或者其他人的行动的分辨与评判之间进行区分是困难。我已经渴望藉由对一个情况或者其他人的行动的解释来分享, 但是, 我已经发现, 要不侵犯其他人的自由意志的情况下这是困难的。我如何能够知道什么时候与其他人分享我的想法是合适的呢?”

Q'uo: I am Q'uo and am aware of your query, my sister. Each conscious seeker of truth has within it the desire to be of service to others, for that is, indeed, the heart of the positive path that seeks to be of service whenever possible. The determination of the possibility of service is one which is oftentimes left to the intellect, in which case there is the necessity of some type of discernment or judgment that may give you certain qualities or parameters within which it is appropriate to share that which is yours to share, and we do not say this is not appropriate. If you feel that it is necessary to wait until you are asked by any entity to share that which is the heart of your seeking, then, by all means make this your method of being of service.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。每一个有意识的真理的寻求者都在它内在之中拥有服务他人的渴望, 因为, 在任何有可能的时候寻求去进行服务, 这确实就是正面性道路的核心。服务的可能性的确定是一个时常会留给智力的决定, 在这样的情况中, 会有对某种类型的分辨力或者判断力的需要, 这种分辨力或者判断力可以给予你们一定的特性或者参数, 在其中去分享你要分享的事物是合适的, 我们不是说, 这是不合适的。如果你感觉到需要一直都等待你被任何实体请求来分享你的寻求的核心之所是, 那么, 无论如何都使之成为你进行服务的方法。

However, if you wish, you may also look within your own heart at the level of the intuitive comprehension of the appropriateness of being of service to others when your heart tells you the moment is right for the sharing of that which is yours to share. Your intuitive nature is that which connects your conscious mind to your unconscious mind, and furthermore, connects you to the greater mind of the racial mind, the planetary mind, the cosmic mind, so that you are resourcing the deeper levels of intelligence that are yours to call upon in any moment of doubt or possible sharing of that which is yours to share.

然而, 如果你希望的话, 你同样也可以在你自己的心内在之中检查对服务他人的适当性的直觉性的感受, 在你的心告诉你那个时刻对于分享你要分享的事物是合适的时候。你的直觉性的特性就是将你的有意识心智与你的无意识心智连接起来, 并更进一步将 you 与种族心智, 星球心智以及宇宙心智的更大的心智连接起来的事物, 这样, 你就是在开发属于你的智能的更为深入的层次的资源, 以在任何

怀疑或者有可能去分享你要分享的事物的时刻去依赖于这个资源。

Thus, if you exercise your intuition in other areas of your life experience as well—for example, as to which road to take in the pursuing of your daily round of activities, which entity to consult for such information as would be necessary for you to obtain for one reason or another, or any way that you do not have obvious direction in the movement of yourself and your path throughout the daily round of experience—The exercise of intuition is that which may be most helpful to you as you continue your journey of seeking to be of service to others.

因此，如果你同样也在你的生命体验的其他区域中使用你的直觉——举个例子，关于在追寻你的日常生活的活动中要走哪一条道路，要向哪一个实体咨询这样的因为这样或者那样一个原因而是你需要取得的信息，或者任何在贯穿整个日常生活体验中在让你自己和你的道路移动的过程中并不拥有明显的方向的方面——对直觉的使用都是可能会对你极其有帮助的事物，在你继续你寻求对他人进行服务的旅程上。

Is there a further query at this time?

在此刻有一个更进一步的问题吗？

Romi: Greetings, Q'uo. Next question from the circle is: "Can you comment on positive catalyst? Does positive catalyst exist, and how is it balanced?"

Romi: 致意, Q'uo。来自圈子的下一个问题是：“你们能够对正面性的催化剂进行评论吗？正面性的催化剂存在吗，它要如何被平衡呢？”

Q'uo: I am Q'uo and am aware of your query, my brother. My friends, we would suggest that all catalyst may be seen as positive or negative, for it is, in truth, neutral in its own beingness. The choice of each entity as to how the catalyst is used, determines the positive or negative nature of catalyst. Positively oriented entities, then, would look at any catalyst that they come before in their daily round of activities and use it in a manner would could produce positive polarization. Just so, negatively oriented entities may look at any catalyst that comes their way as negatively oriented if they are able to use it to dominate or control another, and thereby increase their own power of service to self. Thus, the catalyst itself is of a neutral nature. Its use, and how it is used, and what it produces, determines whether or not it may be seen to be positive or negative as a result.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我的朋友们, 我们会建议, 所有的催化剂都可以被视为是正面性或者负面性的, 因为它在它自己的存在性中实际上是中性的。在关于催化剂要如何被使用的方面每一个实体的选择, 决定了催化剂的正面性或者负面性的属性。正面性导向的实体, 接下来, 会检查任何它们在它们的日常生活的活动中遇到的催化剂, 并用一种会产生出正面性的极化的方式来使用它。就是这样子, 负面性导向的实体可以将任何出现在它们面前的催化剂看作是负面性导向的, 如果它们能够使用它来支配或者控制其他人, 并由此增加它们自己的服务自我的力量。因此, 催化剂其自身是具有一种中性的属性, 它的用途, 它是如何被使用的, 以及它会产生出什么事物, 决定了是否它可以,

作为一个结果，被视为是正面性或者负面性的。

Is there another query at this time?
在此刻有另一个问题吗？

Gary: Yes, Q'uo, the final question from the circle says: "How can we be more intimate with our own bodies and with the land to which we belong, and are those two interlinked?"

Gary: 是的，Q'uo，来自圈子的最后的问题说，“我们如何能够与我们自己的身体以及与我们属于的土地变得更加亲密呢，两者是相互关联的吗？”

Q'uo: I am Q'uo and believe that we perceive the query, that intimate is the operative word. Is this correct?

Q'uo: 我是 Q'uo，相信我们了解了问题了，亲密是起作用的词语。这是正确的吗？

Gary: Yes, Q'uo, that is correct.

Gary: 是的，Q'uo，那是正确的。

Q'uo: We thank you, my brother. The intimacy that is possible for each seeker of truth to obtain, to share, and to build upon, is that which realizes the unity of all creation, for as the seeker attempts to become more intimate with its own self or with another self, or with its environment in which it moves, [it] is attempting to become more knowledgeable of, to increase its experience of, and its appreciation of, the One Creator which exists in all things and in all entities.

Q'uo: 我们感谢你，我的兄弟。对于每一个真理寻求者都是有可能取得的，分享并积累的亲密性，是意识到了所有造物的统一性的事物，因为当寻求者尝试与它自己的自我，或者与另一个自我，或者与它在其中移动的环境变得更加亲密的时候，它是在尝试去对太一造物者成为更加能够知晓的，去增加它对太一造物者的体验，以及它对太一造物者的感激，太一造物者是存在于所有的事物与所有的实体之中的。

This intimacy is a kind of conscious union with the small self, the greater self, and all selves that reflect some portion of the One Infinite Creator. The intimacy that is possible for each entity to experience and express becomes that which is a unifying factor so that when the eyes look upon the world about one, there is less and less division and separation noted and experienced, and instead there is more of the feeling of oneness with all of the creation—which is, indeed, the truth of the creation, thus the intimacy of which you speak is a tool which may be utilized to increase one's perception of that which is the truth, that the One Creator exists in all things, and is there deep within each entity waiting to be discovered, to be expressed, to be loved, and to be experienced as the greater self that exists within the smaller self.

这种亲密性是一种类型的与小我，与更大的自我，与映射了太一无限造物者的某个部分的所有自我之间的有意识的合一。这种每一个实体都有可能体验并表达的

亲密性，会成为一个统一性的要素，这样当眼睛注视在它周围的世界的时候，就会有越来越少的分裂与分离被注意到，被体验到，相反，会有越来越多的与所有造物之间的一体性的感觉——确实，这种一体性就是造物者的真理，因此，你谈及的亲密性是一个可以被用来增强一个人对真理之所是的事物的知觉的工具，那种知觉即，太一造物者是存在于所有事物之中的，是在每一个实体内在深处等待着被发现，被表达，被爱，被体验为存在于较小的自我内在之中的更大的自我的。

Is there any other query at this time from anyone within the circle of seeking?
在此刻有任何其他问题是来自于在寻求的圈子中的任何人的吗？

Questioner: Q'uo, I'd like to build upon the question about positive catalyst. Can catalyst be something happy and not necessarily always the 2x4 to the head, and if so, is there some balancing that's needed for that, or is that just easily accepted and, therefore, is not necessary to balance?

提问者：Q'uo，我想要在关于正面性的催化剂的问题上进行积累。催化剂能够是某种快乐的事物，而不一定一直都是打在头上的大棒吗，如果是这样的话，会有某种平衡对于那种催化剂是被需要的吗，或者那仅仅是会被轻易地接受，因而不是不需要平衡的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. The quality of happiness is one which is quite subjective in the experience of entities upon your planet, for if you look at the variety of entities that you meet within your daily round of experience, and ask each what would make them happy, you would find a great range of examples that might cause happiness in some, but not in others. There is happiness that comes from taking advantage of others and succeeding in getting what they have, and using it for one's own self in the negative polarity. In the neutral polarity, or lack of polarity, happiness may come from winning a lottery, from buying a new car, from digging a garden and planting it, from anything that one can imagine.

Q'uo：我是Q'uo，我了解了你的问题了，我的兄弟。快乐的特性是一种在你们的星球上的实体的体验中相当主观性的特性，因为如果你检查你在你的日常生活的体验中遇到的各种各样的实体，并询问每一个人，什么事情会让它们快乐，你会发现一个巨大的范围的实例会在一些人身上，而不会在另一个人身上产生出快乐。会有快乐是来自于利用其他人，以及在得到它们拥有的事物，并将用负面性的极性其用于它自己的方面的成功。在中性的极性，或者缺少极性的情况中，快乐可能是来自于赢得了一个彩票，来自于买了一辆新车，来自于挖出了一个花园并在花园中种植，来自于任何一个人能够想象的事情。

Thus, we recommend that one look at the experience of happiness as that which also might be balanced to one's benefit, so that the happiness which may have its antithesis as sadness, be seen as transitory experiences of the nature of your reality and of your own being. As one then sees a new level of happiness, perhaps emerging within one that is more spiritually oriented, the happiness of the feeling of love unconditional for all those about one, the happiness of seeking the One at each moment of one's existence, the

happiness of feeling love for all of the creation, and so forth.

因此，我们建议一个人将快乐的体验视为是同样可以为了它的益处而被平衡的事物，这样可能将悲伤作为其对立面的快乐，就可以被视为是你的实相以及你自己的存有的属性的暂时性的体验了。当一个人接下来看到一个新的快乐的层次的时候，也许在它内在之中会出现更加具有灵性导向的快乐，对在一个人周围的所有人的无条件的爱的感觉的快乐，对于在一个人的存在性的每一个时刻都寻求太一的快乐，对所有的造物都感觉到爱的快乐，如此等等。

Thus, we would suggest that each seeker of truth look not just at that which makes one happy, but at that which is at the heart of the happiness. Is it that which is transitory, that which is infinite, that which is enduring, that which is ennobling, and thus be moved by the nature of what causes happiness, so that that quality may be balanced in one's own being.

因此，我们会建议，每一个真理的寻求者都不仅仅检查让一个人快乐的事物，同样也检查在那个快乐的核心之处的事物。它是短暂的事物，是无限的事物，是持久的事物，还是让人变得高贵的事物，并因此被产生出快乐的事物的属性所推动，这样，那种特性就可以在一个人自己的存在中被平衡了。

Is there another query at this time?

在此刻有另一个问题吗？

Questioner: I have a question. Are our spiritual guides helping us all the time, or only when we ask?

提问者：我有一个问题。我们的灵性的指导灵是在所有时候都帮助我们吗，或者它们仅仅是在我们请求的时候才帮助我们？

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest that in truth both statements are correct, for spiritual guides have a self-chosen responsibility to do that which is of most use or benefit to those entities that are within their providence of guidance. At some point, an entity may, for example, ask for assistance in some manner, choosing a path of service of making spiritual choice as to one type of meditation or another, and so forth, and the guide, at some point, may provide a symbol or sign or indication to the entity that such and such a direction is the appropriate one to follow at this moment.

Q'uo：我是Q'uo，我了解了你的问题，我的兄弟。我们会建议，实际上，两个说法同时都是正确的，因为灵性的指导灵拥有一个由自己选择的责任，去做对于那些在它们的指引范围中的实体具有最大的用处或者益处的事情。在某个位置上，一个实体可能会，举个例子，用某种方式，在选择一条服务的道路来在关于这样或者那样一种类型的冥想的方面做出灵性的选择，以及诸如此类的过程中请求帮助，指导灵，在某个位置上，就可以对实体提供一个象征物，或者信号，或者指示，这样或者那样的一个方向对于一个人在那个时刻去跟随是合适的。

However, when there is no need for the guide to intercede, then the lack of intercession or guidance, if you will, is that which is felt by the guide to be of most assistance to the entity within its beingness and providence. Thus, the

entity itself begins to gain more spiritual strength, shall we say, by exercising its own freewill. It is a matter of the most appropriate means of being of service to one's guided spirits so that there is the most opportunity provided to accelerate the path of seeking for this entity.

然而，当没有需要让指导灵去调停的时候，接下来，缺少调停或者指引，如果你们愿意这样说的话，就是会被指导灵感觉到是对实体，在它的存在性以及它的天命中，最有帮助的事情了。因此，实体其自身会开始，容我们说，藉由实践它自己的自由意志，来取得更大的灵性的力量。它是一个对被它指引的灵体进行服务的最为适当的途径的问题，这样，就会有最大的机会被提供，以加速这个实体的寻求的道路了。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Questioner: May I ask a question? Is there, in the conceptual idea of Nicola Tesla's mind projector, was it a metaphor for something, or is it possible to make it as a real device?

提问者：我可以问一个问题吗？在尼古拉-特斯拉的心智投射器的观念性的想法中，它是对某个事物的一个比喻吗，或者有可能将它做成一个真实的设备吗？

Q'uo: I am Q'uo. My sister, we must ask you to repeat your query, perhaps with more volume as this instrument's ears were unable to perceive some portions of your query.

Q'uo：我是 Q'uo。我的姐妹，我们必须请你重复你的问题，也许用更大的音量来重复，因为这个器皿的耳朵无法感知你的问题的一些部分。

Questioner: Is it Nicola Tesla last conceptual patent about mind projector, was it just his conceptual metaphor to introduce humanity to something bigger, or was it an attempt to create a real machine?

提问者：尼古拉-特斯拉的最后一个观念性的专利是关于心智投射器的，它仅仅是他的观念性的比喻，以将人类介绍给某个更大的事物吗，或者它是一种创造一个真实的机器的尝试吗？

Q'uo: I am Q'uo and am aware of your query, my sister. The one known as Nicola was desirous of being of service to the population of this planet by giving them an example of a means by which their own mental abilities could be harnessed in a conscious fashion to be able to have an effect upon other portions of the one creation in which the entity had its beingness. This mind projector was, therefore a kind of training aid that would allow entities to expand the abilities of their mental capacities to move into the spiritual realms and be able to fashion visual images of an inspirational nature that could inspire entities on a larger scale to have an expanded point of view that would see the world about them as more than simply a three dimensional expression of the mundane nature of third-density experience.

Q'uo：我是 Q'uo，我了解了你的问题了，我的姐妹。被知晓为尼古拉的实体渴望藉由给予这个星球的人群对一条途径的一个范例来对它们进行服务，藉由这条

途径它们自己的心智的能力能够用一种有意识的方式被利用，以能够对实体在其中拥有它的存在性的太一造物者的其他部分产生一种作用。这个心智投射器，因此，是一种类型的训练辅助物，它会允许实体拓展它们的心智的本能的能力，以移动进入到灵性领域，并能够形成具有一种启发性的属性的视觉的形象，这些形象能够在更大的范围启发实体，以拥有一种被拓展过的视角，这种视角会将它们在它们周围的世界视为是比单纯地是第三密度的体验的世俗属性的一个三维的表达要更多的。

Thus, the mental configurations were meant to be of what you may call an artistic level of expression of the unity of creation reflected in a kind of four-dimensional metaphor that allowed each entity viewing such an expression to expand its own level of consciousness and ability to apprehend the depth of not only the artistic creation, but of the nature of reality in general, thus moving beyond the three dimensions of your planetary sphere and seeing the existence of the fourth dimension of love and understanding that is, and was at that time, beginning to have its effect upon this planetary influence.

因此，心智的配置是被打算要具有你们可能称之为对造物的统一性的一个艺术性的表达的层次的事物的，这种统一性是在一种类型的四维的比喻中被映射出来的，它会允许每一个实体都观察这样一种表达，以拓展它自己的意识的层次，以及去不仅仅感受艺术性的创造物的深度，同样也感受一般性的实相的属性的身体的能力，并因此超越你们的星球的三维，且看到爱与理解的第四维度的存在性，在此刻这个第四维度正在开始对这个星球拥有它的作用了。

Therefore, the one known as Nicola had as its objective, the expansion of the consciousness of this planet by the use of this mind projector as it had hoped to be of service before its incarnation, and found some difficulty within the incarnation in being able to realize those pre-incarnative choices. Thus, this entity was somewhat saddened in its ultimate comprehension of its effectiveness in this illusion, although many felt that it had been quite, quite helpful in its inventions and in its very beingness.

因此，被知晓为尼古拉的实体将藉由时候用这个心智的投射器来拓展这个星球的意识作为它的目标，因为它在它的投生前已经希望进行服务，但却在投生中，在能够实现这些投生前的选择的过程中遇到了某种困难。因此，这个实体在它对这个幻象中的效用的最终的感知中，是多少有些伤心的，尽管很多人感觉到它已经通过它的发明以及它的核心存在性而是相当，相当有帮助的了。

At this time, we would thank each in this circle of seeking once again for inviting our presence. You have inspired us by your seeking, by your love, and by your light, and by the joy that is within each heart. We leave each of you as we found you, in love and in light. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们会再一次感谢在这个寻求的圈子中的每一位邀请我们出席。你们已经藉由你们的寻求，你们爱，你们的光，藉由在每一颗心中的喜悦，启发我们了。我们在爱与光中离开你们每一位，如同我们找到你们的时候一样。我们是你们知晓的 Q'uo. Adonai vasu borragus.

October 26, 2019
2019-10-26 太阳与第四密度

(Jim channeling)
(Jim 传讯)

I am Q'uo and greet each in love and in light. We are honored once again to be called to your circle of seeking this day. We feel that there is a great deal that you have upon your minds and within your hearts that you would like to ask us this day, and we feel that there is much that you have to offer us as well in your own journey of seeking as inspiration, for we are, as you know, your brothers and sisters who move with you upon this journey of seeking the One Infinite Creator within each portion of the one creation. We share that which we have as you share that which you have, and as always, we would begin by asking you to realize that we are not ultimate authorities. If you will simply take those words and thoughts that we offer you that have meaning for you and use them as you will, discarding those that have no meaning for you, then we can speak freely and not become any kind of stumbling block on your journey of seeking.

我是 Q'uo，我在爱中在光中向每一位致意。我们对于今天被呼唤到你们的寻求的圈子再一次是感到荣耀的。我们感觉到，你们在你们的头脑中，在你们的心中拥有大量的事情是你们想要在今天询问我们的，我们感觉到你们同样也拥有大量的事情是在你们自己的寻求的旅程中作为灵感而需要提供给我们，因为我们，如你们知道的一样，是你们的兄弟姐妹，我们在你们在太一造物的每一个部分中去寻求太一无限造物者的旅程上与你们同行。如同你们分享你们拥有的事物一样，我们分享我们拥有的事物，一如既往，我们会藉由请你们意识到我们不是终极的权威来开始。如果你们愿意简单地将我们提供给你们的那些话语与想法中对你们有意义的内容拿走，并如你们所愿地使用它们，将那些对你们没有意义的内容都抛弃掉，接下来，我们就能够自由地发言，而不会成为在你们的寻求的旅程上的任何类型的绊脚石了。

At this time, may we ask for the first query?
在此刻，容我们请求第一个问题。

Kathy: Thank you, Q'uo. I have a query, and parts of it, at least, may be shared by others here, asking about a greater understanding of the cosmic instreaming energies into the Earth at this time. It is felt by some that they are stronger energies, of course of positive energy frequency that help to raise up the Earth and all of us to higher frequency. However, it feels more challenging. It feels a call to be more in alignment with our own truth, and the truth of all things. It feels like these such energies may be increasingly stirring up things to be healed within people, within society. Perhaps these energies, we feel the increase, but we also ask if any of these increased pressures are felt because of increased solar activity that is producing more solar flares at this time that may also be impacting those of us on Earth. Thank you, Q'uo.

Kathy: 谢谢你们，Q'uo。我有一个问题，至少它的一部分是可以与在这里的其

他人分享的,问题是关于对在此刻进入到地球的宇宙的汇流的能量的一种更大的理解。被一些人感觉到的事情是,它们是更加强有力的能量,当然这些能量是具有会帮助地球,帮助我们所有人提升到更高的频率的正面性的能量频率的。然而,它感觉起来是更加挑战性的。它感觉起来是一种对我们自己的真理,与所有事物的真理成为更加协调一致的呼唤。它感觉起来就好像这些能量可能会在越来越多地将事情搅动起来,以在人内在之中,在社会内在之中被疗愈。也许这些能量,我们感觉到的增加,但是我们同样也询问,是否这些被增加的压力中的任何的压力是因为增强性的太阳活动而被感觉到的,这些太阳活动在此刻正在产生出更多的太阳耀斑,它们同样可能也在冲击我们地球上的人。谢谢你, Q'uo。

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, your birth sphere is, at this time, engulfed in a procession of vibratory energy expressions that stream from various sources from distant galaxies that are in resonance with your particular solar system so that there is a kind of overshadowing, or shepherding effect as these energies continue to increase in their intensity and in their variety of expressions upon your planetary sphere.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。确实, 你们诞生的星球, 在此刻是在被淹没在一个振动性的能量表达的行进之中的, 这些振动性的能量表达是从来自与你们特定的恒星系统有共振的遥远星系的各种各样的源头留出, 这样, 随着这些能量继续在它们的强度中, 在它们在你们星球上的表达的多样性中增加, 就会有一种类型的保护或者指导的作用。

Your Sun body is also subject to these same instreamings in a manner which causes it to become more active in its life-giving role for your planetary sphere, for the light and love, or prana, which flows from your Sun body and brings life and light to your planetary sphere, is also cyclical in nature. When the cycles of both the cosmic instreamings and your solar revolutionary expressions of love/light coincide, there is an increased effect upon not only your Earth sphere, but also upon those entities that inhabit your Earth at this time.

你们的太阳星体同样也, 用一种会使得它在它对于你们的星球是赋予生命的角色中变得更加活跃的方式, 受到这些相同的汇流的影响, 因为从你们的太阳流动并将生命与光带给你们的星球的光与爱、或者普纳, 在其属性上同样也是周期性的。当宇宙汇流的周期与你们的太阳对爱/光的旋转的表达的周期相一致的时候, 就会有一种增强性的作用, 不仅仅是对你们的地球, 同样也对于那些在此刻居住在你们的地球上的实体的作用。

Not all of the population of your planet is in the harmonious resonance with these energies as are many of you who seek consciously the nature of the incarnational experience. For those who consciously seek in this manner to enhance their own journey of living and loving the experience and all about them, this is most helpful, for it blends with their conscious desire to receive just such energies. Even though they may be at such a level of vibration that it is necessary to retire into meditation more frequently in order to handle, shall we say, the quantity and quality of vibrational frequencies now available in

your everyday life experience.

并不是你们星球的所有的人群都是与这些能量是协调共振的，你们中有多少人是在有意识地星球投生体验的属性，就有多少人是与这些能量是协调共振的。对于那些用这种方式有意识地寻求去增强它们自己的活着并去爱体验以及在它们周围的所有的人的旅程的人，这种协调共振是极其有帮助的，因为它会将它们有意识的渴望混合起来以仅仅接收这样的能量。即使它们可能是处于这样一个振动的层次，以至于它需要更加频繁地退入到冥想之中，以便于，容我们说，掌握现在在于你们的日常生活体验中可供利用的振动频率的数量与质量。

The meditative state is one which allows the seeker of truth to raise his or her own vibrations to whatever level is necessary to incorporate the cosmic instreamings and the solar flare activity that are all pointed towards the enhancing of the spiritual path. In the way of being able to discern those activities and qualities that are most important to be pursued and expressed in the incarnational pattern.

冥想状态是一种会允许真理的寻求者将他或者她自己的振动升高到无论什么需要的层次，以整合全都被指向增强灵性道路的宇宙的汇流与太阳耀斑的活动的状态。这种对灵性道路的增强是通过能够去分辨那些是极其重要的，在投生模式中是要被追寻和表达的活动与特性的方式来进行的。

Those entities who are not conscious of this process of incarnational seeking on the spiritual path have much difficulty in that they, though not consciously aware of such energies, unconsciously are aware that such is occurring. And there is a, shall we say, mismatch between the perception and the experience so that there is much of mental and emotional confusion that results for those who are not ready at this time to look upon the life experience as that which teaches how to open the heart in unconditional love.

那些并未有意识地察觉到这个在灵性道路上的投生性的寻求的过程的实体，会遇到大量的困难，因为它们尽管没有有意识地察觉到这样的能量，却无意识地察觉到这样的过程正在发生。在知觉与体验之间会有一种，容我们说，匹配错误，这样就会有大量的心智与情绪的混淆，它们会使得那些在此刻并未做好准备的人，将生命体验视为是会教导如何在无条件的爱中开放心的事物。

When such experiences, then, are had by entities that are not yet consciously aware of the incarnational purpose, then there can be much of what you call the mental imbalance, or mental disease, looking at the word "dis-ease" as that which is a representation of the lack of clarity, lack of purpose that is yet to be cured, or aided, by any kind of spiritual seeking. Therefore, it is oftentimes the case that such entities will begin to thrash about in an unusual fashion, becoming unreasonable, becoming irritated, becoming divisive, becoming filled with confusion and the qualities of consciousness that separate one from another as they attempt to retreat within their own being to solve what they consciously do not understand, and subconsciously are unable to attract to their own life pattern.

当这样的体验，接下来，被尚未有意识地察觉到投生的目的的实体所拥有之后，接下来，就能够出现大量你们能够称之为心智的失衡，或者心智的疾病的事物，

将“疾病 (dis-ease)”这个词语视为是对缺少清晰度，缺少目的的一种代表，它仍旧是要被疗愈的，或者被任何类型的灵性寻求所帮助的。因此，时常会出现的情况是，这样的实体将会开始用一种非同寻常的方式四处折腾，变得无法理喻，变得激动不安，成为造成不和的，并被混淆以及那些会让一个人与另一个人分开的意识的特性所充满，因为它们尝试去退入到它们自己的存有中来解决它们有意识地无法理解的事物，以及潜意识地无法吸引它们自己的生命模式的事物。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Kathy: Yes, thank you, Q'uo. I would like to ask what is the wisdom that you may offer as to the best way for those of us who are spiritual seekers seeking to raise our vibration to the higher levels on our spiritual path, but also wanting to do it with light and love and consideration for all for these ones that you describe who are maybe thrashing about or having confusion. What is the best way that you could offer us to be with them, to interact with them?

Kathy: 是的，感谢你们，Q'uo。我想要询问，对于我们中的那些在我们的灵性道路上正在寻求将我们的振动提升到更高的层次，但同样也想要带着爱与光，带着对所有那些你们描述为可能在四处折腾或者在遇到混淆的人的考虑来进行它的灵性寻求者，在关于对我们是最佳的方式的方面，你们可以提供的智慧是什么呢？你们能够提供给我们与它们在一起，与它们进行互动的最佳的方式是什么呢？

Q'uo: I am Q'uo and am aware of your query, my sister. We would recommend that you, in your meditative state to begin your day, align yourself with the greatest good, shall we say, that is available to you at this time, and be willing to offer this fruit of your journey of seeking to any who ask for assistance in whatever way the asking may occur. Be open intuitively to the needs of those about you as you feel yourself moving into resonance with their state of being. If they are able to express a certain kind of query, or need to you, look then within to that reservoir of your own beingness which may respond in the appropriate manner at the appropriate time.

Q'uo: 我是Q'uo，我了解了你的问题了，我的姐妹。我们会建议，你在你的冥想状态中，开始你的一天，将你自己与在此刻可以为你所取得的，容我们说，伟大的善对齐，并乐意于将你寻求的旅程的这个果实提供给任何会用无论什么方式来请求帮助的人。用直觉性的方式向着那些在你周围的人的需要开放，当你感觉到你自己进入到与它们的存在状态产生共鸣的时候。如果它们能够向你表达一定类型的问题或者需要，接下来，在内在于之中检查你自己的存在性的储存库，这个储存库是可以在适当的时间用适当的方式来回应的。

We feel there are very few strict rules for such interaction with others, for each entity is unique and each experience with another entity doubly unique, so that in general, if you can prepare yourself for such encounters that allow you to ask within, at the time of the encounter, how best to serve, then open yourself at that time to the will of the one who is within all, including the entity who wishes service from you.

我们感觉到，对于与其他人的这样的互动，会有非常少的严格要求，因为每一个实体都是独一无二的，与另一个实体的每一个体验，都是双倍地独一无二的，因此，一般而言，如果你能够让你自己为这样的遭遇做好准备，这种准备回允许你在遭遇的时刻在内在之中询问，如何最佳地服务，接下来，在那个时刻让你自己向着存在于包括那个希望从你那里得到服务的实体的万物之中的太一的意志开放。

Is there another query, my sister?
我的姐妹，有另一个问题吗？

Kathy: No, thank you. That is very helpful, Q'uo. Thank you.
Kathy: 没有了，感谢你们。那是非常有帮助的，Q'uo。感谢你们。

Q'uo: I am Q'uo. Is there another query at this time?
Q'uo: 我是 Q'uo。在此刻有另一个问题吗？

Fox: In a recent channeling practice circle session, those of Q'uo spoke to a question about the value of bodily catalyst and how to utilize it in our spiritual journey. I was hoping you might offer insight into bodily catalyst of those of us who are aging, especially if you could help us understand if there's a difference between the bodily catalyst due to unprocessed mental catalyst, and also that which was preprogramed before this incarnation, and that bodily catalyst that comes from an aging body, and if you can process all three of those kinds in the same way.

Fox: 在一次最近的传讯练习的集会中，那些属于 Q'uo 的实体谈及了一个关于身体催化剂的价值以及如何在我们的灵性旅程上利用它的问题。我希望你们可以向我们中的那些正在变老的人的身体的催化剂提供一些洞见，尤其是，如果你们能够帮助我们理解，在由于未被处理的心智的催化剂而产生的身体的催化剂，同样还有由于在这次投生之前被提前编程了的身体的催化剂，以及来自于一种老化的身体的身体催化剂，在它们之间，是否有一种区别，是否你们能够用相同的方式来处理所有这三种类型的身体催化剂。

Q'uo: I am Q'uo and am aware of your query, my sister. The catalyst of the body is that which is usually experienced when the mental faculties of the mind/body/spirit complex have not appropriately apprehended the nature of catalyst that has come before it. When this occurs, then there is oftentimes the giving over of the catalyst of the mind to that of the body in some form of physical maladjustment, shall we say, or dis-ease. This is in order that the mental faculties may then have a second opportunity to look upon this catalyst that was first omitted, and see there where there is information to be gained. This type of experience is quite common among most of the population of your planet that suffer the physical ailments that continue to repeat themselves and attempt to bring to light that which has remained in shadows for the mind.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。身体催化剂通常是在心/身/灵复合体的心智的机能尚未适当地感受已经出现在它面前的催化剂的属性的

时候被体验到的事物。当这发生的时候，接下来，时常会有用某种身体的，容我们说，失调或者疾病的形式，将心智的催化剂让渡给身体的催化剂。这是为了心智的机能接下来可以拥有第二次的机会来观察这个最初被忽略了催化剂，并看到会有要被取得的信息。这种类型的体验在你们的星球的大部分遭受身体的疾病的人群中是相当常见的，这些身体的疾病会继续自我重复，并尝试将光带到对于心智依旧是处于阴影中的部分。

However, as you also have mentioned, there is that catalyst which is simply the product of the physical vehicle's aging process that shows to the mind/body/spirit complex that there is an ending approaching that will be able to offer to one, the release from the body vehicle, so that there might be a transition into the higher levels of the creation, the spiritual levels where the veil is removed and the purpose of all experience is revealed. That this might occur in the aging process—the ability of the body being lessened in its vitality, in its appearance, and in its overall functioning then—is a reminder, shall we say, to the mind complex that the purpose of the incarnation is to look beyond the nature of the physical experience and see the metaphysical experience revealed as symbolically in one fashion or another.

然而，如你同样已经提及的一样，会有那种单纯地就是物质性载具的老化的过程的产物之所是的催化剂，老化过程向心/身/灵复合体显示，会有一个正在接近的结束，这个结束将能够为一个人提供从身体载具的解脱，这样就可能有一种进入到更高的造物的层次，灵性的层次之中的转换，在这些灵性的层次中，罩纱是被移除了的，所有体验的目的都是被揭露出来了的。这可能会在老化的过程中发生——即身体在其活力上，在其外观上，在其整体的机能上是在被削弱的——就是对心智复合体的，容我们说，提醒，即投生的目的是要看穿物质性体验的属性，并看到用这样或者那样一种方式象征性地被揭露出来的形而上学的体验。

The type of aging which this partakes in, is that which is of a symbolic nature. The degradation of various portions of the body, then, become reminders that there is a greater purpose for the expression of the body, the mind and the spirit. There is, however, the overall quality of vitality in the body complex which supersedes or goes beyond the normal expression of bodily functions so that one may look at the body that is failing in one fashion or another as being a symbol of the mental process that can make associations between the type of failure of the body complex with other mental or spiritual qualities that might give the mind complex an indication of the next level of experience that it will be moving into in order to fulfill the preincarnative choices that have been made by the entity.

这个过程会参与到的那个老化的类型，就是具有一种象征性的属性的事物。身体的各种各样的部分的退化，接下来，就会成为提醒物，即身体、心智与灵性的表达是有一个更大的目的的。然而，在身体复合体中会有整体性的活力的特性，它们会废除或者超越身体机能的通常的表达，这样一个人就可以将正在用这样或者那样一种方式衰退的身体视为是一个心智过程的象征，它能够在身体复合体的衰退的类型与其他的心智或者灵性的特性之间建立关联，这些特性可以给予心智复合体对于它为了实现已经被实体做出的投生前的选择而将会要移动进入到的下一个体验的层次的一个指示。

These preincarnative choices, then, become another factor in aiding the mind/body/spirit complex in pursuing the overall plan for the incarnation in order that there might be an enriching of the experience of the third-density illusion that can aid one in moving from this illusion into the fourth density of love and understanding.

这些投生前的选择，接下来，会在帮助心/身/灵复合体追寻投生的整体性的计划的方面成为一个要素，以便于可能会有一种使得第三密度的幻象的体验变得丰富的事物，它能够在一个人从这个幻象进入到爱与理解的第四密度的过程中帮助它。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Fox: It seems as though, then, you might experience, when you're getting older, all three of these types of bodily catalyst. Is there a way to tell how to tell them apart and to know how best to work with them?

Fox: 接下来，看起来似乎，当你正在变老的时候，你可能会体验到所有这三种类型的身体的催化剂。有一种方式去将它们区分开，并知晓如何最佳地与它们进行工作吗？

Q'uo: I am Q'uo and am aware of your query, my sister. We would recommend, as always, the meditative state as that opportunity to assess the nature of any catalyst or experience that one may feel is prominent at a certain time for the life pattern. In the meditative state, one can access those deeper levels of the conscious mind and the upper levels of the subconscious mind where there are clues and indications of relevancy, shall we say, that can be obtained by meditating upon the catalyst at hand. There is the quality of seeking in the meditative state that is enhanced by one's desire to know how to serve more effectively, how to open the heart more fully, how to give unconditional love more frequently.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。我们会建议，一如既往，冥想状态是去评估任何催化剂，或者一个人可能感觉到在一定的时刻对于生命模式是显著性的体验的属性的机会。在冥想状态中，一个人能够进入到有意识心智的更为深入的层次和潜意识心智的上部的层次中，在其中会有，容我说，具有实质作用的线索与指示，它们是能够通过对手边的催化剂的冥想而被取得的。在冥想状态中会有那种会被一个人去知晓如何更有成效地服务，如何更加充分地开放心，如何更加频繁地给予无条件的爱的渴望所增强的寻求的特性。

If one can see past the outer parameters of the catalyst in front of one in the meditative state, and have the question within the mind and the heart how to more fully love and serve, then through this lens one may more accurately see the features and resonances that are facing one and offering to one the opportunity to do just that, to love, to serve, to accept, to give, to give praise and thanksgiving for the opportunity to be.

如果一个人能够在冥想状态中看穿在一个人面前的催化剂的外部的参数，并在心

智与心之中提出如何更加充分地爱与服务的问题，接下来，通过这个透镜，一个人就可以更加准确地看到它正面对着特性与共鸣，它们会向它提供机会去正好那样做，去爱，服务，接受，给予，并对去成为给的机会致以感谢与感恩。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Fox: No, thank you so much, that was very helpful.
Fox: 没有了，非常感谢你们，那是非常有帮助的。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Zach: Q'uo, I've had an observation that relates to our first inquiry today, that as one polarizes positively and begins to move into fourth density that a sort of energetic wall starts to form between the self and third-density entities and groups wherein one might actually experience physical pain or discomfort when in a highly 3D environment. Could you elaborate on this as it relates to the harvest? I've also noticed that in a highly charged 4D environment that the squaring effect that occurs is tremendous and it appears that 4D is present in oneself.

Zach: Q'uo, 我有了一个与我们今天的第一个问题有关的观察，当一个人正面性地极化，并开始进入到第四密度的时候，会有一种类型的能量强开始在自我和第三密度的实体与团体之间形成，在第三密度的团体中，一个人可能会在处于一个高度第三密度的环境中的时候实际上体验到物质性的痛苦或者不舒服。你们能够在关于它与收割的联系的对方面对此进行阐释吗？我同样已经注意到，在一个高度充能的第四密度的环境中，发生的平方效应是极大的，它看起来就好像第四密度是在一个人自己内在之中出现的。

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, for many upon your planetary sphere at this time, the open-hearted love of the fourth density of love and understanding is actively functioning. This activity within the heart energy center, is that which will draw one into those areas or arenas within one's daily round of activities which are in need of this kind of loving acceptance on an unconditional level, so that one who has the open heart may begin to feel the pains of those whose hearts are wishing to open, but have a difficulty in doing so, and seek unconsciously or even consciously to find where there are those who have accomplished this feat, and who may be of service as a teacher upon an unconscious level or a conscious level.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。确实，对于很多在此刻在你们星球上的人，属于爱与理解的第四密度的开放的心爱的，是在积极地起作用的。这种在心的能量中心中的活动，就是会将一个人吸引到那些在一个人的日常生活的活动中需要这种类型的在一个无条件的层次上的有爱的接纳性的区域或者竞技场之中的事物了，这样，一个拥有开放的心的人，就可以开始感觉到那些其心是希望开放，但却在这样做的过程中会遇到一种困难的人的痛苦了，这些人

会无意识地，或者甚至是有意识地寻求去发现，在什么地方会有已经完成了这个技艺，并可能会在一个无意识的层次上或者在一个有意思的层次上作为一个老师来服务的人。

The desire of those entities at this time upon your planet who are nearing their own ability to open their hearts in love and in light to all of the creation is that which is growing greater and greater in numbers and in frequency so that the calling for assistance becomes a great cry that is heard throughout the one infinite creation. Those of the love vibration upon this planetary sphere, then, in both conscious and unconscious ways begin to respond to this cry for assistance by sending love and light to those who call. This is a kind of resonance that is set up when the quality of love within one's heart begins to grow to an overwhelming nature and desire to serve others about one, so that love does not come just from your heart, but from the universe through your heart to those about you, as you become a beacon, shall we say, of light and love to those who call.

对于你们星球上的那些正在接近它们在爱中，在光中，向着所有的造物开放它们的心体的实体，在此刻这些实体的渴望是，那种在数量和频率上逐渐变得越来越大更大的渴望，这样对帮助的呼唤就会成为一种巨大的哭喊，它会在贯穿整个太一无限造物都被听到。在这个星球上的那些具有爱的振动的实体，接下来，就同时会用有意识与无意识的方式，藉由向那些呼唤的恶人，送出爱与光开始回应这种对帮助的哭喊。这是一种类型的共鸣，它会在爱的属性在一个人心中开始成长成为一种势不可挡的属性以及去服务在一个人周围的其他人的渴望的时候被设置好，这样，爱就不仅仅是来自于你们的心，同样也是来自于宇宙，通过你们的心，到达你们周围的人，在你们对所有那些呼唤的人成为一个爱与光的，容我说，灯塔的时候。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Zach: Yes, Q'uo, do you have any advice for one calling for spiritual vocation?

Zach: 是的，Q'uo，你们对一个呼唤灵性的天命的人有任何建议吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we refer you to the tool of meditation, for the meditative state is one in which the desires of one's being are broadcast like a frequency of assistance of love, of light, of beingness, of desire to reach one's highest goals, of the ability to realize the incarnative plan. This desire, then, is emanated from each portion of your being, so that the higher self begins to become more and more involved in your daily round of activities, giving you clues and hints, here or there, according to your discernment as to the path that is most appropriate for you to take. Thusly, if you retire to your meditative state and ask for that which is of the highest and best for you, the answer shall be given in some fashion that you can discern in your daily round of activities, if not within the meditative state at the time of the asking.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。再一次，我们会提及冥想

的工具, 因为冥想状态是一种在其中一个人的存有的渴望会如同一种具有辅助性的频率一样被广播的状态, 那种辅助即对爱、光、存在性、抵达一个人最高的目标, 以及去领悟投生计划的能力的辅助。这种渴望, 接下来, 就会从你的存有的每一个部分被散发出来, 这样更高的自我就会开始越来越多地被包含在你们的日常生活的活动中, 在这里或者那里, 根据你在关于你要去走的对于你是最为合适的道路的方面的分辨力, 给予你线索与暗示。因此, 如果你退入到冥想状态中, 并请求对于你是最高和最佳的事物, 答案将会用某种你能够分辨的方式在你的日常生活的活动中被给予, 如果不是在那个请求的时刻在冥想状态中被给予的话。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Zach: No, that was very helpful, thank you, Q'uo.

Zach: 没有了, 那是非常有帮助的, 感谢你们, Q'uo。

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

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有一个最后的问题吗?

Zach: Yes, Q'uo. Since there are no other queries, I would simply ask how we may improve the quality of our channeling sessions, and whether or not crystals may be a useful tool in helping facilitate that?

Zach: 是的, Q'uo。既然没有其他问题了, 我单纯地想询问, 我们如何可以增强我们传讯集会的质量, 是否水晶在帮助促进那种质量的方面可能是一个有用处的工具。

Q'uo: I am Q'uo and am aware of your query, my brother. We feel that what has occurred in each of the channeling sessions that we have attempted to speak towards in these last few years has been a growing desire to seek as one body or being those aspects of love, of light, and of unity, that may be offered to each upon a daily basis so that there is, within each, the ability to give and to receive love upon an elevated and continually more elevated state of consciousness.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们感觉到在我们在过去一些年时间中已经尝试向其发言的每一次传讯集会中已经发生的事情, 已经成为了一种, 作为一体的, 或者作为那些爱、光、统一性的面向, 而逐渐变大的寻求的渴望了, 这些面向可以用一种每天进行的方式被提供给每一个人, 这样在每一个人内在之中, 就会有能力去在一种被提升过, 且持续不断地被更加提升的意识状态上给予爱与接收爱了。

Thusly, we might recommend for a group such as this one, that there could be some joining in the singing of various inspirational chants or songs or oms that bring the mind, the body and the spirit together in an expressive fashion that is unified by the song, the chant, or the om that is being expressed. This may seem to be a simple suggestion, however, we suggest that for it to be most effective, it would be well if there could be an agreement upon the types

of chants, songs, and so forth, that each would feel comfortable in singing with the group. This is a kind of activity which would, of necessity, become regular for each meeting so that when there are new members that are unaware of the songs, they could be able to learn them before arriving, so that each could participate to the fullest.

因此, 我们可以向诸如这个团体之类的一个团体建议, 通过歌唱各种各样的启发性的圣歌、歌曲或者 Om 诵咒, 能够出现某种聚集, 它们会将心智, 身体与灵性, 用一种表达性的方式结合在一起, 那种表达性的方式与是被正在被表达的圣歌, 歌曲或者 Om 诵咒统一起来的。这可能看起来是一个简单的建议, 然而, 我们建议它似乎极其有成效的, 如果对于圣歌, 歌曲以及诸如此类的事物的类型有一种一致意见, 这会是很好的, 每一个人就会在与团体一起歌唱的时候感觉到舒适了。这是一种类型的需要成为, 对于每一次集会, 是规律性的活动, 这样当会有新的成员并不知晓这些歌曲的时候, 它们就能够在抵达之前学会它们, 这样, 每一个人就能够最为充分地参与了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zach: No, thank you.
Zach: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. At this time, we would again thank each present for your generous invitation to us once again today. We are most overwhelmed with joy and gratitude at our ability to feel your love and your light as you join in seeking for the ultimate source of love and light within all beings. We join you in that search and walk with you upon that path. We are known to you as those of Q'uo, Adonai vasu borragus.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻, 我们会再一次为你们今天对我们再一次慷慨的邀请而感谢每一位在场的人。我们对我们感觉到, 当你们在寻求在所有存有之中的爱与光的终极的源头的过程中结合起来的时候的你们的爱与你们的光的喜悦与感激而是极其感动的。我们在那种寻求中加入你们, 并在那条道路上与你们同行。我们是你们知晓的 Q'uo。Adonai vasu borragus。

November 2, 2019
2019-11-02 服务自我的流浪者

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We greet each of you in love and in light. We are always honored to be invited to join your circle of seeking. It is our way of advancing ourselves upon the service-to-others path as we attempt to serve you. Thusly, you give us a great gift by inviting our presence. As always, we would remind you that we are not what you would call ultimate authorities. We are your brothers and sisters who have traveled some distance further upon the same path that you, yourselves, travel now. So, if you will take the words and thoughts that we give you and use them as you will, leaving behind any that do not ring of truth to you, then we will feel free to speak as we may.

我是 Q'uo，我在此刻与这个器皿在一起了。我们在爱与光中向你们各位致意。我们一直都对于被邀请加入到你们的寻求的圈子是感到荣耀的。在我们尝试服务你们的时候，它是我们让我们自己在服务他人的道路上前进的方式。因此，你们藉由邀请我们出席而给予了我们一个伟大的礼物。一如既往，我们会提醒你们，我们不是你们会称之为终极的权威的事物。我们是你们的兄弟姐妹，我们已经在你们，你们自己，现在旅行的那条相同的道路上旅行了更远一些距离了。因此，如果你们愿意将我们给予你们的话语与想法都拿起来，如你们所愿地使用它们，将任何对你们听起来并不是真实的内容都抛弃掉，接下来，我们就将会感觉到可以自由地发言了。

At this time, we would ask if anyone has a query with which we may begin?
在此刻，我们会询问，是否有任何人拥有一个我们可以用来开始的问题？

Man: Is the famous Shroud of Turin the actual burial cloth of the historical Jesus of Nazareth who was crucified by Pontius Pilot?

男人：著名的都灵裹尸布是那个历史上被彼拉多钉上十字架的拿撒勒的耶稣实际上的葬衣吗？

Quo: I am Q'uo and am aware of your query, my brother. This most honored and historical fabric of the path of the one known as Jesus, the Christ, has been investigated throughout many years by various groups and individuals who have found that there is, indeed, a kind of negative, you might say, a picture of the one known as Jesus that is imbedded within the fabric of this cloth. It is made in such a fashion that pure science has no real grasp upon the verification or nullification of the possibility of its being the actual burial shroud of the one known as Jesus, the Christ.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这个属于被知晓为耶稣基督的实体的道路的极其荣耀的，历史性的编织物，已经在贯穿很多年的时间中被各种各样的团体与个体调查研究过了，它们已经发现，确实会有被知晓为耶稣的实体的一副图像的一种类型的，你们可以说是，底片是被嵌入到这件衣服的编织

物之中的。它是用这样一种纯粹的科学并未对，在关于它就被知晓为耶稣基督的实体的实际上的葬衣的可能性的方面，的证实或者否认拥有真正的掌握的方式被制成的。

This is for the reason that it is most important that those who believe strongly in such possibilities may have the ability to continue that belief, knowing in their heart what the truth is, and that any other entities who have little or no interest in such a fabric and its history and value, may be able to dismiss it without giving it a second thought. Therefore, we say to you, that if, in your heart, you believe this fabric is that which it is said to be, indeed, it is so.

就是因为这个原因，极其重要的事情是，那些强烈地相信这样的可能性的人可能拥有能力去继续那种信仰，同时在它们的心中知晓真相是什么，而任何其他对这样一个织物以及它的历史与价值不怎么有兴趣或者完全没有兴趣的人，可能能够毫不犹豫地忽略它。因此，我们对你们说，如果在你们的心中，你们相信这个织物就是它被认为是的事物，确实，它就是这样的。

Is there another query at this time?
在此刻有另一个问题吗？

Man: I'd like to know if there are service-to-self wanderers.
男人：我想要知晓是否有服务自我的流浪者。

Quo: I am Q'uo and am aware of your query, my brother. The service-to-self oriented wanderer is much less likely to be in existence because of the great amount of danger that there is in the forgetting process, for each wanderer who wishes to be of service, whether to self or other selves, upon any third-density planet, must needs then go through the forgetting process, passing through the veil of forgetting, so that its true identity is not known to itself and it must discover that identity as a process of its enlightenment and engaging in the service to others portion of its incarnation. [1] Thus, many wanderers have come to this planet of a positive nature and have had difficulty in remembering the reason for the incarnation, and the path that they had chosen previous to the incarnation to take when here. That does not nullify their effort, nor depolarize their polarity, but removes from them the opportunity to be of the service they had hoped to be.

Q'uo: 我是 Q'uo, 我了解你的问题了, 我的兄弟。服务自我导向的流浪者是远远较不可能存在的, 因为在遗忘的过程中会存在有的巨大数量的危险, 因为每一个希望进行服务的流浪者, 无论是服务自我还是服务其他自我, 在任何第三密度的星球上, 都必须-需要经历遗忘的过程, 同时穿越遗忘的罩纱, 这样它真实的身份就不会为它自己所知晓, 它必须要作为它的觉醒以及参与到对它的投生投生中的其他部分的服务的一个过程而发现那个身份。[1]因此, 很多来到这个星球的流浪者是具有一种正面性的属性, 并已经在回忆起投生的原因, 以及它们在投生前已经选择了的, 在这里要走的道路的方面遇到困难了。那并不会让它们的努力无效, 也不会让它们失去它们的极性, 而是会让它们失去它们本来期望要进行的服务的机会。

Thus, the negatively oriented wanderer, well aware of this potential, is quite cautious in making any type of a movement through the veil of forgetting.

因此，负面导向的流浪者，在清楚知晓这种可能性的情况下，在进行任何类型的一种穿越遗忘的罩纱的行动的时候会是相当小心的。

However, there have been some few who have done so. These entities have been able to make their presence felt in a manner which one might be likened to the assuming of roles of power and authority over others, making their dominion the pinnacle of their achievement in this illusion, finding those who are elite, and then by these elite, enslaving others who are not seen as elite. Therefore, in your historical past, there are various entities that we shall not name, for this would be an abridgment of freewill, however, they have been recorded in your history records and are known to some in this particular illusion at this time.

无论如何，已经有少数已经这样做了的实体。这些实体已经能够让它们的存在用这样一种方式被感觉到，这种方式可以被比作装出具有高于其他人的权力与权威的角色，让在幻象中它们的成就的顶峰成为它们的领地，找到那些精英，接下来，藉由这些精英奴役其他的并不被视为是精英的人。因此，在你们过去的历史中，会有各种各样的我们将不会叫出其名字的实体，因为这会是对自由意志的一种删减，然而，这些实体已经被记录在你们的历史记录中，并在此刻在这个幻象中是被一些人所知晓的。

Is there another query at this time?

在此刻有另一个问题吗？

Kathy: I have a query, Q'uo, and it relates to something you explained last week regarding a process of meditation and aligning oneself with one's greatest good or highest good, and then seeking to serve others as a way of dealing with or positively engaging with difficult energies that are as a result of instreaming cosmic energies at this time that you explained about, and that sometimes these can stir up difficulties among other selves and between them, and so you had said that a great help to this would be to meditate and more often during the day as well, but particularly the beginning of the day align oneself with one's highest good, and then meditate upon that and then seek ways to serve others. I would like to ask if you would elaborate on that further—explain further how that would be and how it would help.

Kathy: 我有一个问题，Q'uo，它是关于某个你们在上一周解释过的事情的，它涉及到一个冥想的过程，以及将你自己与一个人最大的善或者最高的善对齐，接着寻求去服务他人，作为一种与作为在此刻流入的宇宙能量的一个结果而产生的困难的能量打交道，或者正面性地对其进行处理的方式，你们已经对这些流入的宇宙能量进行了解释，有时候这些能量能够在其他自我当中，在它们之间激发起困难，因此，你们已经说过，对这个过程的一个巨大的帮助就是去冥想，在一天期间同样也更加经常地冥想，但是，尤其是在一天开始的时候，将自己与它最高的善校准，接下来，对那种最高的善进行冥想，接下来，寻找服务他人的方式。我想要询问，是否你们能够在那一点上更进一步地进行阐释——更进一步地解释，如何那会是什么样子的，它如何会是有帮助的。

Quo: I am Quo and am aware of your query, my sister. The fourth-density vibrations that are continuing to engulf this planetary sphere, have their origin within the deep spaces of the universe that surround you. There are various sources of energies that are attracted to a planet such as your Earth, your Mother Earth is making the transition from the third into the fourth density of love and understanding.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。现在正在继续吞没这个星球的第四密度的振动, 在包围着你们的宇宙的太空深处拥有它们的源头。这些源头是被吸引到诸如你们的地球之类的一个行星的各种各样的能量源, 你们的地球母亲现在正在进行从第三密度进入到爱与理解的第四密度的转换。

These energies are streaming towards the Earth and engulfing it, for the purpose of giving the population of the planet a greater and greater opportunity to use the lessons that each has programmed preincarnatively, in a more and more effective manner. These energies serve as what you might call the magnifying glass that make more obvious and more important these energies of innovation, of creation, of beginning a new path of finding a stronger journey, of being of more service to others.

这些能量正在流向地球并吞没它, 为了给予星球的人群一个越来越大的机会来, 用一种越来越更加有效的方式, 利用每一个人已经在投生前规划好的课程的目的。这些能量会起到你们可能称之为放大镜的事物的作用, 它会让这些具有创造力的能量, 造物的能量, 开始了一条新的道路的能量变得更加明显且更加重要, 这条新的道路就是找到一个更加强有力的旅程, 并对他人进行更多的服务。

In some instances, the way in which these lessons and energies are manifested can be in what might be seen to be traumatic or difficult circumstances, for much of learning comes from dealing with what you would call trauma or difficulty or doubt or confusion. Thusly, when these energies strike certain individuals who are not consciously aware of the process of seeking that they have engaged in in this incarnation, yet the energies that they have set in motion previous to the incarnation are affected by the fourth-density vibrations streaming through them and to them.

在某些情况中, 这些课程与能量通过其显化的方式, 能够是在可能被视为是创伤性的或者困难的情况的事物中, 因为大量的学习是来自于同你们会称之为创伤、或者困难、或者疑惑、或者混淆的事物打交道。因此, 当这些能量击中一定的并未有意识地察觉到它们在这次投生中已经参与到其中的寻求的过程的个体的时候, 它们在投生前就已经启动了的能量是会被流经它们与流向他们的第四密度的振动所影响的。

Thus, this makes a kind of confusion within the entity so that in its interpersonal relationships, perhaps with you or another, or many others, there is the opportunity and possibility of some difficulty in communication, in understanding, in opening the heart in love, in being able to give as well as receive, all of these various types of propensities are available to each seeker at all times. Therefore, the enhancing of these abilities can oftentimes cause

more confusion if the entity is not consciously aware of its own process of seeking spiritual truth.

因此，这会在实体内在之中产生一种类型的混淆，这样，在它的人际关系中，也许是与它或者与另一个人，或者与许多其他的人家关系中，就会有在机会或者可能性会有困难会出现在沟通交流中，在理解，在爱中开放心，以及能够给予，同样也能够接受之中，所有这些各种各样的类型的人格是在所有的时候都可供每一个寻求者所取得的。因此，如果实体尚未有意识地察觉到它自己寻求灵性真理的过程，对这些能力的增强时常能够造成更多的混淆。

If you, on the other hand, have this knowledge within your beingness that allows you to be aware of the purpose of your incarnation as being some facet of giving and receiving that known as unconditional love, then you will have, shall we say, an advantage, in that you will be able to offer this service to any other entity that comes within your reach within your daily round of activities. If then, in your daily meditations to begin the day, you look at that which you have to offer, whatever your strengths may be, whatever your lessons may be, and see that this is something that you wish to make available whenever necessary, then this is something that both your conscious and subconscious minds can grasp in a manner which is helpful, both to you, and to any entity that you might come in contact with.

在另一方面，如果你在的存在性中拥有这种知晓，它允许你察觉到你的投生的目的是给予与接受被知晓为无条件的爱的事物的某个面向，接下来，你就将会用拥有，容我说，一种优势了，因为你将能够对任何你在你的日常生活活动中在你所及范围内的其他实体提供这种服务。如果接下来，你在你的每日冥想中开始那一天，你检查你所要提供的事物，无论你的长处可能是什么，无论你的课程可能是什么，看到这就是你希望在无论什么有需要的时候使之可被利用的事物，接下来，这就是某种你的有意识的心智与你的潜意识心智可以同时用一种同时对你，对任何其他你可能接触到的实体是有帮助的方式掌握的事物了。

Thusly, you have the advantage of being able to open your heart in love in those instances where another entity, not as conscious of a way of doing this as are you, might have a difficulty, and there might ensue a greater and greater arguing environment, where there is little understanding that is achieved, and no love that is given. Thusly, your meditation prepares you to offer the spiritual food of your open heart whenever you meet another hungering soul.

因此，如果在一个情况中，另一个实体，并不是和你一样有意识地察觉一种这样开放心的方式，并可能会遇到一个困难，并可能会随之出现一个争论越来越大的情况，在其中，几乎不会有理解会被取得，不会有爱会被给予，在那些情况中，你就会拥有能够在爱中开放你的心的优势了。因此，你的冥想让你准备好提供你开放的心的灵性的食物，无论是在什么时候你遇到另一个饥饿的灵魂。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: No, thank you, Quo. That was most helpful.

Kathy: 没有了，感谢你们。那是极其有帮助的。

Quo: I am Quo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

(Long pause)

(长暂停)

Quo: I am Quo and as we seem to have exhausted the queries, we would commence with a small thought to offer through this instrument at this time.

Q'uo: 我是 Q'uo，因为我们看起来似乎已经耗尽了问题了，我们想要在此刻通过这个器皿开始一个小小的想法。

Each of the seekers present here today has been a blessing for the Confederation of Planets in the Service of the One Infinite Creator of which we are but one member. The Confederation of Planets in the Service of the One Infinite Creator has as its goal, the reaching of as many spiritual seekers of truth as possible to plant the seeds of love, of wisdom, and of unity, within each heart and soul, so that these seeds may sprout, and grow, and bloom, and in their time give forth the scent of the unconditional love of the One Infinite Creator that resides within each being, within each iota of creation.

每一个今天在这里出席的寻求者，都已经是对服务于太一无限造物者的星际联邦的一个祝福了，我们仅仅是星际联邦的一个成员。服务于太一无限造物者的星际联邦将接触到尽可能多的真理的灵性的寻求者，以在每一颗心与每一个灵魂之中播种爱、智慧与统一性的种子作为它的目标，这样这些种子就可以发芽，成长，繁茂，并在它们适当的时间发出存在于每一个存有内在之中，存在于造物的每一个微粒之中的太一无限造物者的无条件的爱的香味。

Know ye then, that you are the One Infinite Creator, you are that which you seek. The One Infinite Creator has created each of us in the entire creation in order that we might go forth with its very genes as our beingness to explore more and more choices of free will that give the One Creator a greater and greater knowledge of itself so that it may know itself in ways not possible without our freewill choices that we make in each incarnation, the many, many incarnations that take us through all the densities of creation, back into unity with the One Infinite Creator.

在那个时候，汝等就会知晓，你们是太一无限造物者，你们就是你们寻求的事物。太一无限造物者已经在完整的造物中创造了我们每一个实体，以便于哦我们可以带着它的基因作为我们的存在性前进，以探索越来越多的自由意志的选择，这些选择将会给予太一造物者一种越来越更大的对祂自己的知晓，这样，祂就可以用种种如果没有我们在每一次投生中，在很多很多带着我们穿越所有造物的密度并返回到与太一无限造物者的统一性的投生中，做出的我们的自由意志的选择就不可能出现的方式来知晓祂自己了。

Thus, each of you is a treasure that we, of the Confederation of Planets in the

Service of the One Infinite Creator, humbly observe and honor and love as if you were our own, as indeed you are. You are all part of our being, and we are part of yours, as the Creator is that common bond between us all. And in that love and in that light at this time, we shall take our leave, leaving you as we found you, in that love, that light, and the unity of the One. We are known to you as those of Quo. Adonai vasu borragus.

因此, 你们每一个人都是一个珍宝, 我们服务于太一无限造物者的星际联邦谦逊地观察、荣耀, 并爱你们每一位, 就好像你们就是我们自己一样, 因为你们确实是的。你们是我们的存有的所有的部分, 我们是你们的存有的所有的部分, 因为造物者是在我们全体之间的共同的纽带。在那种爱中, 在那种光中, 我们将在此刻离开, 如同我们在那种爱, 那种光, 那种太一的统一性中发现你们一样, 我们离开你们。我们是你们知晓的 Q'uo。 Adonai vasu borragus。

[1] This paragraph is quite confusing in the contrast between service to others and service to self, and the effect of the veil of forgetting upon wanderers of both polarities.

[1]这个段落服务他人与服务自我的对比, 以及遗忘的罩纱同时对两个极性的流浪者的作用的方面是相当令人混淆的。

November 9, 2019
2019-11-09 灵魂家族与魔鬼代言人

(Jim channeling)
(Jim 传讯)

(tape starts)...for inviting our presence in your circle of seeking this afternoon. We are honored, as always, to be asked to join you, for your hearts are pure and your desire is clear, you wish to know in order to serve. We, as always, remind you that we are but your brothers and sisters who have moved somewhat further along the same path that you travel. We are not ultimate authorities but are happy to share what we have learned on our journey with you, if you will simply take that which we offer you and use it as you will, discarding any thoughts or words that do not serve you well. In this way, we may speak without hindrance, without causing a stumbling block to you. Therefore, at this time, we would ask if there is a query with which we may begin.

(磁带开始).....为你们邀请我们在这个下午出席你们寻求的圈子。我们一如既往对于被要求加入你们是感到荣耀的,因为你们的心是纯净的,你们的渴望是清晰的,你们希望知晓,以便于服务。我们一如既往提醒你们,我们仅仅是你们的兄弟姐妹,我们沿着你们旅行的相同的道路已经移动了多少有些更远一些了。我们不是终极的权威,但却很高兴与你们分享我们在我们的旅程上已经学会了的事情,只要你们愿意单纯地拿起我们提供给你们的事物,并如你们所愿地使用它,将任何并没有很好地服务你们的想法或者词语抛弃掉。用这种方式,我们就可以不受妨碍地发言,而不会对你们产生出一块绊脚石了。因此,在此刻,我们会询问,是否有一个我们可以用来开始的问题。

Gary: Q'uo, this question comes from Christine, who writes: "There are various ways that people may be impaired, handicapped or limited by what seem like purely material causes—things like lead poisoning, or other pollutants that affect body and mind. For those who have seemingly been prevented from manifesting their full potential, true nature, and true will due to such means, how does the harvest work for them? Due to circumstances seemingly out of their control, many humans are unwittingly under an influence that does not allow them to shine their true light as they would be able to in a natural situation."

Gary: Q'uo, 这个问题是来自 Christine, 她写道,“会有各种各样的方式是人可能会因为看起来似乎是纯粹物质性的缘故而受损伤,成为残疾的,或者成为受限制的——类似铅中毒,或者其他的影响身体和心智的污染物。对于那些看似已经由于这样的途径而被妨碍无法显化它们完全的潜能,真实的属性,以及真实的意愿的人,收割会如何为它们工作呢?由于看似不受它们控制的环境,很多人是无意地处于一种影响之下,这种影响不允许它们如同它们在一个自然的情况中能够做到的一样地闪耀它们真实的光。”

Q'uo: I am Q'uo and am aware of your query, my sister. Many entities that have had numerous incarnations within this third-density illusion have

completed a significant portion of their journey into the heart of themselves that has as its purpose the opening of the heart in unconditional love to all those about one. There are various roads that lead to the heart of the self. Some incarnations travel one road, another travels a different road, and yet all, at some point, arrive at their destination, so that within each incarnation, there is seen to be a kind of quality of beingness that is activated by each incarnation's contribution to the whole of the being, to the soul of the self, so that the overall program of lessons and prophecies that are given for the self by preincarnative choices, may be seen to eventually, in a kind of puzzle fashion, so that each incarnation may contribute its part to the completeness of the puzzle that is the desire of the entity to open the self and the heart in unconditional love.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。很多在这个第三密度的幻象中已经经历过很多次投生的实体, 都已经完成了它们进入到它们自己的心的旅程的一个重大的部分了, 这个部分的目标就是向着在一个人周围的所有人在无条件的爱之中对心的开放。会有各种各样的道路会导向自我的心。一些投生会旅行一条道路, 其他的投生会旅行一条不同的道路, 而在某个位置上, 所有的道路都会抵达它们的目的地, 因此, 在每一次投生中, 都会有会被视为是一种类型的存在性的特性会藉由每一次投生对存在性的整体, 对自我的灵魂的贡献而被激活, 这样, 藉由投生前的选择而被给予了自我的对课程与与预言的整体性的规划, 就可以被看到, 最终是用一种类型的拼图的方式, 这样每一次投生都可以为那个拼图的完成贡献它的部分, 那个对拼图的完成就是实体在无条件的爱中开放自我并开放心的渴望。

In each incarnation there will be seeming hindrances or difficulties that provide each entity with the challenge that must be dealt with in some fashion in order to make the lesson apparent to expose the purpose of the incarnation so that the piece of the puzzle of each incarnation may thus be achieved and made a part of the conglomerate wholeness of the being.

在每一次投生中, 都将会由看似是障碍或者困难的事物会提供给每一个实体必要用某种方式被处理的挑战, 以便于使得课程变得明显, 来揭露投生的目的, 这样每一次投生的拼图的碎片就可以这样被取得, 并成为存有的混合的完整性的一部分。

Incarnations which seem to offer hindrances, as have been mentioned in the question, are those incarnations which are not as obvious to the outward eye, or even the inward seeking eye of the entity itself, in discovering the purpose of the hindrance, the role that such a hindrance can play in achieving the final portion or piece of the puzzle that will then become that which allows the opening of the heart in complete and unconditional love for all about one.

如果投生看起来似乎是在提供障碍物, 如同在问题中已经被提到的一样, 这些投生是那些对于向外看的眼睛, 甚至对于实体其自身向内看的眼睛, 在探索那个障碍物的目的, 以及这样一个障碍物在取得拼图的最后的部分或者片段中能够扮演的角色的方面, 都不是明显的投生, 就是这个拼图最后的部分将会接下来成为允许心在对一个人周围的所有人的完全且无条件的爱中开放的事物了。

Whether it be physical limitation of non-movement of a limb, of the seeming limitation of the mental process that is able to apprehend the nature of the incarnation, whether it is genetic defects that seem to offer the blockage of any effort in a certain area, all of these are portions of preincarnative plans that have been made by the entity previous to the incarnation that will allow the progress as the difficulty in some fashion is dealt with successfully; for there are no mistakes within any incarnation with any preincarnative choice, within any entity, with any examination or exhibit of certain limitations, so that each entity then provides itself with the opportunities that when fully or partially achieved, become a portion of the soul's progress through the third-density illusion.

无论它是一个附肢无法运动的的身体的限制, 还是表面上是属于能够感受投生的属性的心智过程的限制的物质性的限制, 或者它是对在一定区域中的任何的努力提供了阻碍物的基因缺陷, 所有这些都是有实体在投生前做出的投生前计划的一部分, 这种投生前的计划将允许成功地被处理, 尽管过程用某种方式是困难的, 因为在任何投生中的投生前的选择, 藉由对任何的限制性的检查或者表现, 在任何实体身上都是不会出错的, 这样, 每一个实体接下来都会为它自己提供机会, 当这些机会完全地, 或者部分地被取得的时候, 它们会成为灵魂穿越第三密度的幻象的发展的一部分。

Thus, all learn that which is meant to be learned when there is the focusing upon that quality of hindrance or opportunity or combination thereof, in each incarnation, so that there is the blooming of the flower, the opening of the heart, the exposing of the soul to all the influences that can aid it in its evolutionary progress through mind, body and spirit.

因此, 当焦点是被放在了在每一次投生中的障碍物、或者机会, 或者它们的混合物的属性上的时候, 所有人都学会了被打算要被学习的事物, 这样就会有一种花朵的绽放, 心的开放, 以及灵魂向所有的能够在它穿越心智、身体与灵性的演化过程中帮助它的影响的揭露。

Is there another query at this time?

在此刻有另一个问题吗?

Gary: Not in follow-up to that one. Thank you, Q'uo.

Gary: 不是跟着那个问题的。谢谢你们, Q'uo。

Kathy: Q'uo, I have a query. Someone has [what turns out to be] a follow-up, though it began as a stand-alone question. "If there are entities who incarnate and through any means, either by choice or by medical condition or other means, develop personality attributes that are negative, or hindering of self and others around that self, could that be considered somewhat along the same lines as someone with an actual visible handicap, because such a person might behave in certain ways that will focus those around that person to make a choice toward compassion and love in a situation, or toward even that person who is behaving possibly negatively or harmfully even? Could that be somewhat similar that it serves the greatest purpose of all of opening

love within each soul that comes into contact with that person and their behavior, or are there other purposes that you could tell us about relating to that?"

Kathy: Q'uo, 我有一个问题。某个人拥有被证明是一个后续问题的事物, 尽管它是作为一个独立的问题开始的。"如果有一些实体, 它们投生, 并通过任何的方式, 要么藉由选择, 要么藉由医疗条件, 或者其他的途径, 发展出了负面性的, 或者妨碍自我以及在自我周围的其他人的人格特性, 这些实体能够被认为是与某个带有一种实际上是可见的不利条件的人是多少有些沿着相同的线路的, 因为这样一个人可能用一定的方式来行为举止, 这些方式会将在那个人周围人聚焦起来, 来朝向在一个情况中, 或者甚至是朝向那些有可能正在负面性地, 或者甚至是伤害性地行为举止的人, 做出一个同情心或者爱的选择。它会服务于在每一个与那个人以及它们的行为举止接触的灵魂内在之中开放爱的最大的目的, 这能够是多少有些类似的吗, 或者, 会有与那个有关联的其他的目的是你们能够告诉我们的吗?"

Q'uo: I am Q'uo and am aware of your query, my sister. We find that, indeed, there is in each entity a kind of programming that may partake of what you may call a kind of group consciousness, or a family of beingness that decides to incarnate as a group, and each to contribute a certain portion of the overall goals of the family or spiritual group. Some may choose to play the devil's advocate, shall we say, and provide the difficult catalyst that makes it necessary to look upon what is the nature of this catalyst. Is it truly evil? Is it evocative of questions? Can it provide inspiration of a certain nature that allows this seeming negative being and behavior to inspire in others the opposite, that which is unconditional love, that which is giving, that which is opening of the heart in complete freedom of being, so that the loving nature flows as freely as does the breath from the lungs.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。我们发现, 确实, 在每一个实体内在之中都有一种类型的编程是可能会带有你们可能称之为一种类型的集体意识, 或者一种存在性的家族的事物的, 它会决定作为一个团体投生, 每一个成员都会对这个家族或者灵性团体的整体的目标的一部分做出贡献。一些人可能选择去扮演, 容我们说, 魔鬼代言人 (the devil's advocate), 并提供困难的催化剂, 这会使得有必要去检查这个催化剂的属性是什么。它真的是邪恶的吗? 它真的是引发问题的吗? 它能够提供一定属性的启发, 这种启发会允许这个表面上是负面性的存有与行为举止启发在其他人内在之中的对立面, 也就是无条件的爱, 给予, 以及在存有的完全的自由中开放心, 这样爱的属性就会和从肺部进行的呼吸一样地自由流动吗?

Each entity, whether before incarnation, or during incarnation, can adjust these programmings in a certain fashion after there has been the manifestation of that which was chosen, either before the incarnation, or during the incarnation, as a kind of impetus or stimulus to spur those about one in a direction which is desire by each entity to be traveled. Thus, each person within such a spiritual grouping plays a certain role that changes from incarnation to incarnation, so that in the overall sense when all roles and stimuli are counted and put together in a fashion which allows the purpose of

each to be realized, there is the learning of that which was desired by each entity before the incarnation began.

每一个实体，无论是在投生前，还是在投生期间，在已经出现了被选择的事物的显化物之后，都能够用一定的方式调节这些编程，要么是在投生前，要么是在投生期间，作为一种类型的推动力或者刺激物，以促进在一个每一个实体渴望的要被旅行的方向上刺激那些在它周围的人。因此，在这样一个灵体团体中的每一个人都扮演了一定的角色，这个角色会从一个投生到另一次投生发生改变，这样，在整体的意义上，当所有的角色与刺激物都被遭遇到并用一种会允许每一个角色的目的都被实现的方式被聚集在一起的时候，就会有对在投生开始前就被每一个实体渴望的事物的学习了。

Therefore, there is, in many instances these types of groupings that work from incarnation to incarnation, with the roles changing from one incarnation to another, so that all eventually learn that which each wishes to learn, and all wish to learn as a group. Thus, some learn more quickly, some more slowly, yet all learn that which was desired.

因此，在很多的情况下，会有这些类型的团体会从一次投生到另一次投生进行工作，同时角色会从一个投生到另一次投生发生改变，这样，所有实体最终都会学会每一个实体希望学习的事物，所有实体都希望作为一个团体学习的事物。这样，一些人会更快地学习，一些人会更慢地学习，而所有人都学会了被渴望的事物了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: Is everyone in ones' life part of a soul family, or are there others that are only perhaps peripherally connected to play those roles? Thank you.

Kathy: 在一个人生命中的每一个人都是一个灵魂家族的一部分吗，还是会有其他人也许仅仅是边缘地与扮演那些角色是有关联的呢？谢谢你们。

Q'uo: I am Q'uo and am aware of your query, my sister. There is for each entity a grouping of entities that has as its basis the first beginnings within the third-density illusion to form that which is seen as a spiritual grouping, that may have other tendencies or contact with other spiritual groups, so that there can be an intermingling of groupings over a period of time and incarnations, so that there is, for each entity within the group, and for each group, a continuing expanding experience that reaches further and further into the realms of the third-density illusion, so that there is the opportunity to use the talents and experiences of each entity and various groupings to enhance the experience of all.

Q'uo: 我是 Q'uo，我了解了你的问题，我的姐妹。对于每一个实体都有一个实体的团体作为它在第三密度的幻象中最初开始的基础，以形成会被视为是一个灵性团体的事物，这样一个灵性的团体可能会拥有其他的倾向或者与其他灵性团体进行接触，这样在一段时间和数次投生之后，就能够有一种团体的相互混合，这样，对于在团体中的每一个实体，对于每一个团体就会有一种不断拓展的体验，它们会越来越远地延伸进入到第三密度的幻象的领域之中，这样就会有使用每一个实体以及各种各样的团体的天分与体验，来增强全体的体验了。

Thus, there is a continuing blending of energies and entities and groupings so that these groupings and entities are able to express that which they see before the incarnation to be the necessity of the upcoming incarnation in order for progress to continue to be made in the evolutionary process of the evolution of mind, body and spirit. Thus, each entity, then, plays a role which changes with each incarnation and expands its influence so that there is more and more opportunity to blend the energies of all within the groups and of various groups that are tangentially related, each to the other.

因此，会有一种对能量、实体和团体的持续性的混合，这样这些团体和实体就能够表达它们在投生前看到对于即将发生的投生是需要的事物，以便于让进展继续在心智、身体与灵性的演化的发展进程中被产生出来。因此，每一个实体，接下来，都扮演了一个角色，这个角色会随着每一次投生改变，并拓展它的影响，这样就会有越来越多的机会将在团体中的所有实体的能量，以及各种各样边缘地与相互彼此有关联的团体的能量混合起来了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: No, thank you very much.

Kathy: 没有了，非常感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Woman: Q'uo, what is the best way for an individual to respond in love to a situation that would normally promote anger?

女人：Q'uo，一个个体要用爱来回应一个通常会引发愤怒的情况，对于它最佳的方式是什么呢？

Q'uo: I am Q'uo and am aware of your query, my sister. Within the relationships that are found in each entity's third-density experience, there is a variety of types of catalyst that is provided by the many entities that form the more or less tight groupings that move through a certain portion of each incarnation together. When there is a difficulty that is obvious to one entity that may be observed to be created by another entity, it is well, in each case, to begin a kind of communication with the heart being the foundation of the communication, asking if one is correctly perceiving what one believes is occurring with the other entity that is providing the difficult catalyst, without accusation, without blame, asking from the heart, "Do I correctly perceive what I feel I perceive? Or is there another way that you can explain to me how I am experiencing what I feel I am experiencing?"

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。在每一个实体的第三密度的体验中被发现的关系中，都会有多种多样的类型的催化剂是被很多实体提供了的，这些实体形成了或多或少是紧密的团体，它们会一起穿越每一次投生的一定

的部分。会有一种对于一个实体是明显的困难是可能会被观察到是由另一个实体造成的，在每一个情况中，开始一种类型的沟通交流，这是很好的，同时心成为那个沟通交流的基础，询问是否一个人是在正确地感觉到它相信是与另一个正在提供困难的催化剂的实体正在发生的事情，没有非难，没有责备，而是从心中询问，“我正确地感觉到了我觉得我感受到的事情吗？或者会有另一种方式是你能够对我解释，我是如何体验我感觉到我正在体验到的事情的吗？”

If one may enter into this kind of communication with any other entity during the incarnation, when there is difficult with such an entity, there is, then, seen the opportunity to move into the heart which is obviously open, for each entity thus removing the difficult experience in its objective realm, taking it to the realm of what the emotions, the heart, the beingness of one has experienced, asking them if this is what is perceived by the other, so that the communication may continue in this fashion to unravel the snare or snarl of mixed emotions, mixed impressions, mixed words and meanings, thereby offering to each the opportunity to continue to open the heart in unconditional love, each to the other.

如果一个人可以在投生期间与任何其他实体都进入到这种类型的沟通交流之中，当与这样一个实体遇到困难的时候，接下来，就会有进入到明显地是开放的心之中的机会被看到，因为每一个实体都这样在它可观的领域中将困难的体验移除了，将它带到一个人的情绪、心以及存在性已经体验到的事物的领域之中，并询问它们是否这就是被其他人感觉到的事物，这样，沟通交流就可以用这种方式继续，以解开混杂的情绪，混杂的影响，混杂的话语与意义的罗网或者纠结，并由此向每一个人提供机会去继续在无条件的爱中，向相互彼此开放心。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Woman: No, thank you very much.
女人：没有了，非常感谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, is true polytheism—the belief in many gods, each controlling or directing a facet of the creation—a stumbling block to the understanding of the unity of all things?

Gary: Q'uo, 真正的多神论——相信有很多个神，每一个都控制或者指导造物的一个面向——是对所有事物的统一性的理解的一个绊脚石吗？

Q'uo: I am Q'uo and am aware of your query, my brother. For some entities, this may, indeed, be true. For other entities this may be a portion of a path in which the many become seen as moving into shared regions of experience and, shall we say, provenance of expression of qualities, thus giving those worshipping such entities a larger point of view so that there is seen to be a

conglomeration of qualities of each being that may be shared by more than one being so that this path of conglomeration or addition to each theistic being more qualities, thus eventually reaching the unity of all theistic beings in the expression of oneness, so that what was seen as various kinds of gods, may be seen as facets of a jewel that reflect portions of the unity of the One Infinite Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。对于一些实体, 这可能确实是真实的。对于其他实体, 这可能是一条道路的一部分, 在这条道路中, 众多会被视为是在一定进入到共享的体验的区域, 以及, 容我们说, 对特性的表达的起源之中, 并由此给予那些崇拜这样的实体的人一个更大的视角, 这样, 就会有被看到是每一个存有的特性的集合的事物, 这个集合是可以被多于一个存有分享的, 这样, 这条集合的道路, 或者对每一个神的存有添加更多的属性, 并最终抵达所有的神的存有在对一体性的表达中的统一性的道路, 这样就会有被视为是各种各样的神的事物, 它可以被视为是一个宝石的侧面, 这些侧面映射了太一无限造物者的统一性的各个部分。

However, this is not a path which is traveled by all which have the polytheistic view of the creation, for many who have this view are so entrenched in the view that they gain from those who remain with that view that they, too, hold. Therefore, being a kind of priest of a certain god, then, would require that those who follow that god remain true to their strict apprehension of the unique qualities of that god. However, there are, within each type of religious expression, those entities which, by nature, have some kind of intuition within their own being that leads them to the conclusion that there is another path to travel that is more inclusive and less exclusive than that which is promulgated by those who are priests and who have, what you may call, the rule over those who are the followers.

然而, 这不是一条会被所有拥有造物的多神论的观点的人旅行的道路, 因为很多拥有这种观点的人是如此固守那个观点, 而那个观点是它们从那些坚持那个它们同样也紧紧抓住观点的人那里取得的。因此, 成为一定的神的一种类型的祭司, 接下来, 就会要求那些跟随那个神的人, 忠实于对那个神的独一无二的特性的严格的见解。然而, 在每一种类型的宗教信仰中都会有这样的实体, 它们天生就在它们自己的存有之中拥有某种类型的直觉, 这种直觉会将它们引向会有另一条要去旅行的道路的结论, 这条道路是比被那些祭司以及那些, 你们可以称之为, 统治那些追随者的人所颁布的事物, 要更加有包容性, 且较不具有排他性的。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Gary: Ra says that the service of the self "requires an ever-expanding use of the energies of others for manipulation to the benefit of the self with distortion toward power." Knowing that negative entities block their orange and yellow rays, I'm wondering if they block their own centers and then, so to speak, steal the energies of others selves to use as substitution for their own blocked power? Does it work that way?

Gary: Ra 说, 服务自我"需要一种对其他人的能量的不断拓展的使用, 以为了自

我的益处，并藉由朝向权力的扭曲而进行操纵。“我知道负面性实体会阻塞它们的橙色和黄色光芒，我想要知道，是否它们会阻塞它们自己的中心，并接着，可以说是，偷取其他自我的能量来用作对它们自己被阻塞的力量的替代？它是这样子工作的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that in many instances this is the means by which negatively oriented entities continue to utilize the energies of others in order to serve the self, for if the self is seen in a certain fashion that requires a supply of obedience, or admiration, shall we say, in order to learn how to do this for the self, then the other self requiring the obedience and admiration then is able to utilize the energies of those about one, or about it, as it provides this kind of example to those who are its followers, shall we say.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现，在很多情况中，这就是负面性导向的实体会继续利用其他人的能量以便于服务自我的途径，因为如果自我是用一定的需要一种服从，或者，容我们说，崇拜的供给的方式被观察，以便于学会如何为自己这样做的时候，接下来，需要服从或者崇拜的其他自我就能够利用那些在一个人或者在它周围周围的人的能量，因为它对那些它的，容我们说，追随者们提供这种类型的范例。

Thus, in such a sense of negative expression of one's own beingness, the blocked nature of the orange and yellow rays is seen as a means by which others may learn to do the same for themselves, learning thereby how to polarize in the negative sense of manipulation and control, so that there is more and more of this energy of others that is necessary in order to continue to exert these energies over a growing band of followers, shall we say.

因此，在对一个人自己的负面的负面性的表达的这样一种感知中，橙色与黄色光芒的被阻塞的特性是被视为是一种其他人可以藉由其学会为它们自己做相同的事情的，并由此学习如何用操纵与控制的负面性的意义来极化的途径，这样，就会有越来越多的其他人的这种能量是被需要的，以便于继续对一个不断增加的，容我们说，追随者的群体施加这些能量。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: So the negative structure seems to require new recruits on a regular basis to provide new power that is then funneled upward, is that correct?

Gary: 因此，负面性的构架看起来似乎是需要新招募的成员用一种有规律的方式提供新的力量，接下来，那种新的力量就会向上汇聚，这是正确的吗？

Q'uo: I am Q'uo and am aware of your query, my brother, and this is, indeed, correct. For the negatively oriented entity pursues the path of that which is not, which is separation, domination and control. This path requires an ever-expanding contribution of energies from others willing to be dominated and controlled in order that they may learn themselves how to so dominate and control yet others.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟, 这确实是正确的。因为负面性导向的实体追寻的是其之不是得道路, 分离、支配与控制的道路。这条道路需要来自于其他乐于被支配和被控制, 以便于它们可以让它们自己学会如何对其他人这样支配和控制的人的一种不断拓展的能量的贡献。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: Not on that line, thanks so much, Q'uo.
Gary: 沿着那条线路, 没有了, 非常感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Gary: Ra says: "Firstly the mind must be known to itself. This is perhaps the most demanding part of healing work. If the mind knows itself then the most important aspect of healing has occurred, for consciousness is the microcosm of the Law of One." Can you elaborate on how consciousness is the microcosm of the Law of One?

Gary: Ra 说: "首先心智必须要为它自己所知晓。这也许是疗愈工作的最为要求高的部分了。如果心智知晓它自己, 接下来, 疗愈的最为重要的面向就已经发生了, 因为意识是一的法则的微观宇宙。"你们能够对意识如何是一的法则的微观宇宙进行阐释吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The Law of One says simply that all things, all beings, all is One, One Infinite Creator, Intelligent Infinity, that which is all that is. Consciousness is a portion of the One Infinite Creator that becomes enabled, or created, when the universes begins to take shape as the One Infinite Creator and through free will creates the Logos or Love, which creates Light, which then condenses into the creation that is made of consciousness.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。一的法则单纯地表达, 所有的事物, 所有的存有, 一切都是一, 是太一无限造物者, 智能无限, 是一切万有之所是。当宇宙开始作为太一无限造物者而具有形状, 并通过自由意志创造法则或者爱的时候, 意识是太一无限造物者的一个成为了有能力的, 或者被创造的部分, 爱创造了光, 光接着压缩形成了造物, 造物是由意志制成的。

Thus, the consciousness comes from the One Infinite Creator's unity. As each entity perceives its own consciousness, then, it discovers that it is related to all other entities through this consciousness through its various levels of consciousness within its own being that move through the roots of the tree of mind into the subconscious, into the planetary consciousness, into racial consciousness, into cosmic consciousness, into the consciousness of all that is, all that is created.

因此, 意识是来自于太一无限造物者的统一性。当每一个实体都感觉到它自己的

意识的时候，接下来，它会发现，它通过这个意识，通过在它自己的存有中的意识的各种各样的层次与所有其他实体联系在一起了，这些意识的层次会通过心智之树的根部移动进入到潜意识之中，进入到星球意识之中，进入到物种心智之中，进入到宇宙心智之中，进入到一切万有的，所有被造物的意识之中。

Thus, if each entity begins to examine its own consciousness, then, it discovers that it is as related to the One Infinite Creator as is any other entity or any other portion of the One Infinite Creation. Thus, to know the consciousness of the self is to know, in microcosm, that which is in macrocosm. Thus, the One Infinite Creator knows itself in each iota of beingness of its creation, and each iota of beingness of the creation knows itself as the One Infinite Creator.

因此，如果每一个实体都开始检查它自己的意识，接下来，它会发现，它是如同太一无限造物者的任何其他实体或者任何其他部分一样地与太一无限造物者联系在一起。因此，去知晓自我的意志，就是在微观宇宙中知晓在宏观宇宙中之所是的事物。因此，太一无限造物者在它的造物的存在性的每一个微粒中都知晓它自己，造物的存在性的每一个微粒都知晓它自己是太一无限造物者。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Kirilina, the Bulgarian translator, sends this question in. She says: "Recently I read a Q'uo session about playing video games, where Q'uo says that we have to meet our kids where they are, or at the level that they are to talk to them. I was hoping that Q'uo could give some inspirational examples. My 13-year-old son listens with interest to my stories about The Ra Material and the transcripts of the channeling of the Confederation, and accepts everything as the most natural thing, but when a child grows up in front of a computer rather than a Tibetan Monastery, the attempts to meditate express themselves in permanent intolerable itching throughout the body, and a sense of irresistible torment. If I can force myself to go on trying to meditate despite all, I have no idea how to cause some aspiration in my son to be persevering and to go through this final stage of self-sabotage. That's why I ask the question and hope for some insight from Q'uo.

Gary: Kirilina, 保加利亚语的译者，发来了这个问题。她说，“最近我读到一片 Q'uo 的集会，它是关于玩电脑游戏的，在其中 Q'uo 说，我们必须要在我们的孩子的所在之处，在那个它们所处于的层次上与它们相遇，以同它们交谈。我正在希望，Q'uo 能够给予某些有启发性的例子。我的十三岁大的儿子会带着兴趣听我关于 Ra 资料以及星际联邦的传讯的记录的故事，并接受每一个事情都是最为自然的事情，但是当一个孩子在一台电脑而不是在一个西藏修道院前长大的时候，去进行冥想的尝试会在贯穿整个身体的持久而难以忍受的发痒中表达它们自己，会有一种无法抗拒的折磨的感觉。如果我能够强迫我自己不顾所有的事物继续尝试进行冥想，我并不知道如何在我的儿子身上产生出某种启发，以坚持并通过这个自我破坏的最后的阶段。那就是为什么我询问那个问题，并想要来自于 Q'uo 的某种洞见的原因了。”

Q'uo: I am Q'uo and am aware of your query, my sister. As each parent is

model to the child in some fashion, there are opportunities to utilize both the spiritual practices of the parent, and the interests and endeavors of the child, to blend into a kind of mutual means by which each may come to know the other more and more fully, so that each is offered the opportunity, by example and by word, to demonstrate that which has meaning to the self. The parent may show through example how the meditative state allows one to perceive in more clear terms the nature of the illusion about one as a kind of ultra-intricate computer game that is involving all entities upon the planet in pursuing that which has meaning to the self, finding further and further meaning for each as one is able to move into deeper and deeper states of meditation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。因为每一个父母都用某种形式是孩子的一个榜样, 会有机会同时利用父母的灵性的修炼, 以及孩子的兴趣与努力, 以降它们混合成为一种类型的共同的途径, 每一个实体都可以藉由这条共同的途径开始越来越更加充分地知晓其他人, 这样, 每一个人就都被提供了机会, 来藉由榜样, 藉由话语, 示范对自我用有意义的事物。父母可以通过范例来展现, 冥想状态是如何允许一个人用更加清晰的方式感知在它周围的幻象的属性, 就是一种类型的极其复杂的电脑游戏, 在这个星球上的所有实体, 通过追寻对自我有意义的事物的追寻, 被包含在那个电脑游戏之中了, 当它能够进入到越来越更加深入的冥想状态的时候, 它就会越来越更加深入地找到自我的意义了。

The child, looking upon the opportunities provided by the games of the computer and the functions of searches may become enamored of the ability to gain information that has more or less value in the incarnational expression of that which has meaning to the child so that a conversation may be undertaken between parent and child to determine how each views the nature of its particular reality and the value to each of this perception.

当孩子观察被电脑游戏以及搜索的功能提供的机会的时候, 孩子可能会着迷于取得信息的能力, 这种信息在对孩子有意义的事物的投生性的表达之中会拥有较大或者较小的价值, 这样一种交谈就可以在父母与孩子之间被进行, 以确定每一个人如何观察它特定的实相的属性, 以及这种观念对每一个人的价值。

So, each, then, looks within its own experience and finds that which has value to it, examining it carefully against the standard of excellence that each is accustomed to in its own experience. The parent, then—having the opportunity to expand its own experience within the computerized world, and finding analogies within this experience to explain to the child how the meditative state allows the information of true value to sink into the soul of one's being—thereby enriches the being in a fashion which moves beyond any game or representation of the illusion that seems more important than the basic quality of being able to open one's heart in love to the child; thereby offers to the child the support of parental love in unqualified fashion, using the games and computer world as a means to find the love within the self within the child and within the world about one.

因此, 每一个人, 接下来, 在它自己的体验中检查, 并发现对于它有价值的事物, 同时根据每一个人在它自己的体验中所习惯于的优秀标准来仔细检查它。在父

母，会拥有机会去在这个电脑化的世界中拓展它自己的体验，并在这个体验中找到相似的事物，以向孩子解释，冥想状态会如何允许具有真实的价值的信息沉入到一个人的存在的灵魂之中的时候，父母接下来就因此用一种超越任何的游戏或者看起来似乎是比能够在爱中向着孩子开放心的基本的属性是更加重要的幻象的代表物的方式丰富了存有，并由此向孩子同无条件的方式提供了父母的爱的支持，同时使用游戏与电脑世界作为一条在自我内在之中，在孩子内在之中，在一个实体周围的世界中找到爱的途径了。

At this time, we shall take our leave of this instrument, as it is somewhat fatigued. We, as always, thank each present for inviting our presence in your circle of seeking. You, who live in such a heavy, dense, chemical illusion are inspirations to us as you move through such an illusion with the love and the light of the One leading your way at all times. We are known to you as those of Q'uo. We leave you now in that love and light. Adonai vasu borragus.

在此刻，我们将离开这个器皿，因为它多少有些疲倦了。我们一如既往，感谢每一位在场的人，邀请我们出席你们的寻求的圈子。你们这些生活在这样一个沉重的、厚重的、化学性的幻象中的实体，在你们带着在所有的时候都引领你们的道路的太一的爱与光穿越这样一个幻象的时候，对于我们是启发。我们是你们知晓的 Q'uo。我们现在在那种爱与光中离开你们。Adonai vasu borragus。

[1] Questioner: I don't know if this is a short question or not, so we can save it till next time, but my only question is why the crusaders from Orion do this. What is their ultimate objective? This is probably too long to answer.

提问者：我不知道是否这是一个简短的问题，因此，我们可以将它留到下一次，但是，为什么——我的仅有的问题是，为什么来自于猎户集团的十字军——为什么他们这样做。他们终极的目标是什么呢？这也许太长了以至于无法回答。

Ra: I am Ra. This is not too long to answer. To serve the self is to serve all. The service of the self, when seen in this perspective, requires an ever-expanding use of the energies of others for manipulation to the benefit of the self with distortion towards power. – Ra, 11.31

Ra：我是 Ra。这个问题并不是太长以至于无法回答的。服务自我就是去服务全体。当服务自我是从这个观点被理解的时候，它要求一种不断拓展的对其他人的能量的使用以实现为了自我的利益而藉由朝向力量的变貌进行的操纵。——Ra，一的法则， 11.31

[2] Questioner: I have no idea how long this would take. Is it possible for you to give a synopsis of the program of training required? I have no knowledge of what questions to ask at this point.

提问者：我不知道这要花多长时间。你们有可能给出一个必修的训练课程的提纲吗？在这个位置上我不知道要问什么问题了。

Ra: I am Ra. We consider your request for information, for as you noted, there are a significant number of vibratory sound complexes which can be used in sequence to train the healer.

Ra: 我是 Ra。我们考虑了你对于信息的请求，因为如你注意到的一样，会有大量的振动的声音复合体是能够被按顺利使用来训练治疗者的。

The synopsis is a very appropriate entry that you might understand what is involved.

提纲是一个非常合适的入口，这样你们就可以理解什么事情是被包含在其中的了。

Firstly, the mind must be known to itself. This is perhaps the most demanding part of healing work. If [the mind knows itself then the most] important aspect of healing has occurred. Consciousness is the microcosm of the Law of One. *首先，心智必须被其自身所知晓。这也许是治疗工作的最为苛刻的部分了。如果 [心智知晓了其自身，接下来治愈的最]重要的面向就已经发生了。意识是一的法则的微观宇宙。*

The second part has to do with the disciplines of the body complexes. In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions.

第二个部分是与对身体复合体的锻炼有关的。在此刻抵达你们的行星的能量流中，这些理解和锻炼是与在对身体的使用的方面，在身体自然的机能中的爱与智慧之间的平衡有关的。

The third area is the spiritual, and in this area the first two disciplines are connected through the attainment of contact with intelligent infinity.

第三个区域是灵性，在这个区域中，开始的两个锻炼通过与智能无限的接触的达成而被连接在一起了。一的法则- 4.17

2019-11-13 传讯练习：难以爱

Practice Channeling Circle
November 13, 2019

Group question: The topic for today's channeling is how to love that which is difficult to love.

团体问题：今天的传讯的组合体是如何爱难以爱的事物。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument this evening. We greet each of you in love and in light, for this is what the Father has made the Creation out of and we rejoice with you in the power of love and the manifestation of light that illumines this group this evening. We are most honored to be able to join you and to assist you in becoming instruments for the One Infinite Creator whom we serve with all of our being, as we are aware that you also serve in the same fashion.

我是 Q'uo，我在今晚与这个器皿在一起了。我们在爱与光中向你们各位致意，因为爱与光就是天父从其制造出造物的事物，我们与你们一起在爱的力量以及今晚照亮了这个团体的光的显化物中欢庆。我们对于能够加入你们并在你们成为太一无限造物者的器皿的过程中帮助你们而是感到极其荣耀的，我们用我们全部的存有来服务造物者，因为我们知晓，你们同样也在用相同的方式来服务。

We will exercise each instrument, and this evening, in the exercising of each instrument, we found that you have chosen the topic that is of great importance to each entity within the third-density illusion, for there is a great variety of types of experiences that you will have with the many and various personalities that are presented to you as opportunities to grow further and further in love and light within your own being.

我们将会训练每一个器皿，在今晚，在训练每一个器皿的时候，我们发现你们已经选择了对在第三密度的幻象中的每一个实体都具有巨大的重要性的主题，因为你们将会与很多且各种各样的人格拥有各种各样类型的体验，这些人格是作为越来越更进一步地成长进入到在你们自己的存有内在之中的爱与光的机会被呈现给你们们的。

The difficult entity is one which does not meet one's heartfelt expectations, for each conscious spiritual seeker who engages in looking upon the life pattern as an opportunity to grow is hopeful that there will be a great, goodly company of like-minded, open-hearted entities with which to travel this path through your third-density illusion, and in many cases, this is so. However, those cases which do not meet the expectations and move within the realms of anger, of doubt, of frustration, of making the life a challenge to share, are those instances in which you have presented to you the opportunity to grow in a fashion that is not always available in the more harmonious, shall we say,

interactions that you share in your daily round of activities.

困难的实体是一个并未符合一个人由衷的期待的身体，因为每一个参与到了将生命模式视为是一个成长的机会的有意识的寻求者，都抱有希望，将会有很大一群的具有类似的想法，开放心的实体会与之一同在这条穿越你们的第三密度的幻象的道路上旅行，在很多情况中，正是如此。然而，会有那些并不符合期待并会在愤怒、疑惑、挫折，并使生命成为一个分享的挑战的领域中移动的情况，那些在其中你们已经给予了你们机会去用这样一种方式来成长的情况，这种方式在那些你们在你们的日常生活的活动中所分享的，容我们说，更加和谐一致的互动中，并不是一直都是可供利用的。

At this time, we shall transfer the contact to the one known as Gary. I am Q'uo.

在此刻，我们将接触转移到被知晓为 Gary 的实体。我是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo and we greet you again through this instrument. We thank this group for this rich topic as there are many ways to approach such a question, so central to the third-density life, for you are surrounded, immersed, inundated with mirrors, in each day and, indeed, in each moment of your incarnational experience in this realm. Those mirrors, while running the range of your third-density experience, are most profoundly found in the form of the other-self. Each other self reflects to the self some aspect or image, or likeness of the self, so that the self may understand and love and serve more deeply.

我们是你们知晓的 Q'uo，我们再一次通过这个器皿向你们致意。我们为这个丰富的主题感谢这个团体，因为会有很多处理这样一个问题的方式，这个问题对于第三密度的生命是如此中心性的，因为你们是在你们的每一天中，确实，在你们在这个领域中的你们的投生体验的每一刻中，都是被镜子包围、浸没与淹没的。那些镜子，在它们在你们的第三密度体验的范围中的时候，是会用其他自我的形式，极其深入地被发现的。每一个其他自我都对自我映射了某个面向或者形象，或者自我的画像，这样自我就可以更加深入地理解、爱并服务了。

Some of those mirrors, as your group notes, are more difficult to look into than others. Some mirrors are enjoyable and appealing, and attract and draw the self. Other mirrors, as we were saying, reflect to the self not the sought experience of the open heart or connection or ease or balance, but instead reflect to the self [the] limitations of the heart, imbalances within the energy system, [and] difficulties of vision.

如你们的团体指出的一样，那些镜子中的一些镜子，是比其他镜子更加难以注视的。一些镜子是令人享受且有吸引力的，是吸引自我并引起自我注意的。其他的镜子，如我们正在说的一样，没有向自我映射出了，被寻求的开放的心、或者连接、或者顺利，或者平衡的体验，而毋宁是向自我映射了对心的限制，在能量系统中的不平衡，以及困难的景象。

What is the measure of these imbalances and limitations on vision? How is it that the difficult other self reflects this back to the self? The index of clear seeing, of contact with truth, of realization of the Creator, is the capacity to love unconditionally. Where that is not consciously known and experienced, is where there is a limitation within the self. We do not use the word limitation in a pejorative sense, for this limitation is designed [to be] intentional and productive of the development of will and faith, but it is a limitation within the being.

这些对在景象上的不平衡与限制性的尺度范围是什么呢？困难的其他自我是如何将这个景象反向映射给自我的呢？清晰的观察，与真理的接触，对造物者的领悟的索引，就是去无条件地爱的能力。哪里有并为有意识地被知晓与被体验到的事物，哪里就会有在自我内在之中的一种限制。我们并不是用一种贬义来使用限制这个词语的，因为这种限制是被设计来成为意志与信心的一种有意的且富有成效的发展的，但是，它是在存有内在之中的一种限制。

(phone rings)
(电话铃响)

Smiling, in response to the greeting of the electronic device this instrument continues, the limitation points to something within the self where the Creator is not fully or perfectly understood, for if the Creator was fully or perfect understood in a balanced way, then the response to the difficult mirror would be unconditional love.

笑一笑，在回应电子设备的致意之后，这个器皿继续，限制指向了在自我内在之中的某个事情，在其中造物者并不是完全地或者完美地被理解的，因为如果造物者是用一种平衡的方式被完全地活着完美地理解的，接下来，对困难的镜子的回应就会是无条件的爱。

So, in facing an other self which is difficult to love, we counsel that the seeker asking itself that question looks within to find perhaps where there is something unforgiven within itself, something not understood or accepted within its being; for as the work of coming into contact with and accepting the 360 degrees of selfhood is done, so too are others loved more fully. We do not say that this is easy work. It takes lifetime after lifetime, often in the case of your experience, simply to bias the self to seek the open heart in the first place.

因此，在面对一个难以爱的其他自我的时候，我们会建议寻求者问问它自己，那个问题在内在之中看起来是什么样子的，以找到也许在什么位置会有某个在它自己内在中没有被宽恕的事情，某个在它的存有之中未被理解或者接受的事情，因为当与自我属性建立接触并接受三百六十度的自我属性的工作被进行了的时候，其他人才会同样也因此更加完全地被爱了。我们并不是说，这是容易的工作。在你们的体验的情况中，经常，单纯地要让自我产生偏向性去在一开始的位置就寻求开放的心，这就要花费一次接一次的生命了。

We commend all who look at a difficult mirror and seek to rise above, shall we say, the knee-jerk patterns, instead [to] find love in the moment. This intention

is a marker of great growth of many miles already behind the self. Many, within your illusion are sufficiently asleep that they would not look at a so-called difficult person and seek to use the catalyst being presented, but instead in their slumber seek only to respond in knee-jerk patterns of defense or attack or of some manipulation of the moment that seeks only comfort.

我们会称赞所有那些会检查一面困难的镜子，寻求去上升超越，容我说，本能反应模式，并作为替代在那一刻中找到爱的实体。这种意图就是自我已经完成了的很多英里的巨大的成长的一个标志。在你们的幻象中，很多人是充分地沉睡着，以至于它们不会看着一个所谓困难的人，并寻求去使用被呈现出来的催化剂，而是作为替代，在它们的沉睡中仅仅寻求在防守或者攻击的本能反应中回应，或者寻求对那些仅仅追寻舒适的时刻的某种操纵。

There are no hard and fast rules, shall we say, for successfully loving that which is difficult to love, but we highlight again, the power of the intention, the power of meditation, [and] the power of prayer. And in closing, with this instrument, we remind the self that the more fully that the self may embrace the shadow within it, the more that those mirrors, including the difficult ones, will reflect back to the self the Creator, and all things. We thank this instrument, and we pass the contact to the one known as Kathy.

对于成功地爱难以爱的事物，没有严格而，容我说，一成不变的规定，但是，我们会再一次强调，意愿的力量、冥想的力量、与祈祷的力量。在于这个器皿结束的时候，我们提醒自我回想起，自我可以越发完全地拥抱在它内在之中的阴影，那些镜子，包括困难的镜子，就将会更多地将造物者以及所有的事物映射回自我。我们感谢这个器皿，我们将接触传递给被知晓为 Kathy 的实体。

(Kathy channeling)

(Kathy 传讯)

I am Q'uo and we are with this instrument. Indeed, the difficult to love are the very ones that open the heart space most for all concerned, and we may say that love, learning to love, in the greatest way possible is the main lesson. There will be many lessons, and more closer together, for it may feel for those upon Earth to be in a crowded space of lessons of love that involve a compression of emotions, situation, conditions, so that one, in growing to love more and more unconditionally as the Creator does, is able more and more to do so because of the very crowdedness or frequency of these difficult-to-love situations and encounters; so while it may seem hard [and] difficult to accomplish, each one accomplished is a blessing.

我是 Q'uo，我与这个器皿在一起了。确实，**爱的困难是对于开放心的空间至关重要的困难，我们可以说，爱，学会爱，用有可能最大的方式，是主要的课程。**将会有很多的课程，它们是更加紧密地结合在一起，因为对于那些在地球上的人，它可能感觉是处于一个拥挤的爱的课程的空间之中，这些课程包含了一种对情绪、情况与条件的压缩，这样，一个人，在成长成为和造物者一样地越来越更加无条件地爱的过程中，是能够因为这些难以爱的情况与遭遇的拥挤或者频率而越来越而越来越多地这样做的，因此，尽管它可能看起来似乎是困难而难以完成的，每一个被完成的，都是一个祝福。

The stone, tumbled and polished into a jewel-like memory of when one learned to love under difficult conditions, but the spirit knows, the spirit knows within each one, helping to set the heart aflame with the requisite love in order to accomplish what needs to be accomplished for the Earth, for going up higher in frequency oneself to that density, toward that density of love and compassion. It is a joyous journey if one can look at it this way. We wish you many blessings upon your journey of learning to love and accomplishing it, and we pass now this contact to the one known as Austin. I am Q'uo.

当一个人学会在困难的情况下去爱的时候，石头，就被翻滚并被打磨成为了一个宝石一般的记忆了，但是灵性知道，灵性知道，灵性在每一个人内在之中都知晓，同时帮助用必需的爱来将心点燃，以便于完成需要为地球，为了在一个人自己的频率上升高到那个密度，朝向爱与同情的密度升高，而被完成的事情。如果一个人能够用这种方式来看待它，它就是一条喜悦的旅程了。我们希望你们在你们学会去爱，并完成它的旅程中拥有许多的祝福，我们现在将这个接触转移到被知晓为 Austin 的实体。我是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and am with this instrument. The question posed this evening is one that is firmly rooted within the illusion that you now experience, for the nature of love in its truest essential sense cannot be met with difficulty. The very idea of an individual, or a situation that is difficult to love is one that can only be perceived from the standpoint within a veiled existence—the true nature of love, and the Creator, hidden from the perspective behind this veil.

我是 Q'uo，我与这个器皿在一起了。在今晚被提出的问题是一个更深地扎根于你们现在体验到的幻象中的问题，因为爱的属性，在其最真实的实质性的意义上，是无法遭遇到困难的。对一个难以爱的个体，或者一个难以爱的情况的核心观点，是一个仅仅能够从在一个被罩纱遮蔽的存在性中的立场而被感觉到的观点——爱的真实的属性，造物者，是对于在这个罩纱之后观点被隐藏起来的。

Thus, we have spoken much to your question in terms of the work which may be done in the realm of broadening one's ability and capacity to love, and while this work may be bound to the illusion, we trust that you shall agree with us that it is work well worth doing. We remind you, my friends, that you are under no obligation to have any particular relationship to any portion of the Creator, be it a situation or another self. You are only under obligation inasmuch as you choose to open your heart to all that comes before you, and this obligation that you have chosen as seekers of the open heart is quite burdensome, as you have discovered, for there is much—from the perspective of the entity within third density—that presents difficulty and closes the heart, and this path that you have chosen to many of your peers, may seem foolish or reckless, or dangerous.

因此，我们已经从在拓宽一个人去爱的能力与本领的领域中可以被进行的工作的方面对你们的问题说了很多了，尽管这个工作可能是受到幻象的限制的，我们相

信你们将会赞成我们，它是完全值得做的工作。我们提醒你们，我的朋友们，你们并不拥有责任与造物者的任何部分拥有任何特定的关系，无论它是一个情况，还是另一个自我。你们仅仅是在你们选择向着所有出现在你们面前的事物开放性的范围内负有责任，这种你们已经作为寻求者而选择的开放心的责任，如你们已经发现的一样，是相当沉重的负担，因为会有大量的——从在第三密度中的实体的观点来看——会呈现困难并关闭心的事物，这条你们已经选择的道路，对于你们很多的同伴，可能看起来似乎是愚蠢的、或者轻率的，或者是危险的。

There are many energies surrounding you and within you, asking you to close your heart to those different than you, to those who hold different ideas, and perhaps, most difficult, to those who represent harm which may be done to you or those that you love, and thus, the heart may close from a sense of social obligation or even protection for the self, or for the other self.

会有很多的包围着你们并在你们内在之中的能量会要求你们对那些与你们不一样的人，对那些抱有不同的观点的人，也许最为困难的是，对那些可能对你们或者那些你们爱的人造成伤害的人，关闭你们的心，因此，心可能，从一种社会责任，或者甚至是自我保护或者保护其他自我的意义上，关闭。

This scenario may seem, from your perspective, to be unenviable, yet, from our perspective, it is quite an exciting opportunity for it presents an essential lesson and chance for the polarization of consciousness and an opportunity to glean more of the true essential self which is the Creator, and which offers its love unconditionally to all. Without the challenge presented to the self, these facets of the Creator may go unrealized, and thus the opportunities presented by the challenges of love are, indeed, blessings to your essential self.

从你们的观点来看，这个场景可能看起来似乎是，不值得羡慕的，而从我们的观点来看，它是一个相当令人激动的机会，因为它为意识的极化呈现出了一个实质性的课程与机会，以及一个让造物者之所是的真正实质性的自我收集更多事物的机会，这个实时性的自我会无条件地向所有人提供它的爱。在没有挑战被呈现给自我的情况下，这些造物者的面向可能会不被意识到，因此，因为爱的挑战而被呈现出来的机会，确实是对你们实质性的自我的祝福。

You have chosen this path of the open heart because we believe that you have felt, within you, the rightness of such a path. This rightness, however you may experience it, we suggest to you, is the call of the Creator, who yearns for you, and the creation sings when you respond to that call, for this call is like a certain gravity, or a current which pulls at you, and you may find that there is great comfort in surrendering to this pull, and allowing the call of the Creator to pull you to love. Yet, the very nature of the creation, as you experience it as a third-density mind/body/spirit complex, is that even in surrender to the Creator's love are challenges presented, for this is the dynamic that allows the Creator to know itself, and your choice to meet these challenges while maintaining a state of surrender to the love of the Creator shines the brightest light upon a portion of the creation that is new to the Creator and is an essential reason for the very beingness of creation.

你们已经选择了这条开放心的道路，因为我们相信你们已经，在你们内在之中，感觉到这样一条道路的正确性。这种正确性，无论你们可能如何体验它，我们会对你们建议，就是造物者的呼唤，造物者渴望你们，当你们回应那种呼唤的时候，造物者歌唱，因为这种呼唤就好像一定的重力，或者一种会拉动你们的水流，你们可能会发现，在臣服于这种拉动，并允许造物者的呼唤将你们拉向爱的过程中会有巨大的舒适。而造物的本性，如你们作为一个第三密度的心/身/灵复合体对它的体验一样，是甚至在臣服于造物者的爱之中都会有被呈现出的挑战，因为这就是那种允许造物者知晓祂自己的动力性，你们在保持一种臣服于造物者的爱的状态的同时面对这些挑战的选择，会在造物者的一个部分上闪耀出最明亮的光，这个造物者的部分对于造物者是新的，且是造物的核心存在性的一个实质性的原因。

When you find this difficulty in allowing the Creator's love to shine through you, we suggest that you remember that this is a self-chosen obligation to love in every scenario, and remember that this is not an easy task, and it was not designed to be an easy task. That you persist in your desire to love, despite this difficulty speaks more to your heart, than the actual ability to love in the face of such difficulty. My friends, hold that desire close, and maintain the faith that if you persist in your desire, light will shine, and what was once difficult, will eventually seem natural. We commend you in your desire and offer you our greatest admiration in the path that you have chosen.

当你们在允许造物者的爱通过你们闪耀的过程中遇到这种困难的时候，我们会建议你们记住，这是在每一个场景中的一个被自己选择的去爱的责任，并记住，这不是容易的任务，它没有被设计成一个容易的任务。我们建议你们在你们对爱的渴望中坚持不懈，无论这种困难会对你们的心说什么比你们在面对这样的困难的时候的实际去爱的能力更多的事情。我的朋友们，将那种渴望紧紧抓住，保持信心，如果你们在你们的渴望中坚持不懈，光将会闪耀，曾经是困难的事情，将会最终看起来似乎是自然的。我们会在你们的渴望中称赞你们，并对你们提供我们对你们已经选择的道路的最大的赞美。

At this time, we would ask if there are any further queries in this circle to which we may speak.

在此刻，我们会询问，是否在这个圈子中有任何我们可以对其发言的问题。

Gary: How important, for green-ray activation and strengthening is being able to put oneself into someone else's shoes?

Gary: 能够让自己穿上某个其他人的鞋子，这对于绿色光芒的激活与强化有多重要呢？

Q'uo: I am Q'uo and am aware of the query, my brother. The capacity to empathize so fully with another individual so that you share their perspective is one that is certainly beneficial to the opening of the green-ray energy center, the center of universal love, for when one is able to recognize that they are themselves the Creator, and recognize also that the other-self is similarly the Creator, through such direct experience the opening of the green ray and the shining of this love is natural.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。如此完全地与另一个人经历移情作用, 这样你就能够分享它们的观点, 这种能力是一种肯定会对绿色光芒能量中心, 普世之爱的中心的开放有益处的能力, 因为当一个人能够认出, 它们自己就是造物者, 并同样也认出其他自我类似地也是造物者的时候, 通过这样直接的体验, 对绿色光芒的开放以及对这种爱的闪耀就是自然而然的了。

We do not feel it is necessary to maintain this capacity in all scenarios in order to allow love to shine through the green-ray energy center, for it is possible to fully allow love to shine, despite understanding of the details of another's experience, and an essential understanding of another selves experiences is not fully necessary to love them fully, so long as the desire to embrace all expressions of the Creator is pure.

我们并不感觉到有必要在所有的剧本中都保持这种能力, 以便于允许爱通过绿色光芒能量中心闪耀, 因为不顾对另一个人的体验的具体细节的理解而完全地允许爱闪耀, 这是有可能, 对其他自我的体验的一种实质性的理解对于充分地爱它们并不是完全必不可少的, 只要去拥抱造物者的所有的表达的渴望是纯净的。

Is there a follow-up to this query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Not to that one, thank you Q'uo.

Gary: 对于那个问题没有了, 谢谢你们, Q'uo。

Q'uo: We thank you, my brother. Is there another query at this time?

Q'uo: 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Gary: This question comes from Michael, who writes: "What's the relationship between emotions/feelings and conscious thoughts? Do emotions generate thoughts, or can thoughts also arise independent of emotion?"

Gary: 这个问题来自于 Michael: 她写道, "在情绪/感觉与有意识的想法之间的关系是什么? 是情绪产生出想法吗, 或者, 想法同样也能够在不依赖于情绪的情况下出现吗?"

Q'uo: I am Q'uo and am aware of the query, my brother. This is quite an interesting and difficult query, as it presents a challenge for this instrument and us, as we speak through this instrument, as these concepts require a deep understanding of what may be called consciousness and the mind, both conscious and unconscious. Thus, we must speak in terms that are oversimplified in order to share anything of significance.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。这是一个相当有趣且困难的问题, 因为他对于器皿和我们提出了一个挑战, 在我们通过这个器皿发言的时候, 因为这些概念是需要对可以被称之为意识与心智的事物, 同时包括有意识心智和无意识心智, 的一种深入的理解。因此, 我们必须要用被过度简单化的措辞来发言, 以便于分享任何具有重要意义的事情。

In this simplified view, we suggest that emotions or feelings, as described by

the questioner are signals closer to the unconscious mind as they represent a less conceptualized and less structured form of thought and experience. What you experience as emotions are signs or guideposts, pointing to a deeper significant expression of the unconscious mind, and such emotions may be accepted and worked with to uncover the gems of the Creator hidden therein.

在这个被简化的观点中，我们建议，情绪或者感觉，如同被提问者描述的一样，是更加接近无意识心智的信号，因为它们会呈现一个较不观念化，且具有较少的结构化的形式的想法与体验。你们作为情绪体验到的事物，是信号或者路标，它们指向了无意识心智的具有一种更加深入的意义的表达，这样的情绪可以被接受并与之一同工作，以揭露被隐藏在其中的造物者的宝石。

Thoughts, as the question frames them, may be more indicative of patterns of the conscious mind. These, in reality, are not distinct from the unconscious mind and the feelings and emotions that bubble up therein, but within the illusory experience shared by third-density entities, thoughts present a shallower or more abstract representations of what is available to the unconscious mind. This is not to place significance or importance of one of these aspects of consciousness above the other, for abstract thought is an integral part of the veiled third-density experience, and is necessary for the polarization of consciousness, but it is the abstraction of consciousness itself that has enabled the veil to exist, and thus the gems hidden within the unconscious are more easily discovered through examination and embracing of emotions and feelings.

想法，当问题构造出它们的时候，可能更多地表示有意识心智的模式。这些想法，实际上，与无意识心智以及从其中冒泡用处的感觉与情绪并不是性质不同的，但是，在被第三密度的实体所分享的虚幻性的体验中，想法会呈现出对可供无意识心智所利用的事物的一种较为肤浅，或者更加抽象的表现。这不是要将意识的这些面向中的一个面向的重要意义或者重要性置于另一个面向之上，因为抽象的想法是被罩纱遮蔽的第三密度的体验的一个不可或缺的部分，且对于意识的极化是需要的，但是，就是意识的抽象性其自身使得罩纱能够存在，因此，被隐藏在无意识心智中的宝石，是更加容易通过对情绪与感觉的检查与拥抱而被发现的。

Is there a follow-up or a further query, my brother?

我的兄弟，有一个后续问题吗？

Gary: That was really good and I feel like there is so much more to mine there, but my brain isn't helping me right now so I'll move on to the next question, and before I do, I will communicate to the instrument that I won't be attempting a round of Q&A today, I'm very powered down, so when he is finished, he can pass the contact to the one known as Jim.

Gary: 那真的是很好的，我感觉就好像在那里有远远更多的要挖掘的事物，但是我的头脑现在并没有帮助我，因此，我将会继续移动到下一个问题，在我移动之前，我将会与器皿交流，我不会在今天尝试一轮提问回答的，我是非常能量低迷的，因此，当他完成之后，他能够将接触转移到被知晓为 Jim 的实体。

So, the next question comes from David, and he asks: "How is kundalini awakened, or is it, in the service-to-self entity?"

因此，下一个问题来自 David，他问道，“昆达尼里如何被唤醒，或者，它会在服务自我的实体身上发生吗？”

Q'uo: I am Q'uo and am aware of the query, my brother. This shall be the final query that we may address through this instrument for this gathering, for we find this instrument's energy also waning. The experience of what has been called the kundalini, while available in a sense to the service-to-self entity, has such a different quality compared to the experience for the positive or service-to-others entity, that drawing comparisons is difficult and often meaningless.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这将会是我们通过这个器皿为这次机会讲述的最后的的问题，因为我们发现这个器皿的能量同样在衰减了。对已经被称之为昆达尼里的事物的体验，尽管从某种意义上对服务自我的实体是可供利用的，会拥有一种相比正面性或者服务他人的实体的体验如此不同的特性，以至于要描绘对比是困难的，且经常是无意义的。

This is because the awakening of the kundalini, or the realization of the true self for the service-to-self entity, is built upon an omission of the love that is indicative of the positive path. The love of the positive path is so essential to the experience of the positive entity that it is difficult to relate to that which is essential to the negative path, which is of a similar energy, but turned inward. You may understand this in your experiences of power, especially power in relationship to other selves. Most positive entities, especially upon your sphere and within your society, experience many types of power dynamics in their younger years, and as they grow up within a society that is built upon the dynamic of personal power in relationship to individuals and to groups of individuals.

这是因为对昆达尼里的唤醒，或者对真实的自我的实现，对于服务自我的实体，是被构建在一种对爱的忽略之上的，爱就是正面性的道路的指示。正面性的道路的爱，对于正面性的实体是如此之实质性，以至于它很难与对于负面性道路是实质性的事物联系起来，负面性的道路具有一种类似的能量，但却是被转向内在的。你们可以在你们对权力的体验中，尤其是在与其他自我的关系中的权力中理解这种能量。大多数正面性的实体，尤其是在你们的星球上与你们的社会中，会在它们较为年幼的年份，在它们在一个社会中成长的时候，体验到很多类型的权力的动力性，社会就是被构建在与个体以及与个体的团体的关系中的个体的权力的动力性上的。

Looking upon the past experience, a positive individual may relate most to a negative individual when they remember times that they felt fulfilled in establishing dominance, in rebutting another individual, [who is] attempting to establish dominance, in asserting the rightness of their view upon another self deftly and with great effect. We point to these experiences for the positive individual to relate to the negative individual, and yet they are simply glimmers of what a service-to-self entity may experience upon the awakening

of what has been called the kundalini, for them. The sense of immense power comes with a sense of immense purpose, and true rightness of their actions, and through this purpose and rightness there is a certain bliss that is available through such an adeptly expressed sense of power over others.

在观察过去的体验的时候, 一个正面性的个体可能会在它们回忆起那些它们在构建权势的过程中, 在反对另一个正在尝试去建立权势的个体的过程中, 在巧妙地、且带着巨大的成效来断言它们对另一个自我的观点的正确性的过程中感觉到是令人满意的时刻, 与一个负面性的个体建立了关系了。我们会指出, 这些体验会让正面性的个体与负面性的个体有关联, 而它们单纯地是对一个负面性实体在为它们唤醒已经被称之为昆达尼里的事物的时候, 可能体验到的事情的模糊感觉。巨大的权力的感觉会伴随着一种巨大的目的、它们的行动的真正的正确性的感觉而出现, 通过这种目的与正确性, 会有一种, 通过对控制他人的权力的这样一种被熟练表达的感觉, 而可供取得的狂喜。

At this time, we take leave of this instrument, and transfer the contact to the one known as Jim to offer some final closing words to this circle. We are Q'uo.
在此刻, 我们会离开这个器皿, 并将接触转移到被知晓为 Jim 的实体, 以向圈子提供一些最后的结束语。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. We have experienced a great deal of satisfaction this evening as we have been able to speak our thoughts through each instrument in a manner which is both facilitated and enhanced by each instrument's desire to be an instrument of the One Infinite Creator.

我是 Q'uo, 我再一次与这个器皿在一起了。我们已经在今晚体验到大量的满意了, 因为我们已经能够通过每一个器皿用这样一种方式讲述我们的想法, 这种方式会同时被每一个器皿成为太一无限造物者的一个器皿的渴望所促进与强化。

We find that this desire is most accentuated at this time within each new instrument, for each instrument is experiencing the variety of life patterns that require a certain kind of feeling of being of service to others. In order to feel fulfillment upon the spiritual path, that the serving as a channel for the One Infinite Creator has been able to meet this need in each instrument is, to us, the greatest indication that each instrument is approaching this service from the most efficacious standpoint, that is, the desire to give of the self to another for the benefit of all. Therefore, we rejoice with you in your growing competence and facility in being able to perceive and speak our words and thoughts in an accurate and precise manner.

我们发现, 这种渴望在此刻是在每一个新的器皿内在之中都是被极其着重强调的, 因为每一个器皿都在体验到生命模式的多样性, 这需要一定类型的服务他人的感觉。为了要在灵性道路上感觉到实现, 作为一个太一无限造物者的管道而服务已经能够满足在每一个器皿中的这种渴望了, 这对于我们, 就是最大的指示, 每一个器皿都在从最有成效的立场来接近这种服务, 也就是说, 渴望为了全体的利益而将自我奉献给另一个自我。因此, 我们在你们不断增长的能够用一种准确

而精确的方式感觉并说出我们的话语与想法的能力与本领中与你们一同欢庆。

We thank you, my friends, for your great devotion to this service, and we remind each that we are always with you in your own meditations, in order to help deepen those meditations, without speaking any words. Thus, we seek to serve you in the same manner in which you serve us and your brothers and sisters upon this great way that moves into unity with all that there is, the One Infinite Creator. We shall now leave this instrument and this group in the love and light in which we found you, where there is nothing else, my friends. We are known to you as those of Q'uo. Adonai vasu borragus.

我的朋友们,我们为你们对这个服务的巨大的奉献而感谢你们,我们提醒每一位,我们一直都在你们的自己的冥想中与你们在一起,以便于帮助加深那些冥想,而不是说任何的话语。因此,我们寻求用和你们服务我们以及你们在条伟大道路上的兄弟姐妹的方式相同的方式来服务你们,这条伟大的道路会一同进入到与一切万有,与太一无限造物者的一体性之中。我们现在将在爱与光中离开这个器皿和这个团体,我们在爱与光中发现你们,在其中没有任何其他事情,我的朋友们。我们是你们知晓的 Q'uo。Adonai vasu borragus。

November 16, 2019

2019-11-16 蓝色光芒的真话与谎言

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We greet each of you in love and in light. We are grateful, as always, to be able to join your group and to answer your call for assistance on the path of seeking which you have chosen for this incarnation. We will remind you, once again, that we are your brothers and sisters who travel the same path that you travel, perhaps a step or two further, thus, we have information that may be of use to you. We ask you to use it as you will, not taking each word as authority, but using each word in whatever way has meaning, and leaving behind any words which have no meaning to you at this time. If you would do this favor for us, we will be grateful and be able to speak more freely.

我是 Q'uo，我与这个器皿在一起了。我们在爱中，在光中向你们每一位致意。我们一如既往，对于能够加入你们的团体，并回应你们对在你们已经为这次投生选择了的寻求的道路上的帮助的呼唤而是感到荣幸的。我们将提醒你们，再一次，我们是你们的兄弟姐妹，我们在和你们旅行的道路相同的道路上旅行，我们也许多走了一两步，因此，我们拥有可能对你们有用处的信息。我们请你们如你们所愿地使用它，而不要将每一个词语都当成是权威，而是用无论什么有意义的方式来使用每一次赐予，将任何在此刻对你们没有意义的词语都留在后面。如果你们愿意给予我们这个恩惠，我们将会是感激的，并能够更加自由地发言了。

May we begin with a query at this time?

在此刻，我们我已开始一个问题吗？

Kathy: Yes, thank you, Q'uo. There is a desire among some of us, myself and some of us gathered, to know more about the inner feelings and awareness of some of us who have had a desire and an intensity for seeking, and in the process of growing higher and knowing more in our third-density experience into the fourth density, becoming more aware. We sometimes experience a sense of social dissonance, or seeming separation from society, for example, or others who are not as far along on the path that we have chosen, and this can create inner feelings that we want to know more how to help in this way, how to help ourselves understand and feel better about where we are, for we do rejoice in our seeking and in our growing. We choose to look at it as a growth and a positive outcome of our seeking, but would you please help us understand what is happening with us, especially as it also concerns instreaming cosmic energies that may also be causing us to become more aware. Thank you.

Kathy: 是的，谢谢你们，Q'uo。在我们一些人，我自己以及我们这些聚集在一起的人中一些人当中会有一种渴望去更多地知晓内在的感觉与察觉，我们中的一些人拥有一种渴望以及一种对寻求的强度，在我们第三密度的体验进入到第四密度的时候，成长得更高并知晓更多的过程中，变得更加察觉。我们有时候体验到

一种社会性不和谐的感觉，或者看似与社会，举个例子，与在那条我们已经选择的道路上并不是距离很远的其他人的分离的感觉，这能够创造出想要知晓更多如何用这种方式来帮助，如何帮助我们自己更高地理解和感觉我们所在之处的内在的感觉，因为我们确实会在我们的寻求中，在我们的成长中欢庆。我们选择将它作为一种成长，一种我们的寻求的正面的结果来检查它，但是，你们愿意帮助我们理解，在我们身上正在发生什么事情，尤其是在它同样也涉及到流入的宇宙能量的时候，这种宇宙能量同样可能正在使得我们变得更加察觉了。谢谢你们。

Q'uo: I am Q'uo and am aware of your query, my sister. You ask a primary kind of query which demonstrates the nature of your own journey and the milieu at this time in which your journey takes place.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。你询问了一个主要类型的问题，它说明了你自己的旅程和在此刻你的旅程在其中发生的环境的属性。

On most third-density planetary sphere, such as your Earth sphere, at the end of the third-density cycle, there is a greater harmony in those of the population of the planet than is anywhere evidence upon your planetary sphere. Unfortunately, this makes the journey more difficult for everyone upon the planet. The population of your planet, as you are aware, is drawn from many other third-density planets which have gone through the 75,000 year cycle of third density with the majority of the population failing to make the harvest and needing to find another third-density sphere upon which to incarnate, [so] that another attempt may be made to achieve fourth-density harvest.

相比在你们的星球上的任何地方都是明显的情况，在大多数诸如你们的地球之类的第三密度的星球上，在第三密度的周期结束的时候在第三密度的星球的人群中会有一种更大的和谐。不幸的是，这种情况使得旅程对于在这个星球上的每一个人都变得更加困难了。你们的人群，如你们知晓的一样，是从很多其他的第三密度的星球上被吸引来的，这些第三密度的星球已经尽力了第三密度的七万五千年的周期，而它的绝大部分人群都未能完成收割，且需要找到另一个第三密度的星球来在其上投生，这样，它们就可以做出另一次尝试来取得第四密度的收割了。

However, there is, upon your planetary sphere, a demonstration of the principle that as there is less and less success at achieving such harvestability, that the opportunities grow more limited for the entire population to make this transition. This makes much more difficult the path of each conscious seeker of truth which wishes to move in harmony with those about it, for when there are more entities making such an effort, there is a blessing to all within the grouping so that there is far more opportunity to achieve the understandings that lead to the opening of the heart energy center in a fashion that allows the harvest into the fourth density light that requires a certain stamina, shall we say, within the heart energy center.

然而，在你们的星球上，会有对这样一种原则的示范，随着在取得这样的可收割能力上的成功越来越少，整个人群进行这种转变的机会就变得更加有限了。这使得每一个希望与它周围的人协调一致地移动的有意识的真理的寻求者的道路更加困难了，因为当会有更多的实体做出这样一种努力的时候，就会有一种对团体

中的所有人的祝福，这样就会有远远更大的机会去取得那些会导向心的能量中心，用这样一种会允许进入到第四密度的光的收割发生的方式，开放的理解，这种收割需要在心的能量中心中一定的，容我们说，持久力。

Thus, so many entities upon this planet, many of them of the designation which you would call wanderers, find themselves isolated in their home environment and neighborhood environment in a fashion that causes their seeking to become more of a solitary experience, and the gathering together in groups such as this one rare, and more desired than ever before due to the knowledge, both consciously and subconsciously, of each conscious seeker, that this journey is one which must, of necessity, be traveled in a solitary fashion for the majority of what you would call time.

因此，在这个星球上的如此多的实体，很多具有你们称之为流浪者的名称的实体，会发现它们自己在它们的家庭环境与邻里关系的环境中是用这样一种方式被孤立起来的，这种方式会使得它们的寻求更多地成为了一种孤单的体验，在诸如这个团体之类的团体中聚集在一起是罕见的，而由于每一个有意识的寻求着的知晓，同时是有意识地与潜意识地知晓，这种聚集在一起是比之前要更加被渴望的，这样，这条旅程就成为了一条，在你们称之为时间的事物的大部分时间中需要，且有必要用一种孤单的方式被旅行的旅程了。

Thus, each seeker carries a greater weight, shall we say, upon its spiritual shoulders, knowing that there is such an environment surrounding one that is lean or lacking in spiritual support requiring each individual to become more responsible—that is, able to respond to each situation that produces catalyst in the daily round of activities. This, in effect, in the practical sense, means that each conscious seeker, then, must prepare the self to engage in a loving fashion as much as is possible with the entities that populate its daily round of experience, who, of themselves, are often without any conscious knowledge of the spiritual journey, the opening of the heart, the ability to share love, and the strengthening and supporting each of the other upon this path.

因此，每一个寻求者都在它的灵性的肩膀上承担起了一种更大的，容我们说，重量，并同时知晓，会有这样一个环境包围着一个人，这个环境是在灵性的支持的方面是贫乏的或者是欠缺的，这需要每一个个体都变得更加负责任——也就是说，能够回应每一个在日常生活的活动中产生出了催化剂的环境。这，在实践性的意义上，实际上意味着，每一个有意识的寻求者，接下来，都必须让自我准备好用一种有爱的方式，尽可能多地，与存在于在它的日常生活的体验中的实体打交道，这些实体，其自身，经常是并不具有对灵性旅程、开放心、分享爱的能力，以及在这条道路上对相互彼此的强化与支持的有意识的知晓的。

Therefore, there is, for each conscious seeker, then, an opportunity to share that which is possible to share of the green-ray energy center, the unconditional love that is possible to offer in some fashion in every opportunity of meeting those in the daily round of activities. If one can imbue one's consciousness to begin the day in meditation with this desire to open the heart in whatever manner is possible without the total depletion of the green ray energies, then the most that one can do is done, and the intention

to be of this type of service is that quality which colors or designates the life experience as that which is committed to service to others.

因此，对于每一个有意识的寻求者，接下来就会有一个机会去分享绿色光芒的能量中心有可能要分享的事物，即在每一个在日常生活的活动中遇到那些实体的机会中用某种方式提供有可能提供的无条件的爱。如果一个人能够让它的意识灌注这种渴望，以在冥想中开始一天，这种渴望就是用无论什么有可能的方式开放心，而不会完全耗尽绿色光芒的能量，接下来，一个人能够做的大部分的事情就被完成了，进行这种类型的服务的意图，就是那种会让生命体验染色为，或者将其任命为要致力于服务他人的事物的特性了。

It is impossible for each conscious seeker of truth to make more of an effort in the sharing of love and of light than is available within the being. If there is the opening of the heart to such extent, however, that this imaging of the self being imbued with love, moving from the universe to the self in the heart and flowing from the heart outwards, then this type of a visualization can enhance the individual ability to offer that which is already within the heart, and amplify it and intensify it by the visualization of seeing the heart energies moving from the fourth density which now engulfs your planet, outward from the heart to each entity that one meets in the daily round of experience.

每一个有意识的真理的寻求者都不可能分享爱与光的过程中做出一种比在存有中可供利用的努力更多的一种努力。如果对心的开放到了这样一种程度，无论如何，如果这种对自我的想象是被爱所灌注了的，并在心中从自我的宇宙移动，从心向外流动，接下来，这种类型的一种视觉观想是能够强化个体提供已经在心中的事物的能力，并藉由这样的视觉化观想来放大它与增强它，这种视觉化观想会看到新的能量从现在正在吞没你们的星球的第四密度移动，从心向外移动到一个人在日常生活的体验中遇到的每一个实体身上。

Then the conscious seeker of truth suffers less of the depletion that is likely when it depends only upon its own heart energies. Each conscious seeker, then, is well advised to be aware that there are many entities already within the fourth-density environment who send you and all the population of this planet love and light on a constant basis. The awareness of this available love and light, then, from these entities and from beyond, can aid each in the processing of the catalyst that comes with each day's experience.

接下来，有意识的真理的寻求者就会较少地遭受一种耗尽了，当它是仅仅依赖于它自己的心的能量的时候，这种耗尽是有可能发生的。接下来，每一个有意识的寻求者最好察觉到，在第四密度的环境中已经有很多实体向你们，以及这个星球的所有人在用一种持续不断的方式送出爱与光了。对来自于这些实体，来自于其外部的这种可供利用的爱与光的察觉，接下来，就能够帮助每一个实体处理伴随着每一天的体验出现的催化剂了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: No, thank you very much. Thank you, Q'uo.

Kathy: 没有了，非常感谢你们。感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Austin: Yes, thank you, Q'uo. Ra and the Confederation have implied or stated that the spiritual path is one which requires sacrifice. Ra refers to jewels that are "dearly bought" and speaks of "apparent loss and realization of essential gain." Could you elaborate on the type of sacrifices that are made by a seeker upon the positive path?

Austin: 是的, 感谢你们, Q'uo。Ra 和星际联邦已经暗示或者说明, 灵性的道路是一条需要牺牲的道路。Ra 提及了“花费巨大代价”的珍宝, 并谈及了“表面上的损失与对实质的收获的领悟。”你们能够对一个走在正面性的道路上的寻求者会做出的牺牲的类型进行阐释吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Each positive seeker who wishes to be of service to others, and to open the heart in unconditional love, is a kind of missionary that has a creed that includes the consideration of each other entity that will be experienced as a soul within the life experience. This creed of service to others is one which requires of the conscious seeker the willingness to give of the self in a fashion which upholds the desire to see each other entity as the self, and as the Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。每一个希望服务他人并在无条件的爱中开放心的正面性的寻求者, 都是一种类型的传教士, 它拥有一个信条, 它包含了这样的考虑, 每一个其他的实体都将在生命体验中被体验为一个灵魂。这个服务他人的信条是一个需要有意识的寻求者自愿用一种会将这样的渴望高高举起的方式来献出自我的信条, 那个渴望即将每一个其他实体都视为自我, 视为造物者。

Thus, the sacrifice that is made follows along the lines of refusing to engage in any arguments about the necessity to purely give that which is one's to give, the unconditional love of the heart energy center. The tendency for many conscious seekers of truth is to attempt to make a case when dealing with difficult catalyst from another self that the other self would benefit by following the advice or expressions of love of the self, thereby engaging in a spiritual discourse, or kind of changing of minds in the attempt to become more accepted by the other self.

因此, 被做出的牺牲是沿着拒绝参与到这样的争论之中的线路的, 这种争论是任何关于纯粹地给出一个人要给出的事物, 即心的能量中心的无条件的爱的必要性的争论。很多有意识的真理的寻求者的倾向是去在于来自另一个个体的困难的催化剂打交道的时候去说服, 其他自我会藉由跟随爱自我的建议或者表达而受益, 并由此参与到一场灵性的演说之中, 或者在去变得更加可以为其他自我所接受的尝试中某种类型的改变心智。

Thus, the seeker who wishes to give what is most helpful must oftentimes sacrifice the proselytizing, shall we say, the spiritual sermonette, and by

actions primarily, and words secondarily, always bolstered by thought within, offer that quality of love which accepts entities as they are, and makes the demonstration of one's own loving nature the teaching, rather than the words. The sacrifice, then, is that which is convenient, the spiritual sermonette, and replacing it with the actions that exemplify that which the sermonette would attempt to describe.

因此, 希望给予最有帮助的事物的寻求者, 必须要时常牺牲那种, 容我说, 令人改宗的灵性的布道, 并主要藉由行动, 其次藉由言语, 在一直都被内在的想法支持的情况下, 提供那种会如其所是地接受实体的爱的特性, 并对它自己的爱的属性做出教导而不是言语的示范。牺牲, 在那个时候, 就是合适的事物了, 就是灵性上的布道, 同时用示范了那种布道会尝试去描述的事物的行动来提到它。

Is there another query, my brother?
我的兄弟, 有另一个问题吗?

Austin: Not one related to that, thank you, Q'uo.
Austin: 与那个问题有关的问题没有了, 谢谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: We have one sent in from our friend and volunteer, Thomas, who asks: "I have been wondering how much a person's soul is involved in the mind's thinking. Does our conscious thinking stem only from our physical mind in a biological sense, and our soul is merely observing the thinking, or does some part of our thought come from our beingness beyond the physical realm? If our soul is simply an observer, what is the link between our actions/thinking and the karma that is attributed to our soul?"

Austin: 我们有一个从我们的朋友与志愿者 Thomas 发来的问题, 他问道, "我一直都想知道, 一个人的灵魂有多少是被包含在心智的思考之中的。我们的有意识的思考仅仅是源自于在一种生物的意义上的我们的物质性的头脑吗, 我们的灵魂仅仅是在观察那个思考, 或者我们的想法的某个部分是来自于超越了物质性领域的存在性吗? 如果我的灵魂单纯地是一个观察者, 在我们的行动/思考与被归因于我们的灵魂的业力之间的关联是什么呢?"

Q'uo: I am Q'uo and am aware of the query, my brother. The soul, or spirit, of each incarnated entity may be seen as that environment of a spiritual sense of unity with all that there is, that produces the incarnated entity that each becomes beyond the veil of forgetting within the third-density illusion. Before the incarnation is entered, however, the soul and the higher self, oftentimes with the assistance of guides, aid that entity that will become the conscious experiencing mind/body/spirit complex in the preparations of preincarnative choices that are the lessons that the entity has been advised and agrees needs to be learned in order for further steps to be taken upon the path of harvestability to the fourth-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。每一个投生的实体的灵魂或者灵性, 可以被视为是那个具有一种灵性的意义的, 与一切万有统一的环境, 它产生出了每一个实体超越了第三密度中的遗忘的罩纱之后成为的那个投生的实体。在投生被进入之前, 无论如何, 灵魂与高我, 时常会在指导灵的辅助下, 帮助那个将会成为有意识的, 体验心/身/灵复合体的实体准备好投生前的选择, 那些投生前的选择就是实体已经被建议并同意需要学习的课程, 以便于在第四密度的幻象的可收割能力的道路上走出更多的脚步。

Thusly, when this entity becomes active on a conscious level within the third-density illusion and begins to seek within itself those lessons that it feels it has begun to sense throughout its life experience to the awakening of its consciousness to the journey of spiritual seeking, then these preincarnative lessons are offered to the conscious seeking self by the soul level beingness, so that the unconscious mind, then, which is in contact with the soul level, begins to color those types of lessons or catalyst that the conscious-seeking entity encounters repeatedly within each day of its incarnation in one manner or another.

因此, 当这个实体在第三密度的幻象中在一个有意识的层次上成为活跃, 并开始在它自己内在之中寻求那些它感觉到它已经开始在贯穿它整个生命体验中感知的课程, 以让它的意识觉醒于灵性寻求的旅程的时候, 接下来, 这些投生前的课程就被灵魂层次的存在性提供给了有意识的寻求自我, 这样, 与灵魂层次接触的无意识的心智, 在那个时候就会开始为那些类型的有意识的寻求的实体在它的投生每一天, 用这样或者那样一种方式, 重复性地遭遇到的课程或者的催化剂染色了。

Thus, if the entity uses both its conscious mind to evaluate its experiences and its intuitive mind to become more aware of what lessons may be appropriate for it and may be presenting themselves to it, then the intuition and the analytical mind can work together to give the conscious seeking self an idea, a framework, a sketch of what it is that it wishes to learn, for each such entity, on the conscious path of seeking the truth, there are but a handful of such lessons. These lessons will repeat themselves time and time again in one form or another so that the conscious seeking self may become aware of the lessons by utilizing, as we said, both the conscious mind and the intuition, to flesh out the skeleton of the lessons to be learned.

因此, 如果实体使用它的有意识的心智来评估它的体验, 并同时使用它的直觉性的心智来更多地察觉到什么课程可能对于它是合适的, 并可能正在将它们自己呈现给它, 接下来, 直觉性与分析性的心智, 就能够一起工作, 以给予有意识的自我一个观点, 一个框架, 一个对于它希望学习的事情是什么的梗概, 因为每一个实体的实体, 在寻求真理的有意识的道路上, 都会有仅仅一把这样的课程。这些课程将会一次又一次地, 用这样或者那样一种方式重复它们自己, 这样, 有意识的寻求的自我就可以藉由同时利用, 如我们说过的一样, 有意识心智和直觉来察觉那些课程, 并从被学习的课程的骨架上长出血肉来。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Austin: I do have a follow-up that might be a little difficult to respond to . Neuroscience is finding some very interesting relationships between our biology and our behavior, and I'm curious about how this relates to our spiritual path and our karma and catalyst. The example that I'll use is that we can take an entity who generally has very positive behavior in life, and their attitude and behavior changes very suddenly, perhaps even becoming violent. Doctors later find out it was because of a brain tumor that was pressing on certain parts of their brain that caused a drastic shift in behavior, and in some instances, the brain tumor is removed and they go back to their previous behavior.

Austin: 我确实拥有一个后续问题，它可能有一点点难以回答。神经学正在发现在我们的生物性与我们的行为举止之间有一些非常有趣的关系，我对于这是如何与我们的灵性道路，我们的业力以及催化剂有关联的方面感到好奇。我将使用的例子是，我们能够找到一个实体，它通常在生命中是拥有非常正面性的行为举止的，它们的态度与行为会非常突然地改变，也许甚至是成为暴力性的。医生之后发现，这是因为一个大脑肿瘤正在压迫它们的大脑的一定的部位，这造成了在行为举止中的一种激烈的改变，在一些情况中，大脑肿瘤被移除之后，它们就返回到它们的之前的行为举止了。

I'm curious how something like this is related to an entity's spiritual progress and how we can look at it from a spiritual perspective.

我在关于类似这样的某个事物是如何与一个实体的灵性发展联系起来，我们能够从一个灵性的观点来看待它？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, you have presented an interesting example of how the body is the creature of the mind, and can, by certain malfunctions pointout to the mind that which the mind has been unable to perceive on its own. The brain of the human being is in large sense a creature of misunderstanding by many within the scientific community. However, there are some, as you have pointed out, that are becoming aware of the possibilities of the utilization of more and more of the functions of the brain, for there are areas of the brain which will be more activated within the fourth density experience that is now becoming more available to entities upon your planetary sphere.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。确实，你已经提出了一个有趣的例子了，它是关于身体如何是心智的造物，并能够藉由一定的功能失常而向心智指出，心智已经无法靠它自己来感觉了。人类的大脑，在很大的意义上，是一个被在科学群体中很多人所误解了的事物。然而，会有一些人，如你已经指出的一样，正在开始察觉到越来越更多地利用大脑的功能的可能性，因为会有一些大脑的区域将会在第四密度中是更多地被激活的，这些区域现在正在变得更加可以为在你们星球上的实体所利用了。

Thus, as one portion or another of the brain becomes a symbolic representation of catalyst which has been missed, then there is presented to the conscious seeker an opportunity to glean, from the symbolic

representation of this catalyst, that which was missed. In a tumor, as you have given as an example, the portion of the brain which has the tumor may be looked upon by your science as the portion of experience in a symbolic fashion which has been ignored. Thus, in your example, where the removal of the tumor removed hostile behavior, the conscious mind, then, was living within a dream of positive behavior, while ignoring, perhaps, a kind of difficulty that was submerged or relegated to the unconscious mind by the seeker who did not feel able to handle the catalyst that it faced, thus keeping the cheerful attitude as a cover for that which the conscious mind and perhaps subconscious mind, felt had been ignored, and needed to be explored.

因此，当大脑的这样或者那样一个部分成为了一个已经被错过的催化剂的象征性的表现的时候，接下来，就会有一个机会被呈现给有意识的寻求者，去从这个催化剂的象征性的呈现来收集被错过了的事物。在一个肿瘤的情况中，如你已经作为一个例子给出的一样，大脑的那个拥有肿瘤的部分可能会被你们的科学家视为是，用一种象征性的方式，已经被忽略了的体验的一部分。因此，在你的例子中，将肿瘤的移除会消除有敌意的行为举止，有意识的心智，接下来，就是活在一种正面性的行为举止的梦境之中，同时，也许忽略了一种类型的困难了，这种困难是被并未感觉到有能力去处理它面对的催化剂的寻求者沉入到或者驱逐到无意识之中的，寻求者因此保持一种愉快的态度，作为一种对有意识的心智，也许是潜意识心智，感觉已经被忽略，且需要被探索的事物的一個掩盖。

The brain, in general, may be seen as an accelerator of spiritual consciousness in another regard that is more commonly experienced by the great majority of seekers of truth—that is, the neurons that make their home within the frontal lobes oftentimes are not utilized in a manner which would be possible if the seeker was more conscious of the lessons that had been programmed before the incarnation began. Some of these neurons, then, have what may be called open synapses that drain energy away from moving into the frontal lobes and expanding the consciousness of the seeker in a manner which would be possible if the utilization of pre-incarnative choices was more effective.

在另一个方面，大脑，一般而言，可以被看作是灵性意志的一个加速器，这是更加通常地被绝大多数真理的寻求者体验到的事情——也就是说，位于前额叶中神经元是没有用这样一种方式被利用的，如果寻求者对已经被投生开始前被规划了的课程是更加有察觉的，对前额叶中的神经元的这种利用的方式就是有可能的了。这些神经元中的一些神经元，接下来，会拥有可能会被称之为开放的突触的事物，它们会将能量排空，使之无法进入到前额叶，并用这样一种方式来拓展寻求者的意识，如果对投生前的选择的利用是更加有成效的，这种拓展寻求者的意识的方式就会是有可能的了。

Thus, when the seeker then can see, within the body complex, the lessons which are manifested symbolically to represent the preincarnative choices, then the synapse may be closed, and the energy no longer drained away and wasted. When the synapse has been closed, then, the energies from the cortex and rear portion of the medulla oblongata, then, may circuit forward

into the frontal lobes and utilize the closed synapses so that the consciousness may represent the lessons which have been learned.

因此，当寻求者接下来能够在身体复合体中看到用象征性的方式被显化，以呈现投生前的选择的课程，接下来，突触就可以被关闭，能量就不再会被排空并被浪费了。当突触已经被关闭的时候，接下来，来自于延髓的皮层与后部的能量，接下来，就可以沿着回路向前进入到前额叶，并利用关闭的突触，这样，意识就可以呈现已经被学会的课程了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Not related to that, thank you very much, Q'uo.

Austin: 关于那一点没有了，非常感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: If no one in the group has one, there are more sent in by seekers. Maisie writes: "Speech is one of the moral precepts we have to be mindful of in Buddhism. No lying, no white lies, not even lying in jest. The Buddha disallowed monastics to gossip, speech that divides or harsh speech. I understand speech is important, but yet I seem to have little qualms lying on certain subjects, and it bothers me that I am weak with this moral precept, even as a lay person. Can Q'uo expand on the topic on the importance of speech. With understanding, I hope to better improve myself and so not harm others. How can one keep precepts without being influenced by others without our innate need to belong in certain groups?"

Austin: 如果在团体中没有人有一个问题，会有更多的由寻求者发来的问题，Maisie 写道，“说话是我们在佛教中必须要留心的道德戒律中的一条戒律。不说谎，不说善意的谎言，甚至不用开玩笑来说谎。佛陀不允许僧侣闲聊，说离间或者刺耳的话。我理解说话是重要的，但是，我看起来似乎对在一定的主题上说话有一点点的不安，我对这个道德戒律是薄弱的，甚至是作为一个说过谎的人，这让我感到困扰。Q'uo 能够对说话的重要性的主题进行拓展吗。我同时理解，我希望更好地改善自我，这样就不会伤害其他人了。一个人如何能够遵守戒律，而不被不带有我们对于属于一定的团体的天生的需要的其他的人所影响？”

Q'uo: I am Q'uo and am aware of your query, my sister. The quality of telling the untruth, or what is called the lie, is a quality associated with the blue-ray energy center, that located at the throat, which is fitting for the words that speak truth or untruth are uttered from the throat through the lips to the world outside the self.

Q'uo: 我是Q'uo，我了解了你的问题了，我的姐妹。说不真实的事物，或者被称之为谎言的事物的特性，是一种与蓝色光芒的能量中心联系在一起的特性，蓝色光芒能量中心位于后部，它会提供合适的从喉部通过嘴唇向在自我外部的世界被说出来的话语，这些话语要么说真相，要么是说不真实的事物。

The desire of each seeker, no matter what path is followed, to give clear communication, is that which is of great value. It must, however, be seen in reference to other desires within each seeker who has this desire. Other desires, perhaps as were stated in this question, wishing to be accepted by those about one, thus necessitating, in the mind of such a seeker, the supposed need to share a truth which has been altered enough to be accepted by those within the circle of the seeker's being—this circle of seekers then having a kind of mesmerizing control over the seeker who tells the lie to gain acceptance by the friends. This mesmerism tends to hypnotize one into thinking that acceptance by others is more important than telling the truth.

每一个寻求者对于给予清晰的沟通交流的渴望，无论什么道路被跟随，都是具有巨大的价值的事物。然而，它必须要参照每一个拥有这种渴望的寻求者内在之中的其他的渴望而被观察。其他的渴望，也许如同在这个问题中被陈述的一样，是希望被在它周围的其他人接受，因此，在这样一个寻求者的心智中，会强制产生出那种被假设的，去分享这样一个真理的需要，这个真理已经被足够多地改变，以被在寻求者的存有的圈子中的人所接受——这个寻求者的圈子，接下来，就会对那个说谎以取得朋友的接纳的寻求者拥有一种类型的催眠性的控制了。这种催眠作用倾向于让一个人着迷于这样一种思考，被他人接受是比所真话要更加重要的。

It is, therefore, necessary for such an entity to retire in meditation and contemplation to consider the question of which is more important—to tell the truth, to gain acceptance of others. The decision, then, will determine whether this type of experience will continue for the entity who wishes both, to tell the truth, but is willing to compromise the truth in order to gain acceptance of others.

因此，这样一个实体需要的事情是，退入到冥想与沉思之中，以考虑哪一个更加重要的问题——说真话，还是取得他人的接纳。接下来，决定将会确定，对于那个希望说真话，但同时又乐意于对真相妥协以便于起的其他人的接纳的实体，是否这种类型的体验将会继续。

The path of the seeker of truth oftentimes becomes a solitary path for this reason, because oftentimes it is finally discovered, within the heart of one's being, that to tell the truth as it is is a greater service to all, including the self, that is altering the truth to gain acceptance of the self by others.

真理的寻求者的道路经常因为这个原因会成为一条孤单的道路，因为时常在一个存有的心中最终会被发现的事情是，相比改变真相以取得其他对自我的接纳，去如其所是地说真话，是一种对包括自我在内的所有的人的更大的服务。

Thus, the adept will find that it may be necessary to move upon a path that seems to separate the self from the other selves, when their acceptance of yourself is no longer deemed appropriate, for this seeming separation, then, is not true separation. It is, indeed, an attempt to find the heart of the self and the heart of all others that they may be united eventually by the truth.

因此，行家将会发现，它可能当其他自我对你自己的接纳不再被视为是合适的时候

候，需要在一条看似将自我与其他自我分开的道路上移动，因为这种表面上的分离，在那个时候，就不是一种真正的分离了。它确实是一种去找到自我的核心以及所有其他人的核心的尝试，这样它们就可以最终被真理统一起来了。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Austin: I have a follow-up to that. I frame blue-ray work to myself as finding a way to express the truth with a maximizing understanding and a minimizing distortion, and maybe sometimes this might mean finding a way to share the truth so that you don't get rejected by others for sharing it, or sometimes there might be a way to share the truth without it creating a disharmonious situation. Is this generally how Q'uo would frame the work of the blue ray?

Austin: 我对那个问题有一个后续问题。我将蓝色光芒的工作向我自己描述为找到一种方式带着一种最大的理解与一种最小的扭曲来表达真理的方式，也许有时候这可能意味着，找到一种方式去分享真理，这样你就不会因为分享它而被其他人拒绝，或者有时候，它可能是一种在真理不会创造出一个不和谐的情况时候分享真理的方式。这一般来说是 Q'uo 会描述蓝色光芒的工作的方式吗？

Q'uo: I am Q'uo and am aware of your query, my brother. There is a great deal of accuracy within your statement. However, we would go, perhaps, a step further and suggest that the clearest communication that offers the opportunity of joining the hearts and minds of those within the conversation that contains disharmony, or the need for clarification, may be aided by the opening of the green-ray energy center as well. [Thus] there may be added to the clarity of the blue ray the compassion of the green ray, which does not alter the truth in its essence, but perhaps may state the truth in a loving fashion which does not include the more aggressive parts, or jarring parts of total clarity where there may be accusations or blame, and the making of another responsible for this or that result of the interaction between entities. Thus, the green ray energy center may serve as a kind of loving acceptance of another being so that the clear communication is received as a kind of spiritual food.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。在你的陈述中有大量的正确性。然而，我们也许会进一步并建议，最清晰的沟通交流会提供机会让那些在那种包含了不和谐或者对澄清的需要的谈话中的实体的心智与心结合起来，这种最清晰的沟通交流时可能会同样也因为绿色光芒能量中心的开放而得到帮助的。因此，可能会有绿色光芒的同情心被添加到蓝色光芒的清晰度之上，绿色光芒的同情心，在其实质中，是不会改变真相的，而也许会用一种有爱的方式来陈述真相，这种方式不会包含了更加有攻击性的部分，或者整体的清晰性的刺耳的部分，在这些部分中，可能会有非难或者责备，让另一个实体为在实体之间的互动的这样或者那样的结果负责任。因此，绿色光芒的能量中心可能祈祷一种类型的对另一个存有的有爱的接纳的作用，这样，清晰的沟通交流就可以作为一种类型的灵性的食物而被接受了。

When an entity so combining the green and blue-ray energy centers can see

itself as the other self, and proceed in its communication as it would wish to be communicated with, then the communication may be enhanced by the balance of compassion and clarity.

当一个这样子将绿色与蓝色能量中心混合起来的实体能够将它自己视为是其他自我，并在它的沟通交流中如同它希望被交流一样地前进，接下来，沟通交流就可以被同情心与清晰度的平衡所增强了。

At this time, we would thank each entity present for joining this circle of seeking and bringing with you the strong desire to know and to serve others with the knowledge that one knows and gains from this kind of group experience. We are most joyous at having been invited to join you this afternoon. As always, we so appreciate the path that you travel as we know the third-density illusion is one which is most difficult for any seeker of truth to traverse without occasionally tripping and falling. We encourage each to pick oneself up again, dust oneself off, and move forward in truth, in love, in light, and in joy, knowing that you seek the One Infinite Creator who resides in every being and every portion of the creation about you. Rest then, in this knowledge, that no matter who stands before you, it is the One Infinite Creator, that Creator which is yourself as well. We are known to you as those of Q'uo. We leave you now in love and in light. Adonai vasu borragus

在此刻，我们会感谢每一位在场的实体加入这个寻求的圈子，并在你们身上带来了去知晓并藉由一个人知晓，并从这种类型的团体体验取得的知识来服务他人的强烈的渴望。我们对于已经被邀请在这个下午加入你们而是极其喜悦的。一如既往，我们如此欣赏你们旅行的道路，因为我们知道，第三密度对于任何真理的寻求者都是极其难以，在没有偶尔的失足与摔倒的情况下，横跨的道路。我们鼓励每一个实体都再一次将你自己扶起来，将自己身上的灰尘抖掉，在真理中，在癌肿，在光中前进，同时知晓你寻求存在在你周围的造物的每一个存有与每一个部分中的太一无限造物者。接下来，在这种知晓中感到放心，无论谁站在你前面，它都是太一无限造物，那个造物者同样也是你自己。我们是你们知晓的 Q'uo。我们现在在爱中，在光中离开你们。Adonai vasu borragus。

[1] 84.20 "As we approach indigo-ray transfer we find ourselves in a shadowland where we cannot give you information straight out or plain, for this is seen by us to be an infringement. We cannot speak at all of violet-ray transfer as we do not, again, desire to break the Law of Confusion.

[1]84.20: 当我们着手处理靛蓝色光芒转移的时候，我们发现我们自己处于一个幻境之中，在其中我们无法给予你们明白或者清楚的信息，因为这被我们视为是一种侵犯。我们完全无法谈及所有的紫罗兰光芒的转移，因为，我们再一次，不想要打破混淆法则。

We may say that these jewels, though dearly bought, are beyond price for the seeker and might suggest that just as each awareness is arrived at through a process of analysis, synthesis, and inspiration, so should the seeker approach its mate and evaluate each experience, seeking the jewel." - Ra, 84.20

我们可以说，这些珍宝，尽管是花费巨大的价值得到的，对于寻求着是无价的，我们可以建议，就是当每一个认识都通过一个分析、整合、启发的过程而被抵达

的时候，寻求着因此将会接近它的伴侣并评估每一个体验，同时寻求那个珍宝。

[2] "One meets the self in the center or deeps of the being. The so-called resonating chamber may be likened unto the symbology of the burial and resurrection of the body wherein the entity dies to self and through this confrontation of apparent loss and realization of essential gain, is transmuted into a new and risen being." - Ra, 84.20

[2] 一个人在存有的中心或者深处遇到自我。所谓的共振室可以被比作对身体的埋葬与复活的象征，在其中实体的自我死去，并通过这个直面表面的失去以及领悟实质的收获的过程，被变形成为一个新的，被升起了的存有。——Ra，一的法则，65.20

November 23, 2019
2019-11-23 耶稣与凯西

(Jim channeling)
(Jim 传讯)

I am Q'uo and we greet each of you in love and in light, this afternoon. We have been called to your group for you have the need to share that which we all know and believe: that we are all one and that there are many, many ways to perceive this unity of all creation. Today, as always, we come to you as brothers and sisters and not ultimate authorities. We walk the same path as do you. Perhaps we have moved a bit further along this path. By calling for our assistance, you allow us to grow in service to others, and in this service, we would ask you to use your own discrimination as far as looking at each word and concept we have to offer. Use them as you will, leaving behind any that have no use for you at this time. In this way, you free us to speak more openly so that we do not have to concern ourselves with becoming a stumbling block on your own spiritual journey.

我是 Q'uo，我在这个下午，在爱中，在光中，向你们每一位致意。我们已经被呼唤到你们的团体，因为你们拥有对分享我们全都知晓与相信的事情的需要：我们全都是一体的，会有很多很多种方式去感受这种所有造物的统一性。今天，一如既往，我们是作为兄弟姐妹，而不是作为终极的权威来到你们面前的。我们是走在和你们走的道路相同的道路上的。也许我们已经沿着这条道路走得更远一点了。藉由呼唤我们的帮助，你们允许我们在服务他人的方面成长了，在这种服务中，在检查我们所要提供给你们的一个词语和观念的范围内，我们请你们使用你们自己的分辨力。如你们所愿地使用它们，将任何在此刻对你们没有用处的内容都抛弃掉。用这种反思，你们就让我们拥有自由更加开放地发言，这样，我们就不必让我们自己担忧会成你们自己的灵性旅程上的一块绊脚石了。

At this time, we would ask if there is a query with which we may begin.
在此刻，我们会询问，是否有一个我们可以用来开始的问题。

Zachary: Q'uo, I have a question. On the spiritual journey we often first greet our shadow and learn to recognize it as it subtly appears in our consciousness and lives, and then ultimately we come to a place of acceptance of that shadow and a process of beginning to integrate it back into the self in a more harmonious way. Can you give us some advice on how that process of integration of the shadow can be done?

Zachary: Q'uo, 我有一个问题。在灵性的旅程上，我们经常会首先向我们的阴影致意，并学会在它微妙地出现在我们的意识和生活中的时候认出它，接下来，我们最终会来到一个对那个阴影的接纳的位置，以及一个开始将它用一种更加和谐的方式反向整合回到自我之中的过程。你们能够在关于那个对阴影的整合的过程能够如何被惊醒的方面给予我们某种建议吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This is a query which is most salient for each third-density entity within this illusion. You are,

indeed, within an illusion in which there seems to be separation of one from another, and all from each other, and the path that all travel within this illusion involves the ability to integrate the various portions of the illusion into one's being, so that you become that which you seek: the One Infinite Creator. However, each of you, within the third-density illusion goes through what is called "the veil of forgetting," so that you forget that you are already that which you seek, and that you have come here to explore more avenues of traveling the path of the One Infinite Creator to the One Infinite Creator. As each entity within this illusion enters the illusion and begins at an early age to be taught by those around it—the parents, the siblings, the friends and teachers, and so forth—each of these groupings of entities may have a more or less distorted or undistorted vision of the unity of all creation, and as the teaching process goes on for each young entity or soul within this illusion, there are oftentimes admonitions that are given to the young entity demanding that it not do this or that, that it not think this or that, that it not say this or that. Thus, there is an accumulation of those admonitions to reserve or to not experience or express various portions of its own being as this beingness comes forth in its evolution into maturity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是一个对在这个幻象中的每一个第三密度的实体都是极其突显的问题。确实, 你们是处于一个幻象中, 在其中看起来似乎有这样或者那样一种分离, 所有人在这个幻象中旅行的道路都包含了去将幻象的各种各样的部分整合到一个人的存有之中的能力, 这样你就会成为你寻求的事物: 太一无限造物者。然而, 你们每一个人, 在第三密度的幻象中, 都会穿越被称之为“遗忘的罩纱”的事物, 这样你就会忘记, 你已经是你寻求的事物了, 你已经来到这里来探索更多的在太一无限造物者前往太一无限造物者的道路上旅行的途径。当在这个幻象中的每一个实体进入到幻象中, 并在一个早期的年龄就开始被它周围的人——父母、兄弟姐妹、朋友、老师、如此等等——教导的时候, 这些实体的团体中的每一个都可能拥有一种或多或少地是被扭曲的, 或者无扭曲的对所有造物的一体性的看法, 随着教导的过程那个为在这个幻象中的每一个年幼的实体或者灵魂继续进行, 时常会有告诫被给予年幼的实体, 这些告诫会要求, 它不要做这个或者那个, 它不要思考这个或者那个, 它不要说这个或者那个。因此, 会有那些告诫的一种积累物, 以在这个存在性在其发展成成熟的过程中前进的时候, 将它自己的存有的各种各样的部分预留下来, 或者不去体验或者不去表达那些部分。

Thus this evolution becomes tinted, or tainted, shall we say, with that which is put into the shadows of the unconscious or the lower levels of the conscious so that they are not totally dismissed by the young entity, but are held in a kind of reserve, so that from time to time these shadow portions of the self that have been created by the educational process in the young entity, make a portion of themselves apparent to the young entity in perhaps an uncontrollable way, so that there is the disbursing of the dark energy, perhaps in anger, perhaps in confusion perhaps in some way in which the young entity is unaware that its own shadow side is seeking to express itself in a manner which may or may not be consummate with the experience that the young entity is having.

因此，这种发展，会因为那个被投入到了无意识或者意识的较低的层次的阴影之中的事物染色，或者，容我们说，被其所污染，这样它们就不会完全被年幼的实体所忽略，而是会被留在一种类型的储存之中，这样，时不时地，这些由于教育过程而已经在年幼实体内在之中被创造出来的自我的阴影的部分，会让它们自己的一个部分，用也许是一种不受控制的方式，对年幼的实体变得明显，这样，就会有黑暗能量的支出，也许是通过愤怒，也许是通过混淆，也许是用某种方式，通过这种方式，年幼的实体不会察觉到它自己的阴影面是正在寻求用这样一种方式来表达它自己，这种方式可能或者可能不会使得年幼的实体正在拥有的体验成为圆满的。

As the entity grows into maturity, there is more and more of the addition to the shadow side of the self that the young entity then begins to experience as a mature entity as that which is not desired, that which is ignored, that which is not successfully repressed in all instances. [It is necessary for each seeking self to] become aware of the shadow side, and aware of not just its existence but its value, for there is a portion of the entity's self contained within the shadow side of the self that can add to the entity's ability to explore more of its own being as a representation of more of the environment in which it lives and moves and has its being.

随着实体成长到成熟期，会有越来越多的对自我的阴影面的补充，年幼的实体接下来就会作为一个成熟的实体体验到不被渴望的事物，被忽略的事物，以及在所有情况中都没有被成功地压制住的事物。每一个寻求的自我都需要察觉到阴影面，不仅仅察觉到它的存在性，同样也察觉到它的价值，因为会有一个实体的自我的部分被包含在自我的阴影面中，这个部分能够增加实体去探索更多的它自己的存有的能力，作为对它在其中生活，移动并拥有它的存有的更多的环境的一个表现。

If the conscious seeker of truth, then, becomes aware of this shadow side, and within the meditative state begins to invite more and more of this shadow self to reveal itself, to invite the shadow self to sit in meditation with it, to sit and explore the true nature of the entire being of this seeking soul, and of the creation as a whole, then the maturing conscious seeker of truth begins to be informed in a manner which shows the origins of this shadow side so that it may be seen to have been blocking various energies of positivity and growth that were attempting to move through the entity as it experienced the catalyst of its daily round of activities. There [may be] the invitation to the shadow side to begin to reveal itself a little at a time so that the conscious seeker of truth can see where each portion of the shadow side originated, where there was indeed positivity that was shunned or discouraged, perhaps in areas of sexuality, in areas of individual expression of identity that did not match with the consciousness of those teachers around it, perhaps in areas of originality of creation that were not understood by the teachers of the young entity so that these areas of creativity were shunned and shunted into that shadow side of the self.

如果有意识的真理的寻求者，接下来，察觉到这个阴影面，并在冥想状态中开始邀请越来越多的这个阴影的自我揭露它自己，并邀请阴影的自我在冥想中与它坐

在一起，坐下来探索这个寻求的靈魂的完整的存在性，以及作为一个整体的造物的真实的属性，接下来，正在成熟的有意识的真理的寻求者就会开始用这样一种方式被鼓舞，这种方式会显现这个阴影面的源头，这样它就可以被看到是已经阻塞了在实体体验到它日常生活活动的催化剂的时候正在尝试去移动通过实体的各种各样的正面性与成长的能量。可能会有对阴影面的邀请，让它开始一点一点地自我揭露，这样，有意识的真理的寻求者就能够看到，阴影面的每一个部分是在何处起源的，在什么位置确实有被回避开或者被劝阻了的正面性，也许是在性的区域中，在对身份的个体的表达的区域中，这种个体的表达与那些在它周围教导的人的意识并不匹配，也许是在对创造物的独创性的区域中，这种独创性是不被年幼的实体的老师所理解的，这样那些具有创造性的区域就会被避开，并被封锁进入到那种自我的阴影面之中了。

Thus, within the meditative state, by inviting these various portions of the shadow side to express themselves to the conscious seeker of truth, this seeker then may discover that within the shadow side there are qualities that are most helpful in the spiritual path. Perhaps there is a toughness, a grittiness that can see one through difficult situations because the shadow side has had to be shunned aside for so long. Perhaps there is a creativity to the shadow side that may aid the spiritual seeker in looking at the daily round of activities and the processing of catalyst of others, in a new or novel way that aids the perceptions of the conscious seeker in a manner that allows it to become more and more of the One Infinite Creator, and to see more and more of the One Infinite Creator in those beings around one, in the environment around one, in every portion of the existence that the spiritual seeker of truth is aware of.

因此，在冥想状态中，藉由邀请这些阴影面的各种各样的部分来向有意识的真理的寻求者表达它们自己，这个寻求者接下来就可以在阴影面内在之中发现，会有一些特性是在灵性道路上是极其有帮助的。也许会有一种韧性，一种坚韧不拔，它能够让一个人熬过困难的情况，因为阴影面是必须要被躲避如此长时间的。也许会有那个阴影面的一种创造性，它可能帮助灵性寻求者用一种新的，或者新颖的方式检查日常生活的活动以及对其他实体的催化剂的处理，这种方式会允许它越来越多地成为太一无限造物者，并在它周围的那些存有中，在它周围的环境中，在真理的灵性寻求者察觉到的存在性的每一个部分中，越来越多地看到太一无限造物者。

Is there another query at this time?
在此刻有另一个问题吗？

Zachary: No, thank you, Q'uo.
Zachary: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query to which we may speak?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。有另一个我们可以对其发言的问题吗？

Questioner: Q'uo, some 21st Century scientists are suggesting that Jesus' corpse dematerialize in his tomb. Can you speak on this? Did Jesus' corpse dematerialize in his tomb?

提问者：Q'uo，一些二十一世纪的科学家正在建议，耶稣的尸体在他的墓穴中非物质化了。你们能够谈谈这一点吗？耶稣的尸体是在他的墓穴中非物质化的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. This is a concept which is, in general, correct, but in details is somewhat difficult to discuss in your language. However, we shall attempt to speak to this point. As the entity Jesus, who became the Christ, a son of God, moved through its incarnation, it traveled to many different locations at an early age so that it may explore more and more of the nature of what might be called truth, more and more of the nature of the evolutionary experience that is available to each entity at all times within the third-density experience.

Q'uo：我是Q'uo，我了解了你的问题了，我的兄弟。这是一个一般来说是正确的观念，但是，在具体细节的方面，要用你们的语言来讨论是多少有些困难的。然而，我们将尝试谈及这个要点。实体耶稣成为了基督，上帝的一个孩子，当它穿越它的投生的时候，它在一个早期的年龄就旅行到了很多不同的地方，这样它就可以探索越来越多的被可以被称之为真理的事物的属性了，越来越多的在第三密度的体验中在所有时刻都可以为每一个实体所取得的演化体验的属性。

As it traveled to these various locations, studying with various masters, it became aware that as it was able, in its meditative state, to enter into a unity with the One Infinite Creator, whom the entity called the Father, then the entity known as Jesus eventually became able to blend its totality of being with that which it called the Father, or which it saw as love. And as it was able to blend its beingness with the Father, with the creative principle of love, it then became that which it sought and in many cases, in the recordings of the words of the entity known to you as Jesus, this entity speaks as the Father. The entity speaks not just as the one known as Jesus, although in other locations it spoke as the entity Jesus who had access to becoming the Father.

当它旅行到这些各种各样的位置，并与各种各样的大师一起学习的时候，它开始察觉到，它能够，在它冥想状态中，进入到一种与太一无限造物者的合一之中，这个实体将太一无限造物者称之为天父，接下来，被知晓为耶稣的实体最终能够将它的存在性的全体与那个被称之为天父的事物混合起来，与爱的创造性原则混合起来，它在那个时候就成为了它追寻的事物了，在很多情况中，在对被你们知晓为耶稣的实体的话语的记录中，这个实体是作为天父说话的。这个实体不仅仅作为被知晓为耶稣的实体说话，尽管在其他的位置它是作为接近成为天父的实体耶稣说话的。

Eventually, as this one known as Jesus was able to commune with the Father, this unity together became union, so that at the time of its crucifixion and burial, it was one with the Father, and was able to dissolve one form and take up another, thusly, moving after its crucifixion and resurrection into various portions of the third-density illusion, being able then to shape itself as it was

necessary to serve the purpose of its revealing itself to those disciples and followers of the entity while it was imparted within the third-density illusion.

最终, 当这个被知晓为耶稣的实体能够与天父进行亲密交谈的时候, 这种在一起的合一性(unity)成为了联姻 (union), 这样, 在它受难和埋葬的时刻, 它与天父是一体的, 并能够从将一种形态分解, 并穿起另一种形态, 并因此在它受难与重生之后移动进入到第三密度的各种各样的幻象中, 并接着能够在有需要去服务于将它自己向实体的那些门徒和追随者们揭露它自己的目的的时候塑造它自己的形体, 在那个时候它就会在第三密度的幻象中进行传授了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Questioner: Yes. The famous 20th Century psychic Edgar Cayce had said that Jesus's corpse had gone into other dimensions. Is this what you're speaking of?

提问者: 是的。著名的二十世纪的灵媒埃德加凯西已经说过, 耶稣的尸体已经进入到其他的维度了。这是你们正在谈及的事情吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Yes, indeed, this is what we attempted to speak to, as we describe the various abilities of the one known as Jesus to enter into communion and then union with the Father, or with that principle it saw of as love. This is something it was able to do during the incarnation, and also after the incarnation.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。是的, 确实, 这就是我们尝试去谈及的内容, 如我们描述的被知晓为耶稣的实体各种各样的与天父进入到亲密交流, 并接着与天父结合的能力一样, 或者, 藉由那种它视为是爱的原则。这是某种它能够在投生期间, 同样也能够在投生之后做的事情。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Questioner: No, thank you, Q'uo.
提问者: 没有了, 感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Zachary: I have a query, Q'uo. Jesus became the Christ, it is said, through a process of self-emptying. What role did the disciples play in enabling Jesus to become the Christ. Was the squaring effect any contributor to that?

Zachary: 我有一个问题, Q'uo, 据说耶稣是通过一个清空自我的过程而成为基督的。门徒在使得耶稣能够成为基督的方面扮演了什么角色呢? 平方效应对此有任何贡献吗?

Q'uo: I am Q'uo and am aware of your query, my brother. The one known as

Jesus, as it traveled to distant lands for a great portion of its early life experience, was able to master the ability to create these experiences of unity with the Father, or with the concept of love, the creative principle. As it was able to do this on its own, it then learned that there was a certain kind of technique that it could teach to others that would be a portion of their learning process as they desired to become disciples and were accepted as disciples by the one known as Jesus.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。被知晓为耶稣的实体, 当它用了它早期生命体验的一个巨大的部分旅行到遥远的地域的时候, 就能够掌握创造这些与天父合一, 或者与爱的观念, 创造性的原则合一的体验的能力了。当它能够靠它自己这样做的时候, 它接下来就了解到, 会有一些类型的技巧是它能够教导其他人, 在它们渴望成为弟子并作为弟子被耶稣接受的时候, 这种技巧就会成为它们的学习的过程的一部分了。

This entity, then, as it interacted with not only the twelve, but many others as well who were not what you would call primary disciples, but who, indeed, followed the one known as Jesus in a literal sense as he moved about the regions of what is now called the Holy Land, to share the message of unity, of love and of light, with all those who had ears to hear, and hearts to understand.

因为这个实体不仅仅是与十二个门徒进行互动, 而同样也与很多其他的人进行互动的, 这些人并不是你们会称之为主要门徒的人, 但是, 在被知晓为耶稣的实体在现在被称之为圣地的区域四处移动, 以与那些拥有耳朵去听, 用那个有心去理解的实体分享统一性、爱与光的信息的时候, 这些实体确实用一种实际的意义跟随它。

Thus, these entities who followed the one known as Jesus were taught some of the secrets of the seeking of unity with the One Infinite Creator. As they were able to, in some degree, learn these secrets and master them to an extent, then this had a kind of resonance effect upon the one known as Jesus, so that by teaching what it knew, and receiving from those it taught, the learning, it was able to blend more of its beingness with these entities who were the disciples and also with the One Infinite Creator with whom it had become one in certain lengths of time, shall we say, so that from time to time, this experience of unity would come unto the one known as Jesus, much like a cloak or a garment put upon a being to warm it, to enliven it, to enhance its experience of the One Infinite Creator.

因此, 这些跟随被知晓为耶稣的实体被教导了寻求与太一无限造物者合一的秘密中的一些秘密。当它们能够, 在某种程度上, 学会这些秘密, 并精通它们到了一定的程度的时候, 接下来, 这就会对被知晓为耶稣的实体产生一种类型的共振的效应了, 这样藉由教导它知晓的事情, 并从那些它教导的对象接受学习, 它就能够将它更多的存在性与这些是它的门徒的实体混合起来, 同样也与太一无限造物者混合其他, 它已经在一定长度的, 容我们说, 时间中与造物者合一了, 因此, 时不时地, 这种合一的体验会出现在被知晓为耶稣的实体身上, 非常类似于一件斗篷或者一件外衣会被穿到一个存有身上, 来温暖它, 来使之富有生气, 来增强它对太一无限造物者的体验。

Thusly, there was an intensification of what Jesus had already learned when Jesus, then, was able to give to those disciples certain portion of those teachings that were able to allow them to do in some measure that which the one known as Jesus had done in completeness.

因此，当耶稣能够将那些教导的一定的部分给予那些门徒的时候，就会有对被耶稣已经学会的事物的一种强化作用了，那些教导能够允许那些门徒用某种程度去做被知晓为耶稣的实体已经完整地做到了的事情。

Is there a further query, my brother?

我的兄弟，有一更进一步的问题吗？

Zachary: One brief follow-up, Q'uo. It is said that that secret teaching that Jesus conveyed to his disciples was Kriya Yoga, is that correct?

Zachary: 一个简短的后续问题，Q'uo。据说耶稣传递给他的门徒们的秘密教导是克里亚瑜伽 (Kriya Yoga)。那是正确的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. In general, this is mostly correct, although at that time it was not described as that particular type of yoga. However, many other entities throughout the history succeeding from the times of the one known as Jesus, have found this particular type of yoga in their own experience, or in the experience of others who became their teachers who had learned of this type of yoga in a, what you might call, trickle down fashion from other teachers so that there were some alterations or changes made to this type of yoga that eventually has evolved into that which you know as Kriya Yoga.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。一般来说，这是极其正确的，尽管在那个时候，它并不是被描述为那种特定类型的瑜伽。然而，在贯穿跟随在被知晓为耶稣的时代之后的整个历史中，有很多其他的实体已经在它们自己的体验中，或者在其他的成为了它们的老师的实体的体验中，发现这种特定类型的瑜伽了，这些它们的老师是用一种，你们可以称之为，流传的方式其他老师那里学到这种类型的瑜伽的，这样就会有某种变更或者改变会对这种类型的瑜伽做出，它最终发展形成了你们知晓为克里亚瑜伽的事物。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zachary: Can Q'uo articulate the purest technique, or the technique used by Christ to achieve self- realization?

Zachary: Q'uo 能够系统说明被基督用来取得自我实现的最纯净的技术或者技巧吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that there is not in our awareness the sound vibration complexes that are available to correctly imbue this type of yoga with the purity with which the one known as Jesus practiced it. We can only suggest that this type of yoga is that which

seeks to be able to use the breath as that which is most salient in the practice of this yoga, so that the breath is utilized in a sense which allows the activation of all of the energy centers, in seriatim fashion, one after the other, so that eventually, both the indigo and violet-centers may be activated to the extent that there is a union for the time of the practice of the yoga of the practitioner and the One Infinite Creator. Thus, this type of yoga is that which is true union with the One.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现, 在我们的认识中并没有可供用来正确地用被知晓为耶稣的实体练习这种类型的瑜伽的纯度来灌注它的声音复合体。我们仅仅能够建议, 这种类型的瑜伽是寻求能够使用呼吸作为在练习这种瑜伽的过程中最为显著的事物, 这样呼吸就会用这样一种意义被使用, 它会允许对所有能量中心的激活, 用按顺序逐一进行的方式, 一个接一个地激活, 这样, 最终, 靛蓝色和紫罗兰中心就同时可以被激活到这样一种程度, 会在瑜伽练习的时候会有一种练习者与太一造物者的结合。因此, 这种类型的瑜伽是与太一真正的结合的结合的练习。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zachary: No, thank you, Q'uo.
Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you once again, my brother.
Q'uo: 我是 Q'uo, 我们再一次感谢你, 我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗?

Questioner: Q'uo, the famous 20th Century psychic, Edgar Cayce, once said that there is a fine line between being an angel and being a devil, and the desired task of a soul is to get itself psychologically precisely into the divine middle, and that anything to the left or anything to the right is off the divine middle, and therefore not of the divine. Can you speak on this?

提问者: Q'uo, 著名的二十世纪的灵媒埃德加凯西, 曾经说过, 成为一个天使与成为一个魔鬼之间会有一条微妙的线, 一个灵魂被渴望的认识是让它自己在心理上准确地进入到神圣的中间, 任何在左边的事情, 或者任何在右边的事情, 都是偏离了神圣的中间, 并因此不属于神圣了。你们能够谈谈这一点吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest that this type of envisioning of the path to the One Infinite Creator is a valid path. However, there may be times during which the seeker of truth begins to express more and more of the positive, or light-filled path than the darker, or receptive path. There is the opportunity to express both that which is radiant and that which is absorbent in each instances of the seeker of truth's seeking of the One Infinite Creator. We would suggest that as the seeker of truth travels this path, it is most helpful to seek first, to become that which is radiant,

that which is positive, that which is unity with all of the creation, for this allows the further experience of the entirety of the creation to become available to the seeker of truth. The seeker of truth which has mastered the positive path may then begin to experience and express that which is absorbent so that it pursues what seems to be a negative path, but is that which is exploring the light within the darkness to discover that the darkness does not overcome the light.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们会建议, 这种类型的对太一无限造物者的道路的观想是一条有效的道路。然而, 可能会有一些时间, 在其中真理的寻求者会开始表达比较为黑暗, 或者接受性的道路, 越来越更加正面性, 或者充满光的道路。在真理的寻求者对太一无限造物者的寻求的每一个时刻中, 都会有机会同时表达辐射性的事物和吸收性的事物。我们会建议, 当真理的寻求者在这条道路上旅行的时候, 首先寻求去成为辐射性事物, 正面性的事物, 与所有的造物统一的事物, 这是极其有帮助的, 因为这会允许对造物的整体性的更进一步的体验可以为真理的寻求者所取得。已经掌握了正面性的道路的真理的寻求者可以接下来开始体验并表达吸收性的事物, 这样它在追寻看起来似乎是一种负面性的道路, 但是, 它是在黑暗中探索光, 以发现黑暗不会战胜光。

If the negative path is that which is first expressed and experienced, there comes a time much further along the seeker of truth's path of seeking during which this experience of the light and the dark is available, that is, within the sixth density of the illusion of the One Infinite Creator, where it is discovered by the negatively oriented entities that have attempted to absorb all about them, all the power about them, in order to control those about them, can go no further until they see that all they control is the One Infinite Creator seen as the self, and the self is seen not just as the individual self, but the self of all other beings which have been controlled or attempted to be controlled by the path of the seeker of negative wisdom.

如果负面性的道路是首先被表达并被体验的事物, 在真理的寻求者的道路上的要远的多的位置会出现一个寻求的时刻, 在其中这种光明和黑暗的体验是可供利用的, 那个时刻是在太一无限造物者的幻象的第六密度, 在其中已经尝试吸收在它们周围的的所有的事物, 在它们周围的所有的力量, 以便于控制在它们周围的实体的负面导向的实体会发现, 它们无法更进一步, 除非它们看所有它们控制的事物都是太一无限造物者, 都是被视为自我, 自我不仅仅是被视为个体的自我, 同样也被视为是所有已经被控制, 或者尝试被具有负面性的智慧的寻求者的道路控制的其他存有的自我。

Thus, we suggest to each seeker of truth that the positive path is the path that is most easily followed, and offers the least distortion to the seeker of truth.

因此, 我们对每一个真理的寻求者建议, 正面性的道路是极其容易被跟随的, 并向真理的寻求者提供最少的扭曲的道路。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Questioner: No, Q'uo, thank you.

提问者：没有了。Q'uo，感谢你们。

Q'uo: We are Q'uo and we thank you, my brother. Is there a further query at this time?

Q'uo: 我们是 Q'uo, 我们感谢你, 我的兄弟。在此刻有一个更进一步的问题吗?

Austin: Q'uo, you've probably spoken to this before, and it's always good to get another perspective. If an entity is serving others because it feels good to them and they get a sense of satisfaction out of it, is this still polarizing positively, and if it is, is it less pure than serving others, not because of self-satisfaction, but strictly out dedication to the path of service to others?

Austin: Q'uo, 你们有可能之前已经谈及这一点了, 去取得另一个观点一直都是有益处的。如果一个实体正在服务他人, 已经它感觉到这对它们是好的, 它们从中得到了一种满意的感觉, 这仍旧是在正面性地极化吗, 如果它是的, 它是比服务他人不是因为自我的满意, 而完全是出于对服务他人的道路的奉献要较不纯净的吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We find this to be a very interesting query, because in each seeker of truth's beginning path upon the positive path, there is the desire to serve others, as you have mentioned, because the seeker realizes this is the way that it shall progress most effectively upon this path. Thus, it would seem to an objective observer that such a path of positivity would be somewhat service-to-self, for the seeker is doing that which it feels will advance itself in its own path most readily, most appropriately, and most speedily. However, we would suggest that these are the first baby steps taken by the positive seeker of truth. These baby steps will eventually evolve so that there will be no thought given to the service to others, as it is given by the positive seeker.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现, 这是一个非常有趣的问题, 因为在每一个真理的寻求者在正面性的道路上的开始的道路中, 都会有一种渴望去, 如你已经提到的一样, 服务他人, 因为寻求者意识到这是它将会极其有效地在这条道路上前进的方式。因此, 对于一个客观的观察者看起来似乎是, 这样一条正面性的道路会是多少有些服务自我的, 因为寻求者在做它感觉到将会极其容易地、极其合适地、且极其快速地在它自己的道路上让它自己前进的事物。然而, 我们会建议, 这些是被正面性的真理的寻求者采用的一开始的婴儿学步。这些婴儿学步将会最终发展, 这样, 在想法被正面性的寻求者给予的时候, 就将不会有想法被给予服务他人了。

When the seeker of truth, then, is able to spontaneously, without giving thought to the reason for seeking and serving others, serves them because it is the most spontaneous and unplanned path of seeking to serve others. Therefore, it is the spontaneity that determines whether the seeker upon the positive path is truly serving others because that is what it is doing as a form of what we would call muscle memory, or spiritual muscle memory, and not the conscious mind determining the path of the seeker of truth.

当真理的寻求者, 接下来能够自发性地, 在不对寻求与服务他人的理由进行任何

思考的情况，服务它们，因为这是最为自然而然，且不用计划的寻求服务他人的道路的时候，就是这种自发性会决定，是否在正面性的道路上的寻求者是真正服务他人的，因为那就是它作为一种我们会称之为肌肉记忆，或者灵性的肌肉记忆的事物的形式而在做的事情，而不是有意识的心智在觉醒真理的寻求者的道路。

Is there a final query at this time?

在此刻，有一个最后的问题吗？

Questioner: Q'uo, the famous 20th Century psychic, Edgar Cayce, once said that each soul, or a soul, incarnates into matter to learn great spiritual lessons and, thus, that living earthly lifetimes are initiations into becoming more attuned into the divine. Can you speak on this?

Q'uo: Q'uo, 著名的二十世纪的灵媒，埃德加凯西曾经说过，每一个灵魂或者一个灵魂，投生进入到物质之中是来学习伟大的灵性的课程的，因此，活着的尘世的生命是进入到与神性更加调音的启蒙过程。你们能够谈谈那一点吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, we find the one known as Edgar was quite well-informed by his ability to penetrate the Hall of Records and to discern from these records of the evolution of humanity upon Planet Earth. [He saw] that the incarnations available within the third-density illusion, beyond the veil of forgetting, were an opportunity not only within each incarnation to become transformed or initiated or to become more and more one with the Infinite Creator, but that each moment, each day, each observation by the seeker of truth had the ability to transform the entity in a manner similar to that of initiation. As the seeker of truth becomes more and more aware of the journey of the seeking of the One Infinite Creator within itself and within all of creation, it discovers that there is the chance to become that which it seeks in every moment of its existence if its point of view is broad enough, and travels down to the roots of its consciousness and to the heights of its beingness so that it is able to perceive in a manner which is enhanced and imbued with the love and the light of the One which it seeks with every fiber of its being, in every daily round of activities, so that all becomes the oneness for such a being, becomes the Christed experience for such a being. At some point, this type of desire to seek the one in all gains a kind of spiritual momentum and reveals to the mind, body and spirit complex, that it is, indeed, that which it seeks, and this realization, or illumination, then, becomes to be manifested more and more fully, so that illumination becomes communion, and communion becomes union with all that there is.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 我们发现, 被知晓为凯西的实体藉由他去刺穿记录大厅 (Hall of Records) 并从这些在行星地球上的人类演化的记录中去分辨的能力而是信息灵通的。他超越了遗忘的罩纱, 看到了在第三密度的幻象中可供利用的投生, 是一个不仅仅在每一次投生中被转变或者被启蒙, 或者成为与无限造物者越来越更多地合一的机会, 真理的寻求者的每一刻, 每一天, 每一个观察, 同样也拥有能力去用一种与那种启蒙的方式类似的方式去实体转变。当真理的寻求者越来越更多地察觉到在它自己与在所有造物中

的寻求太一无限造物者的旅程的时候，它会发现，会有机会在它的存在性的每一个时刻重都成为它寻求的事物，如果它的视角是足够宽广，并向下旅行到它的意识的根部，旅行到它的存在性的高处，这样它就足够用一种，会被它用它的每一根存在的纤维，在每一个日常生活的活动中寻求的太一的爱与光所强化被其所灌注的方式，来感觉了，这样，所有的事物就会为这样一个存有成为一体的，就会为这样一个存有成为基督化的体验了。在某个位置上，这种类型在所有事物中寻求太一的渴望，会取得一种类型的灵性的动量，并向心智、身体与灵性复合体揭露，它确实就是它寻求的事物，而这种领悟，或者觉醒，接下来，就会越来越更加完全地被显化，这样，觉醒就会成为亲密交流，亲密交流就会成为与一切万有的合一。

We are those known to you as Q'uo. We are most grateful, my friends, as always, to have had the opportunity to join in your circle of seeking this day. As we illumine you, you illumine us, for you do that which we find is most honorable and difficult. You move within the third-density illusion with the desire to seek that which is not apparent in any portion of the illusion, and which yet inhabits, and is each portion of the One Infinite Creator. You are brave and valued souls. We bow to you in honor and in joy, and we leave you in love and in light. We known to you as those of Q'uo. Adonai vasu borragus. 我们是你们知晓的 Q'uo。我的朋友们，一如既往，我们对于已经拥有机会在这个日子加入你们寻求的圈子是感到极其荣幸的。如我们启发你们一样，你们启发了我们，因为你们做了我们发现是极其荣耀且极其困难的事情。你们在第三密度的幻象中移动，带着那种去寻求在任何幻象的部分中都不明显的事物的渴望，而这个事物居住在太一无限造物者的每一个部分中，并且就是太一无限造物者的每一个部分。你们是勇敢而有价值的灵魂。我们在荣耀与喜悦中向你们鞠躬，我们在爱中，在光中离开你们。我们是你们知晓的 Q'uo。Adonai vasu borragus。

2019-11-27 传讯练习：真理与爱的钻石

Practice Channeling Circle
November 27, 2019

Group question: Q'uo, today we would like to know how to develop our capacity to know what is true for us.

团体问题：Q'uo，今天，我们想要知晓，如何发展我们的能力，以知晓什么事情对于我们是真实的。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We thank you, each of you, for inviting our presence this afternoon in order that we might continue the teaching conversation which we have long had with this group. We are always most pleased to be able to work with you as new instruments, for you are full of the desire to be of service to others as it is obvious to our observation, both by eye and by heart.

我是 Q'uo，我与这个器皿在一起了。我们为你们邀请我们在这个下午出席，以便于我们可以继续我们与这个团体已经进行了很长时间的教导的谈话而感谢你们每一位。我们一直都是极其高兴能够作为新的器皿在与你们一同工作的，因为你们是充满了为其他人进行服务的渴望的，因为这种渴望对于我们的观察是明显的，同时是藉由眼睛与藉由心的观察。

You have asked another most salient question this afternoon. How can a seeker of truth know what is right for him or for her to accept as truth, and to pursue as a means of seeking yet further truth in service to others? Each entity within the third-density illusion that you now inhabit has the responsibility and opportunity to look upon the creation about it, and the entities which come into its providence, as those qualities, or directions of energy expenditures that one may adopt in one's own personal journey of seeking through the illusion into that which is true, which is good, which is helpful, for that particular entity.

你们已经在这个下午询问了另一个极其显著的问题。一个真理的寻求者如何能够知晓什么事情对于他或者对于她是适合于作为真理而接受，并作为一条更进一步地通过服务他人来寻求真理的途径来追寻的？在你们现在居住的第三密度的幻象中的每一个实体都拥有责任与机会去观察在它周围的造物，以及进入到它的天命之中的实体，**因为一个人在它自己个人穿越幻象进入到对于那个特定的实体是，真实的事物，有益的事物，有帮助的事物的旅程中，可能会采用的那些特性或者能量支出的方向。**

This is, for all entities, whether they be conscious seekers of truth, or not conscious of a spiritual path, an opportunity that always presents itself; for if you have a kind of yearning to know and to grow more into that which you do see at present as truth, then to add to it is to increase your bounty, and to

become more able to discern what further steps upon your spiritual path you shall take and what they shall look like, for this is the density of choice. At each opportunity of choice, you are presented with possibilities that may offer themselves to you at various levels of expression, depending upon which energy center you are utilizing to perceive the catalyst that comes before you. 对于所有的实体，无论它们是有意识的真理的寻求者，或者它们并未有意识地察觉到一条灵性的道路，这都是一个一直都会将它自己呈现出来的机会，因为如果你拥有一种类型的去知晓并更多地成长成为你在此刻视为是真理的事物的渴望，接下来，去增加那种渴望就是去增加你的馈赠，并更加能够分辨，在你的灵性道路上你将会走出的更进一步的脚步是什么，它们将会看起来是什么样子，因为这是选择的密度。在每一个选择的机会，你都是被给与了可能性的，这些可能性会在各种各样的表达的层次上将它们自己提供给你们，取决于你正在利用哪一个能量中心来感觉出现在你面前的催化剂。

How then, when you are seeking that which you call the truth, can you find that resonance within yourself, that argument, shall we say, that persuades, the image that is obvious in its purity, the quality of being that you become aware of within yourself as you observe more and more of that which may or may not be helpful in your spiritual path becoming obvious and open to you. 接下来，当你正在寻求你称之为真理的事物时，你如何在你自己内在之中找到那种共鸣，那种，容我们说，论证，那种说服力，那种在其纯度中是明显的形象，那种你在你自己内在之中察觉到的存在的特性，当你越来越多地观察到可能或者可能不会在你的灵性道路上有帮助的事物正在对你成为明显的，且正在对你开放的时候。

At this time, we would transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)
(Gary 传讯)

We are those known to you as those of Q'uo, and we greet you again through this instrument that we may continue speaking on the topic of knowing what is true for oneself. A journey is called such because it is a series or sequence or road of many moments, many steps along the way. The road presents many options along the way, many choices to make regarding the direction of travel, the speed of travel, whether and where one should stop, what one should do along the way and so forth. And you, our third-density friends, are in this illusion without a reliable map.

我们是你们知晓的 Q'uo，我们再一次通过这个器皿向你们致意，我们继续在知晓什么事情对一个人自己是真实的主题上发言。一条旅程是这样被称呼的，因为它是一些列的很多的瞬间，或者是具有很多的瞬间的一个序列或者一条道路，沿着那条道路有很多的脚步。沿路上，那条道路会呈现许多的选项，一个人是否应该停下，在哪里停下，一个人应该在在沿路做什么事情，如此等等。我的第三密度的朋友们，你们是处于这个幻象中，而没有一个可靠的地图的。

You may have some fuzzy conception of a map in the form of your metaphysics and systems of spiritual thought, including those concepts which we share with you, but the landscape which you walk is without a . . . this instrument smiles . . . without the equivalent of your Google maps or similar. Instead, you walk this road in the interior of your being, and in the movement of your body through the illusions of both space and time, and a darkness. Clarity is sometimes with you, but seldom does that clarity extend many steps down that road, or forward in time.

你们可能对于在你们的形而上学与灵性的思考的系统的一个地图拥有某种不清楚的观念，包括那些我们与你们分享的观点，但是，你们走过的地形是有一个.....这个器皿笑了.....没有等同于你们的 google 地图的事物，或者类似的事物的。相反，你们是在你们的存有的内部，在你们的身体同时穿越空间和时间，以及穿越一种黑暗的幻象的运动中，走过这条道路。清晰度有时候会与你们在一起，但是，那种清晰度很少会沿着那条道路延续很多个脚步，或者在时间中向前延伸。

What is it, then, that informs you as to where to proceed in the darkness and how to make a choice when at a crossroads? There are many inputs into that equation, including needed analysis, synthesis of information, consulting with your various maps or sources of information from other fellow travelers, maybe nearby, maybe having gone before you, but the Grand Central Station, shall we say, that converges these various inputs of information into clarity—or insofar as it is obtainable, understanding, or knowing, or truth—is the heart of the being, the heart of the entity.

接下来，什么事物会告诉你们，在黑暗中要前往何处，在遇到一个十字路口的时候，要如何做出选择呢？会有很多的输入会进入到那个方程式之中，包括需求分析，对信息的综合，参考你的各种各样的地图，或者来自其他的伙伴的旅行者的信息源，也许是附近的，也许是已经走在你前面的，但是，容我说，中央车站 (Grand Central Station) 是存有的核心，是实体的心，它会将这些各种各样的信息的输入汇集形成清晰度——或者在它能够取得的范围内，汇聚成为理解、知晓、或者真理。

The heart is that which is most directly and undistortedly connected to the incarnational lessons which one incarnated to learn. Those same incarnational lessons shape the patterns of one's life and serve as invisible guiding forces as the entity moves through its years and circumstances. It is the heart which it may seem hides that knowledge or keeps that knowledge protected deep in the interior of the being, and when that which is discovered along the path as the self walks forward in the darkness which is right for the self, or aligned with the self, or provides some needed experience or moment or next step, then the heart may give clue to the conscious awareness. It may speak, so to speak. That speaking may take many forms. You have heard us describe it, using the term resonance—a sense of felt rightness. This is often the feeling tone or visceral experience of the heart speaking, and the self hearing.

心就是那个极其直接地，无扭曲地与一个人投生来学习的投生课程连接在一起的

事物。那些相同的投生课程塑造了一个人的生命的模式，并会在实体穿越它的年月与环境的时候起到看不见的指引的力量作用。就是心看起来似乎将那种知晓隐藏起来，或者将那种知晓保护在存有的内在深处，当对于自我是合适的事情，或者与自我是一致的事情，或者提供了某种被需要的体验或者时刻或者下一步的事物，在自我在黑暗中前进的时候，在路上被发现的时候，接下来，心就可以对有意识的察觉给出线索了。它可能会，可以说是，说话。那种说话可能会采用很多的形式。你们已经听到过我们，使用共鸣这个词语——一种被感觉到的合适的感觉——来描述它。

It is true, this voice of the heart [...] may also arise in the form of what you may call magnetic attraction to a circumstance or a person or a choice that may seem to be a pool, a gravity, to that which is right for one, but as the ones known as Ra said, how easy it is to make a misstep in the night, for it is easy to mistake or misapprehend the source of desire or its place in the being. It is easy to mistake bodily desire or the seeking of some shallow level of gratification for the deep resonance to which we point. It is easy to spiritualize desires which may have a self-serving dimension to them, and may not, in fact, be connected to the self's desire to utilize catalyst and ascend upward through the layers of illusion toward the Source or the One.

真实的事情是，这个心的声音.....同样可能会用你们可能称之为对一个环境或者一个人或者一个选择的磁性的吸引的形式升起，这个选择可能看起来似乎对于那个对一个人是合适的事情是一种沉淀池，一种引力，但是，如被知晓为 Ra 的实体说过的一样，在黑夜里要走出一个错误的步子，这是多么容易的呀，因为要搞错或者误解渴望的源头，或者它在存有中的位置，这是容易的事情。要将身体的渴望或者对某种肤浅的层次的满足误以为是我们所指的那种深入的共鸣，这是容易的事情。要将可能拥有一种服务自我的维度的，且可能实际上并未与自我对利用催化剂，并向着太一的源头向上提升穿越幻象的层次的渴望连接在一起的渴望，变成有灵性的渴望，这是容易的事情。

We give this instrument the frequently referenced practice of meditation as the principle and one of the most powerful means of sifting through [...] the various inputs, and data points, and sources of stimulation which bombard your senses in every moment; for in meditation, one may, through focus, withdraw the disbursed attention that it might sink back into and abide within the heart. And it is from that holy seat within the heart that one can more clearly hear the wisdom speaking in tones of silence from beyond the veil, from those realms of time and space, or rather time/space, and the unseen, where the self has an understanding of what its mission or role is within this lifetime, and understanding regarding the basic shape of its intention to serve others and what it had hoped to learn prior to entering this simulation or system of your illusion.

我们给与了这个器皿被频繁地提及了的冥想的修炼，就是原则以及一项最为强有你的筛选的途径.....在每一刻中都在轰炸你们的感官的各种各样的输入、数据点、刺激物的源，因为在冥想中，一个人可以，通过聚焦，收回分散了的注意力，这样它就可以下沉返回进入到心中，并安住于心中。就是从那个在心之中的神圣的位置，一个人能够清晰地听到从面纱之外，从那些时间和空间的领域，或者，毋

宁说是，从时间/空间，从看不见的领域，用静默的声调说话的智慧，在那个看不见的领域中，自我是拥有对在这次生命中它的使命与它的角色是什么拥有一种理解的，以及在关于它服务他人的意图的基本的外形，以及在进入到这次刺激物或者你们的幻象之前它本来是希望学习什么事情的方面的理解。

The more that you can take, or rather, perform your analysis to the best of your ability, and then release it into a practice of abiding within the heart, the more that the heart may sift and sort and synthesize for you, [this] experiential data of your incarnation, clarifying where it may be best to place the next step on your journey.

你们能够得到的事情更多，或者，毋宁说，你们能够更多地尽你们最大的能力来使用你们的分析，并接下来，将它释放，进入到一种安住于心之中的练习，心就可以更多地为你们筛选、分类与综合这种你的投生的体验性的数据，同时澄清，它可以最佳地将下一个脚步放在你们的旅程上的什么位置。

We remind each present, and each who may read these words, that the capacity and the authority to know what is true lives only within the self. Other selves may have brilliant insight and inspiration to offer, but no other self can fully know the journey for the self. This is why we commend you always to meditate, contemplate, or enter a prayerful focus that you may contact and consult the authority within, for truly the honor not only to choose, but to shape and author one's journey, lives within each. This power, however, needs trusted, cultivated, and strengthened through the disciplines of the personality that are a paradoxical combination of intention/effort and release/surrender.

我们提醒每一位在场的人，以及每一位可能读到这些话语的人，去知晓什么事情是真实的本领与权威，仅仅存在于自我内在之中。其他自我可能拥有精彩的洞见与启发要提供，但是，没有任何其他自我能够充分地知晓自我的旅程。这就是为什么我们一直都向你们推荐冥想，沉思，或者其他的你们可以接触并咨询内在的权威的一种祈祷性的聚焦，因为荣耀真的不仅仅是选择，同样也是去塑造并创造一个人的旅程，以及在每一条旅程中的生命。然而，这种力量需要通过对人格的修炼而被信任，被培养，被增强，这些人格修炼是对意图/努力与释放/臣服的一种悖论的混合物。

With that, we would leave this instrument for the time being and with gratitude to this circle, transfer the contact to the one known as Austin.

藉此，我们会暂时离开这个器皿并带着对这个圈子的感激，将接触转移到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

We are known to you as those of Q'uo, and we are with this instrument. As we speak about the nature of truth as that which is infinitely subjective. We acknowledge the necessity to then ask the question: Is there a concept of truth beyond the self, which does not rely on any individual's personal

perception of that truth? We believe that this question has kept your philosophers quite busy for many of your centuries, and we can only offer yet another opinion and another perspective, and another angle for you to consider in contemplating this large question, for as we speak about the truth as it is known to the self, and what is right for the self on one's individual journey, you may look at these words as pointing to one's relationship to yet a larger truth, and you may view the journey of which we speak as one's journey towards that truth.

我们是你们知晓的 Q'uo, 我们与这个器皿在一起了。当我们谈论真理的属性是无限地主观性的事物的时候, 我们承认有必要接下来询问这样的问题: 有一个超越自我之外的真理的观念吗? 我们相信, 这个问题已经让你们的哲学家在你们很多个世纪的时间中非常忙碌了, 我们仅仅能够提供另一个观点与另一个远景, 提供另一个角度来让你们通过沉思这个巨大的问题来考虑, 因为在我们谈论真理的时候, 如真理被自我所知晓, 且在一个人个人的旅程上对自我是正确的事情一样, 你们可以将这些话语视为是指向一个人与另一个更大的真理之间的关系, 你们可以将我们谈及的旅程视为是一个人朝向真理的旅程。

We encourage you as seekers of truth to contemplate the nature of your relationship to this truth, for that is key to knowing your true self and understanding the path which you have chosen. We offer an example to clarify what is meant by relationship to the truth. As seekers upon the positive path, it may seem unthinkable that within this so-called ultimate truth, that love is not contained, yet we ask you to consider an individual upon the negative path, which has been called the path [of that] which is not, for once an individual, upon this path, has graduated from the third density and enters into the fourth density, upon which the veil of forgetting is lifted and the truth of the Creator is revealed, this individual sees the same truth as the individual upon the positive path, yet within this individual's perception of this truth, there is a blatant omission of that which you know as love. These individuals have a very different relationship to the truth, as you upon the path of service to others, the path of love and of the open heart.

我们鼓励你们作为真理的寻求者去沉思你们与这个真理的关系, 因为那就是知晓你的真我以及理解你已经选择的道路的关键。我们提供一个例子来澄清我们说的与关系的真理的意思是什么。作为走在正面性的道路上的寻求者可能看起来似乎是无法想象的事情是, 在这个所谓的终极的真理中, 爱是不被包含在其中的, 而我们请你们考虑, 一个走在负面性的道路上的个体, 负面性的道路已经被称之为其之不是的道路了, 它已经从第三密度毕业并进入到第四密度, 在遗忘的罩纱被升起, 且造物者的真理被揭露出来的时候, 这个个体看到了与走在正面性的道路上的个体相同的真理, 而在这个个体对这种真理的知觉中, 会有一种对你们知晓为爱的事物的赤裸裸的忽略。这些个体拥有一种和你们这些走在服务他人的道路, 爱与开放的心的道路上的个体非常不同的与真理之间的关系。

And while this example depicts a vast difference in relationship to the truth, we ask you to consider that for each individual, no matter the path, there is an infinitely unique relationship to this truth that can only be known to the self, and this relationship cannot be imposed upon another.

尽管这个例子描绘了在与真理的关系中的一种巨大的差异，我们请你们考虑，对于每一个个体考虑，无论道路是什么，都会有一种与这个仅仅能够被自我所知晓的真理的无限地独一无二的关系，这种关系是无法被强加给另一个人的。

We pause to allow this instrument to deepen its state. [pause]

我们暂停以允许这个器皿加深它的状态。[暂停]

We find this instrument feeling inadequate to continue presenting our thoughts, and we concede to this instrument's wishes, and depart from this instrument, offering it encouragement and thanking it for its best attempt to offer these words on truth, and we now transfer this contact to the one known as Trish. We are Q'uo.

我们发现这个器皿感觉到无法胜任继续呈现我们的想法，我们承认这个器皿的希望，并从这个器皿离开，同时提供给它鼓励，并未它提供这些关于真理的话语的最佳的尝试而感谢它，现在我们将这个接触转移到被知晓为 Trish 的实体。我们是 Q'uo。

(Trish channeling)

(Trish 传讯)

We are those of Q'uo and we are with this instrument now. To speak on the topic of truth is quite a lofty, but worthy duty. As has been previously stated by other instruments in the circle, truth can be individualized through participation in this density of separation, and simultaneously, truth can be an exercise of unity with all that is. When pondering the idea of truth, we present the image of the monk or the yogi, the practice of taking one's separate, individualized, personified self and taking that journey into a woods or cave of isolation and environment of limited stimulus. There, in that space, the entity that identifies as separate from everything around it may find solitude and embark upon a secondary journey of true seeking, and while the individual self has ideas of truth in regards to their incarnational narrative, it is in these moments of silence and intentional prayer and seeking, that one may truly discover what is truth.

我们是 Q'uo，我们现在与这个器皿在一起了。要在真理的主题上发言，是一个相当崇高，但确实有价值的责任。如同之前已经被圈子中的其他器皿说过的一样，真理通过参与到这个分离的密度而被个体化，同时，真理能够成为一种对与一切万有的统一性的实践。当沉思真理的观念的时候，我们会给出和尚与瑜伽士的图像，将一个人分离的、个体化的、个人化的自我拿起来，将那条旅程带入到一个隔离的森林或者洞穴之中，带入到具有有限的刺激物的环境之中。在那个空间中，当实体将它定义为与在它周围的每一个事物是分开的时候，实体就可能会找到孤单，并踏上一条对于真正的寻求是从属性的旅程，虽然个体的自我在关于它们的投生的叙述手法的方面拥有具有真理的观点，就是在这些静默、有意图的祈祷与寻求的时刻中，一个人可以真正发现真理是什么。

That truth is the idea of being merely a limb or offshoot of that which we call the Creator, finding one's genuine creatorship and appreciation of that role in

this experience is a pathway towards knowing one's truth. Perhaps this instrument is giving a hyper-condensed version of what "truth" is, though we feel speaking through this instrument that truth is knowing that every self and other self, and thing and emotion and experience is merely an extension of that self that chooses to separate from its experience.

真理是仅仅成为我们称之为造物者的事物的一个分支或者支流的观点，同时发现，在这个体验中一个人真正的造物者属性以及对那个角色的欣赏，就是一条朝向知晓一个人的真理的道路。也许这个器皿正在给予对于“真理”是什么的一个被高度压缩过的版本，尽管我们感觉到，通过这个器皿来讲述那种真理，就是知晓每一个自我与其他自我，每一个事物、情绪与体验，都单纯地是对那个选择了与它的体验分开的自我的一个延伸物。

When this individual self, the yogi, or the monk, in silence and solitude realizes its role as Creator, it can experience that the truth ultimately has, at its center, love. As the yogi or the monk, or the individual self steps back into the illusion that entities on this planet call reality, it can choose whether to remember the diamond that is truth, which is love, and approach its incarnation with that truth hence forward, or the monk or yogi or individual self can choose to forget and continue in this extended drama, for lack of a better term, that one may call experience on this planet at this time.

当这个个体的自我，瑜伽士，或者和尚，在静默与孤单中，意识到它作为造物者的角色的时候，它能够体验到，真理，在其中心，是绝对地拥有爱的。当瑜伽士或者和尚或者个体的自我返回进入到在这个星球上的实体称之为实相的幻象之中的时候，它是能够选择，是要去记住真理之所是，爱之所是的钻石，并带着那种真理从那里开始对待它的投生，或者和尚或者瑜伽士或者个体的自我能够选择去忘记，并在一个人能够称之为在此刻在这个星球上的体验的，这个延长的，因为缺少一个更好的词语，戏剧中继续。

It is when the self accepts and remembers its creatorship and the diamond of love that permeates all that which we call existence that the individual self may experience whole truth. We say this, understanding fully that part of this experience at this time is to provide circumstances for each extension of the Creator to discover further aspects of the Creator, and at times that takes establishing illusory truths and non-truths, for that provides the catalyst for growth and spiritual evolution. We commend those who are experiencing these beautiful, worthy trials, and send support and love for those seeking to find the diamond of love in those circumstances.

就是在自我接受并记起了它的造物者属性与弥漫所有我们称之为存在性的事物的爱的钻石的时候，个体的自我可以体验到完全的真理了。我们这样说，同时充分地理解，在此刻这个体验的一部分，是要为造物者的每一个延伸提供环境来发现造物者的更多的面向，有时候它会穿上固定的虚幻的真理与非真理，因为那会为成长与灵性的演化提供催化剂。我们称赞那些正在体验到这些美丽的，有价值的考验的人，并对那些寻求的人送出支持与爱，以在那些环境中找到爱的钻石。

Again, we strive not to simplify or minimize the collective experience at this time by stating that the diamond of love is that which is truth, and the

diamond of truth is that which is love. We only wish to impart useful nuggets, if you will, of information that can help you find hope in your journey of your separated and individualized entity self in this path towards seeking.

再一次，我们努力不藉由说爱的钻石就是真理之所是，真理的钻石就是爱之所是，而将在此刻的集体的体验简单化或者最小化。我们仅仅希望去给予有用处的信息的块金，如果你们愿意这样说的话，它能够帮助你在你在你分离的、个体化的实体的自我这条朝向寻求的道路上的旅程中找到希望。

We feel that this instrument struggles to maintain contact with us, but we would like to leave this instrument with one last thought, and that is to reiterate the importance of accepting and owning Creatorship when one is seeking one's truth, realizing and breathing in and out the love of the Creator, knowing that one is absolutely the Creator, as is everything around it. That is the simplest yet most difficult truth to accept.

我们感觉到这个器皿努力保持与我们之间的接触，但是，我们想要留个这个器皿一个最后的想法，那就是去重申在一个人寻求它的真理的时候去接受并拥有造物者属性的重要性，同时意识造物者的爱，将其吸入与呼出，知晓它绝对就是造物者，如同在它周围的每一个事物一样。那就是要去接受的最简单而又是最重要的真理。

We will now leave this instrument for she feels that she has on her own path of trying to channel truth made many circles and is feeling a bit self-conscious at this time. We will leave this instrument and continue back to the one known as Gary. We are those of Q'uo.

我们现在将离开这个器皿，因为她感觉到她已经在她自己尝试去传讯真理的道路上已经转了很多圈子了，并在此刻正在感觉到一点点的自我察觉了。我们离开这个器皿，并继续返回到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo and we once again speak through this instrument. Before we would open ourselves to smaller questions you may have, we wish to speak with both gratitude and a sense of being impressed with the previous two instruments. This instrument wonders whose opinion is whose as he shares this opinion [with us], but we would offer that it is simply the case that our sense and the instruments align. Is there a query at this time?

我们是你们知晓的 Q'uo，我们再一次通过这个器皿发言。在我们向你们可能拥有的较小的问题开放我们自己的时候，我们希望同时带着感激以及一种被之前两个器皿所印刻的感觉来发言。这个器皿感到奇怪，当她和我们分享这个观点的时候，谁的观点是属于谁的，但是我们会给予，它单纯地是我们的感知与器皿校准的问题。在此刻有一个问题吗？

Austin: Yes, Q'uo, I'll start with one sent in from Carlos, who asks: "In the positively oriented spiritual seeker, what is power and what would the right

use of power constitute?"

Austin: 是的, Q'uo, 我将从一个由 Carlos 发来的问题开始, 它问道, "在正面性导向的灵性寻求者身上, 力量是什么, 什么构成了对力量的正确使用?"

We are those known to you as Q'uo and we have received Carlos's query. Power is a force or energy, or concept, even, that is difficult to shape into your language. We could speak of the entity without power to perhaps, by contrast, give some insight into this important question. The entity without power—or to say, who has not become conscious of or awakened to the power inherent within their being to be co-creator and Creator—an entity who is ruled and moved about by the will, the desires, the movement of forces outside of itself. *我们是你们知晓的 Q'uo, 我们已经接收到了 Carlos 的问题了。力量是一种力或者能量, 或者, 甚至是很难用你们的语言来描述的概念。我们能够谈谈没有力量的实体, 来也许是藉由对比, 对这个重要的问题给予某种洞见。没有力量的实体——或者说, 并未有意识地察觉到或者觉醒于在它们的存有内在之中固有的成为共同造物者与造物者的力量的实体——一个被意志、渴望以及在它自己外部的力的运动所四处推动的实体。*

Such an entity is perhaps in some way an extension of its environmental inputs. [...] In the deepest metaphysical sense, [it] is always true that the entity is one with its environment and indeed with all things, but in the sense with which we use it, the entity who has blocked, or not fully awakened to its power, is unconscious and unconsciously enacts that which is told to it. The entity who awakens and taps its power, on the other hand, is the entity who is harnessing its will.

这样一个实体, 也许用某种方式, 是它环境的输入的一个延伸。[.....]在最为深入的形而上学的意义上, 一直都是真实的事情是, 实体与它的环境是一体的, 并确实与所有的事物是一体的, 但是从我们使用它的意义来看, 已经阻塞了它的力量, 或者尚未觉醒于它的力量的实体, 是不察觉的, 且会无意识地扮演被告诉它的事物。在另一方面, 觉醒并利用它的力量的实体, 是会为他的意志套上马具的实体。

Will, ultimately, in the largest sense, is that conduit of energy and trajectory connecting the illusion of the individual self upon a long journey to the return to and dissolution into the All-Self, or the One, or the Creator. Will has many levels of application stepped down from this larger picture, from mundane decisions, to fundamental questions of how to serve and how to seek the Creator in the self and in all things.

最终, 意志, 从最大的意义上, 就是将在一条长长的旅程上的个体的自我的幻象连接到全我, 或者太一, 或者造物者, 并返回消融于其中的能量的导管与轨迹。意志拥有很多应用的层次, 它们会从这个更大的图像, 从世俗的决定, 降级到对于如何服务与服务寻求在自我内在之中, 在所有事物内在之中的造物者的基本的问题。

Power. This instrument struggles to open the pathway for our deeper exploration into this concept, but makes tiny headway as we give information, perhaps only in synonyms to describe power as the animating life force of the

entity (that animates whether or not the self is conscious) but becomes a tool to be wielded or, this instrument is dissatisfied with "tool," becomes a capacity to be wielded and pointed as the self becomes conscious that it may chart its journey.

力量。这个器皿努力对我们对这个概念的更加深入的探索开放道路，但却在我们给予信息的时候作出了微小的进展，也许仅仅是通过象征将力量描述为有生气的实体的生命力（它会赋予生气，无论自我是否是察觉的）但却会成为一个要被使用的工具，或者，这个器皿对“工具”这个词语并不满意，成为一个要被使用的本领，并在自我开始意识到它是可以为它的旅程绘制航线图的时候被指出。

Power enables the forward or upward movement. It enables the self to face and utilize catalyst and to withstand that which seems to assault the self. Power informs one as to one's true nature as a powerful creator, able, available, in terms of its right use, as we were describing. Power in its primary and highest function is to empower the journey from separation to the One. *力量使得有能力进行向前或者向上的运动。它使得自我能够面对并利用催化剂，能够经受得住看起来似乎攻击自我的事物。力量会告知一个人它真实的属性是一个强有力的造物者，是有能力，从对它的正确使用，如我们正在描述的一样，的方面而言，是可供利用的。力量在其主要且最高的功能中，是为从分离到太一的旅程赋予力量。*

There are polarized uses of this power, the negative self seeking to manipulate and enslave others that the negative self may take or steal or trick the other self into surrendering their power to the negative self that it may accrue more power to itself, thus moving upward, evolutionarily; whereas the positive entity finds power that is both within its own heart, but is also greater than itself. The positive entity taps into a power which it knows it can trust, and yield to, and become an empty vessel for—an empty vessel through which such power may move in order to radiate [and] to give freely to others in the path of empowering others, of reminding other selves of the power inherent within their beings, that power may be shared, that the creation may be uplifted and glorified in beauty and praise to the One.

会有对这种力量的有极性的使用，负面性的自我寻求去操纵并奴役其他实体，这样负面性的自我就可以拿走，或者偷窃，或者诱骗其他自我将它们的力量交让渡给负面性的自我，这样它就可以让它自己得到更多的力量，并因此演化性地，向上运动，而正面性的实体会发现力量是在它自己的心之中，同样也是比它自己更大的。正面性的实体会接入到一种力量中，它知晓它能够信任这种力量，对其臣服，并成为这种力量的一个空的容器——一个这样的力量能够通过其移动的空容器，以便于在为其他人赋予力量道路上辐射，并自由地给予其他人，那条道路提醒其他人向其内在之中固有的力量，那种力量可以被分享，造物可以被提升，并在美丽与对太一的赞美中被赞颂。

May we answer a follow-up or another query at this time?

在此刻有一个后续问题，或者另一个问题吗？

Austin: No follow-up to that, thank you. Another question. This past

channeling circle, this past weekend, Q'uo was talking about Kriya Yoga and breath work. I was wondering if you could talk a little bit about the metaphysical nature of the breath and why it is important?

Austin: 对那个问题没有后续问题了, 谢谢你们。另一个问题。刚刚过去的这次传统圈子, 刚刚过去的这个周末, Quo 谈论了克里亚瑜伽以及呼吸的工作。我想知道, 是否你们能够谈一点点呼吸的形而上学的属性, 以及为什么它是重要的。

Q'uo: We are those known to you as Q'uo, and we would speak to the question about the metaphysical nature of the breath and breathwork, and why working with the breath may be important to the positive seeker. We would say that working with the breath has many levels of application and may begin with many upon your planet as a simple mechanism of the amelioration of stress and tension, for the mind and the breath are inextricably linked, and the enormous quantities of stress and anxiety that your peoples hold also interferes with the natural patterns of breathing. So, to gather the attention upon the breath that it may have a pathway for more natural rhythms offers a means of restoring vitality and wellbeing, not only to the cellular makeup of the physical vehicle, but also to the mind complex.

Q'uo: 我是你们知晓的 Q'uo, 我们会谈论关于呼吸以及呼吸的工作的形而上学的特性, 以及为什么与呼吸一同工作可能对正面性的寻求者是重要的。我们会说, 与呼吸一同工作拥有很多的应用的层次, 并可以从作为一个简单的缓解压力与紧张的机制而从在你们的星球上的很多人身上开始, 因为心智和呼吸是无法解地联系在一起, 你们的人群抱有的惊人数量的紧张与忧虑同样也会干扰呼吸的自然模式。因此, 要将注意力集中在呼吸上, 这样它就可以拥有一条通达, 来让更加自然的节奏, 不仅仅是对物质性载具的细胞的组成, 同样也对心智复合体, 提供一种恢复活力与健全的途径。

On the higher end of breathwork is the path of the adept, which may learn how to manipulate the breath in order to alter its consciousness, to store energy, to increase energy, to change the state of awareness through the practice of breath control. The breath . . . we give this instrument the words "divine wind" . . . [such] wind is not only [of] an outer manifested level, the material of your atmosphere, but is the spirit without form, boundless, free, intangible, and the least distorted of your complexes, being, for lack of better terminology, closer to the Creator. Spirit and breath are very much linked on a physical and metaphysical level.

在呼吸工作的更高的一端, 是行家的道路, 这条道路可以学会如何掌控呼吸, 以便于改变它的意识, 储存能量, 增加能量, 并通过呼吸控制的练习来改变意识的状态。呼吸.....我们给予这个器皿“神圣之风”的词语.....这样的风不仅仅具有一个外部被显化的层次, 即属于你们的大气的物质, 它同样也是无形的, 不受限制的, 自由的, 触摸不到的的灵性, 是对你的复合体的最不扭曲的形式, 因为缺少更好的术语, 是与造物者更加接近的。灵性和呼吸, 在一个物质性与形而上学的层次上, 是非常紧密地联系在一起。

Without the breath, the body shall perish. So too, without the spirit

complex—the channel from the roots of mind to intelligent infinity—the self will not be vital. The self will not be the actor on the stage of the third-density illusion which learns and grows. To become more conscious of the breath and connect more deeply with the breath is a potential gateway toward activating and becoming more conscious of and integrated with the spirit complex as well.

如果没有呼吸，身体将会死亡。同样，没有灵性复合体——从心智根部到智能无限的管道——自我将不会是有生命力的，自我将不会成为在第三密度的幻象的舞台上的演员，这个演员会学习与成长。要对呼吸成为更加察觉的，并与呼吸更加深入地连接在一起，就是一条朝向激活灵性复合体，对其变得更加有意识，并同样也与灵性复合体整合起来的潜在的通道。

May we ask if there is a further query at this time?
请问在此刻有一个更进一步的问题吗？

Austin: I can't formulate my thoughts into the follow-up I'm trying to express, so I will ask a different question, and ask if you could speak about the mental health disorder we call "depression," and what the metaphysical implications of depression are, and if you would have any suggestions for seekers who are going through depression.

Austin: 我无法将我的想法系统表达成为我正在尝试去表达的后续问题，因此，我将会询问一个不同的问题，并询问，是否你们能够谈谈我们称之为“抑郁”的心智的健康失调，抑郁的形而上学的含义是什么，是否你们愿意给予那些正在经历抑郁的寻求者任何的建议。

Q'uo: We are those of Q'uo and have received your query, asking about the nature of depression and whether we may have any advice for seekers experiencing this particular distortion in your illusion. Depression, as with all patterns that you may call painful, or uncomfortable, has its roots in some form of blockage within the self, at the most fundamental, but perhaps least descriptive level, the blockage of the heart, and/or the blockage which solidifies the walls, or increases the distance between self and the Creator that solidifies the walls of the separate self.

Q'uo: 我们是 Q'uo，我们已经接收到你的问题了，你询问抑郁的属性，是否我们会对正在体验在你们的幻象中的这种特定的扭曲的寻求者有任何的建议。抑郁，和所有你们可能称之为痛苦的，或者不舒服的模式一样，其根源都在自我内在之中的某种形式的阻塞中，在最为基本的，但也许是最缺少说明性的层次中，在心的阻塞，以及/或者加固了墙壁，或者增加了在自我与造物者之间的距离的阻塞中，这种在自我与造物者之间的距离会加固分离的自我的墙壁。

In depression there is likely an unmet expectation, a sense that the present life configurations or the flow of life is not moving according to that which was desired or expected. In depression there may be a misapprehension of the self which connects to why we of the Confederation speak often to the helpfulness of contemplating the self as the Creator; for in this misapprehension of self, the self may feel small, disempowered, unable. It may

find itself in a, as you would speak in your terrain, swamp, under darkened clouds. There is little sense of standing in the sun or feeling the sun, and the radiance, the joy, and the clear air and sense of possibility; instead there is a sense of oppression, perhaps of being lost, perhaps of looking toward the horizon and seeing only more of the same. And in depression hope thus decreases.

在抑郁中，可能会有一种未被满足的期待，一种当前的生命的配置或者生命的流动不是在根据被渴望或者被期待的事物而移动的感觉。在抑郁中，可能会有一种对自我的错误的认识，它是与为什么我们这些属于星际联邦的实体会经常谈及沉思自我就是造物者的帮助性有关联的，因为在这种对自我的错误认识中，自我是可能感觉到微小，没有力量，没有能力的。它可能发现它自己，如你们在你们这个地区会说的一样，是陷入泥潭的，是被阴云笼罩着的。几乎没有任何站在阳光之中或者感觉到太阳，发光，喜悦，清新的空气的感觉，几乎感觉不到可能性，而相反会有一种压抑的感觉，也许是迷失的感觉，也许是向着地平线眺望却仅仅之看到更多相同的事情。在抑郁中，希望就是这样减少的。

There are many specific triggers and causes and sources that may precipitate depression in the life experience, but we believe we have spoken to some of its general parameters, and in terms of what a third-density seeker may do if he or she finds themselves in such a condition, we would circle back to the contemplation of the self as the Creator. In this contemplation are borne many, many fruits, including an understanding that the self's circumstances are not imposed upon it. And in this understanding is borne the understanding that the self is not only responsible for its inner creation but as such may choose anew, may shift attitude, broaden perspective, to gain a clear view. For that swamp, while something of a container for the self's mind, and thus very real, is ultimately a misapprehension of the self and the self's situation—for the self, in its deepest, truest nature, may dissipate those clouds, shall we say, with the radiance of its heart, its connection to the Creator.

会有很多具体的触发物、原因与源头可能会在生命体验中促成抑郁，但是我们相信我们已经谈及了它一般性的参数中的一些参数了，在一个第三密度的寻求者，如果他或者她发现它们自己处于这样一种情形中，可以做的事情的方面，我们会绕一圈返回到沉思自我就是造物者。在这种沉思中会结出很多很多的果实，包括一种对于自我的环境不是被强加到它身上的理解。在这种理解中会诞生出这样理解，自我不仅仅是为它内在的造物负责任，同样也是一样可以重新选择，可以改变态度，拓宽观点，以取得一种清晰的视野。因为那种泥潭，尽管它是属于自我的心智的一个容器的某种事物，并因此是非常真实的，它最终是对自我与自我的情况的一种错误的认识——因为自我，在其最深且最为真实的属性中，是可以同它心的辐射，用它与造物者的连接来驱散这些，容我们说，阴云的。

We would also counsel the strengthening of the faculty of faith, for when the horizon looks bleak by all amassable evidence, it is only through faith that the self can see beyond what seems apparent to its eyes and know that the sun awaits the self, and know that one day, if not in this particular space/time nexus, it will be upon its journey, walking strongly on solid ground, or flying, or sailing. It is through faith that hope may energize the self and help it to get

unstuck from its tangles and patterns; for hope is always needed in this third-density illusion. [This] is especially so when the self is most hopeless. We assure each seeker that there is never a circumstance where hope is inappropriate.

我们同样也会劝告对信心的机能的强化，因为在当地平线明白无误地看起来是阴冷的时候，仅仅是通过信心，自我才能够看穿看起来对于它的眼睛是明显的事物，并知晓，太阳真等待着自我，知晓有一天，如果不是在这个特定的空间/时间的节点的话，它将会走上它的旅程，并强有力地走在坚固的地面上，或者飞行，或者航行。就是通过信心，希望可以自我充能，并帮助它摆脱它的缠绕与模式的束缚，因为希望在这个第三密度的幻象中一直都是被需要的。当自我是极其无望的时候，尤其是如此。我们向每一个寻求者确认，永远都不会有一个情况是在其中，希望是不合适的。

Is there a follow-up or another query which we may speak to?

有一个我们可以谈论的后续问题或者另一个问题吗？

Austin: No follow-up. Another question. There are a lot of seekers who read the words that you share with us, and would like to have some sort of relationship or interaction with the Confederation, but the vast majority of them don't have the ability to participate in a channeling circle like this here, and I was just wondering if there was anything you could offer or suggest to seekers like that who would like to experience the Confederation's energy, and interact with you?

Austin: 不是后续问题。是另一个问题。会有很多的寻求者读到你们与我们分享的话语，并想要与星际联邦拥有某种类型的关系或者互动，但是它们绝大多数人并不拥有能力去参与到这是在这里的这种圈子之类的一个传讯圈子中，我仅仅想要知道，是否有任何事物是你们能够提供这样想要体验到星际联邦的能量并与你们进行互动的寻求者，或者建议它们的呢？

Q'uo: Thank you for this query, my brother. We thank this instrument for checking back in with us before speaking, as this is helpful for this instrument. We have received your query about other spiritual seekers who receive our words and find resonance and inspiration resulting in their hearts and their desire, perhaps, to more directly interface with our energies. To such a seeker, we would remind them that we are but humble messengers. We have only to offer words of reflection about a reality that is not outside of themselves, but a reality that is connected to who and what they, too, are. If they feel resonance with, or identification with our words, we would remind them that it is not so much identification with us—though we may indeed be kindred spirits, and may have, or may know, or will have share in intimacy with one another—rather, what they feel inside is not Q'uo or Hatonn or Latwii per se, but deeper threads, layers, and hints of the promised land, shall we say, within the springs of restoration and healing that help the weary soul traveling through your illusion to let down the burdens to be new again.

Q'uo: 为这个问题而感谢你，我的兄弟。我们感谢这个器皿在发言之前对我们进行检查，因为这对于这个器皿是有帮助的。我们已经接收到了你关于其他的灵

性寻求者的问题，这些寻求者接收到了我们的话语并找到了共鸣与启发，这使得它们的心与它们的渴望，也许，更加直接地与我们的能量进行交流了。对于这样一个寻求者，我们会提醒它们，我们仅仅是谦逊的信使。我们仅仅需要提供对于一个并不在它们自己外部的实相，而是一个与它们是谁，同样还有它们是什么联系在一起实相的沉思的话语。如果它们感觉到与我们的话语的共鸣或者认同感，我们会提醒它们，它并不是如此大地与我们的认同——尽管我们确实是有亲缘关系的灵性，并可能已经，或者可能知晓，或者将会已经分享了与相互彼此之间的亲密性了——毋宁说，它们在内在感觉到的事情不是 Q'uo，或者 Hatonn，或者 Latwii 本身，而是在复原与疗愈的泉水中的，容我说，应许之地的更为深入的线条、层次与暗示，它们会帮助疲倦的灵魂旅行穿越你们的幻象，以将重担放下来，并再一次成为新的。

But for those wishing our service, or the reception of our energy, we would counsel, as always, the request for our presence in the meditation, for we have, shall we say, tuned our ear to the calls emanating from this planet, and when we are requested, it is as if we had received such a call, and we wish to respond with the wholeness of our being, so we may be with the self in meditation. Most of the time we would suggest that we are imperceptible, but we assure you that we are, indeed, there, supporting and uplifting the self, and we stand ready to train new channels when and as they are ready, and we wait always, behind the curtains, so to speak, to lend support, but remind the seeker that this is your stage; your life and dance [is] to live upon that stage. We watch you with admiration from a distance.

但是，对于那些希望我们的服务，或者希望接收到我们的能量的人，我们会一如既往地建议，在冥想中请求我们的在场，因为我们已经，容我说，将我们的耳朵调节到了从这个星球上散发出来的呼唤了，当我们被请求的时候，它就好像我们已经接收到了这样一个呼唤一样，我们希望用我们的存有的完整性来回应，这样我们就可以在冥想中与自我在一起了。在大多数的时候，我们会建议，我们是感觉不到的，但是，我们向你们保证，我们确实在那里支持自我并将自我高举起来，我们准备好在新的管道准备好的时候训练它们，我们会一直都，可以说是，在幕布后面等待，以借出支持，但我们却提醒寻求者，这是你的舞台，你的生命和舞蹈，就是去活在那个舞台上。我们带着敬佩从一个远处观看你。

May we speak to a follow-up or a final query at this time?

我们可以在此刻谈论一个后续问题或者最后一个问题吗？

Austin: I have somewhat of a follow-up to that. In regards to the entity that we know as Jesus, when a person feels like they have a certain experience, a personal experience, with Jesus, for example, the one known as Carla having experiences when she was young, is this an experience with literally the entity that incarnated as a wanderer from the Confederation? Or is it similar to what you were describing in your previous answer? Or is it something else where that entity, and those who followed it, have created somewhat of a thought-form that has persisted in our collective unconscious that makes that energy available to people?

Austin: 我有一个问题，它多少有些是那个问题的一个后续问题。在关于我们知

晓为耶稣的实体的方面，当一个人感觉到就好像它们拥有一定的体验，一种与耶稣的个人的体验的时候，举个例，被知晓为 Carla 的实体在她年幼的时候拥有过那样的体验，这是与实际上作为一个来自于星际联邦的流浪者而投生的实体之间的一个体验吗？或者，它与你们在你们之前的回答中正在描述的事情是类似的吗？或者它是某个别的事物，在其中那个实体，以及那些追随它的人，已经创造出的多少有些是一种思想形态，它在我们的集体无意识中持续存在，它使得那种能量可以为人所取得了？

Q'uo: We are those of Q'uo and have received your query about the possible ontological reality of these experiences of your third-density beings with a master or teacher such as the one known as Jesus. The reflective mind of the instrument that is monitoring our communication is concerned that a question about information has been asked which is not strictly inspirational, but factual, and we assure this instrument that it is okay to keep speaking, and as always, counsel discernment from any reading or receiving our words, taking into account that a human conscious instrument is transmitting.

Q'uo: 我们是 Q'uo, 我们已经接收到你关于你们第三密度的存有与诸如你们知晓为耶稣的实体之类的以为大师或者老师之间的这些体验的有可能的存在论的实相的问题了。正在监督我们的沟通交流的器皿的思索的心智担心，关于一个已经被询问的问题的信息并不是严格地有启发性的，而是事实性的，我们向这个器皿保证，去保持发言，并一如既往地咨询对任何的对我们的话语的解读或者接收的分辨力，同时一个人类的有意识的器皿正在传递纳入到考虑之中，这是没问题的。

Then, to your question, we would say that it is difficult to give a one-size-fits-all reply, for there may, indeed, be instances wherein the third-density being is interacting with the no longer incarnate soul of the master or teacher or enlightened being. For such a discarnate entity remains connected in a way which we cannot articulate, to their work upon this plane, and if, of service to others, wishes to respond to calls for service that are connected in wave-length or vibration to its work or its name.

接下来，对于你的问题，我们会说，要给予一个以一概全的回答是困难那的，因为确实可能会有一些情况，在其中第三密度的存有是与大师或者老师或者觉醒的存有的不再投生的灵魂进行互动。因为这样一个非投生的实体会用一种我们无法系统描述的方式来保持与它们在这个层面上的工作的连接，如果这个非投生的实体是服务他人的，它会希望回应对在波长或者振动上是与它的工作或者它的名字连接在一起的服务的呼唤。

However, we give this instrument the concept of archetype, or if not the appropriate term, then repository or template, into which congregate like-experiences, vibrationally similar thoughts, ideas, concepts and so forth, that then takes on a reality in the psychic substratum of your collective mind. It is possible, then, for the third-density entity to interface with this in various ways, and each interfacing adding their own coloring, not only to their subjective experience, but to the archetype itself, the archetype being a living energy, a not-static energy that grows with the evolving [collective] mind.

然而，我们会给予这个器皿原型的观念，或者如果没有适当的词语的话，知识库或者模板的观念，类似的体验，振动上是相似的想法、观点、概念以及诸如此类的事物会汇聚到其中，这个原型接下来就会在你们的集体性质的精神性的培养基中呈现出一种实相。接下来，第三密度的实体就有可能用各种各样的方式与这个原型进行交流，每一次的交流都会将它们自己染色不仅仅添加到它们主观性的体验中，同样也添加到原型的其自身，原型是一种活生生的能量，一种非静态的能量，它会随着发展演化的集体性质一起成长。

The experiences of being visited by a discarnate being with historical origin upon your plane have various depths of meaning, profundity, and even validity, for it is quite possible for the third-density mind to also, shall we say, fabricate experiences, perhaps innocently, perhaps to deceive. But we would speak to the discernment of each in attempting to assess the value and meaning of the visitation or interaction, for there are various markers along the way, just as there are markers between positive and negative and mixed contact. For those visitations or experiences of visitations that leave the self feeling illumined or uplifted or healed or not alone, these are of value and to be trusted, though it is also possible for a guide of the incarnate self to appear in a form which the incarnate self desires.

被一个在你们的层面上带有历史性的源头的非投生的存有拜访的体验，拥有各种各样的深度的意义，深刻性甚至确实性，因为第三密度的心智相当有可能同样也，容我说，杜撰体验，也许是无恶意地，也许是为了欺骗。但是我们会在尝试去评估访问或者互动的价值与意义的时候谈及每一个人的分辨力，因为沿路上会有各种各样的路标，就好像会有在正面性和负面性以及混合的接触之间的路标一样。对于那些给自我留下了被启发，或者被提升，或者被疗愈，或者不孤单的感的访问或者访问的体验，这些都是有价值的且要被信任的，尽管同样可能一个投生的自我的指引会用一种投生的自我渴望的形式出现。

We would, at this time, release the contact through this instrument with gratitude to the questioner, and to the circle, and we would transfer this contact to the one known as Jim. Adonai vasu borragus

我们会在此刻，带着对提问者，对圈子的感激放开通过这个器皿的接触，我们会将这个接触转移到被知晓为 Jim 的实体。Adonai vasu borragus。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument. We would thank each instrument today that has participated in this session of teaching and learning. We know that there have been difficulties for each instrument in participating in the normal fashion, and we appreciate the desire of each instrument to push through those difficulties and to continue to the best of their ability to serve as a channel for our words and thoughts, that there might be a delivery of inspiration to those who will read or hear these words. We know that in each incarnation there are those times of distress that can press upon the mind, the body, and the spirit in some cases, and we are most appreciative of

the determination of each instrument here to make the best use of its resources, be they high or low, distorted or clear. We thank you from the depths of our being for your efforts.

我是 Q'uo, 我再一次与这个器皿在一起了。我们会感谢每一位在今天已经参加到这个教导与寻求的集会中的器皿。我们知晓, 每一个器皿都用通常的方式参与是已经遇到了困难的, 我们感激每一个器皿熬过那些困难, 并继续用它们最佳的能力来作为我们的话语与想法的一个管道来服务, 这样就可能会有对那些将会读到或者听到这些话语的人的一种启发的传送了。我们知晓, 在每一次投生中都会有那些具有压力的时刻, 那些压力在一些情况中会压迫心智、身体与灵性, 我们对每一个在这里的器皿决心去最佳地利用它的资源是极其感激的, 无论它的资源是高还是低, 是扭曲的还是清晰的。我们从我们的存有深处为你们的努力感谢你们。

We know that each entity which partakes in these communications is desirous of being of service to others. To the greatest extent possible, this desire we share with you. It is for this common desire that we are honored to join you and to be a part of your circle of seeking, your offering of service and your sharing of being.

我们知晓, 每一个参与到这些沟通交流的实体都渴望服务他人。在有可能最大的程度上, 我们与你们分享这种渴望。就是因为这个共同的渴望, 我们对加入你们并成为你们的寻求的圈子, 你们对服务的奉献以及你们对存有的分享的一部分为荣。

At this time, we shall take our leave of this instrument and this group. We leave each as always, in the love and in the light of the One Infinite Creator who made us all, who exists within all. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻, 我们将离开这个器皿和这个团体。我们一如既往在太一无限造物者的爱与光中离开每一位, 造物者创造了我们全体, 它存在于万物之中。我们是你们知晓的 Q'uo。 Adonai vasu borragus。

December 7, 2019
2019-12-07 服务的意图与成效

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We greet each of you in love and in light. We are honored, once again, to be called to your group, for you have those questions within the mind, the heart, and the spirit that are of importance to you, and we would seek to speak to those queries as they are presented to us. However, as you know, we are not ultimate authorities. We are your brothers and sisters. We have enjoyed this journey of seeking perhaps a bit longer than have you, though we are one with you in this journey of seeking, and we would ask you to do us a favor: To take those words and concepts that we offer you this afternoon, and use them as pleases you, disregarding any that do not have meaning to you at this time. If you will do us this favor, we will feel free to speak to your queries.

我是 Q'uo，我在此刻与这个器皿在一起了。我们在爱与光中向你们各位致意。我们对于被呼唤到你们的团体，再一次，是感到荣耀的，因为你们在你们的心智、心、与灵性中拥有那些对于你们具有重要性的问题，我们会在那些问题被呈现给我们的时候寻求谈论它们。然而，如你们知晓的一样，我们不是终极的权威。我们是你们的兄弟姐妹。我们已经享用这条寻求的旅程，也许比你们已经享用它的时间要长一点点了，尽管我们在这条寻求的旅程上与你们是一体的，我们会请求你们给予我们一个恩惠：那些那些我们在这个下午提供给你们的话语与观念，如果它们让你们感到高兴，使用它们，将任何在此刻对你们没有意义的内容都抛弃掉。如果你们愿意给予我们这个恩惠，我们将感觉到可以自由地谈论你们的问题了。

Is there a query at this time with which we may begin?
在此刻有一个我们可以用来开始的问题吗？

Gary: This one comes from Corey. Corey writes, "I am currently wondering about the value and quality of service in the unseen metaphysical sense performed when under stress or in a foul mood. I work in human services with mentally ill individuals. My co-workers and I hold the intention to serve and better the lives of those we work with. On some days we might be in a poor mood for any number of reasons, and on other days, things go great. I make an effort in the direction of prayer, meditation, and tuning, so that I can be the best me for whatever the day has to offer. In the event that still doesn't seem to do much for me, I can see evidence that I'm not connecting with others or working nearly as harmoniously as in past situations where things flowed well. In this flesh and blood illusion, my lower vibration in those moments, so to speak, has noticeably blunted impact on the quality of my day and that of others. So, what I'm wondering is whether it look that way behind the scenes. I have been wondering what those of Q'uo might have to say regarding how our attitudes and state of mind can affect the service we attempt to bring

forth into our daily experience and the service we seek to offer.”

Gary: 这个问题来自于 Gorey。Gorey 写道, “我现在想要知道当处于压力之下或者处于一种淤塞的情绪之中的时候, 在看不见的形而上学的意义上被执行的服务的价值与质量。我的同事和我拥愿意去服务并改善那些我们与之一同工作的人的生活。在一些日子中, 我们可能会因为任何数量的理由处于一种糟糕的情绪中, 而在其他的日子, 事情会棒极了。我在祈祷、冥想与调音的方向中做出一种努力, 这样, 我就能够为那个日子所要提供给我的无论什么事物而成为最佳的我了。在仍旧会看起来似乎对于我不怎么顺利的事件中, 我能够看到迹象, 我并没有与其他人或者工作, 和在过去的某些在其中事情是进展顺利的情况中完全一样协调一致地连接在一起。在这个血与肉的幻象中, 我在那些时刻中的, 可以说是, 较低的振动, 已经显而易见地让对我的日子以及其他人的日子的质量的作用变得迟钝了。因此, 我想知道, 是否在幕后, 它看起来是那样子的。我一直都想知道, 在关于我们的态度与心智的状态如何能够影响我们尝试去带入到我们的日常生活的体验的服务以及我们寻求去提供的服务的方面, Q'uo 可能会说些什么。”

Q'uo: I am Q'uo and am aware of your query, my sister. This is a concern which each conscious seeker of truth may feel a harmony with, for each seeker goes through the daily round of experience with a variety of attitudes, intentions, desires, and goals. These are the motivators, shall we say, the engines that begin the catalytic process. As each seeker moves through its daily experience, noting the relative lack or presence of positive harmony and desires in its being, there may arise this concern that is the heart of the query: Does the attitude determine the value of the service?

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。这是每一个真理的寻求者都可能会感觉到与之有一种共鸣的一个关注点, 因为每一个寻求者都是带着各种各样的态度、意图、渴望与目标穿越日常生活的体验的。这些是, 容我们说, 驱动力, 是会开始催化剂过程的引擎。当寻求者穿着它的日常生活体验, 同时注意到在它的存有中的正面性的和谐与渴望的相对的缺少或者存在的时候, 就可能会升起这个关注点, 它是这样一个问题的核心: 态度会决定服务的价值吗?

My sister, we would say that the attitude provides a kind of level ground upon which one may walk so that the steps may be more or less easily traversed when the attitude is what you call positive, feeling the joy and harmony of the moment, and sharing that joy and harmony with those whom you seek to serve. In this regard, the attitude is that which facilitates the easier exchange of energies between you and those of your co-workers, and those whom you all seek to service.

我的姐妹, 我们会说, 态度提供了一种类型的一个人可以在其中行走的地面, 这样当态度是你们称之为正面性的事物, 同时感觉到那一刻的喜悦与和谐, 以及与那些你们寻求去服务的人之间对那种喜悦与和谐的分享的时候, 脚步就可以或多或少更加容易被迈出了。在这个方面, 态度是会促进在你们和那些你们的同事, 和那些你们全都寻求去服务的实体之间的更加容易的能量交换的事物。

However, the attitude, being somewhat depleted, or disharmonious, there is the concern that the service is also diminished. We would suggest that this is a

thought that rests only in the mind, in the metaphysical sense, for in the metaphysical sense, the overview is much larger, and as you look down, or through, the experience that you are having from that larger overview, you may see that it is difficult to determine what exactly has been of service, or not been of service, or how the service has been effected by the type of attitude that has propelled it into beingness between you and those about you. From this overview there could be seen various factors, such as the qualities that we have spoken of concerning the attitude, and the circumstances of the patient itself that receives what is given to it by you and your co-workers; there could also be the day outside that has a storm brewing and beating upon the windows, or the sun could be shining brightly with the birds chirping merrily. The patient may have had information from relatives or friends that was disturbing, so that no matter what your attitude, the patient would see what it would see, according to the lens of the experience of the information and how it affected the patient, and so forth.

然而，如果态度是有些被耗尽的，或者是不和谐的，就会有对于服务同样会被减少的担忧。我们会建议，这是一个，在形而上学的意义上，仅仅存在于心智之中的想法，因为在形而上学的意义上，总体看法是要远远更大的，当你们从那个更大的总体看法来俯视，或者洞悉你正在拥有的体验的时候，你可以看到，很难确定究竟什么事情已经进行了服务，或者没有进行服务，或者服务已经如何被那种类型的已经将其驱动进入到了在你和那些你周围的人之间的存在性的态度所影响了。从这个总的看法来看，能够有各种各样的因素被看到，诸如我们已经谈及的关于态度的质量，以及接收到被你和你同事给予它的事物的患者其自身的环境，外面同样可以是一场暴风雨正在酝酿并击打着窗户，或者太阳能够使明亮地照耀着，鸟儿快乐地啁啾着。病人可能已经得到了来自亲戚或者朋友的令人不安的信息，这样，无论你的态度是什么，根据对信息的体验的透镜与它如何影响病人，如此等等，病人都会看到它会看到的事物。

So, we would say to you that there is no direct way to perceive how your own emotions and intellect may affect that program of service that you wish to offer. The only means of affecting this service that you wish to offer that can be counted upon reliably, is your intention. In your intention, rests all of the metaphysical power of polarity. Your intention is all you can control. It is all that you have to offer in a stable manner, so that you can see that your efforts are powered in their heart by your intentions. All efforts of the earthly nature, by all seekers of truth, may then be viewed from this larger perspective that sees that there is no mundane or mortal offering other than intention that has the ability to be counted upon in a stable and reliable fashion.

因此，我们会对你们说，并没有直接的方式去感觉到你自己的情绪与智力如何可能影响力希望提供的服务的程序。唯一能够可靠地被依赖的，会对这种你希望提供的服务产生影响的途径，就是你的意图。在你的意图中，存在有所有具有极性的形而上学的力量。你的意图就是所有你能够控制的事物。它是所有你用一种稳定的方式所要提供的事物，这样你就能够看到，你的努力使在它们的核心之中被你的意图所供能的。由所有真理的寻求者做出的所有具有世俗属性的努力，都接下来可以从这个更大的远景而被观察，它会看到，除了意图之外，是没有任何世俗的，或者凡人的奉献是拥有能力用一种稳定而可靠的方式被依赖的。

Thusly, we suggest to you, my sister, that whatever your feelings and attitude may be as you go through the day, it would be well to begin your day with a meditation upon your intentions for the day. In this way, you may offer that which is the best that you have to offer to all those whom you will meet on your journey of seeking and serving each day of your existence.

因此，我的姐妹，我们对你建议，在你经历你的一天时，无论你的感觉或者态度可能是什么，去用你对那一天的意图的一次冥想开始你的一天，这是很好的。用这种方式，你可以提供你要向你将会在你寻求与服务你的存在性的每一天的旅程上遇到的所有实体提供你所要提供的最佳的事物了。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Not on that question, thank you, Q'uo.
Gary: 在那个问题上没有了，谢谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you. Is there a further query or another query at this time?

Q'uo: 我是 Q'uo，我们感谢你。在此刻有一个更进一步的问题或者有另一个问题吗？

Austin: I have a slightly related query that might be in two parts. The first part Ra talked about the positive path being strait and narrow, and they reference that in terms of harvestability. Could you talk about what exactly it means for the path to be strait and narrow?

Austin: 我有一个稍微有关的问题，它可能分成两个部分。第一个部分是 Ra 曾经谈到正面性的道路是狭长而窄小的，它们是从可收割能力的方面提及那一点的。你们能够谈谈，道路是狭长而窄小的，这究竟是什么意思呢？

Q'uo: I am Q'uo and am aware of your query, my brother. The path for the seeker of truth in this third-density illusion is strait as the intentions make it so. The intentions of the seeker of truth to travel this path of seeking and service to others are those values, as we have spoken before, which are the primary foundation for all execution of desire of energy expenditures and of seeking to be of service to others. Thus, the strait path is the path which is pure and is not distorted with mixed intentions. It has a purity of intention and desire so that the energy expenditure is efficient and makes contact, shall we say, with the target or end result in the seeker of truth who wishes to be of service in its process of polarizing on the positive path spiritually.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟，在这个第三密度的幻象中，道路对于真理的寻求者是狭长的，因为意图就是使之如此。真理的寻求者对于在这条寻求的道路上旅行以及服务他人的意图，是那些对能量支出的渴望以及寻求服务他人的渴望的所有的执行的主要的基础之所是的，如我们之前已经说过的一样，价值。因此，狭长的道路是纯粹，且不会因为混杂的意图而被扭曲的道路。它拥有一种意图与渴望的纯度，这样能量支出就是有成效的，对于希望在它在正

面性的道路上灵性地极化的过程中进行服务的真理寻求者，这种能量支出会与在寻求者内在之中的目标或者最终结果建立接触。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: Yes, sort of related to what you said about energy expenditure in regards to the strait and narrow path. To give an example of maybe two people living two different kinds of lives.

Austin: 是的，以某种方式与你们在关于狭长而窄小的道路的方面说过的关于能量支出的事情是有关的。举一个例子，也许有两种人，它们过着两种不同类型的生活。

One person generally has love in their heart, they evolve spiritually throughout their lives, but they also participate in the earthly game in which they do things that would be indicative of sleep: they enjoy watching television, going out and drinking on the weekends, partying with friends, etc. But they do all this with love in their heart, and they serve when they can.

一种人通常会在它们的心中拥有爱，它们在贯穿它们整个生命都在灵性上演化发展，但是，它们同样也参与到尘世的游戏，在其中它们会做那些会表示了沉睡的事情：它们喜欢看电视，在周末外出喝酒，与朋友聚会，等等。但是它们是在它们的心中带着爱来做所有这些事情，它们在它们能够服务的时候服务。

And another person who is continually refining their life and trying to cut away things that aren't being directly of service, and both of these people have the intention of love in their heart, but one of them is expending their energies specifically for service, the other one is sort of just living life with love in their heart. Are both of these people on the strait and narrow path, or is it only the one who is continually dedicating their path to service?

另一种人在持续不断地精炼它们的生命，并尝试将那些并不直接进行服务的事物切除掉，这两种人在它们的心中都拥有爱的意图，但是，它们中的一方是专门将它们的能量消耗于服务，另一方式某种类型的仅仅带着在它们心中的爱而生活。这两种人都走在狭长而窄小的道路上吗，还是仅仅只有那个持续不断地致力于它们的服务的道路的人呢？

Q'uo: I am Q'uo and am aware of your query, my brother. This is an interesting query, for it displays or reveals the type of seeking that moves higher and higher in the energy centers of the human being. The entity which works its best to give love in each situation, while not consciously seeking to refine the giving of love, to higher and higher expressions of this love/light or prana of the One Infinite Creator, is working through the red, orange and yellow, and proceeding to open the heart energy center of the green ray. This is what each entity on this planet is attempting to do at this time, for that is the goal—to move higher and higher through the lower energy centers so that the heart may be opened in unconditional love to each entity about it. This allows an entity to utilize whatever experiences come its way, whether

they be specifically spiritual, recreational, mundane, procedural, or whatever, the open heart then, tinges or colors each experience with this unconditional love that is given as a matter of fact, shall we say, a simple beaming of the unconditional love to all about one. This is a very helpful manner of being, for it is that which produces the harvestability that is desired by each entity on Planet Earth at this time.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。这是一个有趣的问题, 因为它展现或者揭露了那种在人类的能量中心中越来越高地移动的寻求的类型。那个尽其所能在每一个情况中都给予爱的实体, 尽管它没有有意识地寻求去精炼对爱的给予, 寻求对这种太一无限造物者的爱/光或者普纳 (prana) 的越来越高的表达, 它是在通过红色、橙色、黄色光芒进行工作, 并前进以开放绿色光芒的心的能量中心。这就是在这个星球上的每一个实体在此刻正在尝试去做的事情, 因为那就是目标, 通过较低的能量中心越来越高地移动, 这样心就可以在无条件的爱中向着在它周围的每一个实体被开放。这允许一个实体出现在它面前的无论什么体验, 无论它们是特别地灵性的、消遣的、世俗的、程序性的, 还是无论什么, 开放的心接下来就会用这种无条件的爱来为每一个体验着色或者染色, 这种无条件的爱是作为一个事实, 容我们说, 作为一种对一个人周围的所有事物的无条件的爱的简单的辐射而被给予的, 因为在此刻在行星地球上的每一个实体渴望的事情恰恰就是产生出可收割能力。

And then, we take the entity, which, as you mentioned, seeks to refine this spiritual seeking in a manner that is more efficient, that is more concentrated, that is more of a conscious nature so that the higher energy centers are thereby activated in order so that the green ray energy center, then, is open to such an extent that the intelligent energy, or prana, of the One Creator, moves through the green, into the blue, so that there is clear communication to other entities about one, and the ability to receive that same type of clear communication from those same entities, so there is an exchange, shall we say, from the Creator within one's being, to the Creator within those beings surrounding one.

接下来, 我们看看另一个实体, 如你提及的一样, 这个实体寻求用一种更加有成效的, 更加集中性的, 更多地具有一种有意识的属性方式来精炼这种灵性寻求的, 这样更高的能量中心就会由此被激活, 以便于绿色光芒能量中心, 被开放到了这样一种程度, 太一造物者的智能能量或者普纳, 会通过绿色光芒, 进入到蓝色光芒, 这样就会有与在一个人周围的其他实体的清晰的沟通交流, 以及一种从那些相同的实体接收相同类型的清晰的沟通交流的能力, 这样就会有从在一个人存有中的造物者到在那些在一个人周围的那些存有中的造物者的一种交换了。

This is the work of the adept as it begins to move the energies from the blue into the indigo ray where the intelligent energy of the One Infinite Creator finds a resonance with the quality of beingness that is revealed in the indigo-ray energy center. This is the center of the higher self, the self which sees the overview within the life pattern, the self which can create changes in its own consciousness at will. This is the path of the adept, and is the path of that which is followed by few who have been able to go beyond the green-ray energy center, for within this illusion, that traveling of distance is

considered quite sufficient for harvestability into the fourth density of love and understanding.

当它开始从将能量从蓝色光芒移动进入到靛蓝色的光芒的时候，这就是行家的工作了，在靛蓝色光芒中，太一无限智能能量会找到与在靛蓝色光芒能量中心中被揭露出来的存在性的质量之间的一种共鸣。这就是高我的中心，高我会看到在生命模式中的总体概观，并能够随意在它自己的意识中创造出改变。这是行家的道路，是被少数能够超越绿色光芒能量中心的实体跟随的道路，因为在这个幻象中，那么长距离的旅行会被认为对于进入到爱与理解的第四密度的可收割能力是相当足够的。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Austin: Just one more follow-up. When wanderers incarnate on Earth, are there some that incarnate with the plan or the hope to live that former life where it's just a general loving nature through the regular mundane earthly days, or do most wanderers generally hope that in incarnation they choose that path of the adept, and continually refine their service throughout their life?

Austin: 仅仅还有多一个后续问题。当流浪者在地球上投生的时候，会有一些流浪者是带着用前面那种方式生活的计划或者希望投生的吗，在那种生活中，它仅仅在穿越有规律的世俗的尘世日子的时候具有一种一般性的爱的属性，还是大多数流浪者一般都会希望在投生中它们选择行家的道路，并持续不断地在贯穿他们整个生命中都精炼它们的服务呢？

Q'uo: I am Q'uo and am aware of your query, my brother. Wanderers are a breed of being which contain a certain kind of desire that is of such strength to move into the third-density illusion of misunderstanding, of confusion, of disharmony, of a lack of any sense of the self as being any more than that which is born and that which shall live a certain number of years, and then die. This requires a certain degree of bravery, shall we say, for there is the great chance that the wanderer may not be able to remember its desired programming for the incarnation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。流浪者是一个存有的类型，它们包含了一定类型渴望，这种渴望具有这样的强度，以进入到这个第三密度的幻象中，这个幻象具有误解、混淆、不和谐、且缺少任何对自我是比那个被生下来，活一定年份的时间，接着死去的人更大的感觉的。这需要一定类型的，容我们说，勇敢，因为会有巨大的机会，流浪者可能无法忆起它渴望的投生的规划。

Each wanderer has in common with each other wanderer the first and most basic desire that is—by its very being, of expressing love to others—to be able to enhance the vibratory patterns and intensity of the Earth plane, the third-density illusion, which is in such chaotic stress that the feeling of love has the potential to reduce the level of stress and increase opportunities for clearer perceptions beyond and through the chaos, the confusion, the disharmony, and so forth.

每一个流浪者与每一个其他流浪者都共同拥有那个第一位且最为基础性的渴望，那就是藉由它的核心的存有，向其他人表达爱的渴望，这种渴望能够增强地球层面，第三密度的幻象的振动模式与强度，第三密度的幻象是处于如此的嘈杂的压力之中，以至于爱的感觉会拥有潜能去减轻压力的程度，并增加机会会让更加清晰的知觉超越并穿越嘈杂，混淆，不和谐，以及如此等等。

All wanderers have, as another goal, the desire to provide certain specific services according to their unique talents. Some become teachers of spiritual principles, some become healers of mental, emotional, spiritual, or physical difficulties, some become those who may be seen as creative artists that express through word, through paintings, through music, the love and light of the One Infinite Creator, the unity of all creation, and so forth. Others, simply go about a daily round of activities, in what could be seen as a normal third-density experience, being mothers, fathers, teachers, clerks, bishops, and so forth, and in this attempt to serve, offer that love vibration which colors each service in a fashion which those entities receiving the service become aware of, if not on the conscious level, then upon the sub-conscious level, so that the effect is, shall we say, vibrating love from the foundation of one's being, upward and outward into the conscious expression of one's own unique being.

所有的流浪者，作为另一个目标，都拥有渴望去根据它们独一无二的天赋来提供一定的具体类型的服务。一些人成为了灵性原则的老师一些人成为了心智、情绪、灵性或者身体上的困难的疗愈者，一些人成为了那些可以被视为是创造性的艺术家的实体，它们会通过文字、通过绘画，通过音乐表达太一无限造物者的爱与光，所有造物的统一性，如此等等。其他的流浪者，单纯地会着手进行一种日常生活的活动，在能够被视为是一种通常性的第三密度的体验的事物中成为母亲、父亲、老师、职员、主教，如此等等，并通过这种进行服务的尝试，来提供那种会用这样一种方式为每一种服务染色的爱的振动，那些接收到了服务的实体会开始察觉到这种方式，如果不是在有意识的层次上的话，那么就是在潜意识的层次上察觉，这样，容我说，效果就是从一个人的存有的基础振动的爱，这种爱会向上并向外，进入到一个人自己独一无二的存有的有意识的表达之中。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you very much.

Austin: 没有了，非常感谢你们。

Q'uo: I am Q'uo and again, we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，再一次，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Brandon: I have one, please. In creating my blog and telling about my history, I want to talk about the principles of The Law of One. Do I need to be concerned about abridging the free will of people who are reading my blog by telling my story and how those principles helped me overcome my

trauma?

Brandon: 我有一个问题。在创作我的博客并讲述我的历史的过程中, 我想要谈论一的法则的原则。我需要关注对藉由藉由讲述我的故事以及那些原则如何帮助我超越了我的创伤而使得正在阅读我的博客的人的自由意识的删减的问题吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Again, as all seekers of truth who wish to offer themselves in service to others, you are quite free to choose your path of seeking and of serving, for you are the same as all of those whom you shall attempt to serve, by doing whatever it is that you choose to do—whether it be your blog, the way in which you live your life, the experiences that you share with those about you that are closest to you, and so forth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。再一次, 如同所有系统通过服务他人来奉献它们自己的真理的寻求者一样, 你在选择你寻求与服务的道路的方面是拥有相当大的自由的, 因为, 藉由做无论什么你选择去做的事情——无论它是你的博客, 你通过其活出你的生命的方式, 你与那些在你周围的人分享对于你是最为密切的事物, 如此等等, 你和所有你将尝试去服务的人是一样的。

Each seeker of truth, has the ability and the freedom to be and to share whatever it is in their heart that wishes to be shown to others and shared with others as an offering of love and of service, not only to others, but also to the One Infinite Creator who exists within each other being, including yourself, with whom you shall share this blog.

每一个真理的寻求者都拥有能力与自由去成为无论什么事物并分享那些事物, 只要那些事物在它们的核心之中是希望被展现给其他人, 并与其他人分享, 作为一种爱与服务的奉献, 不仅仅是对其他人的奉献, 同样也是对存在于每一个其他存有中的太一无限造物者的奉献, 包括你自己, 以及你将会与之分享这个博客的其他实体。

You are always going to be viewed as the same as each other self you seek to serve by these other selves, for each knows that all selves have the great desire to be of service if they are upon the positive path; and yet, this desire is not enough to erase all distortions, shall we say, for each entity has those qualities of imperfection or distortion that are pre-incarnative choices that allow certain lessons to be learned.

你将一直都会被这些其他自我视为是与你寻求服务的每一个其他自我是一样的, 因为每一个自我都知晓, 如果它们是走在正面性的道路上的话, 所有的自我都拥有进行服务的伟大的渴望, 而这种渴望并不足以消除所有的, 容我们说, 扭曲, 因为每一个实体都拥有那些投生前选择的具有不完美或者扭曲的特性, 它们会允许一定的课程被学习。

Thus, each entity has, shall we say, clay feet. Each entity is human, each entity has the possibility of error within any portion of its being. So, this is well known by all, and is oftentimes overemphasized by some so as to reduce the effectiveness of one or another's service. However, each entity also knows that deep within each self there is the one Creator that desires to express itself

through you and each thing that you do in your daily round of activities.
因此，每一个实体都拥有，容我说，致命缺点 (clay feet)。每一个实体都是人类，每一个实体都在它的存有的任何部分中拥有错误的可能性。因此，这是被所有人清楚知晓的，这时常会被一些人过度强调，以至于会减少一个人或者另一个人的服务的成效了。然而，每一个实体同样也都知晓，在每一个自我内在之中都有太一造物者，造物者渴望通过你们以及你们在你们的日常生活的活动中做的每一个事情来表达祂自己。

If you are able to open yourself to it in enough purity of desire, that it may move through you and live your life for you in some instances, oftentimes in just the manner in which you are speaking so that you become inspired by the One Creator, to give this or that piece of information in such and such a manner that might be of more service than had you not opened yourself to the one who is within all.

如果你能够通过足够的渴望的纯度让你自己向造物者开放，这样造物者就可以移动通过你，并在一些情况中，时常恰恰就是用你通过其发言的方式，为你活出你的生命，这样你就会被太一造物者启发，以用这样或者那样一种方式给出这样或者那样的信息，相比如果你没有让你自己向着存在于万物之中的太一开放，这种方式是可能会具有更大的服务的。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Brandon: No, that was good, thank you.
Brandon: 没有了，那是很好的，谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, in the majority of the Ra contact, Ra uses the word "control" in association with those of the service-to-self polarity. However, there are instances where control is used in a positive or non-negative context. How do those of the positive path wield control in their own lives or with their own catalyst, or in their own sphere?

Gary: Q'uo, 在绝大多数 Ra 接触中，Ra 使用“控制”这个词语来与那些属于服务自我的极性的实体联系在一起。然而，会有一些情况，控制是在一种正面性的或者非负面性的上下文中被使用的。那些属于正面性的道路的人如何在它们自己的生命，或者对它们自己的催化剂，或者在它们自己的范围内，使用控制呢？

Q'uo: I am Q'uo and am aware of your query, my brother. Once again, we return to the concept of intention. The use of any type of control is determined to be either a positive type of control or a negative type of control, according to the intention behind the use of control. If one intends and wishes to control certain words or emotions or actions of the self in order to keep from infringing upon the free will of another self, this intention is of a

positive orientation. If one wishes to use control of intentions or expressions of intentions in order to gain from an other self that which is the other self's—that is the power of the other self by dominating and controlling the other self—this is negative intention. Therefore, it is the intention, once again, which determines the nature of the experience.

Q'uo: 我是 Q'uo, 我了解了你的问题了。再一次, 我们返回到意图的概念。对任何类型的控制的使用时根据在对控制的使用背后的意图而被确定是要么是一种正面类型的控制, 要么是一种负面类型的控制。如果一个人打算并希望控制自我的一定的话语、或者情绪、或者行动, 以便于避免侵犯另一个自我的自由意志, 意图就是具有一种正面性的取向的。如果一个人希望使用对意图的控制或者对意图的表达, 以便于从一个其他自我身上取得属于其他自我的事物——也就是说, 藉由征服与控制其他自我来取得其他自我的力量——这就是负面性的意图。因此, 决定体验的属性的事物, 再一次, 是意图。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Not in that line. There's a query from a reader named Julio, who writes: "I thought I'd gotten quite good at using catalyst, but recent consequences to my actions tell me differently. Do you have any advice on how best to use and interpret the catalyst that I'm facing right now, or perhaps catalyst in general, as well, so that everyone can benefit from this.

Gary: 不是在那条线路上的。有一个问题, 它是来自于一个叫做 Julio 的读者, 它写道, "我认为我对使用催化剂已经是相当擅长的了, 但是最近我的行动的结果告诉我不同的事情。你们对于如何最佳地使用与解释我现在正在面对着的催化剂有任何建议吗, 或者也许同样也是一般性的催化剂, 这样每一个人就都能够从这个问题受益了。"

Q'uo: I am Q'uo and am aware of your query, my brother. We would suggest that if you wish to determine how your catalyst or behavior towards another entity affects that entity, there may be engaged with that entity a conversation that inquires as to how this entity perceives the interaction it has experienced with you by such an interchange of blue-ray communication. There may be an erasing of difficulty and confusion so that you may see more clearly how your actions, your thoughts, and your words have an effect upon another being. If you are concerned with your actions in general, and how it provides catalyst for others that you may not be able to have such a communication with, we would recommend that you retire to the meditative state, look within your being, and see how you might become the other self, or other selves that would experience your sharing of the nature of yourself which you describe as catalytic.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们会建议, 如果你希望确定你的对于另一个实体的催化剂或者行为举止会如何影响那个实体, 可以与那个实体进行一场谈话, 以藉由这样一种蓝色光芒的交流的互动来了解这个实体会如何感知它已经你一起体验到的互动。可能会有一种对困难与混淆的消除, 这样你就可以更加清楚地看到, 你的行动, 你的想法, 你的话语如何会对另一个存有

拥有一种作用了。如果你关心你一般性的行动，以及它如何会为其他的你可能无法与之进行这样一种沟通交流的人提供催化剂，我们会建议，你退入到冥想状态中，在你的存有内在之中检查，并看到你如何可以成为会体验到你对那种你描述为催化剂的，你自己的属性分享一个或者多个其他自我。

In this fashion, as you begin to partake in the nature of the other being's reality, you may be able to determine how your behaviors affect others, and thereby adjust your behaviors, if this is your desire. Or you may, indeed, go further than this, and use the perception you have gained by becoming the other self to engage in the balancing process, so that you take that behavior that you offered to another, and balance it by increasing its potency, its expression, so that it may then begin to attract to you, the opposite of its expression, that you also allow to grow in magnitude until it equals the other expression, then accept yourself as a balanced being in this regard.

用这种方式，当你开始参与到其他存有的实相的属性之中的时候，你可能能够确定你的行为举止如何影响其他人，并因此调节你的行为举止，如果那是你的渴望的话。或者你可以，确实，比这更进一步，使用你已经藉由成为其他自我而取得的知觉，来参与到平衡过程中，这样你就会拿起你提供给另一个实体的那个行为举止，藉由增加它的潜能、它的表达来平衡它，这样它就可以接下来开始将它的表达的对立面吸引到你身上，你同样也会允许那个对立面在大小上的增加，一直到它与其他表达是同等的，接下来，你就会接受你自己是在这个方面的一个平衡的存有了。

Is there a final query at this time?

在此刻，有一个最后的问题吗？

Austin: I have one going back to intention. Sometimes in my path I have uncovered unconscious intentions that were sort of hidden behind false intentions—I thought I was intending something positive and then discovered that I had deeper, undiscovered drives behind that intention. So, I'm wondering, if when you talk about intention, you mean that it is the deep true intention and not just the surface intention, and how we can help to understand what these hidden intentions might be if we have them.

Austin: 我有一个问题，它返回到了意图。有时候在我的道路上，我已经揭露了那些以某种方式被隐藏在虚假的意图背后的无意识的意图——我认为我正在打算某种正面性的事情，却接下来发现我在那个意图背后拥有一种更为深入的，未被发现的驱动力。因此，我想要知道，在你们谈论意图的时候，你们的意思是不是，它是深入的真实意图，而不仅仅是表面的意图，我们如何能够帮理解，这些隐藏的意图可能是什么，如果我们拥有它们的话。

Q'uo: I am Q'uo and am aware of your query, my brother. Yes, indeed, the intentions that are first expressed are those of the conscious mind which proceed from the surface experience of the seeker of truth. These intentions are valid and substantial enough to serve as a means of giving value in the metaphysical sense to any action, word, or deed, that may proceed from the seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。是的, 确实, 首先被表达的意图是那些属于表面意识的心智的意图, 它们是从真理的寻求者表面的体验前进的。这些意图是足够有效且实质性的, 以起到用形而上学的方式为从真理的寻求者前进的任何的行动、话语、行为赋予价值的作用。

However, as you have described, there are layers to all experience. Most of these layers of experience are those which lie in the future of the entity as it proceeds past the green-ray energy center, and becomes the adept, or, indeed, as the entity moves from the third-density illusion into the fourth density and succeeding densities where this balancing process of intentions becomes ever more finely tuned, for each intention, and each type of catalyst, and each type of experience that any seeker of truth proceeds from, or originates from within, has these layers that allow a finer and finer perception by the seeker of more and more of its own beingness until this beingness expands outward in a fashion which includes the entire creation, and the One Infinite Creator residing within.

然而, 如你已经描述过的一样, 所有的体验都有层次。这些体验的层次中的大多数的层次是那些存在于实体的未来之中, 在它前进超越绿色光芒能量中心, 并还曾为行家的时候, 或者确实, 当实体从第三密度的幻象进入到第四密度, 以及随后的密度之中, 在其中这个对意图的平衡的过程会变得越来越更加精细地被调节, 因为每一个实体, 与每一种类型的催化剂, 任何真理的寻求者从内在之中前进或者起源的每一种类型的体验, 都拥有这些层次, 它们会允许寻求者对它自己的越来越多的存在性拥有一种越来越更加精细的知觉, 一直到这种存在性用一种包含了整个造物以及居住在内在之中的太一无限造物者的方式向外拓展。

As the One Creator, that portion of yourself which seeks the deepest level of intention can discover these layers of the being, and be able to channel, shall we say, this information in a useful fashion in the daily round of activities in an inspired fashion. The layers of intention, then, reveal more of your true self to you, going through the darkness of doubt, the darkness of misinterpretation and so forth, begin to see the light of day, the brightest light of day, noon day sun shining upon one, so that all is revealed clearly as the One Infinite Creator, knowing itself through every action of every being throughout all time, infinitely.

当太一造物者, 你自己的那个寻求意图最深的层次的部分, 能够发现这些存在性的层次, 并能够用一种有用处的方式, 在日常生活的活动中, 用一种受启发的方式, 容我们说, 传讯这个信息的时候, 接下来, 这些意图的层次, 就会向你揭露更多的你的真实的自我, 穿越混淆的黑暗, 误解的黑暗, 以及如此等等, 开始看到白天的光, 白天最明亮的光, 在一个人上方照耀的正午的太阳, 这样所有事情就会清晰地被揭露出来就是太一无限造物者, 祂通过贯穿所有的, 无限长的时间的每一个存有的每一个行动知晓祂自己。

At this time, we shall take our leave of this instrument and this group. Again, we thank each of you for inviting our presence in your circle of seeking this day. As always, you provide us with the greatest of inspirations because you move through this heavy, dense, chemical illusion, this miasma of

misinformation and doubt, this divisive nature of one's being that knows not it is the One Creator, that knows not that there is love in every soul, love in every moment. You travel this path valiantly and we cheer you on—you are our heroes. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个器皿并理解这个团体。再一次，我们感谢你你们每一位邀请我们今天出席你们寻求的圈子。一如既往，你们提供给了我们最大的情感，因为你们穿越这个沉重的、厚重的化学性的幻象，这个错误信息与疑虑的瘴气，一个人的存有的这种造成分裂的属性，它不知晓它就是太一造物者，它不知道在每一个灵魂中都有爱，在每一个时刻中都有爱。你们勇敢地旅行这条道路，我们为你们加油——你们是我们的英雄。我们是你们知晓的 Q'uo。Adonai vasu borragus。

2019-12-11 传讯练习：爱的旗帜与责任

Practice Channeling Circle
December 11, 2019

Group question: In times of overwhelming catalyst, how do we maintain sight of the light in the world that informs our seeking and our service?

团体问题：在遇到了压倒性的催化剂的时刻中，我们如何保持对在世界中的那种鼓舞了我们的寻求和我们的服务的光的注视？

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument at this time. We are eager to join your circle of seeking, for we have listened to your hearts as you speak from this unquenchable thirst to know love, to give love, and to be able to move in the rhythm of love in your daily life when your daily life seems like a travail of tears and sorrow, with difficulties, doubts and confusions. We are aware that you experience these facets of the jewel of your being in a manner which at times seems most overwhelming. We hope, this evening, to be able to introduce you to other facets of that jewel that might be able to shine a light upon your heart and mind, in a manner which is assuring and comforting, so you know that you do not walk alone on this path that you tread, that there are many angels and entities of an unseen nature that walk with you every step, that you shall surely be illumined by their constant efforts to bring you comfort and to bring to you that feeling that you can deal with the experiences that seem so overwhelming from time to time, for this is your destiny, my friends. You, who live in this illusion of third density on Planet Earth at this time move and live and have your being in a most confused atmosphere of antagonism, separation and the accumulative effects of anger and being unable to perceive each other as the one who is in all.

我是 Q'uo，我们在此刻与这个器皿在一起了。我们渴望加入你们寻求的圈子，因为当你们的每一天的生命看起来似乎是一场具有泪水与忧伤，具有困难、困惑与混淆的苦工的时候，我们已经在你们从这种对知晓爱、给予爱，并能够在你们的每一天的生命中在爱中旋律中移动的无法压制的渴望而发言的时候聆听你们的心了。我们知道你们都用一种时常看起来似乎极其压倒性的方式体验到了你们的存有的宝石的这些面向了。我们希望今晚能够向你们介绍那个宝石的其他的一些面向，这些面向可能能够，用一种会确信与安慰的方式，将一种光照耀在你们的心与心智上，这样你们就会知晓，你们并不是独自走在这条你们所走的道路上，会有很多的天使以及具有一种无形的属性的实体会与你们一起走出你们的每一步，你们将肯定会被它们持久的努力所照亮，它们努力带给你们安慰并带给你们那种感觉，你们能够与这些时不时地看起来似乎如此压倒性的体验打交道，因为这就是你们的命运，我的朋友们。你们这些生活在行星地球上的第三密度的幻象中的人，在此刻是在一个极其混淆的氛围中移动、生活并拥有你们的存有的，这个氛围是具有敌对、分离且具有积累性的愤怒，以及无法将相互彼此感觉为在万物之中的合一的效果的。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo and we greet you through this instrument, thanking it for its fastidiousness, and issuing to us a challenge. We would continue on this topic of holding the light in what seems like an enveloping darkness, for the illusion presents you with myriad opportunities to forget or lose sight of the light which built all that there is, and the light which exists forever new and eternal in the center and depths of your being.

我们是你们知晓的 Q'uo，我们通过这个器皿向你们致意，并为它的一丝不苟，以及它向我们发出了一个挑战而感谢它。我们会在这个在看起来好像是一个包裹性的黑暗中举起光的主题上继续，因为幻象会向你们呈现出无数的机会去忘记或者看不见那种构建了一切万有的光，那种永远崭新地存在，且在你的存有的中心与深处永存的光。

This was by design, my friends, that you would seem to become lost or disoriented or astray in an environment of darkness where the Creator's love and the Creator's light are not apparent. It does not seem visible, the unity of all things, in the actions and attitudes and orientations of your peoples. The opposite seems to be the case to those within the illusion, and this has something of an hypnotic effect upon those experiencing incarnation in your experience.

我的朋友们，你们看起来似乎在一个黑暗的环境中是迷失的，或者是找不到方向的，或者是误入歧途的，这是被打算好的，在这个黑暗的环境中，造物者的爱和造物者的光并不是明显的。在你们的人群的行动、态度与取向中，所有事物的统一性，这并不是看起来似乎是看得见的。对于那些在幻象中的人，情况看起来似乎是相反的，这对那些在你们的体验中正在体验投生的实体会拥有某种具有一种催眠性的作用的事物。

In each moment, in each day, you receive more points or streams of stimulation, simulation, and data than your conscious minds can know. And each of these points of information is speaking to you of the separation of all things. It lulls you into an utterly convincing daydream, or incarnational dream, we might say, and it is within this perspective of separation that the self mistakenly relies solely upon its own resources in navigation and vision. These resources are limited, finite, easy to exhaust, and when these resources of self are called upon for facing catalyst which is great and heavy and overwhelming, the self can become exhausted, strained beyond its perceived capacity, and then the walls may seem to close in tighter, for in this illusion nothing is guaranteed. That which transpires for you will be...

在每一刻之中，在每一天中，你们都接收到了比你们的有意识的心智能够知晓的

刺激与数据更多的刺激点与刺激流。这些信息点中的每一个都对你们谈及了所有事物的分离。它让你们催眠进入到一种完全令人信服的白日梦，或者，我们可以说是，投生性的梦境中，就是在这种分离的观点中，在导航与观察之中，自我错误地单单依赖于它自己的资源。这些资源是受限制的，有限的，容易耗尽的，当这些自我的资源被依赖，以面对那种巨大，沉重且压倒性的催化剂的时候，自我就能够变得筋疲力尽，紧张到了超出它被感觉到的能力范围，接下来，墙壁可能看起来似乎更紧密地封闭起来了，因为在这种幻象中，没有任何事物是被许诺了的。对于你发生了的事情将会是.....

We pause that the instrument may deepen the connection.
我们暂停，这样器皿就可以加深连接了。

We resume by returning to the thread of your resources, and highlighting again, that the resources of the human mind complex have their limits, and when they seem to be exhausted or collapsed, then it may seem difficult, if not impossible, to successfully process the catalyst of the day or the moment, but we remind each that within the heart is a direct connection to that which is infinite, that which is in the now.

我们会藉由返回到你们的资源的线条来恢复，我们再一次强调，人类的心智复合体的资源是拥有它们的限制的，当它们看起来似乎是被耗尽或者崩塌的时候，接下来，要成功地处理那一天或者那一刻的催化剂可能看起来似乎是困难的，如果不是没有可能的话，但是我们提醒每一个人，在心中会有与无限的事物，与在当下之中的事物的一种直接连接。

Connecting with this resource allows the human entity to view that which so troubles the soul and calls the self to question the self, or reality, or one's planetary environment, and instead of allowing the circumstances of the illusion to define the self, the self instead, knowing who it is, knowing itself as a child of eternity, is radiant, is able to see, not through analysis per se, not through the news precisely, but through the light that emits from the self's eyes, funneling itself upward and downward from the Creator itself. This light that emits from the self when it reaches that which is within the attention of the self, what it reflects back is not the narrative that the news cycles or the planetary consciousness would convey, but a much higher narrative.

与这个资源的连接允许人类的实体观察那个让灵魂感到如此困扰，并呼唤自我来质疑自我，或者真相，或者一个人的环境的事物，不是允许幻象的环境来定义自我，而是自我，在知晓它是谁，知晓它自己是一个永恒的孩子，的情况下，是发光的，是能够洞悉，不是看穿催化剂本身，不是准确地看穿新闻，而是洞悉从自我的眼睛中散发出来的光，这种光会让其自身向上成漏斗形汇聚，并从造物者其自身向下成漏斗形汇聚。这种从自我散发出来的光，当它抵达在自我的注意力之中的事物的时候，它反射回来的事物不是对新闻重复或者全球意识传递的记事，而是一种更高的叙述。

What the light emitting from your eyes reflects to you is that which the illusion hides from you, that being the Creator in all things, in the tragedies and the triumphs. Even the darkest corners of your illusion are not outside of this

Creator, and are not outside of the self, the all self. This understanding is knowable, is available to each within the illusion and, to speak to your query, persistence is a necessary portion of coming to this realization from a seeming place where this is not realized, for the illusion will give you uncountable reasons to stop, to sink into despair or defeat or cynicism. Persistence is necessary to continue in this search, particularly as that which is sought is unseen and non-apparent to the eyes. It is, instead, believed or sensed; it is instead, only through faith that the third-density entity understands what may be available to the self on the other side of an illusory separation.

从你们的眼中散发出来的光向你们映射的事物，就是幻象对你们隐藏的事物，那就是在万物中，在悲剧与胜利之中的造物者。甚至是你们的幻象的最黑暗的角落不会落在这个造物者之外，不会落在自我，全我之外。这个理解是可以知晓的，是可以为在幻象中的每一个人所取得的，谈及你们的问题，坚持不懈是从一个看似在其中这是不会被领悟的位置取得这种领悟的一个必不可少的部分，因为幻象将会给予你们数不清的理由去停止，去陷入到绝望、或者挫折、或者愤世嫉俗之中。坚持不懈对于继续这种寻求是必不可少的，尤其是在被寻求的事物是眼睛看不见，且对于眼睛是不明显的时候。相反，仅仅是通过信心，第三密度的实体才会理解，在具有一种虚幻的分离的另一面上可以为自我所取得的事物可能是什么。

This instrument asks us to move on, and we do so with gratitude to this circle, transferring our contact to the one known as Kathy.

这个器皿请我们继续前进，我们会带着对这个圈子的感激这样做，并将我们的接触转移到被知晓为 Kathy 的实体。

(Kathy channeling)

(Kathy 传讯)

We are those of Q'uo and we are with this instrument, and like the candle shining brighter in the darker place, we delight in commenting further on the idea of light. The light that is in your hearts and minds and consciousnesses, the light that is in everything that is seen, or rather perceived by those who walk carefully and as they need to in the daily life of Earth where it sometimes seem that the light can't be seen, can't be felt, but it is there, it has always been there. It is the light and love of creation itself and those lights shine continually night and day in whatever conditions, whatever events seem to transpire in the illusion.

我们是 Q'uo，我们与这个器皿在一起了，就好像在较为阴暗的地方蜡烛会更加明亮地照耀一样，我们为更进一步在光的观点上进行评论而感到高兴。在你们的心、心智与意识中的光，那种在每一个事物中被那些仔细地行走的人看到的，或者，毋宁说是被它们感觉到的光，当它们在地球的日常生活中需要处于有时候看起来似乎是光无法被看到，无法被感觉到，但是它是在那里的位置的时候，它是已经一直都在那里的了。它是造物其自身的爱与光，那些光会在无论什么情况中，在无论什么看起来似乎是在幻象中发生的事件中日以继夜地持续不断闪耀。

And so we say, to perhaps close one's outer eyes to the world of illusion, to be able to perceive the beauty, the love of this light that does shine everywhere. You could perceive them as pearls of lights everywhere, as in your white Christmas lights sometimes look, but they are connected everywhere like a web, all over creation, and to touch one is to touch them all, and to perceive the grandness of creation itself, and with that to feel the hope that comes from touching just one of these lights, knowing you are touching all of creation.

因此我们说，也许对幻象的世界闭上一个人的外在的眼睛，你能够感觉到确实在每一个地方闪耀的这种光的美丽与爱了。你能够感觉到它们就如同无处不在的光的珍珠，如同在你们的白色圣诞节的中的彩灯有时候看起来的一样，但是它们是如同一个网一样地在整个造物的每一个地方都被连接起来的，接触一个光，就是接触它们全部，感觉到造物其自身的宏大性，并带着那种感觉，感觉到从接触这些光中的仅仅一个光而产生出的希望，知晓你是在接触整个造物。

And so, in broadening your perception just a little, to be able to see and to perceive, to feel and to know, that this light that is everywhere does give hope. It is meant to uplift. It is meant to enlighten one's own knowing of the purpose of life, for the purpose of life is felt in sometimes even the smallest of kindnesses, the tiniest of gestures toward one another, in the plant and animal world, the Earth itself or from person to person.

因此，在扩宽你们的知觉一点点，一能够看到，察觉到，感觉到并知晓的过程中，这种无处不在的光确实是在给予希望的。它是打算要提升的。它是打算要启发一个人对生命的目的的知晓的，因为生命的目的有时候是在甚至最小的善意中，在为微小的对相互彼此的姿势中，在植物和动物世界中，在地球其自身中，或者从人到人被感觉到的。

This is what true existence is made of. It is not always easily perceived during the daily life on Earth, but it is there, and when one closes one's eyes to the outer illusion, and breathes in a sense of peace and hope, knowing these lights are there, that are always there, in which each one contains a magnitude of love for each person, for each creature on Earth, one then turns the world inside out to see what it's really made of.

这就是真实的存在性由其制成的事物。它在地球的日常生活期间并不会一直都会容易被感觉到的，但是，它在那里，当一个人对外在的幻象闭上眼睛，在一种对平安与希望的感觉中呼吸，同时知晓这些光在那里，这些光一直都在那里，在这些光中，每一个人都包含有对每一个人，对在地球上的每一个生灵的一种巨大的爱，一个人接下开就会将世界由里到外翻转过来，并看到它真正由其所制成的事物。

We hope that this gives you a sense of the light creating a betterment for all living things on Earth, and we know are with you always, but now pass this contact to the one known as Austin. We are those of Q'uo.

我们希望这个给与了你们一种对光的感觉，光为所有在地球上的活着的事物创造出一种改善，我们一直都与你们在一起，但是，现在我们会将这个接触传递给被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)
(Austin 传讯)

We are known to you as those of Q'uo, and we are now with this instrument. We hesitate to emphasize the unusual and unique nature of the circumstances upon your planet at this time, for some distortion may come from over-emphasizing any circumstances. Yet, make no mistake, my friends, the current energies upon your planet are impressive from our perception, and your persistent desire to share the love and the light of the Creator among such chaos and confusion is beyond admiration.

我们是你们知晓的 Q'uo，我们现在与这个器皿在一起了。我们很不情愿强调在此刻在你们的星球上的环境的非同寻常且独一无二的属性，因为某种扭曲可能会从对任何环境的过度强调而产生出来。而我的朋友们，这样说是不会出错的，在你们星球上当前的能量，从我们的观点看，是令人印象深刻的，你们对于在这样的混乱与混淆当中分享造物者的爱与光的坚持不懈的渴望是无比令人敬佩的。

As seekers upon the positive path with the desire to serve others and to share the love of the Creator, a choice was made by each seeker to take up the banner of love and carry it forth into the world. And in taking up this banner, it is quite common for well-intentioned seekers to place many expectations upon themselves in the name of love, which this banner represents. The seeker tends to place themselves within a story and construct a certain context around their desire to serve that is mired with expectations placed upon the self, [including] the notion of obligation of the seeker to behave or persist in spite of any circumstance and any challenge. And when the seeker stumbles and trips and perhaps even falls backwards upon the path, a heavy burden is felt—expectations unmet become like a heavy weight and guilt becomes the new story that the seeker participates in.

作为走在正面性的道路上的寻求者，它们会带有一种去服务他人并分享造物者的爱的渴望，一个选择会被每一个寻求者做出，那就是去举起爱的旗帜，并将它带入到世界中。在举起这个旗帜的过程中，对于意图良好的寻求者相当常见的事情是，它们会将很多期待以这些标语说代表的爱的名义施加在它们自己身上。寻求者倾向于将它们自己放置在一个故事中，并在它们服务的渴望周围构建一定的背景环境，这个背景环境是因为被放置在自我身上的期待而泥足深陷的，包括对于寻求者不顾无论什么环境与挑战都要行动或者坚持不懈的负责的看法。当寻求者摔跤或者绊倒的时候，也许甚至在道路上向后倒下的时候，一种沉重的负担是被感觉到的——无法被满足的期待会好像一种沉重的重量，内疚会成为寻求者参与到其中的新的故事。

We encourage you to, when you find yourself in such a situation feeling unable to bear the weight of your circumstances and the inability to perform as you feel that you should, look back to that original desire to serve and look to the love that first caused you to take up this banner. You may find in looking to this original desire that this love has no expectation. There are no obligations to fulfill when carrying this banner. These concepts are

constructed and placed upon the self, by the self—sometimes with the aid of society, with the aid of ideologies given to the seeker, or with the aid of pressures of social complexes that the seeker operates within—yet all of these things speak of illusion built upon the love that you so desire to give. And it is quite easy to become lost within these things, for they represent the illusion as much as the vast and complicated circumstances that inspired you to share this love and place these obligations upon yourself.

当你发现你自己处于这样一个情况中，感觉到无法承受力的环境的重量，且无力如同你感觉到你应该做地一样行动的时候，我们鼓励你去回顾那种进行服务的原初的渴望，检查一开始使得你举起这个旗帜的爱。在举起这个旗帜的时候是没有要去执行的责任的。这些观念是被自我构建并被放置在自我身上的——有时候是在社会的帮助下，在被给予寻求者的意识形态的帮助下——而所有这些事情都谈及了被构建在你如此渴望去给予的爱之上的幻象。要在这些事情中迷失是相当容易的，因为有多少巨大而复杂的情况启发你们去分享这种爱，并将这些责任放置在你自己身上，它们就代表了多少的幻象。

So, we encourage each seeker who feels unable to move forward to recognize that the first step in recognizing that this love is not bound by expectations is to simply accept that which is occurring in this moment, no matter the circumstance, and no matter the emotion or feeling—whether one feels desperation, or anger, or guilt, or any of the complicated emotions that swarm the seeker failing to meet its own expectations. Accept whatever is felt. Recognize that these, too, are housed in the love of the Creator, and allow these things to exist in the self without judgment, and without evaluation, for all emotions and feelings are sacred, and all have their place in the great faceted jewel of the individual which is a spark of the One Creator.

因此，我们鼓励每一个感觉到无法前进的寻求者都认出，在认出这种爱是不会被期待所束缚的过程中的第一步就是去单纯地接受在这一刻中正在发生的事情，无论环境是什么，无论情绪或者感觉是什么——无论一个人是感觉到绝望，还是愤怒，还是内疚，还是任何充满了那个无法满足它自己的期待的寻求者的复杂的情绪。接受无论什么被感觉到的事物。认出，这些同样也是存在于造物者的爱之中的，允许这些事情存在于自我之中，而没有评判，没有评价，因为所有的情绪与感觉都是神圣的，所有事物都在个体的伟大的有侧面的宝石中拥有它们的位置，个体就是太一造物者的一个火花。

It is this acceptance of the self within any circumstance among the backdrop of any feeling or emotion that will allow the seeker to persist through whatever illusory circumstance has generated this catalyst. And you may find that, resting in this acceptance, you will be renewed eventually, and the difficulty that is placed upon you will only aid in transformation and eventual lightening of the self.

就是这种在任意的感觉或者情绪的背景当中，在任何情况下对自我的接纳，将会允许寻求者坚持下去，无论是什么虚幻的情况已经产生出了这个催化剂。你们可能会发现，当在这种接纳性中的休息的时候，你们将会最终恢复精力，被放置在你们身上的困难，将仅仅会在对自我的转变以及最后对自我的启发中起到帮助。

We reserve one further thought to be presented lastly, for we wish not to place emphasis upon this advice, as it is secondary to the essential nature of the ever-present love of the Creator. Yet sometimes understanding the circumstances in which one finds oneself aids in allowing for the easing of one's self-told stories and releasing of expectations of the self.

我们将一个更进一步的想法保留到在后来给予，因为我们不希望将重点放在这个建议上，因为它对于造物者的一直都存在的爱的实质性的属性是次要的。而有时候，对于一个人发现它自己处于其中的环境的理解，会在允许对被告知一个人的自我的故事感到放松，并释放自我的期待的方面起到帮助。

Within your society, at this time, there are many, many, many influences with many intentions from many sources [affecting you]. Some of these sources and intentions have, as their goal, the feeling of failure that you feel, the feeling of being overwhelmed for seekers such as yourself. There are some influences woven into the vast complexity of energetic patterns in your daily lives intentionally designed to spawn these feelings that you inquire about tonight. We encourage you not to attempt to pick apart this tangle of patterns and identify the specific sources with specific intentions, but simply offer the advice to be aware of your reactions and your state of mind as you move throughout the day and expend your energy interacting with this complex field of tangled energies—for in doing so, you may find that some expenditures of your energy have undue influence or drain upon your being, and attempts to simplify and rearrange your life patterns could result in great effect in lessening the difficulty that you inquire about this evening.

在你们的社会中，在此刻，会有很多很多的影响，它们会带有来自很多正在影响你们的源头的意图的。这些源头与意图中的一些，作为它们的目标，会产生出那种你们感觉到的失败感，以及对诸如你自己之类的寻求者是压倒性的感觉。会有一些影响是被编织进入到了在你们的入场生活中的能量模式的巨大的复合体之中的，它们是有意被设计为会引发这些你们在今晚询问的感觉的。我们鼓励你们不尝试去将这种模式上的纠缠分开，并将特定的源头识别为具有专门的意图的，而是单纯地提供建议，在你们穿越你们的一天并将你们的能量花费在于这个具有纠缠的复合场域的互动中的时候，察觉到你们的反应与心智的状态——因为在这样做的过程中，你们可以发现对你们的能量的一些支出对你们的存有拥有不适当的影响或者会让其耗尽，尝试去让你们的生命模式简单化并对其进行重排，能够在对你们今晚询问的困难的减轻的方面产生出巨大的作用。

At this time, we leave this instrument in the love and the light of the Creator, with gratitude, and we transfer this contact to the one known as Gary, in order to address further queries from the circle this evening. We are Q'uo.

在此刻，我们会带着感激在造物者的爱与光中离开这个器皿，我们将这个接触转移到被知晓为 Gary 的实体，以便于更进一步地谈论今晚来自圈子的问题。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo and we greet you through this instrument. May we ask if there is a question from this group?

我们是你们知晓的 Q'uo，我们通过这个器皿向你们致意。请问是否有一个来自这个团体的问题？

Austin: Q'uo, could you talk about the metaphysical implications of the internet, both in its origins and in its effect on our society?

Austin: Q'uo，你们能够谈谈互联网的形而上学的含义吗，同时是在它的起源以及它对我们的社会的影响的方面。

Q'uo: We are those of Q'uo and have received your query, my brother, and thank you for this question, for as it has been considered by your minds, this development in your social complex has a precursor/harbinger quality of the density to come. Its origins, as with all things, begins in one place, but in seeking a more proximate cause, this particular technology originates from the desires of your people, who, while being mostly unconscious, are following the original desire that entities may seek and become one.

Q'uo: 我们是 Q'uo，我们已经接收到你的问题了，我的兄弟，为这个问题而感谢你，因为如同它已经在你的头脑中被考虑过的一样，在你们的社会复合体中的这种发展，拥有对即将出现的密度的一种预言者/报信者的特性。如同所有的事情一样，它的起源是从一个位置开始的，但是如果寻求一个更加近似的原因，这个特定的技术是从你们的人群的渴望起源的，你们的人群尽管是极其无意识的，却正在跟随那种原初的渴望，即实体可以寻求并成为一体的。

Your Logos designed parameters for your illusion whereby third-density entities would not, by nature, shall we say, be inclined to seek or develop the technologies of consciousness to overcome the boundaries and borders of separation, but instead manipulate that which is of the physical plane that would seem to be external to the self in the realm of space/time in order to manifest and fulfill desire. As such, your people have been on a long trajectory of slowly developing such means, which have a—we're having trouble with this instrument's vocabulary—these technological means increase in the speed of their evolution, compacting and compacting again, in shorter and shorter durations as they accelerate your species into amplified abilities.

你们的理则设计了你们的幻象的参数，藉由其第三密度的实体，在本性上，是不会倾向与寻求或者发展意识的技术来超越分离的边界与界限的，而是会作为替代操纵属于物质性层面的，看起来似乎是在自我外部，在空间/时间的领域中的事物，以便于显化并实现渴望。同样地，你们的人群已经处于一条缓慢地发展这样的途径的长长的轨道之上了，这些途径拥有一种——我们与这个器皿的词汇表遇到困难了——这些技术性的途径在它们的发展速度中增加，压缩并再一次压缩，并随着它们让你们的物种加速进入到增强性的能力在其存在时间上越来越短了。

The metaphysical implications of this technology for your social complex are both simple and far more complex than one question alone can explore. They

are simple in that this technology, which you call the internet, enables a more varied experience of the Creator by the Creator, aiding those beings within the illusion to give the Creator a means whereby the Creator may know itself. It is complex, the metaphysical implications, and the variety of effects that it has on your social complex. It has amplified, as your peoples now see, the places where your group is, shall we say, stunted in its development. The fears that individuals have about other individuals, that groups have about other groups have a way of taking on a life of their own in the repetitive and many-ness with which connections are instantly made, and with which information may now travel.

这种技术对于你们的社会复合体的形而上学的含义是简单的,同时也是比单单一个问题能够探索的要远远更加复杂的。它们是简单的,因为这种你们称之为互联网的技术,使得造物者能够对造物者拥有一种更加多样性的体验,同时会帮助那些在幻象中的存有给予造物者一种藉由其造物者可以知晓它自己的途径。在它的形而上学的含义,以及它对你们的社会复合体拥有的作用的类型的方面,它是复杂的。如你们的人群现在看到的一样,它已经放大了你们的团体在其发展中会,容我们说,被阻碍的位置。个体拥有的关于其他个体的恐惧,团体拥有的关于其他团体的恐惧,会找到一种方式,通过重复与众多性 (many-ness), 来拥有一种属于它们自己的生命了,就是藉由这种重复与众多性,连接会即刻被建立,信息现在可以旅行了。

Another implication is the anonymity it may offer those of your sphere granting to each a way to express the self which does not fully permit the rebound of catalyst, shall we say, to be experienced or seen. That is, the entity divorced from accountability of their actions and speech has, in some sense, become untethered from the feedback mechanism of the illusion, though no entity, we note, is without that feedback or mirroring, but in this regard it may serve as an attenuating or disempowering influence upon the spiritual progress of such an entity.

另一个含义是它可以为你们星球上的实体提供匿名性,这赋予了每一个人一种表达自我的方式,这种方式不会完全允许,容我们说,催化剂的回响,以被体验到或者被看到。也就是说,实体会与它们的行为与言语的责任分开,这在某种意义上,是不受幻象的反馈机制的束缚的,尽管我们会指出,没有实体会没有反馈或者镜射效应,而是在这个方面,它可以起到一种对这样一个实体的灵性发展的弱化或者失去力量的影响。

There are many ways we can explore this question but we would close this reply by focusing upon some of the, as you would call it, positive implication of this technology for your peoples, which is the empowerment that may come by way of access to information. Your history is an uninterrupted story of the various powers that be, controlling, limiting, and filtering information, often with the intent to keep your peoples in a state of ignorance, dependency or subservience. As you who have experienced transformation and healing by way of contact with spiritual philosophy know first hand, when the soul is ripe within, information can have a capacity of unlocking the self from various of its limiting costumes, speaking to the self as the view behind

the curtain does of, perhaps, previously undreamed of possibility.

会有很多种方式是我们能够探索这个问题的，但是，我们会藉由聚焦在这种技术对你们的人群的一些，如你们会称呼它们的一样，正面性的含义来结束这个回答，这种技术的正面性的含义就是藉由对信息的取得的途径而可能出现的赋予力量。你们的历史是一个的未被中断过的各种各样的力量的故事，这些力量会控制、限制并过滤信息，经常有意让你们的人群保持在一种无知、依赖或者顺从的状态之中的。如同你们这些已经藉由接触灵性哲学的途径而体验到了转变与疗愈的实体能够拥有一种能力将自我从它的各种各样的限制性的服装中解放出来一样，对自我谈及在幕布后面的景象，也许确实会具有之前没有被梦见过的可能性。

There is much further to explore in terms of this technology being a shadow of that which is to come, but we would close this reply now, and ask if there is another, or follow-up query. We are those of Q'uo.

从技术是对于即将出现的事物的一个影子的意义上，会有远远更多要探索的事物，但是我们会现在结束这个回复，并请求，是否有另一个，或者后续问题。我们是 Q'uo。

Jim: Q'uo, can you tell me if there's any difference between self-evaluation and self-judgment, for the spiritual seeker?

Jim: Q'uo, 你们能够告诉我，是否在自我评价与自我评判之间，对于灵性的寻求者，有任何的区别？

Q'uo: We are those of Q'uo and we have received your query, my brother, and we thank you, for there is, indeed, a distinction between that which you call self-evaluation and self-judgment. In the latter, the self is denying, to one depth of opacity or another, the true nature of the self. Judgment is that which thickens and lengthens the walls of the illusion, and this judgment is a scorn or contempt or sense of wrongness about what should not be. Underneath this judgment is a fundamental resistance to what is, a, we use this term without judgment, failure to see or experience the divine and perfect, the whole and complete nature of the present moment and all things which may come to the attention of the self within the present moment.

Q'uo: 我们是 Q'uo, 我们已经了解了你的问题了，我的兄弟，我们感谢你，因为确实在你称之为自我评价和自我评判的事物之间会有一种区分。在后者中，自我是，在这样或者那样一个深度或者浑浊度上，否认自我的真实的属性。评判是会让幻象的墙壁变厚并变长的事物，这种评判是一种关于事物不应该是的样子的嘲讽、或者轻蔑，或者错误的感觉。在这种评判之下是一种对其之所是的基本的抵制，是一种，我们是不带有评判地使用这个词语的，无法看到或者体验到神圣与完美的事物，以及当下一刻与所有可能在当下一刻之中出现在自我的注意力面前的事物的其完整与完全的属性。

Self-evaluation, on the other hand, may be exercised free of this judgment, but before we explore that, we would note that it is a limited and often faulty tool to wield in the third density, in particular, for as we have noted many times, it is impossible to take one's spiritual temperature while within the incarnate self. The vision is too often jaundiced, the self attempting

self-evaluation from a standpoint which does not whatsoever see the wholeness of the self, or the intentions underlying actions, or the totality of circumstance which converged to create this particular present moment.

在另一方面, 自我评价, 可以是在免于这种评判的情况下被进行的, 但是, 在我们探索那一点之前, 我们会指出, 它是一个受限制的, 且经常会有缺陷的, 在第三密度中被使用工具, 尤其是因为, 如我们已经指出过很多次的一样, 在处于投生的自我之中的时候是不可能测量一个人灵性的温度的。看法同样也经常是有偏见的, 是自我尝试从一个无论如何都不会看到自我的完整性, 或者潜藏于行动之下的意图, 或者汇聚起来创造出了这个特定的时刻的情况的完全性的立场进行的自我评价。

Nonetheless, self-evaluation, insofar as it is synonymous with self-reflection is a needed tool, as the self, if it is to learn and process its catalyst, must reflect upon itself, it must ask of itself questions about its motivations, about its impact, about its desires, about whether it is following its desires, about why it is reacting the way it is, and, at heart, asking where is the love and the light in the self and its actions and its experience.

虽然如此, 自我评价, 在它是自我反思的同义词的范围内, 是一个需要的工具, 因为自我, 如果它要学习并处理它的催化剂, 必须要对它自己进行反思, 它必须询问它的意图, 它的影响, 它的渴望, 是否它是在跟随它的渴望, 为什么它在用那种方式做出反应, 并在核心处, 询问在自我、它的行动与它的体验中, 爱与光在何处。

Self-evaluation to be affective must continually focus and sync and abide ever more deeply in self-acceptance. All nuance that is short of total self-acceptance will still hide the self from the self, perhaps even further distorting the self from the self. It is only through the eyes of total unconditional, radical, even, self-acceptance that the self may see the self and insofar as it is needed, evaluation may take place.

如果自我评价要成为有效的, 就必须持续不断地聚焦、同步, 且越来越深入地留在自我接纳之中。所有缺少了完全的自我接纳的细微差别, 都将会让自我对自我隐藏起来, 也许甚至会更进一步地对自我扭曲自我。仅仅是通过具有完全无条件的、彻底的、均匀一致的自我接纳的眼睛, 自我才可能看到自我, 评价就可以在评价是被需要的范围内发生了。

May we reply further or to another query, my brother?

我们可以更进一步回答, 或者回答另一个问题吗, 我的兄弟?

Jim: That's a good answer for that one. That next question, I guess is unimportant, just out of curiosity. Usually, Q'uo, when you take questions, you say: "I'm aware of the query." Through this instrument you say: "We receive the query." Is there any significance to that difference?

Jim: 对于那个问题, 那是一个好答案。下一个问题, 我猜想是不重要的, 仅仅是出于好奇。通常, Q'uo, 在你们收到问题的时候, 你们说, "我了解了问题了。" 通过这个器皿, 你们会说, "我们接收到问题了。" 那种区别有任何重要意义吗?

Q'uo: We thank this instrument for tugging on the line, shall we say, to do a momentary retuning, and we have received this query, my brother, and thank you for it. The difference is not so much connected to that which we transmit, but rather to the way the mind of the instrument processes, retransmits, and interfaces with the circle. In this instrument's biases, it is important to note that the question has, as this instrument formulates it, been received.

Q'uo: 我们感谢这个器皿，容我说，在那条线路上的努力，以进行一次暂时性的重新调音，我们已经接收到这个问题了，我的兄弟，我们为它而感谢你。区别并不是如此之大与我们传递的内容联系在一起，而毋宁是与器皿的心智处理，再次传递，并与圈子进行的交流联系在一起的。在这个器皿的偏向性之中，去注意到问题已经，如这个器皿对它的表述一样，被接收到了，这是重要的。

May we ask if there is a further or another query, my brother?

请问是否有一个更进一步的问题，或者有另一个问题吗，我的兄弟？

Jim: No, not this time, thank you.

Jim: 没有了，在此刻没有了，感谢你们。

Q'uo: May we ask the circle if there is a penultimate query?

Q'uo: 请问是否有一个倒数第二位的问题？

Austin: Yeah, though you might reassess that penultimate label, given the depth of this query.

Austin: 是的，尽管你们可以对那个倒数第二的标签进行重新评价，考虑到这个问题的深度。

People, in certain levels of society, like us, who might be what is called "privileged" may be inadvertently participating in exploitation of other people, just by simply living a comfortable life, such as the clothes that we wear are likely made by people who live much poorer lives than us, and we are then able to live our lives because these people live poorer lives. That extends to other things such as food, technology, and a lot of things in our society. How can a seeker on the positive path grapple with this, and not feel guilty for simply existing in the station of society that they exist in.

人，在一定的社会的层次中，和我们这些可能被称之为“有特权”的人一样，是可以出于无心地参与到对其他人的利用之中，仅仅藉由单纯地过一种舒适的生活，诸如我们穿着的衣服有可能是由那些过着比我们远远更加贫穷的人所制造的一样，我们接下来就因为这些人的生活而过的生活。那延伸到诸如食物、科技之类的其他的事情，以及在我们的社会中的很多事情。在正面性的道路上，一个寻求者如何能够与这个情况斗争，而又不为单纯地存在于它们存在于其中的社会的地位之中而感到内疚呢？

Q'uo: We have received and are grateful for this very rich and deep query, my brother, and we would double up on our disclaimers reminding each that what we have to share is opinion only and not authoritative, and that we channel through an instrument in training who remains uncertain about his

fidelity to our transmission.

Q'uo: 我们已经接收到这个非常丰富而深入的问题, 并为此是感激的, 我的兄弟, 我们会对我们的免责声明上加倍, 同时提醒每一个人, 我们所要分享的事物仅仅是观点, 而不是权威性的, 我们在训练对于其对我们的传讯的忠实性依旧是感到不确信的器皿的同时, 通过一个器皿传讯。

That said, you note the inequities within the illusion, the difference between, as it is classically framed, the haves and the have-nots, and the privileges which many within your sphere enjoy simultaneous to, and connected with, the many who do not enjoy these privileges. Indeed, the many who may be less privileged because the structural arrangement of your economy, governments, and society, hoards, concentrates, and possesses exclusively. This is a very large topic to look at the illusion for the variety of causes and inputs that create this situation, but the heart of your query centers on how the entity, upon a path which seems privileged within the illusion, may grapple with this reality upon becoming aware of such, how they may process any resulting guilt.

在说过了那一点之后, 你指出了在幻象中的不公平, 如同经典的说法一样, 在有产者和无产者之间的差异, 在你们的地球上很多人享受特权的同时, 很多人并不享受这些特权, 或者与之有关系。确实, 很多人可能是特权较少的, 因为你们的经济、政府、社会的结构性的安排会囤积、集中并排他性地占有。如果要对幻象进行检查来寻找制造了这种情况的各种各样的原因以及输入, 这会是一个非常巨大的主题, 但是你的问题的中心集中在, 如果实体是走在一条看起来似乎在幻象用拥有特权的道路上, 实体会如何在察觉到了这样情况的时候与这个实相斗争, 它们如何可以处理任何随之产生的内疚。

To this question, my brother, we would say this naturally is for each to determine. There is no right or wrong. There is no necessity to have guilt, however, there is [also] no necessity for non-action. Guilt may, indeed, in self-punishing fashion, catalyze the self into what it perceives to be corrective action (or perhaps into inaction, depending on the size and weight of guilt, shall we say), and certain results may be produced, but guilt is a distortion, like so many distortions within your illusion, that does not arise from a place of unity, per se, at least not consciously experienced unity, but instead arises from a place of separation. This guilt may be connected to blocked love, or the self's perception that it is failing to be of service to others as it has chosen, or the self's perception that it is perpetuating harm to others, but the seed of that guilt tends to be a self-punishing energy, an energy that castigates the self, or feels bad about being a self.

对于这个问题, 我的兄弟, 我们会说, 这自然是有每一个人决定的。没有对错。并不需要感到内疚, 无论如何, 不行动同样也是没有必要的。内疚, 通过自我惩罚的方式, 确实可能让自我催化进入到它感觉到是正确性的行动 (也许是进入到不行动, 取决于, 容我们说, 内疚的尺寸与重量) 一定的结果可以被产生, 但是内疚是一种扭曲, 就好像在你们的幻象中的如此多的扭曲一样, 它自身不是从一个具有统一性的位置升起的, 至少不是有意识地被体验到的统一性, 而是从一个分离的位置升起的。这种内疚可以与被阻塞的爱, 或者自我对于它无法如同它已

经选择一样地服务他人的观念联系在一起，但是内疚的种子会倾向于成为一种自我惩罚的能量，一种会对自我进行严厉责备，并让其对成为这样一个自我感觉到糟糕的能量。

We would, instead, encourage each to love themselves, whatever their status in the world, whatever the possessions in their hands, and continue in the examination of how one may better your world, as you would call it, but from a place of love—love not only of the self and the self's true needs, but love of all other selves and their true needs—and seek to meet them as best as possible.

我们会作为替代，鼓励每一个人都爱它们自己，无论它们在世界上的地位是什么，无论它们在手中拥有的所有物是什么，并继续检查一个人可以如何让你的世界变得更好，如你们对它的称呼一样，而是从一个爱的位置——不仅仅爱自我和自我真实的需要，同样也爱所有其他自我和它们真实的需要——寻求去尽可能最好地满足它们。

We will not folly into weighing the ethics of your planetary situation, except to highlight that which is very well known to each in this circle, and that is that many suffer upon your world in ways that are remediable, in ways that may be lifted if but your peoples turned their attention from self-gratification, or distraction, or escape, or wrapping themselves in blankets of comfort and instead focused upon those whose basic needs are not being met.

我们将不会愚蠢地进入到对你们的星球的情况的伦理道德的衡量中，而仅仅会强调对于在这个圈子中的每一个人是非常清楚地知晓的事情，那就是在你们的世界上有许多人在用种种方式受苦，这些受苦的方式都是可以纠正的，只要你们的人群将它们的注意力从对自我的满足，或者分心物，或者逃避，或者将它们自己包裹在一个舒适的毯子中转移开，并作为替代聚焦在那些其基本需要都没有被满足的人身上。

May, as a final query, may we answer you further, my brother?
作为一个最后的问题，我们可以更进一步回答你吗，我的兄弟？

Austin: I don't have a follow-up to that, but I can ask one more question if the instrument wants to keep going.

Austin: 我并不拥有那个问题的一个后续问题，但是如果器皿想要继续前进的话，我能够多问一个问题吗？

Q'uo: We are those known to you as Q'uo, and this is within acceptable distortion limits.

Q'uo: 我们是你们知晓的 Q'uo，这是在可以接受的扭曲的限制之内的。

Austin: This is a lighter question. Does the Confederation interact with the second density of Earth at all, and if so, how?

Austin: 这是一个较为轻松的问题。星际联邦会与地球的第二密度进行任何的互动吗，如果会的话，如何进行呢？

Q'uo: We thank you for this query, my brother, about whether we, of the Confederation interact with the residents of the second density. This instrument questions itself, questions its wisdom for continuing, for it is feeling strained, but nonetheless persists. We can, indeed, reply in the affirmative that we do this, but not quite the way in which we interact with more self-conscious beings of your third density. Our interaction with those of second density is more broad-based. We receive calls issued from the species' mind regarding evolutionary progress, decisions, [and] adaptations.

Q'uo: 我们为这个问题而感谢你, 我的兄弟, 这个问题是关于这个我们星际联邦是否会与第二密度的居民进行互动。这个器皿问它自己, 向它的智慧询问是否继续, 因为它正在感觉到勉强, 但是虽然如此它会坚持下去。我们确实会肯定地回复, 我们进行这种互动, 但是并不是用我们与你们的第三密度带有更多的自我意识的存有进行互动的方式进行互动的。我们与那些属于第二密度的实体的互动式更加宽频的。我们接收到从物种的心智发出的关于演化发展、决定与适应性的呼唤。

The journey of the second density [is] to move upward along the spiraling line of light, and to this great unconscious mind of the species we may offer our service. [This service] is not in specific advice or recommended courses of action, but which is in the form of adding love and light to their processes of self-discovery, for much like with those of third density, we cannot do the learning for those of second density. It is through their processes of trial and error, which in your illusion may manifest as genetic mutation, that they respond to their physical environment, in not just a way of one chemical complex responding to a chemical environment, but is part of consciousness responding to consciousness, seeking new patterns of growth and realization of the powers and abilities inherent within consciousness. We, too, are consciousness, though in our present state a much more complex and sophisticated form than those of second-density experience, but, by way of interfacing our consciousness with theirs, a sort of distant investment may happen that is, however, much more pallid than that which may transpire between the third and second density entity.

第二密度的旅程是沿着光的螺旋线向上移动的, 我们可以向这个物种的伟大的无意识的心智提供我们的服务。这种服务并不是具体的建议或者推荐行动的进程, 而是用将爱与光添加到它们的自我发展的过程中的方式, 因为非常类似于对那些属于第三密度的实体, 我们无法为那些属于第二密度的实体进行学习。就是通过它们的试错的过程, 在你们的幻象中, 这个过程可以显化为遗传变异, 它们可以回应它们的物质性的环境了, 不仅仅是用一种一个化学性的复合体回应一个化学性的环境的方式, 同样也是意识的一部分回应意思, 同时寻求新的成长模式以及对在意识中固有的力量与能量的领悟。我们同样也是意识, 尽管在我们当前的状态中, 我们是一种比那些第二密度体验的实体远远更加复杂与紧密意识的形式, 但是, 藉由我们的意识与它们的意识的交流的方式, 一种类型的远距离投资可以发生了, 无论如何, 这种远距离投资是比可能在第三密度的实体和第二密度的实体之间可能发生的投资要远远更加苍白的。

With this thought, we would leave this instrument in gratitude for its

stretching, and in gratitude for each in the circle for their valiant efforts to serve as humble instruments for our, by your planet's standards, unusual wavelength of information. We now transfer this contact to the one known as Jim. Adonai vasu borragus.

带着这个想法，我们会在在对器皿的拉升的感激中，在对在圈子中的每一个人做出英勇的努力来作为我们，用你们星球的标准，非常寻常的信息的波长的谦逊的器皿而服务的感激中离开这个器皿。我们现在将这个接触转移到被知晓为 Jim 的器皿。Adonai vasu borragus。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. It is with great joy that we look upon the circle here gathered, knowing that you all have dealt with difficulties in the preceding days and weeks, and yet have moved with faith and will and courage into your daily round of activities, knowing deep within your self that the light of the One Creator shines as a beacon to draw you onward if you will but pay attention to that which is the deepest of your desires. In your meditations, we encourage you to open yourself to the universe which you are. See all about you the stars in your inner sky shining like suns, beaming their love and life-giving energies into your being, into your hearts, into your minds, into your body, into your soul.

我是 Q'uo，我再一次与这个器皿在一起了。我们带着巨大的喜悦观察在这里聚集起来的圈子，我们知道你们全都已经在之前的一些天与几周中与困难打过交道，但却已经带着信心、意志与勇气移动进入到了你们日常生活的活动中，并在你们的自我内在深处知晓，太一造物者的光是如同一座灯塔一样地闪耀，拉着你们继续前进，只要你们愿意留心你们的最深的渴望之所是。在你的冥想中，我们鼓励你让你自己向着你之所是的宇宙开放。看看在你周围的所有的事物，都如同在你内在的天空中的星星一样，它们如同太阳一样闪耀，将它们的爱与赋予生命的光发射进入到你的存有中，你的心中，你的心智中，你的身体中，你的灵魂中。

Regenerate yourself then in that meditation that you may go forth with patience, tolerance, and the ability for the light touch, for these are your rod and your staff that will guide you through the valley of the shadow of darkness, and you shall come out the other side with joy and with purpose, and with the assurance that you are one with all, that there is no separation that can keep you from the knowledge of the one who is within you and within all creation. Seek, then, this unity of yourself with your greater self, so that you may, in truth be that which you are, the One who is in all.

接下来，在那种冥想中让你自己焕然一新，这样你就可以带着耐心、忍受以及轻触的能力来前进了，因为这些就是你的杖和你的杆，它们将指引你穿越黑暗的荫谷，你将会带着喜悦，带着目的，带着确信从另一边出来，那种确信即，你与万物是一体的，没有分离能够将你与对你内在之中，在所有造物内在之中的太一的知晓分开。接下来，寻求这种你自己与你更大的自我之间的统一性，这样你就可以，实际上成为你之所是，即在万物之中的太一了。

At this time, we will take our leave of this group, leaving each as always, in the love and in the light of the One Infinite Creator. Adonai vasu borragus.

在此刻，我们将离开这个团体，我们一如既往在太一无限造物者的爱与光中离开各位。 Adonai vasu borragus。

Jim: And as a little addition to and replacement of our singing, I'd like for us to take a couple of moments and send love, light, and healing energies to our friend, Macesala, in Asheville, who is presently in the hospital, unconscious, perhaps having suffered a stroke. Let us send love, light, and healing energy there and ask that she be able to walk in harmony with the highest and best for her.

Jim: 作为对我们的歌唱的一个小小的补充与替代，我想要我们花一会儿时间，向我们的朋友，在 Asheville 的 Macesala 送出爱、光与疗愈的能量，她现在正在医院中，不省人事，也许正在遭受一次中风。让我们将爱、光、疗愈的能量送到那里，并请求她能够与对于她是最高与最佳的事物和谐一致地行走。

December 14, 2019
2019-12-14 与自恋者的关系

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We are most pleased to be able to make this contact with this instrument and with this group, for by calling for our services, you offer us the opportunity to move further and further along the same path upon which you travel, for our service is our being, our foundation and our destination. We are always pleased to be with this group for you have many concerns that are universal in nature, for this planetary population at this time, and we feel that much may be accomplished in offering signposts and guidelines, shall we say, that people may use in their spiritual journeys. And in order to do this most effectively we, as always, would ask you to remember that we are not ultimate authorities, we are travelers upon this path as are you. We would ask you to examine the words and thoughts that we offer to you today and use the ones that feel right and appropriate to you at this time as you will. Please leave behind any words or thoughts that do not feel applicable in your life at this time. This allows us a greater freedom in expressing ourselves in answer to your queries.

我是 Q'uo, 我在此刻与这个器皿再一次了。我们极其高兴能够与这个器皿和这个团体建立这个接触, 因为藉由呼唤我们的服务, 你们提供给了我们机会来沿着与你们在其上旅行的道路相同的道路越来越更进一步地移动, 因为我们的服务就是我们的存有, 我们的基础与我们的目的地。我们一直都很高兴与这个团体在一起, 因为你们拥有很多的担忧, 这些担忧在属性上是对在此刻的这个星球的人群的全体性的担忧, 我们感觉到大量的事情是可能通过提供人就可以在它们的灵性旅程上使用的路标与, 容我们说, 向导而被完成的。为了要极其有成效地这样做, 我们一如既往, 会请你们记住, 我们不是终极的权威, 我们是和你们一样的在这条道路上的旅行者。我们会请你们检查我们今天提供给你们们的词语与想法, 并如你们所愿地使用那些你们在此刻感觉到是正确与合适的想法。请将任何你们感觉到在此刻在你们的生命中是不合适的词语或者想法都丢弃掉。这会允许我们在回答你们的问题的过程中拥有一种更大的自由。

May we ask if there is a query with which we may begin?
请问是否有一个我们可以用来开始的问题?

Austin: We have one from our good friend and volunteer, Aaron, who writes: "Could you speak about the metaphysical implications of the personality disorder called narcissism? These individuals do considerable damage to others due to their lack of both empathy and self-reflection. Are these entities young souls going through an evolutionary phase, or on some level, are they conscious of the choices that they have made to pursue what appears to be a service-to-self path?"

Austin: 我们拥有来自我们的好朋友与志愿者 Aaron 的一个问题, 他写道, "你

们能够谈谈被称为自恋的人格失调的形而上学的含义吗？这些个体由于它们的
同时缺少移情作用与自我反思而回对其他人造成可观的伤害。这些实体是在穿越
一个演化的阶段的年幼的灵魂，还是在某个层次上，它们是察觉到了它们已经做
出的选择，来追寻看起来似乎是一条服务自我的道路呢？”

Q'uo: I am Q'uo and am aware of your query, my sister. The term "narcissism"
is one which has been much used throughout the psychological history of
your peoples. It is a term which is usually reserved for entities which have such
an overbearing and overweening opinion of their own being and abilities that
they seem to be without any conceptual idea of the equality of all beings.
Their conflated opinions of their natures tends, in many cases, to make them
blind to those areas within their own being that may benefit from adjustment,
shall we say.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。“自恋”这个词语是一个在
贯穿你们的人群的整个心理学的历史已经被大量地使用过的词语了。它是一个通
常会保留给这样一些实体的词语, 这些实体对它们的存有与能力拥有这样一种自
大与专横的观点, 以至于它们看起来似乎不会对所有的存有的同等性拥有任何的
观念性的认识。它们对它们的属性的混合型的观点, 在很多情况中, 倾向于让
它们对在它们自己的存有中的那些可以受益于, 容我们说, 调节的区域是视而不见
的。

The narcissistic point of view is that which in many instances appears to be
infantile in its expression of selfhood. The self is seen as that which is supreme.
It is that which is put forward constantly and unabashedly to others as an
example of what others should be. This type of behavior is often rooted in a
much deeper sense of the lack of self-worth, that then once begun to be
recognized by the one expressing narcissism affects this entity in a manner in
which hardens its position as one which is superior, though feeling inferior
within. This sets up a dichotomy for the narcissistic entity, feeling that there is
no firm foundation within itself for any real self-appreciation of the self, it then
doubles down, shall we say, upon the bet that it is, indeed, supreme in some
fashion.

自恋的观点, 在很多情况中, 是那种看起来似乎是在其对自我属性的表达中是幼
稚性的事物。自我是被视为是至高无上的。它是会持续不断且恬不知耻地会作为
其他人应该是的样子的榜样而被推到前面的事物。这种类型的行为举止经常是扎
根于一种更加深入的缺少自我价值的感觉, 一旦这种缺少自我价值的感觉开始被
一个表达自恋的实体认出了, 它就会用这样一种方式影响这个实体, 这种方式会
加固它作为一个高级的存有的位置, 尽管它会在内在之中感觉到是低下的。这会
为自恋的实体设置一种二分法, 并同时感觉到, 在它自己内在之中不会有任何自
我真实的自我欣赏的坚固的基础, 它接下来会, 容我们说, 加倍下注, 它用某种
方式确实是至高无上的。

This type of a lack of self-worth is oftentimes adopted by entities
pre-incarnatively, in order to find the truer nature of the deepest self. In other
words, there is the need, pre-incarnatively noted, to bolster the true
appreciation of the nature of the self. Thus, the challenge is given the self

during the incarnation to find the way through the maze of narcissistic enhanced opinions that are produced by the entity in an effort to put up what amounts to a sham appearance to others.

这种类型的一种缺少自我价值，时常是在投生前就被实体所采用的，以便于找到对最为深入的自我的更加真实的属性。换句话说，确实会有需要去支撑对自我属性的真实的感知，这种需要是在投生前就被注意到了的。因此，挑战是在投生期间被给予了自我的，以找到穿越具有自恋性的，被强化的观念的迷宫的道路，这些观点是被实体通过这样一种努力而被产生出来的，这种努力会向其他人展现出一种加起来是一种虚伪的表象的事物。

Thus, it is hoped, pre-incarnatively, that the experiences with others will be of such an intensity that eventually there will be the breakthrough of the self that is expressing as the narcissist to discover that the entities surrounding the self are the ones who have the most balanced point of view that is offered as an objective referent for consideration by the narcissistic perceptions. This is a difficult path to follow. To depend upon the understanding and loving responses of entities about the narcissist is to look into a mirror and see that which eludes the narcissist—that is, the everyday appreciation of the appearance and abilities of all other selves. This appreciation, then, can be, if the narcissistic entity is successful, turned back or reflected upon the self in a manner which pulls away, or sheds the layers of narcissistic idolatry of the self. When these layers are removed, then, if the narcissistic entity is successful in surviving this removal of the façade of the self, then it is possible for there to be a birthing of a new and risen being that sees itself in equality with all other selves.

因此，在投生前被希望的事情是，与其他人的体验将会是具有这样一种强度，以至于最终将会有对那个正在作为自恋者而表达的自我的突破，以发现，在自我周围的实体是那些拥有最为平衡的观念的实体，这种观点是作为一个客观参照物被提供出来，以让自恋的观念考虑的。这是一条很难跟随的道路。要依赖于在自恋者周围的实体的理解与有爱的回应，就是去注视一面镜子并看到那个躲避了自恋者的事物——也就是说，对所有其他自我的表象与能力的每天的感激。这种感激，接下来，如果那个自恋的实体是成功的话，就能够用这样一种方式被转回到自我，或者在自我身上被映射出来，这种方式会将自我的自恋的盲目崇拜的层次扯掉或者脱去。当这些层次被移除的时候，接下来，如果自恋的实体会在经受的住对自我的虚伪的这种移除的方面是成功的了，在那个时候就有可能会有一个新的，提升了的存有的一种诞生，这个存有会在与所有其他自我的平等性之中看到它自己。

This is the beginning, then, for the journey of seeking in a conscious manner, so that the shell of narcissistic facades is left behind and the new being is now available for newly enhanced experiences. These experiences will show to the new being, that it has capabilities that are greater than even its narcissistic opinion of itself was in its past.

接下来，这就是用一种有意识的方式的寻求的旅程的开始，这样，自恋的虚伪的外壳就会被丢弃掉，新的存有现在就可供崭新地被增强过的体验所取得了。这些体验将会向新的存有展示，它拥有甚至比它在它的过去对它自己的自恋的观念更

大的能力了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes, I have a follow-up to that. Like Aaron says, sometimes these narcissistic entities can do a lot of harm and damage to the people in their lives. Do you have any advice for somebody wishing to be of service to others, and how to handle a relationship with a narcissist? Some people have experiences of attempting to offer love and acceptance directly, but having that be taken advantage of completely and more harm coming from that attempt to offer love. So, do you have any guidance on how to relate to such entities?

Austin: 是的，我有那个问题的一个后续问题。就好像 Aaron 说的一样，有时候这些自恋的实体会在它们的生命中对人造成很多的伤害与损伤。你们对某个希望服务他人的人拥有任何建议吗，如何处理与一个自恋者之间的一种关系呢？一些人会拥有尝试去直接地提供爱与接纳的体验，但却完全被利用了，并从那种给予爱的尝试而得到了更多的伤害。因此，你们在关于如何与这样的实体建立关系的方面有任何指导吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. The narcissistic relationship is one of great challenge for every soul involved with the narcissist. There are most usually pre-incarnative choices made with those entities who are members of the same family with the narcissist. These pre-incarnative choices have been made in order that support may be given in the most effective manner to the one expressing the narcissistic needs. Oftentimes, there is a kind of give-and-take, or trading of opportunities within the grouping that has decided to utilize the narcissistic point of view in one of its members so that the remainder of the group may offer service of the kind which you have described.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。自恋的关系是对被每一个与自恋者有牵涉的灵魂都是一种具有巨大的挑战的关系。会有与那些与自恋者属于相同的家庭的成员的实体一起做出的，极其通常地是投生前的选择。这些投生前的选择已经被做出了，以便于支持可以用最有效方法被给予一个正在表达自恋的需要的实体。时常会有一种类型的给予-得到，或者在团体中对机会的交易，那个团体已经决定去利用在它的一个成员中的自恋的观点，这样团体其他的成员就可以提供你们已经描述过的那种类型的服务了。

This kind of service is that which attempts to give love and understanding, when it is known that oftentimes the response will be a rejection of such, seeing such attempts at love and understanding as futile expressions of weakness. However, this challenge, which has been undertaken, as we said, most of the time by a group, is that which can propel the progress of each person within the group if there is an intensive effort made to communicate in a manner which is non-threatening to the narcissist. The simple expression of love and understanding must then be translated in the day-to-day behavior,

and not just the communication, that attempts to see the narcissistic entity as one which offers opportunity for growth amongst the entire assemblage of entities that are within the close approximation or daily round of activities for the narcissist.

这种类型的服务就是尝试去给予爱与理解的事物了，在那个时候被知晓的事情是，回应时常将会是一种对这样的服务的拒绝，并同时将对爱与理解的尝试视为是具有弱点的无用的表达。然而，这种已经被承担起来的，如我们说过的，在大多数时候是被一个团体承担起来的挑战，就是能够推动在团体中的每一个人的发展的事物了，如果会有一种集中的努力被做出来用一种不会对自恋者有威胁的方式来进行交流的话。爱与理解的简单的表达，接下来就必须被转译为一种日常生活的行为举止，而不仅仅是交流，这种行为举止会尝试将那个自恋的实体视为是会在那个自恋的实体的紧邻的范围或者日常生活活动中的实体的完整的集合当中提供成长的机会的事物。

The attempt to communicate must be based in an attempt to aid the narcissist in grasping a wider point of view by asking questions that may offer such a point of view to be expanded. The questioning is hypothetical, in that it asks, "What if this or that might be true, would you still have the same point of view? How do you feel about this situation when it redounds in difficulty for you? What do you feel is your role in relating to others, seeing others may have some need to benefit from your interaction at a level which you would see as your heart? How do you see your heart? What role does your heart play in your life? How can you share your heart with me, with him, with her, with all?"

进行沟通交流的尝试必须要基于一种，藉由询问可以提供这样一种可以被拓展的观点的问题，来帮助自恋者掌握一种更为宽广的观点的尝试。提问题是假设性的，在其中它会询问，“万一这个或者那个可能是真实的，你愿意仍旧保有相同的观念吗？当这个情况对你产生出了困难，你会如何感觉这个情况呢？你如何感觉你在与其他人的关系中的角色，并同时看到其他人可能会拥有某种需要，以从你在某个层次上的互动中受益，而你会将这种互动的层次视为是你的心？你如何看到你的心？你的心在你的生命中扮演了什么角色？你如何能够与我，与他，与她，与所有人分享你的心？”

The questioning has as its objective the chance to promote a wider point of view within the narcissist. The narcissist then, has the opportunity to be able to adopt a wider point of view that is seen as something that could benefit it, giving to the narcissist more of what it would truly desire if it is able to come into true contact with its own feelings and heart. Thus, each within the grouping that partakes in this process of questioning, then has the opportunity of serving the narcissist in expanding its point of view, and the narcissist has the opportunity of being able to reach into its heart for the first time in its life experience, to discover a self there that is its truer self.

提问题拥有机会，作为其目标，去促进在自恋者内在之中的一个更加宽广的观点。自恋者接下来，就拥有机会能够采用一种更加宽广的观点，这种观点会被视为是某种能够对它有益处的试听，同时会给予自恋者更多的它会真正渴望的事物，如果它能够与它自己的感觉与心取得一种真实的接触。因此，在团体中的每一个参

与到了这个提问题的过程中的人，接下来就都会拥有机会去通过拓展它的观点来服务那个自恋者，自恋者会拥有机会能够在它的生命体验中第一次延伸进入到它的心，以在那里发现一个自我，这个自我就是它更加真实的自我了。

We realize that this is not an easy type of learning and process of relationship between those who know the narcissist and the narcissist. It is one which holds great challenge, for being, as you say, injured in one way or another by such an interaction may be too great a challenge if all are not willing and able to expand their own desires to offer aid to one which seems to give nothing in return.

我们意识到，这不是在那些知道自恋者的实体和自恋者之间的关系一种容易的类型的学习与发展。它是拥有巨大的挑战的学习与发展，因为被这样一种互动用这样或者那样一种方式，容我们说，伤害，可能会是过大的一种挑战，如果所有人并不乐意于并能够拓展它们自己的渴望，以对那个看起来似乎不会返还任何事情的实体提供帮助的话。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: One more follow-up along those lines. You've been describing narcissism as generally part of the path of service-to-others, a positive individual, who may benefit from the balancing it offers in the transformation that can unfold. Is it possible for such narcissism to also be part of the path of a service-to-self individual, or is what we see as narcissism maybe too obvious or blunt for service-to-self polarization?

Austin: 沿着那些线路的多一个后续问题。你们已经一直都将自恋描述为一般性地是服务他人的道路的一部分，一个正面性的个体可以从对它在能够展开的转变中提供的事物的平衡而受益。对于这样的自恋者，它有可能同样也是一个服务自我的个体的道路的一部分吗，或者我们视为是自恋的事物可能会对于服务自我的极化是过于明显或者是过于迟钝的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. It is easy to look upon the narcissistic entity and imagine that one is seeing a negatively oriented entity that is attempting to follow the service-to-self path. However, as you have observed, such behavior on the path of the narcissist is so, shall we say, diffused and uncontrolled, that it is not likely that a truly negatively oriented entity would choose this type of means of expression of its desire to separate itself from all others about it, and to control them for its own benefit.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。要观察一个自恋的实体，并想象它正在看着一个负面性导向的实体，它正在尝试去跟随服务自我的道路，这是容易的。然而，如你已经观察到的一样，在自恋者的道路上这样的行为举止，容我们说，是如此之，散乱且不受控制，以至于不大可能一个真正负面性导向的实体会选择这种类型的表达它的渴望的途径，以将它自己与在它周围的所有的实体分开，并为了它自己的益处而控制它们。

However, positively oriented entities who wish to offer themselves a great

challenge within the third-density illusion, oftentimes program what you may see as the opposite of what one wishes to produce within the incarnation. This opposite programming, then, is followed as a means by which to realize the positive fruits of serving others after a long and difficult inner battle, shall we say, that requires that the narcissist be able to promote a greater and greater expression of its beingness in a manner which can be approached by those about it with the desire to accept what is given by the narcissist without taking it into the self as part of the self. In other words, refusing the narcissists definition of the other self as being timid, weak, or futile. This offers to everyone within the grouping dealing with the narcissistic behavior a great challenge.

然而, 如果正面导向的实体希望在第三密度的幻象中为它们自己提供给一种更大的挑战, 这些实体经常会编程你们可以视为是一个人希望在投生中产生出来的事物的对立面的事物。这种反向的编程, 接下来, 就会作为一条, 在一场漫长而困难的内在的, 容我们说, 战斗之后, 藉由其去实现服务他人的正面性的成果的途径而被跟随了, 这场内在的战斗需要自恋者能够用这样一种方式促进对它的存在性的一种越来越更大的表达, 这种方式是能够被那些在它周围的实体, 带着去接受被自恋者给予的事物, 而不将它作为自我的一部分而带入到自我内在之中的渴望而被接近。

However, much progress is made in the third-density illusion as a result of dealing with traumatic situations. These types of traumatic situations, then, carry a kind of weight within the total beingness, that is like unto the diver who competes in the diving championship, and chooses the difficult dive to attempt to win the meet or win the metal. The difficult dive, then, when accomplished successfully, gives more points in the overall event. Thus, the narcissist is doing much the same as are those who participate with the narcissist within the incarnation. Oftentimes the numbers of those so participating with the narcissist are few, for this is a very difficult type of pre-incarnative programming to undertake.

然而, 作为与创伤的情况打交道的一个结果, 会有大量的进展会在第三密度的幻象中被做出。这些类型的创伤性的情况, 接下来, 就会在全部的存在性中承担起一种类型的重量, 就好像在跳水比赛中竞争的跳水者一样, 它会选择困难的跳水来尝试去赢得比赛或者赢得奖牌。困难的跳水, 接下来, 在被成功地完成的时候, 就会在全部的活动给予更多的分数了。因此, 自恋者正在做非常类似于那些在投生中与自恋者有关系的实体的事情。时常, 这样与自恋者有关系的人的数量是很少的, 因为这是一种非常困难的类型的要去进行的投生前的编程。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: Not on that one, thank you very much.
Austin: 在那一个问题上没有了, 非常感谢你们。

Q'uo: I am Q'uo, and we would ask if there might be another query at this time?

Q'uo: 我是 Q'uo, 我们会询问, 是否在此刻可能有另一个问题?

Austin: I do have another one. Ra has said that a perfectly balanced entity would respond to any situation with love and sees all things as love, and that to a perfectly balanced entity, no situation would be emotionally charged. [1] I'm trying to understand what "emotionally charged" and "love" mean. Is it possible that a perfectly balanced entity could look upon a situation and still experience something that could be called sadness, or sorrow, or anger? Or are these things considered an emotion charge and a perfectly balanced entity would only experience the constant love within any situation?

Austin: 我确实有另一个问题。Ra 已经说过, 一个完美地平衡的实体会带着爱来回应任何的情况, 并将所有事物都视为是爱, 对于一个完美地平衡的实体, 没有任何情况会是情绪性地被充能的。[1]我正在尝试去理解“情绪性地充能”与“爱”是什么意思。有可能一个完美地平衡的实体能够看着一个情况, 并仍旧体验到某种能够被称之为伤心、或者忧伤、或者愤怒的事物吗? 或者这些事情是认为是是一种情绪的充能, 一个完美地平衡的实体会仅仅在任何情况中表达恒常的爱?

Q'uo: I am Q'uo and am aware of your query, my brother. We note that the nature of the queries this afternoon deal with the most difficult of circumstances which most of the entities of your third-density illusion do not attempt within the incarnation. The perfectly balanced entity is quite rare within the third-density illusion. However, each seeker of truth is upon the path of attempting to reach the level of love and understanding that would result as a means of viewing any situation. There are, as you know, various gradations of difficulty that each entity within its incarnational pattern meets in its life pattern. There are challenges of one nature and another that seem to promote and provoke the charge of emotion either positively or negatively. Each entity is, indeed, the One Infinite Creator, and contains all of the universe within its own being. As the entity moves through the incarnation, then, it attempts to open the heart in unconditional love as its primary response to any situation which it encounters. The difficulty of the situations that are encountered then mean that such an entity will need to process the catalyst that has been encountered on a daily basis, consistently, so that that which appeared as one thing or another, that would be normally seen as a charged emotional situation, can eventually be balanced so that the observation of the seeker, then, becomes that which sees the Creator, knowing itself in each situation. Therefore, the response is love, for the Creator becoming able to know itself in every situation is the reason for the entire creation.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们指出, 这个下午的问题的属性是与你们第三密度幻象的大多数实体并不会在投生中常待的最为困难的情况打交道的。完美地平衡的实体在第三密度的幻象中是相当罕见的。然而, 每一个真理的寻求者都是走在尝试去取得爱与理解的层次的道路上的, 这种爱与理解的层次会产生出一种观察任何情况的途径。如你们知晓的一样, 在实体的投生中的每一个实体, 在其生命模式中遭遇到的困难会有各种各样的分层。会有具有这样或者那样一种类型的挑战会看起来似乎在促进或者激发情绪的充能, 要么是正面性地, 要么是负面性地。每一个实体, 确实都是太一无限造物者, 并在它自

己的存有中包含有整个宇宙。当实体穿越投生的时候，它接下来会尝试去在无条件的爱中开放心，作为它对任何它遭遇到的情况的基本的回应。被遭遇到的情况的困难，接下来，就意味着，这样一个实体将会需要用一种日常的方式，一致性地，处理已经被遭遇到的催化剂了，这样在表面上似乎是这样或者那样一个事物的事情，它通常会被视为是一种情绪上充能的情况，就能够最终被平衡，这样寻求者的观察，接下来，就会成为看到造物者的观察，同时会在每一个情况中都知晓它自己。因此，回应就是爱，对于造物者，能够在每一个情况中知晓祂自己，就是整个造物的理由了。

Thus, the entity who is able to see this more truly realized observation within its catalyst, in the daily round of activities, is beginning to see through the illusion to the truth of the situation. This is the great challenge—to find the love that is in every moment, in every situation, and in every entity within the creation. This challenge, then, provides an opportunity to move beyond the appearance of the illusion so that one is able to see the Creator within the self, within the other self, and within every situation and in every situation and in every other self, and the self, the Creator is seen as experiencing itself. Whether the situation on its surface illusory level may seem heartbreaking or heart opening, or difficult in one way or another, or joyous in one way or another, depends upon the growing ability of the seeker of truth to open the self to the greater reality that is the One Creator knowing itself.

因此，能够在它的催化剂中，在它的日常生活的活动中，看到这个更加真实地被实现的观察的实体，就正在开始看穿幻象，看到情况的真相了。在每一个时刻，在每一个情况中，在造物中的每一个实体中都找到爱——这是巨大的挑战。这个挑战，接下来，就会提供一个机会超越幻象的表象，这样一个人就能够在自我内在之中，在其他自我内在之中，在每一个情况之中，在每一个情景中，在每一个其他自我与自我中看到造物者，造物者是被视为是在体验祂自己。无论在表面的幻象的层次上的情况可能看起来似乎是令人心碎的，还是令人心灵开放的，或者是用这样或者那样一种方式是困难的，或者用这样或者那样一种方式是令人高兴的，这是取决于真理的寻求者向着更大的实相开放它自己的能力，更大的实相即，正在改知祂自己的太一造物者。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Austin: We do have some more. Our friend and German translator, Jochen, sends in a question. He references a short quote that you transmitted in 2016 in which Q'uo said, "Entities that you see as the stars in your sky at night, and the sun in your sky in the day, are doing the work of the One Creator, and making it possible for the many portions of the One Creator to discover not only their own nature as individualized entities, but in the process of evolution to discover themselves as being a holographic image of the One Creator itself"

Austin: 我们确实拥有更多一些问题。我们的朋友与德语的译者，Jochen，发来一个问题。他谈及了你们在2016年传讯的一个短小的引文，在其中Q'uo说，“你们在晚上在你们的天上视为是星星的实体，以及在白天在你们的天上的太阳，是

在进行太一造物者的工作, 并使得太一造物者的很多部分有可能不仅仅发现它们自己作为个体化的实体的属性, 同样也在演化发展的过程中发现它们自己是太一造物者其自身的一个全象性的形象。”

And he asks: “What would be the Confederation’s definition or understanding of holographic image in this quote?”

他询问: “星际联邦对于在这个引文中的全象的图像的定义或者理解是什么?”

Q’uo: I am Q’uo and am aware of your query, my brother. The holographic image so mentioned in this quote, is that which can be seen as the Logos, the Love that is the first product of freewill that wishes to know itself, the One Infinite Creator, then, uses the concept of love, the ability to create, what is seen as a creation, many stars, many planets, many entities, many energies, all in motion, in a manner which reflects the potential apprehension of the love, light, and unity of the One Infinite Creator expressed in all of the creation. Then, the creation itself could be seen as the holograph, and each portion of the creation, be it a sun body, a planetary body, a mind/body/spirit complex, or any first or second density awarenesses, may be seen as portions of a holograph, each portion or iota containing the One Infinite Creator in its full power and being. All else is seen as the same, for the holograph is unified, there is nothing but the One Infinite Creator expressed in various frequencies of vibration, various forms of manifestation, various powers of energy, moving in synchronicity with all other powers in the One Infinite Creation, to form that which is the one infinite creation.

Q’uo: 我是 Q’uo, 我了解了你的问题, 我的兄弟。在这个引文中这样子提到的全象的图像, 是能够被视为是理则的事物, 即希望知晓祂自己的自由意志的第一产物之所是的爱, 接下来, 太一无限造物者会利用爱的观念与能力来创造被视为是一个造物的事物, 许多的恒星, 许多的行星, 许多的实体, 许多的能量, 所有都在运动中, 用一种会映射对在所有造物中被表达的太一无限造物者的爱、光与统一性的潜在的领悟的方式运动。接下来, 造物其自身就能够被视为是全象性的, 造物的每一个部分, 无论它是一个恒星星体, 一个行星星体, 一个心/身/灵复合体, 或者是任何第一密度或者第二密度的察觉, 都可以被视为是一个全象的一部分, 每一个部分或者微粒都在其完整的能量或者存有中包含了太一无限造物者。所有其他的事物都被视为是相同的, 因为全象是统一性的, 除了太一无限造物者之外没有任何事物, 太一无限造物者是在各种各样的振动的频率中, 在各种形式的显化中, 在各种能量的力量中被表达出来, 并通过与在太一无限造物中的所有其他力量的同时性而运动, 以形成太一无限造物之所是的事物。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: Not on that line. We have one from Eric, who writes: “What are the metaphysical principles involved in killing a grasshopper while mowing the lawn. Is it a thing of significant consequence to kill the grasshopper? What if mowing the lawn was one’s duty, as mine is, in the co-op where I live. What is the difference between killing insects, animals, and humans? It seems very

difficult to avoid killing insects if one is to do lawn work. Does it cause less distortion to end the lives of lower life forms than to end the lives of higher ones? I have the idea that, in an absolute sense, there is no difference, combined with the world-based perception that there is tremendous difference. Any thoughts from you would be appreciated.

Austin: 不是在那条线路上的问题。我们有一个来自 Eric 的问题, 它写道, “在给草坪除草的时候杀死一只蚱蜢, 被包含在其中的形而上学的原则是什么? 杀死蚱蜢是一个具有重要意义的后果的事情吗? 如果给草坪除草是一个人的责任呢, 如同我在其中生活的合作商店中的我的责任一样? 在杀死昆虫, 动物和人之间的区别是什么呢? 如果一个人要进行草坪工作, 看起来似乎要避免杀死昆虫是非常困难的。相比结束较高的生命形态的生命, 结束较低的生命形态的生命会造成较少的扭曲吗? 我认为, 在绝对的意义, 没有区别, 而它是与会有巨大的区别观点的以尘世为基础的混合在一起的。任何来自你们的想法都是被感激的。”

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, this is a concern for all conscious seekers of truth. To do no harm is the great desire on all levels of being, on all levels of life expression. Thus, the seeker of truth who wishes to be as conscious as possible seeks to do that which is the most helpful thing for each entity within the creation that it encounters in its daily round of activities.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 这对于所有的有意识的真理的寻求者都是一个关注点。不造成伤害是在所有的存有的层次上, 在所有生命表达的层次上的巨大的渴望。因此, 希望成为尽可能有意识的真理的寻求者会寻求去做对在造物中的它在它的日常生活的活动中遇到的每一个实体最有帮助的事情。

However, the conscious seeker must also be aware that all of life is the One Infinite Creator, and all of life lives upon itself in one fashion or another. In this regard, we would look at the killing of the grasshopper, or the bug, or the person, as being the offering of the change of vibration to a portion of the One Creator, that is unconsciously or consciously, accomplished, so that there is seen an interaction between the self and the One Creator at various levels of being. These levels of being, then, are a portion of the experience of each seeker, be they lawn service, nuclear scientist, surgeon, teacher, mother, or child. Each entity deals with some live portion of the One Creator, for there is nothing but life within the creation, even those items which seem material objects and lifeless, have within them, the One Infinite Creator in all of its being. Thus, it is the intention that is the most important factor in dealing with each level of life form that the seeker encounters. The intention, then, if it is to be most positively oriented, is to enhance the total beingness or wellbeing of the One Creator with every action that is undertaken. If every action is undertaken, then, with the desire to be of the greatest service to the One Creator, then it must be seen that there are, shall we say, unavoidable seeming restrictions or killing, or limiting, or misapprehending of the Creator in every type of experience one encounters in the life pattern.

然而, 有意识的寻求者必须要同样也察觉到, 所有的生命的都是太一无限造物者,

所有的生命都是用这样或者那样一种方式依靠它自己而活的。用这种方式，我们会将杀死蚱蜢或者虫子或者人，视为是为太一造物者的一个部分提供了振动的改变，这是无意识地，或者有意识地被完成的，这样在自我与太一造物者之间，在各种各样的存在的层次上，就会有一种互动会被观察到。这些存在的层次，接下来，就是每一个寻求者的体验的一部分了，无论它们是除草的服务，核子科学家，外科医生，老师，母亲还是孩子。每一个实体都在与太一造物者的某个活的部分打交道，因为除了在造物中的生命之外，没有任何事物，甚至是那些看起来似乎是物质性的，无生命的事物，都在它们内在之中，拥有在其所有存有之中的太一无限造物者。因此，在与寻求者遇到的每一个生命层次打交道的方面的最为重要的要素就是意图。如果意图是极其正面导向的，接下来，意图就是去用每一个被进行的行动来增强太一造物者的全体的存在性或者健全了。如果每一个行动都是带着对太一造物者具有最大的服务的渴望而被执行的，接下来，必定会被看到的事情是，在一个人在生命模式中遭遇到的每一种类型的体验中都会有，容我们说，无可避免的，看似是对造物者的束缚、或者杀害，或者限制，或者错误认识了。

The intention, then, is that which drives the positively oriented entity in continuing its service in whatever manner it provides it, so that the greater good is realized for all about this entity, and the concerns then are always pointed towards enhancing the well-being of the One Infinite Creator at all times. This will find the seeker, then, having to decide for itself, what it feels is most appropriate in every experience, for there is nothing but the One Creator all about every entity everywhere at all times. Thus, it is a personal choice that must be made upon the basis of the recognition of the omnipresence of the One Creator within all things.

接下来，意图就是在正面性导向的实体用无论什么它提供给它的方式来继续它的服务的过程中会驱动正面导向的实体的事物了，这样更大的益处就会为在这个实体周围的所有实体实现了，接下来，关注点一直都是被指向在所有的时间都增强太一无限造物者的健全的。这将会发现寻求者，接下来必须要为它自己决定，它感觉到什么事情是在每一个体验中是最为合适的，因为在所有的时间，在所有的的位置，在每一个实体周围的所有事物，除了太一造物者之外，没有任何事物。因此，它是一个个人的选择，这个选择必须要基于对在所有事物中的太一造物者的无所不在的认识而被做出。

Is there another query at this time?

在此刻有另一个问题吗？

Austin: Yes, I've got another one. Ra talked about how we can help second-density entities on their spiritual path and on their harvest, by being in relationship with them as pets. I was wondering if you could give any insight into how we might deepen that sort of relationship with our pets to help them on their spiritual journeys.

Austin: 是的，我已经得到另一个问题了。Ra 谈论过我们如何能够在第二密度的实体的灵性道路上以及在它们的收割中，藉由与它们作为宠物而建立关系，帮助它们。我想知道，是否你们能够对我们如何可以加深我们与我们的宠物之间的那种类型的关系以在它们的灵性旅程上帮助它们的方面给予任何的洞见。

Q'uo: I am Q'uo and am aware of your query, my brother. This is a topic which is most apropos to the day, for we are aware that there have been experiences with pets that have been difficult for some members of this group today. We would suggest that as the pet is related to by the owner, that the love which the owner feels for the pet be expressed in any way possible, and in every opportunity possible, in order that the love of the owner for the pet is invested in the pet so that it is much likened unto a seed that begins to grow within the pet and the pet then begins to feel a loving response for the owner, as it feels the love from the owner to it. This is a reciprocal opportunity to give that which is understanding, love, compassion, to the pet so that it may feel engulfed by the open-hearted unconditional love of the owner. This is a situation which is most usually accomplished over a long period of time, usually measured in years, for the experience of the pet and the owner to reach the full fruition of the pet being invested to the degree that the next incarnation that it will experience will be that of the third-density entity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是一个对于这个日子极其合适的问题, 因为我们察觉到, 今天这个团体的一些成员已经与宠物之间拥有了一些已经是困难的体验了。我们会建议, 当宠物与所有者建立关联的时候, 所有者对宠物感觉到的爱用任何有可能的方式, 在有可能的每一个机会被表达, 以便于所有者对宠物的爱会被投资到宠物身上, 这样, 它就非常类似于开始在宠物内在之中身上的一粒种子一样, 宠物接下来就会开始感觉到对所有者的一种挚爱的回应, 如同它感觉到来自于所有者的对于它的爱一样。这是一个交互的机会, 以将理解、爱与同情心给予宠物, 这样它就可以被所有者开放的心的无条件的爱所淹没了。这是一个极其通常地是在一段很长的时间中被实现的情况, 它通常是用年来度量的, 以便于让宠物与所有者的体验会抵达宠物会被投资以完全结出果实, 到了它将会体验到的下一次投生将会是第三密度的实体的投生的程度。

Thus, there is the type of giving and taking of love and light that is most beneficial between the pet and the owner. The owner also benefits in great degree by being of service to the pet so that in its own polarization process, the owner moves further and further along the positive path as the pet has become the vehicle, not only for the pet's evolution, but for the owner's evolution as well.

因此, 会有那种类型的对爱与光的给予与接受, 这在宠物与所有者之间是极其有益处的。所有者同样也会在很大的程度上藉由对宠物进行服务而受益, 这样, 在它自己的极化过程中, 所有者就会沿着正面性的道路越来越更进一步地移动, 因为宠物已经成为了载体, 不仅仅是对宠物的演化, 同样也是对所有者的演化的载体。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Austin: When we have these relationships with these pets, is it possible that as the pet moves on, or as the human moves on, the pet joins our spiritual family and becomes part of the group of entities outside of our incarnation that we

continue to incarnate with?

Austin: 当我们与这些宠物拥有这些关系的时候, 有可能随着宠物继续前进, 或者随着人的继续前进, 宠物会加入我们的灵性家庭, 并成为我们会继续与之一同投生的, 在我们的投生的外部的实体的团体的一部分?

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, this is a great likely outcome of such a relationship, for within the entire octave of densities that are traversed in order to move back into unity with the One Infinite Creator there are levels of experience that may be shared by the various entities within the spiritual family, as you call it, or the clan, or the group which has evolved as a kind of family that sees incarnations as opportunities to experience a variety of roles or types of learning that may be shared within the family grouping. This is what we were referring to previously when discussing the narcissistic entity and those around it that would incarnate in order to help it and them move along the path of evolution. There are always opportunities for entities to join spiritual families of this kind when they are able to incarnate in a situation in which their talents and desires are mixed into the blend of that of the group so there is the chance that a certain role may be played by an entity of the second density that is just joining the third-density experience, that being a more basic role, utilizing the more fundamental abilities and desires of the new third-density entity. There is a vast panoply of differences and qualities that each spiritual family may contain so that each entity has those abilities and desires that enhance the personal growth and the overall growth of the group as well as individual entities within the group so that there is a constant blending and interbreeding, shall we say, of abilities and desires that aid each within the group in the evolutionary process.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 这是这样一个关系的有很大可能性的结果, 因为在要被跨越的密度的整个八度音程中, 为了要返回到与太一无限造物者的统一性, 会有各种体验的层次是要与在灵性家庭, 如你们对它的称呼一样, 或者部落, 或者团体中的各种各样的实体被分享的, 这样的团体已经作为一种类型的家庭演化发展了, 它会将投生视为是体验各种各样的角色或者学习的类型的机会, 这种学习是可以在家庭团体之中被分享的。这就是我们之前, 在我们讨论自恋的实体以及在它周围的实体的时候正在提及的事情了, 这些实体是为了帮助自恋的实体与它们自己沿着演化的道路前进而投生的。一直都会有让实体加入这种类型的灵性家庭的机会, 当它们能够在这样一种情况中投生的时候, 在这种情况下, 它们的天赋与渴望是被混合起来形成了团体天赋与渴望的混合物, 这样就会有, 一定的角色可以被一个刚刚加入第三密度体验的第二密度的实体所扮演, 那个角色是一种更为基础的角色, 并会利用性的第三密度实体的更加基础性的能力与渴望。会有每一个灵性家庭都可能包含的一整套差异与特性的全服盔甲, 这样每一个实体就会拥有那些能力与渴望, 它们会增强团体, 同样也增强在团体中的个体的个人的成长与整体的成长, 这样就会有能力与渴望的持续不断的混合与, 容我们说, 杂交, 它们会在演化的进程中帮助在团体中的每一个实体。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Austin: Thank you so much, Q'uo. We just have one short one from Juan, who writes: "Are Q'uo, Ra or Hatonn presently transmitting and teaching The Law of One in other places on Planet Earth's surface other than the L/L Research Group?"

Austin: 非常感谢你们, Q'uo。我们仅仅有一个来自 Juan 的小问题, 它写道, "Q'uo, Ra 或者 Hatonn 现在在行星地球表面上除了 L/L Research Group 之外的其他地方传递与教导一的法则吗?"

Q'uo: I am Q'uo and am aware of your query, my brother. There are various ways of teaching that go beyond what may be seen as teaching by many entities. Teaching in regards to channeling, as is now occurring, is mostly restricted to L/L Research by those of Q'uo, Hatonn and Ra. However, each of these group consciousnesses have other talents that are offered more widely to the entire population of the planet. These talents include the sending of love and light by those of Hatonn to entities that are requesting such, perhaps within their daily round of activities, within their meditations, or within their sleep. They ask for the love and the light of the Creator to be shined upon them, that they may be enhanced in some fashion whether it be of mind, of body, or of spirit. There are entities within those of Q'uo, Latwii and Ra, which are able to send a combination of love and light that enhances entities in a similar fashion, yet at a, shall we say, stepped up vibrational level. Those of Ra, especially, are able to contact entities within the sleep state and the dream state so that those entities you may call wanderers are oftentimes given images within the dream state that present a puzzle or an awakening so that there may be a revelation of the self to the self that awakens the self to the purpose of the incarnation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。会有各种各样的教导的途径会超出了被很多实体可能视为是教导的事物。与传讯有关的教导, 如同现在正在发生的传讯一样, 是被那些属于 Q'uo, Hatonn 和 Ra 的实体极大地限制在 L/L Research 的。然而, 这些团体意识的每一个意识都拥有其他的天赋, 它们会被极其广泛地被提供给整个星球的人群。这些天赋包括了被那些属于 Hatonn 的实体向那些正在请求这样的爱与光的实体发送的爱与光, 也许是在这些实体的日常生活的活动中, 也许是在它们的冥想中, 或者在它们的睡眠中。它们请求造物者的爱与光被照耀在它们身上, 这样它们就可以用某种方式被强化, 无论它是心智, 身体, 还是灵性的方式。在那些属于 Q'uo、Latwii 和 Ra 的实体中会有一些实体能够送出一种爱与光的混合物, 它会用类似的方式增强实体, 而是用一种, 容我们说, 提升等级的振动层次上。尤其是那些属于 Ra 的实体, 它们能够在睡眠状态与梦境状态中接触实体, 这样那些你们可能称之为流浪者的实体时常会在梦境状态中被给予形象, 这些形象会呈现一个谜题或者一种唤醒, 这样就可能会有一种自我对自我的揭露, 这会让自我觉醒于投生的目的。

There are other entities of third density within the illusion who seek also similar types of experiences, whether in the waking state, the sleeping or dreaming state, so that they may be guided upon their paths by those that

are seen as guides, or higher self, or entities that are angelic in appearance and affect. These third-density entities, then, may be contacted by any of the aforementioned beings as well as those of Ra, so that there is the transmission of inspirational images and messages that can be communicated upon a more basic level to the unconscious mind so that these images then, will rise into the conscious mind. When these images are then, within the conscious mind, the conscious mind may examine them to discover the inner meaning, and move the self, in its progressive path of evolution a bit further because of the translation of the images received from those of Ra.

会有其他的在幻象中的第三密度的实体会同样也寻求类似类型的体验,无论是在醒着的状态中,睡眠状态,还是梦境状态中,这样它们就可以在它们的道路上被那些被视为是指导灵,或者高我,或者在外观与影响上是天使性的实体所指引了。这些第三密度的实体,接下来,和与 Ra 的接触一样,会被上述存有中的任何存有所接触,这样就会有对启发性的图像与信息的传递了,这样,这些图像接着就将会上升进入到有意识心智之中。当这些形象在有意识心智之中的时候,有意识的心智接着就可以检查它们,以发展内在的意义,并让自我,因为对那些从 Ra 接收到的图像的转译,在它的演化的发展的道路上稍稍移动到更远一些的地方。

At this time, we shall take our leave of this instrument and this group, as this instrument is somewhat fatigued. We thank each of you once again for inviting our presence. It is always a great pleasure and honor to join this group. You are most valued in your efforts of seeking and serving within this heavy, dense, chemical illusion. We are known to you as those of Q'uo. We leave you in the love and light of the One Infinite Creator. Adonai vasu borragus.

在此刻,我们将在此刻离开这个团体和这个器皿,因为这个器皿多少有些疲倦了。我们再一次感谢你们每一位邀请我们出席。加入这个团体一直都是一巨大的快乐与荣耀。你们在这个沉重的,厚重的,化学性的幻象中,在你们寻求与服务而努力中是极其有价值的。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开你们。Adonai vasu borragus。

[1] 42.2-5

[1]—的法则, 42.2-5。

2019-12-20 传讯练习：创伤与疗愈
Practice Channeling Circle
December 20, 2019

Group question: What is the function of trauma and how do we heal from it?
团体问题：创伤的机能是什么，我们如此疗愈它？

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We are, as always, full of joy and anticipation at being invited to join your circle of seeking and learning the channeling service this evening. This is a chance for us to learn as well, my friends, for we learn from you as you learn from us how to be more and more of service to the One Creator which is in all. You know well that we appreciate your acknowledgement that we are your brothers and sisters in service to others and not ultimate authorities. Thusly, we know that you will observe our favor of using the words that we give you and the thoughts that they describe in a manner which has meaning to you, and that you will leave behind any words or thoughts that are not of use to you at this time.

我是 Q'uo，我在此刻与这个器皿在一起了。我们一如既往，对于今晚被邀请加入你们寻求与学习传讯服务的圈子而充满了喜悦与期待。这对于我们同样也是一个学习的机会，我的朋友们，因为如同你们从我们身上学习一样，我们从你们身上学习如何越来越更多地服务于在万物之中的太一造物者。你们清楚地知道我们感激你们认可，我们是你们在服务他人的方面的兄弟姐妹，我们不是终极的权威。因此，我们知道，你们将会观察我们对于使用那些我们给予你们的话语的偏好，以及它们用一种对你们有意义的方式描述了的想法，你们会将任何在此刻对你们没有用处的话语或者想法都丢弃掉。

This evening, you have presented us with a question that utilizes the type of learning that is called by many upon your sphere, traumatic. The experiencing of trauma for the purpose of learning lessons preset by your soul and yourself so that you may progress in the manner which is appropriate for you in relation to where you have come from and where you are going in your spiritual seeking.

今晚你们已经向我们提出了一个问题，它利用了那种被你们星球上很多人称之为创伤性的类型的学习。为了学习课程的目的而体验创伤是被你的灵魂与你自己提前预设的，这样在关于在你的灵性旅程中你是来自何处以及你将会前往何处的方面，你就可以用一种对于你是合适的方式前进了。

We look upon this topic as one which is most prevalent upon your planet today. The trauma that is experienced in the general run of things, as you may say, is so copious and abundant that it makes it so difficult for entities to grasp in a logical and practical way. This difficulty in grasping the nature of trauma is inherent within the traumatic impact of this type of learning upon the mind,

the body, and the spirit of seekers of truth.

我们将这个主题视为是一个今日在你们的地球上极其普遍性的主题。在日常事物的轮转之中被体验到的创伤，如你们可能说的一样，是如此之丰富与丰盛，以至于实体要用一种有逻辑且有实用性的方式掌握它会变得如此困难。在掌握创伤的属性的过程中的困难，对于这种类型的学习对真理的寻求者的心智、身体与灵性的创伤性的冲击，是固有的。

Such seekers of truth who are conscious of their path of seeking realize that that which occurs to them and around them upon this path is more or less predestined, you might say. It is that which is meant to be, for the traumatic experience is that which so focuses the attention of the one experiencing the trauma that the type of response is given as a means of attempting to grasp, first of all, the nature of the trauma, the origin of the trauma, the impact of the trauma, and the response to the trauma that is possible by the seeker. All of this is quite overwhelming, as each of you well knows, for each entity within your third-density experience upon this particular planet has, at least, some measure of experience with trauma, if not first hand, within the being of the self, then within the being of those near and dear to the self, for trauma colors much of experience and learning for all entities upon this planetary sphere.

这样知晓它们寻求的道路的真理的寻求者意识到，在这条道路上发生在它们身上的以及它们周围的事情是或多或少地，你们可以说是，命中注定的。它就是打算要成为的样子，因为创伤性的体验是会将一个正在体验创伤的人的注意力如此大地聚焦起来，以至于那种类型的回应会被给出，作为一种尝试去首先掌握创伤的属性，创伤的起源，创伤的冲击，以及寻求者有可能做出的对创伤的回应的途径。如你们每一个人清楚知晓的一样，所有这些都是相当压倒性的，因为在你们的在这个特定的星球上的第三密度的体验中的每一个实体都至少，在自我的存有之中，如果不是第一手的体验的话，那么就是在那些身边的以及对自我是心爱的实体的存有中，拥有某种程度的对创伤的体验了，因为创伤会为在这个星球上的所有的实体的大量的体验与学习染色。

At this time, we would transfer this contact to the one known as Kathy. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Kathy 的实体。我们是 Q'uo。

(Kathy channeling)

(Kathy 传讯)

We are those of Q'uo, and we are with this instrument at this time. We have been speaking of the nature and the purpose of trauma or traumatic experiences in your density on your planet. These are momentary or can be of a greater duration in terms of the lifetime of an individual or society, or over several lifetimes, the effects of such trauma or traumas can be felt.

我们是 Q'uo，我们在此刻与这个器皿在一起了。我们一直都在谈及在你们星球上在你们的密度中的创伤与创伤性的体验的属性与目的。这些体验要么是暂时性的，要么从一个个体的或者社会的生命的方面而言是能够具有一种更大的持续时间的，或者在超出了数次生命的时间中，这样的创伤或者创痛的作用是可以被感觉

到的。

The feeling nature of your being, your mind/body/spirit complexes, has a sensitivity most necessary for spiritual development, for it aids you in understanding self and other selves, and it aids you in developing compassion and love for self and other selves. But this same sensitivity experiences the perhaps blunt effects, harsh effects even, of traumatic experiences as well, which at first may not be understood in terms of their purpose. But if you can see them as having a larger, longer-term purpose as part of your spiritual development, it may aid you in understanding that as you go forward with such experiences, as you observe and as you experience yourselves, you can mature, as it were, spiritually enough to feel them for their purpose, but to feel them less sensitively than, perhaps, before.

你们的存有，你们的心/身/灵复合体的感觉的属性，拥有一种对灵性发展是极其需要的敏感性，因为它帮助你们发展对自我以及对其他自我的同情心。但是，这种相同的敏感性同样会体验到也许是创伤性的体验的钝化的效果，甚至是刺耳的效果，这些效果在一开始，在它们的目的的方面，可能不会被理解。但是，如果你们能够将它们视为是拥有一个更大的，更长的意义的目的，视为是你们的灵性发展的一部分，它就可能帮助你们理解，在你们带着这样的体验前进的时候，在你们观察的时候，在你们体验你们自己的时候，你们就能够，可以说是，在灵性上足够成熟，以感觉到它们的目的，但却是比之前也许是较不敏感性地感觉到它们了。

And in that maturity that you gain, you may not only go higher in your own spiritual development, but be a greater help to others, both humans, plants and animals, the very earth may become more compassionate, more understanding, more able to step in any moment that you observe trauma around you and give that loving touch, that helpful hand, that considerate kind word that helps another.

在那种你们取得的成熟中，你们可以不仅仅在你们自己的灵性发展中走到更高的位置，你们同样也会对其他人成为一种更大的帮助，同时包括人类、植物与动物，地球可以变得更加充满同情心，更加理解，更加能够走入到任何你们观察到在你们周围的创伤的时刻之中，并给予那种有爱的触碰，那只有帮助的手，那种会帮助另一个人的体谅的，关心的话语。

The purpose of trauma seen this way is to lift one higher in development. It causes an action and a reaction, and the greater that the reaction can be of compassion and understanding, the higher the individual may rise. It may seem difficult in the moment of experiencing trauma, but understand that as you develop you may be more and more able to be so stable, so secure in your own higher development, that you can remain much calmer than you might have in prior times of experiencing trauma, and this may be helpful for yourself and others. You know such wise souls in whose eyes you can look and they reflect back such reassurance, such calmness and help, and these are the ones who are less impacted, shall we say, by trauma, who then serve their neighbor, their fellow man and woman by being that stable influence and

helping in times of trouble.

用这种方式被看到的创伤的目的，就是在发展中将一个人提升到更高的位置。它会产生出一种行动与一种反应，反应能够更多地是一种同情心与理解，个体就可以上升得更高。在体验创伤的时刻中，它可能看起来似乎是困难的，但是请理解，随着你的发展，你是可以越来越更加能够在你自己的更高的发展中成为如此稳定，如此稳固的，以至于你能够比你在体验创伤的时刻之前你可能会拥有的平静，保持更大的平静，这可能对你自己以及其他人是有帮助的。你们知道这样的有智慧的灵魂，你们能够在它们的眼中看到这样的确信，这样的平安，它们能够将其映射回来，这些人是那些较不会被创伤，容我们说，冲击的人，它们接下来就会藉由在困难的时刻中成为那种稳定的影响并有帮助而服务它们的邻居，它们的伙伴的男人与女人。

There is a Bible verse that says that God has sent even the wicked for a purpose in times of trouble, and that being an old-fashioned English language expression, meaning that there is a purpose for everything—even these experiences that can seem to be not of good, or not of helpfulness. But in the end all is turned toward good, toward helpfulness, for the long arc of spiritual development always tends toward love, compassion, higher development, and the ways are mysterious and sometimes beyond knowing how that may happen, or how long it may take to happen, but, we, as your brothers and sisters, express to you now our own love and compassion for you on this journey that you make. And we now leave this instrument and pass the contact to the one known as Gary.

有一篇圣经的诗歌说，上帝在困难的时刻甚至会为了一个目的而派遣邪恶的，那是一个旧式英语的表达，它的意思是，每一个事情都有一个目的——甚至是这些能够看起来似乎是没有益处，没有帮助的体验。但是到最后，所有都会被转向善，转向帮助，因为灵性发展的长长的弧形一直都会倾向爱、同情心与更高的发展，道路是神秘的，有时候是超出了对于那可能是如何发生的，或者它可能要花费多久发生的知晓的，但是，我们，作为你们的兄弟姐妹，现在向你们表达我们自己对你们在这条你们所进行的旅程上的爱与同情心。我们现在离开这个器皿，并将接触转移到被知晓为 Gary 的实体。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo, and we continue our examination of this topic through this instrument, though the instrument feels it is salient to note his own fatigue which may limit our ability to speak effectively to this topic.

我们是那些你们知晓为 Q'uo 的实体，我们通过这个器皿继续我们对这个主题的检查，尽管这个器皿感觉到，指出他自己的疲倦是值得注意的，这种疲倦可能会限制我们有效地谈及这个主题的能力。

Trauma may be fresh within the entity's experience but as is often the case, it is stored and hidden away, embedded in deeper layers of the entity's memory and experience. When buried, whether known consciously to the self or not, it may have various effects upon the conscious seeker. Those effects may seem

to be self-sabotaging, they may be projected onto others, they may source pain and difficulties with the local environment in all categories, perplexing the self who does not understand the origin or genesis of the trauma. The self, instead, sees the effects or the symptoms without grasping the operation of this trauma.

创伤可能在实体的体验中是新鲜的，但是，如同经常会发生的情况一样，它是被储存起来并被隐藏起来，是被深埋于实体的记忆与体验的更加深入的层次之中的。当创伤被埋藏起来的时候，无论是否对于自我是有意识地知晓的，它都可能对有意愿的寻求者拥有各种各样的体验。那些作用可能看起来似乎是自我破坏性的，它们可能被投射到其他人身上，它们可以将对局部环境的痛苦与困难分门别类，让并不理解创伤的源头与起源的自我感到为难。自我，反过来，会在没有掌握对这种创伤的操作的情况下看到这种创伤的作用或者症状。

Whether or not its source is known, it is well for such an entity to embark upon a path of seeking healing of this trauma, and in that regard, as we were speaking previously, trauma can have a very powerfully catalyzing effect in prompting the entity to seek that healing, and grasp and aim its will upon self-discovery, for all catalyst is ultimately a mechanism of self-revelation.

无论它的源头是否被知晓，这样一个实体踏上一条寻求疗愈这种创伤的道路，这会是很好的，在这个方面，如我们之前正在说的一样，创伤能够在促进这个实体去寻求疗愈的方面拥有一种非常强有力地催化作用，并将它的意志掌控与瞄准在自我发现上，因为所有的催化剂最终都是一个自我揭露的机制。

Trauma results, as this instrument was describing, as a function of the entity being faced with a catalyst of significant severity that the catalyst goes unprocessed, not only, but the systems themselves may be overwhelmed. There are, of course, gradations of trauma, some embedding and accumulating over time and under the radar sorts of ways; or traumas on the other end of the scale which completely shatter, even, the integrity of the entity's psyche as they face an experience for which they feel themselves ill-equipped, or completely unable to handle, shall we say, to truly look at and find home for within the being to integrate and process through the open heart, [such] that the difficult experience may be seated and accepted as part of the self, as part of the One. Instead, when overwhelmed, the entity partitions off this experience and the difficult emotions, being unable to accept, perhaps in the deep-seated fear that to accept this experience would constitute a death of sorts, or a loss of self.

如这个器皿之前正在描述的一样，创伤会让面对着具有可观的强度的一种为被处理的催化剂的实体产生出一种机能，不仅如此，系统其自身可以被克服。当然，会有创伤的分级，一些创伤会经过一段时间深埋并聚集起来，并以某种方式是不会被察觉到的，或者在标尺的另一端，创伤是完全分散开的，甚至在它们面对一个它们对其感觉到它们自己是没有做好准备，或者是完全无法处理的体验的时候，会有实体的精神的完整性，要真正地检查存有内在并找到家园，以通过开放的心来整合并处理，困难的体验就可能作为自我的一部分，作为太一的一部分，被固定下来并被接收到了。反过来，当体验是压倒性的时候，实体会将这种体验和困难情绪分隔开，无法接受，也许是在一种更加根深蒂固的恐惧之中，要接受

这种体验就会构成某种类型的死亡，或者一种自我的损失。

Trauma is a portion of many of your population's experience. Many, many entities within your plane have or will experience trauma either in their present life or in many of their lives lived in previous incarnations, for if you make a study of the ways of your peoples you will see the often violent, hurtful, negative ways that entities treat each other in this particular plane, from enslavement to subjugation to torture to abuse to the many ways of emotional attack and neglect that may result in this trauma. It is so common and experienced on a wide-spread scale, and often to groups at a time as one group violates the free will of another group, that trauma is often held on a collective level.

创伤是你们人群中很多人的体验的一部分。在你们的星球上的很多很多的实体都已经或者将会体验到创伤，要么是在它们当前的生命中，要么是在它们在之前的投生中已经活过的生命之中，因为如果你们对你们的人的方式进行一种研究，你们将会经常看到实体在这个特定的层面上对待相互彼此的暴力的、伤害性的、负面性的方式，从奴役到镇压到折磨到虐待，到很多情绪性的攻击与忽视的方式，它们都可能导致这种创伤。它是如此常见且是在一个宽广的范围的尺度上被体验到的，时常对于一个团体，当一个团体侵犯另一个团体的自由意志的时候，创伤经常会在一个集体的层次上被拥有。

Within the various group minds of your planet is held collective traumas through which each entity within that group mind partakes, carries some of that trauma which informs part of their identity so that the healing of trauma within the self is not always, strictly speaking, a personal act, but is also a collective one, for as the self heals the self, so too does the self heal the group, whether the nearest social complex, the racial mind, [or] the planetary mind, for each is but one light in a network of such lights, each light variously dimmed and blocked by these traumas which ultimately limit, or impede, or baffle the flow of the Creator's love and light through the circuitry of the seven energy system and the mind/body/spirit complex.

在你们的星球的各种各样的团体心智之中，会有一种集体性的创伤，通过这种创伤，在那个团体心智中的每一个实体都会参与并带有一些那种创伤，这种创伤会告知他们的同一性的一部分，这样对在自我内在之中的创伤的疗愈就不会一直都是，严格来说，一个个人的行动，而同样也是一个集体的行动了，因为当自我疗愈自我的时候，自我同样也在这样疗愈团体，无论是最近的社会复合体，种族心智，还是星球心智，因为每一个人都是在一个这样的光的网络中的一个光，每一个光都会因为这些创伤用各种各样的方式变得暗淡与被其所阻碍，这些创伤会最终会限制、或者妨碍、或者破坏造物者的爱与光经过七个能量系统的循环系统与心/身/灵复合体的流动。

Regarding how a third-density entity may heal trauma, the ways are as many as there are entities. We would speak to some general principles and parameters, and highlight among them a certain measure of courage perhaps needed by the third-density entity, for that which is recorded as trauma within the being may be, shall we say, scary to the self, frightening. It

was avoided the first time. Perhaps the entity was too young to cope, perhaps it happened too quickly for the entity to cope, perhaps circumstances did not support its coping, but it was not processed [and] coping did not transpire so it was avoided, rejected, partitioned from the self, so to then turn the self around, seeking to face it, requires a certain fortitude, a willingness. As with all things, intention is that which begins the journey, but in setting the intention, one is also alerting the deeper resources within the mind and the heart that a journey is desired, that those seemingly separated or lost aspects of the self are once again being called back in to the self.

在关于一个第三密度的实体可以如何疗愈创伤的方面，有多少实体，就会有多少方式。我们会谈及一些一般性的原则与阐述，并会在它们当中强调一定程度的勇气也许是被第三密度实体所需要的，因为作为创伤被记录在存有之中的事物可能是，容我说，对于自我是可怕的，是令人害怕的。它一开始被回避了。也许实体是太过年幼以至于无法应对，也许它太快地发生，以至于实体无法应对，也许环境并不支持这种应对，但是如果它没有被处理，应对就不会发生，这样它就会被回避，被拒绝，并与自我被隔离开，因此，接下来让自我转过身来，寻求去面对它，这会需要一定的坚韧，一种乐意。如同所有事情一样，意图就是开始旅程的事物，但是，在设置意图的过程中，一个人同样也在警醒在心智与心中的更为深入的资源，一条旅程是被渴望的，那些自我的看似分离或者迷失的面向，再一次，会被呼唤返回到自我之中。

This may result in a journey which is turbulent, tumultuous, and maybe even difficult to bear, but we emphasize again, the resources available to such a one for this intention is also a call, a call to the unseen realms, to the guides and friends about one, and to other specialists, shall we say, in the inner planes who work with trauma specifically, and may enter the field of the self to assist in ways unseen.

这可能会产生出一条动荡而喧嚣的旅程，也许甚至是难以承受的，但是，我们会再一次强调可供这样一个实体利用的资源，因为意图同样也是一种呼唤，一种对无形的领域，对在一个人周围的指导灵与朋友，对其他的内在层面的，容我说，专家的呼唤，这些专家是专门与创伤一同工作的，并可以进入到自我的场域中来用无形的方式帮助。

As is true in your conventionally understood wisdom, it is well also to have what you would call a safe container to work with this trauma, for that which overwhelmed the self the first time around may hold that capacity again if the self discovers or jumps into that embedded, painful experience without being fully equipped or ready.

如同在你们传统被理解的智慧中是真实的一样，拥有你们会称之为一个安全集装箱 (safe container) 的事物来与这种创伤一同工作，这同样也是很好的，因为如果自我探索并跃入到那个被深埋起来的，痛苦的体验之中，而没有装备齐全或者做好准备的话，在一开始压倒自我的事物会再一次拥有那种能力。

Part of making a safe container is often most effectively achieved with the guidance of an other-self [who is] trained or experienced in working with trauma, whether of your conventional professions or, as you might call them,

alternative or holistic fields of study and service. In this safe container the entity knows or is given a safe and supportive structure within which that which was rejected the first time around may be again experienced with the entity knowing that—as it gradually uncovers, analyzes, accepts, forgives, and so forth, threads and layers of this trauma—that it is safe, essentially, that the trauma will not destroy or harm the self, though painful it may be.

做出一个安全集装箱的一部分，经常会藉由一个其他自我的指导而被极其有效地取得，这个其他自我是通过与创伤一同工作而被训练过或者体验过的，无论它们是你们传统性的专家，还是在，如你们对它们的称呼一样，替代性或者整体论的研究与服务领域中的其他自我。在这个安全集装箱中，实体知晓或者被给与了一个安全且支持性的构架，在其中在一开始被拒绝的事情是可以再一次被体验到，同时实体知晓——当它对这种创伤的线条与层次逐渐进行揭露、分析、接受、宽恕，以及如此等等的时候——它实质上是安全的，创伤将会不再破坏或者伤害自我，尽管它可能是痛苦的。

The healing may happen in an instant, or, as is often the case, it may require time and effort and a revisiting of things that parts of the self would prefer not to visit. But we encourage you, my friends, to undertake such a journey, for this trauma within the self, and within the collective, holds stuck energy which, if released or unleashed through love, acceptance and forgiveness, may be made available to the self and to the whole for constructive service-to-others oriented purposes.

疗愈可能在一瞬间发生，或者经常会发生的情况，它可能会需要时间与努力，以及对那些自我的一部分宁愿不去访问的事物的一种重新访问。但是，我的朋友们，我们鼓励你们，去进行这样一场旅程，因为这种在自我内在之中，在集体内在之中的创伤，会包含卡住的能量，如果这种能量通过爱、接纳与宽恕被释放或者被解开束缚，它就可以供自我，以及供全体所取得，以实现建设性的，以服务他人人为导向的目的了。

With the present quantities and qualities of energies stored in the held trauma-field of this planet, new worlds could be built, entire transformations of individuals and peoples with the unleashing of this energy, including—and we would bring this thread to a close with this instrument—with the planet itself, which has absorbed so much of the trauma that your peoples have experienced and inflicted upon one another, in its crust and its atmosphere and its energy field, such that peoples and planets are traumatized, both needing healing, both reciprocally able to serve each other in this journey.

凭借现在被储存在这个星球的包含了创伤的场域中的能量的数量与质量，新的世界是能够被建造，藉由对这种能量的释放，包括——我们会将这条线路带到一个与这个器皿靠近的位置——凭借星球其自身，星球已经在它的地壳、它的大气层以及它的能量场中吸收了你们的人群已经体验并施加在相互彼此身上的如此大量的创伤，如此之多，以至于人群和星球都是受创伤的，都需要疗愈，都能够在这条旅程中相互地服务彼此了。

At this time, we would ask if there are any smaller follow-up, or new queries to which we may speak. We are those known to you as Q'uo.

在此刻，我们会询问，是否有任何较小的后续问题，或者是否有我们可以谈及的新问题。我们是你们知晓的 Q'uo。

(Gary channeling)
(Gary 传讯)

Jim: Yes, Q'uo, I have a question or two. I was wondering, is union with the One Infinite Creator something we should consciously seek, or is it more appropriate for us to continue seeking to be of service to others and let union with the One Creator happen in its own good time?

Jim: 是的, Q'uo, 我有一两个问题。我想知道, 与太一无限造物者的合一是一个我们应该有意识地寻求的事情吗, 或者我们去继续寻求服务他人, 并与太一造物者的合一在它自己适当的时间发生, 这是更加合适的吗?

Q'uo: We are those known to you as Q'uo and we thank you for this query, my brother. This is, shall we say, one of those metaphysical brain teasers that has affirmative and negative answers whichever way is explored, for in the latter scenario of your question you speak of that which, for all entities, is an inevitability, for there is an inexorable vector upward for each through whom moves the upward spiraling light. The journey may be decelerated, stymied, blocked or confused, but inevitably that light will once again move the entity along the path until such an entity sufficiently awakens and begins, as the former portion of your query indicates, consciously seeking this union with the one.

Q'uo: 我们是那些你们知晓为 Q'uo 的实体, 我们为这个问题而感谢你, 我的兄弟。容我说, 这是那些形而上学的脑力难题中的一个难题, 它拥有肯定与否定的回答, 无论哪一条途径被探索了, 因为在你的问题的后面的场景中, 你谈及了对于所有的实体都是一种不可避免的事物, 因为对于每一个实体都会有一种不可动摇的向上的矢量, 它会通过每一个实体移动向上的螺旋的光。旅程可能会被减速, 被袭击, 被阻碍, 或者被搅乱, 但是无可避免地, 光将会再一次让实体沿着道路移动, 一直到这样一个实体足够多地觉醒, 并开始, 如同你的问题之前的部分表明的一样, 有意识地寻求这种与太一的合一。

Is it advantageous or helpful or wise to consciously seek this union with the one? For the entity ready for such a journey, feeling even the possibility that such a journey may be undertaken, it is indeed, the central most act of will and the highest, shall we say, aspiration for such an entity to pursue precisely this path—for it is the seeking of, we use this term loosely, truth. It is an act of seeking to become awakened to that which the self has always been, and never was not.

有意识地寻求这种与太一的合一, 这是有利的, 或者有帮助的, 或者是明智的吗? 对于为这样一场旅程做好准备, 并甚至感觉到会有可能性这样一条旅程可以被进行的实体, 这样一个实体去分毫不差地追寻这条道路, 它确实是意志的最为中心性的行动, 以及最高的, 容我说, 志向——因为它是对, 我们会松散地使用这个词语, 真理的寻求。它是一种寻求成为觉醒于自我已经一直都是, 且从未不是的事物的行动。

There are various ways to describe this all wrapped up in the term "enlightenment", but we suggest that upon this conscious effort to enter the present moment, to be what the self already is, that—as described with trauma, even more so with seeking the One—does the universe ring in response, offering all possible resources; particularly the lesson offered to the entity who learns increasingly that the universe, shall we say, is on its side, offering not that which defeats or stops the self, but offering always and only, truly, that which may be used by the entity to realize its unlimited, infinite, and eternal nature through the sacrifice, or letting go, or transcending of the illusory boundaries of the illusion.

会有各种各样的方式去描述这个事物，所有这些方式都被包裹在“启蒙”这个词语中，但是我们会对这种有意识的努力建议，进入到当下一刻，成为自我已经是的事物——如同对创伤描述过的一样，对于对太一的寻求甚至更多地是这样——宇宙确实会在回应中回响，同时提供所有有可能的资源，尤其是被提供给越来越更多地了解到这样一点的实体，即宇宙，容我说，是在它一边的，宇宙是不会提供会让自我失败或者停止的事物的，而是会一直、仅仅、且真正地提供可以被实体所利用的事物，以通过牺牲、或者放下，或者超越幻象的虚幻的边界，领会它的不受限制的，无限的，且永恒的属性。

May we speak to this query further, or receive another?

我们可以更进一步地谈论这个问题，或者接收另一个问题吗？

Jim: That was good. Thank you, Q'uo. I have another one. If we seek to use compassion and clear communication to heal a disharmony with another person, and the other person refuses to communicate before the disharmony is healed, is there anything else that we can do to heal the disharmony?

Jim: 那是很好的。谢谢你们，Q'uo。我有另一个问题。如果我们寻求去使用同情心与清晰的交流来疗愈与另一个人之间的不协调，而其他的人却拒绝在不协调被疗愈前进行交流，有任何其他事情是我们能够做，以疗愈那种不协调的吗？

Q'uo: We are those of Q'uo and have received your query, my brother. We thank you for this query, for it is a not uncommon dynamic in your sphere when one entity seeks to heal a relationship of two, earnestly investing energy toward compassionate and clear communication, but is not met with reciprocity on the other end.

Q'uo: 我们是Q'uo，我们已经接收到了你的问题了，我的兄弟。我们为这个问题而感谢你，因为当一个实体寻求去疗愈一个两个人的关系，同时热忱地将能量投入到充满同情心与清晰的交流之中，但却没有遇到了在另一端的交互作用的时候，它在你们的星球上并不是一种常见的动力性。

As you present within this room are students of the positive polarity, you will recognize that there are boundaries of free will ever at play in each and every human circumstance, and all circumstances truly, but particularly in the third-density to third-density entity relationship. The extent of service possible for the positively oriented entity must always take into account the needs and

desires and free will configurations or distortions of the other self.

因为你们在这个房间中的人都是具有正面性极性的学生，你们将会识别出，会有自由意志的边界会一直都在每一个人类的情况，真的是在所有的情况中，尤其是在第三密度与第三密度的实体的关系中，起作用。对于正面导向的实体的有可能的服务的程度，必须要一直都考虑到其他自我的渴望与自由意志的配置或者扭曲。

One can only ever make offers and opportunities available, but if not accepted or taken up by the other self, there remains a question that the one seeking healing must ask itself: Should it pursue further, should it relinquish its desires, is there another way of healing? This is a predicament that requires keen sensitivity to the moment, particularly in understanding what the other self is needing and saying, for sometimes [that] which seems to be a "no" on the surface is actually a deep "yes" underneath, [it is] a request and therefore, some creativity is needed to navigate around the seeming "no". Sometimes the "no" is precisely that, and must be taken at face value and respected, and the attempt released, and many unique variations in between.

一个人仅仅能够不断提供可供利用的奉献与机会，但是，如果它们没有被其他自我接受或者采用，就会有一个问题是一个寻求疗愈的实体必须要询问它自己的：它应该更进一步地寻求，还是它应该放弃它的渴望，会有另一种疗愈的方式吗？这是困境，它要求对每时每刻的敏锐的感受性，尤其是在理解其他自我需要什么，在说什么的方面，因为有时候，在表面上看起来似乎是一个“不”的事物，实际上是一种潜在的深入的“是”，它是一个要求，因此，要绕过看起来似乎是“不”的事物，某种创造力是被需要的。有时候，“不”分毫不差地就是那个意思，并必须要从表面意义上被接受并被尊重，尝试要被放开，在两者之间会有很多独一无二的变化。

Whether or not there is possibility of breakthrough with the other self, or whether the self seeking the healing must needs release the effort, there is always effort to be made within. It may not be possible in this moment or in any time in your, as you would call it, near future, to make these amends that you seek with the other self, but to make the heart whole within one's chest is to heal all things, for self and Creator are one and the same, not different, not other than, not at a distance from one another, though the illusion creates that seeming situation.

无论是否会有与其他自我的突破的可能性，或者寻求疗愈的自我是或否必须要释放那种努力，一直都会有要在内在之中被做出的努力。要在此刻，或者在你们，如你们对它的称呼一样，不久的将来中的任何的时刻中，产生出这些你们对其他自我寻求的补偿，这可能不是有可能的，但是要让在一个人胸膛中的心变得完整，就是去疗愈所有的事物，因为自我和造物者是一体的，是相同的，不是不同的，不是有区别的，不是与相互彼此距离遥远的，尽管幻象创造出了那种表面上的遥远。

Work on the self always forgive and heal the other self, clean the relationship as it exists in your own heart such that you see the other self not only as the outer personality and whatever masks they may be wearing, but you see

them for who they are—an unlimited light, unique, beautiful and crystalline representation of the Creator.

在自我身上工作一直都会宽恕并疗愈其他自我，会清理关系，因为它是存在于你自己的心中，这样你就不仅仅将其他自我视为是外部人格了，无论它们可能正佩戴着什么面具，你们同样将它们视为是一个不受限制的，独一无二的，美丽的，结晶的造物者的代表——因为这就是它们之所是。

This instrument's energy grows thin. We would leave this instrument with gratitude for the group gathered this evening, and we would transfer our contact to the one known as Jim. We are those known to you as Q'uo. Adonai.
这个器皿的能量逐渐变弱了。我们会带着对今晚聚集在一起的团体的感激而离开这个器皿，我们会将我们的接触转移到被知晓为 Jim 的实体。我们是你们知晓的 Q'uo. Adonai。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am again with this instrument. It has been our great privilege and pleasure to be able to utilize each instrument this evening in a manner in which we feel was most impressive and inspiring. We know that each new instrument has a great desire to be able to expand its abilities and its services at each such channeling session, and we are pleased to give our estimation of the accuracy of these desires in manifestation.

我是 Q'uo，我再一次与这个器皿在一起了。能够在今晚用这样一种我们感觉到是极其令人印象深刻且有启发的方式来利用每一个器皿，这已经是我们巨大的荣幸与快乐了。我们知道每一个器皿都拥有一种巨大的渴望能够在每一次这样的传讯集会上拓展它的能力与它的服务，我们很高兴给出我们对这些渴望在显化中的准确性的评价。

We have greatly enjoyed being able to utilize each new instrument in a manner which stretches each entity's abilities in a fashion that is not over-wearing or burdensome, but allows each entity to move gradually and consistently forward in its expression of our thoughts and concepts. This is a most impressive grouping of new instruments and we are grateful to each for their sincere efforts in this regard, and in their continuing desires to be of service in this manner.

我们对于能够用这样一种方式来使用每一个器皿是极其高兴的，这种方式会用一种不会令人过于疲劳或者有负担的方式来拉伸每一个实体的能力，而是会允许每一个实体都逐渐地，且首尾一致地在它对我们的想法与观念的表达中前进。这是一个极其令人印象深刻的新器皿的团体，我们对于每一个人在这方面，以及在它们继续渴望用这种方式服务中的真诚的努力而感谢它们。

At this time, we shall take our leave of this instrument and this group, looking forward, as you may say, to each future gathering. At this time, we leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体，如你们会说的一样，我们期待每一次未来的集会。在此刻，我们在太一无限造物者的爱与光中离开你们。我们是你们知晓的 Q'uo。 Adonai vasu borragus。

December 28, 2019
2019-12-28 灵性的交流

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We greet each of you in the love and in the light of the One Infinite Creator of whom we are all a portion, and which we seek with every fiber of our being. We are aware that many in this circle are of the same nature and have the same desire to seek the One, and yet find difficulties in so doing, thus we come to offer ourselves in the resolving of such difficulties, if possible, and yet in such a manner of speaking, we ask you to realize that we are not ultimate sources of information. We have our own distortions with which to deal in a joyful manner, realizing that the resolution of each distortion moves us closer and closer to the One within us all.

我是 Q'uo, 我在此刻与这个器皿在一起了。我们在太一无限造物者的爱与光中向你们各位致意, 我们全都是无限造物者的一部分, 我们用我们的存有的每一根纤维来寻求无限造物者。我们察觉到在这个圈子中的很多人是具有相同的属性的, 并拥有相同的寻求太一的渴望, 而它们在这样做过程中却遇到了困难, 因此, 我们已经前来提供我们自己来解决这样的困难, 如果有可能的解决的话, 而用这样一种发言的方式, 我们请你们意识到, 我们不是绝对的信息的源头。我们拥有我们自己的扭曲, 我们带着这些扭曲用一种愉快的方式来打交道, 并同时意识到, 对每一个扭曲的解决都会让我们越来越更加靠近在我们全体内在之中的太一。

So, we would ask, as always, that you take those words and thoughts that we offer you, and use them in whatever way benefits you the most. If any do not benefit you, then please discard them with no second thought. In this way, we are, as always, able to speak more freely to your queries.

因此, 我们会一如既往地请求, 你们拿起那些我们提供给你们的话语与想法, 用无论什么对你们最有益的方式来使用它们。如果任何的内容对你们没有益处, 请接着毫不犹豫地抛弃它们。用这种方式, 我们, 一如既往, 就能够更加自由地对你们的问题的发言了。

May we ask at this time if there is a query with which we may begin?
请问在此刻是否有一个我们可以用来开始的问题?

Austin: I've got one, Q'uo. Ra had a theory that our Logos designed our evolution based on speech rather than telepathy in order to increase the veil in some way. I was wondering, if this is true, how that works? Why would relying on speech help to accentuate the veil? And if there is any advice that you would give in using this to our advantage in polarizing and opening our hearts.

Austin: 我有一个问题, Q'uo。Ra 有过一个理论, 我们的理则设计了我们的演

化是以言语为基础而不是以心电感应为基础，以便于用某种方式增强罩纱。我想知道，是否这是真实的，那是如何起作用的？为什么依赖于话语会帮助强化罩纱？在使用将此用于在极化以及开放我们的心的过程中对我们有益处的方面，你们有任何要给予的建议吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that this is a most salient query in the process of seeking within the third-density illusion, for the process of reverting to, or depending upon, speech instead of telepathy, or concept communication, is a means by which the veil of forgetting is strengthened. The speech that you so joyfully, and occasionally carelessly, utilize in your third-density experience is a means by which the seeming illusory separation between you and all of the creation, and especially the One Infinite Creator, is enhanced.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现，在第三密度的幻象中的寻求的过程中，这是一个极其凸显的问题，因为后退到，或者依赖于言语，而不是心电感应，或者沟通交流的观念的过程，是一个遗忘的罩纱藉由其被增强的途径。你们在你们的第三密度的体验中如此愉快地，且时不时地是漫不经心地使用的话语，是一个在你们与所有造物之间，尤其是你们与太一无限造物者之间的表面上是虚幻的分离藉由其被强化的途径。

Concept communication is a means by which it is much easier for entities, who are able to communicate in this manner, to realize the nature of the illusion, so that the concepts which are telepathy and precognition and so forth, then reinforce the nature of the creation as being one thing. For the concepts partake of the unity of creation in that they reflect some portion of the functioning of unity: the interaction of communication without the division of the thoughts into pieces and particles called words.

观念的交流是一条能够用这种方式进行交流的实体，藉由其，远远更加容易利用幻象的属性的途径，这样具有心电感应的属性的观念，预知，以及如此等等的事物，接下来就会增强造物的属性，如同造物是一个事物一样。因为观念会带有造物的统一性，因为它们会反应统一性的运转的某个部分：在不将想法分割为被称之为词语的片段与颗粒的情况下进行交流的互动。

Thus, as you are able to realize that the words you speak carry power of description that is lesser than concepts convey, then you realize you must work even more persistently to be able to make yourself clear to clearly transmit the thoughts from your heart, from your mind, and from your very being. As you realize that you are, of necessity, relegated to the use of words, then perhaps you will also add to your attempt at communication a certain fervor that seeks to reveal most clearly what you are thinking and feeling. When this is done in conjunction, or in tandem with another entity with whom you are attempting to resolve difficulties and disharmonies, this is very helpful in that it gives you the means by which to work with more dedication in your attempt at communication.

因此，当你能够意识到你们说出的话语是携带有比观念所传递的描述的力量较少的描述的力量时，接下来，你就会意识到，你必须更加持之以恒地在进行

工作，以能够让你自己成为清晰的，以清晰地传递来自你的心，你的心智，你的核心存有的想法。当你意识到，你有必要，将对言语的使用束之高阁的时候，接下来，也许你就将会同样也在你对沟通交流的尝试上添加一定的情，这种热情会寻求去更加清晰地揭露你正在思考和正在感觉的事物。当这是通过与另一个你正在与之一同解决困难与不协调的实体的联合或者串联起来而被进行的时候，这是非常有帮助的，因为它会给予你藉由其带着更大的对你对沟通交流的尝试的投入来进行工作的途径。

This working with dedication, then, is likened unto polarizing more efficiently in the positive sense, as you attempt to use your words to become open and transparent to another entity, encouraging the other entity by your own effort, to do the same.

这种带着投入的工作，接下来，就好比在正面性的意义上更加有成效的极化了，在你尝试去使用你的话语来对另一个实体变得更加开放且更加透明的时候，用你自己的努力来鼓励另一个实体做相同的事情。

Thus, your communication is hard won, and yet the polarization that is received by such a difficult activity, in comparison to concept communication is also enhanced greatly.

因此，你的沟通交流是被辛苦赢得的，而被这样一个困难的活动接收到的极化作用，与观念的沟通交流相比较，同样也是极大地被增强了的。

Is there another query, my brother?

我的兄弟，有另一个问题吗？

Austin: No follow-up to that one, thank you.

Austin: 不是那个问题的后续问题，谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Zach: Greetings, Q'uo. I have a follow-up query. During this time of evolution and moving into fourth density, it appears that telepathy is much more easy and available to those who are polarizing. Can you give us some recommendations as to how to hone that skill?

Zach: 致意，Q'uo。我有一个后续问题。在这个演化并进入到第四密度的时刻，看起来似乎心电感应是远远更加容易，且可供那些正在极化的人使用的。你们能够在关于如何打磨那种技巧的方面给予我们某些推荐吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, as you have observed, the ease with which telepathy is available to some people—those who are conscious seekers of truth—is an indication that at this time it is possible for those who are aware of how they are advancing their own evolutionary progress, may begin to notice the thinning, shall we say, of the veil of forgetting for them, and for others like them, who seek with the same

purity and intensity. Thus, the quality that is most helpful in being able to transmit and receive thoughts from another being is that this activity be accomplished with another entity that shares your sincerity and depth of devotion to seeking the spiritual evolution of mind, body, and spirit.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 如你已经观察到的一样, 心电感应是更加容易可供某些人——那些有意识的真理的寻求者——所取得的, 这种容易是一个指示, 在此刻, 对于那些察觉到它们是如何让它们自己的演化发展进步的人, 它们是有可能开始为它们, 以及为那些和它们一样, 带着相同的纯度与强度来寻求的其他人, 注意到遗忘的罩纱的, 容我说, 思考。因此, 这种在能够传递与接收来自另一个存有的想法的过程中是极其有帮助的特性, 就是这个活动可以与另一个实体一起被实现, 那个实体分享了你寻求心智、身体与灵性的灵性演化的投入的真诚以及深度。

Thus, in such a tandem effort, there is the possibility of using the meditative state to transmit thoughts to the other entity who is aware that such thoughts are being attempted as communication. The other entity does not have to be in close proximity to you, but needs to be aware that you are attempting to send this entity your images and concepts so that there may be a receptivity on the part of the other entity that is developed by this knowledge.

因此, 在这样一种联合的努力中, 会有使用冥想状态来向另一个实体传递想法的可能性, 如果另一个实体察觉到这样的想法, 并正在尝试进行交流的话。其他的实体并不一定要与你是关系紧密的, 但却需要察觉到你正在尝试将你的形象与观念发送给这个实体, 这样就可能会有一种在其他实体的部分上的接纳性会藉由这种知晓而被发展出来了。

The meditative state aids in such production and reception of telepathic concepts as it is able to take you deeper and deeper into your conscious mind, and even into your subconscious mind where such communication is more, shall we say, common and possible in regards or in the relation to the higher levels of the conscious mind, which is the busy mind, the monkey mind, as it is called.

冥想状态会在这样的对心电感应的观念的产生与接收中起帮助, 因为它能够将你越来越更加深入地带入到你的有意识的心智中, 甚至进入到你的潜意识心智中, 在其中相比有意识的心智的更高的层次, 或者在与之的关联的方面, 这样的交流是, 容我说, 更加通常且更加有可能的, 有意识的心智是那个忙碌的心智, 是那个猴子的心智, 如同它被称呼的一样。

If you can quiet this mind, this conscious mind, or busy mind, within the meditative state, then you may begin to experience greater and greater feelings of expansiveness so that your being begins to move outward in what you would call the time/space, or spiritual realms, and begins to encompass the other entity, or entities with whom you wish to communicate. If you can visualize this expansion of your being, being able to encompass the other entity and then transmit your thoughts in this state of being, there is a greater likelihood of the reception by the one to whom they are sent.

如果你能够在冥想状态中让这个心智, 这个有意识的心智, 这个忙碌的心智安静

下来, 接下来, 你就可能开始体验到越来越大的拓展性的感觉了, 这样你的存有就开始在你称之为时间/空间的事物, 或者灵性领域中向外拓展, 并开始囊括你希望与之进行沟通交流的一个或者多个其他的实体了。如果你能够观想你的存有的这种拓展, 并能够将其他实体囊括在内, 接着在这种存有的状态中传递你的想法, 就会有一种更大的可能性取得那些想法被送往的实体的接纳了。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Zach: No, thank you, Q'uo.
Zach: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Kathy: I have a follow-up query to these questions, Q'uo. It has to do with communication with other living souls, their spirit, or the spirit of the departed ones, or also with higher self, and I would like specifically to ask about the role of asking assistance from higher self in communicating with those other living or departed friends, or just with higher self directly, for guidance for that communication of sending questions and receiving answers that would be helpful.

Kathy: 我有这些问题的一个后续问题, Q'uo。它是与同其他的活的灵魂, 它们的灵体, 或者离世的实体的灵体, 或者同样也与高我的交流联系在一起, 我尤其想要询问在与其他的活着的或者离世的朋友进行交流的时候请求来自于高我的帮助的角色, 或者仅仅是直接地与高我进行交流, 以取得对于送出问题并接收答案的交流的有帮助的指引。

Q'uo: I am Q'uo and am aware of your query, my sister. The asking for assistance from those greater portions of the self that you may liken unto the higher self, or the mind/body/spirit complex totality, is the same as the student asking the teacher for help with a certain problem, be it math, grammar, spelling, or so forth. This asking for assistance, then, is felt by the soul level of the one who asks, so that at this level of being, the assistance that is provided by the higher self is able to be perceived more clearly than the conscious mind is capable of perceiving.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。你可以将那些自我的更大的部分比作高我, 或者心/身/灵复合体全体, 请求来自于自我的那些更大的部分的协助, 是与学生向老师请求对一定的问题的帮助是相同的, 无论那个问题是数学, 几何, 拼写, 或者如此等等。这种请求帮助, 接下来, 就会被那个询问的实体的灵魂层次感觉到, 这样, 在这个存有的层次上, 会被高我提供的帮助就能够比有意识的心智能够感觉到的更加清晰地被感觉到了。

Thusly, once again, if you are able, within your conscious mind, to use a meditative procedure in which you view yourself as moving into those levels

of the unconscious mind to ask for assistance from the higher self, then there is the greater likelihood that this assistance will be clearly perceived in your subconscious mind. If, however, the conscious mind is that level at which one finds oneself in this attempt to communicate with the higher self, being unable to delve deeper into the subconscious mind, then we also recommend the meditative state so that the lowest level of the conscious mind might be presented to the higher self for the reception of the words and thoughts that may be of assistance in communicating with whatever entity you wish to communicate.

因此，再一次，如果你能够，在你的有意识的心智中使用一个冥想的过程，在其中你观想你自己就好像正在移动进入到那些无意识心智的层次中来请求来自高我的帮助，接下来，就会有更大的可能性，这种帮助将会在你的潜意识心智中被清晰地感觉到。然而，如果有意识的心智是出于这样一个层次上，在其上一个人发现它自己在这种与高我进行交流的尝试中是无法更深地潜入到潜意识心智之中的，那么我们同样也会推荐冥想状态，这样，有意识心智的最低的层次就可以被呈现给高我，以接收对可能在与你希望与之交流的无论什么实体的交流的过程中的可能有帮助的话语与想法。

The entities that you are seeking to establish communication with are upon a level of being that is spiritual in nature so that they are aware of your attempt to communicate much more likely than they would be if you were not utilizing the meditative state. The meditative state is one which permeates the entire creation much more readily than the conscious sending of thoughts through words or concepts. The unconscious mind, combined with the meditative state, is the most effective combination of those qualities of the self that may then set up a communication that is enhanced by the higher self, and makes available this communication to the one with whom the communication is asked for.

你正在寻求与之建立沟通交流的实体是处于这样一个在属性上是灵性的存有的层次上，这样它们就会比如果你不利用冥想状态远远更加有可能察觉到你进行交流的尝试了。冥想状态是一种会比通过言语或者观念来对想法的有意识的发送要远远更加容易地刺穿整个造物的状态。无意识心智，在与冥想状态结合在一起的时候，是对这些自我的属性的更加有效的结合，那些自我的属性接下来就可能设置一种沟通交流，这种沟通交流是被高我所增强，并使之可以为那个这种交流为其而被请求的实体所取得了。

Is there another query, my sister?

我的姐妹，有另一个问题吗？

Kathy: A follow-up to that. Yes, the meditative state is what I was referring to, even though I didn't state it, that it seems to me possible to contact higher self and others while in that deeper state, and it is not so much an exercise of sending, but one of reaching out, and then also receiving, with the help of higher self. So, my follow-up question would be: I have found, when doing this with a sincere desire for positive or helpful communication, that I have always found that in the oneness of consciousness, other spirits or souls have

been always open to communicating, and I wondered if you would comment upon that. It seems to me a reflection of the eternal oneness of all, and that where all doors are open, and I just find it extraordinary and very reassuring, but I would wish to hear your comment upon that.

Kathy: 那个问题的一个后续问题。是的, 冥想状态就是我现在正在提及的事物, 即使我没有所处它, 在我看起来似乎有可能在处于一种更加深入的状态中的时候与高我与其他实体接触, 它并非如此大地是一个发送的练习, 而是一个在高我的帮助下向外延伸, 并同样也在其帮助下接收的练习。因此, 我的后续问题是: 我已经发现, 当带着一种对正面性或者有幫助的交流的真诚的渴望来这样做的时候, 我已经一直都发现, 在那种意识的一体性之中, 其他的灵体或者灵魂已经一直都是向着交流开放的, 我想知道, 是否你们愿意对那一点进行评论。它在我看起来似乎是一种对万物的永恒的合一的映射, 那其中所有的门都是打开的, 我仅仅发现它是非同寻常且非常令人放心的, 但是我听到你们对那一点的评论。

Q'uo: I am Q'uo, and am aware of your query, my sister. The entities with whom you wish to communicate upon the spiritual level of being have no veil of forgetting to block their view of, or reception of, communications from you. They are aware that the purpose of this third-density illusion is to be of service to others, however it may be perceived by the conscious seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。你希望在存有的灵性的层次上与之沟通交流的实体, 是没有遗忘的罩纱会阻隔它们对你的观察, 会或者对你的接收, 或者来自你的交流的。它们察觉到这个第三密度的幻象的目的就是服务他人, 无论它可能如何被有意识的真理的寻求者感觉到。

Thus, you offer to such entities in your attempt to communicate with them a chance to move in clarity through their communications, enhancing their service, so that at their level of being, they are also increasing their polarity as they are attempting to communicate through you to another loved one or friend, shall we say.

因此, 你通过你与这样的实体进行交流的尝试向它们提供了一个机会来清晰地穿越它们的交流, 增强它们的服务, 这样在它们的存有的层次上, 它们就同样也在它们尝试通过你与另一个挚爱的实体或者, 容我们说, 朋友进行交流的时候增加它们的极性了。

You are offering such entities a clear and purified means of being of service, a crystal opportunity in which they are full of joy to be able to participate, for in most instances, they are unable to make themselves clearly understood to any such entities without an intermediary, such as yourself, who may call upon another intermediary, such as the higher self, and establish a communication that allows them this signal opportunity to be of service, not only to another entity, but to a loved one.

你正在向这样的实体提供一条进行服务的清晰的, 被净化过的途径, 一个水晶一般的机会, 在其中它们是充满了喜悦, 以能够参与其中, 因为在大多数情况中, 它们是无法, 在没有诸如你自己之类的一个媒介的情况下, 让它们自己清晰地被任何这样的实体理解的, 这样一个媒介可以呼唤诸如高我之类的另一个媒介, 并建立一种交流, 这种交流会允许它们拥有这个显著的机会来进行服务, 不仅仅服

务另一个实体，同样也服务一个挚爱的实体。

This is a source of great joy for such entities, and this joyful feeling is that which imbues the entire process, so that the one who has requested the communication and your assistance is able to open its heart in a manner in which the reception of such words will be enhanced to go beyond the words into the feelings and the images that accompany such heart-felt communication.

这对于这样的实体是一个具有巨大的喜悦的源头，这种喜悦的感觉就是灌注了整个过程中的事物，这样，一个已经请求了交流以及你的帮助的实体就能够用这样一种方式开放它的心，通过这种方式，对这样的话语的接纳就将会被增强，以超越言语并进入到伴随着这样的由衷的交流的感觉与形象之中了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: Thank you, Q'uo. Only one further question relating to this entire discussion. Will many of us be moving toward more communication such as this on the higher level as we move more and more towards fourth density, and in such way the veil of forgetting is being thinned in this way. With more openness and connection there is more knowing. Is that a correct assumption?

Kathy: 谢谢你们，Q'uo。仅仅还有一个与这整个讨论有关的更进一步的问题。我们很多人将会随着我们越来越多地朝向第四密度的移动而在更高的层次上朝向更多的诸如这个交流之类的交流移动，用这样的方式，遗忘的罩纱就会用这种方式变薄了。伴随着更多的开放性与连接，会有更多的知晓。那是一个正确的假设吗？

Q'uo: I am Q'uo and am aware of your query, my sister. In general, we would agree that you have correctly summarized the situation. The veil of forgetting, in general, as we have mentioned, is beginning to become less and less thick, less and less able to restrict the vision of those who consciously seek to penetrate this veil, for one reason or another.

Q'uo: 我是Q'uo，我了解你的问题了，我的姐妹。一般来说，我们会赞成，你已经正确地总结了这种情况了。遗忘的罩纱，一般而言，如我们已经提到的一样，正在开始变得越来越更薄了，越来越较不能够限制那些有意识地，因为这样或者那样的原因，寻求去刺穿这个罩纱的实体的视野了。

Many spiritual seekers have, within their hearts and souls, the greatest of desires to move into unity with all entities about them, and with the One Infinite Creator within all that there is. This great desire, then, is that which can utilize the thinning of this veil to further thin it for this particular type of entity. It is the spiritual determination and perseverance that are the qualities that move the seeker of truth beyond the veil to see, for the first time, the vision of unity that awaits all on the other side of the veil of forgetting.

很多的灵性的寻求者，已经在它们的心与灵魂中，拥有了最大的渴望去移动进入

到与在它们周围的所有实体，与在一切万有之中的太一无限造物者的统一之中。这种巨大的渴望，接下来，就是能够利用这种罩纱的变薄，并使得它为这个特定类型的实体更进一步地变薄的事物了。正是灵性上的决心与坚持不懈，是那些会让真理的寻求者超越罩纱，以第一次看到，在遗忘的罩纱的另一面等待着所有实体的统一性的景象的事物了。

Is there another query, my sister?
我的姐妹，有另一个问题吗？

Kathy: No, thank you, Q'uo. That was very helpful.
Kathy: 没有了，感谢你们，Q'uo。那是非常有帮助的。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?
Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Austin: We have one from Brad, Q'uo, who starts with Latwii from 1982. Latwii said: "When an entity passes from that which you call the incarnation, and goes through that door known as death, there is a certain period in which the entity is somewhat, shall we say, disoriented, and that it is aware that its consciousness has continued but its environment has greatly changed. The time spent in the condition of confusion is entirely dependent upon the entity's grasp of this process and its desire to seek a clearer understanding of its function." Brad goes on to ask: "How does one improve our grasp of this process and have a clear understanding of this process of passing through the door of death so that disorientation is minimized. The process is fearless and peaceful. How can we seek a clear understanding of the process of passing through the door of death?"

Austin: Q'uo, 我有一个来自 Brad 的问题，它从 1982 年从 Latwii 开始的。Latwii 说，“当一个实体从你们称之为投生的事物离开，并穿越被知晓为死亡的大门的时候，会有一些的时期，在其中实体是有些，容我说，迷失方向的，它察觉到它的意识已经继续了，但是它的环境已经极大地被改变了。被花费在这个混淆的情况中的时间是完全取决于实体对这个过程的掌握以及它对于寻求对它的功能的一种更为清晰的理解的渴望的。”Bard 继续询问：“一个人如何增强我们对这个过程的掌握，并对这个穿越死亡的大门的过程拥有一种清晰的理解，这样迷失方向就会被最小化，这个过程成为无惧的且和平的？我们如何寻求对这个穿越死亡的大门的过程的一种更加清晰的理解呢？”

Q'uo: I am Q'uo and am aware of the query, my brother. The door of death, as it has been referred to, is, for some, a fearsome possibility; for others a welcomed opportunity. It is well for any entity who wishes to consider the nature of its own potential moving through this door to see such as the greatest of liberations to drop one's own veil within the conscious mind that separates it from the unconscious mind.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。死亡的大门，如同它已经被提及的一样，对于一些人，是一种可怕的可能性，而对于其他人，是一个被欢

迎的机会。如果任何实体希望考虑它自己的潜在的通过这个大门的属性，它去看到诸如最大的解放之类的事情，以在有意识的心智中放下它自己的罩纱，这是很好的，这种罩纱将它的有意识心智与无意识心智分隔开了。

In the meditative state is a means by which preparation for this ultimate journey of liberation may be undertaken, for there is, within the ability of each seeker of truth, the chance to visualize this process as one in which the light of this illusion, as bright as it may seem to every entity within it, becomes dimmer in comparison to the great light that one will walk into as one moves through the door of death. This light may be seen in the meditative state as being that light likened unto the sun in which life-giving energies are propelled continuously towards the one moving through death's door.

在冥想状态中会有一条途径，藉由这条途径，为这条终极的解放的旅程做好准备就可以被进行了，因为，在每一个真理的寻求者的能力之中，会有机会将这个过程想象为这样一个过程，在其中，这个幻象的光，相比在一个人穿越死亡的大门的时候它将会走入到其中那个伟大的光，是较为暗淡的，这种光是与它对于在幻象中的每一个实体看起来的样子是一样明亮的。这种光可以在冥想状态中被视为是那种被可以比作太阳的光，在其中赋予生命的能量是持续不断地向着一个正在穿越那个死亡的大门的实体推动的。

This light, then, gauges one's ability to utilize and move further into this light, as the light is moved into, then, the visualization may be seen to increase the vision of the one moving through death's door, to see those entities that are awaiting one as one moves through that door, for each entity within the third-density illusion has friends, guides, teachers, and loved ones that will be waiting for it to help it penetrate what is called "etherea". They will give their guidance, their light, their love, and their understanding to the entity while it is attempting to perceive them, and to perceive the nature of the reality into which it has moved.

这种光，接下来，会衡量一个人去利用这种光，并更进一步地进入到这种光之中，因为实体在进入到这种光的时候，接下来，视觉化的观想就可以被看到，以增强一个正在穿越死亡的大门的人的视力，以看到那些在一个人穿越那扇大门的时候等待着它的实体们，因为在第三密度的幻象中的每一个实体都拥有朋友、指导灵、老师以及那些挚爱的实体，它们将会等待着它，来帮助刺穿被称之为“以太”的事物。它们会将它们的指引，它们的光，它们的爱，以及它们的理解给予那个实体，在实体正在尝试去感受它们，并感受它已经移动进入到的实相的属性的时候。

This ethereal reality, then, can be penetrated by the entity who has the strong desire within its heart, within its mind, within its soul, to move through the ethereal realm so that the realm of true being and true living is entered, and those entities who await the one moving through death's door are apparent to the entity and greet it as a long lost friend and family member come home.

这个以太的实相，接下来，是能够被在它的心中，心智中与灵魂中拥有强烈的渴望去穿过这个以太的领域的实体刺穿的，这样，属于真实的存有与真实的生命领域就被进入了，那些等待着一个正在穿越死亡的大门的人的实体，对于那个人是明显的，并会如同一个失去了很长时间的朋友与家庭成员回家一样地欢迎它。

Is there a further query, my brother?
我的朋友，有一个更进一步的问题吗？

Austin: No follow-up to that, thank you.
Austin: 没有那个问题的后续问题了，谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Austin: We have another one from Lanny that is in two parts—I will ask the first part first. "Q'uo, I would like to ask a question about eating meat. What are the spiritual principles and possibilities of polarization as one attempts to eliminate the use of animal products from their diet? When the reality of the situation is looked at, we have one set of beings expressing its dominance over another set of beings and from what I can tell are infringing on the free will of these beings as they live a life in which they are caged and grown just to be killed for meat.

Austin: 我们有另一个来自 Lanny 的问题，它分两个部分——我将会首先询问第一部分。"Q'uo，我想要询问一个关于吃肉的问题。当一个人尝试从它们的饮食中删除对动物产品的使用的时候，灵性的原则与极化的可能性是什么呢？当情况的现实被观察的时候，我们拥有一系列存有对另一系列的存有表达它的统治，我能够从中分辨出来的事物是对这些存有的自由意志的侵犯，因为它们是过着这样一种生活，在其中它们是被关在笼子里，并仅仅为了被杀死以供食用而被养大的。"

When we have the opportunity/option to be a steward of this planet and treat every being with respect and dignity, can you help enlighten me on this? Do second-density beings incarnate in the understanding that they will live this kind of life and therefore, we are not infringing on their free will? Or does each person make their choice, if they are even aware, as to whether they will take part in this?

当我们拥有机会/选项去成为这个星球的一个管理员，并带着尊重与高贵来对待每一个存有的时候，你们能够帮助在这一点上启发我吗？第二密度的存有是带着它们将会活出这种类型的生命的理解而投生的吗，我们没有侵犯它们的自由意志吗？或者，是每一个人都做出它们的选择，甚至即使它们察觉到，是否它们将会参与到其中？

Q'uo: I am Q'uo and am aware of the query, my brother. This is a query which moves to the level of understanding that all is One. The animals, as you call them, of the second-density variety, which are utilized by many on the surface of your third-density planet for food, are beings that have consciousness, that have a soul, that have the ability to give and to receive love. These entities, then, can be utilized by those of the third density in any way that third-density entities choose. This choosing is done in a conscious manner when the

second-density entity that is to be consumed as a food, is asked before its slaughter, shall we say, if this is acceptable to such entity.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。这是一个移动到了对万物一体的理解的层次的问题。属于第二密度的类型的动物, 如你们称呼它们的一样, 会被在你们的第三密度的星球表面上的很多人用作食物, 它们是拥有意识, 拥有一个灵魂, 且拥有能力去给予与接受爱的存有。这些实体, 接下来, 就能够用任何第三密度的实体选择的方式被那些属于第三密度的实体所利用。当要被作为食物而被消费的第二密度的实体, 在它的屠宰之前是被询问了, 是否这对于这样一个实体是可以接受的时候, 这种选择是用一种有意识的方式被进行的。

This is a situation in which many of the native tribes, shall we say, of your earthly sphere have long engaged in the utilizing of the second-density animals for their food. However, we find that it is seldom utilized in your third-density at this time, and it is more likely to be taken for granted that such second-density entities have been grown for this purpose, and would consider it a part of their life experience to give their lives and their bodies for food. However, this cannot be known for certain until there has been a communication established between the third-density entity and the second-density entity that is seen as a potential source of food.

这是一个你们的尘世的世界的很多的, 容我们说, 土著部落已经在利用第二密度的动物作为它们的食物过程中已经有很长时间都参与其中的一个情境。然而, 我们发现, 在此刻在你们的第三密度中, 它是很少被利用的, 这样的第二密度的实体已经为了这个目的而被养殖, 并会认为献出它们的生命与它们的身体来用作事物就是它们的生命体验的一部分, 这更有可能是被当成是理所当然的了。然而, 一直到已经有一种沟通交流在第三密度的实体和被视为是一个潜在的食物来源的第二密度的实体之间被建立之前, 这都是无法被确切地知晓的。

Therefore, we find that for most entities within the third density who consume the meat products without such an establishment of communication beforehand, are in some way infringing upon the free will of the second-density entities. However, we would remind each third-density being that it is quite frequently accomplished, shall we say, that the infringement upon the free will of others is put forth or done in many and various ways on a daily basis, so that there is the need for each third-density entity to balance the catalyst of such infringement upon the free will of other entities, be they second or third-density entities.

因此, 我们发现, 对于在第三密度中的大多数消费肉类产品, 而并未提前建立这样一种沟通交流的实体, 它们是用某种方式侵犯了第二密度的实体的自由意志的。然而, 我们会提醒每一个第三密度的实体, 相当频繁地会被实现的事情是, 容我们说, 对其他实体的自由意志的侵犯会用一种日常的方式, 用很多且各种各样的方式, 被发出或者被进行, 因此, 每一个第三密度的实体都需要去平衡对其他实体的自由意志的这样的侵犯的催化剂, 无论它们是第二密度还是第三密度的实体。

Thus, it is not just in the consumption of the foodstuffs of second density that such infringement takes place. We would remind each third-density entity

that the second-density foodstuffs in the form of plants also have a type of consciousness that is more likely to be able to blend in a harmonious fashion with the desire of third-density entities to see them as foodstuffs. This, however, is also enhanced when the third-density entity is able to see all food, be it animal or vegetable, as that which is conscious, that which contains the One Infinite Creator, and that which with a communication needs to be established in some manner, whether it is the saying of a blessing of the food or the asking of the food if it is acceptable to be utilized as food before it is so utilized.

因此，这样的侵犯并不仅仅发生在对第二密度的食物的消耗之中。我们会提醒每一个第三密度的存有，植物形式的第二密度的食物，同样拥有一种类型的意识，这种意识是更加有可能能够用一种和谐一致的方式与第三密度实体将它们视为是食物的渴望混合起来。然而，当第三密度的实体能够将所有的食物，无论它是动物还是植物，都视为是有意识的事物，是包含了太一无限造物者的事物，与这个意识的一种沟通交流需要用某种方式被建立，无论它是说对食物的一种祝福，还是在食物如此被利用之前询问食物，是否它被用作食物是可以接受的。

We realize that most third-density entities are unable or unwilling or unaware of such a necessity, and move through their daily round of activities with a blindness to this possibility and necessity, as there is blindness to many ways of realizing the spiritual nature of the journey each seeker is upon. This journey of seeking is one which encompasses the entire reality of third-density so that all may be seen eventually as the One Infinite Creator and may be communicated with upon that level, so that for whatever reason, the portion of the One Creator that you are communicating with is to be used, that there will be a means by which the acceptance of this use by that portion of the Creator is achieved.

我们意识到，大多数第三密度的实体都无法或者不愿意或者并不察觉这样一种需要，它们是带着对这种可能性与需要的一种盲目经历它们的日常生活的活动的，因为会有对很多领悟对每一个寻求者处于其上的旅程的灵性属性的方式的盲目。这条寻求的旅程是一条囊括了整个第三密度的实相的旅程，这样，所有的事物都可以最终被视为是太一无限造物者，并可以在那个层次上与之进行交流，这样，为了无论什么原因，你正在与之交流的太一造物者的那个部分，就是要被使用的，将会由一种途径，藉由其造物者的那个部分对这种使用的接受会被取得。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes, he goes on: "If it's not too much to ask, I would also like to better understand the spiritual principles involved with attempting to educate others about the injustices of animal agriculture while respecting their free will, since we seem to have a paradox of respecting the free will of the animals, assumed wanting to not be killed, and the free will of a person's supposed right to eat meat."

Austin: 是的，他继续询问：“如果没有很多要问的问题的话，我想要更好地理解与尝试去教导其他人畜牧业的不正当，并同时尊重它们的自由意志有关的灵性

原则，因为我们看起来似乎拥有一个悖论，即尊重动物的自由意志，假设它们并不想要被杀死，与一个人被假设拥有的吃肉的权利的意志的悖论。”

Q'uo: I am Q'uo and am aware of your query, my brother. The principle of the utilization of animal creatures, shall we say, for producing food, is a kind of disregarding of personal rights, as you may say. To attempt to share this kind of information with others that may not be aware of such, or may not agree with such, is the free will right of any entity seeking to do so. This is in conjunction with any attempt to be of service to others in the manner which attempts to expand or deepen other entities' realization or consciousness of the topic of the use of animals for food, or whatever other topic is desired to be projected to others by one wishing to, shall we say, proselytize.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。对动物用于制作食物的原则，是一种类型的，如你可能会说的一样，对人的权利的不尊重。尝试与其他可能并未察觉到或者赞成这一点的人分享这种类型的信息，是任何寻求这样做的实体的自由意志。这是与任何服务他人的尝试结合在一起的，这种连接是用这样一种方式进行的，它会拓展或者深化其他实体对将动物用于食物的主题，或者由那个希望，容我说，让人改变方向的人向其他人提出无论什么被渴望的其他的主题，的领悟或者意识的尝试。

It is an action well done when it is realized that the offering of one's opinion on any topic to another is that which needs to be done without a dedication to an outcome that would drive one to push further than the one listening wishes to hear.

一个人在任何的主题上向另一个人提供观点，是需要在不执着于一种结果的情况下被进行的事情，当这一点是被意识到的时候，它就是一个被很好地进行了的行动了，**这会驱动一个人推动到比一个聆听的人希望听到的事情更进一步的事情。**

Thus, the free will of all must be respected by any conscious seeker of truth. To infringe upon the free will of those who unconsciously use animals for food, is again, an infringement of another kind.

因此，所有实体的自由意志都必须被任何有意识的真理的寻求者所尊重。侵犯那些无意识地将动物用作食物的人的自由意志，再一次，是另一种类型的一种侵犯。

Is there another query at this time?

在此刻有另一个问题吗？

Austin: We have one more from Justin, who writes: "Why do people have what's called 'Asperger's' and 'autism'? I was diagnosed with Asperger's when I was fourteen and have found it to be a constant hindrance for personal growth. Though I have deep empathy and compassion, and have come a long way, it is probably the only part of myself that I haven't fully accepted. I know that in and of itself, it is my greatest challenge yet."

Austin: 我们还有一个来自 Justin 的问题，它写道：“为什么人拥有被称为亚斯伯格症和自闭症的疾病呢？在我四十岁的时候，我被诊断患上了亚斯伯格症，我已经发现它对于个人成长是一种持续不断的妨碍。尽管我拥有深入的共情与同情

心，我已经走了一条很长的道路了，它有可能是我尚未完全接受的我自己的唯一的部分。我知道在其内在及其自身，它还是我最大的挑战。”

Q'uo: I am Q'uo and am aware of the query, my brother. We find the word "challenge" is most significant in this query. The challenges of the third-density illusion are those which provide opportunities for people who are described as conscious seekers of truth to utilize in a manner which expands one's awareness, opens the heart and allows the One Infinite Creator's love to flow freely forth by the meeting of the challenge.

Q'uo: 我是 Q'uo，我了解了问题了，我的兄弟。我们发现，“挑战”这个词语在这个问题中是极其重要的。第三密度的幻象的挑战是那些会为被描述为真理的有意识的寻求者的人提供机会去用这样一种方式来利用机会的挑战，这种方式会藉由迎接挑战而拓展一个人的认识，开放心，并允许太一无限造物者的爱自由地向前流动。

The challenge of those diseases, as they are called, Asperger's and autism, are to be able to put forth another way of being, another way of seeing, another way of communicating—for entities with these conditions have another way of being. They are here to not only expand their own consciousness as they move into the fourth-density of love and understanding, but to offer to those about them the opportunity to see another way of being, another way of communicating, another way of accomplishing the life's journey. For this type of seeing is that which moves beyond the normal third-density level of perception, and recognition and acceptance.

那些疾病——如同它们被称之为亚斯伯格症和自闭症一样——的挑战，是能够展现出另一种存在的方式，另一种观察的方式，另一种沟通交流的方式——因为带有这些病症的实体会拥有另一种存在的方式。它们在这里不仅仅是在它们进入到爱与理解的第四密度的时候去拓展它们自己的意识，而是去向那些在它们周围的实体提供机会去看到另一种存在的方式，另一种沟通交流的方式，另一种完成生命旅程的方式。因为这种类型的观察，就是会超越通常的知觉、认识与接纳的第三密度的层次的事物了。

There is far, far more to the third-density experience of each entity within the third density than is realized by most entities residing therein. Those entities with what is called the Asperger's Syndrome, or autism, have a connection to the One Creator that is unlike the normal type of connection that most entities experience. Their connection is one that is more refined in some ways, in that there is an unconscious transmission of unity to the conscious mind, so that those entities so demonstrating these conditions may share this increased level of beingness with others about them. In order to do so, there is the challenge of accepting the self as being other than most other entities about one.

在第三密度中的每一个实体的第三密度的体验，会有比居住在其中的的大多数的实体所意识到的体验远远更多的体验。那些带有被称之为亚斯伯格症或者自闭症的疾病的实体，拥有一种与太一造物者之间的连接，这种连接与大多数实体体验到的那种通常类型的连接并不一样。它们的连接是用某种方式更加精炼的连接，因

为会有一种统一性向有意识心智的无意识的传送，这样那些这样展现出这些病症的实体，就可能会与那些在它们周围的其他人分享这种被增强过的存在性的层次。为了要这样做，就会有接受自我是与在它周围的大多数其他实体是不一样的挑战。

The peer pressure of the third-density illusion is most great and it is difficult for entities with differences such as these entities have and exhibit, to move beyond this peer pressure, but once this is done, and once they can see that they shine like the sun—in many ways more effectively, more poignantly, and more clearly, than most third-density entities—then these conditions can become means by which most other third-density entities can expand their own awareness, not only of what is possible for others, but of what is possible for the self as it attempts to move further and further along, or closer and closer in tune with the One Infinite Creator within, within the self, within all other selves, and within the creation as a whole. This type of movement is that which each entity on planet earth is here to share with others.

第三密度幻象的同伴压力是极其巨大的，带有诸如这些实体拥有且表现出的差异之类的差异的实体，要超越这种同伴压力是困难的，但是，一旦这被完成了，一旦它们能够看到它们是如同太阳一样地闪耀的——用很多方式是比大多数的第三密度的实体更加有效地，更加强烈地，更加清晰地闪耀的——接下来，这些病症就能够成为藉由其大多数第三密度的实体能够拓展它们自己的察觉的途径了，不仅仅是对那些对于其他人是有可能的事物的察觉，同样也是对那些对于自我是有可能的事物的察觉，因为它尝试去越来越更进一步地前进，或者越来越更加紧密地内在之中，在自我内在之中，在所有其他自我内在之中，在作为一个整体的造物内在之中的太一无限造物者协调一致。

There are no two entities that are the same. All entities have the One Infinite Creator inside of them within their being, and this type of experience of the One Infinite Creator in whatever degree it is experienced and shared with others, is that which is of the greatest value to all about one so able to share. 没有两个实体是相同的。所有实体都在它们的存有内在之中，在它们内部拥有太一无限造物者，这种类型的对太一无限造物者的体验，用无论什么它被体验到并与其他人被分享的程度，都是对所有在一个能够这样分享的实体周围的实体成为给具有最大的价值的事物。

We commend the efforts of this entity in its attempt to accept itself and would like to share our thoughts that we accept this entity totally as the One Infinite Creator. We see the One in this one and in all, and we thank each for allowing us to speak this afternoon upon the topics that you have given us.

我们为这个实体去接受它自己的尝试而称赞它，我们想要分享我们的想法，我们完全接受这个实体是太一无限造物者。我们看到在这个实体以及在所有实体内在之中的太一，我们为你们允许我们在这个下午谈论你们已经给予我们的主题而感谢各位。

At this time, we shall ask if there is a final query.

在此刻，我们将询问，是否有一个最后的问题。

Zach: I have a final query, Q'uo, regarding people on the autism spectrum. Are they a part of the discrete starseed soul group?

Zach: Q'uo, 我有一个最后的关于在自闭症的范围中的人问题, 它们是分开的星际种子的灵魂团体吗?

Q'uo: I am Q'uo and am aware of your query, my brother, and you are most perceptive, for indeed, these entities, who exhibit the qualities of autism most especially, and that called Asperger's Syndrome, as well, have found the ability to move into the fourth-density of love and understanding upon other planetary spheres, and have come here in order to aid the birthing of this planet's fourth-density experience of love and understanding. They are from a distant planet which has already achieved its transition into the fourth density of love and understanding, and the population of this planet has provided a small group of those able to make this transition and they are here now to aid the transition of this planet into the fourth density.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟, 你是极其有感受力的, 因为确实, 尤其是这些展现出了自闭症的特性的实体, 那些被称之为亚斯伯格症的病症的实体也是一样, 已经在其他的行星上找到了进入到爱与理解的第四密度的能力, 并已经来到这里, 以便于帮助这个星球的爱与理解的第四密度的体验的诞生。它们是来自于一个遥远的行星, 那个行星已经完成了它进入到爱与理解的第四密度的转换, 这个行星的人群已经将那些能够完成这种转换的实体的一个小小的团体提供出来, 它们现在在这里来帮助这个星球进入到第四密度的转换。

At this time, we shall again thank each for inviting our presence this afternoon. We are most grateful to have been able to share our thoughts and our being with you. We feel your love and thoughts and being shared in return with us. It is a blending of energies that is most joyous. We thank you for your love, for your understanding, for your desire to seek the One Infinite Creator in all. We join you in that seeking. Together we shall help to bring each other home. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻, 我们将再一次感谢每一位邀请我们今天下午出席。我们对于已经能够与你们分享我们的想法和我们的存有是极其感激的。我们感觉到你们的爱与想法, 它们已经反过来与我们分享了。这是一种极其令人喜悦的能量的混合。我们为你们爱, 为你们的理解感谢你们, 为你们去寻求在所有事物中的太一无限造物者的渴望而感谢你们。我们在那种寻求中加入你们。我们一起将帮助将相互彼此带回家。我们是你们知晓的 Q'uo。Adonai vasu borragus。

January 4, 2020
2020-01-04 冷漠的污水池

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument and this group as we have been called to your group to speak those words of inspiration that may have meaning to you. We greet you in the love and in the light of the One Infinite Creator of which we are all a part.

我是 Q'uo，我与这个器皿和这个团体在一起了，因为我们已经被呼唤到你们的团体来向讲述那些可能对你们有意义的，具有启发的话语了。我们在太一无限造物者的爱与光中向你们致意，我们全都是太一无限造物者的一部分。

We thank you again, as always, for inviting our presence into your group. This is our opportunity to be of service in a manner which you have requested—the answering of questions that are upon your hearts and within your minds, and this is a joyful honor and duty which we undertake today. As we always do, we thank you for taking those words and thoughts that we offer you and using them as you will, and for leaving behind the ones that have no meaning for you at this time. This small favor allows us a greater leeway in our expression of information, and information that might be helpful to you today. 一如既往，我们再一次为你们邀请我们在你们的团体中出席而感谢你们。这是我们用一种你们已经请求的方式——回答在你们的心头，在你们的头脑中的问题——来进行服务的机会，这是一种喜悦的荣耀以及我们今天要承担的责任。如我们一直都做的一样，我们为你们拿起那些我们提供给你们的话语与想法，并如你们所愿地使用它们，为你们将那些在此刻对于你们是没有意义的话语都丢弃掉而感谢你们。这个小小的恩惠允许我们在我们表达信息，在今天可能对你们有帮助的信息的过程中拥有了一种更大的回旋余地了。

At this time, we would ask if there is a query with which we may begin.
在此刻，我们会询问，是否有一个我们可以用来开始的问题。

Kathy: Yes, Q'uo. Thank you. I have a question that relates to the New Age energies coming in from a direction 20 degrees east of magnetic north, which was chosen by Jim, Carla and Don for the direction that Carla's had to be directed toward because of the New Age energies coming in at that time weakly, or more weakly than perhaps today. [1]

Kathy: 是的，Q'uo。感谢你们。我有一个关于从一个磁极北偏东二十度进入的新时代的能量的问题，这个方向被 Jim、Carla 和 Don 选择作为 Carla 必须要朝向的方向，因为新时代的能量在那个时候是虚弱地进入的，或者也许是比今天更加虚弱地进入的。

Ra said that this was a free will choice of the group, and they chose that direction rather than magnetic north because it would be a good aid to narrow-band meditation. They also referred to this—the energies coming in

cosmically from this direction as New Age energies that would soon to be paramount for earth, and my question is: What does that mean? Are those energies now paramount? And this was something that Jim alluded to recently in his book, the same question. What can you tell us about these energies and are we now finding them stronger for us?

Ra 说过，这是一个团体的自由意志的选择，它们选择了那个方向，而不是磁极的北方，因为它会成为对窄频冥想的一种有益的帮助。它们同样也提及了这种能量——从这个方向作为新时代的能量而从宇宙进入的能量，会很快在地球上成为至高无上的，我的问题是，那是什么意思？那些能量现在是至高无上的了吗？这是某个 Jim 最近在他的书中暗示的事情，相同的问题。你们能够在关于这些能量的方面告诉我们什么呢，我们现在发现它们对我们成为更加强有力的吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, at the time at which this information was transmitted by those of Ra to the support group through the one known as Carla, these energies of fourth density were somewhat distant, shall we say, in their origination and in their appreciation by entities of this vibration upon planet earth. Therefore, at that time it was helpful to orient both the pyramid, which this instrument had constructed in the yard where the support group dwelled, and the bed upon which the instrument for the Ra contact rested during the contact. This allowed both the instrument for the Ra contact and any of the entities within the group who used the pyramid to enhance their meditations to perceive the greater vibration, or density of love, in the fourth-density vibrations that were then beginning to be felt upon this sphere.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。确实，在这个信息被那些属于 Ra 的实体通过被知晓为 Carla 的实体传递给支持团体的时候，那些属于第四密度的能量，在它们的起源的方面，以及在它们被在行星地球上属于这个振动的实体的感受的方面，是多少有些遥远的。因此，在那个时候，同时将这个器皿已经在支持团体所居住的院子里面建造的那个金字塔，以及在接触期间进行 Ra 接触的器皿躺在其上的床的方向同时都定向，这是有帮助的。这同时会允许进行 Ra 接触的器皿以及在团体中的任何使用金字塔的实体，增强它们的冥想以感觉在那个时候在这个星球上正在开始被感觉到的在第四密度振动中的更大的振动，或者爱的密度。

In the succeeding years these energies have, indeed, become paramount, in that they have engulfed the planet in a manner which makes available these loving-and-understanding energies by any who are open to them. At this time, however, it would not be appropriate to say that they are only from the direction of 20 degrees east of north, for their presence is so paramount as to become omnipresent so that any entity attempting to perceive their direction would perceive them as being from 360 degrees surrounding the entire planet. These energies have the capacity to enhance the seeking, the direction of any entity who is conscious of them and sensitive to them.

在随后的年份中，这些能量，已经确实是，至高无上的了，因为它们已经用一种会让那些对它们成为开放的人可以利用这些有爱、理解性的能量的方式吞没了这个星球了。然而，在此刻，说这些能量仅仅是从北偏东二十度的方向而来，这

是不合适的,因为它们的存在是如此之至高无上,以至于它们成为无所不在的了,这样任何尝试去感受它们的方向的实体,都会感觉到它们是来自于包围着整个星球的三百六十度的角度。这些能量勇敢有能力去增强需求,并指引任何察觉到它们并对它们是敏感的实体。

The direction of the positively oriented entities, therefore, has the chance of being enhanced in both the purity and the power of the perception of these energies so that the spiritual journey may be intensified as if one were to place a magnifying glass upon it, and visualize the qualities of the seeking being purified and made more potent by these energies. This allows the positively oriented seeker to move more steadily along the spiritual path, being able to utilize catalyst that comes before it in a more proficient manner. 正面性导向的实体的指向,因此,会同时在纯度以及对这些能量的知觉的方面,拥有被增强的机会,这样,灵性旅程就可以被强化,就好像一个人要将一个放大镜放在它上面,并观想寻求的属性被这些能量净化并因为其变得更加有力。这会允许正面导向的寻求者更加稳定地沿着灵性的道路移动,同时有能力用一种更加熟练的方式来利用出现在它面前的催化剂。

However, those entities that comprise the great majority of the population of your planet earth which have no discernable spiritual path and appreciation of the transformation into fourth density now occurring, may also find that their experience of their incarnation is intensified in a manner which requires a more conscious utilization of their catalyst within the daily round of activities. 然而,那些构成了你们的行星地球的绝大多数人群的实体并不拥有可以分辨的出的灵性道路以及对现在正在发生进入到第四密度的转换的知觉,这些实体同样可能会发现它们对它们投生的体验是用一种需要一种对在日常生活活动中它们的催化剂的更加有意识的利用的方式被增强的。

Since so many have the distortion of doubt, confusion, anger, separation, and so forth, as their daily grist for the mill, shall we say, this intensification of the fourth density energies causes such entities to become more of that which they are expressing in their life experience, be it confusion, doubt, anger, jealousy, and so forth. This enhances the path that they are upon as well as it does the positive path, and in the same fashion, one may also assume correctly that the negatively oriented entities are also able to utilize these energies in their own fashion, to pursue their path of service to self. 因为如此多的人都拥有疑虑、混淆、愤怒、分离以及如此等等的扭曲作为它们,容我说,磨坊的谷物,第四密度的能量的这种强化作用会使得这样的实体成为更多的它们在它们的生命体验中正在表达的事物,无论它是混淆、疑虑、愤怒、嫉妒,如此等等。这会增强它们走在其上的道路,和它会增强正面性的道路一样,用相同的方式,一个人这样可以这样正确地假设,负面导向的实体同样也能够用它们自己的方式利用这些能量,来追寻它们服务自我的道路。

Is there another query, my sister?
我的姐妹,有另一个问题吗?

Kathy: No, thank you, Q'uo. That was very enlightening. Thank you.

Kathy: 没有了, 感谢你们, Q'uo。那是非常令人启发的。谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Austin: I've got one, Q'uo. I'd like to explore the idea of manifestation. It's a very common term in New Age communities, in terms of the phrase that's used a lot, "We manifest our own reality," and there's the idea of the Law of Attraction which says that we attract all of our experiences and circumstances to us in some way. So, I would like to understand the Confederation's perspective of the concept of manifestation and how it relates to the path of the positive seeker.

Austin: 我有一个问题了, Q'uo。我想要探索显化的观念。在新时代社群中它是一个非常普通的词语, 从“我们显化我们自己的实相”这个短语的方面, 它被大量使用了, 会有吸引法则的观念, 它说我们用某种方式将我们所有的体验和环境吸引到哦我们身上。因此, 我想要理解星际联邦对显化的观念的观点, 以及它如何与正面的寻求者的道路有关联的。

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the manifestation of that which becomes true experience for any conscious seeker of truth is in direct proportion of the purity of such seeker's seeking. The desire, the will, and the faith in the process is that which allows the seeker of truth to become aware of both the preincarnatively programmed process of learning within the incarnation, and the conscious perception by the seeker of this preincarnative programming as it relates to the catalyst that one encounters in the daily experience.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 对于任何有意识的真理的寻求者, 对会成为正式体验的事物的显化, 是与这样的寻求者的寻求的纯度成正比的。在这个过程中渴望、意志以信心, 就是允许真理的寻求者, 在它与其在日常体验中遭遇到的催化剂建立联系的时候, 同时察觉到在投生中投生前规划好的学习过程, 以及寻求者对这个投生前的规划的有意识的知觉的事物了。

The manifestation of the qualities of love and understanding in some fashion, whether it be literally or symbolically, is that harvest of the fruits of the desire of the will of the preincarnative choices, of the catalyst facing the seeker constantly as it moves through its incarnation. This type of manifestation is a product, then, of many factors which the conscious seeker has determined by its own choosing and has enhanced by its continued processing and pursuing during the incarnation.

用某种方式对爱与理解的属性的显化, 无论它实际上地, 还是象征性地显化, 就是对投生前的选择的意志的渴望的果实, 以及寻求者在它穿越它的投生的时候持续不断地面对的催化剂的果实。这种类型的显化, 接下来, 是对有意识的寻求者已经藉由它自己的选择决定的许多的要素的产物, 这些要素接下来就会被它在投生期间持续性的前进与追寻所增强。

The manifestation of any particular type of quality, be it understanding, unconditional love, acceptance, service to others, and so forth, is also intensified in its manifested state so that there is more to appreciate, more to work upon, and receive a benefit from as the seeker then is able to see the manna from heaven, shall we say, as it falls into the consciousness of the seeker. This manner, this bread of life, is that which nourishes the soul, enhances the mental capacities that feeds the body as well so that the seeker is nourished upon this journey of seeking by that which it seeks, and that which it perceives, and that which it processes, and that which it produces as the fruit of this entire energy expenditure. Therefore, the manifestation is a product of many efforts of the seeker of truth, both before and during the incarnational experience.

对任何特定类型的属性的显化, 无论它是理解, 无条件的爱, 接纳, 服务他人, 如此等等, 同样也会在它被显化的状态中, 被强化, 这样就会有更多要去欣赏, 更多要在其上工作, 并从其接收一种益处的事物了, 因为寻求者接下来就能够看到, 容我们说, 来自天堂的玛娜 (manna) 了, 在它落到寻求者的意识之中的时候。这种玛娜, 这种生命的面包, 就是会滋养灵魂, 并同样也增强会为身体供能的心智的能力的事物, 这样寻求者就会在这个寻求的旅程上被它寻求的事物, 被它感觉到的事物, 以及作为这整个能量支出的果实而产生出来的事物所滋养了。因此, 显化物就是对真理的寻求者的很多的努力一个产物, 同时在投生体验之前和在投生体验期间的努力。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: If a seeker desires something, a set of circumstances or resources they would like in order to further their service, or even if it's just something they want, is it better for them to use that desire as catalyst and try to understand why they desire something that they don't have and why they are in that circumstance? Or should they attempt to manifest the things that they are lacking in order to further their service?

Austin: 如果一个寻求者渴望某个事情, 为了让它们的服务更进一步, 它们想要一套环境或者资源, 或者即使它仅仅是某个它们想要的事物, 对于它们更好的事情是使用渴望作为催化剂, 并尝试去理解, 为什么它们渴望某个它们并不拥有的事物, 以及为什么它们处于哪个环境中? 或者它们应该尝试去显化它们缺少的事物, 以便于让它们的服务更进一步吗?

Q'uo: I am Q'uo and am aware of your query, my brother. This is a type of dilemma, shall we say, that the conscious seeker of truth may face at various times within its incarnational experience. The primary goal of each seeker is the opening of the heart in unconditional love so that all response to catalyst may be imbued with this loving vibration that attempts to give of the self to all others who are within the evident reach or realm of the seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是有意识地寻求者在它的投生体验中的各种各样的时刻可能会面对的一种类型的, 容我们说, 两难处境。

每一个寻求者的主要的目标是在无条件的爱中开放心，这样所有对催化剂的回应就可以用这种爱的振动所灌注了，这种爱的振动会尝试去将自我给予在整理的寻求者的明显的所及范围或者领域之中的所有其他实体。

As the seeker desires certain aspects or manifestations of that which it feels it needs within this process of seeking, and proceeding along its own spiritual path, it is well to keep in perspective that which is desired, so that that desire does not become greater than the overall desire to seek the light and the love of the One Infinite Creator within all beings and within all experiences.

当寻求者渴望它感觉到在这个寻求的过程中，以及在它自己的灵性道路上前进的时候，它需要的事物的一定的面向或者显化物的时候，去将被渴望的事物留在这个远景中观察，这是很好的，这样那个渴望就不会变得比寻求存在于所有的存有以及所有体验之中的太一无限造物者的光与爱的整体性的渴望要更大了。

Thusly, if this perspective can be maintained by the seeker of truth, it does no harm to ask for certain supplements or instruments, or evidence of aid to the seeker. However, this is most salient that the seeker of truth seek first, as you might say, the Kingdom of Heaven, that all else will be added unto it. [2]

因此，如果这个远景能够被真理的寻求者保持住，去要求一定的补足，或者工具，或者对寻求者的帮助的证明，这就不会产生伤害了。然而，真理的寻求者首先寻求，如你们可能会说的一样，天国，所有其他的事物都将会被添加到其上[2]，这就是极其显著的了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you, that was really good, thank you.

Austin: 没有了，感谢你们，那真的是很好的，谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, I'm interested in what Ra calls "the sinkhole of indifference." [3] They coined that term to describe the population of our planet which has not polarized, presumably over a long period of time. This group is not making a choice between service to others or service to self, so I'm wondering if the sinkhole of indifference operates as a sort of collective gravity well that holds people in a state of indifference.

Gary: Q'uo，我对 Ra 称之为“冷漠的污水池”[3]的事物感兴趣。它们制造了那个短语来描述我们星球的那些，大概在一段很长的时间之后，都未极化的人群。这个团体没有在服务他人或者服务自我之间做出一个选择，因此，我想知道，是否冷漠的污水池会作为一种类型的集体的重力井来起作用，它会将人留在一种冷漠的状态中。

An analogy came to me to help conceptualize this, and it's to imagine the

effect of the ambient temperature in an environment. Objects within a room or a larger environment will take on the temperature of that environment unless there is some input that allows them to change temperature, say like electricity that can heat something up above room temperature, or keep something cold below room temperature. I liken that to the will and faith necessary to polarize.

我想起一个类比来帮助对此进行观念话,它是去想象在一个环境中的周围的温度的作用。在一个房间中或者在一个更大的环境中的物体,将会呈现出那个环境的温度,除非会有某种输入允许它们改变温度,假设类似能量让某个事物加热高于房间温度,或者让某个事物变冷低于房间温度的电器。我将那个比作极化所需的意志与信心。

Anyway, sorry, is the sinkhole of indifference something like a collective gravity well that requires will and faith to move outside of?

无论如何,很抱歉,冷漠的污水池是需要意志和信心才能离开的一个,某种类似,集体的重力井的事物吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We believe that you have quite eloquently stated the basic principle with your analogy of the sinkhole of indifference being that place wherein there is a, shall we say, a momentum of indifference—which is a paradoxical way of stating it, we realize.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们相信你已经用你的比喻相当生动地表述了对冷漠的污水池基本原则了, 即它是那个在其中会有一种, 容我们说, 一种冷漠的动能——我们意识到, 这是一种表达它的有矛盾的方式——基本原则了。

The indifference that is expressed by those entities which do not find it possible within their own being to generate the desire to seek beyond the nature of their daily round of activities, beyond the mundane world, beyond that which they have always known . . . they seek only to reproduce the day before, the getting of the job, the making of the money, supporting of the family, gaining stature in the community and so forth.

被那些没有发现在它们自己的存有内在之中有可能去产生出超越它们的日常活动, 超越世俗世界, 超越它们已经之后小的事物而进行寻求的渴望的实体所表达的冷漠.....它们仅仅寻求去重现之前的日子, 得到工作, 赚钱, 支持家庭, 取得社会地位, 如此等等。

These are possible tools for enhancing the journey which are not being utilized by entities which have no concept of that which is more than the experience they have previously had. They are unable to generate the faith or the will in any concept beyond the mundane world. They have this general feeling that this world is all that there is, that there is a beyond to this world is totally unknown to them and unimportant to them as long as they are able to provide themselves and their family with the basic ingredients for survival.

会有一些有可能用于增强旅程的工具是尚未被那些并不拥有对于会有比它们之

前已经拥有过的体验更多的事物的观念的实体所利用的。它们无法在任何观念中产生出超越世俗世界的信心或者意志。它们拥有这种一般性的感觉，这个世界就是一切万有，会有一个它们完全不知晓的超越这个世界的事物，只要它们能够为它们自己以及它们的家庭提供基本的生存所需的要素，这个超越的世界的事物就是不重要的。

The sinkhole of indifference, then, begins to draw all into it that are of this nature that have no concept of moving beyond that which is in their lives at present and that which has been as it is now. So, this is a kind of momentum of a reverse order that does not allow movement forward in consciousness. The heart is hardened, the mind is closed, the movement is miniscule, thus, there is no progress in the spiritual sense. [4]

冷漠的污水池，接下来，会开始将所有的具有这种属性的人都拉入其中，这些人并不拥有超越在它们生命中当前存在的事物，以及已经如同其现在之所是一样地存在的事物的观念。因此，这是一种类型的动能，它具有一种倒转的次序，它并不会允许在意识中的向前的运动。心是坚硬的，心智是被封闭的，运动是极小的，因此，就没有在灵性的意义上的前进了。[4]

This lack of progress, then, has as a ramification the continued reducing of potential progress in what you would call their future experiences. That is their own reward for the lack of effort that they have made, shall we say.

这种缺少前进，接下来，就会作为一种衍生物，而在你们会称之为它们的未来的体验的事物中拥有对潜在的发展的持续性的减少了。那就是它们自己对它们已经做出的努力的缺少的惩罚了。

It is a difficult situation for entities to escape, for it has been their experience in other planetary influences where they were also unable to generate the faith and will that would take them forward into the fourth density of love and understanding, and had, therefore, the necessity of repeating that experience upon your Mother Earth. This sinkhole of indifference, then, becomes their reality, and encases them within its strictured walls. There is very little chance it would seem that such entities would have any possibility of moving beyond their self-created prisons.

这是一个实体很难逃避的情况，因为它们在其他的星球上的体验已经是这样子了，在那里它们同样也无法产生出会带着它们前进进入到爱与理解的第四密度的信心与意志，因此它们拥有需要去在你们的地球母亲上重复那个体验。这个冷漠的污水池，接下来，就成为了它们的实相，并会将它们关在它的束缚的墙壁中。这样的实体会拥有任何可能性超越它们自己创造的监牢，这会看起来似乎是机会很小的。

However, we would remind each present that at some point there could be a planetary catastrophe of such a nature that all entities upon the planet would then see the folly and futility of holding on to that which has been, for it has brought them to the brink of catastrophe and destruction, so that a response could be generated that would be the positively polarizing choice of polarity, all in an instant, so that this planet could shine as that which imbues all entities

with the love and the light of the One Infinite Creator. Though this possibility is seemingly miniscule in its potential, it is ever possible, my friends.

然而，我们会每一个在场的人，在某个位置上，是能够出现具有这样一种属性的全球性的灾难的，在星球上的所有的实体都会在那个时候看到仅仅抓住已经是的事物愚蠢与无用，因为它已经将它们带到了灾难与毁灭的边缘了，这样，一种回应就能够被产生出来，这种回应会是对极性的正面性的极化的选择，全都在一瞬间发生，这样这个星球就能够作为将所有的实体都用太一无限造物者的爱与光灌注的事物而发光了。尽管这种可能性在其可能性中看似是极小的，它一直都是有可能的，我的朋友们。

Is there another query at this time?

在此刻有另一个问题吗？

Gary: I have a couple of quick follow-ups to that question, thank you so much Q'uo. One is about what causes or contributes to this sinkhole of indifference. It seems like you were saying habituation is one primary cause—it's just what entities are used to over who knows how many incarnations and planets. I think another is the diversity of planetary origins on this planet. Are there any other significant contributing factors to why so many are in a sinkhole of indifference?

Gary: 我有几个对那个问题的简短的后续问题，非常感谢你们，Q'uo。一个问题是关于什么事物造成了这种冷漠的污水池或者对其做出了贡献。看起来似乎你们正在说，习惯作用是一个主要的原因——它仅仅是实体在不知道多少次投生和星球之后已经习惯于的事物。我认为另一个原因是在这个星球上的星球起源的多样性。对于为什么有如此多人都如此一个冷漠的污水池之中，有任何其他的重大的、有贡献的因素吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we appreciate your analysis of the situation for many of these entities have had these types of experiences upon other planetary influences where they were, shall we say, not energetically processing catalyst in a conscious manner at any time during the incarnation, so that the possibility of such processing was removed from their concept of how the life might be lived and enhanced.

Q'uo: 我是Q'uo，我了解了你的问题了，我的兄弟。再一次，我们欣赏你对于情况的分析，因为这些实体中的很多实体都已经拥有了在其他的星球上的这些类型的体验了，在那里，它们，在投生期间的任何时间，没有用一种有意识地方式，容我说，积极地处理催化剂，这样，这样处理催化剂的可能性就会从它们对于生命可以如何被活出并被增强的观念中移除了。

The sowing of indifference, then, began as a seeding of consciousness that produced the mistaken conclusion that the present moment experience was all that was available. Thus, the movement beyond the present moment experience was not sought as an alternative to existing within that moment self-created by entities that had little success in seeing the greater view of the life experience.

对冷漠的播种，接下来，就会作为一种对意识的播种开始了，它会产生出错误的

结论，即当前的时刻的体验就是所有可能利用的事物了。因此，超越那个当前的时刻的体验的运动，就不会作为对存在于在那个被实体自己创造出来的时刻内在之中一种替代物而被追寻，这些实体在看到生命的更大的视野的方面是几乎未曾成功过的。

These entities also had little contact, therefore, with their greater being, their higher self or unconscious mind so that there was little chance that pre-incarnative choices could be made more clearly observable or perceived by these entities. Thus, by not being able or willing to move beyond the present moment self-constructed, they found themselves within a bind in which the mind was unable to see any further than the imagine of the self that had been projected by time and experience in previous incarnations that had carried forth into the present incarnation in each instance. Thus, there was the slowing of any forward movement so that the entities began in a metaphysical sense to go round and round instead of moving outside of the circle, outside of the previous conception of the self, and begin to allow perceptions of all kinds to expand into greater and greater views of the self, other selves, and the world around all.

这些实体，因此，同样也几乎不会拥有与它们更大的存有，它们的高我，或者无意识的心智的接触，这样就几乎不会有机会，投生前的选择能够成为更加清晰地观察得到，或者被这些实体感觉到。因此，藉由无法或者不乐意于超越由自我构建当前的时刻，它们会发现自己处于一种束缚之中，在它们中心智是无法看到比自我的形象更远的地方，这种自我的形象是已经被在之前的投生中的时间与体验所保护这来的，它们在每一个瞬间都已经被带入到当前的投生中了。因此，会有对任何向前的运动的减缓，这样实体就用一种形而上学的意义开始转圈，而不是离开圈子，离开之前的对自我的观念，并开始允许所有类型的知觉都开始拓展进入到越来越大的对自我、其他自我以及包围着万物的世界的观点之中了。

Therefore, these entities have experienced a kind of drudgery or dragging of energies that are available to all in the beginning of each third-density experience.

因此，这些实体已经体验到一种类型的苦工或者对能量的拖拽，是在每一个第三密度的体验的开始可供所有人所取得的。

It is difficult to say precisely how the beginning of such dragging or drudgery occurs within the beginning third-density experience, for all, at that point, have some desire to move forward. There is, within each entity, a kind of spark of intuition and inspiration that each begins the third-density experience with at some point.

要准确地说，这样的拖拽或者苦工是如何在第三密度的体验中发生的，这是很难的，因为，在那个位置上，所有人都用有某种前进的渴望。在每一个实体内在之中，都会有一种类型的直觉或者启发的火花，每一个人会在那个位置上藉由那个火花而开始第三密度的体验了

As this spark is not fed and the fire begins to dwindle, then, there is this type of energy dragging and dissipating that, in the metaphysical sense, causes the

slowing of the progress until it becomes as if no progress can be made.
当这个火花没有被供能，火焰就会开始减少，接下来，就会有这种类型的能量的拖拽与浪费，在形而上学的意义上，它会造成对过程的延缓，一直到它成为了就好像没有进展能够被做出一样为止。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: That's excellent. One shorter one. So I had described the sinkhole as a collective gravity well, in that it seems to have its own gravity and exert a pull upon an entity who may desire to escape it, either positively or negatively, almost as if it has a self-preservational instinct. Would you say this is true? And if so, is this why pure positivity and pure negativity tend not to have little staying power in our world.

Gary: 那是优秀的。一个较为简短的问题。我因此已经将污水池描述为一种集体性的重力井了，因为它看起来似乎拥有它自己的重力，并会将一种拉力施加在一个可能渴望逃避它的实体身上，要么是正面性地，要么是负面性地，几乎就好像它拥有一种自我维持的本能一样。你们会说，这是真的吗？如果是这样的话，这是为什么纯粹的正面性和纯粹的负面性倾向于不在我们的世界中拥有一点点的持久的力量的原因吗？

Q'uo: I am Q'uo and am aware of your query, my brother. We find that the gravity well of indifference is that which operates upon the spiritual level, much as you might say peer pressure operates socially upon entities within a third-density environment where the reproduction of behaviors and thoughts of entities surround one seems to be the best way to proceed; for the third-density entity begins with the desire to be appreciated and valued by those about it, and instead of initiating its own behavior, will then reproduce the behavior that it perceives being exhibited by those that are within its evidence reach or realm of experience.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现，冷漠的重力井是会在灵性的层次上运转的事物，非常类似于你可能会说，同僚压力会用社会性的方式在一个第三密度的环境中的实体身上运转，在这样一个环境中，在一个人周围的实体的行为举止与想法的重现，看起来似乎就是最佳的前进的方式，因为第三密度的实体是带着被那些在它周围的实体所欣赏与重视的渴望而开始的，而不是启动它自己的行为，意志接下来就会重现被它感觉到是被那些在它明显的所及范围内或者体验的领域中的实体所展现出来的行为了。

The negatively oriented entities, however, have the ability to create a kind of gravity well of negativity that can draw entities into it, for the benefit of those at the apex of the negative polarity, those who have the greater power and separation from others and control over others. This type of gravity well is that which entities drawn into it are more likened unto victims of the negatively oriented polarity that is at the apex of the negative grouping or well of negativity. This, indeed, would make it difficult to polarize in the positive sense by any entity that had such a desire if it was located within the

evident reach of such negatively oriented entities.

然而, 负面导向的实体, 会拥有能力, 为了那些处于负面性极性的顶点处的实体, 那些拥有更大的力量, 与其他实体的分离, 以及对其他实体的控制的实体的利益, 而创造出一种类型的能够将实体拉入到其中重力井。这种类型的重力井是这样的事物, 被拉入到其中的实体更加类似于具有负面性导向的极性, 且位于负面性的团体或者负面性的井的顶峰处的实体的受害者。这确实会使得任何拥有这样一种正面性地极化渴望的实体要在正面性的意义上极化会成为困难的, 如果这个实体是位于这样的负面性导向的实体的明显的所及范围内的话。

Pure positivity, however, has a lesser effect in the expressing and energizing of positivity among others, for as the negative entities do not allow the expression of free will, the positively oriented entities feel that the expression of free will is paramount in all of their creation, and make room for it, and, indeed, exercise it freely, so that entities within a spiritually positive environment, would then feel the inspiration of such an environment, and would be fairly likely to join such, because it felt in their own beingness, to be the path to follow.

然而, 纯粹的正面性, 在其他人的当中表达正面性并为正面性赋能的方面, 会拥有一种较差的效果, 因为如同负面性实体不会允许自由意志的表达一样, 正面性导向的实体会感觉到, 自由意志的表达在所有它们的造物中, 都是之至高无上的, 这样, 在一种灵性上是正面性的环境中, 实体接下来就会感觉到这样一个环境的启发, 并会相当有可能加入到这样的环境中, 因为它在它们自己的存在性中, 感觉到是要去跟随的道路。

However, if they had any desire to move upon another path, the positively oriented entities would not prohibit such, but would bless the choice to move in another direction.

然而, 如果它们拥有任何的渴望在另一条道路上移动, 正面导向的实体不会禁止这样的行为, 而是会祝福在另一个方向移动的选择。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: That was awesome, thank you.

Gary: 那是精彩的, 谢谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: I have a follow-up to that line of thinking. Integral theorists like Ken Wilbur believe that society evolves along a similar path as individuals, and goes generally in a more positive direction. Martin Luther King, Jr. described this by saying, I think: "The arc of the moral universe bends slowly, but it bends toward justice." [5]

Austin: 我对于那个思考的线路有一个后续问题。类似肯-威伯之类的整合理论

者相信，社会会沿着一条和个体类似的道路演化，且一般性地会走一条更加正面性的方向。马丁-路德-金博士是这样说来描述这一点的，“道德性的宇宙的圆弧会缓慢地弯曲，但是它会朝向正义弯曲。”[5]

I would interpret that as seeming like the gravity well of indifference also bends more towards a more enlightened view, or a positive view, as our society has implemented things like civil rights and more freedoms for minorities, and attempts to become more accepting of other cultures and things of that nature.

我会将那个解释为，看起来似乎冷漠的重力井同样也会更多地朝向一种更加觉醒的观点，或者一种正面性的观点弯曲，因为我们的社会已经贯彻执行了类似公民权力以及对少数群体的更大的自由，并尝试去成为对其他文化更有接受性，以及具有那种属性的事情。

Do attempts to change society to seem more positive and become more accepting in society make it easier for people to then escape the gravity well of indifference as then they have the social habits that are more accepting and in line with positive thinking? Or is it always just as difficult to escape that gravity well because they still have to make the conscious choice and not do it out of habit? If that makes sense.

去将社会改变为看似更加正面性，并在社会中成为更与接纳性的尝试，这会让人更加容易逃离冷漠的重力井，接下来，它们就会拥有更加有接受性，且与正面性的思考更加协调一致吗？或者，要逃离那个重力井一直都是一样困难的，因为它们仍旧必须要做出有意识的选择，而不是出于习惯来进行它吗？是否那是有任何道路的吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Indeed, the efforts of positively oriented entities and groups, such as the one mentioned, Martin Luther King, Jr. and the Southern Christian Leadership Conference provide examples of optimistic outcomes for change in society that can be apprehended by the greater population of society and provide an opportunity for the feeling of rightness within the very soul of each being to express itself upon the energetic level of moving the self outward from the self in the expression of the desire to serve other selves. Thus, this is a means by which any entity—within the larger culture that may find itself within the gravity well of indifference—to find a lifeline, shall we say, thrown to it by such efforts as this entity and many others; for all entities have within them this spark of recognition of the One who is All, existing within them, and within every other entity as well.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。确实。诸如被提到的实体，马丁-路德-金博士，以及南部基督教领袖协会之类正面性导向的实体和团体的努力，提供了在社会中的改变的乐观的结果的例子，这种在社会中的改变是能够被社会的更大的人群所领会，并会提供一个机会来，在对服务其他的自我的渴望的表达中，让自我从自我向外移动的能量层次上，在每一个存有的灵魂深处之中的正义感表达其自身。因此，这是一种藉由其任何实体——在可能发现它自己是处于冷漠的文化井之中的更大的社会中——找到一条，容我们说，生命线的途

径, 这条生命线是被诸如这个实体以及很多其他实体的努力之类的努力投掷给它的, 因为所有的实体在它们内在之中都拥有这个对万物之所是, 存在于它们内在之中, 且同样也存在于每一个其他实体内在之中的的太一的认出的火花。

This beginning spark of recognition, however, is more able to express itself in a greater burning flame, when it sees such examples as the one known as Martin Luther King put upon the stage, shall we say, of the society, so that the acts are seen to be those which are acceptable and inspirational, and which can be imitated upon any level by any entity within the third-density illusion. 无论如何, 这个开始的认出的火花, 当它看到诸如被知晓为马丁-路德-金的实体放在社会的, 容我们说, 舞台上的范例之类的范例的时候, 是更加有能力在一种更大的燃烧的火焰中表达它自己的, 这样, 行动就会被看到是那些可接纳的且启发性的行动, 这些行动是能够在第三密度的幻象中在任何层次上被任何实体模仿的。

Many, however, prefer to remain within the sinkhole of indifference, or, even to move in opposition to such efforts if their own mental complexes have been biased in such a manner as to see some reason whereby all entities cannot benefit from the society at large, that all entities are not, indeed, the same, that all entities are not the One Infinite Creator.

然而, 很多人都宁愿留在冷漠的污水池中, 或者甚至与这样的努力背道而驰, 如果它们自己的心智复合体已经用这样一种方式产生了偏见, 以至于这个实体会看到某种理由, 凭借这个理由, 所有的实体都无法自由地从社会受益, 所有的实体, 确实, 都不是相同的, 所有的实体都不是太一无限造物者。

There has been, for many entities within the sinkhole of indifference, a kind of coloring of the perception through which the world is seen, so that there is seen to be a difference that makes some greater and some lesser, and the self seen to be in the greater portion of the division, however unable to move beyond the own self-perceived limits that are encasing the entity within the deleterious images, self-created and self-maintained.

对于很多在冷漠的污水池中的实体, 已经有一种类型的对通过其世界被观察的知觉的染色了, 这样就会有一种区别会被看到, 它会使得一些人更伟大, 一些人更差劲, 而自我是被视为是处于个划分的更伟大的部分之中的, 却无论如何都无法超越自己的自我感知上的限制, 这些限制会将实体关在有害的形象, 自我创造且自我维持的形象的盒子之中。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Austin: No, thank you very much.

Austin: 没有了, 非常感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: We have one sent in from Luis, who asks a two part question. First part: "Can Q'uo please share some insights into the lessons of seventh density? What lessons do late sixth-density beings strive for as they prepare to graduate? And since Ra confirmed there are many sixth density wanderers on our planet, how may some of these lessons play out in daily life in the third-density planet?"

Austin: 我们拥有一个 Luis 发来的问题, 它询问了一个有两个部分的问题。第一个部分: "能请 Q'uo 对第七密度的课程分享一些洞见吗? 第六密度后期的存有, 在它们为毕业而做准备的时候, 要为了什么课程而努力呢? 既然 Ra 肯定了, 在我们的星球上有很多的第六密度的流浪者, 这些课程中的一些课程如何可以在第三密度的星球上的日常生活中表现出来呢?"

Q'uo: I am Q'uo and am aware of your query, my brother. If we understand the query correctly, the lessons of the seventh density are those which have been well-learned in all previous densities so that there is refinement within the seventh density that sees the love of the fourth density, balanced with the wisdom of the fifth density, producing a power of the sixth density, that allows the entity moving into the seventh density to begin to move back into complete unity with the One Infinite Creator through a process that may be seen to be endless in nature. This endless nature of the eternal present, then, becomes a kind of expansion of consciousness to include all of the one infinite creation for each seventh-density entity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。如果我们正确地理解了问题, 第七密度的课程是那些在所有之前的密度中已经被很好地学会了的课程, 这样, 在第七密度中就会有一种精炼作用, 它能够看到第四密度的爱, 被第五密度的智慧所平衡, 产生出一种属于第六密度的力量, 这会允许实体进入到第七密度, 以通过一个在属性上可以被视为是无限的过程开始返回到与太一无限造物者的完全的合一。这种永恒的当下的无限的属性, 接下来, 就会成为一种类型的对意识的拓展, 以为每一个第七密度的实体包含所有的太一无限造物。

This gaining of spiritual mass, then, within each seventh density entity within its own social memory complex, is that which infuses all of the creation of consciousness with the entirety, or the unity, of the One Infinite Creator, so that each individual entity and each social memory complex expands infinite outward, as you would see it, so that it becomes all that is.

在每一个第七密度的实体内在之中, 在它自己的社会记忆复合体之中, 这种对灵性质量的取得, 接下来, 就是会就将意识的所有的造物用太一无限造物者的整体, 或者一体性灌注, 这样, 每一个个体的实体以及每一个社会记忆复合体都会向外拓展, 如你会看到它的一样, 这样, 它就成为了一切万有了。

As you have stated in the query, there are sixth-density wanderers upon this planetary sphere at this time. Indeed, most wanderers are, indeed, of the sixth density nature, for it takes a great deal of courage to come into this environment, at this time most especially, and these entities, then, find within themselves the desire to be of service to the third-density population of your

planet.

如你已经在问题中表述的一样，在此刻在这个星球上会有第六密度的流浪者。确实，大多数流浪者，确实是，属于第六密度属性的，因为要进入到这个环境中，尤其是在此刻，这是需要巨大的勇气的，这些实体，接下来，会在它们内在之中找到渴望去服务你们星球的第三密度的人群。

This type of service is that which is called upon and called for by the population of your planet, as the entities are experiencing the incarnation as wanderers within the third-density illusion. What is called for at the time of their incarnation and awakening as being wanderers is a kind of beingness which allows them also to expand in a certain fashion so that their light vibrations begin to lighten the vibrations of the planet earth. The earth is engulfed in much of the separation and lack of knowledge of the unity of all things, so that the separation in mind, body, and spirit, produces a kind of darkness that is relieved in some measure by the vibrations of each wanderer, be it sixth, fifth, or fourth density.

这种类型的服务就是被你们星球的人群请求与呼唤的服务，因为这些实体作为流浪者在第三密度的幻象中正在体验投生。在它们的投生的时候以及作为流浪者而觉醒的时候，被呼唤的事情就是一种类型的存在性，这种存在性同样也会允许它们用一定的方式拓展，这样它们的光的振动就会开始照亮行星地球的振动了。地球是被大量的分离以及缺少对所有事物的统一性的知晓所淹没的，因此，在心智、身体与灵性中的分离，会产生出一种类型的黑暗，这种黑暗会在某种程度上，被每一个流浪者的振动所减轻，无论流浪者是第六密度，第五密度，还是第四密度的。

The wanderer, then, is able to polarize much more powerfully within its own personal journey, as it not only provides the ability to lighten planetary vibrations, but brings with it various talents that might be exercised in service to others, whether they be teachers, or meditators, or take part in the third-density community of organizing drives for the poor to receive food, to receive housing, to receive medical care.

接下来，流浪者就能够在它自己的个人的旅程中远远更加强有力地极化了，因为它不仅仅提供了能力去照亮星球的振动，它同样也在它身上带来了各种各样的可以在对他人的服务中去实践的天分，无论它们是老师，冥想者，还是参与到了第三密度的社区组织，来让穷人接收到食物，接收到房屋，接收到医疗照顾。

Sixth-density wanderers can exert their love and light vibrations in many and sundry ways in the third-density illusion, and in this expression of their desire to serve others, then, move ever more steadily forward into potentially being able to enter the seventh density as they return to their home density after the incarnation upon this planet is complete.

第六密度的流浪者能够用多种多样的方式使用它们的爱与光的振动，并接着在这种对它们服务他人的渴望的表达中，越来越更加稳定地向前移动成为潜在地有能力进入到第七密度，在它们在这个星球上的投生被完成之后返回到它们家园的密度的时候。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: He has a very short follow-up, and asks, "Is the Logos that created our galaxy a seventh-density being?"

Austin: 他拥有一个非常简短的后续问题，他询问，“创造了我们的星系的理则是一个第七密度的存有吗？”

Q'uo: I am Q'uo, and am aware of your query, my brother. The Logos of this galaxy, and any galaxy, is a being of completeness that does not take part in the evolutionary process that those entities such as yourselves, are engaged in at this time.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这个星系以及任何的星系的理则，都是一个具有完整性的存有，它不会参与到诸如你们自己之类的实体在此刻正在从事的演化过程。

Each Logos is a being of complete eight densities that has the ability to shine this completeness of its creation in a manner which infuses each portion of the creation that it has created with the love and light of the One Infinite Creator so that there is, within its creation, the means by which each conscious entity or intelligence may pursue its own journey of seeking in unity with the One Infinite Creator.

每一个理则都是一个具有完全的八个密度的存有，祂拥有能力用这样一种方式闪耀出它的造物的这种完全性，这种方式会将祂已经创造的造物的每一个部分都用太一无限造物者的爱与光都灌注，这样在祂的造物中，就会有途径让每一个有意识的实体或者智能都可以藉由其追寻它自己的寻求与太一无限造物者的一体性的旅程。

This path of unity, then, is that which is created by each Logos, being the path through the densities of experience. This, then, will allow the Logos and the One Infinite Creator to gain from each entity's free will choices, the knowledge of the complete nature of each Logos, the knowledge of each portion of the intelligence that the Logos has created then, provides to the Logos and to the One Infinite Creator, experiences that expand the knowledge of all that is, so that it becomes more than all that is at any particular moment in what you would call time.

这条一体性的道路，接下来，就是被每一个理则创造的事物了，并成为了穿越体验的密度的道路。接下来，这条道路将允许理则与太一无限造物者都从每一个实体的自由意志选择而增进，具有每一个理则的完整属性的知晓，对理则已经创造的智能的每一个部分的知晓，接下来，就会向理则，向太一无限造物者提供体验，体验会拓展对一切万有的知晓，这样，它就会变得比在你们称之为时间的事物中的任何的特定的时刻的一切万有都要更多了。

Is there a final query at this time?
在此刻有一个最后的问题吗？

Gary: I've got one, Q'uo, that should be substantial. Ra said that wanderers become completely the creature of third density in mind/body complex. [6] If that's the case, where, within the self, is the repository of the wanderer's identity and experience and polarity and memory. Is it within the spirit complex of the entity?

Gary: 我有一个问题, Q'uo, 问题应该是有实质性的。Ra 说过, 流浪者会在心智/身体的复合体中完全地成为第三密度的生物。[6]如果是那样的话, 在自我内在之中, 流浪者的身体、体验、极性以及记忆的存储库是在什么位置? 它是在实体的灵性复合体之中吗?

Q'uo: I am Q'uo and am aware of your query, my brother. Each wanderer incarnates into the third-density experience, and goes through the same veil of forgetting that each other entity goes through. This veil of forgetting, then, seemingly hides the true nature of all entities that go through it, so that they appear, within the third density, to be ordinary mind/body/spirit complexes, with the simple desire to be and to move forward in some fashion of growth of mind, of body, and of spirit.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。每一个流浪者投身进入到第三密度的体验, 并穿越了每一个其他实体都会穿越的相同的遗忘的罩纱。这个遗忘的罩纱, 接下来, 就会看似将所有穿越它的实体的真实的属性隐藏起来了, 这样它们就会在第三密度中, 在表面上看起来似乎是普通的心/身/灵复合体, 并带着简单的渴望去成为, 用某种心智、身体、灵性的成长的方式向前移动。

The wanderer has, as does any entity moving through the veil of forgetting, preincarnative choices that have been selected in order to provide the service that it wishes to offer, as well as personal opportunities for growth. These choices are manifested for the wanderer as they are for any other entity within the third-density illusion as the proceedings of the life experience, so that any entity, wanderer or otherwise, may look at those occasions of catalyst that come in the daily round of activities, as being that which is predestined, shall we say—predestined to provide opportunities for growth and service.

流浪者, 如同任何穿越遗忘的罩纱的实体一样, 拥有投生前的选择, 这些选择是已经被挑选好了, 以便于提供它希望提供的服务, 同样也提供个人的成长的机会。这些选择会为流浪者被显化出来, 如同它们会为在第三密度的幻象中的任何其他实体, 随着生命体验的进程, 被显化出来一样, 这样, 任何实体, 无论是流浪者还是其他实体, 都可以检查在日常生活的活动中出现的这些催化剂的场合, 并将其视为是, 容我们说, 命中注定的——命中注定要为成长与服务提供机会的。

The wanderer has the, shall we call it, advantage of having a spirit complex that is advanced in progression so that if it desires it may be informed in some fashion through the intuition, by the spirit complex, to discover that it is, shall we say, not from here; that it is somehow different in a positive sense, not better, but different. This difference, then, becomes, for many wanderers, the seed that grows into conscious exploration of what this difference could be, and how this difference could be utilized in service to others, which the wanderer feels as an intuitive direction to travel.

流浪者拥有一个在发展的方面是高级的灵性复合体的，容我们将其称之为，优势，这样，如果它渴望，它是可以用某种方式通过直觉，被灵性复合体鼓舞，以发现，它并不是，容我们说，来自于这里，也就是说，它在一种正面性的意义上是有些不同的，不是更好的，而是不一样的。这种不一样，接下来，对于很多的流浪者，会成为种子，它会生长成为对这种不同能够是什么，这种不同能够如何在服务他人中被利用，以及流浪者感觉是一种直觉的，要去旅行的方面的事物的有意识的探索。

Thus, the feeling of being here on a mission, shall we say, becomes a focal point for the wanderer, in that it expands the point of view. The point of view, then, becomes that which is discussed internally and examined internally in contemplation and in meditation. This, then, informs the mind, the body, and the spirit that it has a function to perform that is of great service to others, and this becomes the guiding light, shall we say, that inner light which shines upon the heart, and opens the heart, in a more dependable sense so that the wanderer may feel a kind of loving acceptance, not only of the self, but also of all other selves, that it finds in its daily round of activities.

因此，这种是因为，容我我们说，一个使命而在这里的感觉，会成为流浪者的一个聚焦点，因为它会拓展视角。视角，接下来，就会成为会在内部被讨论，并在沉思中，在冥想中在内在之中被检查的事物。接下来，这个视角会告知心智。身体以及灵性，它拥有一个机能要去执行，这种机能会对其他人产生巨大的服务，这个视角接下来，就会成为，容我们说，指引之光，在心中闪耀，并会用一种更加可靠的方式开放心的内在之光，这样，流浪者就可能感觉到一种类型的有爱的接纳，不仅仅是对自我的接纳，同样也是对它在它日常生活的活动中发现的所有其他自我的接纳，

Thus, the growing sense of love and sense of personal mission then combine to provide a kind of spiritual food for the being of the wanderer that then expresses itself through the mind, through the body, and through the spirit, thus aiding the wanderer in its chosen service, and in its own personal polarization.

因此，这种增长的爱的感觉与个人使命的感觉，接下来就会混合起来，来为流浪者的存有提供一种类型的灵性的食物，流浪者的存有接下来就会通过心智，通过身体，通过灵性表达它自己，并因而在其被选择好的服务中，在其自身个体的极化中，帮助流浪者了。

At this time, we would thank each once again for inviting our presence in your circle of seeking this day. As always, you have provided us with much food for thought and joyful expression of the love that we feel in each heart directed toward us and toward all of the creation. We feel your beingness expanding outward in an inevitable sense so that we all are, indeed, truly one, each with the other, and with the All that is in All. We are known to you as those of Q'uo. 在此刻，我们会再一次为你们邀请我们出席今天你们的寻求的圈子而感谢你们各位。一如既往，你们已经为我们提供了大量的思想的食物，以及我们在每一颗心中感觉到的爱的喜悦的表达，这种爱的表达是朝向我们，朝向所有的造物的。我们感觉到你们的存在性用一种不可避免的方式向外拓展，这样，我们，确实，全

都是真正一体的，每一个人与相互彼此，与在万物中的万物，是一体的。我们是你们能知晓的 Q'uo。

We leave you now in the love and in the light of the One Infinite Creator, Adonai vasu borragus.

我们现在在太一无限造物者的爱与光中离开你们。Adonai vasu borragus。

[1] Ra: The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-northeast. This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. – 2.6. (See also: 59.23)

[1]Ra: 这个器皿在这个时候应该处于出神状态。适当的校准是头部被指向北偏东北二十度。这是较新的或者新时代的爱/光的变貌的方向，这个方向是扭曲较少的，是发散性的，这个器皿将在那里感觉到舒适。——2.6。(同样见：59.23)

[2] Referencing Matthew 6:33. As it appears in the New King James Bible: "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

[3]参考马太福音 6: 33。如同它在 NKJ 版圣经中出现的一样：“只要你们首先寻求上帝的国度与祂的正义，所有这些事情都将会被添加到你们身上。”

[3] Ra: "To attain fifty-one percent dedication to the welfare of other-selves is as difficult as attaining a grade of five percent dedication to other-selves. The, shall we say, sinkhole of indifference is between those two." – 17.33. (Note that "five percent dedication to other-selves" is an inverse way of saying "95% service to self.")

[3]Ra: “要取得百分之五十一的致力于服务他人的福祉，是和取得致力于服务其他自我的一个百分之五的等级是一样困难的。在两者之间有着，容我说，冷漠的污水池。”——17.33。(注释：百分之五的致力于服务其他自我，是对于 95% 的服务自我的一种倒转的说法。)

[4] Ra: "When there is no progress those conditions which grant progress are gradually lost. This is one of the difficulties of remaining unpolarized. The chances, shall we say, of progress become steadily less." – 20.17

[4]Ra: “当那些情况假定的发展没有出现的时候，发展会逐渐失去。这是一直不极化的困难中的一个困难。容我说，发展的机会是以稳定的方式逐渐变小的。”——20.17

[5] "The arc of the moral universe is long, but it bends toward justice." – Martin Luther King, Jr

[5]“道德宇宙的圆弧是很长的，但是它会朝向正义弯曲。”——马丁-路德-金博士。

[6] 16.59

[6]16.59

January 11, 2020
2020-01-11 灵性的炼金术

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument, and we thank each present for inviting us today. We greet each of you in the love and in the light of the One Infinite Creator. It is always a pleasure for us to be called to your group, for your seeking hearts are that which attracts our admiration more than any other quality. We, as always, would ask you a simple favor. We are not ultimate authorities; therefore, we would ask you to take the words and concepts which we provide you today and use them in whatever way has meaning for you. If there are any words or concepts which do not at this time have meaning for you, we would suggest that you set them aside without a second thought. In this way, we will feel free to speak those words and concepts which we feel might be helpful in response to any queries you may have for us.

我是 Q'uo, 我与这个器皿在一起了, 我们感谢每一位在场的人今天邀请我们。我们在太一无限造物者的爱与光中向你们每一位致意。被呼唤到你们的团体一直都是我们的一种快乐, 因为你们寻求的心就是比任何其他特性更加吸引了我们的钦佩的事物。我们一如既往地请求你们一项简单的恩惠。我们不是终极的权威, 因此, 我们会请你们拿起我们今天提供的话语与观念, 用无论什么对你们有意义的方式来使用它们。如果会有任何的话语或者观念在此刻对你们并不拥有意义, 我们会建议你们毫不犹豫地将它们放在一旁。用这种方式, 我们就将会对谈论那些我们感觉到在回应任何你们可能会向我们提出的问题的時候可能是有帮助的话语与观念感到自由了。

At this time, we would ask if there is a query with which we may begin.
在此刻, 我们会询问, 是否有一个我们可以用来开始的问题。

Q1: Hello, Q'uo. Could you tell us how a seeker could get in touch with their higher self to ask it questions about our life's mission in this incarnation?

Q1: 你好, Q'uo。你们能够告诉我, 一个寻求者如何能够与它们的高我接触, 以向它询问一个关于我们在这次投生中的人生使命的问题?

Q'uo: I am Q'uo and am aware of your query, my sister. The higher self is a portion of your being which stands ready to provide you with information and inspiration as a result of your heart-felt asking in what you may call the meditative state, or within the dream state, whichever has more accessibility to you. It is a type of communication that is oftentimes engaged within to provide the kind of guidance that is at present eluding the seeker of truth, and has considerable meaning in the life path, so that the qualities of faith and will come into play in this regard.

Q'uo: 我是 Q'uo, 我的姐妹, 我了解了你的问题了。高我是你的存有的一个部分, 它会一直都准备好向你提供信息与启发, 作为你在你可能称之为冥想状态的

事物中，或者在梦境状态中，无论哪一个对于你是拥有更大的可接近性，你的由衷的询问的一个结果。它是一种类型的时常会在内在之中被参与的交流，以提供一种类型的指引，这种指引是现在正在躲避真理的寻求者，且在生命的道路中拥有可观的意义的，这样信心与意志的属性就将会在这个方面起作用了。

If, in the meditative state, for example, you can ask for the assistance of your higher self, listing the quality that you are seeking to be illuminated upon as a function of opening your heart more and more fully in unconditional love for those about you. Thus, the faith aspect, then, becomes significant in that in the asking for assistance from your higher self, then, provide a bridge to your higher self through the faith that such is possible, and is likened unto your birthright, shall we say. Then, with the power of your will and your faith acting together, construct that bridge from your own heart to your higher self symbolically, so that this pathway may be a two-way communication.

举个例子，如果在冥想状态中，你能够请求你的高我的帮助，将你正在寻求的属性列举出来，以便于你能够作为让你的心向着你周围的人在无条件的爱中越来越更加充分地开放的一种机能而在那些属性上得到启发。因此，信心的面向，接下来，就会成为大有意义的了，因为通过从你的高我请求帮助，这种请求通过信心向你的高我提供了一座桥梁，这种信心即，这是有可能的，这就好比你的，容我说，天赋权利的。接下来，你的意志与你的信心的机能会一起起作用，象征性地构建从你自己的心到你的高我的桥梁，这样这条通道就可以成为一种双向的沟通交流了。

If you are able to accomplish this visualization within your meditative state, there is every possibility that your higher self will feel the power of your will, your faith, and your need to be directed in a certain fashion upon your spiritual path.

如果你能够在你的冥想状态中完成这种视觉化观想，就会完全有可能，你的高我将会感觉到你的意志，你的信心以及你需要用一定的方式在你的灵性道路上被指引的需要了。

Is there a follow-up query, my sister?

我的姐妹，有一个后续问题吗？

Q1: No, thank you.

Q1: 没有了，感谢你们。

Q'uo: I am Q'uo and we thank you. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你。在此刻有另一个问题吗？

Q2: Yes, hello, Q'uo. Why do we need faith?

Q2: 是的，你好，Q'uo。为什么我们需要信心。

Q'uo: I am Q'uo and am aware of your query, my sister. The illusion of your third-density experience is that which is so convincing to most entities within it, that for any entity to feel or believe that there is a reality beyond this illusion, is

oftentimes seen as fallacious or foolish by those about one, for to most entities within your third-density illusion, it seems obvious that the only reality is that which meets their eyes and their senses upon a daily basis. It is not possible for most entities to look beyond the illusion so that they may expand their view and get what you might call a more cosmic overview.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。你的第三密度体验的幻象是会对与在其内在之中的大多数实体如此令人信服的事物, 以至于对于任何感觉到或者相信会有一个超越这个幻象的实相的实体, 它经常会被那些在它周围的实体视为是虚妄的, 或者愚蠢的, 因为对于在你们的第三密度的幻象中的大多数实体, 看起来似乎明显的事情是, 唯一的实相就是它们眼睛以及它们的感知用一种每天的方式遭遇到的事物。大多数实体是不可能看穿幻象, 这样它们就可以拓展它们的视野并取得你们可以称之为一种更加宇宙性的概观的事物了。

Those, however, who are conscious seekers of truth, as you may call them, have within their own being, whether it be communication through intuition, through experiences of their own of a spiritual nature, or through mental belief in one kind of spiritual experience or path, [the possibility] that the faith aspect of the seeker may become the guiding star, shall we say, that leads the seeker in the direction that it wishes to travel upon its spiritual journey. Faith is that quality that allows the conscious seeker of truth to begin to apprehend the greater nature of its own being, of the reality in which it lives and moves and has its being in the third density, and the greater vision of the nature of creation that lies beyond the third-density illusion, and partakes of the unity of the One Infinite Creator.

然而, 那些有意识的真理的寻求者, 如你们可能会称呼它们的一样, 在它们的存有内在之中拥有可能性, 寻求者的信心的面向是可能成为, 容我们说, 指引的星辰的, 无论它是通过直觉、通过它们自己的具有一种灵性属性的体验, 还是通过对一种类型的灵性体验或者道路的心智上的相信而进行的交流, 这种指引的星辰会引导寻求者前往那个它希望在它的灵性旅程上旅行的方向。信心就是那种会允许有意识的真理的寻求者开始领会它自己的存在性的更大的属性, 以及它活在其中, 在其中移动拥有它在第三密度中的存有的实相的更大的属性, 以及对存在于第三密度幻象之外, 并带有太一无限造物者的统一性的造物的属性的更大的视野。

Thus, faith is likened unto an energizer, or as we said before, a marker upon the way, a guiding star, that can speak to the spiritual aspect of one's being, and allow the mental aspect to apprehend in a clearer fashion, that which is the truer nature of the self, of the reality in which the self exists, of the path upon which the self travels, and the destination of the journey being the One Infinite Creator.

因此, 信心就好比一种赋能物, 或者, 如我们之前说过的一样, 在道路上的一个标志, 一颗指引的星辰, 它能够对一个人的存有的灵性面向说话, 并允许心智的面向用一种更加清晰的方式来领会自我, 自我存在于其中的实相, 自我在其上旅程的道路的更加真实的属性, 那条旅程的目的地就是成为太一无限造物者。

Is there a further elaboration of the question, my sister?

我的姐妹，有对于问题的一个更进一步的阐述吗？

Q2: Yes. Is it possible to be One with the Creator while still existing in a physical body?

Q2: 是的。一个人有可能与造物者合一而同时仍旧存在于一个物质性身体中吗？

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, it is not only possible, but that is the reality for each entity and each portion of the one infinite creation, for the Creator has made all that there is out of its own being so that it may know itself more fully through all of the free will choices that each of the portions of itself shall make on their journey back into unity with the One Infinite Creator. Thus, your task, as a conscious spiritual seeker of truth, is to become more and more aware of the Creator existing within each iota of your being and, indeed, existing entirely in the one infinite creation. This is a type of realization which can be experienced by the conscious seeker of truth as it goes further and further along its path of seeking, for the path itself is formed of the One Creator. There are exercises which are helpful to the seeker of truth that might aid in the perception of the Creator about one.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 确实, 它不仅仅是有可能的, 那同样也是每一个实体以及太一无限造物者的每一个部分的实相, 因为造物者已经从它自己的存有产生出了一切万有, 这样它就可以通过它自己的每一个部分将会在返回进入到与太一无限造物者的合一的旅程上做出的所有的自由意志的选择而更加充分地知晓它自己。因此, 你作为一个有意识的真理的灵性寻求者的任务, 就是去越来越多地察觉到存在于你的存有的每一个微粒中的, 确实存在于整个太一无限造物中的造物者。这是一种类型的领悟, 它能够被有意识的真理的寻求者体验到, 在它沿着它的寻求的道路越走越远的时候, 因为道路其自身是由太一造物者形成的。会有对真理的寻求者有帮助的训练, 它们可能会在对一个人周围的造物主的知觉中起帮助。

As you look about you in your daily experience, in the meditative state, look and see the One Creator. Feel, in some essence and some degree, the Creator within yourself seeing itself through your eyes. When you see other entities moving about you, see the Creator. When you look into a mirror, see the Creator. These may sound like the most simplistic of exercises, however, if done with a sincere desire to see the Creator, and to know, from the heart of one's being, that such is true and such is possible, then the Creator may reveal itself more and more to you as you seek it, for as you seek it, you draw unto yourself the ability to perceive it more and more fully in your own experience of the spiritual journey.

当你在你的日常生活体验中, 在你的冥想状态中观察你的周围的时候, 观察并看到太一造物者。在某种实质中, 在某种程度上, 感觉到造物者在你自己内在之中, 通过你的眼睛看到祂自己。当你看到其他实体在你周围移动的时候, 看到造物者。当你注视一面镜子的时候, 看到造物者。这些可能听起来好像是最为简单化的练习, 然而, 如果它们是带着一种对于看到造物者, 并从一个人的存有的核心处之知晓这是真实的, 且这是有可能的真诚的渴望而被进行的时候, 接下来, 造物者就可以在你寻求它的时候越来越多地向你揭露祂自己, 因为当你寻求祂的时候,

你就将那种在你自己的灵性旅程的体验中越来越更加充分地感觉祂的能力吸引到你自己身上。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Q2: No, thank you.
Q2: 没有了，感谢你们。

Q'uo: I am Quo and we thank you. Is there another query at this time?
Q'uo: 我是 Q'uo，我们感谢你，在此刻有另一个问题吗？

Lynn: Q'uo, are there any distortions or spiritual factors that can contribute to physical issues such as acid reflux, besides just what one eats?

Lynn: Q'uo，有任何的扭曲或者灵性的要素能够对于诸如胃酸倒流之类的身体问题起作用呢，除了一个人吃什么东西之外？

Q'uo: I am Q'uo and am aware of your query, my sister. The body is the creature of the mind's creation. Therefore, it is oftentimes the case that the body will be utilized by the mind and the spirit when certain catalyst, or opportunities for growth have not been fully recognized or utilized in the life experience. These types of catalyst then, are sometimes given to the body in order that they may be expressed in a kind of distortion, or what you would call a dis-ease. This dis-ease, then, grabs the attention of the mind, which has not fully perceived the catalyst upon the mental level, and if the seeker of truth looks at the dis-ease as a symbol of that catalyst which has not been fully utilized, there may be the apprehension then, of a deeper meaning to the dis-ease so that one may find a kind of correlation to the disease and the catalyst.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。身体是属于心智的造物的生物。因此，时常会发生的情况是，当一定的催化剂，或者成长的机会尚未在生命体验中已经被充分认识到或者被利用的时候，身体将会被心智和灵性利用了。这些类型的催化剂，在那个时候，时常会被给予身体，以便于它们可以通过一种类型的扭曲，或者你们会称之为一种“不适” (disease) 的事物被表达。这种不适，接下来，会抓住心智的注意力，心智尚未在心智的层次上充分地感受催化剂，如果真理的寻求者将不适视为是尚未被充分利用的催化剂的一个象征物，就可能会在那个时候有对于不适的一种更为深入的意义的领会了，这样，一个人就可以找到一种类型的在疾病与催化剂之间的的相关性了。

The reflux that you speak of could be seen, for example, as the inability to feed upon or realize spiritual nutrition from certain mental catalyst within your daily round of activities. We say this as a potential, not as an actuality for your very essence of being at this time. The type of dis-eases that one may experience, have, in their manifestation within the physical vehicle, the means by which the seeker of truth may find a corollary to the catalyst that has been misperceived, shall we say.

你谈及的倒流能够被视为是，举个例子，无法喂养或者意识到来自于在你的日常生活的活动中的一定的心智的催化剂的灵性的营养。我们说这是一个可能性，而不是对你在此刻的存有的核心实质的一个现实情况。这种类型的一个人可能体验到的不适，在它们在物质性载体中的显化中，拥有藉由其真理的寻求者可以找到一种对已经被，容我们说，错误地感觉到的催化剂的推论的途径。

In the meditative state, then, it might be helpful to look upon your dis-ease as a means by which further spiritual growth is possible, if you are able to open yourself to greater possibilities within the meditative state. We suggest the meditative state for all such considerations, for the mental state is one which is filled to overflowing with various concepts and possibilities that may or may not have an application to your situation. The meditative state, then, is that state wherein these various possibilities begin to fall away until only that which has significance to your current situation remains.

在冥想状态中，接下来，去将你的不适视为是一种藉由其更进一步的灵性成长是有可能的途径，这可能是有帮助的，如果你能够在冥想状态让你自己向着更大的可能性开放的话。我们建议，对于所有这些的考虑，对于所有的心智的状态，冥想状态都是一种要用可能或者可能不会对你的情况拥有一种适用性的各种各样的观念与可能性所充满以至于溢出的状态。接下来，就是在这种冥想状态中，这些各种各样的可能性开始逐渐消散，一直到仅仅只有那种对你当前的情况拥有重要意义的可能性留下来为止。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Lynn: No, thank you, Q'uo.
Lynn: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?
Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Jan: We have a query from Sherry, and Sherry says, "It is my understanding that by taking in dark energy or service-to-self polarized catalyst and applying our light energy, or service-to-others orientation to it, we not only can dispel the darkness, but can actually transmute it into a third type of energy, which is the Christ energy. This is of supreme importance to our planet and our people at this time—kind of a one plus one equals three. I had a dream where Jesus explained it and gave me a symbolic gold ring so that I would remember this as alchemy. Do I understand this concept properly? Can Q'uo talk about this spiritual alchemy and how we may be as efficacious as possible at this practice? It seems easier to visualize when I think of the human body as a crystal.

Jan: 我们有一个来自 Sherry 的问题，Sherry 说，“我的理解是，藉由接收黑暗能量或者自我自我极性的催化剂，并将我们的光明的能量或者服务他人的导向应用于其上，我们不仅仅能够驱散黑暗，我们同样能够将它转换为一种第三类型的

能量，也就是基督能量。这对于我们的星球与我们的人群在此刻是具有极高的重要性的——某种类型的一加一等于三。我做过一个梦，在其中结束解释了它，并给予了我一个象征性的金色戒指，这样我就会将这个回忆为炼金术。我适当地理解了这个概念吗？Q'uo 能够谈谈这种灵性上的炼金术，以及我们如何可以对于这种练习成为尽可能有成效吗？看起来似乎在我将人的身体想作一个水晶的时候这是更加容易的。”

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, this type of spiritual alchemy is possible for the one who has traveled with great experience and success upon the spiritual path for a period of time. This alchemy is the work of the adept.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。确实，这种类型的灵性的炼金术对于一个已经在灵性道路上带着巨大的经验与成功旅行了一段时间的实体是有可能的。这种炼金术是行家的工作。

The adept, then, within the meditative state, can, indeed, look upon the various negatively oriented expressions of energy within the planetary consciousness that attempt to separate entities from each other and control them in a certain fashion that meets the prerequisites of certain negatively oriented entities which are operating within your planetary influence at this time. This is what you may call a kind of representation of the battle of Armageddon where the positively and negatively oriented entities begin to interact in a fashion which has the purpose of allowing the population of this planet for the positively oriented entities to be free to make choices of their own freewill, whereas the negatively oriented entities seek to have domination and control of this planet and its population, that they may add it to their empire, as they call it. The adept, then, within the meditative state, may see this battle being fought so that there are various negative energies in motion that may be perceived within the population of the planet as country against country, or faction against faction, even family member against family member may be seen to be partaking in this type of negatively oriented energizing of the desire to control for the benefit of the self.

接下来，行家，在冥想状态中，确实能够观察在星球意识中的各种各样的负面性导向的能量表达，它们会尝试去将实体与相互彼此分开，并用一种符合一定的负面导向的实体的先决条件的方式控制它们，这些负面性导向的实体在此刻就在你们的星球上进行工作。这就是你们可以称之为一种类型的对善恶大决战的表现的事物了，在其中正面导向的实体与负面导向的实体开始用一种方式进行相互作用，这种方式拥有允许这个星球的人群中的正面性导向的实体感觉到可以自由地做出属于它们的自由意志的选择的目的，而负面性导向的实体会寻求去征服与控制这个星球与它的人群，这样它们就可以将它加入到它们的帝国中，如它们可能称呼它的一样。接下来，行家，在冥想状态中，就可以看到这场正在被进行的战争，这样，就会有各种各样的在运行的负面性能量，它们可以在星球的人群中被感觉为国家对抗国家，或者派别对抗派别，甚至家庭成员对抗家庭成员都可以被看到在参与到这种类型的负面导向的对为了自我的利益而控制的渴望的供能之中。

These energies, then, are seen by the adept as that which can be surrounded by the love and the light of the adept as it channels this love and light from the One Infinite Creator through its being to the energies in motion in order to engulf them and completely surround them with the unconditional love of the open heart. Therefore, as the adept is able to see this image as a visualization within its one-pointed focus in meditation, then it may transmit further positively oriented love and light to these energies so that they are permeated with the love and light thusly transmitted. This is a type of visualization that, when it can be held in the mind for a number of minutes, may, indeed, be able to transform in some degree the negatively oriented energies in motion upon your planet at this time.

接下来, 当行家从太一无限造物者, 通过它的存有将这种爱与光传送给运动中的能量, 以便于用开放的心无条件的爱淹没它们并完全包围它们的时候, 这些能量会被行家视为是能够被行家的爱与光所围绕的事物。因此, 当行家能够将这个形象视为是在冥想中在它专一的焦点之中的一个视觉化观想的时候, 接下来, 它就可以更进一步地将正面导向的爱与光传送给这些能量, 这样, 它们就会被这样子被传递的爱与光所渗透。这是一种类型的视觉化观想, 当它能够在心智中被保持数分钟的时间, 它确实可能能够在某种程度上转换在此刻在你们的星球上运行中的负面性导向的能量。

The adept, as it is able to hold this image in mind, then, at its conclusion, will clap the hands, or stamp the feet, in order to ground this vision within the third-density illusion. This type of a motion or action is that which completes the exercise for the moment for the entity, for the adept. This is a type of exercise which is well, if it is repeated upon a daily basis, for there are many, many energies of a negatively oriented nature that are in motion at this time upon Planet Earth, and the adept will find itself drawn in many directions as it listens to the news, as it sees actions of a negative nature in motion, as it feels within its being the negativity in various portions of the planet, as it hears reports of this and that type of negatively oriented experience, so that there will be, for the adept, the opportunity to continue this practice upon a daily basis and make it a function of its life experience.

行家, 当它能够将这个形象保持于心智之中的时候, 接下来, 作为它的结束, 行家将会拍手或者跺脚, 以便于将这个形象根植在第三密度的幻象中。这种类型的一种动作或者行动, 就是会为实体, 为行家暂时完成练习的事物了。如果这种练习用一种每日进行的方式被重复的话, 它是一种类型的很好的练习, 因为在此刻在行星地球上会有很多、很多具有一种负面导向的属性的能量正在运行中, 在行家听新闻, 在它看具有一种负面性属性的行动正在运行中, 在它存在内在之中感觉到在星球的各种各样的部分中的负面性, 在它听到具有这样或者那样一种负面性导向的体验的报告的时候, 行家将会发现它自己在很多方向上被吸引, 这样, 对于行家, 就将会有机会去用一种每日进行的方式来继续这种练习, 并使得它成为它的生命体验的一个机能。

There is, for many, another means by which this type of experience may also be provided, and that would be, as one moves through the daily round of experience, to see each entity that one encounters as the Creator, to see all

interactions of entities as the Creator—as the Creator sharing its concepts of love and light to those about one. This is a less magical, shall we say, practice, as it engages the contemplative state of the conscious mind, but also continues to allow the adept to have a further experience at bringing the love and the light of the One Infinite Creator into its beingness to be beamed, as a kind of beacon, to those that it will encounter as it moves through its daily round of activities. Thus, the amount of work, shall we say, of a magical nature that is possible for the adept to accomplish is endless. It is that, however, that is affected by such efforts, for the pure seeker has great strength of a magical nature, and may, indeed, be effective in allowing the energies of positivity to grow as a flower-strewn field upon Planet Earth at this time.

对于很多人, 会有另一种途径藉由其这种类型的体验可以同样也被提供, 那就是, 当一个人穿越日常生活的活动的时候, 将它遭遇到的每一个实体都视为是造物者, 将实体所有的相互作用都视为是造物者——视为是造物者在于在它周围的实体分享它的爱与光的观念。这是一种较不, 容我们说, 有魔法的练习, 因为它会使用有意识的心智的沉思的状态, 但它同样会继续允许行家拥有一种更进一步的体验, 将太一造物者的爱与光带入到它的存在性之中, 以如同一种类型的灯塔一样, 向着那些它将会在它穿越它的日常生活的活动的时候遭遇到的实体成为发光的。因此, 行家有可能完成的具有一种魔法属性的, 容我们说, 工作量, 是无尽的。然而, 它是会被这样的努力所影响的事物, 因为纯粹的寻求者拥有具有一种魔法属性的巨大的力量, 并确实可以在允许正面性的能量在此刻在行星地球上如同一片布满了花朵的土地一样地生长的方面成为有成效的了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Jan: Not along that line, thank you. We have a query from Michael. Michael says, "Are there any social memory complexes that have switched/reconciled polarity in sixth density and have joined the Confederation? Are there any wanderers from such groups?"

Jan: 不是沿着那条线路的问题, 谢谢你们。我们有一个来自于 Michael 的问题。Michael 说, "有任何的社会记忆复合体会在第六密度转换/调解极性, 并已经加入到星际联邦的吗? 有任何来自这样的团体的流浪者吗?"

Q'uo: I am Q'uo and am aware of the query, my sister. We are aware that each negatively oriented entity and social memory complex, as it moves through the cycles of the densities, proceeding from third through fourth and fifth, will encounter a difficulty within the sixth density experience that will eventually result in the reversing of the polarity of a negatively oriented entity or social memory complex. For previous to entering the sixth density, it is possible for negatively oriented entities to pursue the path of union with the One Creator by following the path of separation and control of entities about one so that there is the removing of the freewill and the gaining of the power of such entities that are so dominated by the negatively oriented entity. Each negatively oriented entity or social memory complex feels that it is the Creator and that there is, within this nature of its being, the rightness of

setting the universe in order, shall we say, so that there is the pecking order and the domination of the more powerful, of the least powerful.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。我们察觉到每一个负面导向的实体与社会记忆复合体, 当它穿越密度的周期, 从第三密度前通过第四与第五密度前进的时候, 都将会在第六密度的体验到遭遇到一个困难, 那个困难将最终导致对具有一种负面性导向的实体或者社会记忆复合体的极性的倒转。因为在进入到第六密度之前, 负面性导向的实体是有可能藉由追随与在一个人周围的实体的分离与控制的道路而追寻与太一造物者的合一的道路的, 这样就会有对这样被负面导向实体所统治的实体的自由意志的移除与对这样的实体的力量的取得了。每一个负面性导向的实体或者社会记忆复合体都感觉到, 它是造物者, 在它的存有的这种属性中, 会有权力让宇宙, 容我们说, 保持有序, 这样就会有啄序等级 (pecking order) 以及更有力量的人对较不强有力的人的统治了。

However, as these entities then move from the fifth density into the sixth density, there is the necessity of blending and balancing the compassion of the fourth density, with the wisdom of the fifth density, in order to see that all are the One Infinite Creator and not just the self. Therefore, this type of reversing the view of what was seen before, is necessary for all negatively oriented entities, for they must see the self and the other self as the Creator and not just the self. This is difficult for negatively oriented entities, so that they must at some point reverse their polarity, and become what you would call positively oriented entities. This is possible for them because the power that they have gained in the path of negativity is seen as the same as the power is gained by positively oriented entities, that is, it is a power in itself that has an effect upon consciousness, the consciousness of the one that exudes and practices this power.

然而, 当这些实体接下来从第五密度进入到第六密度的时候, 会有将第四密度的同情心与第五密度的智慧混合并进行平衡的需要, 以便于看到所有实体都是太一无限造物者, 而不仅仅只有自我是造物者。因此, 这种类型的对之前被看到的事物的观点的倒转, 对于所有负面导向的实体都是需要的, 因为它们必须要将自我和其他自我都视为是造物者, 而不仅仅自我是造物者。这对于负面导向的实体是困难的, 因此, 它们必须要在某个位置倒转它们的极性, 并成为你们称之为正面导向的实体的事物。这对于它们是有可能的, 因为它们在负面性的道路中已经取得的力量是被视为是与被正面导向的实体取得的力量是相同的, 也就是说, 在其自身是一种力量, 它会对意识对一个发出并实践这种力量的实体的意识产生一种作用。

Therefore, there is no need for negatively oriented entities to retrace their steps and begin again at the beginning within third density. The power that they have gained is seen by the One Infinite Creator as being the same as the power gained by positively oriented entities. The fact that no further power can be gained, is the simple realization of the negatively oriented entities that are extremely wise by the time that they enter the sixth density experience and see this difficulty that will require that they flip their polarity, shall we say, and become positively oriented entities.

因此, 负面导向的实体并不需要回溯它们的脚步, 并重新在第三密度的开始的位

置开始。它们已经取得的力量是被太一无限造物者视为是与被正面导向的实体取得的力量是相同的。没有更进一步的力量能够被取得，这个事实就是负面导向的实体的简单的领悟了，在负面导向的实体进入到第六密度的体验并看到这种要求它们翻转它们的，容我们说，极性，并成为正面导向的实体的困难的时候，这些负面导向的实体是极其有智慧的。

Is there another query at this time?
在此刻有另一个问题吗？

Jan: No, not along those lines. We have another query from Juan, he says, "Is it possible for a positively oriented third-density being to perceive fourth-density service-to-other practices as service-to-self?"

Jan: 没有了，沿着那些线路没有了。我们有另一个来自 Jan 的问题，他说：“一个正面导向的第三密度的存有有可能将第四密度的服务他人的练习感觉为服务自我吗？”

Q'uo: I am Q'uo and am aware of the query, my sister. If we perceive the query correctly, the positively oriented third-density entity then would be looking upon fourth-density experiences that are supposed positive experiences but see them in a negative fashion. We would suggest that this is possible for a positively oriented entity that has a misperception of the fourth-density experience that is perceiving, for the third-density seeker is within the illusion of the third density beyond the veil of forgetting, so that there is the difficulty of seeing through this veil and clearly perceiving any experience of a fourth-density nature.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。如果我们正确地理解了问题，正面导向的第三密度的实体，在那个时候会观察那些被假设是正面性的体验的第四密度的体验，但却会用一种负面性的方式看待它们。我们会建议，这对于一个正面导向的实体是有可能的，如果这个实体对正在感觉到的第四密度的体验拥有一种错误观念的话，因为第三密度的寻求者是在遗忘的罩纱之外的第三密度的幻象之中的，这样就会有看穿这个罩纱，并清晰地感受任何具有一种第四密度的属性的体验的困难了。

The beginning perception of the third-density entity, then, of that which it sees within the fourth density, is that which must be carefully looked upon and perceived and felt in a manner which goes beyond the visible expression of what might be seen with the physical eyes. There is the necessity, then, to look with the inner eye, the eye of the third eye, the indigo-ray energy center that perceives in a more balanced fashion, that which is perceived whether it be in the third density or the fourth density. We would recommend that such a seeker, then retire to the meditative state to reconsider the perceptions that have been designated as negatively oriented when they, indeed, may not be such. This is a practice of respect, shall we say, or looking again at that which has been seen so that a new evaluation may offer itself to the seeker of truth. 第三密度的实体对于它在第四密度中看到的事物的开始的观念，是必须要用怎样一种方式被仔细观察、感受与感觉的事物，这种方式要超越可能会用物质性的眼

睛被看到的事物的可见的表达。接下来，就会有需要去用内在的眼睛，第三只眼的眼睛，靛蓝色光芒能量中心来观察，它会用一种更加平衡的方式去感受被感受到的事物，无论它是在第三密度还是在第四密度中被感受到的。我们会建议，这样一个寻求者，在那个时候，后退到冥想状态中去考虑已经被指定为负面导向的观念，在它们可能不是这样的观念的时候。这是一个，容我说，关注，或者再一次检查已经被看到的事物的练习，这样一种新的评价就可以向真理的寻求者提供它自己了。

Is there a final query at this time?
在此刻有最有一个问题吗？

Jan: Yes. There is a query from David and David says, "What are demons? How did those beings become so separated of the love and the purposes of the Creator?"

Jan: 是的。有一个来自于 David 的问题，David 说，“恶魔是什么？那些存有是如何变得与造物者的爱与目的如此之分离的？”

Q'uo: I am Q'uo and am aware of the query, my sister. Those entities that are seen as demons are usually the projected thoughtforms of negatively oriented entities that utilize such thoughtforms in the attempt to control or to bring terror to certain entities so that they perhaps open themselves to further negative polarization, if they are unable to correctly perceive the nature of the demon. Negatively oriented entities utilize such thoughtform projections in order to control certain entities through the concept of fear. The fear of these demons, then, is seen as that which could be ameliorated or removed by the negative entity, for the object of its desire to control the entity that it is sending the demon to bring fear to.

Q'uo: 我是 Q'uo，我了解了问题了，我的姐妹。那些被视为是恶魔的实体通常是负面性导向的实体的被投射的思想形态，这些实体利用这样的思想形态尝试去控制一定的实体，或者给它们带来恐怖，这样它们也许就会让它们自己向着更进一步的负面性的极化开放它们自己，如果它们无法正确地了解恶魔的特性的话。负面性导向的实体会利用这样的思想形态的投射，以便于通过恐惧的观念控制一定的实体。对这些恶魔的恐惧，接下来，接下来就会被视为是能够被负面性实体所改善或者消除的事物，因为它去控制实体的渴望的目标，就是送出恶魔以带来恐惧。

Thusly, the demon is that quality that has been constructed by the negative entity after ascertaining the kind of being a certain third-density entity may find a reaction of fear for. Therefore, the demon is, shall we say, personally constructed for a particular mission, for not only a certain entity, but a certain type of entity—usually the weaker-minded entity that is unable to look beyond the demon and see that it is a creature of the One Infinite Creator in its ultimate reality. And when there is love and light transmitted to it from the entity that was full of fear for it, then there is the transmutation of the demon within the mind of the entity instead of fear. This is a means by which the entity that was the object of the demon and the object of the negatively

oriented entity's efforts to control, then is able, by calling to a higher power to move itself beyond the level of the negatively oriented entity and the demon and to shower both with the love and the light of the One Infinite Creator that is heart-felt, for there is, within this entity, then, the feeling that the One Creator is the ultimate type of resource that all seekers of truth may call upon to deal with any demon or any perceived negativity within the life experience. 因此, 恶魔就是已经由负面性的实体所构建的属性, 在它确定一定的第三密度实体可能会对其感觉到一种恐惧的存在的类型之后。因此, 恶魔是为了一个特定的使命而, 容我们说, 个体性地构建的, 不仅仅是为一定的实体被构建, 同样也是为一定类型的实体——通常是心智较为薄弱的实体, 它们无法看穿恶魔并在它终极的实相中看到它是一个属于太一无限造物者的生灵——而构建的。当会有爱与光从对恶魔充满了恐惧的实体被传送给恶魔的时候, 接下来, 在那个实体的心智之中就会有对恶魔的转变, 而不是对恶魔的恐惧了。这是一种藉由其成为了恶魔的目标以及负面性导向的实体去控制的努力的目标的实体, 能够藉由呼唤一种更高的力量来移动它自己超越负面性导向的实体以及恶魔的层次, 并同时用从心中感觉到的太一无限造物者的爱与光同时播撒在两者身上的途径, 因为在这个实体内在之中, 接下来, 就会有这样的感觉, 太一无限造物者是所有的真理的寻求者都可以呼唤, 以与在生命体验中的任何的恶魔或者任何被感觉到的负面性打交道的终极的资源。

The negativity is that which is produced by the path of that which is not; that is, the path of negativity which cannot long endure within the octave of experience, as we mentioned in the previous query. Each positively oriented entity, then, that comes in contact with any type of negative experience or demonic presence may, within the meditative state, shower this entity or presence, then, with the love and the light that it channels from the One Infinite Creator through its open heart to the negatively oriented entity, blessing it on its way, as it then begins to see that there is the One Creator existing in all of the creation within any demon, within any negatively oriented entity, and especially within the self, and will aid the self in seeing the nature of the reality of the One Creator that exists within all.

负面性是由其之不是的道路所产生出来的事物, 也就是说, 负面性的道路, 如我们在之前的问题中提到过的一样, 在体验的八度音程中无法持续很久的道路。每一个与任何类型的负面性体验或者恶魔的存在接触的正面导向的实体, 接下来, 就可以在冥想状态中向这个实体或者存在倾注光, 通过它向着负面导向的实体开放的心, 从太一无限造物者传讯的爱与光, 并在它的道路上祝福它, 因为它接下来就会开始看到, 在任何恶魔中, 在任何负面性导向的实体中, 尤其是在自我内在之中, 在所有的造物中都存在有太一造物者, 并将会帮助自我看到, 存在于万物之中的太一造物者的实相的属性。

At this time, we shall take our leave of this instrument and this group, thanking each, as always, for the opportunity to share your loving vibrations this particular day. We are always amazed at the perseverance of such seekers of truth who move within a difficult illusion, and yet find so much love and presence of the One Infinite Creator within their journey of seeking. We are known to you as those of Q'uo. We leave each in the love and in the light of

the One Infinite Creator. Adonai vasu borragus.

在此刻，我们将离开这个器皿和这个团体，我们一如既往，为你们在这个特定的日子分享你们的爱的振动的机会而感谢每一位。你们在一个困难的幻象中移动，而却在它们寻求的旅程中找到了如此大量的太一无限造物者的爱与临在，我们一如既往对于这样的真理的寻求者的坚持不懈而感到惊讶。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开各位。Adonai vasu borragus。

2020-01-15 传讯练习：自我与造物者
Practice Channeling Circle
January 15, 2020

Group question: What does it mean to recognize the self as the Creator?
团体问题：将自我视为是造物者是什么意思呢？

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument. We greet each in love and in light this evening. We are most honored to be asked to join your circle of seeking once again. It is an inspirational experience for us to see the seeds that we have planted in previous sessions have been watered with your attention and devotion and have sprouted into plants that are growing stronger and stronger as they turn to the light of the One and absorb that light and bring it forth into your experience in these practice channeling sessions.

我是 Q'uo，我与这个器皿在一起了。我们在今晚在爱中，在光中向各位致意。我们对于在今晚再一次被请求加入你们寻求的圈子是感到极其荣耀的。看到我们在之前的集会中已经种下的种子，已经藉由你们的注意力与投入被灌溉，并已经发芽生长成为了植物了，这对于我们是一种启发性的体验，随着这些植物转向太一的光，吸收那种光，并将它带入到你们的在这些训练的传讯集会中的体验之中，这些植物正在生长得越来越更加强有力了。

We are also pleased that you have asked a question this evening that is of such importance and profundity in each seeker's journey, for seeing the self and feeling the self as the Creator is the ultimate goal which each of you is pointed towards. Your journey within this third-density illusion hides this fact from you, most constantly and effectively, to be opened to the possibility of seeking beyond the veil and seeing that there is the Creator within your being is that which is a most noble journey, for the Creator lies patiently within each being, awaiting the door to open so that the seeker may be able to apprehend the beginning nature of how to feel the Creator, how to perceive the Creator, how to reflect the Creator. And this, my friends, is your destiny.

我们同样也对于你们已经在今晚询问了一个在每一个寻求者的旅程中具有如此大的重要性及深度的问题而感到高兴，因为将自我视为是造物者，感觉到自我是造物者，这就是你们每一个人正在朝向其前进的终极的目标。你们在这个第三密度的幻象中的旅程将这个事实，极其持久而有效地，对你们隐藏起来了，向着看穿罩纱并看到的在你们的存有内在之中存在有造物者的可能性开放，是一条极其高贵的旅程，因为造物者是耐心地存在于每一个存有内在之中，并等待着门开打的，这样，寻求者就可能能够感受如何去感觉造物者，如何去感受造物者，如何去映射造物者的开始的属性了。我的朋友们，这就是你们的天命了。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo, and we greet this circle through this instrument in order that we might speak on the topic of realizing the self, the incarnate self, as the Creator. In seeing the self as the Creator, one is seeing the self as all things. What is it to see the self as all things? It is at once something very abstract to you, for in what manner could you possibly hope to encounter all things, yet that is the scope of our statement. For if you were to encounter all things, all entities, all places and time, outside of space and time, what you would encounter would be—you could say it a couple of ways—you could say the Creator, or the One, or yourself.

我们是你们知晓的 Q'uo 原则，我们通过这个器皿向这个圈子致意，以便于我么可以在领会自我，投生的自我，是造物者的主题上发言。在将自我视为是造物者的方面，一个人是在将自我视为是万物。什么是将自我视为是万物呢？它立刻就成为了某个对于你们非常抽象的事物，因为你们有可能能够用什么方式希望去遭遇到所有事物呢，而那就是我们的说法的范围了。因为如果你要去遭遇到所有的事物，所有的实体，所有的空间和时间，空间和时间之外，你会遭遇到事物会是什么呢——你能够用数种方式来说它——你能够说造物者，或者太一，或者你自己。

The forms you would meet yourself in are infinite—some so distorted and at odds with the self, that one would seek to protect against this meeting, or run from this meeting, or avoid it at all cost, which may be appropriate upon that level of action and need. But nonetheless, the two meeting in such a scenario would be two different expressions of the One, for there is nothing which the One is not, so while it may be impossible to literally meet every expression of the Creator, it is possible to recognize every expression that you will meet as the Creator.

你用来遇到你自己的形式是无限多的——一些形式是如此扭曲，并与自我是有矛盾的，以至于一个人会寻求去防守对抗这种相遇，或者逃离这种相遇，或者不计代价地避免它，这在那个行动与需要的层次上是合适的。但是，虽然如此，如果两个人是在这样的一个场景中相遇，它们会成为太一的两个不同的表达，因为没有任何事物是太一不是得，因此，尽管实际上地遇到造物者的每一个表达，这可能是不可能的，去认出你将会遇到的每一个表达都是造物者，这是有可能。

In this recognition, surface features are not ignored. You may encounter all sorts of classifications, be it another third-density entity, a second-density being, a visitation of a non-physical being, or environments or scenarios; each thing can be noted, each interaction can be skillfully (or probably not) danced with, yet it can be done with a heart so maximally activated, a blue ray so open, balanced and free, and a gateway sufficiently opened to infinity, that the truth of the moment reveals itself to the self. That is what is already there regardless of what the characters on that particular stage are doing or not doing, that is that in truth there are no boundaries between self and other,

there are no limitations except those which are conventions designed for the particular environment. There is only and ever the One, which, when contacted, has no beginning or end, has no possibility of reaching a bottom, or reaching a finality. There is only beingness, there is only the eternal I Am.

在这种认出中，表面的属性被忽略了。你可能遇到所有种类的分类法，要么它是另一个第三密度的存有，一个第三密度的存有，一个非物质性的存有的一种拜访，或者是环境或者场景，每一个事物都能够被注意到，每一个相互作用都能够有技巧地（或者有可能不是有技巧地）与之舞蹈，而它是能够带着一颗如此之最大化地被激活的心，一种如此之开放、平衡而自由的蓝色光芒，一扇充分地向着无限被开放的大门而被进行的，以至于当下一刻的真理会向自我揭露其自身了。那个真理就是，无论在那个特定的舞台上的角色正在做或者没有正在做什么都已经在那里的事物，那个真理就是，在自我和其他自我之间实际上是没有边界的，除了为了特定的环境而被设计的规定之外，没有限制性。仅仅且一直都只有太一，当太一被接触的时候，祂是没有开始或者结束的，没有抵达一个底部，或者抵达一个终点的可能。仅仅只有存在性，仅仅只有永恒，我是 (I Am)。

We would focus on this I Am for a moment, and clarify that many, many qualities can be attached to the I Am to begin defining the self or the experience in infinite shades of color and meaning. This is a process of manifestation, of existence and creation—the realm of creation, that is. This is the process of the One becoming the many, but the base code shall we say, is irreducibly and always, I Am. I am not this or that thing precisely; I Am, as your Bible states, that I Am. This I Amness is the essence of self and all beings, and it exists in full, in its entirety within the self, right now—within the self reading these words, within the self that will forget these words, within the self that is both found and lost, that is struggling and in peace, in all polarities and dualities, there is only ever the I Am for everything else will come and go, pass away, be born and die.

我们聚焦在这个我是 (I Am) 上一会儿，并澄清，很多很多的特性都能够被联系到我是上，以开始用无限的多的色彩的明暗与意义来定义自我或者体验。这是一个存在性与造物——也就是，造物的领域——的显化的过程。这是一成为多的过程，但是，容我们说，基本模块 (base code) 不可分割地，且一直都是我是 (I Am)。准确地说，我不是这个或者那个事物，如你们的圣经所说的一样，我是即我是 (I Am that I Am)。这个我是性，就是自我与所有的存在的实质，它完全地，在其完整性之中，存在于自我内在之中现在——就在正在读这些词语的自我内在之中，在将会忘记这些词语的自我内在之中，同时在被找到与丢失自我内在之中，同时在正在正在与处于平安的自我之中，在所有的极性与二元性之中，都一直仅仅只有我是，因为每一个其他事物都将会来来去去，消散，被出生与死去。

The I Am of you, the I Am that is all, is unborn. In a way you could say it does not enter manifestation, yet it paradoxically includes all of manifestation and is none other than manifestation. But from the incarnate perspective, illusory though it is, the eyes must be cleared to see or to know or to abide within this living, eternal, boundless oneness within the self. And that path towards the cleansing of the heart, the opening of the eyes, the waking from the dream,

has been described in a multitude of ways by those of our Confederation. [These] include a variety of spiritual disciplines that foster and develop, strengthen and intensify the will and the faith; that center themselves in the consciousness which sees and knows all things, distorted or not, as love; which ultimately in humility or humbleness, surrenders the actions of what feels to be the individual will, and the service to the great will of the One, which is simultaneously a state of high and finely tuned and one-pointed activity, balanced in total receptivity and listening and receiving.

你的我是，万物之所是的我是，不是被生下来的。用某种方式，你能够说，它并未进入到显化之中，而它悖论性地包含了所有的显化物且不是除了显化物之外的任何事物。但是，从投生的视角来看，尽管它是虚幻的，眼睛必须要被清洗干净，以看见，或者知晓，或者存在于在自我内在之中的这个活生生的，永恒的，无边无际一体性之中。通完对心的清洁，对眼睛的打开，从梦中醒来的道路，已经用很多种方式被那些属于我们的星际联邦的实体描述过了。这些道路包含了各种各样的灵性的修炼，它们会促进与发展、增强并强化意志与信心，这些灵性的修炼会将它们自己放在意识的中心，意识会将所有的事物，无论是否是扭曲的，都视为并知晓为爱，意识是终极地处于谦逊或者谦卑之中，将感觉是个体的意志的事物的行动以及服务，都臣服于太一的伟大的意志，太一的伟大的意志同时性地是一种高昂的，而又被精细地调音过的状态与聚焦于一点的行动，它们是在完全的接纳性、聆听与接收之中被平衡了的。

Ultimately, this learning of the self as the Creator is one and the same with what those on your planet call the mystic, or the path of the mystic, the mystical path, for it's as some on your planet have reported, includes the journey of the transcendence of the illusory individual in the recognition of the All Self, the drop of water returning to the ocean. And with that thought, we would transfer this contact with eagerness to speak through the one known as Kathy. We thank you, my friends.

终极地，这种了解自我就是造物者，是与那些在你们的星球上的人称之为神秘主义，或者神秘主义的道路，或者神秘之路的事物是一体的与相同的，因为和你们的星球上的一些人已经报告过的一样，它包含了在认出全我的过程中对虚幻的个体的超越的旅程，如同水滴返回到海洋一样。带着那个想法，我们会带着热情将这个接触转移，以通过被知晓为 Kathy 的实体发言。我们感谢你，我的朋友们。

(Kathy channeling)

(Kathy 传讯)

We are those of Q'uo and we are with this instrument. We wish to speak of love also through this instrument to express what it means for the self to realize its beingness as the Creator, where love is the essence of the beingness of Creator and of all, all that is created, all selves, throughout all time and space as you know it. And so from that universal perspective of love pervading all, all existence, down into every cell of every physical complex, present in every thought that any self may have, and of course, present in any spirit and every spirit, the spiritual complex being made up of love.

我们是 Q'uo，我们与这个器皿在一起了。我们希望同样通过这个器皿谈及爱，

以表达领悟到自我的存有就是造物者，这对于自我意味着什么，爱的所在之处，就是造物者以及万物，一切被造之物，一切自我，贯穿所有时间和空间，如你们对它的知晓一样，的存在性之所是的实质。因此，从遍及一切，所有的存在性，一直向下进入到每一个身体复合体的每一个细胞之中的爱的普世性的观点来看，（这个实质）存在于任何自我可能拥有的每一个想法之中，当然，存在于任何的灵体与每一个灵体，以及由爱构成的灵性复合体之中的。

There is also another way to see this all-encompassing realization of beingness as love, as the Creator, and that is to, as one of the other instruments spoke earlier in discussion, of going into the moment where there is love, where there is only love in every moment, focusing upon that very particular expression of love one moment in your space/time, all moments in the space/time and in time/space, going down to this particular level when one sees that love is in each and every moment, and each and every space one can see that there is only the Creator that the self can become and can realize itself as, and it can inform, support, and heal and guide everything, every self in every situation.

同样还有另一种方法去将这种对存在性的包含一切的领悟视为是爱，视为是造物者，那个方法就是，如同在讨论中其他的器皿中的一个器皿谈到的一样，进入到当下一刻之中，在之中会有爱，在其中仅仅只有在每一个瞬间之中的爱，同时在你们的空间/时间中的一个瞬间，在空间/时间中以及在时间/空间中的所有的瞬间中，聚焦在那种非常特定的爱的表达之上，向下前往这个特定的层次，当一个人看到，爱是在每一个时刻中，在每一个空间中的时候，它能够看到，仅仅只有造物者，自我能够成为造物者，能够领会它自己就是造物者，它能够告知，支持，疗愈，指引在每一个情况中的每一个事物与每一个自我。

One speaks in your illusion of the heart, the concept of the heart. That is what we would say is the place where the Creator dwells within each self, and it is in the heart of the Creator in which each self dwells. Therein lies oneness through that love, through that heart. One realizes its beingness as the Creator in its fullness when one realizes this love is an unbroken, forever lasting expanse of love that binds the Creator and all creation. And in that realization, one can know what ultimate freedom, and yet also ultimate security, really can be, feeling secure within that great love, feeling free within that great love. That is a high expression of realizing the self as the Creator. Security as well as freedom, they seem paradoxical, but yet they are both part of an expanded sense of self as Creator.

一个人谈及了在你们的幻象中的心，心的观念。那就是我们说的事情，心是造物者在每一个自我内在之中居住的位置，每一个自我就是居住在造物者的心之中的。通过那种爱，通过那个心，在其中存在有一体性。当一个人领悟，这种爱是一个无法打破，永远持久的爱的拓展，这种爱将造物者与所有造物结合在一起的时候，一个人会领悟它的存在性就是在其圆满性之中的造物者。在那种领悟之中，一个人能够知晓，终极的自由，同样也是终极的安全，真的能够成为什么，并在那种伟大的爱之中感觉到安全，在那种伟大的爱中感觉到自由。那就是一种对领悟自我就是造物者的更高的表达。安全，同样还有自由，它们看似是悖论，而它们同时都是对于自我就是造物者的一种拓展性的感觉的一部分。

And with that thought, we leave this instrument to be passed to the next instrument known as Austin, and we thank you, my friends. We are those of Q'uo.

带着那个想法，我们离开这个器皿，以移动到下一个被知晓为 Austin 的器皿，我们感谢你们，我的朋友们。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo and am now with this instrument. The importance of love in relationship to the question that you posed this evening cannot be understated, for this question comes from within your experience deep within an illusion. And we invite you, my friends, to join us in amusement at the humor in the Creator itself asking what it means for the Creator to realize itself. Yet, we understand from your perspective this question does make sense, as your true nature as the Creator is quite hidden from your perspective. We feel it may be beneficial to speak to the nature of this veil over your perception, and why it exists, and why it causes you to present such a question as you have presented to us this evening; and why we, as the Creator, are called to respond to you, as the Creator, for this interaction could not take place if all involved realized their true nature—and that, my friends, is the very point of your current experience within the third density.

我是 Q'uo，我现在与这个器皿在一起了。爱的重要性，在与你们今晚提出的问题的关系的方面，是无法被理解的，因为这个问题是来自于你们在一个幻象深处的体验的。我们邀请你们，我的朋友们，和我们一起加入到对这样一种幽默的娱乐之中，造物者祂自己询问，造物者要领悟祂自己，这对于造物者是什么意思呢？而我们从你们的观点理解，这个问题确实是言之有理的，因为你们作为造物者的真实的本性是相当大地从你们的观点被隐藏起来了的。我们感觉到去谈及这个覆盖在你们的知觉上的罩纱的属性，为什么它会存在，为什么它使得你们提出这样一个问题，如同你们今晚向我们提出的问题一样，为什么我们，作为造物者，会被呼唤来回应作为造物者的你们，这可能是有益处的，因为如果所有被包含在内的实体都领悟了它们的真实的属性，这种相互作用是无法发生的——我的朋友们，那就是你们当前在第三密度之中的体验的核心要点了。

To elaborate on this notion, we invoke the example of your body complex, and your calling to us to respond to this question is as the heart in the body calling to the lungs for more oxygen to feed the system, and the lungs respond in accepting this call and provide the heart with what it calls for. These two facets of your body serve quite distinct purposes and share quite an elaborate and meaningful relationship, yet they are both part of a single whole. When considering the body as a single entity, the distinction between the heart and the lungs is quite practical, yet from a holistic perspective, quite arbitrary. We feel this is an important point to consider when inquiring about the nature of oneself as the Creator, for this very question comes from your distinct experience as lacking that realization. Yet this is a practical illusion. It

serves the purpose of allowing the Creator to experience itself, and were you not in a position to pose this question, the experience of the Creator would be much less meaningful, much less vibrant, and much less fruitful.

要在这个观点上进行阐述的话，我们会援引你们的身体复合体的例子，你们呼唤我们来回应这个问题，这就好像在身体中的心脏向肺部呼唤要求更多的氧气来为系统供能，肺部在接收到这个呼唤的时候回应，并提供给心脏它请求的事物。你的身体的这两个面向起到相当心智不同的作用，并共享了一种清楚明确而有意义的关系，而它们同时都是一个单一的整体的一部分。当将身体考虑为一个单一的实体的时候，在心和肺之间的区分是相当实用性的，而从一个整体论者的观点来看，区分是相当随意的。我们感觉到，当询问关于一个人自己作为造物者的属性的时候，这是一个要考虑的重要的要点，因为这个问题是来自于你们因为缺少那种领悟的明显的体验。而这是一个实用性的幻象。它起到了允许造物者体验它自己的目的，如果你们不是处于一个提出这个问题的位置上的话，造物者的体验就会是远远较不有意义，远远较不生气勃勃，远远较不有成效的。

There have been entities from within the illusion that you now experience who have managed, in a way, to fully realize the self as the Creator and dissolve the arbitrary barrier between self and the One; yet we emphasize to you, my friends, that this is by no means expected of all entities within the third density. And, indeed, it is quite expected that this not be achieved by a great majority of entities experiencing the veiled illusion of your density, even among those who fancy themselves as spiritual seekers and mystics. This is wherein the importance of love may be grasped, for love may serve as the guiding star towards the ultimate realization of the self as Creator, yet the path that you walk in following this star may not be realized in its full within your current incarnation, or your current density, or the next, or the next.

已经有一些来自于你们现在体验到的幻象内在之中的实体，它们已经用某种方式成功地圆满领会到自我就是造物者，并将在自我与太一之间的那个专横的障碍物消除了，而我们对你们强调，我的朋友们，这绝对不是在第三密度的幻象中的所有实体要去期待的事情。确实，相当大地被期待的事情是，这是不会被正在体验你们的密度的有罩纱的幻象的实体中，甚至是在那些将它们自己想象为灵性寻求者和神秘主义者的人当中的据大部分实体所取得的。这是在其中爱的重要性可以被掌握位置，因为爱可以起到指引的星辰的作用，它指向了对自我就是造物者的终极的领悟，而你通过跟随这个星辰而走的道路，可能不会再你当前的投生中，或者在你当前的密度中，或者在下一个密度，或者下一个密度中，被充分实现。

From the perspective from which this question is asked, the journey may be seen as quite long. Love may be seen as the salvation that alleviates the daunting prospect of this long journey, for as seekers upon the path of service to others, you will realize that with each step and each choice made to radiate that love, that you step closer and closer to the realization that you are the Creator. And though the journey may seem long ahead of you, there will come a point at which you will realize that this truth was with you for the entire journey, and your dance throughout incarnations and through the densities was simply a game, a play upon a stage built by you in which you fully invested yourself into the roles that you played in this performance, and

upon this realization, you will be quite amused at that which has passed.

从这个问题被询问的观点来看，旅程可能会被视为是相当漫长的。爱可能被视为是缓解这条漫长的旅程的令人畏缩的前景的救助物，因为作为走在服务他人的道路上的寻求者，你将会意识到，伴随着每一个脚步以及每一个被做出的去辐射那种爱的决定，你的脚步会越来越更加接近你是造物者的领悟。尽管旅程可能看起来在你们前方是漫长的，将会有有一个位置出现，在那个位置上，你将会领会，这个真理是在整个旅程上都与你同在的，你在贯穿整个投生以及穿越密度的舞蹈，单纯地是一个游戏，是在一个由你建造的舞台上的一出戏剧，在这场戏剧中，你让你自己完全投入到了你在这个表演中扮演的角色之中，由于这个领悟，你将会对已经过去了的事情感到相当有趣。

We encourage you, my friends, when the realization of your selfhood as Creator seems so far away, look to your present moment and search for the love therein. It may seem a small act and it may not result in what you could understand as enlightenment, yet each seeking further empowers you and propels you towards that ultimate realization.

我的朋友们，我们鼓励你们，当对于你们作为造物者的自我属性的领悟看起来似乎如此遥远的时候，看看你们的当下一刻，并在其中寻找爱。它可能看起来似乎是一个小的行动，它可能不会产生出你理解为觉醒的结果，而每一次更进一步的寻求都会为你们富裕力量，并朝向那个终极的领悟推动你们。

At this time, we ask if there may be queries within this circle that we may address. We are Q'uo.

在此刻，我们会询问，在这个圈子中是否可能有我们可以解决的问题。我们是 Q'uo。

Gary: Q'uo, this question comes from David, who writes, "Is it possible to have a sexual energy transference between two individuals of the same sexual polarity?"

Gary: Q'uo, 这个问题来自 David，它写道：“有可能在两个具有相同的性极性的个体之间拥有一种性能量的转移吗？”

Q'uo: I am Q'uo and am aware of the query, my brother. We find some difficulty in addressing this query, for there are many confused and distorted understandings among your social complex in regards to the very nature of sexual polarity, and sexual energy transfer, and further find that this instrument has done much contemplation upon this topic, which, while providing us with a great deal of material from which to speak from, also has solidified certain notions or distortions within this own instrument's being. And so, we request that our words be taken with a further disclaimer and ask that any who read or hear our words compare them, with great care, to the internal discernment of the self.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现在讲述这个问题的方面有某种困难，因为在你们的社会记忆复合体当中，在关于性的极性，性能量转移的本性的方面会有很多混淆而扭曲的理解，我们更进一步发现，这个器皿在这个主题上已经进行了很多的思索了，这尽管为我们提供了大量可以从其发言

的材料，它同样也加固了在这个器皿的存有之中的一定的观念与扭曲。因此，我们会请求我们的话语是带着一份更进一步的免责声明而被接受的，我们请求任何读到或者听到我们的话语的人，都带着巨大的小心，将它们与自我内在的分辨力进行比较。

Sexual polarity, as understood from our perspective, acts as a type of magnetism. We encourage you to envision how magnets may interact to receive an intuitive understanding of how sexual polarity may interact. When magnets are turned with their opposite poles turned toward each other, they come together quite easily, yet when they are turned with similar poles towards each other, they seem to repel each other quite powerfully. This understanding may be applied to the attraction of one entity to another entity. If there is any sexual attraction, particularly in a spiritual sense, between two individuals, we find that at least in some form there is compatible sexual polarity which may result in sexual energy transfer.

性的极性，如同从我们的观点理解的一样，是起到一种类型的磁力的作用的。我们鼓励你们想象，磁铁是如何相互作用，以接收到对于性极性可能会如何相互作用的一种直觉性的理解。当磁铁被转动，且它们的相反的极点被转向相互彼此的时候，它们会相当容易地结合在一起，而当它们被转动，它们的相似的极性被转向相互彼此的时候，它们看起来似乎会相当强有力地相互彼此排斥。这个理解可以应用于一个实体对另一个实体的吸引。在两个个体之间，如果有任何性吸引，尤其是在一种灵性的意义上的性吸引，我们会发现，至少用某种形式会有相容的性极性，它们可能产生出性能量传递的结果。

We emphasize that this example is very, very simplified, and that within each individual, and between each pair of individuals, or even within groups of individuals, sexual polarity is not a singular aspect of their being. Just as there seem to be infinite facets of each individual's personality, so are there infinite facets of what might be understood as sexual polarity. We caution any who contemplate this topic and look outward for examples and understanding of sexual polarity and sexual energy transfer, that one may not judge or accurately assess the sexual polarity of another individual or situation between individuals. This is particularly true among your social complex, for as we mentioned earlier, there are many distortions in understanding of sexual polarity.

我们强调，这个例子是非常非常简单化的，在每一个个体内在之中，在每一对个体之中，甚至在个体的团体之中，性极性都不是它们的存有的一个单一的面向。就好像每一个个体的人格看起来似乎有无限多的面向一样，可以被理解为性极性的事物一样会有无限多的面向。我们警告任何沉思这个主题并向外寻找对性极性与性能量转移的范例与理解的人，一个人可能不会评价，或者正确地读取另一个个体或者在个体之间的情况的性极性。这在你们的社会复合体当中是由其真实的，因为如我们早些时候提及的一样，在对性极性的理解中有很多的扭曲。

Is there a follow-up to this query, my brother?

我的兄弟，有一个这个问题的一个后续问题吗？

Gary: No, not from me, thank you. Two things I wanted to communicate to the instrument that I won't be taking Q&A, and then 2) Jim said he had a couple of questions for you.

Gary: 没有了, 从我这里没有了。我想要与器皿交流两件事情是, 我不会进行提问回答, 然后, 第二, Jim 说, 他有几个给你们的问题。

Jim: Yes, I have a question, Q'uo. Does an instrument need any special skills to channel information that it has no knowledge of?

Jim: 是的, 我有一个问题, Q'uo。一个器皿需要任何特殊的技巧传讯它对其并不拥有任何知晓的信息吗?

Q'uo: I am Q'uo and am aware of the query, my brother, and we find irony within this query, for this instrument does not have much knowledge of what would constitute an answer to this query.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟, 我们发现了在这个问题中的讽刺之处, 因为这个器皿对于什么事情会构成对这个问题的是一个回答是并不拥有很多的知晓的。

There exists a certain mindset, skill, and aptitude, that allows for an instrument to receive thoughts in an unbiased and effective way. We have found in our interaction with various instruments that there are, indeed, some that possess a greater skill innately, and some that acquire skill through practice of being able to receive information and transmit it accurately without previous knowledge of the topic at hand.

存在有一定的心态、技巧与倾向性, 它会允许一个器皿用一种不带有偏向性且有成效的方式接收到想法。我们已经在我们与各种各样的器皿之间的互动中发现, 确实会有一些器皿会天生地掌握一种更大的技巧, 而一些器皿会通过练习取得能够在没有对在手边的主题的之前的知晓的情况下接收信息并准确地传递它的技巧。

However, we cannot guide [generally] in how to free oneself of the constraints that typically blocked the effective transmission of novel information, for such constraints are unique to each individual and we can only speak generally effectiveness of meditation, and of being able to maintain silence of mind, for these enable an instrument to help release the constraints within one's mind, and open oneself to that which is new in the channeling process.

然而, 我们无法一般性地指导, 如何让自己从那些会有代表性地阻塞对新的信息的有效传递的束缚中释放出来的, 因为这样的束缚对于每一个个体都是独一无二的, 我们仅仅能够一般性地谈论冥想的成效, 能够保持心智的静默的成效, 因为这些会使得一个器皿能够帮助释放在它的头脑中的束缚, 并让它自己在传讯过程中向着新的事物开放。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Jim: Not on that topic, but if you're up for another one, I've got another

question.

Jim: 在那个主题上没有了, 但是如果你们想要另一个主题, 我已经有另一个问题了。

Q'uo: I am Q'uo and we thank you, my brother. Indeed, we are up for another question.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。确实, 我们想要另一个问题。

Jim: Ra said that there is love in every moment. Why is that? How can that be?

Jim: Ra 说过, 在每一刻中都有爱。为什么是那样子? 那能够是什么样子呢?

Q'uo: I am Q'uo and am aware of the query, my brother. This query, as we believe you are aware, is one of the most central queries that an individual may contemplate within the third density, for it is the seeking of this love in every moment that enables the individual within third density to realize their true nature and progress along the path of service to others.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这个问题, 如我们相信你们知晓的一样, 是一个个体可以在第三密度中沉思的最为中心性的问题中的一个问题, 因为就是对在每一刻中的这种爱的寻求使得个体能够在第三密度中领会它们真实的属性, 并沿着服务他人的道路前进了。

In speaking to the question of how and why love is contained in every moment, we invite you to remember the moments within your memory in which great love was experienced and expressed. We invite you to sit within this experience and allow the feeling of this love to fill you completely. This experience of love may provide you a window into the very primal nature of the creation, for it is the microcosm that is the love that you experience within incarnation to the macrocosm of the Love which has created the entire universe. We believe, that in experiencing this love, you can feel the expansive and primal nature and you may grasp its creative potential, for within this expansive experience of love there exists the potential of infinity, and each moment in which you seek this love is yet one perspective upon the infinity of the Creator.

在谈及爱是如何以及为什么会被包含在每时每刻之中的方面, 我们邀请你们在你们的记忆中忆起那些在其中巨大的爱被体验并被表达的时刻。我们邀请你们坐在这种体验中, 并允许这种爱完全地充满你们。这种爱的体验可以提供给我们一个进入到造物者的非常根本性的属性之中的窗口, 因为这扇窗户就是你们在投生之中体验到的爱之所是的微观宇宙通往已经创造了整个宇宙的爱之宏观宇宙的窗口。我们相信, 在对这种爱的体验中, 你们能够感觉到那种广阔而根本的属性, 你们可以掌握它的创造性的潜能, 因为就是在这种广阔的爱之体验中, 存在有无限的可能性, 你们在其中寻求爱的每一个时刻, 都是造物者的无限性之上的另一个远景。

Is there a follow-up to this query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Jim: No, that was really excellent, thank you so much. I have another query though.

Jim: 没有了, 那真的是精彩的, 非常感谢你们。尽管我还有另一个问题。

Q'uo: I am Q'uo and we thank you, my brother. Please speak your query.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。请讲述你的问题。

Jim: How does forgiveness stop the wheel of karma?

Jim: 宽恕如何让业力之轮停止?

Q'uo: I am Q'uo and am aware of this new query, my brother. As you are aware, karma may be viewed as a certain inertia, or, in another sense, a perpetual motion put into motion by an act that may be considered consciously unloving, or from another perspective, simply harmful to another being. This action generates a certain charge, borne from an imbalance, created by the lack of understanding that each entity is the Creator.

Q'uo: 我是 Q'uo, 我了解了这个新问题, 我的兄弟。如你所知的一样, 业力可以被视为一定的惯性, 换种说法, 由一个可以被认为是持续不断地没有爱的行动, 或者从另一个观点来看, 一个单纯地是对另一个存有有伤害的行动所启动的一种持续不断的运动。这个行动会产生出一定的电荷, 这种电荷是从一种失衡被产生出来, 是由于缺少对于每一个实体都是造物者的理解而被创造出来。

This charge that is created sets the wheel of karma in motion, and this affects the individual's life path in that the entity will continually be invited to experience that imbalance again, for it carries with it that imbalance, and such an imbalance creates a sort of magnetic attraction. When an entity then attracts to itself further situations or circumstances generated by the perpetual motion of the wheel of karma, there is, in a sense, a placing back onto the entity that which was imbalanced. And as such is placed upon the entity, typically through another individual's action, there is another opportunity to alleviate the self of this imbalance through forgiveness—not simple forgiveness of the other self for the action that caused harm, but a deeper forgiveness that realizes that the self is also capable of such an action, and the self and other are not separate. This deeper understanding typically results in a sort of natural forgiveness that then alleviates the imbalance, removes the charge, and allows for the motion of the wheel to stop.

这种被创造出的电荷会启动业力之轮, 这会影响个体的生命道路, 因为实体将会持续不断地被吸引, 以再一次体验那种失衡, 因为它会在其上带有那种失衡, 这样一种失衡会创造出一种类型的磁性的吸引力。当一个实体接下来将由业力之轮的持续不断的运动而产生出来的情况或者环境更进一步地吸引到它自己身上的时候, 在那个失衡的实体身上就会有, 在某种意义上, 一种往回的拉力了。当这样的拉力被施加在实体身上, 尤其是通过另一个个体的行动而被施加的时候, 就会有另一个机会通过宽恕来减轻自我的这种失衡——不是单纯地宽恕其他自我的造成了伤害的行动, 同样也是一种更为深入的宽恕, 它会意识到自我同样是有能力进行这样一种行动的, 自我和其他自我不是分开的。这种更为深入的理解典型性地会产生出一种类型的自然而然的宽恕, 它接下来会减轻失衡, 除去电荷,

并允许轮子的运动停止。

Is there a follow-up to this query, my brother?

我的兄弟，这个问题有一个后续问题吗？

Jim: No, Q'uo, that was good. I do have one last query.

Jim: 没有了，Q'uo，那是很好的。我确实有最后一个问题。

Q'uo: I am Q'uo and we thank you, my brother. We are able to receive one final query through this instrument.

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。我们能够通过这个器皿接收一个最后的问题。

Jim: How do you know that a psychic greeting is actually a psychic greeting, and needs the kind of attention that Ra spoke of, or is it just bad luck or random chance?

Jim: 你如何知晓一种心灵致意实际上是一种心灵致意，并需要那种Ra谈及的注意，或者它仅仅是坏运气或者随机的巧合呢？

Q'uo: I am Q'uo and am aware of the query, my brother. To address this query, we first feel it necessary to emphasize the lack of importance of the source of any experience or greeting. All comes from the Creator; any distinction beyond that must be seen for the illusion that it is—though we understand and appreciate the practical nature of your query.

Q'uo: 我是Q'uo，我了解了问题了，我的兄弟。要解决这个问题，我们首先感觉有必要强调，任何的体验或者致意的源头是不具重要性的。一切都是源自于造物者，任何超越那个之外的区分，都必须要被视为是其之所是的幻象——尽管我们理解并欣赏你的问题的实用性的属性。

When experiencing a certain emotion or pattern of thought or any internal difficulty or disharmony, and one wonders if it is being energized by an external force, it is good to look to the nature of the disharmony and its roots within the relationships of the individual who is experiencing this disharmony, for when groups seek together in service to others, a magical charge is generated. This charge attracts the attention of those who might greet the group with difficulty and persuasion to abandon their path, or even take up the polarity of service to self. If the difficulty is rooted in the work that this group is doing together, and the difficulty suggests to the self that the work is not sustainable, that it may be best to abandon the work, that the easiest and safest route is to discontinue the service and sever ties with those one is seeking with, there is a chance that these feelings and temptations are being energized by what this group has called the "loyal opposition."

当体验到一定的情绪或者思想模式，或者任何内在的困难或者不协调，且一个人会怀疑，是否它是由一种外在的力量所赋能的时候，去检查那种不协调的属性以及它在正在体验这种不协调的个体的关系内在之中的根源，这是有益处的，因为当团体通过服务他人一起寻求的时候，一个魔法的电荷就被产生出来了。这个电

荷会吸引那些可能会这样一些实体的注意力，这些实体会用困难、劝说放弃它们的道路，或者甚至是采用服务自我的极性向团体致意。如果困难是扎根于这个团体正在一起进行的工作，且困难对自我建议，工作并不是可持续的，也许最好去放弃工作，最容易且最安全的路线就是不再继续服务以及与那些一个人正在与之一起寻求的实体之间的服务者的纽带，就会有一个机会，这些感觉与诱惑是由这个团体已经称之为“忠诚的反对派”的事物所赋能的。

We also suggest that such internal difficulties and disharmonies that are energized by an entity carry with them a certain intensity, as though a weight is placed upon one that is too much to bear and too heavy to carry. The intention of such greeting is to throw the individual off balance and overwhelm the individual so that even if one has an effective practice of meditation and carefully attempts to process one's catalyst, the feeling of overwhelm interrupts this process. In such a scenario we suggest that any individual who feels such a weight first bless the experience itself, and accept it with love, and then turn to the source of such experience and bless and accept the source with love. And finally, we encourage the sharing of such difficulties within the group openly and encourage the group to maintain a healthy social environment so that such difficulties may be shared without concern and with safety.

我们同样也建议，这样的内在的困难和不和谐是由一个用一定的强度携带着它们的实体所赋能的，就好像一份过大以至于服务忍受，过于沉重以至于无法承受的重量被放在一个人身上一样。这样的致意的意图就是让个体失去平衡，并压倒那个个体，这样，即使一个人进行一种有效的冥想的练习并小心谨慎地尝试去处理它的催化剂，那种压倒的感觉会打断这个过程。在这样一个场景中，我们建议，感觉到这样一种重量的个体首先祝福体验其自身，并带着爱接纳它，接下来转向这样的体验的源头，带着爱祝福并接受那个源头。最后，我们鼓励在团体内部公开地分享这样的困难，鼓励团体去保持一种健康的社会环境，这样这样的困难就可以没有担忧并带着安全而被分享。

We find this instrument rapidly decreasing in available energy, but it prompts us to query the one known as Gary to ensure that he does not wish to perform a further round of questions and answers this evening.

我们发现这个器皿在可供使用的能量的方面在快速减低，但是，它敦促我们询问被知晓为 Gary 的实体去确认，他并不希望在今晚进行更进一步的提问与回答。

Gary: Thank you for the consideration, Q'uo, but I will decline this evening, due to fatigue.

Gary: 为你们的挂念而感谢你们，Q'uo，但是由于疲倦，我今晚将结束了。

Q'uo: I am Q'uo and we thank you, my brother and offer you our love and encouragement, and express our admiration at the progress that you have made upon your journey of learning to receive and transmit our thoughts, as well as the progress of this group as a whole. We find great joy in our time with this group and are honored to walk beside you upon this path of service to others. At this time, we leave this instrument and transfer the contact to the

one known as Jim, to offer some final thoughts to this circle for this evening. We are Q'uo.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟, 我们向你们提供我们的爱与鼓励, 并待遇与你在你的学习接受并传递我们的想法的旅程上已经做出的进展, 同样还有作为一个整体的这个团体的进展, 表达我们的赞赏。我们在我们与这个团体在一起的时刻之中找到了巨大的喜悦, 我们对于在这条服务他人的道路上走在你们的身边感到荣耀。在此刻, 我们离开这个器皿并将接触转移到被知晓为 Jim 的实体, 以向这个圈子提供今晚的最后的想法。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am once again with this instrument. We have enjoyed the exchange of ideas and energies between ourselves and your beings this evening. We feel that we have been able to reach new heights of communication in a manner which has utilized each new instrument's abilities in an expanded sense. These heights are much as you would see a mountain range, so that even though there is a perceptible altitude that has been reached, there are the momentary variations in the peak experiences, shall we say, that allow for an expanded view of the terrain of each entity's view of the self. This view of the self is beginning to climb to these new heights in a manner which is apparent to our observation and appreciation.

我是 Q'uo, 我再一次与这个器皿在一起了。我们已经享受了今晚在我们自己与你们的存有之间的观点与能量的交换。我们感觉到我们已经能够用一种已经在一种拓展的意义上利用每一个新的器皿的能力方式抵达了新的沟通交流的高度了。这些高度非常类似于你们看到的一座山脉, 这样即使会有一个已经被抵达的可以感觉到的高度, 在, 容我们说, 顶峰的体验中会有暂时性的变化, 它们会允许每一个实体对自我的观察的地形拥有一种拓展的视野。这种对自我的观察正在开始用一种对于我们的观察与感知是明显的方式攀登到这些新的高度。

We are grateful to each new instrument for the accentuation of devotion to this process that allows us to blend our energies with yours in a fashion which yields an enhanced product, shall we say, though we do not mean to describe your service as that which has been produced for sale--it is for service by all means. We would, at this time, leave each within this circle of seeking in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

我们对于每一个新的器皿对这个过程的奉献是感激的, 这种奉献允许我们将我们的能量用一种会产生出一种, 容我们说, 增强的产物的方式, 与你们的能量混合在一起, 尽管我们并不是打算要将你们的服务描述为已经被生产出来供销售的事物——它无论如何是为了服务的。我们会在此刻在太一无限造物者的爱与光中离开在这个寻求的圈子中的每一个人。我们是你们知晓的 Q'uo。Adonai vasu borragus。

January 18, 2020
2020-01-18 冥想与健康

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument. We greet each of you in love and in light this afternoon. We, as always, are honored to be asked to join your circle of seeking, for this is the way in which we, ourselves, progress upon our spiritual journey, to reach out to those who call for our assistance, and attempt to share with them, those concepts and ideas which are most important in their lives at this time upon their own spiritual journeys.

我是 Q'uo，我与这个器皿在一起了。我在这个下午在爱中，在光中向你们每一位致意。我们一如既往，对于被请求加入你们的寻求的圈子是感到荣耀的，因为这就是我们，我们自己，通过其在我们的灵性旅程上前进的方式，以向那些呼唤我们的帮助的人伸出手，并尝试与它们分享那些在它们自己的灵性旅程上，在此刻在它们的生命中是极其重要的观念与观点。

As always, we shall preface our beginning with the request that you realize that we are not ultimate authorities—we are your brothers and sisters who have moved somewhat further upon the same path that you move at this time. Thusly, we would ask you to use the words and concepts which we share with you in whatever way has meaning for you at this time, and we would further ask you to leave behind any words and concepts which have no meaning for you at this time. This will allow us to speak more freely, knowing that we shall not be presenting you with a stumbling block upon your path. With that having been said, we would now ask if there is a query with which we may begin.

一如既往，我们将在我们开始之前首先请求你们意识到，我们并不是绝对的权威——我们是你们的兄弟姐妹，我们已经在你们在此刻在其上移动的相同的道路上移动了多少有些更远一些了。因此，我们会请你们用无论什么在此刻对你们有意义的方式来使用我们与你们分享的话语与观念，我们会更进一步请你们将任何在此刻对你们没有意义的话语与观念都丢弃掉。这将会允许我们更加自由地发言，并同时知晓，我们将不会在你们的道路上为你们提供一块绊脚石。在已经说了哪一点之后，我们现在会询问，是否有一个我们可以用来开始的问题？

Kathy: Yes, Q'uo, thank you. I have a query concerning something I read recently in Session 18, in a different context Ra was mentioning the intelligent energy of the body complex, and my question is, to ask you to expand upon what that means—the intelligent energy of the body complex. [1]

Kathy: 是的，Q'uo，感谢你们。我有一个问题，它是关于某个我最近在第十八场集会中读到的某个事情的，在一个不同的上下文中，Ra 提到身体复合体的智能能量，我的问题是，请你们在身体复合体的智能能量是什么意思的方面进行拓展。 [1]

I understand that many have intentions of healing or they may pray for the

healing of the body complex, or for its balance and improvement in balance, or just in many ways.

我理解很多人都拥有疗愈的意图，它们可能会为身体的复合体的疗愈，或者，为它的平衡以及在平衡中的改善而祈祷，或者仅仅是用很多方法来祈祷。

Recently I came across a scientific study that studied the effect of meditation upon the body. It discovered that the group that meditated, as opposed to the group that did not meditate, the group that meditated had a significant increase in the length of the telomeres, which are caps at the end of each chromosome in our DNA and inside each of our cells that carry the DNA, and that this protects and extends the life of these cells which extends the life of the body complex.

最近我遇到了一个科学研究，它是研究冥想对身体的作用的。它发现进行过冥想的团体，与没有进行过冥想的团体相比，进行过冥想的团体在端子 (telomeres) 的长度上会有一种显著的增加，端子是在我们的 DNA 中以及携带着 DNA 的我们的每一个细胞内部的每一条染色体的末端的尖端，这种端子长度的增加会保护并延长这些细胞的生命，这些细胞就会延长身体复合体的生命了。

It happened because the meditation, the meditation experience, the scientist found activated a gene in the body complex that released an enzyme called "telomerase," and this enzyme then activated upon the telomeres in the chromosomes to have a healthy benefit, such as I just described, to lengthen the telomeres which helped the cells to live longer and better.

它因为冥想而发生了，科学家发现，冥想体验激活了身体复合体中的一个基因，它会释放出一种被称之为“端子素”的酶，这种酶接下来会激活在染色体中的端子，以产生出一种健康的益处，诸如我已经描述过的益处一样，让端子变长，这会帮助细胞存活得更长与更好。

And this struck me that meditation can have this effect, and I would like to know more about that, as well as the intention and action of taking more healthy substances into the body—food and supplements with the same intention that we may have to help our body complex as well as our body, mind and spirit complex.

冥想能够拥有这种作用，这让我印象深刻，我想要更多地知晓那一点，同样我也想要了解更多地吸收健康物质进入到身体中的意图与行动——食物以及营养品，带着相同让我们可以帮助我们的身体复合体，同样还有我们的身体、心智与灵性的复合体的意图。

Could you expand upon the intelligent energy of the body complex as it responds to our actions in intake of positive foodstuff as well as of meditation? Thank you.

你们能够对身体复合体的智能能量进行拓展吗，在它回应我们在吸收正面性的食物中的，同样还有在冥想中，对我们的行为进行回应的时候？谢谢你们。

Q'uo: I am Q'uo, and am aware of your query, my sister. This is a query which is not easily answered, for there is much about the body complex that is yet

not understood by your scientific community. However, the information which you have shared about the DNA within each portion of the body complex is, indeed, an accurate portion of the description of how the body complex is sustained by the intelligent energy of the One Infinite Creator. The body is closely aligned with the mind, being a creation of the mind that allows the mind to move about within your third-density illusion, and allows the mind to express itself in a manner that may be helpful in the seeking of the love and the light of the One Infinite Creator that exists within all of the creation including the mind, the body, and the spirit.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。这是一个不容易被回答的问题, 因为关于身体复合体有大量的事情是尚未被你们的科学社群所理解的。然而, 你已经分享的关于在身体复合体的每一个部分中的 DNA 的信息, 确实是对身体复合体可以如何被太一无限造物者的智能能量所支持的描述的一个准确的部分。身体是与心智紧密对齐的, 身体是心智的一个造物, 它允许心智在你们的第三密度的幻象中四处移动, 并允许心智用一种可能对太一无限造物者的爱与光的寻求有帮助的方式来表达它自己, 造物者是存在于包括心智、身体、灵性在内的所有的造物内在之中的。

The intelligent energy that enlivens the body is a kind of vivification of the body by the One Creator which has created all that there is with its own beingness. Thus, the mind, as it is able to perceive its unity with the One Creator, then is able to function by processing catalyst in the daily round of activities in a manner which comes more and more into unity with the One Creator when successfully accomplished.

让身体拥有活力的智能能量是一种类型的太一造物者对身体的活化作用, 太一造物者已经藉由祂自己的存在性创造了一切万有。因此, 当心智能够感知它与太一造物者的统一性的时候, 心智接下来就能够藉由这样一种方式来处理在日常生活活动中的催化剂来运转, 当这种对催化剂的处理被成功地完成了时候, 这种方式会越来越多地与太一造物者形成统一。

That is the key—the processing of catalyst, the problems, the doubts, the disharmonies, the continual experience of all that is perceived by the five senses in the daily experience allows the seeker of truth to become able to unify its path of seeking with the love and the light, the love/light, the intelligent energy of the One Creator. This is the ideal situation.

那就是关键——对催化剂, 问题、疑虑、不和谐, 以及在日常体验中被五感所感知的一切事物的持续的体验的处理, 会允许真理的寻求者能够将它寻求的道路与爱、光、爱/光, 以及太一造物者的智能能量协调统一起来。

However, as you are aware, the ideal situation does not always exist for each and every conscious spiritual seeker. There will be difficulties and confusions along the path that prohibit a clear perception by the seeker of that which it is experiencing, as there is always some kind of misperception of catalyst that moves through the subconscious mind before being apprehended by the conscious mind.

然而, 如你们知晓的一样, 理想性的情况并不会一直都为每一个有意识的灵性的

寻求者而存在。沿着那条道路将会有困难与混淆，它们会妨碍正在体验到那种知觉的寻求的的一种清晰的知觉，因为一直都会有某种类型的对催化剂的错误感知，它会在被有意识的心智感受到之前就通过了潜意识的心智了。

Therefore, the seeker of truth, then, in order to process the catalyst that comes before its notice, must, within the meditative state, examine this catalyst carefully in order to be able to penetrate more deeply into the heart of the nature of the catalyst and the meaning for the self within the incarnation and as programmed before the incarnation.

因此，真理的寻求者，为了要处理出现在它的注意力前面的催化剂，接下来就必须在冥想状态中仔细检查这个催化剂，以便于能够更加深入地刺穿进入到催化剂的属性的核心，对投生中的自我的意义，以及作为在投生前被规划好的事物的意义。

Thus, the information which you share concerning meditation being helpful to the DNA encoding within the physical body is quite correct in that the meditative state provides the environment in which the seeker of truth may examine more clearly that which has become available to it through any of its five senses. Thus, the seeker, then, in the meditative state may be able to more carefully utilize and process all catalyst so that there is the maintaining of the health of the mind and the body as they seek the unity with the spirit.

因此，你分享的关于冥想对于在物质性身体中的 DNA 编码是有帮助的信息，是相当正确的，因为冥想状态提供了真理的寻求者在其中可以更加清晰地检查通过它的五感中的任何一种感知可供其所用的事物的环境。因此，寻求者，接下来，在冥想状态中就能够更加仔细地利用并处理所有的催化剂，这样，就会有对心智与身体的健康的维护，因为它们在寻求与灵性的统一的。

However, if there is some misperception or difficulty in processing this catalyst, then, oftentimes the catalyst will be given to the body by the sub-conscious mind in order that the symbolic representation of this catalyst in a form which you may call a dis-ease is then, hopefully, more noticeable to the conscious mind in order that it may then be able to clearly perceive that which was not clearly perceived before.

然而，如果在对这个催化剂的处理的过程中会有某种错误知觉或者困难，在那个时候，催化剂时常将会被潜意识心智给予身体，以便于对这个催化剂用一种，你们可能称之为，一个不适 (dis-ease) 的形式的象征性的表现，可以接下来，有希望对于有意识的心智是更加能够注意到的，这样它接下来就可能能够清晰地感知过去没有被清晰地感知的事物了。

The utilization of foodstuffs that are of a helpful nature in order to fuel the body is a declaration by the conscious mind that the body is valued as an instrument of utilization of the third-density experience, so that the mind may be able to partake in a more full sense through the, shall we say, ridding of the body through the illusion. The intake of the helpful foodstuffs is, then, that means of powering the body in a positive sense so that its abilities are recognized, appreciated, and given the necessary food to cleanly fuel the

body in a sense of recognizing the needs of the body in whatever manner may be apparent to the conscious mind.

对具有一种为了给身体提供燃料有帮助的属性的食物的利用，是有意识的心智做出一种宣言，即身体作为对第三密度的体验的利用的一个工具是有价值的，这样，心智就能够在一种更加完整的意义上参与到，容我们说，驾驶身体穿越幻象的过程中。对有帮助的食物的摄取，接下来，就是用一种正面性的意义对身体供能的途径了，这样，身体的能力就会被认出，被欣赏，并被给予所需的食物，以在一种会用无论什么对于有意识的心智可能是明显的方式认出身体的需要的意义上，清洁地为身体提供燃料。

Thus, the intelligent energy of the body is the overall fuel, shall we say, the enlivener, the quality that gives the body its essence of vitality so that it may serve the mind and the spirit in the joint seeking of the One which is in all.

因此，身体的智能能量是，容我们说，全面性的燃料，活化物，是那种会赋予身体它的活力的实质的属性，这样，它就可以在对在万物中的太一的联合的寻求中服务于心智与灵性了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: No, thank you so much for that answer. Thank you.

Kathy: 没有了，为那个回答非常感谢你们。谢谢你们。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Austin: I have one, Q'uo. I was hoping that you could elaborate something that Ra said, and I'd like to read the whole quote. They're giving exercises to produce an acceleration towards the Law of One, and in the first exercise they give, they say:

Austin: 我有一个问题，Q'uo。我希望你们能够对 Ra 说的某个事情进行阐述，我想要朗读整个引文。它们正在给予练习，来产生出一种朝向一的法则的加速，在它们给予的开始的练习中，它们说：

"This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously seek that love and awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life experience of an entity. The second seeking of love within the moment begins the addition; the third seeking powers the second, the fourth powering or doubling the third."

这是在你们的幻象复合体中的几乎最为中心性且最为可用的训练了。此刻含有爱。那就是这个幻象或者这个密度的课程/目标了。这个练习是去有意识地在察觉中以及在对扭曲的理解中寻求那种爱。首先的尝试是基石。一个实体的生命体验的剩余的部分都将以此选择为基础。对在这一刻中的爱的第二次寻求会开始

累加。第三次寻求放大了第二次的寻求，第四次的寻求放大了或者加倍了第三次的寻求。

And then, a little bit later, they say, "The conscious statement of self to self of the desire to seek love is so central an act of will, that, as before, the loss of power due to friction is inconsequential." [2]

自我对自我的关于寻求爱的渴望的有意识的陈述是对于一种意志的行为而言是如此中心性的，以至于，如之前一样，由于这种阻力所产生的能量的损失是无关紧要的。 [2]

My question is, it seems to me the central point of that is an attempt to seek love, and the intention to seek love, and not necessarily the successful finding of love in every moment. So, I'm wondering if, is the power that Ra talks about that builds in this attempt, is it necessary to find love for that power to build? Or is it just the attempt that empowers us? I was hoping that you could just elaborate on the difference between the attempt of finding love and the success of finding love.

我的问题是，在我看来似乎中心的要点是一种去寻求爱的尝试，寻求爱的意图，而不一定是在每一刻中成功地找到爱。因此，我想知道，Ra 谈论的那种在这种尝试中构建的力量，对于那种力量的构建，找到爱是必须的吗？或者为我们赋予力量的事物仅仅是尝试？我希望你们能够对找到爱的尝试与成功的找到爱之间的区别进行阐述。

Q'uo: I am Q'uo and am aware of your query, my brother. This query has a bearing upon each individual's spiritual path, for within this third-density illusion it is the task of the seeker of truth to find that love in its essence, and in its experience in its daily round of activities.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。这个问题对每一个个体的灵性道路都拥有一种意义，因为在这个第三密度的幻象中，真理的寻求者的任务，就是去找到那种在它的实质之中，在它的日常生活的活动的体验中的爱。

The attempt to find love, rather than to be confused with anger or jealousy or disharmony, or any other emotion than love, is an attempt of purification of the perception of the seeker of truth. This is the foundation stone, this is the direction which has the most meaning for any seeker of truth. The attempt, then, is that which lays the framework for the seeker of truth to move and have its liveliness, shall we say, its vitality that is enhanced by the attempt. Each attempt, each intention, will produce some result, whether it is complete in its entirety of perceiving the love in the moment, is of little importance.

去找到爱，而不是因为愤怒、或者嫉妒、或者不和谐、或者除了爱之外的任何其他的情绪而感到混淆的尝试，是一种对真理的寻求者的知觉的净化的尝试。这就是基石，这就是对任何真理的寻求者拥有最大的意义的方向。接下来，尝试就是去为真理的寻求者设置好框架，以移动，并让它的，容我们说，活力，他的生命力被那种尝试所增强。每一个尝试，每一个意图，都将产生出某种结果，它是否在它对当下一刻的中的爱的感受的全部中是完整的，这是具有很小的重要性的。

It is not necessary to be able to perceive the entirety of the love of the moment, for the love of the moment is infinite. It is not usually possible for any third-density seeker of truth to be able to perceive the entirety of the infinite love that exists in each moment. However, it is possible to intend to seek that love and to find what is available to one's own abilities and perceptions.

并不一定要能够感知那一刻的爱全部，因为那一刻的爱是无限的。对于任何第三密度的真理的寻求者，能够感知存在于每一刻之中的无限的爱全部，这通常是不可能的。然而，有可能寻求那种爱，并发现对于一个人自己的能力与知觉是可供利用的事物。

Therefore, as you power the seeking of love by the attempt, the attempt, then, gains in the momentum, the intention, the quality of purity of the entity so seeking the love in the moment. This type of momentum, then, gains in its ability to receive or perceive more of that love as you move from moment to moment, gathering further momentum. This is the means by which each seeker of truth may empower its own seeking process.

因此，当你藉由那种尝试为对爱的寻求赋能的时候，接下来，那种尝试就会在动能、意图以及这样子寻求在当下一刻之中的爱的实体的纯度的属性中增加了。这种类型的动能，接下来，就会随着你从一个时刻移动到另一个时刻在它接受或者感知更多的那种爱的能力中增加了，并同时收集更进一步的动能。这就是藉由其每一个真理的寻求者可以为它自己的寻求的过程赋予力量的途径了。

This is necessary in order to realize that the intention is that which is of prime importance for such a journey of seeking. The intention, then, is the motivator of the momentum that builds as the intention continues to be exercised in each moment of experience.

为了要意识到，意图就是对于这样一个寻求的旅程是具有首要的重要性的事物，这是需要的。接下来，意图就是是动能的诱发物了，随着意图继续在每一个体验的时刻中被行使，那种动能就会积累了。

This type of seeking is that which continues to purify the mental configuration of the seeker so that its daily seeking of love becomes a kind of meditation—a one-pointed meditation upon that love that is sought in each succeeding moment. This meditative state, then, is that which continues to offer to the seeker an increasing ability to apprehend more and more of that love that is in the moment, realizing that this is an infinite journey of seeking that one is upon.

这种类型的寻求就是会继续净化寻求者的心智的配置的事物，这样，它每一天对爱的寻求就会成为一种类型的冥想——一种专一的对那种在每一个随后的瞬间中被追寻的爱冥想。这种冥想状态，接下来，就是会继续向寻求者提供一种不断增加的去越来越多地感知那种在那一刻中的爱，并同时领会这是一个人正处于其上的一条寻求的无限的旅程的能力的事物了。

Thus, the intention is all. The results of the intention will continue to grow and grow until the cells of the seeker's body, mind, and spirit, are imbued with

such resounding love that this type of love, then, beams as a beacon to all those about such a seeker of truth.

因此，意图就是一切。意图的结果将会继续生长，生长，一直到寻求者的身体、心智和灵性的细胞，都会被这样回响的爱所灌注，以至于这种类型的爱，接下来，就会如同一个灯塔一样地向在这样一个真理的寻求者周围的那些实体发光。

The finding, the seeking, the finding, the seeking, continues to build a kind of power, then, that is effective in giving inspiration and information to those within the circle of one's being in the third-density illusion. Thus, as each seeker of truth within a group such as this is successful in finding that love in the moment, the experience of the entire group is enhanced so that each builds this intention and the seeking, the finding, the seeking, the finding, then becomes a kind of cyclotronic action that has as its continuing result the explosion of love within the moment of each seeker of truth.

找到，寻求，找到，寻求，继续构建一种类型的力量，接下来，这在向那些在一个人在第三密度的幻象中的存有的圈子中的实体给予启发与信息的方面，就是有成效的了。因此，当在诸如这个团体之类的一个团体中的每一个真理的寻求者在找到那种在当下一刻之中的爱之中是成功的时候，整个团体的体验就会被增强，这样每一个都构建了这种意图，寻求，找到，寻求，找到，接下来就成为了一种类型的回旋加速的行动，作为它的继续的结果，这种行动会在每一个真理的寻求者的瞬间之中产生出爱的爆发。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you very much, Q'uo.
Austin: 没有了，非常感谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Q'uo, Ra says that the first thing that happens in creation is that infinity becomes aware, and this moment or event, so to speak, is one and the same with the First Distortion, the Law of Free Will or the Law of Confusion. Then this Free Will finds a focus and that begets the Second Distortion, or Logos or Love. It would seem that awareness is more fundamental or prior to Love itself, if that is even a sensical thing to say. I would be interested in hearing your exploration of the nature of the relationship between awareness and Love at the level of Logos.

Gary: Q'uo, Ra 所，在造物中发生的第一个事情是无限成为察觉的，这个瞬间，或者，可以说是，事件，是与第一变貌，自由意志法则或者混淆法则，是一体的，是相同的。接下来，这个自由意志会找到一个焦点，那会产生出第二变貌，或者理则，或者爱。看起来似乎，察觉对于爱其自身是更加基础，或者是在其前面的，如果那样说是一个有道理的事情的话。我会有兴趣想要听听你们对在察觉与在理则的层次上的爱之间的关系的属性的探索。

Q'uo: I am Q'uo and am aware of your query, my brother. The Intelligent Infinity that can be seen as total unity, is that which is at all times, and before any times. This Intelligent Infinity exists in a wholeness, in a completeness, in an entirety of being that needs no other source of experience until there grows within this Intelligent Infinity, a desire—a desire to be more than it is, realizing that it is, from any other point of view, infinite and all that there is, and yet the desire to be more begins to grow.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。智能无限能够被视为是完全的统一性, 它即使在所有的时刻以及在任何时刻之前的其之所是。这种智能无限是存在于一种完整性之中, 存在于一种完全性之中, 存在于一种存有的整体性之中, 它不再需要其他的体验的源头, 一直到在这种智能无限之中会有一种渴望生长出来——一种对成为比其之所是更多的渴望, 并同时意识到, 从任何其他视角来看, 它是无限的是一切万有, 而那种对成为更多的渴望会开始生长。

This desire, then, manifests itself as a kind of will, a kind of funneling of this desire in a direction that may produce something more than the unity that it is, more in the sense that it is a movement from unity into will, into the wishing to be more. This, then, produces a power that is seen as a Creative Principle that can make more than there is, can paradoxically create through the energetic configuration of what you may call Love, more than the Intelligent Infinity that existed before, realizing that that Intelligent Infinity is also contained within the Free Will and the Love of the Logos, as you may call it.

接下来, 这种渴望, 会作为一种类型的意志, 一种类型的对这种渴望的汇聚而显化其自身, 这种汇聚是在一个可能会产生出某种比其之所是的统一性更多的事物的方向的, 这种更多是在这样一种意义上的更多, 它是一种从统一性进入到意志, 进入到希望成为更多的运动。这接下来会产生出一种力量, 它会被视为是一种创造性的原则, 这种创造性的原则是能够产生出并存在的事物更多的事物, 很悖论地通过你们可能称之为爱的事物的能量配置而创造的事物, 是比之前存在的智能无限更多的事物, 同时意识到, 智能无限同样也是被包含在自由意志以及理则之爱, 如你们可能称呼它的一样, 之中的。

Therefore, the Primal Logos, has, as its mission, we shall say, the meeting of the needs or the desire of the Intelligent Infinity that has been potentiated into that which may be seen as intelligent energy of the Logos.

因此, 原初的理则, 作为其使命, 容我们说, 拥有对智能无限的需要或者渴望的满足, 智能无限已经被赋能成为了可以被视为是理则的智能能量的事物了。

This intelligent energy of the Logos, then, moves in more and more intelligent patterns so that it begins to form within its own being a kind of structure or architecture that is potentially able to create an experience of Intelligent Infinity in what may be seen to be the infinite creation of the primal Logos.

这种理则的智能能量, 接下来, 会用越来越更加智能的模式移动, 这样它就会开始从它自己的存有内在之中形成一种类型的构架或者结构, 这种结构潜在地能够, 在可以被视为是原初的理则的无限造物的事物中, 创造出一种属于智能无限的体验。

This type of creation, then, has as its foundation stone, the desire of the Creator to know more of itself than Intelligent Infinity can express.
这种类型的创造，接下来，会拥有造物者去比知晓智能无限能够表达的事物更多地知晓祂自己的渴望，作为它的基石。

We realize that this terminology is paradoxical at its base, for words cannot give a totally accurate representation of this entire process. Words can but give a shadow reflection, shall we say, of this process. However, this reflection is then utilized by the Primal Logos to create more and more of itself, more and more of the One Infinite Creator that exists within itself with the desire to know itself, so that the Infinite creation of infinite Logoi then, becomes the framework within which the desire of Intelligent Infinity to know itself has the means to be expressed and experienced.

我们意识到这个术语，在其基础上，是自相矛盾的，因为词语是无法对这整个过程给予一个完全准确的呈现的。词语仅仅能够给予对这个过程的，容我们说，一个影子的映射。然而，这种映射接下来会被原初的理则所利用，以藉由去知晓祂自己的渴望创造出越来越多的祂自己，越来越多的存在于祂自己内在之中的太一无限造物者，这样无限理则的无限造物，接下来就会成为框架，在其中智能无限去知晓祂自己的渴望，就会成为被表达和被体验的途径了。

Therefore, there is, within each Logos, a kind of galactic expression of potentials or possibilities so that there is an infinity of opportunity for Intelligent Infinity to be able to know more and more of itself as the power of love offers this framework for experience.

因此，在每一个理则之中，都会有一种类型的星系的潜能与可能性的表达，这样就会有无限的机会来让智能无限，随着爱的力量为这个框架提供了体验，而能够越来越多地知晓祂自己。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: How do the primal three distortions live within us as mind/body/spirit complexes?

Gary: 原初的三个变貌是如何作为心/身/灵复合体活在我们内在之中呢？

Q'uo: I am Q'uo and am aware of your query, my brother. Each entity within each dimension is a Logos in miniature. Each entity, therefore, has within it, the crown, shall we say, which rests upon the head of the One Infinite Creator of the violet-ray energy center.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟，在每一个维度中的每一个实体都是一个微观的理则。每一个实体，因此，都在它内在之中，拥有，容我们说，皇冠，这个皇冠是停留在紫色光芒能量中心的太一无限造物者的头上的。

Within this entity, the crown of the One Infinite Creator, in all its power and potential, then, rests, awaiting the movement of love through the energy

centers in a fashion that excites the light of each energy center, the light that is reflected in the colors of red through violet, the light that allows a greater and greater expression of intelligent energy, or love, through each energy center, so that the mind/body/spirit complex is then able, in some fashion, in each moment of its existence, to express a portion of the One Infinite Creator's desire to know itself.

在这个实体内在之中，太一无限造物者的皇冠，在其全部的力量与潜能中，接下来会休息，同时等待爱用一种会激发每一个能量中心的光的方式移动穿越能量中心，这种光会在从红色到紫罗兰色的色彩中被映射出来，它会通过每一个能量中心允许一种对智能能量，或者爱的越来越更大的表达，这样心/身/灵复合体接下来就能够，用某种方式，在它的存在性的每一个时刻中，都表达太一无限造物者对知晓祂自己的渴望的一部分了。

Thus, as the kundalini rises from one energy center to the next, there is an expansive potential that is released, so that when catalyst is properly processed, there is an expanding ability of the mind/body/spirit complex to perceive and promote this energy outward in a means by which it relates to all other mind/body/spirit complexes that it comes in contact with throughout the life experience.

因此，当昆达里尼从一个能量中心上升到下一个能量中心的时候，就会有一种拓展性的潜能会被释放出来，这样，当催化剂是适当地被处理的时候，就会有一种拓展性的心/身/灵去感知并促进这种能量用这样一种方式向外的能力，藉由这种方式，它会与它在贯穿整个身体体验中接触到的所有其他的心/身/灵复合体建立关联。

Therefore the energy centers that are activated allow an expression of love and light to move through and from the entity, beginning at the blue-ray energy center, so that the mind/body/spirit complex, or the conscious seeker of truth, is then able to engage in a kind of exchange of energy or information that is potentially able to accelerate the process of evolution, both for itself and for those entities that it comes in contact with in order to process the illusion's catalyst that is always present for each entity.

因此，被激活的能量中心会允许一种爱与光的表达通过实体，并从蓝色光芒能量中心开始从实体身上移动，这样，心/身/灵复合体，或者有意识的真理的寻求者，接下来就能够参与到一种类型的能量或者信息的交换之中了，这种能量或者信息的交换潜在地是能够，同时是为它自己与为那些它接触到的实体，加速演化的过程的，以便于处理一直都会为每一个实体呈现出来的幻象的催化剂。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: One more, and thank you. As we work with our focus, particularly as we collect that focus, become conscious of it, discipline our attention, and increasingly bring it to a one-pointed state, are we conducting a similar or even identical activity as the Logos, or the Second Distortion?

Gary: 还有一个问题，谢谢你们。当我们在我们的聚焦上进行工作的时候，尤

其是在我们收集那种聚焦，有意识地察觉到它，训练我们的注意力，并越来越多地将它带到一个聚焦于一点的状态，我们是在进行一个与理则或者第二变貌相似的，或者甚至是相同的活动吗？

Q'uo: I am Q'uo and am aware of your query, my brother. You are most perceptive in being able to perceive that each entity, in whatever density, is indeed being able to focus the attention span, shall we say, of its expenditures of energy, so that there is the opportunity for each seeker to be able to share that power of the One Infinite Creator in some fashion in each energy center interaction with others, for the One Creator exists in each energy center, and each expression of energies in this focused manner of the conscious seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。你在能够感知, 每一个实体, 无论在什么密度中, 都确实是能够聚焦, 容我说, 它的能量支出的注意力的范围, 这样就会有可能会让每一个寻求者能够分享太一无限造物者的那种力量, 这样就会有可能会让每一个寻求者都能够用某种方式, 在每一个能量中心与其他的能量中心的相互作用中分享那种太一无限造物者的力量的方面, 你是极其有感觉敏锐的, 因为太一造物者是存在于每一个能量中心以及用有意识的真理的寻求者的这种聚焦的方式对能量的每一个表达之中的。

The conscious seeker, then, is able to bring its intentions and its desires, its will and its faith, into a kind of meditative one-pointed focus, for the realization of more and more of the One Infinite Creator that exists within the self and exists in an accelerated fashion or means by which it may be perceived as the energies of Intelligent energy move upward from the red through the violet energy centers. Therefore, there is, for each conscious seeker of truth, the opportunity to expand energies in a more and more efficient manner, so that its apprehension and utilization of the daily round of catalyst, may further propel it higher and higher along the energy centers, until the crown rests upon the conscious head of the mind/body/spirit complex.

有意识的寻求者, 接下来, 就能够将它的意图与它的渴望, 它的意志与它的信心, 带入到一种类型的冥想性的专注于一点的焦点上, 因为对存在于自我内在之中的对太一无限造物者的越来越大的领悟, 是用一种加速的方式或者途径存在的, 藉由这种方式活着途径, 它可以被感觉为智能能量从红色能量中心通过紫罗兰能量中心向上运动。因此, 对于每一个真理的寻求者, 都会有机会用一种越来越更加有效的方式拓展能量, 这样它对日常生活的催化剂的感受与利用, 就可以更进一步地推动它沿着能量中心移动到越来越高的位置, 一直到在心身灵复合体的意识头部上休息的皇冠的位置。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: Not now. Thank you, Q'uo.
Gary: 现在没有了。感谢你们, Q'uo。

Q'uo: I am Q'uo and we thank you, my brother.

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。

Is there another query at this time?
在此刻有另一个问题吗?

Kathy: I have one, Q'uo. My query is that something that this group of seekers was discussing earlier before the channeling began, which touched on the topic of different frequencies existing in different regions, specifically in our country, different states, that we could begin to feel the difference in frequency as we visited them, or lived in these places, and I wonder if you could comment upon this idea of differences, but within the one unity of all there can be these differences in places, and how we can feel them in our own intelligent energy as entities.

Kathy: 我有一个问题, Q'uo。我的问题是这个寻求者的团体在传讯开始之前正在讨论的某个事情, 它触及了存在于不同的区域中的不同的频率, 尤其是在我们的国家的不同的州之中, 在我们访问过它们或者在这些地方生活过的之后, 我们能够开始感觉到在频率中的差异, 我想知道是否你们能够对这个差异的观点进行评论, 但是所有州的一个统一体之中, 在这些地方能够存在有这些差异, 我们如何在我们自己的智能能量中将它们感觉为实体呢?

Q'uo: I am Q'uo and am aware of your query, my sister. Indeed, just as there are no two entities within the infinite creation that are alike, it is also true that in each area of a planetary surface, such as your Earth, there are energies that are unique to that specific area.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。确实, 就好像在无限造物中没有两个实体是一样的一样, 同样真实的事情是, 在诸如你们的地球之类的一个星球表面的每一个区域中, 会有对于那个特定的区域是独一无二的能量。

These energies are brought into being by the accumulated populations and purposes for which the populations express their conscious and subconscious desires. This is done through the various means of the political structure, the social structure, the business structure, the religious structure, and so forth. There are, then, within all of the areas of your country and all countries, the, shall we say, families of experience that are expressed according to the traditions of the various families or entities that make up the various institutions that are predominate within each area of the geographical locations.

这些能量是由积累的人群以及人群表达它们的有意识与潜意识的渴望的目的产生出来的。这是通过各种各样的政治构架、社会构架、商业构架、宗教信仰的构架以及如此等等的途径被进行的。接下来, 在你们的国家以及所有国家的区域中, 会有根据各种各样的家庭或者构成了在每一个地理位置的区域中占据优势的各种机构的实体的传统而被表达的, 容我们说, 体验的世系。

These types of expressions of unique energies are that which also have similarities to other areas so that there is the combination of similarity and disparity that one may become aware of as one experiences various

geographic locations upon your planetary surface.

这些类型的具有独一无二的能量的表达，同样也会与其他的区域拥有相似性，这样，就会有相似性与差别的混合，当一个人体验在你们星球表面上的各种地理区域的时候，它可能会察觉到这些相似性与差别的混合。

These geographic locations have history that is created by entities such as yourselves, that have before them the challenge of making sense, shall we say, of their life patterns; and of attempting to construct various types of gatherings of social complexes that will allow them to perceive and function in a manner which gives them meaning and direction in their life patterns, whether it be the religious, the political, the social and so forth.

这些地理的位置拥有被你们自己之类的实体创造出来的历史，这些实体会遇到让它们的生命模式，容我说，言之有理，尝试去构建属于各种各样的社会复合体的集会的挑战，这些社会复合体将会允许它们用一种在它们的生命模式中给予它们意义与方向的方式来感知与运转，无论它是宗教信仰，政治，社会，以及如此等等的意义与方向。

Each of the structures are created in order that the entities living within the area of predominance or, the, we search for the word, the type of affirmations or abilities of the area so that there are opportunities offered to the residents of this area to participate in a wider and wider expression of their perception of what their life patterns are. This is the means by which each entity, then, may find a comfort in the regularity of the functioning of the various institutions that have jurisdiction within the area that is described by the state, the county, the city, and so forth.

每一个构架都被创造出来，以便于生活在具有优势的区域，或者，我们搜寻词语，那种类型的肯定性的或者有能力的区域中的实体，这样就会有可能会被提供给这个区域的实体，以参与到一种对它们对于它们的生命模式是什么的知觉的一种越来越更加宽阔的表达之中。这就是每一个实体藉由其，接下来，可以在各种各样的机构的运转的常规性中找到一种舒适的途径，这些机构在那个区域中会有被州、国家、城市以及如此等等的事物所描述的管辖权。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Kathy: No, thank you so much, Q'uo.

Kathy: 没有了，非常感谢你们，Q'uo。

Q'uo: I am Q'uo and we thank you, my sister. Is there another query at this time?

Q'uo: 我是Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Gary: Q'uo, I wouldn't describe a group of men working together, or in leadership, necessarily as patriarchy the same way I wouldn't describe a group of women working together, or in leadership, necessarily as matriarchy. But, there is an experience of patriarchy whereby men intentionally hold a

disproportionate share of power and exercise a dominance that consciously or unconsciously seeks to suppress the feminine principle. And that experience of patriarchy has been a predominate fundamental theme of our planet for several thousand years globally, with exceptions, of course. But that experience of patriarchy is the focus of my question, and I'm curious about how can heal and balance that expression of patriarchy.

Gary: Q'uo, 我不会将一个在一起工作, 或必定是处于领导位置的男人的团体描述为父权制, 用相同的方式, 我不会将一个在一起工作的, 或者必定是处于领导位置的女人的团体描述为母权制的。但是, 会有一种父权制的体验, 在其中男人会有意地紧紧抓住一份不均衡的权力的份额并行使一种统治, 这种统治会有意识地或者无意识地寻求去压制女性原则。父权制的体验已经已经在数千年的时空中在全球范围已经是我们的星球的一种占优势的基础性的主旨了, 当然会有例外。但是, 那种父权制的体验就是我的问题的焦点, 我感到好奇, 如何能够疗愈与平衡那种父权制的体验呢?

Q'uo: I am Q'uo and am aware of your query, my brother. The patriarchal system of governance and expression of power is that which has found its room to roam, shall we say, upon this particular planetary sphere for a great portion of what you would call time.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。政府或者权力的表达的父权系统是已经在你们所称的时间的一个巨大的部分中, 在这个特定的星球上找到了, 容我们说, 其漫游的空间的事物了。

This type of expression of power, or energy, or intention, is that which is based upon the male principle of the reaching. This type of principle is that, when used in a cooperative fashion, and a sensitive fashion, is that which may be inspirational to those entities existing within the patriarchy. However, it is also a principle which is easily misused and may be used to the detriment of many within its sphere of influence, when the reaching becomes the grasping and the holding into position so that certain entities are not allowed a free expression of their own free will. This type of patriarchy then, demands that there be compliance with a certain set of values and intentions that are often not universal in expression or desire by those within the higher realms of the patriarchy.

这种类型的权力或者能量或者意图的表达, 就是以伸手触及的男性原则为基础的事物了。这种类型的原型, 在用一种合作性的方式, 一种敏感性的方式被使用的时候, 就是可以成为对那些存在于父权制中的实体有启发的事物了。然而, 当伸手触及成为了对地位的抓住与紧握不放的时候, 它同样是一个容易被误用, 且有可能会被用于对在它的影响范围内的很多实体的伤害的原则, 这样一定的实体就不会被允许拥有一种对它们自己的自由意志的自由表达了。这种类型的父权制, 接下来就会要求, 会有具有一定的价值观与意图的顺从, 这些价值观或者意图经常在表达中不是全体性的, 或者不会被那些在父权制的更高的领域中的实体所渴望的。

Thus, entities who wish to reform the patriarchal situation that may be predominantly of a male nature but also contain those of the female gender

as well, are attempting at this time to enhance the type of expression that is more matriarchal, that which is feminine, that which awaits the reaching, that which does not have the temptation or the desire or the ability to be aggressive.

因此, 这种父权制的情境可能会主要具有一种男性属性, 但是同样也包含那些属于女性的实体, 希望对这种父权性的情境进行改革的实体正在在此刻尝试去增强那种类型的更加母权制的表达, 这种表达是女性的, 它等待着伸手触及, 它不会拥有成为侵略性的诱惑、或者渴望、或者能力。

The awaiting the reaching is that which is comforting, that which is cooperative, that which is generative of the expression of love that accepts all that are within the realm of influence and nurtures each within that realm of influence.

等待伸手触及就是那种令人安慰的事物, 合作性的事物, 会产生出爱的表达的事物, 这种爱的表达会接受在影响范围中的所有的人, 并赋予在那个影响范围中的每一个人。

Thus, the matriarchal type of expression of energies, is that which is seeing the entire picture, the, shall we say, grander view, the overview, and is patiently awaiting the discovery of each entity within the illusion, be the entity biological male or female, that the old ways of patriarchy have served their purpose and have, perhaps, been in dominance overlong, needing to be balanced by the nurturing nature of the feminine principle that awaits the reaching.

因此, 对能量的母权性类型的表达, 就是那种会看到完整的图像, 容我们说, 宏大的视野, 整体的概观的事物, 是耐心地等待着在幻象中的每一个实体的探索的事物, 无论实体是生物性的男性还是女性, 旧的父权制的方式已经起到了它们的作用, 并也许已经统治了过长时间, 它需要被等待着伸手触及的旅行原则的抚育性的属性所平衡。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Yeah, the patriarchal model that you are describing and that I was asking about seems a fairly service-to-self oriented model whereby those on the higher rungs suppress and dominate those on the lower, even to the point of manipulation and disempowerment. That negative model has manifested through this gender imbalance on this planet whereby it is males historically who are performing this action. Would it be possible, say, in another world or another society for this service-to-self model of dominance to manifest through the female principle whereby it would be females performing this activity, or is this unique only to the male gender?

Gary: 是的, 你们正在描述以及我正在询问的的父权制的模式, 看起来似乎是一个相当服务自我导向的模式, 在其中那些处于高位的实体会压制并统治那些处于低位的实体, 甚至到了操纵与剥夺权力 (disempowerment) 的程度。那种负面性的模式已经通过这个性别在这个星球上显化了失衡, 在其中正在执行这种行

动的, 在历史上, 是男性。会有可能, 假设, 在另一个世界, 或者另一个社会中, 这种服务自我的模式或者统治会通过女性原则显化吗, 在其中执行这种行动的是女性, 或者这仅仅是男性独有的吗?

Q'uo: I am Q'uo and am aware of your query, my brother. We find that in an infinite universe there are infinite possibilities that exist for all types of expression, be they patriarchal or matriarchal, as you have described. There are many ways by which the evolutionary process has allowed and enhanced the conscious desires of various entities existing within certain cultures, be they feminine or masculine.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现, 在一个无限的宇宙中, 会有无限的可能性是为所有类型的表达而存在的, 无论它们是父权性的还是母权性的, 如你已经描述过的一样。会有很多的途径是藉由其演化的过程已经允许并增强了存在于一定的文化中的各种各样的实体的有意识的渴望的, 无论它们是男性还是女性。

These desires have sometimes been utilized by the feminine principle that utilizes awaiting the reaching in a manner that seems to turn around the qualities of male and female principles. This type of reversing of principles is something that has seldom occurred upon most third-density planets. However, when it has occurred, it has occurred because there was a previous male patriarchy that provided the foundation for the experience of reaching and utilizing energies of others for the promotion of the self. This was, then, through various generations of utilization reversed in a sense by the more matriarchal portions of developing cultures so that there was not the pure expression of the awaiting the reaching by the matriarchy.

这些渴望有些时候已经被女性原则利用了, 女性原则会用一种看起来似乎是倒转了男性和女性原则的特性的方式来等待伸手触及。这种类型的对原则的倒转是某种在大多数的第三密度的星球上已经很少出现过的事情。然而, 当它已经出现了的时候, 它是因为有一种之前的男性的父权制而出现了, 这种男性的父权制已经为伸手触及并利用及他人的能量来取得对自我的促进提供了基础了。接下来, 通过各种各样的世代的利用, 这会在某种意义上被发展中的文化的更加母权制的部分所倒转, 这样就不会有母权制的等待触及的纯粹表达了。

There was the awaiting of the opportunity to gather power from the patriarchal past so that the fruits of that type of relationship and functioning could be utilized in a more, shall we say, personal sense by those who felt the awaiting of the reaching was not totally effective in its allowance of equal experience of the culture, for each within the culture.

会有对对机会的等待, 以从父权制的过去收集权力, 这样, 那种类型的关系与运转的果实就能够用一种, 容我们说, 个人性的方式, 被那些感觉到等待伸手触及, 在其允许在文化中的每一个实体对文化的同等的体验的方面, 并不是完全有效的人所利用了。

Thus, there was an infection, shall we say, or a contamination of the matriarchal potential to be more nurturing and cooperative, so that there was

a blending of the two that did not fully express the true nature of either patriarchy or matriarchy.

因此会有对母权制变得更加有抚育性与合作性的的潜能的一种，容我们说，感染，或者一种污染，这样就会有对两种并没有充分地表达要么父权制要么母权制的真实的属性的能量的一种混合。

Thus, there was the confusion, shall we say, that set in for a portion of time in many such experiments so that there was not the desired result in the sense of being able to experience the equality of all entities within the cultural complex.

因此，就会，容我们说，混淆，它会在一段时间中通过很多这样的实验固定下来，这样，从能够体验到在文化复合体中的所有实体的平等性的意义上，就不会有被渴望的结果了。

Is there a further query, my brother?

我的兄弟，会有一个更进一步的问题吗？

Gary: Let me check in with the circle. Anybody have a question? Okay, I've got another one. Ra describes that the Logos architects a universe that is inherently hierarchical. It has ranking orders from greater to lesser, smaller to larger, and so forth, and that is evidenced in our own energy bodies and in so many other ways in nature in the density systems, and so forth.

Gary: 让我和圈子检查核对一下。任何人有一个问题吗？好的，我有另一个问题。Ra 描述，理则构建了一个宇宙，它在内在是有层级的。它拥有从较大到较小，从较小到较大，如此等等的等级次序，在我们自己的能量身体中，在密度系统的大自然中，以及诸如此类的事物中用如此多其他的方式，那是明显的。

So, I see that the polarities both have a concept of order and hierarchy where the positive polarity, however, seeks to work with the divine order and surrender to that order, to discover and cooperate with the pre-existing order; whereas the negative polarity seeks a sort of false hierarchy whereby the individual will is imposed in order to create its own order.

因此，我看到两个极性同时拥有一种次序与层级的观念，然而，在其中正面性的极性寻求与神圣秩序一同工作，并臣服于那种次序，发现之前存在的秩序并与之合作，而负面性的极性寻求一种类型的虚假的层级，在其中个体的意志是被强迫的，以便于创造出它自己的秩序。

I think one of the key differences between the two is that the positive polarity recognizes that in hierarchy there is also holography, meaning that each station along the hierarchical line is also the entire One Infinite Creator. Could you comment on these two polarized conceptions of hierarchy and order?

我认为在两者之间的关键的区别之一是，正面性的极性会承认，在层级中，同样会有全象性，这意味着沿着层级线的每一个站点同样都是太一无限造物者。你们能够对这两种有极性的层级或者次序的观念进行评论吗？

Q'uo: I am Q'uo and am aware of your query, my brother. Again, we find you

are quite perceptive in your description of the two polarities and their utilization of the concept of the hierarchy from the higher to the lower in the expression of the unity and functioning of the One Infinite Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。再一次, 我们发现你在你对这两种极性以及它们在对太一无限造物者的统一性与机能的表达中对从较高到较低的层级的观念的利用的描述中是相当有感受力的。

The positive polarity, in its most basic sense, has no polarity. As the beginning function of the Logos, there is, within the Logos, the desire to provide for Intelligent Infinity a means by which it might know itself with greater purity, with greater variety; and this desire to know itself, then, is provided by the various Logoi that create the galaxies that have within them the solar systems, that have within them the planetary spheres, that have within them the mind/body/spirit complexes, that may eventually become social memory complexes.

正面性的极性, 在其最为基本的意义中, 并不拥有极性。作为理则的开始的功能, 在理则中会有渴望为智能无限提供一种藉由其它可以用更大的纯度, 用更大的多样性来知晓它自己的途径, 这种知晓它自己的渴望, 接下来, 会被各种各样的理则提供出来, 这些理则创造了星系, 星系在它们内在之中拥有恒星系统, 恒星系统在它们内在之中拥有行星, 行星在它们内在之中拥有心/身/灵复合体, 心/身/灵复合体最后可能成为社会记忆复合体。

There are these gradations of creation that allow for an increasing experience of the Creator by the Creator so that this experience within the octave of densities, then, does take upon itself the polarization of the positive and the negative so that there is an interaction or an interplay between these polarities within the third-density illusion most especially, as within this third-density illusion, where the choice of polarities is made.

会有这些造物的等级, 它们允许一种造物者对造物者的逐渐增加的体验, 这样, 这种在密度的八度音程中的体验, 接下来, 就会让它自己确实承担起正面性和负面性的极性, 这样, 在这些极性之间, 就会有一种互动或者一种相互作用, 尤其是在第三密度的幻象中, 因为在这个第三密度的幻象中, 极性的选择在其中被做出了。

The positively polarizing entities will follow the path of that which has been made apparent to them, the path that exists throughout all infinity of moving in harmony with their perception of the love and light, the qualities of unity of the One Infinite Creator that sees the service to others as the means by which progress may be made upon the positive path of seeking.

正面性极化的实体将会跟随已经对于它们变得明显的事物的道路, 贯穿整个无限性存在的道路, 这条道路会在和谐一致中与它们对爱与光的知觉, 与太一无限造物者的统一性的特性一起移动了, 太一无限造物者会将服务他人视为是藉由其发展可以在这条正面性的寻求的道路上被产生出来的途径。

The negatively oriented entities, however, in their utilization of the hierarchy of creation, have the opposite point of view, that is, that the creation is that

which is at their disposal, that which must be put in order, that which is to be controlled in a fashion which gives power to the negatively oriented entity and most especially, to those at the apex of power within the social memory complex of the negatively oriented entities.

然而，负面性导向的实体，在它们对造物的层级的利用中，拥有相反的观点，那个观点即，造物是由它们支配的事物，是必须有秩序，是要用一种给将权力赋予负面性导向的实体，且极其特定地，被赋予那些处于负面性导向的实体的社会记忆复合体的权力顶点处的实体的方式而被控制的事物。

Thus, they see the creation as that which provides them with a path to the One Infinite Creator that they follow assiduously until they are at the level of the sixth density, wherein the paths must needs take each other in, for that which has been controlled, is that which is the other self, and the other self is seen, and must be seen, in the sixth density, as the same as the self. Therefore, the negatively oriented entities at that time are of necessity willing and able to reverse their polarities so that they become the positively oriented entity that may further their journey through the hierarchy of the octave of experience.

因此，它们会将造物视为是为它们提供了一条通往太一无限造物者的道路的事物，这样它们就可以百折不挠地跟随那条道路，一直到它们处于第六密度的层次，在其中，道路必须需要接受相互彼此，因为已经被控制的事物，是其他自我，而其他自我，在第六密度中，会被视为，且必须要被视为是与自我是相同的。因此，负面性导向的实体在那个时候，有必要乐意与且能够倒转它们的极性，这样它们就会成为可以让它们穿越体验的八度音程的层级的旅程更进一步的正面导向的实体。

Is there a final query at this time?

在此刻有一个最后的问题吗？

Gary: Yeah, one more, and thank you so much for this line of questioning or your replies, therein, I should say, So, for a positively oriented society, say one in another third-density world, not ours, or in higher densities, which is aware . . . rather, let me step back. How does a positively oriented society honor and work with the natural hierarchical order of the universe and also, distribute/share power and authority in their societal structure or organizational structure?

Gary: 是的，还有一个问题，为这条提问的线路或者你们的回应而非常感谢你们，我将会说，在你们的回应中，因此，对于一个正面性导向的社会，假设在另一个第三密度的世界中，不是我们的世界，或者在更高的密度中，它是察觉到.....毋宁说，让我们后退。一个正面导向的社会如何以宇宙的自然层级次序为荣并与之一同工作，而同时又在它们的社会构架或者组织构架中分配/分享权力与权威呢？

Q'uo: I am Q'uo and am aware of your query, my brother. The positively oriented societies are aware that there is a hierarchy to creation, that there is a hierarchy to their own beings within their energy centers, there is a hierarchy to the perceptions that are available to them as they begin their spiritual

journeys and communal journeys of social societies.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。正面导向的社会察觉到, 造物会有一个层级, 它们自己的存有, 在它们的能量中心中, 会有一种层级, 当它们开始它们灵性的旅程以及社会性的社会的群体的旅程的时候, 会有可供它们利用的知觉的一个层级。

This hierarchy is that which is the apprehension of power to effect existence. The power is seen by positively oriented entities as that which is most effectively used when it is shared among all entities, thus utilizing the abilities and tendencies, the, shall we say, structure of each entity's latent abilities to express themselves in various and sundry forms—the talents, the desires, the willingness to give, the willingness to partake, the willingness to join in cooperation.

这种层级就是对影响存在性的力量的领悟之所是了。力量是被正面性导向的实体视为是在它是在所有实体当中被分享, 并由此利用每一个实体的能力、倾向以及, 容我们说, 结构, 以用各种各样的形式——才能、渴望, 对给予的乐意, 对参与的乐意, 对加入合作的乐意——来表达它们自己的时候, 会被最为有效地利用的事物。

Therefore, this willingness to join in group-decision making is the feature which designates the positively oriented societies in their abilities to enhance each entity within the society's quality of life.

因此, 这种对加入到团体做决定的过程中的乐意, 就是会指明了正面性导向的社会拥有能力去增强在社会中的每一个实体的生命质量的属性。

Therefore, each positively oriented society has, as its primary desire, the meeting of each entity's needs that are within the larger society. No entity is seen to be more important than another. Each is seen to be equal in having the One Infinite Creator within its being. Each is seen to be equal as having the ability to serve that Creator within the self and the other self.

因此, 每一个正面导向的社会, 都会作为其根本的渴望, 拥有对在更大的社会中的每一个实体的需要的满足。没有实体会被视为是比另一个实体能加重要的。每一个实体, 在实体在它的存在中拥有太一无限造物者的方面, 都被视为是同等的。每一个实体, 因为都拥有能力去服务在自我与其他自我内在之中的造物者, 而被视为是同等的。

This ability to serve all, then, is that which designates the society as that which is most positively oriented in its very essence, in its foundation, in its statement of being and desire.

这种去服务全体的能力, 接下来, 就会表明那个社会, 在其核心实质之中, 在其基础之中, 在它存在与渴望的陈述之中, 是极其正面导向的。

Therefore, the positively oriented entities within such a culture reflect this type of being, this type of thinking, and this type of acting, so that they are able to meet the needs of those around them when it is seen that some have not that which they need.

因此，正面导向的实体，在这样一个社会中，会映射出这种类型的存在，这种类型的思考，这种类型的行动，这样它们就能够，在一些人被看到尚未拥有它们需要的事物的似乎时候，去满足在它们周围的人的需要。

Therefore, there is the desire upon the part of all entities in such a culture to meet the needs of all, for each other self is seen as the self. There is not any difference seen between self and other self. There is the apprehension of the One Infinite Creator existing within all selves, so that as one looks upon another self, one sees the One, one sees the self, one sees the path to the One Infinite Creator in the serving of the other self, and the self, and the One Infinite Creator in all selves.

因此，在这样一个文化中的所有实体身上都会有渴望去满足全体的需要，因为每一个其他自我都是被视为自我。在自我和其他自我之间，没有任何差别会被看到。会有对存在于所有自我内在之中的太一无限造物者的感知，这样当一个人看着另一个自我的时候，一个人看到了太一，一个人看到了自我，一个人看到了在服务其他自我，自我以及在全体自我之中的太一无限造物者的过程中通往太一无限造物者的道路。

At this time, we shall take our leave of this group and this instrument. We, as always, thank you for inviting our presence within your circle of seeking this day. You are our great inspiration as you move forward in your paths of seeking the truth within the third-density illusion. We leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai vasu borragus.

在此刻，我们将离开这个团体和这个器皿。我们一如既往，为你们邀请我们今天出席你们寻求的圈子而感谢你们。在你们沿着你们在第三密度的幻象中寻求真理的道路前进的时候，你们是我们巨大的灵感。我们在太一无限造物者的爱与光中离开你们。

[1] 18.6 and 18.15 specifically.

[1]18.6, 尤其是在 18.15。

[2] 10.14

[2]10.14

January 25, 2020
2020-01-25 流浪者的业力

(Jim channeling)
(Jim 传讯)

I am Q'uo and am with this instrument at this time. We greet each of you in love and in light. For we are those who, as you, are made of light through the power of love. We are honored once again to have been called your circle of seeking, for it is a circle replete with much experience, dedication, and desire to seek the truth of the nature of one's experience of the infinite creation. And we hope that we may be able to aid you in some fashion today on that journey of seeking which we share with you. We ask you to take those words and thoughts that we shall share with you and use them in whatever way has meaning to you. If we share any word or thought that has no meaning, please do not hesitate to set it aside. In this way, we may share freely with you and hopefully be of more service to you. Therefore, at this time, we would ask if there is a query with which we may begin.

我是 Q'uo, 我在此刻与这个器皿在一起了。我们在爱中, 在光中向你们各位致意。因为我们, 和你们一样, 是那些通过爱的力量由光构成的实体。我们再一次对于已经被呼唤到你们的寻求的圈子而感到荣耀, 因为它是一个充满了大量的经验、奉献以及对寻求一个人对无限造物的体验的属性的真理的渴望的圈子。我们希望我们可以在今天, 在那条我们与你们分享的寻求的旅程上, 用某种方式能够帮助你们。我们请你们拿起那些我们与你们分享的话语与想法, 用无论什么对你们有意义的方式来分享它。如果我们分享的任何话语或者想法是没有意义的, 请毫不犹豫地将它们放在一旁。用这种方式, 我们就可以自由地与你们分享, 并有有希望对你们进行更多的服务。因此, 在此刻, 我们会询问, 是否有一个我们可以用来开始的问题。

Lynn: I have a question Q'uo. In the case of group karma, where a group has been involved in a particular event, if an individual member of that group seeks to alleviate that karma, but the other members of that group have no interest whatsoever in putting out that kind of effort, what might be the best or most useful path for that seeker to take in ameliorating that karma?

Lynn: 我有一个问题, Q'uo。在团体业力的情况中, 在其中一个团体已经被包含在一个特定的事件中了, 如果那个团体的一个个体的成员寻求去减轻那种业力, 而那个团体的其他成员对于做出那种类型的努力是无论什么兴趣的没有的, 那个寻求者如果要减轻那种业力, 什么是对于它最佳或者最有好处的途径呢?

Q'uo: I am Q'uo, and I am aware of your query, my sister. In this instance, we feel that you are well aware of the situation that will proceed from your decision to attempt to ameliorate the situation of which you are referring to. The desire on your part to walk the road of restitution is that desire which blazes a trail, shall we say, in your conscious and in your subconscious mind that has a connection with these entities, so that in your own effort to make restitution, there is a sharing of the possibility of this path being traveled by

others.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。在这个情况中, 我们感觉到, 你是清楚了解将会从你尝试去减轻你所提及的情况的决定而出发的情况的。在你的部分上去走那条复原的道路的渴望, 是那种会在你的有意识的心智中, 以及在你的潜意识的心智中会激发, 容我们说, 一条小径的渴望, 这条小径会与这些实体拥有一种连接, 这样, 在你自己去产生出复原的努力中, 就会有对这条道路被其他人旅行的可能性的一种分享了。

You may see yourself as a kind of wayshower, that in both your conscious and unconscious minds, you construct a pattern of sharing the potential of love to grow within your being. So that you, yourself, become the change that you wish to see in the world of cause and effect. You, by making this decision, take the first step on a journey of a thousand miles, shall we say. This first step is most crucial, for it is the foundation of all further steps. As you continue to move upon this path of restitution, you begin to build a kind of momentum that is empowered by each further step. You begin to find a strength within that you have not had before. So that, as you take each step, this strength is doubled and redoubled. So that you are greater than you were many fold as you continue on this journey of restitution. We are aware that you have a kind of feeling of karma, shall we say, that is related to a larger grouping of entities, that they themselves have a feeling of as well. You are unusual, even unique in this grouping, in your desire to stop the wheels of karma. Seeing that, even though it is a monumental task, this is the time to begin that journey.

你可以将你自己视为是一种类型的指路人, 这样同时会在你的有意识的心智和潜意识心智中, 你就会构建一种分享在你的存有内在之中生长的爱的潜能的模式。这样, 你, 你自己, 就成为了你希望在因果的世界上看到的改变了。你, 藉由做出这个决定, 就走出了, 容我们说, 万里长征的第一步了。这个第一步, 是极其关键性的, 因为它是所有更进一步的脚步的基础。当你继续在这条复原的道路上前进, 你会开始构建一种类型的动能, 这种能量是会被每一个更多的脚步所赋能的。你会开始找到一种你之前尚未拥有过的内在的力量。这样, 当你走出每一步的时候, 这种力量就会被加倍并再次加倍。这样, 随着你在这条复原的旅程上继续, 你就比你曾经之所是要更大许多倍了。我们察觉到, 你拥有一种类型的, 容我们说, 业力的感觉, 它是与一个更大的实体的团体联系在一起的, 它们自己同样也会对这种业力拥有一种感觉。你在你的去停止业力之轮的渴望中, 你是不同寻常的, 甚至在这个团体中是独一无二的。看到那一点, 即使它是一项巨大的任务, 现在就是开始那场旅程的时刻了。

Is there a further query my sister?

我的姐妹, 有一个更进一步的问题吗?

Lynn: I would just ask if the Law of Squares would come into play in what you were saying.

Lynn: 我仅仅想要询问, 是否平方法则会在你们刚才正在说的内容中起作用呢?

Q'uo: I am Q'uo, and am aware of your query my sister, and this is indeed a concept which we were expressing when we mentioned that each succeeding

step will double and redouble the power of your determination to, shall we say, open the doors to love and restitution.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹, 在我们提及每一个后续的脚步都将加倍并再次加倍你向着爱与复原打开门的, 容我说, 决定的力量的时候, 平方法则确实是我们正在表达的一个概念。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Lynn: No, thank you Q'uo.

Lynn: 没有了, 谢谢你们, Q'uo。

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

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Gary: Q'uo, I'm going to read a few sentences from Ra. The final sentence in this excerpt has confused even the greatest scholars of the Ra contact. Ra says: "The largest number of wanderers, as you call them, are of the sixth density. The desire to serve must be distorted toward a great deal of purity of mind, and what you may call foolhardiness or bravery, depending upon your distortion complex judgment. The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, (here's the tough part) and thus be swept into the maelstrom from which it had incarnated to aid the destruction." Can you lend any clarity to "and thus be swept into the maelstrom from which it had incarnated to aid the destruction?"

Gary: Q'uo, 我将要读一些来自 Ra 的句子。在这个引文中的最后的句子甚至已经让 Ra 接触的最伟大的学者都感到困惑了, Ra 说: "最大数量的流浪者, 如你们对它们的称呼一样, 是属于第六密度的。服务的渴望必须朝着心智的极大的纯度以及你们可能会称之为蛮干或者英勇的变貌, 这是取决于你的变貌复合体的判断的。流浪者的挑战/危险是它将忘掉它的使命, 变得被业力所牵绊, (这里就是困难的部分) 并由此被卷入大漩涡之中, 而这种大漩涡就是从它投生来帮助的破坏性所产生的。"你们能够对"被卷入大漩涡之中, 而这种大漩涡就是从它投生来帮助的破坏性所产生的"给予任何的澄清吗?

Q'uo: I am Q'uo, and aware of your query, my brother. The maelstrom that is referred to in this quote is the confusion that exists within each third-density illusion into which wanderers offer themselves through incarnation to attempt to alleviate the effects of the maelstrom of confusion within the third-density illusion; the desire to aid in the reduction of confusion and the forces of negativity that have long surrounded many of the population of this planet on other third density planets that suffered the same difficulty in achieving harvest, is that which has followed these entities here to your earth plane, shall we say. [1]

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在这个引文中被提及的大漩涡, 就是存在于每一个第三密度的幻象中的混淆, 流浪者通过投生将它们自己

奉献出来，进入到这个第三密度的幻象中，以减轻在第三密度的幻象中的混淆的大漩涡的作用，在对混淆以及负面性的力量的减轻中帮忙的渴望，就是已经跟随者这些实体来到这里，来到你们的地球层面的事物了，这种混淆与负面性的力量已经很长时间都围绕着这个星球上的很多的人群，以及在其他的第三密度的星球上在取得收割的过程中遭受到相同的困难的人群。 [1]

The maelstrom which each of the repeating third-density groupings has been brought with them is a kind of, shall we say, catastrophic, non-loving experience that has an infective or infection quality that seems for many to grow more potent as each additional effort to polarize sufficiently for fourth density graduation fails. Thus the wanderers who offer themselves in service to this planet and its variety of repeating populations, realize they are incarnating into a storm, a consciousness storm of failure, a storm of retribution, a storm of the desire to move out of the sinkhole in which they find themselves, and yet find the movement to be nearly impossible.

每一个重复的第三密度的团体已经被卷入其中的那种大漩涡，是一种类型的，容我们说，灾难性的，没有爱的体验，它会拥有一种传染性的或者传染病的特性，随着每一个额外的为了取得第四密度的毕业而足够多地极化的的努力失败，这种传染的特性看起来似乎会对很多人是变得更加强有力的了。因此，那些将它们自己奉献给了对这个星球以及它各种各样的重复的人群的服务的流浪者们，会意识到，它们是在投生进入到一场暴风雨之中，一场失败的意识的暴风雨之中，一场报应的暴风雨之中，一场渴望离开那个它们发现它们自己处于其中的污水池，而却发现几乎完全无法移动的暴风雨之中。

The reason this maelstrom has the, shall we say, sinkhole quality of drawing these entities into it, is that there is the continued failure to put forth the necessary effort to make progress on the spiritual path. This creates a kind of inner turmoil which is reflected outwardly for each entity so that there is a cumulative increase in exponential terms for the confusion, doubt, anger, fear, and so forth that form the emotional framework for such entities.

这个大漩涡拥有将这些实体拉入其中的，容我们说，污水池的性质的原因，是在投入所需的努力来在灵性道路上前进的方面会有持续性的失败。这会创造出一种类型的内在的动乱，它会为每一个实体向外被映射出来，这样就会有一种用指数的方式对混淆、怀疑、愤怒、恐惧以及诸如此类的会为这样的实体形成情绪性的框架的事物的积累性的增长了。

The wanderers are well aware of this type of negative magnetism, shall we say, that there is a drawing unto this storming condition by the entities who have experienced it so many times within that or other third density experiences. Thus, the wanderer realizes that there is a kind of momentum working against them as they seek to be of service to those who are the victims of this momentum. This maelstrom that has long been a part of their spiritual journey.

流浪者同样也清楚了解这种类型，容我们说，负面性的磁吸，对于那些那些已经在那个第三密度的体验或者其他第三密度体验中如此多次体验过它的实体，会有一种对这种暴风雨的情况的吸引力。这样，流浪者会意识到，在它们寻求其对那

些这种动量, 这种已经有很长时间都是它们的灵性旅程的一部分的大漩涡的受害者进行服务的时候, 会有一种类型的动能是与它们对抗的。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Gary: Thank you. The assumption had been that Ra's syntax was a little off in transmitting that reply, and your reply was very clarifying. Another question. Also from the Ra contact. The questioner asks "What could one of these entities do to become karmically involved?" Ra replies: an entity which acts in a consciously unloving manner in action with other beings can become karmically involved."

Gary: 谢谢你们。假设是, Ra 的句法, 在传递那个回答的过程中是有一点点失效的, 你们的回答是非常清晰的。另一个问题, 同样是来自 Ra 接触。提问者询问, "这些实体中的一个实体能够做什么事情来成为在业力上受牵连的。"Ra 回答: 如果一个实体在对其他实体的行动中用一种有意识地没有爱的方式行动, 它就能够成为在业力上受牵连的。

Can you elaborate on what it means to be consciously unloving?
你们能够对于"有意识地没有爱"是什么意思进行阐述吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. It is usually the pattern of behavior of negatively oriented entities to be unloving or separative with entities about them, to control these entities in some fashion so that their power may be ascribed to the negatively oriented entity with the greater power. To be consciously unloving for the negatively oriented entity is the very nature of its journey.

Q'uo: 我是 Q'uo, 我的兄弟, 我了解了你的问题了。负面性导向的实体的通常的行为举止的模式, 就是对在它们周围的实体成为没有爱或者分离性的, 以用某种方式控制这些实体, 这样它们的力量就可以被归于那些带有更大的力量的负面性导向的实体了。对于负面性导向的实体, 成为有意识地没有爱的, 是它的旅程的本性。

However, we find that there are many entities who are most usually seen as being positively oriented, that also, in some instances, for some reason, may express this type of negativity to other entities within its circle of being. The wanderer, in many instances becomes confused upon its path of service, having been subject to many of the paralyzing effects of living as a wanderer within this third-density illusion. These paralyzing effects may have a distorting feature for such a wanderer so that it may confusedly feel that it is accomplishing a positive task by behaving in a negative manner, feeling, the end justifies the means, shall we say.

然而, 我们发现, 会有很多实体, 它们极其通常地是被视为是正面性导向, 在一些情况中, 因为某种原因, 它们可能会对在它的存有的圈子中的其他实体表达这种类型的负面性。在很多情况中, 流浪者会对它服务的道路感到困惑, 并已经受制于在这个第三密度的幻象中作为一个流浪者而活着的许多的令人瘫痪的效果

了。这些令人瘫痪的效果可能会对这样一个流浪者拥有一种令人扭曲的特性，这样，它就可能会混淆地感觉到，它正在藉由用一种负面性的方式来行为举止而完成一种正面性的任务，同时感觉到，最终的结果会，容我说，合理化手段。

Such a wanderer, in this confused comprehension of its service, then may exert a controlling behavior upon another entity which it feels needs this controlling behavior in order to benefit from the supposed wisdom of the wanderer. This is a kind of situation which redounds to the very being of the wanderer, who has in its original desire to incarnate to be of service, found itself at the mercy of, as we said before, the kind of difficulties and traumatic experiences that the wanderer is likely to encounter that has caused a distortion within the perceptions of the wanderer.

这样一个流浪者，在对它的服务的这种混淆的理解中，接下来，就可能会对另一个它感觉到需要一种控制性的行为举止的实体做出这样的控制性的行为举止了，以便于从流浪者假想的智慧中受益。这是一种类型的会发生在这样的流浪者的核心存有之中的情况，这个流浪者在它的对投生来进行服务的初始的渴望中，已经发现它自己是，如我们之前说过的一样，受制于那种类型的困难与创伤性的体验的，以至于流浪者很有可能会遭受到已经在流浪者的知觉中造成了一种扭曲的事物。

This is a situation which can require that the wanderer, upon moving from this illusion into the afterworld, shall we say, as it begins to assess the incarnation just completed, will discover that its perceptions cause behaviors upon its part that will now require that it re-learn those lessons that were seemingly forgotten within the previous incarnation. This re-learning of lessons of opening the heart to unconditional love may require the repetition of the entire 75,000 year master cycle of third density. Thusly, the wanderer will hopefully begin to build a firmer foundation within its own beingness in order to be able to more clearly apprehend the nature of the services which it wished to offer in the previous incarnation.

这是一个能够对流浪者提出这样要求的情况，在流浪者从这个幻象移动进入到，容我说，死后的世界的时候，在它开始评价刚刚完成的投生的时候，它将会发现，它的知觉在它的身上造成了这样的行为举止，这些行为举止现在要求它重新学习那些在之前的投生中看似被忘记的课程。这种对向着无条件的爱开放心的课程的重新学习，可能会要求实体重复第三密度的整个七万五千年的周期。因此，流浪者将会有希望开始在它自己的存在性中构建一种更为坚实的基础，以便于能够更加清晰地感觉到它在之前的投生中曾经希望提供的服务的属性。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Gary: Two super-quick follow ups. So are you saying, Q'uo, that the consciously unloving activity that accumulates karma is essentially any activity which seeks to intentionally infringe on the free will of another through control or manipulation? Whether or not the reasons are confused?

Gary: 两个超级简短的后续问题。Q'uo，你们正在说的是，会积累业力的有意

识地没有爱的活动, 实际上是任何寻求去通过控制或者操纵有意侵犯另一个实体的自由意志的活动? 无论理由是不是混淆的。

Q'uo: I am Q'uo, and am aware of your query, my brother, and would say that you have correctly surmised that which we meet—we correct this instrument—which we were attempting to express.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟, 我们会说, 你已经正确地总结了我们的遇到——我们更正这个器皿——我们刚才正在尝试去表达的事物。

Gary: In that case, would, say . . . you also use the word negativity, and that's where I'm attempting to explore, because many positive beings have a variety of experiences of negativity, sometimes communicated. So for the entity who may have a, say, knee-jerk reaction of anger, or frustration, or other form of negativity, does that fall within the karma-accumulating unloving activity?

Gary: 那样的话, 假设.....你们同样适用了负面性这个词语, 那就是我正在尝试去探索的位置, 因为很多正面性的实体都会拥有各种各样的具有负面性的体验, 有时候是被传达出来的负面性, 因此, 对于可能会对愤怒、或者挫折、或者其他形式的负面性拥有一种, 容我们说, 本能反应的实体, 那会落入到积累业力的没有爱的范围内吗?

Q'uo: I'm Q'uo, and am aware of your query my brother. In general, we would say this is not the case. For there must be a pattern of this type of negative expression of control over another self, that would cause the wanderer or any other entity so demonstrating this controlling behavior, to need to repeat the master cycle of third density experience. The knee-jerk reaction to which you refer is a kind of experience of catalyst, which to the conscientious seeker of truth becomes an opportunity to balance in the overall sense of its beingness. So that the anger may be balanced by the love that was absent in the expression of anger, as the catalyst was experienced.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。一般而言, 我们会说, 情况并不是这样子的。因为必须要有对这种类型的对另一个自我的控制性的负面性的表达的一种模式, 并因此证明了这种控制性的行为举止, 是需要从第三密度体验的大师周期的。你提及的本能反应, 是一种类型的催化剂体验, 它对于真心实意的真理的寻求者, 会成为一个在它的存在性的整体的意义上进行平衡的机会。这样愤怒就可以被当催化剂被体验到的时候在那种愤怒的表达中所缺少的爱平衡了。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Gary: Not in that line, thank you so much Q'uo.

Gary: 在那条线路上没有了, 非常感谢你们, Q'uo。

Jim: I am Q'uo. And we thank you, my brother. Is there another query at this time?

Jim: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Lynn: Q'uo, Ra said that Jesus accumulated karma by destroying the body of another self accidentally, and that that karma was alleviated in the moments before his death when he forgave those who were destroying his body. [2] My question is, for the aware individual, can karma be alleviated in a moment, through forgiveness?

Lynn: Q'uo, Ra 说过, 耶稣因为意外地摧毁了另一个自我的身体而积累了业力, 那种业力在他死前一刻, 在他宽恕了那些摧毁了他的身体的人的时候被减轻了。 [2]我的问题是, 对于察觉的个体, 业力能够通过宽恕在一瞬间被减轻吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, we would suggest that if an entity has experienced the type of karma or accumulation of the responsibility to alleviate difficulties for which the entity is responsible, if in the heart of such an entity's being there is the pure and inspired recognition of such a responsibility, it is possible for such an entity to alleviate the karmic debt. The depths of the being, then, take within it the alleviation of this karmic responsibility, that is to say, the depths of the being which are infinitely connected to the One Infinite Creator and the One Infinite Creation then are utilized in what might be seen as the magical sense, so that there is the opportunity to create a change in the consciousness of the seeker of truth who wishes to ameliorate the karmic debt. When this feeling of restitution grows to such a pitch within the being of the entity, then the universal ability of the creation and the one Creator to dissolve all debt is then called into being within the consciousness of the seeker who wishes to ameliorate or alleviate the karmic debt.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 我们会建议, 如果一个实体已经体验到了那种类型的业力或者对责任的积累, 以减轻那些实体要为之负责的困难, 如果在这样一个实体的存有的核心之中, 会有对这样一种责任的纯粹的、受到启发的认出, 这样一个实体就有可能减轻业力的负债了。存有的深度, 接下来, 会在其内在之中带有对这种业力责任的减轻, 也就是说, 无限地与太一无限造物者以及太一无限造物连接在一起的存有的深度, 接下来, 就会通过可以被视为是魔法的方式的事物被利用, 这样, 就会有希望在希望改善业力负债的真理的寻求者的意识中创造出一种改变。当这种复原的感觉逐渐发展到在实体存有内在之中这样一个音高, 接下来, 造物与太一造物者的全体性的解除所有债务的能力, 接下来在那个希望去改善或者减轻业力负债的寻求者的意识之中被产生出来了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Lynn: I would just ask if the, I guess I would say the type of magical visualization I've been doing in meditation recently, if that would be along the lines of what you're saying, if I'm anywhere near the track of what you're saying?

Lynn: 我仅仅想要询问, 是否, 我猜想我回溯, 我最近在冥想中一直都在进行的那种类型的魔法的观想, 是否那是沿着你们正在说的内容的线路的呢, 是否我与

你们正在说的事情的轨道有任何接近之处吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. Indeed, we find that the practice of which you speak is the beginning formulation of this type of indication of desire, that can be reflected in a greater and greater magnitude, as the visualization continues upon a daily or even more frequent periodicity than that. The desire, then, would cause the periodicity also to be utilized, perhaps in a more frequent manner, perhaps in a more intense manner, perhaps in a more intricate manner, determined by your own conscious decision. This is a type of visualization which can be enhanced in various ways, as we have mentioned. And this type of visualization then can be quite constructive in its ability to enhance your desire to alleviate the karma.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。确实, 我们发现, 你谈及的那种练习, 就是对这种类型的渴望的迹象的开始的形成, 随着这种观想用一种每日的方式, 或者甚至比那更加频繁的周期继续, 它能够用一种越来越更大的量级被反映出来。接下来, 渴望会使使得周期同样也被利用, 也许是用一种更加频繁的方式, 也许是用一种更加强力的方式, 也许是用一种更加复杂的方式, 这是由你自己的有意识的决定所决定的。这是一种类型的能够, 如我们已经提到过的一样, 用各种各样的方式被增强的观想。这种类型的观想接下来就能够在其增强你减轻业力的渴望的能力的方面成为相当有建设性的了。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗？

Lynn: I don't know if you'll be able to answer this but would the visualization (I suppose you can read my thoughts on this) with the pyramid visualization that I'm thinking of, would that improve this process in any way?

Lynn: 我并不知晓是否你们将能够回答这个问题, 但是, 那种观想 (我假设你们能够读取我对此的想法) 藉由那种我正在思考的金字塔观想, 那会用任何方式增强这个过程吗？

Q'uo: I am Q'uo and am aware of your sis—we correct this instrument—aware of your query my sister. We find that there is a certain line across which we may not move in the response to the query. For we do not wish to infringe upon your free will, but we would suggest that you are upon the correct line of thinking. The type of visualization which you are using is a good beginning. There are, as we have said, additions to this, which you are already aware of and may incorporate.

Q'uo: 我是 Q'uo, 我了解了你的——我们更正这个器皿——我了解了你的问题了, 我的姐妹。我们发现, 会有一些边界时我们可能无法在回应那个问题的过程中跨越的。因为我们并不希望侵犯你的自由意志, 但是, 我们会建议, 你是在正确的思考的线路上的。你正在使用的那种类型的观想是一个好的开始。如我们已经说过的一样, 会有对这个开始的补充是你已经了解并可以对其进行整合的。

Is there a further query my sister?

我的姐妹, 有一个更进一步的问题吗？

Lynn: No, thank you Q'uo.

Lynn: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Gary: Yes. I'm glad Lynn brought up the example of Jesus. Because by Ra's report, Jesus became angry at a playmate and ended that playmate's life. And upon doing so, discovered that he had a terrible power within himself, which galvanized him to rectify that wrong and to learn its positive uses. So it seems that Jesus's destruction of his playmate was something of a knee-jerk reaction. He reacted with anger, and killed his friend. In that case, how did this accumulate karma for the one known as Jesus?

Gary: 是的。我很高兴 Lynn 提出了耶稣的例子。因为根据 Ra 的报告, 耶稣对一个玩伴感到愤怒, 并结束了那个玩伴的生命。在这样做之后, 他发现他在他自己内在之中拥有一种可怕的力量, 这刺激他纠正错误, 并学会对它的正面性的使用。因此, 看起来似乎耶稣对他的玩伴的毁灭是某种具有一种本能反应的事情。他用愤怒来回应, 杀死了他的朋友。在那个情况中, 这是如何为被知晓为耶稣的实体积累业力的呢?

Q'uo: I am Q'uo. And am aware of your query, my brother. The normal type of knee-jerk reaction for most entities within your third-density illusion is one which makes use of a much lesser type of behavior than the ending of an incarnation. To describe the terrible effect of the power which Jesus utilized in the ending of the playmate's life as a knee-jerk reaction is, in some ways, a lack of clarity or purity in the definition of knee-jerk reaction.

Q'uo: 我是 Q'uo。我的兄弟, 我了解了你的问题了。对于在你们的第三密度的幻象中的大多数实体的通常类型的本能反应, 是一种会利用比结束一个投生要远远小的多的类型的行为。要将耶稣在结束玩伴的生命中利用的那种力量的可怕的效用描述为一种本能反应, 用某种方式, 是在对本能反应的定义中的一种缺少清晰度或者纯度。

For the incarnation of each entity within any illusion, most especially the third-density illusion where the veil of forgetting plays such a significant role, is the behavior which removes from the entity (that is, shall we say, killed) an entire incarnational experience that may have been many, many years long, had the power which was used in a terrible fashion not been so used. [3]

因为在任何幻象中——尤其是第三密度的幻象, 在其中遗忘的罩纱是扮演了这样一种重要的角色——的每一个实体的投生, 都是会让实体离开一次完整的投生, (也就是说, 杀死实体), 体验的行为, 那次投生可能已经有很多很多年时间里了, 这种行为举止拥有力量, 这种力量是用一种尚未被如此使用过的方式被使用的。

The power within the entity known as Jesus was the ability to contact

intelligent infinity, which of itself is not colored, shall we say, in any particular means or manner. The utilization of such a power is that which can be described as terrible, or beneficial, or enlightened, and so forth. Thus, the definition of the terms is that which holds the crux of the conceptualization facility here.

在被知晓为耶稣的实体内在之中的力量，拥有能力去接触智能无限，智能无限在其自身是没有用任何特定的途径或者方式，容我们说，被染色的。对这样的一种力量的使用是能够被描述为可怕的，或者有益处的，或者启发的，如此等等。因此，对那个词语的定义就是在这里包含了观念化的便利的难点的事物了。

The knee-jerk reaction was that which partook in the removal of a great span of experience from the playmate. However, we would suggest that in this particular instance, the playmate was also a part of this process in a preincarnative sense, so that there was the agreement that this experience would be utilized by both entities in a positive sense. In the end, shall we say, the one known as Jesus, being spurred to investigate for the rest of its incarnation the positive uses of this power, that indeed, was able to be utilized in many inspiring ways, the healing of the blind, the curing of the sick, the raising of the dead, and so forth. The young entity who was removed from the incarnation by the one known as Jesus gave its life for this experience of the one known as Jesus, so that it, in the ultimate sense, was also able to benefit from this experience. However, within the incarnation of the third density, this was not known by the one known as Jesus or the young entity so that this removal of the life of the young entity then, was that which potentially could have removed many years of helpful experience.

本能反应是那种参与到了将一个很大的跨度的体验从玩伴身上移除的事物。然而，我们会建议，在这个特定的情况中，玩伴同样也是用一种投生前的意义是这个过程的一部分，因此，会有协议，这个体验会用一种正面性的方式同时被两个实体所利用。最后，容我们说，被知晓为耶稣的实体，被激发去用他投生的剩下的部分探索对这种力量的正面性的使用，这种力量确实能够用很多令人启发的方式被利用，疗愈瞎眼的人，只好生病的人，让死人复活，如此等等。因为被知晓耶稣的实体而离开了投生的那个年幼的实体，为了被知晓为耶稣的实体的这个体验而献出了它的生命，因此，在终极的意义上，它是能够从这个体验受益的。然而，在第三密度的投生中，这对于被知晓为耶稣的实体或者那个年幼的实体是不被其知晓的，这样，这种对年幼的实体的生命的剥夺，就是潜在地已经能够移除很多年的有帮助的体验的事物了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Q'uo: The act of taking another's life is one of the most severe available to a third-density experience. And on that level, I could understand why it would accumulate karma. But I guess I'm fuzzy on the difference between the knee-jerk reaction and the conscious intention that seeks to control and manipulate.

提问者：夺取另一个人生命的行为是可供一个第三密度体验所取得极其严重的行

为中的一种。在那个层次上，我能够理解，为什么它会积累业力。但是，我猜想我在本能反应和寻求去控制与操纵的有意识的意图之间是不清楚的。

When I think of knee-jerk, I think of a reactive pattern that is triggered and elicits an unconscious response from the entity. You know, the entity might blurt out something, say something, or in the case of Jesus, uses terrible power to kill his friend. Whereas conscious intention is an intention that's formulated within the self, and then is carried out and executed rather than being a reactive point.

当我想到本能反应的时候，我会想到一种反应性的模式，它会被触发，并引起一种来自实体的无意识的回应。你们知道，实体可能会失口说出某个事情，说某个事情，或者在耶稣的情况下，使用可怕的力量来杀死他的朋友。而有意识的意图是一种在自我内在之中被系统表达的意图，它接下来会被执行，被行使，而不是成为一个反应性的位置。

I wouldn't think that Jesus would have consciously intended to act unloving to his playmate, but rather had that triggered knee-jerk, unconscious reaction. Can you clarify the difference between those two?

我不认为耶稣会有意识地打算要对他的玩伴做出没有爱的行动，而毋宁是遇到了被触发的本能反应，无意识的反应。你们能够在两者之间的区别上进行澄清吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that there is some difficulty in clarification, due to individual interpretation of the knee-jerk reaction versus the conscious decision to behave in a negative manner. The knee-jerk reaction may indeed be a reflection of the continuous unconscious pattern of thought which would tend to repeat itself from time to time. So that the entity, so experiencing the unconscious repetition of negative behavior, would find itself at some point able to recognize the pattern within its life and seek to balance this pattern of behavior.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。我们发现，由于对本能反应对比用一种负面性的方式去行为举止的有意识的决定之间的个人的解释，在澄清的方面会有某种困难。本能反应可能确实是对持续性的无意识的思考模式的一种反映，这种无意识的思考模式会倾向于时不时地自我重复。因此，如果实体这样体验到对负面性的行为举止的无意识的重复，它会发现它自己在某个位置上能够在它的生命中识别出那种模式，并寻求去平衡这种行为举止的模式。

The conscious desire to be of a controlling, or negative effect upon others about one is indeed the type of behavior of negativity oriented entities. The conscious decision to control others is that of negative polarity. Thus, we would suggest that the one known as Jesus was not responding to a pattern of negativity within its own being so that there would be the need to balance the behavior over a longer period of time. The one known as Jesus was more able to see the effect that it caused in the playmate so that it took upon itself a kind of karmic responsibility to balance the taking of the life. The speaking of the words upon the cross: "Father, forgive them, for they know not what they do" was the culmination of the entity known as Jesus effect or desire to seek a

restitution or a balancing of its karmic debt.

对在一个人周围的其他的进行一种渴望或者对其产生负面性的影响的有意识的渴望，确实是那种负面导向的实体的行为举止。对控制其他人的有意识的决定是具有负面性极性的决定。因此，我们会建议，被知晓为耶稣的实体没有回应在它自己的存有内在之中的一种负面性的模式，这样就不会有需要在一更长的时间段之后去平衡那种行为举止了。被知晓为耶稣的实体更加能够看到它在玩伴身上造成的作用，这样它会让自己担负起一种类型的业力的责任，以平衡夺取生命。在十字架上谈到的话语，“天父，宽恕它们，因为它们并不知道它们在做什么，”就是被知晓为耶稣的实体的产生作用或者渴望去寻求对它的业力负债的一种补偿或者一种平衡的顶峰了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Q'uo: A quick one. In terms of Jesus dissolving his karmic debt, was it his... rather, was it the willing giving of his life and the subsequent loss of life on the cross, was that the significant factor? Or was it his expression of forgiveness of those who had put him on the cross that was a significant factor?

Q'uo: 一个简短的问题。在耶稣解除他的业力负债的方面，它是他的.....毋宁说，它是乐于献出他的生命以及随后在十字架上失去生命吗，那是重要的要素吗？或者，一个重要的要素是他对于那些已经将他钉上十字架的人的宽恕？

Q'uo: I am Q'uo, and I am aware of your query, my brother. The significant factor, as we are able to determine it in this instance, was the desire of the one known as Jesus, to speak these words upon the cross, that it might do more good, shall we say, for those witnessing its crucifixion by speaking these words that were the culmination of its life-long desire to balance the karmic debt of the taking of the life of the playmate. And at the same time, by speaking these words, let those observing the crucifixion know that forgiveness was the path to healing.

Q'uo: 我是 Q'uo，我了解了你的问题，我的兄弟。重要的要素，如我们在这个情况中能够对它的确定一样，是被知晓为耶稣的实体的在十字架上说出这些话语的渴望，这样它就可以藉由说那些话而为那些见证了它的十字架受难的实体，容我们说，产生出更多的益处，这些话语是它一生的对夺取了他的玩伴的业力性的负债的平衡的渴望的顶峰。同时，藉由说出这些话语，让那些观察十字架受难的人知晓，宽恕就是疗愈的道路。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: Not in that line. Thank you so much Q'uo.

Gary: 在那条线路上没有了。非常感谢你们，Q'uo。

Q'uo: I am Q'uo. And we again thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo。我们会再一次感谢你，我的兄弟。在此刻有另一个问题吗？

Gary: Another Ra one. Ra says "There's no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst. However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambiance of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one. So that all interpretation may be seen to be protected by light."

Gary: 另一个 Ra 的引文。Ra 说,“在你们的幻象中没有对快速而严酷的催化剂的阵风、暴雨与暴风雪的外部的遮蔽物。然而,对于心灵纯净的人,所有被遭遇到的事情都谈及了太一无限造物者的爱与光。最严酷的打击都是藉由一种被提供的挑战以及即将到来的机会的氛围而被看到的。因此,光的巨大的音高是超过了这样一个情况的。因此,所有的解释都可以被看到是被光保护着的。”

Can you elaborate Q'uo on what "pitch of light is that is held high above such an one"?

Q'uo, 你们能够对“光的音高是高于这样一个情况的”进行阐述吗?

Q'uo: I'm Q'uo, and am aware of your query, my brother. An entity which is able to see clearly the purpose of the third density illusion is able to see that no matter what experience is encountered, the potential for each experience is enlightenment. In one degree or another, all experience, all catalyst, may then be viewed in this light that sees opportunities to grow, to serve, to love, to transcend. These opportunities then become much as the jewels in the chest that show a great value for the third-density illusion.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。一个实体如果能够清晰地看到第三密度的幻象的目的, 它就能够看到, 无论什么体验被遭遇, 每一个体验的潜能都是觉醒。在这样或者那样一个程度上, 所有的体验, 所有的催化剂, 都接下来可以在这种光之中被观察到, 这种光会看到机会去成长、服务、爱、以及超越。这些机会接下来就会成为非常类似于在胸中的宝石, 它会为第三密度的幻象显现出一种巨大的价值。

Such an entity with clear vision then has a kind of way-shower quality. This quality is that which imbues the entity with the light of the wisdom of seeing the purpose of the third-density illusion. This light grows ever more bright, as this entity or this type of entity is able to continue polarizing in the positive sense by utilizing what might be seen by others to be the most traumatic and tragic of catalyst.

这样一个具有清晰的视野的实体, 接下来就会拥有一种类型的指路人的属性了。这种属性就是会用看到第三密度的幻象的目的的智慧之光来灌注实体的事物了。这种光会变得越来越更加明亮, 因为这个实体或者这种类型的实体能够继续, 藉由利用可能被其他人视为是极其创伤性且悲剧性的催化剂的事物, 而在正面性的意义上极化。

And yet, when such an entity can see through the catalyst, see through the trauma to the opportunity within, then this pitch of light begins to glow ever

more brightly all around the entity, being seen by those who have eyes to see, as a pitch of light above the entity in the same fashion as some can see what is called the halo, the aura, the indication of one's movement upward through the energy centers reaching the indigo and violet rays, so that all catalyst has been processed from red through violet in a manner which causes the light of love, the light of being, the light of unity, to indicate to all who have eyes to see that this entity has seen it all and used it all and grown from it all and is now one with all.

而当这样一个实体能够看穿催化剂，看穿在创伤，看到在内在之中的机会的时候，接下来，光的音高就开始越来越更加明亮地照耀在实体周围的所有人，并会被那些拥有眼睛去看到的实体视为是一种高于实体的光的音高，用相同的方式，当某个人能够看到被称之为辉光、灵光、以及一个人穿过能量中心向上移动抵达靛蓝色与紫罗兰光芒的能量运动的指示，这样，所有的催化剂都能够从红色光芒一直到紫罗兰光芒，用一种会产生出爱的光，存有的光，以及统一性的光的方式，被处理了，以向所有拥有看尽去看的人现实，这个实体已经看到了它的全部，使用了它的全部，并从它的全部成长，它现在与万物是一体的了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Gary: That was beautiful. In that same sentence, Ra says that "the pitch of light is held high above, so that all interpretation may be seen to be protected by light,"—there's a concept of protection for the positive path that's not available on the negative path. And I've grappled with what it means to be protected on the positive path. Does that mean, say for instance, if you are mistakenly walking in front of a bus, that an unseen force may give you a nudge out of the way? Or some other negative circumstance; you may have to foreclose on your house and something intervenes to help rescue you? Or rescue or preserve or assist in some way? Could you elaborate on what it means to receive protection on the on the positive path?

Gary:

Gary: 那是美丽的。在那个相同的句子中，Ra 说，“音高是被保持在高处，这样所有的解释就可以被看到是被光保护的，”——会有一种对正面性道路的保护的观念，这种保护在负面性的道路上是无法取得的。我已经努力想弄明白对于在正面性的道路上是被保护的是什么意思了。那个意思是，举个例子，如果你错误地走到一辆巴士前面，一种无形的力量可以给予你一种轻推离开那条道路吗？或者，某个其他的负面性的情况，你可能不得不取消你的房屋的抵押权，而某个事情干预了，以帮助援助你？或者是援助，或者维护，或者是用某种方式帮助？你们能够对于在正面性的道路上接收保护是什么意思进行阐述吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. We find that this protection is given in proportion to the purity of the seeking of the positive path. For there are various types of desire, various expressions of faith, various expressions of will, various degrees of purity of service to others. The protection that is spoken of, that quotation, is a protection which may be given in varying degrees, as you have mentioned some of these degrees. The

ultimate for the seeker of truth who so ardently seeks to do the will of the One Infinite Creator, who seeks first the kingdom of heaven, shall we say, will find that all else will be added unto it so that it may, in this ultimate sense of pure seeking to serve others, discover that the arms of the Creator, figuratively speaking, surround it with a robe of light, to protect it from all negatively oriented influence.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们发现, 这种保护是用与对正面性的道路的寻求的纯度成正比的方式被给予的。因为会有各种类型的渴望, 各种对信心的表达, 各种对意志的表达, 各种程度的服务他人的纯度。被谈及的保护, 即那个引文, 是一种可以用可变的程度被给予的保护, 如你已经提及的这些程度中的一些程度一样。对于如此热烈地寻求去行使太一无限造物者的意志, 且首先寻求, 容我们说, 天国的真理的寻求者, 它们最终将会发现, 所有其他的事物都被添加在其上了, 这样, 在这种纯粹的寻求其服务他人的终极的意义上, 它就可以发现, 用比喻的方式说, 造物者的手臂用一件光之长袍包裹着它, 以保护它免受所有负面导向的影响。

However, any seeker of truth may partake in some degree of this very same protection so that, according to its desire, its will to seek to serve the One in all, it may be able to receive or realize different kinds of protection in its journey of seeking.

然而, 真理的寻求者是可能会参与到某种程度的这种非常相同的保护之中的, 这样, 根据它的渴望, 以及它寻求去服务在万物之中的太一的意志, 它是可能能够接收到并领会到在它寻求的旅程中的不同类型的保护的。

Each entity within this circle of seeking this day is aware, in his own personal experience of various times when there seemed like there was a difficulty that would overtake one and yet, at the last moment, in some fashion, there was an interjection of unseen forces that resulted in the resolution of the difficulty that was impending. Each entity will continue on the path of seeking truth to experience such unseen hands, aiding the journey of seeking for each has the guides, the friends, the teachers in the unseen realms that look over one's shoulder, shall we say. And when the time is right and the heart is pure, find the protection provided.

在今天这个寻求的圈子中的每一个实体都知晓, 在他自己对各种各样的时间的个人的体验中, 在其中看起来似乎会有一种突然袭击一个人的困难, 而在最后一刻, 用某种方式, 会有无形的力量的插入, 它会导致对即将发生的困难的解决。每一个实体都将会继续走在寻求真理的道路上, 以体验这样无形的手帮助寻求的旅程, 因为每一个人都在无形的领域中拥有指导灵, 朋友, 以及老师, 它们会, 容我们说, 小心提防。当时候是合适的, 且心是纯净的时候, 一个人就会发现被提供的保护了。

Is there a final query at this time?

在此刻, 有一个最后的问题吗?

Gary: Thank you for that response. Would you say that while there are levels of protection that are connected to circumstance and the providing of energy

and support to the incarnate entity, that the deepest protection is how the incarnate entity frames the moment and understands the moment? As Ra says, "the great pitch of light is held high above such an one so that all (emphasis) interpretation may be seen to be protected by light."

Gary: 为那个回应而感谢你们。你们会说, 尽管会有各种层次的保护是与环境联系在一起, 并会向投生的实体提供能量与支持, 最深的保护是投生的实体如何构建那一刻并理解那一刻? 如 Ra 所说的, "光的巨大的音高是高于这样一个情况的, 这样说, 所有 (着重强调) 的解释就可以被看到是被光保护的。"

Q'uo: I am Q'uo, and am aware of your query brother. Indeed, the means by which one frames the interpretation of any kind of catalyst is the factor which reflects the inner opening of the heart in unconditional love. For it is the unconditional love, the compassion, that one feels within one's being for all entities and experiences about one that allow one to interpret these entities and experiences in a positive fashion. Such interpretation then, by the purely open-hearted entity, sees all other entities as the self, as the creator, showing the self the path to the One, the path being fueled by unconditional love, so that there is no obstruction to such a path, for all is seen as the One within all being, within the self, within the creation, within all other entities. Thus, one who can see purely with the open heart sees the One.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 一个人藉由其塑造对任何类型的催化剂的解释的途径, 就是会反映在无条件的爱中对心的内在的开放的要素了。因为, 就是一个人它在存有内在之中对在它周围的所有的实体与体验感觉到的无条件的爱, 会允许一个人用一种正面性的方式解释这些实体与体验。这样的解释, 接下来, 藉由纯净地开放心的实体, 就会将所有其他实体都视为自我, 视为造物者, 同时向自我显现通往太一的道路, 被无条件的爱所提供了能量的道路, 这样, 就不会有对这样一条道路的阻碍, 因为万物都被视为是在所有存有内在之中, 在自我内在之中, 在造物内在之中, 在所有其他实体内在之中的太一。因此, 一个能够带着开放的心纯粹地去看的人, 会看到太一。

At this time, we shall take our leave of this instrument, and this group. We leave each of you in the love and the light in which we found you, for that is all that there is, the love and the light of the One Infinite Creator which guides each of us on our path of seeking. We are honored to be on that path with you. We thank you for your invitation this day for us to join you here. We are known to you as those of Q'uo. Adonai, Vasu Barragus.

在此刻, 我们将离开这个器皿与这个团体。我们在那种我们在其中发现你们的爱与光中离开你们各位, 因为那就是一切万有, 在我们寻求的道路上指引我们每一位的太一无限造物者的爱与光。我们对于与你们一起在那条道路上是感到荣耀的。我们为你们今天邀请我们在这里加入你们而感谢你们。我们是你们知晓的 Q'uo。Adonai vasu borragus。

[1] Ironically, or at least humorously, this is just as jumbled a reply as Ra's original statement was. We invite you to give your best shot of applying grammar.

[1]讽刺性地，或者至少是幽默地，这是和 Ra 原来的说法一样混乱的一个回应。我们请你们在使用语法的时候尽你们最大的努力。

[2] 17.19 – Questioner: How did Jesus learn [his abilities] during his incarnation?

[2]17.19——提问者：耶稣在他的投生期间是如何学会了这种治疗的呢？

Ra: I am Ra. This entity learned the ability by a natural kind of remembering at a very young age. Unfortunately, this entity first discovered his ability to penetrate intelligent infinity by becoming the distortion you call “angry” at a playmate. This entity was touched by the entity known as Jesus to you and was fatally wounded.

Ra: 我是 Ra。这个实体藉由在一个非常年轻的年龄的一种自然而然的忆起而学会了那种能力。不幸的是，这个实体是藉由针对一个玩伴的你们所称的“愤怒”的扭曲而第一次发现了他穿透智能无限的能力。这个实体被你们知晓为耶稣的实体触碰并受到了致命的伤害。

Thus the one known as Jesus became aware that there dwelt in him a terrible potential. This entity determined to discover how to use this energy for the good, not for the negative. This entity was extremely positively polarized and remembered more than most Wanderers do.

因此，叫做耶稣的实体开始察觉到在他内在之中的一种可怕的潜能。这个实体决定去探索如何将这种能量用于有益的事物，而不是用于负面性的事物。这个实体被极其正面性地极化了并比大多数流浪者记起了更多的能力。

17.20 – Ra: The entity was absolved karmically of the destruction of an other-self when it was in its last portion of lifetime and spoke upon what you would call a cross saying, “Father, forgive them for they know not what they do.” In forgiveness lies the stoppage of the wheel of action, or what you call karma.

17.20——Ra: 在这个实体处于它的生命的最后的阶段并在你们所称的一个十字架上说，“天父，宽恕他们，因为他们并不知道他们做的事情”的时候，这个实体在业力上被宽恕了对一个其他自我的毁坏。在宽恕中存在有对行动之轮，或者你们所称的业力的停止。

[3] Another sentence that didn't come through so well in transmission.

[3]另一个在传递的时候不是很通顺的句子。

Practice Channeling Circle

January 29, 2020

2020-01-29 传讯练习：宽恕与接纳

Group question: Q'uo, could you tell us about the relationship between forgiveness and acceptance?

团体问题：Q'uo，你们能够告诉我们在宽恕与接纳之间的关系吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We greet each in love and in light this evening. We are, as always, most honored to be able to join your circle of practice channeling. We would suggest perhaps "intermediate" or "becoming advanced" would be a more appropriate title for this type of channeling circle, for we are most pleased with the progress that each entity has made. We are hopeful that we can continue the steady progress by giving each instrument more, shall we say, information or descriptive terms in a way that fits with the instrument's current abilities, so that there is an opportunity to expand the practice of channeling.

我是 Q'uo，我与这个器皿在一起了。我在今晚在爱中，在光中向各位致意。我们一如既往对于能够加入你们的练习传讯的圈子是感到极其荣耀的。我们会建议，也许“中间的”或者“成为高级的”会对于这种类型的传讯圈子的一个更加合适的标题，因为我们对于每一个实体已经做出的进展是极其高兴的。我们希望，我们能够藉由，用一种适合于器皿当前的能力的方式，来给予每一个器皿更多的，容我们说，信息，或者描述性的措辞来让这种稳定的进展继续下去，这样就会有一个机会来拓展传讯的实践了。

This evening you have set before us the twin concepts of acceptance and forgiveness, and these we find are concepts that are critical in the third-density experience, as each seeker of truth has those times of seeming error inserted into the life experience. Usually, such times of mistakes or errors are unintentional and there is the obvious need to seek forgiveness from the one that has been wronged. The forgiveness is a concept which allows each entity to find a harmony between them where there was disharmony.

今晚你们已经在我们面前设置了接纳与宽恕这两个观念，我们发现这些观念在第三密度的体验中是至关重要的，因为每一个真理的寻求者都会遇到那些表面上的错误被插入到生命体验中的时刻。通常地，这样的错误或者差错的时刻是无意的，会有明显的需要去寻求来自一个已经被错误对待了的人的宽恕。宽恕是一个允许每一个实体，在曾经有过不和谐的位置上，在它们之间找到一种和谐的观点。

The forgiveness is a kind of spiritual medicine that each entity can take that will allow the heart to continue to stay open in the relationship between the two. This type of spiritual treatment is that which includes forgiveness of self and other self, for it is indubitably true that each is an other-self to the other. Once this forgiveness has in some fashion been achieved, then it is possible

for each to accept the experience that was shared as a means by which the catalyst was processed and turned into the forgiveness. And, we may add, hopefully the forgetting.

宽恕是一种类型的每一个实体都能够服用的灵性的药物，它将允许心在两个人的关系中继续保持开放。这种类型的灵性的治疗就是包含了对自我和其他自我的宽恕的事物，因为不容置疑地真实的事情是，每一个实体对于其他实体都是一个其他自我。一旦这种宽恕已经用某种方式被取得了，接下来，就有可能让每一个实体都接受被分享了的体验，作为一种藉由其催化剂可以被处理的，并被转变为宽恕，我们可以补充，有希望被转变成为忘却的途径。

At this time, we shall transfer this contact to the one known as Kathy. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Kathy 的实体。我们是 Q'uo。

(Kathy channeling)

(Kathy 传讯)

I am Q'uo, and we are here with this instrument, ready to respond further to your query about forgiveness and acceptance. Indeed, these twin concepts may seem at first glance very specific, relating to specific situations, for example. However, they are quite large in concept. These are universal, eternal states of mind and heart that all beings must, in third density, learn to utilize in their process of raising themselves up toward fourth density, toward love and compassion as a way of being. You could see them as an enlargement of consciousness when an entity is involved in any situation that had any difficulty in it at all, any seeming conflict, misunderstanding, or hurt for which forgiveness and acceptance would be needed.

我是 Q'uo，我们在这里与这个器皿在一起了，我们准备好更进一步地回应你们关于宽恕与接纳的问题了。确实，这两个观念可能第一眼看起来似乎是非常特定的，举个例子，是与具体的情况有关的。然而，它们在观念上是相当巨大的。这些观念是所有存有都必须的，在第三密度中的，学习去在它们朝向第四密度，朝向将爱与接纳作为一种存在的方式来提升它们自己的过程中利用的心智与心的全面性且永恒的状态。当一个实体被包含在任何的情况中的时候，如果那个情况对于宽恕与接纳会被需要的事物拥有无论什么任何的困难，任何表面上的冲突、误解、或者伤害，你们能够将爱与接纳视为是一种对意识的扩大。

They are like ever-present states of mind that can be used to instantly lift one up, and vibration to lift the situation up, even to dissolve a situation of its difficulty. And even in the twinkling of an eye this can be done, through the use of these simple, yet quite magnificent and enlarged concepts. In fact, your Lord's Prayer that you said before this practice channeling includes a request for forgiveness from the Father. And for us to forgive others, making it a circular concept that relates to the Creator and to mankind in circular fashion, receiving forgiveness from the Father and forgiving others, in this never-ending circle of forgiveness among entities. And indeed, you could even say that forgiveness and acceptance are necessary concepts to be able

to use in order to live. To be able to live—we correct this instrument—to be able to live a fulfilled life in service to others.

它们就好像是一直都存在的心智的状态一样，它们能够被用于在一瞬间将一个人提升起来，让情况振动升高，甚至将困难从一个情况中解除。甚至在一眨眼之间，通过对这些简单，但却相当宏大与扩展性的观念的利用，这种提升就能够被完成了。实际上，在这次传讯练习之前你们说的你们的主祷词，就包含了一种对来自于天父的宽恕的要求了。对于我们而言，去宽恕其他人，就是使之成为一个圆形的观念，它用圆的方式，与造物者，与人类联系起来，在这种在实体之间的永无止尽的宽恕之圆中，接收到来自宽恕的宽恕，宽恕他人。确实，你们甚至能够说，宽恕与接纳是为了活着而需要能够使用的观念。能够活着——我们更正这个器皿——能够活出一种在服务他人之中的被实现了的生命。

These twin concepts open the heart, allow for growth in service to others, through eyes that accept the world around one. One can then look further, and forgive anything, through a simple adjustment of perception, adjusting one's perception to understand that there may be deeper reasons for circumstances that one may not be aware of. There may be higher reasons. And so the nature of circumstances may not really be what they seem to be on the surface. And so, all can be forgiven if one understands that there is no real intentional cause for an act that needs to be forgiven, for it may not be what it seems. And so acceptance and forgiveness is the way to open the heart. Move forward. Come closer each step into true unity with all brothers and sisters in your illusion, as of now. And in doing so, the gift that you receive is a greater peace, a greater understanding of self and others.

这一对观念会开放心，会通过接受在一个人周围的世界而允许在服务他人中的成长发生。一个人接下来就能够看得更远，宽恕每一个事物，通过一种对知觉的简单的调节，调整一个人的知觉来理解，可能会有环境的更为深入的原因是一个人可能尚未察觉到的。可能会有更高的原因。因此，环境的属性可能并不真的是它们在表面上可能看起来似乎是的样子。因此，如果一个人理解，对于一个需要被宽恕的行为，并没有真的意图上的原因，所有事物就都可以被宽恕了，因为它可能不是它看起来似乎是的事物。因此，接纳与宽恕是开放心的方式。向前移动，在每一步都更加接近与在你们的幻象中，到目前为止，所有的兄弟姐妹之间的真实的统一性。通过这样做，你们接收到的礼物会是一种更大的平安，一种对自我与其他实体的更大的理解。

And at this time, we will take our leave of this instrument and pass the contact to the one known as Gary.

在此刻，我们将离开这个器皿，并将接触转移到被知晓为 Gary 的实体。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principle of Q'uo and we greet this circle once again. And we would continue our exploration of this very rich topic regarding the relationship between forgiveness and acceptance, two concepts related as are two strands of the same rope, each one strengthening

the other and together forming a whole, yet sufficiently distinct to describe independently. In exploring the concept of forgiveness, we examine that process within the seeker of letting go: letting go of that which is held on to. In the course of the seeker's journey there are injuries, and bruises, and knocks upon the head that are sustained, inflicted by circumstance perhaps, but where [it] most registers within the self, inflicted by other selves—sometimes stranger to the self, sometimes quite known to and loved by the self.

我们是你们知晓的 Q'uo 原则，我们再一次在这个圈子中向你们致意。我们会继续我们对这个非常丰富的主题的探索，这个主题是关于在宽恕与接纳之间的关系，两个观念是如同相同的绳子的两股一样地联系在一起，每一个都会增强另一个，并一起形成了一个整体，而又足够多地性质不同，以独立地进行描述。在宽恕宽恕的观念的过程中，我们会检查在寻求者内在之中的放手的过程——对被紧握不放的事物的放手。在寻求者的旅程的进程中，会有伤害，擦伤，撞头，它们是持久的，也许是被环境所施加的，但是，在它在自我内在之中留下最大的记号的位置上，它是被其他自我施加的——有时候对于自我是陌生人，有时候是自我相当了解且被自我所爱的人。

In either event, some wrongdoing in the perception of the self has been rendered. Some way the self was not recognized, or was insulted, in body or mind, and this leaves its mark with the self. And instead of feelings of compassion and unity for the perpetrator or injury giver, there is now a thick separation. The other self has become not only different, but perhaps alien to the self. The other self is not linked, not in common with, not in community with the self. And behind that wall of separation may be experiences of anger or resentment, or even the punitive energies: the desire to punish or to judge or to reciprocate the hurt that was received in the perception of the self.

在两个事件的任何一个之中，在自我的知觉中某种错误行为已经被给出了。某种方式是自我尚未认出的，或者是在身体或者心智中被侮辱的，这会在自我身上留下它的记号。不是对作恶者或者伤害的给予者感觉到同情心与统一性，现在会有一种厚重的分离了。其他自我不仅仅成为不同的，也许同样也是对自我是外来的了。其他自我不是与自我连接起来的，不是与自我有共同之处的，不是与自我亲密交谈的。在那扇分离的墙壁的后面，可能会有对愤怒或者怨恨的体验，或者甚至是惩罚性的能量：渴望去惩罚，或者评判，或者对在自我的自觉中被接收到的伤害进行报复。

Where this separation exists and where these energies dwell within the self, there is a lack of forgiveness, or some limitation on the capacity to forgive. Thus the self carries within itself a burden which it and it alone is responsible for regardless of the proximate cause of the original injury or slight. For the self has generated these feelings, and while they may find expression toward the other self, or be manifested into the environment in some way, they first and foremost inflict themselves upon and infect the self which harbors these feelings. For these feelings create not just a separation between self and other, but between self and the Creator.

在这种分离存在的位置，在这些能量居住在自我内在之中的位置，会有一种宽恕的缺少，或者某种在宽恕的能力上的限制。因此，自我会在自我内在之中担负起

一个重担，它，且仅仅只有它是要为那个重担负责的，无论最初的伤害或者侮辱的直接原因是什么。因为自我已经产生出了这些感觉，虽然它们可能会找到对其他自我的表达，或者用某种方式被显化进入到环境中，它们首先且主要地会用抱有这些感觉的事物攻击它们自己或者让自我受影响。因为这些感觉不仅仅会创造出在自我和其他自我之间的分离，同样还有自我和造物者之间的分离。

There are various effects that these energies may have upon the self, particularly if they are manifested in body, being unprocessed by mind. But for the self which seeks, as we were speaking through the previous instrument, to go higher, forgiveness is the road in working with these energies. For in forgiveness there is [even] if only the desire to release the self from the prison and burden and even torment, perhaps, of these harbored energies of resentment and negativity. There is within the self who seeks forgiveness a desire to cleanse the heart so that it may grow closer, shall we say, to the One Creator; to purify not only the heart, but the vision so that the other self is not seen through the lens of resentment, but is seen for who the other self really, actually is, which is a spark of the Creator, perfect as he or she is, regardless of the distortions and their outward behavior and demeanor.

会有这些能量可能在自我身上产生出的各种各样的作用，尤其是如果它们在没有被心智处理的话，它们会身体中被显化出来。但是，对于寻求的自我，如同我们通过之前的器皿正在谈到的一样，要走得更高，宽恕就是与这些能量一同工作的过程中的道路。因为在宽恕中，甚至会有将自我从监牢、重担、甚至拷打中释放出来的渴望，也许是从这些被抱有的具有怨恨与负面性的能量中释放出来。在寻求宽恕的自我内在之中会有一种去清理心的渴望，这样它就可以与太一造物者，容我们说，越来越更加接近了，会有渴望不仅仅让心灵净化，同样也让视野净化，这样其他自我就不会通过具有怨恨的镜片被看到，而是看到其他自我真正之所是，实际上之所是，即造物者的一个火花，是和他或者她是一样完美的，无论它们有什么扭曲或者外部的行为举止与品行。

Regardless of the pain they may have inflicted upon the self or upon the others, that other self is, like the self, perfect. This vision of perfection is a, to be fully realized, mystical state of consciousness, but it is not visible or knowable to the self, lest—we correct this instrument—lest the heart be cleansed with the scrubbing agent of forgiveness which seeks to let go of the desire to judge, or punish, or to hold the other entity within the heart in a state of resentment or other form of negativity. Forgiveness of other self is also forgiveness of self, for—we correct this instrument—[the self] which seeks not to judge the self for feeling the above-mentioned feelings in the first place, for the self too, [is] a creature of perfection, is also a human creature of error and folly.

无论它们可能已经施加在自我或者其他自我身上的痛苦是什么，其他自我，和自我一样，是完美的。这种具有完美性的观点，如果是被充分地领悟到的，是一种神秘的意识的状态，但是它对于自我是看不见或者无法知晓的，以免——我们更正这个器皿——唯恐心会因为宽恕的擦除性的动因而被清洁了，宽恕的这种擦除性的动因会寻求去放下去评判，或者惩罚，或者在心中对其他实体抱有一种怨恨的状态或者其他形式的负面性的渴望。对其他自我的宽恕同样也是对自我的

宽恕，因为——我们更正这个器皿——对于寻求不因为在一开始的位置感觉到上述的感觉评判自我的自我，因为自我同样也是一个具有完美性的生灵，同样也是一个具有错误与愚蠢的人类的生物。

To see this error and love it is to walk the royal road which seeks once again the return to the unity of all things. And critical to both this path and forgiveness is that energy, or quality, or nuance of love which you call acceptance. Forgiveness, this activity of letting go and seeing the creator in self and other, would not be possible if the self exercised non-acceptance. One could not forgive if one did not accept the essential nature of the other self or other selves, or did not accept the free will action of the other self, or rather, did not accept the sovereignty within the other self to exercise its free will; and did not understand, as we spoke previously through the instrument known as Kathy, the circumstances, the totality of circumstances, out of which arose the action or actions of the other self or other selves.

要看到这个错误并爱它，就是去走那条寻求再一次返回到与万物的统一性之中的高贵的道路。同时对于这条道路与宽恕都是关键性的事情是，那种你们称之为接纳的爱的能量、或者特性、或者微妙之处。宽恕，这个放手并看到在自我与其他自我内在之中的造物者的活动，如果自我实践的是不宽恕，就不会是有可能的了。如果一个人并不接受一个或者多个其他自我的实质的属性，或者并不接受其他自我的自由意志的行动，或者，毋宁说是，不接受在其他自我内在之中拥有行使它的自由意志的主权，且并不理解，如我们之前通过被知晓为 Kathy 的器皿说过的——一样，环境，环境的全体性，就是从这个环境产生出了一个或者多个其他自我的一个或者多个行动，它就无法宽恕了。

Acceptance need not mean the capitulation to a service which is offered by the other self but which is deemed unneeded by or unhealthy for the self. The acceptance of which we speak is that which is a portion, if not the heart of love which surrenders to the "is-ness" of the moment [and] accepts—we correct this instrument—and accepts life as it has manifested as if the self had chosen it; and seeks not to resist life and its flow, but instead, accept life. Not simply the pleasant, enjoyable, or desirable, or light-filled parts of life, but the dark and the terrible and the hard and the difficult-to-understand parts as well. For in acceptance there is a trust that even if the vision is not large enough to fully understand why the moment is the way it is, all is well. The self can release itself from the need to know why, and instead focus on the subjective acceptance of what already is, that it may be loved. That it may be forgiven.

接纳并不需要意味着对由其他自我提供，但被自我认为是不需要的，或者对自我是不健康的一项服务的投降。我们谈及的接纳是爱的一部分，如果不是爱的核心的话，这种爱会臣服于那一刻的“是性” (is-ness)，并接纳——我们更正这个器皿——并如生命已经显化的样子接受生命，就好像自我已经选择了它一样，不是寻求去反抗生命与它的流动，而是，作为替代，接受生命。不单纯地是生命的快乐、享受、或者理想性的，或者充满光的部分，同样还有生命的黑暗的，糟糕的，艰难的，且难以理解的部分。因为在接纳中，会有一种信任，即使视野并不是足够大，以充分地理解为什么那一刻是其之所是的方式，为什么一切都好。自

我能够将它自己从知晓为什么的需要中释放出来，而是作为替代聚焦在对什么事情已经是的主观性的接纳之中，这样它就可以被爱了，这样它就可以被宽恕了。

And in this love and forgiveness—we correct this instrument—and in this love and forgiving vision, all is made clean. The, shall we say, dirt and grime and residue of superimposed separation over top of the seeming parts of the Creator is clean to reveal what is truly there underneath, to render all things transparent to the one source of love and light. And to thus become a vessel for this love and this light. A vessel which opens like a flower, to manifest and express beauty, as the self forgives, and accepts, each new tendril of pain and resistance and difficulty.

在这种爱与宽恕之中——我们更正这个器皿——在这种爱与灌输的视野中，一切都变得干净了。被附加在造物者的表面上的部分的顶部之上的，容我们说，污垢、灰尘与残渣，都被清理干净，以揭露出在下面真正是什么，以让所有的事物都对于那一个爱与光的源头成为透明的，并由此成为这种爱与这种光的一个导管。一个如同一朵花一样地开放的导管，以在自我宽恕与接纳痛苦、抵抗与困难的每一个新的卷须的时候显化与表达美。

It is a long and difficult road and is part of the hardest work that you will ever do upon your soul's journey in any lifetime and any density. But we assure you that in setting that intention and planting that seed, you are setting both powerful forces at work within yourself, and alerting powerful forces that seek to serve and support the light to this intention, and you will be aided upon this path.

它是一条漫长而困难的道路，是你们在任何生命与任何密度中将在你们灵魂的旅程上进行的最为艰苦的工作的一部分。但是我们向你保证，在设置好那种意图并种下那粒种子的过程中，你是在让你自己内在之中的强有力的力量开始工作，同时唤醒了那些寻求去服务并支持对这种意图的光的强有力的力量，你将会在这条道路上得到帮助。

At this time we would ask if there any smaller queries to which we can speak through this instrument.

在此刻，我们会询问，是否有任何较小的问题是我们可以通过这个器皿发言的。

Jim: I have a query Q'uo. What would be a balanced spiritual attitude regarding the possible impeachment of the President of the United States?

Jim: 我有一个问题，Q'uo。在关于对美国总统的有可能的弹劾的方面，一种平衡性的灵性的态度是什么？

Q'uo: We are those known to you Q'uo. And we, with this instrument, giggle at such a question which is so emotionally provocative to so many upon your sphere at this time. This one particular entity occupying much the attention of the mass mind, you ask what may be a balanced perspective when viewing the current event which your peoples undergo at this time. And while we of the Confederation cannot give specific counsel, for it is to each entity to use this catalyst to find the balance within the self, we can speak in general about

emotionally charged events and finding balance there, and suggest that the seeker may bring mindfulness into their experience to discover where it is that they are sensing a charge in relationship to this event.

Q'uo: 我们是你们知晓的 Q'uo。我们, 藉由这个器皿, 对这样一个问题吃吃地笑了, 这个问题对于在此刻在你们星球上的人是如此情绪性地煽动性的。这个特定的实体占据了大众心智的大量的注意力, 你们询问, 当观察你们的人群在此刻进行的当前的事件的是时候, 一个平衡性的观点可能是什么。尽管我们星际联邦无法给予具体的咨询, 因为恰恰就是每一个实体, 要利用这个催化剂在自我内在之中找到平衡, 我们能够一般性地谈及情绪上充能的事件, 以及在那里找到平衡, 并建议, 寻求者可以将留心 (mindfulness) 带入到它们的体验中, 以发现, 在何处它们是在感觉到在与这个事件的关系中的一种充能。

Is there a sense of righteous indignation? A sense of inflamed justice? Sorrow, despair, hope for a brighter outcome? These are a small sampling of the available palette of emotional experiences in this situation, and in all situations. And to find balance one may engage at the end of the diurnal period in the balancing exercises, as those of the Confederation have shared, wherein the self brings the charged catalyst into the forefront of the consciousness, turning the attention fully upon it, clearing the mind of all else and intensifying that sensation within the body and within the mind, enlargening it, letting it grow, accentuating and intensifying to the greatest proportion possible within the self, while holding to the center and maintaining a witnessing stance, and simultaneously a participating stance, and allowing its antithesis to come into being.

会有一种对正义的愤慨的感觉吗? 一种激怒的正义的感觉吗? 会有对一个更加光明的结果的忧伤、绝望或者希望吗? 这些都是在这个情况中, 以及在所有情况中的可供利用的情绪体验的调色盘上的一个小小的样本。要找到平衡, 一个人可以在白天结束的时候参与到平衡练习之中, 如同那些属于星际联邦的实体已经分享过的一样, 在其中自我会将被充能过的催化剂带入到意识的最前线, 将注意力完全转向它, 将所有其他事物都从头脑中清除掉, 强化在身体中与在心智中的那种感知, 放大它, 让它生长, 将它着重强调并增强到在自我内在之中有可能最大的比例, 同时抓住中心, 保持一种观察的姿势, 同时性地保持一种参与的姿势, 允许它的对立面开始出现。

Part of the objective being the experience that within the self exists all polarities, both poles or ends or sides are half of the spectrum of distortion. And in this balance one may bring, or rather—we correct this instrument—and this emotional charge balanced between opposite, the self then may perform the primary service and the primary work of the incarnation, and that is to respond to the moment with love.

部分的目标是这样的体验, 在自我内在之中存在有所有的极性, 两个极点, 或者末端, 或者面向, 同时都是扭曲的光谱的一半。在这种平衡中, 一个人可以带来, 或者毋宁说是——我们更正这个器皿——这种情绪上充能在两个对立面之间被平衡之后, 自我接下来就可以执行投生的主要的服务与主要的工作了, 那就是用爱来回应那一刻。

And thus, a balanced response to this moment in your time is one which can open the heart and see the unfolding human drama through the eyes of love. For indeed, the changes which one projects on to this moment in hopes for a different outcome in your government is but a shadow relative to the changes possible—we correct this instrument—the changes made possible by the love of the Creator as it is channeled through the crystalline third density entity.

对于在你们的时间中的这个时刻的一种平衡的回应，是一种能够开放心，并通过爱的眼睛来看到展开的人类的戏剧的回应。因为确实，在一个人希望在你们的政府中有一种不同的结果的时候，它会投射到这一刻的改变，相比有可能的改变，——我们更正这个器皿——有可能被造物者的爱做出的改变，仅仅是一个影子，因为这种改变是通过结晶的第三密度的实体所传送的。

May we ask if there is any further or another question my brother?

我的兄弟，我们可以询问，是否有任何更进一步的问题，或者另一个问题吗？

Jim: Well, actually I have a question on balancing. So, glad you mentioned that. I'm wondering is it necessary to balance strong desires to be of service to others or to do the Father's will? And so, how would that be done?

Jim: 好的，实际上，我有一个关于平衡的问题。因此，很高兴你们提到那一点了。我想要知道，有必要去平衡对服务他人的或者去行使天父的意志的强烈的渴望吗？因此，那要如何被进行呢？

Q'uo: We are those Q'uo and have received your query my brother. Is it necessary to balance a strong desire to do the Father's will and to serve others? This is, as with all things, unique to each entity. For the question may arise out of an imbalance or an overindulgence in the concept of service that neglects some other portion of the being. Perhaps, the imbalance is in the arena of martyrdom, where the service to others is so strong and pure that it leads to the destruction of the self, where the self neglects proper self-care that would be rendered were love balanced with wisdom. Perhaps there is some other over-attention that is paid, which would come into greater clarity through the processes of the self-knowing and accepting the self.

Q'uo: 我们是 Q'uo，我们已经接收到你的问题了，我的兄弟。有必要平衡一种对于行使天父的意志与服务他人的强烈的渴望吗？这一点，如同对于所有的事情一样，是对于每一个实体都是独一无二的。因为问题可能会从在服务的观念中的一种失衡或者一种过度放纵而被产生出来，这种服务的观念会忽略存在的某个其他的部分。也许失衡是在牺牲者的竞技场之中的，在其中服务他人是如此之强有力与纯净，以至于它导向了对自我的毁灭，在其中自我忽略了适当的自我关怀，如果爱是被智慧平衡了的，这种自我关怀就会被提供出来了。也许会有某种其他的过度的关注被付出了，这种过度关注会进通过自我知晓以及接受自我的过程而进入到更大的清晰度之中。

In principle and in general, we would say that the desire to serve and the desire to do the Creator's will is one that is well to nurture and indeed strengthen within the self, for desire, more than manifestation and certainly

more than outcome, is that which you are in this space/time experience to develop. It is the marker of your growth and it is that which will bring to you that which you seek.

原则上且一般性地说, 我们会认为, 去服务的渴望与形式造物者的意志的渴望是一个事物, 在自我内在之中去滋养并确实增强这种渴望是很好的, 因为相比显化物, 肯定地, 相比结果, 渴望更多地是你们在这个空间/时间的体验要去发展的
事物。

We would suggest the refining of this desire, the questioning of the self why it desires, what it desires, what is it truly, that it desires? Are there hidden, perhaps, or unconscious motivations in that desire? Is the desire a form of escape or spiritual bypass, or some non-recognition or non-responsibility within the self? The desire itself at core is true enough, but one finds as one progresses, that pure desires can have trappings along the way: motivations that are perhaps impure or unclear to the self, or ways in which the shadow may mix in with the desire. This is not a negative, shall we say; this is rather part of the refining fires that removes the chaff from the wheat.

我们会建议, 对这种渴望的提炼, 询问自我, 为什么它会渴望, 它渴望什么, 它渴望的事物, 真正是什么? 在那种渴望中会有隐藏着的, 或者也许是无意识的动机吗? 渴望是一种形式的逃避或者灵性的岔路, 或者某种在自我内在之中的不承认, 或者不负责任吗? 渴望其自身, 在其核心之处, 是足够真实的, 但是, 一个人会发现, 随着一个人的发展, 纯粹的渴望能够沿路遇到陷阱: 动机也许对于自我是不纯净的或者是不干净的, 会有途径通过其阴影可以与渴望混合起来。这不是一种, 容我说, 负面性, 这毋宁说是提炼的火焰的一部分, 这种提炼的火焰会将谷壳从麦子中除去。

May we ask if there is a further or other query, my brother?
请问, 是否有一个更进一步的问题或者其他问题, 我的兄弟?

Jim: I just have one more. Could you describe the nature of our being and how it manifests in our third density illusion?

Jim: 我仅仅还有一个问题。你们能够描述我们的存有的属性以及它是如何在我们的第三密度的幻象中显化的吗?

Q'uo: We are those known to you as Q'uo. We thank you, my brother, for this fundamental question. Words are not the province of the realm of being. Only being is the best way to communicate the experience of being. For truly, your most powerful and impactful service in the, not only third density plane, but any plane of existence, is your being. Your being, we can say, is, at its bottommost or ground, one and the same as the infinite One. The same Infinity that became aware and decided to invest itself in an exploration of manyness. Your being, as a seeming individual spark of the Creator, is just slightly removed.

Q'uo: 我们是你们知晓的 Q'uo。我们为这个基础的问题感谢你, 我的兄弟。词语并不属于存在的领域的范围。仅仅只有存在才是交流存在的体验的最佳的方式。因为, 实际上, 不仅仅在第三密度的层面中, 同样也在任何存在性的层面中,

你们最为强有力与有效用的服务，就是你们的存在。你们的存在，我们能够说，就是它的最底部或者地面，是与无限太一是一合一的且相同的。相同的无限性开始察觉到，并决定将它自己投资于一种对众多性 (manyness) 的探索之中。你们的存有，作为造物者的一个看似个体性的火花，仅仅是轻微地移动了。

So to speak from this primordial mystery, in your being is essence, is existing, is light, and is love. In your being is that which exists without reference to other, or activity, or justification, or boundary even; instead, there is an 'I am' quality to your being. I am that I am. It is a quality which, to bring the third density material into contact with it, would purify that material and burn away the shadows of perception of separation. For in beingness there may be the subtle-most distinctions, but there is no separation.

因此，从这个基础性的神秘而言，你们的存在性之中，它就是实质，是存在的，是光，是爱。在你们的存在之中，它是那种无需参照其他事物，或者活动，或者合理化，或者甚至边界而存在的事物，毋宁说，对于你们的存在，会有一个“我是” (I am) 的属性。我是那个我是。它是一种品质，将第三密度的材料与之建立接触，会净化那个材料，并烧掉分离的知觉的阴影。因为在存在性之中，可能会有最为微妙的区分，但是不会有分离。

There is both the all, and the self, and how to manifest this being in the third density? Silence is the key. Abiding and resting, without expectation, without seeking anything other than what is, as it is, in the present moment, is the experience which begins to touch into and manifest being. You are always being, of course, but the thoughts of the conscious mind, with its preoccupation with past and future, lead the attention away, fictional though [past and future] may be, from the beingness of the self.

同时会有全体与自我，如何在第三密度中显化这个存在呢？静默是关键。存在与休息，没有期待，除了寻求其之所是之外，不寻求任何事物，因为在当下一刻之中，其之所是，就是开始接触并显化存在的体验。当然，你一直都是存在，但是，有意识的心智的想法，藉由其对过去与未来的预设观念，会将注意力引到一旁，离开自我的存在性，尽管过去与未来可能是虚构的。

In the silence, therefore, the self is, by witnessing the thoughts, withdrawing the attention from the play of the mind and becoming increasingly conscious of the beingness that is already there, that the self already is. This is a pursuit, if we may use this misnomer, which we commend to all spiritual seekers. For the more conscious one becomes of their being, the more that the accumulated material—the, as this instrument knows through the one known as Ramana Maharshi, samskaras and vasanas— of the conditioned past is brought into the light and integrated or dissolved. And the self is transformed and your world is transformed.

因此，在静默中，藉由见证想法，并从头脑的玩耍中收回注意力，且对于已经在那里的存在性变得越来越更加有意识，自我即是自我已经之所是。这是一种追寻，如果我们可以使用这个词语误用的话，我们向所有灵性寻求者推荐这种追寻。因为一个人对它们的存有变得更加有意识，条件性的过去的被积累起来的材料——如这个器皿通过被知晓为 Ramana Maharshi 的实体知晓的一样，因果报应

(samskaras and vasanas) ——是被带入到光之中，被整合或者被溶解的。自我是被转变了的，你们的世界是被转变了的。

In being, the self is effortlessly radiating the original light of the one Creator, the same light that those of your world yearn for, whether or not (and probably not) they are aware of it. In being is the safe harbor and the home and the point of connection that all beings seek. And in becoming conscious of your own being—which is also another way to say, in clearing the seeming impediments, or that which obscures your own being from your eyes—you are modeling to others their true nature, offering to them a mirror that shows others not so much who you are, though they may pick up on that as well, but more importantly, who it is they are, and the liberation that awaits each self within, beyond time and space and the often seeming imprisonment of the mind. The keys are will and desire, silence, and as ever faith.

在存在中，自我是毫不费力地辐射出太一造物者的原初的光的，相同的光就是你们世界上的人们所渴望的事物，无论它们是否（很可能并没有）察觉到它。在存在中会有安全的港湾，会有家园以及所有存有寻求的那个连接点。在对你自己的存有成为有意识的过程中——同样有另一种表达方式，通过清理表面上的障碍物，或者将你自己自己的存有对你的眼睛遮蔽起来的事物——你是在向其他人示范它们真实的存有，为它们提供一面镜子，**这面镜子会向其他人展现的不是非常多的它们之所是，尽管它们可能同样也会领会那一点，但是更重要的是，它们之所是，以及在内在之中等待着每一个自我的解放，超越时间与空间，以及经常看似心智的监狱的事物。关键是意志与渴望，静默以及持久不变的信心。**

At this time we would leave this instrument with gratitude to this circle. We are those known to you as Q'uo. We transfer this contact to the one known as Jim.

在此刻，我们会带着对这个圈子的感激离开这个器皿。我们是你们知晓的 Q'uo。我们将这个接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. It has been a privilege to work with each instrument this evening. Our expectations were exceeded greatly. We are most happy with the progress that continues to be shown by each new instrument. We commend your fidelity to the practice. At this time, we shall simply take our leave of this group with praise and thanksgiving to the One, and with the suggestion that we are with you, whenever you wish to have your meditations deepened, though we will not speak at that time. So we will be together again in meditation, in channeling and in seeking the One. We leave you now in the love and the light of that one Infinite Creator. Adonai, vasu barragus.

我是 Q'uo，我与这个器皿在一起了。在今晚与每一个器皿一同工作，这已经是一种荣幸了。它是大大地超出了我们的期待的。我们对于每一个新的器皿显现出的那种持续的进步是极其高兴的。我们称赞你们对练习的忠实。在此刻，我们将

单纯地带着对太一的赞美与感恩离开这个团体，我们同时建议，无论你们在什么时候希望加深你们的冥想，我们都是与你们在一起的，尽管我们将不会在那个时候说话。因此，我们现在在太一无限造物者的爱与光中离开你们。Adonai vasu borragus。

February 1, 2020
2020-02-01 行家周期

(Jim channeling)
(Jim 传讯)

Q'uo: I am Q'uo, and am with this instrument. We greet each of you in the love and the light of the One Infinite Creator. It is once again a joy and an honor to be invited to your circle of seeking this afternoon. We always appreciate this group's fidelity to seeking the answers to those questions which are most prominent within their spiritual journeys, for each is most careful and dedicated in this seeking.

Q'uo: 我是 Q'uo, 我与这个器皿在一起了。我们在太一无限造物者的爱与光中向你们各位致意。在这个下午被邀请到你们的寻求的圈子, 它再一次是一种喜悦与一种荣耀。我们一直都很感激这个团体对寻求那些在它们的灵性旅程中是极其凸显的问题的答案的忠实, 因为每一个人在这个寻求中都是极其仔细而投入的。

Before we begin, we would ask our usual favor. And that is that you see us not as ultimate authorities, but as your brothers and sisters, who have traveled somewhat further along the same path which you now travel. If any of our words or concepts do not ring of truth to you, leave them behind without a second thought. This will give us the freedom to speak as we will. We would ask at this time if there is a query with which we may begin.

在我们开始之前, 我们会请求我们通常的恩惠。那就是你们不要将我们视为是权威, 而是视为是你们的那些已经沿着你们现在旅行的相同的道路旅行了一些更远一些的兄弟姐妹们。如果我们的任何的话语或者观念并没有对你们听起来是真实的, 毫不犹豫地将其丢弃掉。这将会给予我们自由去如我们所愿地发言。我们在此刻会询问, 是否有一个我们可以用来开始的问题。

Jan: Yes, I have a question. It has to do with the 18-day cycle of the adept. Ra said, and this is not a quote, at the first nine days of positive, especially four, five, and six, a critical point passing from nine to ten, and 18 to one, and at the nadir, the adept will be the least powerful. I have two questions: number one, what point number would be considered the nadir? [1] And number two, we would like more information on how the 18-day cycle works and how we can use it more beneficially in our spiritual journeys. [2]

Jan: 是的, 我有一个问题。它是与行家的十八天的周期有关的。Ra 说过, 这不是一个引用。前面的九天时间, 尤其是第四、五、六天, 是正面性的, 通过一个从九到十的关键性的位置, 以及从十八到一, 是在最低点, 行家将会是最不强有力的。我有两个问题, 第一, 什么位置的数目会被认为是最低点呢? [1] 第二, 我们想要更多的关于十八天的周期是如何工作, 以及我们如何能够在我们的灵性旅程上更加有益地使用它的信息。 [2]

Q'uo: I am Q'uo, and am aware your query, my sister. The nadir of the 18-day cycle is the low point in the sine wave which signifies the cycling actions of the physical, mental, emotional, and spiritual energies. It is at this point that these

energies are at the least within the cycle. The use of such a cycle of the adept is that it may show certain points within the seeker's path which are more favorable for certain kinds of activity or investigation, the most usual activity, of course, being the spiritual journey and how it is conducted.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。十八天周期的最低点是在表示了身体、心智、情绪与灵性能量周期性的活动的正弦波中的低位。就是在这个位置上, 这些能量是处于周期中的最低处。对这样一个行家周期的使用是, 它可以在寻求者的道路中显现出一定的位置是对于一定类型的活动或者探索是更加有利的, 最为通常的活动, 当然就是灵性的旅程以及它是如何被进行的。

The various waves of the mind, body, spirit, and emotions have their own contributions to make that can be altered according to the pattern of their streamings into the adept or the seeker of truth. The path that is traveled by such a seeker is often littered with debris of doubt and confusion, and makes it somewhat of a challenge on occasion to decide what path to take, if one is at a critical point in one's own spiritual journey that one is consciously aware of. We would suggest that the information that can be gleaned from this adept's cycle is useful to those entities which are attempting to utilize their catalyst on a daily basis, so that they may have a greater understanding of what types of lessons they are attempting to learn.

心智、身体、灵性与情绪的各种各样的波动, 拥有它们自己的要做出的贡献, 这些贡献能够根据它们流入到行家或者真理的寻求者的模式而被改变。被这样的寻求者旅行的道路经常是不布满了疑惑与混淆的碎片, 如果一个人是处于它自己的灵性旅程上的一个它有意识地察觉到关键的位置上的, 这会使得要决定要走什么道路, 时不时地会是多少有些挑战的一个事情。我们会建议, 能够从这个行家周期中被收集到的信息对于那些正在尝试去用一种日常的方式利用它们的催化剂的实体是有好处的, 这样, 它们就可以对它们正在尝试去学习的是什么类型课程拥有一种更大的理解了。

Mastering the catalyst, shall we say, or being able to process those types of experiences which may have some disharmony, doubt, confusion, and so forth is necessary in order to be able to gain experience that may be used in the future from similar situations. When one is able to do this, it is not so necessary that one consult such biorhythms as the cycle of the adept, for this cycling expression of internal energies is that which has as its fundamental premise the similarity of most seekers of truth, that is, that there is still a great deal of the catalyst that is unprocessed or unknown. When that is the case, such a cycle is helpful in allowing the seeker to begin to determine when the most favorable times for certain workings or processes or current projects, you may say, are most likely to succeed. When the catalyst has been mostly understood, shall we say, there is not the need then to rely upon the charted patterns of the cycle of the adept. Is there a further query my sister?

为了能够取得可以在未来对于类似的情况被使用的催化剂, 容我们说, 掌握催化剂, 或者能够处理那些类型的可能拥有某种不和谐、疑虑、混淆以及如此等等的体验是需要的。当一个人能够这样做的时候, 它向诸如行家周期之内的生物韵律请教, 这并不是如此之有必要, 因为这种内在能量的周期性的表达, 作为其基础

前提条件, 是拥有大多数真理的寻求者的相似性。当情况是那样子的時候, 这样一个周期在允许寻求者开始确定, 什么时间对于一定的工作、或者过程、或者当前的计划是有利的时间, 你们可以说是, 极其有可能成功的时间的方面, 是有帮助的。当催化剂已经被, 容我们说, 大部分被理解了的时候, 就不再有需要去依赖于行家周期的图表了。我的姐妹, 有一个更进一步的问题吗?

Jan: No thank you Q'uo. That's very nice.

Jan: 没有了, 感谢你们, Q'uo, 那是非常好的。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Austin: I've got one Q'uo. I asked a little bit about this recently, but to explore it from a different angle, can you talk about the metaphysical origins and implications of depression and anxiety, and about how a seeker might utilize these experiences for their growth and opening the heart?

Austin: 我有一个问题, Q'uo。我最近关于这个问题询问过一点点, 但是我想要从一个不同的角度探索它, 你们能够谈谈抑郁与焦虑在关于一个寻求者可以如何利用这些体验来实现它们的成长与对心的开放的方面的形而上学的源头与含义吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. The mental and emotional conditions that you have described as depression and anxiety have a connection, in that there is the dimmer outlook, shall we say, due to inner and outer events within the seeker's realm of experience, due to a history, shall we say, of certain kinds of experience that go awry, perhaps upon a seasonal basis. It may be assumed, then, that there is a kind of momentum of indecision or difficulty which has accompanied these experiences.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。你已经描述为抑郁与焦虑的心智与情绪的状况, 因为会有暗淡的人生观, 而会与在寻求者的体验的领域中的内部和外部的的事件, 与一定类型的出错了的体验的, 容我们说, 一种历史拥有一种关联, 这些体验也许是用一种季节性的方式出现的。接下来, 可以被假设的事情是, 会有一种类型的已经伴随着这些体验的无决断力或者困难的惯性。

When the experience of the seeker is led by the inspiration to investigate further into the causes of such experience, the experiences tend in the beginning to intensify in order to give the seeker a more magnified image of the situation. When the seeker begins to investigate in a more intensive manner, after this magnification of experience is noted, then there is the possibility that the anxiety that accompanies this process of dealing with difficulties that go awry might be enhanced by the continued processing of a catalyst that has gone awry.

当寻求者的体验是被启发所引导去更进一步地探索这样的体验的缘故的时候, 体验会倾向于在开始的时候就增强, 以便于给予寻求者一种对情况的更加扩大性的形象。当寻求者, 在这种对体验的放大作用被注意到之后, 开始用一种更加强烈

的方式探索的时候，就会有可能性，伴随着这个与出错了的困难打交道的过程的焦虑，是可以藉由对一个已经出错了的催化剂的持续不断的处理而被增强的。

There is also the suggestion by many who have had these experiences that it is well to engage in the meditative state when processing the catalyst that is associated with the depression or the anxiety. Within the meditative state, oftentimes, there are various levels or layers to the anxiety and to the depression that results when the anxiety's fear is borne out. The levels of experience then can be seen more clearly and felt or apprehended more profoundly within the meditative state. There is the assistance available within the meditative state of the subconscious mind that can reveal to the seeker many aspects of the depression and anxiety that have been hidden from the seeker thus far.

很多已经拥有过这些体验的实体同样也会建议，在处理与抑郁或者焦虑联系在一起的催化剂的时候，参与到冥想状态之中是很好的。在冥想状态中，在对焦虑的恐惧被印证了的时候，时常会有各种各样的焦虑与抑郁的层次或者分层会产生出来。体验接下来就能够在冥想状态中更加清晰地被看到与被感觉到，或者更加深入地被领会。在潜意识心智的冥想状态中，会有可供取得的帮助是能够向寻求者揭露很多抑郁与焦虑的面向的，这些面向迄今为止是已经对寻求者隐藏起来的。

When the meditative state is utilized, it is often well to offer a prayer, shall we say, within that meditative state that other entities that are associated with the seeker, such as the higher self or guides, be available for inspiration or information that can point a direction to the seeker, whose heart is pleading for that which it desires to know and to be more and more of the One Infinite Creator—for each of us, as seekers of truth, contain the Creator within, and each of us have/has the ability to reveal more and more of that Creator as we process this catalyst that is so rampant upon your third-density illusion at this time.

当冥想状态被利用的时候，在那个冥想状态中去提供一次，容我说，祈祷，这经常是很好的，这样那些与寻求者联系在一起的其他实体，诸如高我或者指导灵，就可供启发或者信息所用了，这些启发或者信息能够向寻求者指出一个方向，寻求者的心是在恳求它渴望去知晓的事物，并越来越多地成为太一无限造物者——因为我们每一个实体，和真理的寻求者一样，都在内在之中包含了造物者，我们每一个实体，随着我们处理这种在你们的第三密度幻象中在此刻是如此泛滥的催化剂，都拥有能力去揭露越来越多的属于那个造物者的事物。

This catalyst, whether it be depression, or anxiety, or trauma, or difficulty of any kind whatsoever is intense, because the intensity is a means by which the nature of the spiritual journey can be revealed to one who goes forward fearlessly into the fray of its own perceptions of depression, anxiety, jealousy, anger, and so forth. These forays into catalyst then are the movement of the seeker along the path of truth. For this third-density illusion has within it the potential to release the greater and greater apprehensions of the One Creator that exists within each seeker of truth. At each energy center there is a reflection of types of catalyst that the seeker may utilize to move forward

along the energy centers or chakras. Thus, it is suggested that the catalyst of anxiety and depression be located by the seeker in their correct position according to the seeker's estimation, so that there can be an activity there in meditation that attempts to allow an expansion of the apprehension or perception of what is occurring in the seeker's life at any particular moment.

这个催化剂，无论它是抑郁，还是焦虑，还是创伤，或者是无论什么任何任何类型的困难，都是强烈的，因为强度就是灵性的旅程的属性藉由其能够向一个无惧地前进进入到属于它自己的对抑郁、焦虑、嫉妒、愤怒以及如此等等的知觉的争论之中的实体揭露出来的途径了。这些对催化剂的袭击，接下来就是寻求者沿着真理的道路的运动了。因为这个第三密度的幻象在其内在之中拥有潜能去释放对存在于每一个真理的寻求者的内在之中的太一造物者的越来越大的领悟。在每一个能量中心中，会有一种对催化剂的类型的映射，这样对寻求者可以使用催化剂来沿着能量中心或者脉轮向上移动了。因此，会被建议的事情是，焦虑与抑郁的催化剂被寻求者根据它们的评估而定位在它们正确的位置中，这样就会有一种在冥想中的活动，它会尝试去允许对于在任何特定的时刻在寻求者的生命中正在发生的事情的感受或者知觉的一种拓展了。

Is there a further query my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes, thank you very much. That was very good. You were talking about the energy centers, and I was wondering if there's typical correlation to any particular energy center (or centers) in depression and anxiety, or if is individual to each person.

Austin: 是的，非常感谢你们。那是非常好的。你们刚才谈论了能量中心，我想知道，在抑郁或者焦虑中，是否有与任何特定的能量中心（或者多个能量中心）典型性的关联，或者是否它对于每一个人都是个体性的呢？

Q'uo: I am Q'uo, and am aware of your query, my brother. The energy centers that are most often associated for most seekers of truth with these qualities of depression and anxiety are the energy centers of the orange, yellow, green, and blue. For there may be interactions between these centers according to the seeker's ability to process its catalyst. As the catalyst of anxiety and depression is processed, the processing moves higher into those energy centers which then await a new perspective, shall we say, so that the seeker may view the experience of depression and anxiety from a, shall we say, higher point of view or overview. The movement higher then gives the seeker the opportunity to expand its understanding of the cause, the nature, the expression, and the opportunity that these experiences provided for spiritual growth.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。对于大多数的真理的寻求者，最为经常地与这些抑郁与焦虑的特性联系在一起的能量中心，是橙色、黄色、绿色与蓝色的能量中心。因为根据寻求者处理它的催化剂的能力，可能会有在这些中心之间的相互作用。当焦虑与抑郁的催化剂被处理，且处理进入到那些更高的能量中心之中的时候，那些能量中心接下来就会等待着一种新的，容我们说，观点，这样，寻求者就可以从一个，容我们说，更高的视角或者概观来观察抑郁

与焦虑的体验了。更高的运动接下来会给予寻求者机会去拓展它对这些体验为灵性成长提供的原因、属性、表达与机会的理解。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you very much.
Austin: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Anna: I have one Q'uo. What is the best way to utilize dreams that are very intense in our spiritual life? I recently had a dream that was really intense and I feel like it's trying to tell me something, but I'm not sure the best way to interpret it or understand how it should help me.

Anna: 我有一个问题，Q'uo。在我们的灵性生命中会有一些非常强烈的梦境，利用这些梦境的最佳的方式是什么呢？我最近做了一个真的很强烈的梦，我感觉到好像它正在尝试告诉我某个事情，但是我并不确信，去最佳地解释它，或者理解它将会如何帮助我的最佳方式是什么。

Q'uo: I am Q'uo, and am aware of your query, my sister. In general, the utilization of the dream state is one which is most helpful upon a regular basis, so that the seeker begins to develop a certain kind of vocabulary for its dream images. This allows then a more accurate interpretation of dreams in the long run.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。一般来说，用一种有规律的方式对梦境状态的利用是一个极其有帮助的事情，这样寻求者就会开始为它的梦境形象发展一定类型的词汇表了。这会接下来，从长远的方面来看，允许对梦境的一种更加准确的解释了。

However, if you are utilizing one dream and only one dream at this time, we would recommend that you utilize the meditative state, so that you may relive the dream in the meditative state. Then, having relived the dream, look within yourself, to see if there is resonance with any portion of the dream to any part of your being, to any part of your spiritual journey, to any thoughts that you are thinking, to any feelings that you have felt, to any difficulties you have experienced. Then assign the meaning to each portion of the dream so that there may be a picture presented that is much like unto a puzzle. This will hopefully allow you to see the overall message of the dream. However, we recommend that such a dream that has made a strong impression upon your mind may also be a dream which is symbolic of other levels of your experience at a later time. Thus, we would recommend that you begin a dream journal, so that you record each dream that makes such an impression upon you with the hopes of seeing correlations and progressions in your own

seeking of truth.

然而，如果你在此刻利用一个梦境且仅仅只有一个梦境，我们会建议，你利用冥想状态，这样你就可以在冥想状态中让梦境重现了。在让梦境重现之后，接下来，在你自己内在之中观察，看看是否梦境有任何部分会与你的存有的任何部分，与你的灵性旅程的任何部分，与你正在思考的任何的想法，你已经感觉到的任何的感觉，你已经体验到的任何的困难，是有任何的共鸣的。将意义分配给梦境的每一个部分，这样就可能会有一个图像被呈现出现，它非常类似于一个拼图。这个拼图将有希望允许你看到梦境的全部的信息。然而，我们建议，这样一个已经在你的心智中留下了一个强有力的印象的梦境，是一个对你在一个之后的时间的体验的其他层次的象征物。因此，我们会建议你开始记录一个梦境日记，这样你就会记录每一个对你产生了一个印象的梦境，并希望看到在你自己对真理的寻求中的关联性与进展了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Anna: No, thank you very much.

Anna: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你。在此刻有另一个问题吗？

Nancy: I have a query, Q'uo. Is there a way that Ra and other sixth-density beings show themselves, appear, to those on the third density and lower fourth density, or is it individual to each?

Nancy: 我有一个问题，Q'uo。有一种方法让 Ra 以及其他第六密度的存有对那些在第三密度上或者在较低的第四密度上的实体显现它们自己，或者出现吗，或者它对于每一个实体是个人性的吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. Those of the social memory complex known as Ra have most frequently communicated with entities upon this planetary sphere through the dream state. They are always available for being invited to join in the dream state, for they are members of the Confederation of Planets in the Service of the One Infinite Creator, and this is a service which each of us within this Confederation are happy to provide, if requested. The one experiencing the dream however, is not always aware of the name or identity of the entities that are giving the dream experience. This is not a salient feature for their service. However, if there is a desire on the part of entities to request certain Confederation entities contact them within the dream state, this will be done.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。那些属于被知晓为 Ra 的社会记忆复合体，极其频繁地通过梦境状态与在这个星球上的实体进行沟通交流。它们一直都可取得，以被邀请加入到梦境状态中，因为它们是服务于太一无限造物者的星际联邦的成员，这是一种在这个星际联邦中的我们每一个成员都很高兴提供的服务，如果它被请求的话。然而，一个正在体验到梦境的人，并不是一都会察觉到正在给予梦境体验的实体的名字或者身份的。这不是它们的服务

的一个显著的属性。然而，如果在实体的部分上会有一种渴望请求一定的星际联邦的实体在梦境中接触它们，这将会被完成。

There is also the signal to each individual entity that has developed a relationship with those of the social memory complex of Ra that may be noted from time to time when certain images, such as for this group, the hawk appears within the vision of the eye. Oftentimes this would signify a message that suggested the action that was being thought of or contemplated was the correct action to take. Each individual seeker, however, if it is able to develop a relationship with any of the Confederation of Planet entities, will be able to develop such a recognition of such sigils or images.

对于每一个已经与那些属于 Ra 的社会记忆复合体的实体发展了一种关系的实体，同样也会有信号是可以时不时地在一定的形象出现在眼睛的视野中的时候被注意到，诸如对于这个团体，鹰的图像。这时常会是表示一个信息，它会建议正在被思考或者沉思的行动是要去采用的正确的行动。然而，每一个个体的寻求者，如果它能够发展出与星际联邦的任何实体的一种关系，它将会能够发展出对这样的符号或者形象的这样一种认识。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

Nancy: No, thank you.

Nancy: 没有了，感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻会有一个问题吗？

Austin: I have some, if nobody else has any. We have one that comes from John. He said:

Austin: 我有一些问题，如果没有任何其他人在任何问题的话。我们拥有一个来自于 John 的问题。他说：

"I read this quote in the Law of One from session 55 [55.7] and it really struck a chord with me. The quote is: 'Things come not to those positively oriented, but through such beings.' I've thought about it quite a bit, and think I understand it to mean that for the positively oriented being it's not your will which is being exercised in accomplishing the work you set out to do. Rather, it is the divine will. Thus, things come through you. That is, you become a channel for the divine. I wonder if I'm on the right track with that line of reasoning.

“我在一的法则的第五十五场集会读到这个引文，它真的击中了我的心弦了。这个引文是，‘事物不会发生在那些正面导向的实体身上，而是通过这样的存有而发生。’我已经对它进行了相当多的思考，我认为我理解它的意思是，对于正面性导向的存有，在完成你着手进行的工作的过程中，不是你的意志在被行使。毋宁说，它是神圣意志。因此，事情是通过你发生的。也就是说，你成为了神圣的

一个管道。我想知道，对于那条推理的线路，我是否处于正确的轨道上。”

Q'uo: I am Q'uo, and am aware of the query and its correct assumption. We have no further words to say to a perfect explanation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 它是正确的假设。我们对一个完美的解释是没有更多要说的话的。

Austin: Thank you Q'uo.

Austin: 谢谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: We have another one from Senan, who writes:

Austin: 我们拥有另一个来自于 Senan 的问题, 它写道:

'I would firstly like to express my admiration and respect of the Confederation and all groups therein. I've read many of your answers on questions asked by cherished members of L/L Research and other seekers, and I would like to sincerely thank you for all your work and the love and the light of the One Creator that you bring to earth. It's an honor to hear your response to something important to me.

我真的想要表达我对星际联邦以及所有在其中的团体的赞赏与尊敬。我已经读过了很多你们对由挚爱的爱/光研究机构的成员以及其他寻求者询问的问题的回来了, 我想要真诚地为所有你们的工作, 以及你们带到地球的太一造物者的爱光而感谢你们, 听到你们对某个对我是重要的事情的反应是一种荣耀。

I have an idea regarding my purpose, but I feel like I'm walking the path of faith and don't know if I'm on the right track. Can you clarify my purpose, as much as you can guide me on what I can do to initiate it and accomplish it in a way that will not only benefit me, but others as well? Thank you!

我有一个关于我的目的的观点, 但是我感觉就好像我正在走信心的道路, 我不知道是否我是在正确的轨道上。你们能够澄清我的目的, 并在关于我能够做什么事情来启动它, 并用一种将不仅仅会对我有益处, 同样也对其他人有益处的方式来完成它的方面给予你们能够给予我的指引吗? 谢谢你们。'

Q'uo: I am Q'uo, and am aware of the query, my brother. We find in this instance that we are being asked to give personal information as to what an entity should do. This we see as an infringement upon free will. However, we can make general suggestions as to what any seeker can do who is wondering about how to pursue its own spiritual path.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们发现, 在这个方面, 我们正在被请求在关于一个实体应该做什么事情的方面给予个人性的信息。我们将此视为是一种对自由意志的侵犯。然而, 如果任何寻求者想要知道关于它自己的灵性道路, 我们能够在关于这样的寻求者能够做什么事情的方面给予一般性的

建议。

We would suggest first of all that meditation become a foundation stone with any seeker's spiritual journey. This is the way of being able to contact some portion of the One Infinite Creator that resides in each entity, within each seeker, within each portion of the Infinite Creation. With this contact made, whether it is intellectually, emotionally, or spiritually apprehended or not, is relatively unimportant. What is important is that the attempt is made.

我们会首先建议，冥想成为任何的寻求者的灵性旅程的一块基石。这是接触存在于每一个实体内在之中，每一个寻求者内在之中，无限造物的每一个部分之中的某个属于太一无限造物者的部分的方式。在这种接触被建立的情况下，无论它是否是智力性地，情绪性地，还是灵性地被感知的，这是不重要的。重要的事情是尝试被做出了。

The response will be made by the Creator in some fashion that will affect the seeker of truth. Then we would recommend that the seeker, within the contemplative state, determine what, within its own realm of experience, is the path it wishes to follow in attempting to polarize in the positive sense, that is, of being service to others. This determination will then bring to the seeker various and sundry people, places, situations, and experiences. Each of these will provide a great deal of what you call catalyst: the opportunity to grow. The processing of catalyst then may also be done within the meditative state.

回应将会用某种将会影响真理的寻求者的方式由造物者做出。接下来，我们会推荐，寻求者，在沉思性的状态中，确定，在它自己的体验的领域中，什么是它希望在尝试在正面性的意义上极化的过程中，也就是说，在服务他人的过程中，去跟随的道路。这个决定将会接下来将寻求者带到各种各样的人、地方、情况与体验。每一个都将会提供大量你们称之为催化剂的事物：成长的机会。对催化剂的处理接下来就同样可以在冥想状态中被进行了。

When the seeker discovers any type of catalyst of a traumatic nature, of a disharmonious nature, of a questionable nature of any type of experience, then, we would recommend that this experience be taken into the meditative state, so that it may be examined to see what the potentials are for growth. Was there a failing on the part of the seeker? Was there a misperception? Was the desire pure?

当寻求者发现了任何类型的具有一种创伤的属性，具有一种不和谐的属性，属于任何类型的体验的具有一种有疑问的属性的催化剂，接下来，我们会建议这个体验被带入到冥想状态中，这样，它就可以被检查以看到，什么事物是具有成长的潜力的。在寻求者的部分上会有一种失败吗？会有一种错误观念吗？渴望是纯净的吗？

There are many other questions that may be asked by each seeker. For each seeker is unique, and each journey unique as well. Thus, each seeker may determine its path and how to pursue that path within the conscious state of the everyday round of activities. And then at the end of the day, in the meditative state, examining the experiences of the day to see what growth

was brought to the seeker by these experiences. Each seeker has preincarnatively programmed a vast realm of potential experiences that can teach a handful of lessons, shall we say. The subconscious mind is well aware of these lessons that have been programmed for the incarnation. The seeker, in the meditative state, can receive hints and clues from the subconscious mind, whether in dreams, in meditation, or in inspirations during the day to help unravel the mystery of one situation or another. Thus, this is a general type of program of increasing the faith in the process of growth so that the seeker may see that it contains all the experience that it will need to achieve its preincarnative goals within itself.

会有很多其他的问题是可能会被每一个寻求者询问的。因为每一个寻求者都是独一无二的，每一条旅程同样也是独一无二的。因此，每一个寻求者都可以决定它的道路以及如何在日常生活的活动的有意识的状态中追寻那条道路。接下来，在一天结束的时候，在冥想状态中，检查那一天的体验，以看到，被这些体验带给寻求者的成长是什么。每一个寻求者在投生前都规划好了一个巨大的潜在的体验的范围，这些体验能够教导，容我说，一大把的课程。潜意识的心智是清楚地知晓这些已经为投生规划好的课程的。在冥想状态中，寻求者能够接收到来自于潜意识心智的提示与线索，无论是在梦境中，在冥想状态中，或者在一天期间的灵感中，以帮助揭露这样或者那样一个情况的神秘。因此，这是在成长的过程中增强信心的一种通常类型的程序，这样，寻求者就可以看到，它在它自己内在之中包含有所有的它为了取得它投生前的目标所需要的体验。

Is there a further query my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you Q'uo.
Austin: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you. Is there a final query at this time?
Q'uo: 我是Q'uo，我们感谢你。在此刻有一个最后的问题吗？

Austin: I've got one final one. You mentioned earlier in a response the aid of various guides that we might have in other realms, and I was wondering if you could talk about different ways that we might be able to connect with those guides and receive their guidance.

Austin: 我有一个最后的问题。你们之前在一个回答中提到我们在其他领域中可能拥有的各种各样的指导灵，我想知道，是否你们能够谈谈我们可能能够与那些指导灵连接并接收到它们的指引的不同的方式。

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, we refer to the standard, the favorite of the Confederation of Planets in the Service of the One Infinite Creator. And that, of course, is meditation. In the meditative state, one may open oneself to assistance from any guide or higher self, or even the mind/body/spirit complex totality. If the desire is strong enough within the seeker, such contact can be made in a direct fashion in the meditative state. The dream state is also quite helpful for the seeker to ask for such assistance.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。再一次, 我们会提及服务于太一无限造物者的星际联邦的标准与偏好。当然, 那就是冥想。在冥想状态中, 一个人可以让它自己向着来自任何指导灵或者高我, 或者甚至是心/身/灵复合体全体的协助开放。如果渴望在寻求者内在之中是足够强有力的, 这样的接触会在冥想状态中用一种直接的方式被建立。梦境状态对于寻求者请求这样的帮助同样也是相当有帮助的。

The technique most helpful, we believe, is to, as you are retiring for the evening, make what you may call a prayer to your guides or higher self or whomever you seek assistance from, to reveal unto you information for a certain situation that is of priority to you at that time. Then, keep by your bedside the tablet and pencil so that you may write down the dreams as soon as you awaken. Or if you wish, you may utilize the flashlight that is dim enough not to awaken one completely to be able to record the dream in the middle of the night after the dream has been completed.

极其有帮助的技巧, 我们相信就是, 在你们在晚上休息的时候, 向你们的指导灵、或者高我、或者无论什么你们向其寻求帮助的真实体, 进行你们称之为一次祈祷的事物, 来为了一定的在此刻对于你是具有优先级的情况向你揭露信息。接下来, 将笔记本和铅笔反放在你的床边, 这样你就可以在你一醒过来就记下梦境了。或者如果你希望的话, 你可以利用足够暗淡的手电筒, 不完全唤醒一个人, 而又能够在半夜, 在梦境已经被完成之后, 记录梦境。

One may also utilize the pendulum to get simple yes/no responses from guides or the higher self. This requires, of course, the practice with the pendulum in order to be able to determine what the yes would be for you and what the no would be for you. There is also the possibility that as you sit in contemplation at the beginning of the day, or at the end of the day, or at any time during the day that you have time to relax, that in the contemplative state you open yourself to such requests to your guides, so that an inspiration perhaps might be funneled to you through your own mental capacities.

一个人同样也可以利用重锤来从指导灵或者高我来得到简单的是/否的回应。当然, 这需要用重锤来进行练习, 以便于能够确定, 什么事情对于你是肯定, 什么事情对于你是否否定。同样也有可能, 当你在一天开始的时候, 或者在一天结束的时候, 或者在那一天期间的任何你拥有时间来放松的时刻在冥想中静坐的时候, 在冥想状态中, 你让你自己向着对你的指导灵的这样的请求开放, 这样启发就可能通过你自己的心智的能力被灌注到你身上了。

There is also the technique of writing, which is sometimes utilized to make a similar kind of communication, where you write upon a page the question that you ask, then, as you feel a response in your mind, you write or channel that response onto the paper. Oftentimes, this is described as automatic writing, but in this instance, this is a response to a specific query, not simply writing which takes an energy upon itself to begin.

同样也会有写作的技巧, 它有时候会被利用, 以进行一种类似类型的交流, 在其中你在一张纸上写下你询问的问题, 接下来, 当你在你的心智中感觉到一个回应的时候, 你在纸上写下或者传讯那个回应。时常, 这是被描述为自动书写的, 但

是，在这种情况下，这是对一个具体问题的一个回应，而不是简单地书写，书写会需要它自己身上的一种能量来开始。

At this time, we shall take our leave of this instrument and this group. We thank each once again for inviting our presence this day. You all are our idols; you are our most high esteemed friends and spiritual journeymen and women. We are so glad to be with you. We learn from you as we teach to you. We are known to you as those of Q'uo. We leave you now in the love and the light of the One Infinite Creator Adonai, vasu borragus.

在此刻，我们将离开这个器皿和这个团体，我们再一次感谢每一位邀请我们今天出席。你们全都是我们的偶像，你们是我们极其受尊敬的朋友与灵性的旅程的男女。我们如此高兴与你们在一起。在我们教导你们的时候，我们从你们身上学习了。我们是你们知晓的 Q'uo。我们在太一无限造物者的爱与光中离开你们。
Adonai vasu borragus.

[1] 64.10 – Ra: The spiritual or adept's cycle is an eighteen-day cycle and operates with the qualities of the sine wave. Thus there are a few excellent days on the positive side of the curve, that being the first nine days of the cycle — precisely the fourth, the fifth, and the sixth — when workings are most appropriately undertaken, given that the entity is still without total conscious control of its mind/body/spirit distortion/reality.

灵性的周期或者行家的周期是一个十八天的周期，并皆有正弦曲线的特性而起作用。因此，会有一些在曲线的正面的面向上的一些优秀的日子，那是周期的前九天——精确地说，是第四天，第五天和第六天——在那个时期期间工作是极其适合于被进行的，假设实体仍旧对于它的心/身/灵的扭曲/实相没有拥有完全有意识的控制。

The most interesting portion of this information, like that of each cycle, is the noting of the critical point wherein passing from the ninth to the tenth and from the eighteenth to the first days the adept will experience some difficulty especially when there is a transition occurring in another cycle at the same time. At the nadir of each cycle the adept will be at its least powerful but will not be open to difficulties in nearly the degree that it experiences at critical times.

这个信息最有趣的部分是，就好像每一个周期的那个部分一样，是对于从第九天进入第十天的那个关键点注意，将会体验到某种困难，尤其是当在相同的时间在另一个周期中有一个转换正在发生的时候。在每一个周期的最低点，行家将会处于它最不强有力的时刻，但将不会用与它在关键时刻体验到的程度近似的程度向着困难开放。

[2] A tool to help chart the adept cycle based on day of birth can be found here: <https://bring4th.org/biorhythms/>

[2] 一个帮助基于出生日期绘制行家周期的图表的工具可以在这里找到：
<https://bring4th.org/biorhythms/>

February 8, 2020
2020-02-08 宇宙能量波

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. We thank each of you for inviting our presence in your circle of seeking this afternoon. This is a great privilege for us, for it is our way of being of service to others and thereby progressing further along our own spiritual path. Thus together, we walk the same path. We would ask our usual favor of you, that is, that you take the words and concepts which we offer to you in response to your queries and use them in whatever fashion has meaning for you. If any do not have meaning, set them aside without a second thought. This then frees us to speak as we will, and share more of that love and light of the One Creator that shines within us all this day. Is there a query with which we may begin?

我是 Q'uo, 我在此刻与这个器皿在一起了。我们在爱与光中向你们每一位致意。我们为你们在这个下午邀请我们出席你们的寻求的圈子而感谢你们每一位。这对于我们是一种巨大的荣幸, 因为它就是我们服务他人, 并由此在我们自己的灵性道路上更进一步地发展的方式了。因此, 我们是一起走在相同的道路上的。我们会向你们请求我们通常的恩惠, 那就是在你们使用我们在回应你们的问题的过程中提供的话语与观念的时候, 请用无论什么对你们有意义的方式来使用它们。如果任何的内容是没有意义的, 请毫不犹豫地将其放在一旁。这接下来就会让我们拥有自由去如我们所愿地发言, 并分享更多的在这个日子在我们全体内在之中闪耀的太一造物者的爱与光。有一个我们可以用来开始的问题吗?

Lynn: Q'uo, there was a common theme in our discussion before this channeling about a sort of convergence of energy, and that we're all noticing spiritual capabilities and powers that seem more available than they were before. Could you perhaps comment on the nature of this sudden increase in energy?

Lynn: Q'uo, 在这次传讯之前在我们讨论中有一个共同的主题, 它是关于一种类型的能量汇聚的, 我们全都注意到看起来似乎比我们之前要更加可供利用的灵性的能力与力量。你们也许能够对这种在能量中的突然的增加的属性进行评论?

Q'uo: I am Q'uo, and am aware of your query, my sister. The cosmic energies of the fourth-density vibrations continue to stream towards your planetary sphere in a manner which may be seen as waves, shall we say, almost as if they were waves upon the beach. When a certain wave crashes upon the shore, it brings with it certain opportunities that those who are open to such opportunities may take advantage of.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。第四密度的振动的宇宙能量在继续用一种可以被视为是, 容我们说, 波浪的方式, 朝向你们的星球流动, 几乎就好像它们是在海滩上的波浪一样。当一定的波浪冲击海岸的时候, 它会在它身上带来一定的机会, 那些向这样的机会开放的实体就可以利用这些机会了。

As the progressive crashing of the waves upon the shore continues, there is an increasing opportunity to move to those energy centers within each seeker of truth—we should say, conscious seeker of truth—that have need of being more activated and energized so that they are functioning in a more full and bright manner.

随着波浪对海岸的递增的冲击的继续, 会有一种增强的机会去在将这些能量移动到每一个真理的寻求者——我们应该说, 有意识的真理的寻求者——内在之中的那些拥有更多地被激活与被充能的能量中心, 这样它们就能够用一种更加完整与明亮的方式运转了。

These waves of cosmic streamings, then, are a kind of intensification or magnifier of the potential that awaits within each conscious seeker of truth, so that as the waves hit the centers of energy, they begin to intensify the potential that was preincarnatively programmed within each energy center. This potential is the framework for the preincarnative choices of lessons to be learned.

这些宇宙的能量流的波浪, 接下来, 就是对在每一个真理的有意识的寻求者内在之中的潜能的一种类型增强物或者放大器了, 这样, 当波浪击中能量中心的时候, 它们就会开始增强在投生前在每一个能量中心中被规划好的潜能。这种潜能就是投生前对要被学习的课程的选择的框架了。

For many, there is a great similarity in what is occurring, for there are very basic lessons that are necessary to be able to utilize upon your third-density planet. The interrelationships of the orange ray, of one to one personal relationships, is that which is the beginning of the expansion of the intelligent energy that moves through the red ray up to the orange ray. The group energies of the yellow ray, then, are next in line for activation when the time is right for the seeker and when the appropriate energies have been set in motion in its own life pattern. This unique configuration for each seeker is then aided by the crashing of the waves upon the shore of the entity's consciousness.

对于很多人, 在正在发生什么事情的方面会有一种巨大的相似性, 因为会有非常基础的课程是需要能够在你们的第三密度的星球上利用的。橙色光芒的人际关系, 即一对一的个人性的关系, 就是从红色光芒向上移动通过橙色光芒的智能能量的拓展的开始。当时间对寻求者是合适的时候, 当适当的能量已经在它自己的生命模式中被启动的时候, 黄色光芒的团体能量, 是在队列中下一个要激活的光芒了。这种对于每一个寻求者是独一无二的配置, 接下来就会被冲击在实体的意识的海岸上的波浪所帮助了。

There is also the target, shall we say, of this third-density illusion in the green-ray energy center, the activation of the heart, so that unconditional love and compassion may be released. And the entity then is what you may call harvestable, or able to be a candidate for moving into the fourth density of love and compassion.

同样也会有第三密度的幻象在绿色光芒能量中心中的, 容我们说, 目标, 即对心

的激活，这样无条件的爱与同情心就可以被释放。实体接下来就是你们可以称之为可收割的，或者能够成为进入到爱与理解的第四密度的一个候选者的实体了

These energies from the, shall we say, distant stars, are a combination of the universal intelligent energy that is omnipresent and yet which, at some point in what you would call time, takes a direction, so that according to the clock-like face of the galactic spiral, there is the sending of these energies to the correct location that will aid all seekers of truth who are ready for such aid. 这些来自，容我说，遥远的恒星的能量，是对无所不在的宇宙的智能能量的一种混合物，而在你们称之为时间的事物中的某个位置，它会拥有一个方向，这样，根据星系的螺旋的时钟一样的表面，就会有这些能量向正确的位置的发送，它们将帮助所有为这样的帮助做好准备的真理的寻求者。

Those who are not ready and who are not conscious seekers may find difficulties within their life patterns occurring if they are not able to defend themselves, either consciously or subconsciously, from such crashing of waves of intelligent energy upon their shore of consciousness. Thus, these experiences that each seeker has that are in common within many other seekers have a unique flavor for each seeker. For though all may learn the same types of lessons, each learns the lesson in a personal and unique fashion. For each of you is like a snowflake. Unique to yourself, and like no other.

那些没有准备好且并不是有意识的寻求者的实体，如果它们无法对智能能量在它们的意识的海岸上的这样的冲击，要么是有意识，要么是无意识地，进行自我防守，它们可能会发现在它们的生命模式中有困难正在出现了。因此，每一个寻求者拥有的这些体验与很多其他的寻求者是共同的，这些体验对每一个寻求者都会拥有一种独一无二的风味。因为尽管所有实体都可以学习相同类型的课程，每一个实体都是用一种个人的且独一无二的方式学习课程的。因为你们每一个人都好像一朵雪花一样，它对于你自己是独一无二的，与任何其他都不会是相似的。

Is there a further the query, my sister?
我的姐妹，有一个更进一步的问题吗？

Lynn: No, that was very thorough, Q'uo. Thank you.
Lynn: 没有了，那是非常全面的。Q'uo，感谢你们。

Q'uo: I am Q'uo, and we thank you my sister. Is there another query at this time?
Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Kathy: Yes, I have one Q'uo. And it is somewhat of a follow-up to the question just asked, and concerns the waves of intelligent energy instreaming and touching upon our individual and group consciousness. And if you could comment on how these instreamings of intelligent energy will be raising up the frequency of our planet and those of us seeking to serve others; and how those who are seeking to be better or higher healers, workers in energy and

with spirit to help others, how their energies may increase to help others because of these instreaming waves of intelligent energy? Is there a point where they may align the seeking to help others aligned with the higher energies and such work becomes more available and more effective?

Kathy: 是的, 我有一个问题, Q'uo。它多少有些是刚刚被询问的问题的一个后续问题, 它是关于流入并接触到我们个体与团体意识的智能能量的波浪的。对于这些智能能量的流入将如何提升我们的星球的振动, 以及我们中的那些寻求服务他人的实体, 那些寻求成为更好或者更高的疗愈者, 能量工作者, 以及具有帮助帮助他人的精神的实体的振动, 它们的能量如何可以因为这些智能能量的流入的波浪而增强, 以帮助它人, 是否你们能够进行评论? 会有一个位置是在其上它们可以让帮助他人的寻求与更高的能量对其, 且这样的工作是更加可供利用且更加有成效的吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. These cosmic instreamings of intelligent energy find their focus within each seeker's energy centers as the seeker is ready for such.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。这些智能能量的宇宙的流动会在每一个寻求者的能量中心中找到它们的焦点, 当寻求者为这样的能量做好准备的时候。

The seeker who is pursuing the path of healing is one who has gone beyond the green ray energy center, has moved into the blue and indigo work—the work of the adept. This type of work, then, may also be enhanced by these cosmic instreamings in a more conscious fashion, shall we say.

正在追寻疗愈的道路的寻求者是一个已经超越了绿色光芒能量中心, 并已经进入到蓝色和靛蓝色的工作——行家的工作——的寻求者。这种类型的工作, 接下来就可以用一种, 容我们说, 更加有意识的方式, 被这些宇宙能量的流入增强了。

It is often well to take special meditative periods in a daytime where you are able to retire into the quietness of the self, the greater self, and allow the cosmic instreamings to be perceived within your own energy centers. Visualizing that center, then, being opened, fully cleared and cleaned, so that as you move from the green to the blue and the indigo, you are creating a pathway for contact with intelligent energy and then intelligent infinity that can bring through the healing energies of the One Creator to be utilized in whatever manner is chosen.

在一天中找出专门的冥想的时间段, 这经常是很好的, 在其中你能够退入到自我的安静, 更大的自我之中, 并允许宇宙的能量流在你自己的能量中心之中被感觉到。观想那个中心接下来被打开, 充分地被清理, 并变得干净, 这样当你从绿色移动到蓝色与靛蓝色光芒的时候, 你就是在为与智能能量的接触, 接下来, 与智能无限的接触创造一条通道了, 这条通道能够使得太一造物者的疗愈的能量用无论什么被选择的方式被利用。

It is recommended that each healer be conscientious in the apprehension and utilization of these cosmic energies, for they are quite powerful. It is well to form a, shall we say, ritual or pattern of use of such energies in your healing

practice, so that you see your connection to the universe through these cosmic instreamings, thusly becoming, figuratively said, a hand of God, working in a manner which is in alignment with the highest and best for the one to be healed. This is a process which allows the use of these energies in the most propitious manner. For they are at this time in great abundance, and there is the possibility of, shall we say, an overdose of such if particularly conscious attention is not paid to how they are used.

被推荐的事情是, 每一个疗愈者都在对这些宇宙能量的领悟与利用中成为认真负责的, 因为它们是相当强有力的。在你们的疗愈的实践中去形成一个对这样的能量的使用的, 容我说, 仪式或者模式, 这是很好的, 这样你们就会看到你们通过这些宇宙的能量流与宇宙的连接, 由此成为, 用比喻的方式来说, 上帝的一只手, 并同一种与对于那个要被疗愈的实体是最高与最佳的事物校准的方式来进行工作。这是一个会允许用最为适合的方式来对这些能量进行使用的过程。因为它们在此刻是极其丰盛的, 会有这样的能量的, 容我说, 一种剂量过大的可能性尤其是如果有意识的注意力没有被投入到对于它们是如何被利用之上的话。

Is there a further query, my sister?

我的姐妹, 有一个更进一步的问题吗?

Kathy: No, thank you Q'uo, that was quite helpful. Thank you.

Kathy: 没有了, 感谢你们, Q'uo, 那是相当有帮助的。谢谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的姐妹。在此刻有另一个问题吗?

Austin: I've got a couple in the same line of questioning. The first one might be very similar to the last response, but I'd like to ask it. One of the effects that we've talked about this evening is an increased ability to manifest our own reality, or more specifically, the effect that our thoughts have on our reality. And this seems like it carries a pretty heavy responsibility in terms of how we handle our thoughts. I was wondering if you could talk specifically about that and the role that sort of ability plays in the path of a positive seeker.

Austin: 我在相同的提问的线路中有几个问题。第一个问题可能与上一个回答是非常相似的, 但是, 我想要询问它。我们在今晚已经谈论的作用中的一个作用, 是一种增强性的显化我们的实相的能力, 或者更加具体地说, 我们的思想对我们的实相拥有的作用。这看起来似乎, 从我们要如何掌控我们的实相的方面, 它带有一种相当沉重的责任。我想知道, 是否你能够具体地谈谈那一点, 以及那种类型的能力在一个正面性的寻求者的道路上扮演的角色。

Q'uo: I am Q'uo, and am aware of your query, my brother. The thoughts that a seeker thinks are the basic representations of the seeker's being. They are the most important feature which, when balancing is continued or begun, may be considered first.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。一个寻求者思考的想法是那个寻求者的存有的基本的呈现。当平衡工作被继续进行或者被开始的时候, 它们

是要被首先考虑的特性中最重要特性。

The thoughts have a power that comes from within the being that may be seen as developed during the incarnation, or even being preincarnatively originated. The thoughts, then, begin to reflect the seeker's attitude or perspective upon the world. This attitude determines how the world is experienced.

想法拥有一种来自于存有内在之中的力量，这种力量可以被视为是在投生期间，甚至是在投生开始之前，被发展出来的。接下来，想法会开始映射寻求者对世界的态度或者观念。这个态度决定了世界会如何被体验到。

Thus, the thoughts that one thinks are the signposts or guidelines which are, shall we say, filled in by experience in the daily round of activities. Thusly, if one wishes to manifest a certain quality within one's life pattern, it is possible to hold the image of the desired manifestation in thought, in meditation, and draw unto one that particular quality or thing.

因此，一个人思考的想法就是路标或者指南，它们会被日常生活活动中的体验所充满。因此，如果一个人希望在它的生命模式中显化一定的特性，在想法中，在冥想中，抱有对被渴望的显化物的形象，是有可能的将那个特定的特性或者事物吸引到一个人身上的。

There is also the strong possibility that what one fears is also drawn to one. Thusly, is well to take care with those fearful thoughts that may hold some type of sway over one's perception in any particular area of endeavor. It is well not to act out of fear, or to react to fear, but to balance it with the knowledge that each is the One Infinite Creator. That there is nothing to fear, for all is well. We all live and move and have our being within a creation of unity.

同样也会有强有力的可能性，一个人恐惧的事物会被吸引到一个人身上。因此，如果那些可怕的想法可能会在任何特定的努力的区域中对一个人的观念拥有某种类型的支配力，留心照看这样的想法，这是很好的。不去出于恐惧而行动，或者对恐惧做出反应，而是去用每一个实体都是太一无限造物者的知晓来平衡它，这是很好的。没有任何要恐惧的事物，因为一切都好。我们全都活在一个统一的造物中，在其中移动，并在其中拥有我们的存有。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: Yes, thank you very much. If the effect of our thoughts on our reality is increasing, it seems like that creates sort of disorientation for our society as people all have their own individual beliefs and stories. And I would guess that has something to do with the seeming increasing separation and polarization in something like our political sphere.

Austin: 是的，非常感谢你们。如果我们的想法对我们的实相的作用是正在增加的，看起来似乎那为我们的社会制造出了某种类型的迷失方向了，因为所有人都拥有它们自己的信念和故事。我猜想，那会与在某些类似我们的政治圈之类的事情中看似在增加的分离与极化是有某种关联的。

Can you give any advice on how to navigate this sort of new landscape where individual people's realities are becoming more and more solidified in their own perception, and how we can interact with others when their reality seems so different from our own?

在关于如何航行穿过这种类型的新的地形, 在其中个体的人的实相在它们自己的观念中正在变得越来越固化, 以及在其他人的实相看起来似乎与我们自己的实相如此之不同的时候如何与它们进行互动的方面, 你们能够给予任何建议吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. Each entity has its own pattern and time of awakening. Those entities who are more successful at allowing their preincarnative choices to manifest within their life patterns find that there is a freer flowing of energy that occurs when they are able to do this.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。每一个实体都拥有它自己的觉醒的模式与时间。那些在允许它们的投生前的选择在它们的生命模式中显化出来的方面是更加成功的实体, 会发现会有一种更加自由的能量的流动会在它们能够这样做的时候发生。

This intelligent energy flowing through one's being, then, is not obstructed by any blockages of convoluted or distorted thought patterns. This allows the seeker to move in a harmonious fashion with the energies, thusly energizing the positive desire to be of service to others.

这种流经一个人的存有的智能能量, 是不会被任何的缠绕的或者扭曲的思想模式的阻塞物所阻塞的。这会允许寻求者用一种与能量和谐一致的方式移动, 并因此为服务他人的正面性的渴望赋予能量。

Those upon your planetary sphere who do not consciously have a spiritual path of seeking have certain configurations of mental activity and patterns of thought which are also increased or solidified by the intelligent energy streaming to your planet at this time. This is in accordance with what they have chosen for their life pattern at this time.

在你们的星球上的那些并未有意识地拥有一种寻求的灵性的道路的人, 会拥有一定的心智活动与思想模式的配置, 它们同样也被在此刻正在流入你们的星球的智能能量所增强或者固化。这是与它们在此刻已经为它们的生命模式选择的事物协调一致的。

The intelligent energy is simply an indifferent, neutral magnifier of what is. Thusly, the choices that have been made by each person upon the planetary sphere are likely to be enhanced so that they may go further in that direction as a function of their free will choice.

智能能量单纯地是对其之所是的事物的一种无差别的, 中性的放大器。因此, 已经被在星球上的每一个人做出的选择很有可能会被强化, 这样它们就可以在那个方向上更进一步, 作为它们的自由意志的选择的一个机能。

If at some point the distance they have traveled into that type of thinking

becomes uncomfortable for them, they are always free to choose another path. And this is what is possible for many upon your planet at this time, for they have, over a period of many years, been used to the control of media advertising, or governmental policies, or peer pressures, or the various ways in which the third-density cultures exert pressure over their peoples. Thusly, that which is becomes greater as it is affected by the cosmic instreamings. And when you see yourself moving into interactions with such entities, it is well to keep in mind firstly that you are seeing the Creator standing in front of you; that this Creator has made certain choices that it may or may not be aware of.

如果在某个位置上，它们已经旅行进入到那种类型的思考的距离，已经对它们是不舒服的了，它们会一直都拥有自由去选择另一条道路。这对于在此刻在你们星球上的很多人都是有可能的，因为它们已经，在一段很多年的时间中，习惯于媒体广告、或者政府政治、或者同僚压力、或者各种各样的第三密度的文化通过其对它们的人群施加压力的方式被控制了。因此，当你看到你移动进入到与这样的实体的相互作用的时候，去首先牢记，你是在看到造物者站在你面前，这个造物者已经做出了一定的它可能或者可能没有察觉到的选择，这是很好的。

Certain choices may be causing a various kind of disorientation, or pain, or anger, or jealousy, or of many other types of emotions so that they are at the mercy of their own previous choices. A great deal of compassion may be felt for such entities, for they know not what they do, and yet they continue to do it. If you can give your love in some way that supports what you see as the core of their being that is the Creator in human form, then you have done all that you can do in the way of relating in a fashion that is helpful and is truthful.

一定的选择可能是在造成各种各样类型的迷失方向，或者痛苦，或者愤怒，或者嫉妒，或者很多其他类型的情绪，这样它们就要受到它们自己之前的选择的支配了。大量的同情心可以为这样的实体被感觉到，因为它们并不知道它们做的事情，而它们会继续进行它。如果你能够用某种支持你视为是它们的存有的核心，即在人类的形体中的造物者的方式来给出你的爱，接下来，你就已经，用一种有帮助且真实的方式，做了所有你通过建立关系的途径能够做的事情了。

There is oftentimes the desire to suggest certain changes in their behaviors. If this is asked for, it is possible to aid in that way as well. However, to offer advice that is not asked for is not usually helpful.

时常会有渴望去建议在它们的行为举止中的一些改变。如果这是被请求的，用那种方式来帮助，这同样也是有可能的。然而，去提供没有被请求的建议，并不会通常是有帮助的。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you Q'uo.

Austin: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this

time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Nancy: I have a query, Q'uo. My question is: what is healing? It seems as though we're all working toward healing, and whether it be our world, the environment, ourselves, each other, and even within the physical body, it seems as though there are blockages, whether they be physical, emotional, mental, and spiritual. So, is healing the bringing of light and removing the blockages and, can you clarify?

Nancy: 我有一个问题, Q'uo。我的问题是, 疗愈是什么? 看起来似乎我们全都在朝向疗愈工作, 无论它是我们的世界, 是环境, 我们自己, 相互彼此, 甚至是在物质性身体中, 看起来似乎存在有阻塞, 无论它们是身体的, 情绪的、心智的还是灵性的阻塞。因此, 疗愈是带来光并移除阻塞吗, 你们能够进行澄清吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Healing, in the very most basic sense, is creating an atmosphere within an entity's mind/body/spirit complex where each energy center is able to allow the intelligent energy of the One Infinite Creator to move clearly and cleanly through each center, and ascending to the violet, eventually realizing unity with the One Creator. This is the ideal. However, the various blockages that are found in the lower energy centers are usually a product of preincarnative choices that represent lessons that the entity wishes to learn during the incarnation.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。疗愈, 在其最为基础的意义中, 是在一个实体的心/身/灵复合体中创造出一种氛围, 在其中每一个能量中心都能够允许太一造物者的智能能量清晰地且干净地移动通过每一个中心, 上升到紫罗兰中心, 并最终实现与太一造物者的统一。这是理想。然而, 会有各种各样的阻塞在较低的能量中心中被找到, 它们通常是投生前的选择的一个产物, 它们会呈现出实体希望在投生期间学习的课程。

The blockages oftentimes are a representation of how the mind has failed to apprehend the lesson at hand. And thus, the lesson has been given to the body in a symbolic form that will hopefully concentrate the attention of the seeker upon the catalyst or the situation which has brought about the blockage. Usually, this is a certain configuration of mind which sees a certain kind of relationship in a distorted fashion, so that there is the need to balance the perception.

阻塞时常是对于心智是如何已经未能领会在手边的课程的一个表现。因此, 课程已经用一种象征性的形式被给予了身体, 这种形式将有希望将寻求者的注意力集中在催化剂或者那个已经产生出了阻塞的情况上。通常, 这是一定的心智的配置, 它用一种扭曲的方式看到一定类型的关系, 这样就会有需要去平衡那个观念了。

If these balances can be achieved by the seeker, then the blockages can be removed. If this is not possible for the seeker alone, oftentimes a healer may aid in such healing by offering to the one to be healed an opportunity to see the blockage more clearly in the metaphysical sense, so that it may choose to

release the distorted perception and embrace a novel configuration that would equate with healing. The healer does this by allowing the entity to reach a contact with its higher self that then appraises the situation and determines whether the appropriate degree of learning of the lesson has been achieved. If this is the case, then the healing very likely will take place, and that which is broken will be made whole.

如果这些平衡能够被寻求者取得，接下来，阻塞就能够被移除了。如果这对于寻求者一个人是不可能的，时常一个疗愈者就可能藉由向一个要被疗愈的人提供一个机会去用形而上学的方式更加清晰地看到阻塞物来在这样的疗愈中帮忙了，这样，那个要被疗愈的人就可以选择去释放扭曲的观念，并拥抱一个全新的配置，这种全新的配置是等同于疗愈的。疗愈者是藉由允许实体抵达它与它的高我之间的一种接触，高我会评估那个情况并决定，是否适当的程度的对课程的学习已经被实现了。如果这就是实情的话，接下来，疗愈就非常有可能将会发现，被打破的事物就将会变得完整了。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

Questioner: No, thank you.

提问者：没有了，感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo：我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Austin: Our friend S. from China, wrote recently and he had a friend who asked him to relay a question to us. And it reads:

Austin：我们的朋友 S，来自中国，他最近写信来，他有一个朋友请他将一个问题传递给我们。它写道：

"Now, there is an outbreak of the novel coronavirus in China, and it has caused lots of worries, rumors, separations among people, as this coronavirus outbreak partially resembles the SARS outbreak in China in 2002 to 2003. Q'uo, without infringing upon the free will and providing your point of view, could you indicate the origin of the novel coronavirus? Is the coronavirus man-made, as Q'uo indicated for SARS? And whether it is man-made or not, what's the metaphysical meaning behind this coronavirus outbreak? Does this kind of collective catalyst also reflect the dysfunctional, unhealthy and pathological aspects of our current social system, just as individual physical distortion reflects catalyst unused by the mind complex?"

“现在，在中国有一场新型冠状病毒的爆发，它已经在人群当中造成了很多的忧虑、谣言、分离，因为这次冠状病毒的爆发在部分上类似于在中国 2002 年到 2003 年的 SARS 的爆发。Q'uo，在不侵犯自由意志并提供你们的观点的情况下，你们能够指出新冠病毒的起源吗？是否它是人造的，如同 Q'uo 为 SARS 指出的一样？这种类型的集体的催化剂同样也反映了我们当前的社会系统的功能失调，不健康以及病态的面向，就好像个体的身体的扭曲反应了未被心智复合体使用的催化剂

一样？”

Q'uo: I am Q'uo, and am aware of the query, my brother. This is a subject which we have indeed covered before. For various outbreaks of this nature are attempts by what you may call the hidden powers to control the population of the planet. For your planet is very heavily populated at this time. And it is easier for those who seek control to control fewer entities. Thusly, there is the manufacture of various types of diseases that have been accomplished over the past few decades with the goal of reducing the population of the planet.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。这是一个我们确实已经在之前涵盖了的主题。因为各种各样这种属性的事件的爆发, 都是你们可能称之为隐藏的势力的事物去控制星球的人群的尝试。因为你们的星球在此刻是非常人口密集的。对于那些寻求去控制的人, 控制较少的实体是更加容易的。因此, 会有对各种各样类型的疾病的制造已经在过去数十年时间中被完成了, 它们的目的是减少星球的人口。

The entities so involved in this experiencing of the coronavirus are entities which have preincarnatively offered themselves in service to the planetary mind, in order that there may be a resolution or completion of certain cycles of vibration, that is to say, that there may be the realization of their ability to serve their fellow human beings by becoming infected in a fashion which reflects the need to find a cure for this particular virus. This is a manner of being which each entity undertook in order to become more able to open their own hearts in love and compassion for others. For as they find themselves afflicted with this particular virus, they become more and more compassionate for their fellow humans who also have this virus within their being and must suffer the consequences. Thus it is a way of, shall we say, utilizing a negative initiative in a positive fashion that was foreseen before the incarnation began.

这样子被包含在这种对冠状病毒的体验之中的实体, 是那些已经在投生前提供它们自己去进行对星球心智的服务的实体, 以便于它们可以成为一种解决方案, 或者完成一定的振动周期, 也就是说, 藉由用这样一种反应了去找到对这种特定的病毒的一种治愈的需要的方式而被感染, 可能会有对它们去服务于它们的伙伴的能力的实现。这是一种每一个实体都采用的方式, 以便于更加能够在对其他人的爱与同情心中开放它们的心。因为当它们发现它们自己被这种特定的病毒感染的时候, 它们会变得对它们的那些同样在它们的存在拥有这种病毒, 并必须要遭受其后果的伙伴越来越更加充满同情心。因此, 它是一种用一种正面性的方式来, 容我们说, 利用一个负面性的开端的途径, 这是在投生开始之前就被提前看到了的。

There are many such possibility/probability vortices that have been and are possible within your third-density illusion at this time. For the harvest time is a time of great upheaval and change. There is much volatility amongst many nations and individuals and groupings within nations that makes it necessary for the type of experience that is now being felt to be assessed in a manner

which does not bring fear. However, most entities are subject to the fear aspect of such an outbreak of a virus of this nature. There is, in such an experience, the opportunity to see that the Creator is knowing itself in all that happens around one and within one.

会有很多这样的可能性/或然率的选择在你们的第三密度的幻象已经是有可能的,且在此刻是有可能的。因为收割的时间是一个具有巨大的动荡与改变的时间。在很多的国家以及在这些国家的个体与团体中间,会有大量的反复的动荡,这会使得现在正在被感觉到的那种类型的体验,需要用一种并不会带来恐惧的方式被评估。然而,大多数实体是受到了具有这样的属性的病毒的这样一场爆发的影响的。在这样一个体验中,会有机会去看到,造物者在所有的在一个人周围与一个人内在之中发生的事情中知晓祂自己。

When this type of attitude can be taken, then the negative efforts to control the population in one manner or another may be transmuted alchemically, individually, for each entity so able to do so in a manner which sees the planetary game as that which is played upon the world stage, in a manner that can offer an entity a great variety of responses.

当这种类型的态度能够被采用的时候,接下来,用这样或者那样一种方式控制人群的负面性的努力就可以用炼金术的方式,个体地,被转变了,因为每一个实体都能够用一种将星球的游戏视为是在世界舞台上被玩耍的方式,用一种能够为一个实体提供极其多种多样的回应的方式这样做。

If the entity can choose the positive vision of the Creator experiencing Itself, then it draws unto itself the basic nature of the power of the truth of unity that is, that all is one, and that though one may pass from this life, there is no loss. The One still remains in each entity and in each endeavor, so that there is always the knowledge that the One who exists in all is always there experiencing this event in a manner which informs the Creator more and more of the nature of Itself.

如果实体能够选择造物者在体验祂自己的正面性的观点,接下来,它就会将统一性的真理的力量的基本属性吸引到它自己身上,这个真理即万物一体,尽管一个人可能会离开这个生命,却没有损失。太一仍旧留在每一个实体与每一个努力之中,这样,就会一直都有知晓,存在于万物之中的太一,一直都是在那里,用一种会越来越多地告知造物者祂自己的属性的方式,在体验这个事件的。

Is there a further query, my brother?

我的兄弟,有一个更进一步的问题吗?

Austin: Yes, S. himself sent a follow-up to the question, and I think that you just touched on this. But I'd like to read it just in case there's any more that you could say. S. wrote:

Austin: 是的, S 他自己发来了这个问题的一个后续问题,我认为你刚刚触及到这一点了。但是我想要朗读它,以免有更多你们能够说的事情。S 写道:

"Ra mentioned in 34.7 that 'These so-called contagious diseases are those entities of second density which offer an opportunity for this type of catalyst. If

this catalyst is unneeded, then these second-density creatures, as you would call them, do not have an effect. In each of these generalizations you may please note that there are anomalies so that we cannot speak to every circumstance but only to the general run or way of things as you experience them.' And S. continues: So it seems that in cases of anomalies, even if the catalyst is unneeded, these second-density creatures can still have an effect. I just wonder if SARS is one case of anomalies, since SARS can be regarded as a biological weapon, according to Q'uo. If so, is it always possible for those infected with any man-made virus such as SARS to nullify its effects and heal themselves? I ask this question just for the purpose of encouraging hope and faith in these cases of anomalies."

"Ra 在一的法则的 34.7 中提到, '这些所谓的传染病是那些第二密度的实体为这种类型的催化剂提供的一次机会。如果这个催化剂是不被需要的, 那么这些第二密度的生物, 如你们会称呼它们的一样, 就不会拥有一种效果了。在这些概论中, 请你们注意到, 有一些反常现象, 因此我们无法谈及每一个情况, 而仅仅是谈及事物的一般性的走向或者方式, 如你们对它们的体验一样。' S 继续写道, 因此, 看起来似乎在反常情况中, 即使催化剂是不被需要的, 这些第二密度的生物仍旧能够拥有一种作用。我仅仅想要知道, 是否 SARS 是一个反常情况, 因为根据 Q'uo, SARS 能够被视为是一种生物武器。如果是这样的话, 一直都有可能让那些被诸如 SARS 之类的任何人造的病毒感染的人去中和它们的作用并疗愈它们自己吗? 我询问这个问题, 仅仅是为了在这些反常情况中鼓励希望与信心。"

Q'uo: I am Q'uo, and am aware of your query, my brother. We would agree that for the conscious seeker of truth who finds the spiritual path to the One to be the only path worth traveling, this type of virus can be seen as a mere rock upon the path that may be avoided by seeing the One in all and loving the One in all, no matter what is the action of any upon one, as attempts are made to control one. If one can give love without expectation of return, and resist not evil, then one has a power over evil which cannot be broken. It is the power of love, the power to cure all that is unwell, to make whole all that is broken, and to bring to light all that is hidden.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们会赞成, 对于有意识地真理的寻求者, 如果他发现了通往太一的灵性的道理, 就是唯一值得旅行的道路, 这种类型的病毒就能够被视为是一块在道路上的小石头, 它是可以藉由看到在万物之中的太一, 并爱在万物之中的太一而被避免的, 无论什么行动发生在一个人身上。当尝试被做出以控制一个人的时候, 如果它能够给予爱而不期待回报, 不抵抗邪恶, 接下来, 它就拥有了一种超越无法被打破的邪恶的力量了。它是爱的力量, 去治愈所有不健康的事物, 去使得所有破碎的事物变得完整, 将光带到所有被隐藏起来的事物的力量。

Is there a further query at this time?
在此刻有一个更进一步的问题吗?

Austin: No more from that line, Q'uo, thank you. We do have one sent in from Lily, who references a previous Q'uo session [May 28, 1995] in which you talked about metaprograms of consciousness available to seekers. And the

quote she uses is: "There are layers of what you call metaprograms available according to the intensity of seeking and shall be released as a kind of, shall we say time capsule, but more in the desired release nature." Lily writes: "I wonder if Q'uo may give us an example of these metaprograms of consciousness?"

Austin: 在那条线路上没有更多问题了, Q'uo, 感谢你们。我们确实有一个由 Lily 发来的问题, 它引用了一次之前的 Q'uo 集会, (1995 年 5 月 28 日) 在其中你们谈论了可供寻求者所利用的意识的元程序。它使用的引文是: "这些你们称之为元程序的事物有一些可供利用的层次, 它是取决于寻求的强度的, 并将会作为一种类型的, 容我们说, 时间胶囊, 而被释放, 但是更多地是通过被渴望的释放的属性而被释放的。" Lily 写道, "我想知道, 是否 Q'uo 可以给我们这些意识的元程序的一个例子。"

Q'uo: I am Q'uo, and am aware of your query, my sister. We find that such metaprograms are utilized by entities who are working within the higher energy centers so that an experience in the daily round of activities may be seen to be available to each energy center in what you may call the metaprogram in higher and higher aspects. You may meet a person on the street and have a collision, say, with cars, and the beginning conversation begins with anger and confusion and the testing of the survival of the red ray. And then perhaps one of the entities suggest that maybe there is another way, and a conversation is begun. And there is the opportunity to see how each contributed to the accident, and that it would not have happened had not both done what they did. Then, the energies may be raised even higher to the yellow ray, as the entities converse with the local officials investigating the accident, so that the joint decision of both parties to the accident is seen to be recorded in the official records of the police, shall we say.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。我们发现, 这样的元程序是被那些正在更高的能量中心中进行工作的实体所利用的, 这样在日常生活的活动中的一个体验就可以被看到是可供每一个能量中心, 在越来越高的面向中, 所利用的。你们可能会在街上遇到一个人, 并遇到一次, 假设, 汽车相撞, 开始的交谈是从愤怒与混淆, 以及对红色光芒的生存的测试开始的。接下来, 也许实体中的一个实体建议可能会有另一种方式, 一场谈话被开始了。会有机会看到每一个人是如何对事故做出了贡献的, 如果双方没有已经做了它们做的事情, 事故本来是不会发生的。接下来, 当实体与调查事故的地方官员谈话的时候, 能量可以被甚至更高体提升到黄色光芒, 这样双方对于事故的联合的决定就会被看到被记录在, 容我们说, 警察局的官方记录上了。

After such an experience, it is possible that a continued relationship could develop so that eventually the entities could share in green ray love and acceptance of each other, finding coincidences in their lives that brought them together at that point in time that resulted in what was called an accident, and yet could be a coincidence. This may be taken further and further for those who would become adepts, but we feel that this is sufficient for the type of designation that the one known as Lily was desiring.

在这样一个体验之后, 会有可能一种继续的关系能够被发展, 这样, 最终实体能

够在绿色光芒中分享对相互彼此的爱与接纳，同时发现在它们的生命中的那些巧合，巧合将它们的时间中的那个位置带到一起，并被导致了被称之为是一场事故的事物，而它能够是一次巧合。对于那些成为了行家的实体，这可以被越来越更进一步地探索，但是我们感觉到，对于被知晓为 Lily 的实体渴望的那种类型的指派，这是足够的了。

Is there a final query at this time?
在此刻，有一个最后的问题吗？

Austin: One more short one from Maria, who wrote in: "Why does Ra call a crystal 'frozen light'?" [1]

Austin: 还有一个来自 Maria 的短小的问题，它写道：“为什么 Ra 会称呼一块水晶为‘冻结的光’？”[1]

Q'uo: I am Q'uo, and am aware of your query, my sister. Ra calls crystals frozen light because they began as light which was in movement with photons vibrating at various angles of rotation in various speeds of rotation so that the light was of a certain nature. And as this light, then, created a conjunction with various minerals or earth elements on any particular planetary sphere under the conditions of the first density (where the wind and fire teach earth and water to be formed, so that life could become viable and minerals could be formed) then, there are various types of crystals that are also formed in this type of an environment.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。Ra 将水晶称之为冻结的光，因为它们是作为这样一种光开始，光是与用各种旋转的角度，用各种旋转的速度振动的光子一起运动的，这样这种光就是具有一定的属性的了。当这种光，接下来，创造了与在任何特定的地球上，在第一密度的条件下（在其中风与火会教导土与水，以让其被形成，这样生命就能够成为可见的，矿物质就能够被形成了）的各种矿物质或者土的元素的一种结合，接下来，就会有各种各样类型的晶体，它们同样也是在这种类型的一个环境中被形成的。

The light of intelligent energy begins to interact with other types of earthy mineral forms and creates, in some instances due to volcanic eruptions or other heating effects, the kinds of crystals that you are aware of that have an organized latticework structure that allows them to traduce the intelligent energy or light of the Creator in a certain fashion because they are in harmony with all light.

智能能量的光，会开始与其他类型的土地的矿物质的形式进行相互作用，并在某些情况中是由于火山喷发或者其他的热效应而创造出你们知晓的那些类型的水晶，它们会拥有一种有组织的网格结构，这种结构会允许它们用一定的方式传导造物者的智能能量或者光，因为它们是与所有的光和谐一致的。

At this time, we shall take our leave of this instrument and this group, thanking each as always, for your kind invitation, and your rapt attention, and your most heartfelt queries. We are so grateful to have been able to spend what you call time with you. We are those of Q'uo. We leave you now in the love

and in the light of the One Infinite Creator, leaving each as always in that love and light, in that power, in praise and thanksgiving. Adonai, vasu borragus.

在此刻，我们将离开这个器皿与这个团体，我们一如既往感谢每一位，感谢你们的好心的邀请，你们全神贯注的注意力，以及你们极其由衷的问题。我们对于已经能够与你们一起花费所谓的时间是如此感激。我们是 Q'uo。我们现在在太一无限造物者的爱与光中离开你们，我们一如既往在那种爱与光中，在那种力量中，在赞美与感恩中，离开你们每一位。Adonai vasu borragus。

[1] Ra: Take, then, the crystal, and feel your polarized and potentiated, balanced energy channeled in green-ray healing through your being, going into and activating the crystalline regularity of frozen light, which is the crystal. The crystal will resound with the charged light of incarnative love and light energy and will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed. This entity requesting such healing will then open the armor of the overall violet/red-ray protective vibratory shield.

接下来，拿起那个晶体并感觉你的极化和被赋能的平衡能量，在绿色光芒的疗愈中，通过你的存有被传送，进入并激活晶体之所是的凝固的光的晶体的规律性。晶体将对化形的爱与光的能量的被充能的光产生回响，并将会开始用特定的方式发光，并通过被所需的光的振动辐射疗愈的能量，这种疗愈的能量是向着要被疗愈心/身/灵复合体的磁场被聚焦和被强化的。这个请求这样的疗愈实体将会接下来打开全部的紫罗兰红色光芒的保护性的振动的外壳了。

Thus the inner vibratory fields, from center to center in mind, body, and spirit, may be interrupted and adjusted momentarily, thus offering the one to be healed the opportunity to choose a less distorted inner complex of energy fields and vibratory relationships. – 57.6

因此，内在的振动的场域，在心智、身体和灵性中的一个中心到另一中心，就可以被暂时性地中断并被调节，并由此为那个要被疗愈实体提供机会去选择一种较少扭曲的内在的能量场和和振动的关系的复合体。——57.6

2020-02-12 传讯练习：个人实相的属性

Practice Channeling Circle
February 12, 2020

Group question: Can you talk about the nature of personal reality?

团体问题：你们能够谈谈个人实相的属性吗？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument at this time. It is a pleasure and an honor to be asked once again to join this group in its practice of learning the art of channeling. We call it an art because each person has a creative aspect to lend to this practice. Just as your question for the evening concerns the nature of personal reality, each of you as a new instrument has a wealth of experiences, feelings, hopes, and dreams that may in some part play a role in your ability to become more proficient channels of the love and light of the One Infinite Creator.

我是 Q'uo，我在此刻与这个器皿再一次了。再一次被请求加入到这个团体中，加入到它对传讯的技艺的学习的练习中，这是一种快乐与一种荣耀。我们称之为一种技艺，因为每一个人都拥有一个创造性的面相要借与这个练习。就好像你们今晚的问题会关注个人实相的属性一样，你们每一个人都如同一个新的乐器一样，拥有一份体验、感觉、希望与梦想的财富，它们可能会在你们去成为太一无限造物者的爱与光的更加精通的管道的能力中，在某个部分扮演一个角色。

The experiences that you have had make you who you are as a foundation. The experiences that you're having are elaborations upon this foundation. The dreams that you hope for are a framework for a new construction of what you might call your basic personality structure within this illusion. Thus you, as all seekers of truth, have within you the capacity to realize the greatest of the spiritual truths within your own heart, mind and soul. The realization of these truths for each seeker takes upon a kind of personal configuration that is congruent with your unique identity. Though all may perceive the same basic qualities of the spiritual journey, there are various ways of processing them and expressing them, so that you create your version of the truth.

你们拥有的体验已经作为一个基础使得你们成为了你们之所是了。你们正在拥有的体验，就是在这个基础上的精心制作。你希望的梦想，是你可能称之为你在这个幻象中的基本的个人构架的事物的一次新的建造的一个框架。因此，你和所有的真理的寻求者一样，在你内在之中拥有其领会在你自己的心、心智与灵魂之中的最大的灵性的真理的能力。对这些真理的领会，对于每一个寻求者，都会呈现出一种类型的个人的配置，这种配置是与你的独一无二的身份相协调一致的。尽管所有实体都可以感觉灵性旅程的相同的基本属性，会有各种各样的处理它们并表达它们的途径，因此你创造了你的真理的版本。

There is so much involved in perception, processing, and reforming previous

thought to incorporate new thinking that this unique personality, which you are, is always undergoing change. It is truly said that change is the only constant. Thusly, as you move through your daily round of activities, attempting to share with others those truths which you hold dear to your heart, you open your heart in love and compassion and share that which is yours to share in whatever matter is possible in the moment of exchange. This will always have your own particular mark upon it—your accent, shall we say, as if your sharing were a language.

会有如此大量的事物被包含在对之前的想法的感知、处理与将其重塑成为新的思考的过程中，以至于你之所是的这个独一无二的人格，一直都在经历着改变。常言道，改变是唯一不变的事。因此，当你经历你的日常生活的活动，同时尝试去与其他人分享那些你在你的心中所珍爱的真理的时候，你就在爱与同情心中开放了你的心，并用无论什么在那个交换的瞬间之中是有可能的问题中，分享了你要去分享的事情。这将会一直将你自己独特的印记印刻在其上——就好像如果你分享的事情是一个语言的时候的，容我们说，你的口音。

You have a great deal to offer as conscious seekers of truth to other entities who would request your service for any reason. You may see the interaction that you share with such entities as being a holy experience of Creator to Creator, or see it in any lesser degree of sanctity, even moving into the mundane world of mere clerks for pedestrians passing on their way from one point to another. Thusly, you have within your own power to conceive of thought the ability to utilize any concept in a unique fashion that is unique to you. We suggest that each personality take the feelings and thoughts and truths that they value and share them when asked with humility and joy.

你们作为有意识的真理的寻求者拥有大量要提供给其他的因为任何原因而请求了你们的服务的实体。你们可以将你们与这样的实体分享的互动视为是一种造物者对造物者的神圣体验，或者用任何神圣程度较低的方式来看待它，甚至进入到普通的职员们的世俗世界中来看看到在它们自己的道路上从一个点移动到另一个点的行人。因此，你在内在之中拥有你自己的力量，通过用一种独一无二的方式来利用任何观念的能力，来想象对于你是独一无二的事物。我们建议，每一个人都拿起那些它们重视的感觉、想法与真理，在被请求的时候带着谦逊与喜悦分享它们。

At this time, we will transfer this contact to the one known as Kathy.

在此刻，我们将这个接触转移到被知晓为 Kathy 的实体。

(Kathy channeling)

(Kathy 传讯)

We are those of Q'uo, and we continue to speak on this topic of the nature of personal reality in these what you call times. There is a development that can be seen in the mind/body/spirit complexes upon earth at this time in which perceptions, thought processes, experiences, and spiritual understandings combine in new ways to become an enhanced way that individuals at this time may be perceiving reality more capably than ever before, to ascertain

points of fact, opinion, and collective thought. Individuals may form what you may call more sophisticated versions of reality that may be more complex than what you were used to have been thought by individuals.

我们是 Q'uo, 我们继续在这些你们称之为时间的事物中在个人实相的属性的主题上发言。会有一种发展是能够在此刻在地球上在心/身/灵复合体中被看到, 在之中知觉、思想过程、体验以及灵性的理解用一种新的方式混合起来, 以形成一种增强性的方法, 个体在此刻就可以比之前任何时刻都更加有能力地感知实相了, 以确定事实的要点、观点以及集体的思考。个体可以形成你们可以称之为实相的更加富有经验的版本的事物, 这个实相的版本可能会比你们习惯于已经被个体思考的事物要更加复杂。

These more complex thought patterns could be said to be more evolutionary and hence more individualized, but still one part of the One Infinite Creator. It may seem at first glance that more highly individualized thought processes that perceive reality perhaps a little differently from one another, that these are different and make individuals separate from one another, but they are in an evolved state, more complexed, not meant to separate but to blossom as flowers in their complexity's blossom.

这些更加复杂的思想模式能够被认为是更加进化的, 并因此是更多地个体化的, 但仍旧是太一无限造物者的一部分。它可能在第一眼看起来似乎是更加高度个体化的思考过程, 这个思考的过程也许是用与相互彼此稍稍有点不同的方式来感知实相的, 这些思考过程是不同的, 并让个体与相互彼此分离了, 但是, 它们是在一种发展了的状态中的, 是更加复杂的, 二并不是打算要分离, 而是打算要如同朵花一样在它们的复杂性的花朵中绽放的。

It is with the capacity to love from the heart and to have compassion for one another that all of these variable perceptions that are seen to be reality by various individuals will be seen to be one through the lens of love, that individuals may synthesize, integrate, understand and accept all the different realities that are perceived by one's brothers and sisters. For with the increase in love and compassion comes an increase in understanding and acceptance. And you can see how the richness of thought processes in their new complexities and divergent directions may be seen as beautiful, if not conforming as one, but rather many facets of one gem, many blossoms on a field of flowers. So, let love be the lens through which individuals may look upon their own and others' thought processes that may be expressing in different ways. And through that lens of love, there will be more acceptance of all as part of the one and then further evolution toward unity.

就是藉由从心去爱并对相互彼此拥有同情心的能力, 所有这些被各种各样的个体视为是实相的可变的知觉, 将会通过爱的透镜被看到是一个事物, 这样个体可以同化、整合、理解并接受所有被它的兄弟姐妹感觉到的不同的实相了。因为随着在爱与同情心之中的增长, 会出现一种在理解与接纳之中的增长。你们能够看到在思考过程的心的复杂性与分支的方向中思考过程的丰富性是如何可以被视为是美丽的, 如果不是如同一个宝石的一个面向, 而是很多个面向, 在一片花朵的田地上的许多的花朵一样是一致性的话。因此, 让爱成为个体可以通过其观察它们自己与其他人的思考过程的透镜, 这样这些思考过程就可以用不同的方式进行

表达了。通过那些爱的透镜，将会有对所有事物都是一个事物的一部分的更大的接纳性，以及接下来让朝向统一性的更进一步的演化了。

We transfer the contact at this time to the one known as Austin. We are those are Q'uo.

我们将被知晓为 Austin 的实体接触。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

I am Q'uo, and am now with this instrument. The terms reality and illusion may be seen to be interchangeable, particularly within the context of the question that you posed this evening. We speak this carefully, as we intend both to soften your conceptualization of what may be known as reality, but also to bring significance to what you may understand as the illusion. Your reality as an illusion, though it is malleable and it is illusory, may not quite be so easily dismissed, and indeed is the most important aspect which brings to the Creator the opportunity to experience Itself through you, the subjective experienter of the illusion and the reality.

我是 Q'uo，我现在与这个器皿在一起了。实相与幻象这两个术语，可以被看到是可以互换的，尤其是在你们今晚提出的问题的背景之中。我们仔细谈谈这一点，因为我们同时打算软化你们对于可以被知晓为实相的事物的观念化作用，但同样也打算将重要意义带到你们可能理解为幻象的事物上。你们的实相作为一个幻象，尽管它是可塑的，它是虚幻的，它可能并不是如此容易就可以被忽略的，它确实是会将体验其自身的机会通过你带给造物者的最为重要的面相，你就是幻象与实相的主观性的体验者。

It has been noted in conversation this evening the seeming changing nature of how one's perceptions of one's reality affect that reality and how, in the perceptions of this group, the effect that one may have upon one's own reality is increasing. We observe your observation with great interest, as we have observed with great interest all shifting perceptions and relationships with reality upon your planet throughout the years of your evolution upon the third density of your reality. It is not the nature of reality itself that changes and offers this increased ability to influence your reality; it is merely the increased light of your own awareness being made available to you that shifts the way that you may form a relationship with what you perceive as reality. Within your society and throughout your own society's history, we have observed quite fascinating shifts and this relationship that individuals and collectives may have with reality, and note that the trail that your society has taken has resulted in quite a unique opportunity for you at this time.

在今晚的谈话中已经被指出的是，一个人对它的实相的知觉是如何影响那个实相，以及在这个团体的知觉中，一个人可能会对它自己的实相产生的作用是如何在增加的表面上在改变中的属性。我们带着巨大的兴趣观察你们的观察，因为我们已经带着巨大的兴趣观察到在你们的地球上，在贯穿你们在你们的实相的第三密度的演化的很多年的时间中，所有转变的知觉以及与实相的关系。发生了改变，

并提供了这种增强性的能力来影响你们的实相的事物并不是实相其自身的属性，发生了改变事情仅仅是，你们自己的察觉的增强性的光成为可供你们所利用的了，这种光转变了你们可以与你们感知为实相的事物形成一种关系的方式。在你们的社会中，贯穿你们自己的社会的历史，我们已经观察到相当令人着迷的转变以及给题和集体可能与实相拥有的这种关系，我们注意到你们的社会已经采用的那条小径，已经在此刻为你们产生出了一个相当独一无二的机会了。

We point to the influence of what might be called objectivity, or the belief that reality exists separate from one's own subjective perception and that the nature of the universe may be best ascertained by removing the subject and attempting to isolate the universe completely separate from all experience of that universe, this being done through attempting to distill collective subjective experience of reality into what could then be upheld as the ultimate truth. This philosophical approach to understanding the universe has had a deep impact upon your society, even within the realms of social circles that do not expressly believe in the validity of such an objective approach. Still, the influence of this objectivity has gripped your society very strongly.

我们会指出可以被称为客观现实 (objectivity) 的事物或者这样一种信念的影响，那种信念既，实相是与一个人自己的主观的知觉分开存在的，宇宙的属性是可以藉由移除主体 (subject)，并尝试将宇宙完全与对那个宇宙的所有体验分开而被最佳地确定，这是通过尝试将对实相的集体性的主观体验灌注到能够接下来作为终极的真理而树立起来的事物之中而被进行的。这种通往对宇宙的理解的哲学性的途径，已经对你们的社会拥有一种深入的作用了，甚至在并不特别地相信这样一种客观性的途径的确实性的社会圈子的领域中，它都已经非常强有力地牢牢掌握你们社会了。

What you experience now cannot be separated from this stage of collective evolution and it is important to recognize that as the ability of the individual to affect their reality is more recognized, this will become incredibly disorienting to a society with such a foundation upon the concept of objectivity.

你们现在体验到的事物是无法与这个集体演化的舞台分开的，去承认，因为个体影响它们的实相的能力是更加值得赞赏的，这将会让一个带着这样一个基于客观性的观念的基础的社会极大地迷失方向，这是重要的。

This recent evolution of your relationship with reality may seem to imply that each individual has an infinitely unique and completely separate perception of what may be called reality, which would be at odds with the concept of objectivity. But we introduce to you the idea that the patterns of thought and unconscious currents that influence you and help form your perception of your reality may not belong just to you.

你们与实相的关系的这种近期的演化，可能看起来似乎是在暗示，每一个个体都对可以被称之为实相的事物拥有一个无限独一无二，且完全分开的观念，这与客观性的观念是相矛盾的。但是我们会向你们介绍这样一个观点，影响你们并帮助形成你们的实相的思想模式与无意识的潮流，可能并不是仅仅属于你们的。

Buried within your unconscious mind is an innate and inseparable connection to those around you, to others within your culture, within your society, within other cultures upon your planet, and indeed with all entities upon your planet, and with the planet itself; and even further so on, this connection extends to the very Creator itself. And so when you are attempting to understand how you are influencing your own reality, we encourage you to consider that your reality is indeed shared among others. And the more that you seek love within your reality, the more your reality merges with those others who are also seeking love.

被埋藏在你的无意识心智之中的事物是一种与你周围的那些人，与在你的文化中，你的社会中，以及在你的星球上的其他社会中的其他人，确实是与在你们的寻求上的所有实体，与行星其自身的一种固有的，无可分割的连接，甚至这样继续更进一步，这种连接会连接到造物者其自身。因此，当你们正在尝试去理解你们是如何在影响你们自己的实相的时候，我们鼓励你们考虑，你们的实相确实是与其他人共享的。你越多地在你的实相中寻求爱，你的实相就会越多地与其他同样也在寻求爱的人的实相融合了。

As you as individuals make this choice to seek love, and to share love, you will be unified, not just in purpose but in reality. And as that unification increases, you will recognize that the patterns of thought that you bring your consciousness to uncover will offer you more opportunities for shaping a shared reality that shines with the brightest light of the Creator that offers love to all beings. And your ability to form society as you understand it upon your planet into a loving society will become quite an attainable goal, as there are patterns of thought available to you that come from love itself, which has an intelligence and an ability to guide the instruments of the Creator in order to bring about harmony within your reality.

当你们作为个体做出了这个去寻求爱，去分享爱的选择的时候，你们就将会成为统一的，不仅仅是在目的中是统一的，同样在实相中也是统一的。随着那种统一性的增长，你们将会认出，你们带到你们的意识去揭露的思想的模式，将会为你们提供更多的机会来塑造一个被共享的实相，这个实相会闪耀着造物者最为明亮的光，它会向所有存有提供爱。你们将你们的社会塑造为一个有爱的社会的能力，如你们对于在你们的星球上的社会的理解一样，将会成为一个相当可以取得目标，因为会有可供你们取得的思想的模式会从爱其自身出现，爱其自身是拥有一种智能与一种能力，去指引造物者的器皿，以便于在你们的实相中产生出和谐性。

At this time we ask if there may be any queries to which we may address.
在此刻，我们会询问，是否可能有任何我们可以讲述的问题。

Jim: Yes Q'uo, I have a couple of queries here. Ra said that it was possible that our planet could polarize positively in one fine strong moment of inspiration. [65.12] Could you give us any idea of what conditions could bring this about?
Jim: 是的，Q'uo，我在这里有几个问题。Ra说过，我们的星球会有可能能够在
一个美妙而强有力的启发的瞬间正面性地极化。[65.12]你们能够对能够产生出这种极化的条件是什么给予我们任何的观点吗？

Q'uo: I am Q'uo, and am aware of the query, my brother. Indeed, the possibility of your entire planet polarizing in one fine moment seems like such a remote and infinitely small possibility that it is difficult to imagine what conditions might bring about such a dramatic shift, especially as your perceptions of your own planet tend towards the negative and difficulties upon it. Yet we point out that in times of difficulty, there often comes a shared purpose among those who experience such difficulty. When circumstances are the most dire, entities have within their grasp the most ability to turn their hearts towards service and unify for the purpose of serving their fellow entities about them.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 你们整个星球在一个美妙的瞬间极化的可能性看起来似乎是这样一个遥远而无限小的可能性, 以至于很难想象可能会产生出这样一种戏剧性的改变的条件是什么, 尤其是当你们对你们自己的星球的知觉是倾向于负面性以及在其上的困难的。而我们会指出, 在困难的时间中, 经常会有一种被共享的目的会在那些体验到这样的困难的实体当中出现。当环境是极其紧迫的时候, 实体会在它们的掌控范围内拥有最大的能力去将它们的心转向服务, 并会为了服务它们周围的伙伴的实体的目的而联合起来。

We do not mean to be grim in offering an example of catastrophe in order to present this possibility; yet indeed, such an event in which all upon your planet are aware of some difficulty or impending dire circumstance that may affect everybody, much of the pattern of thought that separates you as individuals and as disparate cultures might fall away for concern of all others. And those upon your planet may turn their hearts towards each other, extending in all directions and to all peoples.

我们并不打算要为了呈现这种可能性而在给出一个大灾难的例子的方面成为残忍的, 而确实, 对于这样一个事件, 在其中在你们的星球上的所有人都察觉到某种困难或者即将到来的极端性的环境, 它可能影响每一个人, 大量的将你们作为个体, 作为分开文化而分离开思想模式, 可能会因为对所有其他人的关心而消散。在你们星球上的那些人可能将它们的心转向相互彼此, 并在所有的方向延伸, 延伸到所有人。

Is there another query, my brother?

我的兄弟, 有另一个问题吗?

Jim: Yes, thank you Q'uo. I often thought that myself. At this time, is there any way of estimating when the harvest into the fourth density of earth will be complete?

Jim: 是的, 感谢你们, Q'uo。我经常自己思考在此刻, 有任何估计什么时候进入到地球的第四密度的收割将会被完成的方法吗?

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We are aware of your own awareness that such an estimation is quite a difficult concept to grasp, particularly from within your own veiled existence. Yet it is nearly equally difficult for us to ascertain from our own perspective, as the tangle of

distortions upon your planet are quite difficult for us to, you may say, untangle in our perceptions. It is quite impossible for us to know when certain momentum of thought patterns may run out or when certain circumstances may unfold that bring about great shifts in the global consciousness, as these things are closely linked to each individual's own personal evolution upon your planet, and each individual upon your planet has a great capacity for exercising their free will. And we have found that the entities upon your planet exercise that free will in quite surprising ways, even to us.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。我们知晓你自己的认识是, 这样一个评估是一个相当难以掌握的观念, 尤其是从你自己被罩纱遮蔽的存在性之中。而对于我们, 要从我们自己的观点来确认, 这是几乎同等地困难的, 因为在你们星球上的扭曲的纠缠, 在我们的观念中, 是我们相当难以, 容我们说, 解开的。我们要知晓, 什么时候一定的思想模式的动量可能会耗尽, 或者什么时候一定的情况可以展开, 它们可能产生出在全球意识中的巨大的转变, 这对于我们是相当不可能的, 因为这些事情是与在你们星球上的每一个个体的个人的演化紧密相连的, 在你们星球上的每一个个体都拥有一种巨大的能力去行使它们的自由意志。我们已经发现, 在你们的星球上这些实体使用相当令人吃惊的方式来行使那种自由意志的, 甚至对于我们也是非常令人吃惊的。

In short, we may not offer any accurate estimation for when the harvest may occur. And yet, we can assure you that it is occurring, and within your planet's future, there is a new earth ready to be born.

简短地说, 我们不可能对于什么时候收割可能发生提供任何准确的评估。而我们能够向你保证, 它正在发生, 在你们的星球的未来之中, 有一个新的地球准备好被诞生出来。

Is there another query my brother?

我的兄弟, 有另一个问题吗?

Jim: Yes, thank you. That was very good, Q'uo. Our transcriber Aaron's mother recently passed away after living a life that Aaron described as being very narcissistic, and unappreciative at all of Aaron. In the last few days her mom had an experience that made her very humble. And she asked Aaron, "We got along okay, didn't we?" And Aaron said, "Well, no, mom. We didn't." And they had honest conversation. There seems to have been forgiveness and understanding back and forth. Could an entire life of living as a narcissist be turned around at the end, so that she can be a positively-oriented entity through that forgiveness?

Jim: 是的, 谢谢你们。那是非常好的, Q'uo。我们的抄写员 Aaron 的母亲最近过世了, Aaron 描述她已经活出了一次非常自我陶醉的生命, 她对于 Aaron 完全没有任何的感谢。在最后几天的时间中, 她的母亲经历了一次体验, 这使得她变得非常的谦逊。她询问 Aaron, "我们相处的很好, 不是吗?" Aaron 说, "好的, 不是的, 妈妈。我们相处的不好。"它们进行了诚实的对话。这些对话看起来似乎已经是在宽恕与理解中来来回回了。如果一个人的全部的生命都是一个自我陶醉主义者的生命, 它能够在最后被转变吗, 这样她就能够通过那种宽恕成为一个正面导向的实体?

Q'uo: I am Q'uo, and I'm aware of the query, my brother. We are quite familiar with the energy of the entity known as Aaron and we take this opportunity to offer her our immense gratitude and love for the relationship that we have formed in her service and making our words available to those seekers who are interested in reading them.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的兄弟。我们对被知晓为 Aaron 的实体的能量是相当熟悉的, 我们利用这个机会对她提供我们我们在她的服务中已经形成的关系的强烈的感激与爱, 她的服务使得我们的话语可以为那些对读到它们感兴趣的寻求者所取得了。

To respond to your query, indeed, in a general sense, it is possible for much karmic entanglement to be alleviated in a single moment of love and forgiveness. An entire lifetime may be lead displaying patterns of harmfulness and of the ignorance of the Creator within all about one, yet if an opportunity is made available to the entity to suddenly recognize the innate nature of the Creator within all beings, and to recognize that they have failed to love and appreciate this universal Creator within all, they may in a moment change their own orientation and direction of consciousness despite many years of turning away from love.

要回应你的问题, 确实, 从一种一般性的意义上, 大量的业力的缠绕式有可能在一个单一的爱与宽恕的瞬间被减轻的。一整个生命是可能被导向展现有害的模式以及对存在于在一个人周围的万物之中的造物者的忽略的模式, 而如果一个机会是可供实体利用, 以突然间认识到在所有存有内在之中的造物者的固有的属性, 并认出, 它们已经没有爱与欣赏这个在万物之中的全体的造物者, 它们就可能在一瞬间改变它们自己的意识的导向与方向, 不管它们有多少年的时间是背离了爱的。

However, we emphasize that though much may be alleviated in such a moment that an entity turned towards love, looking back upon those actions it took in ignorance of love, [the entity] may feel a great responsibility towards restitution and alleviating the distortion created by actions taken in the absence of love. Thus such a moment does not end the journey, and does not relieve responsibility, so to say, for such an entity takes the responsibility upon itself to bring love where it formerly was not.

然而, 我们强调, 尽管大量的事物是可以在这样一个瞬间被减轻, 以至于一个实体会转向爱, 在回顾那些它在忽略爱之中进行的行动的时候, 实体可能会感觉到一种对于复原以及减轻那些由于缺少爱而被进行的行动而被制造出来的扭曲的巨大的责任。因此, 这样一个瞬间并不会结束旅程, 并不会, 可以说是, 解除责任, 那种责任即, 这样一个实体会让它自己承担起责任将爱带到爱之前并不存在的位置。

Is there a final query at this time, my brother?

我的兄弟, 在此刻有一个最后的问题吗?

Jim: Yes, I do have just one more. I'm wondering, could the initial stages of

some people's spiritual awakenings manifest as what we call mental illness? For example, mind racing faster than one could control it, tending to lose a sense of self, while at the same time, the indigo ray opening up and becoming very active?

Jim: 是的, 我确实正好还有一个问题。我想知道, 一个人的灵性觉醒的初始阶段, 会显化为我们称之为心智的疾病的事物吗? 举个例子, 心智跑得比一个人能够控制它的速度更快, 它倾向于失去一种对自我的感觉, 而同时, 靛蓝色光芒会打开并开始成为非常活跃的。

Q'uo: I am Q'uo, and I'm aware of the query my brother. We are quite cautious in responding to this query, as it requires us to use generalities that when misinterpreted or misapplied could create further distortion and misunderstanding, which would be antithetical to our purpose in joining you. Yet, we may answer with that disclaimer that this may happen for some individuals in which a spiritual realization is so sudden and so different to their lived reality that a disorientation and an imbalance may occur. This then may unfold into what you call a mental illness, if the entity cannot grasp its bearings within this new reality. And it begins to recognize, very similarly as we have discussed this evening, that its reality is malleable or distinct from the world around it.

Q'uo: 我是 Q'uo, 我了解了问题了, 我的兄弟。我们会在回应这个问题的时候相当小心, 因为它要求我们使用概论, 而当这种概论被错误解释或者错误引用的时候, 它们是能够造成更进一步的扭曲与误解的, 这会与我们加入你们的目的是正好相反的。而我们可以藉由那个免责声明来回答, 这对于一些个体是可能发生的, 在这些个体内在之中, 一种灵性的领悟是如此突然且与它们被活出的实相是如此之不同, 以至于一种失去方向与一种失衡可能会出现。这接下来可能展开成为你们称之为一种心智的疾病的事物, 如果实体无法掌握它在这种新的实相中方向的话。它会开始认出, 与我们今晚已经讨论过的非常类似, 它的实相是可塑的, 是与它周围的世界是性质不同的。

Sometimes such an entity may not fully realize the extent to which their own thoughts have on their reality, yet their initial spiritual awakening allowed them to open up to energies that empower their will in order to increase these abilities, unknowing to them. Yet we wish to emphasize that there are also many cases in which what you call mental illness may not be simply a natural step upon the path of spiritual awakening, yet could be a preincarnatively planned circumstance, or catalyst gone awry. There are many, many experiences of the Creator, many of them confusing within the third density of the veil of forgetting, and it is impossible to speak to the origins of all confusions.

有时候, 这样一个实体可能不会充分意识到它们自己的实相对它们的实相的作用的程度, 而它们初始的灵性的觉醒允许它们向着能量开放, 那些能量会为它们的意志赋予能量, 以便于增强这些能力, 这对于它们是未知的。而我们希望强调, 同样也会有很多情况, 在其中你们称之为心智疾病的事物, 可能不简单地是一种踏足于灵性觉醒的道路, 而能够成为一种投生前规划的环境, 或者出错了的催化剂。会有很多很多的对造物者的体验, 它们中的很多在具有遗忘的罩纱的第三密

度中是令人混淆的，要谈及所有的混淆的起源是不可能的。

At this time we take leave of this instrument and transfer to the one known as Jim to offer our closing statements for the evening. We are Q'uo.

在此刻，我们会离开这个器皿，并转移到被知晓为 Jim 的实体来提供我们今晚的结束语。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am again with this instrument. We are most pleased with the effort that each instrument has made this evening in grasping the words and concepts which we have attempted to channel through each. These words and concepts are our meager attempts at speaking to the heart of your queries, which have a great deal of concern and consideration blended within them, reflecting their importance to you.

我是 Q'uo，我再一次与这个器皿在一起了。我们对于每一个器皿今晚在掌握我们已经尝试去通过每一位传讯的话语与观念的过程中已经做出的努力使极其高兴的。这些话语与观念是我们对谈及那些你们的问题的核心的微薄的努力，你们的问题在它们内在之中拥有大量混合起来的关注与考虑，这显示了它们对于你们的重要性。

We hope that you will remember that the words, even when correctly perceived, are mere substitutes for the actual reality which we attempt to convey. However, we applaud each effort that has been made this evening to correctly perceive those words, and we thank you for your conscientiousness. We would now take our leave of this instrument and this group. We leave each of you as always in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, vasu borragus.

我们希望，你们将会记住，这些话语，甚至在被错误地感知的时候，都仅仅是对我们尝试去传递的实际的实相的替代物。然而，我们赞赏今晚已经被做出的每一个去正确地感知这些话语的努力，我们为你们的认真负责感谢你们。我们现在离开这个器皿和这个团体。我们一如既往在太一无限造物者的爱与光中离开你们每一位。我们是你们知晓的 Q'uo。Adonai vasu borragus。

February 22, 2020
2020-02-22 第四密度的启蒙

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We greet you in the love and in the light of the One Infinite Creator of which we are all a part. We thank you once again for inviting our presence in your circle of seeking this afternoon. It is always a joy for us to join you, because you are such valiant seekers of truth and offer us an opportunity to be of service to you through attempting to answer the queries that you offer us.

我是 Q'uo, 我在此刻与这个器皿在一起了。我们在太一无限造物者的爱与光中向你们致意, 我们全都是太一无限造物者的一部分。我们再一次为你们邀请我们在这个下午出席你们寻求的圈子而感谢你们。加入你们, 这对于我们一直都是一件喜悦, 因为你们是如此英勇的真理的寻求者, 你们为我们提供了一个机会去通过尝试回答你们提供给我们的问题来对你们进行服务。

We would remind you that we are not ultimate authorities. We are your brothers and sisters who have moved somewhat further along the same trail of seeking the truth that you find yourselves upon. Thusly we would ask you a favor, and that is to take whatever words and concepts we offer you and use them as you will. If you find any that are not useful to you at this time, leave them behind without a second thought. In this way, we may speak more freely and be able to share that which we are able to share with you today. With that being said, may we ask if there is a query with which we may begin?

我们会提醒你们, 我们不是绝对的权威。我们是你们的兄弟姐妹, 我们已经沿着你们发现你们自己处于其上相同的寻求真理的小径移动了多少有些更远一些了。因此, 我们向你们请求一个恩惠, 那就是去拿起我们提供给你们的一切话语与观念, 并如你们所愿地使用它们。如果你们发现任何的内容在此刻对于你们是没有用处的, 请毫不犹豫地将它们丢弃掉。用这种方式, 我们就可以更加自由地发言, 并能够分享我们今天能够与你们分享的事物了。在说了那一点之后, 请问, 是否有一个我们可以用来开始的问题?

Zachary: Greetings Q'uo. I want to know if you could give us a brief overview of the major portals or initiations between the third density and the fourth density.

Zachary: 向 Q'uo 致意。我想要知晓, 是否你们能够对在第三密度和第四密度之间的主要的入口或者启蒙给予我们一个简要的概述。

Q'uo: I am Q'uo, and am aware of your query, my brother. The primary portals of initiation as you could call them between the third and the fourth density are somewhat various, depending upon the origin of the entities passing through them.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在第三密度与第四密度之间的启蒙的主要入口, 如你们能够称呼它们的一样, 是多少有些多种多样的, 取

决于穿过它们的实体的起源。

There are, for those entities who are native to third density and who have not moved beyond it, the more beginning portals that would utilize the lower energy centers—the red center having to do with the survival and sexual reproduction—that would in some fashion allow an entity to become aware of its need to partake in the creative process of its own learning program, and initiate itself in a kind of school of reproducing the knowledge that is within it in its most basic sense.

对于那些对于第三密度是本地的实体，以及那些尚未超越第三密度的实体，会有更多的开始性的入口，它们会利用较低的能量中心——与生存与性繁衍联系在一起红色中心——这个能量中心会用某种方式允许一个实体开始察觉到它需要参与到它自己的学习的程序的创造性的过程中，并在一种类型的学校中自我启蒙，这种学校会用它最为基础性的意义重现在它内在之中的知晓。

The orange-ray energy center would be available to the third-density entity that wished to explore the identification of the self and the acceptance of the self in a basic manner, so that there might be an interrelationship with an other-self in an intensive fashion, so that there could be communication that would inspire both to move even higher upon the rung of the chakras or energy centers.

如果第三密度的实体希望去用一种基础的方式探索自我的身份以及对自我的接纳，橙色光芒的能量中心会可以为第三密度的实体所利用，这样就可能会有用一种强烈的方式与一个其他自我之间的一种相互关系，这样就能够有沟通交流会同时激发，以在脉轮或者能量中心的阶梯上移动到甚至更高的位置了。

The yellow-ray energy center initiation is that which allows each individual third-density entity, so activating red and orange, to move into an appreciation of how those individual energies may be blended with group energies and expand the reach of the individual mind/body/spirit complex as it moves through its incarnational pattern. The group energies are a preparation for the higher energy centers in that they allow each seeker to be aware of how there is a kind of cooperation that is possible and necessary in order to be able to move further and further along the energy centers as they are in their upward-spiraling line of light.

黄色光芒能量中心的启蒙是会允许每一个个体的第三密度的实体，在这样子激活了红色和橙色光芒之后，移动进入到一种对于那些个体的能量如何可以与团体能量混合起来，并在它穿越它的投生模式的时候拓展个体的心/身/灵的复合体的所及范围的欣赏。团体能量是对于更高的能量中心的一种准备，因为它们允许每一个寻求者察觉到如何会有一种类型的合作是有可能且必不可少的，以便于能够沿着能量中心移动要越来越远的位置，如同它们在它们的光的向上的螺旋线中移动一样。

When we come to the green energy center, we are focused then upon the unconditional love which each entity has for all entities within the creation, for at this point the entity is the creator in miniature, shall we say, and feels the

love of the One Infinite Creator for all of the creation. This love of the creation then is reflected in some kind of a challenge, shall we say, that asks of this entity so penetrating green ray or the heart energy center to be able to love that which seems unlovable. This type of an initiation is that which then allows the seeker to look within itself to find the qualities of the unlovable being within itself that are stopping it from being able to so love this entity.

当我们来到绿色能量中心的时候，我们接下来会聚焦在每一个实体对在造物中的所有实体拥有的无条件的爱之上，因为在这个位置，实体就是，容我说，微观的造物者了，并会感觉到对所有的造物的太一无限造物者的爱。这种对造物的爱，接下来就会在某种类型的一种，容我说，挑战中被映射，这种挑战会要求这个这样子刺穿绿色光芒或者心的能量中心的实体能够爱那个看起来似乎无法爱的事物。这种类型的一种启蒙就是接下来会允许寻求者在它自己内在之中观察，以在它自己内在之中找到那些无法爱的存有的属性的事物了，就是那些属性正在阻止它能够这样子去爱这个实体。

When this is accomplished, then there are various other types of initiations that would expand upon this basic concept of being able to love that which is beyond oneself, that which is not understandable, that which seems to be difficult, shall we say.

当这种启蒙被完成了的时候，接下来，就会有各种各样的其他类型的启蒙会在这个能够去爱超越其自身的事物，不是可以理解的事物，以及看似，容我说，困难的事物的基本的观念上拓展了。

As we move into the blue energy center, this is the first center in which the spiritual energies are outgoing and the entity is the Creator expressing itself in clear communication, [including] honest descriptions of the effect of the catalyst it is experiencing, inspirational messages that are spoken from clarity and the unity that is found within the heart. Thus, the blue-ray energy center has a kind of challenge which asks of the entity so passing through this center to be able to find the clarity and wisdom in situations which may be confusing or somehow dumbfounding, in the respect of being able to understand the ultimate reason for the experience.

当我们移动进入到蓝色光芒能量中心的时候，这是第一个在其中灵性能量是向外的中心，实体就是在清晰的沟通交流中表达其自身的造物者，这种清晰的沟通交流包括对它正在体验的催化剂的作用的诚实的描述，以及从在心内在之中被发现的清晰度与统一性而被讲述的启发性的信息。因此，蓝色光芒能量中心拥有一种类型的挑战，它会要求这样子穿越这个能量中心的实体能够在可能是混淆的或者多少有些令人吓呆了的情况中，在能够理解体验的终极的理由的方面，找到清晰度与智慧。

This is a kind of initiation requires of the aspirant that it will be able to take into its own being the quality which seems to be unexplainable; and when this shadow side of the self is found within the self, to then be able to accept it as the basic nature of one's being that is, having a kind of grit or determination which is helpful to any seeker of truth moving along the path of polarization.

这是一种类型的要求这样一种追寻者的启蒙，它将会能够将看起来似乎无法解释

的属性带入到它自己的存有之中, 当这个自我的阴影面在自我内在之中被找到的时候, 它接下来就能够将它作为它的存有的基础性的属性接受它了, 这种基础的属性拥有一种类型的坚毅或者觉醒, 它对于任何的沿着极化的道路移动的真理的寻求者是有帮助的。

As we move into the indigo-ray energy center, we come to that center where there is the ability to experience changes in consciousness as a manner of being, so that one is able to become that which one seeks. The being able to become the light, or the love, or the unity of the One Creation then is the challenge that is offered to the indigo-ray energy center aspirant. This center then asks of the seeker to be able to take within the self the greater realms of the infinite creation that have no bounds, that have endlessness, that have infinity, that have immortality, and to be able to utilize these concepts so that the self is able to both experience the infinity of creation and the identity of the self. This is a challenge, which often takes various forms or shapes for each particular aspirant.

当我们移动进入到靛蓝色光芒的能量中心的时候, 我们来到了那个在其中会有能力作为一种存在的方式在意识中体验到改变的中心, 这样一个人就能够成为它寻求的事物了。当能够成为太一造物者的光, 或者爱, 或者统一性的时候, 接下来就会有挑战会被提供给靛蓝色光芒能量中心的追求者了。这个中心在那个时候会要求寻求者能够将无限造物的更大的领域带入到自我内在之中, 这些无限造物的领域是没有边界, 是拥有无尽性, 是拥有无限性, 是拥有不朽性的, 它会要求寻求者能够利用这样观念, 这样自我就能够同时体验到造物主的无限性与自我的同一性了。这是一个挑战, 它经常会为每一个特定的追求者采用各种各样的形式或者形状。

In the violet-ray energy center, we find that there is the opportunity for the seeker to begin to feel the sacred nature of each moment of its experience. The initiation challenges [at this level] are to take the mundane, the ordinary, that which is normal and frequently experienced for the entity, and look within it to the degree that there is the seeing the One Infinite Creator residing in each tiny portion of the creation, so that there is no portion of the creation that does not contain the One Creator. This type of an initiation can take various forms; it is according to each individual's perception and preparation that the form of the initiation will be determined.

在紫罗兰能量中心中, 我们发现会有机会让寻求者开始感觉到它的体验的每一个瞬间的神圣的属性。在这个层次上的启蒙的挑战是去使用世俗的事物, 平凡的事物, 对于实体是通常且频繁地被体验到的事物, 并在其内在之中观察, 到了看到在造物的每一个微小的部分中都存在有太一无限造物者的程度, 这样, 就不会有造物的任何的部分是不包含有太一造物者的。这种类型的一种启蒙是能够采用各种各样的形式的, 启蒙的形式将会是根据每一个个体的知觉与准备而被决定下来。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Zachary: One brief query, Q'uo. Can you please describe the portal or initiation relating to surrendering to God's will and trusting in the benevolence and abundance of the universe?

Zachary: 一个简短的问题, Q'uo。能请你们描述与臣服于上帝的意志以及对宇宙的慈爱与丰盛的信任联系在一起的入口或者启蒙吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. The initiation of the surrendering of the self to the will of the One is that which is carried out with such an intense desire that it is difficult to adequately describe how this is accomplished. It is motivated and initiated by the seeker itself which has desired this union for a great portion of what you would call time, and has through various means of spiritual expression been able to accomplish a kind of replica or preliminary experience of this unity, so that there is a taste of that which is to come.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。对自我臣服于太一的意志的启蒙是藉由这样一种强烈的渴望而被执行的事物, 以至于很难充分地描述, 这是如何被实现的。如果寻求者已经用了你们称之为时间的事物的一部分来渴望这种合一, 且通过各种各样的灵性表达的途径已经能够完成对这种一体性一种类型的复制品或者初步的体验了, 这种启蒙就是会被这样的寻求者其自身所激发与启动的, 这样就会有对即将出现的事物的一种体会了。

The initiation itself is that which can happen in the eye blink of a moment, or in prolonged meditation, or in the daily round of activities, for there is no determining the exact timing or characteristics necessary when the desire of the seeker will have built to such a level, both on the unconscious mind and the conscious mind.

启蒙其自身是能够在一眨眼的瞬间之中, 或者在延长的冥想中, 或者在日常生活的活动中发生的事情, 因为当寻求者的渴望, 同时是在潜意识心智和有意识心智上, 将已经构建到这样一种层次的时候, 就不会有确定的精确的时间选择或者特性是需要的了。

This will and desire become balanced by the faith that such a will and desire will be manifested when the faith is as strong as the will and they move together in union. Then there is the blending of these two strands of rope which is used to take the seeker into the highest realms of the fully-experienced presence of the One Infinite Creator in order to be able to do the will of the Creator, having become one with the Creator, and knowing the will because of that unity between the two that is no longer two, but one.

这种意志与渴望会被信心平衡, 那种信心即, 这样一个意志与渴望将会在信心是和意志一样强有力的, 且它们是联合起来一起行动的时候被显化出来。接下来, 就会有对绳子的这两股的混合, 绳子是被用来将寻求者带入到对太一无限造物者的被充分体验到的临在的最高的领域之中的, 以便于寻求者能够行使造物者的意志, 与造物者成为合一的, 并因为在两者之间的统一性而知晓那个意志, 两者也不再是两个事物, 而是一个事物了。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zachary: Is this portal the integration of root chakra energy to crown chakra energy?

Zachary: 这个入口是根部脉轮能量与皇冠脉轮能量的整合吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. There is indeed the combination of these two energy centers, for these two together are those which combined to represent and hold in place the overall balance of the mind, of the body, and the spirit of a spiritual seeker in whatever state of readiness or preparation each may be. Therefore, the root and crown chakras operate together as a kind of centering device that allows this process of unification to occur without the losing of the sense, shall we say, of self on a permanent manner.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实会有对着两个能量中心的混合, 因为这两个能量中心在一起就是那些将一个灵性的寻求者的心智、身体与灵性的整体的平衡表现出来并使之就为的事物了, 无论每一个寻求者可能处于什么做好准备或者预备好的状态中。因此, 根部与皇冠脉轮是一起作为一种类型的保持中心的装置而起作用的, 它会允许这个联合的过程发生, 而不会用一种永久的方式失去, 容我们说, 对自我的感知。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zachary: No, thank you Q'uo.

Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗？

Questioner: I have a question, Q'uo. Often, we have dreams and hopes that seem further than we can reach for reasons of finances or ability, but they still seem extremely real and coming from a right place. Is there a way to access that and bring it to reality when it seems too hard to reach for... too far away? Is it possible that it's another life that we're dreaming about down the road?

提问者: 我有一个问题, Q'uo。经常, 我们会拥有梦想与希望, 因为财务或者能力的原因, 它们看起来似乎比我们能够抵达的是要更远一些的, 但是它们仍旧看起来似乎是极其真实, 且来自于一个正确的位置。当梦想看起来似乎过于困难以至于无法触及.....太过遥远的时候, 有一种方式去取得它, 并将它带入到实相中吗? 有可能我们正在梦想的事物是沿着这条道路的另一次生命吗?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, for each seeker of truth, there is a dream. There is an image or a set of concepts which are what you might call a guiding star of the life pattern. This guiding star is that which has been promulgated from previous incarnational experiences as

the representation of that which may become, for the entity within the present incarnation, a kind of set of guidelines in which the lessons to be learned may be described in energetic fashion.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 对于每一个真理的寻求者, 都会有一个梦想。会有一个形象或者一套观念, 它们就是生命模式的你们可能称之为了一颗指引之星的事物。这个指引之星是作为可能会, 对在当前投生中的实体, 成为一种类型的指引的事物的代表, 而已经从之前的投生体验中被公布的事物, 通过这些指引, 要被学习的课程就可以用积极有力的方式被描述了。

Thus, when you feel the dreams that you speak of, look then to the heart of the dream within the meditative state to see what that dream is really speaking to you about. What does it represent? How literally can you take it? How symbolically should you take it? Use your intuition and your intelligence together to fashion a kind of response that then perhaps may be able to become a query that you ask your higher self in meditation or in dreams to make a response to.

因此, 当你感觉到你们谈及的梦想的时候, 接下来在冥想状态中检查那个梦想的核心, 以弄明白那个梦想真正在对你谈及的事物。它代表了什么呢? 你实际上能够如何对待它? 你应该如何象征性地对待它。一起使用你的直觉与你的智能, 来塑造一种类型的回应, 那个回应接下来也许就能够成为一个你在冥想中, 或者在梦境中询问你的高我, 来让其做出一个回应的问题了。

If you are successful in convincing your higher self of the need for this information, then there will be transmitted to you what you may call a download which reveals the steps necessary to take in order to make such dreams come true. If you find, however, that there is some sort of blockage that stops you from realizing these particular dreams, do not be concerned overmuch, in that such blockages may show you a path to the realization of the dream that may present themselves at the appropriate time. Each thing occurs for each seeker at the appropriate time when the seeker is ready, as it appears you are now.

如果你在说服你的高我相信对这次投生的需要的方面是成功的, 接下来, 就将会由你可能称之为一种下载的事物会被传递给你, 这种下载将会揭露, 为了让这样的梦想实现需要去执行的步骤。然而, 如果你发现, 会有某种类型的阻塞物让你无法实现这些特定的梦想, 不要太过担心, 因为这样的阻塞可能向你展现了一条通往对那个梦想的实现的道路, 那些阻塞物是可以在适当的时候将它们自己呈现出来的。当寻求者是准备好的时候, 每一个事物都会在适当的时刻为每一个寻求者出现, 就好像它现在你面前一样。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Questioner: No, thank you very much.

提问者: 没有了, 非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this

time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

Austin: I have one Q'uo. There's a debate within philosophy and scientific fields about whether or not free will is an illusion, with some people believing that we just have the experience of making decisions, and the behaviors and actions and circumstances are actually just reaction, action and reaction, set into place at the beginning of the universe.

Austin: 我有一个问题, Q'uo。在哲学与科学的领域中有一场关于是否自由意志是一个幻觉的的辩论, 一些人相信我们仅仅拥有做决定的体验, 而行为举止、行动与环境实际上仅仅是反应, 行动与反应是在宇宙的开端就被设置好了的。

Ra talked about free will being the first distortion, so I get the sense that there might be some truth in the idea—that free will is an illusion—as it is a distortion. And I have a feeling that this has something to do with what you were talking about earlier with the unification of the individual will and the Creator's will, and I was hoping you could just talk to the paradox of the idea of free will being an illusion, but us ultimately having free will.

Ra 谈到自由意志是第一变貌, 因此, 我得到的感觉是, 可能在那个观点——自由意志是一个幻觉——之中会有某种真理——因为它是一个变貌。我拥有一种感觉, 这是与你们之前正在在关于个体的意志与造物者的意志的联合的方面谈到的内容是有某种关联的, 我希望你们能够谈谈这个的悖论, 即自由意志是一个幻觉的观点, 但我们终极地是拥有自由意志。

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, free will is what the universe is built upon. For each portion of the One Infinite Creator that exists because of the freewill choice of the Creator to know Itself has the same free will of the Creator. This allows each choice that is made by each entity within the infinite creation to be able to illustrate yet another way for the Creator to know Itself. When taken in total with the infinity of beings in the infinity of planets in the infinite creation, this information allows the Creator to know itself in ways that are more pure, more varied, and more powerful than would have been possible for the Creator to know if these entities had not been created.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 自由意志是宇宙被构建在其上的事物。因为太一无限造物者因为造物者其知晓祂自己的自由意志的选择而存在的每一个部分, 都拥有相同的造物者的自由意志。这允许在无限造物者中每一个实体做出的每一个选择都能够诠释了另一条途径, 让造物者知晓祂自己。当这个信息连同在无限造物中的无限多的星球中的存有的无限性而被考虑的时候, 这个信息允许造物者用, 比如果这些实体尚未被创造出来, 造物者本来已经有可能知晓的方式, 更加纯净, 更加多变, 更加强有力的方式来知晓祂自己了。

Each entity then, within its own individual experience of moving back into unity with the One Creator, has the free will to move on this journey in whatever manner it chooses: any religion, any philosophy, any thoughts, any way at all may be attempted, may be refined, may be replaced, may be

accelerated, may be rested. There is free will in every choice, in every instance, for every entity. Every entity can decide whether or not it believes it has free will. An entity can decide that it does not have free will out of its own free will to make a choice. There are an infinite number of choices that may be made. Some are paradoxical, some are antithetical to further learning. The entity will learn, through trial and error, which are which.

接下来, 每一个实体, 在它自己返回到与太一造物者的合一的个体的体验中, 就拥有自由意志用无论什么它选择的方式在这条旅程上移动了: 任何的宗教信仰, 任何的哲学, 任何的想法, 无论什么任何方式, 都可以被尝试, 可以被精炼, 可以被替代, 可以被加速, 可以停下来。在每一个选择中, 在每一个情况中, 对于每一个实体都会有自由意志。每一个实体都能够决定, 是否它相信它拥有自由意志。一个实体能够出于它自己做出一个选择的自由意志而决定, 它并不拥有自由意志。会有无限数量的选择是可以被做出的。一些是自相矛盾的, 一些对于与更进一步的学习是对立的。实体将会通过试错, 哪一个是对, 哪一个错, 来学习。

Each entity then, in the choosing of each motion, each word, each thought, in the moment-by-moment experience in the daily round of activities is exercising free will, for there may be a multiplicity of means by which any choice may be manifested, so that when one decides to get dressed for the day, the choice of clothes, have breakfast, the choice of food, the playing with the pet, for how long, driving the car, by what route, going to work, at what job... all choices are a product of free will.

每一个实体, 接下来, 在对每一个行动, 每一个词语, 每一个想法的选择中, 在日常生活的活动中的每时每刻的体验中, 都在体验自由意志, 因为可能会有任何的选择可以藉由其被显化的途径的多样性, 这样, 当一个人那个日子穿着打扮的时候, 它会决定衣服, 在吃早餐的时候, 它决定食物, 与宠物玩耍的时候, 它决定玩多长时间, 在开车的时候, 决定走那条路线, 去工作的时候, 决定做什么工作.....所有的选择都是一个自由意志的产物。

It can be said, however, that in the ultimate sense, one cannot choose not to go back into unity with the One Creator. For eventually all entities will find the path back into unity with the One Infinite Creator, which each entity is within itself, for all is made of the One Infinite Creator. However, this is somewhat more of a semantic problem than an actual problem, for each entity has created its own evolutionary journey within the certain guidelines set forth by the One Infinite Creator.

然而, 可以这样说, 在终极的意义上, 一个人是无法选择不返回到与太一造物者的合一的。因为最终所有实体都将会找到返回到与太一无限造物者的合一的道路, 对于每一个实体, 太一无限造物者都是在它自己内在之中的, 因为所有事物都是由太一无限造物者所制成的。然而, 相比一个实际的问题, 这是多少有些更多地是一个语义学的问题, 因为每一个实体都已经它在它自己的演化的旅程中创造了一定的指引了, 这些指引是由太一无限造物者所发布的。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Austin: Yeah... I kind of interpret what you're saying as saying that all of our free-will decisions are actually sort of the will of the Creator in a sense. So I'm wondering, what is the point, or what is the aspect of the journey at which point we give up individual will and manifest the Creator's will, if our individual will is also the Creator's will?

Austin: 是的.....我已某种方式将你们正在说的内容解释为, 所有我们的自由意志的选择都实际上, 在一种意义上的, 是某种类型的造物者的意志。因此, 我想知道, 如果我们的个体意志同样也是造物者的意志, 我们会在什么位置是上, 或者在旅程的什么面向上将个体意志放弃并显化造物者的意志的?

Q'uo: I am Q'uo, and am aware of your query, my brother. As the seeker of truth moves upon its path of seeking, it is presented with catalyst in the daily round of activities that requires the processing in order that experience may be gleaned from each catalytic experience. This experience then begins to activate each ascending energy center. As catalyst is used in the higher and higher energy centers, there is the opportunity when one reaches the heart energy center to begin to, shall we say, springboard to the higher centers in a manner which allows one to make contact through the indigo-ray energy center with intelligent infinity.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。当真理的寻求者在它寻求的道路上移动的时候, 它会在日常生活的活动中被给予需要处理的催化剂, 以便于经验可以从每一个催化剂的体验中被收集起来。这种经验接下来就会开始激活每一个升高的能量中心。随着催化剂是在越来越更高的能量中心中被使用, 当一个人接触到心的能量中心的时候, 会有机会开始用一种会允许一个人通过靛蓝色能量中心与智能无限建立接触的方式, 容我们说, 用跳板跳跃到更高的能量中心。

This intelligent infinity is the One Infinite Creator. This Creator resides in all of the creation, within each being, within each seeker, within each moment, and yet, has been unable to be discovered by most seekers until a certain time, shall we say, has come about where experience has been gathered sufficiently to move the entity into the indigo and then violet-ray energy centers.

这个智能无限就是太一无限造物者。这个造物者居住在所有的造物之中, 每一个存有之中, 每一个寻求者之中, 每一刻之中, 而一直到一定的时间, 容我们说, 已经发生了, 在其中体验已经被足够多地收集起来, 以推动实体进入到靛蓝色光芒, 接着进入到紫罗兰能量中心之前, 这个造物者都是无法被发现的。

This contact with intelligent infinity becomes that which blends the microcosm with the macrocosm, the seeker with the One, which it has always been since before time. Thus at this point, the individual will of the entity, though still available as a potential or a possibility, is given over to the will of the One Infinite Creator, so that the entity then begins to move about in its daily round of activities as a vessel or vehicle of the One Infinite Creator, going about the Father's work, shall we say, being cognizant of the need to share the love and light of the One with all around one.

这种与智能无限的接触, 会成为将微观宇宙与宏观宇宙, 将寻求者与太一结合起来的事物, 太一自从时间之前就已经一直都存在着。因此, 在这个位置上, 实体

的个体的意志，尽管作为一种潜能或者一种可能性仍旧是可供取得的，被让渡给了太一无限造物者的意志，这样，实体接下来就开始在它的日常生活的活动中作为太一无限造物者的一个容器或者载体四处移动，着手进行，容我们说，天父的工作，并知晓与一个人周围的所有人分享太一的爱与光的需要。

This is a type of illumination that is most rare for entities upon your planet, although more and more entities are achieving that at this time. The one known as Jesus was able in his lifetime, as you are aware, to move into this type of experience where he was able to say that "I and my Father are one. When you see me, you see Him who sent me." Thus at this point, the individual consciousness can be set aside, shall we say, and replaced with the greater consciousness which has its place in the unification of all that seems separate, in the healing of all that seems wounded, in the making whole of all that seems broken.

这是一种类型的对于在你们的星球上的实体是极其罕见的启蒙，尽管越来越多的实体在此刻正在取得那种启蒙。被知晓为耶稣的实体在他的生命中，如你们知晓的一样，能够进入到这种类型的体验中，在其中她能够说，“我和我的天父是一体的。当你们看到我的时候，你们看到了派遣我来的祂。”因此，在这个位置，个体的意识就能够被，容我们说，被放在一边，并用更大的意识替代了，这个更大的意识在对所有看起来似乎是分离的事物的联合中，在对所有看起来似乎受伤的事物的疗愈中，在使得所有看起来似乎破损的事物变得完整的过程中，会拥有它的位置。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Austin: No, thank you very much.
Austin: 没有了，非常感谢你们。

Q'uo: I am Q'uo and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻有另一个问题吗？

Zachary: I have a query, Q'uo. Plant medicines are often used for healing and evolution. It seems that some plant medicines are avatars of aspects of God. For instance, ayahuasca seems to be an avatar of the divine mother or divine feminine. Can you comment on that?

Zachary: 我有一个问题，Q'uo。草药经常被用于疗愈与演化。看起来似乎一些草药是具有一些上帝的面向的化身。举个例子，死藤 (ayahuasca) 看起来似乎是神圣母亲或者神圣女性的一个化身。你们能够对那一点进行评论吗？

Q'uo: I am Q'uo, and am aware of your query, my brother. There are indeed various plant entities upon your planetary sphere which have been imbued with the qualities of the various facets of the One Infinite Creator, be they male or female, be they higher or lower, multiple or one. These qualities then are available as a kind of signpost or guide along the way so that the seeker

may—by ingesting these plants with the proper attitude and determination and blending of will and faith—be able to experience an expansion of its own consciousness that includes the qualities that the plant exudes, as it is a representation of some facet of the One Infinite Creator.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。在你们的星球上确实有各种各样的植物的实体是被具有太一无限造物者的各种各样的面向的特性所灌注的, 无论它们是男性的还是女性的特性, 是较高还是较低的特性, 是多个还是一个特性。这些特性作为一种类型的路标或者沿路的指引是可供利用的, 这样, 寻求者就可以——藉由带着适当的态度、决心以及对意志与信心的混合来摄取这些植物——能够体验到对它自己的意识的一种拓展了, 这种拓展包含了植物会散发出的特性, 因为它是太一无限造物者的某个面向的一个代表物。

These plants are found all over your planet and are in most cases (and in most countries) deemed illegal or dangerous, because their effect upon the human brain and mind is not understood clearly by most within the normal society. And this type of thinking or being is that which is a threat to most such entities who do not have the, shall we say, spiritual inclination to find an explanation for the reason for their being upon the planet, other than here to have a job, make a living, support a family, and get ahead.

这些植物在你们整个星球上都可以被找到, 在大多数情况中, (在大多数国家中,) 它们是被认为是非法的或者危险的, 因为它们对人类的大脑和心智的作用并未清晰地被通常社会中的大多数人所理解。大多数这样的实体并不拥有, 容我说, 灵性上的倾向性去寻找对它们在星球上的存在的原因, 除了在这里去找工作, 谋生, 支持一个家庭并前进之外, 这种类型的思考或者存有是一种对于这样的实体的威胁。

However, these various plants are known by various shaman and native peoples, indigenous peoples throughout the world, to be various types of pathways to the One Creator that will illuminate the nature of the Creator as the ingester travels the path. There is much of information and inspiration that is possible to be had by such experiences, as you are well aware.

然而, 这些各种各样的植物是被各种各样的萨满、土著居民、贯穿整个世界的本地人知晓为各种类型的通往太一造物者的道路的, 在摄取者在那条道路上旅行的时候, 太一造物者会就将会启发造物者的属性了。

Is there a final query at this time?

在此刻有一个最后的问题吗?

Zachary: No, thank you Q'uo.

Zachary: 没有了, 感谢你们, Q'uo。

Questioner: I have one last question, Q'uo. Why do you want to talk to us? Why do you want to help us?

提问者: 我有一个最后的问题, Q'uo。为什么你们想要对我们说话? 为什么你们想要帮助我们?

Q'uo: I am Q'uo, and am aware of your query, my brother. And we say "my brother" quite seriously, because many here are our brothers and sisters, from our very same home planets that are upon the planet Earth at this time, to be service to the population of the planet [which] is trying as best it can to make the graduation into the fourth density of love and understanding. We have a commitment to those entities who are also of the Brothers and Sisters of Sorrow, as are we, and as are most in this circle, that have taken upon themselves the honor and duty of extending their own type of service into the incarnation upon planet Earth, going through the same forgetting process that each entity does upon this earth, so that it does not know precisely why it is here, or what it is supposed to do.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。我们是相当严肃地说, “我的兄弟”的, 因为很多在这里的人都是来自我们相同的家园的行星的我们的兄弟姐妹, 它们在此刻在行星地球上是为服务于这个星球的那些正在尽其所能地毕业进入到爱与理解的第四密度的人群。我们对这些同样也属于忧伤的兄弟姐妹的实体拥有一个承诺, 和我们一样, 如同在这个圈子中的绝大多数人一样, 这些忧伤的兄弟姐妹们都让它们自己承担起了将它们自己的服务的荣耀与责任延伸延伸到在行星地球上的投生之中的任务, 它们穿越了与在这个地球上每一个实体相同的遗忘的过程, 这样它就不会准确地知晓为什么它在这里, 或者它被假设是要做什么事情了。

Thus, when we find entities such as this gathered in circles such as this circle and are willing to ask us to come to join them, we rejoice at the opportunity of doing so, for we are reuniting with those of our home planet in many cases. For there are many of us upon the planet Earth at this time, and many from other planetary entities within the higher densities that are here upon planet Earth now, attempting to aid in the harvest, which is a difficult harvest... difficult because there's so much anger and separation upon this planet at this time.

因此, 当我们发现诸如在类似这个圈子之类的圈子中聚集起来, 并乐意与请我们前来加入它们的实体之类的实体的时候, 我们会为这样做有机会欢庆, 因为我们在很多情况中是在与那些属于我们家园的行星的实体重聚了。因为在此刻在行星地球上有很多属于我们的实体, 现在在行星地球上有很多来自在更高的密度中的其他的星球的实体在这里, 它们在尝试去在收割中帮忙, 这是一次困难的收割, 困难是因为, 在此刻在这个星球上会有如此大量的愤怒与分离。

So we thank each of you for inviting our presence so that we may do what we dearly desire to do, to share with our brothers and our sisters that love and light which all of you so ardently seek and so completely envelope. And we wish you all the very best on this journey of seeking, for you are valiant warriors in the spiritual sense.

因此, 我们对于你们每一位邀请我们出席是感谢的, 这样我们就可以做我们真心渴望去做的事情了, 那就是与我们的兄弟与我们的姐妹分享那种你们全都如此热切地寻求且如此完全地包含的爱与光。我们希望你们全都在这条寻求的旅程上拥有最好的, 因为你们是在灵性的意义上的英勇的斗士。

This is a difficult illusion in which to inhabit. It is difficult to see the One Creator in every portion of the illusion. It is difficult to see the love that has created the one infinite creation. It is difficult to see the light that is what the creation is made out of. And yet, all of these things are true. And we come to share them with you, that you may use them as your rod and your staff as you walk through the valley of the shadow of death on planet Earth at this time.

这是一个很难居住在其中的幻象。要在幻象的每一个部分中都看到太一造物者，是困难的。要看到已经创造了太一无限造物的爱，是困难的。要看到造物已经由其被制造出来的光，是困难的。而所有这些事情都是真实的。我们前来与你们分享它们，这样你们就可以将它们用作你们穿越在此刻在行星地球上的死亡的荫谷的杖与竿了。

It is that walk that you shall continue to walk upon until the light of the fourth density beams brightly about everyone upon the planet, and there is the opportunity for each entity to move into harmony and unity with that light, love, and power of the One Infinite Creator. In that love, light and power we shall now take our leave of this instrument and this group, thanking each of you as always for inviting our presence. It has been an honor to be with you. We leave you now. We are those of Q'uo. Adonai, vasu borragus.

它就是你们将继续在其上行走的那条道路，一直到第四密度的光明亮地照耀在星球上的每一个人身上，会有机会让每一个实体都进入到与太一无限造物者的那种光、爱与力量的和谐一致与统一之中。在那种爱，光与力量中，我们现在将离开这个器皿和这个团体，我们一如既往感谢你们邀请我们出席。与你们在一起已经是一种荣耀了。我们现在离开你们。我们是 Q'uo. Adonai vasu borragus。

Practice Channeling Circle
February 28, 2020
2020-02-28 传讯练习：转变的机会

Group question: Q'uo, could you speak to what personal or spiritual transformation is? What are the opportunities of transformation present in our environment, and how do we engage those opportunities? And what role does love and acceptance play in transformation?

团体问题：Q'uo，你们能够谈谈个人的转变或者灵性的转变是什么吗？在我们的环境中被呈现的转变的机会是什么，我们如何参与那些机会。爱与接纳在转变中扮演了什么角色？

(Jim channeling)
(Jim 传讯)

Q'uo: I am Q'uo, and we greet each of you in love and in light this evening. It is as always a pleasure and an honor to be asked to join your practice circle channeling. We have always had a special affection for this group as there has been so much continuing dedication to learning the art of offering the self as an instrument to speak the words of love and of light which we attempt to offer through you. This is the language which we speak, in which we realize each of you also speaks within your heart.

Q'uo：我是 Q'uo，我们今晚在爱中，在光中向你们每一位致意。被要求加入你们练习传讯的圈子，这一如既往是一种快乐与一种荣耀。我们已经一直都对这个团体拥有一种特别的情感了，因为已经有如此大量的对学习技艺的持续不断的投入了，那种技艺即提供自己作为一个讲述我们尝试通过你们提供的爱与光的话语的器皿的技艺。这是我们说话的语言，我们通过它意识到，你们每一个人同样也在你们的心之中说话。

This evening you ask a most interesting question in three parts: the nature of transformation; how it occurs in your moments of experience; the roles that love and gratitude play in such a transformation. The transformation that is possible for each of you and all seekers of truth to accomplish in any given moment is that transformation of your outer self, shall we say, the acting personality that reflects your inner being in as close an approximation as possible, that quality of desire which you express as you set your goal for the day.

今晚你们询问了一个极其有趣的问题，它有三个部分：转变的属性，它是如何在你们的体验中发生的，爱与感激在这样一种转变中扮演的角色。这种转变在任何给定的时刻对你们每一个人，对所有的真理的寻求者都是有可能实现的，它是对你的，容我说，外部的自我，对行动的人格转变，这种行动的人格用一种尽可能接近的相似性映射了你内在的存有，以及当你为一天设置你的目标的时候你们表达的那种渴望的属性。

Your goal, if it is that which partakes of your highest potential, is that which seeks to become more and more one with the One who is in all as you move

through your day, seeing each interaction with others and with the day itself as a means by which you may expand your reflection of the One which resides within you and within all others as well. This is a kind of transfiguration, so that in every moment that you realize this goal you become a new being, a new and higher vibrational reflection of that One Creator in which you live, and move, and have your being. This is an experience that is possible for every conscious seeker of truth to partake in in every moment of conscious awareness that you experience in any day.

你的目标，如果它是带有了你最高的潜能的事物，就是会在你穿越你的日子的时候寻求与在万物之中的太一越来越多地合一，同时将与其他人，与那个日子其自身视为是一种藉由其你可以拓展你对于居住在你内在之中，同样也居住在所有其他人之中的太一的映射的途径的事物。这是一种类型的变形，这样在每一个你意识到这个目标的时刻中，你都会成为一个新的存有，成为你在其中生活、移动并拥有你的存有的太一造物者的一个新的、更高的振动的映射。这是一种对每一个有意识地寻求者，在任何日子，在每一个你体验到的有意识地察觉的时刻中，都有可能去参与其中的体验。

You are the living, third-dimensional representation of this Creator that you seek so fervently and so constantly and so purely. We commend each of you for the desire to do this, for change is not always easy. It is easy to be what you were the day before, for in that day and many days preceding it, perhaps, you have learned the boundary, the ability to express that level of your perception and reflection of the One. However, in order to continue your growth into more and more complete unity with the One who is in all, you must empty yourself out on a daily basis so that a new revelation of transformation can be made real unto you, your heart, and your mind, and in your soul.

你是这个你如此热切地，如此不断地，如此纯粹地寻求的造物者的活生生的，三维的代表。我们为你们这样做的渴望而称赞你们每一位，因为改变并不是一直都是容易的，要成为你在昨天曾经是的事物是容易的，因为在那个日子以及很多它之前的日子中，也许你已经学会了界限，以及表达你对太一的知觉与映射的层次的能力。然而，为了要继续你进入到与在万物之中的太一的越来越更加完全的统一性的成长，你必须要用一种每日进行的方式将你自己清空，这样对转变的一种新的揭露，就能够对于你，你的心，你的心智，且在你的灵魂中，成为真实的。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as Q'uo, and we greet this circle once again through this instrument with gratitude for the one known as Jim, and [with] support that we offer that instrument as he moves through his daily round of activities.

我们是你们知晓的 Q'uo，我们再一次通过这个器皿，带着对被知晓为 Jim 的实体的感激，带着当他穿越他的日常生活的活动的时候我们提供给那个器皿的支持。向这个圈子致意。

We would continue speaking to this rich and fertile topic of transformation by noting its vertical dimensionality. In transformation, one is following the evolutionary line of light upward, upward, upward toward the source of all things, toward the One, as we were speaking previously, becoming that which you already are, releasing the various masks and personas of the conditioned self in order that the outer self [may] reflect the inner being. This involves necessarily a release, a letting go, or a rendering transparent of the various points of identification one has about the self, about its needs or wants or boundaries or limitations.

我们会继续藉由指出这个主题的垂直的维度来谈论这个丰富而多产的转变的主题。在转变中，一个人是在跟随光的演化的线条向上，向上，向上，朝向万物的源头，朝向太一，如我们之前正在谈论的一样，成为你已经是的事物，释放有条件的自我的各种各样的面具与人格，以便于外部的自我可以映射内在的存有。这需要包含一种释放，一种放手，或者一个人关于自我，关于它的需要、或者要求、或者边界、或者限制拥有的自我定义的各种各样的位置呈现出的一种透明。

In each step of transformation—of which we of Q'uo can attest there are infinite such steps—one gains a slightly or perhaps dramatically larger point of view than was known on the previous step. The transformation is that which lifts one up to the next step. Without the transformation, the incarnate self may spend a certain amount of time, perhaps in some cases a lifetime, on one step, moving laterally; though that is unlikely as the biological change of the growing and aging body is sufficient to bring about transformation in perspective and identity alone. But you as positively-oriented seekers are in search of personal or spiritual transformation.

在转变的每一个步骤中——我们这些属于 Q'uo 的实体能够证实，有无限多这样的步骤——一个人会取得比在之前的步骤上被知晓的观点的一种轻微地，或者也许是戏剧性地更大的观点。转变就是将一个人提升到下一个步骤的事物。如果没有转变，投生的自我可能会在一个步骤上，花费一定数量的时间，也许在一些情况中是一生的时间，横向移动，尽管那是不大可能的，因为仅仅成长与老化的身体的生物性的改变就是足以产生出在观点与身份中的转变的。但是，你们作为正面导向的寻求者是在搜寻个人或者灵性上的转变的。

This mode of transformation is one of moving from the particulars and the details and the surface level of life into the deep end of essence and being; of, as seen through the energy centers, clearing and metabolizing that energy so that it may continue rising upward from one center to the next.

这种转变的模式是一种从具体细节以及生命的表面的层次移动到实质与存在的深入的尽头的模式，当这种模式通过能量中心被观察的时候，它是一种对那种能量的清理与代谢的模式，这样它就可以继续冲一个中心上升到下一个中心了。

Your environment at this time could not be more pregnant with the possibility

of transformation in the way that the pressure on your minerals may, through time, transform the dull unreflective matter into the diamond. Your environment at this time is one of significant pressure due to the great disharmonies, the many voices, the quantity of catalysts which you face every day, the amping or ramping up of fourth-density energies, the waning of third density. This pressure, if used, can greatly accelerate the journey. It must be met with a certain minimum of focus and exercise of will, which in its core application may seek a destination, but is most optimally working with the opportunities of the moment through loving and accepting that which greets the self in each moment.

你们的环境在此刻用这样一种方式是蕴藏着最大的转变的可能性的，就是通过这种方式，施加在你们的矿物上的压力，经过一段时间之后，是可以将没有粗糙的，不会反光的物质转变为钻石的。你们的环境在此刻是一种具有巨大的压力的环境，这是由于你们每一天面对巨大的不和谐、许多的声音、催化剂的数量，第四密度的能量放大作用或者横冲直撞，以及第三密度的逐渐衰弱。这种压力，如果被利用了，是能够极大地增强旅程的。它必须要用一定数量最低限度的对意志的的聚焦与训练来被面对，这种对意志的训练，在其核心的实践中，可以寻求一个目的地，但是，它会通过在每一刻中向自我致意的事物的爱与接纳而极其理想性地与那一刻的机会一同工作的。

The personality shell (or as some might have it, the false self) is largely brought into being and maintained by various mechanisms of resistance and defense. Defending these stories, resisting that which is deemed not-self or is disliked or brings discomfort...there is a comfort in resting in the stories and limiting the vision so that the greater frequency or range of experience remains invisible to the self. It is a turning away from the unknown. It is this resistance to what is which comes up against the pressure and the call to change and to grow. And insofar as this call to change is resisted, there is a heat or further resistance or inner turmoil within the self. These are not unfortunate byproducts or consequences, but rather are merely a more strident call for transformation, revealing to the self where there is something out of sync, something seeking a deeper look or examination, something which has not been fully brought into the heart and accepted.

人格外壳（或者如一些人可能会称呼它的一样，虚假的自我）是主要被各种各样的抵抗与防守的机制产生出来并被它们所维持的。防御这些故事，抵抗被认为是非我（not-self）或者不被喜欢的事物，或者带来了不舒服的事物.....这是一种在故事中休息并限制视野的舒适，这样体验的更大的频率或者范围就对于自我是保持看不见的了。在这种对改变的呼唤被抵抗的范围内，会有一种在自我内在之中的热量，或者更进一步的反抗，或者内在的混乱。这些并不是运气不好的副产品或者后果，而毋宁说仅仅是一种对改变的更加刺耳的呼唤，同时向自我揭露，在什么位置会有某种不同步的事物，某种寻求一种更为深入的观察或者检查的事物，某种尚未已经被完全带入到心中，被接纳的事物。

These energies of resistance are born and live within the self, whatever the circumstances of the outer environment. And through intending to face these energies, [to] look at them, [to] work with them, and [to] release the layers of

fear or rejection or the sense of small self around them, these energies may be brought in to the heart and transmuted into unity instead of being reflected back to unity unused. This, my friends, is an act of transformation.

无论外部环境的情况是什么, 这些抵抗的能量是在自我内在之中被诞生出来并活在那里的。通过打算要去面对这些能量, 去检查它们, 去与它们一共工作, 去释放在它们周围的一层层恐惧或者排斥或者自我的感觉, 这些能量是可以被带入到心, 并被转变为统一性, 而不是被反射到未被使用的统一性。我的朋友们, 这就是一种转变的行动。

Each moment in your third-density plane is offering you a doorway through which lies transformation. Each catalyst is designed such that, if used, the self may continue ever-incrementally upward on the long figurative staircase toward realization of the self as the Creator and the realization of the All as the Creator. Indeed, transformation and healing are synonymous terms, associated very closely with the return to the Creator Itself. These are variant ways of describing the many seeking the One—the fragment realizing its wholeness.

在你们的第三密度的层面中的每一刻, 都是在提供给你们一个入口, 通过这个入口, 存在有转变。每一个催化剂都是这样被设计的, 如果催化剂被使用了, 自我就可以继续在那个长长的比喻性的台阶上, 朝向对自我就是造物者的领悟, 以及对万物都是造物者的领悟, 不断增加地向上。确实, 转变与疗愈是 synonym, 它们非常紧密地与返回到造物者其自身联系在一起。这些都是表述对太一的许多的寻求的各种各样的方式——对它的完全性的片段的领悟。

Transformation will visit the self, but it can be consciously embraced and intentionally sought. And, for the entity seeing itself upon a threshold, recognizing a new land that awaits beyond, feeling a certain resistance or barrier between the two, [the entity] may call upon the energies of transformation in order to let go of past modalities, breach the barrier, and enter the new land or move upward along the next step, in keeping with our previous metaphor.

转变将会降临于自我, 但是它是能够有意识地被拥抱并有意地被寻求的。如果实体看到它自己是站在一个门槛上, 并认出一片在外面等待着的新的土地, 感觉到在两者之间的一定的抵抗或者障碍, 实体是可以呼唤转变的能量, 以便于释放过去的形态, 打破障碍物, 并进入到新的土地, 或者, 与我们之前的比喻保持一致, 向上移动到下一个台阶。

There are various means of achieving this, but we would suggest as always the seeking of guidance within, for each seeker is ever with more support than can be imagined, and inspiration and strength will reach such an one.

会有各种各样的取得这种转变的方式, 但是我们会一如既往地建议, 对内指的寻求, 因为每一个寻求者都是一直都带有比能够被想象到的多得多的支持, 而启发与力量将会延伸到这样一个寻求者。

And with this, we leave this instrument with gratitude for this circle and we transfer this contact to the one known as Kathy. Adonai.

在说了这一点之后，我们带着对这个圈子的感激离开这个器皿，我们将这个接触转移到被知晓为 Kathy 的实体。Adonai。

(Kathy channeling)
(Kathy 传讯)

We are those of Q'uo, and we are with this instrument.
我们是 Q'uo，我们与这个器皿在一起了。

We have been speaking with you on the topic of transformation as a process and as it relates to love, acceptance and gratitude. You could say that personal transformation is a process that is born of love and gratitude. It is the natural process of growth for living things, including yourselves. On a personal level and universally, born out of the Great Original Thought of love, all life thrives in love and in gratitude, and grows back to the Creator in love, in love and light.

我们已经一直都在这样一个主题上对你们发言，转变是一个过程，且它是与爱、接纳与感激联系在一起。你们能够说，个人的转变是一个从爱与感激诞生出来的过程。对于活的事物，包括你们自己，它是一个自然而然的过程。在一个个体的层次上且普遍性地，所有的生命都是从爱的伟大的原初的想法诞生出来的，所有的生命都会在爱中，在感激中繁荣兴旺，并在爱中，在爱与光中反过来向着造物者成长。

Love is integral to the process of transforming in a way that brings about in the self's experience, in just the right way, the change that is sought by the transformation. Love is what binds the experiences together for the self in a way that heals, protects, moves the process forward in the most productive and satisfying way—one could say in the most perfect way—of all the ways that there could be the transformation. Love is what supports that transformation to be in the most perfect way that it could be.

爱用一种会产生出自我的体验的方式对于转变的过程是不可或缺的，用恰好合适的方式，它就被转变所追寻的改变。爱是用一种疗愈、保护、并用所有能够存在有转变的方式中最为多产且令人满意的方式——一个人能够说，最为完美的方式——推动过程前进的方式将体验为自我结合起来的事物。爱就是支持转变处于它能够成为的最为完美的方式之中的事物。

Transformation is the most natural process that the self and all other selves undertake in every moment. It is on every level of being a most foreseen process, in that on a higher level such transformation is already known even before it begins to take place. Transformation is a part of the great evolutionary process that ever exists on every level, every frequency, and everywhere in creation. As much as the self may want to stay in an unchanged state—for it is comfortable to be in such a state that is familiar—what every self seeks is transformation.

转变是自我与所有其他自我在每一刻中会进行的最为自然的过程。在每一个存在的层次上，它都是一个极大地被预见到的过程，因为在一个更高的层次上，这样

的转变甚至在它开始发生之前就已经被知晓了。转变是一个巨大的演化过程的一部分，它一直都存在于每一个层次、每一个频率以及在造物中的每一个位置。自我可能有多想要留在一种不被改变的状态中——因为处于这样一种熟悉的状态中是舒服的——就会有怎样的转变，每一个自我寻求的事物都是转变。

When such transformation, fueled by love from the beginning and ever to the end of every life cycle is felt, it touches all other selves, all parts of creation with love in an ever expanding way, no matter what may seem to be going on in the illusion of existence. This then is a way to see how gratitude relates to this process. For when there is the most satisfying love-filled process of transformation, gratitude is what is most easily felt about such a process.

当这样的从一开始，却一直到了每一个生命周期的结束都被爱所赋能转变被感觉到的时候，它会用一种不断拓展的方式，用爱接触到所有其他的自我，造物的所有的部分，无论在存在性的幻象中可能看起来似乎正在发生什么事情。这接下来就是一种去看感激如何与这个过程联系在一起的方式了。因为当会有最为令人满意的被爱所充满的转变的过程的时候，感激就是关于这样一个过程会极其容易地被感觉到的事物了。

We thank you for this opportunity to speak on this subject. We are with this instrument. We now pass this contact to the one known as Austin.

我们为在这个主题上发言的这个机会而感谢你们。我们与这个器皿在一起。我们现在将这个接触转移到被知晓为 Austin 的实体。

(Austin channeling)

(Austin 传讯)

We are known to you as those of Q'uo, and we are with this instrument. The topic that you have chosen this evening is especially relevant for your planetary sphere at this time, for the environment in which you have all chosen to incarnate is quite a potent alchemical mixture in which transformation or opportunity for transformation abounds. These opportunities within your illusion are increased due to the process of transformation that your planet itself is experiencing at this time, and there are increasing energies that call for transformation entering into your sphere, and indeed, into each individual mind/body/spirit complex.

我们是你们知晓的 Q'uo，我们与这个器皿在一起了。你们今晚已经选择的主题对于你们的星球再次可是由其合适的，因为你们已经全都选择在其中投生的环境，可以说是一种强有力的炼金术的混合物，在其中富含转变或者转变的机会。在这些机会你们的幻象中，由于你们的星球其自身在此刻正在体验的转变的过程，而是被增加了的，会有不断增加的能量呼唤转变进入到你们的星球中，确实，进入到每一个个体的心/身/灵复合体之中。

We are enthusiastic to speak to this topic as it is with some sadness that we have found that not only do some of these opportunities for transformation go unutilized, but the confused environment upon your sphere and within your mind/body/spirit complexes has created a situation in which, in many

cases, transformation goes awry. And while the opportunity to transform into a purified being of service moving ever closer to the Creator are quite available, so too do these energies mixed with these confusions sometimes create further distortion within individuals and within social complexes.

我们对于谈论这个主题是充满热情的，因为我们已经带着某种悲伤发现，不仅仅这些转变的机会中的一些机会是未被利用的，在你们的星球上以及你们的心/身/灵复合体内在之中的混淆的环境已经创造出了一个状况，在其中，在很多的情况下，转变是出错了的。尽管转变成为一个越来越更加靠近造物者的被净化过的服务的存有的机会是相当可供利用的，因为这些能量与这些混淆是混合起来的，这些能量同样也时常会在个体内在之中，在社会复合体内在之中，创造出更进一步的扭曲。

We seek to add clarity to this process in hopes that transformation may occur, which allows for the fourth density of love and understanding in the most universal sense to shine through each individual and draw connections between all, so that you as a planet and a planetary social memory complex may unify and join us as new members of the Confederation of Planets in Service to the One Infinite Creator.

我们寻求将清晰度添加到这个过程，以希望转变可以发生，这个过程会允许在于理解的第四密度，在最为全面的意义上，通过每一个个体闪耀，并在所有事物之间建立连接，这样你们，作为一个行星，作为一个星球的社会记忆复合体，就可以合为一体，并作为服务于太一无限造物者的星际联邦的新的成员加入我们。

When speaking about the opportunities available to all upon your planet for transformation, we emphasize again the great importance of love within this process and wish to draw your attention to the concept of universal and unconditional love. For we feel this is where there is the greatest opportunity for true essential transformation is available for seekers upon the path of service to others.

当谈论可供你们星球上的所有人所取得的转变的机会的时候，我们再一次强调，在这个过程中的爱的巨大的重要性，并希望将你们的注意力吸引到普世的、无条件的爱的观念上。因为我们感觉到这就是会有对于走在服务他人的道路上的寻求者是可供利用真实的、实质性的转变的最大的机会了。

Within your society at this time, it is easy to perceive a growing tension that seems to be increasing separation between certain social complexes and individuals. We find that love is not necessarily absent in this process, as love can be easy when it is in relation to those who you find easy to love, easy to relate to, easy to agree with, easy to understand, and who in your interactions do not challenge your notions of what is appropriate, of what is true, and in how you should connect with them.

在此刻，在你们的社会中，要感觉到一种不断增强的紧张是容易的，这种紧张看起来似乎是在一定的社会复合体与个体之间的不断增强的分离。我们发现，在这个过程中，爱并不一定是缺席的，因为当它是与这样一些人的关系中的时候，这些人是你们发现容易去爱，容易建立关系，容易赞成，容易理解的人，是那些在你们的互动中不会挑战你对于什么事情是合适的，什么事情是真实的，以及你们

应该如何与它们连接的观念的人，爱能够是容易的。

Indeed, there is much love that we do see, yet we may say that this love is sometimes hoarded and shared only among the closest individuals within one's circle. Though this love is beautiful, it is the unchallenged love, whereas the true opportunity for transformation available to seekers who desire to serve others at this moment lies within the love that is challenging.

确实，会有大量的爱是我们确实看得到的，而我们可以说，这种爱有时候是被储藏起来，并仅仅是在一个人的圈子中的那些最为密切的个体之间被分享的。尽管这种爱是美丽的，它是未被挑战过的爱，在其中，对于渴望在此刻服务他人的寻求者，可供它们所利用的真实的转变的机会，是存在于挑战性的爱之中的。

If you are seeking this transformation, we suggest that you look to those opportunities in which your love is truly stymied. This has become a somewhat difficult process as technologies and certain evolutions of your social complexes have allowed you as a people to isolate within what this instrument knows as social bubbles. And so the challenged love is easy to avoid. Thus this process must be a very conscious and deliberate one in which the seeker prepares for the self an environment of safety and peace, and from within that environment intentionally seeks the aspects of self drawn out in interactions with others that block the free flow of love. This may be in direct interaction with others or indirect interaction with others.

如果你们正在寻求转变，我们建议，你们去检查那些在其中你们的爱是真正被侵袭了的机会。这已经成为了一个多少有些困难的过程，因为你们的社会复合体的科技以及一定的发展，已经允许你，作为一个人，在这个器皿知晓为社会泡泡的事物中孤立起来了。因此，这个过程必须成为一个非常有意识的、深思熟虑的过程，在其中，寻求者为自我准备好一个具有安全与平安的环境，并从那个环境中有意地寻求自我的那些在于其他人的互动中阻碍了爱的自由流动的面向。这可能是与其他人有直接相互作用，或者与其他人间接的相互作用。

And in this process we urge you not to see these aspects of self that block the flow of love as failures, but rather view them as the opportunities you have given to yourself. For this is what you have incarnated into this illusion to do. You greatly desired the opportunities offered to you by this environment; and from our perspective, the very notion of discovering aspects of the self not yet balanced and not yet blessed with the true love of the Creator is actually exciting and a thrilling prospect. And we offer you this perspective so that you might approach this process with some excitement and lightness, for we understand how grave and serious your planet seems at this time. Yet the process of transformation is one which abounds in joy and lightness, for these are the qualities of the Creator as they may be manifested within your environment. And we encourage you within this conscious process of seeking transformation to hold on to these gifts that the Creator offers you for this process.

在这个过程中，我们会鼓励你不要去将自我的那些阻塞了爱的流动的面向视为是失败，而毋宁是视为是你给予你自己的机会。因为这就是你已经投生进入到这个

世界来做的事情。你极其渴望被这个环境提供给你的机会，从我们的观点来看，发现自我尚未被平衡，却尚未被造物者的真实的爱所祝福的面向，就是这个观点，实际上是令人兴奋的，且是一个令人激动的情景。我们向你们提供这个观点，这样你们就可以带着某种兴奋与轻松来处理这个过程，因为我们理解你们的星球在此刻看起来似乎多么沉重而严肃。而转变的机会是一个富含喜悦与轻松的过程，因为这些是造物者的特性，如同它们可能会在你们的环境中被显化出来的一样。我们在这个寻求转变的有意识的过程中鼓励你们去紧紧抓住这些造物者为这个过程给予你们的礼物。

We wish to offer you our greatest comfort and respect. We bow to all seekers upon this path on your planet at this time for we understand the moments of great difficulty, and we bow to your persistence and dedication to this process.

我们希望给予你们我们最大的安慰与尊重。我们向在此刻在你们星球上所有走在这条道路上的寻求者敬礼，因为我们理解具有巨大的困难的时刻，我们向你们对这个过程的坚持不懈与奉献敬礼。

At this time, we ask the one known as Gary if he wishes to receive our contact again this evening.

在此刻，我们询问被知晓为 Gary 的实体，是否他希望今晚再一次接收我们的接触。

Gary: Yes, Q'uo, I would like to serve, or rather, make myself available for a couple questions.

Gary: 是的，Q'uo，我想要服务，或者毋宁说，让我自己可以为几个问题所取得。

Q'uo: I am Q'uo, and we thank you, my brother. At this time we leave this instrument and transfer the contact to the one known as Gary. We are Q'uo.

Q'uo: 我是 Q'uo，我们感谢你，我的兄弟。在此刻，我们离开这个器皿并将接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

Q'uo: We are those known to you as Q'uo, and we give thanks for the fidelity of each instrument present in this circle. And we would respond to any shorter queries that the circle might have.

Q'uo: 我们是你们知晓的 Q'uo，我们为在这个圈子中出席的每一个器皿的忠实而致谢。我们会回答这个圈子可能会提出的任何较为简短的问题。

Jim: I have a question Q'uo. Ra said that each mind/body/spirit complex has its own patterns of activation and its own rhythms of awakening. [48.7] Is there some way that we can become aware of our own rhythms of awakening?

Jim: 我有一个问题，Q'uo。Ra 说，每一个心身灵复合体都有它自己的激活的模式。

式, 以及它自己的觉醒的旋律.[48.7]会有某种方式是我们能够了解我们自己的觉醒的旋律的吗?

Q'uo: We are those of Q'uo, and we thank you for this question, my brother. Indeed, as the journey moves ever forward and upward and accelerates, the seeker will become increasingly aware of their patterns of sleep and awakening, of resistance and surrender, of moments of opportunity, and awareness of the repetition of patterns and themes to increase this awareness and comprehension of the self's patterns. Indeed, the blueprint of the self's journey is to release much of the mental activity which occupies the third-density mind as it navigates the illusion, and to sink into the silence where that cacophony of thought is distilled and begins to reveal to the self the essential nature of the lessons.

Q'uo: 我们是 Q'uo, 我们为这个问题感谢你, 我的兄弟。确实, 随着旅程不断向前、向上并加速, 寻求者将会越来越更多地察觉到它们的沉睡与觉醒, 抵抗与臣服的模式, 察觉到那些机会的时刻, 并了解模式与主题的重复, 以增加这种对自我的模式的认识与感受。确实, 自我的旅程的蓝图, 就是去在心智在幻象中导航的时候释放占据了第三密度的头脑大量的心智的活动, 并沉入到静默之中, 在其中, 想法的杂音被蒸馏, 并开始向自我揭露课程的实质的属性了。

This silence can clarify the particular chapter of the self's journey so that the self may respond more maximally or optimally to the moment in order to lean into these patterns of awakening. In this process, the self may have an "aha" moment, which helps the self to somewhat plot its location. For instance, the self may realize that it is being challenged in a particular way, and this challenge pertains to a core lesson, or a secondary lesson, or is connected to a pattern of learning and growth.

这种静默能够澄清自我的旅程的特定的章节, 这样自我就可以更加全面性或者理想性地回应那一刻, 以便于进入到这些觉醒的模式中。在这个过程中, 自我可能会拥有一个“啊哈”的时刻, 它会帮助自我绘制它的位置的地图。举个例子, 自我可能意识到, 它正在用一种特定的方式被挑战, 这个挑战是关于一个核心的课程, 或者一个次级的课程, 或者是与一种学习与成长的模式联系在一起的。

With each revisiting of the pattern, the self, as it becomes conscious, may realize that not only has it seen this pattern before, but that it is visiting it from a new nuance or aspect, or it is moving deeper into the pattern one incremental step at a time. This is a natural and organic outgrowth of growth, to become increasingly aware of the patterns and to navigate these patterns more consciously.

藉由每一个人对模式的再次访问, 当自我变得有意识的时候, 自我就可能意识到, 它不仅仅在之前就已经看到过这种模式, 它同样正在从一个新的微妙区别或者面向来访问它, 或者, 它是在一步一个脚印地更深地进入到模式中。这是成长的一种自然且有机的派生物, 以越来越更多地察觉到那些模式, 并更加有意识地横渡这些模式。

Before releasing the reply to this question, we would always remind each

seeker in third density that you are ever surrounded in a metaphysical darkness that makes understanding your true position on the evolutionary journey very difficult to discern. The overview, shall we say, is seldom realized. Instead, the hardest and truest steps you will take within the illusion will be taken not precisely because you see the way forward, but because you move forward in faith and in trust.

在释放对这个问题的回应之前，我们会提醒在第三密度中的每一个寻求者，你们是一直都被包围在一种形而上学的黑暗中的，这种黑暗会使得对你在演化的旅程上的你的真实的位置的理解变得很难分辨出来。容我说，总的看法，是很少会被意识到的。确实，你们在幻象中将会走出的最为困难且最为真实的脚步，都不会是因为你们看清前方的道路而精确地走出的，而是因为你们是在信心中，在信任中前进的。

May we ask if there is another query, my brother?

我的兄弟，请问是否有另一个问题？

Jim: Yes, in session 33 [33.7] Don said: "Then these lessons would be reprogrammed, you might say, as life experience continues. Let's say that an entity develops a bias that he actually didn't choose to develop prior to incarnation. Is it then possible to program experiences so that he will have an opportunity to alleviate this bias through balancing? Is this correct?" And Ra said: "This is precisely correct." So my question is, how would any of us go about reprogramming a bias that we wish to remove with a bias that we desire?

Jim: 是的，在第三十三场集会中[33.7]，Don说，“接下来，这些课程会，随着生命体验的继续，你们可以说，被重新编程。让我们假设一个实体发展了一种他实际上在投生之前并没有选择去发展的偏向性。接下来会有可能对体验进行编程，这样他就将会拥有一种机会通过平衡作用减轻这种偏向性吗？这是正确的吗？”Ra说，“这是精确地正确的。”因此，我的问题似乎，我们任何人如何着手开始，用一种我们渴望的偏向性，对一种我们希望移除的偏向性的重新编程？

Q'uo: We are those of Q'uo, and we thank you for your query, my brother. This instrument smiles and would say that it was literally just listening to the audiobook version of this session yesterday.

Q'uo: 我们是Q'uo，我们为你的问题而感谢你，我的兄弟。这个器皿笑了，它说它实际上刚刚在昨天正在听这次集会的音频书的版本。

You ask how the third-density entity may reprogram, while within the incarnation, to alleviate a bias and to operate in a configuration that is closer to the desire of the heart. We would first in responding lay a foundation which encourages the self to accept the material of the self, including that which seems to be a bias developed as a departure from the preincarnational programming, a bias resulting from the slings and arrows of the illusion which precipitated confusion and an imbalance that—we correct this instrument... for if the self is seeking to reprogram as a function of judgment of self, then the self will find that it is further distorting rather than undistorting the self,

and increased confusion will likely result.

你询问第三密度的实体如何可以，在处于投生中的时候，重新编程，以减轻一种偏向性，并用一种更加接近心的渴望的配置来进行运转。我们会首先在回应中打下一个基础，这个基础是鼓励自我去接受自我的材料，包括看起来似乎是作为一种对投生前的编程的背离而被发展出来的一种偏向性，一种由于幻象的箭与矢而被产生出来的偏向的事物，它会加剧混淆与一种失衡——我们更正这个器皿……因为如果自我是在寻求作为对自我的评判的一个机能而重新编程，接下来，自我就将会发现，它是在更进一步地扭曲自我，而不是让自我消除扭曲，增强性的混淆就将会很有可能产生出来了。

Presuming then that the third-density entity is operating from a space of accepting the totality of self (insofar as the boundaries of the limited third-density heart provide), the self may indeed reprogram first and foremost through simple awareness of this need, and the subsequent cultivation of the truer or deeper desire as it is assessed by the self.

接下来，假设第三密度的实体是在从一个接受自我的整体性的空间来运转(在受限制的第三密度的心的边界提供的范围内)，自我确实可以首先通过对这种需要的简单的知晓，随后通过对更加真实与更加深入的渴望，如同渴望被自我说评价的一样，的培养，来重新编程。

Indeed, at its most fundamental, it is this sifting and distilling and prioritizing and valuing of desire that locates that which is truer to the heart, that which more closely aligns with the self's soul's path. That is where much of the work of reprogramming lies, for the program which the third-density entity wishes to change is some form of desire: desire blocked, or desire confused, or desire imbalanced. So, in becoming conscious of the underlying desire and beginning to cultivate the desire more in attunement with the deeper identity, the self has begun a process of reprogramming.

确实，在它最为基础的位置，就是这种对渴望的筛选、蒸馏，排列优先级，以及价值评估，会定位对于心是更加真实的事物，以及与自我的灵魂的道路是更加紧密地对齐的事物。那就是大量的重新编程的工作存在的位置，因为第三密度的实体希望去改变的编程，是渴望的某种形式：被阻塞的渴望，或者混淆的渴望，或者失衡的渴望。因此，通过开始察觉到潜藏的渴望并开始培养渴望与更为深入的身份更加协调一致，自我就已经开始了一个重新编程的过程了。

There are various means of facilitating and intensifying and grounding this reprogramming. Some are so significant that they may reconfigure the energy of the self in a very, very short span of time. We would not dive into these, as those discussed by the ones known as Ra are very well known to this circle, but would simply advise the becoming aware of desire and in cultivating of the interest and desire for the new program, with accompanying analysis and meditation on why it is that the self seeks this new programming, toward what end, and the depth of service inherent in the desired programming.

会有各种各样的促进、强化这种重新编程，并让其固定下来的方式。一些方式是如此之有效，以至于它们可以在一段非常非常短的时间跨度中重新配置自我的能

量。我们不会对这些方式进行深入探讨，因为由那些被知晓为 Ra 的实体讨论过的方法，对于这个圈子是非常清楚地知晓的，而我们会单纯地建议，察觉到渴望并培养对新的编程的兴趣与渴望，同时伴随着对于为什么自我要寻求这种新的编程，它是朝向什么目标，以及在被渴望的编程中内含的服务的深度是什么的分析与冥想。

May we ask if there is a final question?
请问是否有一个最后的问题？

Jim: Along that same line, I would like to know: what is the best way to get our unconscious mind and/or our higher self to aid us in accomplishing such reprogramming, or in any other effort to polarize more positively and serve others more purely?

Jim: 沿着那条线路，我想要知晓：在完成这样的重新编程的过程中，或者在更加正面性地极化并更加纯净地服务他人的任何其他努力中，让我们的无意识的心智以及/或者我们的高我帮助我们的最佳的方式是什么？

Q'uo: We are those of Q'uo, and we thank you again for this most excellent question, my brother. Enlisting the higher self as a source of support or inspiration or guidance is a matter of asking, of opening the pathways within the self of dialogue, which allows the self's thoughts to leave the circular caverns of the self's interior so that they may travel, shall we say, or transmit to the higher self, and so that the self may in turn receive communication from that self in the future, as the third-density incarnate entity may perceive it. The higher self is ever interested in supporting its third-density incarnate self and waits ready, always at the door.

Q'uo: 我们是 Q'uo，我们再一次为这个极其优秀的问题感谢你，我的兄弟。争取让高我作为一个支持或者启发或者指引的源头，这是一个请求，并在自我内在之中开放对话的通道的问题，这种对话会允许自我的想法离开自我内部的圆形的洞穴，这样它们就可以，容我说，旅行或者传递给高我，这样自我就可以反过来接收到来自那个在未来中的自我的沟通交流了，如同第三密度投生的自我可能对高我的感觉一样。高我是一直都感兴趣支持它的第三密度的投生的自我的，它会，一直都在门口，做好准备等待着。

The one stop for this self is the third-density entity's desire, interest, and configurations. Upon establishing this pathway of communication with the higher self, the higher self may lend its larger point of view, shall we say, to the processes of reprogramming, likely without explicit instructions, giving the entity a greater sense of its surrounding landscape such that there may be a greater measure of clarity in assessing the various programs at play within the self, and how one might shift into new programs of being and service. The higher self will attempt, in noninvasive fashion, to help orient that reprogramming so that the self is more truly upon the heart of unconditional love and the Creator, so that the pathway between the third-density self and its illusory future self (known as the higher self) is more straight or direct or efficient.

对于这个自我的一个停留处，就是第三密度的实体的渴望、兴趣与配置。在构建与高我之间的沟通交流的这条通道的之后，高我可以将它的更大的，容我们说，视角借给重新变成的过程，很可能没有显而易见的指导，却给与了实体对它周遭的地形的一种更大的感知，这样，在对在自我内在之中运转的各种各样的程序的评价，以及一个人可以如何转换进入到新的存在于服务的编程中的方面，就可能会有一种更大程度的清晰度了。高我将会尝试，通过非侵略性的方式，帮助为那种重新编程定向，这样自我就会更加真实地依赖于无条件的爱与造物者，这样，在第三密度的自我与它虚幻的未来的自我（被知晓为高我）之间的通道，就会更加笔直，或者直接，或者有效了。

We thank you for these excellent questions, my brother, particularly as they are of aid in training this instrument. And we would at this time leave this instrument with gratitude for the opportunity to speak, as we transfer this contact to the one known as Jim.

我们为这些优秀的问题而感谢你们，我的兄弟，尤其是因为它们对于训练这个器皿是有帮助的。我们会在此刻带着对发言的机会离开这个器皿，我们将这个接触转移到被知晓为 Jim 的实体。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am once again with this instrument. We thank each new instrument for the continued dedication to improvement which is once again quite evident to our perceptions. We feel that there is a greater and greater openness within each instrument to receive the words and thoughts, which we offer to each. We are aware of how important it is for each instrument to be able to open the self completely in the reception of our words and thoughts, and congratulate each for accomplishing this portion of the experience that is so primary to becoming an instrument.

我是 Q'uo，我们再一次与这个器皿在一起了。我们感谢每一个新的器皿持续不断地致力于改善，这种改善对于我们的知觉再一次是相当明显的。我们感觉到在每一个器皿内在之中会有一种越来越大的开放性，以接收这些我们提供给每一位的话语与想法。我们知晓能够在接收我们的话语与想法的过程中完全地开放自我对于每一个器皿是多么重要，我们会为完成了体验的这个对于成为一个器皿是如此之至关重要的部分而向每一位道贺。

We are also aware that each instrument desires to be able to expand upon this ability to open without reservation the conscious and unconscious mind so that we might utilize not only the concepts which we feel are important to share, but are also able to gain access to the deeper understandings, if you will, of each new instrument, so that we may incorporate them also as a portion of our replies, thus verifying each new instrument's process of seeking and serving the One.

我们同样察觉到，每一个器皿都渴望能够在这种能力上拓展，以毫无保留地开放有意识与无意识的心智，这样我们就可以不仅仅利用我们感觉到对于分享是重要的观念，同样也能够进入到每一个新的器皿的更为深入的理解，如果你们愿意这

样说的话，之中，这样我们就可以同样也作为我们的回应的一部分与它们合作，并由此证实每一个新的器皿寻求与服务太一的过程了。

At this time, we shall take our leave of this instrument and this group. We rejoice with you in your progress and we leave you in the love and in the light of the One Infinite Creator. We are known to you as those of Q'uo. Adonai, vasu borragus.

在此刻，我们将离开这个器皿和这个团体。我们在你们的发展中与你们一起欢庆，我们在太一无限造物者的爱与光中离开你们。我们是你们知晓的 Q'uo。Adonai, vasu borragus。

March 7, 2020
2020-03-07 信心与意志

(Jim channeling)
(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We greet each of you in love and in light. We are most honored to be invited to join your circle of seeking today. By being invited, we are able to offer our service to you and to the One Infinite Creator that exists within each soul and each portion of the one creation. As always, we wish to impart to you the basic concept that we are not infallible authorities. We are your brothers and sisters who move along the same path of seeking as do you. We have traveled somewhat further perhaps, and have a wider perspective to offer you at this time, but we would ask that as we offer you any words or concepts, that you use them as you will, as you wish, as you feel is appropriate, and leave behind any concepts or words that are not appropriate for you at this time. If you will grant us this small favor, then we may feel free to speak without boundaries. At this time, we would ask if there is a query with which we may begin.

我是 Q'uo, 我在此刻与这个器皿在一起了。我们在爱中, 在光中向你们每一位致意。我们对于今天被邀请加入你们寻求的圈子是感到极其荣耀的。藉由被邀请, 我们就能够向你们, 并向存在于每一个灵魂以及太一造物的每一个部分中的太一无限造物者提供我们的服务了。一如既往, 我们希望告诉这样的基本的概念, 我们不是不会犯错的权威。我们是你们的兄弟姐妹, 我们沿着与你们相同的寻求的道路前进。我们已经旅行了也许多少有些更远一些, 并在此刻拥有一个更加宽阔的视角要提供给你们, 但是, 我们会请求, 在我们提供给你们任何的话语或者观念的时候, 你们如你们所愿地, 如你们希望地, 如你们感觉到是合适地, 使用它们, 将任何在此刻对你们是不合适的观念或者话语都丢弃掉。如果你们愿意给予我们这个小小的恩惠, 接下来, 我们就会感觉到拥有自由去不受限制地发言了。在此刻, 我们会询问, 是否有一个我们可以用来开始的问题。

Anna: I have one Q'uo. I've been thinking a lot about balancing, how to balance your emotions, things that trigger you throughout the day. But sometimes I have the difficulty of finding what the opposite emotion of what I'm feeling is. Say for instance in traffic, somebody cuts me off. I get frustrated because it seems like they're not caring about the well-being of anybody else. What is the opposite emotion of that frustration to focus on so that I can balance out these emotions?

Anna: 我有一个问题, Q'uo。我一直都在关于平衡, 如何平衡你的情绪, 那些在贯穿一整天中刺激你的事物进行平衡的方面进行很多的思考。但是, 有时候我会在找到与我正在感觉到的情绪相对的情绪是什么的方面遇到困难。假设在交通堵塞中, 某个人加塞了。我感到沮丧, 因为看起来似乎它们并不关心其他人的幸福。要去聚焦于其上的那种沮丧的对立面的情绪是什么, 这样我就能对这些情绪进行平衡了?

Q'uo: I am Q'uo, and am aware of your query, my sister. In the balancing process, in which one attempts to discover the wholeness of the mind, the body, and the spirit within the self, it is often well to re-live the experience that has caused you consternation or difficulty in any degree. And then, when you have re-lived that within the meditative state, it is often helpful to begin the balancing process with the concept of love and acceptance for whatever your experience that has caught your attention and thrown you off your equilibrium of the acceptance of the moment. To be able to find love and acceptance within yourself is a good place with which to begin. However, the more effective means of balancing comes not from what you create as a balance to what you experience, but what comes naturally to you as you are meditating upon the original dysfunction or disharmony that you have experienced.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。在一个人在其中尝试去发现在自我内在之中的心智、身体与灵性的完整性的平衡过程中, 在任何程度上去重现已经使得你遇到了吃惊或者困难的体验, 这经常是很好的。接下来, 当你已经在冥想状态中重现了那个体验的时候, 藉由对已经抓住了你的注意力并让你失去了那个时刻的接纳的平衡的无论什么体验的爱与接纳的观念来开始平衡的过程, 这经常是有帮助的。能够在你自己内在之中找到爱与接纳, 这就是一个从其开始的良好位置了。然而, 平衡的更加有效的途径, 不是从来自于你作为对你体验到的事物的一个平衡而创造的事物而出现的, 而是随着你对你已经体验到的初始的功能失调或者不和谐的冥想而自然而然地出现的。

This is a somewhat subtle experience as there are oftentimes a mixture of emotions that come to balance the original disharmony. To perceive which is most helpful is that which is your task. However, we would also suggest that if you are cut off in traffic, shall we say, that it may be that the first balancing emotion will be acceptance of the entity which has so cut you off in traffic. If this is the natural response, then you may allow this response to grow into your consciousness so that it is of a nature of quality and quantity to equal the dissatisfaction or disharmony or anger that you felt after being cut off.

这是一个多少有些微妙的体验, 因为时常会有一种情绪的混合物出现, 以平衡初始的不和谐。去感觉到哪一个情绪是极其有帮助的事物, 这就是你的任务了。然而, 我们同样会建议, 如果你, 容我们说, 在交通阻塞中被加塞了, 首先得平衡的情绪可能将会是对那个已经这样在在交通阻塞中加塞的实体的接纳。如果这就是自然而然的回应, 接下来, 你就可以允许这个回应在你的意识中生长, 这样它就会具有一种具有质量与数量的属性, 以平衡在被加塞后你感觉到的不满、或者不和谐、或者愤怒。

We realize that to allow the opposite emotion to find its place within your consciousness is not always an easy task. Therefore, if it is of enough difficulty for you that you feel inadequate in your ability to balance the original disharmony, we would consider (if possible and helpful) that you would consciously contemplate the kind of response that you would imagine to be that which would balance the original disharmony. We realize that the balancing techniques are not always easy to apply or are not always naturally

in motion for each seeker of truth. Therefore, we suggest that if this is the case for you that you consider the contemplation of each disharmonious situation, so that you may begin to cause a kind of original excitation or promulgation of emotions to begin moving through you, so that at some point you may begin to utilize the meditative balancing of the emotion that begins to naturally arise in your consciousness as a balance to the first disharmony.

我们意识到，要允许对立面的情绪在你的意识中找到它的位置，这并不会一直都是一个容易的任务。因此，如果它对于你是具有足够多地困难，以至于你在你去平衡最初的不和谐的能力的方面是感觉到不胜任的，我们会认为(如果是有可能且是有帮助的话)，你有意识地沉思那种你会想象成为会平衡初始的不和谐的事物的回应。我们意识到，平衡的技巧并不是一直都是容易应用的，或者并不是一直都会自然而然地为每一个真理的寻求者启动的。因此，我们建议，如果这就是你的情况的话，你考虑对每一个不和谐的情况的沉思，这样你就可以使得一种类型的对情绪的初始的刺激或者公布开始流经你，这样，在某个位置，你就可以开始将对在你的意识中自然而然地开始升起的情绪的冥想的平衡用作对一开始的不协调的一种平衡了。

Is there a further query my sister?

我的姐妹，有一个更进一步的问题吗？

Anna: No, thank you very much.

Anna: 没有了，非常感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

E: I have a question. I was thinking about how we go through our lives and different experiences and we end up in different places, oftentimes in surprising places that we hadn't anticipated or prepared for. When I think about where these experiences come from, I think some are preincarnative choices, some perhaps come from our higher selves or our spirit team that is trying to direct us in the right direction, and other times it could come from our own state of mind. Like if we're negative, we draw negative (like attracts like). Are things actually random? Are there random experiences? Because of all of these things then perhaps we can actually change our mind or do something—that we can steer the events in our lives. That's my question. Is that possible? Are there such things as random events?

E: 我有一个问题。我正在思考我们是如何经历我们的生活以及不同的体验，我们最后会在不同的地方，时常是在我们并未预料到或者准备好的令人吃惊的地方停下来。当我思考这些体验来自何处的时候，我认为一些是投生前的选择，一些也许来自我们的高我，或者我们灵性团队，它们正在尝试在正确的方向上指引我们，在其他的时候，它能够来自于我们自己的心智的状态。就好像如果我们是负面性，我们就会吸引负面性（同性相吸）。这些事情实际上是随机的吗？会有随机的体验吗？因为所有这些事情，也许我们实际上就能够改变我们的心智或者做某个事情——某个我们能够在我们生活中掌握其方向的事情。那就是我的问

题。那是有可能的吗？会有诸如随机事件之类的事情吗？

Q'uo: I am Q'uo, and am aware of your query, my sister. We find that you have a, shall we say, multitude of possible explanations for any situation that may occur in your daily round of experience. We feel that your experience in each of these areas is a valuable commodity, shall we say, for each experience has a lesson to teach. We would recommend that in order to sort through the possible randomness or indicated potential of any experience that you use the meditative state to allow the possibilities to sort themselves out within your consciousness. For as you meditate, and set your goal as being able to discern what the lesson of the moment is, then those inner guides and friends that you have accumulated in your life pattern may be able to insert into your consciousness the concept which is most helpful at the moment. For as you ask, you shall receive.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。我们发现, 对于可能在你的日常生活的活动中出现的任何的情况, 你们都拥有, 容我说, 大量的可能性。我们感觉到你对这些领域中的每一个领域的体验, 都是一个有价值的, 容我说, 商品, 因为每一个体验都拥有一个要去教导的课程。我们会建议, 为了要任何体验的有可能的随机性或者有迹象的潜能进行真理, 你使用冥想状态, 以允许可能性在你们的意识中自我整理。因为当你冥想的时候, 你将你的目标设置为能够去分辨那一刻的课程是什么, 接下来, 那些你已经你的生命模式中积累起来的内在的指导灵与朋友就可能能够将在那个时刻极其有帮助的观念插入到你的意识中。因为当你询问的时候, 你就将会接收到了。

You look upon any situation as having a certain kind of flavor, or kind of origination within your mind, within your heart, within your being. As you look at each of these possibilities, you may become aware of the predominance of one over another, as you are meditating upon these various potential explanations for any particular momentary catalyst. To ask for assistance, then, within the meditative state after you have examined the possibilities is to move forward in a balanced fashion, so that you have done work in consciousness yourself to begin to apprehend the quality of the experience that you are now engaged in. This work then may be added on to by your unseen friends, whether they be guides, your higher self, or loved ones who have passed on before you and who have taken upon themselves the task of working with you in such situations. This is a means of progressing that is considered a balanced means of discovering for yourself what is possible, and then allowing those inner guides and presences to filter further the possibilities that you may focus upon the one that is most salient in any moment.

你可以将任何情况看作是拥有一定类型的风味的, 或者在你的心智中, 在你的心中, 在你的存有中拥有一种起源。当你检查这些可能性中的每一个可能性的时候, 随着你在对于任何特定的时刻的新的催化剂的这些各种各样的有可能的解释进行冥想, 你可以察觉到一种可能性对于另一种是具有优势的。接下来, 在你已经检查了这些可能性之后, 在冥想状态中去请求帮助, 就是去用一种平衡的方式前进, 这样你就已经在意识中自己进行了工作, 以开始感受你现在参与其中的体验

的特性了。这种工作接下来就可以被你的无形的朋友所帮助了，无论它们是指导灵，你的高我，还是已经在你之前去世的，并已经让它们自己承担起了在这样的情况中与你一同工作的任务的那些挚爱的人。这是一种发展的途径，它被认为是一种为你自己探索有可能的事物的途径，接下来，允许那些内在指导灵或者存在更进一步地过滤那些可能性，这样你就可以聚焦在一个在任何时刻是极其凸显的可能性上了。

Is there a further query, my sister?
我的姐妹，有一个更进一步的问题吗？

E: I guess I'm thinking about how to go through life so it's not so painful. I know that catalyst brings about pain and discomfort, and I'm thinking about how to use that catalyst so that the discomfort is minimized, I imagine. And that's why I was asking about where catalyst was coming from, and if you have any control over where it goes from there. And I was interested in all of the inner guides and how they could help with that. So what I'm hearing you say is that you meditate on it, and then you can ask your guides to help you with that, and then, because you have to take a further step from there, and that your guides can help with that. Is that what I was hearing?

E: 我猜想我正在思考如何穿越生命，这样它就不是如此痛苦了。我知道催化剂会产生出痛苦与不舒服，我正在思考如何利用那个催化剂，这样不舒服就可以被，我想象是，最小化了。那就是为什么我询问催化剂是来自于何处，是否你能够对它来自于何处拥有任何的控制。我对于所有内在的指导灵以及它们如何能够帮助那个情况感兴趣。因此，我正在听到你们说的事情是，你对它进行冥想，接下来，你请求你的指导灵帮助那个情况，接下来，因为你必须要从那里多走一步，你的指导灵就能够帮助那个情况了。那是我正在听到的事情吗？

Q'uo: I am Q'uo, and am aware of your query my sister. We believe you have correctly perceived the greater portion [of]our response to your question. We would also suggest that according to the potential randomness of certain events, one may consider the possibility (as you had indeed mentioned) of preincarnative choices so that what may [initially] seem random in the moment, upon reflection in the meditative state may be connected with previous choices made not only preincarnatively, but made within this incarnation in your, shall we say younger years, when you had the access to your subconscious mind that is more freely-flowing and available to your use in your meditative or contemplative moments.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。我们相信你已经正确地感觉了我们对你的问题的回应的更大的部分了。我们同样也会建议，根据一定的时间的潜在的随机性，一个人可以考虑投生前选择的可能性（如你已经确实提到的一样）这样可能在任何时刻一开始看起来似乎是随机的事情，在冥想状态中对其进行沉思之后，是可能与之前被做出的选择联系在一起，这些选择不仅仅可能是投生前被做出的，同样也可能是在你的，容我们说，较为年幼的年纪被做出的，在那个时候，你拥有进入你的潜意识心智的入口，这种潜意识心智在你的冥想或者沉思的时刻是更加自由地流动且可以为你所用的。

The randomness of any moment or event may be seen to diminish as one is able to examine more carefully the point of origin and nature or function of such a random event, or experience, or emotion. Randomness is usually reserved for those who are not more conscious in their seeking process. We find, however, that you are [a] very conscious being that has knowledge, not only of what you have experienced in your past, but [also] the potential meaning for such experiences in your present moment. And in future moments in which the lessons circle, shall we say, or repeat in an upward-spiraling fashion (so that there is more information added to each experience that seems random) you are able to apply more understanding, shall we say, to your perception of repeated experiences that have seemed random in your past. Is there a further query, my sister?

任何时刻或者任何事件的随机性, 可以被看到会随着一个人能够更加仔细地检查这样一个随机的事件、或者体验、或者情绪的起源的位置与属性或者功能而减少。随机性通常是那些在它们的寻求的过程中并不是更加有意识的人所保留的。然而, 我们发现, 你是一个非常有意识的存有, 你拥有知晓, 不仅仅是对你在你的过去已经体验到的事物的知晓, 同样也在你当前的时刻对这样的体验的潜在的意义的知晓。在未来的时刻中, 如果在其中课程, 容我说, 循环, 或者用一种向上螺旋方式的重复, (这样就会有更多的信息被添加到每一个看起来似乎是随机的体验上) 你就能够将更多的理解应用于你对那些已经在你的过去看起来似乎是随机的重复的体验的感受上了。我的姐妹, 有一个更进一步的问题吗?

E: That was very helpful, thank you. I have a related query that... just went out of my head. So I'll let someone else go while I figure that one out again.

E: 那是非常有帮助的, 感谢你们。我有一个有关联的问题.....它刚刚从我脑袋中跑掉了。因此, 我将会在我再一次将那个问题想出来的时候让某个其他人提问。

Zachary: Greetings, Q'uo. I have a query. A lot of the destruction and pain and suffering on this planet has been caused by the distorted out-of-balance masculine. How might we begin to heal that masculine energy to bring it into a more harmonious state?

Zachary: 致意, Q'uo。我有一个问题。在这个星球上的很多的破坏、痛苦与受苦已经是因为男性的扭曲性的失衡而造成的。我们如何可以开始疗愈男性能量, 以将它带入到一种更加和谐一致的状态呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. The patriarchal type of expression of energy has been that type of experience which the recent history of your planet has exhibited in a degree which exceeds the normal balance of such expression, when compared to the matriarchal or feminine nature that each entity has within it, whether it be biologically male or female.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。父权类型的能量表达, 当其与每一个实体, 无论它是生物性的男性还是女性, 在它内在之中拥有的母权或者女性属性相比较的时候, 已经成为了你们的星球近期的历史已经, 用一种超出了这样的表达的通常的平衡的程度, 展现出来的体验的类型了。

The apparent reason for the masculine expression of reaching and affecting and controlling and utilizing energies and entities (in what could be seen as non-compassionate manners) is a kind of expression of energies that has gained a momentum within most of the population of your planet for the last few thousands of your years. The reason that this type of energy of the masculine nature has been so predominant is that there is a great portion of the population of this planet that has, of necessity, come to this planet to repeat the third-density cycle, having failed to make the harvest on other third-density planets. The harvest was not achieved because there was, at some point and in some degree, an expression of masculine energies that attempted to control the movement of consciousness within the third density of the planet of origin for much of this planet's population at this time.

伸手触及、影响、控制以及利用能量与实体（用能够被视为是并不具有同情心的方式的事物）的男性表达，是一种类型的已经在你们的星球上的大多数人群，在最近几千年的时间中，取得了一种惯性的能量表达。这种男性属性的类型的能量已经如此占优势的原因是，这个星球有一个巨大部分的人群已经，有必要，来到这个星球来重复第三密度的周期，它们在其他的第三密度的星球上在完成收割的方面已经失败了。收割没有被取得，因为，在某个位置且在某种程度上，曾经有过一种男性能量的表达，对于在此刻这个星球的大量的人群，这种男性能量曾经尝试去控制在起源的第三密度的星球中的意识的运动。

This type of masculine energy, which reaches and controls, is that which was unable to effect any kind of movement into the heart chakra, and thus continued in a repetitive fashion to attempt to do that which it had failed to do previously. Therefore, there has been the necessity upon this planetary sphere (for the great majority of the population of this planet) to reassess the expression of the male or masculine nature so that it may be balanced by the feminine expression of nurturing, of receptivity, of awaiting the reaching, so that the compassion within the heart chakra might be released in a manner which allows the greater majority of the population (previously expressing masculine energies) to begin to entertain the possibility of expressing the polar opposite: that is, the feminine energies, the matriarchal energies that are those of the New Age of the fourth density of love and understanding.

这种类型的会伸手触及并控制的男性能量，是已经无法产生出任何类型的进入到心的脉轮的运动的作用的能量，因此它会继续用一种重复的方式尝试去做它之前已经失败了的事情。因此，在这个星球上已经有需要（对于这个星球的绝大部分人群）去重新评估男性或者雄性属性的表达，这样，它就可以被抚育、接纳、等待伸手触及的女性表达所平衡，这样，在心的脉轮中同情心就可以用这样一种方式被释放，这种方式会允许人群的更大多数的人（之前表达了男性能量）开始包含表达相对的极点的可能性：也就是说，那些属于爱与理解的第四密度的新时代的女性能量，女权的能量。

These energies have been in abeyance for a great portion of what you would call time within much of the population of this planet, because there was the inability to move in a studied or appropriate fashion the male energies that were then found to be ineffective, and yet still continued to generate their

control, hoping at some point there would be the ability to move forward in consciousness. However, at some point within the populations so expressing these masculine energies, it has become abundantly clear in the subconscious realms of the mass mind that this type of masculine energy was ineffective and could not become effective as long as it was solo, shall we say, responding not with a balance of the feminine energies, [but] restricting the expression of energies to that which was patriarchal and controlling.

这些女性能量，在这个星球的大量的人群之中，在你们称之为时间的事物中的一个巨大的部分中，已经是被搁置起来了的，这是因为无法用一种有意的，或者适当的方式让在那个时候被发现是无效的，但却仍旧继续产生出它们的男性能量移动，同时希望在某个位置会有能力在意识中移动。然而，在这样子表达这些男性能量的人群之中的某个位置上，在大众意识的潜意识的区域中已经是极其清晰的事情是，这种类型的男性能量是无效的，只要它是，在没有带着一种女性能量的平衡，而却是将能量的表达限制在父权与控制的事物中的情况下的，容我说，独奏的回应，它就无法成为有效的。

Thus at this time, there is the movement within the mass mind of the consciousness of most of the third-density entities upon this planet for the reintegration of the feminine, the matriarchal energies that are heralding the New Age of love and understanding within this planetary sphere. However, as you are aware, there is a great residue of masculine energies that are rolling about, shall we say, within consciousness as a block which has lost its place and has no firm ground upon which to stand, or focus upon which to allow the movement forward in consciousness.

因此，在此刻，在这星球上的大多数第三密度实体的意识的大众心智之中，会有朝向女性的、母权的能量的运动，这些女性能量正在预示着这个星球中的爱与理解的新时代。然而，如你们察觉到的一样，会有一种男性能量的巨大的残渣正在意识中，容我说，四处滚动，就好像一块失去了它的位置，且没有在其上稳固地站立，或者没有在其上允许在意识中向前移动的聚焦的石块一样。

Therefore, we find that the New Age of love and understanding that is now having its energies experienced and expressed by greater portions of this population is that of the New Age which is dawning within each heart that is open upon planet Earth at this time. This is a kind of expression of unconditional love, which will continue to grow more and more predominant within the consciousness of third-density entities upon this planet as the transition into the fourth density continues.

因此，我们发现，现在正在让它的能量被这个星球的人群的更大部分的人所体验到并被其表达出来的爱与理解的新时代，是在此刻在行星地球上的每一颗开放的心中破晓的新时代。这是一种类型的无条件的爱的表达，随着进入到第四密度的转换的继续，这种无条件的爱会继续在这个星球的第三密度的实体的意识中变得越来越更加占优势。

Is there a further query, my brother?

我的兄弟，有一个更进一步的问题吗？

Zachary: Is the cultivation of an attitude of surrender to divine flow useful in healing the divine masculine energy which has a distortion towards control?

Zachary: 对一种臣服于神圣流动的态度培养, 在疗愈拥有一种朝向控制的扭曲的神圣男性能量的方面, 是有用处的吗?

Q'uo: I am Q'uo, and am aware of your query, my brother, and you have stated this well. For indeed, the movement into the giving of love, the receiving of love, and the adoption of the wider perspective of the feminine energies that are now engulfing this planetary sphere is that type of expression of the self which is more balanced in its potential for realizing the feminine within each heart and soul that needs to be valued and given primary attention within each conscious seeker of truth.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟, 你已经很好地陈述了这一点了。因为确实, 进入到爱的给予, 爱的接纳的运动, 对现在正在吞没这个星球的女性能量的更加宽阔的观点的采用, 就是那种更加类型的平衡的自我的表达, 在每一个有意识地真理的寻求者内在之中, 它具有潜力去实现在每一颗心与每一个灵魂中需要被重视并被给予主要的注意的女性的部分。

Is there a further query, my brother?

我的兄弟, 有一个更进一步的问题吗?

Zachary: No, thank you, Q'uo.

Zachary: 没有了, 感谢你们, Q'uo。

Q'uo: I am Q'uo, and we thank you, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有另一个问题吗?

N: I have a question, Q'uo. Upon passing, when a person passes away here and leaves their body, is it possible to not fall back into the reincarnation process? And is there any such thing as an artificial light?

N: 我有一个问题, Q'uo。在离世的时候, 当一个人从这里离开并留下它的身体的时候, 有可能不跌落返回到转世投生的过程吗? 会有诸如一种虚假的光之类的事情吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. As entities within this third-density illusion move through the process of what you would call the death of the physical body, the higher bodies within each passing entity are then activated, so that the form-maker body of the indigo-ray energy center becomes that body which then moves into the light of the harvest, shall we say.

Q'uo: 我是 Q'uo, 我了解了你的问题, 我的姐妹。当在这个第三密度的幻象中的实体经历你们称之为物质性身体的死亡的过程的时候, 在每一个离世的实体内在之中的更高的身体会接着被激活, 这样, 靛蓝色光芒能量中心的形体塑造者的身体就会成为接着移动进入到, 容我们说, 收割之光中的身体了。

The harvest light is that which is brought into beingness within each entity's passage of mind, body, and spirit, so that its degree of green-ray energy activation of unconditional love may be ascertained by the light. The light-bringers are those who are from the octave beyond this octave, and are charged with the responsibility of providing the light that can assess each passing entity's harvestability so that there is the opportunity for each entity then to continue forward in the evolutionary process. The light which each entity walks into measures the energy centers of the passing entity, so that the heart energy center is seen to be predominant in the assessing of the harvestability of each entity. However, there is also the necessity for a balance of the primary energy centers, the red, the yellow, and the blue, so that the entity being so assessed may be able to withstand the impact of the love and light of the One Creator that is available to assess the entity's harvestability.

收割的光是在每一个实体的心智、身体与灵性的转移之中被带入到存在性之中的事物，这样它的无条件的爱的绿色光芒能量中心的激活程度，就可以藉由光而被查明了。荷光者是那些来自于属于高于这个八度音程的八度音程的实体，它们担负着提供那种能够评估每一个过世的实体的可收割能力的光的责任，这样就会有可能会让每一个实体接下来继续在演化过程中前进了。每一个实体会进入到其中的光，会测量过世的实体的能量中心，这样心的能量中心就会被看到在对每一个实体的可收割能量的评价中是最为凸显的了，然而，同样会有对首要的能量中心，红色、黄色和蓝色能量中心的一种平衡的需要，这样，这样子被评估的实体，就可能能够承受为了评估实体的可收割能力而可供利用的太一造物者的爱与光的冲击了。

There is only the reality of such light that does this assessing for each entity passing through that door which you call death. This type of passage then allows each entity to demonstrate its ability to apprehend the light, to awaken the light of its green-ray energy center, and to shine that forth in a manner which expresses the balance of the other energy centers, as well as the activation of the green-ray energy center.

这样的光唯一的现实性就是来为每一个穿越你们称之为死亡的大门的实体进行这种评估。这种类型的转移接下来就会允许每一个实体展现它感受光、以及唤醒它的绿色光芒能量中的光，并将那种光用一种表达了其他能量中心的平衡，同样还有对绿色光芒的能量中心的激活的方式闪耀出来的能力。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

N: No, thank you.

N: 没有了，感谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

E: I have one related to what I was talking about. The experiences as I go

through life—sometimes I think that they're just happening, that I don't have control over them, what's going to happen has happened, there's a reason for everything that happens. So I've taken more of a passive approach to life and relying on faith. And so I'm more interested in understanding if that makes sense, and what is faith really, in that regard?

E: 我有一个与刚才我正在谈论的内容有关的问题。在我经历生命的时候的体验——有时候我认为，它们仅仅是在发生，我对它们并不拥有控制，将要发生的事情已经发生了，每一个发生的事情都有一个理由。因此，我已经更多地采用了一种对生命的被动的途径，并依赖于信心。我对于理解是否那是有道理的，以及如果那样的话，信心真正是什么感兴趣。

Q'uo: I am Q'uo, and am aware of your query, my sister. The quality of faith for any seeker of truth is that quality which sees the rightness and the potential for growth in any present situation. The faith that one is in the right place at the right time, doing the right thing, or observing the appropriate portions of one's being (and how they add to the potential for growth at all times) is where faith is most salient or important for the seeker.

Quo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。对于任何真理的寻求者。信心的特性都是那种会在任何当前的情况中看到对成长的适当性与潜能的特性。对于一个人是在正确的时刻处于正确的位置的, 是在做正确的事情, 或者在观察它的存有的适当的部分 (以及它们如何在所有的时候都会增加成长的潜能) 的信心, 就是信心对于寻求者是极其凸显或者重要的位置了。

This faith, then, may also call upon the quality of the will that each seeker has within its being to utilize the perceptions of the day, the catalyst of the experience, the potential within each moment to move forward in growth. This will, then, balances the faith so that there is the opportunity for the seeker to exercise its desire, its will, its potential to realize the qualities of faith that have pointed out the possibilities for growth for each seeker.

这种信心, 接下来, 就同样也可以呼唤每一个寻求者在它的存有内在之中拥有的意志的特性, 以利用那一天的知觉, 体验的催化剂, 以及在每一刻之中的潜能, 以在成长中前进。这种意志, 接下来, 会平衡信心, 这样, 就会有机会让寻求者实践它的渴望, 它的意志, 它的潜能, 以意识到已经指出了对于每一个寻求者的成长的可能性的信心的特性。

Thus, faith and will are the rod and the staff that each seeker carries with it as it moves through this third-density illusion, where the darkness of the illusion hides most of the Creator that is within each moment and each entity, and provides the entity, then, a means by which it may ascertain greater and greater means of moving forward in the process of spiritual growth. Together then, faith and will can utilize any present moment to move forward within the spiritual journey.

因此, 信心和意志就是每一个寻求者在它穿越这个第三密度的幻象的时候带在身边的杖与杆, 在第三密度的幻象中, 幻象的黑暗将在每一刻与每一个实体之中的造物者的大部分都隐藏起来, 并接下来提供给实体一条藉由其它可以越来越大地确证在灵性成长的过程中前进的途径的方式。

Is there any further query, my sister?
我的姐妹，有任何更进一步的问题吗？

E: It's related to this—your focus on spiritual progress—but then we live in this world; we want to be warm, we want to be fed, we're interacting with other people and the rules of society, and they just seem to be divergent to me. And I'm having difficulty doing both at the same time, I guess, or focusing on both at the same time. [Laughter] That's why I was thinking about faith. If you just go through life and things are happening and just have faith that everything's working out all right, and 20 years down the path, you're not going to starve to death because of what you're doing now. That everything is just going to work out fine.

E: 它与这一点——你们对灵性的过程的聚焦——是有关的，但是当我们活在这个世界上时，我们想要取暖，我们想要喂饱肚子，我们是在与其他人与社会的规则打交道，它们仅仅看起来似乎对于我是背道而驰的。我在同时做到两者，或者，我猜想是，同时聚焦于两者方面在遇到困难。[笑声]那就是为什么我正在思考信心。如果你仅仅是经历生命，而事情正在发生，你仅仅拥有信心，每一个事情都会顺利解决，沿着那条道路上走二十年，你因为你现在正在做的事情将不会饿死，每一个事情仅仅将会顺利解决。

Q'uo: I am Q'uo, and am aware of your query, my sister. The faith that all shall work out fine is that which is the foundation stone upon which each seeker may build the spiritual journey, for there are no mistakes for any spiritual seeker. Each seeker grows and changes according to an individual rhythm of expression of intelligent energy or the light of the One Creator. Each seeker has the opportunity and the ability to accelerate this path or type of movement along the spiritual journey as it becomes more aware of how faith and will can use the moment to grow. Each moment is pregnant with possibilities. Each moment has a variety of layers of opportunity that can be utilized, if the will of the seeker is strong enough to investigate beyond previous investigations.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的姐妹。对于所有事情都将会顺利解决的信心，就是每一个寻求者可以将灵性的旅程构建在其上的基石，因为对于任何的灵性的寻求者，都没有错误。每一个寻求者都是更与太一造物者的智能能量或者光的表达的一种个体的旋律而成长与改变的。每一个寻求者，随着它越来越更加察觉信心和意志是如何能够使用那一刻来成长，都拥有机会与能力去加速这条道路或者这种类型的沿着灵性旅程的运动。每一刻都是蕴藏着机会的。每一刻都是各种各样能够被利用的机会的层次，如果寻求者的意志是足够强有力以超越之前的探索来进行探索的话。

If the desire, the will, and the faith are utilized by the seeker in a conscious fashion (so that there is the potential for greater growth, and is seen by the seeker to be a potential that resides within its own being), then the seeker can take this faith, this desire, this will, and apply it to any present moment. So the fruits of the moment may be more evident to the seeker and the seeker will

not only be fed physically in a manner which propels the body forward, but can be fed spiritually, mentally, and emotionally in a similar fashion, so that there is food aplenty for each portion of the seeker's spiritual anatomy, shall we say. Thus, the seeker itself can determine the rate of progress in its own spiritual journey, according to how it applies its desire and its will, encompassed within the larger facility of faith.

如果渴望、意志与信心是用一种有意识的方式被寻求者所利用的（这样就会有更大的成长的潜能，并会被寻求者视为是一种安住于它自己的存有之中的潜能）接下来，寻求者就能够使用这种信心，这种渴望，这种意志，并将其用于任何当下一刻。这样，当下一刻的果实就可能会对于寻求者变得更加明显，寻求者就将不仅仅会用一种推动身体前进的方式在物质性的方面被喂饱，它同样也能够灵性上，心智上，情绪上，用一种类似的方式被喂饱，这样，寻求者的灵性的，容我说，解剖的每一个部分就会有充足的食物了。因此，寻求者它自己是能够，根据它如何利用它的渴望与它的意志，并将更大的信心的机能囊括其中，来确定在它自己的灵性旅程上的发展速度的。

Is there a further query, my sister?

我的姐妹，有一个更进一步的问题吗？

E: No, that was good. Thank you.

E: 没有了，那是很好的。谢谢你们。

Q'uo: I am Q'uo, and we thank you, my sister. Is there another query at this time?

Q'uo: 我是 Q'uo，我们感谢你，我的姐妹。在此刻有另一个问题吗？

Zachary: I have one final query Q'uo, if no one else does. It is faith and will that help us along the spiritual path of evolution, but it could be said that desire is the fuel of that evolution, fueling both our will and faith and giving them orientation. What about when we lose touch with desire? How do we reconnect with our own desire so that we can know which orientation and direction we need to go in?

Zachary: 如果没有任何其他人有问题的话，我有一个最后的问题，Q'uo。如果沿着演化的灵性的道路会帮助我们的事物是信心与意志，而可以这样说，渴望是那种演化的燃料，它同时为我们的意志与信心供能，并给予它们方向。当我们与渴望失去了接触的时候，怎么办呢？我们如何与我们自己的渴望重新连接，这样我们就能够知晓我们需要前往的定向与方向了。

Q'uo: I am Q'uo, and am aware of your query, my brother. The potential responses to this query are unique unto each seeker of truth. For one seeker, it may be that the loss of desire to partake consciously within the evolutionary process will, at some point, bring the seeker to a point of despair and desolation that is of such a strength that there is born again within the seeker the desire to move beyond such despair and desolation.

Q'uo: 我是 Q'uo，我了解了你的问题了，我的兄弟。对这个问题的潜在的回答对于每一个真理的寻求者都是独一无二的。对于一个寻求者，回答可能会是，失

去了有意识地参与到在演化旅程的渴望，将在某个位置，将寻求者带到一个绝望与孤寂的位置，这样的位置是具有这样一种优点的，在寻求者内在之中会再一次有超越这样的绝望与孤寂移动的渴望被诞生出来。

For another seeker, it may be that the loss of desire is that which is noted mentally and emotionally, so that there is sought inspiration, mentally and emotionally and spiritually, that can once again bring to life the great desire to seek and serve the One who is in all.

对于另一个寻求者，回答可能是，失去渴望是会在心智上与情绪上被注意到的事物，这样就会有在心智上、情绪上与灵性上被追寻的启发，那种启发能够再一次让寻求与服务在万物之中的太一的巨大的渴望复活。

For another seeker, the loss of desire for partaking in the present moment of utilizing catalyst and moving forward on their spiritual path may become evident in the reflection of other entities about one that suggest there is a difference in the seeker which seems to have diminished its potential and its appreciation of its own incarnation. Thus, the reflection of such friends of the seeker then mirrors to the seeker that necessity for rekindling the desire within the heart, within the spirit, within the mind, within the being, so that there may be a movement forward once again that provides the type of spiritual sustenance that each seeker of truth truly feels the need for, and seeks within its own being to realize in order to continue the movement along the spiritual path.

对于另一个寻求者，在当下一刻失去了利用催化剂并在它们的灵性旅程上前进的渴望，可能会在一个人周围的其他人的映射中变得明显，这会暗示，会有一种在寻求者内在之中的差异会看起来似乎已经减少了它的潜能以及它对它自己的投生的感知。因此，这样的寻求者的朋友的映射，接下来就会向寻求者映射出，在心中，在灵性中，在心智中，在存有中重新点燃渴望的需要，这样就可能会有一种再一次向前的运动了，这种向前的运动会提供每一个真理的寻求者真正会感觉到对其的需要，并在它自己的存有之中寻求的那种灵性的实质，以便于继续沿着灵性的道路前进。

Is there a further query, my brother?
我的兄弟，有一个更进一步的问题吗？

Zachary: No, thank you, Q'uo.
Zachary: 没有了，感谢你们，Q'uo。

Q'uo: I am Q'uo, and we thank you once again, my brother. Is there another query at this time?

Q'uo: 我是 Q'uo，我们再一次感谢你们，我的兄弟，在此刻有另一个问题吗？

Austin: I've got one Q'uo. Earlier, when talking about masculinity and destructive masculinity, you used terms like 'controlling' and talked about domination, saying that those were results of the imbalance of masculinity. And I'm wondering how you would describe a more balanced masculinity?

What sort of terms or concepts could you relate to a positive masculinity?

Austin: 我有一个问题, Q'uo。之前在谈论男性与破坏性的男性的时候, 你们使用了类似“控制性”的词语, 并谈论了支配, 你们说, 那些是男性的不平衡的结果。我想知道, 你们如何描述一种更加平衡的男性呢? 你们能够将什么类型的词语或者观念与一种正面性的男性联系起来呢?

Q'uo: I am Q'uo, and am aware of your query, my brother. Indeed, we do not mean to demean the general concept of masculinity. There is much within this concept that can be quite helpful to individuals and societies—the masculine concept of reaching, and affecting, and moving in a certain fashion—various energies that are available for the progress of the society as a whole. Therefore, we would suggest that the more balanced expression of masculine energies that reach and affect would be cooperation with those energies of the feminine nature that are able to provide a broader point of view.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的兄弟。确实, 我们并不是打算要贬低男性的一般性的概念。在这个概念中会有大量的事物是能够对个体与社会成为相当有帮助的——伸手触及, 产生影响, 并用一定的方式移动的男性的观念——可供作为一个整体的社会发展所利用的各种各样的能量。因此, 我们会建议, 对伸手触及与产生影响的男性能量的更加平衡的表达, 会是与那些具有女性属性的能量的合作, 女性属性的能量能够提供一种更为宽阔的视角。

The masculine reaching is balanced by the feminine suggestion of cooperation, of awaiting the reaching, of rejuvenating those masculine energies which reach, and are helpful and hopeful of being able to be replenished by the integration with the feminine energies that are there to receive and to energize, to inspire, and to allow masculine energies to be utilized in a more balanced fashion. There is the joining of the male and the female in the sacred marriage of unity of the One Infinite Creator that is seen then within all entities, so that there is not just one or the other, masculine or feminine, that is expressed in the entities and the cultures that are affected by expressions of such energies in one way or another at all times.

男性的伸手触及是被女性的合作、等待伸手触及、以及对那些伸手触及的男性能量的恢复精神的建议所平衡的, 男性能量是有帮助的, 且有希望能够藉由与旅行能量的整合而被再次充满的, 女性能量会在那里去接受、去赋能、去启发。并允许男性能量用一种更加平衡的方式被利用。在太一无限造物者的统一性的神圣婚姻中会有男性与旅行的结合, 在那个时候, 造物者是在所有实体中被看到的, 这样就不仅仅会有一个或者另一个, 男性或者女性, 会在用这样或者那样一种方式, 在有的时候, 都被这样的能量的表达所影响的实体与文化中被表达。

Therefore, we would suggest that the masculine energies that are able to realize they are only half of the solution to any problem are those energies which are more intelligent, sensitive, and liable to move forward in a more balanced fashion to allow both individuals and cultures to also gain from this balanced expression of the positive and the negative, the male and the female, and realize the Creator within each and within all by this expression.

因此, 我们会建议, 男性能量是能够意识到它们仅仅是对任何问题的解决方案的

一般的, 男性能量是那些更加有智能, 敏感且易于用一种平衡的方式向前移动的能量, 以允许个体与文化同时再一次从这种对阳性与阴性, 男性与女性平衡的表达中获益, 并藉由这种表达意识到在每一个实体中, 且在所有事物中的造物者。

Is there a further query, my brother?
我的兄弟, 有一个更进一步的问题吗?

Austin: No, thank you.
Austin: 没有了, 谢谢你们。

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

Q'uo: 我是 Q'uo, 我们感谢你, 我的兄弟。在此刻有最后一个问题吗?

E: I had one related to desire. When you were answering the question related to desire, it sounded like you were focused on the desire for spiritual growth. If we here in third density had that single desire in our lives, then are you saying that everything else will fall into place in this third-density existence? We don't have to have other desires to direct our lives, just that one?

E: 我有一个与渴望有关的问题。当你们在回答关于渴望的问题的时候, 它听起来就好像你是聚焦在对灵性成长的渴望的。只要我们在这里在第三密度中在我们的生活中拥有了那个单一的渴望, 接下来, 你们会说, 所有其他事情都将会在这个第三密度的存在性中各就其位吗? 我们并不一定要让其他的渴望指导我们的生活, 仅仅那一个渴望吗?

Q'uo: I am Q'uo, and am aware of your query, my sister. Each spiritual seeker within this third-density illusion most usually will begin the seeking process at a very basic level of expression. The desires that are expressed by the beginning spiritual seeker are those that you have mentioned, that are more, shall we say, ordinary or mundane, in the desire for food, for shelter, for companionship, for a profession, for a means by which to appreciate the creation about one. This is a normal progression.

Q'uo: 我是 Q'uo, 我了解了你的问题了, 我的姐妹。每一个灵性寻求者在这个第三密度的幻象中都极其通常地将会在一个非常基础的表达的层次上开始寻求的过程。被开始的灵性寻求者表达的渴望是那些你已经提及的事物, 是那些更加, 容我们说, 频繁或者世俗的渴望, 对食物的渴望, 对遮蔽物的渴望, 对友情的渴望, 对一个职业的渴望, 对一种藉由其欣赏在一个人周围的造物的途径的渴望。这是一个正常的发展。

We suggest, however, that when it is finally realized by any conscious seeker of truth that to desire the highest within one's realm of comprehension the spiritual journey (the union with the One Creator, the service of all, therefore seeking first the kingdom of heaven) allows all else to be added unto one. Yet this seeking of the kingdom of heaven, shall we say, is that which is sustenance itself, is relative and appropriate, is enough for any seeker, for there will be added unto such seeking all else that is necessary for the survival and

movement forward of the seeker.

然而，我们会建议，当任何真理的寻求者最后意识到，去渴望在一个人的知觉的领域中的最高的事物时，灵性旅程（与太一造物者的合一，对所有事物的服务，并因此首先寻求天国）会允许所有其他的事物被添加到其上。而这种对，容我们说，天国的寻求，就是实质其自身之所是，是相对的且适当的，对于任何寻求者都是足够的，因为所有其他的对于寻求者的生存与前进是需要的事物都将会被添加到这样的寻求上。

All seekers of truth will eventually become enamored of more than just the ordinary round of activities in the mundane world that seem to hold some relevance on the spiritual path. Eventually, each seeker will realize that there is only one true goal for any aspirant of the spiritual path, and that is to know and reflect the One Infinite Creator that exists within each entity, awaiting discovery by each entity of its existence. There is nothing but the One Creator within all the creation. All the creation has been made by the One Creator out of the One Creator, in order that the One Creator may know itself through every individual seeker of truth, and that every individual seeker of truth may eventually know the self as the One Creator.

所有的真理的寻求者都将最终着迷于比仅仅在世俗的世界中的日常活动要更多的事物，这些事物看起来在灵性道路上会具有某种实质性。最终，每一个寻求者都将会意识到，对于任何有志于灵性道路的人，仅仅只有一个真实的目标，那就是去知晓并映射存在于每一个实体内在之中，并等待着每一个实体探索它的存在性的太一无限造物者。在所有造物之中，除了太一造物者之外，什么都没有。所有的造物都已经是被太一造物者从太一造物者制造出来，以便于太一造物者可以通过每一个个体的真理的寻求者知晓它自己，每一个个体的真理的寻求者都可以最终知晓自己就是太一造物者。

At this time, we shall take our leave of this instrument and this group. We leave each of you in the love and in the light of the One Infinite Creator that exists within all. We are known to you as those of Q'uo. Adonai, vasu borragus.

在此刻，我们将离开这个器皿和这个团体。我们在太一无限造物者的爱与光中离开你们每一位。我们是你们知晓的 Q'uo。Adonai, vasu borragus。

2020-09-15 传讯练习：炼金术的关键配方

Practice Channeling Circle

September 15, 2020

Group question: We find ourselves in a situation where differing worldviews and different perceptions of reality are clashing more and more on a greater social scale. How can we, as seekers of love and truth, help to reconcile these worldviews and bring love and harmony to an increasingly disharmonious world?

团体问题：我们发现我们自己处于这样一个情境中，在其中差异化的世界观以及对实相的不同的观念正在越来越多地在一个更大的社会性的尺度上发生冲突。然而，我们，作为爱与真理的寻求者，如何帮助调和这些世界观并将爱与和谐带到一个越来越更加不和谐的世界呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We greet you in love and in light, and are grateful for your invitation to us to join your practice channeling circle and speak through those who wish to learn this skill this evening.

我是 Q'uo，我与这个器皿在一起了。我们在爱中并在光中向你们致意，我们对于你们今晚邀请我们加入到你们的练习传讯的圈子并通过那些希望学习这种技巧的人发言时感到感激的。

We are always aware that it is a necessity for our words to be carefully considered in order that only those which are—we correct this instrument—that only those which are helpful might be retained for use, and those which are not at this time helpful be set aside. If you would do us this simple favor, we would be able to speak freely.

我们一直都察觉到，会有这样一个需要，我们的言语要被仔细考虑，以便于仅仅只有那些——我们更正这个器皿，仅仅只有那些有帮助的话语才会被保留下来以供使用，那些在此刻并不是有帮助的话语会被放到一边。如果你们愿意给予我们这个简单的恩惠，我们就能够自由地发言了。

This evening, your topic is one which is full of the challenges of the third-density illusion. Each of you is within this illusion for the purpose of discovering how to bring love through your heart chakra in a manner which has no conditions, and which is a response to the world around you—with all of its difficulties and disharmonies—that seemingly requires of you that you bend your will and desire to seek the truth [despite] many and sundry demands that you behave, think, and conduct yourself in a manner which seems antithetical to the open heart.

今晚，你们的主题是一个充分了第三密度的幻象的挑战的主题。你们每一个人都是为了这样一个目的而处于这个幻象之中的，这个目的就是去发现，如何用一种无条件的方向让爱通过你的心的脉轮，这种方式就是一种对你们周遭的世界——带着其全部的困难与不和谐——的回应，这种回应看起来似乎需要你们，

不管你们遇到多少你对你自己作出、思考与提出的要求——这些要求看起来是与开放心是相对立的——都将你们的意志与渴望转向寻求真理。

This is the challenge for all who are here now and willingly accepted before the incarnations began. This is a concerted effort upon the population of Earth's preincarnative choices, so that there would be available at this time the type of opportunity for growth that might accelerate each conscious seeker's path. For time, as you would say, and as you measure it, grows short.

这就是对所有现在在这里在投生开始之前就自愿接受挑战的人的挑战了。这是在地球上的人群的投生前的选择上的一项协商好了的努力，这样在此刻就会有那种类型的成长的机会可供取得了，这种成长的机会可以加速每一个有意识的寻求者的道路。因为时间，如你们会说一样，且根据你们对它的度量，越来越短了。

Each seeker, whether they're conscious or unconscious of this purpose for the third density, is making each opportunity available to itself in a manner which is unique to each self and yet contains qualities of commonality which pervade the population. That is to say, each of you has the ability to make these choices of loving responses to whatever catalyst confronts you, and yet each of you will do it in your own way, for you have free will infinitely throughout your experience within this illusion and all further levels of experience beyond this illusion.

每一个寻求者，无论它们对于这个第三密度的目的是有意识还是无意识，都在让每一个机会用一种对每一个自我是独一无二的方式可供它自己所取得，而这种方式包含了在人群中盛行的共性。那就是说，你们每一个人都拥有能力向无论什么你们遭遇到的催化剂做出这些充满爱的回应的选择，而你们每一个人都会用你们自己的方式来进行它，因为在贯穿你们在这个幻象中的你们的全部体验中，以及在这个幻象之外的所有更进一步的体验的层次中，你们无限地拥有自由意志。

At this time, we would transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们会将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principal of Q'uo, and we would express that it brings us joy to be with your group again and to be exercising these instruments, and rusty though this instrument feels we assure him that he has not fallen out of service. And in fact, [this instrument] is working diligently to clear the energetic pathways that make our service more efficient—more able to reach your shores—from those places we call home.

我们是你们知晓的 Q'uo 原则，我们想要表达，与你们的团体再一次在一起并训练这些器皿，这带给了我们喜悦，尽管这个器皿感觉到生锈了，我们向它保证，它并未脱离服务。实际上，这个器皿正在勤奋地进行工作，以清理能量的通道，这使得我们的服务更有成效了——更加能够抵达你们的海岸——从那些我们称之为家园的地方。

In our experience, when we look about, when we look within, we see love unbounded. We see that which is the truth of the creation, unobscured, unhidden by artifice, apparent to both what you would call our senses and the marrow of our souls. In this love we see all beings made of light as of the same substance, different only in surface features of memory and history, of interests and configurations of mind.

在我们的体验中，当我们环顾四周的时候，当我们往内看的时候，我们看到了不受限制的爱。我们看到了造物的真理之所是，它是没有被巧计所遮蔽，所隐藏的，这种造物的真理对于我们称之为感知的事物以及我们的灵魂的精髓是明显的。在这种爱中，我们将所有的存有都视为是具有相同的实质的存有，仅仅是在记忆与历史的表面特性中，在心智的兴趣与配置的表面特性中是不同的。

Your world, however.. it is quite different. In your experience you are surrounded with that which is foreign. Most of the minutes of your day you may feel a certain comfort or ease with that which is familiar, but often still your experience is not one of communion with that which you call home, that which you call family or friends. The pathways to the merging that is so prevalent in our experience begin in your experience through the opening of the heart and the experience of love, but still you relate to one another as other-others, other than you, entities worlds apart, separated by worldview, ideology, background, upbringing, and the sources of information which your particular vibrations attract to yourself.

然而，你们的世界是.....它是相当不一样的。在你们的体验中，你们是被外来的事物所围绕着的。你们的一天的大多数的时间中，你们都会感觉到对于熟悉的事物的一定的舒适或者放心，但是，经常地，你们的体验仍旧不会是一种与你们称之为家的事物，你们称之为家庭或者朋友的事物之间的亲密交流的体验。通往那种在我们的体验中是如此盛行的融合的途径，在你们的体验中，是通过开放心以及对爱的体验而开始的，但是你们仍旧会将相互彼此作为另外的他人，作为与你们不同的人，分开的实体的世界来建立关系，你们是被世界观、思想形态、背景、教养以及你特定的振动吸引到你自己身上的信息的源头所分开的。

We would not through this instrument get into the diagnostics of the disrepair that your collective seems to be experiencing presently in an heightened state. We would acknowledge the great despair among your peoples. For many are upon islands separated by seemingly—we correct this instrument—separated by distances which seem to be many times insurmountable. The other islanders look from that distance [to be] menacing, or clueless, or at risk of sinking the whole chain; this is, as this instrument would say, quite a pickle for your peoples.

我们不会通过这个器皿对你们的集体看起来似乎当前用一种加剧的状态中正在体验到的绝望的症状进行探究。我们承认，在你们的人群中的巨大的绝望。因为很多人都是位于隔离的岛屿之上的，看起来似乎是因为——我们更正这个器皿——被看起来视乎比不可逾越的距离还大许多倍的距离所隔离开的。从那种距离来看，其他岛屿上的人看起来是有威胁的，或者是愚蠢的，或者是会冒着毁灭一切的风险的，这对于你们的人群是，如同这个器皿会说的一样，一种相当困难

的处境 (*quite a pickle*)。

What would one do in such a geographically-visualized predicament? Would those upon one island see the benefit of sending out emissaries in order to network, shall we say, in order to begin a process of linking these disparate locations so that information could...

在这样一种想象的地理上的情境中，一个人会做什么呢？在一个岛屿上的那些人会看到派遣使者益处吗，以便于，容我们说，建立网络，以便于开始一个将这些分开的地点连接起来的过程，这样信息就能够.....

(We pause to deepen this instrument's contact)

(我们暂停加深这个器皿的接触。)

...so that information could again begin to move between these groups, so that the deprivation felt in these siloed or isolated experiences could be lifted, so that instead of looking upon the ground in sorrow and misery at the discord among your people, there might be a note of a musical nature that travels through the air from one soul in need to another. Upon reaching the second, another note added on to the third and the fourth until a melody of hearts crying out singing in joy and praise to the One in a sense of relief and rescue from the fragmentation and destruction that seemed at hand.

.....这样，信息就能够再一次开始在这些团体之间移动，这样在这些被隔离的体验中被感觉到的匮乏，就能够被减轻，这样，不是在对在你们人群当中的不和谐的忧伤与不幸中低头看着地面，而是可能会有一个具有一种音乐属性的音符，它会通过空气从一个困苦灵魂传递到另一个困苦灵魂。在抵达第二个灵魂的时候，另一个音符会被添加到其上，继续第三个，第四个，一直到会有一首的心的旋律在对太一喜悦与赞美中，在一种对看似就在手边的破碎与破坏的解脱与援救的感觉中，高声歌唱。

You do occupy an illusion, which shall pass, which is a temporary phenomenon in the ever-present gaze of the One. You who are walking through this simulation... where we do confirm that you are in a predicament... but as in all such problems as you may call them, all such scenarios that disorient and confuse, they are writing and manifesting and expressing the momentum of that which came before. They carry with them history, however unseen, so much of it may be to your conscious minds. But they do not carry with them certain inevitabilities. They carry probabilities.

你们确实占据着一个幻象，幻象将会过去，幻象是在太一的一直存在的凝视中的一个暂时性的现象。你们这些正在穿越这个模拟物的人.....我们确实确定你们是在一种苦境之中.....但是，如同所有诸如你们可能将其称之为问题的之类的问题之中，所有这样的令人迷失方向且感到混淆的场景，它们全都是在书写、显化并表达在之前出现过的事物的动量。它们在它们身上带有历史，无论它是怎样看不见，它的如此之大的部分对于你们的有意识的心智可能是看不见的，但是它们确实在它们身上带有一定的不可避免性。它们携带着或然性。

The outcomes are not foregone. What inputs, my friends, affect outcomes?

What variables are those that offer the greatest doorway for transformation, or indeed, miracles? How does the infinite stream into your enclosed, seemingly sealed-off moment to reconfigure and transmute and uplift the stuck energies, the bellicose energies?

结果并不是被预先注定的。我的朋友们，什么输入会影响产物呢？什么变量是那些会为转变，或者，确实是，奇迹，提供最大的通道的变量呢？无限是如何流入到你们被包围起来的，看似被封闭起来的片刻之中，以重塑、转变并提升被卡住的能量，好战的能量呢？

One variable we may note is hope, and its corresponding mindset, optimism, and the vision to know that light and love are always available, and that in the darkest, most loss-seeming moment there is ever a pathway, my friends. The Creator awaits your invitation. The Creator yearns to enter your heart if you can but trust enough to hold to the vision of that which is your birthright, that which is your nature, that which is the nature and essence and being of everything that you can see, everyone you've ever known, everyone you will ever know.

我们可以指出的一个变量就是希望，以及它相应的心态，乐观主义，以及洞察力，即知晓光和爱一直都是可供取得的洞察力，在最深的黑暗以及大多数看似损失的时刻中，一直都会有一条道路存在。我的朋友们，造物者等待着你们的邀请。造物者渴望进入到你们的心，只要你们能够足够信任，以紧紧抓住对于你们的天赋权利之所是，你们的本性之所是，以及你们能够看到的每一个事物，你们曾经知晓的每一个人，你们将会知晓的每一个人的的属性、实质与存有之所是的洞察力。

No external force and no situation has greater key than that which you are. Awaken my friends. Earth and the cosmos calls to you. Now is your time to ring and proclaim loudly the bells of your heart. We invite you to join this chorus.

没有外部的力量与任何的情况是比你们之所是更大的关键。觉醒吧，我的朋友们。地球与宇宙在呼唤你们。现在就是你们去敲响钟声并大声宣告你们的心中的钟声的时刻了。

This instrument asks us that we would now pass this contact, with gratitude to this circle, to the one known as Kathy. Adonai.

这个器皿请求我们，我们现在转移这个接触，我们会带着对这个圈子的感激，将这个接触转移到被知晓为 Kathy 的实体。Adonai。

(Kathy channeling)

(Kathy 传讯)

We are those of Q'uo, and we are with this instrument.

我们是 Q'uo，我们与这个器皿在一起了。

We feel your perception of the seemingly unstable ground on which you all walk at this time, the seemingly-turbulent atmospheres that you feel from time to time, the differences... seeming differences of opinions and outlooks,

and perspectives that you feel with the collective and with one another from time to time.

我们感觉到你们对你们所有人此刻走在其上的看似不稳定的地面，以及你们时不时地会感觉到的看似动荡的氛围的知觉.....差异，表面上的观点与眼界的差异，你们感觉到与集体，与相互彼此之间的观念上的差异。

We know also there is that sweet, abiding feeling of love that you feel with those who share your own perspectives as you grow ever higher in your development, the companionship that you feel with those, and we wish to express a kind of love for you in this time that may seem like a struggle. From the outer sight, it does seem that way. We would have you understand, so to speak, that the souls on Earth are becoming unmoored from their former moorings. They cannot stay where they were, and so become unmoored and feel themselves upon the choppy sea waters that are not comfortable—that require constant attention to navigate. But it is through this process that each one is growing. For the choices, the action-choices each one makes, help them grow. Help each one grow. Help others grow.

我们同样也知晓，随着你们在你们的发展中不断变得更高，会有你们对于那些分享了你们自己的观念的人感觉到的那种甜美的，持久的爱的感觉，会有你们对于那些感觉到友情，我们希望通过这个可能看起来似乎是一种挣扎的时刻表达一种类型的对于你们的爱。从外部的视角来看，它确实看起来似乎是那样子的。我们想让你们理解，可以说，在地球上的灵魂正在从它们之前的系泊处拔锚起航。它们无法留在它们曾经的位置，因此它们拔锚起航，并感觉到它们自己是处于波浪滔滔的海域上的，这个海域是不舒服的——这个海域需要不断的对航向的留心。但是，就是通过这个过程，每一个人都在成长。因为选择，每一个人做出的行动的选择，帮助它们成长。帮助每一个人成长。帮助其他人成长。

We wish for you to understand that though the waters underneath may seem choppy and difficult, uncertain, and the winds around you may feel not familiar or uncomfortable, that actually each one has higher guidance at all times. Each one is wrapped in the hands of the Creator at all times. Each one on the inner level is making a valiant effort to grow, to understand more, to progress more toward love though it may not seem so on the outside. But ever that higher guidance is there, ever that hand of the Creator keeps holding them. The water itself is made of love; the atmosphere around each one of you is made of love, though it may sometimes seem not so.

我们希望你们理解，尽管在下面的水域可能看起来似乎是波涛汹涌而困难的，是不确定的，在你们周围的风可能感觉并不是熟悉或者令人不舒适的，每一个人实际上在有的时候都拥有更高的指引。每一个人在有的时候都是被握在造物者的手中的。每一个人在内在层次中都在做出一种英勇的努力，以成长，理解更多，并更多地朝向爱发展，尽管从外面看起来它可能并没有发展。但是，那种更高的指引一直都在那里，造物者的手会一直都握住它们。水域其自身就是由爱构成的，在你们每一个人周围的空气是由爱构成的，尽管它可能有时候看起来似乎并不是这样的。

For every untoward act one of you may witness in someone, in which they

seem to be acting selfishly, there may be three more acts chosen like that, and then a moment of awareness in which that same soul realizes and chooses another action, another action that is more toward love. We do not see all the pathways of everyone, we do not know all of the moments of awakening that each may have.

对于你们每一个人可能在某个人身上见证的每一个不适当的行为，在这些行为中，它们看起来似乎是在自私地行动，可能会有三个更多的类似那样的行动被选择，接下来，会有一个觉醒的时刻，在其中，那个相同的灵魂会意识到并选择另一个行动，另一个更多地朝向爱的行动。我们没有看见每一个人的所有的道路，我们并不知晓每一个人可能拥有的所有的觉醒的时刻。

We say to you to trust that the world in which you live has a metaphysical composition that supports you, that is made of love and gently assists you, each of you, in growing toward that love more and more on the outer choices that you make and on the inner level. Whether it be small gestures toward the plants and animals of your world, to care for them in loving ways, whether it be in larger grander ways, you can look for changes. When you look in the eyes of all the other-selves you'll begin to see and understand more, when looking into each other's eyes and knowing that each one is on the path of growth, of self-love, of self-knowledge, and of knowing themselves as part of the Creator, and in the process, learning to love others more and more.

我们对你们说，信任你们活在其中的世界是拥有一种形而上学的构造的，这种构造会支持你们，它是由爱构成的，它会在你们朝向那种爱成长的过程中，且越来越多地在你们在你们作出的外部选择上与内在的层次上，温和地帮助你们，你们每一个人。无论它是对你们世界的植物和动物的小小的手势，以用有爱的方式来照料它们，或者它是用更加宏大的方式，你们都能够寻找改变。当你们注视所有外部的自我的眼睛的时候，你们将会开始看到更多并理解更多，当注视相互彼此的眼睛，同时知晓每一个人都是处于成长的道路，自我之爱的道路，自我知晓的道路，以及知晓它们自己是造物者的一部分的道路上时，学会去越来越多地爱其他人。

We thank you for this opportunity to share this perspective, and now we pass this contract to the one known as Austin. Adonai.

我们为分享这个观点的机会感谢你们，现在我们将这个接触转移到被知晓为 Austin 的实体。Adonai。

(Austin channeling)

(Austin 传讯)

We are Q'uo, and we are with this instrument. We acknowledge again through this instrument the despair that we are able to perceive upon your planet. We feel the call of despair deep within our own beings, and we bend all of our will towards offering what service we can to you and your peoples and your planet in response to this call, yet we ourselves do not despair. And we offer a certain perspective in hopes that the context of our perception aids your own seeking and your own ability to find your place upon your planet

and within this universe, and find comfort in following your own path and trusting your internal voice.

我们是 Q'uo, 我们与这个器皿在一起了。我们再一次通过这个器皿承认我们能够你们的星球上感觉到的绝望。我们在我们自己的存有内在深处感觉到那种绝望的召唤, 我们将我们全部的意志都转向提供我们, 通过回应这种呼唤, 所能提供给你们、你们的人群与你们的星球的服务, 而我们自己并不绝望。我们提供一定的远景, 以希望我们的观点的来龙去脉会帮助你们自己的寻求与你们自己在你们的星球上以及在这个宇宙中的位置的嗯那给你, 并通过跟随你们自己的道路且相信你们内在的声音而找到舒适。

The conditions upon your planet as you currently experience are not a surprise to us. We sense among your peoples a great confusion and we understand the calling out among many of your peoples: "How have we arrived here? Where did this condition come from? How may we free ourselves from this confusion and disharmony?" In offering our perspective we do not wish to plumb the depths of the great tangle of distortions buried deep within your social complexes upon your planet, but rather describe a greater intelligence and pattern of energies at play, intended to aid you upon your paths and to bring about harvest on your planet.

在星球上的情况, 如你们当前体验到的一样, 对于我们并不是一个吃惊的事情。我们在你们的人群当中感觉到一种巨大的混淆, 我们理解在你们的人群中的很多人都在呼喊: “我们怎么已经抵达了这里? 这个情况是来自于何处? 我们如何将我们自己从这种混淆与不和谐解放出来?” 通过提供我们的观点, 我们并不希望探测被深深埋藏于你们的社会复合体之中的扭曲的巨大的缠结的深度, 我们毋宁是描述在运转中的一种更大的智能与能量模式, 这种智能与能量模式是打算要在你们的道路上帮助你们, 并在你们的星球上产生出收割的。

You asked this evening about a seeming increase in disparate perceptions and disparate worldviews. And we can confirm from our perspective that indeed, there is a greater and greater crystallization of worldviews that, from the perspective of third density, may not be reconciled.

你们今晚询问关于在相异的观点与相异的世界观中的一种表面上的增长。我们能够从我们的远景确认, 确实, 有这样一些世界观的一种越来越更大的结晶, 从第三密度的观点, 这些世界观可能是无法调和的。

Technologies and advances in consciousness have allowed your peoples to resonate stronger and stronger amongst each other, yet this resonance amongst your peoples tends to bring the like-worldviews closer together, and thus the disparate worldviews further apart. With the advent of what you call social media and greater attention paid towards a global system of communication, more and more people are drawn to each other through agreement of worldview.

科技以及在意识中的进步已经允许你们的人群在相互彼此之间越来越更加强有力地产生共鸣了, 而这种在你们的人群中的共鸣倾向于将具有相似的世界观的人带到更加接近的位置并带到一起, 这样相异的世界观就会更进一步地分开。伴随着你们称之为社会传媒的事物的出现以及更大的注意力被赋予一个全球性的交

流系统，越来越多的人通过世界观的一致性被吸引到相互彼此了。

There is an energy underlying these technologies and this advancement in consciousness. And this my friends, though it may not seem like it, is the coming of the fourth density—the density of love and understanding—for it is these energies which call each individual to resonate with all those around them, and it is the result of your planet becoming more and more in resonance with the fourth-density energies that is causing the challenge that you now face.

在这些科技与这种在意识中的进步之下潜藏有一种能量。我的朋友们，尽管可能看起来似乎不是这样的，这就是第四密度——爱与理解的密度——的到来，因为就是这些能量呼唤每一个个体与那些在它们周围的所有人产生共鸣，它是你们的星球变得与第四密度的能量越来越更加协调一致的结果，这些第四密度的能量正在造成你们现在面对着的挑战。

And so it may seem like things are at their most dire upon your planet, and that you may feel more lost now than you ever have, we assure you that this is natural, and indeed, a planned event for this is the catalyst needed for your planet, as a unified population, to form a social memory complex and unify in your seeking of the Creator. It is the way of distortion that in order for it to be balanced and reconciled it must be accentuated and acknowledged.

因此，可能看起来似乎在你们的星球上，事情是处于它们最为极端的状况的，你们可能感觉到比你们曾经有过的更加迷失，我们向你们保证，这是自然性的，确实，这是一个被计划好的时间，因为这就是你们的星球需要的催化剂，以作为一个统一的人群，形成一个社会记忆复合体，并在你们对造物者的寻求中统一起来。就是这种扭曲的方式是必须要被强调并被承认的，以便于让它被平衡并被调和。

What you're facing now are the fourth-density energies eliminating the possibility for those upon your planet to ignore the distortions among your social memory complex. These energies are bringing greater and greater awareness to where you, as a peoples, must focus your love and bring your greatest attempts at understanding.

你们现在面对的事情是第四密度的能量，它们正在根除你们星球上的人群忽略在你们的社会记忆复合体当中的扭曲的可能性。这些能量能在将越来越更大的察觉带到你们，作为一个人群，必须要将你们的爱聚焦在，并将你们对理解的最大的尝试带到的位置。

We sense within this instrument a feeling of failure to bring this understanding to bear within his own life and we affirm to this instrument that he is not alone in this feeling. For seekers in many circumstances, the failure to achieve their own ideals is one of the greatest catalysts generated by the self. We would like to offer the perspective for this instrument and all seekers who struggle with meeting their own ideals that these feelings are a bountiful crop of experience awaiting to be harvested as catalyst and to transform your heart to bring it more and more into resonance with love.

我们感觉到在这个器皿内在之中有一种在将这种理解在它自己的生命产生出

来的方面的失败的感觉，我们向这个器皿确认，他在这种感觉的方面并不是孤单的。对于寻求者，在很多的情境中的，取得它们自己的理想的失败，是被自我产生出来的最大的催化剂中的一种催化剂。我们想要对这个器皿以及所有努力符合它们自己的理想的寻求者提供这样的观点，这些感觉是一片丰饶的体验的庄稼，它们等待着作为催化剂被收割，并为你们的心带来转变，以将它越来越多地带入到与爱的共鸣之中。

We find in general the key ingredient, if you will, missing from this alchemical recipe is that of patience... patience with the self, and patience with other-selves. Each moment contains the potential of infinity. And yet it is a self-sabotage to expect the self to meet that highest potential, moment after moment.

我们发现在这个炼金术的配方中漏掉的关键成分，如果你们愿意这样说的话，一般而言是，耐心.....对自我的耐心，对其他自我的耐心。每一刻都包含有无限的潜能。而期待自我，在每时每刻，去符合那种最高的潜能，这是一种自我破坏。

(We pause to allow this instrument to deepen its state.)

(我们暂停允许这个器皿深化它的状态。)

So, it is our hope that in sharing the perspective of the metaphysical processes at play that you may find patience within yourself for yourself and for the others upon your plane.

因此，我们的希望是，通过分享对正在运转的形而上学的过程的观点，你可以在你自己内在之中找到对你自己，对在你们星球上的其他人的耐心。

We offer one more perspective which we believe may either seem hopeful or bleak, depending on the interpretation of each seeker. As we perceive the energies playing out upon your planet and the great desire within each of you to bring your love and your light to bear and resolve the tension that you feel so palpably within your hearts, we wish for you to release the burden of responsibility, for you alone as an individual seeker can only do so much in the face of such a great mire of distorted energy. As energies continue to progress and manifest upon your plane, there is an inevitable progression that the great tangle of distorted energy within your social memory complex will manifest as some level of disharmony within your physical realm.

我们会提供再多一个观点，我们相信这个观点可能要么是看起来会有帮助的，要么是苍白的，取决于每一个寻求者对它的解释。当我们感受在你们的星球上正在表达的能量，以及在你们每一个人内在之中对于将你们的爱与你们的光产生出来并化解你们在你们的心中如此明显地感觉到的紧张的渴望的时候，我们希望你们放下责任的负担，因为你们，单单作为一个个体的寻求者，在面对这样一种被扭曲的能量的巨大的泥潭的时候，仅仅就只能做这么多了。随着能量继续发展并在你们的星球上显化，会有一种无可避免的进展，在你们的社会记忆复合体中的被扭曲的能量的巨大的缠结，将会作为在你们的物质性的领域中的某种层次的不和谐显化出来。

But this too, even if it seems as though it could lead to great destruction and

suffering, is part of a process, and as energies play out upon your physical plane, they are dispersed and are allowed to be relieved. You may aid this process [by] continuing to seek the love within your hearts. No matter what seeming disharmony and difficulty continues to appear upon your planet and within your social complexes, we admire your efforts so much. You are all truly uniquely powerful beings and you are upon this planet at this time by no accident.

但是，这同样也是一个过程的一部分，即使看起来似乎它能够导向巨大的破坏与苦难，随着能量在你们的物质性层面上表达出来，它们会被分散开并被缓解。你们可以藉由继续在你们的心中寻求爱来帮助这个过程。无论有什么看似不和谐与困难的事物会继续在你们星球上与你们的社会复合体中出现，我们都会如此之大地赞美你们的努力。你们全都是真正独一无二地强有力的存有，你们在此刻在这个星球上不是偶然的。

At this time, we leave this instrument and transfer the contact to the one known as Jim to offer our final thoughts for this evening. We are Q'uo.

在此刻，我们会离开这个器皿，并将接触转移到被知晓为 Jim 的实体，以提供我们对今晚的最后的想法。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo and am with this instrument. We are most pleased that you have been able to perceive the nature of the experience that you all share at this time upon planet Earth. It is a grand illusion, my friends, and yet it has much to teach. Each of you, by opening your hearts in unconditional love, are able to take in that catalyst of the worldly despair and transform it in your own experience into an understanding of your purpose here and the purpose of the disharmony that you all perceive on the level of group consciousness.

我是 Q'uo，我与这个器皿在一起了。我们对于你们已经能够感觉到你们在此刻在行星地球上全都分享的体验的属性是极其高兴的。它是一个宏大的幻象，我的朋友们，而它拥有大量要教导的事物。你们每一个人，藉由在无条件的爱中开放你们的心，是能够将尘世的绝望的催化剂吸收进来，并将它在你们自己的体验中转变为一种对你们在这里的目的，以及对你们全都在团体意识的层次上感觉到的不和谐的目的的理解。

You're all in the beginning stages of forming a social memory complex that is resolving the distortions that have infected your peoples for millennia. This is a monumental process that has much to offer. Each entity upon your planet, each is making an effort to offer itself in some kind of service that may or may not be an accurate representation of the overall plan at this time. However, as that which you call time moves forward, in each instance there is the perpetual infinity of opportunity which is ever-available in the resolving of disharmony through the offering of unconditional love for any disharmony that may exist.

你们全都处于形成一个社会记忆复合体的开始阶段，这个社会记忆复合体正在化

解那些已经在千万年的时间中影响了你们的扭曲。这是一个巨大的过程，它拥有大量的事物要提供出来。在你们的星球上的每一个实体，每一个实体都正在做出一份努力，来用某种服务的方式提供它自己，这种服务可能或者可能不会对于在此刻的整体计划的一个准确的代表。然而，随着你们称之为时间的事物向前推进，在每一个情况中，都会有永恒无限的机会，这种机会在通过向任何可能存在的~~不和谐~~提供无条件的爱来化解不和谐的方面是一直都可供利用的。

You are each warriors for peace, for love, for unity, and for understanding. You fight the gallant fight. You give without reserve. You blend your being with the One in all. We thank you for your persistence and for your optimism and for your unconditional love. We thank each in this circle for offering itself in that regard. We shall be with you again. It is our great honor to be with you. We are known to you as those of Q'uo. We leave you now in love and in light, in peace and power. Adonai, vasu borragus.

你们每一个人都是和平的斗士，爱，统一，理解的斗士。你们在进行一场英勇的战斗。你们毫无保留地给予。你们将你们的存有与在万物中的太一结合起来。我们为你们的坚持不懈，为你们的乐观，为你们无条件的爱而感谢你们。我们感谢在这个圈子中的每一个人在那个方面奉献它自己。我们将会再一次与你们在一起。与你们在一起是我们巨大的荣耀。我们是你们知晓的 Q'uo。我们现在在爱中，在光中，在力量与平安中，离开你们。Adonai Vasu borragus。

2020-10-14 传讯练习：有着银色与金色的眼睛的流浪者的故事

Practice Channeling Circle
October 14, 2020, 2020

I am Q'uo, and am with this instrument at this time. It is a great pleasure and an honor to be with you in this circle of seeking this evening. We feel the excitement in each mind and heart as you begin again that which you have come to do so well, to serve as instruments of the One Creator (as each entity within the creation is) for all are the Creator in one fashion or another, seeking to be of service to allow the knowledge of your being to inform the Creator of Its own being. This is a sacred journey upon which we all travel. And we are so glad to be with you on this journey on this evening at this time.

我是 Q'uo，我在此刻与这个器皿在一起了。在今晚与你们一起在这个寻求的圈子中，这是一种巨大的快乐与一种荣耀。在你们再一次开始你们已经做得如此之好的事情，即作为太一造物者的器皿来服务的时候，我们感觉到在每一个心智与心之中的激动，因为在造物者中每一个实体都是太一造物者的器皿，所有存有用这样或者那样一种方式，都是造物者，都在寻求去进行服务以允许对你们的存有的知晓告知造物者祂自己的存有。这是一条我们全都在其上旅行的神圣的旅程。我们如此高兴在此刻在今晚与你们一同走在这条旅程上。

We are aware that each is eagerly anticipating the type of story that we shall tell through each instrument this evening. We look within the heart of the experience... the journey that each of you is upon at this time. And we see a wanderer with eyes of silver and gold—precious metals in your illusion—but in the higher realms, the images of wisdom and love.

我们察觉到每一个人都极其渴望参与到我们将在今晚通过每一个器皿讲述的那种类型的故事中。我们在体验的核心之中观察.....你们每一个人在此刻走在其上的旅程。我们看到一个流浪者，它具有银色与金色的眼睛——在你们的幻象中的珍贵金属——但是在更高的领域中，它们是智慧与爱的图像。

This wanderer has come to earth as a newborn child and has progressed in years, so that it is what you would say a teenager that is beginning to have the feeling of being inspired by energies that are not of the illusion in which it has incarnated. It feels that it has a purpose, a mission, a direction in life to go, and that there is much work of a spiritual nature that it is destined to attempt. This work mystifies this young wanderer, and it considers many times in contemplation what the nature of this work might be.

这个流浪者已经作为一个新生的孩子来到了地球上，并已经成长发展了一些年了，这样，它就是你们会说是一个青少年的事物，它正在开始拥有被那些并不属于它已经在其中投生的幻象的能量所启发的感觉。它感觉到，它拥有一个目的，一个使命，一个要在生命中前往的方向，会有大量的具有一种灵性属性的工作是它命中注定要去尝试的。这个工作让这个年轻的流浪者感觉到迷惑，它很多次在沉思中考虑，这个工作的属性可能会是什么。

We shall now transfer this contact to the one known as Gary. We are known as

those of Q'uo.

我们现在将这个接触转移到被知晓为 Gary 的实体。我们是被知晓为 Q'uo 的实体。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principal of Q'uo. We greet the circle again through the body of this instrument. We would continue the story began by bringing your attention back to this young wanderer beginning to blossom in the soil of the plane of sleep and forgetting, as its awareness expands beyond the boundaries which had formerly defined the shape and sense of self.

我们是你们知晓的 Q'uo 原则。我们通过这个器皿的身体再一次向圈子致意。我们会藉由将你们的注意力带回到这个年轻的流浪者而继续开始的故事，年轻的流浪者开始在睡眠与遗忘的层面的土壤中发芽，因为它的察觉拓展超越了已经在之前就界定了自我的形状与感觉的边界了。

To where is this awareness going? What is this awareness reflecting back to the wanderer about its own nature and its purpose? This wanderer has no concrete answers, but moves forward nonetheless, its feet placed continually, one in front of the other, with a growing hunger to know, to find more.

这种察觉将会前往何处呢？这种察觉将关于它自己的属性与它的目的的什么事物映射返回到了流浪者身上了呢？这个流浪者没有明确的答案，但是却仍旧前进，它的双脚，继续一步一步地前进，带着一种不断增长的对知晓更多，找到更多的饥渴。

In this case, this seeking in these early stages is looking outward, attempting to puzzle meaning from the illusion, from the way the world is, and how the self is to be in this world, and through study of that which may be considered unconventional by your society's standards.

在这种情况下，在这些早期阶段的这种寻求正在向外看，通过对可以被你们的社会标准认为是非传统的事物的研究，尝试去解开幻象的意义，世界运行的方式，以及自我要如何在这个世界上存在的谜题。

This wanderer reads. It seeks. It pokes its head, shall we say, into different areas of your societal complex and it feels an ache of loneliness. It is not quite sure what it is that calls or what it is that it seeks. But the call is there and the questions continue to arise. and the distance from the former self continues to lengthen as it traverses a disorienting landscape of an in-between place. And onward the wanderer moves.

这个流浪者阅读。它寻求。它将它的脑袋，容我们说，扎入到你们的社会复合体的不同的区域中，它感觉到一种孤单的刺痛。它并不是相当确信，召唤的事物是什么，它寻求的事物是什么。但是，召唤就在那里，问题继续升起。随着它横跨一个中间地带的令人找不到方向的地形，与之前的自我的距离继续拉长。流浪者继续前进。

(We pause to deepen this instrument's state. We are those of Q'uo.)

(我们暂停来深化这个器皿的状态。我们是 Q'uo。)

This wanderer is, relative to the lighter vibrations that it seeks, encumbered by the heavy vibrations of the material-bound identity, and to transition, or shall we say, break free from that conditioning is no easy task. It is no mere changing of belief, for to release the old is, in many senses, to die in order to make space for a new birth.

这个流浪者，与它寻求的更加轻盈的振动相对，是背负着具有物质性限制的身份的沉重的振动的，要转变，或者，容我们说，要打破那种条件作用，并不是容易的工作。它不仅仅是对信念的改变，因为要释放旧的事物，在很多的意义上，就是要死去，以便于为一种新生腾出空间。

Your peoples do not easily relinquish those identity forms to which they are attached. Sometimes this transition is made relatively smoothly, we may say; however, often it needs knocked loose, if you will, through the tumult of catalyst which challenges the self and calls the self into question. The wanderer in our story is set to face these challenges and tests that will help it to shed its past identity.

你们的人群并不会容易起放弃那些它们依附于其上的身份的形式。有时候，这种转变是，我们可以说，相对顺利地被进行了的，然而，它经常需要，如果你们愿意这样说的话，冲破催化剂的骚动，这种催化剂的骚动会挑战自我并让自我陷入到质疑之中。在我们的故事中的流浪者必定要面对这些挑战与考验，它们将帮助它脱掉它过去的身份。

At this time, we would transfer our contact to the one known as Trisha. We are those of Q'uo.

在此刻，我们会将我们的接触转移到被知晓为 Trisha 的实体。我们是 Q'uo。

(Trisha channeling)

(Trisha 传讯)

We are those of Q'uo, and we are with this instrument.

我们是 Q'uo，我们与这个器皿在一起了。

As the one known as Gary has spoken, this wanderer is experiencing what you might call a molting period. Its ego, [its] identity becoming not necessarily necrotic, but releasing its binds upon the entity and slowly shedding, dying off to reveal the true nature of the entity underneath.

如同被知晓为 Gary 的实体已经说过的一样，这个流浪者正在体验你们可以称之为一个蜕变时期的事物。它的小我，它的身份不一定是在坏死，而是在释放它对实体的束缚，缓慢地脱落，死去，以揭露在下面的实体的真实的属性。

The wanderer feels much discomfort with this molt, as one can imagine. The shedding of layers can cause great confusion and discomfort physically and spiritually. But with that release comes a sense of relief, a freeness from—we

correct this instrument—a freedom from the binding framework we tend to create for ourselves in this illusion, this compartmentalization, if you will. In many senses, this teenage wanderer is going through a spiritual puberty: a gathering of experience and knowledge, and redefining what (and we speak this with italicized words) this is.

流浪者对这种蜕变感觉到大量的不适，如同一个人能够想象到的一样。卸下外壳能够造成在身体上与灵性上的巨大的混淆与不舒服。但是，伴随着那种释放，会出现一种解脱感，一种解放——我们纠正这个器皿——一种从我们倾向于在这个幻象中为我们自己制造的束缚性的框架，这种分门别类化，如果你们愿意这样说的话，的解放。在很多的意义上，这个青年的流浪者正在穿越一种灵性的青春期：一种对体验与知识的收集，并对于“这”（我们是用斜体字说“这”的）是什么进行重新定义。

This wanderer realizes that it may be about to begin a journey that could be a—we correct this instrument—an illusion of a desert. The wanderer may acknowledge that this journey of opposition of selfhood (realizing what selfhood is when there [are] no many-selves) can lead to a distancing from those considered other-selves. That experiential—we correct this instrument—that relational desert (this instrument is realizing) simply means that, for this wanderer, this wanderer will realize that the relation is unbounded. For this wanderer is everything.

这个流浪者领会到，它可能即将开始一场旅程，这场旅程能够成为一个——我们更正这个器皿——具有一片沙漠的一个幻象。流浪者可以承认，这场自我属性的对立面的旅程（领悟当没有许多自我的时候自我属性是什么）能够导向一种与那些被认为是其他自我的实体的一种隔离。那种体验性的——我们更正这个器皿——那种关系上的沙漠（这个器皿正在意识到）单纯地意味着，对于这个流浪者，这个流浪者将会意识到，关系是不受束缚的。因为这个流浪者就是一切事物。

This wanderer is the Creator. The desert is the Creator. The notion of loneliness is simply that—an illusion of the Creator. So, with those first few steps on that journey, the wanderer has much excitement, much curiosity, but also much faith. For this wanderer is beginning to know its full self: the great I Am that runs through every bit, every morsel of the experience; the reality, as we call it.

这个流浪者是造物者。沙漠是造物者。孤单的意义单纯就是——一种造物者的幻象。因此，伴随着在那条旅程上的一开始的几步，流浪者拥有大量的兴奋，大量的好奇，但是同样也拥有大量的信心。因为这个流浪者正在开始知晓它完整的自我：那个穿越每一点、每一小块体验的伟大的我是（I Am），实相，如我们对它的称呼一样。

This instrument is unsure of the quality of her channeling in this moment and gratefully asks that we leave her to the one known as Austin. We are those of Q'uo.

这个器皿并不确信在此刻她的传讯的质量，她感激地请求我们离开她并转移到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)
(Austin 传讯)

We are Q'uo, and we are with this instrument. And so our young wanderer, having taken up the mantle of seeking and experiencing a transformation of self-awareness, looks forward upon the path in front of it with a fresh perspective and a renewed sense of purpose and belonging within the world. This wanderer, within its heart, feels a calling. It cannot identify the source of this calling. It does not know where this calling may lead it. But as the guiding star in the desert sky, the wanderer continues to follow this calling.

我们是 Q'uo, 我们与这个器皿在一起了。因此, 我们年轻的流浪者, 在已经披上了寻求与体验到一种自我察觉的转变的披风之后, 带着一种新鲜的视角与一种更新过的目的感以及在世界中的归属感, 向前看着在它前方的道路。这个流浪者, 在它的心中, 感觉到一种召唤。它无法分辨这种召唤的源头。它并不知晓这种召唤可能会将它引向何处。但是, 如同在沙漠的天空中的指引的星辰一样, 流浪者继续跟随这种召唤。

Upon this path, as this wanderer continues its journey of seeking and service, it will meet many challenges. It may find itself stymied upon the path and there will be moments where this wanderer will feel as though it is truly lost within this desert. This wanderer may wonder whether or not it has simply been traveling in circles, if it will ever find its way home, yet at each challenge that forces this wanderer to pause on their journey, this wanderer will eventually realize that this pause is an opportunity to witness the scenery around them. Within each pause, what first appeared to be yet another barren stretch of desert, eventually this wanderer will recognize the small yet incredible details of beauty.

在这条道路上, 随着这个流浪者继续它寻求与服务的旅程, 它将会面对很多的挑战。它可能会发现他自己在道路上被袭击了, 将会有一些时刻, 在其中这个流浪者将感觉到就好像它真的在这个沙漠中迷失了一样。这个流浪者可能会对是否它单纯地一直都在绕圈子, 是否它将会找到它回家的道路感到惊讶, 而在每一个会强迫这个流浪者在它们的旅程上暂停的挑战处, 这个流浪者将最终意识到, 这种暂停时一个注视在它们周围的风景的机会。在每一个停顿之中, 那些一开始看起来似乎不过是另一段荒凉的沙漠的事物, 最终这个流浪者将会认出那些小而令人难以置信的美丽的细节。

At each pause this wanderer will recognize that this is not a barren desert. That each challenge that the desert presents is not intended to thwart the wanderer, but is the desert asking the wanderer to recognize the beauty it contains. As the wanderer more and more begins to recognize that each challenge and each opportunity for pause is a calling for the wanderer to pay closer attention to seek more of the beauty within this environment, the path forward becomes clear again and the wanderer may continue on its journey. As this wanderer continues and turns back to see the path it has traveled, it will see walking in step that same young wanderer it once was, ready to offer

that fresh, excited perspective of the newly-awakened seeker.

在每一个停顿之中，这个流浪者将会认识到，这不是一个荒凉的沙漠。沙漠呈现的每一个挑战，都不是打算要阻碍流浪者，而是沙漠在请求流浪者认出它所包含的美。随着流浪者越来越多地开始认出每一个挑战和每一个停顿的机会，都是一种召唤，召唤对流浪者去更加密切地留心寻求在这个环境中的更多的美丽，向前的道路再一次变得清晰了，流浪者可以在它的旅程上继续了。在这个流浪者继续并转过身来回头看它已经旅行过的道路的时候，它将会看到它曾经是的那个相同的年轻的流浪者的在行走，它准备好将那个新觉醒的寻求者的新鲜的、令人激动的观点提供出去。

At this time, we leave this instrument and transfer the contact to the one known as Jim to conclude our thoughts for this evening. We are Q'uo.

在此刻，我们离开这个器皿，并将接触转移到被知晓为 Jim 的实体，以结束我们今晚的想法。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

We are Q'uo, and am once again with this instrument. This wanderer of whom we have been speaking has been through many thought processes, possibilities for its being, and its expressing of itself, and has discovered that there is no right or wrong to its thoughts, but that it is indeed the servant of the One in all that it does, all that it thinks... all that it may ever be.

我们是 Q'uo，我们再一次与这个器皿在一起了。这个我们一直都在谈论的流浪者，已经经历过许多的思考的过程，对它的存有的可能性以及它对它自己的表达了，它已经发现，它的想法是没有对错的，但是，它确实是太一的仆人，太一是在所有它做的事情，所有它思考的事情.....所有它可能成为的事情之中的。

This feeling of its own nature, being revealed unto it as a product of its wondering in contemplation (its questioning and doubting) is a comfort which is as a fuel to the questing spirit of the wanderer. For it realizes, within the heart of its being, that its very being is its greatest service. For as it is the One in miniature, shall we say, it connects with all about it in a way that opens the heart in unconditional love, so that there is a network of the compassionate being of the One Creator that is enlivened by the wanderer's realization of the Creator within itself and within all of the creation about it.

这种具有它自己的属性的感觉，是作为它在沉思中它的惊奇（它的质疑与怀疑）的一个产物而对它揭露出来的，这种感觉是一种安慰物，对于流浪者的探寻的灵性，这种安慰物是它的一种燃料。因为它在它的存有的核心之中意识到，它的核心的存有就是它最大的服务。因为如同它就是，容我们说，微型的太一，它是用一种会在无条件的爱中开放心的方式与在它周围的万物连接在一起的，这样，会有一个太一造物者的充满同情心的存有的网友，这个网络藉由流浪者对于在它内在之中以及在它周围的所有造物之中的造物者的领悟而被赋予了活力的。

This realization that it has come by—through much discord, contemplation, and perpetual wondering and wandering—is that which gives it the sense of

fulfillment that it has sought. This fulfillment then becomes a gift: a kind of light to the world around it, so that it has the opportunity to be this light wherever it is, with whomever it communicates at any time, without even trying to construct a certain path of service. Rather, the service is the being; the being is the service. This is a realization that the wanderer can share with everyone upon the planet, for each is a wanderer of a kind, wandering from the realization that we all are one... wandering from the reality of this unity.

这种它已经——通过大量的不和谐、沉思、以及持久的惊奇与漫游——获得的领悟，就是给予了它那种它已经寻求的实现的感受的事物了。这种实现，接下来成为了一个礼物：一种类型的对它周围的世界的光，这样它就拥有机会去成为这种光，无论它在何处，无论它在任何时刻在与谁在交流，甚至不会尝试去构建一定的服务的途径。毋宁说，服务就是存在，存在就是服务。这就是流浪者能够与在这个星球上的每一个人分享的一种认识了，因为每一个人都是—种类型的一个流浪者，都在从那种我们全都是一体的领悟开始流浪.....从具有这种统一性的实相开始流浪。

Thus, the wanderer is able to mirror to those within its realm of influence this quality of unity: the condition of the unconditional love, shall we say. The wanderer then has the opportunity to share this realization with the One Creator in all beings, thereby enlivening each entity's apprehension of this Creator within each in some degree, so that there is a spiraling light-energy that moves in concentric circles, shall we say, to cause a kind of spiritual gravity to energize and awaken those people and experiences that the wanderer may embrace as another form of the Creator and its own other-self. Thus, the ideal of all seekers of truth, all wanderers of one nature or another, is that each helps the other to realize some additional facet of the jewel within that is the One Creator.

因此，流浪者能够向那些在它的影响范围中的人镜射这种统一的品质了：容我们说，无条件的爱的情境。流浪者接下来拥有机会与在所有存有中的太—造物者分享这种领悟，并由此在某种程度上为每一个实体对这个在其内在之中的造物者的感知赋予了活力，这样，就会有一种螺旋的光的能量会用，容我们说，同心圆的方式移动，以产生出—种类型的灵性的重力，并增强并唤醒流浪者可以作为另一种形式的造物者与它自己的其他自我来拥抱的那些人与体验了。因此，所有的真理的寻求者，所有具有这样或者那样—种属性的流浪者的理想，就是每一个人都帮助相互彼此去领悟宝石的某个额外的面向，在那个宝石之中的就是太—造物者了。

At this time, we would like to express our deep appreciation to each instrument that we have been able to utilize this evening. We are most pleased with each instrument's progress, for though you have had little practice in recent times, you all are still at the level of achievement which has remained within you and shall continue to grow as time and practice accumulates.

在此刻，我们想要表达我们对于我们能够在今晚使用的每一个器皿的深深的感激。我们对于每一个器皿的进展是极其高兴的，因为尽管你们在最近只进行了很少的练习，你们仍旧全都是处于这样一种成绩的层次，它已经留在你们内在之中，

并将随着时间与练习的积累而继续发展。

At this time we shall take our leave of this instrument and this group, leaving each in the love and ineffable light of the One which is all in all. We are known to you as those of Q'uo and we leave you at this time. Adonai, vasu borragus.
在此刻，我们将离开这个器皿与这个团体，我们在太一的爱与无法言喻的光中离开每一位，太一即在万物中的万物。我们是你们知晓为 Q'uo 的实体，我们在此刻离开你们。 Adonai, vasu borragus。

2020-11-18 传讯练习——在交流中保持开放的心

Practice Channeling Circle
November 18, 2020, 2020

Group question: How can we remain in our open heart when catalyst strikes as we are communicating with others?

团体问题：在我们正在与其他人进行交流的时候，当催化剂袭击时，我们如何能够留在我们开放的心中呢？

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am with this instrument at this time. We thank each of you for inviting our presence. We come in the name of the Lord of Love to speak to you this evening about your open heart. But before we do so, we would like to ask you to use your discrimination (as you are so adept at doing when listening to our words) as we speak this evening, for we wish not to be seen as ultimate authorities, but as your brothers and sisters. We join you in seeking the One in all.

我是 Q'uo，我在此刻与这个器皿在一起了。我们为你们邀请我们出席而感谢你们每一位。我们是以爱的主的名义而前来在今晚向你们谈论关于你们开放的心。但是，在我们这样做之前，我们想要请你们在我们今晚发言的时候使用你们的分辨力，（如同你们在聆听我们的话语的时候是如此擅长于去做的一样），因为我们并不希望被视为是终极的权威，而是视为是你们的兄弟姐妹。在你们寻求在万物之中的太一的过程中，我们加入你们。

As we speak about your open heart, we would carefully advise you to make every effort to find the key to your open heart. It is not always obvious that one has been able to open the heart before engaging in communication with an other-self. There are so many potentialities, shall we say, in making an attempt to discern whether the heart is indeed open and ready to communicate. As you attempt to find that key, we suggest that you allow the inspiration of your mental abilities to reach into your subconscious mind in order that you may find a more perfect means of sensing the quality of your heart as being that which is open.

在我们谈论你们开放的心时，我们会小心谨慎地建议你们去做出每一个努力来找到你们开放的心的钥匙。并不一直都是明显的事情是，一个人在它参与到一个其他自我进行的交流之前，它就已经能够开放心了。在做一种尝试去分辨，是否心是确实开放的且做好了准备进行交流的方面，会有如此多的，容我说，潜在的可能性。当你尝试去找到那把钥匙的时候，我们建议，你允许属于你的心智的能力的启发延伸进入到你的潜意识心智之中，以便于你可以找到一种更加完美的途径来感知你的心的特性是开放的特性。

So often one moves through different kinds of experiences in the daily round of activities, feeling that there is a certain kind of compassion that is resident

within the mind and the heart that can become, shall we say, somewhat disheveled when facing a difficulty in communication with an other-self. If you feel within your own intuitive capacities that you have the unconditional acceptance of your own self while you are in any communication with an other-self, you have begun to open the door to your open heart. This is a process that may be considered a more traditional kind of estimation of your open heart, for to love and accept yourself is to place your faith upon holy ground—the ground of your being which is the One Infinite Creator.

因此，当一个人移动穿越在日常生活的活动中的不同类型的体验的时候，它如此经常地会感觉到会有一些类型的同情心是存在于心智与心之中的，这种类型的同情心能够在面对一种在与一个其他自我的沟通交流之中的困难的时候变得，容我们说，多少有些被搅乱了。如果你在你自己的自觉性的能力中感觉到，在你处于以一个其他自我的任何的交流之中的时候，你都拥有对你自己的自我的无条件的接纳，你就已经向你开放的心打开门了。这是一个可以被认为是对你的开放的心的一种更为传统类型的评估的过程，因为要去爱并接纳你自己，就是去将你的信心置于圣地之上——你的存在的地面，它即是太一无限造物者。

At this time, we shall transfer this contact to the one known as Gary. We are those of Q'uo.

在此刻，我们将这个接触转移到被知晓为 Gary 的实体。我们是 Q'uo。

(Gary channeling)

(Gary 传讯)

We are those known to you as the principal of Q'uo, and we greet this circle again through this instrument that we may continue speaking on the rich topic of the often-befuddling workings of the open heart and the third-density environment when communicating with an other-self.

我们是你们知晓的 Q'uo 原则，我们通过这个器皿再一次向这个圈子致意，我们可以继续在这个丰盛的主题上发言，这个主题即在与一个其他自我交流的时候开放的心与第三密度的环境的经常会令人迷惑的工作。

So often, my friends, you find that you are not aligned...not aligned within yourself or within the other-self, and this unalignment, or misalignment, leads to friction, resistance, [and/or] rejection along the energetic pathways within the self and between the self. This friction then restricts the flow of the cosmic prana upward into and through the lower chakras that feed and energize the open heart. So, the self finds that various doors are closed within the self as the self compartmentalizes various aspects of its unintegrated being. Into these compartments one finds thoughts which, from the broadest picture, can be said to be misapprehensions of the One Creator.

我的朋友们，如此经常地，你们会发现你们并没有校准.....在你自己的内在之中，或者在其他自我内在之中是没有被校准的，这种未被校准，或者校准错误，会导致在自我内在之中以及在自我之间的能量通道上的摩擦、抵抗、(和/或)拒绝。这种摩擦接下来会限制宇宙的普纳 (prana) 向上流入并流经较低脉轮，这种普纳会为开放的心提供能量并赋予活力。因此，自我会发现，在自我将它未被整合的

存有的各种各样的面向分门别类的时候，各种各样的门在自我内在之中被关闭了。一个人会发现想法形成了这些类别分区，从最为广阔的图像来看，这能够被认为是太一造物者的错误认知。

First and foremost within these compartments in the self are beliefs about the limitations of self, the needs of the self, and the corresponding defenses that get erected to protect these vulnerable spaces. The first communication, then, of the open heart is practice with the self in examining the thoughts and the sensations that arise in the mind and examining where and how this is felt within the body; and [then] untangling—gently, with compassion—these knots by probing deeper into the thoughts that circulate within the mind concerning how the self is perceived, [or] how a situation or other-self is perceived. These knots which separate can be undone and that stuck energy can be made available to rise upward to power the heart and to be integrated into the being, and to be the self, one step closer toward the lived experience of wholeness.

在自我之中的这些分门别类之中的首先与首要的事物，就是关于自我的限制、自我的需要以及相应的防守的信念，这种相应的防守会站起来保护这些有价值的空间。开放的心的首先的交流，接下来，就是通过检查在心智中升起的想法与知觉，检查这在身体中是在什么位置被感觉到的，以及感觉起来是如何的来与自我进行练习，接下来，藉由深入探索进入到那些在心智中循环的，关于自我是如何被感觉到，或者一个情况或者其他自我是如何被感觉到的想法——温和地、带着同情心——解开这些缠结。这些分离的缠结能够被解开，卡住的能够成为可供利用的，以向上升起，为心赋予能量，并被整合进入到存有之中，成为自我，并朝向被活出的整体性的体验更进一步。

What a victory it is, my friends, simply to undertake this interior work with the intention to open the heart or to remove that which obstructs the open heart. Without this conscious intention to use and accept catalyst, the self remains unconscious, shall we say, at the mercy of the interior logic of these blockages as they—we correct this instrument—as the blockages have their own momentum that seek their own ends...which involve a sort of self-perpetuation through feeding, energizing the pain-body, defending against exposure, keeping the self's energy locked into tight, separated compartments.

我的朋友们，它是怎样一种胜利呀，带着开放心的意图，或者去移除阻塞了开放心的事物的意图，单纯地进行这个内部的工作。在没有这种去使用并接受催化剂的有意识的意图的情况下，自我是保持无意识的，并会受到这些阻塞的内在的逻辑的，容我说，摆布，当它们——我们更正这个器皿——因为阻塞拥有它们自己的动量，这种动量会寻求它们自己的目标.....通过喂养痛苦的身体，并为其赋予能量，防御避免暴露，保持自我的能量是被紧紧锁闭在被分开的分隔之中，这种动量是围绕了一种类型的自我保存的。

As the self engages the conversation with the self and learns to listen to these voices lovingly, without suppressing or judging them, one increasingly enters one's own heart space and can receive other-selves in this same—we correct

this instrument—in the same infinite bounty that the green ray offers. For indeed, as the ones known as Ra said, the quality of love has a melting aspect for the various strands of distortion that greet your senses and your experience which paint a picture of separate entities doing separate things to one another. When brought into the heart, [one may] experience a melting of the boundaries and the borders, so that the truth being hidden by the distortion can become (or rather be made visible) to the awareness of the self. That truth is ever and always the same, that the self and other-self are one.

当自我参与到与自我的对话，并学会去充满爱地聆听这些声音，而不去压制或者评判它们的时候，一个人会越来越地进入到它自己的心的空间，并能够在这种——我们更正这个器皿——在绿色光芒提供的相同的无限的馈赠中接收其他自我。因为，确实，如同被知晓为 Ra 的实体说过的一样，爱的特性拥有一种让各种各样的扭曲的线条拥有一种融合的面向，这些扭曲的线条会向你的感知与你的体验致意，并会描绘一幅分离的实体对相互彼此做分离的事情的图像。当这些线条被带入到心之中的时候，一个人就可以体验到一种对界限与边界的融合，这样被扭曲隐藏起来的真理就能够对自我的察觉成为可见的，或者毋宁说真理让扭曲成为可见的了。真理是一直且永远是相同的，自我和其他自我是一体的。

So it is that the self speaks not from the needs and limitations of a small, separate self—the blames, the accusations, justifications, weaponizing—but instead speaks from a place of compassion and understanding in the light of oneness, seeing in the heart center that whatever distortions may be manifesting in self or other, painful and extremely challenging though they may be, the truth of the situation is love. The more that truth is embodied and implied in the words, in between the words and the gaze, in the energy and tone and the way that other-self is greeted, the more that the surface distortions become transparent to the true nature of the self and all in association with the self.

因此，就是那个自我，它不会从一个小小的、分离的自我的需要与限制来说话——责备、控诉、辩护、武装化——而是相反从一个在一体性的光中具有同情心与理解的位置说话，并在心的中心中看到，无论什么扭曲可能会在自我或者其他自我身上显化，尽管它们可能是痛苦的、极其有挑战性的，那个情况的真理是爱。那个真理更多地话语中，在词句中，在注视之中，在能量与声调中，以及在其他自我被致意的方式中，被具体体现与暗示出来，表面的扭曲就会越多地对自我以及与自我有关联的所有事物的真实的属性成为透明的。

At this time this instrument asks that we take our leave that we may exercise the other instruments in this circle. We thank this instrument and we now transfer the contact to the one known as Tricia. We are those of Q'uo.

在此刻，这个器皿请求我们离开，这样我们可以训练在圈子中的其他器皿。我们感谢这个器皿，我们现在将接触转移到被知晓为 Tricia 的实体。我们是 Q'uo。

(Trisha channeling)
(Trisha 传讯)

We are those of Q'uo, and we are now with this instrument. We find that this

topic of navigation through catalyst when relating interpersonally with other-self is one that is seemingly more and more important to your people at this time. We have much gratitude for your continued seeking in the direction of finding peace and love and connection through potential moments of disconnection.

我们是 Q'uo, 我们与这个器皿在一起了。我们发现, 在用人际关系的方式与其他自我建立关系的时候航行穿越催化剂的主题, 是一个在此刻对于你们的人群看似越来越更加重要的主题。我们对你们在穿越潜在的断开连接的时刻, 在找到平安、爱与连接的方向上的持续性的寻求是极其感激的。

We ask that you always remain in your heart during these moments and practice reminding yourself of the truth...that self and other-self are merely illusions. Merely vehicles. Merely pictures we paint to make sense of what is the truth at the bottom of everything. Other-self and self are one and the same. It is so that in this experience you and other-self have decided to create narratives, stories, [and] opinions that you identify with and that at times, [these] may seem to be in conflict. This conflict can be what you've termed catalyst (this egoic injury if you will), this at-times questioning of identity or assault to identity.

我们请你在这些时刻一直都留在你的心中, 练习提醒你自己想起真理.....自我和其他自我不过是幻象。不过是载具。不过是我们描绘的图画, 以使得在每一个事物底部的真理之所是言之有理。其他自我和自我是一体的, 是相同的。就是这样子, 在这个体验中, 你和其他自我已经决定去创造出叙事、故事、以及你与之认同的观点, 时常, 这些观点可能看起来似乎是冲突的。这种冲突能够成为你已经称之为催化剂的事物 (这种小我的伤害, 如果你们愿意这样说的话,) 这种冲突时不时地会成为对身份的质疑或者对身份的攻击。

You may feel frustration, sadness, [or] anger when this catalyst arises between self and other-self. Again, the most important step is to accept oneself—for if one accepts oneself, one can begin to accept other-self. For is other-self not an extension of self and thereby an extension of every minute aspect of this reality? When one comes—we correct this instrument—when one becomes able to access the heart during this catalyst, one may be able to see other-self not as adversary or enemy or even other-self, but [may] take on a loving, caring, warm disposition, open arms, welcoming this other-self (and we say this meaning this extension of self), viewing this other self with grace and compassion as mother to child, as lover to lover...seeing what you call humanity in this extension of self. It is then that one can move from open heart to open mind and open ears.

你可能在这种催化剂在自我和其他自我之间升起的时候感觉到挫折、悲伤或者愤怒。再一次, 最为重要的步骤就是去接受自己——因为如果一个人接受它自己, 它就能够开始接受其他自我了。因为这个其他自我难道不是自我的一个延伸, 并因此是这个实相的每一个微小的部分的一个延伸吗? 当一个人来到——我们更正这个器皿——当一个人变得能够在这个催化剂期间接触到心的时候, 它可能能够将其他自我不视为是对手或者敌人或者甚至是其他自我, 而是可以采用一种有爱的、关心的、温暖的倾向, 张开手臂, 欢迎这个其他自我, (我们这样说的

意思是这个自我的延伸), 并带着恩典与同情心观察这个其他自我, 就好像母亲对孩子, 就好像情人对情人.....在这个自我的延伸的身上看到你称之为人类属性的事物。就是在那个时候, 一个人能够从开放的心移动到开放的心智与开放的耳朵了。

Though this catalyst may feel uncomfortable, this discomfort can be a great (for lack of a better word) tool to unlock spiritual evolution. We see this as tremendous opportunities to practice unconditional love both to self and to other-self (and not to mention, to circumstance). Through this, one can begin to truly hear what is being stoked—spoken rather—to see what lies at the heart of other-self's truth. To be able to understand where this truth is born, from where this belief began in this practice, self may be able to begin to see similar truth arise; one may be able to see how this belief or this contradiction could exist within self, perhaps with a different flavor...a different narrative surrounding it.

尽管这个催化剂可能感觉起来是不舒服的, 这种不舒服能够成为一个解锁灵性的演化的伟大的 (因为缺少一个更好的词语) 工具。我们将这种不舒服视为是惊人的机会去练习同时对自我与对其他自我 (不用说, 对环境) 的无条件的爱。通过这种不舒服, 一个人能够开始真正地听到正在被说的事情, 开始看到存在于其他自我的真理的核心之处的事物。能够理解这个真理是在什么位置被产生出来的, 从什么位置, 这个信念开始在这个练习中开始了, 自我就可能能够开始看到类似的真理升起了, 一个人就可能能够看到, 这个信念或者这个矛盾是如何能够存在于自我内在之中, 也许是带着一种不同的风味.....一种围绕着它的不同的叙述。

What beautiful specimens every self is for this experiment—this opportunity to challenge and accept. And that, my friends, is the key: acceptance. Unconditional love erasing the boundaries between self and other-self. Not seeing "I am this; you are that," but saying "We are we; we are one." We see this as such an important practice. Right now, at this time for you on Earth... what a truly phenomenal gift with such immensely-bountiful rewards.

每一个自我都是这个实验——这个去挑战并接受的机会——的怎样美丽的标本呀。我的朋友们, 那就是关键: 接纳、消除了在自我与其他自我之间的边界的无条件的爱。不是看到, “我是这个, 你是那个, ” 而是说, “我们是我们, 我们是一体的。” 我们将这视为是这样一个重要的练习。就是现在, 在此刻, 对于在地球上的你们.....一个真正了不起的礼物, 带有这样惊人地丰盛的回报。

Fearing that—we correct this instrument—fearing that she has muddied a dialogue, though accepting such mud, if you will, now asks that we take leave of her and transfer our contact to the one known as Austin. We are those of Q'uo.

害怕——我们更正这个器皿——因为害怕她已经将一个句子搅乱了, 尽管我们接受这样的泥泞, 如果你们愿意这样说的话, 她现在请求我们离开她并将我们的接触转移到被知晓为 Austin 的实体。我们是 Q'uo。

(Austin channeling)

(Austin 传讯)

We are Q'uo, and we are with this instrument. Maintaining an awareness of the illusory nature of this distinction between self and other-self is crucial in reckoning with the question posed for this evening, for it is upon this illusion that the stage is set for your journey into the open heart.

我们是 Q'uo, 我们与这个器皿在一起了。对在自我和其他自我之间的这种差别的虚幻性的属性保留一种察觉, 在处理今晚被提出的问题的方面是关键性的, 因为舞台就是为了你们进入到开放的心的旅程而被设置在这个幻象上的。

This illusion, as you know, is created and enforced by the veil of forgetting. It is this veil that causes you to lose your innate awareness of your oneness with other-self. Without the veil, the question that you posed this evening could not even be considered, for it holds no logic on the other side of this illusion. Yet we are called to point out that the very act of considering this question from [the] standpoint of the veiled illusion in which you find yourself at this stage of your journey to the Creator is such a powerful act of will that your very being shines a light that serves as a beacon to those unseen allies, friends, and guides who offer their support from the unseen places for you upon your journey. It is with this will from which this question is summoned that you may consider the solution to the conundrum that is posed, for it requires a great amount of will to maintain the desire to live within the open heart in all moments, especially those moments in which self and other-self might clash upon the stage of illusion.

如你所晓的一样, 这个幻象是由遗忘的罩纱创造出来, 并被其所强化的。就是这个罩纱使得你失去了你与其他自我的一体性的与生俱来的察觉。如果没有罩纱, 你今晚提出的问题甚至都不能被考虑, 因为在这个幻象的另一边, 它并不拥有逻辑。而我们被呼唤来指出, 恰恰就是从被你发现你自己在前往造物者的旅程的这个阶段上处于其中的这个罩纱遮蔽的幻象的立场来考虑这个问题的行动, 是这样一种强有力的意志的行动, 你的本质的存有会闪耀一种光, 它会对那些看不见的同盟、朋友以及指导灵如同一座灯塔一样地服务, 它们会在你的旅程上冲看不见的位置为你提供它们的支持。就是藉由这个问题从其而被召集起来的这种意志, 你可以考虑对那个被提出的谜题的解答了, 因为它需要有巨大数量的意志来维持在所有的时刻中都活在开放的心中的渴望, 尤其是那些在其中自我和其他自我可能会在幻象的舞台上产生冲突的时刻。

This will to maintain an open heart may serve you best in considering this question, as realizing the necessity to carry this will beyond the immediate moment of the clashing. It is a dedication of one's life to the path of the open heart, and thus asks the self to maintain focus upon this desire within the round of daily activities, and asks the self to make time to hone this will, so that the self may call upon it in moments of need—such as when one finds it difficult to maintain the open heart in communication with another.

这种去保持一颗开放的心的意志, 可以在考虑这个问题的过程中最佳地服务你, 因为它意识到有必要携带着这种意志超越那个冲突的当前的时刻。它是将一个人的生命向开放的心的道路的一种奉献, 并因此请求自我在日常生活的活动保持聚焦于这种渴望之上, 请求自我花时间来打磨这种意志, 这样, 自我就可以在需要

的时候召唤它——诸如当一个人发现很难在与另一个人沟通交流的过程中保持开放的心的时候。

We suggest to all contemplating this question that there are central exercises and tools available to the self within your illusion that can help strengthen your desire and ability to maintain this open heart. You may not be surprised to know that these activities include meditation, contemplation, and prayer. We of the Confederation of Planets in Service to the One Infinite Creator do not desire to impose boundaries upon the concepts of meditation, contemplation and prayer, for we have found it beneficial to merely suggest these general exercises and allow the seeker to determine how best to approach these activities. We will share, though, one perspective of these activities that may be applicable to your question this evening.

我们建议所有人都沉思这个问题，在你们的幻象中会有可供自我所用的中心性的练习与工具，它们能够帮助增强你们保持这种开放的心的渴望与能力。你们可能并不对知晓这些活动包含了冥想、沉思与祈祷而感到吃惊。我们服务于太一无限造物者的星际联邦并不渴望对在冥想、沉思与祈祷的观念进行强买强卖，因为我们发现 单单建议这些一般性的练习，并允许寻求者决定如何最佳地进行这些活动是有益处的。尽管我们将会分享这些活动的一个可能会对今晚你们的问题是适用的观点。

In considering how meditation may be most relevant to maintaining the open heart during communication with other-self, we suggest that the practice of maintaining the silence of mind and the focus of awareness upon the landscape of one's consciousness, with regular practice, may help you to realize in the midst of any moment (including conversation with other-selves of a difficult nature) one's own emotional landscape, and those triggers and swells of emotion that might rise within the self.

在考虑冥想如何可以与在与其他自我进行交流期间保持开放的心最为有关系的方面，我们建议，保持心智的静默以及将察觉聚焦在一个人的意识的风景上的练习，在进行了有规律的练习之后，是可能帮助在任何时刻当中（包括与具有一种困难属性的其他自我的谈话）你意识到一个人自己的情绪的风景，以及那些可能会在自我内在之中升起的情绪的触发物与潮涌。

To maintain this awareness of the self in all moments allows one to continuously choose, without ignoring that which arises within, to act in accordance with the will and desire to live and to serve from the open heart. Remembering these reactions observed within, [one] may stash them away for later, if you will, to utilize during one's private practice, rather than to project them out towards other-self. A regular practice of meditation will aid greatly in this dynamic and will also allow those lessons learned within such catalyst to be seated deep within the self and bring about true transformation within the heart.

在所有的时刻中都保持这种对自我的察觉，会允许一个人持续不断地选择，在不忽略在内在之中升起的事物的情况下，去与从开放的心而活着并服务的意志和渴望协调一致地行动。在记住了这些在内在之中被观察到的反应的情况下，一个人

可能将它们储存起来，以后再在一个人的私密的练习中利用，如果你们愿意这样说的话，而不是将它们向外投射到其他自我身上。一种有对冥想的有规律的练习将会在这种动力性中极大的起到帮助，并同样将会允许在这样的催化剂中被学会的那些课程，在自我内在之中被深深地固定下来，并在心中产生出真实的转变。

When considering the notion of contemplation as it relates to your question this evening, we suggest that one type of contemplation is utilizing the imagination and allowing the gift of abstract thought to be focused towards the conundrum within your question. You may imagine a scenario in which you find it difficult to open your heart, perhaps in remembering a prior engagement, or through simply conjuring that which you know is difficult for you to consider. Through the act of imagination, you can play out various scenarios within your mind and practice the act of bringing your heart to such scenarios. In doing so, you not only create a metaphysical charge and an accumulation of will that may be tapped at any moment when you find yourself within these scenarios, but you also reinforce your desire and your will to live within the open heart, and thus draw to you inspiration for new ways and new considerations on how to approach any given situation. This, like the practice of meditation, may take persistence and patience.

当考虑沉思的观念的时候，在它与你们今晚的问题的关系的方面，我们建议一种类型的沉思，是在利用想象力，并允许抽象的想法的礼物被聚焦在你们的问题中的谜题上。你可以想象一个场景，在其中你发现很难开放你的心，也许是在回忆起了一个之前的约定的时候，或者通过简单都想象出你知道对于你是很难考虑的事物。通过想象的行动，你能够在你的心智中表演各种各样的场景，并练习将你的心带到这样的场景中。通过这样做，你不仅仅创造了一个形而上学的电荷以及一种对意志的积累，在任何你发现你自己处于这些场景中的时候，这种意志的积累都是可以被利用的，你同样也增强了你对于活在开放的心中的渴望与意志，并因此将关于如何处理任何已知的情形的新的方式与新的考虑的灵感吸引到你身上了。和冥想的练习类似，这可能需要持之以恒与耐心。

The great tool of imagination may also be used to place yourself within an other-self's shoes, so to speak, and play out the scenario from their side, allowing you to more relate to the other-self and help draw the connection between self and other-self as the Creator.

想象力的伟大的工具可能同样也会被用作，可以说是，让你自己穿上一个其他自我的鞋子，并从它们的一边表演那个场景，同时允许你自己更多地与其他自我建立关联，并帮助描绘出在作为造物者的自我与其他自我之间的连接。

Finally, when considering prayer and how it relates to your question this evening, we suggest that [by] engaging in prayer and speaking privately to the Creator and to the self as Creator, asking for guidance, asking for grace, and asking that your desire to maintain an open heart in all scenarios [be supported], a metaphysical ripple expands throughout the universe. With each iteration of prayer, the energies of the universe align more and more with your desire, and you will find more and more that guidance, and aid, and grace are more constant companions upon your path. This is the power of

prayer and will.

最后，在考虑祈祷以及它是如何与你们今晚的问题联系起来的时候，我们建议，藉由参与到祈祷并私密地对造物者以及对作为造物者的自我说话，同时请求致意，请求恩典，请求你在所有的场景中去保持一颗开放的心的渴望被支持，一种形而上学的涟漪就会贯穿整个宇宙拓展开来。

We express great admiration for each who consider this question, for we understand the experience of darkness that each of you has within your illusion. We join you in this great journey of attempting to join all other beings in the universe in unity and in the love of the One Infinite Creator. At this time, we take leave of this instrument and transfer the contact to the one known as Jim to share our closing thoughts for this evening. We are Q'uo.

我们表达对每一个考虑这个问题的人的巨大的钦佩，因为我们理解，你们每一个人在你们的幻象中拥有的黑暗的体验。我们在这条尝试去与宇宙中的所有其他存有，在统一中，在太一无限造物者的爱中，结合起来的尝试的伟大的旅程中加入你们。在此刻，我们离开这个器皿，并将接触转移到被知晓为 Jim 的实体，以分享我们今晚的结束的想法。我们是 Q'uo。

(Jim channeling)

(Jim 传讯)

I am Q'uo, and am once again with this instrument. This evening, each of you have been impressed with thoughts that are our way of communicating as carefully as possible answers to queries that oftentimes surpass one's ability to grasp in their entirety. We understand the limitations of words, especially when dealing with the most-powerful concept of the open heart and its ability to communicate the most fundamental of ideas regarding how to communicate from this great source of inspiration and information.

我是 Q'uo，我再一次与这个器皿在一起了。今晚，你们每一个人都已经对这样的想法流下了印象，即我们的沟通交流的方式是尽可能小心谨慎地回答那些时常会超出了一个人，用其完整的方式，去掌握的能力的问题。我们理解词语的局限性，尤其是当与极其强有力的概念打交道的时候，这些概念即开放的心及其交流关于如何从这个伟大的启发与信息的源头来进行交流的最为基础性的观念的能力的概念。

We are grateful that each of you has been willing to open your own mind and heart this evening as we have spoken upon the topic of how the open heart may aid in any communication and be able to dissolve the disharmony of catalytic activity when it appears within one's experience with an other-self. This is a kind of refinement of one's own being, to be able to access the kind of inspiration and connection with the Creator that naturally flows from the open heart. As you are able to allow your own open heart to function in what you may call an autonomous manner, there is the opportunity to access deeper levels of your own being in this process.

我们对于你们每一个人在今晚已经一直都开放你们的心智与心是感激的，因为我们已经在开放的心是可以在任何交流中起到帮助，并能够解决在催化剂在一个人

与一个其他自我的体验中出现的时候催化剂的活动的不和谐的主题上发言过了。这是一种类型的对一个人自己的存有的精炼，以能够取得某种类型的启发以及与造物者之间的连接，这种启发与连接会自然而然地从开放的心开始流动。当你能够吮吸你自己开放的心用你们可以称之为一种自发的方式运转的时候，就会有机会在这个过程中进入到你自己的存有的更为深入的层次中了。

We feel that we have been able to elaborate through each instrument this evening this careful opening of the heart and allowing the message of compassion to always take precedence over any reactions to catalyst (or fears of communication) that may depend upon the functioning of the open heart. We thank each instrument for being open in heart and mind as we make our message a kind of vivification of the experience of communication.

我们感觉到我们已经能够通过每一个器皿在今晚详细阐述对心的这种小心谨慎的开放，并允许同情心的信息一直都优先于对催化剂（或者对交流的恐惧）的任何的反应，这可能是取决于开放的心的机能的。在我们让我们的讯息成为对交流的体验的一种类型的赋予生命的时候，我们感谢每一个器皿在心与头脑中是开放的。

We would at this time take our leave of this instrument and of this group, as we feel that we have accomplished the goal of the evening to utilize each instrument for the expressing of a specific message. You have been most patient and willing instruments and we are grateful for your conscientiousness in pursuing the path of serving as instruments for our words and thoughts in the more abstruse vibrations of the One Creator that accompany all such communications, for the One who is in all is a resonant co-communicator in all our contacts with you. We are those of Q'uo, and we leave you, rejoicing in love and in light; in peace and in power. Go forth my friends in this love and light forevermore. Adonai, vasu borragus.

我们会在此刻离开这个器皿和这个团体，因为我们感觉到我们已经完成了今晚利用每一个器皿来表达一个特定的信息的目标了。你们已经是极其有耐心且乐意的器皿，我们对于你们在追寻作为我们的话语与想法的器皿来服务的道路上的认真负责而是感激的，我们的话语与想法是伴随着所有这样的交流的太一造物者的振动的更加抽象的振动，因为在万物之中的太一是在我们与你们之间的所有的接触中的共同交流者。我们是 Q'uo，我们离开你们，在爱中，在光中，在平安中，在力量中，我们欢呼。我的朋友们，在这种永久的爱与光中前进吧。Adonai vasu borragus。