

The Teachings of

JARED

(and other celestial teachers)

1992

September 17, 1992 - December 10, 1992

Santa Rosa,
and
Sebastopol, California



THE TEACHINGS OF JARED

c/o P. O. BOX 462
SEBASTOPOL, CALIFORNIA 95473

April, 1993

Dear Reader,

The 1992 transcripts of teacher Jared's group follow. Our group usually meets weekly in Santa Rosa, or Sebastopol, California. We are located about seventy miles north of San Francisco, in apple orchard and vineyard country.

We understand that Jared is a fused, ascendant mortal from a nearby and advanced planet. He is over eight thousand earth years old and is a teacher of teachers in the Teaching Mission of Christ Michael.

Jared teaches in a very simple yet profound and eloquent style. He is partial to questions about our personal spiritual growth and often gently deflects curiosity questions and questions about the material domains. The profundity of Jared's truths are easily overlooked due to his simplicity and efficiency of transmission. Some extra sessions have been held for visitors and as circumstances might require. We have included some of these sessions in the transcripts when we felt they might be of value to a larger audience.

Because of the question and answer format to our sessions, we have chosen to include names or soul names of participants so that you can more easily follow veins of questioning and thinking. For people whose privacy we wished to protect, we use Mr., Ms., or Mrs. and a letter. We have done only light editing in order to preserve something of the original spoken and spontaneous interactions.

We have also included some personal notes from Jared's receiver-transmitter, Lisa. As well as being interesting, we felt that this information might assist newcomers who may choose to serve as transmitter-receivers. It may also be helpful to know that Lisa has not read *The Urantia Book*, nor has she had experience with organized or doctrinal religions. We are told that a teacher uses the vocabulary and concepts already existent in the mind of the transmitter.

If you have any questions or desire to visit our group, please feel free to call.

In the Lord's service,

Bob

Bob Slagle for Jared's group,

(707) 823-0876

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PERSONAL EXPERIENCE WITH TRANSMISSIONS, by Lisa

BEGINNINGS

Sometime in February or March I gradually became aware of a voice in my head talking to me about everyday things, gently guiding my thoughts and giving direction. Mostly the voice told me about my kids—things I already knew but confirmed good approaches; very positive and loving. The voice mostly spoke to me in the shower, before falling asleep and when waking up.

As time went on, I became more comfortable with it and heard more. I would think about what quilt project to do next, he suggested I make a blue quilt for one friend and a cover for another friend's *Urantia Book*. He told me neat things about my children, things that worked well with them, regular stuff. It is actually hard to remember specifics—it just became a part of my daily routine. I decided it was my conscience or my Thought Adjuster.

The voice tended to get stronger and more defined. I was clear it was a man's voice coming from outside, above my head and to the back, left. I became very comfortable with the voice; we had nice comforting conversations daily. It naturally seemed a part of me.

During the spring I listened to some of Ham's tapes. I found it very difficult and only listened to a couple of tapes. I felt overwhelmed; I could not do one more thing.

Around the end of July I felt like I was "fighting" something, like something needed to change. I looked around in my life. My family was behaving unusually well, my work was relatively easy—what was wrong? I couldn't pinpoint anything, but the feeling remained.

AUGUST

On Wednesday evening, August 12, I asked about a friend's trip to Utah. She had spoken to Ham and asked about Jared, the teacher assigned to our area. She was told that Jared had tried to contact everyone in the group. *I suddenly sat up very straight.* My mind was whirling. How did this relate to me? Was I part of the group? I was terrified. I cried. I wondered if my voice could be Jared. My reaction also surprised me. I had not been attending the meetings or read *The Urantia Book*—why would I respond?

Thursday morning, 8/13, I awoke early, which is very unusual for me. I felt very quiet and peaceful. I asked:

"Are you Jared?"

"Yes"

At that moment I had no doubt. The answer was very strong and clear. It wasn't until later that my intellect kicked in and I questioned my sanity. I felt compelled to talk to group members about this. I talked to Bob, who was very supportive and helpful. He gave me a lot of information about TRs. I had not attended meetings, done much reading, or listened to tapes, and

I did not know much about this. Bob helped confirm many of my perceptions and reassured me of my sanity. After all, he had asked for Jared.

I also felt compelled to talk to another group member. He was gracious enough to listen. I felt very presumptuous and at the same time felt compelled to share what was happening with me. I was relieved to have him listen. He was also able to help me realize that I would have enough time and that each person has their own path. I continue to be amazed at how presumptuous I felt and yet equally compelled to share this information.

I continued to wonder why I was the one to hear Jared, our group's teacher; as well, I continued to question if it was real. I got some pretty clear answers. It appears I am an "easy mark." I am fairly "clean" in that I don't have as many emotional distractions—I don't have many emotional scars from my childhood and I don't consume substances like alcohol or caffeine. The biggest thing: Jared could reach me through my children. I have extended myself to them and was therefore open to Jared's contact, however unwittingly. He is very proud of himself for such an ingenious way to contact me.

August 14, Friday morning, the voice was much foggier, more distant. It is up to me to choose if I wish to continue to hear the voice. It is a conscious/willed choice to continue hearing. I didn't want to lose them, to lose this opportunity. They were very happy I made the choice to continue.

Friday at work I got a very clear message for a friend: "All is on schedule. We are all happy with you. Relax." On Sunday the voices were again very foggy and distant. I became aware that my lesson was to learn to relax and truly accept my experiences. I must actively choose to believe in God and His work. For me, it is a blind leap of faith. I must maintain peace and tranquillity; it is given to me, but I must allow it. It is an ongoing process, but the gift is so special and the rewards so great it continues to be my choice to continue.

During the week at work I would get some sense of contact. Sitting at my desk I thought about Jared and accepted. I was bathed in the most wonderful warm love. It is indescribable. I was asked to share that love with others. That is the mission.

Thursday night I went for a walk with another friend. I chose to share my experience with her. She listened and asked what it was like. As I tried to describe it I could feel more of the otherness coming. I wanted to ground myself and touched her elbow. I was able to answer some of her "easier" questions, but I was not yet skilled enough to get many answers. I could sense in my voice a "different" sound, much like I had heard in the Ham tape. It was actually exciting. I was beginning to accept.

Saturday, August 22, 1992, was our celebration of Michael's birth on Urantia. Being so new to my awareness I felt very limited but knew there were a lot of spiritual beings there—so many I found it difficult to sit still through the presentation. I felt pushed from within by my awareness. (Michael was there, as were Gabriel and Jared, the only ones I can even now identify, a month later.)

I was able to go to the next group meeting. I shared my experiences. I had a lot of wonderful support. I felt like people were somewhat unnerved. This wonderful sought-after event was finally here, yet it was still a bit scary. At the end of the meeting I was able to transmit some of Jared's words of welcome. I don't remember much of it, only the loving welcome.

I have continued to feel this out and learn. I go back and forth between believing and not believing. I will get a very strong feeling/message and believe. Then my rational intellect kicks in, and I doubt. It always sounded OK when I heard about it, but when it started with me, voices in my own head, that was a different story.

We had a small meeting near the end of August. I had trouble establishing contact. One friend helped facilitate it by reminding me it is easier if I hold hands with someone. I was able to answer questions and share some teachings. At one point I felt this huge rush of feeling, thoughts I needed to convey. I was only able to communicate approximately a quarter of the information, but got a sense of the rippling effects of the small goodnesses/kindnesses that people can perform. It was an overwhelming and positive adventure. It was our first recording—with my clock ticking in the background!

As I continue to absorb and adjust to this new experience, the contacts have been slower and more constant. I continue to vacillate between doubting and believing, although the believing becomes stronger and stronger. I get constant reassurance: this is God's love, it happens only with my consent, and I can take whatever time I need. Jared is here to teach the group; my job is clearly to share this gift of God's love. It is such an extraordinary event, a gift, an opportunity.

SEPTEMBER

Early in September, I began sensing more and more spiritual presences. Michael spoke to me one morning, quite suddenly. He is a very gentle presence. The voices become stronger as I come to accept more and fear less. The feeling is always warm and loving and patient. They have all of eternity.

We had another practice session. It took quite a while to establish contact. Once established, it felt like a pretty good connection and I was able to transmit for 45-60 minutes. I could really feel Jared and was able to transmit his messages. The contact felt stronger/better. I was able to laugh and be more aware of the people without losing the connection with Jared. As is usually the case, I don't remember much about what was said.

During that weekend I sensed my spiritual name: Lisa. Naturally I doubted it at first. Jared gave me a couple of weeks to become accustomed to this and more sure of it, then he encouraged me to share it.

Group Meeting—It had been almost a month since I had transmitted at the group, I could feel excitement in the room. We also had visitors from Utah. I had been uneasy about being able to transmit to the group. Would I block under pressure? Was I making this up? I asked Jared to

be "stronger" so I could feel him more. I got what I asked for. I had a terrible time sitting through dinner, I was antsy from the strong feeling of his presence.

My connection with Jared was faster. I was beginning to develop my pattern: I say Ham's prayer (it has always appealed to me) and then pray for help and guidance. The teachings went well. The energy of the group was high and they asked Jared a number of questions, sort of feeling this out. When Jared was finished, one of our guests suddenly was transmitting teacher Ham. It came on very strong. It was very enlightening for me to watch someone else transmit, I had never done so before. She also closed her eyes and held hands with the people next to her. Ham also confirmed that I was transmitting and that there were many teachers around our group. That was the independent confirmation I had been seeking.

I am learning to accept this more. I still have occasional doubts, but they are more limited now. It is so real to me, and I hear Jared much more frequently.

VOICES

It is hard to describe how I know who is speaking to me, how I distinguish my own thoughts from Jared and the other teachers. It is mostly like a feeling of another's presence: even though you do not see or hear, you know someone else has come into an otherwise empty room. It is a feeling of otherness, of presence. It is difficult to know and accept sometimes. I still doubt new events, but it comes with God's love, and the lessons are so beautiful.

The thoughts seem to come in a couple of different forms. Some are intuitive, I will feel something is correct intuitively and it will be stronger than my intuition, I will be more likely to say these thoughts. I will get feelings/thoughts that are stronger, a bit unlike my own. Those are Jared's. We also converse. It is a bit like talking to myself, but it's not; Jared and I are talking.

I also get Jared's teachings for transmission. It is like a voice inside my own head. It did begin outside and above my head, clearly a man's voice. Now Jared's voice is more incorporated within my own head. I have come to accept him more and no longer need to have the voice outside of me. And yet it clearly feels like someone else's voice.

LESSONS

My ability to transmit grew out of many life choices. I have chosen to genuinely extend myself to other people, in my case my children. I also learned to listen to and trust my intuition. Over the last few years I have been able to sit quietly for a few moments and listen within to sense what I really need to do. Perhaps that has always been finding God's will. Transmitting is a continuation of that process for me. I was then able to hear this other voice telling me about things important to me. Then I realized who the voice was. With the system circuits opening up, we are privileged to know much more than people ever have before. Talking to Jared is like having a special friend with me, always. A special bond, friendship, partnership has developed between us.

Jared has this wonderful information and the desire to teach. He is clearly a teacher—a teacher of teachers. This is why I sense so many beings around all the time—his students. Jared is the group's teacher, and he spent many months patiently communicating with me—simple exchanges, getting me to trust his voice. He was especially glad of his tactic of speaking about my children; he knew I would listen then. Children are the hope; they must carry on these teachings.

The names of teachers, the exact origin of a particular teaching, is unimportant; the lesson is the mission. I need to accept Jared's presence in my life whenever and wherever he is, and I can be happy that I have such a special friend with me without fearing his loss.

The process for each person is unique. It is also no gauge of faith to hear the voices. Jared was quick to point to me as an example. I have not been one of the most active believers. This special contact certainly has changed my life and allowed me to be more active in my search for God's will.

FEBRUARY 1993

It is amazing to look back at all that has happened in the last six months. It is certainly full of paradoxes. On one hand this is an extraordinary experience that is impossible to comprehend. And yet, on a daily basis, these changes have seemed quite ordinary. I am sure that is part of the beauty of the mission. I continue to have my fears and doubts, part of my human limitations. Jared has never left me alone. He has always helped me overcome my fears. He has reassured me, more times than we can count, that I do not need to fear him or the other teachers. I will always be given genuine free will choice. It is a precious gift that is always my choice.

I have attempted, many times, to understand how this works and how much I affect it. I am unable to. It is clearly unimportant for me to understand it—I just need to learn to accept it. As I am transmitting, I think that maybe I am just making all this up. But then I go back and read what has been said: it is obviously more than mortal (and in complete sentences and grammatically correct).

I have a constant feeling of presumption (who am I to think I am hearing teachers?) and yet a more compelling need to share what I hear. As I receive Jared's words, they are so wonderful I know I will never forget them—and yet I nearly always do. When I am transmitting, sometimes the words will stop coming. I have learned to find that comforting. If it were nothing to begin with, how could it stop?

Jared and I have become good friends. He really enjoys his contact with all of us and very much wants to teach. He seems to have an excellent sense of humor and extraordinary patience. The good teacher that he is, he will repeat his lessons over and over until I finally accept them.

The teaching mission and contact with teachers really must be experienced to be accepted. Intellectual doubts can be so strong, but the feeling of love that comes cannot be denied, nor would I want to. I feel great love from the teachers. I feel God's love for all of us. I am touched by the simplicity of Jared's teachings and how inspiring they are. I hope to share that great love.

Written messages from Jared - Teacher Corps

Santa Rosa, California

Be still.

This is an important part of the mission: to teach of achieving greatness through quiet communion with the Indwelling Spirit.

Beware of the power of anger. Human beings wear anger as a cloak - one which seemingly provides protection but only a false protection. Practice turning anger into love. Melt the barriers between yourself and even strangers by seeing past the wall of isolation and to the strong yet gentle link of brother/sisterhood.

There are many who strive to be like the great spiritual leaders and really do achieve great things in the way of charity. But greatness is always achieved by practicing kindness day by day and by giving in to those small urges of love towards each other that are so often overlooked. So, while [there are] deeds that require such organization of time and love that the world is moved to tears, your own deeds that overcome your fears and isolation move us as greatly.

This is our first communication and I thank you.

(8/25/92)

My daughter,

Come to the garden and greet the stillness. The mind longs for quiet conversation with the spirit. Here you can drink the quiet and fill your heart with the beauty of the moment.

Walking with the spirit and taking the love of God "to work", so to speak, is one of the great challenges of your hectic world. Constant attention must be paid to the tug of worry and the fears that accompany life's problems.

Here is an idea. The workers of the world have no problem stopping for a meal at regular intervals of the day. Do the same for your blossoming spirit; stop on a regular basis to speak to God. Nourish the soul with this communion as you nourish the body so faithfully. In this way you will develop the habit of tending to all of your spiritual needs, thus reducing the importance of the dreadful habits that accompany fear.

You can't help but notice that this small change in your daily life will reap great benefit. After all, would you consider eating once a day or once a week? It is better to meet with me more frequently for a few moments. This is what will build the arsenal of faith and the quiet courage required to challenge the habits that slow the progress of love.

(8/31/92)

Please come more often because there is so much work to do.

Actually, the word "work" is too serious for this conversation. The spiritual journey requests only that your dedication be sincere and persevering. We wish for you to also be relentless in your search for loving opportunities to express your spiritual voice.

So here is the task for every individual: allow the voice of the Spirit to find its way into your various meanderings in life. By this I mean your work and hobbies, your friendships, and your community interests. Let the spiritual work weave its way into every task, leaving an imprint on the work that is at once both your own mark as well as the signature of the great spiritual life within you.

How is this accomplished? Say to yourself, "I will create this day in such a way as to allow love to stream forth from my hands my voice and even my thoughts and intentions." To live this way for even an hour would bring you great joy.

(9/22/92)

[TR:G]

The Teachings of Jared

1992

Santa Rosa and Sebastopol, California

The The Teachings of Jared

September 17, 1992, Santa Rosa, California

Jared: I am here to welcome you. I am excited to hear that so many have come to hear the teachings. There will be many teachings for those who are interested in hearing. It is more sporadic at first, less together. It will become stronger. It will grow with your faith. There will be many lessons in the future. It is now a time for getting acquainted, for accepting, for learning, for trusting. We understand your doubts; there are many. It is accepted. We hope your faith will overcome your doubts. Your trust in God will also overcome those doubts. We are excited by so many who show interest. We are pleased with the guests. It is our goal for much sharing. Are there questions?

Philip: We thank you very much for being here this evening Jared. Any particular suggestions for this group?

Jared: Right now is a time of acceptance. This is an unusual phenomenon. It is not regularly accepted by the intellect. We hope you will give it time, listen. Trust in God's goodness and God's love and God's sharing. It is something that can be felt by all, it is very precious. It is a flowing of love, a sharing with another. It is—it can be shared among many. It will come better with time.

Mr. V.: Jared it is good to be able to talk to you.

Jared: I have spoken to you.

Mr. V.: Pardon?

Jared: We have spoken to you. We are pleased with your listening and your faith.

Mr. V.: Thank you very much. We were told that some of us have personal teachers. Is there any special way we should try to contact them, or are they working?

Jared: No special changes. Listen, quietness, allow us to come to you. We wish to contact you. We will come when you can trust us to.

Mr. V.: Thank you

Nolus: Teacher Jared, we at Woods Cross were recently told that we were all to have teachers too, and we've held groups where we are trying to do exactly as you asked to learn who our teachers are and get into contact with our teachers. We've been going into the stillness and practicing letting the thoughts flow, and just letting the thoughts come in. Recognizing that those thoughts that come are not necessarily our own. That if we present ourselves with the fact of saying that we are here and we are willing to let our faculties be used for transmission and to clear our minds, that these thoughts will come and that in due time our names of our teachers will be given. Is this correct? Are we on the right path with these thoughts?

Jared: Yes. The stillness is the beginning. Clearing the mind then allows the stillness to come. Each person will seek in their own manner. Some find stillness creeping in during routine tasks whenever stillness can be allowed to come. The ways that work are those that comfort each person, that allow that stillness and that trust to develop. There are many different ways, many different answers. Each person should seek their own best ways.

Mr. A.: I have a question for you Jared. Once again, it is a pleasure to have you here.

Jared: It is a great pleasure of ours to be here.

Mr. A.: I am curious as far as the sender/receiver. Is it something you have to ask for to become one? I understand that it is a big undertaking to choose to do this and that you could be shunned by others, but I believe the faith is stronger than that and I am curious what I would need to do to pursue this besides seeking silence?

Jared: You seek the stillness. You listen for our thoughts, our gifts to you. You do make a willed choice. Different times for different

people. Our guidance is available to all. All you need to do is ask.

Philip : Jared, when you say ask, you mean individually within our own hearts in the stillness?

Jared: Yes.

Philip: Thank you.

Jared: You may ask in the group if you choose. It is best to ask quietly in your private communications with God. We are all listening, we are here ready to teach for all who wish to hear.

Mr. D.: Jared, if I may, in these communications, in stillness, should we address our longings to God, Christ Michael, our Thought Adjuster or ?

Jared: Whom do you wish to address this to? You must each choose yourself who is most helpful to you. The thought is what matters. The feeling and reaching is what matters. The names are less important.

Mr. D.: Thank you.

Mr. V.: Jared, may I ask you a question about a tape you talked to Gennie on?

Jared: Yes.

Mr. V.: In a message to me, "quieting the mind and seeking the Father and the Creative Spirit within, brought light to the mind and within that path was great healing." Could you elaborate on what you mean by great healing?

Jared: Healing comes in many forms. The perception currently is very limited. Healing is goodness shared.

Mr. V.: Thank you.

Jared: There may be more answers later. Questions can certainly be repeated in other sessions. This is much learning for many. It is a trial period still. There is much trust that needs to be established and much practice must be done. If questions or answers are unclear, or questions not answered fully, you are welcome to ask again at other sessions. Patience is requested. We have much time to share. We will gladly come teach again.

Philip: Wonderful.

Jeremiah: Teacher Jared, this is Jeremiah. I'm very pleased that I could come over to meet you. I am very happy to be here.

Jared: We are grateful for your presence this evening.

Jeremiah: Nolus and I bring all the love from the Salt Lake City group as well as the Pocatello group.

Jared: Please send our love to them and our appreciation of their great path-making.

Jeremiah: Thank you, I'd be happy to do so.

Jared: We sense some unsureness and understand that this time will be for learning, accepting your doubts, sharing with others. It is a long process to acceptance. God's love will help you. It is available to all. It is—God's love is for sharing with all.

Philip: Any other questions? The time will come when air time will be precious. (laughter).

Heidi: I just wanted to say thank you for coming.

Jared: Thank you for coming, my child.

Mrs. L.: I spent a good deal of today talking or communicating with Dameon. I find that I am very tired this evening. Can you comment on that or give me some explanation?

Jared: The reaching for contact is wearing on the human being. It becomes easier with practice, and, as contacts are easier, you will feel more energized, less tired. Much is needed in the process that is not understood by people.

Mrs. L.: Thank you, I just needed a little reassurance. Thank you for coming.

Jared: Much reassurance is available to all. It is frightening to many. We understand, we try to make it as comfortable as possible. We have not yet found a good way. We try (laughter). Please do what you can to accept. Share with others. Allow time to assist you. Allow your voices to assist you. There is much reassurance available when you can reach for it. Does this help?

Mrs. L.: Yes, thank you very much.

Mr. V.: Jared, may I ask you one more question? I found it easier to feel your presence and to let my mind acknowledge that you were here, by knowing your name and trying to put

some mental picture before me. Would that be helpful with our personal teachers, and, if so, would it be helpful to know their names? Or should we just wait for that to evolve?

Jared: No, names are unnecessary. Search for the thoughts, the love that comes. Names will come later and are actually unimportant. You need only search for that light, that goodness. You are certainly welcome to create your picture. We again say that whatever assists individual people should be encouraged.

Mr. V.: Thank you

Philip: Could you say a word to us about cosmic humor?

Jared: (laughter) Cosmic humor is necessary. It is lightening. It assists with unease. It binds people together wholesomely. It is strongly recommended.

Philip: Do you and your associates have a counter part to our belly laughing?

Jared: We enjoy it from others. We enjoy it from you. We watch your humor.

Philip: And do you have a morontial or spiritual counterpart that you experience when we engage in humorous conduct?

Jared: We share with others. Some questions will be more difficult to get answers. This is one of them.

Philip: Okay. Thank you You understand that we are learning with Lisa as she is learning.

Jared: All questions are welcomed. Some will not be clearly answered now. Some errors will be transmitted. All will be corrected in time.

Philip: Thank you very much; we certainly appreciate that.

Sardineal: Jared, I was having some questions. I was wondering if you could tell us a little about yourself. What work you did before, etc.?

Jared: Not at this time.

Philip: And would you care to talk about race horses, politics, and predicting the future for a couple of minutes? (laughter)

Jared: You know better. For those unaware of the roots of Philip's humor, we do not choose to muck with such things.

Philip: And so spiritual questions are accepted and received, is that correct?

Jared: Yes.

Mr. V.: Jared, if we have a question about further work that we would like to make ourselves available for, should I do that through you or is that something that I should wait to talk to teacher Ham about?

Jared: Try now through your own contact, your own thoughts. Later you may also speak to me again. First, messages are best transmitted through your own thoughts.

Philip: And Teacher Jared, would you say something about the inner experience of love and the human reaction of fear and any suggestions and advice you may have about that connection?

Jared: God's love is unusual to feel. It is not a part of normal human experience up until now. Unknown feelings automatically bring fear to people. It is understood to us. It is not something we can change. We suggest to you, learn to accept this as a natural part of the process. We encourage you to share with others. I am pleased to take questions on this. When you feel God's love , it is overwhelming and wonderful. It will help alleviate the fears if you can recall that feeling.

Philip: Thank you, that was an excellent answer.

Jared: We are coming to the end now. We wish you to discuss this among yourselves. Accept the feelings of uncertainty. Please, though, share your love with one another. Share your love with all those your life touches now. Our mission is to share God's love in even small, unobserved ways. We hope to help you do this. We will come again whenever requested. Our job as teachers is to provide guidance to those who are seeking. If you are comfortable, please join hands in silent prayer and seeking of God's love. I am here, I am sharing with you. I want mostly to have all of you feel God's wondrous love that is available to all who seek. God's love is here. Blessings, Good Night.

Group: Good Night.

(a few moments of silence)

Ham: I am Ham. I am the teacher from Woods Cross. I wish to speak to you tonight through Nolos. Our group in Woods Cross has been instructed, as you have been instructed, to go within yourselves, to search for your teacher. We are all equal in the eyes of our Father. He wants us all to be instructed if we so desire with a personal teacher. Each one has that privilege. Each one has that opportunity open to him if you so desire it in your hearts. This is a new form of communication as your teacher, Jared, has told you. It is difficult. It does take practice. It does take searching. You will have doubts. You will overcome those doubts as you share with each other. Our group is also in Salt Lake experiencing the same problems. But if you are willing, this will work for you. It is a beautiful new form of communication. Remember that you are all, that we are all equal in the eyes of the Creator. Our group is also writing. Sometimes it is much easier to write than it is to speak the words. If the thoughts come, take up your paper and pen and write them down unto yourself where you may review those in private. Sometimes this is much easier and less threatening. As time goes by, these thoughts can then be transmitted through the form of the mouth. This is all your free will. This is a wonderful gift that is being presented to mankind. I am pleased to be with you here tonight. It is an honor to be with your group. Nolos and Jeremiah feel this honor to be here also. Let your doubts flee. Try if you so desire. Remember, you are precious children of our Father. Christ Michael is your Teacher, also. He is ever with you. He is there for the asking to help you when ever you need. He is loving. He is kind. He is there for you also. He is no respecter of persons. You are all equal in his sight. Spread his love to all mankind. That is the message. See his face in each man that you meet. Know that he is your equal. Each man is your equal. Are there any questions?

Philip: Thank you for the surprise, Brother Ham. It certainly is delightful for you to come visit us.

Ms. G.: Ham this is Ms. G. and I have been writing, but I haven't been speaking, and it's just been a few times. Is this something I should...will the writing get longer or is there anything I should do? Or should I just trust?

Ham: Ms. G., it is a delight to hear that you are writing. All you need do is pursue it and have a desire in your heart. Many in the group in Woods Cross have set an appointment to write at a similar time each day. It is an appointment at a scheduled time. As you progress and as you

learn to recognize the ideas, they become more complex. At first they are very simple and they grow as you grow. And then as you risk you are able to put those ideas through the mouth into words. Each step brings new enlightenment and new strength. Please continue, do not be afraid. Let this talent develop. This desire is all that is necessary.

Ms. G.: Thank you. I was quite surprised when it started happening. But that is exactly what I heard was to make an appointment in the same way I eat breakfast, lunch and dinner. Thank you.

Mr. A.: I have a question for you Ham. It's a pleasure to be meeting all of you. I've been hearing so much about you. My question is, when we seek the silence, I know it's different for each person. The voices that we hear, are they our own voices? How will we be able to differ them?

Ham: This takes practice once again. At first you will feel it is your own voice. When you enter into the silence, it may help you to pray and address the fact that you are presenting yourself as available for either the writings or the speaking, that you are giving permission for being a transmitter. Then through your faith, do not fear that these are your words. Allow the entities the right to speak and direct your thoughts. You will many times feel these are your own thoughts. But as you progress and as you practice and as you go forward, you will soon know that these are not your own thoughts. Your faith will increase. You will realize that then you are developing this form of communication. Doubt will exist at first, but do not let it become paramount. Let it flee and let the entities speak through you. This is an acceptable form of communication. This is a special gift that we are giving you. It is good for us to be able to practice through you if you are willing. We *can not* speak if you are not willing to allow us to do this. We are as delighted to be able to speak as you are to be able to develop this technique also. As time goes by, the thoughts will be stronger, and many times you will even become assisted in seeing that we are here and ready to speak. As we come to know you, you will feel this presence very strongly, and you will soon learn that you need not doubt. That this is a new form of communication presented to you as seekers, as representatives of Christ Michael, willing to be his representatives on the earth and to bring these precious thoughts to humanity.

Mr. D.: Brother Ham, this is Mr. D., I don't know if this is appropriate or not, but today

when I was working up near the roof, I heard, "Hey Mr. D.," called out. I don't know if this was the television or my mind playing tricks with me or.... But I wonder if it is a fair question that if you have any knowledge that perhaps this was a form of communication?

Ham: Mr. D., I have no doubt that this was a communication and that you are becoming aware that this is a process in which communication will take place. Sometimes this is very, very strong, and there is no doubt in your mind. Other times it is more gentle. But do pursue. It sounds as if you are ready and that is what we require. Readiness and desire. Yes, Mr. D., this is a beginning for you. Continue, search, seek and be willing.

Mr. D.: Thank you.

Mr. V.: Teacher Ham, these teachings have changed all of our lives in such a very short time. It's amazed me that every week my life is touched and changed even more. This isn't a spiritual question, but it is something that has been on many of our minds ever since the hurricane in Hawaii. We have a dear sister, Ms. B., who lives in Kauai, and I was wondering if you would know if she is well?

Ham: Nolus is very new at communication. She is not adept enough yet to answer this question. Her circuits are still somewhat—we are sorry.

Mr. V.: It's really been an inspiration in all of our lives—these teachings. Thank you very much for bringing them to us.

Philip: Brother Ham, could you say anything to us about the directions for this group? Or the interaction of this group with our teacher associates?

Ham: We see this group as a major focus for this area in California. We see this group as the pilot group for this area to bring many more people into the mission. We see those of you here as true followers of Christ Michael who are searching to do his will. And his will is to reach out to your brethren, to introduce the love of Christ Michael to each one of them. To incorporate that love into your daily lives, into every interaction that you have in your daily lives. To let his radiance radiate through your eyes, through your face, through your actions. That many will be drawn to you, and, as they are drawn to you, that you will introduce them to Christ Michael and that you will introduce them to the writings of *The Urantia Book* which will

expand these people to the teachings, to the truth. You are the group that here in California, along with the Southern California group, that will bind together this area of the world. And then this group will be bound to the other areas of the world, to the other areas of Woods Cross, of Idaho, all of the areas in this area. But you will be our forerunner.

Great responsibilities for this group. As you progress, as your faith increases, as your desires increase, as you search, people will be attracted to this new radiance that you have been given. And yes, it is coming quickly. It is coming very quickly, so quickly that it is hard to encompass at some times. But it is a truth that we must be about our Father's business. We must be about the love for our fellow man. We are the ones to do this here in this...Santa Rosa area. You are the ones that we are relying on to bond together, to build strength within your group, to begin your own personal recognition of your teachers and to share messages with each other that come through from your teachers as your strength increases. The more you do, the more messages can be given and the more you can be directed in your work to teach humanity for Christ Michael.

Sardineal: Thank you, teacher Ham. I am glad to see you again and am curious to know if you will visit us again in this fashion?

Ham: There are various times that this will happen as Lisa progresses in her transmission this can occur. This will be according to your desires. We are receptive to this request.

Sardineal: In terms of that, if there are teachers just hanging around not doing anything, I wouldn't mind talking with one.

Ham: I am sure that this can be arranged in your stillness, in your prayers, in your willingness. This is your privilege as a true son of the Father. This will be.

Sardineal: Thank you, Teacher Ham.

Mr. V.: Ham, if I could ask you one more question, this is Mr. V.. Thursday night, when I got a transmission, I had a feeling it was you, but I didn't know. Could you tell me if that were so?

Ham: Follow your feelings, Mr. V.; follow your feelings. What you feel is what is there, and this is the message that we bring. The thought, the thought is how we transmit. If you thought this is what, and yes Mr. V., you are correct.

Mr. V.: It sounded like you to me. Thank you, thank you very much.

Heidi: Ham, I have a question. Sometimes I wonder if a person or me isn't able to experience communication or transmission because they're not perfect and they do things wrong or they sin. Is that true, do you have to lead a perfect life before you can receive communication?

Ham: Oh, my dear Heidi. My dear little Heidi, you bring tears to my eyes. *The Urantia Book* will tell you about sin. The "thou shalt nots" from the old days are being lifted during the correcting time, Heidi. Do not revel in sin. Sin is now known as error, and we know that you can correct error. We do not require that you be perfect or anywhere near this, Heidi, for transmission. You need only desire, Heidi, only desire. There is no sin; it is error. There are no thou shalt nots, Heidi. Do not be so hard on your little self. There would be no communication if we waited 'til we were all perfect. (laughter in group)

Heidi: Thank you

Mr. A.: I do have one more question for you. I'm still very new to this, but from the moment of hearing about it I have definitely felt that everything I have heard is right on the mark. I feel that my indwelling spirit uh.., and I really wish I knew the end of my question....uh...I'll get back to you.

Philip: Ham is very good at answering questions, Mr. A., and chances are that Ham has an answer for you.

Ham: Mr. A., I'm impressed that you have deep feelings about your Indwelling Spirit, your Thought Adjuster. It is a wonderful gift that is being given to you from the Father, and it's a wonderful time when humans are able to recognize they have been given their Thought Adjuster. It is a very special time as you recognize how much the Universal Father loves you. That he gave you this wonderful Spirit to be with you on a personal level. As you grow and as you learn more, it too will be a great Teacher unto you on a more conscious level. Study, learn, continue in your faith. Do not doubt. And as you become stronger and stronger, more will be added as quickly as you are able to contain it.

Mr. A.: Thank you

Ham: Nolus is still quite new, and a little nervous in this transmission. We will entertain one more question, if there are any?

Ms. G.: I have one. I have a son who is 12, and some of us have children. I was just curious about how much to say to children to help our children understand what some of these teachers are about? And I wonder if there is anything said or written about working with children?

Ham : At this time, there are people who are working with writings to bring about these teachings in the form for children.. Eila in Woods Cross is working, and there will be more next year. If you please leave information with Nolus and Jeremiah, we will have them make contact with you.

Ms. G.: Thank you

Ham: It has been my pleasure to be with you here tonight.

Group: Thank you.

The Teachings of Jared

Santa Rosa, California, September 24, 1992

Jared: Greetings, I am Jared. I am here as your teacher. Welcome to all of you who have returned. We are happy to have you here. There are many adjustments that will be happening. There is much changing to happen. We will help provide teachings. God's love will come to you. Any questions?

Philip: Teacher Jared, I was wondering. I was first told by one of the other teachers that the teachers would come to a group for a couple of years and then move on to another group. I wonder if there's been any change in that, or if you can tell us anything about the duration of your stay with us?

Jared: It's too soon to tell.

Philip: Okay, thank you.

Arleena: I have a question about how the teachers facilitate our getting in touch with our adjusters. It seems like having a teacher makes divine guidance more accessible. Can you comment on how that works?

Jared: Teachers are schooled in teaching methods. They are able to impart divine messages in an easier form. There are many ways of receiving guidance. Whatever leads you towards God's will is welcomed. Does this answer?

Arleena: Yes, it's also welcomed by me as well. I was wondering whether or not the personality commingling, I listened to Rayson talk about that recently, if that contributes to making this more accessible?

Jared: Teacher commingling ...who?

Arleena: With us. The fact that we are able to experience you in some form as a personality, you who no longer are agondonters. Is this part of what makes it easier for us to understand?

Jared: Yes. I can touch you more personally, more readily, in a more readily acceptable form. It seems easier for people to accept in this manner.

Arleena: Thank you.

Jared: Is there still confusion?

Arleena: No, that does help. Thank you very much.

Jared: You are welcome to continue asking questions and ask questions in different forms if the answer is not clear. Some confusion comes through due to inexperience of transmitting. If something is not cleared up, if it is important, it will be cleared up later. If you continue to be confused, continue asking.

Arleena: Thank you.

Mrs. L.: Jared, this is Mrs. L.. I have been listening to some of the other tapes and enjoying them very much. Just as an aside, I would like to thank the teachers for providing them for us. My question is, could you tell us a little bit about where you came from and a little bit about yourself? I am just curious because sometimes the other teachers provide a little background.

Jared: I came from a world much like yours, although more advanced. I have not been on my world in a long time. I have decided to stay here and be a teacher and to teach others to teach. There are many who are excited to teach. For now that is probably enough.

Philip: When you use the word many, can you disclose, are you talking tens, hundreds, more?

Jared: I am currently working with around a hundred teachers. They are learning transmissions. We are hoping that more people will be interested and willing to listen to teachers. It takes awhile for them to learn; it has been exciting to feel this group's awareness and the students enjoy watching it unfold.

Philip: Thank you. That is very exciting. It is my understanding now that Michael has stated that any human being that sincerely desires a personal teacher will be assigned one. Can you verify that?

Jared: Yes

Arleena: I was also curious, are most of the teachers agondonters as we or are some of them also from non-rebellion planets? Is there a variety or is there just one type?

Jared: There are many types of teachers. They are chosen for their ability to empathize with people. There are no other limits, just their ability to empathize and communicate.

Arleena: I would take it then that those are two important characteristics of a good teacher.

Jared: Yes, as you know.

Arleena: Are you by any chance from a red planet?

Lisa: (unable to provide answer)

Arleena: That was a visualization that another person had, I just wanted to check it out.

Mr. A.: Once again, I feel very fortunate to be here among all of you.

Jared: We are glad to have you here with us.

Mr. A.: Thank you. I have been practicing transmitting/receiving since I first heard about it. I am very eagerly anticipating hearing or writing something. I believe I had one transmission from Christ Michael; that's who he said he was and I believe him. It was a very beautiful message, and I believe it was from him.

Jared: We are not here to doubt your beliefs.

Mr. A.: Each person is different and I still have a lot of confusion as far as, I keep feeling my thoughts shifting when it feels like the right time, but yet, I seem to be waiting for words and seem to be lost at that point.

Jared: It is a long process that you are new to; you would be well served by being patient. Continue your stillness, continue your reaching toward God's will. When it is time, you will more clearly know and understand the messages. It is understandably much sought-after to hear us and feel us. It is not necessary as a gauge of your faith, only your desire to do God's will.

Philip: Jared, I wonder if you could tell us something of what your celestial teachers know of us or perceive of us. I am sometimes confused or surprised; I think you may know more than you seem to. Can you give us some perspective on what of our thoughts, communications, you perceive or how you perceive us?

Jared: Each teacher is different and has their own way of teaching. There are also many ways of communicating. During the initial process, it is a learning time of the human transmitter as well as the teacher—a bonding time and a developing process. It is currently very limited in what I can share with you and what I can sense from you. It will improve with time, with belief, with openness. It will come and go; some days will be better than others.

Philip: Thank you. Do you understand us or hear us independently of Lisa's perceptions. For example, if I use words from *The Urantia Book* that Lisa is not familiar with, would you nonetheless understand my question?

Jared: I would understand your question, and she would be unable to transmit a coherent answer because of her lack of understanding. That will change with time, but right now she is dealing with many adjustments already. Some things have to happen later in the process; this is one.

Philip: Thank you. I think we all feel patient with this. I certainly do.

Jared: She is not. (laughter)

Philip: I am very grateful for your efforts with us, however testing it may be. I am very grateful to Lisa for her willingness; this is touching and wonderful to me.

Jared: We are pleased with your receptivity and are delighted to be able to teach, even in the current limited form. We feel your understanding of our messages, of our desires. We also accept the strangeness that this is for you. We appreciate your ability to come anyhow and see and explore and search. It is an unusual process, a very new one. We really hope you

will continue coming and share with those who are truly receptive and listening. It is our goal to share this goodness with everyone, but it frightens many and that will stop that sharing. So we request that you not frighten anyone if you can. The best way to share is in your own strength and your own faith. Others will be drawn to you, find a common ground, a common faith, a common love and from there they will be drawn in, if that is what is meant to happen. There will be more assistance in the teachings to come. It will become easier for you and seem natural, although right now it does not. Your patience and your faith will carry you through and help you in this seeking.

Philip: Thank you. I understand that you are speaking to all of us here at this time.

Jared: Yes. It is not yet quite working to give lessons. We are hoping that will come soon. There will be times when there is an opening and I will say what I can. Most answers fit for most people, and our bits of wisdom that come through hopefully can be shared with all of you.

Arleena: I would just like to say that for the answers you have given to me, Jared, and the other teachers, the wonderful thing is how your words of wisdom get lodged in the back of my mind and seem to be available at the right time when talking with other people. They pop up, as it were, and that has been wonderful and very helpful. I wanted to thank you for that.

Jared: We are so delighted they are lodged in your mind.

Arleena: So am I.

Philip: And for me too, Jared. You have probably heard me borrowing terminology from you and the other teachers. Sometimes I do not acknowledge it.

Jared: It is yours, it is yours to give as you choose.

Philip: Is it possible for you to share with us something of what your trials and challenges are among the Teaching Corps and for yourself?

Jared: It is very difficult to convince people to listen to us. (laughter) Many people doubt, they have difficulty accepting a teacher's voice in their own minds. It is viewed as an invasion or craziness. It is frequently difficult to convince people we are not here to hurt them. It is also difficult to convince others who are not hearing that we are real. It is frustrating to be unable to

touch each person and have them believe. We too are learning patience. We are also very pleased because there is so much progress, so many listening and so many desiring, and it appears that many are enthralled with our written word, that they are craving this lesson. That brings us much hope.

Heidi: Thank you for being with us today. I have been doing some reading, I think from the Teachings of Daniel. One of the things that he mentions is that the people who are attending these get-togethers with the transmitters are part of the Corps of Destiny. Can you talk about that or explain a little more about it?

Jared: All members of groups, all believers, become part of our mission. They are then able to spread our word to others, to help others have faith and see the good that is here and be able to spread our word to others. We enjoy you to join us. It is each individual's choice.

Heidi: Thank you

Philip: Jared, I wonder—you use the word "frustrated." On your level of being do you still experience, in actuality or potentiality, animal fear in terms of hurt, anger, fear or has that all passed for you?

Jared: It is hard for Lisa to distinguish clearly. It is not like your feelings but not unlike them as well.

Philip: Can you empathize with our human emotions or, like the angels, is that difficult?

Jared: We clearly empathize with you, that is one of our required characteristics. If we were unable to empathize with your difficulties, we would be unable to continue our attempts to reach you.

Philip: Thank you. That should have been obvious to me, but I appreciate your answer.

Jared: It may seem obvious; it really isn't. The teachings, in many ways, are very simple and very regular, and yet in many ways they are not. They are very complex and far-reaching. That is why we have come to teach with you in such a direct manner. We hope you will ask questions even if you feel that they are too simple. Please learn to ask and be comfortable with me in my teachings with you.

Sardineal: Do you by any chance speak any other Urantia languages besides English?

Jared: I have access to all, or many, languages.

Mrs. L.: I have a simple, complicated question.

Jared: My favorite kind.

Mrs. L.: I have had an interesting journey with my step children. One of the things that I find hardest, oftentimes, is to give the little bits of love and consideration that the teachings talk so much about, to those closest to me, especially my step children. I find them to be very difficult people. Do you have any suggestions for me in this realm to make it less difficult? I would rather pass on love to them, but I feel it less.

Jared: It is most difficult to share with unenlightened people. Please accept your difficulties without being hard on yourself. Many people find that respect is an easier goal. Are there ways that you can respect them, respect their difficulties and perhaps provide a "Fatherly" love, more distant love, less immediate, less overwhelming for you?

Mrs. L.: Yes, there are. Thank you for that suggestion. That is a lovely answer.

Jared: We hope it helps.

Philip: This week, Jared, I have been feeling what I call an animal/physiological level of anger and find myself venting this by yelling in my car when no one is around, or sometimes in my house when no one is around. By the grace of God and I think perhaps the teachers that have assisted me this week, I have actually managed not to blow out at another human being.

Jared: We applaud your efforts.

Philip: Thank you very much. I wondered, in some of the Ham transcripts, there has been the indication that even negative emotions that we vent when no one else is around reverberate or influence people. It has caused me to wonder whether or not it is really a better alternative just to gesticulate in my car and rant at whomever I have no real issue with. This seems mostly biochemical. Can you comment on that? Is that a better choice?

Jared: The best choice, of course, is not having negative emotions. It is also not possible here. Whatever you manage so as not to inflict your discomfort on others is certainly applauded. As you continue your work, you may find you have less need to vent. However, do not be too hard on yourself, it is difficult to have emotions with

no place to go. Allow yourself what works for you without hurting others.

Philip: Thank you. I do find that when I am feeling well and not bio-chemically off-balance, I can usually choose thought patterns that elevate me out of what would be irritability, but when I feel I am having bio-chemical difficulties that is sometimes very difficult for me.

Jared: Of course. Again, just reach for the best you can do in each moment. Do not expect the impossible.

Philip: Thank you, that is comforting.

Mr. A.: I would like to expand on that question a little more. To do what we can do not to inflict pain on others but in having thoughts, erratic thoughts, erratic actions, towards anger, this also inflicts upon ourselves, correct? It will affect us.

Jared: Negative emotions will affect you and make you more uncomfortable. Is this what you are saying?

Mr. A.: Well, instead of inflicting them on others, it is better to vent these frustrations, whatever works for each person, although with venting them it is still like a grave sin against you. Is that still unclear? It is better to vent your frustrations than to do harm to someone else, but yet when you vent your frustrations, say alone, it still goes against you.

Jared: Again, the goal is not having negative emotions inside you. The most pure is not having them. Again, that is not expected. Once they are there for you, you must release them. Each person must find their own manner of doing so, without hurting others. Perhaps it can help if you can seek your stillness; then perhaps we can help you lift them. There are also many other alternatives to find. Do not try to ignore or keep inside real emotions. That will do you great damage. Does that help?

Mr. A.: Yes, thank you very much.

Sardineal: Teacher, how would you suggest dealing with difficult people in our daily life on Earth.

Jared: You ask hard questions.

Sardineal: True or False?

Jared: No. It helps most when you are centered and clear, yourself. When you are grounded and comfortable, less will bother you. When there

are difficult people, you must realize it is not you but them who are having difficulties. Whatever you can do to steer them toward positive paths will help. More concrete answers are difficult and not available now.

Arleena: I have both a comment and a question. The comment is that I am absolutely delighted with your sense of humor and appreciate it very much. The question was raised by Philip's phrasing of his question. Could you maybe enlighten me when we talk about the Grace of God. What is grace when used that way?

Jared: God's hand. God's touch in your life.

Arleena: Very interesting, I would not have anticipated that answer. Thank you.

Philip: We have had a discussion, I am sure you have overheard, with regard to our keeping our discussions confidential for the time being. Do you have any comments, suggestions, or outlook for us, for this group?

Jared: Caution is definitely encouraged, especially when new groups are forming and coming together. It is also difficult for others sometimes to understand the need for that time for a group to form. Whatever efforts can be directed toward helping others willingly to respect each other's wishes is encouraged. It is certainly acceptable for those of you who choose anonymity now to request that.

Philip: Thank you

Jared: Gentleness is always the key in requests.

Philip: I understand that Lord Michael taught us to be gentle with all, always. Is that true?

Jared: That is the ideal. Do not chastise yourselves for being unable to reach the ideal always. It is the reaching toward, and the attempts, that are blessed.

Sardineal: Teacher Jared, I was just wondering. It has been a fairly difficult life on this planet for the past several thousand years. Is there any time before we can expect some sort of significant change to occur in the general political or social evolution? It seems all so hopeless right now.

Jared: We are sorry to feel your hopelessness. It is our wish to share the great hope with you that there is. God's love is here for all and can change the sorrow in many hearts. We cannot

and will not specify times for changes. It is not part of our teachings.

Sardineal: *The Urantia Book* suggests, I think in some parts, that clearly there will be evident political manifestations, so that the Most Highs are clearly seen as the rulers in the kingdoms of men. Could you comment on that?

Jared: Can you repeat that?

Sardineal: I don't know.

Jared: It got lost in the transmitting.

Sardineal: I believe *The Urantia Book* says that at some point in the kingdoms of men there will be made very manifest as to who rules on the planet. Could you comment on that?

Jared: Our hope as teachers is that each person can effect changes around them. In that way, each person will, not quite rule, their (Unable to transmit answer).

Sardineal: If no one else wants to ask, I will just keep asking. I hope I'm not dominating. Is it possible for you and I to speak in Spanish yet?

Jared: Not now. Much must be filtered through transmission. It is a new phenomenon and easily blocked. It is theoretically possible, but right now not available.

Philip: How can we more fully open our hearts to Michael's presence in our daily lives?

Jared: Your desire for his teachings, your day to day activities, your kindnesses, your good deeds toward others, little acts of kindness are openings to all goodness that is around.

Philip: Thank you.

Heidi: Jared, I wonder if you have any suggestions for me. In my personal life, I'm working on a career change, or possible career change. I've been asking for guidance for quite some time, but I haven't felt any presence or guidance regarding that decision. Do you have any other suggestions besides seeking stillness and prayer and desire to know Father's will that might help me in my career path?

Jared: It is a long process to get answers many times, it is especially so in difficult decisions. It is helpful to envision a path and travel that path checking along the way (Tape turned over) ...to check on that path, if that continues to remain your best choice. It is not easy, it does not come

readily, it is often frustrating for many. It also helps to start with small tasks in your search for answers, something simple and less demanding. In that way you become accustomed to being guided. You may not always feel a presence in those guidings. Continue in your searching, be not discouraged although it is understandable that you may be.

Heidi: Thank you.

Jared: We are nearing an end. Are there other questions now?

Mr. A.: One more question, actually concerning you again. It's said that all the teachers were chosen for their personal characteristics, their outstanding characteristics. What are some drawbacks that you face in other worlds? This would, I think, help us to understand that we are all evolving creatures, we do make mistakes, I'm curious what kind of things you face which would be troublesome.

Jared: We, as teachers, are currently very tied to your learnings. It is our great pleasure, however, to teach you. We continually try to reach all who are interested. That's all.

I am glad to have been here this evening. There will be many other teachings many other times. We are here to teach you, and to share with you, and to allow you more hoped-for changes, and we appreciate your patience in this process, and your faith in God's love, and all of our love towards you. Good night. Our Blessings.

Group: Good night Jared.

The The Teachings of Jared

September 26, 1992, Sebastopol California

Jared: Greetings. I am Jared. Welcome to you for coming today. I am glad of the gathering. We are delighted, Iliana, that you are here with us today and safe. Questions?

Philip: Thank you for being with us, Jared. We certainly appreciate this contact, and I know Arleena and I feel like we're getting a lot after having come here for a long time; so I'm feeling grateful for this opportunity.

Jared: We are glad you are seeking. We are glad to fill your needs.

Philip: Do you have some questions Iliana?

Iliana: Jared, it's such a pleasure to be in the presence of a teacher such as yourself. I've thought about this for quite a long time and here I am. It's just a wonderful situation.

Jared: We feel your great joy and are pleased to be here with you.

Iliana: I have lots of questions but they're probably mundane to you. Considering all the people in my life, I'm just real curious as to which direction and where I can best be used and all of that. And in my near future, I guess a question might be, well, I'm planning on being here for two months. And hopefully things in Kauai will be settled by the time I go back. And then I'm thinking perhaps a year to get a study group really established over there and may be back again, but I don't know. I don't know if you have any insight or if it really matters. I'm wanting to do what I feel is right.

Jared: We feel in you the upheaval that is currently happening. We hope you will be able to take the time to settle yourself. You will then be able to answer your own questions. You will know what will be best. You will be able to follow God's will.

Iliana: Thank you.

Philip: You can relax and take your time. They're very sweet and gentle and tolerant of all of us—our ups and downs and anxieties. We even tell jokes and cut up pretty dramatically. Jared likes our sense of humor.

Iliana: Jared, I'm curious about you. Can you give us any information about your mortal life? Where you've been recently.

Jared: I have spent many years with teachers. I am teaching many who wish to also be teachers. We have expanded our teaching corps in light of many who are seeking. Your teacher is here too. She may be able to speak to you. She is also feeling your great pain and is there with you and is helping you and will help provide you with strength and guidance. It was frightening, and you came through it well. There is much your teacher wishes to share with you and is delighted at your seeking of her. She will come. You will be aware of her, slowly. Please have the patience with yourself that we have with you. Take your time. Give yourself time to calm, find your peace, and all will come as it is intended to. There is much we have to share with you. We hope you will come

for more teachings. That is enough for now. More questions?

Iliana: Do you mean by more teachings that I should make a concentrated effort to be, come to Sonoma County every Tuesday and Thursday as often as I can? I know I have to spend time with my mother, but—

Jared: We have—I come to the groups on Thursdays. I would be glad of your presence. You—we hope you can join us as much as you can. You will need to balance that with your material needs.

Iliana: Can you tell me, Jared, what her name is, my teacher?

Jared: Sarah. Sarah greets you. She is glad to share her name with you. It may be easier for you to seek her using her name. She is here with you. We can, can feel her, but Lisa is unable to transmit it. Hopefully that will come with more time, more seeking.

Iliana: Thank you, Jared. I've been having a hard time getting into the stillness recently and in fact I have a hard --

Jared: Understood. Again, do what you can in your life to allow yourself the quiet. It will certainly require your material life to be calmer. Have patience with yourself.

Iliana: Okay, thank you.

Jared: You are welcome to ask questions.

Arleena: Okay. If Iliana wants a little pause to think, I have some. And, Jared, this is Arleena. I just want to say for myself, too, how very thankful I am for these opportunities, just thrilled and delighted. It makes me so happy to have these chances with you.

Jared: We feel your great joy.

Arleena: And I wanted to ask about, it seems like particularly this last week in doing writing after seeking the silence, I had the feeling that maybe I was making a little bit of headway. I was more pleased with the things I was able to write down. Am I, indeed, making progress in this area?

Jared: Of course.

Arleena: Does that include the personal message that seemed to come through as well?

Jared: Each step is to be encouraged and applauded. It does not matter at this point if it is an exact teaching. Continue with your work. The teachings will become clearer with time. Trust in your sense of the guided message. You will find it most helpful to learn that trust. Many who are seeking have difficulty learning how to receive guidance. It is, it is accomplished a small step at a time. Much of it, much of the requirement is trust in God and trust in yourself and your intuition, your feeling of God's presence. As you trust that more, it will become stronger. You will be able to distinguish more easily and understand me readily. It is a long process where patience is required, more patience than comes easily. We understand that, and do not chastise yourself for lack of patience. We do not. But always try for patience. It will allow you the time needed to learn the lessons that are coming.

Arleena: Yes, thank you for the encouragement and patience, yes. I can see that all of this is very much geared towards helping me learn that. I appreciate that. I have, am somewhat curious, you made a comment a moment ago that you come to the Thursday meetings. I wondered if you were also there at the Tuesday meetings.

Jared: Sometimes.

Arleena: And this last Thursday, was Ham indeed there with us?

Jared: Yes.

Arleena: What—Mrs. L. was able to hear him but didn't feel comfortable with transmitting his message.

Jared: She is frightened.

Arleena: I think Philip and Sardineal and I would just be delighted to be able to transmit those messages, but we don't hear them. Why is that?

Jared: Some people have certain capacities, physical capacities, that allow them to hear us easier. The luck of the draw. It just happens. We are fortunate there are so many receptive people in this group. With time, it is anticipated that many teachers will be able to communicate with your group. Again, patience is required of all. When it is time, when it is ready, it will happen.

Arleena: Thank you.

Philip: Jared, I, too, want to transmit or serve in any way that would be in service to you or the mortals involved in your Mission.

Jared: You should be aware how much your service is already necessary. You, your current services are most valuable.

Philip: I really appreciate that and I'm feeling just a little better today so I didn't kill anyone yesterday and --
(laughter)

Jared: Congratulations.

Philip: I can by the grace of God and perhaps the help of your teachers. Just a moment ago I heard in my mind, "I am Sarah." Was that in fact Sarah attempting to communicate through me or something else?

Jared: She is trying to contact through all of you.

Philip: I'm certainly willing to give it a try and with your help, if that's desirable.

Jared: As you wish. What would assist you now?

Philip: For Sarah to speak really loud in my mind.

(laughter)

Jared: She is trying.

Sarah: I am Sarah. I love you all. These are difficult days for you, Iliana. Times are changing. The traumas that you have been through will be improving. You have much light to look forward to.

Philip: How am I doing, Jared, can you give me some feedback?

Jared: Keep going.

Sarah: Clearly your lives are intended to progress according to our Father's plan.

Philip: I don't seem to be able to get more right now but if you have any suggestions, Jared, I'm certainly hoping to try those.

Jared: You did remarkably well. You must not push too much too fast. Continue as you have been. Give it time. It will become easier.

Philip: And can you validate that some of what I said was contact with Sarah?

Jared: Yes. Iliana, do you have a message for Sarah?

Iliana: Well, yes I do—that I love her and I've been trying to open myself up for allowing her to speak to me.

Jared: She knows of your love for her. She knows that you are seeking her. She is sharing with you in ways you are not entirely aware. Have confidence that you are doing well and again have patience with yourself.

Iliana: May I ask you, Jared or Sarah, maybe an obvious question regarding this disaster, this hurricane? Were there certain lessons I was supposed to be learning through this? I imagine so.

Jared: There are lessons available in all events. There are things you can learn. You will also be given other opportunities to learn any lessons not learned each day. Your seeking of God's will will allow you to learn lessons.

Iliana: Thank you.

Philip: Can I ask again, Jared, I have asked this before but I'm not sure that I've fully grasped it or asked it so clearly? Is it true that any sincere mortal on Urantia who desires guidance, contact with the teachers, will have a teacher assigned?

Jared: Yes.

Iliana: So, Jared, it's all starting with basically, I guess, *Urantia Book* readers and then, after that, or during this time, any sincere seeker is—

Jared: *Urantia Book* readers are more seeking, more open currently. There are many ways of seeking God's will. Many people are receiving guidance unbeknownst to them. They may never be aware of a teacher, but nonetheless are sharing their lessons anyhow.

Iliana: So also, Jared, is this how the world is going to become corrected, by some people in high places, perhaps, having teachers and not being aware of it and following the spiritual guidance almost unconsciously? Political leaders, and such, world leaders, people that—

Jared: We are attempting to reach all who are open to us. In whatever way each person can effect change, we are hoping for that. We seek small changes and hope you will accept that as an effective method of change.

Iliana: Well, you know what's best and I'm sure—

Jared: We hope.

Iliana:—be able to follow your good guidance.

Jared: Each person is requested to have faith that each tiny little event they do will provide change. Each little kindness that is extended to another will then extend to two others and more and more. It is in that manner that changes will happen. There is an effect of one to another to many. Each person is asked to do those little chores, those little kindnesses that will help to change many more than you can fathom. Trust in our teachings that those little insignificant things that you do that are good and kind and caring to another will be the basis of change. It is hard to afford you to understand, but we ask you to accept on faith that that is our Mission, to share God's love and that faith a little, a little bit at a time. It will create immeasurable changes. It will impress you.

Iliana: Jared, may I ask you one more question for right now? It seems like everybody has a spiritual name in this group and I of course am curious about mine. Do you know what that is?

Jared: It is not currently available. Continue your seeking. It will come.

Arleena: Okay, I do. One of the—it's sort of selfish, being as I have to head back to Albuquerque tomorrow and that situation which I find very difficult to cope with—

Jared: —challenging—

Arleena: —very changing?

Jared: Challenging.

Arleena: Challenging, yes, very challenging. If you have any messages or words that I can take back with me that would be helpful.

Jared: Each person gains strength in the challenges they successfully face. It is not necessary that it be enjoyable. You are instructed to view this challenge as a learning time. Do the best you can with the difficulties you face. Do not expect yourself to be perfect. Forgive yourself when you err, as all err; all people err. Be patient with yourself. Be sure to find the time for stillness, if possible, even taking a walk or sitting quietly somewhere in a park or wherever is comfortable. Take that time each day. Take a break from your challenges. And allow us to calm you. If you choose, you may ask for that calmness, that peace. It will help you deal with the many challenges you will face. Have faith that you have the strength to do what you need to. You will do well. We are here with you. We watch over you. This is a great learning time for you. Accept

as much as you can and be patient with yourself as we are patient with you. Allow yourself the time to learn. God is with you.

Arleena: Thank you very much for these wonderful words and your encouragement and I look forward to sharing your presence as I meet these challenges. Thank you very much.

Sardineal: I had a question today. When I read in *The Urantia Book*, as I understood, that occasionally the angels place obstacles in front of people to help them meet challenges. Do the angels, or other superhuman beings place challenges in front of nations for the same sort of purpose?

Jared: We deal with people on an individual basis. We help individuals as they need. That's all.

Sardineal: How much control do the superhuman forces on the planet have over natural phenomena like weather and so forth.

Jared: We control nothing.

Sardineal: Okay.

Jared: There's no control. There is—

Lisa: I don't know, I can't get it.

Iliana: Jared, Mr. V. and I were speaking yesterday (unclear) and he was, we were talking about the AIDS crisis.... [personal question asked and answered]

Arleena: Well, this is really a radical departure from discussing such sad topics. I'm curious about humor. Where does humor come from in the mortal, the ability to be able to pull out things that make people laugh? Particularly Sardineal has an ability to do that. Is that something that comes from a divine source? How can one get more in touch with humor?

Jared: By seeking. It is avail—more available than commonly used. It is valued in people and it allows them to learn and seek and allows a perspective. Much change will occur in people, as they learn to seek God's will much will open up. Humor is part of that. Humor is part of sharing God's love, in that with humor you extend to another a genuine caring and awareness of the other. We are speaking of genuine humor, not in the manner that is sometimes used in a derogatory way.

Arleena: Understood. I also value it and would appreciate being able to manifest more of it, hence my question. So it's something that comes simply by wanting it and seeking it.

Jared: And asking for it, as you just did.

Arleena: Thank you.

Jared: It appears to confuse people about seeking God's will and specifically asking. They are two parts of the same thing. There must be genuine seeking. You must genuinely seek God's will or a part of it. At the same time as you become firmer in your direction, it is helpful to verbalize that request. You—as Arleena just did. As Philip did in asking for a teacher to accompany him in his teachings of others. It helps to clarify for you and strengthens your request. It must come after some thought and some seeking yourself. It is two parts of the journey.

Arleena: Wonderful answer. Very helpful and very clarifying, I appreciate that.

Jared: You're welcome.

Sardineal: Is it just as effective to ask in our silent prayer or does it need to be verbalized, say to a teacher, or just verbalized in general?

Jared: It appears the verbalizing out loud is of assistance. You must choose what is comfortable for you. Each person is different. If you wish to tell a teacher you may do so. If you wish to do it privately, you may do so.

Philip: Jared, will you share with us something of the meaning of Sardineal's name?

Jared: Seeking.

Philip: Thank you. Some while ago when I asked for teacher assistance on the Urantia student weekend, we followed that up with my request for a teacher in perpetuity, with some humor, and I—

Jared: It was taken seriously.

Philip: Good. I wanted to clarify, do I have a teacher present with me or assigned to me at this time?

Jared: You have guidance assigned to you to assist you, to help you teach others. It is not necessary to make any further distinctions at this time. Continue with your seeking and your listening. It is obviously working.

Philip: Is it okay if I call my teacher Mr. Guidance?
(laughter)

Jared: As you wish. It is perhaps unnecessarily formal, but is certainly your choice.

Philip: Are there teachers' names that can be revealed at this time to me?

Jared: No. Again, the name is not as important. We will continue to repeat that particular message. Many have, many people have difficulty with that.

Sardineal: Is it safe to assume that Philip has had teacher guidance for many years?

Jared: Yes.

Sardineal: Could you give us an idea of how many years?

(laughter)

Jared: Back to those numbers. No. You continue to ask for particulars perhaps to assist in banishing your doubt. It is understood and respected. However, doubt is a typical part of this process. It happens to all frequently and takes time to alleviate.

Iliana: Jared, can I ask you a fairly mechanical question?

Jared: Of course.

Iliana: Considering I have Sarah, blessed Sarah, should I go get a tape recorder. What if she communicates to me and I nothing to—

Jared: You will not lose it.

Iliana: I will not lose it?

Jared: No. Teachings come many times. At first they are very personal, very disjointed, difficult to assess. You, it is part of learning. If you feel it is time to share a teaching, you may perhaps wish to record that. There are many ways. Writing is also available. Do not rush. It will be clearer, clearer to you. It takes time. You must be ready and tune to Sarah and it comes gradually. Have patience.

Iliana: I'll try. Thank you.

Jared: I repeat, patience to all, as we are aware it is difficult for everyone. You are not being singled out.

Philip: Can you say more on what or how we can distinguish valid teacher contact from other mental activities?

Jared: Faith. You must have faith that you will know. It becomes clearer with practice. It takes a while. Some people do better in a group. You may find you hear clearly when other teachers are present as well. Do not be discouraged. You, too, need patience. It will, it will become clearer.

Philip: Thank you.

Iliana: Jared, has this process of teachers being part of an epochal revelation of God to man happened anywhere else, or is this a singular situation (unclear)?

Jared: This is new. It has not happened like this before. There are many changes happening now. We—[Lisa: there's something else, I don't know what it is—]

Iliana: Also, I'm just curious as to our agondontership, I just, it seems to me there are a few other planets that are going to produce agondonters considering a rebellion and quarantine and such. But I'm just curious as to, if it's really a small group—

Jared:—happening. Lisa cannot get beyond agondonter. Another word?

Iliana: Those who believe without seeing—have faith.

Jared: Many more are being touched, more than in previous times. There are many changes now. Many more are open. We are quite delighted that so many people have been willing to listen and be guided.

Philip: If I can go back to the matter of contact with the teachers, when you say faith, I'm wanting to distinguish that from a kind of blind, gullible belief that any thought in my mind takes origin from the teachers. Or, when you say faith, do you mean that gift from God, the gift of trusting?

Jared: Trusting that you know. How did you know of Sarah today?

Philip: That's a very good question.

Jared: You were safe and trusted, had faith that what you heard was her. You were unsuspecting. We surprised you. That allowed you to believe. You now have an experience to base on. Go gently, go easily and allow it to continue. It may,

may not come again soon. It may. You, you must believe yourself and not hurry it.

Philip: Thank you. Going back to the night when Nodus transmitted Ham, and in fact to our last group meeting, I had, after you spoke, just thoughts like an association back to Nodus, because we were all sitting in quiet stillness and Ham transmitted and I just had the words, "I am Ham," which I didn't give much credence to because I felt that I was just associating back. Can you help me or verify whether or not that was Ham attempting communication or not?

Jared: What do you think?

Philip: Well at this point I'm very doubtful. I think, I think not.

Jared: You must learn to trust.

Philip: Meaning that it was or you're not yet—

Jared: We admit it was.

Philip: That it was.

Jared: And you must learn to trust your sense. Ham is a strong communicator and is able to touch many. He's here now.

Ham: I am Ham. I am pleased to communicate with you. I am excited about touching so many groups. There are many teachings, many—

Jared: This is Jared. Ham will be back at other times.

Philip: I am feeling, "I am Ham," in my mind, shall I—

Jared: Continue.

Philip:—give that a try? [Philip attempts transmission of Ham.]

Ham: I am Ham. We are here with God's blessings to transmit the message of Michael of love to this planet and your group. Our friendship is assured toward you all. It is our desire that you will receive these messages according to your light.

Philip: Sorry, I got confused there.

Jared: Do not push beyond what is comfortable.

Philip: Can you give me some feedback, Jared?

Jared: You tell me.

Philip: It felt really good at first, and particularly the part about Michael's love—I felt very strongly. And then it became vaguer and I just wasn't able to—

Jared: You must trust your feelings. That is the surest way of knowing contact. Ham is a powerful communicator and causes many to block. It has happened to both today. It is surprising in fact that he is not blocked completely. Give yourself time and do not push beyond what you are clear of. It, there is much time available. It will happen as it needs to.

Philip: Can you expand a little on what you mean by do not push?

Jared: When you feel it fading do not grasp. Accept that it comes and goes.

Philip: So would I be correct to attempt to return to the stillness and wait for words rather than speaking what comes off, so to speak.

Jared: If you are unsure, do not say. Seeking the stillness is the clearest, provides the clearest communication.

Philip: If I were unsure, I'm not sure I would say anything.

Jared: You did well. You were sure enough to speak up. And you also stopped when you were unsure of the communication. That is to be applauded. Give yourself time. It will become clear.

Philip: Thank you. It's a little hard to catch up with all of this. I appreciate—

Jared: Give yourself time.

Philip: I appreciate your contact and the visit from Ham and any others.

Arleena: So is Ham still with us or did he—

Jared: He's here.

Arleena: He's still here?

(unclear)

Jared: He is glad you are aware of him. He sends his blessings. He will continue to come. There are many teachings for this group. It takes time and we are pleased with the progress that has been made. Are there other important questions or shall we conclude?

Sardineal: Do you have one question that you could pass on to teacher Ham?

Jared: Yes.

Sardineal: When I had a private meeting with him I made a request, and I was wondering how that was coming along.

Jared: Almost there, I think.

Sardineal: Excuse me?

Jared: It's almost there.

Sardineal: Oh, okay.

Arleena: I just wanted to also say thank you to Ham for being with us, though I don't feel, don't hear his words I feel his presence and there is so much love that it has just been wonderful feeling that. I'm just so thankful.

Jared: We are glad you feel the love, too, that we share with you.

Iliana: Jared, you asked if there were any more important questions. Did you mean important—I have a certain question again—

Jared: As in, it is nearing time to conclude. If there are questions that you feel you would like to ask, go ahead.

Iliana: Well, I just wanted to know if Sarah came with, from Kauai or how that worked.

Jared: Sarah has been with you a while and comes with you.

Iliana: Okay, that answers my question. Thank you, Jared.

Jared: It is not silly. You are enjoined to continue asking questions. It allows you more ease and more comfort and increases your awarenesses.

Iliana: Thank you so much for all of your good words (unclear) appreciate that.

Jared: Please come again.

Iliana: Thank you.

Jared: I share my blessings with you all, as does Ham and all the teachers. We are excited about your progress and ask all of you to share God's love with others. My blessings. Goodbye.

The The Teachings of Jared

October 1, 1992, Santa Rosa, California

Jared: I am Jared, I have come to teach to you this evening. I am glad you are all here. Welcome to all of you. Are there questions?

Philip: Thank you for being here Jared, this is Philip. I'd like to introduce our guests, Iliana, who you've met, and her brother Mr. B. who also was blown by Hurricane Iniki.

Jared: Greetings. Are there questions?

Mr. B.: Jared, I would like to know if I have a teacher.

Jared: Yes

Mr. B.: Can I know the teacher's name?

Jared: It is not yet available. Search within yourself. Search for the guidance that your teacher offers you. Listen to your heart.

Philip: Jared, this is Philip again. I had in my stillness time, the name, I think it was Lestor, come up from that spot in my mind that seems to be contact with otherness. Can you get me any information on that name?

Jared: Lestor is one I am training. He is here too. He is reaching out to share as he learns. Perhaps you can continue to search for him.

Philip: Thank you, I appreciate that.

Iliana: Jared, are you training many at all times, are you training more than Lestor? Do you have many students?

Jared: Yes.

Iliana: You do, interesting.

Jared: There are many who wish to teach. It is a process they too must go through in learning to contact you. You too must go through a process to become receptive to us.

Mr. A.: I have a question for you Jared. I have been under the impression that most of us have asked for teachers and that they have all been here with us as you talk to us, to learn through you and through us, how to better communicate with us. Is that true?

Jared: There are many teachers here this evening as is usual. I try to teach them how to contact people. They come to learn and watch. They may go, some will go to other groups as well as some staying here.

Philip: Jared, would you be willing to share a little with us about the role of beauty and our perceptions of beauty in our spiritual quest.

Jared: Beauty is all around. It is available in places not expected. Your search for beauty is part of your growth. You look for beauty and in so doing are finding God and finding God's will.

There will be more lessons, more learning as there is a better connection, as it is time. It is unclear sometimes what is best, how to proceed. Are there more questions, more uncertainties, more concerns to be discussed? All questions are welcomed. Do not be afraid of your questions. We do not judge you. We are here to help.

Sardineal: Well I have a question then. I was curious about the teachers. Are they all the same type of being or are they different orders of beings of teachers?

Jared: Different

Sardineal: Could you give any information on the differences, the types of beings?

Jared: Candidates for teachers are selected for their ability to communicate and to understand people and their needs and their difficulties. We look for any creature with that capacity. We look over many worlds, many places. It is exciting for beings to be chosen as teachers. It is new, it is adventuresome for them.

Sardineal: Do the teachers study us before they attempt to teach us? Do they work with us for years or is it new and unexpected in that sense also?

Jared: The teachers I work with are new now. They are learning by watching you and talking among themselves. They learn in that manner. We learn of the differences in people and how to communicate with different people. Other, older teachers, ones who were chosen a long time ago, learned more by themselves. They learned, each teacher with each person. I was with someone else before and was chosen to teach other teachers and chosen to be here. It is exciting for me to teach to a group, to teach with so many people so willing to listen and so many, so large an area. I am gratified to have you listening.

Sardineal: I appreciate the opportunity to ask questions.

Iliana: Jared, in some cases do we get teachers assigned before we ask but maybe not functioning, just waiting in the wings, sort of like we're forgiven, forgiveness is always out there from God, but it doesn't really happen until we forgive. Is it kind of something like that?

Jared: Having a teacher is not a sense of faith. It is not a judge of faith, but your analogy is understood. Some people have teachers without asking, some people have had teachers a long time. Other people must request teachers either through another teacher or through their own prayers. Others, like Lisa, are contacted so she can share with the group.

For those who have not yet heard, I have bestowed the name of Lisa on [our TR]. She has learned to trust me, and me her. The relationship between teacher and human is a choice of both. Each must consent and choose to work with the other. Many people are guided by teachers, by a voice within, without separating it as a teacher. It is really not important many times to separate your teacher as a different voice. It is only important that you listen to this voice within and perform God's will in this way. It is actually helpful, easier for you if you listen, as it helps you live your life more easily, with less struggle.

Sardineal: That sounds good. Less struggle.

Jared: Sometimes, not always. It helps.

Philip: Jared, are there, are all of the teachers in the teaching mission ascendant mortals who were on some level of Morontia development?

Jared: Not all. Most.

Philip: Thank you.

Sardineal: Are some of the teachers Midwayers accustomed to coming down to this sphere?

Jared: Midwayers are an important part of the process. They allow us easier access to people and help us understand in communicating.

Iliana: Considering that we have several teachers in the room, many thought adjusters, Guardian Seraphim, perhaps Midwayers. I don't know all the different kinds of . . .

Jared: There are many here.

Iliana: I imagine it must be crowded.

Jared: Yes and no.

Iliana: There is always room for more.

Jared: Always room. We welcome all who choose to join us. There are many ways of accommodating more seekers.

Sardineal: Is there anything you can share with us about how things are going in terms of spreading the mission.

Jared: The mission is going remarkably well. There was sudden growth, recently, allowing more contact and more people seeking contact. We hope it continues to grow as each person touches another and helps to share their love with another.

Sardineal: Can you share more information about the opening of the system circuits?

Jared: There is gradual opening continuing. Each time people reach for God, genuinely seek spiritual guidance, each person helps open more and more. Each time someone shares with another, there is more opening too. We hope to help this opening by reaching to you as teachers to help you believe and trust. We hope to share with you the goodness that comes. There is much goodness available, we hope to share it with everyone.

Sardineal: Thank you

Mr. B.: Jared, is there a time coming soon where there will not be war on the planet?

Jared: We hope for that. It is not assured. We are helping that process, though, in our teachings. Each person, by touching another life, by sharing God's love with another, will help to disperse the hate that makes wars.

It is hard sometimes to communicate concepts, the language is limiting. It should become easier with practice and with trust, but know that each act of kindness, of goodness, that you share with another person will help to better this world and allow it to better itself.

Heidi: Jared, I have a question. From what I have read and listening with you, I understand that our primary goal is to walk in the Father's path as best we can and to search always for what God's will is for us and that the focus that we should have should be on spiritual healing and spiritual growth. Yet, I experience, and many of those I care for and love, experience physical limitations that get in the way of them

even reaching out and being with others. I am concerned with how I can address this within myself and with those I care for. Is there a way of being healing, a method or technique that I could utilize in working with healing myself and healing others physically so that they could be more active spiritually?

Jared: Welcome. Your question is a difficult one. There are many material considerations that get in the way of spiritual learnings and spiritual seekings. You must balance your life as best you can.

Seeking stillness daily allows you time daily to rest, to quiet, to search for that spiritual path. As you go about your daily life, also search. Be gracious, be generous, be kind in whatever ways you can. Do not be concerned now with other's searching; be only concerned with your own search. At the same time, be open with those who are interested, who are receptive, and share with them. When someone is ready for spiritual growth, they will be searching, and you can help. If they are not yet ready, they will not be receptive. The stillness is difficult for people, I can speak to that if you wish.

Group: Yes, please.

Jared: You are requested to seek stillness to allow us entry, to allow us to speak through you, to allow us to speak to you in ways you can hear. Not everyone will hear us; it is not important that all of you do. It is only important that you seek. Stilling the mind and reaching for us has been found to be very difficult for you. Your efforts are commended, nonetheless. We suggest you continue to try and not be frustrated with your failures. They are not failures. Perhaps your standards are too high. Your seeking is important. Sit quietly and seek for us, for our teachings; think for what you can do this day to help another. Remember also what you did yesterday to help another. Be proud of yourself for your efforts.

Stillness is also encouraged when you are going about your daily activities. You can find the stillness even momentarily in daily tasks. This is also very helpful. As you are out watering your garden, quiet your mind, do not concentrate on all the things you have done that day. Instead, enjoy the moment, enjoy the flowers and enjoy the trees and enjoy the grass. In that way you are also seeking, you are quieting your mind from your daily anxieties. If possible, give yourself some time each day when you will not allow your anxieties to intrude. In

that way you are finding the stillness, in that way you are searching.

Many times, also, you are not sure what you should do at the moment. Perhaps you can sit quietly and see what is most important. In that way you are also seeking because you will learn to listen within, and that will help with your ability to hear our guidance. Does this help?

Philip: Yes

Jared: Are there questions, or clarifications, needed?

Philip: Jared, can you say something about patience and the stillness practice?

Jared: Patience with yourself is hardest. Try practicing the patience for yourself that you would have for others. The searching also takes a long time. We do not require that you hurry or that it happens now. We only request that you continue searching. We have patience, we hope you will learn to have patience with yourself.

Heidi: Jared, I have heard about other people who have used different kinds of chemical substances to try and help them hear communication better or more clearly, mind altering substances. Is this a technique that you think is valuable or helpful?

Jared: No. Chemicals usually block sustained contact, they cloud your abilities to feel us, to listen. We suggest instead that you continue seeking stillness and have patience with the process and accept it may not happen as quickly as you would like.

Sardineal: There is certainly no judgment that we might have smoked marijuana in college.

Mr. A.: As long as you didn't inhale it. (laughter)

Jared: No judgment. We do not judge you, you only judge yourselves. We do not encourage you to judge yourselves though. Our acceptance is complete; we come here to help in your search, to assist you in listening to God's will and do not judge you.

Iliana: Jared, could you speak a little bit to the mind exchange. If your mind does not serve you well, you can exchange it for the mind of Jesus, which always serves you well. I have found that in my experience, it is very true. Do you have any words regarding that?

Jared: In that way you are opening yourself to guidance, and we have a superior capacity for functioning. Whatever way you can to open yourself and genuinely seek will help you listen. Is this a correct interpretation?

Iliana: Yes, that sounds good to me.

Jared: Again, I will repeat that we are still learning. Many teachers are still learning how to communicate as I am. As well, as we begin communicating through a person, they are learning too. They can be very limited. There has been much growth and much exchange already happening, but there is also much more to go. We appreciate your patience; and, if questions are not answered adequately or questions interpreted correctly, you are welcomed to clarify and also encouraged to ask again later. The answers may be more enlightening as this process improves.

As well, I wish to commend you, as a group, for your growth and your acceptance and your help. The communication has improved already and continues to be more complete.

Sardineal: Do you have any advice for dealing with obnoxious people that we run across in our daily lives? I have a hard time loving such people.

Jared: Loving is not always possible but is to be reached for. You cannot expect yourself to be perfect in doing God's will; your attempts toward brotherliness are commended. In dealing with difficult people, it may help to understand that they are dealing with many difficulties internally and may not yet be able to see a path out. In your contact with them, when you show them a brotherly path, you are helping to demonstrate another way. In this manner, they are demonstrated other options. Perhaps remembering that you touch their lives, positively, without them acknowledging it, will help you continue doing so. Does this help?

Sardineal: Yes, thanks.

Mr. A.: I used to find it was very easy for me to get up-tight and look at the wrong way of things; but, since all this is happening, it's changed a lot of my thinking in a lot of different directions. At times, when I get real frustrated, I can go right into a spiritual, or at least a sense of thinking of God, and relieve a lot of the tension instantly. I thank you for it.

Jared: We are overwhelmed to hear such great praise and are quite pleased to have assisted you

in your life now. You have helped move us all more toward our goal of being on God's path. We are most grateful for your words.

Mr. B.: Jared, are the people of Urantia becoming more spiritually receptive of late?

Jared: Yes. The system circuits are opening and allows another step closer to spiritual growth. Some people are unaware of this change as they are unable to seek consciously. Some people are now starting to seek that were not before. We hope that, by coming as teachers, we can help touch more lives and help those that are unsure of their seeking to become more clear of God's will and, as well, to trust the powerful impact that doing God's will has on each person and all those his life touches. There is not always faith that your struggle and your search is worthwhile. I hope, as your teacher, to be able to convince you and to show each of you that your search is more worthwhile than you will know. Your search for God's will and each little act of kindness that you do is more worthwhile, touches many lives.

Philip: Jared, can you tell us how that includes our solitary moments of discomfort or pain that maybe doesn't have any noble or obvious meaning or purpose.

Jared: In your ability to conquer discomfort in a positive manner, you are reaching beyond yourself and reaching for higher ground. You are able then to function better in this world and also teach others by your example of conquering your difficulties. This applies to small discomforts and large ones. Each time you reach for a positive solution, you are helping yourself and spreading that to others.

Philip: Is that true even if the discomfort is in isolation and unknown to others, and the positive effort also unknown to others?

Jared: Absolutely. Any reaching for positive solutions is a step toward positive changes.

Philip: Thank you

Heidi: Could you clarify what you mean by positive solutions please?

Jared: The absence of negative. (laughter) Positive in perhaps your physical discomfort of sitting here, if you choose to quietly let go of that discomfort, you are assisting in this teaching, you are assisting in each person in this room learning more and listening more carefully. By

not disturbing the teaching, you are opening the learning, allowing the learning.

(tape changed) You are encouraged to ask when there needs to be a break. We also hope to diminish your anxiety of finding the right time by allowing us to help you do so.

Philip: I felt uncomfortable interrupting you after you made the comment about our being here listening and not interrupting.

Jared: No. It is different. I am aware of much movement. Is it preferred that we stop and continue later? Or we can certainly take a moment to allow people to adjust?

Philip: Would you be willing to talk to us after a 5 minute break?

Jared: Yes

Philip: Great, let's do it.

***** BREAK *****

Jared: I am Jared, I remain here with you. I appreciate your communicating with me your needs and am grateful to Philip for his suggestion of a break during our sessions. It also allows the communication to be clearer, as it allows Lisa a rest as well. Please feel free to communicate your needs among each other or to me.

Philip: I like this, thank you.

Jared: Again, I am seeking questions.

Mrs. L.: I have some curiosity about the structure of the teachers. You are sort of the teacher of the teachers as you have explained to us. Then are some of us who have had teachers hanging around with us for a while. Are you their teacher also?

Jared: I teach more new teachers, more beings not yet experienced. Those teachers who are experienced meet among themselves and assist each other in their continued seeking for contact. I also choose to attend those meetings and have found much assistance in learning to contact people. We teach each other.

Mrs. L.: Am I right to assume that there many of us in this group, if not all of us, have had teachers for a while?

Jared: No, a couple have had teachers for a while. Many more are more recently receiving teachers. Some have teachers without being yet

aware of their voices. There are many ways to go about hearing your teacher and many different ways of assigning teachers.

Philip: Can you tell us more?

Jared: Like?

Sardineal: How or why teachers are assigned?

Jared: Teachers are assigned to special people who are likely to learn, who can benefit from us and who can touch other lives. We do not always know who will be most likely to profit but will try many ways to do so. Sometimes we choose people who need help and in that way guide them to help others.

Mrs. L.: You said earlier you contacted Lisa earlier specifically to speak within the group.

Jared: Yes

Mrs. L.: And some of the other teachers, like Dameon, was sent for another purpose. Are all of the teachers able to talk in the group setting or only some of them, like yourself?

Jared: We are all able to communicate, some to a lesser degree. I am the group's teacher and not an individual's teacher. I came to speak to the group. Your teacher came with the hope of writing. It is more difficult for him to communicate to the group. It is also less important as his job is to help you write. Some teachers are for guiding individuals and helping them find their path. Other teachers also are for teaching in groups. There can be overlap, but some are better at certain things than others. Does this explain?

Mrs. L.: Yes, it is very helpful. I am so curious about all of this. Thank you very much.

Jared: You are welcome to ask more.

Mrs. L.: I have another question. I am just full of them all of the sudden. I have been contacted several times this week by Ham, and I am very nervous about doing any sort of TR in public. Do you have any suggestions, or do you have any help for me regarding that?

Jared: Do you want to transmit Ham? You must be honest and you must realize we will not judge you.

Mrs. L.: I have mixed feelings about it. I want to on one hand. On the other hand I am still rather nervous about it.

Jared: Then wait until you are comfortable. It is not necessary that you do it now. We will wait.

Mrs. L.: Good.

Jared: You can choose to transmit or not, it is your choice. There are other avenues if you choose not to. You will not block our message if you choose not to transmit. Do not fear of our judgment of you.

Mrs. L.: Thank you very much.

Jared: When you are ready, feel free to ask for my help.

Mrs. L.: Thank you

Iliana: Jared, regarding Sarah.

Jared: She is here.

Iliana: Can you give me any information regarding what kind of a teacher she is. I believe she might be my personal teacher, but does she have any special skills or something to distinguish her by that I could know about?

Sardineal: She does card tricks.

Jared: She teaches and would like to teach to a group. She sends her love to you and is aware of your seeking. She is a so patient and does not judge and understands your current inability to hear her clearly. She asks that you trust that you are listening and trust that she will continue seeking you. You will find, yourself, much about her in your seeking. Trust in your feeling of her. She is there with you.

Iliana: Thank you

Sardineal: Excuse me Jared. Do people on other planets have as much anxiety as we do here on this planet?

Jared: No

Group: Of course not. Didn't we kind of know that. The masters of anxiety.

Jared: The anxiety is precipitated by many conditions. It is not that you are inferior in your anxiety.

Iliana: Just the natural course of things considering our background?

Jared: Because of the situation, you are prone to anxiety. You are not anxious by nature.

Iliana: Is some of that separation anxiety? Could we call it that, separation from God with no ...

Jared: Yes. In your inability to tangibly feel God, there is much anxiety. As you are able to trust in God and trust in His being with you, your anxiety will lessen.

Heidi: I have a couple questions. One is kinda trivial but I was just curious. Is Ham short for Abraham?

Jared: No

Heidi: Are you able to communicate with people who have recently died?

Jared: Yes. Lisa just had an experience with that. She helped a friend give a message to his widow.

Heidi: Could I ask, Jared, to give a message to someone for me?

Jared: Of course.

Heidi: I recently had a family member die her name was Greta and she died last Friday. Her funeral is tomorrow. I'm not sure if she was ever really a believer of God, but she is a very good woman, and I think she would have a lot of fear about the choices and decisions—

Jared: She has no fear now.

Heidi: Good. If you could give her a message about what's ahead, in a comforting way, that would be wonderful.

Jared: That is allowed to all who are open.

Philip: I wonder if it is possible and within your purview to transmit messages to our loved ones on the Mansion World?

Jared: Only sort of. Not really part of the teaching and not generally encouraged. I am trying to help you all understand and be comfortable with this and allow a little leeway. In general, though, we don't communicate between worlds in that way.

Philip: Thank you. How much leeway?

Jared: Try it.

Philip: I have, with my thought adjuster, requested a communication with my family on the Mansion Worlds. I just wondered if that was adequate or if it is necessary to speak with the teaching staff?

Jared: Your path through your adjuster is the correct way and will allow conveyance of thoughts to your family.

Philip: Good, thank you. Is there also the possibility of return communication now that the circuits are being opened?

Jared: Probably not.

Mr. A.: Because it is not part of your teaching?

Jared: Because it is not helpful, it distracts from the teaching. And yet, there is much of your families who are incorporated in our teachings. We learn from them, and they help us teach you and help us reach you. And in that way, send their love to you.

Iliana: Jared, could you clarify what you mean by much of family is incorporated in the teachings?

Jared: It is hard. I will try. We are able to learn from them; they are able to help us teach you in their knowledge of you. They send their blessings to you. It is a process unfamiliar to humans and difficult to explain. Perhaps it would help to know that there is a love passed through as they ascend.

Iliana: So Jared, it is not happening currently now.

Jared: It happens as they move on.

Iliana: So it can always be happening?

Jared: It has always been happening.

Philip: These are not communications with our loved ones on the Mansion Worlds but rather communications in the Border Lands before they depart or go to sleep?

Jared: Yes, kind of.

Iliana: As they are ascending, maybe they are always ascending. Is that what you meant Jared?

Jared: No. It has been happening over many years and as they ascend, they choose to share with us as part of their ascension. It is hard to explain.

Iliana: So we will accept that.

Jared: Thank you

Iliana: Hard for us to understand, hard to explain.

Mr. B.: I am curious about Hurricane Iniki's effect on Kauai and the people who live there, their spirituality. Did we get more teachers over there? Has the spirituality of the people been raised as a whole?

Jared: The storm has frightened people, and they must settle afterwards. We hope to touch more people as they are more open. It can frighten people away as well though. Hopefully as people search for answers they will find God.

We are coming to a close, there will be other opportunities for questions and if there are pressing questions now, I will answer them.

Philip: We thank you so much for being with us, Jared, and for all that your mission is bringing. I'm not seeing any pressing hands, so thank you so much for being here this evening.

Jared: Thank you for being here so that I may teach. Please go during this week and share your love with others. I send you my blessings and the blessings of all teachers. Good night.

Group: Good night. (end 10/1/92)

The Teachings of Jared

October 8, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I welcome you all here this evening. I am delighted there are so many seekers, so many people willing to learn. Do you have questions now?

Philip: Good evening Jared. As always, it is a pleasure to be in your presence.

Jared: Good evening Philip.

Philip: While we're waiting for more questions, we'll ask, can you share a little bit with us about life after death, about our sojourn on the Mansion Worlds?

Jared: There are many exciting things that happen after death. It is a time of moving on and

moving forward. There is much learning that happens if you so choose. There is great joy shared with each other. It is a delightful experience.

Sardineal: I can hardly wait. (laughter)

Philip: Thank you very much.

Iliana: Jared, it's nice to be here with you again this evening. I'm wondering if you are, before you signed up for this assignment, this teaching assignment here on Urantia, were you still doing your Mansion World training, or are you a Jerusem citizen yet, or can you share with us some of that?

Jared: Not yet a Jerusem citizen. I have chosen to remain here, on this world, the world I am [assigned to], to allow me to teach, to allow me to reach you. It has been rewarding to teach. I find it very challenging.

Iliana: Jared, if you were a Jerusem citizen, would you be able to come here on this mission or is that, that wouldn't happen? Is that true?

Jared: It's not part of the mission.

Iliana: Thank you.

Sardineal: Any news on how the mission is going?

Jared: The mission is expanding. There are many more seekers, almost more than we had hoped. We are quite pleased with the response we have been receiving.

Mr. B.: Jared, I'm wondering what the best time would be for me to return to Hawaii?

Jared: It is—many times you must seek the answer within yourself. It is difficult to provide a specific answer for you. It is helpful if you seek your stillness and seek within yourself. Choose a path that appears correct to you. Ask for guidance and step upon that path. Continue asking for guidance as you proceed, and you will become aware of its correctness or lack of. There are many signals to let you know whether it is working or not.

Ms. R.: Jared, my name is Ms. R. and we haven't met before, and I'm wondering if you know me?

Jared: I welcome all who come to seek and hope to help with my teachings.

Ms. R.: I'm curious if, as I understand it, each of us have, you've attempted, or other teachers have attempted to contact each of us and I'm curious if you are, or other teachers are familiar with each of us and our life's situations? In other words have you spent time with us and observed us? Such, in the same way that the Father is with us all the time and can be aware of our life situations. I'm wondering if you too and the other teachers have that ability, or you know whether or not you do that?

Jared: We attempt to touch all lives. We attempt to guide in whatever ways are available to us. That's all. You may ask a question that can help you in your spiritual growth and give information and provide us some background.

Ms. R.: I feel as though I'm going through a period again, once again where, kind of a cleansing period where sometimes I get confused whether or not what I think I'm seeing is, in people around me, is real, and is intuitive, and are, in other words I know that I'm very intuitive. Sometimes I get confused whether what I am experiencing is intuitive or whether it's my head, so to speak, and possibly fabricated, you know, from my mind and worldliness? I'm going through a period of time right now where I'm seeing some things in some people that I'm confused about whether or not, like I said, they are intuitive things that I'm supposed to be seeing or whether they are manufactured things, like I said as a result of my worldliness? I'm not sure if I was very clear on that. What I need to know is if my intuitiveness can be and should be, is valid at this time and should be paid attention to?

Jared: You do appear confused, and it is difficult for you. You will be helped by seeking the stillness, allowing your mind to quiet, seeking God's will, and seeing where that will lead you. Most answers come from within, and you can get help in calming yourself, in patience. You will find it most useful to seek stillness daily, to trust in God. Trust that He will let you know. He will help guide you in which path to follow. That's about it.

Ms. R.: Thank you.

Philip: Jared, I would ask a question about the new method of communication that we're involved with. Can you tell us something about how we may communicate with each other as well as with celestial beings? Is this also to be sought in the stillness, and any comment you may have on that?

Jared: This is a new time of teaching. There are many teachers attempting to share a lesson. We try to reach people who are open. We find it easiest to reach people in the stillness, a time without anxiety, a time of calm, of comfort. Some people will hear us without being aware of us as separate beings, but will learn the lessons and follow those lessons. Others will hear us as separate beings and be able to share us with others. My role as teacher, my first job as teacher, was to find someone receptive and willing to share with the group. I needed as teacher to be able to communicate with all of you. There are many ways of receiving the message, and all should be encouraged and helped. Does this answer?

Philip: Yes, thank you Jared; let me just go a little further with that. Would it be worthwhile at this point in time, for example, for me in the stillness to attempt to contact, for example, Joshua in Utah or Elizabeth in Southern California?

Jared: You are welcome to try. You may find it very discouraging. It is an advanced skill and not readily available.

Philip: And would you suggest other things to be done first that are perhaps less advanced skills?

Jared: Perhaps it is time to share with you all the first step in our lessons. In learning to do God's will you must first know of God's will. There are many avenues to that finding, many ways of searching. You are all searching as you have chosen to come. There are many others who are also searching, but who have not chosen to be here.

The first step for each of you is to calm your mind in such a way that you can hear us. There are many, many ways of doing that. Seeking the stillness is our first recommendation. It may work for you to sit quietly and allow your daily cares to leave. Allow peace and tranquility to descend upon you and allow yourself to relax. In that way you are open to us. It helps many to pray quietly and give thankfulness for what is available to them. Others find stillness very difficult. There are other ways of achieving that calm. Find something; find a quiet activity that is soothing and appealing. For some it may be watering a garden, for others washing dishes, for others lying quietly. Whatever you can do to allow your mind to rest and be calm.

The next step is to allow that calmness to become a part of your life. In your daily

activities allow that calmness to be part of you. As you achieve each bit of calmness you will be open to more and more and will find it easier to achieve. Those are very major steps and take a long time. Many things get in the way. Illnesses, anger, frustration, busyness all are disruptive of this process. Patience is required. It takes a long time. It may take a long time to achieve a calm within yourself. As you seek this calmness ask for God's assistance. It is available to all of you and will make it easier.

There are many in the world not able to embark on this search. Many who begin searching will go no further than achieving more calmness. It is, however, to be applauded whenever progress is made, whenever the search is begun, whenever calmness is increased. It will make tremendous strides in this world. Others are more receptive and able to hear us. Many who seek calmness and achieve some measure of calmness are able to hear us without awareness. As they are truly searching, they will be guided and begin doing more of God's will. That much is a great step and much hoped for by teachers.

There are others who are more receptive and able to hear a voice consciously. They will get more guidance and be able to share with others. Lisa was able to hear me as a distinctly separate voice and, in that manner, grew comfortable with me and accepting of me and eventually learned to acknowledge me as her teacher, as the group's teacher, and because of her trust in me, and her trust in God, has been able to share with the group. I am grateful for her ability to do so, as it is the only way I have of affecting many lives. I hope to be able to share God's love and God's teaching with many, many people. I, too, work one step at a time. I have gained her trust, and she in turn has shared with others. I feel your beginnings to trust me and then you will be able to share with others as well. Our mission is to share God's love and God's goodness with all beings. There are many who will—who may not be open, who may not choose to listen, and that is, of course, their choice. I hope to be able to touch many lives, those who are willing, those who are seeking. I am grateful to you for coming. I am gratified by your desire for the word of God as shared by the teachers. I am looking forward to many more teachings. Any comments?

Philip: Thank you, Jared, for such a comprehensive answer and lesson this evening.

Jared: My pleasure. Hopefully, it will help in those who are seeking. I would also like to

remind each of you to have patience with yourself. We do not judge. We have patience with you and hope you will have that patience with yourself. As well, we are clear there are doubts and will continue to be so. Do not chastise yourself for your doubts, but open yourself to answers and to God's love.

Philip: I believe I've understood you to say that we should be as patient with ourselves as we bestow on others. And I wonder if you could say something about that place between being patient with ourselves and being self-indulgent or maybe even indolent. How do we best discern those limits?

Jared: You each know yourself when you are patient and respectful of yourself and when you are not. Search within yourself and find a comfortable place that shows you are seeking God and seeking his love and respectful of all those around you. In that manner you will find a closer answer.

Philip: Thank you. Could you also go a step further and say something about, for me sometimes I get confused in that I try to follow Jesus' teaching about being self-forgetful; and when I think about spending energy, time, being patient with myself, I realize that the self has requirements. But again, how do we go about being self-forgetful and at the same time self-respectful?

Jared: It is a difficult balance; each must seek their own balance, and it will change as the days change and as your moods change. Be forgiving of yourself, do not dwell on past mistakes. If your actions create anxiety within yourself, you must look at them closely. If your actions create calmness and peace within yourself, they most probably should be encouraged. As you find the actions that provide you with calmness, with peace, you will find many ways of repeating those things that help you. Does this help?

Philip: Yes, thank you very much.

Jared: As I have said before, this transmitting is new and may not always be clear. Parts of the message are missed or incompletely transmitted. Feel free to continue asking, re-word your question, ask again next time, whatever it is that helps to clarify for you. Lisa is doing well but still learning and will need time to get a clearer message sometimes. Feel free to keep asking.

Philip: If I could follow up. The part about, when we do things that bring up anxiety in ourselves. I think I kinda follow a policy of not

giving much credence to anxiety, if possible. I guess I don't want to be led by fear and yet also acknowledge your point. Can you extend a little about that?

Jared: Correct. Do not live your life in fear. Allow fear to leave, to dissipate for you. Allow the anxiety to dissipate as well. It is difficult to find the right word to state what is to be avoided. Whatever word you put on the emotion of unease and discomfort because you have strayed from your path and strayed from your search for God. In that way, you will learn how best to help yourself.

Philip: Thank you very much. That's helpful.

Iliana: Jared, could you tell me if we have other teachers here with us tonight, who they may be, and if you might have gotten together over this week and talked about our progress?

Jared: There are many teachers here, many are learning. Do you have a message for Sarah?

Iliana: Yes, I think she gave me some super insight this week, a mini revelation. I already thanked her, but Jared, if you could thank her for me too that would be really nice.

Jared: It is helpful to acknowledge what you have received from her, and it is helpful to do it in this manner. She is aware of your gratitude but also appreciates your expressing it tonight.

Iliana: Okay. It was the afternoon of a party that my friend, Dee, was giving for me. She called it a Fund Raiser Party. She had invited a lot of my dearest friends and asked them to bring something I might be able to use, or money. Most of them brought money, one of them brought a photo album with some beautiful shots of Kauai, before the hurricane, on their vacation. But I was really having kind of a difficult time in the afternoon feeling comfortable about having my friends come over and give me money and feeling worthy and that kind of silly stuff that we feel a lot, or at least I do. So I was just thinking that, what a lucky girl I was because I had these friends that were willing to do this in the first place. I had earlier told my ex-husband, Mel, that he was having a difficult time because he didn't have hardly any friends and that was hard for him. He was feeling jealous of the fact that I was having this little gathering in the first place. I was sorta thinking about what makes a person, what is the aroma of friendliness, what causes some people to have friends and some people not to have friends. What was revealed to me, at least that's how I feel it was, was that it is the God within us that is so attractive. I was just

feeling that was one of the main reasons I had these wonderful friends was because I was able to be a light here and there. That made me feel very happy.

Jared: And you were able to accept with graciousness the sharing of your friends?

Iliana: Yes, I was. In fact, I asked for a mind exchange, and I went further. I wanted to be as gracious as possible. I wanted there to be an aura of love, and there was. It was really quite beautiful.

Jared: You were asking for help and open to assistance, and it was provided to you. In that way, you are receiving our teachings and, as well, are passing them on to others. It is in this manner that your world will change, in little bits and pieces, little steps, each person sharing with another. You will find many great changes.

Iliana: That's great. Thank you, Jared.

Jared: Thank you.

Mr. B.: Jared, I'm curious if I will see Michael here on Urantia.

Jared: It is unclear.

Iliana: Jared, can you tell us later, or is it one of those things that we don't get to know until it happens?

Jared: That is also unclear.

Iliana: We will just keep on asking then, I guess. (laughter)

Jared: Of course.

Mr. B.: Is it possible when you were saying common everyday things like washing the dishes, driving a car like in the Will papers; any kind of fairly calm activity, we can seek the stillness.

Jared: Whatever activity calms you.

Mr. A.: Driving a car?

Philip: I wanted to say that I have had an experience this week with augmented contact with the Corps of Teachers and have very much appreciated it. It is a little risky to refer to it like that way, but I do feel an augmented intuitive sense and, as you no doubt know, I carry on conversations. I am very grateful for the assistance and intuitions that I've been gifted. Thank you.

Jared: You are most welcome. We appreciate your receptiveness to our teachings and enjoy the conversations as well.

Philip: Great. I want more and more. I am looking forward to more.

Jared: Continue speaking with us, and we will continue speaking with you.

Philip: Good, that feels wonderful.

Mr. B.: Jared, do you find that as time goes on you speak more and more with Lisa?

Jared: At first I spoke with her frequently to gain her trust. I am available when needed and find it easier to speak with her. It is a partnership we have developed and I respond to her needs. If she requires me to be more available, I will do so.

Mr. A.: I was curious if it was possible, yet, to reveal who my teacher is, or if I still need to be patient? I have a feeling I do have one but that I am not finding the right stillness or not getting completely into the stillness yet.

Jared: Again, you must have patience with yourself. Do not hurry along a process that can't be hurried. Continue in your search, continue speaking with your teacher. Your teacher is speaking with you even if you are unaware. Patience is necessary in this process, and we hope you will allow yourself that patience.

Mr. A.: Thank you.

Ms. R.: I was wondering if I have a teacher and if each of us have a teacher. I haven't been here in a few weeks, and perhaps this is something that has been discussed and I have missed. But I was wondering if you could answer those two questions for me?

Jared: There are many teachers for this group. Not all people have a teacher, nor is it necessary to all to have a teacher. What we hope our mission will accomplish is raising the awareness of people in their search for God's will and in their ability to do God's will. It is not a judge of faith to have a teacher or to hear your teacher. It is available to some who are simply more receptive. What I hope to teach each of you is in encouraging your search for God's will and in realizing how important each individual person is and each action you take. Each time you reach out to another, each time you share a small kindness, each of those, each kindness you share will then extend to another and another, and in that way will change this planet. I hope that our

contact of you will not cause you to only seek for a teacher. We hope instead you will seek for God's will and seek in what way your actions will extend to another and will assist another.

Mr. B.: Jared, I find myself teaching others as I go by, in that when I can steer or it usually somehow steers itself to religion. I tell people that the real task of religion is to love somebody that you don't know as much as you love your best friend. Is that a good teaching?

Jared: In teaching others it is best to find a common ground, a common thought to share. In that way you can build upon that and help each person to realize that their own action is very important. Each action that each person takes, each time you reach out to another, helps to extend God's love and helps to make changes. In whatever way you can help another see this in a positive way, in a comforting way with another, that is sharing our mission. Does this help?

Mr. B.: Yes.

***** BREAK *****

Jared: I am Jared. I welcome you back again. I am encouraged by your discussion. I hope you will find it as helpful as I think you will. Please do not slight the value of words among yourselves. It helps to bring meaning and comfort to one another. There are questions?

Iliana: Jared I'm wondering if you have a better name or a spiritual name to tell me at this time? What you might want to call me? ["Iliana" was bestowed at a later time and inserted retroactively into these transcripts.]

Jared: Your name will be revealed at the appropriate time. It may not come through me.

Iliana: Does that mean that maybe Sarah might tell me? That when she talks to me she might call me or refer to me?

Jared: There are many possibilities. It is also hoped that people will not become fixed on finding the name or finding the teacher. It is hoped that you will instead search for the will of God.

Iliana: Thank you Jared.

Jared: As well, do not be offended by my words. They were not intended in that way. This is part of the learning, and I am glad you asked the question.

Mr. A.: I have another question for you, Jared. With certain religions such as the Bible which has been passed down from generation to generation and then basically rewritten a little bit until there's parts of it that are true and parts that are not true. I'm curious also that, when *The Urantia Book* was formed, it would have had to have been taken down by a human. Would that also have been colored at that point by the human's perceptions of what the teacher was saying? Or would that have been clear to him also, since he was mortal as us, we also be coloring it in a way, in some way?

Jared: It is not; it is very clean. The words are remarkably accurate. The feeling, the message behind it, is even more so. As well, each person is encouraged to look for themselves and see what words, what books, what documents, what teachings from all sources, what each of...Each person is requested to seek their own sense of truth, of God's truth. This can be found in many places, in writing and in speaking. Each person must judge for themselves what the value of each teaching (is).

Mr. B.: Jared, Iliana and I have been informed that we individually have teachers. We also have been coming to the meetings here. We know we will be returning to Kauai and living there. My question, is it part of the divine plan that Iliana and I will have our own group in Kauai and have either us, or someone else, as a transmitter/receiver for our group?

Jared: It is part of our teaching missions that the teachings are available to all who are seeking. If there are people genuinely seeking in your area, then the teachers do whatever is possible to provide a teacher to them. There are many avenues, many possibilities for a teacher being where they are needed, but we do what we can to provide for those who are seeking. Does this answer?

Mr. B.: Yes.

Jared: Ask again if you are unclear.

Mr. B.: Well it just seems logical that, why would be coming here and getting this, why have we studied *The Urantia Book* for so many years, to be told that we have individual teachers? It would seem logical that we would be going back to Kauai to bring some of what we've seen here back there.

Jared: Does that seem to you the path that you should follow? The path of God's will?

Mr. B.: It seems to be to me.

Jared: Then you should follow that, and you should check as you go, to see if that continues to be the path for you. In that way, you will know for yourself, know more deeply and more completely what your job is. The searching within the self is a vital part of this mission.

Mr. B.: Thank you.

Iliana: Jared, I guess Sarah and you know about [my friend], who was my roommate in Kauai. For several months, and before that, too, when he was my..., he has had a very rough situation these past few years with cirrhosis of the liver, and his health has been very bad. He has a hard time with his faith; sometimes he makes two steps forward and one step back.

Jared: The two steps forward are congratulated.

Iliana: Sometimes it is one step forward and two steps back. (laughter)

Jared: The one step forward is also congratulated.

Iliana: I have felt very privileged to be able to offer him some "light" in his life because he seems, at times, to really be seeking. Other times he wants to throw *The Urantia Book* out the window, he doesn't believe there is a God, and if there is, and he has guardian angels, they just keep an eye on him so they know where to dump their crap. I'm wondering if I need to be his spiritual steward any longer. It seems like I have taken upon this task, and maybe it is not—

Jared: Are you comfortable with the task?

Iliana: I am when he is seeking. When he is down, it is difficult for me.

Jared: There is your answer. No one is able to force another to listen or to seek. You may only make yourself available to assist someone in their own search, in their own path. You are unable to force someone down that path.

Iliana: So, Jared, when he is not seeking and bad-mouthing, so to speak, the spiritual life...

Jared: Do you want to hear that information?

Iliana: Do I want to hear it from him do you mean?

Jared: Yes

Iliana: No

Jared: Then ask him to share it elsewhere.

Iliana: Okay. Thank you. That is very helpful.

Jared: In whatever way you can remain a friend to him and continue in your contact with him, it is to be encouraged. I do not wish to encourage you to be negative toward him. However, he also has the same requirements of him, he does not need to be negative to you. You are allowed to limit what he says that is uncomfortable for you. If you can do that in a way that also allows him to come to you when he is seeking, it is the best possible way. Does this assist you?

Iliana: Very much so. Thank you, Jared.

Jared: I am glad to help.

Iliana: Well, Okay, I have one more. This is one of those that you might not want to answer.

Jared: You may ask, I will answer only if I choose to.

Iliana: I know. In *The Urantia Book*, they tell us of an inhabited world that is very near to us, we would be very surprised to know how close it is. I am wondering if it could be so close as to be in our solar system, perhaps maybe a world of non-breathers? Can you share anything about that with us?

Jared: (pause) It is very close, it is within. That is all I can share now.

Iliana: It is within?

Philip: Is it our moon?

Jared: That is all I can share now.

Mr. B.: I'm just curious, am I going to see another hurricane in my lifetime?

Jared: It was very frightening for you. It is difficult sometimes to move beyond such ferocious events. There is little we can do to prepare you for those things that happen except to extend ourselves to you in our teaching of God's love and to help you understand there is learning in all occurrences in life. That too is the most complete answer you will receive when requesting specific numbers or events. You are, however, encouraged to continue asking about whatever is of importance to you.

Mr. B.: Thank you

Philip: I would like to ask a question about sharing your transmissions. There are three issues: newcomers to the group, and sharing your messages and teachings. Is it acceptable that we make group decisions about this, and do you have any guidelines or directions you wish us to know about?

Jared: The goal of the mission is to touch as many people as possible. However, that is trickier than it sounds. If someone is frightened by their initial contact, they may not remain receptive. It is important to check carefully with those who appear interested. It is difficult to know how any one person will respond.

Group decisions have the power of many thinkers and are encouraged and more likely to provide better insight. In whatever way this information can be shared with others who are ready and seeking is encouraged. At the same time, we know of the agreement to remain confidential among yourselves and respect that need as well. Does this assist?

Philip: Yes, thank you very much. As you may know, I have had contacts with several people around the country this week, most of whom I am desirous of sharing some aspects of our meetings and your transmissions, as you know I have to some extent, and trying to protect the privacy of our participants. As you may know, these are people that either have themselves been contacted by your teacher corps or are enthusiastic and surprisingly isolated as I learned from one person this afternoon. It is heartening that we can and should share in a discrete manner and I thank you. Is there anything further that you would say on that topic?

Jared: Not at this time. However, feel free to continue asking.

Philip: I felt good about the people I talked to today and that includes a gentleman in Minnesota and a person in Oregon. I am feeling very good about those contacts and feel a good feeling about sharing with them. I usually, as you know, start with the Woods Cross material and so, without other instruction from you, I'm assuming it's acceptable to proceed with my intuition about these matters.

Jared: Yes

Philip: Thank you

Jared: We are nearing an end this evening. However, I would be glad to answer a bit more.

Ms. R.: I have one more question. Do you know of a spiritual name for me?

Jared: It is important to continue with your seeking, to find the stillness and search within yourself. Names frequently come when least expected.

Ms. R.: Might this come in a different way than from you or from someone else?

Jared: There are many possibilities.

Ms. R.: Thank you.

Mr. A.: I have a question for you that has nothing to do with the teaching mission. Do you accept those?

Jared: All questions may be asked.

Mr. A.: It's one that is going to drive me nuts, about my little pet here, the pet iguana with me. I have a problem, it is no big deal to go in and pay \$50 to \$100 for medical bills for things that go wrong with them. I am on an extremely tight budget right now. I have an iguana with what I believe to be a broken arm. I am curious whether or not I should have it checked out or let nature take it's course.

Jared: In this, as in many other material questions, the best answer comes from within yourself. It is important to balance all aspects of an issue and decide what is best yourself.

Mr. A.: Thank you.

Ms. R.: I have one more question. I'm wondering if it is possible for me to inquire about somebody who is no longer here with us on this plane or on Urantia. I'm wondering if it is possible for me to inquire about this person, somebody who was extremely spiritual when they passed on. I'm wondering if you have any information or if that's possible.

Jared: Not at this time.

Ms. R.: Thank you.

Jared: If there are no further pressing questions, perhaps this would be a good time for concluding this evening.

I am grateful for the seeking, I am grateful that you have continued to come and share in these teachings. I am delighted with the ability to teach with you. I hope that you will be able to go about your lives this week in a manner

that reflects what you have learned. I hope you will be able to come again next week and we can share this again.

My Blessings to you all and the sharing of God's love. Good night.

Group: Good Night.

The Teachings of Jared

October 15, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. Welcome to all of you who have returned and to those of you who are newer. Are there questions?

Iliana: Hi, Jared. It's nice to be with you again this evening.

Jared: It is good to have you here.

Iliana: Thank you. Considering the second presidential debate was on tonight and I know that you really don't have anything to do with secular or worldly things, I'm just wondering if in spite of all that if it matters if one candidate wins or another, in response to the changes this teaching corps is trying to effect with our help?

Jared: We do not choose to discuss political issues. We are here to foster the mission and to help each one of you realize that great changes will come from each of your actions. Even small kindnesses will be the basis of great change.

Iliana: Thank you.

Philip: Good evening. I wonder if you would say something to us about the value of studying the tapes and transmissions of yours and of the other teachers.

Jared: I was delighted to hear the conversation this evening. The tapes and the transcripts are very important. There are many parts of my message and they require frequent listening to be absorbed. Some people learn better by listening, by hearing the intonations and the phrasings. Others are more visual and absorb best by reading the materials. A combination of methods is probably most helpful to most people. I strongly recommend that each person take time to listen and to read as you will be surprised what you will learn. It is also helpful for those regular members that are unable to attend a particular

meeting. It allows them a continuity of our group process.

Philip: Thank you very much.

Iliana: You said you enjoyed our conversation before the quiet time. Could you tell us a little bit about what tickles your fancy in what we have to say, such things as that?

Jared: An important part of our teaching mission is the development of a solid group. In your discussing the teachings and in coming to joint decisions you are furthering the teachings. It is enjoyable for me to listen and watch the process of the group's growth.

Iliana: Thank you

Mr. B.: My question is, an affirmation, if you are able to give it. Just recently I've noticed that the voices that were talking to me inside my head, I always assumed were all my own. Recently I've come to really believe that I am hearing either my teacher or my thought adjuster speaking to me, even today all day long in my life. I am just curious, am I right in believing this?

Jared: Do you find these voices helpful?

Mr. B.: Oh, yes.

Jared: Then you must trust that feeling within yourself, you must believe that this guidance has been provided to you and continue listening and encouraging those things that assist you.

Mr. B.: Thank you

Sardineal: Good evening Teacher Jared.

Jared: Good evening.

Sardineal: I had a number of questions. I will start one at a time. I was curious about your background on your planet of origin and was wondering if you could provide us any further information in terms of what your profession was?

Jared: Builder. I worked with my hands. I spent many years enjoying this work.

Sardineal: Okay. I was curious to know whether or not Adam and Eve had returned to Urantia.

Jared: Not at this time.

Sardineal: I've observed that around the time of the full moon people seem to go pretty crazy on Urantia. I was wondering, does a full moon have any affect on the spiritual resonance of individuals?

Jared: The full moon tends to off-balance people, pull them in uncomfortable directions. They then respond in ways that are not typical. It is sometimes difficult to deal with these phases and awareness of such is usually helpful. Hopefully, as people become more comfortable with their own spiritualness, they will be less pulled during these phases.

Sardineal: Do similar things happen on other planets?

Jared: No

Sardineal: So we are just lucky here.

Jared: Yes

Sardineal: Going on with ridiculous questions.

Jared: No questions are ridiculous. It is important that you become comfortable with me as your teacher and continue to ask questions.

Sardineal: Thank you. The question I had was about my impression, be it right or wrong, of there being a positive spiritual influence on television in the form of "Star Trek, The Next Generation."

Jared: Yes. There is inspiration available in many arenas and it is occasionally surprising when it pops up. Look for those nuggets of spirituality and absorb them and enjoy them wherever you find them.

Sardineal: Are these influences, or nuggets, a result of the system circuits affecting individuals or are these individuals under specific spiritual influence?

Jared: Some individuals are slightly aware of the guidance they are receiving. Most are not and yet are accepting the guidance given to them. More guidance in general is available because of the opening of the system circuits. There is more guidance available to more people and more people are open to this guidance and aware of it because of the circuits opening.

Ms. G.: As my son gets older I am hearing more and more stories about what kids are doing and saying and feeling and it's disturbing. I wonder if you have anything to say in general

about parenting in this age or just about parents in general?

Jared: We wish you luck. It is a difficult undertaking. There are many stories of difficulties and there are also many children who pass into adulthood without these horrifying experiences. You are less aware of those; trust that they are there. In your parenting of your son, it is helpful to know that even when you do not get responses from him, you should know that you are assisting him a great deal. It is important to remember your values and that parenting is the most important job that you will be performing. Are there specifics that you would like a clearer answer for?

Ms. G.: Not at this time.

Jared: You are welcome to ask for guidance with ways to help in your parenting. In that way we hope that our mission will be transferred to the next generation.

Arleena: I have a follow-up question to Ms. G's. Particularly in regard to teenagers, it's a delicate line to know how far to respect their free will. I have one in particular that I am very fond of that I talked to recently who has decided that school is not important. I am just curious if you can give any enlightenment to what extent an adult should stand back and say "Okay, that's your free choice, we all have free choice, I respect that, you have the right to do with your life what you want." Could you make any comments on that?

Jared: Surprise him: allow him complete free choice and free will and help him experience the potential consequences of that choice. In whatever way you can, enlighten him about where his choice will lead him. Also consider that he may have surprises in his thinking too and may not really be choosing to end his schooling. As well, it is frequently useful to illustrate choices in your own life and how each step got you to the next step to where you are, and do not be afraid of sharing missteps that you made and how you made corrections in your life. Does this assist you?

Arleena: Yes, it does very much. Thank you because it feels intuitively right to respect that free will but I appreciate the further guidance rather than standing aside and saying, "Okay, that's your choice." There is more that I can do and still respect the free will and I appreciate that.

Jared: It is important for young adults to know that their free will is respected and it usually

surprises them when someone does. But it helps to be aware that they often are not ready to function without a safety net. In whatever way you can respect and encourage free will and yet provide them with assistance is most valued and most helpful to them.

Arleena: Thank you very much. I appreciate that answer a great deal. I also wanted to tell you how very much I appreciated your presence, your help, and your support in all that I have been through in the past few weeks. It was wonderful to know that anytime I reached out a hand you were there, as I did frequently. I thank you so much for helping me through.

Jared: We are glad to assist you through these hard times and know of the growth that it has promoted in you. We hope you will continue in your growth at the same time that you allow yourself time to recuperate from your recent activities.

Arleena: I do indeed feel the need for time to recover but I did have a question that I wanted to ask if you could enlighten me. At the time of my father's death, was there a communication between my thought adjuster and his? or something to that effect? I had an experience which led me to believe that something of that sort was taking place. Could you enlighten at all on that?

Jared: Many times, as death approaches, humans are more open and more able to see the positive aspects of their life and of the people around them. In this way, your father was more open and was able to communicate many positive thoughts that had not been available before. It is one of the blessings that we can assist people as they move on in seeing the value of their own existence.

Arleena: Beautiful words. Thank you very much. I certainly did have the feeling of closeness in spirit that I had not had during life. What you say certainly rings true with that. Thank you very much.

Jared: Please feel free to remember that closeness and that love from your father. Many times people feel unable to express that in their life but it is there for you from him and we hope that will be your strongest memory of him.

Arleena: Thank you.

Mr. B.: My question is about the food you ate on your native planet. Did you eat dead animals as we do or were there more vegetarian people

there. I'm curious about the other inhabited planets, do they eat dead animals or more vegetarian fare?

Jared: Our sustenance came from sources that you would not recognize. Our world was more advanced than yours is now and I have little experience with parts of your lives.

It is difficult to answer some questions but will become easier with time and if questions are not answered completely enough, I would suggest you ask them again some other time.

Mr. B.: One other thing in this regard. Can you tell me, is there any spiritual connotation to what we eat here on Urantia?

Jared: There is spiritualness in all actions and all behaviors that you exhibit. There is no one action that defines spirituality in people though. The only action that tells of your spirituality is your seeking for God's will and your ability to continue improving your performing of God's will and your continued action on your path toward God.

Iliana: Did you ever know an ascendant mortal from Urantia in your Mansion World experience?

Jared: I knew many.

Iliana: Can you tell me if you can spot them a mile away, so to speak? If there is anything significant that might stand out about them or if they just sort of fit right in?

Jared: There is something special in their ability to overcome obstacles and in their genuine delight at their experiences.

Iliana: Would it be kinda like a kid in a candy store, situation, if you know what that means?

Jared: Yes, much the same.

Iliana: Thank you. Also, I have another thing to say. I had an experience with Sarah, through Mr. V., after last Thursday. I just wanted to say, "Hi" to her and maybe have you give me a message from her, something I haven't heard since then. I haven't heard anything from her that I am conscious of and I just wanted to know if she has something to say to me?

Jared: Sarah is here and is glad of your seeking. She continues in her work with you and knows that you are hearing her. She is patient with your progress and knows that it does not have to happen immediately. It is important

to recognize that each person must go through a process in their search for their teacher's voice and that many times the searching is as important as the hearing.

Iliana: Thank you

Arleena: I just wanted to follow up on what you just said. In what way is the searching as important as the hearing?

Jared: It allows you to search for God and search for God's will. It is a search of faith and a search of trust and many times teaches you to quiet your mind and to learn to see the beauty around you. It teaches you to listen within and to believe in yourself and trust in your own feelings. It is important to know that as you truly trust yourself, trust in the quietness, trust in the gentleness that is within you, you will find God's will and be able to perform that will with more ease.

Arleena: So it is really the growth through the experience of doing it as much as it is the answer that you get.

Jared: Yes. It is important to remember that many people will never hear a teacher's voice within themselves. It is not the goal of the mission for you to hear us. The goal of our mission is for you to receive our message, receive God's message through us. There are many ways of doing that. For some it has been important that they are able to hear us so they may transmit our message to others. Many people will find their place by listening to the mission and incorporating it and by doing God's will as opposed to hearing it only.

Arleena: A very beautiful answer Jared and I love you so much. Thank you.

Philip: Is it possible to answer a question about Agondonters?

Jared: Possible

Philip: Are all mortals from our planet Urantia Agondonters?

Jared: No. Some are not able to seek.

Philip: Can you perhaps extend and tell us what an Agondonter is and what the meaning and value of that is?

Jared: An Agondonter is seeking and believing and trusting. That is available to all. There are many who are blind to this trust, to this

availability of God. It is disheartening for them and causes them much grief. If they can begin to see God, to believe that He really is there even in their present difficulties, they will find much comfort and be able to do God's will.

Philip: Thank you and could you tell us, for a person to be an Agondonter, does that mean that they don't have outward evidence of God?

Jared: There is no appearance of God or tangible evidence of God for an Agondonter.

Philip: On a world that is not fraught with rebellion, where there is and has been a planetary prince and an Adam and Eve, would the people from that planet be able to be Agondonters?

Jared: No

Philip: Thank you.

Sardineal: I was curious. It seems to me that on Urantia, there appears to be more evil than good. Is that a mis-impression I have or is it that evil gets more press?

Jared: It is a mis-impression. Evil is louder and you are more aware of it and remain aware of it longer. There is genuinely much goodness in this world and more to come.

Sardineal: Great, we can use it.

Jared: Please trust that it is here.

Sardineal: In a follow-up question. Of late I have been having a very difficult time. I feel I have been putting myself out for people and attempting to go the second mile. This invariably tends to blow up in my face. Am I doing the wrong thing, am I working with the wrong people or can I expect to attempt to do good and have it blow up in my face on a regular basis?

Arleena: No good deed goes unpunished.

Jared: You will find there are many people who experience this happening to them and yet your good deeds are felt, although often not acknowledged. It is hard to know when to perform your gift and when to stop. You must trust in yourself and know that the goodness is not lost.

Sardineal: How does one avoid becoming jaundiced about doing good deeds with sort of invariable difficulties that ensue?

Jared: Trust in God. And I know that is not an adequate answer but it is the only answer.

Sardineal: Thank you. Maybe it does help some.

Jared: Remind yourself each time you experience this loss that it is not truly loss, that God is there with you and allowing this other person to feel that, even as they are unawares. As this begins to happen more, there will be more trust in God from others and there will be less tragedy associated with it. You are instrumental in assisting others to see God's light and we hope you can continue with your gift of giving. It is very special.

Sardineal: I'll try.

Iliana: My friend Elizabeth in Los Angeles, told me on the phone a few months ago of some event that is to happen in 40 years. I believe what she is referring to is some descending sons of God appearing. I'm wondering if in 40 years perhaps some Magisterial Sons are going to come to Urantia?

Jared: It is unclear how events will proceed. It is dependent largely on how individuals respond to the opening of the System Circuits. We are hopeful that more and more people will become aware of the goodness overtaking the evil. We will see as the mission progresses.

Iliana: So in other words either I have to live till 90, more or less, maybe less, I might be able to make it? (laughter) I was planning on living till 90, by hook or crook.

Jared: There is hope that many of you will witness many events that will be heartening to you.

Iliana: Within these forty years you're saying, perhaps?

Jared: Within your time on this planet.

Iliana: Oh goody! I always wanted an exciting older, you know, half of my life.

Jared: You are welcome to create your own exciting life.

Iliana: Thank you Jared.

***** BREAK *****

Jared: I am Jared. I am glad that you have remained this evening. Are there further questions?

Sardineal: I was interested in terms of Agondonters on the planet. Are there a majority of individuals who are Agondonters? Is there a minority of individuals? Is the ratio 50-50.

Jared: About a quarter.

Sardineal: About a quarter of the human beings?

Philip: Is that a billion and a quarter people?

Jared: It is about a quarter of the people here now. We hope to see this increase and are working toward that goal.

Sardineal: Is that a quarter of the people alive on the planet at present?

Jared: Yes.

Arleena: Just as a follow up on that does that, I remember reading in the Urantia Book that most Thought Adjusters must await death deliverance. Are the three quarters we are speaking of, those whose Thought Adjusters must await death deliverance?

Jared: Yes.

Arleena: I'm really amazed at such a small number.

Iliana: I don't understand what that was just about. What do you mean that three quarters have to await death deliverance? I still don't understand. Can you illuminate me please Jared?

Jared: Three quarters of the population here, now, do not truly believe that God is here and available to all. Many of them are able to seek occasionally but are not true believers. Their Thought Adjusters will be released when they move off this world. Released may not be the correct word. Transition.

Iliana: If only one quarter of the...

Jared: Not only one quarter. That is many.

Iliana: Are, I thought you that you said one quarter were Agondonters at this point in time. Is that what you meant?

Jared: Yes. One quarter of the population here are Agondonters. My response was to your

adding the word only. We are encouraged by the quarter who are.

Iliana: I see. But I'm just thinking that if only one quarter of the population of Urantia at this time are Agondonters it seems that it would be difficult for good, for there to be more good on the planet than evil. I have a hard time with that.

Jared: There are many stages, or phases, of goodness. Goodness can be spread and received and given by those that are not Agondonters.

Iliana: So in other words you can do lots of good things and you can even believe in God but maybe not know that you can commune with God or that you can have a personal relationship. You can even believe in God and not be an Agondonter? Is that what you mean?

Jared: Yes. Sort of.

Iliana: It's complex I imagine.

Jared: It is difficult to explain and is not a good point to remain stuck on. It is helpful for you to know that there are so many agondonters here and to take joy in that fact, and to trust that each person's active kindness toward another is the way for this world now.

Philip: Continuing on agondontership. Can you tell us if the humans on Urantia who are Agondonters are concentrated in any certain areas of the world such as North America or elsewhere?

Jared: They are more concentrated in areas that show less violence. This lack of violence helps people believe and the fear engendered in other areas of the world makes it harder for those people to believe.

Philip: So then I guess they're mostly in New Zealand.

Jared: There are many there.

Philip: And how about North America? Can you give us any more information as to where agondonters are to be found?

Jared: There are pockets of Agondonters in many places and as one finds another they draw others toward them and allows for more belief, more faith.

Philip: In *The Urantia Book* it teaches us that Agondonters are housed in separate abodes on the Mansion Worlds. Can you tell us is there a

special meaning or value to that? Are other Morontia beings being protected from us? (laughter)

Jared: There is a special place of rest and peace. It is a reward for your struggles.

Philip: Am I correct that being an Agondonter is something that remains with us forever?

Jared: Of course. It is a struggle that has become part of you.

Philip: Thank you very much.

Iliana: Jared, I just wanted to make a point of thanking you for some good words to pass on to people as I pass by friends and family and that was that the small little kindnesses that we do mean so much more than we can ever imagine. People really have responded so well to that kind of positive input. It's been a real valuable tool for me and I really appreciate your sharing that with us. Thank you.

Jared: It is rewarding to hear that you are hearing our message and passing it on to others. That is the goal of our mission.

Mr. B.: Jared, I'm curious about, like I live in a beautiful place, Kauai. I've always gravitated to such places and I've always felt that maybe the more the presence of God, or spirituality in such places, am I wrong to feel this? I've often felt that beautiful places were maybe more beautiful in God's eyes than a church or a manmade edifice? Any comment?

Jared: It is important to know that we do not judge how it is that you seek God's will. If it is useful for you to be in beautiful surroundings then you are encouraged to do so, as has been your choice of a place to live. There are others though that find their strength in other ways. Whatever helps each person in their search for God's will is to be encouraged.

Philip: Jared, we've heard from you and from Brother Ham about the direction of this group. Is there something this evening that you can share with us in extenuation of that? What at this point in time is of greatest spiritual value for this group?

Jared: It is important for each member of this group to become comfortable with me, with the teachings and with the method the teachings are delivered. It is unusual on your world for this to happen and there are many who may misunderstand, who may doubt, who may have concerns for these teachings. I hope to be

providing time for many of these doubts to be removed. As this happens, I hope that my word will be spread to many others and hope that this group will become a focal point for this area. There is a belief among us that there are many people in this area searching for guidance who will benefit from these teachings. It is a long process and we must respect each individual will and we must respect the time required for this process. I would also be grateful for insights that you have about the needs for each of you and for others in this area. It is helpful for me when you share these ideas with me and among yourselves.

Philip: Thank you very much. When you refer to passing on your word to others, could you encapsulate the important message that you wish to have passed on.

Jared: Iliana has been doing so. It is important for each person to know that their small acts of kindness will be the basis of great change.

Philip: Great. Thank you.

Jared: It is hoped that this message is one that many will find comfortable and will therefore choose to perform.

Philip: And can you say anything about the style or manner of outreach that this group may act out?

Jared: Gentleness, reaching as a friend. It is important that others do not feel pressured. People will come when they sense from you a change, a clearness of purpose, a comfort with yourself. Many will be drawn to each of you and wish to know of its source. In this way when someone is searching for the source of your ease you will be able to share our teachings with them. As they are searching they will be less frightened of the method that we are using and perhaps more trusting of it. The gentleness with which you share with another will help them accept it.

Philip: Thank you again.

Iliana: The concept of sharing the importance of little kindnesses with someone whom you want to share truth with in a generic way, without even bringing up God or anything necessarily spiritual, so called. Can you give us some other tools, some other way of bringing light to someone who is searching but doesn't really want to hear about God necessarily but another generic way of bringing light?

Jared: If you find someone discouraged in their search it may be helpful to tell them that you have been discouraged in the past and you have chosen, as a way to make yourself feel better, to do daily acts of kindness. In that way you feel lifted out of your discouragement and it may help you, and you have found that it helps you be more comfortable within yourself.

Iliana: That's a good one too, thank you very much.

Philip: Can you extend any further what you said about Agondonters to tell us more of our life on the Mansion Worlds?

Jared: It will amaze you. You will be proud of your accomplishments here, and know there is reward for your struggles.

Philip: Sometimes I wonder when you ask a question of us like asking us to share our insights, can you give us a little perspective or what you know about us and don't know. Sometimes I think you know what the Thought Adjuster knows. Can you clarify that for me?

Jared: Because this is a new group, I do not have as much access as others. It is also useful, it has to do with acceptance and willingness to be part of the process. As well, it assists people to vocalize many of their thoughts and concerns. It makes it clearer for you and helps. It makes it clearer for you.

Philip: Thanks again. Earlier when Mr. B. asked you about human food consumption, I was intrigued by the comment that you weren't as familiar with that aspect of our lives. Can you perhaps tell us the aspects of our lives personally that you are more familiar with and maybe some where you're less familiar?

Jared: I mentioned that I was not familiar in that it was not similar to my world. I did not experience that in the same way as you. I am familiar by watching much of what you do. I am not familiar with other areas by experience. There are differences between my world of origin and this world, and some things I have not experienced.

Philip: I personally am desirous of your knowing my thoughts, desires, life, is that something you do have access to through my mind circuits? Can you comment on that?

Jared: There is some access but not clear enough access for me to be comfortable in

assuming. That is also part of my reason for asking you to verbalize.

Philip: O.K. thank you, that's helpful on both. Anything further that you can add on the matter of what you know of us individually and what things we should verbalize to assist you in any way?

Jared: I encourage you to verbalize what you wish me to know and to be comfortable that I will not invade the parts of you that you do not want me in. As Lisa becomes more experienced, it will be easier to transmit information. It is a process that takes time and practice. It is useful for you to provide the bits of information that you base your question on. I am aware this is confusing, but am unable to transmit clearer now. It would be helpful to ask this question again in a couple of weeks if you need further clarification.

Philip: Yes, thank you and you are correct certainly about my confusion, but I think we are confused about more important things on higher levels. I wonder when you say verbalize, are you referring to in this situation with Lisa transmitting or if I'm driving alone in my car and speak outloud, is that easier for you to understand than if I simply think something?

Jared: Yes on both.

Philip: I'll be talking outloud more in my car now. (laughter)

Jared: You will attract attention.

Philip: I won't mind if you're better able to hear or understand. When we ask questions, am I understanding then that sometimes it's helpful to you if we give some context or preface to indicate the origin or context for that question?

Jared: Some helps, it tends to open channels and allows you to think upon those lines.

Philip: Okay, that was very interesting, thank you.

Mr. V.: Jared did I understand you right that you could look into? This is Mr. V.

Jared: Welcome, we are glad you are here and have been missing you.

Mr. V.: Thank you, I've missed the group. Is it possible that you can look into our memories? Is that what I understood?

Jared: Yes and no. It is not something easily understood or explained.

Mr. V.: Do you have, do you know anything about the work that I did in the early 70's that was similar to this that seemed to me similar to this?

Jared: It seemed to you similar.

Mr. V.: Yes. Was it?

Jared: No. You are concerned and troubled and we are sorry that some of the teachings have brought this concern to you. Would you like some suggestions?

Mr. V.: Yes.

Jared: Trust in yourself. Trust in your search. Empty your mind of what is happening in your life and release the past. It, that past, served the purpose that it was intended to and did not damage others. It is time for that to be completed and left. Now if you can find another part, another spot in your mind and search for us there you may be more comfortable in what you hear. You will, you may find it difficult and it may take a while but we are in no hurry and have not been. Perhaps you can accept that patience that we have and learn some patience for yourself, some gentleness with yourself. Mostly it helps if you accept that all is God's will and there are different paths and you have been traveling on this path a long time. Continue in your search. Allow yourself the time to find us and to hear our teachings and rejoice in your heart that you are doing God's will.

Mr. V.: Okay, thank you. I've noticed that the times when I have received messages I've had doubts as to whether it was myself or a teacher. I continue to have those doubts.

Jared: Lisa continues to doubt her perception of me and she hears me quite clearly. You may find it easier to accept if you realize that all those that begin have overwhelming doubts, and yet we hope that you will continue to search. As you continue your search, your feel for us will be stronger and you will be clearer about the origin of the message. Give yourself time. Continue in your search, and trust that it will work.

Mr. V.: Okay, thank you.

Jared: There is a possibility that I can assist you. If there are questions I would be glad to help you sort out your feelings.

Mr. V.: I notice when I, thank you. I notice when I was transmitting before that there was a lot of teachers, or a feeling of many waiting to come through and that it would be easy for them to come through and yet I felt like I've tried to contact you and I haven't—have I heard from you? Have we made contact? Not that I know of?

Jared: It may be perhaps difficult for you to search for a particular teacher. Perhaps you should allow the stillness to descend on you. Ask for God's guidance, and what it is He wishes you to do, and allow a teacher to come to you.

Mr. V.: Okay, thank you.

Mr. B.: Jared this is Mr. B., I'm curious if your own personal teacher can know your thoughts and feelings if you open yourself? Does Lisa let you come in and see and feel and hear whatever she feels and sees and hears?

Jared: Lisa has allowed me much access into herself. It has been a growth process and something that evolves over time. Should she choose, she is allowed to keep a part of herself separate and for those who have their own teachers, they must choose how much access to allow.

Philip: Jared this is Philip. Continuing on this matter of communication and contact. Can you understand us as clearly and easily when we speak silently to you in our stillness times, or can you understand easier if we speak outloud?

Jared: Outloud. But that is just for me. There are many other beings listening to you and they are able to hear your silent seeking.

Philip: And can you mention who those beings are? Of course I know of the Thought Adjuster and I assume our Seraphim. Are there others you can mention?

Jared: Not this evening. It is nearing an end and is more difficult to provide those names.

Philip: Thank you so much for being with us; it's been a pleasure as always.

Jared: I will take my leave of you this evening and will return again. Please know that your presence here is valuable and your growth is noted. We hope you will continue doing God's will as you go about your daily life and know that you are blessed. I send to you God's love. Good night. (end 10/15/92)

The The Teachings of Jared & Arthur

October 17, 1992, Sebastopol, California

Jared: I am Jared. I am your teacher. Welcome to you who have joined us today. I am glad of your seeking and delighted with your presence. Are there questions?

Sardineal: I'm not sure if you heard the discussion we were having before you tuned in officially. We were bemusing about the Latter Day Saints in Utah and the group having to do with Mormon infiltration. Is there any information you can give us in that regard with the Utah group?

Jared: It is hoped that each group can welcome as many seekers as there are. It is often difficult to weigh the advantages with those who are not true seekers. It is hoped that by sharing God's love with all who are seeking there will be a strong bond developed.

Sardineal: Do you foresee any organized religions sort of taking a persecutorial attitude towards the teaching Mission?

Jared: It will be difficult for them to find a focus to work against.

Sardineal: Is that because we have no structure of strict organization?

Jared: Yes. There is no large group or structure for them to focus their efforts upon.

Philip: Jared, this is Philip. I wondered if Joseph's teacher Arthur is here today and if it is possible for Arthur to speak to us through Lisa?

Jared: Perhaps. Moment.

Arthur: I am Arthur. I am glad that you are here. I am glad, Joseph, for your seeking of me. Do you have a question for me?

Joseph: Well, Arthur. I, I guess I need to know how can I distinguish your presence from that of others and why don't I hear your voice more clearly?

Arthur: It is often difficult to hear the separate voice. It is not that you are not hearing me; you are not consciously aware. As you seek my presence, you will become more aware of me. You may not find it easy to feel my presence. Do not lose faith. Continue in that search. It, there is

is great value in that search, not just in the end result.

Joseph: Agreed.

Arthur: Do you have more questions for me?

Joseph: I'm sure I do. Okay. Now I've done a lot of transmitting, by myself, on the tapes, and felt that it was influenced by you and that it was relatively free of error, although much was contributed by my own mind. Can you comment on the degree of accuracy and human input versus your own input?

Arthur: It is important that you keep your own input out. Listen for my words and transmit those. When you feel concepts that I may be giving you without words, acknowledge those as different.

Joseph: I'm not sure what you --

Arthur: Sit, perhaps, with a concept, a feeling I give you without transmitting it. Wait for the words. Be patient with the process and yet acknowledge the sense that I give you.

Joseph: That's helpful. Thank you. To sit with the concept and wait until the words form. Correct?

Arthur: Yes. Wait for the words.

Joseph: Yes.

Arthur: That will allow for a cleaner transmission, more clearer, less influenced by your own thoughts.

Joseph: Good. Thank you.

Arthur: I will take my leave of you now. It is a difficult connection. I am with you. I remain with you and applaud your efforts. It is helpful that you speak to me as I am here listening for you.

Joseph: Okay. Farewell.

Philip: Thank you, teacher Arthur.

Jared: I am Jared. I can perhaps assist in further information from Arthur if desired.

Joseph: Is Arthur with me all the time?

Jared: Yes.

Joseph: All the time? He never goes anywhere else?

Jared: He is always available to you.

Joseph: Always available. Okay. But not always with me necessarily. Is that right?

Jared: He is always available.

Joseph: Always available. Okay.

Jared: It is helpful if you learn to count on him. If you talk to him whenever it is convenient, even a few moments at a time, it helps increase your awareness of him.

Joseph: I have another question.

Jared: Go ahead.

Joseph: I should, of course, be seeking the awareness of the Father. And it occurs to me that there might be a conflict in wanting to seek Arthur's presence versus wanting to seek the Indwelling Spirit's presence.

Jared: There is no conflict. In your search for the teachers and the teachers' message, you are as well searching for the Father. You may be comfortable in that your seeking is what is desired.

Joseph: Should I first seek Thought Adjuster communion? Inner spirit communion before seeking Arthur's communication?

Jared: What is most comfortable for you?

Joseph: That would be more comfortable.

Jared: Then you should do that. There is no right way. There is no one right way. It is important that each person find the course that is most comfortable, most healing, most likely to bring them to God's will.

Joseph: Okay.

Arleena: Jared, this is Arleena.

Jared: Welcome.

Arleena: I have a question that has occurred to me several times when we are told that the teachers are always available. I'm curious about parallels in my own life as a teacher. During the time that I'm at school, of course, I'm a hundred percent with my kids, but I sort of like have my own life when I'm out of school. Do you teachers have a life of your own where you interact with other beings and have higher, other world concerns even though you're with us all the time? Do you have other

things going, or are we just the sole focus of your concentration and attention?

Jared: There are things that we do to assist in our teaching that are not directly involved with contact with you. At the same time, we are able to be available to you always. There is a different sense of time than yours.

Arleena: Yes, I'm sure that's true, and that would make a difference. Thank you.

Mr. V.: Jared, this is Mr. V.

Jared: Welcome.

Mr. V.: Do you know Ansol and Bartholomew?

Jared: Yes.

Mr. V.: Is it the same Bartholomew that there are writings out about now, the books Bartholomew?

Jared: I don't think so.

Mr. V.: I have in my own mind a little, can you look to my mind?

Jared: Perhaps.

Mr. V.: I have some internal questions about, personally about stewardship and conservatorship of transmissions. It's hard for me to put them into words, except have a sense of not being responsible enough with what I've already been given to do more.

Jared: In what ways?

Mr. V.: Maybe lack of, I feel like, I guess it, maybe it has to do with it being different teachers who came through, and not a sense of any one teacher. Do I have a special teacher that's my teacher?

Jared: At this time it is not important for you to search for one teacher. It is helpful for you to listen for whatever teacher is there who has something to share with you.

Mr. V.: Okay. My feeling around that was that I wasn't doing well by getting the messages out or putting the, giving the messages to the group. And it has to do with the Bartholomew transmission. It has taken me a while to come to realize this. It seems so directive and like there were things to do and then I was separate from the group for a while and --

Jared: We have missed you at the group. It is important for all members to attend when possible.

It is also understood it is not always possible. Perhaps it would help you to remember that we do not judge you. We only ask for your assistance. If a message is sent to you and you are comfortable sharing it, and doing what is asked, we hope you will do so. If it is not comfortable, then you may choose not to. We do not judge you or find you lacking. We hope only you will continue in your seeking, in your trust in God's love, and know that we are here with you and we want to help you. Do not be harsh with yourself. Accept that there are many ways to perform God's will as there are many chances to do so. If you choose to do something different, no, if you choose, if you find something difficult and choose not to do it, you will given many other opportunities as long as you are willing. Please know we are here with you.

Mr. V.: Was it my own thinking or was it a message from the teachers that told me that I could just, for a while, if I felt funny about the stewardship and the conservatorship, I could just keep them to myself for a while.

Jared: You must be comfortable with sharing what is given to you. If you are not comfortable, you should not share. You will be given many opportunities as long as you are willing to listen.

Mr. V.: Thank you. I think my uncomfortableness came from not being able to share with the group a transmission that came through me and not having feedback from it, I sort felt like maybe I had let Bartholomew down or something. That was the feeling. I felt responsible.

Jared: There is no judgment. Please accept God's love of you and appreciation for all your efforts. If it does not work to share information at a particular time, there will be other opportunities. All that is requested is that you let us know.

Mr. V.: To let you know when?

Jared: If you are given the message that you feel should be given to the group, you can tell them at that time that you are uncomfortable with it or not able to do it now. You are then providing them with the information.

Mr. V.: Okay, thank you.

Jared: Feel free to ask more questions and we would be glad to assist you with your concerns.

Mr. V.: Thank you.

Sardineal: Teacher, this is Sardineal again. So there's no problem with Mr. V. drinking and

chasing after women as difficulty with his communication?

Jared: We encourage all to seek --

Sardineal: I still haven't (unclear)

(laughter)

Jared: It's taken into account. It is important for you to genuinely seek God's will. We believe those suggested activities would not help.

Sardineal: Thanks anyway.

Mr. D.: Jared, this is Mr. D.. And, first of all, I'm very grateful for these teachings and so much has occurred in my personal life that it has been, so many beautiful helps have been received by me, that this is at times a bit overwhelming and --

Jared: We are glad you have chosen to come and listen. It is meant to assist you and not frighten you. We have much to offer but only when you are ready.

Mr. D.: That was my next mention and that is that I do find some of this a bit fearful still—

Jared: Of course.

Mr. D.: and sometimes anxious as well and despite the clarity of the message. And I wonder if this is natural and to be expected and if this will subside as time goes on.

Jared: It is frequently frightening for people to feel direct contact. It is something we try to help you overcome and we hope you will strive to overcome. It helps to remember this is sent with God's love and is a manifestation of God's love for you. We have patience and will wait until you are ready and there is no judgment if you are fearful for a while. We hope you will, though, continue in your seeking of God's will and your trust in God.

Mr. D.: Thank you.

Mrs. L.: Jared, this is Mrs. L., and I wanted to thank you for our conversation the other day. It really helped and I went home that evening and did as you instructed and I spoke with my uncle. His message was about forgiveness and its value in our life and I wonder if you could share a little bit more with me and maybe expand upon the message if at all possible.

Jared: Forgiveness is a gift you give yourself. It allows you to release past events. It is another way

of sharing God's love. It allows you to move on and to grow. There are many ways to forgive. And they all return God's blessings to you. We are glad you were able to accept the help offered to you, and be able to share the forgiveness. Is this helpful?

Mrs. L.: Very. I just wanted to clarify for everybody in the room that my uncle passed away last weekend just so that you all aren't wondering what happened. And he hung around to leave me a message and it was to clarify some things that happened in my childhood and he directly suggested to me that I forgive my father for something that he did in my childhood. And it was a lovely message and I cried through the experience, it was really wonderful. And I just wanted to ask you has he moved on and that, I just hope he's okay?

Jared: He has moved on. He was desirous of assisting you and felt he did so. You need not worry of those who move to the next world.

Mrs. L.: It must be a wonderful place.

Philip: Jared, this is Philip. I wanted to ask you a little further about the teachers' communication with us. I've heard, I think, repeatedly, from you and other teachers that you are available to us. My understanding is that teacher contact is now available to us twenty-four hours a day. I wonder if you could extend a little what it is exactly that is available. Maybe how it begins and how it will progress for us?

Jared: For one who is newly seeking a teacher?

Philip: Yes, starting with someone who just begins seeking and then if there are steps or stages that you can share with us.

Jared: For those who are new to the Mission and who wish for guidance from a teacher, it is helpful if they remember it is a long process and their patience is required. Teachers are available. It is hoped that more direct contact will allow clearer guidance and clearer trust in doing God's will. For one who is seeking a teacher's contact, it is best to seek your stillness, find a quiet time to quiet your mind, and allow God's entry. Allow God's love to fill you and allow tranquillity to come upon you. In this way, you are more receptive to our words. As well it is helpful to find, to search for the stillness, the tranquillity in your daily activities. In this world, there is frequently anxiety attempting to, in your attempt to go about your daily life. In whatever ways you can accept peace in your activities, it will also allow you better contact.

As you continue in your search, you will get perhaps tiny glimpses and doubt them almost immediately. The doubting and the fear is also anticipated. Let go and continue searching. It is hoped that as you search more you will hear more and hear more clearly. Sometimes it comes as a flash of intuition or a whole idea. Later it may come as individual words leading you to an idea. There are people, there are many people who will not be able to complete this process. It is no judge of your faith if you do not. Some people find it easier than others. In your searching for God's will, you will find many answers. If they help you in a productive life in sharing your love with others, you have accomplished your part in our Mission.

Philip: Thank you so much, Jared. I think for myself, in this mortal life, abandonment is often a part of our experience. And I wondered if you could share with us, having once made contact with mortals such as myself, will teachers will be available throughout our lifetime, granted the receptivity of the mortal?

Jared: If you choose to listen, we will speak to you.

Philip: And will that contact be continuous and will it continue on to the mansorial life above?

Jared: This kind of contact is unnecessary in another world. You will continue to receive teachings in the correct form as long as you continue to seek.

Philip: And, again, am I correct that, granted the human desire, that teacher contact is available continuously without breaks or gaps?

Jared: Yes, as you seek, you shall receive.

Philip: Thank you very much, and one last question on this. During this last week, for me personally, I've had more difficult stillness times, which I've attributed to biomechanical or electrochemical things. I'm wondering if that makes sense. I feel patient, or at least more or less patient. And I've just kind of attributed that to my body being off. Is that correct?

Jared: Yes, if you are feeling unwell, you will not be able to hear us. However, we hope you will continue seeking even as it is difficult. It will, your seeking will assist you in those times.

Philip: Thank you very much.

Arleena: Jared, this is Arleena. I have a question relating to what Philip was saying and also to a

comment you made in the meeting Thursday night. You said that it was helpful to you if we talked out loud. In thinking back on this, I have some questions about why that would be true. My understanding is you are not a material being and that talking out loud is a material phenomenon. Why is that helpful?

Jared: As I am the teacher of the group, it is helpful for the group if you provide sufficient background information. It also assists you in clarifying what you are saying and what you are asking. Many times that will provide you with your own answer. As you seek in the stillness by yourself, the verbalizing is not necessary. Does this clarify your confusion?

Arleena: Yes, I think it does, because Philip was asking about whether or not he should be asking out loud in the car while he was driving and I was, the other night, trying to talk out loud in the shower and found it very distracting to have to put what was going on in my mind very actively, to translate it into saying it out loud. So I'm glad to hear that during the stillness times it's not necessary to talk out loud. That is what you are saying.

Jared: Yes. It is distracting when you are by yourself and needing to speak with teachers. It is perhaps an individual choice too. Some people find clarity in verbalizing their thoughts. If it is distracting or uncomfortable, we suggest you use your other methods.

Arleena: Thank you. I understand the value of being able to form thoughts into words to make them more concrete and something to deal with, but I find it easier to keep those thoughts within my mind than to project them on a physical/verbal level. So it's very comforting to know that I can still talk to you without having to talk out loud. Thank you very much.

Mr. V.: Jared, this is Mr. V. Last week, Iliana and I practiced communication and we had two communications. Can you give a verification on those?

Jared: We are aware of your seeking and know it is difficult. It is important to continue searching and continue practicing. It will become much clearer to you as you do so.

Mr. V.: Is that a yes or a no on the communications, I am not fully understanding?

Lisa: I'm not getting that.

Mr. V.: Okay. Thank you.

Jared: Continue in your searching, continue in your trust, and know that teachers are with you.

Joseph: Jared, this is Joseph. I have a question. You mentioned that your time/space frame is different. Are you in a different time/space dimension, you teachers?

Jared: Yes.

Joseph: When we die and go to the mansion worlds, do we enter that new time/space dimension or is it farther along in our progression, in our spiritual growth?

Jared: You will enter a different dimension than we are currently in. It is probably available to you, however.

Joseph: On the mansion worlds, we would have available to us the higher time/space dimension that you enjoy?

Jared: Perhaps.

Philip: Jared, this is Philip. I'm wondering if you could share anything with us about what *The Urantia Book* calls the borderland after death. *The Urantia Book* teaches us, as I understand it, that once an individual dies and has been seraphically transported or translated to the mansion worlds, that they do not come back or ordinarily send messages. I am assuming the borderland is the time before transportation. Is there anything you can say about that?

Jared: People who have died are sometimes in the borderlands for a short time. There is occasion when there is value in them attempting communication with those they left behind. That is more open now than previously. There is no cause for your concern of them as they are looking forward. Does this answer?

Philip: That's helpful. Thank you very much.

Arleena: This is Arleena again. I have another question. In *The Urantia Book* it says something to the effect that whenever our minds are inadequate to a task, that we can seek the mind of Jesus. I wonder if that's something that is more available and easier to do now with the circuits open again?

Jared: Yes. As you are more open to contact, you will find it easier to accept greater guidance. Does this answer?

Arleena: Yes. And I have another question, somewhat related. In reading or listening to one of

the teachers, and I'm sorry I've forgotten which one it was, who was speaking about Jesus' life on this planet and the various human hardships that He experienced, one of them enumerated was that He also lived a life of self-doubt. I wonder if you could give examples of what self-doubt He may have experienced and what the origin of that would have been.

Jared: Part of His experience as a human was to experience their many emotions. Self-doubt is one frequently experienced by each of you. Its origin is usually as you lose trust with your belief in God's will, in God's love.

Arleena: That definition certainly applies to me but that somehow I had never thought of Jesus as losing that contact with the Father to lead Him to doubt Himself. Did that in fact happen?

Jared: He was experiencing life as a human.

Arleena: That's fascinating. Thank you very much.

Philip: Jared, in my stillness time this week—this is Philip—I felt that I heard teacher contact which seemed to start each time with, "We want you...." something. On some occasions it seemed to be we want to reach you, we want you to know that we love you. It's on the edge for me to know what's my wish, desire. Are you permitted to share with me anything about those particular words that I received?

Jared: The teachers have many desires for all who are seeking. We hope you will continue in your search in whatever way you can allow those thoughts to continue and complete. You will find answers for yourself.

Philip: Do you have any suggestions about how I can let answers complete? I seem to unconsciously interrupt or block the complete expression and I'm not even sure I'm doing that, but that's my impression at this point.

Jared: It is startling as the messages begin to come through. It is helpful if you thank the teachers for what you have received and continue to listen and do not be overly concerned with how much is teacher and how much is yourself. It is most important for those who transmit to a group to be clear of the separateness. Initially, it is much less separate and part of the process.

Philip: I appreciate your words. Thank you.

Arleena: This is Arleena. The whole idea of guardian angels has been in my mind a lot lately. I

wonder if you can talk to us any about our guardian angels and how are they involved in this Mission?

Jared: The guardian angel who watches over you and helps to prepare you for this process. There are many beings required for this direct contact and many continue working for this to happen.

Arleena: Is it possible sometimes for our guardian angels to talk to us directly even as you teachers do?

Jared: Not in the same way, but they can assist you in your daily choices.

Arleena: Can you elaborate in what manner they assist us in our daily choices?

Jared: Little nudges.

Arleena: Thank you. I just would love to say that I love them because they've been very much in my mind recently and have brought a lot of joy when I've thought of them.

Jared: It is appreciated and as you think of them you may also thank them yourself.

Mrs. L.: Jared, this is Mrs. L. again. And in line with Arleena's question, I have something similar. I've been thinking a lot this week about how much what happens in reality has to do with your influence, with higher beings' influence, and how much of it has to do with our self will. Are we very directed by the various higher beings that are around us, or do we tend to sort of charge through life doing what we want?

Jared: It depends on your choice. You may choose to charge through life or you may choose to follow the guidance that is available to you. Frequently, if you choose without following guidance, you will hit a wall.

Mrs. L.: I've just sort of wondered why it is that sometimes things sort of all work out and it seems like there's a lot of higher being influence on some occasions and not on others. Is it, I'm thinking maybe people are more receptive and a lot of times this involves people that I wouldn't think would be very receptive to guidance. Can you help me with this?

Jared: As you continue through your life and if you choose to seek guidance many things will fall together as you travel in God's path. There are people who are doing God's will without being aware. There are others who only appear to have things fall into place.

Mrs. L.: My next question has to do with illness and spirituality. I've had several conversations this week about your emotional health and how that affects your physical health and I noticed that right after I had that contact with my uncle, I fell ill the next morning. And I've noticed this pattern. Is there, is it related at all, or is there anything I can do to prevent myself from falling ill when I get very emotional or do you have any suggestions?

Jared: Physical and emotional health are interwoven to a larger or lesser degree. This information is not meant to be used as judgment against yourself if you become ill. Many times illness is a symptom or a moment. Illness can occasionally give you time to adjust and make changes. Illness can also simply be germs. For many this contact is wearing, and may allow, may lower your resistance. It is hoped as you become comfortable it will not be so. For you, this experience this week was very taxing. And your body responded by becoming ill. You can help ward off illnesses by knowing of this connection and by seeking God's help in proceeding with your life. This may be unclear and is difficult to transmit clearly. You may ask questions to clarify or continue asking at another time.

Mrs. L.: Actually this has been very helpful. I have been getting messages about my daily health from my teacher because I have this such a genetically weak body that I need to take care of. It's important, and I would like to thank you for this verification. It's very helpful.

Jared: You are requested to listen to your teacher.

Mrs. L.: Thank you. I think that's it.

Jared: We are coming to a close. Are there particular issues to be resolved today?

Philip: We thank you so much for your time today, Jared. I'll certainly look forward to studying the tape as always.

Jared: I have one further message from Arthur. He was glad to speak to you today, Joseph, and wishes to encourage you in your seeking and to verify for you that he is with you and helping you.

Joseph: Thank you, and Jared I appreciate having been able to be here and to meet you today. I appreciate it very much. Thank you.

Jared: Thank you for coming and for spreading the word of the teachings. I am always glad to come and teach with you and am delighted in your seeking. It is -- I am overjoyed being able to teach and to feel the growth and most especially the trust

you are sharing with me. Blessings to you and I look forward to our next meeting.

The Teachings of Jared

October 22, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I welcome all of you who have come seeking answers. Are there questions?

Philip: Thank you Jared, it's a delight to have you here once again. I have a question from a friend of mine in the Bay area, a *Urantia Book* reader that I introduced the teaching mission to. Her name is Mrs. K., and she asked me if I would ask this question which is: Can you tell us anything about flower essence healing, and she thinks it's from the Order of Melchizedek?

Jared: There are many material objects that assist humans in their seeking, assist humans to be open to God's touch. It, this, these may help her.

Philip: Thank you very much.

Arleena: Hi Jared, I have a question regarding change. I know in the general meeting that we had with Ham in February, one of his comments was, "Welcome to change." I really thought at the time, well I've had a lot of change in my life so I know what that's all about and I can cope with that. Recently I find that there's so much change going on in my life that I'm literally overwhelmed and I wonder if you can give me any guidance as to how to hang on when everything around me is changing?

Jared: You know yourself, you just said, "Just hang on." You need not accommodate immediately to many changes around you. You will find times in your life when just hanging on and not losing your grip is the most productive way to adjust to change.

Philip: Thanks for Arleena. Since we have some newcomers here tonight, I wonder if you could talk to us a little bit about the teaching mission and the kinds of services and gifts that the teachers offer to us humans?

Jared: Thank you for your question. The mission is simple and extraordinary at the same time. It was decided that teachers should come directly to people on Urantia in an attempt to help guide those who are seeking. There are many

teachers, many attempting to assist with this mission. We reach out to all who are seeking, to all who are wondering how to do God's will. We hope that by this direct contact we can enlighten people and encourage their trust in God's love.

Our main goal in our teachings is to help people accept that each little kindness and each act of goodness toward another is the basis for change on this planet. It is sometimes difficult to manage such massive change and we hope to assist you by being available and in a way that you can be comfortable and we can speak back and forth.

The method of transmitting and receiving is confusing and open for skepticism. We find it necessary to speak through a willing mortal as it is our only means of communicating so directly. We look for a person who can hear us and is willing to believe and trust enough to share with others. We hope you will continue in your seeking and listen to our messages.

Philip: Thank you very much. Could you tell us a little bit about how contact with teachers within myself for example, differs from the former communication, or differs from meditative seeking before the teaching mission came to our planet?

Jared: When a person meditates they quiet themselves and seek within. The beginning steps are the same for the teaching mission. What happens now, that was unavailable before, is a more conscious contact and direction from the teaching corps. We can provide more guidance than would be found normally for those just seeking within themselves.

There are different levels of contacts now. For those seeking within who are genuinely seeking and looking for God's will, they may receive additional guidance and are encouraged to listen to what they hear. Some people do not hear a distinct voice but intuitively become aware of the appropriate path. Others begin to hear a voice gently giving guidance. There are others who are more receptive to this kind of communication and are able to hear and transmit to the group. It is a vital and necessary part of the process that some people are able to hear and share. It is not a judge of faith to hear a teacher or not. It is important only that each of you seek quietly for God's will and do God's will to the best of your abilities.

Philip: Thank you again. One final part of this is, can you share with us a little bit how you

teachers connect with and are unified with our Thought Adjusters so that in our prayer life does it matter who we address and can you extend a little on that?

Jared: For those of you seeking from Urantia, you may choose if you wish to separate the celestial beings into groups as in the Thought Adjuster or angel or teacher. For us, however, it does not matter, you may seek us together or seek one of us, one group of us, and guidance from all of us is available.

Philip: Thank you. I'm going to continue to ask since I seem to be the one with questions right now.

Jared: First let me reassure all who are in attendance that I welcome questions. I am here to answer your questions. I hope you will become comfortable enough with me to ask about those things which are of interest and concern to you. It is hoped that by me being here to guide your spiritual growth, you will be able to proceed in that growth. Feel free to ask your questions.

Mr. V.: Good evening Jared. I'd like to ask a question about the Reserve Corps of Destiny. How many members are there on the planet at this time, and are they all chosen unbeknownst to them or can you actually, do people enlist in it?

Jared: All who are in the Reserve Corps have chosen to be enlisted, some consciously some not. All choices made and all work done is with respect to each individual's will.

Mr. V.: Does that mean that we can actually ask to become members of the Reserve Corps of Destiny?

Jared: Yes, you are encouraged to express what you are willing to do and how you feel most useful.

Mr. V.: Thank you. I always thought people who were in a special, brought to a special position, or in special places were members and they didn't know that they'd be called upon if needed?

Jared: There are many ways of performing God's will. Some are called upon but they have given their consent.

Philip: Okay, thank you. I wonder if you could say something to us about, is there an appropriate role for skepticism on the part of newcomers to the teaching mission and what would you suggest or advise in that regard?

Jared: Doubt is an anticipated human response to our teachings. We hope that by examining our message and listening to our message, those doubters will see the validity and find the spiritual assistance that is available in their search of God's love.

Philip: Okay, thank you again.

Mr. V.: Jared, is it possible for you to assist us in visualizing you. I thought I got a visualization of you and I was wondering if I was correct?

Jared: There are many ways of being in touch with the teachers. Some people find visualizing easier, some find hearing easier. Each must search their own path and find their own way to our messages. And, yes you were in contact with me.

Mr. V.: All right. Thank you. What I was wondering was whether we could all, is there any way that you could assist all of us in visualizing what you look like?

Jared: Not at this time.

Mr. V.: You look like someone that was familiar to me. You look like a friend who's gone before.

Jared: There are limits inherent in teaching on Urantia. As well, there are limits with those inexperienced in this type of communication. The transmissions are becoming stronger and the group's acceptance is increasing. There will be more teachings and more to learn as time passes.

Mr. V.: Jared, when you said we had made contact, was Ansol there and is Ansol my teacher, is that the time that it happened a couple of days ago?

Jared: You were speaking of your visualization?

Mr. V.: Yes.

Jared: And wondering if Ansol was there too?

Mr. V.: Yes, because afterwards I thought I had a communication from him. I don't know if that's the time you're speaking of.

Jared: I don't know. Perhaps rephrasing your question may assist.

Mr. V.: Okay, you said we made contact. Was that the visualization?

Jared: Yes.

Mr. V.: Thank you.

Jared: Again you are encouraged to continue asking, even during different meetings and in different ways to assist in the communication.

Mr. V.: I'd like to ask another question then. Is Ansol there with you?

Jared: Ansol is here.

Mr. V.: And is Ansol my teacher?

Jared: Yes.

Mr. V.: And did we have a communication? Just want to know if I'm on the right track.

Jared: You must trust in your own feelings. Did Ansol communicate with you?

Mr. V.: Okay, thank you.

(pause)

Philip: I want to ask for the California lottery numbers.

(laughter)

Sardineal: I was reading, Jared, the other day about a channeler by the name of Ramtha and they were making four million dollars a year providing spiritual consultation to people. Are there any charges for your services? (laughter)

Jared: Has there been so far?

Sardineal: Nothing appeared on my VISA yet.

Jared: You may trust this will continue.

Mrs. L.: Hi, Jared, thank you for coming tonight.

Jared: Thank you also for coming to share our teaching.

Mrs. L.: Since Sardineal brought it up, I thought I would ask you about Ramtha. Is there any truth to what they call Ramtha? Is it a channel, or has it ever been?

Jared: Do you believe that this has been a source of truth?

Mrs. L.: I think it may have been at one time.

Jared: And now?

Mrs. L.: I am skeptical where money is involved and spirituality collide.

Jared: You are congratulated in your conclusions.

Mrs. L.: Thank you. My next question is about a conversation I had last week about my book. Lisa suggested to me that I ask Dameon whether it was time to share my book with some friends and it came to me that maybe I should ask you. Do you think it's time or do you think I should wait?

Jared: Why are you not sharing your book now?

Mrs. L.: Fear.

Jared: Fear of judgment?

Mrs. L.: That's close.

Jared: Judgment from who?

Mrs. L.: The people who read it.

Jared: And yet you have been receiving help from teachers.

Mrs. L.: Correct.

Jared: And teachers do not judge.

Mrs. L.: Correct.

Jared: Perhaps it would be helpful to realize that if teachers do not judge you, those judgments made by humans have less value.

Mrs. L.: Thank you that's beautiful.

Arleena: Jared, I was listening to a tape of another teacher last night and heard a very interesting thing. The comment was that our imperfections are part of our blessings from our Father in Heaven. I wonder if you could elaborate on that please?

Jared: Your imperfections allow your will choices to improve your life and improve your understanding. Without these choices you are not able to make such profound growth.

Mr. V.: Jared, I have a friend whose name is [Mr. E. S.] who lives in L.A. He became a *Urantia Book* reader about four years ago and about three years ago began receiving messages from a teacher and writing a book about it. I've never talked to him about it and I was calling him

tonight because today I got this message to call Mr. E. about this. I called a friend and one of the pamphlets he wrote was on the silence. Do you know anything about Mr. E. S., and was he really in communication with a teacher?

Jared: It is important for each of you to seek for yourself and know and judge the validity and helpfulness of what is presented to you. Have you seen these documents?

Mr. V.: Pardon?

Jared: Have you seen these documents?

Mr. V.: Have you seen these documents?!

Philip: Documents.

Mr. V.: No I haven't. I'm going to get one of them tomorrow.

Jared: It would be helpful for you to review them and in your own stillness decide if it is helpful in your seeking.

Mr. V.: Okay, thank you.

Philip: Jared, I wonder if you could say something about the difference between the evaluations we almost have to make in our daily life of assessing people for their capabilities and on the other hand, judgment, or even as Mr. V. just mentioned and as you are speaking to him, the difference, say between evaluating the documents and a judgment?

Jared: A judgment is a decision of a person's right or wrong. It is not something that we do. Nor do we suggest that you judge one another. It is important though, in your daily lives to look about you and make choices about your own actions, your own beliefs, what you choose to read. These choices are encouraged and can be assisted in your own stillness. It in no way is a judgment of another.

Philip: Okay, thank you on that and if I can carry it a little further. This is a little hypothetical but let me try it anyway. If I meet a person, or I know a person who has in fact done some dreadful, or seemingly dreadful thing, such as severely abusing a child. How do I remain friendly, Jesusonian and loving in the presence of that person without that being rewarding or condoning of the wrong behavior?

Jared: It is difficult to explain in concrete actions. It is easier if you can accept that it is unnecessary for you to judge this lost soul, but

that you can recognize the lostness and pray that this person will be able to overcome and be able to accept God's love.

Philip: Thank you again.

Sardineal: Hi, it's me again. In terms of a personal question I have a great deal of difficulty finding the stillness or peace and tranquility enough and I find that most of my time my mind is full of fairly hostile thoughts towards people.

Jared: We are sorry as it makes it difficult for you.

Sardineal: Why is it so difficult and why do these sort of things tend to occur? I'm assuming I'm not the only one.

Jared: No you are not alone in your discomfort. You are perhaps more aware of it than many others. Some people have a more solid base from their childhood and have been able to retain that childlike faith and belief in God. Others are now searching on an adult level and looking for an intellectual, reasoned path and feeling of God's love. It is difficult to obtain such concrete reassurance. We are hoping that this teaching mission will assist you in your search and in your belief. We also realize how difficult it is for many to achieve stillness. There is much distraction on this world. It is hoped, though, that you will continue in your search and know that you have made much progress even as you doubt it.

Sardineal: Thanks. Is the level of distraction lesser on other planets?

Jared: Yes. The stillness is not difficult to come by in other places.

Sardineal: So, in other words, the stillness is more normal on more normal worlds?

Jared: Yes.

Sardineal: Are there any tools, or assistive devices we can utilize to achieve a more tranquil or spiritual state?

Jared: Perhaps you can imagine holding, in your hands, your very own piece of God and allow that to travel upward and incorporate itself within you. Perhaps as you can tangibly feel this, your belief will increase. As well as you can incorporate calmness in your daily life. It will assist you in being calmer when you come seeking your stillness. When you feel hostility within you, perhaps you can quietly, silently, ask

God to remove it. Are there other specific instances you would like suggestions for?

Sardineal: Not in front of all these witnesses. (laughter)

Arleena: I do have a specific instance that I would like to ask about in regard to this same general topic. It has to do with some people that I will be relating to when I go back to Albuquerque, namely my relatives and the neighbors. The problem I have with them doesn't have to do with the fact that they are God's children, I know that and can appreciate them very much on that level. The problem comes in that they think it is their duty to tell me how to run my life and what to do.

Jared: Can they control your actions?

Arleena: No they can't control my actions. I am struggling with what is the most loving course of action that I can take and still maintain my identity and do what I feel is right. Can I, in a loving way, ask people to just leave me alone?

Jared: In whatever way you can listen and express to them when you hear genuine concern for your well being, you can express to them your appreciation for their genuine concern for you. It is difficult to balance that with those who are not skilled at expressing their concern. It is suggested that you allot a reasonable period of time to listen and then suggest to them that you must be busy with your activities.

Arleena: Okay, I think that is very helpful. The problem is, of course, that they will still feel wounded because they have certain needs they want me to fill which I can't do unless I were to spend probably 12 hours per day doing it.

Jared: Is that reasonable for you?

Arleena: You mean your suggestion?

Jared: No

Arleena: Spending the 12 hours per day.

Jared: Yes

Arleena: No, that is not reasonable.

Jared: Then you must find your own balance in extending yourself to others and caring for yourself. You may also find it useful to know that you may sometimes choose how to extend to another. Perhaps it is most uncomfortable person to person in your living room. You may

instead call them or go to their living room and perhaps then it is easier to leave when you need to.

Arleena: Sounds like a good idea. Thank you very much.

Philip: With your permission, Jared, we would like to take a break now.

Jared: That is welcomed. I will return when you are ready.

***** BREAK *****

Jared: I am Jared. I am glad you have returned. Please continue asking your questions.

Mrs. L.: I have a question about questions. What type of questions are the best to ask. Is it best to be sorta personal about your life or to ask more general, spiritual questions?

Jared: Both. Whatever helps you with your spiritual growth.

Mrs. L.: Okay, then I am going to ask this in two parts. The first part is about difficult people and how in everybody's life there seems to be a couple of difficult people that a person has a hard time with. Are these people put into your life on purpose for you to learn from, or is it a happenstance?

Jared: Part of this world is that there are difficult people. You may learn from your contact with these people or not. That is your choice. It will be easier for you, though, if you choose to learn the best way to deal with them.

Mrs. L.: Okay, so now I am going to get specific. There is a person in my life, a female, who in a lot of ways represents a series of women that I have had in my life. Instead of naming her, I think I will just hold her in my mind and can you know who she is?

Jared: Yes

Mrs. L.: I have had an extreme amount of difficulty dealing with her and it's been two years and I don't seem to have a very clear path out of her life which is what I've searched for strenuously.

Jared: Perhaps the path away from her is not the most useful.

Mrs. L.: This is what I am thinking, this is where my actions have led me. Now that I have

resigned myself to having to work out whatever I am supposed to work out with her, do you have any specific suggestions about how to deal with her? Can you help me in any way with this relationship so that it is not so painful for me?

Jared: Perhaps it is helpful to remember that each of God's children have their own tasks and their own paths to follow. She may be struggling on her own path and just incidently causing you difficulties. It may be helpful to remember that she is struggling but not struggling against you. It may also be helpful to remember that in whatever way you can uphold your ideals of sharing God's love, you will assist yourself and those around you even as she does not acknowledge that change. As well, perhaps you can minimize her impact on you by choosing to, by not giving her any more power. Does this help?

Mrs. L.: Yes, you must know her well. Is there anything specifically I am supposed to learn from her that I'm not aware of?

Jared: Each circumstance in life has many facets from which you can learn. No one circumstance has one lesson to learn, nor is one lesson only possibly learned in any one situation. Therefore, no, there is no lesson you are not learning.

Mrs. L.: Thank you.

Arleena: I have a follow-up to Mrs. L.'s question and also a follow-up to mine before the break. The problem that I am going to be facing back there, to me appears to be a no-win situation. I want to be able to be a child of God and demonstrate loving kindness to all my brothers and sisters. At the same time, I know that I am never going to be able to do what they would require in order to perceive me as being a good person.

Jared: There you have just answered your own question. You must choose between your own perception of being God's child and theirs. Does this help?

Arleena: Yes, I think it does help. I think it is also hard to live with.

Jared: You have been, perhaps, attempting to adjust to their desires of you. It is not possible for you to become what everyone else wants of you. You must look within yourself and find your own path to God's love. In that way, you will be able to genuinely share with others. Your strength will be respected.

Arleena: Thank you. In other words, what I should be doing is finding God's love and tuning in to that, being concerned about that, rather than being concerned about the needs that they put on me.

Jared: Yes. You must search for God's love and share it in whatever ways you can, realizing that you will not be what other people want you to be.

Arleena: Thank you so much Jared. That helps really a lot. Thank You

Jared: I am delighted to be of assistance.

Sardineal: I was curious as to the situation when children are born to parents. Is there any pre-existent tie of a psychic nature or what have you, that the children pick the parents or the parents pick the children?

Jared: There is a bond.

Sardineal: Does this bond exist before birth or after? Or during?

Jared: It develops.

Sardineal: So there is nothing really pre-existent prior to birth? The whole game starts?

Jared: No

Philip: Maybe you mean conception?

Jared: Ask again.

Sardineal: Some other time?

Jared: Now. Is there a bond previous to conception?

Sardineal: Yes

Jared: Yes

Sardineal: Can you expand on that?

Jared: No

Sardineal: Ask this one again?

(Unable to transmit more)

Mr. A.: I am curious if there is a Solomon in the teaching corps.

Jared: Yes

Mr. A.: Is that teacher associated with someone in this room? (laughter) I always ask the question the same way: Do I have a teacher?

Jared: You are requested to ask more directly.

Mr. A.: Is Solomon my teacher?

Jared: Has Solomon been speaking to you?

Mr. A.: That is my question. I believe so.

Jared: You are encouraged to trust your feelings and continue listening and decide if there are useful teachings.

Mr. A.: Thank you.

Philip: I had a tender and reverent experience last evening and was attempting to make contact with the teachers. I had a particularly, momentary, feeling of love and I wanted to thank you and your associates for sharing that with me. Again, the name Lestor comes up and I got the impression that maybe that contact was with Lestor. Is that something you are permitted to share with me?

Jared: Again, the best teachings and learnings come from teachers guiding people in their own search. I am impressed with the searchings and the stillness each of you have obtained. It is most helpful for you to continue searching within yourself, and searching for Lestor, to see if he has more to share with you.

Philip: That is intriguing and I thank you.

Jared: We are nearing a close. Are there others who have questions this evening?

Mr. V.: If Ansol is still here, is it possible for him he might have a message for me?

Jared: Ansol is delighted in your searching and wishes you to continue. He sends his love to you and will be speaking with you again.

Mr. V.: Thank you. It is nice to make your acquaintance.

Jared: You have been acquainted previously.

Mr. V.: Do you know where?

Jared: In your seeking.

Philip: It doesn't appear that there are any more questions right now Jared. I thank you very much for being with us and sharing yourself.

Jared: I am delighted with you all choosing to come, to listen to the teachings, to be part of our mission. I hope that in the week to come you all will be able to go about your daily lives and share bits of goodness and bits of kindness with those you meet. My blessings to all of you. Good night. (end 10/22/92)

The Teachings of Jared

October 29, 1992, Santa Rosa, California

Jared: I am Jared. I am here as your teacher. I welcome you who have come seeking answers. Are there questions for me this evening?

Philip: Good evening, Jared, this is Philip. Thank you once again for joining us. Do you have any message or anything you'd like to share with our group this evening?

Jared: I would like to answer questions that each of you have first and then perhaps I will have something to share.

Mr. A.: Could you maybe tell us who Mrs. Lee Cook is or give us any insight into what this paper means?

Lisa: I'm not getting anything. Can you provide some background, some information?

Mr. A.: No.

Heidi: I think what he was asking about is this person talks about members of the Urantia, people who read *The Urantia Book* who would be interested in living another thirty or forty years after the age of fifty. It's inconclusive as to what the suggestion is about, and we were just curious if this is part of the teaching mission and if there is a possibility of enrolling or signing up for some kind of longevity experience?

Jared: Ask again a little later this evening.

Sardineal: All things being equal, I'd like things shortened instead of lengthened. (laughter)

Philip: Jared, I wanted to ask if you have any suggestion or recommendation for those who might feel like if they ask a question they're likely to be told to be patient and seek within? (laughter)

Jared: In many ways, many of the answers are similar. Most answers come best from seeking within. At the same time each of you are encouraged to ask questions. There are many ways I have of assisting you in your search within and by you asking a question I can help direct you by giving you verbal direction sometimes, and also it helps for you to direct your own search. So please ask even as you anticipate the answer.

Philip: I think you've answered my second question, which is there is then value in asking anyway. Am I correct?

Jared: That is the reason for the teachings that you can come and speak to me and ask questions and get some direction in your seeking. The teaching is for you to learn in your own search as opposed to me providing the answers.

Philip: Okay and thank you again. That certainly is appropriate. The next question that I have Jared, is: In seeking the stillness, I'll make it in the personal, in my stillness, even if my mind is spacing about and fatigued, do you and the other heavenly teachers still do work, or are you able to do work in my mind that facilitates future conscious communication?

Jared: Yes, in each way that you can find stillness, in each time you even momentarily think of God, that allows us to help guide you. Each time you seek stillness, even if you do not feel you have achieved it, you are still advancing in the process. It is therefore encouraged that you continue seeking stillness even if you feel you are failing, because you are not.

Philip: There are sometimes differences for me, for instance, when I'm especially fatigued physically, mentally; it seems that I'm not able to make the effort that I think it takes to hear the teacher's whispers or sense contact and, again, what I'm asking is, are you still doing work in my mind circuits to facilitate communication even under those conditions?

Jared: Each time when you search for God and seek stillness, we are able to guide you even if you are unaware of it. If you are fatigued, we suggest you think of us and think of your stillness as you fall asleep. It is helpful.

Philip: Okay thank you for that information. This experience that I refer to I've had several times and just this evening, actually a few minutes ago when I took stillness time, although I wasn't asleep, I felt flat, I guess is the word I would use to describe it, and yet I think my intent

was still there. Can you comment on that in particular at all? The stillness I took just an hour ago or two hours ago.

Jared: Each time you take stillness is allowing an opening for us to guide you. Even if you do not feel our presence or do not hear us distinctly, you are still receiving guidance. It is difficult for people to truly find stillness even as we ask you to seek stillness and encourage you to do so. It is not necessary that you are able to find complete stillness and hear us. There are many people who will not hear our distinct voices and yet are accepting of our guidance. This assists them in performing God's will and is the goal of our mission. Even today as you took your stillness, we were speaking to you.

Philip: Thank you, that touches me. Would you care to share what you were saying? (laughter)

Jared: Seek your stillness and discover for yourself.

Philip: Okay, thank you for that surprise answer. (laughter)

Jared: We hope you enjoy it.

Philip: I believe I'm understanding then that, is it the intent that counts and not the circumstances of mind and body that brings contact?

Jared: It is sometimes confusing for people to understand the teaching mission. Our teaching mission is designed to touch individuals more specifically and more concretely, to allow them to perform kindnesses and goodness to others and realize how important those small acts are. We search and teach in many ways. We look for individuals who can hear us distinctly and share with the group. In this way we provide group structure and friendliness within which each of you can grow as individuals.

As well, we speak to individuals in hopes that will assist them in performing these small acts that will bring great change. It is unnecessary for all of you to hear me distinctly as I speak. It is only important that you acknowledge the guidance given to help you perform God's will. As you become more aware and more willing to listen and act, it will become easier and more natural for you to do so. Therefore, each time you seek stillness and ask for guidance, you are listening and more aware of our guidance even though you may not consciously know it. So we request, for those willing to do so, that you seek stillness and search for guidance, at the same time knowing

you may not hear it distinctly. But we hope you will trust that you are receiving guidance, and ask that you will follow those leads given to you. It is not necessary that all of you search to hear words. It is only important that you perform God's will.

Philip: Thank you once again.

Arleena: Thank you Jared, that was a very beautiful answer. My question is with what you said is the purpose of the teaching mission: that we should seek stillness, seek guidance within, perform these little acts of kindness and love to one another. So simple and so non-threatening, yet I just spent three days with some people who are *Urantia Book* readers who just seem so completely turned off to the whole idea of this. My guess is, as has often been stated, that people that react this way are afraid. My question is what is it they are afraid of? I just cannot fathom this response.

Jared: The unknown. They do not understand us or accept us speaking to you directly and are afraid. We respect their decision not to become part of the teaching directly. We hope, though, that in their own lives they are able to be kind to others without needing or choosing to listen to teachers.

Arleena: I have a second question that comes from that, which is: What seems to make the difference? Why are some people open minded and willing to listen to things from strange sources? Why are some people seemingly not able to do that?

Jared: It is not always clear. It frequently surprises us who chooses to listen and who chooses to be closed. In your own dealings with people who choose to be closed to the manner of our teachings, we ask that you respect their choices as we do. As well, you can continue to be a teacher to them, as to all people, as you act on our messages and choose to be kind to others. There are many who will respond to this despite themselves.

Arleena: Thank you. That's interesting to hear you say that you too are surprised which ones are open and which ones aren't because I find it quite amazing.

Mr. V.: Jared, I believe it was Ham or one of the teachers said that we can determine how we hear, I believe I understand this right, how we hear the message. If we need to hear it stronger, we just ask for it stronger, or whatever the form we can sort of pick the form. I've noticed that the more I ask to hear it louder, word for word,

the more I seem to get stuff, hear it as I say it. Can you comment on this?

Jared: There are many times when you may not receive precisely what you think you are asking for. Perhaps there is reason for this. We suggest that you try for a while being open and expressing your own fears and feelings to us and asking for our help in overcoming your difficulties instead of asking for a more specific response from us. Does this clarify?

Mr. V.: Yes, that's better, thank you. Can you tell me whether or not you can verify a communication this afternoon?

Jared: Do you feel it is a communication from a teacher?

Mr. V.: Yes, as much as any of them have been.

Jared: Your doubts are understood and accepted, and be reassured there are doubts for all people as they begin this process and even as they continue in it. As you doubt, and as you continue to receive, we suggest that you let us know of those doubts and of your desire to assist in our mission in whatever way you are best equipped to do so, and trust us to assist you in your process and have faith in yourself and in your ability to hear and do God's will.

Mr. V.: Okay, thank you.

Sardineal: Good evening Jared. I was curious about why it was so necessary to sever the system circuits at the time of the rebellion?

Jared: So as not to infect others. To contain the evil that was here and not to provide easy intercourse between those here and those on other worlds.

Sardineal: Yes, I understand. Still, with that in mind, I was always under the impression that there were gradients of normality or the rule of God on the different planets. I would have thought that it would be difficult for rebellion to spread to planets that were in a better environment socially, politically, educationally, etc. I'm just confused a little bit about how much real potential for infection there might have been with the rebellion given that most places have so much good. Or am I a bit confused?

Jared: There is always a chance that this infection could spread and at the time it seemed quite strong. The individuals involved were very persuasive and caused us to make this choice. It

is unlikely to be known if it was the correct choice for sure.

Sardineal: Thank you, I appreciate that. On a follow-up question, could you expand what some of the concrete benefits of the opening of the system circuits has had or will have? Perhaps by contrast you might expand on how the system circuits function on a normal planet that has not sustained a rebellion. If you could give me some kind of comparison or contrast to work with?

Jared: How has it assisted you?

Sardineal: I'm not entirely sure.

Jared: Is this what you are searching for, to know how it has helped you?

Sardineal: Sure, as well as other things, not entirely just me but in general terms as well.

Jared: It is important for each of you to begin by looking at yourselves and concentrating on this small part of the mission. If each of you look at yourselves first, you will then be better prepared to affect others. When you look at the huge picture it is more likely to be overwhelming. Because of that, I will answer your question more directly for you.

The system circuits being open have allowed you to trust more and be aware more, even as you do not feel as concretely as you would like. You will find that as you allow yourself further trust and belief, you may become consciously aware of these changes and we hope you will find more joy in your existence here.

Sardineal: Thank you. I appreciate the answer.

Philip: One of the skeptical but loving friends that Arleena and I recently had contact with did ask one question. He said what would your friends, referring to the teaching mission, have to say about the question of when do human beings, that is mortals, have the ability to fly? I think he understands that in the universe ascension we are able to traverse "earned" space, at least in some fashion, but does there come a time when a mortal ascender has, of their free will and unto themselves, the capacity to traverse the air or space, to fly, so to speak?

Jared: As you become closer to God and are able to feel his love, you will feel as if you are flying.

Philip: Very nice.

Jared: This may not be the answer he was expecting, but perhaps it will touch him nonetheless.

Philip: I appreciate that answer; it gets at the essence of the experience rather than the facts of material reality. And I thank you for that.

Mr. H.: Hello Jared.

Jared: Welcome.

Mr. H.: Thank you. Since we're talking about the rebellion and such, I have a question about what proportion of the teachers are from other isolated worlds?

Jared: Not many. It is a longer process for them to fully accept the goodness shared that is necessary for them to be teachers themselves. They are, however, instrumental in assisting in our knowledge and understanding of each of you in your search on this planet.

Arleena: I wanted to follow up on Sardineal's question about putting the planet in isolation. I guess intuitively I always thought, let me draw a comparison. I may be in a very happy place and feeling close to God and happy. If I'm around people that are, for want of a better word, say on a lower level, that are angry and hostile and not in touch with love, no matter how high I was when I first joined up with them, I find that that negative energy will pull me down. On an intuitive level my guess had always been that the planet was put in isolation for those reasons so that other people wouldn't be pulled down. Is there any truth in that?

Jared: Yes. We isolated this planet because it may have affected others and we hoped to keep it contained.

Arleena: Thank you.

Philip: I wanted to ask you a question here, let me see. Can you share with us, Jared, anything more about yourself. For example, are you a Fused Ascendant Son? Maybe I can ask in a different way. Can you share anything of where you came from immediately prior to coming to Urantia as a part of this teaching mission?

Jared: Almost but not quite.

Philip: Okay. Can you tell us anything about how you were chosen and how you choose to participate in the teaching mission here with us?

Jared: As we progress in our ascent, we are made aware of different projects and different ways in which we can assist. This project was presented to me and I found it intriguing. I was allowed to be a part of the beginning stages and helped decide how the teachings would work best. I have spent much time watching and learning and observing your ways and your responses. I have attempted contact with many and watched responses and learned how to help people be comfortable. When I was assigned to this area, I was delighted to be able to stay with particular people and looked forward to teaching to the group. I choose to reach out to many here and attempt to touch all of you. I was intrigued with the responses and learned a great deal more about different people. This helps in my teaching as each person learns differently and this helped in different ways. I am overjoyed to be able to speak to the group and progress in teaching to the group. It has been an exciting adventure for me as well.

Philip: Thank you for that sharing, Jared. Can you go any further and tell us about the considerations and factors that were considered in your selecting us, and also as I understand, Brother Ham has indicated that teachers are associated with groups based on certain personality characteristics. Can you extend a little or share something about that?

Jared: I was fortunate to be chosen, as well, to teach others. We are finding many people searching and desirous of teachers and a greater need has developed. I was assigned to this area because it is hoped that there are many who will be able to hear us directly and will benefit from teachers. It is helpful for those who are learning with me to watch as I develop my relationship with this group.

Philip: Thank you once again. Can you tell us, are you presently indwelt by a Thought Adjuster as we are?

Jared: Yes, but not in the same way as you. My Thought Adjuster is with me, is part of me.

Philip: Are you and your Thought Adjuster one as we will one day be one with ours?

Jared: There is no separation. Yes.

Philip: Okay thank you. Since I'm pursuing these personal questions, can you tell us how old you are in earth years?

Jared: No.

Philip: Okay.

Sardineal: A personal question. How do you perceive us, how do we appear to you?

Jared: Through Lisa's eyes. You mean physically seeing?

Sardineal: Physically, spiritually, or morontially.

Jared: I perceive each of you in your search and the parts of you you choose to share with me allow me a deeper understanding of you. I do not invade those parts of you you do not wish to share with me.

Sardineal: Thank you. What sort of form do you perceive us as being in terms of our search? Could you expand on that?

Jared: What do you mean by form?

Sardineal: You said you can perceive us by our search. What does that mean?

Jared: I am aware of each of you because you choose to actively search for God's will and actively perform God's will and as you choose to come and listen to teachings

Philip: Excuse me Jared can we take a break here?

Jared: Of course.

***** BREAK *****

Jared: I am Jared, I welcome you back in your seekings.

Mr. H.: Hello Jared.

Jared: Welcome.

Mr. H.: Thank you. I have a couple of questions about the communication abilities of yourself and the other teachers. Am I correct in presuming that you're more or less in one physical place at a time?

Jared: I choose to reach out to one person at a time. I have the capacity to communicate with many people in many different places.

Mr. H.: How far away, in our terms, can you be from people and still hear them?

Jared: In your terms it does not matter.

Mr. H.: Okay, that's impressive. I guess that takes care of the other question I had. One other question on a different subject. I've recently become active again in Urantia groups, meaning this one, after not being involved with any Urantia group for a number of years. A lot of that was due to social circumstances at the time, my former wife, etc. I noted, though, that the teaching mission came, at least visibly came, to California shortly after I did get involved again. Was the idea to get involved again purely my own choice, or was there some leading? I'm not conscious of any leading. I'm curious if it was a coincidence or if in some way I was led.

Jared: There is guidance provided to all who are seeking. As you become more open, you are more easily led by our guidance. An openness is facilitated by your conscious desires and also by material circumstances.

Mr. H.: Thank you.

Arleena: Jared, I have to go back to Albuquerque, New Mexico, next week end and I will not be back until Thanksgiving. I don't want to go. I guess I know that it's important that we verbalize these things, so can I have a teacher to be with me and help me during this time?

Jared: Each time you seek for guidance you will receive it. We welcome your seekings and know it is difficult for you to be gone from this area. You are still with us, however.

Arleena: Thank you very much because it is difficult and this is where I want to be. I have a question sort of off the subject and in some ways very much on the subject. It has to do with guilt. I'm curious about guilt. Does it have a purpose, a function, a value?

Jared: It depends how each person defines guilt. Guilt in the paralyzing sense that makes you doubt each move is not useful. When there is a feeling like guilt that helps you to recognize error and change your actions without being hard on yourself, that is a useful feeling.

Arleena: Thank you. I think my problem is with the one that is paralyzing. I think sometimes it seems to come from uncertainty. Because I'm uncertain, then the next step is to assume that I've made the wrong choice and start feeling guilty about it and it's a cycle that gets pretty oppressive. How does one get out of such a mess?

Jared: When this feeling comes, look at it once. Evaluate your actions. Ask for guidance and let that feeling leave and do not welcome its return.

Arleena: Great. Thank you. This is changing topics radically but I was curious, just before the break Sardineal's question was how do you perceive us, and the first answer that came out was "through Lisa's eyes." I wondered if literally you see our physical form through her eyes?

Jared: Yes.

Arleena: But not otherwise is that correct?

Jared: Otherwise?

Arleena: Meaning?

Jared: Spiritually?

Arleena: Meaning that you do not perceive our forms unless you have somebody's eyes that you borrow to look through?

Jared: Mostly, yes.

Arleena: Thank you.

Sardineal: Sardineal again. Getting back to perceiving, I'm sorry I'm stuck on this, but you mentioned that you perceive us because of our search. Would that suggest that if people are not in search that you wouldn't perceive them?

Jared: I am aware of their existence if they are not searching but not of their true beings, not of themselves.

Sardineal: So if there was myself and another person who wasn't searching, and I'm assuming that I am one of the people searching, if there were the two of us then how would you perceive the two of us side by side?

Jared: I have a greater knowledge of you.

Sardineal: Okay, thank you. Earlier when I was speaking about the benefits of the System Circuits opening, I think I was striving for some sort of definition so that I could get a better perspective, and I believe my point was understanding in terms of perspective. Is that a correct assessment?

Jared: Unclear. What are you asking for?

Sardineal: I'm not entirely sure. (laughter)

Jared: Nor am I. (more laughter)

Sardineal: I guess it's not important then which leads me to . . .

Jared: Wait, one moment. I get a sense of your intellectual search again, for your desire for concrete verification of this process. It is understood, but we suggest you change paths and see through the eyes of a believer and feel what is being given to you.

Sardineal: This is the feeling that I was having about the question, and in fact one of the things that I have written down on my note pad here is, "I doubt, but I still believe".

Jared: Trust in that belief. Allow the doubt to leave.

Sardineal: Okay, thank you. We were curious during the break about your whereabouts on the night of the rebellion?

Mr. A.: How well do you know Adam and Eve?

Jared: Your search is appreciated and your conclusion that answers are not forthcoming is correct. (laughter) And I enjoy your attempts at trickery. (much more laughter)

Sardineal: So that's a no comment on that one?

Jared: Yes, but enjoyably so.

Sardineal: Okay thanks.

Mr. V.: Jared, *The Urantia Book* says that calcium is carried on photons. Is there any other kind of nourishment or sustenance or anything else that travels on light that we get and receive from being in the sun? I know vitamin A and C and D are either promoted and helped. Sun serves as a catalyst or something. But can you tell me if there is anything else that actually travels on photons that we use?

Jared: Your sense that God's love comes to you from the sun's light provides more sustenance than any other.

Mr. V.: Okay thank you.

Mr. A.: Jared my question is again back to how do you perceive us in a different way. From my understanding, years ago we were considered the World of the Cross because of what we did to Jesus Christ. I'm curious when this all began here, that there was going to be a need for

teachers, what kind of reservations came up because of this and if we are still considered the World of the Cross? How do you perceive us as a whole in that way?

Jared: We perceive each of you now as you are, not for deeds done many years ago. We are inexperienced in our dealings and unsure of individual reactions. In that way the teaching mission is an adventure and a challenge. We look at each of you as you are searching and for your potential to search. We hope to assist you in your growth.

Mr. A.: Thank you.

Mr. H.: I've got a question on child rearing. I don't know if you could comment but I've got a question that is on my mind a lot at this point.

Jared: Your relationship with the next generation is vital to our mission. We encourage those questions.

Mr. H.: Thank you, very good. My son who is almost five, is going through a phase in which he is afraid to be alone, particularly afraid especially when it is dark but not necessarily. For example this morning he wanted me to stay downstairs until he finished getting dressed, he didn't want me to go upstairs into the kitchen until he was ready to come up. A night or two ago he wouldn't go into the next room even though it wasn't really dark. It wasn't brightly lit but he could see fairly well. Well enough to see that there was nothing in there that was going to hurt him. And he refused to go in unless I came at least to the door of that other room, very adjacent room with him. And I want to do what is most helpful for him. I don't want to let him run things all the time, saying I should be at this spot this moment to do things, but yet I . . .

Jared: I sense your question. Do you feel a genuine need from him, or do you feel a desire to command?

Mr. H.: Some of each. Sometimes the need seems very genuine that he, until he's not going to have something that he wants, so he won't be able to do something, for example as he does a task first which involves going into that, say adjacent room which was the other night, and I'm sure he wanted to do what I would let him do after he completed the task, on the other hand these situations most often arise when I ask him to do something. He, for example, if he's watching television at dusk, he will let the room get dark and not be upset by the room getting dark around him while he is watching television

even though he later wouldn't go into the same room that was so relatively unlit by himself even though he was by himself watching TV and this happens. So I'm not sure to the extent to that it's genuine, or how often it's genuine.

Jared: His fear may have less to do with physical surroundings and more to do with emotional security. Children have a great need to believe and trust in your love for them and that you will protect them. He is perhaps searching for reassurance from you. May I suggest that you allow reassurance to be foremost in your actions for a specified period of time. Perhaps in weeks. At the same time, when you feel his attempts to control you, you may not choose to respond quite the way he is requesting. It is important that you remain his parent while still sharing your love with him. Does this assist you?

Mr. H.: Yes it does, thank you very much.

Philip: I wanted to ask you if you were aware of my contact with *Urantia Book* readers this week and if you had any comment on the interactions or the reactions of those people to the information I passed on about the teaching mission?

Jared: Like many new to this mission there is doubt and a search for confirming information. We still hope that each of you will continue sharing with those who are open and hope your sureness will allow their doubts to leave.

Philip: Okay, thank you. I was particularly touched with [one of my friend's] openness to the mission and as you may know she must have asked for a teacher through Brother Ham many months ago. Do you have any suggestions about how I continue or follow up my contact with her. She lives, as you know, up in Washington State.

Jared: It is helpful for there to be communication from both sides. As you communicate with her, it is helpful to give her time and the chance to initiate communication with you. As well, it is sometimes helpful to follow-up and assist her in her seeking. Use your judgment and ask for guidance as you speak with her.

Philip: Thank you and one more question. Can you say something more to us about how to better experience or perhaps more concretely to experience the Father's love?

Jared: Believe it. Believe it is here for you as it is for all people. Trust that you are feeling it even as you may not be aware.

Philip: It's somewhat confusing to me, the idea of feeling that I'm not, something that I'm not aware of, or I believe in one of your previous answers, on a previous evening you said something about, and I may be incorrect in the exact words, it sounded like aware of something but not conscious of it. Could you give a little explanation for what happens or how it's possible to, for example, receive teacher communication and make decisions and yet not be conscious or aware of either?

Jared: As you open yourself to teacher guidance, you are more easily guided and more aware. In that way, when you speak to another or when you are seeking in your prayers, you are allowing an opening for us to sneak in without being precisely aware of it. As you allow this without being aware, you also come closer to awareness. We therefore suggest that you accept the guidance and accept the feeling of God's love. Believe that it is there and, as you believe, it will become more tangible.

Philip: Thank you very much. It looks like we're running low on questions Jared. For my part I want to thank you once again for your effort, your exquisite vagueness, and your surprises.

Jared: I am glad to be here with you and teaching with you. I am glad that you are all coming and questioning and learning. I hope to help you in your belief and I send to you God's love. Good night.(end 10/29/92)

The The Teachings of Jared

November 5, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I welcome you who have come with questions.

Philip: Thank you, Jared. Do you have any message or communication you wish to convey to our group this evening?

Jared: The discussion time is important. It was good to hear you speak of all the teachings. It is important for people to take time to review and find those truths that are most valuable to them.

There is much offered that is not always clear at first but it is worth the searching.

Philip: Thank you, Jared. I wonder if you could comment on what types of questions you celestial teachers are most able or willing to respond to, what directions our questions might take to facilitate our communication with you?

Jared: Those questions that are in answer to your searching for God's will are most sought after. Those questions of material things and specifics in an attempt to remove doubt are not as useful for you. It is suggested that you search in your heart to find those paths that lead you to God's will. We hope, as teachers, to help you find those paths and open them to you.

Philip: And, on that note, would you say something to us about our search for God's will. Something perhaps that you know from knowing us in this group.

Jared: In each of you I see your search advanced and I see you struggling in an attempt to find this path. It is understood that it may be difficult and yet, as you find yourself more solidly and comfortably on God's path, you will find it much easier. Please continue in your search. Please know that we are with you. We assist you.

Mr. Q.: I send you greetings from the Kona Urantia community.

Jared: We welcome you in your search and are glad to have visitors.

Mr. Q.: My question is, I've read a lot of the transcripts and tapes and there's a lot on the stillness which seems to be paramount to the mission and the search. And in my own practice with meditation I found that I can find the stillness the best when I achieve a kind of technique of breathing, and I haven't heard much advice or much talking on how much breathing becomes a part of achieving the stillness, and I wonder if you have anything on that?

Jared: It is important that each person seeks their own way in finding the stillness. It seems you have found a way that works well for you. You are encouraged to follow that. Each person must look within themselves and find for themselves what it is that allows them to find stillness. There are as many ways to find stillness as people searching for it.

Mr. Q.: One of my very good friends in my community at home has been making contacts for

some years, and is very attracted to people of the Black race. There are things in *The Urantia Book* that maybe are taken the wrong way by the Black people; there isn't much that bolsters up the race. They talk about how inferior the Black people are, but they don't say anything about what the superior aspects are of the Black people. I thought it would be helpful in her ministrations, since she has so much contact with these people and they are attracted to her and she's attracted to them, if there is some quality in the Black race that's a superior quality that you know of that I could pass on to her that would help her?

Jared: It is hoped that each person will realize their own unique value. Each person can make tremendous changes in this world by sharing those small deeds of kindness with another. These kindnesses are the basis for great change and each person is encouraged to realize how important each small act is.

Mr. V.: Jared, I just want to thank you for the private session that we had last week. I found it very helpful, especially when I was able to listen to the tape later, and I want to thank you for the ear time and Lisa's time.

Jared: We hope you will also share with others the importance of reviewing and re-listening and reading. It is a valuable activity.

Mr. V.: Yes, for me, I don't know if it's because my mind is so active with questions when I'm here with you or not, but listening to the tapes later, they seem so much clearer to me and so much easier to get the information.

Jared: We are glad to be of assistance.

Ms. G.: We have a new [U.S.] president, you know. I'd love to hear your comments on how you sense the political system will change and maybe open doors for spiritual work to be done and we all know is being done. Just if you have any comments on that process and maybe even how to work with it?

Jared: We do not make comments on political situations. The change will come from each person extending themselves to another person and that person extending to another.

Mrs. L.: Hi, Jared and I'd like to thank you for coming tonight.

Jared: We thank you for coming as well.

Mrs. L.: As sort of an aside from Ms. G's question, I think the thing that I've noticed and I

think is so striking is the groundswell of people becoming politically active and actually caring again. Is this part of the spiritual opening or upsurge?

Jared: In whatever way each individual person chooses to act and to share with another towards positive growth, is to be encouraged.

Mr. V.: Ansol, excuse me Jared. (laughter)

Jared: The names are unimportant. Your seeking is our goal.

Mr. V.: Okay, I was wondering you've been on your journey from your native planet for some time. I don't know exactly where you are in the Universe Ascension career, but could you tell us in any way how many years it's been since you left your native planet?

Jared: No.

Mr. V.: Okay, will you tell us about your planet?

Jared: It has some similarities to yours although not as troubling. In that way I am able to communicate with you more easily. It was a place I miss.

Mr. V.: What are your fondest memories?

Jared: The trees but our version of them—different than your trees, but that is the closest word.

Mr. V.: I also love the trees. Could you tell me in the teaching mission there must be a time that teachers are allowed for recreation and relaxation. Can you tell me what kind of activities you use for recreation and relaxation?

Jared: There is water, floating, a peacefulness that is reviving.

Mr. V.: You like to be around water. Was water the word?

Lisa: Yeah, it's more an image.

Mr. Q.: In *The Urantia Book* it states that when *The Urantia Book* was transmitted there was somewhere around a thousand people in the Reserve Corps of Destiny. Can you tell me how many people are in the Reserve Corps at this time?

Jared: Twice as many, different people.

Mr. Q.: And when you came on your mission to this planet did guardian angels come to attend you?

Jared: There are guardian angels in this process. They assist in communication but not specifically with me or with a teacher.

Mr. Q.: In the Rayson transcripts it mentions a difference between the Reserve Corps of Destiny and the Cosmic Corps. Can you explain the difference?

Jared: Different steps. The Reserve Corps is first and then comes the Cosmic Corps.

Mr. Q.: So there would be more people in the Reserve Corps than the Cosmic Corps?

Jared: No, you pass from one to another if you choose.

Mr. Q.: Can you tell us what other celestial beings are in the room with us tonight?

Jared: A human's sense of place is limited. It is not necessary for us to physically be in the room with you. However, there are many beings with me as I am teaching them to contact people. It requires cooperation on many levels for contact to be made. In that way I can tell you there are many beings involved in this process but not necessarily in this physical space with you. (sirens blaring drown out Jared) The competition with the noise is noted. It is difficult to overshadow such distractions.

Philip: It reminds me of how different our level is from yours.

Jared: [Laughing] Understood, I do not have to compete with sirens in my place here.

Mrs. L.: How nice. Lisa and I had a conversation the other day where we talked about sharing things in the group and asking questions that were personal. When I seem to ask a very personal question and get an answer, the solution comes to me in the days afterward. Can you comment about this, what this process is? and maybe help encourage me and other people to do this?

Jared: You bring great joy to me. This is how we hope to touch people. In your asking of a personal question you are opening yourself to an answer. Even as I may say to you, "Seek the stillness," and you may perhaps feel unhappy that this is all the information you are given, you may be surprised at what else is really there.

You have been able to find answers within yourself because you have opened yourself and allowed those answers to enter you. I wish to encourage each of you and any other people who may come to ask personal questions about events in their life. This is one very, very important part of our mission. (more sirens) The sirens are distracting to the connection.

I wish to share with you now, and I ask that you share this particular passage with anyone who is open and as people come to the group. I encourage each of you to ask personal questions, ask about those things that are important to you, important to your spiritual growth, important to your seeking of God's will. I understand that many of you, in your reluctance to share private parts of yourself with so many people, and even with strangers. In whatever way you can give general information that does not violate your own sense of privacy, I request that you ask these questions. Allow yourself... be aware that other people are less judgmental with you than you imagine. Most are more concerned with themselves and their own needs and their own fears. In whatever way you are comfortable, please ask.

Please remember also that you maybe first feel you only received my same pat answer, "Seek your stillness." However, I would ask for your trust in me. I have much to give you and much to share with you. I come here with great sacrifice and great hope, and I have much to share with you. I ask that you trust that even as you ask your question carefully phrased to protect your privacy, and as you receive the same answer, you are receiving more. You are opening yourself and you are allowing us to come to you and provide you with more guidance than you were previously aware. I thank you all for coming and searching with me, and I encourage you to continue in that seeking.

Mrs. L.: I have another question, Jared. Since I had that experience regarding forgiveness and my father, and I believe you know what I'm talking about, correct?

Jared: Yes.

Mrs. L.: I've been almost continuously ill since then, which is unusual for me since I don't get ill for long periods of time. Are these in any way connected?

Jared: When there is great emotional change, many times your body reacts. It is possible that this reaction is causing illness in you. I may perhaps have a suggestion if you would like.

Mrs. L.: Very much so.

Jared: Please wait a moment. Accept that these changes are part of what happens now. All changes may not be perceived by you as positive in the immediate sense. It would be helpful if you can look further in the future and know that these changes will be most positive for you personally. As well, to assist you with current illnesses, in whatever ways you can seek your stillness and ask for God's light to help you in healing yourself, you may find this of assistance to you.

Mrs. L.: Thank you. The other thing that I wanted . . .

Jared: Even if you do not feel God's love come to you, I ask that you trust it comes whenever you ask.

Mrs. L.: I can do that. The other thing I wanted to ask was, I had some connections where I get glimpses, these wonderful, beautiful glimpses of the future, in dreams and then in moments from time to time during the day, sometimes in the stillness, sometimes not. Are these authentic?

Jared: Does it feel to you that it is?

Mrs. L.: I guess so.

Jared: In whatever way you can trust your own perceptions and your own feeling of God's love, you will find the answer within yourself.

Mr. Q.: When you talk about the great sacrifice you made, are you talking about having come to this world to join the Teacher Corps?

Jared: It was a choice to become a teacher. In all choices there are pluses and negatives. However, your language and your references are limited. Sacrifices has negative connotations here that is not meant in that way.

Mr. Q.: When you decided to become a teacher, you gave up forward progress in the ascension career, is that correct?

Jared: It is postponed.

Mr. Q.: I wonder if I could ask a personal question about our group in Kona. We've been granted a teacher. Since you are part of the Teacher Corps, I wonder if you knew the identity of the teacher?

Jared: The teacher is here. He is learning, as we all learn, to contact people. There is not a name available at this moment.

Mr. Q.: Do you mean that the Kona group teacher is here with us now, in Santa Rosa? Or is that an irrelevant time, space concept?

Jared: Your sense of space is more limited than mine. The teacher can be here learning with me and be with you also in Hawaii. It is a learning process for the teacher to contact people and for people to accept this contact. It is helpful to remember that each time each person seeks stillness they are moving closer. It is helpful to know that even if you do not hear a teacher, hear their words, you may be receiving their message. In whatever way you can follow these nudges, this guidance given to you, it will lead you closer to hearing and sharing our message.

If you would like to assist your teacher in speaking to you, it is helpful for your group to meet and discuss what you know, what you have received, from others, other teachers and groups. It is helpful for your group members to be comfortable with one another. In this way, it will be easier to hear your teacher.

Mr. Q.: Thank You.

Ms. G.: I have a question about teaching. There has been quite a bit written over the last ten years on guided imagination, visualization, imagery in healing, and all of that, and I utilize this a lot in having people close their eyes and go places and ask question and so forth. It's a technique that is really common now in working with children and so forth. I just wondered if this increased acceptance of having people look within and see positive images is connected in any way with the mission, or people opening up and finding new ways to find answers.

Jared: It is often unimportant for you to seek the source of changes. What is most helpful is to look specifically at where those changes are leading. These searchings within, in whatever form, in many of the forms they come, are helpful in validating for people their own search and their own whispers that they hear. And yes, the system circuits opening have allowed more people to acknowledge God's whispers within them.

Philip: I'm having faith that we have been having conversations this last week.

Jared: I am delighted.

Philip: I find that sometimes the answers come in words and usually the answer seems to come before I fully formulate the question. That is actually one of the things that is giving me faith is that it seems like the answers come a little bit faster. . .

Jared: And a little stronger?

Philip: Possibly. I have been more aware of the quickness of response. I just wondered if you have any comment or feedback. I am happy to pursue this mode, and if you have any guidance with regard to my stillness time, I would be happy to receive it.

Jared: You are encouraged in your sense of self and trust in your own judgment. In this way you are finding what works for you and indeed are coming much closer to hearing our words distinctly. We hope you will continue in these searchings.

Philip: I assure you I will. I wonder also, I have boldly asked if various teachers are available, and usually I get a yes. Sometimes I am able to hear a couple of words or thoughts, saying the phrase hear words really isn't a very correct description, but I am sure you know what I mean. Can you give me any perspective on whether or not I am, in fact, connecting up with the teachers that I have spoken to and asked for?

Jared: Do you feel that you are?

Philip: I think so. At times it's a little bit on the edge, again in that sometimes the answers come so quickly and sometimes answers seem more specific and forthcoming than in the group sessions. Often the answers are a yes or a no and I do have some uncertainty about immediately following such advice. At this point I am waiting—

Jared: But still listening.

Philip: Still listening, absolutely.

Jared: It is useful for you to remember that initial connections are tenuous at best. It is likely that it is unclear and some are better than others. That is an accepted part of the process. You are encouraged to continue in your seeking in this manner. You are welcomed to remain somewhat skeptical of wholehearted and overwhelming following of these suggestions. But we ask that you not forget them.

Philip: Thank you. One follow-up from last week, I believe it was. I asked how is it possible

to feel more of God's infinite love and I recall your answer to be, "Believe it." I wonder if you could extend on that. I want to believe it, I do believe, and yet I have to admit that I do not always feel it on a palpable level, the experience of love or vibration of love, in a direct way.

Jared: It is unfortunate that humans do not have this available to them. It is not always available to you in a concrete sense that you are consciously aware of. But God's love is always with you and always available to you even if you are unaware of it. Please believe in that.

Philip: Thank you so much.

***** BREAK *****

Jared: I am Jared. I continue being here with you and I wish to thank Philip for his simple and heartfelt request for us.

Mr. V.: The Teaching Corps has told us that there is a cure for AIDS in the works and they are waiting for someone to pass it to. Do you know anything about that?

Jared: There are many things that require certain steps to be followed. This is one of them. We must proceed along designated steps to provide this answer.

Mr. V.: Can you tell me whether or not the cure will have anything to do with sugar mimics?

Jared: An answer is not available.

Mr. Q.: Are you teachers, would you be aware of a person in Kona who could be channeling Melchizedek, claims to be channeling Melchizedek. If this was really happening, would you know the name of this person?

Jared: Teachers are connected in a loose network and we assist each other and work together to provide this service to people here on Urantia. Some of us work more closely together than others and are tied by people seeking with other people. I am allowed awareness of much and of those who are sharing God's light.

Mr. Q.: There is a woman named Ms. L. L. who came in contact with our group just yesterday and she doesn't read *The Urantia Book* and doesn't know much about it. She has heard of it but she has said that she can teach the people in our group how to channel Melchizedek and the Archangel Michael as she calls him. Would you have any knowledge of this person?

Jared: It is requested that you search for answers within yourselves. See if she is able to— Sources of truth come from many places and it is for each of you to decide yourselves if this person has truth to offer. There are also instances where partial truth is available. We ask that you decide for yourselves if she has goodness to offer you.

Mr. Q.: Thank you. In the Teacher Corps, do you come together and sing with each other?

Jared: More humming. We do share with one another a . . . We do put voice to our feeling of God's love.

Ms. G.: Should we sing?

Jared: You are encouraged to do whatever brings you closer to God.

Mrs. L.: Jared, can you say something about our circuits and possibly how they work. I had a very powerful connection on Sunday which I think you are probably aware of and I feel like my circuits are burnt out, if that is possible. Can you talk about that?

Jared: This is a new experience and is frequently difficult for people to assimilate. It is tiring and very different. It is important that you find an appropriate balance in living your life and in speaking with the Teaching Corps. You may be reassured that we are in no hurry and there is enough time for you to communicate with us without burning your circuits.

Sardineal: Good evening, Jared. I have a somewhat convoluted question, as is frequent.

Jared: It is known of you to do this.

Sardineal: The question I had in mind this evening was about different opportunities and circumstances that appear to have presented themselves to me throughout the course of my life. A good example would be the relationship that I have with Lisa seemed to materialize almost opportunistically. Am I receiving some guidance in this regard or are these just fortuitous circumstances?

Jared: You have been receiving guidance for many years and have lately been more open and more likely to follow those nudges that have been given to you. There are many opportunities that would assist people. Oftentimes they are ignored. As you listen more and respond to guidance, you are less likely to ignore those great opportunities.

Sardineal: Any suggestions on the lottery this week?

Jared: No. (There was more but Lisa unable to transmit)

Sardineal: A few numbers?

Jared: No, your humor is enjoyed. And your sneakiness is noticed. (laughter)

Ms. G.: I'll ask a question. I'm being drawn in lots of new, different directions in terms of finding work and am excited. There is just a lot of different directions I could go in. I just wondered if you had any comments.

Jared: We applaud your positive attitude and your excitement. It will help to lead you in directions most beneficial. You are quite capable of receiving much guidance from within and as you plan for that quiet time and continue in your searching, you will find much unfold to you.

Mr. V.: Jared, *The Urantia Book* talks about a lot of the truth about the Fatherhood of God and the Sonship/ Brotherhood of Man being in other religions, there are elements of truth in other religions. Will there be teachers that come through TRs in other religions and will this commonality of experience with the Teacher Corps help to bring about a unified religion in the world?

Jared: It is hoped that by teachers reaching out it will help spread the goodness that is here for all. As people perceive goodness and are able to share it with another, that will be provide a common bond that will overshadow differences. It is hoped that this will not be limited by any circumstances but that the sharing will be shared with all who are here on this planet. There is no set circumstance for someone to be a transmitter, no set religion. It is only necessary that a transmitter have a deep and abiding faith in God and a desire to help others and, as well, some people have certain physical makeups that allows easier transmission.

Mr. V.: Can you tell me if there are any TRs now within religions other than Christian or Jesusonian religions?

Jared: Why do you ask?

Mr. V.: I was wondering if there will be, if TRs will show up in other religions and ultimately help to bring about the commonness of religions and not their separateness and division.

Jared: It is hoped that by each person reaching to another without regard for particular circumstances, the mission will be spread to all who are willing to be open.

Mr. V.: Okay, I guess you don't want to tell me, right?

Jared: We appreciate your understanding of our message.

Philip: I wonder if it is permissible for one of your other teachers to speak to us tonight? I wonder if the teacher that will be joining the Kona group has a message for us or Mr. Q or their group?

Kona's Teacher: I am here. I come to bid you greetings and welcome you to our mission in a more active manner. We are delighted in your searching and I am watching over your progress. Please share with the others that I am with them and hope that awareness of me will come soon to your group. Hopefully, this time will give you a chance to be solid in your group and to learn more about our mission.

Philip: Thank you so much for that transmission.

Kona's Teacher: Do you have a question for me?

Mr. Q.: I don't know if this is a political question or not, but with the breakup of the Soviet Union and the threat of the nuclear warheads being sold off to The Middle East and so on and instances like that—is that a big concern with the Celestial overcontrol of the planet at this time? Are we in imminent danger of destroying ourselves?

Kona's Teacher: The teaching mission is concerned with each individual as they reach for another. Is there a question you have for your group or something in their seeking?

Mr. Q.: We have been meeting for the last year. We had an increased excitement about the meetings. We were meeting once a month, I'm sure the teacher is aware of this but we branched off into four groups and we're going through the splintering process of the people who are not believing and the people that are believing. We are just coming to the point of starting regular meetings for the mission. I just want to say that we have a lot of very strong members in the group and I look for great things and I am very excited to start working with our teacher.

Kona's Teacher: I am looking forward to working with you as well and encourage you to continue in your meetings and continue in your belief of my presence with you.

Mr. Q.: Is it beneficial as a group to cultivate the stillness as a group in the same way that we do as individuals?

Kona's Teacher: It is important to find stillness. It is different individually than with the group. You are encouraged to find your stillness individually and as well, it is helpful to find stillness as a group together. In this way you are bringing together each individual's search for God's will and are more open to hearing my teachings. I will stop in my transmissions with you now but am glad to have spoken with you directly.

Mr. Q.: Thank you.

Jared: I am Jared and would be glad to receive a few more questions.

Philip: Thank you for assisting us with the transmission of your teacher for the Kona group. The question I have is a personal one. I have faith that you know that I work part-time for a certain company and have had years of intense ambivalence about my work for this company. At times I feel that their work is instrumental in elevating spiritual consciousness in the world and has a unique role. At other times I wonder if the harm done is great and if I am in error in my efforts. I do understand that answers come through the stillness but I wondered if you have any comment or suggestion in this work that I do as a troubleshooter?

Jared: It is helpful for you to continue seeking your answers in your stillness. As well, it is helpful to remember that as you touch others, you are able to assist them in their seeking and to also be aware of changes.

Philip: It is my impression that the president and owner of this company is not a very God conscious person. I have been working for years to nudge him in that direction because if he made a big move toward God, it would transform the company in a very good way, a way that it seems pregnant for. Do you have any comments on that, and my interaction with this individual?

Jared: You are encouraged to share goodnesses with anyone who is open. Your awareness of his potential for change is noted and we understand your desire to assist him. However, it is suggested that you not remain too focussed

on one individual but spread it around those others in that company.

Philip: We seem to be drawing to a close. I wonder if you have any final comments or message for us this evening?

Jared: I am delighted in the seeking and am glad that this group is progressing. I am glad to continue teaching and ask that you continue in your search for God's truth throughout your activities between meetings as well as during our meeting time.

God's love to all of you and my own blessings to you as well. Good Night.

Group: Good Night. (end 11/5/92)

The The Teachings of Jared

November 12, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I welcome you here in your search. Are there questions for me this evening?

Philip: Good evening, thank you for connecting with us. It is certainly good to see you again. Do you have any words for us this evening?

Jared: It is helpful in your searchings for you to share with one another. It is enlightening for each of you to realize how much information is available even as it seems as there is not much there. It helps to continue in your search, to share with one another.

Philip: Thank you so much.

Mr. V.: Good evening Jared. We were given a message from Ansol on how, another way we might facilitate the meeting. Can you add to that or give us some more information on how we can get the most from our meetings and studying the teachings?

Jared: It is important for you two to share what you have received and for the group to work together to help find the best way for personal growth which facilitates the group's growth.

Mr. V.: OK. I believe Ansol mentioned if we could do an extended meditation time and share what we got at the end of that. Would that be appropriate to do after you speak to us, after

break time, to do a 15 minute meditation and then share our experiences?

Jared: It is helpful for you to share what you received and allow the group to make a decision about how best to proceed.

Mr. Q: When we were visiting Woods Cross, I talked to a woman there who said that when Roland receives Ham that she always sees his features in Roland's features. She sees Ham. I wonder if you could explain that phenomenon?

Jared: Each person searches in their own way in an attempt to find teachers. There are many different ways of sensing us. Some people are more visual than others. This is her attempt to make sense of teacher contact.

Mr. Q: As you say, some people are more visual than others and some people are totally non-visual, like me. Do people facilitate teacher contact through visualization, is that on kinda the same wave-length? Are different people able to receive these contacts in different ways?

Jared: People who are very visual, tend to visualize to assist in contact. Those people who are not have no image of us. Each person in their own way searches. Find what is most comfortable for you and what you feel allows peacefulness and tranquility and allows God's light to come upon you.

Philip: Arleena asked me to ask a question. What she was interested in has to do with a tape of Ham in which Ham talks about mental courage is much greater than physical courage. She wondered if you would expand on this and explain how it is that mental courage is greater or requires more than physical courage, and if possible give us an example.

Jared: Physical courage risks only your body; mental courage risks you, the essence of you. It is easier sometimes to distance yourself from your body and place your body physically at risk. It is not as easy to separate you from your sense of self, and in that way most people find it difficult to risk the very being of you.

Philip: Thank you, I'm sure Arleena will appreciate that answer. We've heard from our traveling friends about the change in the teaching mission. Is there any update or information that you can share with us?

Jared: There is always much change. Changes come at different times to different areas. We hope that in this group you will take time to

concentrate on developing a sense of togetherness with the group and sense of direction and acceptance of the presence of teachers.

Philip: Jared, I was wondering, I've heard in some of the transmissions from the teachers mention of the idea of unconscious awareness. I know that in the human language these words are difficult for us. They are certainly difficult for me—that's a tricky concept for me. It seems contradictory or paradoxical. Could you enlighten us about what the meaning is of unconscious awareness in a spiritual sense?

Jared: It is that awareness that I encourage you to accept when I say that, unbeknownst to you, you are feeling God's love. It is through your unconscious awareness that you are aware without being aware.

Philip: Thank you again. I guess I am partially aware without being aware of the meaning of this answer, but I do appreciate your words.

Jared: Examine these words at your convenience. Allow yourself to accept them as best you can and, of course, ask again for those parts that need further clarification.

Philip: Will do, thank you.

Mr. Q: In my travels around, I notice or seem to notice, that in some cities the consciousness seems to be a lot lower than in other cities. Are you aware, coming from where you are, are some cities more spiritually conscious than other cities?

Jared: Those people searching tend to come together with others who are also searching. We have hopes that this area will. . . We feel that more people in this area are searching and we hope that more contact will be made and that these people can branch out and affect other areas that are currently unable to feel us.

Mr. Q: In Utah, we heard that there were hundreds more teachers coming to this world on teaching missions and there were many more new groups that have teachers. I was wondering if any of these groups in recent days that are getting teachers, are they non-*Urantia Book* reading groups?

Jared: It is unimportant the religious background of those seekers. We are only looking for people who are genuinely seeking and willing to share. There are many people we are hopeful who will respond positively to our contact.

And, yes, there are groups who are not *Urantia Book* readers.

Gunther: Jared, I know some of the other groups have scheduled private sessions. Might it be possible for myself and Lisa and yourself to have a session sometime?

Jared: It may happen in the future. It is most helpful now, though, for people to become more comfortable with one another and solidify the group first. We are aware of your desire and will inform you.

Gunther: Thank you

Mr. A.: Jared, my question is a little bit off track here. I've been watching a lot of TV lately and I've been curious over the past years on the concepts of black holes. I've heard many theories, theories about what they are or what creates them and time paradox. I've heard a lot of different theories about them and I remember something that my dad had mentioned about *The Urantia Book* some years back about black holes. I was curious if you could clarify what they are and if they have any significance to us?

Jared: It is helpful as you are curious about your environment. It is one of many different things that you can choose to pursue an interest in. Curiosity is a mind-expanding experience and encourages openness in your search. We hope you will find an answer and share it with those others who are interested.

Mr. A.: I hope I will too. Thank you.

Philip: In a recent transmission from you, I understood you to encourage us to ask personal questions, even private questions, by so phrasing them as to guard our intimate privacy. My understanding is that we could perhaps speak in general terms but that you would know and understand our deeper question and intent. Could you further expand and explain that process and give us some encouragement about asking such personal questions in a group situation?

Jared: It is important, for the teaching mission to move forward, for the members of this group to become comfortable with one another. For the teaching mission to proceed and provide further information and more specific lessons that we feel are craved for, the essence of the group must be solidified. The teaching mission depends on the interactions of individuals as well as individuals searching for God's will. It is important, therefore, for each of you to stretch

your current limits of asking personal questions among other people. In whatever way you can be comfortable with sharing parts of yourself with others, it will assist in the forward progress of this mission.

At the same time we understand your reluctance to share very private parts of yourself with a number of others. There are usually ways of phrasing your question in more general terms, without specifics, that will protect your sense of self.

Most general questions will be applied to all people as there are many situations common among you. In your asking of these questions, you will find the common ground that will build the trust within you of each other. It is important that you find this common humanity; this will help to bond your group together. I may answer your specific question that you ask generally, or it may allow you to find it within yourself. It is important that you ask questions that will assist in your search of God's light and God's love.

Philip: Thank you Jared.

Mr. V.: Jared, you gave us a message a couple days ago, Mr. Q and I. We sort of remember it differently. Could you help us with that message again?

Jared: And how do you remember it?

Mr. V.: You said you would be with us back in Santa Rosa; I can't remember any more.

Jared: I have been with you as I have attempted to touch the lives of all who are seeking me. It is helpful for you to be open to all contact that comes to you and be trusting of your sense of teachers.

Mr. V.: OK

Mr. Q: I don't have a question, I was just hoping you could relay a message to Norson that we are very happy to have found out that he is our coordinating teacher and I am very excited to go back to my group and get on with it. Also, if you could relay a message through Amster to Roland, I would like to express my gratitude for the time and the brotherly affection that I felt for him. Thank you.

Jared: It is transmitted as you have requested. It is also suggested that you do so yourself, and we hope you know of the patience and time that is required for your group to become comfortable with transmissions.

Mr. Q: Thank you

Philip: My personal question has to do with the recent experience I've had with friends who came up as healers. As I think you know, they have done certain rituals and touching of me which they claim gives me a certain energy that they call Reiki. I want to be open to truth and at the same time not waste my time in gullibility. Is it permissible to share whether or not my touching of other people is enhanced or facilitated in some way? Would it, for instance, be any different for me to touch, say Gunther, in terms of healing affects than, say, for Mr. V. or Sardineal or anybody else?

Jared: In your personal instance, the Reiki assisted in opening your circuits another notch. Therefore, it was assistive to you. Each person finds their own path in their own way, and there are many different possibilities. If the receiver feels assistance from your sharing this with them, it is helpful. If not, then you need not continue with it for them. Again, as with searching for teacher names, the name of this is less important than the general feeling of God's love and the sharing of God's Light with another.

Philip: Thank you very much. I will review your answer carefully on that.

Jared: It is important to trust your own sense as you experience this activity. You will know those things that assist you.

I know it is difficult or frustrating for all of you to keep hearing that you must trust within yourself, seek the stillness, and decide for yourself. You may perhaps wonder why you continue coming for teachings just to hear the same old information. It is often the most difficult lesson that is the most valuable, and it is hoped that you can put aside your frustration and desire for concrete or easy answers and know that the best answers really do sincerely come from within you. In your own search, in your own self, you will find the most genuine answers.

Philip: Thank you Jared. For my part, I am very happy to be in your presence and hear your eloquent vagueness and very much appreciate any opportunity and, for myself, I trust your higher wisdom and that you have designs and plans that we may not be able to see. So, tally forth!

Jared: Thank you for your confidence.

Sardineal: Is it safe, then, to extrapolate from the question Philip asked and your answer that it is possible to draw some good, or considerable good, from things that even may be delusional. It is really the beneficial affect that the person believes that something might provide that is helpful?

Jared: No, it is more your ability to find that bit of truth in a variety of sources.

Sardineal: Is the important thing, then, to have a wide variety to have a solid base, or are there certain things that clearly have more spiritual value?

Jared: The trust in yourself and the trust in God's love.

Sardineal: Thank you, I understand. At the same time, given my background with Roman Catholicism, at one point in time I certainly felt that some beneficial things came from that which I now consider also fairly delusional. I'm just a little bit unclear on how you can judge on your own whether something has merits or not, especially since nowadays there are so many far out things that one could have credence in and that sound fairly reasonable even though in terms of mainstream thought it is pretty far out.

Jared: Whatever crosses your path that you feel drawn toward, you are welcome to investigate. If it provides you with assistance, then it has helped you. It is unnecessary to accept a doctrine completely.

Sardineal: Thank you, your answer helps a great deal. Is there, then, in a follow-up question, could you comment on the spiritual benefits of polygamy?

Jared: No (laughter)

[Jared's message: "That is best discussed w/Lisa" (a personal issue)]

Philip: Following up on Sardineal's comments—I was wondering if you could say anything more about the process of discerning truth having to do with spiritual teachings where it is difficult initially to feel a sense of truth. I'm thinking in particular of this material given to me by one of the Reiki teachers called *The Impending Golden Age*. I found myself looking at it and almost immediately dismissing it as being a lot of names and places and relationships that seem to have no spiritual content or spiritual message. The other side of this is my concern that I too quickly or too flippantly dismiss

something as people do this sometimes with the teaching mission.

Jared: You will probably find yourself drawn again to those sources of truth for yourself. It is not disinterest that keeps people from cur teaching mission as much as overlooking a clear and simple message from God.

Philip: Yes, that is very deep and I thank you.

Sardineal: Would it be safe to say then that what's important is not necessarily the message as the attitude of the individual listening for the message?

Jared: In your genuine search for God's love, you will find confirmation in nearly everywhere you look. You will find love if you are looking for it.

Sardineal: Thank you, that helps.

Philip: If it is acceptable, we will take a little break now. If you have any final words for us, that would be delightful.

Jared: It is to be remembered that there is much to share with one another and we hope you will find time to discuss how these teachings assist you in your daily life.

***** BREAK *****

Jared: I am Jared. I remain with you to answer your questions.

Philip: Any thoughts or comments on the discussion of the last few minutes?

Jared: I am delighted with your sharing with one another. It is a step toward trusting that is vital to your group becoming comfortable and able to progress in our mission.

Gunther: Jared, as you also heard us discuss, I had the sense a few days back that after a morning meditation that indeed you would be with me through the day and I did sense some guidance in various aspects, intermittently throughout the day, that there was indeed some additional clarity in my life. Could you care to comment on any of that?

Jared: It is most helpful for each of you to be aware of whatever guidance and nudges are provided to you. Each time that you listen and follow these nudges, you will find them more pronounced and more frequent. As you said, you noticed that your day went more gently with

you than you might otherwise have experienced. That will help reinforce the helpfulness of finding your stillness and help you to seek and find guidance in going about your day. We hope you will continue to ask for guidance as you continue to receive it.

Gunther: Thank you and I will.

Philip: Mr. V. reported to us that Ham recently told their group that all the teachers really have to offer is "otherness." Could you offer some explanation or extension of that idea?

Jared: A sense of otherness is the first step in recognizing a teacher's voice and direction given toward God's light. The sense of otherness helps in your belief and trust of the message. It is important also for you to examine the message received from all sources and judge for yourself how it will assist in your life. The teachers come to you to help convince people that even those small acts of goodness will provide great change.

Philip: Thank you for your answer. We also understand that Ham is moving on. I'm wondering, my understanding is that teachers' guidance is available to any sincere human being who wants it, and I continue to tell people that this is true and on-going. So am I correct that even though Ham or any one of you may move on or change in some way, that the availability of teacher contact remains constant and unabated and unswerving for any of us who seek it?

Jared: Yes, teachers are available for those who seek; guidance is available for all who listen.

Philip: Is that equally true when I wake up at 3 a.m.?

Jared: At all hours of the day; and there are many different steps in teachings, and Ham's moving on is hoped to help people look within as they now have a clearer sense that they will find what they need from within.

Philip: Thank you. In transcripts from some of the other teachers, and perhaps also in your messages, I've often heard instructions along the line of that it is important to love yourself. I've heard that from a number of the teachers. In *The Urantia Book*, we are taught that love cannot be self-bestowed. This is a seeming contradiction to me. Is this just a trivial semantic issue, or is there something deeper here to be understood?

Jared: You must accept God's love given to you and accept that love of self.

Philip: So when we speak of loving, when I say I love myself or I am instructed to love myself, that really means accepting God's love rather than bestowing love upon myself. Is that correct?

Jared: It is the same thing.

Philip: Thank you. We seem to be coming to a close this evening Jared. Thank you so much for making contact. If you have any final words, we are ready.

Jared: I come to share with you God's love and know that each of you come in search. I hope for you to go about your days and know that I am with you and know that God's love is always with you. My blessings to you. (end 11/12/93)

The Teachings of Jared

November 14, 1992, Sebastopol, California

Jared: I am Jared. I am your teacher.

Philip: Good morning Jared, sorry for the noises. We want to welcome our friend, Elizabeth, from Southern California this morning and thank you very much for connecting up with us. Do you have any message or words for us this morning?

Jared: I come in answer to your seeking and hope to help each of you in answering your questions.

Elizabeth: I am most pleased to meet you. I have heard about you through Philip. I'm just very grateful that you are here and that I'm here and I just wanted to say how grateful I am.

Jared: We are glad you have come in your seeking and would be glad to assist you.

Elizabeth: I have a couple of questions. My first question is personal. I would like to know if I am once again tuned to transmit. I have been feeling the presence of a teacher, a female teacher. I don't know her, I am wondering if you can tell me who else is here with me.

Jared: There are many teachers here, as I train teachers. One of them was Sarah.

Elizabeth: I thought it was Sarah; now I know. My second question is that I would like

to know, in general terms, the nature of the mission as it is manifesting now, since I believe it has changed.

Jared: The mission here is to help people understand that each act of goodness and kindness that they express to another is the basis for great change in this world. We hope that by establishing such direct contact with people, they will become convinced of the strength of these small acts.

Elizabeth: Thank you

Mr. Q.: Hello, Jared. I am coming to the end of my trip here and many great things have happened. I wish to express my gratitude to you for welcoming me to the group here.

Jared: We wish also to express our happiness that you have chosen to come and to listen, and we ask that you share with those lives that you will touch as you return.

Mr. Q.: I wanted to ask a personal question about my good brother, Mr. V. He is curious to know whether Ansol, the Midwayer, is assigned to him like a personal teacher.

Jared: It will be helpful for him to continue in his search and listen to those voices who come to him. In this way, he will find the truth for himself. It is helpful for him to remain open to all voices that come to him.

Philip: I have a personal question about my inner work. I wonder if you have any suggestions on how we can be more attentive or more consistently attentive to the inner whisperings. I find that I am initially able to make some contact and wonder if you have any guidance about how to more consistently attend to the presence of God within.

Jared: It takes much time and much practice, and each step forward you make is to be congratulated. Each time you seek stillness and allow tranquility to overtake you, you are clearing your mind to be able to hear God's whispers within you. Each time you hear and acknowledge the voices, you are strengthening them and asking for more in that way. Each time also that you follow guidance that is even less clear but you believe is from God, you also strengthen these transmissions and will assist yourself in your search.

Philip: Thank you, and would you be willing to elaborate a little on the last thing you said—in

believing that the transmissions are from God. Can you clarify that a little bit?

Jared: There are different strengths of transmissions. There are some very strong that are clear words. There are others that are intuitive, that are less clear. If those messages feel to you as if they are God's messages, it is helpful to acknowledge that and continue listening. This will help in your ability to hear separate words.

Philip: Thank you again. I think I have understood you to say that seeking, whether it is contact with the teacher by name or the teachers as a group or the Father as our Thought Adjuster, is essentially the same process. Can you confirm that or further explain if there is a difference between seeking teacher contact and communicating with the Thought Adjuster?

Jared: There is some difference between but unimportant to you in your seeking. In your seeking, it is only important to search for God's will and God's love. It may come to you from your Thought Adjuster or from teachers. The message is the same and all forms will assist you.

Philip: Thank you again. May I then conclude that attempting to discern Thought Adjuster communications from teacher communications is, at this point, not important?

Jared: It is a waste of your energy. You may try if you choose; it only makes it harder for you.

Philip: So then, am I correct that teacher guidance, Thought Adjuster guidance—that you are so unified in your heavenly dimension with our Father/Thought Adjuster that it does not matter for us?

Jared: Correct. It is different forms of exactly the same message.

Philip: Thank you. On this line, I wonder, is it possible and/or permissible for you to transmit to us messages from our Thought Adjuster?

Jared: Not today.

Philip: Thank you again.

Elizabeth: Jared, I'm a little confused. Rayson has told me specifically that I should discern the difference between the Thought Adjuster leadings and the teacher leadings. I understand the essence of the message being the same, but he

seemed to feel that it was important for me personally I guess, to know the distinction. I guess I'm a little confused at the seeming contradiction and would ask that you help clear it up.

Jared: As a transmitter you must be clear of contact with teacher and clear in your transmitting of the teacher's message. For most others here it is simply a search of God's will they are seeking.

Elizabeth: Thank you, that was a perfect answer.

Mr. Q.: Being at the point of my life where my children are my main focus. . .

Jared: We hope you will continue in your focus.

Mr. Q.: Often as my children are off doing their things, I ask my angels, or whatever angels are around, to attend to my children. I was wondering if the angels of the parent will go and minister to the child as he is away from the parents?

Jared: It is helpful that you ask for God's love and God's protection to be bestowed upon your children as they go about their days. In this way you are helping in their development.

Mr. Q.: And do the angels protect them from physical harm?

Jared: I am unable to answer. Trust that your asking of God's protection and God's love will assist your children.

Mr. Q.: Thank you

Philip: This is a follow-up on a previous question/answer that we had. I believe you said that only God is perfect. It's my impression from reading *The Urantia Book* that certain other beings, perhaps some which Lisa may not be familiar with such as Perfectors of Wisdom and Divine Counselors and Solitary Messengers also operate in perfection. Can you help me clarify that?

Jared: Lisa's knowledge is limited and in an attempt not to confuse and block, some specifics are left out.

Philip: Thank you, that is very helpful. I think all of us have been informed now of the change in Ham's relationship to the Utah group. I wonder if, as we make contact with the teachers within our own inner life, is this contact destined

to continue through our mortal career here on earth, if the mortal will desires?

Jared: There are many changes and much happening. It is not possible to say for sure if a specific being will remain. But I wish to assure you, you will not be abandoned.

Philip: Thank you very much. So am I correct in assuming that teachers of some kind would be available always although it may or may not be a specific individual?

Jared: Guidance will be available. It may take different forms, it may not be teachers as you currently view our teaching corps. You will have guidance available to you.

Philip: And am I then understanding in the same way, an inner experience that the individual has?

Jared: Could you repeat that?

Philip: In other words, I'm understanding you to say that guidance is always available and I am just asking if then it would always be through the same modality, that our inner seeking in our own heart, soul, mind is the locus of that contact.

Jared: Yes, by seeking stillness and asking for guidance, you will receive it.

Philip: Thank you again.

Heidi: I was reading the November 5 transmission that you had about sharing personal questions, and I had a couple different questions. One was you stated that you came here with great sacrifice and great hope. I guess I was wondering what that sacrifice is about because if my understanding of the mission is to do kind acts and goodness and spread love, I would think it would be, I guess I wouldn't use the word sacrifice. So I was wondering what do you feel the sacrifice is about? What are you sacrificing?

Jared: The word "sacrifice" is limited and not the best word. There is much limit in your language. It was a choice to become a teacher that made other choices not possible at this moment. If you also read further, you will find more information on this point.

Heidi: Thank you. Another question I have is about the mission. Originally I heard there were going to be 50 teachers, 50 male and 50 female, is that it? And then later I heard that everyone would get their own personal teacher, and now I am hearing that teachers are starting to go away

and people are supposed to work with their individual Thought Adjusters. I'm kinda confused as far as what the plan is or what the goal is here, and maybe I'm getting too analytical about this, but have things changed a lot. Has there been some kind of corporate meeting in the board room so that I can understand what the goal is in the mission here? (laughter)

Jared: There are many changes and much happening. As teachers watch and see how people respond and how. . . We are pleased with the great numbers of people opening up. There are more teachers coming now than we had started with. The mission, when it was conceived, involved fewer people. We now have many more people seeking and able to share our mission with others. There are many ways and many changes as people's individual will is respected.

We hope that each of you will recognize the importance of small kindnesses to one another and to all whose lives you touch. In this way, you will help make great change. We also hope that you will learn that many answers are within you, that in your seeking you can assist yourself, you can allow tranquility to come upon you, you can feel God's love and acceptance and reassurance. In this way, we hope that each of you will feel stronger in yourself and, as you feel stronger, will also be able to understand God's will more and perform it more easily. In whatever way you can do this, we hope you will continue to do so.

For those who attempt to remove all doubts by asking questions and attempt to understand all particulars, you will most likely find yourself more confused and less reassured. We hope that each of you will know that God's love is available to all and is of great assistance in your life now.

Heidi: Thank you

Iliana: Good morning Jared, it is nice to be back here.

Jared: We have missed you.

Iliana: I missed you too. I am a little confused too and this might be one of those questions and answers like just before. You introduced me to my personal teacher, Sarah, several weeks ago and I had requested, through Joshua and Rachael, a teacher when I was on Kauai. I thought I was requesting a group teacher; I didn't know there was a difference or any of the mechanics of that. I think I'm aware that the

teachers have been here a few years, yet through Mr. V. speaking for Sarah, Sarah let me know she has been with me since I was a child. So I'm a bit confused. Do we have a group teacher besides Sarah as my personal teacher, or is she part of the teaching mission? Has she been here a long time or just recently? I'm curious and wonder if you can help me out.

Jared: You will know when it is time to share with your group. You will feel those urgings to share with others. Sarah has come to you and has much to offer. It would be easiest for you to accept what she has to give you without question.

Iliana: Somehow I knew you might say something like that.

Jared: We are encouraged by your asking, nonetheless.

Iliana: Thank you

Mr. Q.: In *The Urantia Book* it says, somewhere, that there is an alarming picture of—this isn't exacting the way it says, but the jist of it is that they are really concerned with the way the spirituality on the planet is going, and they say that some of us are recommending that drastic measures be made to uplift the more spiritual minds of the planet. I was wondering if this mission is what they were talking about?

Jared: We hope we are not as threatening as this sounds. (laughter) We are here in response to greater openness, and we hope to assist those who can see the goodness here.

Mr. Q.: Thank you

Sardineal: Good morning, Jared. I had a question concerning Ham's departure from the Utah group. The immediate feeling I had when I heard the news was that it was for the betterment of the entire group in that it would foster their continued spiritual independence. Is this an accurate understanding of what transpired?

Jared: There were many reasons for this decision. The group has reached a place where independent work is most appropriate. As well, Ham wished to share with other groups and assist in their progression. There are many changes and there is guidance available. That group is not left alone.

Sardineal: We could then anticipate at some point in the future that you, too, would go on to work with other groups?

Jared: It is not wise to anticipate of teachers.

Sardineal: Okay.

Heidi: I have another personal question. This relates to Philip. I am very, very concerned about Philip's health, and I believe that he is very aligned and supportive of your mission and that it would really behoove the teachers and the world if there were some specific ideas and techniques and directions that you could recommend that would help him with his physical problems. And rather than giving me the answer to please seek the stillness and look for answers, I would really appreciate if you could give us some specific things that he could do given the vast knowledge and wisdom that you, as teachers, have. Is there anything specific that you could suggest that he could do to improve his health?

Jared: It is in our teaching mission to discuss that with Philip.

Heidi: Could you give me a time perhaps when that might occur so that he could know to be open to that response.

Jared: That is between Philip and the teachers.

Heidi: I'm being co-dependent. Thank You.

Mrs. L.: Hi Jared, I'm glad that you could join us today. I have a question about a transmission that I had on Wednesday with Lisa. Are you aware of this transmission?

Jared: Yes

Mrs. L.: It was quite unusual because I just sunk right into it. Can you tell me why these things have to trip upon me, I can't just sit down and have them come, they sorta come when I am unaware.

Jared: We sneak up on many. There is often fear and doubt. We hope this experience will assist you in the future.

Mrs. L.: I have to say that the transmission was very strong and clear. I thought it was Ham. Was I correct in this?

Jared: Yes

Mrs. L.: So, will Ham come to me from time to time in the future? Or is this a one time deal, or a second time deal?

Jared: As you choose.

Mrs. L.: Well that's nice. There was some pretty specific guidance in that transmission. Can you tell me how clear it was?

Jared: You tell me.

Mrs. L.: I hate it when you do that. (laughter)

Jared: It is, however, the best way.

Mrs. L.: I thought it was pretty clear.

Jared: You must trust that.

Philip: I have a question about prayer. Sometimes I struggle with the teaching that it's beneficial, or maybe essential, to inform a person who's being prayed for that I'm praying for him or her. It's so common that people feel this is somehow indicative of a fault or a limitation that sometimes it's quite ineffective. I think maybe we or the other teachers have talked about this, that maybe we can hint or use another word. My question is, does it actually diminish the efficacy of prayer if we're unable to inform another person in a timely way of our ardent prayers for them.

Jared: It is only different. Some people are unwilling to receive prayers in that form. For them it is more difficult when they know. For those who are comfortable with your prayers it is helpful for them to know of your thoughts for them.

Philip: So, then, in praying for someone at a distance or someone who is not familiar with the injunction to inform the one prayed for, is it just as well to go ahead in our prayer life without being concerned about informing them.

Jared: Of course. Pray for all those you wish to and inform those who are comfortable.

Philip: And also in this vein of prayer and petitions, in reading in *The Urantia Book* there seem to be a specific set of requirements, the Laws of Prevailing Petitions, which I found to be quite rigorous. I'm just wondering about prayers that go to large groups of people, or the world in general, or even the prayer for the extension of the Kingdom of Heaven on earth. It seems difficult for me to meet the Laws of Prevailing Petitions always, particularly the injunction that we have contact with the person prayed for and that we be industrious on their behalf. Can you comment and extend on that a bit?

Jared: It is helpful for you to be aware of the ideal. It is also helpful for you to accept your

inability to reach the ideal, and perform as best you can.

Philip: Okay, thank you. And also we were in hopes that perhaps Elizabeth would transmit for one of the teachers, and I think you've mentioned to us that it helps us to request teachers, so I want this morning to say that I, and I believe all of us, would welcome any communications from any teacher that is available. Also do you have any suggestion about how we proceed with this matter of transmitting other teachers?

Jared: It must be with her free will, and if she so chooses, we can assist her.

Philip: We pretty much have been torturing her for a few days and I think we pretty much beat free will out of her, but I hope you'll accept that anyway. (laughter)

Jared: You are not capable of removing her free will. (laughter)

Elizabeth: Thank you Jared. Rayson is here.

Jared: Would Rayson care to speak through you now?

Elizabeth: He certainly would.

Jared: Would you care to?

Elizabeth: I wonder if the group wants a break, and I will be very happy, very happy.

Jared: At your convenience.

Elizabeth: That was just putting it out there to everybody.

Sardineal: Let's do it.

Philip: Yes, are there any other questions before we take a break this morning? Okay, well, thank you so much for connecting with us. Jared, we'll take a little break right now with your agreement.

Jared: I have enjoyed teaching with you and look forward to Rayson teaching too.

Philip: Great, bye bye for now.

Elizabeth: What a nice teacher, what a nice TR.

***** BREAK *****

Rayson: The presence of God surrounds us. The power of God protects us. The love of God

enfolds us. Wherever we are, He is. Greetings, I am Rayson. I am a teacher. It is with great pleasure that I speak with you today. I am so pleased to have reconnection with my cherished Elizabeth, and I am grateful and charmed by the mortal personalities present. I have listened to your group many times and congratulate you on your steadfastness, your faith, and your mutual support and love.

I would like to express on Elizabeth's behalf her warm feelings toward her good friends long absent, and at this moment I would like to give you, [Ms. B], your spiritual name, "Iliana." Your teacher Sarah is here and sends you her warmest love and will try to speak to you later through Elizabeth, although I cannot guarantee that connection. I would be honored to receive questions and comments.

Philip: Welcome, Rayson, it is so wonderful to see you, again, and I'm so happy that you've reconnected with Elizabeth and hope that this will continue in the Southern California group as well. I wonder if you have any message or comment on our group or the teaching mission at this time for us?

Rayson: My beloved Philip, you are a true soldier. I anticipated much contact with you when we first met and have been honestly disappointed that I have not spent so much time with you.

Why must there be such concern regarding the definition of the mission? You have a teacher. My brother Jared is a brilliant, faithful, loving teacher. He is at your disposal. The mission is complex. It is organic and it is changing. You mortals are overly concerned with it's machinations, and it is fruitless to define us. Suffice it to say that Father Melchizedek, Father Abraham, Brother Ham, are all in the process of reshaping and reforming this Correcting Time as the needs present themselves. The mission is adaptive. It is reflective of the attitude of the believers and non-believers. It is our job to continue the revelation of the gospel of the Fatherhood of God and the brotherhood of man. It is your job to receive it. Leave us our infrastructure, our organization, our definition, and tend to your own acceptance, understanding, and faith. I have always deflected questions concerning the scope and meaning of the mission in favor of it's realization in the present. Does this answer?

Philip: I thank you so much Rayson, your words are so kind and touch me deeper than I can express. I thank you so much for being here

with us. For myself, your intimate contact with me in my stillness time has been immensely appreciated. I've sensed your presence at times and have, of course, missed you as well, as I'm sure you're aware. Your teachings have meant so much, I have thought of them so often, and they've guided me so frequently. I just want to give you my heartfelt gratitude.

Rayson: Much appreciated beloved Philip.

Mrs. L.: Thank you for coming. I have thoroughly enjoyed your tapes; they have meant so much to me. I have a question about something that Jared shared with us the other night about personal questions and why they are so important. Can you elaborate on the meaning of our personal lives and how this is important for the mission and our spiritual growth?

Rayson: Mrs. L., I am not sure I understand the heart of your question. You would like to know how the mission impacts on you personally?

Mrs. L.: On each of us as individuals and the importance of our mortal lives and living the spiritual life and our mortal existence.

Rayson: You have asked for the world. I will try to give you a piece. Your planet, Urantia, has been in isolation. You have felt alone and adrift in the universe. Mortals look at the stars and pray that there are others out there. This has been the curse of Urantia and of your life. But now your planet is rejoining the cosmic community.

We are your first wave of friends that you can sense. While your planet is being re-incircuited, you will come into contact with more and more beings who co-inhabit the Father's universe. We are merely the pilgrims of this time. We are the first off the boat. You have always had scores, teams, armies of angelic assistance. Surrounding you at all times are the Primary and the Secondary Midwayers, guardians of Urantia. Each one of you can communicate with Michael via the Spirit of Truth—a unique gift to this planet in isolation. And of course, each of you, and each of us, has an indwelling fragment of the Father Himself.

But these helpers have not been so apparent as the burgeoning contact with our group of individual teachers. We are preparing you for your initiation into the citizenry of the universe. You will work side by side with beings seen and unseen, heard – unheard, in the

days to come. This is the meaning of the Correcting Time.

That is one element of the impact of this mission on your life. But there is more. You must be made familiar with the tools of the Agondonter. You must be taught and led to recognize the voice of the Father within you. You will be taught to discern the gentle nudges of your Guardian Angels, and you will begin to see the fleeting glimpses of the Midwayers at work in your world and around your life. As you strengthen your connections, so will your soul strengthen and you will begin to live more Morontially. We will help you. We will guide you. This is the goal. The goal is to have a corps of mortals who live Morontially on Urantia, and we foresee great success in this part of our mission. Does that answer?

Mrs. L.: Yes it does, in part. Can I ask a second part?

Rayson: You may ask many parts.

Mrs. L.: Okay, the second part of the question is, when we ask personal questions about difficulties in our own lives, I have noticed when I ask Jared questions in the group, that oftentimes within twenty-four hours or within the next week the stumbling block is solved or removed from my life. Is the asking of the question in any way connected with the spiritual growth?

Rayson: Sometimes. I have found in my life experience that the framing of the question is half the battle, that defining your needs is half the battle. We teachers do not effect these changes in your lives, if that is what you are asking. But your questions, your attitude and tone, go upward like a prayer, and it is more probable that your angels actually effect the changes. Does that answer?

Mrs. L.: Yes, thank you.

Sardineal: Hello Rayson. I didn't so much have a question as to say hello for the first time since I met you about a year ago, and wanted to thank you so very much for the messages that you have been sending to us.

Rayson: You are most welcome Sardineal. You are a faith-filled son and greatly respected among the entire teaching staff.

Iliana: Hopefully I can get this out without falling apart, Rayson.

Rayson: My dear Iliana, let me say how happy I am to be with you today. Your friend Elizabeth has great and contagious love for you, and it is so easy for me to feel it as she does.

Iliana: Well now you've done it.

Rayson: It was not my intention to create a blubbering mess. (laughter)

Iliana: I don't know how this happens, but anyways I'll try and get something out here. Thank you for my name. I've been curious as you know.

Rayson: I would like to clear something up. I did not name you. Your name comes from your teacher, Sarah, who has called you Iliana and has told me.

Iliana: Thank you Rayson. I didn't think you'd named me, but you were the one who first said it to me so that I could hear it. Perhaps Sarah has been trying and I haven't been hearing. I'm so pleased to speak with you for the first time. I too have enjoyed so much your tapes and transcripts that I received. They have illuminated me in ways that I had not felt before. And thanks for coming up with my dear friend Elizabeth who I have really enjoyed spending time with. It's been a long time since we've done that and I'm so appreciative that you're here with us and shortly I'll come up with a question, but I just wanted to greet you.

Rayson: I will speak with you personally later Iliana.

Iliana: Thank you.

Mr. Q.: I'm the husband of Mrs. Q. who you met in Los Angeles. I am greatly heartened by all of the contacts I've had through the TRs with you teachers.

Rayson: You may have met more than I have, Mr. Q.

Mr. Q.: I feel... I've listened to many of your tapes and I have a very close bond to Elizabeth. As a sister she played a big role in bringing my wife and I together. So I guess that makes me feel close to you.

Rayson: It is a jump of some sort, but I will accept that closeness with much love.

Mr. Q.: I guess I'm kind of feeling like a little dog running after a human with all you teachers here. As I'm going back to Kona, and we don't

have any TRs in our group over there, maybe I should have asked Elizabeth before, but if she's able or willing and if Norson is here, I would be greatly heartened to hear anything he has to say.

Rayson: Moment. Elizabeth is frightened to transmit a Melchizedek Receiver. I believe there is more information forthcoming regarding your teacher. Moment. I cannot transmit this information. There is some confusion, Mr. Q, with your group teacher. It is true that Norson is here on Urantia. He is part of a small group of Melchizedek Receivers assigned to the planet during the Correcting Time. However, you will be receiving a teacher from the usual staff, and I do not know his or her name. I am sorry I cannot tell you more.

Mr. Q.: It seems that of all the questions I've asked, the best answers I've gotten from any of the teachers have been regarding my own spiritual growth. I've many questions. It seems as fast as they come up, they are answered in my mind, so I won't ask any of you at this time. So when Ham told us that Norson was the coordinator of the teaching corps of our group over there, I'm assuming that he didn't know also who the group, specific teacher corps group teacher was. Is that true?

Rayson: No probably not. Brother Ham is the one who would know. He is not here now, and I am not qualified to name an assignment. I believe this will be forthcoming in it's time as there is a change in the mission hierarchy, and it may be that another teacher will be able to make that full assignment. It is more correct to see Norson as a coordinator and not as a group or individual teacher.

Mr. Q.: Thank you very much Rayson.

Lisa: Hi, Rayson, this is Lisa. I wanted to thank you for being here so that I could speak with another teacher. Is there anything that I need to know to assist in transmitting, or any other information that you can give me?

Rayson: I would like to express to you, Lisa, Jared's love and respect for you. He is much pleased with your openness, your personal integrity, and, above all, your faith-lit courage. You have exceeded any hope of mortal contact that Jared ever had. You are a faith-filled daughter of the Father. You are a true sister among your fellows. You have grown by immeasurable amounts since your first contact. We applaud you, Lisa. We love you, and you should be secure in knowing that you truly do the Father's will here, among your brothers and

sisters in the mission, and in your daily life. We are most pleased with you.

Lisa: Thank you... I send my love to all the teachers.

Rayson: My children, this is a time of great joy. Your lonely isolated planet is coming to life. The gospel of Jesus will not flicker and fade. You are the vanguard of a new and glorious time. *The Urantia Book* led you here, and we will lead you further. Know the Father, listen for the Spirit of Truth, trust your Guardian Angels, and you will succeed in moving Urantia forward into the era of Light and Life. I thank you, I salute you, and I bid you farewell.

Philip: Farewell, Rayson.

Elizabeth: That's all folks.

Philip: Hey that's really touching stuff. Thanks Elizabeth.

(assorted group ramblings) (end 11/14/92)

The Teachings of Rayson and Sarah
(a small session)

November 14, 1992, Sebastopol, California

Rayson: My beloved Philip and my beloved Iliana. I am Rayson. I am grateful to be with you in this smaller group. I understand Elizabeth's desire to give Iliana a special moment. However, Philip, I am so grateful to have time with you in this more condensed fashion that I know Iliana would understand if you participated as more than just a recorder. I am so pleased by your fortitude in keeping your group alive here. I know that it is difficult to juggle the mortal personalities and maintain a consistent level of interest, and, given Lisa's inexperience with the higher-blown concepts of *The Urantia Book*, your task is even more difficult. However, you have succeeded in reigniting a flame of interest in the gospel here in this lovely area, and we recognize your efforts and applaud them. You have always proven yourself up to any assignment, and we have always been able to count on you. Iliana, I will be happy to answer any questions you may have for me, and then I will depart, and Elizabeth will try to connect with Sarah. But before that time I am here now and welcome any conversation you may wish to make, any questions you may have of a personal nature or not even personal. You need only ask.

Iliana: Thank you, Rayson. And thank you for agreeing to this private session. I feel very special.

Rayson: You are very special, Iliana. Your soul is visible to me and to the teachers. We are morontial beings and can see your morontial being, and may we tell you how brightly you glow. You are a loving, trusting, faith-filled daughter, and I would like to tell you that you have two personal guardians who adore you. You have achieved the third circle. Your loving kindness will take you far in your career. You are a true believer, and you will reap many rewards for your unbending love.

Iliana: Thank you, Rayson. That's almost more than I can handle, as usual, from you. Thank you for those nice words. Maybe you could help me with some areas I need work, so that I could be as effective as possible at the moment, 'cause I'm a willing student and do need guidance. Could you help me with that?

Rayson: I would be happy to respond to any question. I am not a therapist. You should turn to Philip for that. However, if you would ask specifically, I will do my best.

Iliana: Okay, specifically, I know I have a problem with fear. I guess that's common to most of us, but I don't know, I think probably I have more than my share, as my brother was saying about himself earlier. It shocked me.

Rayson: You may have fear on material planes. We are not concerned with that. We are more concerned with the courage of your love and trust in your human family, brothers and sisters. You are not afraid to love. You are not afraid to spread the gospel. You are fearless in the trial of your beliefs. And this is real courage. Your material difficulties are great. They produce concern and anxiety but this is not fear. Fear is the absence of love, Iliana, and we do not recognize the absence of love in you.

Iliana: Thank you, Rayson. Oh, regarding my material life—I don't want this upheaval to get in the way of my spiritual growth, but it seems that it takes me away from, at this time anyway, it takes me away from going forward spiritually. I have a hard time seeking the silence. I have a hard time finding a bed, sometimes. So, I feel guilty about that; however, maybe my guilt is something I need working on.

Rayson: Guilt is fruitless. You know this.

Iliana: Yes.

Rayson: You are buffeted back and forth by literally the winds of adversity, and it is difficult to find internal stillness when you have no external stillness. And until this period passes and you root again, the challenge to seek the Father for you will be great. Remember the Master. Remember how living among the twelve he managed to go off alone and commune with the Father. This is your challenge, Iliana, you can achieve it. You just must make the small space and time required. But you are not judged for your inability to be perfect in the situation you are in now. You are more congratulated on your good spirit throughout this trial. I realize that I am not allowing you to feel badly about yourself.

Iliana: True.

Rayson: And I believe that it is true that you have no reason to. You are cherished and not judged and should learn now not to look for authoritative scolding from your teachers. We are not your parents. We are loving helpers who, much like your angels, recognize your positive qualities and tend to ignore your mortal shortcomings.

Iliana: Bless you. Can you give me any kind of a clue as to how best be used whatever gifts I've been given?

Rayson: Sarah would like to speak.

Iliana: Okay.

Sarah: My dear friend and sister. I am Sarah and I am your teacher. I am so happy to be released so that you may speak with me directly. Iliana, you can be a transmitter-receiver if you so desire. I am available for such purpose. However, if you choose to not accept that possibility then I will maintain my relationship with you as a personal teacher and guide. I feel tremendous friendship and sisterhood. I am not so different from you. I am an ascending mortal called into service from the sixth mansion world to prepare for the correcting time on Urantia. I feel blessed that you are my assignment. You have many helpers around you. I know your angels, and I know that many groups of seraphim attend you in your life. You are a great evangel of *The Urantia Book* and will be a great evangel of this continuation of the Fifth Epochal Revelation. We will discuss how you may contact me for personal guidance and possibly transmission to others. Do you have some questions for me?

Iliana: You bet, Sarah. It's so nice to be able to communicate with you, again. I've been

looking forward to this moment since the last. You are a wonderful sister to me. I hope you get some of my communications to you as I haven't been getting any from you except through somebody, which I would love to change. I hope you've been having fun. I tried to include you in some of my fun.

Sarah: I enjoy your activities and, whether invited or not, I'm afraid I travel with you quite closely. I sense your joy and ebullience and am made joyful by it. Yes, I have fun with you, Iliana.

Iliana: And regarding the remark about transmitting and receiving, quite a while ago I sort of put it out there that I would definitely be a willing partner in doing that, I just didn't think it would be available to me. Somehow I pictured myself doing something else, but—

Sarah: Two things. One, your ability to allow me in, your ability to remove yourself from the process, will determine whether I am transmitted. And two, and more importantly actually, is need. I can speak easily with you in your higher mind. I will speak through you if there is need for others to hear me. I know you are without a base, and when you like, we will see if a group forms. In the meantime, may I make some suggestions on how we can talk?

Iliana: Please.

Sarah: When you seek the Father, you dive deeply. Look for me on the surface of your mind here, [gestures to forehead] in your mind's eye. Search for me in the ceiling of your mind. I connect there. You will first have unconscious communication where it will seem like internal dialogue, and when it is over you will realize, aha, Sarah. You will begin to recognize my voice lightly here. And as you practice seeking me there, the connections will grow. It may be that you will sense me viscerally, but this is not always so. But once again for a direction, Iliana, close your eyes and reach for this portion of the inside of your head. And this is where you will hear me. It is hard to communicate in words ideas that are not material. However, I trust that before long we will be chatting nonstop.

Iliana: Perhaps it will be of necessity to me to make a connection with you sort of through the top of my head, instead of through my dear friends who have been so lovingly transmitting you, when I am back in Kauai and cut loose from them.

Sarah: You will not be cut loose from me. And furthermore, it is appropriate to sit first on this side of a transmission, on your side, on a receiving side. It is a pleasure to talk with you this way and no effort for your friends. And now you can maybe recognize my sound, my style, for yourself. I have similar personality traits to you, and we are well suited for work together. I was assigned to you by Ham. I should tell you that I have not been with you since you were a child; however, I have access to records of your life and know your whole life. And this knowledge of mine created a confusion about my time of arrival in your life. It is unimportant. What is important is that you are a cherished part of our mighty mission and you will not be left adrift and alone but will always carry me as a touchstone.

Iliana: Always? You will be with me for a long time?

Sarah: Okay. Not always. I will not project too far into the future, but I can say that, for now, we are a team.

Iliana: It's nice to be part of a team, and I'm thrilled that I got you, babe. Or you got me.

Sarah: Elizabeth says, Sonny and Cher.

Iliana: So I guess maybe you'll be coming back to Kauai with me, and I still don't know if I'm going to stay. I have to see what's there, and maybe I'll talk to you about it. Would that be okay, and would you like to be a part of my decision making process? Or is that just up to me?

Sarah: I will respect your creature will and follow you wherever you go. I will not play a part in your decision making process but will adapt to the circumstances you create. Sorry.

Iliana: That's okay. Is it possible to give you a hug? I did that once in my bed—I hugged all my seraphim, and you, my Thought Adjuster. I wonder if you all noticed it.

Sarah: Here is how we feel a hug. When you convey love, it is as if you emit tendrils from your morontial soul. We draw close when you have such outreach. It is very much reflective of a human hug. I feel your love when you love. Simply that. And we cannot touch physically, but I am morontial and to some extent so are you. And it is there that I receive your embrace.

Iliana: And it doesn't matter necessarily, I want you to tell me if this is true or not. If it's love for

you or love for the Father or, well, love for anyone is love for the Father I would imagine, but you get the tendrils with just love for anyone, any being?

Sarah: I am not yet perfect. I respond ashamedly to a greater degree when affection is directed toward me, but I am still evolving and do respond in great measure to love for anyone. Is that clear?

Iliana: Yes, it is clear. I'll just have to give you more of it.

Sarah: I am ashamed of my own shortcomings and am trying to be less self-reactive.

Iliana: So you still have a mark of the beast, I guess that's what they call it in *The Urantia Book*. Have you, then you have not fused with your Thought Adjuster?

Sarah: Oh, no.

Iliana: How old are you?

Sarah: I am—moment—Rayson advises me not to say my age as many mortal jokes are made, but I can in good conscience tell you I am well over five thousand, and Elizabeth says I don't look a day over four.

Iliana: I like your sense of humor.

Sarah: It is very mixed with Elizabeth's at this point; I enjoy her humor and am willing.

Iliana: Well, she's the funniest mortal on the planet. I don't know if you know that.

Sarah: I know she is not the funniest mortal on the planet, but we do enjoy her humor tremendously. I want to extend my greetings to Philip and to tell you, Philip, that I have great affection for you which I share with Iliana and with Rayson. And I am grateful that you have provided this wonderful space for me to come forward in. I thank you. And I want to say that I have taxed Elizabeth and will receive one more question and then, Iliana, it will be for you to find me.

Iliana: Gosh, one question, I have to make it count. Well, there is one question. Elizabeth was telling me about exercises that can be done between two people to help the process. I'm wondering if that would be valuable to me and—

Sarah: Yes. In time it will be of value. First, you must find me for yourself. Then, with one

person present, seek me and have that other person ask simple questions. When you allow me to, I will come through. It is the process of some length. When the time is right, you may choose your partner. It should be someone who you are at ease with. You will make many mistakes in transmission at first. And you must tell that person that that is possible. And that time is some months away, Iliana.

Iliana: Okay.

Sarah: Philip.

Philip: Yes.

Sarah: You have a question?

Philip: I wanted just to tell you what a privilege it is to have you here and what a delight it was to briefly transmit you to Iliana. I thank you so much for your love and warmth. It is balm to my heart.

Sarah: I thank you for your accessibility and your commitment.

Philip: I loved it. I'd be happy to do more.

Sarah: Perhaps we shall. It was great and stimulating to be in your mind. I will be with you later. Farewell.

Rayson: Greetings. This is Rayson. I am back for a moment to thank you and to tell you that I look forward to a time when we can do this again. Till such time, I bid you farewell.

The Teachings of Rayson

(small group session)

November 15, 1992, Sebastopol, California

Rayson: The Power of God protects us. The love of God unfolds us. Wherever we are, He is. Greetings children. I am Rayson. I am your teacher. Brother Philip, sister Iliana, I bid you good morning and thank you for your presence here today. I realize yesterday's session was foreshortened by Elizabeth's difficulty transmitting Sarah, and, Philip, I know of your desire to have some time to ask questions of me. And for this purpose I am here now.

Philip: Thank you so much, Rayson. I hope you felt my heart-welling of love and appreciation for you. I probably don't need to

repeat in human words all that I've attempted to communicate in my stillness time. As you know, I'm just so grateful for your many contacts and look back on our first session with such fondness. I've attempted to put your teachings into practice, your instructions and suggestions to me from January 13th, and it has been so helpful, so wonderful, so my first question is really my gratitude to you.

Rayson: You are a faith replete son and in, to the extent I can single out special individuals for affection and respect, you are one that I feel greatly toward and think highly of. Your struggles are not unnoticed and are counted as valor to the teaching staff and to Father Melchizedek.

Philip: It makes me feel really good, even your words greatly assist me with my physical struggles and, of course as you know, there are times when I have my doubts as to whether or not it's of value to struggle in my own alone time with things that others don't see or are not aware of. And I certainly appreciate very much your feelings, and it's hard for me to even put it into words. I hope you can discern my gratitude and love for you.

Rayson: Yes, Philip.

Philip: I know that my dear sister Arleena would have loved to have been here today, and she's on the road. Although it's an indirect communication, I wanted to ask if you had any words for her that I could pass on.

Rayson: Arleena is proceeding well in her journey toward Father Consciousness. You may send her our regards and our best wishes. I have no specific message for this sister.

Philip: Thank you. Of little notes that I jotted down in my headachy state, I first thought to ask if you have any follow up on our January 13th session. You were so forthcoming and filled me with so much that, as you may know, I've often gone back and cherished your words and thought about them. If I could only carry out a small portion of what you suggest, I feel like I would grow immeasurably. Your information about my angels and Thought Adjuster contact and forgiveness and your wonderful forthcoming way was just so delightful. So I just thought I'd open it to if there's anything at all that you would have as follow up, I'll be happy to hear.

Rayson: Philip, you have made great leaps across the distance to the Father fragment within. Your dedication to this goal has carried you

further than any expectation we might have had for you. You are deterred by great physical barriers. However, you leap these detriments like so many hurdles in a race. We measure your growth by your tenacity and unwillingness to be stopped on your road to the Father. As you have fought to make your way, your guardians have drawn closer and rejoice with us in your mighty personal achievements. We have not removed your physical limitations. However, you have reduced them by increasing your morontial soul in this faith struggle. We are pleased and proud for you and know of your difficulties.

Philip: Thank you so much., Jared..

Rayson: I am Rayson.

Philip: ...I'm sorry. I know who you are.

Rayson: It helps to identify our personalities for each one of us will represent another facet in the jewel of original personality....

Philip: Speaking of our brother Jared, he has done an exquisite job of conditioning me to seek first the stillness and I'm very grateful for that. So I am a little hesitant to ask all of my heart-felt questions, having become accustomed to that guidance. Nonetheless, knowing that you have been a physician in your past, I think there's been only one major puzzle for me in terms of communications from teachers, and that was my healing treatments with Joshua and Ham's statement about forecasting my improvement or having energy for joyous mission assignments. And it's not that I have any great expectation of big changes at this point, and I'm fully accepting of that, I'm open to these things may take time. But if you have any information or clarification, that would be welcome.

Rayson: Elizabeth is unwilling to transmit medical advice and I have difficulty coming through her in this area. However, we have not seen the end of your healing. You have not benefited greatly because of the minor amount of energy manipulation done upon you. There are currently healers being tuned here who may come on line and be able to work with you in a more consistent manner. When the Mission is self-analyzed by the teacher staff, Brother Ham, Father Abraham, Father Mechizedek and others, we always argue, not argue, disagree on the efficacy of physical healings and are unclear still as to how much we will devote to this material phenomenon in the outworking of the Mission. You, Philip, need much more than you have received and it may be that someone in your area

will provide you with this service. I cannot say more.

Philip: Thank you for all of that. And, as always, my study of this transcription always deepens when I hear the tape. I am looking forward to more and more contact with you and the other teachers in my stillness time. And I'm having faith that—more than faith—that you and I have had occasionally contact, perhaps more that I'm not aware of, so I just look forward to greeting you in my inner world more often, more certainly, and would appreciate any feedback or directions that may help me with that.

Rayson: You have been visited by me on many occasions. You recognize my presence by my name—hear my name in your quiet mind and you can be sure I am there.... [personal question is asked and answered]

Philip: As always, even as you tell me your limitations, I find that you give me more than I expect, and I thank you very much. You've already answered some of my other questions that I noted here. One is, that remains is if you could give me any perspective or deeper understanding of the differences of, in transmission that may account for my experiencing you so differently through Lisa than say, Elisabeth or Mary. I love Lisa deeply and have such respect for her commitment, and yet as you, I think, used the word yesterday, of course I do miss the more high-blown transmissions that I've received from you and cherish those deeply. I know sometimes I may perhaps fail to utilize or acknowledge Brother Jared for the lack of my understanding, but I have such a deep respect for him and what he's doing with us. Anything you can suggest so that I can be of more service to Lisa and our group?

Rayson: First, I am more accessible to the mind of Mary than to anyone. Second, to Elizabeth. Mary and Elizabeth have been tuned specifically to receive my transmission. We vibrate at the same frequency with the help of the midways and the life-carriers who prepared this process. Second, Lisa is tuned perfectly for Brother Jared. Other teachers that may come through her are distorted by her own personality, psychology, and fear. Brother Jared is different than me. He is a less intellectual, more visceral teacher. He has a different goal than I do with our respective groups. You are not missing anything by not sharing in more cerebral matters in this mission. You are already cerebral. You are reaping great benefits in the struggle to find the Father within, thanks in no small part to Brother Jared's consistent, devoted, and loving push toward that

end. There is no great elation in restating facts found in *The Urantia Book*. The great joy for all of us is the fullness within when the words of the Thought Adjuster are heard in the stillness. Brother Jared states this directly. My assignment is to tap dance, as Elizabeth would say, around the mind circuits of the overly intellectual to finally get to that kernel of truth that Brother Jared reaches so clearly and so easily. Do you see?

Philip: Yes. I think I do. I don't mean to speak too quickly, but as as you were speaking I was resonating, and it's sometimes frustrating with Brother Jared, but I have confidence that this is of great value for all of us, and I cherish the experience.

Rayson: Ask Brother Jared to help guide a group meditation in seeking the stillness.

Philip: Great. Will do.

Rayson: Iliana, I would welcome a question.

Iliana: Thank you, Rayson. Can I ask you a question about Sarah? Are you real familiar with her? I imagine—

Rayson: I know all the teachers, not well. I do not know Sarah well. I have experienced her friendship recently.

Iliana: Well, like you say, Brother Jared is more visceral; you are more intellectual. How would you, what would you call Sarah?

Rayson: I am sorry to have button-holed Brother Jared in this manner. I would like to say that the teachers have the ability to exhibit many styles of teaching. Sarah is light of, we would say light-hearted, gentle. She is a fine teacher, and her main personality trait is joy. She is joy-filled, in no small part owing to her lucky assignment.

Iliana: Thank you, Rayson, that was beautiful. Also, may I call on you in my stillness?

Rayson: Yes. I do visit the students and would welcome a trip to Hawaii.

Iliana: Okay. I'll maybe give you a little vacation. That would be wonderful. Thank you so much. Your words are wonderful, filling me full of emotion again. Thank you, Rayson.

Philip: Rayson, I'm tempted to ask—Brother Jared has indicated there's no need for teachers to travel, and you speak at times of traveling. I'm

just a little confused here. I'm getting the impression that the teachers have such sophisticated circuitry, reflectivity, or whatever it is, that it's possible to tune in focally as if you were there. Can you share any on that?

Rayson: I will tell you, Philip, that I travel. I am primarily stationed with Mary and other transmitter-receivers in Southern California. I am bound by space and time. I do travel quickly, and I do travel. I am not completely accessible to all at all times. This is a restriction of my morontial state and the additional down-stepping of my morontial form to, closer to the mortal level. I apologize for the inconsistencies in the messages. This is a more prevalent, ever more prevalent, fact of this mission, and it is for you to appeal to the Spirit of Truth for what is pure truth. The fact of me is inconsequential. The truth from me is of great importance.

Philip: Thank you, thank you for the clarification. I really appreciate it and realize I'm doing mental wandering but if, as long as you're available, I'm just so delighted. Can you say anything to me about Reiki?

Rayson: Many of the—I know little. Many of the contemporary healing arts are measured successful by the amount of faith and belief inherent in them. I can tell you that no extraordinary energy is channeled through the healer. However, the power of the subject can create healing similar to biofeedback. A concentrated focus on the infirm area by the subject, and the psychological power of the focus of the healer, combine to call the forces of the material body to direct their energy to the injury. Partially true—Reiki is partially real, determined by psychology and focus, mortal focus.

Philip: That's very helpful. Brother Ham—I think on two occasions, one very recently—transmitted through Rebecca information that crystalline structures focalize material morontian spiritual energy. I was struck by this reference and such time spent on what appears to be something material. Anything you can impart about crystals, is this a pursuit that's worthwhile on a material level?

Rayson: Not really. I see no value in a light-hearted, lightly taken study of the material properties of crystals. Know that they are energy transmitters and that morontial beings make great use of them and that they exist in some similar form on the mansion worlds.

Philip: Any clarification of Brother Ham's somewhat lengthy commentary on crystals? Am I missing a context or something here?

Rayson: No. I have no comment beyond what I have said.

Philip: Thank you.

Rayson: I am not encouraging you to pursue a study. I believe that there is an interesting bridge between morontial and material energies inherent in the ability of crystals to transmit energy. However, I see no spiritual value in this information.

Philip: Thank you. That's really what I appreciate. Because I, when I hear things then I do contemplate maybe that I should pursue it, and of course as a human I have limited time and energy. So that's really very helpful to me, and the same with Reiki, because both of these could have taken a lot of my time, until I came to the point of discerning the truth. So I thank you very much. Let's see if Iliana has another—any more questions.

Iliana: Gosh, I was just, I probably will. I came here unprepared.

Rayson: Children. Please do not feel pressured. I delight in this relaxed time together. Let us finish by praying to Michael. Heavenly Parent, Michael of Nebadon, help these children of time in their struggles to achieve morontial living in the material world. Bless each one of them as they barrel through this planet on a direct course to you. Thank you for the life you have lived. Thank you for your spirit of truth. We pray to be better reflections of the universal Father in our daily lives. Amen.

Philip and Iliana: Amen.

Philip: Thank you so much, Rayson, it's just so delightful to be with you in this presence.

Rayson: I bid you a fond farewell.

Iliana: Farewell, Rayson.

Philip: See you in the stillness.(end 11/15/92)

The Teachings of Jared

November 19, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I welcome you here in your search and hope to assist you on your path to God's will. We hope you will find much as you seek and now that we are with you and helping you. My welcome to all of you.

Philip: Good evening Jared. We have a couple of guests this evening, Gunther and Andrew here to share with us. Do you have any comment or message for us?

Jared: We appreciate those seeking and look forward to assisting in that search.

Philip: Okay, let's see if anybody has any questions.

Andrew: In reading the transcripts from Will and the Woods Cross transcripts from Ham, I ask myself questions about what I can be doing to help my spiritual growth right now, and I keep hearing the only answer I can give myself is to seek the stillness. And I just find it very difficult to find time, or when I do find time, to be able to sit in stillness, and I'd like to know if you have any comment about this?

Jared: The stillness will help you in your daily life and is worth the extra effort it requires initially. Stillness is difficult for people, and we hope you will have patience with yourself. Find some time without distraction and sit quietly allowing your mind to quiet. Listen for God's voice. It is frequently difficult at the beginning, but it will become easier. As you begin to feel the peacefulness, it will extend to other parts of your life. As you are able, it is useful to stop a moment as you go about your day and seek that peacefulness and allow it to overcome you. You will find this most useful and helpful, and it will become easier. Does this assist you?

Andrew: Yeah that does, thank you.

Philip: We've heard you say in the past that seeking stillness involves letting tranquility descend upon us. Could you say a little bit more about that—how we can go about letting tranquility descend?

Jared: Quiet your mind. Allow your anxious thoughts of the day to leave you. Welcome those happy thoughts of your day, those things that make you smile. Feel the sun upon you. Feel it's warmth. Know of God's part in these events in your life and allow the feeling of God to overwhelm you. In this way you will become tranquil.

Philip: Thank you, that was quiet helpful. Is it important to have a special time to set aside, a regular time to seek the stillness? Can you extend upon that a little bit if it's important, and if so, why so?

Jared: Most people function well in routine, and it is helpful to experiment to find the best time, the time when you are most receptive and then continue returning to that point in your day. As you become accustomed to this routine, it will often be easier for you to allow for the tranquility.

Mr. D.: In practicing the seeking of the stillness and meditation, etc., I'm also reminded of a reading in *The Urantia Book* of keeping one's feet in the soil of their life. Could you discuss perhaps the balancing and ways of maintaining a balance in this regard?

Jared: Between seeking stillness and . . .

Mr. D.: Seeking, and still functioning in one's life in the material sense, our mundane mortal existence.

Jared: You are encouraged to be aware of your material needs and continue in your material life. It is important to find a balance that you are comfortable with. Your search can assist you in examining your material needs and establishing a correct priority and eliminating those that are unnecessary and burdensome. In this way it will free you and provide you with the space for stillness. The stillness need not be overwhelming in your life, overwhelming in a negative way. If you can spare some minutes' time each day, you will see great progress. It is also useful to stop, as you go about your day, and spend just moments finding that stillness quickly within you. Does this assist you?

Mr. D.: Very much, thank you.

Gunther: This is another [his name].

Jared: Welcome to as many as choose to come.

Gunther: In reading the teachings of Teacher Daniel's transcripts, I see that there is quite often a lot of stress on getting to know yourself. Presumably this is to get yourself psychologically together so that you can open the gates to a spiritual self. And I recalled in *The Urantia Book*, I just looked it up today, a very brief paragraph, and I'm wondering if you would have a comment about contrasting this with the admonition to get to know yourself:

"The three apostles were shocked this afternoon when they realized that their Master's religion made no provision for spiritual self-examination. All religions before and after the times of Jesus, even Christianity, carefully provide for conscientious self-examination. But not so with

the religion of Jesus of Nazareth. Jesus' philosophy is without religious introspection. The carpenter's son never taught character building; he taught character growth, declaring that the Kingdom of Heaven is like a mustard seed. But Jesus said nothing which would proscribe self-analysis as a prevention of conceited egotism."

That's on page 1583. (laughter)

Jared: There are some people who become so absorbed within themselves that they find themselves unable to see the world around them. In that time and that space from which you read, it was decided there needed to be a change. Jesus of Nazareth provided that. We now are suggesting in this time and in this place that the balance must be shifted again for each person to take responsibility for their own lives and their own actions and to realize how important, how vital each individual action is as it affects so many others.

Gunther: Thank you.

Sardineal: Good evening Jared. I don't have so much a question as a comment, that I was very appreciative of seeing you last time and as well appreciate any assistance in my recent difficulties with driving. And when I was up in the plane I prayed mighty hard let me tell you. (laughter)

Jared: We were buoyed by your faith in us and your responsiveness to our guidance.

Sardineal: Okay.

Philip: I too am very grateful for our recent contacts and particularly our joint session with Brother Rayson this last weekend seems for me an eventful week and I very much appreciate your work behind the scenes.

Jared: We were. . . many of us were watching your meeting on Saturday and quite pleased with the outcome. Rayson was delighted to speak again and hopeful that more will come. It is most helpful for extended groups to come together when possible. It allows for greater exchange and bonding with the people involved.

The teaching mission is designed to assist individuals to help them know how important they are and how much difference each person each day can make. It also depends on the group and the group's ability to accept and be supportive of each other, of their ability to adjust and provide a solid base from which people can extend themselves. I feel this group progressing and hope for more. Your discussions of the teachings are very important. It is helpful to share with one another how these teachings affect your life and how they assist you, how your stillness is achieved, and what you gain from your stillness. We hope you will continue in your searchings and know that we are watching you and cheering you on. We are with you and blessing you. Thank you for your searchings.

Philip: Of course, it's a pleasure. I think Sardineal may have a question.

Sardineal: I was wondering about, oftentimes children have imaginary friends as they are young, and do teachers contact children and sometimes become that imaginary friend, and is that contact lost as children age?

Jared: Children have less contact as they are much too busy in their own lives. They also have less need of teacher contact as they are closer to God naturally.

Sardineal: Would that be through the Mother Circuits, the Universe Mother Spirit Circuits?

Jared: All of you are born fully aware of your closeness with God and in this place lose it gradually. Children have lost less of it than you adults.

Sardineal: Okay. I was wondering if you have any suggestions or recommendations for improved relations with my own stepchildren?

Jared: Continue to enjoy them. Help them in their search. Trust that they love you.

Sardineal: Thank you very much. Do you have any other suggestions for me on a day to day routine?

Jared: Believe that we are with you. Stop momentarily, when possible, to remind yourself and continue listening to the guidance we provide you. Mostly you must trust that we are with you.

Sardineal: Thanks, I feel that more and more.

Jared: We know.

Sardineal: On a slight tangent, earlier Philip and I were discussing some of our prior inappropriate questions with regard to the lottery and playing the ponies. (laughter)

Jared: They were not inappropriate. It was designed to allow others awareness of the limits and to relax the tenseness of the situation. Or, at least, we assumed those were your motives.

Sardineal: Well this evening I'm going further and I'm going to make a direct solicitation for money. (laughter)

Jared: And you will once again receive my message to you to seek the stillness.

Sardineal: In lieu of money? (laughter)

Jared: It is better than money.

Sardineal: Thanks.

Andrew: One of things I've been feeling as I've been reading the material that Philip has been sending me is a very strong intuition that is disturbing to me and also exhilarating at the same time. Because of my upbringing, and my father's early reading of *The Urantia Book* that I'm in a position to, well what it feels like is that I'm really on the cusp of making some real spiritual breakthroughs in my life and with the phenomena of the teachers, of whether I'm already being prepared to be a transmitter/receiver or having my own teacher or something. Whatever that would look like. It feels different than other periods where I felt that things were changing for me spiritually or I just come out of a period where I had a lot of spiritual growth. There's like a newness to this that for some reason makes me have more faith in the experience. Can you make some comment to me about this?

Jared: What is it that frightens you? (Pause) You need not answer immediately if that is not your choice.

Andrew: I think one of my big fears is not having an anchor, like being swept up too quickly by something. I fear losing control or losing any sense of familiarity. That's a big fear I have.

Jared: Then ask for an anchor. Ask for a base, a place from which to start, and you may return to that as you choose. We know of many fears people have and are unable to remove them as we respect individual choices. But you may ask for help in letting go of your fears, even for help in

identifying them. This will assist you in determining the path you wish to follow and your part in our mission. You have choice always, genuine choice, in what you do, and we hope you will continue searching and asking for what you need.

Andrew: Thank you very much.

Jared: It is here for you. You have your anchor already. You are grounded and have that base from which to work. Trust that it is there and it will become more apparent to you.

Andrew: Eee-Ha! (Laughter)

Ms. R.: Hi Jared, this is Ms. R.. I need to know, I've been real, real paralyzed by fear lately, bad, and I don't know why I need to ask you this, but I need to ask you. Am I, is, am I supposed to be here, and I hesitate to say this, but I need to say this, am I...welcome here?

Jared: Why do you feel unwelcome?

Ms. R.: I ...it's not necessarily that I feel unwelcome; it's probably an inner battle that's going on within myself that most likely has nothing to do with this place specifically or these goings on specifically and that's ...I have such a ...a ...battle is the best way to put it, going on within me right now, I guess I just needed to distinguish...

Jared: You feel perhaps that you are unworthy of being here and learning? If so, you are requested to remember that we love you and you are worthy and we hope you will come more and learn more and mostly seek. We extend our love to you and hope you will know that there is much help for you and much that you can do. You are...We hope you will allow your fear to pass away when it comes; allow it, and then let it go, and instead find God's love that is there for you. God's love is available to all who wish it and as you take time to seek quietly, and find stillness, you will find...you will feel God's love.

Ms. R.: Thanks.

Jared: We are glad you have come this evening despite your fear.

Ms. R.: Thanks.

Sardineal: Could you give us the latest rundown on the status of the mission...everything going ok? Anything I need to worry about?

Jared: How long do you have for the complete information? (laughter)

Sardineal: Ten minutes...ok...fifteen. (more laughter)

Jared: For complete information you must be prepared for an extended visit. The mission is going well and changing. There are many surprises for us as teachers. We are surprised by some who seek and surprised in their response. We are also surprised by some who choose to close us out. We are most gratified, though, by those who come and continue seeking and are touched by their belief in us.

Sardineal: Do you have any accurate way to gauge our response from a human being? Any prognosticator of future events or behavior?

Jared: We have tried and failed miserably. (laughter) There seems to be very wide variations from very similar situations, and we respect individual will and individual choice and are delighted in those we find seeking.

Sardineal: One curious event I've noticed now, in terms of the mission, is that I've seen people, including some perhaps who have been hearing fairly clearly the teachers, go through a period of initial enthusiasm, then a few seem to drop off into almost complete denial. I was just curious about that phenomenon.

Jared: There is an initial rush that comes with awareness and acceptance. This tends to assist people during initial stages. After that initial feeling subsides, there is the adjustment period where acceptance and choice to continue is required. Many people become blocked and are unable to realize how important their free will choice is.

Sardineal: Is part of the effort of the stillness to keep reiterating our free will choice?

Jared: And to allow you continued exposure to the separateness and the love that comes with this mission.

Sardineal: That's very nice. Is it possible to know how many groups approximately are functioning now?

Jared: It is difficult to keep track. There are many.

Sardineal: I'm real bad with numbers too.

Jared: We appreciate your sympathy. (laughter)

Philip: Jared, this is Philip. I'm thinking about your desire for us to discuss the effects of the teachings and wonder if there's a way that we can integrate you with our discussion and wonder if that is desired or desirable? Do you have any suggestions on that?

Jared: Lisa does. She is still quite aware of me and can assist in the direction, even if she says she doesn't. (laughter and background discussion) She is learning to trust.

Philip: What popped into my mind was that we, in the past, have taken a break, or talked about these matters prior to your transmission and I'm wondering how you feel about our doing this all together rather than as a separate part of our evening?

Jared: It is currently difficult for Lisa to remain connected for that extended period of time. It is most useful to decide as a group when discussions are most helpful. It may be that both before and after are useful. I remain with you during these discussions and am assisting them.

Philip: Great, I appreciate that.

Andrew: Jared, I'm finding myself thinking about the idea of superhuman or angelic assistance and the same time that we have to make all our own choices, because we're individual will creatures. Can you say something about how we can...oh, I'm answering my own question again.

Jared: Continue

Andrew: . . . something about how you help us, especially outside of the group, something we may be able to consciously do to help you help us or be more receptive.

Jared: You are right, you have answered yourself. (laughter) What do you need to do?

Andrew: More stillness. (laughter in the group)

Jared: Thank you for your great leap, and we hope you will continue to answer your own questions. You are responding to those nudges and that guidance that is available to you and yet clearly are making your own choices about that information. We hope you will continue to do so and continue to strengthen it in your stillness.

Andrew: Thank you. Another thing that I'm noticing is difficult for me is, in the teachings of Will it talks about broadening your circle of

influence and be bolder about who you speak with about spiritual matters, that sort of thing. I don't know, maybe I just wanted to complain about it. (Laughter) There's a lot of fear there for me, and there's also a lot of fear that I would, that by trying to step outside of my comfort zone, I'd be stepping on other people's toes and not doing them any good and just make myself feel uncomfortable.

Jared: Again, you will find the best answer for yourself in your own stillness. We, as teachers, hope to touch many people and start by touching a few lives and hoping you will extend it to others. You are right that you must be comfortable with what you are doing, and as you are more sure and more confident, you will radiate that about you and draw others towards you. You will find, over the long term, this will not be as difficult as you imagine.

Andrew: Thanks again.

Philip: With your permission, we'll take a little break and have a little discussion. Thank you for connecting up with us and we hope to be back in touch soon.

Jared: You will remain in touch with me as I enjoy your discussions.

Philip: Okay, see you shortly, bye.

***** BREAK *****

Jared: (Tape cuts off Jared) ...be with you to answer your questions and assist in your search.

Gunther: We were wondering if, having listened to our conversations, since we interrupted our communication half an hour ago, if you had any comments about our bantering and throwing around our ideas here?

Jared: I was most pleased to hear you discuss and feel that more of you are touched and listening and seeking, and hope to encourage these discussions. It helps with your search and helps spread our mission.

Gunther: Thank you.

Philip: I've wanted to ask a personal question and understand that you're encouraging that. I'm assuming that you're aware of some of my conversations with you and other teachers this week. I, at times, felt a bit muddy and wonder if I'm somehow tricking myself with words. I received what I thought were two messages of otherness this week. One shocked me a little in

coming from a higher level than I'm accustomed to, and the other one seemed to be an admonition and as you may know, I worked myself around to a point of seeing, particularly the admonition, with a sense of humor. But as you probably know, I was a little confused for a while and just thought I'd see if you had any comment or feedback about that?

Jared: This is part of the initial stages in contact. There is much confusion and frequently much uncertainty. Trust that you are hearing. Listen to what you hear without making it more difficult for yourself. Allow the time necessary for it to become clear to you.

Philip: When you say time necessary, are you referring more to the longer run, or time within a given stillness session?

Jared: The longer run. It takes much time for people to adjust and go through the necessary processes. Allow the time to pass, and you will know when you have moved to the next step as the messages will be different, or feel different.

Philip: Thank you, that's helpful, and if I'm understanding you, then I can anticipate that the muddiness that has come up for me this week is a passing phase, is that correct?

Jared: Yes. It is actually a positive step as it illustrates that some of the message is clearer than others.

Philip: Okay, and also, I wonder about a couple of messages that seem maybe more pronounced than others. Is this, too, something that I should just allow time and patience and that these former messages will clarify? Is it worthwhile to ask you specifically, or do you prefer that I be patient and let time and stillness practice work it out?

Jared: It is best to work it out within yourself. Allow the stillness to come upon you, and messages will become clearer. It is probably not... these current messages are just beginnings and are to assist in your attempts at communication.

Philip: Okay, great. I would also like to ask something about pride. I think I have maybe been conditioned by my reading of *The Urantia Book* into having a negative association with the word pride or being proud. And yet I can see that there are experiences of gladness and recognition of honest self accomplishments that are appropriate. A message that was given to me recently through a TR, as you may know, was

something like: "we're proud of you," or "we want you to be proud of yourself." I could be slightly paraphrasing. Can you help me better distinguish the use of the words proud and pride, as for instance teacher Daniel has used it, versus spiritual pride which I understand is seriously to be avoided.

Jared: Pride is useful when it allows you to uplift yourself. When pride encourages you to look down upon another, it is not helpful.

Philip: So when one of the teachers says, "You should be proud of yourselves," if I'm the recipient of that, then it's perfectly appropriate to feel good, elated, self-congratulatory, and that the delineating issue is whether or not I take that next step of spiritual pride which involves judgment and condescension, is that correct?

Jared: Yes. It is helpful to be, to have pride in one's self and feel good about accomplishments. It is not helpful when you hurt another.

Philip: Okay, thank you, I think that's helpful. I'm still a little fuzzy on the distinction between the folly of Lucifer and just the good feelings, or I'm proud of an accomplishment. So I'm understanding you to say that it's perfectly Okay to be proud of an accomplishment or to feel good, satisfaction, glad, to savor that so long as it doesn't lead to the disparagement of another?

Jared: Yes.

Philip: Okay, thank you.

Gunther: I'm glad you were here when we discussed the difference of using a silence for Adjuster contact and our confusion about using a silence for trying to be in touch with teachers. If you can remember the way we expressed that, we'd certainly welcome your comments. It seems that you could clutter up Adjuster contact attempts with wondering if you're having success contacting teachers.

Jared: The goal of our mission is to assist people in their confidence that what they do, those small acts of kindness that they do, those small acts of kindness that they perform, will be a basis for great change. In your search for stillness it is unimportant from where you receive that message. If you prefer not to be confused between teacher and Thought Adjuster, we suggest you request teachers not contact you in your stillness, that you would prefer speaking to your Thought Adjuster. In this way we help you to be comfortable with the guidance you receive.

Gunther: Thank you, that's very helpful.

Philip: Along the same line, then, I'm understanding that it's really the will creature's choice here, that one will creature might choose to seek the stillness wherein teacher contact may be a part of it and Thought Adjuster contact. Another will creature might prefer to seek the Thought Adjuster without teacher contact. Well let's start with that. Is that correct so far?

Jared: Yes, you may choose with whom you wish contact with. You can request that teachers not confuse you with what you may think is a separate message, but some people can also hear a teacher separately and clearly from their Thought Adjuster. But it is useful for you to remember that your Thought Adjuster is always there. It is not possible for you to ask your Thought Adjuster to leave. (laughter)

Philip: Okay, thank you. So if we prefer the confusion place with teachers and Thought Adjusters all mixed up, that's okay too.

Jared: That is easiest.

Philip: Oh good.

Jared: It is really unnecessary to separate.

Philip: Am I then understanding that the teachers are then in sufficiently complete alignment with the Thought Adjusters that the message would be the same, or it doesn't matter from our human level?

Jared: Of course; we are all bringing to you God's love and God's light.

Philip: So the difference in loft, we'll say, between teachers and Thought Adjuster is not an issue in terms of the purity or accuracy or truthfulness?

Jared: Of course not.

Philip: Okay, thank you.

Jared: We are drawing to a close this evening. Are there other pressing issues?

Andrew: I don't know whether I'd call it pressing, but I feel that it is. I just want to express my gratitude for the work that's been going on in this teaching mission. I feel like it is bringing me very quickly through the part of my life that I'm in right now. I feel very, very supported and very guided right now. I want to thank you for whatever part you and your

associates may have had and for Philip's work in supplying me with material and all of it really. Thank you.

Jared: We are gratified that you express your acknowledgement of this guidance and hope you will know that is the goal of our mission. We hope you will continue in your seeking and know that you will be spreading this to others as you are comfortable in the teachings yourself.

Philip: Thank you brother.

Jared: My blessings to all of you and my blessings to you as you go about your daily life. I look forward to meeting with you again. (end 11/19/92)

The The Teachings of Jared

November 28, 1993, Sebastopol, California

Jared: I am Jared. I am your teacher. I come here in answer to your seeking. Do you have questions for me this morning?

Sardineal: Good morning Jared. We are all low energy today, but we will try to have some questions. The first thing I had in mind was information regarding 1993 [1994] which would celebrate 2000 years from the birth of Jesus Christ. I've noticed in *The Urantia Book* that a number of items on the cosmic or celestial calendar move with regularity over large periods of time. Is there any event or specific commemoration or celebration planned for the 2000th.

Michael: I am Michael. I come here in response to your seeking. I am glad of your reaching for me. I look forward to your celebrations. There is much to be learned here, and I delight in watching all of you progress. Is there a question for me?

Sardineal: Yes. Do you plan to do anything out of the ordinary for your 2000th birthday?

Michael: I do not personally celebrate but enjoy watching you as it assists you in your seeking.

Sardineal: As the clock marks 2000 years, are there any events going to come to fruition?

Michael: That again depends on people's will.

Sardineal: I'm not sure if I can speak for all people, but I'm fairly clear that many would either hope or anticipate that some sort of dramatic changes might occur.

Michael: There are many changes, dramatic in the long term, but less so as you experience them day to day.

Sardineal: In terms of the learning that can be acquired here, do you have any recommendations or specific on what we should learn?

Michael: Trust in yourself, know that each of you have much to offer, remember my love for you, and you will learn what you need to.

Philip: This is Philip, dear Friend.

Michael: Welcome to you who have searched so long. We hope there has been much help to you.

Philip: I'm always so taken back by your presence through a TR, it's uncertain what to ask. Do you have anything to say to our group here, any suggestions or any comments for us?

Michael: We hope you will come together in your searching and know that each individual search is assisted by the group's commitment, and enjoy.

Philip: I find that when I speak to you through a transmitter like Lisa, I am sometimes unable to feel your presence. Can you suggest anything so that I might more deeply feel your presence?

Michael: It is a most sought after event and is most changing to people to feel Us. Allow it to come upon you; it is there for each of you; accept it when it comes through another. For many it is difficult. Have patience; we know of your desire.

Philip: Thank you

Arleena: Greetings beloved Sovereign.

Michael: We welcome you to our meetings and are glad you can return to us.

Arleena: I am very happy to be back. I have a question regarding your presence. It seems that this is something that is more available to us now than has ever been true in the past. Is this correct?

Michael: Yes. I am coming to touch people and help them believe.

Arleena: Can you give any explanation that I could understand as to how it is possible to do this now where it was not possible before.

Michael: It is my choice to come now.

Arleena: Thank you very much.

Sardineal: Could you expound on why it is your choice to come now, what has changed?

Michael: It is the time to come now. The circuits are open, and many others are coming and helping people change, and I can come now to affect these changes.

Sardineal: Is this in any way tied to that regular passage of time?

Michael: Yes. Time must pass, certain things must happen, and now is the appropriate time for this opening. There are many now willing to listen and learn and are ready for these great changes.

Sardineal: Could you tell us more about when the system circuits might be fully open?

Michael: Soon. There are many people seeking, and that encourages the opening.

Sardineal: Do you have any further information on the adjudication of Lucifer?

Michael: There is no more forthcoming.

Philip: Knowing our hearts as you do, is there a possibility of our requesting your presence in our meetings like this in the future?

Michael: Yes, I will periodically visit you, and, depending on those attending and Jared's decisions, I may speak again.

Philip: Thank you so much. Let's see if there are any other questions.

Michael: This is not your last opportunity to speak to me. You are welcome to save questions for later.

Philip: I do have one that has come up. Is there anything that you can say that might help me with my stillness practice to discern you better, to hear your voice more certainly?

Michael: Continue. Know that the process takes a long time, and know that I am with you, always.

Sardineal: In *The Urantia Book* I've taken note that oftentimes when you were on Earth walking among our fellow creatures, that you were able to be of great service with just a few words. I was wondering if you have a few words, in addition to what you have said already, that could be of help to the four of us gathered here?

Michael: Enjoy your life. Know that you have much to offer and much is being given to you as well. Know that I am always with you and that, as you believe that, you spread my light among many others. There is much work to do and yet no need to feel overwhelmed as there is much time and much help in completing these tasks. Know that there are many beings and much assistance available to you. Continue in your search for me and for all beings that come to help you. Trust in Us, trust in Our love for you.

I will take my leave of you for this morning, but know that I am always with you and listening as you share with me.

Sardineal: Thank you for spending time with us.

Lisa: I need to take a break.

***** BREAK *****

Jared: I am Jared. I am your teacher. I was glad to facilitate this contact and hope that you found it helpful. Are there questions for me?

Sardineal: Thank you very much for facilitating that contact. None of us were really expecting the big guy and we were really kinda blown away.

Jared: As is expected.

Sardineal: Do you have any commentary about how we are progressing as a group, any suggestions for working with our material or bringing others into the group with us?

Jared: It is important that people discuss the teachings. It can be focused on teaching shared with this group or other groups if it is useful. It is important for all people to feel included and welcome and to be encouraged in their seeking. This is best accomplished by listening to each person and encouraging them. The discussions

of the teaching material is most helpful in bringing out how it affects people's lives. It is hard to know sometimes what will assist and what will not work. Trust in yourselves, in your judgment of the group dynamics. Continue assessing as you go through your days. There is much potential in this group, and we hope to make the most use of it. That has much to do with the different progress of this group. I have chosen to be slower and more deliberate in the information that I share and am hoping this will strengthen individuals in their own search. Does this answer?

Sardineal: Yes it does, and it would certainly be difficult for me to criticize you any other way. I have noticed that recently we have lost, perhaps lost, some members of the group, and I was wondering if there was something that we weren't doing quite right, at least the humans in the group?

Jared: It is a natural process for some to come and some to go. They may choose to come back later. There is a natural weeding process to allow a solid core to form. It is especially important in this group to have a solid base to work from. As this is established, more people will be drawn back again as the teachings will shift slightly and may intrigue them more. So no, you have not failed. It is part of the building process, and it is suggested that you all work to become comfortable with one another and discuss the teachings during the group meetings.

Sardineal: Is there a certain number required to be considered a solid group core? And do we have that solidity?

Jared: Not quite yet, probably another month. No particular number, just certain needs must be filled.

Sardineal: Any further elaboration on that?

Jared: At this point, no, but you may ask again later. There are many changes happening, and our mission adjusts to those changes.

Arleena: I wanted to follow up on the questions. Will there be what we might term a "group goal" as well as the individual goals? I know you have told us about the goal of the teaching mission being to help each one of us with these little kindnesses that will help change the world. Is there a goal for the group as well as for the individuals?

Jared: The establishment of a solid group will allow you to touch more individuals and assist them in accepting and believing in our missions.

Arleena: And this is going to be accomplished more easily because of the group, is that what you are saying?

Jared: Yes. There will be a solid base from which people may come and go. But that solid base, those core group members, will be able to affect many more people.

Arleena: And does this have to do with the wonderful feelings of love that are present in this group, does that play a part?

Jared: Yes, it is part of the belief.

Arleena: Thank you

Philip: It's wonderful to greet you again after our Thanksgiving holiday. For my part, I want to thank you and the teachers from my heart for all that you are doing for us, both known and unknown, and your willingness to connect with us so reliably and assist us in so many ways. Certainly a season of gratitude for me, and this is my first celebration of our Thanksgiving holiday since I've been aware of the teaching mission, so I'd like to take this moment to thank you all for your willingness and help.

Jared: We appreciate your thoughts and know of your thoughts, and we gladly remain here with you.

Philip: I wanted to also ask you a question. I wanted to ask if you'll be willing to help guide a group meditation in seeking the stillness, probably at another time with a larger group, but I'm asking now to see if you have any suggestions about procedure or timing or anything else?

Jared: I would be delighted. However, it must be a group decision acceptable to those who are present. If it is agreed upon, I would be glad to help guide in seeking stillness. It would probably be most useful after some transmission, perhaps after break.

Philip: Good, Thank you. I will give some thought and talk with people about how to proceed with that. Arleena reminded me of something that raised a question with me. I think in your transmission to her through Roland in Utah, you made a comment about how humans tend to idealize teachers. I wondered if you would comment on that and

maybe, if you are willing, tell us something about how we can view the teachers more accurately or realistically if idealizing the teachers is extreme or inappropriate?

Jared: We are not on the same level as the Father. We were once mortals who have moved on. On that way we are similar to you but have just stepped beyond and have access to more than you. It is best to look at us as teachers who come to share our greater knowledge with you but certainly not as perfect beings who can give to you this perfectness.

Philip: Are you willing to share more with us about the boundaries that might contain our idealism to a more realistic place? I find myself wondering a fair amount about how much you do know of us or how deeply you know our mind/heart/soul. Is it of value for us to know more about your limitations?

Jared: It is helpful to know and accept that we are limited. There are different stages of teachers, some more experienced than others. We do not have complete access to you or your thoughts but can touch upon them when you seek us and have greater knowledge of what is normal human experience. Does this assist or confuse further?

Philip: This assists. As usual I have more questions about the specifics of those boundaries but am delighted in your sharing so far.

I have a personal question along this line. I've been asking in my stillness time, as I believe you know, a number of questions and am feeling a backlog of questions and some frustration with answers, I think perhaps more due to my physical barriers than anything about the teachers. Maybe you can respond to that. If you need more information from me, of course I'd be happy to provide it.

Jared: You are in much greater contact with us and we applaud your efforts. We have equal ability to contact all people; it is only their desire for us not to or their blocking of us that causes them not to hear us. We do respect their will, and if they do not desire contact, we will leave them alone. In your seeking, you will find many answers, and there will be many when specifics are not forthcoming. Your physical ailments certainly do block your ability to hear us, and any questions you feel comfortable asking specifically now, you may be provided with more specific answers.

Philip: Thank you, and I'll take you up on that if that's okay. I would ask within the past few days, I felt that I had contact with Teacher Rayson who gave me information that I have a metabolic disorder or a metabolic breakdown. I feel comfortable with that, in some sense, Rayson was present. But if you could elaborate or confirm that information and contact, of course, I'd appreciate it.

Jared: Rayson has been with you often and is trying to assist you. He knows much more about physical ailments than I. Moment.

Rayson: I am Rayson. Yes, Philip, I have come to you, and you are correct in your interpretation of your systemic difficulties. I am delighted with the new activities as it is assisting you. It will require long-term work as you supposed. We are delighted in your commitment to this new work.

Philip: Thank you, brother, so much. I wonder if you have any suggestions specifically that I might follow either in my stillness or in a material nature that will facilitate my healing so that I can get on with service.

Rayson: Continue in your search for a medical solution here and medical people who will assist you. In your stillness it is best to trust that God's healing energy is available and will come to work with you and is working with you even if you are unaware. In whatever way you can feel or picture God's love for you spreading throughout you, it will assist in your healing.

Philip: Thank you for that. I have also sensed your presence, it seems quite frequently recently, and sometimes I doubt this more intellectually because I think you have to be with Mary all the time. But I'm so grateful for whatever contact we have had. It's always a little surprise to me; it seems like you and other teachers are readily available in my stillness, and any comment you have about this would be welcome.

Rayson: I am available to you even as I am close to Mary. I can touch you even as I stay with her. Do not concern yourself with the mechanics of the contact. Instead trust that I am with you as you seek, and as you become more experienced, you will be able to make finer distinctions than comes easily to you now.

Philip: Thank you so much.

Rayson: I will take my leave of you now but hope to return again.

Philip: Thank you

Jared: I am Jared. I remain with you to answer more questions.

Arleena: I have a question about the fact that very often when we ask whether or not a thought or an impulse to action was divinely inspired, your response is to ask whether or not we felt that is was. And if we say yes, you tell us to go with those feelings. My question is, it seems like sometimes that we are going to be incorrect. We may feel that something is divinely inspired and it wasn't. Is that a possibility?

Jared: Yes. It happens frequently. It is also not terribly important. As you trust that the contact is available and feel it on occasion, you will continue searching, and your ability to discern contact will be greatly improved. After much experience, you will not have trouble discerning the otherness. In that way, it is more important that you continue searching than that you be absolutely accurate in discerning contact in the beginning.

Arleena: That is a wonderful answer, thank you. I think you have answered the other parts of the question as well. So I take it that we need not be overly concerned about the damage that we may do by being incorrect in our assumptions?

Jared: What damage has it caused?

Arleena: Of course it is not something that I can really perceive, especially since. . .

Jared: Because it has not caused damage. You are only learning to trust those thoughts and feelings inside of you and learning to be trusting of those goodnesses within you. It, therefore, does no damage if you attribute it to an incorrect source. As you continue, and should you become more clear and choose to transmit or share specific passages with others, you will then need to be more clear and more sure of the contact. In the meantime, do not overly concern yourself with those activities that are not yet important.

Arleena: I appreciate your answer very much, that clears up a lot. Thank you.

Sardineal: I was wondering as to the success of the mission, not so much in broad terms here in the U.S., but what seems to be transpiring overseas. We don't have much information at all. Here we are in touch with a number of

different groups throughout the United States, and I was much interested in knowing what is going on overseas, if anything much at all.

Jared: There are pockets of listeners who are beginning to accept, but in places with great turmoil there is not the stillness available for people to listen to us. We are choosing to start where we can make progress and in this way hope to spread our teachings further later on.

Sardineal: There seems to be so much turmoil that I can understand that it is a very challenging task, and I certainly appreciate any efforts on behalf of the world that you are taking given all the violence and starvation and so forth.

Jared: It is each of you who are making the changes, not us.

Sardineal: How will our minor, day to day, changes translate into the global picture in the long term?

Jared: That is where your faith in God must be brought out. We ask that you believe and trust that it will.

Sardineal: Okay

Jared: And to answer further, it is surprising to you how much each act that you perform affects others, and as all people are touched by this, there will be an exponential overflowing of shared humanity and acceptance of one another. There is also no new hatred coming, and as each of you shares with another and overtakes the other's fear, it is then dissipated and does not return. You make great changes in this world, each of you, as you share with another God's love.

Sardineal: Okay. You are certainly quite clear that I don't understand very well, especially how those little things will translate into something more significant or perhaps even transcendental.

Jared: May I provide you with an example?

Sardineal: Yes, please.

Jared: How disconcerting is it for you when a small bug is bothering you?

Sardineal: It drives me crazy.

Jared: In your mind, imagine that negative energy from that tiny bug as a positive influence

making that much ruckus in the negative. Does this help to clarify?

Sardineal: So you want me to bug people in a positive way?

Jared: No. (laughter)

Sardineal: Yes it does clarify.

Philip: You are to send out mosquitoes of love it sounds like.

Jared: No, it is more a personal explanation that is very clear to Sardineal.

Sardineal: Yes, it is a very graphic image for me.

Jared: Perhaps that is why mosquitoes are on this earth for you.

Sardineal: Thanks a lot. (laughter)

Jared: You are very welcome.

Philip: We need to take a break to turn the tape over.

Jared: At your convenience. We will return when you are ready.

Philip: Thank you.

***** BREAK *****

Jared: I am Jared. I remain with you. Are there questions for me?

Sardineal: Yes, I have another follow-up to the last question. In your response you had mentioned there was no new hatred coming into the world. Could you explain that a little bit more clearly?

Jared: Because of the adjudication and the System Circuits opening, there is not new hatred being poured upon this world. What needs to change, however, is the hatred and evil that is existent. As each of you reach out to another and share goodness with another, it helps bring light to them and extinguishes that fear and evil and hatred that is within them. Once that small part is extinguished, it will not return. Your goodness will take it over. In this way, the goodness you share with another will be shared with many others who will share with many, many others and will help to bring many great changes. We hope you will trust that even

if you do not get a positive response, your goodness is not lost.

Sardineal: Okay. I had earlier been under the impression that most of the hatred on the planet was essentially man-made. Is this a false impression?

Jared: There was a seed planted that started this and helped to perpetuate it. It was inflamed by others who profited from these conflicts, from those who are no longer existent and who are no longer flaming these fires. In this way, this hatred cannot take hold and overtake people and communities and worlds.

Sardineal: I understand that. Given that response and given the inertia of hatred that exists, is there any way to predict how many more decades of violence we can expect on this world?

Jared: Too many, but no way to accurately predict. There have been many centuries of this evil, and it will take a while to change. I hope, however, that you will see sufficient change for you to believe.

Sardineal: I hope so too. Thanks.

Philip: I am continuing to have some contact with—*Urantia Book* readers, and I'm assuming that you are aware of some of that contact and wonder if you have any further guidance or suggestions....

Jared: In whatever way you can share our mission with another, it is hoped to help. If you do not feel comfortable with a particular group, you are of course entitled to choose not to attend. If you feel there may be those there that can profit from hearing our message, we hope you will do that whenever possible. In sharing with others, it is helpful to choose not to dwell on the source but instead to dwell on the message, that here is the information that you find useful in your life that you would like to share with another and that it is entirely up to each person whether or not they choose to accept. They may accept part of the teachings or all without accepting the source, which is most fearful. Does this assist you in how to present to a group?

Philip: Yes it does, very much. I have been planning to emphasize two major things: the teaching of seeking the stillness, which I will probably refer to as silent communion with the Father because that matches with the terminology of *The Urantia Book*; and also this

idea of expressing love by small acts of kindness to the people we contact in our daily lives. Beyond that, I'm hopeful, if I get the opportunity, to emphasize the experiential nature of this and that the real answers are all to be found by the individual within their own heart and their own seeking. At least that is my summary for now.

Jared: That sounds like it will be the best path for you to take, and we hope that it works.

Philip: Thank you. My contact person also did raise the issue of teachers speaking. I haven't had any intuitive feeling that that would be appropriate.

Jared: They are probably not ready.

Philip: Okay

Jared: Perhaps as it comes closer, you may ask again, and I may be able to give you a message to share with them without transmitting at that time.

Philip: Good, this is fitting with my intuitions and thinking. I thought I might take a recorded message, Rayson's description.

Jared: Written may be better, but it may be helpful to have a recorded message as backup if it appears they are receptive. The hearing is often more fear-provoking.

Philip: That is good to know because to me it was so reassuring. I have a hard time second guessing those who seem to be offended by this loving gesture of your mission.

Jared: As do we.

Philip: I also thought I'd take copies of the Woods Cross transcripts and the LA Ham meeting and possibly some excerpts of our own material, according to your desires and selected appropriately.

Jared: As you wish. You are welcome to share whatever of my teachings that you feel would be useful.

Sardineal: Is it okay to send one of your photos? (laughter)

Jared: As you wish.

Philip: Would you autograph it for us?

Jared: I already have. (laughter)

Philip: We'll pass them all out. I have one other question; I think I'll wait for our larger group meeting.

Jared: Whatever questions that can be asked in the group meeting are encouraged. Even some perhaps that you have asked here can be repeated in the group meeting if it would be of assistance to others who are attending.

Philip: Thank you.

Arleena: I was reading the Rayson transcripts the other morning and came across one that really caught my eye. He says our Guardian Seraphim help us maintain rationality and perspectives that foster sanity. I wondered if you could explain or extend or comment on that.

Jared: Not at this time. It is being blocked.

Arleena: Thank you. I will hold on to that one and perhaps another time, I'll give it another try. I also have a sort of whimsical question, but I think there is some real intent behind it. I often have what I jokingly refer to as a parking angel. It's kind of an amazing thing, whenever I'm looking for a parking place, I don't care how crowded the parking lot may be, I always know that there will be a space there, and there always is. Can you make any comment on that?

Jared: We are glad you are attributing such positive events to guidance instead of other people who attribute only negative things. We hope you will share your joy in this with others.

Arleena: Okay, I definitely will. It is something that constantly amazes me, but I have finally come to accept it and take it for granted. It's proved itself to me enough times, but I was just curious as to how it happens.

Jared: We hope that you enjoy it.

Arleena: Thank you.

Philip: Well, let me at least ask this, Jared, and maybe it can be re-asked in a group meeting. I wondered if you would be willing to talk to us a little bit about the edge between faith and presuming on divine mercy.

Jared: In what way do you mean presuming on divine mercy?

Philip: For example, for me, I am not quite as confident of parking angels. *The Urantia Book* uses the phrase "presuming on divine mercy." Lisa may not be familiar with that, the idea that

we take for granted that God will do certain things that are really our responsibility rather than God's responsibility.

Jared: So you are asking in what way that you have faith without expecting God to take care of you?

Philip: I think so. Let me say it once more and see if we can verify here. There are times in my life when it's difficult for me to separate extending my faith, taking a leap of faith from simply being a leap of gullibility or even foolishness. I guess an example might be if I were to jump off my balcony, I suppose I could have faith that God loves me and would, therefore, save me from material disaster.

Jared: And you would be sorely disappointed.

Philip: Yes, that would be what I am calling presuming on divine mercy. But there are many situations in my life where I want to take a leap of faith, but I feel like there has to be a distinction between faith and gullibility. A little bit of that came up with the Rieki healers who came up. Situations where I don't know what is faith and what is just my going along with something for wishful thinking because of a hopeful end.

Jared: You must trust in your own judgment. God is here with you always, as are many other beings assisting you. They will help you to discern what will assist you and what will not. Faith in God implies that you trust in Him and believe that He is here with you. You also believe that He is guiding you and speaking to you, and so when you sit quietly and listen for Him in your stillness, that will help to guide you towards those paths that will assist you. There are also many mistakes, and there will continue to be mistakes made. It is expected and necessary that each of you make mistakes. But as you continue in your search and see where this leads you, you will learn those earmarkings of things that will truly lead you to God and to God's love. (Lisa unable to transmit rest)

Philip: That's fine, thank you. A more personal question, Jared. I'm still in the place in my stillness time of finding that answers are often of the yes or no variety, or else the beginning of a sentence which I guess I block unconsciously or unintentionally. Sometimes I get repeated yeses, and sometimes I'm confused by a yes and then a no and wonder if you can help me at all with this, or should I just continue and put it on the shelf for now.

Jared: Continue in your search and know that it takes time and is a possibly confusing process. It took me many months with Lisa for her to discern me and recognize me as separate. She had the advantage of not expecting it. You are consciously seeking and attempting to discern separateness at an early stage. That sometimes complicates the process. Give yourself time; know that it is a long process and you are doing well and should continue.

Philip: Okay, thank you. Sometimes the words that I receive in the stillness seem to be very different than the signature that I am learning for teachers through TRs. For instance, sometimes I will get a yes, yes, yes, and I don't usually hear that kind of response through a TR. Can you offer anything on that little issue?

Jared: The experience of receiving teachers is different for each person. We attempt to customize our contact. It is suggested that you spend several weeks just listening in your stillness, attempting to hear us and not being overly concerned with the purity of responses. After this time, perhaps you will be able to discern a distinct difference between now and then and know better of teacher contact.

Philip: That's very helpful. I've found at this point that I seem to get answers when I ask questions. If I don't ask a question in my stillness, I seem not to be aware of teacher contact, and my own rattling mind comes up in chatter.

Jared: That is much how I have been teaching, is it not?

Philip: I'm not sure I am following you.

Jared: During our group meetings, questions are asked and I answer them, as opposed to me teaching lessons.

Philip: Yes, I see. So, if I'm understanding you, it is worthwhile to ask questions in the stillness rather than just be quiet.

Jared: Yes, that is how I am teaching you.

Philip: Okay, I just wasn't quite clear there.

Jared: No need to apologize.

Philip: When you said for several weeks just listen in your quiet, it wasn't clear to me whether you meant to stop asking questions.

Jared: No, continue in your questions, but do not spend much energy in attempting to discern whether you are answering yourself, or teachers are answering you, or which teacher, or in what way, or whether it is yes or no or maybe. Allow yourself the quietness and the stillness and ask your questions and listen for the answers, and then later use your own judgment in what you choose to do.

Philip: Okay, that is very helpful. Thank you very much.

Arleena: Just sort of out of curiosity and as a follow-up to what you just said, I wondered why it is that you have chosen to talk to the group in terms of answering questions rather than giving lessons.

Jared: It is not yet time for lessons. There are many who are unsure and uncomfortable with me yet, and it is my attempt to draw people in on a personal level to become comfortable with me as a friend who comes to share with them; in hopes, also, that they will search within themselves for answers and begin to trust themselves and their own seeking. That is really our goal in the mission, for each of you to believe that God is within you and there for you and you really have the answers within yourself.

Arleena: It is a wonderful and very effective approach, but I was curious, at some point in the future do you anticipate that you will be giving lessons?

Jared: Yes.

Arleena: I especially appreciated the opportunity to ask question since that is kind of what makes the private sessions with teachers so wonderful is that you get all these questions out. With you there has been this opportunity to ask questions, and I really appreciate it and just wanted to say thank you.

Jared: I am glad to hear that it has helped you. That is certainly my desire as I come and teach with you, that it will assist you.

Arleena: It does indeed, a very great deal.

Philip: We seem to be drawing to a close today, Jared. Once again, I want to give my thanksgiving, and I think I speak for everyone, for being a part of this mission and being given the opportunity to hear so much and be contacted by so many invisible beings.

Jared: We are glad to participate in your delusions (laughter) and are most appreciative of your receptiveness. I enjoy coming to teach with you and will continue to come as there is seeking and need for me. I send to you my blessings and hope that you will continue about your days and share with others and know the great good that comes of this.

My blessings to you.

The The Teachings of Jared

December 3, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. Welcome to all of you who come in your seeking. I would be glad to answer your questions this evening.

Sardineal: Good evening Jared. I believe you may have heard our discussion earlier in which we were talking about doing some presentations, or rather Philip was perhaps going to do a presentation in San Francisco. We were certainly torn and undecided about how best to proceed, and we had some fears about Philip perhaps being burned at the stake and so forth. We were hoping you could give us some guidance in terms of what should we do: go or not go, etc. Any commentary you might have would be very helpful.

Jared: Our goal in the mission is to share with as many people as possible, to touch those lives for people who are open. It is difficult to know which situations will provide that opportunity without frightening off people. Each of you are suggested to look in your stillness and find the answer that is best for you, and trust your own judgment for what would be most effective.

Sardineal: Thank you. The principal difficulty I seem to have is that, at least in my stillness, my mind is such a jumble. I don't get any clear cut answers. Can you suggest any technique whereby I could clarify my own thought process, or is it a question of continuing and in time this will improve, because I am not really getting anything I can discern as guidance or an answer on a conscious level?

[Tape is blank for short period]

Sardineal: Thanks. I've certainly given the lake routine a good try, and it ends up

complicated with fish and birds and trees and all kinds of things. I'm just amazed at how my mind grasps at anything to avoid staying on track. I will certainly keep up the effort.

Jared: There are people who may not hear distinct words and ... [Tape Blank]

Sardineal: Certainly. I feel a lot of the work that may go on, at least with me, is subconscious. I like to defend my sleeping with the hope that I am doing some work on that level when I'm not wide awake. (laughter) I was just curious if that might be true, and do I have any hope that in my sleep I'm worked on or working?

[Tape Blank] (laughter)

Sardineal: No, I don't need acceptance of whether or not to sleep.

Jared: In answer to whether or not you must be fully conscious and working hard at the stillness, no. There is much that happens without your trying hard as long as you are willing. And for you, Sardineal, you have listened to guidance for a long time and have responded well to it. In this way you are performing tasks of the mission as you function in your daily life.

Sardineal: Thanks

Mrs. L.: Hi, Jared. First of all, I'd like to preface my question with you gave me such a wonderful suggestion about how to deal with my stepchildren several months ago. I was wondering if you have any suggestions on how to deal with my most difficult immediate family.

Jared: Be strong within yourself. Know that you do not require their approval, nor do you require their support. You are a child of God and cared for most completely in that way. Your family has no power over you and will only hurt you when you let them. In this way you come from a position of strength with them and can prevent yourself from being dragged around. Go to them whenever you can and be with them and allow them to be with you, but know that you are *you* in and of yourself.

Mrs. L.: That's a lovely answer. My next question has to do with a conversation I had with Roy last week, might have been this weekend. I was talking about the pressure I feel, I oftentimes struggle with what kind of questions to ask you because I feel, since you are a being that has come so far and has made a sacrifice to be here and be with many of us, that the questions that I

ask should be important, and I don't know what those important questions are. Is there any way you can guide us with what we should ask and what kind of things in our life you have come here to help us with?

Jared: I come here to help you be comfortable with yourself, to know directly of God's love for you, and to help you understand how much you can help others by the kindness you extend to them. In asking of your questions, we do not wish that you put us on a pedestal and expect us to provide all knowing and complete answers. We come here to assist in guiding you towards seeing God's love and God's light shared upon everyone and how the way you live your life affects those around you. Feel free to ask the questions that are important in your life that are spiritual in nature that help with your growth and your living with other people.

Arleena: Hi, Jared. I had a question coming from your comment to Sardineal. You made the comment that he had been listening to guidance for a number of years. My understanding is that the teachers only began coming around 1984. I'm curious when you say that he had been listening to guidance for a long time, what would be the source of this guidance?

Jared: Sardineal's teacher has been with him many years and has helped him in his personal growth and helped to bring him to this place in his life. The teaching mission has incorporated teachings from other times and used that to assist in establishing our current phase of which you are now more familiar.

Arleena: Okay. Do I understand you to say that some of the teachers have been here for longer than the 1984 date?

Jared: Yes. There are a few beings who have been teaching for longer who are now a part of the teaching mission. When they originally started teaching, there was not the teaching mission.

Arleena: Thank you. That is fascinating information. Can you tell me whether or not I, too, have had a teacher for a number of years?

Jared: Again, you must search within yourself and find the answer within you. I am not here to provide answers; I am here to help you to find your own.

Arleena: The origin of my question was the fact that I feel like I am experiencing guidance now. When I am able to formulate a question, it seems

like the answer comes to me very quickly thereafter; as soon as I figure out what I am looking for, the answer is there. I think it is more clear and more detailed at this point in time than it has been in the past. However, I can't say that the phenomena that I experience is different. It is as though I have been experiencing this before, for a number of years, and that was where the question came from, and it has been a source of confusion to me in that, yes, I am experiencing guidance now but it is not really a whole lot different than what I have felt for probably 23 years. So that is the origin of the question. Can you shed any more enlightenment on this?

Jared: Do not worry about that now. Accept the guidance that is given to you and continue with that. At some later time, the answer will become clear to you. It is currently unimportant that you know precisely of the change.

Arleena: Okay, thank you. One more question in the same general area. Is there anything that you can comment on about the way our guardian angels are able to help us in our thinking processes?

Jared: The guardian angel assists you and directs you and helps provide you with at least the beginning of the good thought so that that goodness is always more available to you.

Arleena: Wonderful. In other words, the guardian angels are somehow able to plant thoughts in our minds or encourage the thoughts in some fashion?

Jared: Somewhat, yes. As close as I can describe now.

Arleena: Thank you very much.

Sardineal: I was curious if this evening you might share with us more information about yourself again. I know I've asked this previously and you've said a few words. However, we still have a strong desire to know more if you are able to share more with us at this point.

Jared: I will share some.

Sardineal: Okay, I won't try to trick you this time. Well, maybe I will.

Jared: Moment. From my home world, my body was larger than yours. I was a builder and lived by water. I lived many years, longer than the life span here; perhaps 8,000 years old now.

I was ascending and chose to step back to teach. It is an exciting mission, and I am delighted to be part of this great hope.

Sardineal: May I ask you a few more specifics?

Jared: Yes

Sardineal: When you say that you lived by water, did you live in the water, or were you a coastal resident?

Jared: Coastal

Sardineal: And did you breathe air on your planet like we do here or was it a different combination of gases?

Jared: It was gaseous, not liquid.

Sardineal: And was your planet touched by the rebellion, or was it a fairly normal and routine planetary growth as is usually seen in the universe?

Jared: It was not touched in my lifetime.

Sardineal: Was it touched after your lifetime?

Jared: No, perhaps long before.

Sardineal: And what is the life expectancy of people on your planet?

Jared: Longer than yours.

Sardineal: Do you have anything like organized religions which seem to be the bane of our existence here on this planet?

Jared: No, we all know God within ourselves, always.

Sardineal: That's really wonderful, thank you.

Jared: It is difficult to transmit such specifics, and Lisa is asking that I specify the potential for error, although I don't want to. (laughter) Are there other questions?

Philip: Thank you for that interesting information about yourself. I would also ask, and I think I may have asked before and maybe it will be clearer, are you fused with your Thought Adjuster?

Jared: Yes

Philip: And did that happen on your world of origin or in the Mansion Worlds?

Jared: Immediately after my world of origin.

Philip: That certainly is hopeful. Could you share anything with us about life as a fused being as compared to the life most of us know seeking contact with our adjuster?

Jared: It is much easier. It is easier to be joyful and easier to trust. It also limits an individual's growth in that there is less need for choice as we are more sure of God's love.

Philip: I guess that last part was a little confusing to me. Did you say there is less opportunity for growth once you are fused?

Jared: There is much opportunity on this world for you to grow and develop your individual will and trust in your seeking. I was always more sure as my contact with God was closer.

Philip: Thank you once again. Is there anything else you can share with us as a fused being that might help us with our spiritual growth?

Jared: Believe in those feelings of God's love, and know that God is with you even when you do not feel him.

Philip: Okay, Thank you very much, and I certainly personally thank you for all of your forthcoming answers. I'm feeling emboldened now to go back and ask some questions again, so thank you so much.

Mrs. L.: Jared, I'm fascinated by the statement that you made about there are more opportunities for choices therefore more opportunity for growth.

Jared: There is more need for choice here, and more growth comes from that need.

Mrs. L.: Is that to say we have more opportunity for spiritual growth here on Urantia than we may have later on in other worlds?

Jared: It is different here than in my home world, and you are growing and making choices here that I did not make in my home world.

Mrs. L.: Do we have more opportunity here, or did you have more opportunity on your home planet?

Jared: You have more opportunity for choices here, more need for choices.

Arleena: Just in continuing this same vein of questions. Then the growth comes from the struggle to discern the right direction in making a decision, is that it?

Jared: Yes. You must more clearly chose the correct path. It is less obvious in this world. That allows you much stronger faith and more potential for growth.

Arleena: In other words, when you are more in touch with guidance, then the struggle to discern it is not as great and therefore the growth is not as great. Is that how it works?

Jared: The trust is not as great.

Arleena: Thank you. That does clear up a little bit some of the comments that we have had from teachers, and *The Urantia Book* too, about how wonderful it is to be on this troubled planet, and they envy us our existence and wish they could live it for us and so forth. I guess that helps to make that a little clearer, thank you.

Jared: It may perhaps become clearer at another time with more questioning after thought. It is difficult sometimes to clearly transmit a message.

Gunther: Good evening Jared. I've been reading some transcripts from other groups. I can't remember which they were, and I don't think it matters much. I was surprised to find out that someone said that only a quarter of our people are Agondonters. In reading *The Urantia Book* today there was some phraseology that made it sound like you have to be practically demented, crazy, to not accept survival. I'm a little confused because I don't see that many demented people on the planet. (laughter) I mean really demented now people! (laughter) Do you have anything to help clarify this? (more laughter)

Jared: Some people here are able to truly believe God, to truly feel him and know him. Not many people here are able to genuinely do this. This does not mean the others are lost forever. They will later accept with more searching or more evidence.

Gunther: Maybe then I'm confusing the fact that Thought Adjusters are freed upon the end of the life of the person. I assumed that meant that they were not going to ascend. Maybe that's my confusion.

I'm not sure it really matters; it was just one of those curiosity questions, and it seems to be a conflict.

Lisa: I'm not getting an answer.

Arleena: Are you referring about the part where it talks about awaiting for death deliverance?

Gunther: Yes

Arleena: I think that just means that they can move on after they have died where they can't do that much down here. I think they still ascend.

Philip: With your permission, we will take a little break and give Lisa a break.

Jared: Granted. I will return, but wish to let you know that I do not expect you always to come back. Only if there is desire for more answers. And you are encouraged to discuss among yourselves in an attempt to resolve many issues.

Philip: Thank you so much, and thank you, as always, for being here this evening. (end 12/3/92)

The The Teachings of Jared

December 10, 1992, Santa Rosa, California

Jared: I am Jared. I am your teacher. I come in response to your seeking. Are there questions for me?

Arleena: Good evening Jared. I'd like to again thank you for being with us, and I have a question that has kinda been running through my mind for some time and seems to have surfaced more recently. It has to do with music. I was curious, being as you teachers are not material beings, whether or not you are able to hear our music.

Jared: We experience it through you.

Arleena: Experience it, is that the same as hearing it?

Jared: More than hearing, feeling too.

Arleena: Wonderful. Is music important on your level?

Jared: Music as you perceive, no. We have other forms that you might call music.

Arleena: Okay, I was also curious as to how music works on a spiritual level. I know that, for me, I can certainly change the space that I'm in and raise it a lot higher through music. Is there anything that you could talk about about how it works?

Jared: Music helps to guide in your search, in your feeling for God. It helps to open you and allows many negatives to fall away.

Arleena: Okay, that certainly fits. I was also curious, there is a place in *The Urantia Book*, I should have looked it up before I came and didn't. *The Urantia Book* talks about there may some day arise on Urantia a true musician who will change the course of our planet, something pretty astounding for a musician. I wondered if you had any comments about that?

Jared: Musician is a limiting word; it is not solely through music. This person will touch others in ways that they will feel like singing.

Arleena: That is a really lovely answer. The last question I have about music is the fact, I'm wondering if it might sometimes interfere with my meditations? A lot of times I have the experience of not being able to turn it off in my mind, including when I am meditating. Is that sometimes interference, or is it something that doesn't really make any difference?

Jared: In your stillness as you attempt to reach for teacher contact and are diverted by a theme of music, you may find it difficult to achieve stillness. If it is part of your path towards stillness, it may assist you.

Arleena: Any suggestions about how I might be able to make it part of my path?

Jared: If you find music that helps calm you and helps you reach for God, that may be one step. From there you allow it to flow away from you and have stillness instead.

Arleena: Okay, thank you. That even answers my second part, which was how do I get it to be quiet when it does get in the way. Anything more that you could say about how to get it to be quiet?

Jared: Whenever there is an image that is obstructing your search, you are best served not by pushing it away but by acknowledging it and allowing it to pass through and continue on it's

journey. If you attempt to push it away, it will continue coming back. But allowing it to flow through you from one place to another will allow it to pass and not be as disruptive.

Arleena: Okay, in other words just sort of listen to it while it is there and not try to stop it and hopefully it just goes away?

Jared: No, and move it along too. Do not push it back, push it through. Is this confusing?

Arleena: Yes, a little.

Jared: Would it be acceptable for a stillness practice now?

Arleena: Yes, indeed, it would.

Jared: Is it acceptable to all people here?

Group: Yes

Jared: There are no objections?

Gunther: We look forward to it eagerly.

Jared: Okay. Allow yourselves a most comfortable position, places where you do not have to use muscles to hold up your arms. Most people find it comfortable to close your eyes.

Breathe deeply, and as you exhale, you allow much to flow out of you. As much as possible, continue breathing deeply, slowly, calmly. You will continue to breathe out many parts of your life as you breath out.

Start at one part of your body, the top or the bottom, and relax each part as you travel from one end to another. Relax your muscles as you go through and allow them to relax and be still.

Each of you has within you a piece of God. Find it now. Feel it within you. Find the space it occupies, the space where you place it. It is tiny and does not disturb or obstruct but is there, available to you. Find that spot and remember always where it is. Feel that great joy from within that place, and allow it to spread throughout you. It can go in all directions all at once and make slow and beautiful progress throughout you. It spreads God's love and God's joy throughout all of you. It is warm and loving and light and gentle and strong and spreads throughout all of you. It is helpful to think of that light and concentrate on that feeling and feel it spread throughout you.

If you lose that, you start back and find that one tiny spot, that place where you have it. Feel it completely, and then allow it again to expand. In this way, you are concentrating on this piece of God within you, and it allows you to feel and to have it spread throughout you. Does anyone have something they wish to share now?

Arleena: I'd like to say thank you very much for helping us with that. It was very helpful, but I did have one little bit of difficulty in finding that little spot, that little place where God resides. It seemed to keep shifting. It was either in my head or in my heart, and I couldn't figure out which. Is it just a matter of deciding where I'm going to find it and seeking it there?

Jared: Let us go back to that again. You are sitting comfortably and relaxed. Your muscles are relaxed. And when you find where that light is for you, right then, it stays there for this time. It is there, in that particular spot, and you leave it there this time. If it seems to be someplace else, you bring it back to the original spot. This allows you to concentrate on the spreading and the feeling, instead of trying to track down the start.

For those of you who have difficulty in the relaxing and the initial steps before looking for that piece, this is where you can allow music to flow through you or you can bring forth your lake that is calm. It will help if you imagine that flowing through your mind from one side to another. The music comes and starts and flows through and then quietly fades out. Or you feel perhaps snow is comforting for you, the plain snow, you feel it flowing through from one side to another. That then quiets your mind from all the many other things you feel happening within you, and you are instead concentrating on these images that flow through you and pass through you and leave the quietness behind.

Then again now you can search for that piece of God, find where it is now, and let it remain there. Allow it to spread throughout you, a bit at a time, and flow, and spread that light, and that warmth, throughout you. You will find as you continue in this, your ability to sit quietly with this feeling will increase, and you will find a comfortable length of time to sit quietly. Do not overtax yourself, especially as you begin. It is often difficult to keep yourself centered. Always go back to that spot and start the spreading again. Allow it to flow over you and allow the calmness to overtake you. It will descend upon you and become more a part of you and become most comforting.

Are there other comments, or do you wish to continue in the quiet?

Philip: I'm just having a little physical difficulty keeping the focus on keeping anything in my mind very still at the moment.

Jared: It is helpful oftentimes to work in stages. Start at the beginning by making yourself comfortable, relaxing your muscles and closing your eyes. Travel from top to bottom and allow your muscles to relax as you go down. Is this comfortable so far?

Philip: As comfortable as I can be, as best I can.

Jared: Is your mind active now or calm?

Philip: In between

Jared: That is a remarkable achievement. You should be glad for at least getting yourself in between. Do not expect this to work magically. It is a process and requires practice and more practice. As you are allowing calmness, it will continue. Now is good to find this small piece of God within you. Find its place now and allow it to flow over you. If it helps, you may create an image of what it appears to you and concentrate on the image you have.

For some it will be easier than others, and each step you make toward the stillness allows much change to happen within you. As you continue, you will become more skilled at relaxing and allowing the calmness and allowing God's love to spread over you. Are there other comments, other stumbling blocks?

Gunther: That was so simple and clean that I hesitate to, at least not right now, share my techniques because it seems like it would clutter the impression. I think it might be better just to stay with that and try it. What I'm offering is like a smorgasbord really. If the things that work for you, you could pick and choose from and I don't really want to clutter it up now.

Jared: Perhaps it would be helpful to ask the other members here if they would like to hear your techniques.

Gunther: Others, would you like to hear my techniques? Perhaps later?

Arleena: Definitely would like to hear them; perhaps later would be easier.

Jared: Perhaps during our break would be acceptable?

Philip: Yes.

Arleena: I just wanted to make the comment that that second time, that really worked. Thank you very much, that was wonderful, Jared.

Jared: It helps to ask and get specific answers to your own issues, and know that it takes much practice and many times to learn this new skill. I would be glad to repeat this if it would be helpful to those attending again some other time.

Philip: I thank you and appreciate that. As usual I think I'm going to have to practice and listen to you on tape again to really relax thoroughly enough to feel the presence of God more. I'd be happy to have you lead us in guided stillness many times if everyone else is in agreement.

Jared: It should be discussed among you, and I would be glad to abide by your decisions.

Philip: For me it was a little difficult to come out or respond to your questions. I was in indecision as to whether it was even appropriate to speak. I think maybe it takes some getting used to.

Jared: It is often difficult to know how best to teach. If you do not feel like coming out, you may stay in your meditation. But for some it is helpful not to feel obliged to remain entirely still within the group.

Philip: Yes, thank you.

Arleena: Actually, that does raise a good question, which is a lot of times, actually it can work both ways. Sometimes meditating in the group helps, and sometimes just the stimulation of so many people is almost like a lot of interference. Do you have any comments on how to channel the energy towards meditation rather than being barraged by it?

Jared: It will come with practice, and with more group members desiring stillness and becoming more skilled at it, it will not affect others as frequently. And sometimes group meditating does not work well. It needs to be a decision of the group, each time as we go along. It is not a judgment one way or another.

Arleena: Thank you.

Mr. V.: I'm wondering if, I don't know if there are any other teachers other than Abraham that come from this planet. I would doubt there is much of a celebration of Jesus' birthday. I know on the 21st of August the teachers talked about that being our first time to celebrate. On the 25th of December we celebrate Christmas, and I was wondering if you could talk about any feelings you might have about this celebration. It's a question of curiosity, and I've not well formed the question, but I'd like to know whether the teachers rejoice in the celebration with Christmas?

Jared: As teachers we watch you all as you go about your days, and we do rejoice in that many humans here set aside this time to be joyful and share with one another. In whatever ways you can share God's love with another, and in the ways that it may be more open to more people at this time of year, it is encouraged. As teachers we do not celebrate in the way that you do. Instead it is more a part of our daily lives.

Mr. V.: Thank you

Philip: If it's okay, maybe we could just take a brief break and, if you are willing to come back, continue?

Jared: I would be glad to return whenever I am sought. I would be glad to return or not as the group decides.

Philip: Thank you

***** BREAK *****

Jared: I am Jared. I am glad to have returned and would be glad to assist you in the way that you choose. What is the decision of the group?

Philip: It seems that all of us agree that we'd like to continue with another or further guided meditation for a little while if you are willing.

Jared: Would the preference be to start and go into a meditation and leave it at that, or to allow questions and assistance after it has started?

Philip: Let's see what people feel. I'm open to our asking questions if that's okay, but I'm not sure. Is that okay?

Gunther: I don't understand what you mean, Jared, by having a discussion after we have started?

Jared: Some people find it useful to ask questions or have it back up and start over as

they are having difficulty and unable to get into their place of stillness. It depends on individual choice on what would be most helpful this evening.

Gunther: I see. In other words, whatever we discuss would be pertinent to that meditation.

Jared: For this particular meditation. It appears that you are able to be in the stillness and do not need to ask questions. Is that the correct interpretation, for you?

Gunther: For me? I think I am able to do that, yes.

Jared: Are there others who have input for this evening?

Mr. V.: I find it difficult to stay in the stillness if people are asking questions. My mind gets listening to questions and trying to think of answers. We could practice just for the benefit of helping people to practice; others who are in stillness will probably come out of stillness.

Gunther: Right, it can't be still if it's noisy.

Arleena: On the other hand, if this is a learning experience that we are going through, I agree it would be helpful if people had questions to be able to ask them. I would be open to that if there were questions. Otherwise, if there weren't questions, assuming we were all there, we could just go with that.

Jared: Is that acceptable then?

Philip: Yes, we seem to have agreement, as vague as it appears, that you will lead us in a stillness meditation and we may or may not make noise.

Jared: I will then choose to continue and will assume that anyone with a question will interrupt. Is that an acceptable procedure?

Philip: Yes, thank you.

Jared: Each of you should make yourselves comfortable. Allow yourselves to be in a position where your muscles are at rest. Breathe in deeply and out. Allow much to flow out as you breathe out.

Start at a part of your body, the top or the bottom, and travel through your body allowing your muscles to relax. Go from one end to another allowing all your muscles to relax. Continue in your breathing. Allow much to flow

out as you exhale. You are concentrating on relaxing your muscles; you are concentrating on the part of your body that you are attempting to relax. Any other thoughts you have flow out as you exhale.

You are relaxed and relaxing and allowing much to flow out of you. If a thought comes upon you, you allow it to flow out. Do not push it back, just allow it to flow through and allow it to leave. Your body is relaxed and your mind is quiet and you are breathing in and breathing out.

Now look for that piece of God within you. It may start as a tiny spark, just a light, a small space within you. It does not obstruct and is always there for you. Find it and hold it there and allow it to grow. It is light and warm and spreads out over you a bit at a time and continues to grow, spread God's light and warmth. Allow it to continue spreading and grow throughout your body. As it encompasses all of you, you may have a feeling of God's love within you and radiating throughout you.

If you find yourself unable to spread this light, start again and find the tiny place where it always is. Allow it to be there, allow it to spread, allow it to grow throughout you. It will encompass all of you and will also assist in quieting your mind. Allow yourself this peace and this calmness. Allow the warmth to flow over you. Allow it to be in all parts of you.

You may now remain in this space of calmness and allow your body to relax and recover from your daily activities. This space of quiet and stillness and tranquility is also a most valuable place for you and you may chose to stop here.

You may choose also to go on to hear what may be spoken to you. This comes from a different place from your thoughts; it comes from the back, and the voice of God speaks to you to assist you, to help you to understand, to help you to trust, to help you to feel God's love and to share it with others. As you choose to come to this space more often, you will find it easier to reach. You are not required to come here; only if you choose. You may stay in that place of calmness and of peace and allow yourself to relax. Or you may move further, to the back and to the left and find that place where there are voices ready to speak to you, to help you, and to answer your questions.

Allow yourselves the comfortable time and know when it is time to return. It is an individual choice, and it is wise to respect your

own needs at each time. Bring yourself back and touch this place during your day, and you may find that the calmness is more readily available. You can bring yourself back gently and allow yourself to continue holding the warmth and the sense of God's light. It is helpful to practice daily as it allows you to find what works for you and find your place easily.

I hope you have found this helpful and hope you will continue seeking your stillness.

Philip: Thank you so much for that help. My body is a bit cantankerous tonight, but I look forward to more practice. I wonder, you said look to the left and back and that startled me a little bit because I haven't been experiencing things there, and to look for the voice of God from behind, and I found that what I think is the voice of God comes more from in front. Is that of any importance one way or the other?

Jared: It is as each person finds this voice. You may find it in a different place. Continue with what is comfortable for you.

Philip: It looks like we are drawing to a close this evening and again thank you for your patience and willingness to assist us.

Jared: I hope that you will all leave this meeting this evening more relaxed and more comfortable and will find this useful as you go about your days.

My blessings to all of you and I send God's love to you and look forward to meeting and teaching with you again. Good night. (end 12/10/92, end 1992)

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Jordan: (no sound whatsoever)

Lisa: Many people have difficulty discerning otherness, or discerning teachers, or discerning a level they would like. Is there something that you can say that would assist people?

Jordan: (no sound)

Lisa: Is there anything that you would care to share with Andrew at this point that may come easier in this format, that would help strengthen your contact with each other?

Jordan: (no sound)

Lisa: It appears to be so, and I would like to thank you for coming and sharing with us and also Andrew for being willing to try this. (end 7/8/93)

**A Session with Jared, Machiventa,
Rayson and Lestor**

July 15, 1993, Sebastopol, California

Jared: I am Jared. I am your teacher. I welcome all of you who come in seeking and am delighted to share with you this evening. In what way can I assist you?

Micki: Good evening, Jared. This is Micki. I just thought I'd let you know we have a newcomer here and I wanted to introduce you to Russ, who's here this evening with us visiting.

Jared: I am delighted that there are those who have found their way to these teachings and am delighted to be of assistance.

Micki: Thank you. I do have a question. It's been on my mind actually since last night. I notice that there are people involved in the mission, like Thea up north, or Carlos and myself here, maybe several others you might know about, who are musicians. Is there some way we can lend our abilities in that realm to the teaching mission?

Jared: In whatever ways that you can, you are encouraged to share God's light and God's love. It need not be specific to a particular way of thinking. It need only be sharing of God's love. In this way you will help others to feel that love and that light and be drawn toward the goodness.

Micki: So, then, rather than something specific it's just better if we keep a little incognito as far as the world is concerned?

Jared: It may be your choice. It is unnecessary for it to be specifically for the teaching mission.

Micki: Thank you. I appreciate that.

Arleena: Good evening, Jared. This is Arleena. I have a question growing from a situation that I guess I just found myself in today— with absolutely being snowed with so many things that needed to be done that it kind of gave rise to this question which is—my observation is that most people are going through this kind of pressure in their lives of being almost overwhelmed with too many things that absolutely have to be done. And I was just wondering, first of all, if there is any particular value to humans, to us creatures on Urantia, to be put in a situation like this where we're just absolutely overwhelmed with too much?

Jared: It is a common experience. It is something that most—that some are able to adjust to and others find very difficult. It is not something that is imposed upon you.

Arleena: Well, my impression is that it is imposed upon me by the outside world to the extent that if I want income to pay the rent, buy food, etc., etc., then there are certain things that have to be kept together, and if you don't want the police to come after you because you haven't—I mean, you know, there's a lot of things that are imposed by the outside world, so I'm not sure that I understood your last statement.

Jared: It is not a lesson imposed by teachers.

Arleena: Okay. That I'm pretty clear on. I know that that wouldn't be the case, but is there value in this kind of pressure situation? Are there ways in which we humans can grow as a result of this predicament?

Jared: It will assist you in making choices, in learning to find those things that are of most value to you. It may also assist you in finding ways to accomplish some things quickly to provide you with time for other things that you choose to have completed more slowly.

Arleena: Okay. Thank you. I think I can relate to the part about setting priorities and goals, and that that's a worthwhile thing to do. My perception of this situation is that it tends, it seems like the world is speeding up and going faster and faster all the time and that there are constantly more demands. I wonder if this is true from your perspective.

Jared: As the world changes, there are many changes for different segments of the population. For some other cultures, there is a less of a change than there is for many of you in this culture. It is sometimes something that is affected by what you see around you, by the many choices that you have. It is important for each of you to remember stillness, as it will assist you in finding that solid core of tranquillity and peace that will assist you in seeing the chaos around you in a way that is more manageable. As well, there will be some things that will attempt to become part of your life that you may not choose to encourage. Those are the choices that you will need to make and you will probably find that you will not be able to do everything.

Arleena: Yes, I have made that discovery. I think one of the things that becomes more difficult is when the choices entail personalities, in that there may be a significant number of people I would like to make contact with and simply can't because of the time involved. And then I have to choose what people I'm going to contact and which I'm not, and I find that very difficult. Do you have any helpful words with that particular problem?

Jared: Sometimes it is a choice between quantity and quality. Sometimes it is more important to reach others slightly. Other times you may find it more important to reach less people with more time. You are encouraged to look at each situation and find the balance that feels most comfortable to you. Trusting from within will provide you with the strongest answers each time.

Arleena: Yes. Thank you for your answer. Last question on this topic—I wondered if there was anything in the plan that you teachers have to mitigate, or help, or alleviate this particular situation of there just being so much pressure. Or is everything just going to spin until it crashes, or how do we get out of this one?

Jared: You will again be surprised at my answer. I encourage you in stillness. As each of you find that stillness within yourself, you will find that the external world has less effect on you.

Arleena: Again, I do appreciate that, and it is really true. And again my problem is just when it seems like the really important things, there are so many really important things, that if I don't get them done then I'm going to end up in trouble. And there may be more of those than I can keep up with, so that's where my apprehension sometimes comes from.

Jared: There will be times in your life that there is more immediacy to more of the demands. It is a

period of time for you to survive through and need not be a permanent part of your life.

Arleena: Oh, I like the sound of that one. That helps a whole bunch. And I guess one other thing is that, also, when I'm confronted with being snowed like this I keep wanting to have faith that what needs to be done will get done if I stay in touch with my stillness and seek God's will. I guess I'm asking permission to find out if that's really okay.

Jared: It is important in stillness and seeking of God's will. There are times when action is also required. You will find some times in your life when you will be required to move forward and accomplish many tasks. But in your stillness you will find assistance and direction, and a calmness that may allow you to accomplish more than you thought possible in less time.

Arleena: Yes, I appreciate that last part because that has been my experience, too, that it just seems like somehow "magically" I am able to accomplish a lot more than I thought I could. And that's really helpful. Thank you very much for your help with this.

Jared: And I hope to reassure you that you, too, will survive, and grow, and thrive, and do well, and hopefully will enjoy most of your journey at least.

Arleena: Hey, listen, I've really got the enjoyment part down. Thank you.

Carlos: Good afternoon, Jared. This is Carlos. I was pondering the idea of renewing one's mind, and the value that that has in daily life. And that that might be in some way connected with our seeking the stillness. And I'm trying to make a connection, and I'm wondering if you have any insightful words on this, or if you could speak a little on this.

Jared: In what way do you mean renewing one's mind?

Carlos: Well, I was going to look it up in *The Urantia Book*, but there's a part in *The Urantia Book* where they talk about renewing one's mind in terms of, well, I guess the world has a way of sort of wearing on our thought patterns, and sort of sweeping our thought patterns away from those thought patterns which would be more spiritually, spiritual thought patterns, I guess, but—and I, I'm sorry, I'm at a loss for words—

Jared: You are asking in what way stillness may assist you in reviving your spiritual path.

Carlos: Yeah, that sounds like the track I'm on here. I was just trying to tie the two ideas together, the idea of renewing one's mind and seeking the stillness, and wondering if you had any insightful things to say about that.

Jared: There is much that happens in this world that pushes people back and forth, that causes them to be absorbed into the daily activities. It is important to remember your center, to remember that piece of God within you, to remember that God is drawing you toward him, and to open yourself to that path. As you get overwhelmed in your daily life, you may find this more difficult. You will not be surprised when I suggest to you that in stillness you will be able to quiet yourself, to find that piece of God within you, to acknowledge it and encourage it to grow, and strengthen you, and become part of you, to realign yourself again on that path toward God, and help yourself be clear in your direction. This will assist you in your activities during the day as well.

Carlos: Thank you. So I would conclude from your answer that seeking the stillness could also be considered renewing one's mind.

Jared: Yes. It is one way of quieting yourself and find the place where it easiest to see God's path.

Carlos: Okay. Thank you.

Philip: Good evening, Jared. This is Philip. I have a couple of questions. I'll try one now. As you know, I'm occasionally in contact with people in other teaching mission groups, and I've gained the impression that often different groups receive different information. However, the spiritual teachings are all quite consistent, and by piecing together information from various groups it appears that I'm able to derive a more complete picture of the mission, and of projections into the future, and so forth. I have some information from a group that was passed on to me recently. And I wondered if you have any comment on it.

This transmitter who says he transmits for Melchizedek indicated to us that there will be material universities, Melchizedek universities, even in our lifetime. And he also indicated that the tree of life will be returned to Urantia and that some of us may be living beyond our normal years. I wondered if you're willing to address or confirm any of that, or have any comment on it?

Jared: Moment.

Machiventa: I am Machiventa. I come in answer to the seeking that is coming from this group. There is much that many of us wish to know about, the future of this mission, of where we are going and what specifics have been communicated. There are some plans that have been made that are more immediate than others. There are some plans that are contingent upon other activities on Urantia beforehand. The specifics are extremely difficult. There is much progress that will be hopefully seen by each one of you that will help you to see the scope of this mission and the truth of the mission. I have been able to come to many more clearly and more specifically, and been able to assist with much growth. There are many changes, much happening that will begin to manifest itself to those who are aware. It must be gradual to allow for acceptance and individual growth.

Philip: Thank you, Machiventa, and thank you for visiting us this evening. Although I asked about specifics, it's such an honor to have you visit us. I wonder if you have other words for this group or enlightenment to share with any of us.

Machiventa: Trust in your teacher. There is much he has to offer that will carry you much further than you may expect. Know that the stillness will provide you with a completeness that is not available another way. As you look in the stillness, find that place within you that is closest to God. Know that that piece of God within you grows each time that you reach for it, that great love that he has for you is growing and spreading throughout you, and spreading from you to others. This will bring that light to many and share with others. There is much change happening and many challenges for each of you as you become aware, and participate, and grow, and change yourselves. Go forth in great joy, knowing of this great mission, knowing that we are guiding you and opening the way to God before you. It is a joy to all of us.

Philip: Thank you, dear planetary Prince, for visiting us, and taking time with us. It certainly a privilege, and I know I will certainly try to follow your words to trust our teacher Jared as I do, and am eagerly looking forward to the distant things you mentioned—that he will take us toward more than we think.

Machiventa: Is there more that I can assist you with this evening?

Arleena: Good evening, Machiventa. This is Arleena. This is not a question as much as it is a comment. You have been on my mind a lot lately, and these kinds of thoughts about, in some sense, what your school would be about have been

running through my mind. And it's a really wonderful feeling. I've been very happy to have that kind of consciousness of you, and the purpose and the direction of all of this, and although I don't know any specifics on a material level, I have this feeling of being part of a team. And it's a really wonderful thing, and I just wanted to tell you how much I appreciate it.

Machiventa: And I appreciate more than you know your participation in this growth, and this change, and your assistance that you provide to others, and in your reaching forward and sharing your light.

Arleena: What greater joy.

Micki: Good evening, Machiventa. You are and have been the Prince of Peace, as well as the Planetary Prince of this planet. And the question I have is a personal one and I hope you won't mind. Being that you are the Prince of Peace that seems to be what I need right now. I've had a few personal upheavals in the past couple of weeks to the place where it was only after a great deal of effort today in stillness that I was able to achieve a semblance of peace and tranquillity. I have been extremely emotional, and when I have tried to seek stillness it's been very, very difficult. But one of the things that I am concerned with is that in my emotions, and these emotions that I've been feeling and the distress—one of the things I don't want to be is a burden to those that I love by, because of the energy that it takes, it takes from me and from others. Is there something that I can do, because it seems to be a vicious cycle where when I'm in this place I may seek stillness, but it doesn't seem to come. Are there words of comfort perhaps you can offer me?

Machiventa: Be comfortable with yourself. Know that all people on this planet have times of great distress. They find stillness nearly impossible and are unable to stop this spiral that has happened to them. Allow yourself that space and acceptance. Continue to seek stillness even more often, and know that even if you are unable to achieve the level of tranquillity that you wish for, you have still assisted yourself in reaching toward it and have moved forward in that way. Know also that there are those around you that would be glad to assist you, even as they feel your distress, and allow each person their own choices in this matter. Continue searching for stillness. It will come.

Micki: Thank you. Also, though, how do I avoid being a burden to those that I love through these difficulties?

Machiventa: Be who you are.

Micki: Thank you.

Ross: I'm overwhelmed by being here and—

Machiventa: I hope it is not too much for you on this evening.

Ross: Oh, no, not at all. I should rephrase that. I'm really enjoying being here. Thank you for visiting us, and I would love to join a group in my area, and if you could help me establish one, or tell me where one is I'd be very grateful.

Machiventa: There are groups coming together in many places. You are encouraged to reach out to those around you and to those who are aware of our teaching mission. It will assist you in your looking for a friendly atmosphere in which to begin these teachings. Where there is desire and sharing, the teachings will come.

Ross: Thank you. I'm at a loss for words.

Philip: Machiventa, this is Philip again, and I don't see other questions, but again if you have any—here we have one.

Carlos: Hello, Machiventa. This is Carlos. Thanks for coming. I was—

Machiventa: Thank you for you, too, coming and sharing with us.

Carlos: I was thinking, well, last night I read something about humility in the Woods Cross transcripts, and I found it very interesting. And I was trying to understand it intellectually, and I think I was grasping it somewhat, but I'm a person who likes to be shown in order to learn things and I'm, I feel that if I could feel what this lesson was about then I would completely comprehend it. But I also would like to hear more on it, if you have anything to say on the subject of humility, because it seems like a really important quality to cultivate.

Machiventa: You are correct that the most complete understanding comes from the feeling. In your stillness as you search for more assistance, you are welcome to search for particular avenues and further information, and in what way it can assist you in your growth. There will be much for you as your future unfolds for you. There will be much for you to learn and much happening. It need not all happen at this moment. Continue in your life and in your experience, and feel when that is possible for you. Know also that there is much feeling that you are not always aware of, but will become more aware of. Continue as you have

been, continue in your stillness, continue in the awareness, continue in the loving and the sharing.

Carlos: Thank you very much. It's nice to have you here once again.

Machiventa: I am honored to be here and to be part of this teaching. I will take my leave of you, unless there is further pressing question of me.

Philip: Thank you for coming, and we'll welcome you back any time.

Machiventa: I am glad to be here and share with you, and will be glad to return. And know also that I remain with each of you as you reach forward.

Philip: Do you need a break, Lisa?

Lisa: Yeah.

*****BREAK*****

Rayson: I am Rayson. I am glad to be welcomed to this group this evening and am delighted to come and assist you. In what way can I be of assistance this evening?

Philip: Hi, Rayson, it's Philip. And thank you, as always, for being here. I have a couple of questions. Let's just see if anyone else—okay—you go ahead, Micki.

Micki: Hello, Rayson. It's Micki. I felt you a little earlier, kind of over to my left and waiting while Machiventa was talking, and I'm glad that you could speak with us tonight. My question is I would like to—Machiventa mentioned that it would be good for me to seek help from those around me, and I would like very much if you could be one of those. Is that okay?

Rayson: I am already.

Micki: I know. And you have been a great help to me. I'm just kind of making it a little more official, that when I'm in distress I give you permission to scan my mind and help me out in any ways that you can.

Rayson: I suggest that you ask for me and look for me and I will be with you. Ask for me to help you in your difficulties, ask for me to help you find your stillness, ask for me to bring upon you that tranquillity that is available to you. As you open yourself to me, and to your teacher, and to others, you will find that it will come easier to you, be more complete, and stay with you more easily.

Micki: Thank you. I will definitely do that.

Philip: This is Philip, Rayson. I've been attempting to implement some of your instructions given through our other transmitter last week, and am having some struggles with my stillness time. So I thought maybe I would ask you a little bit. I've been, as you know, I've taken a couple of gentle meditative walks, and trust that you've been with me on those two occasions. And I'm still working with that. I think it would help me if you gave me a little amplification or expansion on that, especially since you suggested that I put it as a high priority.

Rayson: As you move forward, see yourself reaching toward God. See yourself walking on God's path. As each step forward is made, you are taking another step forward. You are reaching in that same rhythm and reaching for that stillness and that otherness.

Philip: Thank you for that. My other question has to do with my stillness practice. I'm trying to carry out all the suggestions that have been made by Jared and the other teachers. And I've been aware that I've now been taking the stillness time each day for the most part for, I believe, a little over a year now. And although on some level I'm confident that I am growing and that there are changes, for the most time to my consciousness I'm not aware of very much progress or change. It's been more up and down. And I still find that when I am able to quiet my mind for a little while that it's difficult, though I try, to open up to more of the feeling of God's love, it's still a bit frustrating. So, this is getting to be an old record, I realize, but my understanding is it's very important. So I wanted to see if you could further my understanding and direction there.

Rayson: You are congratulated in your continued attempt at stillness. It is frustrating for many and is difficult as you reach for stillness and do not find the success in the stillness that you wish for. You are correct in knowing that even if you are unaware, your stillness is assisting you. In whatever way you can allow this process to continue, continue searching in your stillness, continue searching for stillness, and know that you are making progress even if it does not seem so to you. This process is very helpful and useful for you.

Philip: Thank you. And I'm assuming then that I should always compare to my own baseline and not with other mortals. Is that correct?

Rayson: Yes. You are commended in your attempts so far and encouraged to continue into the future.

Philip: Okay. I thank you again for that. I have other questions, but let's, let me see if there are other people who have questions. I'm continuing then. And this is still about my stillness practice, if I may, if you'll indulge me a little more. I find that right now when I feel under the gun, and have managed to create pressures for myself in the material world, that even if I take fifteen or twenty minutes I seem not to be able to reach a very deep level, or my—

Rayson: You do have high expectations for yourself, do you not?

Philip: Yes. I'm just like God, right?

Rayson: There are many who expect too much of themselves and become frustrated in the process.

Philip: Well, I think that I'm understanding that less, and that it's not beneficial if what I do is frustrate myself.

Rayson: Please continue.

Philip: It seems that even when I am able to achieve a degree of stillness, I'm not able to really hear very much. As you know I often attempt to communicate with you, and try to hear you, and even on my walk today occasionally it felt like I got a word or two or three. And I'm trying to follow Jared's suggestion to allow several sentences to come if they do. I think the thing that I'm more frustrated about is that when I achieve a degree of stillness, there's still like a back part of my mind that feels driven, and is still hooked into the next event or obligation, really, of the day, a phone call to return, or something to be done for someone. Sometimes if I take more time, like maybe forty minutes or longer, it seems like I can relax a bit more, although often when I take such a long time it usually indicates that I'm tired and need a rejuvenation. And I do feel at times a kind of—like I'm maybe being worked on, or being helped, or being given rest beyond maybe what I would have without these new forces of the correcting time. So I'm kind of portraying what I do, and you've already given me good advice, but if you have more comment or more specific suggestions, I would be open.

Rayson: I hope you will continue in your seeking in whatever way that you can. It is understood that there are many limits on this planet that intrude upon an ideal situation. Whenever you can find more time for stillness, you are encouraged to do

so. You will no doubt find that other things will go more smoothly when you have been able to be in touch with that stillness. Also, you are encouraged not to frustrate yourself unnecessarily. There are many who have great difficulty in even setting aside time to actually sit down and attempt stillness. You are commended in your choices that have allowed you to continue frequent stillness, even as you have not been rewarded as much stillness as you would like. Please continue seeking stillness in whatever ways are possible for you. Also, remember that there are human limits that will, some will find more difficult to overcome. It is in no way a judgment of your efforts, it is only a reality that you are encouraged to accept. Know that each time you attempt stillness, even for a few minutes, even when it is not as complete as you would like, or does not include as many words as you would like, you are taking steps forward, you are assisting yourself, and you are reaching toward God. I hope you will continue.

Philip: Probably. I would—thank you, first of all, for all of that, and maybe I can just ask you— from your vantage point, of things that I may be unconscious of, am I progressing, am I moving in, what should I say, superconscious ways that I'm not totally aware of?

Rayson: Lisa is laughing.

Philip: Are you giggling? Okay, Lisa's giggling.

Rayson: I had answered her before you started the question. You are progressing well. We hope you will continue.

Philip: I think so. Okay.

Micki: Hello, Rayson. This is Micki again. I'm wondering—in regards to Philip's question, is there something that I perhaps can do to assist him in these practices?

Rayson: Stillness is an individual time. It must be respected in this way, and each of you must find stillness for yourself. In whatever way one person can reach out in love to another, it is of assistance in many ways. It is helpful for each person to establish their own path, and reach forward in the way that is most comfortable for them.

Micki: I agree. I do agree with that. But I was thinking more in terms of if we were to seek stillness together. Does that help lend itself to the stillness in itself, when people come together and seek stillness together?

Rayson: There are different stillnesses. There is the solitary stillness, and the stillness with pairs, and the stillness with groups. Each of you are encouraged to look within yourself, try the different experiences, and see which is of most assistance. Most people will find a combination most helpful.

Micki: Thank you. I appreciate that.

Rayson: So you are encouraged to try for yourself and find the activities that are most useful.

Micki: Thank you, Rayson. I appreciate that a lot.

Russ: I'd like to ask a question. Hello, Rayson. I'm pretty new at this, and I just wanted to, I know there's many different levels of teaching here on the group. I was wondering—what is a purpose that fits my level here at this group, that this group is actually here for, and what are we trying to learn?

Rayson: For you it is a time of introduction, a time of watching, and beginning a process of opening, and perhaps of accepting. The group is here to provide a base that will help you in a friendly exchange. I come to provide another personality, another teacher to reach for. There are many teachers who would be glad to come and speak and there is much guidance that is available for those who wish it.

Russ: Could I get a teacher?

Rayson: If that is your choice.

Russ: I would like a teacher.

Rayson: You will have a teacher then. You are encouraged to practice stillness, to reach for this guidance, to become familiar with teachings, and become familiar with what is offered to you. A teacher will be assigned to you, and will be with you, and will help you, will provide you with guidance on your path toward God. It is a joyous experience and we wish you well.

Russ: Thank you. This is Russ. Do I have a spiritual name?

Rayson: It will not come through Lisa at this moment.

Russ: All right. Thank you.

Philip: Philip again, Rayson. Looking to see—we're a small group this evening. I have a question of judgment that I think maybe I'll hold

for our group teacher Jared, although I know you'd be quite capable of answering it. Maybe I could just ask if you have any comments, or anything further to say to our group this evening, since I don't see more questions at the moment.

Rayson: I am delighted to be allowed to come and share with you. There is a bond that is developing with each of us. We are becoming familiar with each other, and learning of each other, and able to share more completely. It is a wonderful friendship to be developing. I am delighted to come and share with you, helping to open the universe to you in ways that you may not have expected previously. There is much available, most important is the love and the light and the strength with which God will draw you toward him. There is so much to offer and so much for each of you to discover. I am delighted that you are allowing me to be—

*****BREAK*****

Philip: I'm just so grateful that you come, and it's a fulfillment of very much for me to have you here so frequently. It's just astounding to me that we've become good friends and are having this continued contact. And I feel great joy in those moments when I sense that through this spiritual circuitry we may always be able to connect and communicate. I hope that's true—if you are willing, I certainly am.

Rayson: I am always available to you, even when you do not hear me. I encourage you to continue reaching toward me and know that I am answering you.

Micki: Rayson, it's Micki. I know that at this time I'm not, I don't feel that I'm ready to be a transmitter, but if that such time would come, I would invite you to transmit through me when it's right.

Rayson: You should do so now.

(laughter)

Micki: Thank you.

Rayson: I am respectful of your desires and your wishes, but it is your choice.

Micki: When I feel ready I would be more than happy to be a vehicle for you. Thank you.

Rayson: And you are requested to speak up when the time is correct for you.

Micki: Thanks. I appreciate it.

Philip: Thank you ever so much, Rayson. I'll continue to be in touch with you in my stillness, and taking walks, and your friendliness and closeness and gifts to me are just—have been so important in my life, and I just want to thank you ever again.

Rayson: I am delighted with the sharing and am delighted to return. I send my blessings to my friends.

(equipment failure—larger part of Lestor's transmission lost)

Micki: I agree. I have noticed that Rayson comes a lot more clearly to me, and Rowan is always there, but it's more of a background, and a feeling, and I realize it probably is because she is not as experienced in transmitting to me as Rayson is since he does transmit quite a bit.

Lestor: And the feelings are important.

Micki: Yes, they are important, and they are very comforting to me also. I just thank you for being here, Lestor. You are a delightful being. I sense your lightness and your energy, your high energy, and your sweetness, and the love that you bear toward Philip, and toward others in this room, there's a pureness in that. Thank you.

Lestor: Is there another way that I can assist those of you who are new to experience with teachers?

Russ: I was promised a teacher, and I was wondering how, could you give me any hints on how I can make contact in my stillness with him or her?

Lestor: I hope you will first have patience with the process. It is frequently more time consuming than humans like, but it is necessary sometimes to go through particular steps. You are encouraged to seek daily stillness, to find—allow the tranquillity to come upon you, to find that piece of God that is within you, to hold it, and to allow it to grow. As it comes over you, you are more open to the love of God and to the teachers that bring this love to you. As you are able to sit quietly, you are encouraged to search within you for a sense of otherness, for words, for feelings, for a sureness that is unlike what is usually experienced.

This process that I have just spoken of may take weeks or months. It is dependent on many factors, most of which are beyond your control. You are encouraged to remember, though, that

each time you seek stillness, even for a few moments, you are reaching toward God, and reaching toward guidance, and reaching toward light. Even if you are unable to feel any stillness or feel any change, you have been open to the guidance and receiving the guidance, and it will be of assistance to you. As you become more experienced with this, the practice will assist you in finding the stillness and finding the guidance that will assist you. I hope you will choose to proceed on this path. There are many that are helping you.

Russ: Thank you.

Philip: Lestor, I just realized that I failed to turn on the mikes and did not record probably any of your words. So if you have a short version that you'd be willing to repeat for me, that would be helpful.

Lestor: Of what it is that I shared with you?

Philip: Yes. I was able to get Russ' last transmission, but some of Micki's conversation with you and all of mine, I'm afraid, was unrecorded except for some of my portion.

Lestor: What is important for you to remember is the vision. The tangle that you see around you, the noise and the words and the distractions, and to see that bit of light that is underneath. And as you bend down and move the tangles aside, you will find this path of light. You are encouraged to walk on that path, to slowly step forward, step by step, and we can go together on that path of light toward God. You are encouraged again to remember that there is no judgment, that I come only sharing God's love.

Philip: Thank you. That was an excellent summary. Do you have any specific suggestion about how to visualize you being with me? Are we walking together, or do you have any, is it, is that important at all?

Lestor: I am always with you. In what way do you find it most comfortable for me to exist with you?

Philip: Well, we've been traveling in a ski lift for a while, so maybe I'll continue to use that.

Lestor: As is comfortable with you. I am with you.

Philip: Thank you ever so much, dear brother. I do feel your familiarity with me and closeness, and I am just so privileged that you're willing to participate with this mortal in my mortal struggles.

Lestor: I am delighted to be with you. I am glad that you ask of me in this setting, and I know how often you ask of me to be with you. I remain with you. I am delighted to share with you. And I am delighted that you share me with others. I am glad to come and share God's great love for all his creatures. That love is indescribable. Good night.

Philip: Good night. (end 7/15/93)

A Session with Jared and Rayson

July 22, 1993, Sebastopol, California

Jared: I am Jared. I am your teacher. I welcome you who come in search and am delighted to share with you this evening. In what way can I assist you?

Philip: Good evening, Jared. This is Philip. Once again, we're most pleased to connect with you and have you and your associates with us. We'll see—I'm looking for questions. I have one if no one's ready at this point. I've been giving thought, and have for many months, to one of your transmissions from last year, one of your more extensive and heady monologues, and I wondered if you would extend a bit. The topic had to do with God's will. And my recollection of what you said that stuck in my mind so intently is that, in order to do God's will, we must first know God's will. And that might seem obvious, but as I've thought about it, I wondered if you would expound a bit on how we come to know and recognize God's will. And I think we all here know that we feel when things are right, but if there's something more that you can add about how to better know and understand what God's will is, as distinct from what I may believe God's will is, I would really appreciate that.

Jared: It has been important in my teachings for each of you to realize the importance of stillness. That is one of the many illustrations that I used. There is a need for each of you to find God's will from within you. This is a particular searching in your stillness. For each of you who have how become accustomed to my recommending stillness, you will find it easier in your search. As you find the quiet and the tranquillity that comes upon you in stillness, you are encouraged to ask for assistance in finding God's will, in finding the path before you that will lead you toward God, the path that is open toward you and on which he is drawing you toward him. In this way, you will find the most accessible way toward God. There is

not one, only one path for you to follow. There are many open in front of you that are reaching toward God. They—some of them may be easier or more appropriate, but nonetheless they all travel toward the Father. You are encouraged in your stillness to feel for what is drawing you toward, to feel for God's will, and look for this path. In this way you will be most likely to find the place for you on this path, and be most comfortable in that journey forward. There is much that happens in stillness.

Philip: Okay. I think for myself that I can easily recognize a variety of things or boundaries that must be a part of God's will, the directions that come from within and without to be loving and selfless, service-oriented, kind, to take daily stillness. My greatest difficulty is in more specific applications, and that's when I'm uncertain as to whether or not it's God's will or simply my belief in what God's will is. Maybe you could help clarify a little. For instance, is God's will both general and also very specific about individual acts and items in our life. Can you say something about that?

Jared: You will find it easiest to perceive the general aspect of God's will. It is strongest from this viewpoint. The specifics are more—no—there is usually less clarity in the specifics. It is often your free will choice how you perform those generalities.

Philip: Yes. Thank you. Again, I find that if I try to follow some of the directions I've been given by you and other teachers, and I've been touched by some of the other teachings, particularly reminding us that God's will is not a burden but is light and joyous, and I still struggle—I imagine that this is something that goes on for a long time, to discern whether or not God has a direction for me that is highly specific. I don't know that you can really answer that, but I'm all ears for whatever you might share.

Jared: It is not the case that there is only one direction that is correct. There are many paths toward God. There are some that may work more comfortably than others, but there are many directions toward God. His will is most easily perceived in the general, and you are encouraged to implement this in ways that are of your choosing. Know that each time you reach in love toward another, and share kindness, and reach toward the Father, you are doing his will.

Philip: Thank you.

Gunther: This is Gunther, Jared. While you were talking with Philip, I recalled in *The Urantia*

Book that when Jesus went to the mountaintop, spent many days there, he came up with six rather general, well, they were specific, but they were broad categories that he was going to devote the future to, dedicate himself to, and then it says, and I'll just leave the rest up to my Father. So I'm trying to reconcile that with what you said, and it seems to fit in rather well that there's more than one path, correct path, choice, and can be done with gentle nudges of guidance.

Jared: There is much that can be accomplished respecting your free will and respecting your choices. And know that for each of you as you genuinely seek for guidance and seek of the Father, you will be drawn.

Gunther: I'm also remembering page 1221 where it says, this is my favorite sentence in the whole Urantia Book, it says, doing the will of the Father is nothing more or nothing less than your willingness to share your inner life with him.

Jared: There are many words that are inspiring. I am delighted that you have found such a sentence that will assist you in your time here.

Sardineal: Good evening, Jared. This is Sardineal. I had a question about love, and perhaps I'm being somewhat simplistic and foolish and so forth, but I was hoping that you could expand on my grasped understanding of love in that there are things that I love, I feel, like my three-legged dog, and chocolate, and a number of other things, and then there's the relationship I have with human beings. I've never had the experience of fatherly love, at least as far as I've been able to discern in terms of the human level and difficulty discerning it in terms of God the Father. Could you give me some expansion of love and the relationship of love and how it helps us and how could you apply it to me in particular?

Jared: You are asking for assistance in experiencing and understanding love toward a father, is that correct?

Sardineal: Yes, love towards the Father and also towards one's fellows.

Jared: As children grow they begin to sense the difference between themselves and the adults around them. They begin to recognize that their parents are separate and individuals and at the same time a part of them, and a trust and a bond and love is further developed. For you, there was a space that was not filled in the same way and may perhaps make it a bit more confusing for you as you reach toward the love of the Creator. It is an experience that you can cultivate, that you can

learn, but is not currently an automatic response for you. But it is one that you may tailor to your own desires. You do not have that human relationship to affect your feeling toward a father. Perhaps it would help you to think of it a bit more distant, as a grandfather perhaps, a older and wiser person who is with you and sharing with you and always loving toward you. If there is a desire to share, a desire for another to know you, and for another to be constantly with you and constantly sharing with you, this need can be filled by our Father. Your love for others is different than this. It is more concrete and yet fills you with much the same type of joy. As you reach toward God, you are encouraged to remember this joy, but know that it is love without limits. It is strong and powerful. It is gentle. It is without judgment. It is constant. And it is complete.

Sardineal: Thanks. I'll reflect on that. I'd like to follow that up with a question about ignorance as opposed to evil, and I've been wondering in terms of dealing with people, both individually and collectively, sometimes I have difficulty with people or situations or societal things. To what degree am I responding to either ignorance on my own part or ignorance on the part of the individual or the societal decision that affects that. Where does ignorance transcend into what I perceive as evil, or am I mistaking oftentimes what I feel is evil in another as ignorance on their part or perhaps ignorance on my part?

Jared: There is much more ignorance here. There are many who are unaware and who perform automatically acts that are not reaching toward light and toward love. It would be most helpful for you to consider most acts those of ignorance that may nonetheless be hurtful, but are not usually intentionally so, or are done because others do not yet know and feel comfortable with new ways of action.

Sardineal: I find that helpful. At the same time, to what degree is the evil that I'm perceiving just that evil or ignorance?

Jared: It is mostly ignorance.

Sardineal: Well, believe it or not, that's reassuring. I was ignorant of that. Thanks.

Philip: This is Philip, Jared. If I may, I will continue a little on the issue of the Father's will. For myself, I think that I live with an overlay of conditioning and experiences in my past that have had to do with doing things because of an authority, such as parents, and have often been in the trap of doing things out of guilt, or to avoid guilt, or with the pressure of guilt. And I know in

my mind that none of these things are of the spirit and must be let go of, but these do enter in sometimes and obscure my discernment of the Father's will, particularly in those areas where there is conflict or uncertainty, where there are no general rules as, for instance, I know it would not be the Father's will for me to strike down someone or harm them. But it's more difficult for me to discern the Father's will when it comes to human appetites. That's probably the most difficult area—is how to learn to handle or control the natural animal appetites. I wonder if you could say something about animal appetites and God's will and these other factors of conditioning.

Jared: This is more an area of free will choice than it is of God's will. God's will is for you to be kind to others, to treat others with the love that is shared with you, and to proceed with joy and enthusiasm in your life here. There are many times, however, that humans living in this material world must make material choices that will affect their lives here. You are encouraged to make those decisions for yourself that you feel are best for you, living the general principles of God's love.

Philip: Thank you. That's a reassuring comment. I'm still caught up in issues of daily habits, and often the will choices are very difficult and strenuous. And sometimes I wonder if that difficulty in and of itself indicates that maybe I have not found the better pathway. Concrete example would be the attempt to let go of a habit, an appetite. Although my desire and intentions may be for better health and more service, some of these appetites are very strong and are confused with my conditioning and my upbringing and my parental, my parents' beliefs about right and wrong. Am I understanding you to suggest that really none of this domain is really the Father's will, and that these are simply mortal decisions we have to grope through?

Jared: They are mostly mortal decisions that you must decide in your lifetime here. The general principles of light and love are incorporated in all decisions you make, to some extent larger, in other situations a smaller part of that decision. These general areas of which you speak are mostly mortal decisions that you make in your life here.

Philip: Okay. Thank you. I think I'm particularly aware of the struggle of discipline and I wonder if on the mansion worlds we have to curb our appetites with the same effort and struggle that we have in animal bodies. I'm hopeful that morontia food is either better than chocolate and not as bad for us, or that perhaps the rules are a little different. Are you willing to reveal a little bit in that area?

Jared: Your decisions here do affect you and how you grow and learn, but the same struggles will not be continuing as you leave this world. There will be different choices, clear for you and easier to follow through as you become clearer of the Father's will and the guidance that he gives you.

Philip: Thank you once again. I'll give some more thought to that.

Gunther: This is Gunther, Jared. Again, I'm not asking a question, but I just have to register appreciation. If it's this confusing, and we're supposed to enjoy life, sounds like we've got something right here that in some ways is better than the mansion worlds. We can just do anything we want as long as we're not mean, and as long as we help others. Do you have a comment about that?

Jared: It is an interesting perspective. There are not many who feel they are allowed to do whatever they choose. I am delighted in your perception and your joyous expression of the respect for free will choices.

Gunther: Thank you.

Philip: There don't seem to be other questions at the moment, Jared, so I'll go ahead with—okay.

Carlos: Good evening, Jared. This is Carlos. Say, I was sitting in my truck today in a traffic jam in downtown Santa Rosa in the heat. And I was wondering if there are any traffic jams on the mansion worlds.

Jared: There are many of us that come together in certain situations and reach toward a common goal, but we have learned to flow together in a way that is comfortable.

Carlos: Beautiful. And I also imagine that you're not trapped in these small boxed and strapped in with these belts when you're all doing that together.

Jared: No, we are able to flow more freely.

Carlos: I'm glad to hear that.

Gunther: They may not be stuck in just two dimensions either.

Philip: Well, Jared, it's Philip again, and I'll move on to the lighter questions here. There have been some communications with me from transmitters up north who have told us they've received transmissions that a Melchizedek or more

are presently incarnated on Urantia, and I wondered if you'd be willing to share anything about that.

Jared: All things are possible. It is not always clear in which direction will be the strongest flow. It will be determined as people respond and learn and grow and reach for their goals. There will be many ways of reaching people and helping them open to this great change. There will be some who come and touch you directly in a physical sense. It will not always be obvious to you which person has reached to you in this way.

Philip: As always you're a master of vagueness.

Jared: It is less vague than you may think. There will be an incarnation.

Philip: That's pretty clear. Well, we're on a roll now. Can you say some more about it? Locations? Times? Names? Privileges?

Jared: There will be someone who will come and reach out to many in a way that is different, but yet in a way that is so similar that it will not be clearly perceived as a startling occasion. As you reach out to others, you will find someone who is able to enhance this reaching, who is able to assist in this bridging and sharing that will help the progress of the opening and the sharing of love.

Philip: I'm not sure what to make of these dark sayings, but it's very interesting and, since I've already asked, I won't pursue you further on the details. Maybe someone else will want to.

Micki: Hello, Jared. This is Micki. How are you this evening?

Jared: I'm glad to come and share with each of you and glad in your seeking.

Micki: Thank you. You know, there's been a question in my heart. I have an intense desire to live as an agondoter, more than in just words or beautiful sayings, but in my life. And there have been some large difficulties that I've had to face in the last few weeks and I was listening to some teachings today regarding that. Could you offer some encouragement in this area?

Jared: There are many of you who must deal with struggles in this world here who find it difficult and who find it to impinge upon your seeking of the Father. These struggles are part of this life here, but do not stop you in your searching. You are encouraged to recognize the ebbs and flows of your life here, to know that there are times when you will be most comfortable in your active

performance of the Father's will. There are other times when you must concentrate on your material needs and care for your life on this planet. At the same time, all of your life is a reaching toward the Father. You continue in your search and you continue to reach out to others and share love and share light.

Micki: Thank you, Jared. Is the Father's will the same for each of us? I know that you've over and again stated about the stillness and about the kindnesses that we can do for one another. But is there also aside from this and in addition to this, a specific will for each person in this room, for instance?

Jared: The Father reaches to all of you and wishes for you stillness and light and love. It is in this general reaching that each of you are encouraged. There is also a specialness he has for each of you. There is a special connection he has with you and a special drawing he has for you. It is a paradox that is very difficult to explain.

Micki: I understand the difficulty.

Jared: There is something special for each of you, but it is unnecessary for you to become caught in searching for the one particular thing you must do. Reach toward the Father in a general way and he will help guide you toward the specific. It is unnecessary for you to search and expect to find that specific path.

Micki: Thank you. I am concerned and I am continuing to do that. Another thing, in regards to what you and I had sat down together and spoke about a few weeks ago, some of the events in my life seem to have, I don't know whether they detract from this or whether they add to what was said in that meeting. What can I do to continue along that particular path?

Jared: Continue with what you were instructed to do and trust the feeling within. There are some things that are easy enough to overcome. There are some times when postponement is acceptable. You must decide for yourself and know from within.

Micki: Thank you. I don't desire postponement. I do want to continue. I am just having a little bit of difficulty and I could use yours and Rayson's and anyone else's help along the path. I appreciate it.

Jared: Then all you need to do is ask for the assistance and it is there for you.

Micki: Thank you.

Sardineal: Hello, Jared. Sardineal again. I wanted to get back to some love issues. I'm not quite loved out yet. A question I had was in terms of our transition into the morontial career. I'm under the assumption that things of spiritual value are those things we'll retain into the morontial life. And I would assume that part of those things would include the love that we have for our fellows here. Is that a fairly correct assumption that we would continue to clearly experience the love that we had here for our fellows and, at the same time, will we be surrounded by or accompanied by our loved ones as well?

Jared: You will retain that sense of love and sharing. It is part of what makes you who you are and helps in your growth.

Sardineal: The retention of those concepts will be quite clear?

Jared: You will know of the people.

Sardineal: Okay. As well as the people, will we also hold fairly clearly other spiritual experiences, experiences of love be they of things material, in a positive sense, and here I would bring the issue of love of perhaps animals, as a good example. Will the love that one holds towards say, my three-legged dog, will that continue to be part of my clear recognition of my existence here on this earth?

Jared: You will retain a more general sense of love, of inanimate, the sense of beauty, of nature, of trees and of flowers. The living creatures will be more clear for you and more special. It is an exchange and more easily retained. There is also a more general sense of love and of light that will be stronger as you move on.

Sardineal: What exactly do you mean by a more general sense? Could you give me a concrete example?

Jared: The coming together of all parts of this loving brings to you a general sense of loving, of knowing many different ways of loving, many kinds of loving, many different people that you love, different, different scenes, different creatures. All of these come together to make a general sense of loving. That will be strongest for you as you move on.

Sardineal: Sounds pretty good. I can hardly wait. As a closing question, I was wondering, do animals here have the capacity to love? And I'm speaking of other than human animals, of course. So do the lower orders have the capacity to have the sentiment of love towards humans?

Jared: Not to the same degree that people can, but there is a desire to be near you that is much akin to the loving.

Sardineal: Do we interpret that as love, or is there more to it than that?

Jared: It depends on the person. Some people interpret it as love. Others do not. You may do so if you choose to.

Sardineal: So the interpretation really is an individual one and not a response by the non-human thing?

Jared: Creatures are unable to think as completely and love in a way that you understand love. But you are special to them.

Sardineal: Could you understand the way that I wouldn't understand love then?

Jared: You understand love with your mind, an understanding of sharing with one another, of choosing a specialness. Creatures do not have that capacity, but know of a desire to be close to a human and a feeling of specialness with a human.

Sardineal: So, in other words, people understand both with their heart, if I can use the expression, as well as with their minds, as opposed to animals who might have a more rudimentary "heart" type of love?

Jared: It is more a heart love for the creatures. They do not have much mind understanding of—

Sardineal: Okay. That's very helpful.

Jared: —anything.

Sardineal: People are looking at me weird, but thanks.

Arleena: Good evening, Jared. This is Arleena. I've been reading in the 1992 Woods Cross transcripts, and I came across a really intriguing statement that I was hoping you could help explain to me. The sentence read "humility is the essence of true religious faith healing." And I wondered if you could shed some light on the connection between humility and religious faith healing. I'm a little confused, but it's a really interesting topic.

Jared: There are some people who are so busy with themselves and so much absorbed in their own actions that they find it difficult to be open to another, to be open toward God's love, and to be open to the healing that is available to them. When a person is able to keep themselves in a place to be

open to this love, they will find much healing available.

Arleena: Okay. Thank you. I think I am making the connection there. Could you perhaps give me your definition of how you're using humility in this case?

Jared: A sense of humbleness, a sense of a person as part of the whole, without needing to be the center.

Arleena: Okay. Then if I'm understanding that would be when one tunes into the sense of being part of the whole as that being part of humility—then that is what allows the faith healing to take place, is that correct?

Jared: An awareness of being part of the group, part of—no—it's—an acknowledgment of the specialness that each person has, but not being bound in the ego of self that is overpowering.

Arleena: Okay. I know that's one that we have problems with as human beings is to allow ourselves to feel special, but not get carried away with that with our egos, so that is one of those tricky balances. On the same topic, I was wondering if it's also true that as we more and more dedicate ourselves to doing God's will, that that would, then a natural consequence of that would be to experience greater health, under normal conditions. Is that, under normal conditions, the way it happens?

Jared: It is not likely here that that will be an outward appearance of faith in God. Some of you will find, as you reach toward the Father and a clearer sense of the Father, will find better health. There will be others of you that will not. It would be an error to assume that healthy people are filled with God.

Arleena: Yes. When you turn it around and put it that way it's quite clear. Okay. Thank you very much for clearing some of these matters up.

Jared: If it is acceptable, I would find this a good time for a break. I would be glad to return or allow others to return as is the desire of the group.

Philip: It's a really good time for a break, Jared, in that we're at the end of the tape. Thank you for your timeliness.

Jared: My blessings to each of you.

*****BREAK*****

Rayson: I am Rayson. I welcome you in your search for love and light this evening. I am delighted to be able to assist you. In what way can I help you this evening?

Philip: Good evening, dear friend. This is Philip. I've been reflecting a bit on our group and our group process and the interaction with you teachers. And it strikes me that over these now many months that one thing that you've succeeded very well with, and that I certainly accord you due honor and respect for, is to help us to be comfortable with this mission. I've noticed that, in myself, I feel much less on edge and intimidated, and that we're able to be pretty relaxed with you. And I am ever so grateful that you've done such an excellent job, you and your associates. And recently I was talking to a transmitter from another state who indicated that she had information that each individual group has a particular focus, or orientation, or theme, or purpose perhaps. And I wondered if there's something that you can share with us about this group, and if we have such a particular focus or theme.

Rayson: You will not be surprised when I tell you that your focus is in stillness. Jared has been clear in the direction and the need of stillness. In this teaching you will find much growth. You will be able to affect others as these teachings are shared. The clearness and directness of his teachings will touch others who are not drawn to the teachings of other groups.

Philip: So would it be fair to say or to call ourselves the stillness group?

Rayson: You are encouraged to find a mutually agreeable name for yourselves.

Philip: Okay. Thank you. And I wanted also, Rayson, to again emphasize my gratitude for the clever and wise methods that you've used to bring us to a place of relative comfort and ease in talking to higher beings such as yourself, and even those up to Michael and our Father. I'm not sure sure how you've brought this about, but I notice in myself that it's much more relaxed, and if that's been your purpose, you've done a marvelous job, and Jared and the others have at bringing this about.

Rayson: I appreciate the acknowledgment and wish to pass the compliment to Jared. It has been his work and his steadfastness in his goal that has allowed you to become, to come to this place of gentleness and comfort with teachings.

Philip: Yes. Since you mentioned Jared, it just came to me that the appropriate name for us is the

vagueness group, but of course we'd have to reach consensus on that. I will move on to another inquiry of you. In our first meeting, a monumental moment in my life, you gave me, among other suggestions and instructions, to look for the quicker gut level response in discerning God's will and direction in decisions. I still struggle with that, and when I remember and reflect on your words which have meant a great deal to me—I think I'm getting better at looking at the quicker, it's hard to find words for it, but I think you called it the quicker gut level response. It tends to come up more often when something doesn't seem to be right. And I'm wondering if there's some suggestion you can make or help about tuning into this level to discern positive directions, as well as things to be avoided.

Rayson: You will find it most recognizable when you are stepping in the wrong direction. As you acknowledge that, and encourage that response, you will find that later it will develop into one that allows you to know when you are proceeding forward. The response to those areas to avoid will be the strongest.

Philip: Well, thank you, that certainly clarifies what I had perceived to be the situation. Let's see if there are other questions.

Micki: Hello, Rayson, it's Micki, and it's very good to have you here with us this evening. I've been trying to hear you in my stillness, and I've been trying to, it's been difficult, I have to admit, but I've been trying to connect with you and with Rowan. My question this evening is, you know, just before we got back together, we had our break, and the discussion started in different circles and different issues. One of the things that I'm concerned about is the fact that we are a mixture, there are both men and women here, how can we better get away from these stereotypes that happen out there in the world of people instead of coming together and caring about each other, respecting one another, the alienation and the anger that seems to be prevalent between men and women out there in the world right now?

Rayson: As you come together in this group, you will discover the common bond and acknowledge the similarities between one another. As you then move out in the world, you can see that in others and encourage that in others. You will find the most change by being sure in yourself that each person is valued and carries with them a piece of God. As you note that specialness in one another, it will be encouraged and respected and will help to change interactions with each other.

Micki: Thank you, Rayson. The other thing, too, is I want to let you know how much I appreciate an allegory that I heard you speak about a seed. I've been, as you well know, I've been going through some things in my life in the last few weeks, circumstantial changes and what they call what is it, cataclysmic redirections. I just want to thank you for that, that the allegory of the seed, feeling like it's in the dark, and coming back and breaking through to the light. In this particular time, I know I asked Jared for some encouragement, too, but—so I believe that you're all there. And I just want to acknowledge that. I would like it very much if you'd hang out with me a bit, especially right now, both you and Rowan. And I do want to get into the place where I can transmit you, so I would ask for your assistance in that as an endeavor in the next few weeks or so to practice.

Rayson: You need only seek for me and I will be with you. Rowan is with you always and sharing with you and guiding you. You are encouraged to reach out and feel comfortable in sharing whatever way you can.

Micki: Thank you. And I appreciate that too, that when you are here, I definitely feel a difference in your presence and that's most appreciated.

Sardineal: Hello, Rayson. This is Sardineal, and if you've been around earlier this evening I guess you know I've got the love bug. I wanted to ask a question related to the dog again, believe it or not. I'm need to do this because during the break I was discussing with Arleena some of the questions that I asked. She felt they weren't quite as foolish as I feel they may be. But at any rate—

Rayson: You will notice that you received answers that no doubt will help you in discovering which questions we are encouraging.

Sardineal: Exactly. I felt the answers were quite helpful. In jesting with Arleena about the situation, I said in commentary, why is it that in passing through this life it seems that I'm able to feel more love from someone like a dumb animal as opposed to feeling love from most people? And it seems ironic to me that this is a planet where perhaps one of the easier ways to be incarcerated is if you go up to a stranger on the street and tell them that you love them. Could you comment on this?

Rayson: There are many people who have reason to be afraid on this planet. They have needed to erect boundaries around themselves and felt a need for protection. There are some animals who have not needed to do this or have discovered how to overcome them.

Sardineal: Is this partly a reflection of the lack of ego on the part of the animal?

Rayson: More a simple trusting. There are some animals who are able to be in a place that allows them to trust those around.

Sardineal: So have you met my three-legged dog then?

Rayson: Of course, I feel your dog from you and know of the specialness and—

(laughter)

Sardineal: I'll stop. Everybody's shaking their head.

Micki: It's Micki again, Rayson. I have to agree with Sardineal that I have a great fondness for animals. And I have a little rat that I'm very fond of and I sense that—I do sense that trusting love that comes from these animals that it's more on a primal level than on a conscious one. I always, I'm always asking, do animals go to heaven, and I always hope that they will, that nothing is lost, if not in that state, then that they return to God.

Rayson: That love will not be lost.

Micki: Yeah. That's great. I've, I had a rat that died recently, so I felt pretty sad about it. I know people are laughing, but my friends here are laughing, but you know, it can be kind of sad when you're little animal dies.

Rayson: There are many who have found a specialness with an animal that is different than experience with other people. Each of you are encouraged to find love and share that love in whatever ways are appropriate and comforting and of assistance. It is a wonderful experience on this place.

Micki: Thank you Rayson. Something else, too, in the light of what Sardineal is saying about love. You know, I have a desire to give forth more love. And sometimes the only way I know how to express it is to speak what seem to be eloquent words that can, may or may not be believed. How can I further express the sincerity of that, if that's all I have?

Rayson: By your being, by you feeling that love, and knowing that love, and being sure of that love. It need not be expressed in words.

Micki: That's, I understand that, but at the same time sometimes I feel as if it's not being conveyed, or that people don't believe me.

Rayson: It is the choice of the other whether or not to believe or receive or accept.

Micki: I appreciate that. Thank you, Rayson.

Sardineal: Sardineal, again, teacher Rayson. I was moved to ask, do you share the same kind of feelings that we do speaking about the—what we were discussing before in terms of animals. Is that something that you and the teachers experienced on your planets, and is that something that you retain as a memory today?

Rayson: Many of us came from different places with different manifestations of objects. The love that I experienced on my home world is still with me and part of me and a very fond memory.

Sardineal: Did you have any pets?

Rayson: There was a different order of being that was close to me, that was special, and I retain that memory.

Sardineal: Could you be more specific about the different order?

Rayson: It was different and special.

Sardineal: Well I'm very curious about that, but I'll move on just a little bit. Is it fair to say or perhaps I'm being unrealistic, that some of the type of the relationship that humans have with animals is not perhaps too distinct from the relationship in terms of love that the teachers might have towards humans? That we don't have a complete picture and grasp, I believe, of what the love truly signifies, and that with the morontial experience that there's such a vast amplification that a good analogy would be just what I had posed a second ago?

Rayson: No, I prefer to be with you as a friend and share with you as companions who are journeying together.

Sardineal: Thank you very much.

Mary: Hello, Rayson. This is Mary. You were a physician, is that right? A doctor?

Rayson: Yes.

Mary: Of what?

Rayson: My people.

Mary: Your people. How beautiful. Do you know anything about our brain chemistry? I mean,

I know that people have asked you about physical ailments—

Lisa: Yeah, he knows.

Mary: —but I think I have something wrong with my brain.

(laughter)

Mary: Excuse me, what did you say?

Lisa: He has a sense of people's brains.

Mary: He knows all this, they're reassuring me. I have really low moods. I've had a bad, really bad year, and in fact, since my birth, it hasn't been that great, and maybe it's not great for anybody, but I'm really struggling with even just getting here, and understanding that's it's okay for me to be here, and being with other people. Can you speak to that please?

Rayson: Are you speaking of your experience of struggle or feeling it is a physical ailment?

Mary: I'm not sure, at this point.

Rayson: You have had much to struggle with in your life and many obstacles that have been placed before you. You are encouraged to continue reaching forward, reaching for the goal that you have set for yourself, and allow yourself the acknowledgment of the reality that is difficult for you. Know the piece of God that is within you, know the tranquillity that he has to offer you, and the great love that he has to assist you in moving forward in proceeding forward on your path, and in guiding you and helping you feel his love.

Mary: And that love is sufficient to have what kind of effect on the reality of the really difficult situation that I'm in?

Rayson: It will help you with acceptance, with knowing, with being able to proceed.

Philip: Don't pay him if he doesn't come through.

Rayson: It is a trusting. It will assist you.

Mary: Trusting in he process of life?

Rayson: The step that I am asking you to take is a trusting in God. And it will assist you.

Mary: How do you do that?

Rayson: You choose to. You are strong. You may make that choice whenever you choose to. And as you choose to and believe in that trust and believe in that God and believe in his love for you, you will make that step forward.

Mary: I was kind of afraid you would say something like that, because when I don't move in that direction, it feels like a failure of will, and that—

Rayson: No, it is no failure. It a choice. It is not a failure. You are encouraged instead of looking at those choices, to look forward at the choices that are available to you and the choices toward God.

Mary: Well, I hear what you're saying about trusting in God. I think that's really good advice, good advice.

Rayson: I hope you will reach forward. I hope you will continue in your seeking. Know that as you reach toward a goal, it is not the achievement of the goal, it is the reaching that will be of most benefit to you. Remember also that we do not come in judgment. We come only to share with you. We hope you will learn that lesson for yourself. Continue in reaching forward in whatever way is possible for you. Keep reaching. Keep trying for that trust. Continue in your searching and know of God's love for you.

Mary: About a month ago, yes, about a month ago, Jared assigned a teacher to me, or whoever does the assigning, and I would say was actively involved, at least a dialogue on my part that I was very much aware of, for about a week, and thereafter a series of things happened that shifted my focus. I shifted my focus to some material problems. And so I haven't really had contact, so I would like to know, can you tell me what the status is of my teacher. Is my teacher still with me?

Rayson: You tell me.

Mary: I can't, I'm not sure.

Rayson: Will your teacher leave you?

Mary: Excuse me?

Rayson: Will your teacher leave you?

Mary: Well, Lisa has told me never.

Rayson: You should listen to those words she has been told. Teachers do not leave unless requested to do so.

Mary: A couple of times I was talking to you, did you hear me?

Rayson: I am with you whenever you reach for me. I will help you with your teacher or not, as is your choice. We come to you as you seek and as you desire for assistance.

Mary: I have a very short attention span, so I'm wondering, is there a time lag, from the time that I ask for you and you get there?

Rayson: Perceptions may be difficult, but I am with you when you ask for me.

Mary: Did you say receptions or perceptions?

Rayson: Perceptions. You may not perceive me, but I am with you when you ask for me.

Mary: Instantaneously?

Rayson: Close enough.

Mary: Thank you. Thank you. That's good news.

Sardineal: Yeah, this is Sardineal, Rayson, again. I was feeling much what Mary had to say about some of these difficulties she's experiencing, since I feel some of the same problems in terms of mood. And I felt that part of those difficulties might be that because of our history, in terms of perhaps what might be called some negative family experience, we have a hard time appreciating and perceiving love and tend to intellectualize things to keep a safe distance. Would that be a fair assumption on my part?

Rayson: It is very accurate.

Sardineal: And part of the coming to a change is making the perception that instead of, most recently, coming to blame God for putting us in this situation, we have to come to a point where we appreciate God for the opportunities he's giving us, and whereas before we were blaming God for what wasn't viewed as an opportunity but as a difficulty, now we might view it as an opportunity to transcend.

Rayson: You are encouraged to see the activities of your past as an opportunity for growth. Know that God has always been with you and loving and sharing, and we hope to help you enhance that perception and become more aware.

Sardineal: The difficulty is that this process of opportunity seems to be killing us.

Rayson: The change is often difficult. It is not easy to surmount these perceptions of the past. But as you continue in your search, I hope you will find it easier to know of this love and to trust in its continued existence.

Sardineal: Again, on a mental level, that's fairly clear, it's the emotional feeling that still eludes me in terms of the day to day, and I think eludes Mary as well. She's shaking her head affirmatively.

Rayson: It is elusive to many. Lisa is telling me they do not want to hear of the stillness again—

(laughter)

Rayson: —but I am asking her to remind everyone that the stillness is important. It will help a shift from that intellectual experience to the feeling and the knowing of God's love.

Sardineal: Understood.

Mary: I just want to say to my fellow group members, I will allow Sardineal to speak for me, except the part about blaming God. I would like to reserve my right. And also I don't feel that it's a problem in my thinking as in my feeling. Maybe that's not even anything to talk about, but I feel like my heart is open and wounded, is what I would say, as opposed to shut.

Rayson: In that openness you are encouraged to reach toward God and allow him to fill up the emptiness.

Mary: You know, I am, I just want to say that I'm reminded, it was resounding my mind all day, what Jared I believe, Jared once said either to me or to all of us, we know of the great hurt, and I just wondered if you had anything to say about that.

Rayson: We feel that hurt with you, and share that hurt with you, and hope to help it move away from you as that place is filled with love.

Mary: Jared also says things are possible, but not necessarily likely here. How likely is it to have a transformation, to have a close to total transformation from that kind of wound to feeling love?

Rayson: It is your choice. As you become open to God's love, you may experience it more completely. You will find that each step forward will be helpful to you and worth the effort.

Mary: Well, thank you, Rayson. Thank you. Thank you for being here.

Micki: I don't know—Rayson this is Micki—I don't know if you can see this, but we've been passing this mike over the body of Carlos constantly all through the evening. But I don't have a question so much as I have a comment that how very precious Jared and yourself and the teachers are to us. And I know you, you must understand that we, in spite of all of our various foibles and faults and strange senses of humor and such, we do have a sincere desire, I hope I am speaking for the rest, to continue in seeking that stillness, that place where God dwells in our hearts, and we ask your continued support and help of us doing it, as we falter sometimes and take our little baby steps toward that.

Rayson: I can feel from all of you the searching and the reaching and the love.

Micki: We love you too.

Philip: This is Philip, I think perhaps getting ready to sign off for the stillness, vague, beastiality group.

(laughter)

Rayson: And with that there is no more that need be said this evening. My blessings to all of you. (end 7/22/93)

A Session with Jared, Eve, and Lestor

July 24, 1993, Sebastopol, California

Jared: I am Jared. I am your teacher. I welcome you who come to seek and am delighted to share with you this morning. There is much that comes in the seeking and in the desire to know. I am delighted to assist you.

Philip: Hi, Jared. It's Philip. As you know, we're a small and intimate group this morning, and both Micki and I thought we would practice transmitting if it's agreeable to the teachers and with your assistance.

Jared: We are always delighted in those who are willing to take this chance and make this step forward.

Philip: Also, I have read some transmissions from other groups and it appeared that Eve is transmitting occasionally and I just wondered if it would be possible and acceptable to connect with her if she's available.

Jared: She is here now. Moment.

Eve: I am Eve. I am glad to come and share with you in this way. Are there questions for me?

Philip: Yes, Eve. This is Philip, and not knowing the connection, I'm sure you'll keep us posted, but as you may know I've read your story in *The Urantia Book* and have often been touched, and was touched to tears, and was hungering this morning to talk to someone who's had our human, mortal experience. So, first off, I just thought I'd ask if you have any suggestions or comments to share with us, especially since you know so well our life on this planet.

Eve: I am closer to you in that way than some of the others who can come and speak. I have experienced your life in this flesh and seem closer in that way. There is much that is limiting about this existence here that will not continue as you pass beyond this plane. You will find a great freeing, and a delight, and a joy that is harder to sense here. But you are encouraged to know that there are many rewards for the struggles here. The struggles may seem overwhelming, but are not. You are reminded that you can handle what is given to you, and will learn from these struggles and be able to know things that others will not ever have the chance to learn.

Philip: That's very, very nice, very intriguing, and somehow reassuring to hear that.

Eve: It is reassuring. It is difficult to express in words the sense that I am able to share. There is reward to your struggles here, but probably not in ways you will be able to understand intellectually.

Philip: I wondered—I've asked Abraham to share some personal story. And he was kind enough to do so and wondered if there's some story from your mortal existence in the garden, or your experiences passing through the default, that you would be willing to share that might be instructive to us.

Eve: I found my experience as a woman here as challenging. I would walk alone through places of beauty in an attempt to reconnect with the great spirits that are beyond this planet. In this walking, in this view of nature, I was able to find that energy that is of God, to remind me of this great love, of the space beyond the earth here. There is many, there are many ways to go, many paths to take. I found those most helpful that were within trees and with light, that allowed me the shelter and yet the great light. It helped me in my, my life here and in my struggle with this existence. It helped me to grow.

Philip: My recollection of your story is that you had a great challenge when you and Adam came as bestowal gifts to uplift us genetically. And that often as you looked out on this planet it must have been very frustrating and difficult, and I wondered how you see planet Urantia now, perhaps what has changed, and how has your outlook changed?

Eve: It is still struggling. There are many changes and much hope currently. There is much for each of you to reach toward and much help available. Moment. Each of you are encouraged to reach upwards, to reach for the ideal, to reach for that love that you are becoming more aware of. There is much to move forward to, and as you begun to see that goal, you will find it more and more concrete and real as you continue reaching forward. As you reach for it, you will help others to reach as well and there will be much positive change on this planet.

Micki: Mother Eve, this is Micki. I call you mother because one of the reasons you came here, I think, if I'm not mistaken, was to uplift the races, and that was through supplying your own genes to the pool. I've not been so inclined in my life to do so, but how must it feel to you to see what's going on with the children on this planet?

Eve: I feel sorrow in the suffering I see and yet choose to focus on the positive, choose to see the joy and delight that is here, and most especially to see those who are reaching forward, who are making those great strides in their sharing with one another, in their reaching toward God.

Micki: Thank you. I also want to know, are you experiencing some ease in transmitting through Lisa?

Eve: it is remarkably easier than expected. There are closer connections.

Micki: When you were on Urantia, I know things were very different. What is it like where you, where are you now, and what is that like in comparison?

Lisa: There's like air all around her. It's not, there's not like a material place.

Micki: Thank you, Eve.

Philip: This is Philip again. Please let us know when Lisa or you are wanting to let go. And meanwhile I would ask—

Eve: A question or two more would be acceptable, and that would probably be enough for today.

Philip: Great, thank you. It's a real privilege to speak with you. And I've often thought about the experience you had when Adam left and when you were uncertain as to his whereabouts for such a long period. And of all the stories in *The Urantia Book* I think your time here and your relationship with Adam has been one of the very most touching and profound to me. And I wondered if there's something you can share about what you did to stabilize yourself, and to keep in touch with God during that time of great uncertainty and sorrow, if there was some particular key, or action, or effort on your part that you found was especially comforting or relieving?

Eve: It was a time of great sorrow. It is still a part of me. I found it difficult to overcome and yet made the choice to do so. I found movement helped. As I was able to move my body, I was able to move beyond these strong emotions. As I was able to continue in this movement, it was strengthening to me. I was able then to get glimpses again of the spirits beyond and continue to move in that direction. That was of great assistance to me.

Philip: Thank you so much. And, realizing this is your first connection with us, I want to thank you for the special privilege, and maybe just ask if you have any final words for us before we say goodbye for now.

Eve: I am delighted with the chance to speak with you and share with you of my experiences. I have great sympathy for the beings here on this planet and am glad to reach again in this way. I hope you will ask for me again, and perhaps I can share more with you in ways that will be of assistance as you struggle in your life here. I hope you will remember the reassurance that I shared with you. There is much for you here, and much for you as you move on, and you will find your activities here worthwhile. Thank you for sharing with me.

Philip: And thank you.

*****BREAK*****

Jared: I am Jared. I am delighted that we were, that your group was able to receive additional teachings this morning, and hope that it will help in your understanding and acceptance of life here, and your part in it and in your behaviors. There is much to look forward to. I am hoping to assist

you in your path forward and that it be accomplished in joy and with enthusiasm,

Philip: Thank you, Jared. This is Philip. And as I'm sure you're aware from our conversation during the break, we have been contemplating the Adamic mission and the lives of Adam and Eve. And I must say it's still totally boggles my mind to try to grasp the transactions that took place. And I wondered if maybe you could speak to us a little bit about how it's possible to be so sincere and well intended and yet fall into folly or default, and how that might apply to our lives—and I'll bet the stillness will antidote it.

Jared: There are times when your understanding is more limited than those making plans. In your limited understanding, you look at a situation and make a choice. It may not be the correct choice. As you are in more complete touch with the guidance available to you, that guidance is provided with more understanding and more acceptance of the greater plan. There are many choices available to you, and in your free will you are encouraged to make those choices that appear best to you. As you proceed forward and find error in your ways, you are encouraged to make the change toward the guidance that is being given to you. You are also encouraged to request understanding in the guidance that is part of the response to previous error, the understanding, the acceptance that understanding is necessary.

Philip: Thank you for that and I'll look forward to reviewing this whole tape.

Micki: Good afternoon, Jared. This is Micki. I'm glad to be here today and talk to you. I'm having, I'm experiencing some difficulty in that I would like, I talked with Rayson and Rayson is more than willing to transmit through me, but I'm having a hard time overcoming some fears. And I could sure use some assistance.

Jared: In respect to your free will choice, you are entitled to make the decisions that you choose to. We hope, though, that you will take the step forward and take this chance. It is not—it will not be judged harshly as you fear it might.

Micki: Thank you. The other question I had is in regard to this gift of healing. I'm finding sometime—I know not necessarily to rely on sensation, because it really isn't a physical thing, but sometimes I have sensations that seem to come and go. Could you address that?

Jared: There is much that happens with this gift and much change that comes with it. Some are more aware than others. You will find during this

time of transition a wider variance. As you become accustomed to this gift, it will be more regulated. You are encouraged to continue practicing, to find a pattern for initiating that is helpful to you, to continue and you will find it more comfortable.

Micki: So I'm assuming that the practice of this gift of healing is different for everyone who has it?

Jared: Each gift is unique to the individual, as each individual is unique.

Micki: The reason I'm asking this is, yesterday Philip and I were conversing, and I have been under the impression, I understand that Lisa has this gift too, I've been under the impression that each lends, each person who has it lends a different aspect of it in healing. And some people who have this gift might render a different kind of healing?

Jared: This is sometimes the case. There are also general similarities that provide general healing as well.

Micki: Thank you, Jared, I appreciate that.

Jared: You are encouraged to continue practicing, to proceed as you have been instructed, and as you are more experienced, more will be comfortable for you.

Philip: Jared, on this matter of healing—this is Philip—I'd like to practice with Micki and wondered if you have any guidelines about when, or how frequently, or for what duration?

Jared: It would be good if you could practice two times per week for ten minutes each. As you both become accustomed to that, it will be easier and more often will be advisable. Ask again in three weeks, and we will know more completely. You may continue with Lisa if you wish during this time. You are encouraged to at least twice per week.

Philip: Okay, thank you. I'll make a real effort to follow that.

Jared: It is not absolute. These are guidelines.

Philip: Yes, I understand. Thank you. I have a few questions, but I think they're perhaps suitable for the larger meetings, so—

Jared: Then, if it is acceptable, it would be appreciated at that time.

Philip: Yes, and I would like to try to transmit Lestor. I'm having a little dizziness and headache this morning, but I think that it's a good

opportunity, so if you're available, and can give me some assistance, I'll—

Jared: You should ask Lestor for the stabilizing that he can provide to you, and ask him for assistance in the transmitting.

Philip: Okay. I intend and have done that and just thought I'd ask everyone for help that might be available.

Jared: And I am always with you and assisting you as well.

Philip: Okay, thank you. Before you ring off with us, I just wondered if you had any words or instruction for this smaller, small group of us this morning.

Jared: I am delighted to come and share whenever there is seeking and know that there are differences with different people and smaller and larger groups. It is always a blessing to be able to work in different, with different dynamics and am glad to be able to share with you. I hope each of you will continue to reach forward as best you can, and know that we are here with you, and encouraging you, and assisting you, and always delighted whenever there is even a tiny step forward.

Philip: If I might just follow up on one point here. You were referring to encouraging us to continue looking forward and seeking. And there are times when it's not really clear to me what seeking is, but I'd like to tell you what I do—if in my stillness often it's I think just intent, it's groping, I want to reach for God, and sometimes I try the various visualizations that you and Lestor and others have suggested. I wondered if you could give me further insight into the act of seeking, and how I may be clearer about it, and more focused, and intent.

Jared: The intent is the overriding factor. You are encouraged to genuinely seek for guidance, seek for the Father, seek for his light and his love. You will find this most effective in stillness, and in whatever way you can quiet your mind and reach for the Father you will find the most assistance. I hope that you will not be discouraged by the lack of perceived response. Each time you seek you are receiving guidance, and bringing yourself closer, and moving forward on your path. Please continue in your seeking.

Philip: Will do. It sounds like it's intention and faith that I can be in touch with and that I'm hearing.

Jared: Yes. And that even if it is not perceived, you are receiving guidance.

Philip: That's to me the faith part, so thank you very much, Jared, and thank you for being with us this morning.

Jared: I am delighted to come and share and always glad to be here. I will remain as there is further communication and look forward to many more teachings. My blessings.

Philip: Okay.

*****BREAK*****

Lestor: I am Lestor. I am happy to be here and answer your questions this morning, if I can.

Lisa: Welcome, Lestor. Thank you for joining us this morning. Do you have anything you would like to share with us initially?

Lestor: Yes, I would like to say that it is a privilege to participate in this group, and I am looking forward to future contact with all of you.

Lisa: I had a question again about my daughter. I very much value the answers you've been able to give me before. About a month ago, I sensed a real emptiness in her. Is that valid, is there anything that I can do to assist her with that? Or do you have anything to say about that?

Lestor: Yes. This aspect of Megan is part of her nature, possibly from Roger. I suggest that you continue to be her ally and friend. The closer that you are to her, the easier it will be to facilitate and be there for her conversations that may include this topic. Have you discussed this with her at all?

Lisa: I have mentioned it. She does seem resistant sometimes to closeness with me, and I try to respect that, and it's an interesting balance.

Lestor: Resistance is a clue that she may be feeling some pressure. Remember the idea of walking beside her. This gives her the opportunity to share with you without feeling pressured from someone who she depends on in so many ways.

Lisa: I did try one thing that I felt was effective. In the prayers that we say at night I ask for God's love to help fill us up and fill the emptiness that we feel inside. And she seemed to be real comfortable with that, and so I'm hoping that, by doing that, that will open it up without identifying anything in particular. Does that seem helpful?

Lestor: Yes, by all means. Anything you can do to encourage her spiritually, even though she may not be aware or use the terminology we are familiar with. She has an active mind, and engaging her in a positive conversation may allow you to broach this subject as a light-hearted ordinary talk where she doesn't feel any pressure or emphasis on her responses.

Lisa: Thank you. That seems real helpful. I also have another question about my son who is turning into a teenager and becoming resistant. Do you have any suggestions that might help me with that?

Lestor: Jeff is a fine young man. As you see, he is coming onto manhood. This is a time of turbulence for any teenager, of great change. Again, as with Megan, the best approach is to foster his openness by being his friend. This isn't anything to worry about, passing through puberty is a part of life, and your availability to him is very important, even though it may not seem that way. He may not acknowledge your attention in a way that would let you know that it is so important or valuable.

Lisa: Thank you. That makes a lot of sense and fits with what's happening. And I certainly appreciate the example the teachers provide as friends guiding, because that's certainly the way I feel like the teachers work. So thank you very much for that.

Lestor: Yes, of course.

Micki: Hello, Lestor. This is Micki. Are you on your rock today?

Lestor: Yes, I am enjoying basking in God's love on my rock.

Micki: I think that's a wonderful thing. I remember when I was living in the mountains that I used to like to go and sit on a particular rock by a lake and bask and play my flute in the wilderness, so I can relate to what you're saying. Is there anything you can perhaps share with me in regards to my reluctance to transmit? I really would like to, but I'm feeling a barrier. Can you help me with this?

Lestor: It will happen in time. Have no concern. What is important is your contact, reaching toward your teacher Rowan, and also toward Rayson. There will be many opportunities to practice transmitting. Have no concern if you choose not to do it one time or another.

Micki: Thank you, Lestor. I appreciate the encouragement. I need that this morning, and I do intend in time to transmit, so I'm just going to keep working one step at a time. I appreciate it.

Lestor: Yes. You are doing well, Micki. There is no reason to fear. Time will take care of this process.

Micki: Thank you. I do need to hear that too. Sometimes in the last few weeks I've felt like maybe I wasn't doing so well spiritually, as a result of what's happening in my outside life. I am learning that these are not related, but in my past they have been, and I was, I guess I could use the term brainwashed to believe that my outward life was a reflection on my spiritual life. Do you have a comment on this in general?

Lestor: Yes, of course this is true to a degree. The spiritual life is reflected in your material existence. However, there are many material manifestations that are not spiritual and that do not reflect spiritual processes.

Micki: Thank you. I really appreciate that, Rayson, it's, I'm sorry, you're not Rayson, I'm sorry, Lestor. Forgive me for that. My other question is in regards to, I don't know if you can help me with this or not. Maybe I should ask Rayson at a later time. But I'll try. In regards to the gift of healing, is there a particular visualization that I could do in my meditation that would help get me in a place where I can be more open to the healing gift or—and also the transmitting?

Lestor: See the light and let it pour through you however you can. There is no set rule.

Micki: Thank you, Lestor, I really appreciate it. I have a great fondness for you in that you are Philip's teacher and also for yourself. You have a very buoyant, sweet attitude, and whenever you come and visit and speak to us I enjoy it.

Lestor: Thank you for asking me. It's always delightful to speak with you.

Lisa: This is Lisa. I have, my path did not include much religious training and I think that is unusual. There are a lot of people who have come to this with a religious background. Is there something you can say to help me understand the many differences that people come to this teachings with?

Lestor: Would you rephrase the last part of your question?

Lisa: I'll try. It was very confusing. Many people seem to come to the teachings with brainwashing that, ideas that are already set up. Is there, a lot of things that I don't have. Is there anything you can say to help me understand this better, help—I don't know.

Lestor: Spending time in the stillness each day is helpful for all. This may be a little different than your conversations with Jared. It is not necessary that this be prolonged. Nonetheless, there may be insights for you here to help you understand people and their religious training.

Philip: There may be something more, but I'm not quite getting it.

Lisa: Well, thank you very much for that answer, Lestor, it was not at all a formed question.

Lestor: Yes, you're quite welcome.

Micki: Lestor, it's Micki again. I'm not asking a question about Philip, so much as—is he holding up right now? Can he continue transmitting you, or would you prefer you that we call it a day?

Lestor: Yes, Philip's doing well, and if you have more questions, we can go ahead a pace.

Micki: Thank you, Lestor. I'm not real good at phrasing my questions, I usually kind of speak them at the top of my head. But maybe you could answer this. Are there midwayers among us at this time, here, now?

Lestor: Yes, there are midwayers here. They function as a part of this transmission process.

Micki: Could you illumine me as to is there a way of my understanding exactly what they do?

Lestor: Secondary midwayers are involved in the connection with the human mind.

Micki: Thank you. I always like to refer to them as the little people, but I know that they are not necessary little or big, or size is not an issue here, and I, is there a way we can communicate with them as well?

Lestor: Midwayers are available sometimes through transmitters.

Micki: Thank you, Lestor. I might attempt at a later time a communication maybe through Lisa, or even myself, at transmission of a midwayer to answer some questions. I appreciate that.

Lestor: Are there more questions for me, or shall we close up shop for today?

Micki: Lisa and myself don't have any more questions, but we certainly appreciate your presence and your sweet buoyancy. Thank you for being here today.

Lestor: Yes. This is my privilege and I'm glad for Philip's willingness to transmit for me this morning. I bid you a fond farewell.

Micki: farewell. (end 7/24/93)

TEACHINGS OF JARED AND LESTER
Thursday, June 2, 1994, Sebastopol

Jared: (TR: Lisa) I am Jared. I am your teacher. I welcome you who come seeking this evening, and am delighted to share with all of you once again. I am always inspired by the dedication that each of you bring to these choices that are available to you. I am inspired by the willingness of you to continue in the stillness, even as it is often challenging for you to continue in your daily stillness. I think that some of you are beginning to find the great value in the stillness, and beginning to trust that there is a bit more than is obvious to continue daily stillness. As each of you reach in the stillness, and as each of you continue to accept the tranquility and the peace that comes with stillness, you are able to see more and more the greater learning that is available to you.

There is so much more that comes with these teachings than just the words that you hear, and it is helpful for you to remember that it is not just the words spoken in your ears that are inspiring. It is the openness that it brings to you and the greater understanding that it begins to open up for you. As you continue in this search and continue in this journey before you, remember that there is much more within you that is opening, much more that comes as you begin to be more trusting of the love, and the light, and the life that is within you, that flows all throughout you and beyond you as you continue in your searching and as you continue to begin in the trusting. Remember always the stillness, the reaching out to others. Know of God's light and life within you always, and continue in the choices in your daily life. You will be amazed at the changes you see around you and in the changes that are evolving on this planet. Are there questions this evening?

Philip: Good evening, Jared. This is Philip. Thank you for your words, and I wondered if I may ask a question about my stillness. Today I was not feeling really well and tried to take the stillness, and kind of didn't exactly fall asleep, but it wasn't quite the usual sort of stillness. And I felt somewhat better afterwards. I wondered if you could comment on that.

Jared: Even as I use the one word stillness, there are many kinds of stillness and many different lessons that come from this time of avoiding distractions. You have touched on several different types of stillness in your practice. There is the stillness that you recognize that lacks distractions and allows you to converse with different beings. There is also an even deeper stillness that is recognized by you as almost sleep. In this stillness you are able to reach inside a bit deeper and able to float in some of the understanding that is beginning to be available. And in this deeper relaxation, you may not be aware specifically of what you have learned, and yet will arise from it refreshed.

Philip: I'll give thought to that, Jared, and thank you for your assistance during my stillness today.

Arleena: Good evening, Jared. This is Arleena. I have a question about, I guess it's about circuits. I was wondering if all of us here on this planet are tied together in such a way that, as we send out more love over the circuits towards this planet, will it have the effect, of I don't know, at times kind of uplifting everybody, or at times of when people aren't doing it, that there would be a drop, that there would be something like, let me phrase it as the mood swing of the planet, if that makes any sense?

Jared: I have encouraged you on many occasions in your stillness, when it is comfortable, to reach out to others, to expand that light that you feel within, throughout yourself and those around you, and your home, and neighborhood, and community, to expand it as far as is possible, and to allow this light that you know of to cover the entire planet. And yes, the reason this exercise is in part to affect others in their activities here. As you are able to reach out effectively, you will be able to touch others who are open to the possibilities. There are many people here who are hoping that there is more available, and who wish for some reassurance about the positive choices that they can make. As you are able to reach out with this light, you are reaching to people in ways that teachers cannot, and allowing them to become more comfortable with the positive possibilities.

So each time you reach in this way, you can help others to take another step forward toward the light and life that is available to them. And as you know, if you are coming closer to light and life, you will be able to be calmer in your daily activities. And as more people are calm, there is a certain greater calmness in the existence here. I do not feel comfortable in saying that if you fail to do so, there are steps backwards. It is only in the step forward that I wish you to concentrate, in the reaching out in light.

Arleena: Thank you. That's the part I prefer to concentrate on too. Thank you.

Benjamin: Hello, Jared. This is Benjamin. I don't know, I kind of feel like this is a silly question, but is soul growth the very same as spiritual growth?

Jared: Soul growth is the step beyond spiritual growth. Spiritual growth is more concrete in the choices that you make and in the conscious decisions about your actions. It is in this reaching toward the greater spirit that then translates into the growth of the soul.

Benjamin: Oh, I see. So it is our spiritual growth, our reaching, that translates into the soul growth, and that it does happen separately?

Jared: Not entirely separately. More one step is, one is beyond the other.

Benjamin: So it's not a silly question?

Jared: It is not. There are not many questions that I would put in that category.

Benjamin: Okay. Thank you.

Jared: However, Philip, I am likely to classify some of your questions as distractions.

Iliana: Hi, Jared. This is Iliana. It's nice to be back speaking with you.

Jared: You are welcomed in your return again in sharing with us. It is delightful for you to be here this evening.

Iliana: Thank you so much. What a warm welcome. I'm just wondering one thing about prayer for spiritual guidance, or eyes of the spirit for your loved ones, and friends, and for the world in general, actually. How valuable, what kind of an impact is that, does that make, and should we be doing that all the time, every day, is it important enough to do?

Jared: I encourage you each day in stillness, and in part of your stillness I encourage you in reaching out to others. You may find that there are specific individuals to which you are connected that could use more strengthening in their enlightenment. You will find that you will be able to assist others most effectively in the stillness as it allows them to continue making choices, but assists them in knowing of and being more sure of some choices that are available. In whatever way it is possible, I hope that you will each day take some time in stillness, some genuine quiet, and a reaching within that allows you to touch the tranquility that is available to you. As well, I encourage you to share this tranquility with those around you. You may choose to share it with specific individuals or share this light with the general area around you. As each of you make this choice, and as each of you begin to share in your stillness more and more with others, you will find that you are able to be part of this great change, that you are able to assist others in learning to be open, in learning to trust, and in learning to let go of fear. It is extremely valuable.

Iliana: Jared, how best to share in the stillness?

Jared: Each of you must find your own way and find what is most comfortable and acceptable to be incorporated in your daily life. But I encourage you all to take the ten to fifteen minutes each day to sit in quiet. Make yourself comfortable, and find the piece of God within you. Allow that to encompass all of you, to feel the tranquility, to be sure of the light and life, and see the path that is before you. As you are more comfortable in this, and as you are able to delay the distractions that are so insistent, you will find better access to this tranquility. And as you continue in this practice, you will find the

tranquility a greater part of your daily life. As you are able to touch this tranquility in your stillness, and as you are more and more comfortable with this, near the end of your stillness I encourage you to feel this light within you, and ask that it be shared with all those around you. And it is often helpful to imagine the ball of light within you, and filling you up, and spilling out from you, and growing and growing as it encompasses yourself and those next to you, and your home, and your neighborhood, and your community, and to have it spread out completely. You may ask that it touch specific individuals, and you may ask that they see the path before them toward their Father. As you do this, and as you continue in this daily practice, and as you become more skilled in your practice, it will assist many others in their searching and in their trust.

Iliana: Thank you, Jared. That was wonderful.

Philip: Thank you so much, Jared, for sharing so much with us this evening. And that gave me new insight into stillness for me as well. I'm not seeing any more questions right now.

Jared: I am delighted as always at the opportunity to come and share with you, and I am appreciative of the patience that each of you show in my repetition of stillness. I am aware that it is often difficult for each of you to find the time for this exercise and for you to be able to leave the distractions behind. But for those of you who have continued in this practice and found some success at it, it has been of assistance and has affected more than you know. I encourage all of you to continue in these practices that have been shared here, to continue in the trust that it does make more of a difference than is immediately observable, and to know that there is much more guidance that is available to you, that there is much in the searching, and much in the openness that allows you to receive guidance, and to act on that guidance as is your choice. I am delighted to be part of the sharing, and am delighted in the opportunity to be here, and share with you, and teach with you, and most of all to be friends with you. God's blessings to all and good evening.

***** BREAK *****

Lester: (TR: Cheryl) Hi. This is Lester. I'm glad to be welcome to your joyous group this evening, and I've been having fun listening to your humor. And let's keep up the jokes, and I'm ready for my first question.

Philip: Yo, Lester, party dude. How are you?

Lester: I'm doing great. How about you?

Philip: Pretty well. Thank you. It's a pleasure to speak with you once again. And I have a few questions, but let's just see if others have them first. Are you willing to take a few questions about the transition to the mansion worlds?

Lester: You mean those three days afterwards, after you get there?

Philip: No, I'm not going bother you about the borderland anymore.

Lester: Okay. Okay.

Philip: I was happy to go beyond that. And I was wondering if you could share a little about--*The Urantia Book* teaches us that we have, I guess, abodes on the mansion worlds, and that when after we awaken in the resurrection halls, if you could be willing to take us on a little tour to our abode and tell us whatever you're willing to share.

Lester: Okay. So, you want me to take you on a tour of like what I did when I first woke up?

Philip: Yes.

Lester: Okay. When you first wake up you are surrounded by so many friends and family and so much spiritual support and lightness. It is so exciting that you are not thinking about where you're going to live. You are just so excited to be reconnected with all of the personalities that you knew, and you are quickly motivated to make new friends, and start talking and communicating the best you can. Usually, you visit your friends for ten days, and different people have different kind of abodes. It depends upon how far along you are on your journey, and how many people you wish to share your dwelling place with, and what kind of

projects you're working on, and so on. But most of the abodes are very simple. I chose to start out with a bachelor pad. Just a very small space, since you eat less and you actually spend much less time in dwellings on the mansion worlds, because you're not eating so much, and going to the bathroom so much, and hiding from your enemies, and procrastinating, and turning your alarm clock off, going back to sleep. But actually you do spend more time outside. But I had a very modest little one-room abode to start out with. But some people prefer to have a two or three room abode, if they have more like an office, or more family or friends sharing it with them.

Philip: That was a super-wonderful answer, Lester. I really appreciate that. I hope it isn't too much of a distraction because I found that quite enlivening and beautiful. Let's see if someone else has a question.

Micki: Hi, Lester. This is Micki, and it's wonderful to talk to you. I am an avid reader. I enjoy books. Are there books on the mansion worlds?

Lester: Oh, there are so many wonderful books, but the books are a little different. They are more dimensional and they are deeper, but on the first mansion world, you may recognize the books, closer to more of what your books are. But as you progress, the books are more dimensions. And I was not a reader at all after I got out of school, but they do encourage you to read on the mansion worlds, and you will enjoy the libraries because up there you don't have to pay for books. Everybody shares resources, and it is much easier to get access, and the card catalogs are much easier to deal with.

Micki: Thank you, Lester.

Lester: You're welcome.

Micki: I have a question for you. In your life, was your transition from planetary life to the mansion worlds, was it difficult? In specific, when you died, did it frighten you, how was your reaction to this transition from the body into a more spiritual life?

Lester: In certain ways I was well prepared, because my planet was getting

closer to light and life. And there were many teachings that I had heard about the mansion worlds, and I knew that even a person like me was given a second chance. But on the other hand, my life on my planet was made so difficult by so many of my choices that my death in itself was not very easy because it was just a continuation of my life. It was just difficult for me to do anything the easy way. And on the mansion worlds there were a few things that were easier for me. It was nice not to have to worry about financial responsibilities, or people laying trips on me, but on the other hand, the new structure, and the routine, and having limited access to my good buddies was very difficult, and it took me a long, long time to get used to.

Micki: Thank you, Lester. I look forward to meeting with you on the mansion worlds and having a more spiritually oriented party.

Lester: In the meantime, let's keep getting together in this way.

Carlos: Hey, Lester. This is Carlos. So on the mansion worlds, are we going to read *The Morontia Book*?

Lester: Down here you tend to have manuals, and some people read them and some people don't. In the mansion worlds, you tend to have guides that are more friend than manuals. They don't give you so much choices to (unclear). They are very patient, though, but they can be like broken records, like broken records. And they will, your guides like the seraphim will tend to be there to show you the way, and to remind you which way is preferable, and to help you make choices, and to lean on. And for those people that enjoy reading, there will be plenty of reading. But reading is not particularly required at most stages.

Carlos: That's interesting. Now with regards, are there roommate situations, where you have to put up with roommates clanking in the kitchen?

Lester: You can avoid the roommate situation for a certain amount of time, and you can have help finding out how long this can be. But part of the path to paradise is learning how to socialize, and learning how to enjoy other beings'

company, and finding that the rewards outweigh the putting up with the clanking. And, by the way, the dishes don't clank so noisy. When the dishes clank up there, it sounds a little better.

Carlos: Well, I sure like the point about how the good, the sharing outweighs the negative aspects. Another question here--I am hogging the microphone, but I feel like it's okay at this point, if it's all right with everybody else--

Lester: Somebody needs to hog it.

Carlos: Being a partaker of substances at one point, did you finally get to the point where you found that they were sort of like training wheels, and you didn't need them anymore?

Lester: What happened for me is when you get to the mansion worlds, you just don't get them any more.

Carlos: Okay, but okay, what I'm asking is that were you Jonesin' or, you know, were you dialed in?

Lester: I did drugs all the way through my mortal life. I didn't stop. Is that your question?

Carlos: No, but when you got to the mansion worlds, were you still Jonesin' for your fixes?

Lester: Oh. Well, yeah, that was very difficult.

Carlos: See what I don't understand is that isn't the urge for a substance partially physical?

Lester: Yeah, but then you have the psychological. You know, you get a lot of your brain up there. You don't leave your whole brain down here. You leave your body, you get a new body, but--

Carlos: You mean our mind?

Lester: Your mind, yeah. Your habit patterns. You keep a lot of your habits, and I was just in the habit. Certain habits, and those are very difficult to break when you had them as long as I did.

Carlos: Okay. But I guess the question is there is something that substitutes a

higher something that must substitute the little crutches we kind of need to get us by sometimes here?

Lester: The stillness. And so, if you start doing stillness now, you'll get a head start.

Carlos: Okay. I'll ponder that. Thank you.

Martain: Hello. My question is a little more serious here. Since-- I'm Martain from Kona, and I'm happy to meet you, Lester. So my buddies here say you have a reputation as regards to relationships. And my question, maybe it's more like an input of an observation to our planet is, in my life right now I'm going through a very difficult time with my relationship with my spouse of fifteen years. And I can't help but notice that it seems like everywhere I look around marriages are falling apart. And it just seems that maybe this is some kind of sacrificial generation, where the sexes just can't seem to get it together. And I would just like maybe an observation from your perspective about that.

Lester: That is one way to put it. This generation is going through so many changes. There will be a few generations where male-female relationships will be very difficult, because there are so many changes, and so many changing expectations on their relationship. And the male-female relationship is difficult in the first place. And when you have changing expectations, and up and down evolution, and so many wild ideas going around it just puts so much tension on a very tense situation in the first place.

Martain: So does that mean that we can look forward to two more, two or three more generations of maybe getting worse, or staying the same, or what do you think?

Lester: As you take more time to do stillness, and your spouse takes time to do stillness, and you start on the path towards God together, then the tensions will lessen. But there are so few marriages like that now. But it just depends if you are lucky and you happen to be in one of those marriages. There happen to be a few marriages like that on Urantia now. But even for me, I gave my spouse a very difficult time because I

didn't want to go for the program and she was trying. And so even as the planet gets closer to light and life, if one spouse is fighting, and fighting against God's plan, then that person makes the relationship very difficult. And unless the spouse wants to use this as the ultimate test and the ultimate sacrifice to God, it can be grounds for divorce.

Martain: So did your spouse put up with you for your entire life?

Lester: Yes, she did.

Martain: Okay, one last question. *The Urantia Book* says that if we don't have a completely fulfilling sexual experience here, that there's a substitute for it up in the mansion worlds. So could you explain that?

Lester: Okay, now you understand this isn't a physical substitute. Okay, this is a substitute on the spiritual level, on the emotional level, on the social level. Because God creates sex to bring couples together. Okay. And so once you get together, there's a lot of things you do together. And so once you get to the mansion worlds, you won't have that one thing bringing you together. You'll have seraphim and other beings bringing you together and certain situations, and you will be working through the male-female relationships, and finding the advantages of working in a team like that. And-but it's on a different level. Do you understand?

Martain: I do partly, I think. So is there, would be there an equivalent to a like a morontia orgasm between men and women?

Lester: Not really. The one, you realize you leave your sex parts when you die. Okay. So, once you get to the mansion worlds, you will more consistently share in the path towards God. And the closer you get to God, the more you feel the oneness, and the total satisfaction, and nothing is missing. An orgasm is just for a few seconds, but you can do stillness. You can do stillness that lasts for half an hour, an hour.

(laughter)

Martain: Well, this started out serious.

Lester: You really need to lighten your loads. You mortals can be too serious.

Carlos: It's me, Carlos again. So I just wanted to kind of follow up on the issue of the "sacrificial generation." And I'm curious as to whether those of us who don't, 'cause I know there are many of us that don't get to be involved in completely emotionally nurturing relationships. If we don't experience that here, will those sort of wounds be patched up, and we'll get to feel that in the mansion worlds?

Lester: Yes. You will work on it on different levels, but I was just telling you that you will not work on it on the physical level. But you will live with opposite sex partners, but you will not be married. But you will work on projects together, and you can spend time with the Adams and Eves in a very nurturing family environment, and help raise their children, and feel the bonds, and take part in their family life. And so you can grow to feel like part of an extended family.

Carlos: That's nice. Because I guess one of the fears that I have sometimes, I've had this fear ever since I was a child, and of course I know what we could do with fears, but--is I don't want to miss out in life. I don't want to feel like there's something that I'm carrying out some kind of wounds for, you know, the rest of my existence, you know. It's sort of like, I mean, are those, we're not going to be carrying around those painful things for the rest of our existence, I understand. Is that correct?

Lester: That's correct. You will be living forever, and there will be an infinite number of choices, of things that you will be allowed to choose from. And they will be narrowed down as to what things you have missed on your native planet, and your talents, and your interests. And you will find so much satisfaction, and so much growth, and so much learning, and so much adventure that you will quickly realize, once you get to the mansion worlds, that that's not where it's happening, you know. There's going to be plenty of stuff for you to do, and you won't really particularly miss out on anything.

Carlos: All right. I'll savor that one for a while. Thanks.

Lester: You're welcome.

Benjamin: Hello, Lester, this is Benjamin. And I was curious if you could talk a little bit about, in more detail, exactly what happens in a sexual relationship, particularly the energy that's exchanged between people. And more specifically, if one has a sexual relationship with someone of a very different character, does that person's character have an effect somehow through the sexual energy exchanged on the other person?

Lester: Let's try to keep things simple. Okay. So, sex brings people together. It's an activity that brings a man and a woman together. Okay. It encourages two beings of very different natures. Sometimes their characters are similar, and sometimes their characters are different. And it brings them together for a shorter or longer period of time, depending on where you go with the relationship. And so that is a physical part, that's the beginning part. Where you go from there is what's important. Because the spending time together, if you spend time together with somebody that is very different from you, it can be very trying at some times. But, you are really stretching yourself to understand a different person's point of view, and trying to bring two different viewpoints together while you take part in activities together.

And if you work through this and you become motivated to take on this challenge, you can learn so much, and be expanded, and then it is easier for you to deal with people in your daily life. Because the people in your daily life, you don't need to live with them on such an intimate level. But in daily life, if you come up with and bump into somebody that's of that kind of a character, you're less likely to interact with them most of the time unless there's a financial reason, or maybe they're your children. It usually takes a serious reason for you to stretch yourself to deal with somebody that has a different character. And so if you do take the time, you are well rewarded, because when you go about your daily life, and you meet people on the streets or in a group situation, you feel more comfortable

with those kind of people. And you can exchange more ideas, and there's a more of a broadening because you are not just sharing your life with people of certain characteristics. You are sharing your life with these many characteristics, so you can spend time with so many more people and feel comfortable.

***** TAPE BREAK *****

Benjamin: Well, Lester. Would you say, in general, that we possibly overrate the importance of sex in our relationships?

Lester: In general I would say so because like I said, orgasm is just a few seconds, and stillness can last so long. And stillness is like being one with God, and it carries through so much more through your daily life. And it opens you up to so much more love of the whole universe, not just one person.

Benjamin: Thank you.

Martain: Yeah, I've been reading and am familiar with the Eastern teachings of Tantra. And that great energy, like higher sex, can get great energy as the healing energy's flowing and that, you know, through breathing techniques, and that it could be carried into a spiritual realm.

Lester: Yes. That's what I'm saying. I'm saying that sex can bring two people together, and where you go in the relationship, if it is the beginning of a spiritual relationship it is so wonderful, and that is what God's hope is for. And so, you know, if the Tantra helps you, that's fine, or if the stillness helps you, that's fine. Whatever can get you past the physical and on to the more spiritual.

Martain: So then when we can get into that space, then it's more meditative than sexual at that point, is that what you're saying?

Lester: Yes. And it's more expanding, because then you're also sharing God's love. So it's more of a triangle, and it's more opening, and releasing, and strengthening.

Carlos: Carlos. So we can look forward to more of these triangles, all the way to paradise, right?

Lester: Yes, what kind of triangles?

Carlos: Well, you know, between God and say, you know, two interested ascenders. Because, I don't know, sure, I understand this physical is a real passing thing, and it's, we don't last very long in these bodies--

Lester: Right. Right.

Carlos: --and I sure am thankful for the experiences I've had. But you know, it would be reassuring to know that we're going to have some way of sharing that, going to really be able to magnify those feelings of love in a special way that--

Lester: Yes. That will be happening consistently. As you spend more time in stillness, and do Jared's exercise of spreading the love, it will happen to you more and more during your daily life, during intimate situations and with acquaintances, during your daily life. And you will feel that connection with God, and I would rather not call it a triangle. I would rather call it more of a circle. Circle of sharing. Triangles have such hard edges.

Carlos: Thanks for pointing that out.

Iliana: Lester. This is Iliana. It's nice to be here with you. It seems that there's a lot of talk about light and life, and it sounds somehow kind of imminent. But I'm just wondering, since this world is in such turmoil in every spot, just about, could we consider that that might be because of the spiritual pressure from above, that people sort of get wacky when some people do, under such circumstances. Or is this just going to be one giant turn-around that's going to take, oh, I don't know, it's just hard for me to imagine light and life in the near future. And--

Lester: Yes, it will be a while before your whole planet is in light and life. You are starting with a planet that has had many consequences from the rebellion, and has been in darkness for so long, and there have been so many wars and so much physical violence, that it will take much time for the light and life to open all these people's minds to new ways of doing things. And it is true that when people first go from the darkness to the light,

there can be some kind of shock. And it does take a certain amount of readjustment. And so the light and life will start in individuals' hearts. And as they spread the love to their friends and acquaintances the light and life will be shared. And Jared was also talking about the calm. As more people are calm, they calmly share the light and life that is in their hearts. It will help people come out of the darkness more calmly. But right now it is very difficult for people to come out of the darkness calmly because it's so confusing still.

Iliana: Thank you. Could I ask you then, as the planet becomes, I don't know, I can't remember how you said it exactly, but more, I just get the impression that light and light happens individual by individual.

Lester: Yes. Imagine a city with street lights. We are lighting each street light one by one. And then soon the whole city will be lit, but we need to light each light.

Iliana: So, that's a beautiful analogy. Does that mean also that maybe light and life is being instituted right now?

Lester: Yes. There are many people right now with light and life in their hearts for much of the day.

Iliana: Much of the day. Is that the criteria? You have to have it for much of the day?

Lester: It becomes more and more. It is difficult to hold God's love in your conscious awareness, and pull yourself out of the physical animal self, and just be in the light all the time. First it's just for moments. And then it's consistently during stillness. And then it's for much of the day.

Iliana: Thank you very much.

Lester: You're welcome.

Iliana: That's lovely.

Arleena: Hi, Lester. This is Arleena, and several comments. One is that I want to thank you for talking to us about all of these topics. And even though we have a lot of fun and enjoy them and laugh, when

I go back and listen to the tapes, I find out there's a great deal of wisdom, and the insights that I've received have been very helpful. And I just wanted to thank you for that as well as all of the humor. And my question has to do with the guardian angels. I know that we talk to the teachers, and a lot of our attention gets focused on the teachers. And I'm just wondering about the guardian angels. Sometimes I feel like I'm leaving them out. How can I get to know them better, and do you teachers have much, do you fraternize with our guardian angels much?

Lester: The guardian angels are very important, but it is difficult for you to directly communicate with them. But, as teachers, we can see them. They are much like us. And we spend much time with different seraphim, guardian angels, talking and doing different things.

Arleena: So you actually do communicate then with the guardian seraphim?

Lester: Yes.

Arleena: And is there, I would assume that there is some sort of coordination of conspiracy, so to speak, between you and our guardian angels?

Lester: We have been given different assignments. So we do not particularly get our heads together, so to speak, and conspire together to straighten you out. It's more like God has a plan that the Thought Adjuster's on one side, and the guardian angels on one side, and he's on one side, and the teachers are on another side, and you're surrounded. But we don't conspire. It is more of a natural coordination, because we have different assignments, like I said. And it's kind of like two year olds doing parallel play. They each have their buckets, and they each have their shovels, and sometimes they bump into each other and they talk, and sometimes they don't.

Arleena: That's wonderful. I love being surrounded. And I love your analogy of the buckets. I was wondering if you could tell me maybe some about how what you're trying to accomplish differs from what the guardian angels are here to accomplish?

Lester: We are here to give you more conscious support, because we are a little

closer to you, and so we can consciously contact you a little easier. So we are here to help you when you are trying to make decisions, to help you understand that you have so many more choices than you used to realize you had. The guardian angels-- I'm not allowed to say very much, but the guardian angels are working harder to push you in a more spiritual direction, and are working tighter with your Thought Adjuster and your soul. And we are a little more on the outside, more as a friend, not so much on the inside. Maybe like, more like a kid that's playing in the grass next to the sandbox. And maybe the Thought Adjuster and the guardian angel would be more in the sandbox. Does that make sense?

Arleena: Oh, yeah. I can't think of anybody better to play in a sandbox with. I love that.

Lester: But I can talk to you. I can relate to you more on your level, so even though I am outside the sandbox, I can talk to you in English, and you can sense my presence more clearly. And we have more communication, a little more on a conscious level. With the guardian angel and the Thought Adjuster it's more unconscious, kind of like a spouse, you know, how they just kind of take each other for granted. They just bump into each other all day long.

Arleena: This has been very enlightening. I appreciate your giving me all of these wonderful examples to ponder. And it has been enlightening, and I'll give it a lot of thought. Thank you very much.

Lester: You're welcome.

Philip: This is Philip again, Lester, and I'd like to ask you a question about children on this world, and on the mansion worlds. And ask you if you could share a little picture of what it's like for those of us who have not met the criterion of raising three children to puberty, how we participate in the Adamic families, in as much detail as you'd care to share?

Lester: Like I was telling Carlos, you will live with one of these Adamic families. You will have a bedroom in their house, and you will have certain responsibilities. And you will spend time daily with the children, and you will

physically participate with the family meetings and the day to day goings on, the chores, and the family outings. You will be part of the extended family. Maybe like a nanny. Is that bad word?

Philip: And so, for instance, if a Urantian mortal were, say, a person of great human material power, the leader of a nation, or the tyrant of the nation, then they would not have great domain on the mansion worlds over which to purview, but would be in the humble, or perhaps glorious circumstances of an Adamic family? Is that correct?

Lester: Yes. It does not matter if you're a king, or a queen, or a president, or a movie star. If you haven't put in your time being a parent, then you're correct. You will need to humble yourself to these mundane tasks, and spend the time, and find out how much of life you missed. And it will now be fulfilled.

Philip: Thank you. Two of us wanted to know if it's necessary to change diapers.

Lester: Thank goodness there are no diapers on the mansion worlds.

Philip: And, Lester, would you say a word about comparing the relationships of evolutionary mortal children on their nativity worlds and their mortal offspring with the experience of sharing, or raising children in an Adamic family. For instance, is it a great loss to be a mortal and not have had nativity children. Or do you have an opinion or a comment on that?

Lester: What's happened for me is so far I've avoided my parental commitments. I was a father on my planet, and my wife took care of the kids. And so I've been told that I can stay on this teaching mission and not have to take care of kids, but pretty soon, sooner or later, on the mansion worlds, I will have to put in my time, so I'm not sure the exact process I will have to go through, but I might be there with you. But from what I've heard, there is a subtle difference. There is a physical bond that you have, that I had a little bit of, when I was a parent. So I don't have to make up a lot. Now this is a relative term. Because I did have children, and I put in a teeny bit of time, I did have a little bit of the

physical bond. And the physical bond is very special.

There is something about spending time on a material planet, and going through the minute by minute process of having to deal with all these material things in the correct order, to get things done the way you want. There's a certain bonding, and a lasting influence can be very frustrating, but it also can be very rewarding, and very creative, and there is a lot of flexibility. When you do it, in the nursery--did you forget about the nursery--there's also a nursery, you can either put in your time on the nursery, or with Adamic family. When you put in your time with Adamic family, you are in a more idealistic environment, and so the time you put in has to be longer, because you are feeling, they are including you in all the family activities. And just feeling included as part of the family is something that a lot of families don't even feel here, because they are so stuck in the mundane, but they do get the bonding,

And so on Jerusem when you do it, you are on a more spiritual level, and you feel the spiritual connection and the spiritual satisfaction of being part of a tight family unit, where you have your responsibilities. But you understand why you have these responsibilities, and you gladly accept these responsibilities, and they are not quite as mundane as they would be on a material planet. And it is so much more joyful, but you don't have that tight material bonding. So, if you're really attached to the material bonding, you have to hurry up and get a kid down here. But otherwise you will be satisfied because you will have this wonderful family feeling, and you will be part of the family. And you will feel the father-daughter and the father-son, because you will have experience with sons and daughters. And you will have experience in an idealized situation, and the activities will be so joyful.

Philip: Thank you for a delightful answer. And if I may, I have, I think, perhaps a last question. Would you share a bit, and give us perspective, on the out-workings of the different versions of survival. For instance, if we have family or loved ones that are sleeping survivors, we or they proceed to the mansion worlds more quickly, or in three days, or go to a more advanced mansion world. How does all

that work out? And specifically, if my mother and father, who now have graduated Urantia, are on the mansion worlds, or sleeping survivors, it seems like it'd make a big difference if they're going to be in the unconsciousness for a dispensation then I would not look to be seeing them immediately.

Lester: Okay. The way it works is you regularly have time to visit the other worlds that are close. And so most of your family and friends, once they wake up, will be on one of the planets close by, and sooner or later, on one of these vacations, you will visit them. If you want to spend more time with them, and they are behind, then you can accept an extra assignment, a sideways assignment, like I accepted the teaching mission. And then while I'm on the teaching mission, then other people that I knew would catch up, but most of the people I know are ahead of me, but. At your will, once you get to Udentia, it doesn't really matter. But around the mansion worlds, it will bother you some, and there are some things you can do, and, but once you get to Jerusem, your time is more flexible, and you can spend, you have a little more free time to visit, and you have a little more choice who to do projects with, but you don't always go on assignments with people like your mom and dad from your mortal planets. Usually, just visiting or on your vacation is enough.

Philip: Okay, well that was very interesting. And is it permissible to share something about when there is, or just has been, a dispensational resurrection. In other words, I'm thinking for instance of my own family members who passed on just recently, within the last decade. I don't know whether to spend much time looking forward to seeing them immediately, or hanging out for a while waiting for them.

Lester: You will know as soon as you wake up on the mansion worlds, because there are registers where you can check that tells you exactly where they are living.

Philip: Okay. And anything you're willing to share on resurrections from this dispensation, or are we in a new dispensation yet? Any--can you give us any information on that?

Cheryl: That's not real clear--I'm not sure what to say.

Philip: Okay. Well you've been so delightful. I don't want to press where it may not be easy. So, I've been just charmed and greatly appreciative of all that you've shared with us, Lester.

Lester: You're welcome.

Philip: I don't see any more questions at this moment. Thank you for being with us. It's a delight always to have you here.

Lester: You're welcome, and I look forward to my next visit. (end 6/2/94)

JARED, APOSTLE ANDREW AND LESTER
Thursday, May 12, 1994, Sebastopol

Jared: (TR: Lisa) I am Jared. I am your teacher. I welcome you this evening and am delighted to share with you once again. I am always delighted in this sharing, in this opportunity that is available. I hope that all of you will be accepting of the opportunities that are available to you and accepting of the happenings on this planet here. Acceptance is a wonderful lesson to learn. It will assist you in your daily life, in your ability to do well in the day to day activities that you have before you. It will also assist you in learning. As you are able to accept the opportunities and accept the limits that are before you, you will find there is much learning that is available. You will find that you will be struggling less against those obstacles that you encounter, and you will be able to distinguish those obstacles that must be respected and those obstacles that are, that you are able to eliminate.

I encourage you also to be accepting of the wonderful and joyous life that you have available to you here. Many of you see the negatives of the existence here. But I wish all of you to take a moment and look around with great joy at what is available to you. You are each entitled to free will choice, to the opportunity to truly make your own decisions. You are able to see God in all around you and able to make changes by using your perceptions to see beyond the obvious. It is a wonderful opportunity for you to be able to make these choices, to see these opportunities available to you, and use your perception to see beyond the surface. In your acceptance of these circumstances, you are also able to assist many around you. As you become accepting of the greater truth and are able to be sure of that within yourself, there will be many people who will be drawn to the light they see within you. As people are drawn to you, you are able to bring about change, to help others be accepting of the circumstances, and to help enlarge the light that is shining upon this planet. I encourage all of you in the wonders that are here for you. Are there questions this evening?

Elvin: Yes, Jared. This is Elvin. I feel like I got the microphone by default here,

but I was thinking, and you're probably aware of what I was thinking, and I'm trying to understand a balance in when someone that you care for, when you become aware of choices they've made, decisions they've made that you feel are--while I'm learning to respect those choices, why still, you know, when you are pretty sure that these choices are going to repeat the same old patterns that have led them nowhere in the past, and you feel a sadness about that. Now, is that, I'm trying to get that in perspective. I guess, sort of, you know, when is it okay to feel sadness or how should this, how should one look at this situation?

Jared: First you are encouraged to be accepting of the emotions that come to you in this situation. You may look at those as they come to you and be aware of the circumstance that generate them. You are also asking as to what it is that you should strive toward. Is that correct?

Elvin: Yes, without trying to just, you know, as you say eliminate these feelings that come to you over the situation. I don't think, you know, you can't sail by them, you have to deal with them. And yes, what do you reach for then?

Jared: First it is often helpful to remember that the Father is with all creatures and is drawing them toward him always. There may be people in your life that take a roundabout route to the Father, but is nonetheless drawn toward the Father, drawn toward his love and his light. It may be the journey that they choose is not the first choice that you would make for them, but it may be an important journey for them as well. In saying this, I am hoping that while you may feel sadness about choices, it may be the best choice for the individual, or even the necessary choice for the individual. It is helpful to remember, of course, the free will choice and to know that there are many paths toward the Father, and that sometimes there are experiences along that path that are necessary for the individual. You are encouraged yourself, when you are concerned for a fellow being, to reach out to that person in stillness and allow them to know of your love for them, and your respect for their choices, and your hope for their forward journey and their continued positive choices. It is

important to remember that as you are able to remain sure and strong in the knowledge of God in your life, you will assist others as they are struggling with their own knowledge.

Elvin: Yes, well, thank you. That was most helpful.

Arleena: Hi, Jared. This is Arleena. It's good to have you back this evening. I missed you last week. I was giving some thought to all of the things that you've told us and instructed us about bringing love into this world, sitting in stillness, and being a channel for it. And one of the questions that came to mind was in regards to loving animals. For some of us, that's easier than loving human beings, and I just wanted to know whether or not when you sit and feel that love towards an animal whether that is a valid way of also bringing love into this world.

Jared: In any way that you can reach out in love and in light, it is of assistance.

Arleena: So then I guess it's okay and that that's useful even as sitting and thinking abstract thoughts love would be as well.

Jared: It is probably most helpful if you can reach out to fellow humans who are struggling, and reaching, and needing the reassurance that you can provide. But it also is valuable in whatever way it is possible for you to reach out in light and in love.

Arleena: Thank you. That also brings to mind another question, which is, in channeling this love and in its effectiveness, how important is it that we actually feel this love? Is there a very definite correlation between the love felt and the love passed on?

Jared: There are some people that are more sensitive to the sensations that are available. It does not make them more effective in spreading the light. You are all encouraged to take the time to reach within and to genuinely share the love. If you attempt to do this too quickly you may not be as effective in sharing this love without the distractions of your day. If you take the time to quiet your mind first and to allow the God within you

expression, you will find that that will be the most effective and most complete way of sharing light in this world. It is not always something that is perceived as stronger.

Arleena: Okay. Thank you. That does clear things up. The reason that I was considering that is that for some people, including myself at times, it's possible to feel that love towards an animal. And then having once gotten in touch with that love, then to direct it to other people and other situations. So I was just kind of like checking out if that's a good approach. Thank you.

Jared: You are all encouraged on to find the method that is most effective for you. There are many ways of being able to get deeper in touch with the love of God, and that is certainly an acceptable step in that direction.

Mr. D.: Hi, Jared. This is Mr. D. In my ramblings over the last week or so, I've been trying to seek the stillness and perhaps to discern if I have a spiritual name as yet. And I was wondering if you might be able to transmit that at this time.

Jared: You do have a spiritual name. It is not yet available in transmission. We will try again to see.

Mr. D.: Thank you.

Andrew: Hi, Jared. This is Andrew. Alerqwin was not able to come tonight due to work responsibilities, but he asked me to say hello to you.

Jared: And he knows of my sharing with him and my delight in his growth.

Andrew: I'll relay that message to him.

Benjamin: Hello, Jared. This is Benjamin. And I had a question about how awe and excitement about learning or encountering a being can get in the way of understanding, and how we can possibly grow beyond that?

Jared: It is a typical experience for you as you encounter newness to be awe-struck, or even perhaps fearful, or many different possibilities in reaction to this new experience. It is helpful to remember

that these are common experiences and likely to happen in the initial stages. As you become accepting of this, these first steps, it will be easier for you to move on, to move toward that deeper learning that comes with a continued sharing and a continued growth together and continued experience. You will find that as you begin to become comfortable with new beings, you will find a greater openness in yourself to the lessons that are available and a greater comfort in sharing with the teacher. As you are in the initial stages in the new and awe-struck stage, there is much that is blocked in your preoccupation with the new experience. But as you become more familiar and more comfortable with one another, you are able to share in deeper ways and greater knowledge. This is a time of greater absorption of learning than in the initial stages. Does this assist you?

Benjamin: Yes, it does. I just, it's just encouraging me to be patient with myself. And I realize, you know, as I can get past these initial fears, and such a little at a time, that I am perceiving more and feel a more comfortable contact. I'm also realizing that I'm only in the very beginning stages of what's available to me. I sense that as well.

Jared: It is helpful to remember that there are often different stages in different experiences. You are encouraged to enjoy the newness and the excitement of the initial contact, as well as recognize that there are different qualities in different stages and different lessons to be learned in different stages. There is as much available to you as you wish for.

Benjamin: So, it is important to allow ourselves the experience of going through these stages?

Jared: You cannot hurry a stage without losing something in the process. You are encouraged to recognize the comfortable place that you are and to look forward to the potential that is available to you. But if you step forward too quickly, you will miss out on some of what is happening now. And if you stay in the now too long, you will find that it will be less enlightening for you than if you were to move on when it is time. So look within and know the place that is now, and look

toward the growth that is available to you. And know that there will always be more growth available.

Benjamin: Thank you, Jared. That is helpful.

Micki: Good evening, Jared. This is Micki. I haven't addressed you in quite some time. As you know, I tend to address my questions to Rayson or Rowan. Notwithstanding, I, you know, do prefer to be able to talk to you now and then, and I'm glad to. My question is this, and it does pertain to my own spiritual growth. I seem to have embarked on a journey and I was with someone, I couldn't tell who it was with, and I don't know what the purpose of what I was shown was. I was wondering if you could perhaps shed some light on this for me, to let me know where I was going and why.

Jared: A new opportunity of learning, a new avenue opening for you of choice. You as in all things may make the choice of whether or not this is the way for you to go now. It is an opportunity that will be available to you again if that is the preferred choice.

Micki: I am happy to enjoy this. I was, it was, it's hard to put into words what it was I was feeling emotionally. That's why I don't know what it's purpose was. I don't even know the person that I was with. I couldn't tell if they were male or female. But I am more than willing to continue on these journeys. I just need to know, I just needed to know what the purpose of it was because it seemed an enjoyable experience. However, I didn't know what I was supposed to be seeing.

Jared: You are encouraged to ask for a place to start, an anchor if you wish, that will assist you in being sure of your direction. You may ask for beings known to you to be with you, if that would assist you in being comfortable with this opportunity.

Micki: Yes, thank you. I will do that.

Ms. J.: Hi, Jared. This is Ms. J. I wondered if you could talk to us about boundaries.

Jared: Boundaries are an important part of the learning process that is available

to you. There will be times when you will establish stronger boundaries, and there will be times when you will allow your boundaries to expand. It is important for each of you to know that it is part of your learning process to establish boundaries, and to be in charge of those boundaries for yourself. Each person is entitled to their own sense of what is acceptable, and encouraged to continue examining the choices made to know if it is a continued correct choice. There will be times when your boundaries will be in conflict with another, and each time you are encouraged to look carefully and decide if it is appropriate for you to be flexible in your boundaries at that moment, or for you to be more clear in your boundaries even as you lovingly reach out to another. Know that as you continue in this journey, you will need assistance in knowing your boundaries and in understanding and accepting the boundaries of others. You are encouraged in the Father's light and love to ask for assistance in knowing the choices that are before you, and to ask for the light to shine beyond your boundaries always.

Ms. J.: Thank you, Jared.

Andrew: Hi, Jared. This is Andrew. I had two questions. One of them was brought up by Ms. J. talking about boundaries which I'll get into afterward. The first one I wanted to ask about is, I'm working with hesitation in my life right now. I'm noticing how debilitating it is to be indecisive or kind of be stuck in hesitation about going forward with something or another. Even when I know it's something, or sometimes even particularly when I know that it's something that I want to do or would like to have the result of having gone and done something. Can you talk a little bit about overcoming hesitation, or at least excessive hesitation?

Jared: As you each of you become more and more aware, you will become more and more open to the opportunities that are available. There are many opportunities. There are some people who will find it more difficult the more opportunities that are presented. In your continued journey forward, you are encouraged to be clear about the choices that you wish for. I encourage you toward continued awareness, continued knowledge of the variety of

opportunities that are available to you, and I encourage you to remember the image of taking the bold step forward and moving in joy toward the goals that you choose.

Andrew: Thank you. With boundaries, in some sense I've gotten very, very good with boundaries over the past few years--it's been an issue with me for much of my life. And I realized recently, the past few days, that there's a whole area of boundaries in my own life that contemplating them makes me feel like I'm going back all the way to ground zero, that I don't know anything about boundaries. I don't have any idea how to set them. I don't know how to limit my own behavior without waiting for something catastrophic to happen on the outside, not necessarily something big catastrophic but, you know, the world setting a limit, or unintentionally hurting myself, or something like that, before I'll actually go to realize that oh, that was too far. Or to clarify the other example, which is my behavior going so far as to injure, or offend, or ruffle someone's feathers, and not really getting it that I've gone too far until I actually get feedback from outside, from a person, or an institution, or something like that. Can you talk a little bit about finding our own limits, not in the sense of limitation, but just in the sense of being more centered and having a sense of, a clearer sense of self in the world?

Jared: You are asking for assistance in setting appropriate boundaries that assist you in meeting the goals that you have for yourself as opposed to being a detriment to those goals. The goals may be a greater reaching forward for yourself, an ability to accomplish those things that you choose, or the goals may be reaching out to others in ways that will be of assistance. It will be helpful for you to remind yourself of the goals that you set for yourself, to remind yourself that it is your daily choice, your choices each moment of the day that will assist you in reaching the goals, reaching toward the goals that you set for yourself. As you continue in that awareness in your stillness, and as you continue in that awareness during moments in your day, you will find that your awareness increases as you perform activities. That will assist you in being aware of the particular boundaries

acceptable in particular situation.

You will find also that as you become more and more aware of the choices, you will probably be able to see the consequences more quickly. You are encouraged to ask for this insight if it is felt to be acceptable to you. You are also reminded that there is much reaching that you are encouraged toward, and to know that there is a great deal of balancing that is necessary, a continued process for each of you as you attempt to balance these many choices that are available to you, and the many experiences that you encounter each day. Continue in this reaching. Continue in this desire for growth and for change, and to know that there is much learning in the process of this journey.

Andrew: Thank you.

Benjamin: Hello, Jared. This is Benjamin again. And there is a peculiar paradox to learning and growing that I wanted you to comment on. And that is that it seems that, you know, when having limited perceptions, it's easier to be certain about things.

Jared: You are perhaps indicating that those who are narrow-minded are more sure of themselves.

Benjamin: Well, yes. That could be said to be true. I mean, I could agree with that. But on the other hand, you know, I often get this feeling, you know, when I am enjoying a new perception or things seem to be opening up to me, that I suddenly feel like that I'm not quite sure where I'm located, or what's out there, or who I really am, or what I'm doing. And yet I'm seeing more and knowing more. It's an interesting paradox. Does this continue on into the morontial existence?

Jared: It is one of the many delights that is available. It would no doubt be extremely boring if you always were so sure of yourself that nothing was new.

Benjamin: That's certainly true. That is certainly true. But I just remember as a child thinking that, you know, one day I'm going to grow up and I'm going to have this world all figured out. And it seems like, you know, the more I grow up and the more I learn, I realize the less I actually know.

Jared: The more you know, the more there is to know.

Benjamin: That is true. Thank you. Jared, right now it looks as if there aren't any more questions for you right now. And I'm going to say good evening to you for all of us, and very glad that you've spoken with us.

Jared: I am delighted to come and share with you always. It is a treat for me to come and share with this group. There has been so much learning and so much growth, and I look forward to much more learning and much more growth with all of you. It is a wonderful journey that we share together. I hope that you will each take a moment now to look forward, to see the light that is available to you that is drawing you forward, to know that the Father is there, is reaching toward you always, and is sharing with you always. And that it is a journey that we can share together and move forward in great joy. Good evening.

***** BREAK *****

Andrew: (TR: Lisa) I am the guide Andrew. I am to glad to come back again to share with you. It is a wonderful opportunity to provide more guidance. I am encouraged by the changes I see here. It is fascinating to watch as each of you on your own journey help to bring about the change for all here. I encourage each of you in your own individual way to quietly make changes in your life, to make changes with those things that you can, and to trust that those changes will affect those around you, to know that even as you feel you have no effect, there is much that happens with each of your choices. As you step forward with light emanating from you, the light touches each of those that you pass by. As you sit in quiet and reach out to others, your light touches theirs and increases the spark within them. As you are able to be more sure of the light within you, you are strengthening that light and allowing it to spread even further.

I hope that each of you can continue in the choices that you make, and trust that it is the first step in this change that is happening here and happening now. There is much that is necessary to accomplish in this time. Each of you in the choices that you make are bringing about these changes. You are helping to

steady others in these changing times, and you are helping to bring about acceptance of the new experience that is more and more available. I hope all of you will come with me as I continue to move forward, as I continue to reach toward the Father, and as I continue to reach out to all of those who are around me, and to show them the light that is available to all. In what way may I assist?

Philip: This is Philip, Andrew. And I think we're all awed and in gratitude that we're able to ask for beings and connect with someone like yourself. So welcome to our little group here in Sebastopol, and I wondered if you could say something about your life in the flesh with our Master in the flesh. Knowing us as you do, and having had that experience, perhaps there's an anecdote or a story you could share.

Andrew: You may be unsurprised when I mention that it was a challenge for me to remember my goals. I found that there were many distractions here. I found myself pulled in many directions. I found my mind occupied by many thoughts, and I found on more occasions than I liked that I forgot for what I was reaching. I was most moved by the experiences that I saw of other people, at the great reaching that I witnessed in them. I was able to look around me and see many touched by the goodness that they saw in Michael as he would reach out to others. It was always a blessing to me when I could watch Michael as he would stop and reach out to another and remind them of the God spirit within them. And as he was able to reach out and touch that within the other, I could see it grow and I could see it radiate from them, and I was always awestruck at what a great change that that would make in that person's life. I would see them be able to retain that radiance and share it with all those they passed by. I would see this person walk past many other--

***** TAPE BREAK *****

Andrew: --many other beings and have them be touched as well by the radiance. As more and more people are touched by the radiance of others, it begins to spark their own God-light, and in this way they too can reach out and touch others. In this experience, I was able to once again remember that Michael here was to share

God's light with as many other beings as I could. Sometimes that was done by the choices that I allowed others. Sometimes I was able to do that in my solitary reaching to others. But mostly I found that the greatest change came in others in the response that they saw that the changes they saw in me. When they could see in me the tranquility for which they were searching, they were open to the tranquility within themselves. It often took some time for me to acquire these attributes, but it was something I carry with me always.

Philip: Thank you for your beautiful words.

Carlos: Hello, Andrew. My name is Carlos. So are you personally present on Urantia, or are you somewhere else transmitting from afar?

Andrew: My presence in some ways remains here, as I existed here for some time. But I am coming to you much in the way that Jared does.

Carlos: And could you refresh my memory on how that is?

Andrew: Coming to those who reach.

Carlos: Okay. Well, I guess I don't understand it entirely humanly. But I did have a question about the goals. It seems frustrating sometimes when you have so many goals, and being an impatient person sometimes it can be kind of frustrating. Did you find that you, some of your goals weren't as important as you thought they were? And that you attained certain goals that you wanted to, or were you disappointed that you didn't attain certain goals, or how do you see that in retrospect?

Andrew: I was able to become clear on the one goal that is important, that is, knowing of the Father's love and sharing that light with others. There is, are many variations in ways to achieve this goal, but as I became more clear on this particular goal, I found it to be more easy to focus on.

Carlos: Okay. Thanks.

Ms. J.: Hi, Andrew. This is Ms. J. And I wanted to ask you about goals also. You

said that it was a challenge for you while you were here. Do you still have goals that you're reaching for, and are there still challenges for you?

Andrew: There are always challenges. There is always much to reach toward. There is always much to share and always more growth available. As I am able to more clearly feel and incorporate the Father within me, it becomes much easier to remember my goal.

Ms. J.: Thank you.

Benjamin: Hello, Andrew. This is Benjamin. And I was interested in hearing what you could tell us about how we could better work together as a group in understanding each other, and the things that you learned while you were here in working together with other humans.

Andrew: I understand the challenge that is before you and understand that you may find it difficult on occasion. But I encourage you to remember that many of my strongest memories come from those challenges resolved. I encourage you to remember the challenges available to you are the materials with which you form yourself. As you continue each day in the choices available to you, you will find you are making patterns for yourselves. You are encouraged to reach toward those patterns that you see as positive, those ones toward light and toward life, toward love and sharing and growth. You will find that your ability to listen, and to accept the other, and your genuine recognition of the God-light within will assist you in remembering your goal of sharing God's love. You may be assisted in knowing that all beings who come here are challenged by these circumstances and yet rewarded even more so.

Benjamin: Thank you. That is, that's very helpful. I was thinking, you know, when asking that, asking that question about something like this mission that we're participating in brings a lot of important goals to mind in everyone. And it seems that each one of us have our own strong ideals and ideas of how to reach these goals. And sometimes these goals are in conflict, or the ideas of how to reach them.

Andrew: Perhaps it is the interpretation of how to reach the goal that is in conflict.

Philip: This is Philip, Andrew. Again, it's such a privilege to be able to speak with you, as I think most of here have read of you in *The Urantia Book* and other sources. And I wondered if you could share something that might be of spiritual value to us about the times in which you lived in the flesh on Urantia and our times. Specifically, I was thinking of your comment about how you found it distracting. And ironically I've thought of your times and thought it must have been a lot less distracting. And I just wondered if there's anything you might share with us about the challenges then and the challenges for us now.

Andrew: There are many similarities in people. There are those who reach forward. There are those who find distractions. There are those who are unsure of where to reach, and there are those who feel lost in their daily life. In the earlier time, there was much confusion and much chaos. In this time now, there is still confusion and chaos, but there is a growing circle of quiet and of peace that generates the Father's love, that is able to share this widely. I see great encouragement and great positive energy generated. I see this growing more and more. I see the base firmer, and I see more and more people open to this possibility. I see some also who are lost and confused, but I have great faith that they too will be drawn toward the light, as there are more and more people sharing that light with more others.

Philip: Thank you again. If I may ask one more question. In reading of you and what limited familiarity I have with you, Andrew, I was always admiring of your steadfastness, and loyalty, and willingness to place your own personal needs to the side so that someone else could be taught or have contact with the Master.

Andrew: I am honored at your perception.

Philip: And I wonder if you could share something about how that trait of yours has affected you in your continuing morontia career.

Andrew: It is an interesting experience to hear the perception of others of my own characteristics. These are choices that I have made that are very much a part of me, in many ways I see as the only choice. It is a part of me that has continued to grow, that has become stronger and stronger as I continue in my experiences. That is the most confirming experience for me, when I see my characteristics continue to grow, and to be encouraged, and to bring more forward. That is how I know that it is the one to encourage.

Philip: Thank you ever so much, and if I can just ask one last, last question. Let me come back to it. I think someone else had one. I don't want to hog the mike at this time.

Carlos: That's okay. Go ahead.

Philip: Andrew, I don't mean to be presumptuous, but it strikes me that there are some similarities between your life as an apostle of the Master in the flesh and ours on the frontier of this teaching mission. And it's my recollection that you entered into your job as chief of the men apostles without having much real preparation for that, and yet did so very well with it. Would you say something to us about that and about leadership?

Andrew: I was fortunate that I was able to grow with the experiences available to me. I felt ill trained for the opportunity presented and was surprised by the faith in my abilities that was expressed. But as I became more confident in the faith expressed to me, I was able to find those characteristics within myself and have them grow more and develop more. I was able to remember to always reach to others in positive ways, to encourage them in their own growth, and to remind them of the common goal before us, and to have faith in the learning that was available to me. It is nearing a time of conclusion. Is there another pressing issue?

Philip: It's been a privilege and an honor, Andrew, to have you with us. I hope that you'll be able to come again. Thank you.

Andrew: I would be glad to return to share with you again. I encourage you all to reach for the guidance that is

available, to know that there is more available than you could ever need, to know that all of you are being drawn forward, and as you are reaching out you are touching many others. You are assisting them in their beginning awarenesses, and you are strengthening yourselves as you step forward again and again. I am honored to be here with you and am glad of the journey we share together. Good evening.

***** BREAK *****

Jared: (TR: Cheryl) Hi, this is Jared. I am glad to be welcome back this evening. I am glad so many of you listened to my lesson on the Infinite Spirit and understanding more about the circuits. I wish to share a little more with you and then answer your questions. The circuits are opening more and more every day. I thank you all for doing your stillness and helping in this process. It is a wonderful process for everybody. There is much love to be shared, and much wisdom and guidance that can come through the circuits for everyone. I am ready for questions.

Philip: Good evening, Jared. This is Philip. I'm not sure that I can say I understand much more, but I have made some attempts to reach toward the being I think of as the Infinite Spirit, and wondered if you could give me any feedback.

Jared: The Infinite Spirit is difficult for many of you to comprehend. It is not a focalized energy entity more like the Father, that is a spark within you, or the Creator Son, that fills your heart with so much love. It is a more generalized circuit that flows through your mind. It bathes your mind with light energy allowing you to gradually accept the infinite knowledge and wisdom that is available, much as when you are sunbathing you allow the light rays to penetrate you and you accept the light. So you accept the knowledge and wisdom of the Infinite Spirit.

Benjamin: Hello, Jared. This is Benjamin. And I was wondering what you might say is the difference that we may be able to perceive with the opening of the circuits in regard to the Infinite Spirit.

Jared: It is very subtle. But this energy is stronger now. And soon it will

be even stronger. And I just wanted you to gradually become more aware of this guidance that is available.

Benjamin: If we are, for instance, looking for a greater understanding, or are wishing to even more specifically seek a creative resolution or a creative idea for a problem that we're facing, is this a good way to open up to the Infinite Spirit?

Jared: Very good. Yes. Allow the problem, state the problem simply and let it, let your mind open to the circuit, and let your mind and the problem flow through the circuit, like the wind flows through the trees. And sooner or later, like a bird that lands in the tree, a suggestion or an answer will come land in your mind.

Benjamin: I know that in your lessons about sending God's love throughout the community and the world during stillness helps to spread, helps to open the circuit of the Eternal Son, and I'm wondering is there a similar kind of outreach that we can perform in reaching for the Infinite Spirit to share with others?

Jared: As you allow the Infinite Spirit to flow through your mind you are opening the Infinite Mind Spirit circuit, and as it opens it flows stronger, and it will be easier for others to feel the guidance--

Benjamin: So it's kind of like creating a draw.

Jared: Yes.

Benjamin: And the others can feel the draw that anyone opens up.

Jared: Yes.

Benjamin: I see. I'm getting an image of it sort of working backwards from what you were describing that we do in opening the circuit of the Eternal Son.

Jared: That could be. Forwards, backwards, it's all relative.

Benjamin: Thank you, Jared.

Jared: You're welcome.

Elvin: Yes, Jared. This is Elvin. And Benjamin asked most of the questions and

very well that I was thinking of too, but for those of us who, at least at this point in time, are less sensitive in the stillness and in the reception, at least in our conscious awareness, does prayer and worship on this help as well?

Jared: Yes. All kinds of reaching is helpful. Every moment spent in reaching opens the circuit a teeny bit more.

Philip: I'm not seeing any more questions. This is Philip, Jared. Is there something further you would care to share on this topic?

Jared: I just wish you well in your stillness and in your reaching. I know it is difficult to reach to these invisible circuits and these invisible beings, but there is much joy, and much sharing, and much guidance when you do. Please be encouraged to continue. Thank you.

***** BREAK *****

Lester: (TR: Cheryl) Hi. This is Lester. I am happy to be welcome to this group this evening. It is nice to have a group to receive me. I'm ready for questions.

Philip: Hi, Lester. This is Philip. As an expert on relationships, would you tell us about sex? Why do we leave it here? What goes on the mansion worlds?

Lester: Oh, no lectures on sex. I will talk but I will not give an hour discourse. Sex is a way of reaching out. I hope to encourage you to reach out instead of reaching downward. Let's reach out and upward. Share the sexual energy with everyone in appropriate manners. You have been given this drive to encourage you to reach out, and I am encouraging you to use the energy to help you to reach out in appropriate manners. There are many morals that you need to respect and many social guidelines that need to be followed. And you need to listen to the other person and only go as far as they're ready to accept. But the sexual energy is a wonderful energy to share, even just a little bit of flirting, just a little bit of eye contact, or a gentle touch can lighten the moment and make your day a little more joyful.

Philip: Oh, muy caliente.

Arleena: We're sort of short on time, so I kind of grabbed for the microphone, Lester. This is Arleena. I was particularly interested in asking regarding this, you had said that on mansion number one our bodies have the same tendencies, that we don't leave behind many of the things that we thought that we did. So I was very curious, being as sex is such a wonderful opportunity for learning experiences. Do we retain those proclivities, or those tendencies, on the mansion worlds, to begin with?

Lester: Depending on how well you work through them and enjoy them on your native planet, this sets the basis. On the mansion worlds you will continue to be tuned up, and gradually you will find other spiritual activities to replace the sexual ones. There are some people on the mansion worlds that are very sexually frustrated. But most morontia beings adjust fairly quickly.

Carlos: Okay.

Lester: I'm ready.

Carlos: Where do we start here, Lester? Carlos here. Now, for those who are sexually frustrated on the mansion worlds, so to speak, now is their frustration in some way or another compensated? Or do they go on frustrated through the seventh mansion world and--

Lester: No. You will need to work through the sexual frustration. As I said, the sexual energy was given to you to help you reach out, and as you reach out and become accustomed to reach out spiritually and to accept the spiritual love that is available, then the sexual energy is replaced with the spiritual, and it is scaffolding that is left behind.

Carlos: Right. Okay. I'll honor that. But like say--

Lester: But some people are very stubborn to leave the scaffolding behind. They are not open minded to look forward to the new and more blissful spiritual energy.

Carlos: Okay. That sounds like some cool energy. But, I guess the thing is like what happens when there's a situation where, you know, you want to reach out to say another man, another male friend or

something, and you don't want that to be confused with sexual energy, you know, I mean. And we still want to reach out in a spiritual, loving way, you know, and I just, I can't see myself flirting with another male and, you know.

Lester: That is not necessary.

Carlos: Okay.

Lester: It is better to reach out in spiritual energy than sexual energy because the connection will be stronger, and you will be getting guidance from so many more directions. But if you can only reach out sexually, that is a good beginning, but it is much more limiting.

Carlos: So, maybe, well, anyhow, I had another question, too. I've been kind of pondering lately about child-rearing. Was that a reality on your home world? Did you do that?

Lester: Yes, I did. I did not participate much, but it was a reality.

Carlos: Now, for those of us, you know, who are concerned about acquiring all the experiences we need to know in terms of how the Father loves us, etcetera, if we don't get to have that, I know I understand that we get to help out in the nurseries, with some of the material sons and daughters, but was that, will that be the same, or the equivalent of having your own children, you know, in the flesh, or is it just kind of second best?

Lester: It is different. When you have a child on your planet, native planet, and you spend time with the child, you get a head start on understanding the relationship with the Father in that personal way. When you go through the life on your native planet without being a father, you are stretching your mind in different ways trying to understand. And there are many of you that spend time with other children or in other relationships where you do get a good idea. So it does help you along, but too often you are limping for so long. But you do catch up on the mansion worlds in a certain way. But that personal closeness, the bond, the material bond you connect with on this planet, will not be there. It is special, but it is not necessary. So the time you spend making up on the mansion worlds is

different and equivalent. and the only thing you miss is the human bond, which is important to some and is a pain in the neck to others.

Carlos: Okay. Well, see, I've been, I've been pondering this because I was listening to some of the Woods Cross teachings, and there's a lecture on marriage and so forth. And it says that the highest love that can be shared in mortal associations is that of marriage and when there's children. And I thought, well, gee whiz, you know, if, you know, we might as well go for the most important thing, but it's like you just can't make these things happen. And furthermore when people try to just make them happen, sometimes we've seen many examples of how they fail, so, I mean--

Lester: You are living in difficult times and you are correct. It is more important for you to make decisions in your daily life based on the choices you have. It is good to reach for the ideals, but there are many other experiences that you can have here that will be fulfilling and will lead you towards God.

Carlos: Thanks.

Lester: You're welcome.

Philip: It's Philip, Lester. Please bear with me while I articulate this lofty spiritual question. Would you say a word about the pelvic anatomy of the first level morontia body?

Lester: Oh, my goodness I didn't take anatomy.

Philip: Do you still have one?

Lester: No, no. You do not get one. It is you do not get a new one with your new body. Is that your question? No penises on Urantia.

Philip: No, but I think you answered my question.

Lester: No vaginas either.

Philip: So are we all like smooth?

Lester: Yes. We are all like smooth.

Philip: Thank you. That's very--

Lester: You're welcome.

Philip: In *The Urantia Book* they tell us that we take up over there right where we left off down here. And in another place they say all you gain is the experience of survival. Yet it appears that we wake up with missing parts. And I'm wondering--

Lester: Only one. Only one missing part.

Philip: And I'm wondering is there a continuation of the sexual energy component of our mortal animal existence on the morontia spheres?

Lester: There is.

Philip: And is there a way of expressing it, or is it more frustrating than I think?

Lester: There is a continuation of the sexual energy, but it is more subtle. And you do not have physical parts to satisfy this. You need to find more spiritual avenues to satisfy these drives.

Philip: Am I correct then that we could also proceed here in that way as well, that we may be simultaneously learning the spiritual dimension to sexuality in some of our experiences with--

Lester: That's correct. There are some--
(end 5/12/94)

TEACHINGS OF JARED

Friday, April 8, 1994, Sebastopol

Jared: (TR: Cheryl) Hi, this is Jared. I welcome you this morning to the lesson that I am about to give. The lesson involves the Infinite Spirit and the Eternal Son. I want you to know how important it is for you to do the exercise of being still, focusing on God, on your heart, and spreading love throughout the world. This is very important. It is doing much good for everyone. I want you to know that when you do this, you are connecting to the Eternal Son circuit through this love. And each time you sit in stillness and focus on this love, you are becoming part of the circuit, and you are helping to open the circuit to grow stronger so that more and more people can feel the effects of the circuit. Eventually everyone will feel the Eternal Son's love. For now, the circuit's flowing slowly, and those of you who take the time to do stillness, and listen, and are aware may feel the peace and the love that the Eternal Son is sharing.

The analogy I want to explain is a faucet of water. I want you to know that each time you send out love is like opening the faucet just a little more. For some of you, you think it's hard, and it is difficult, but it's important, even if you just turn the faucet a thirty-seventh of an inch and only a couple of drops of the Eternal Son's love comes out. That is a few more drops that will always be coming through. You are helping to open the circuit each time you do this exercise. Those few extra drops are always going to be flowing because you took the few minutes to do this exercise and to send the love out. I want each of you to know how important this is for the whole world, for the whole universe. You are helping yourselves, you are helping the Eternal Son open his circuit, and you really are sending love to everybody.

For now, not everybody is aware and not everybody is sensitive to this love. But as you continue in sending out the love, the circuit will grow stronger, and more and more people will sense the love and the peace that is flowing through this circuit. And in light and life the circuit will be strong and everyone will feel the Eternal Son's love.

For now, I want you to know that it is important you are really doing a great

service for the universe in helping to open the circuit of the Eternal Son. Thank you, and please continue your efforts.

Today I would like you to also learn about the Infinite Mind circuit. If you do a similar exercise when you're still, focus on the God in your mind. This is more difficult for many of you to understand. But the Infinite Mind circuit is there, and if you can allow your mind to get hooked into her circuit, new knowledge, new understanding, more efficient mind working will come your way.

I know there will be more questions, and questions are definitely welcome. I am glad you are asking questions, but for those who feel comfortable, I would like you to take a little time and try to hook your mind into the Eternal Mind circuit. This circuit will eventually spread out and everybody will have access to this new knowledge, and everybody will have an easier time learning, and understanding, and using their minds more efficiently. This circuit is just starting to open on Urantia, and for those of you who feel comfortable, I would appreciate you, when you have time, to do this exercise too. Even just a few moments will help the Infinite Spirit.

I want you to know that the mortals on Urantia need to do these experiments. The opening of these circuits is dependent on the mortals. There is only so much that Jesus and the Infinite Mind Spirit can do from above. Much needs to come from the mortals. And I'm glad that this group is listening, and doing these exercises, and cooperating with Michael and the Infinite Spirit to open these circuits so that everyone can benefit.

There is another circuit that you are more familiar with. This analogy may be helpful. The Unqualified Absolute is in charge of the gravity circuit. You are constantly aware of the gravity circuit. Every time you move you feel the Unqualified Absolute holding you, controlling you, helping to organize the universe through the gravity circuit. The Eternal Son and the Infinite Spirits have similar circuits, but these are more spiritual and many people are not aware of these circuits. And then many people are not aware that the gravity circuit is a gravity circuit. They think that it is just a function of masses spinning and a formula, a scientific formula. But it is the overcontrol of the Unqualified

Absolute. The Unqualified Absolute controls the gravity circuit.

This concludes the lesson for today, and I would welcome questions because I know this is very technical information. And you need to ask questions and get answers so that you can help Michael and the Infinite Spirit open their circuits.

Philip: Good day, Jared. This is Philip. Thank you for that lesson through Cheryl. Could you say a word about why it's important that we, your students, should know the names of these circuits? Or be able to identify them as separate, or attempt to commune by way of them as identified by our mind or intellect?

Jared: The names of the circuits are not important, but the idea that the circuits are there are very important, and it is easier when things have names for you Urantians. Therefore, I have given you the names. But it is essential for the mortals of Urantia to do these exercises to help open these circuits. And without the awareness of these circuits and thence the names, it would be very difficult for the circuits to be opened. They would continue in the hazard form that they have been for so many years.

Philip: Just a moment ago, Jared, when you, just a moment ago when you suggested, encouraged us to attempt to reach on the spirit of, I'm sorry, on the circuit of the Infinite Spirit, I just made some effort just then, and maybe you could give a little more instruction about what I actually do when I attempt to tune in to these circuits. Let's say, starting with the circuit of the Infinite Spirit. Can you give me a little more procedure about how I do this?

Jared: I will try to give you some procedure, but procedure is very difficult to specify in this one. But each time you reach for the Infinite Spirit, you open the circuit a teeny bit, and it helps everyone's mortal minds function just a little bit more effectively. So this is very important. But the Infinite Spirit is patient and over time knows that this will be more conscious and more easy for you to do. In your stillness, imagine God in your mind. Let the light glow in your mind. Be conscious of your mind, conscious of the energy flowing through your mind. This circuit is like a river

flowing through your mind. It is very subtle. It is much easier to sense the Thought Adjuster, God's love, or the Eternal Son's love.

This is a very subtle river of mind energy flowing through your mind. Imagine floating on a raft down a river through your mind on a sunny day. There are no rapids. Trust God to let you flow through the mind circuits and pass by the information that you have need of now. And eventually this will happen more quickly. There is much information here and it is available, but it will take some practice for you to access. Just imagine floating down the river on a sunny day, relaxed, enjoying the warmth and God's love. And accept the knowledge as you accept the warm sun, and let the bread of life satisfy you. The Infinite Spirit circuit is the bread of life. The Eternal Son circuit is the water of life. These are here to feed you, to satisfy your hunger and thirst. And as more and more do these exercise, more and more water of life and bread of life will be available, and your thirst and your hunger will be satisfied. Please be patient. The circuits are gradually opening.

Philip: Thank you, Jared. For me personally these are more conceptual ideas, the delineation between the Infinite Spirit Circuit and that of the Eternal Son and the Father, and then the other circuits of Paradise and so forth. I have some vague sense in my mind, but don't really have much experiential. I'm not sure if I would even be able to differentiate one from another, except for the teachings in *The Urantia Book* and the conceptions that I have. Am I understanding you to say that there is some importance to our beginning to differentiate these three aspects of deity? I ask only because it has seemed, over the time I've been your student, that it's been enough to seek within the stillness, to seek God, not to attempt to, what should I say, separate or analyze the various aspects. Could you just share a little on that issue?

Jared: Yes. These more technical teachings are for those who feel comfortable with them. It is not necessary to understand all these technicalities. For many, just sitting in stillness and reaching for guidance is enough. But there are some of you that

are ready to understand more about the guidance that is available. And for those of you that would like to understand more clearly the different kinds of guidance available and how to access it more quickly and directly, this lesson is for you.

Philip: Again, thank you very much. And if I might ask one more question, it's the, am I correct then that it's the intention that I have, or anyone of us has, to seek by way of the Third Source and Center, or the Second Source and Center, that determines that path or that circuit being available to us or opening somewhat?

Jared: Right. It is that reaching, and the reaching may be conscious or unconscious. There are times during your daily life when you are making intellectual decisions, you are doing a lot of mind work, and unconsciously you are reaching towards the Infinite Spirit. And these times you are opening the circuit wider on an unconscious level because you are reaching to use your mind more effectively. But if we could have a few more mortals reaching consciously, then the circuit will open more smoothly.

Philip: Thank you again. And another little clarification. Some months ago, by way of Lisa, there were transmissions from the Father and the Mother. And I wondered if what we call the Mother God can be equated to the Infinite Spirit? Or is that a worthwhile conception?

Jared: Yes, it is a worthwhile conception. You may think of the Infinite Spirit as the Mother energy.

Philip: I'll look forward to attempting this. It's a little different than your teachings up to this point. I've become accustomed to, I guess, almost trying to let go of or abandon my intellect and do more intuitive searching. And this sounds like a move a little more in the direction of being intellectually conscious or conceptually conscious of seeking in a particular direction.

Jared: That is correct. You all have tried hard to develop your intuition, and to seek the stillness, and God's love, and God's guidance, and trusting that he will take you in the right direction. For

those of you that feel comfortable, it is effective to get some teachings from the teaching mission and *The Urantia Book* to give you a little technical knowledge so that you understand more clearly the guidance available. But it is not necessary. The guidance is available to everybody, even if they don't ask. Everybody is being guided and helped towards light and life because the Father wants all of his sheep brought home.

Philip: Okay. Thank you very much, and thanks to Cheryl for transmitting this lesson. Shall we distribute this as we do the other transmissions through Lisa?

Jared: Yes. Please include this as part of the transcripts, and let people know that they shouldn't be intimidated by the technical knowledge. If they are not comfortable with it, just continue reaching. And all this guidance is available to them, even if they don't understand the technical aspects.

Philip: Very good. It's good to hear from you again, and thank you.

Jared: You're welcome.

Micki: Hello, Jared. This is Micki. I haven't had much of an opportunity recently to speak with you, but I'm really happy that you're here this morning with us and giving such a detailed lesson. I have a question for you in that I'm curious, I have been seeing so much recently in so many different areas that people are looking for truth, they're seeking light and life. I saw a wonderful program on the subject of prayer on a normal secular television station and I was very impressed with it. I also had spoken with Cheryl, when she is not transmitting you, in that she mentioned she has friends who are involved in what they consider channeling. Now are all of these phenomena related to each other? Are you involved as the teaching mission, is the teaching mission part of a greater whole that there is an awareness arising here on Urantia, as well as perhaps on other worlds? I hope this is not too much of a curiosity question. Actually it helps me to know that there is a unity to all this.

Jared: At first I must clarify that there are many different types of channeling.

That's why we have tried to encourage you to call these people transmitters-receivers to clarify that this is part of the teaching mission. There is much help and guidance being offered to anyone that is open, anyone that is ready, anyone that is reaching consciously or unconsciously is getting more guidance. There is much more guidance and assistance available here on Urantia and the other planets that were affected by rebellion. So let your heart be lifted that it is not just *The Urantia Book* readers that are being assisted and guided. It is everyone. Even those who do not understand these things. They just need to be reaching in some form or another. And, yes, the universe is aglow with new activity because the Lucifer Rebellion has been adjudicated and there are so many planets now that can move forward into the light and out of the darkness.

But do not be confused. There are still other, there are other things happening in this universe, and there are other visitors to this planet that are not part of Michael's plan for the teacher mission. But interplanetary travel must be okayed by the supervisors. And it has been okayed, but there are other visitors that are not part of the teaching mission. But do not be concerned because God is supervising everything somehow.

Micki: Thank you, Jared. I hope this will not be presumptuous of me, but these other groups, are they, since they are being supervised and under the jurisdiction, if not a part of the teaching mission--

Jared: No. They are not supervised by Michael. They are, they ask somebody else for permission to visit here and they are not directly supervised by Michael or other local universe authorities. But sometimes there are experiments and visitors allowed to visit other planets for experiments. And these are small things.

Micki: But are they a part of the truth? Do they respect truth?

Jared: Yes. They are part of the Super Universe. And they are part of the overall plan, but they are not part of Michael's plan, because there are other paths through this universe. There are

many unrevealed beings that are around, and they are part of this.

Micki: I am only asking out of a concern that these beings, if they are influencing people here, that they would be benign and not with an evil intent.

Jared: They are, they are benign, but some people do not have good transmitting capabilities and the messages can get garbled easily because they are not under direct supervision of Michael. Michael's channeling mission message will not get so garbled because he is under constant supervision, and Ham and I are having meetings regularly with the teachers here and keeping things under control. But because God does want much variety in the universe, these small assignments are tolerated.

Micki: Thank you, Jared. I appreciate your explicit answer. It's a little bit unusual and I do appreciate it. Thank you.

Jared: You're welcome. We do not get side tracked very often.

Philip: It's Philip again, Jared. This has been a most intriguing section, probably in the direction you don't prefer most in that it has been filled with curiosity and intellectual concepts. Is there any value in our, that is those of us involved in the teaching mission, seeking out or, what should I say, connecting in any way with these other types of channeling, of course granting that we're to reach in love to all people, but beyond that?

Jared: Yes, I think we've talked enough about these curiosity questions. It is important for you to reach out and do small kindnesses to everyone. And not get worried about these small details.

Philip: Yes. This is sounding more like the Jared I know and am familiar with. Well, thank you ever so much, and for Cheryl for transmitting this. Is there anything else this morning?

Jared: For those of you that listen to this transmission and understand very little, understand that God the Father has taken this into consideration and it is not necessary for you to understand all

these little details. Every time you send a prayer it is automatically sent to the right being. Every time you reach for guidance, you are automatically directed to the most appropriate being. So for those of you who are not ready to worry about these details, be assured that you are helping to open these circuits, and that your stillness and sending out the love is helpful. Even if you don't understand these technical details, please continue for everybody's sake. Thank you.
(end 4/8/94)

TEACHINGS OF JARED, RAYSON, LESTOR AND JAMES
Thursday, March 24, 1994, Sebastopol

Jared: (TR: Lisa) I am Jared. I am your teacher. I welcome you who come and seek, and am delighted to share with you again this evening. I hope to continue encouraging you in your growth, continue to assist you in the spiritual leadings that come to you. I hope to help each of you learn to distinguish those spiritual touches that come to you, to help you in that journey forward, to help you to feel more confident in your choices, and feel more confident that you are receiving assistance. There is much that is available to each of you, that is not always easily discernible. I encourage you to remember that we can come to you in whatever way is acceptable to you and in whatever way is most likely to be productive. It will be different for different people and may not be easily discernible by you. But it will be guidance, and it will be recognized in some level by you. You are encouraged to remember this, to push forward with the realization that there is guidance coming to you, and that you are receiving it, and that you will act upon it in ways that may not always be obvious to you. Continue forward. Continue reaching. Continue on this wonderful journey that is opening to you. Continue reaching out to others, and encouraging them on their journey by being clear about yours. You will find great joy opening before you. In what way may I assist this evening?

Philip: Hi, Jared. This is Philip. Thank you for that lovely presentation. I'd like to ask a question. I like the words you used "spiritual touches" and I wondered if you would go further with how to distinguish the spiritual touches?

Jared: Some of you may be unable to distinguish spiritual touches as separate from other leading. Some of you will feel a gentle nudge, or will feel some guidance, or will hear some words, or will be drawn inexplicably to a certain choice. There are many different forms of spiritual touches and leading, many different ways of acting upon these choices that are available to you, and the guidance that is encouraging you in these appropriate choices.

Philip: Thank you.

Micki: Good evening, Jared. This is Micki. It's been a while since I've talked to you or had any kind of a question. What's kind of popped into my mind has been--hold on a moment--has been that sometimes it's difficult in this world and in the chaos that's going on to practice these kindnesses because people misunderstand you or because you find yourself in a situation where people are becoming more and more isolated. How do we break through these kind of barriers in order to continue the instructions as practicing stillness and doing kindnesses to people?

Jared: The stillness is your own choice in your own life. It is only necessary for you to find minutes of time where you can sit quietly. As I am aware that that is a simple statement, and I am equally aware that most people have great difficulty in this choice. But you are encouraged to continue. Find that quiet time whenever it is possible in your life. You will find also that as you practice stillness, it is shared with others as you continue about your day. You may reach out to others in your stillness if you choose, or you may reach out to others as you continue your activities in the day. If you have attempted stillness or reached stillness, it will affect the way you continue your daily activities, and will assist others in their choices and in their growth as well. For the difficulties that may come with kindness, you will probably find it necessary to be careful at times about your choices. I encourage you in kindness and in no way wish for you to stop your kindnesses or unnecessarily censor yourself, but there may be occasions when it will be more convenient for your material existence to be careful of the extent of your kindness, or to whom you reach in kindness. It is important for you to be comfortable in your choices, so that you will continue reaching to others in love and in kindness.

Micki: Thank you, Jared. The reason I was asking that question is that Philip and I were reading in *The Urantia Book* today, and it was stating how Christ Michael, when he was on this planet, had decided, or was very discerning, as to whom to show kindness to, and did not

allow the apostles on their own, they usually asked for his discernment before distributing material goods or, you know, showing that kind of kindness, because knowing other people's hearts as he did, there seem to be a lot of people in the world, unfortunately, who take advantage of the kindness in peoples' hearts and exploit that. And it's sad because I really would like to be a little more free with being loving and kind to these people and those in need.

Jared: There are many difficult choices for your material existence here. It is, however, a significant growing experience that is available to you. You will learn things here that you will be unable to learn in other ways. You will find that trust in God and that faith in God within you strengthened by your choice to listen.

Elvin: Yes, Jared. This is Elvin. I have felt in account of periods of joy recently. I am taking those as being one aspect of your spiritual touches. And, the question I, well, also I wanted to say that I have taken a cue from Arleena's discussion last week with you and, I believe it was with you or Rayson, about praying for your faith to be challenged. I feel so fortunate in my experiences up to now, and everything, it seems like, that I have gotten involved in has worked out so incredibly well. And I'm not sure if this is just sort of like a honeymoon period, or what, but perhaps you can comment on that. I mean, is every time our faith is challenged, or we get into a crisis with someone close to us or one of our brothers or sisters, does it always work out so wonderfully well?

Jared: For those who are open to that choice, it may.

Elvin: So you're not going to guarantee that I'm always going to get such wonderful results?

Jared: I am unable to discern the future for you, as it depends on your choices.

Elvin: Yes. Okay. Thank you. But again, thanks for your role and the teachers' role and the guidance that I have.

Jared: We appreciate always sharing guidance with others. We are delighted at

receptivity when it is found, and we are delighted that you see so much positive opening up before you. It is probably of assistance for you to continue in this journey when you see so much wonderful happening.

Elvin: Yes. Thank you. And I certainly intend to. Another question, I have been reading the book, you know, what I come to think of myself as one of Michael's books. He speaks much of our creation and the nature of our, the intent of our creation. And he speaks of us being intended as co-creators with our Father. And he mentions this frequently about our creatorship or our creativity in a very general way. And once he equates it with love. But this is, I really want to more fully absorb the significance if this. I don't think I really understand that and wonder if you would be willing to elaborate on how we might be considered in some way a co-creator. What is the nature of our creativity, and the relationship between that and love?

Jared: Each of you are given a piece of God to share with you to continue in your journey and your life here. But it is with your free will choices that you make decisions about your existence here. You are blessed in this life with the spark of God, but it is your choice whether or not you ignite that fire or attempt to douse this spark. In this way, you are creating the existence here, creating your experiences, and creating your future. You are creating what it is that will be the very being of you. There is so much that can come from these choices, so much that you can do, and so much assistance that can be provided. It is your choice in which direction that you travel, and you are encouraged to travel toward love, toward the Father's love that is shared with you always.

Elvin: Yes, thank you. That was beautiful, and I'm surprised that I did not see that, how that all ties together. That was beautifully said. Thank you.

Jared: I am always delighted as a teacher when I am able to share with you in a way that allows you clear understanding to know so completely.

Elvin: Thank you.

Benjamin: Hello, Jared, this is Benjamin. And, well, of course the foremost thing on my mind is two weeks ago when I was here, Rayson made it clear that I'm a transmitter, and I was--

Jared: Do you feel that you are a transmitter?

Benjamin: Yes I do.

Jared: Thank you.

Benjamin: And I don't know if this is an appropriate time or place, but I am interested in getting some, you know, direct feedback, either from, you know, from my teacher, or yourself, or whoever, through an experienced transmitter like Lisa, sometime about my own experiences at this point.

Jared: So you are asking for confirmation of what you know. (laughter)

Benjamin: If you put it that way, I guess that's true. It's, I guess I am just trying to identify what stage in the experience I'm in. It's difficult where I'm at to know--

Jared: May I interrupt you?

Benjamin: Yes.

Jared: You will never know completely. It is not something a transmitter is able to discern without doubt. Transmitting is a choice. There are some who are skilled at it. You have already admitted that you feel skilled enough at transmitting to begin to admit it. You will need to make the choice about whether or not to continue and whether or not you are willing to do so in group settings. It is necessary for you to make a choice about whether or not to continue. You may qualify your transmissions to those who are listening by mentioning that you are as yet inexperienced and just starting. But you must make the step to do so. It is a choice. It is not something you can wait for until you are perfect at.

Benjamin: Thank you.

Jared: Is there more that I can assist you with?

Benjamin: That gives me all I need to

think about for the time being in that regard. I think so.

Jared: Then I hope you will do as much as is comfortable with you, and I hope you will share in whatever way that you can. Know that others will not judge you as you are maybe fearful of. It is helpful for you to try this process among friends, and you will find there is much support and encouragement for your reaching forward.

Benjamin: Thank you. And that is my decision to, I do want to.

Jared: Then you should do so.

Benjamin: Yes. Thank you. I also have some, I have a long list of questions since I wasn't here last week, to ask any. But I don't know if I'll ask them all. But one of the questions that I wondered if you could comment on or expand on is the role that personal intimacy plays in our search for God, personal intimacy between people.

Jared: Intimacy can assist you in your forward progress. It can also be a distraction if that is the type of relationship that has developed. In the best relationships, in intimacy between people here, you help one another to grow, to become comfortable with yourself, to learn to reach out and trust, to welcome one another, to know of the choices and the difficulties, to have someone who is understanding of the struggles, and who can assist you in the difficulties that you encounter here. In that way, this personal relationship can be of significant assistance to you, as it may encourage you to open to the spiritual light that is also available to you.

Benjamin: Yes. I like that, because--and the reason I asked that is because it just seems like I know that, as for myself, earlier in my life especially and even until recently, and with others, that often a search for love goes to, you look for it in other people, in someone else, and not towards the Father. And sometimes it makes it difficult to understand that really the love is with God.

Jared: You will find the strongest and most complete sharing will be with the Father. He is with you always, within you and sharing throughout all of the

universe. But you also will find there are opportunities for love and for sharing among others in your material existence here.

Benjamin: Okay. Well. A question that I had, another question, this, and I'm not sure exactly now what I was thinking when I wrote this down. But I was wondering how identity changes through our spiritual growth.

Jared: As you grow, you reach in different directions. You are perhaps aware of more options. You are able to share with others in different ways. As people, other people here begin to be aware of you at different stages in your growth, they will be drawn to different parts of you, they will be drawn to the changes they see in you. They will be drawn to the growth that is available and may be looking for that growth within themselves as well. This may help you identify the changes in you, and the growth that comes, and the differences that are perceived in your growth.

Benjamin: That's a good answer. That's close to what I was originally thinking about. Yes. Well, I don't really have any other questions to ask right now. I have a bunch written down. I'm not really understanding what I was thinking when I wrote them.

Mr. D.: Hi, Jared. This is Mr. D. Over the last week, I've been trying to seek both yourself and my teacher in stillness. And I think I've given him a name. And I was wondering if you could clarify if his name might be Walter. In any case, that's how I've been addressing him.

Jared: Yes. Walter is here with you and sharing with you and delighted in your ability to hear.

Mr. D.: Well, thank you. That will, I'm sure, enhance my confidence in seeking further interaction. Thank you very much. It's been a beautiful week.

Philip: It's Philip, Jared. I'm not seeing any more questions immediately, so I thought I'd take this opportunity to ask you if you've seen any gold pressed platinum lately.

Jared: I have. Have you?

Philip: You have? You say you have?

Jared: I have seen some. Have you?

Philip: No, I haven't ever seen any.

Jared: You haven't? I am sorry to hear that.

Philip: I've only seen it on Star Trek. And I'm still hoping that perhaps you'll materialize a small quantity for us to examine sometime.

Jared: I will remember your request.

Philip: Have you ever materialized anything for humans?

Jared: For humans, no.

Philip: Well, let's see.

Jared: I hope it has not dashed your fervent hopes that I will provide something for you.

Philip: No, I still hold that out and if we can't have incarnations, I'll take gold pressed platinum for a while. I wondered, since there don't seem to be other questions of you right at the moment, if it's acceptable to you and Lisa, if I could speak with my buddy Lestor?

Jared: If that is acceptable to the group members who are here.

Philip: Most of them seem to think it's okay.

Jared: It is assumed that there is agreement. There are no further questions for me this evening?

Philip: None showing up.

Jared: Then I will take my leave of you at this time. I am delighted to share with you always, and am delighted in the relationship that is developing, in the growing that I see with all of you, in the changes and the striving that each of you are reaching for. Continue in your reaching forward. Continue knowing of the Father's love for you, of the light that he shares with you always, and the guidance that is always available to each of you. Blessings to you this evening.

***** BREAK *****

Lestor: (TR: Lisa) I am Lestor. Thank you for asking for my presence this evening. Thank you for sharing with me. I am delighted to be able to be here and share with you in this way. I will be glad to speak to anyone that wishes to and share in whatever way that I can, of course with Philip's permission.

Philip: Thank you, Lestor. I have felt a little more clarity or awareness of your presence, not that it was any less before. And I just wanted to speak to you in this way and share some good vibes, and wondered if perhaps you've been feeding me some words at times. I sometimes laugh a little and think maybe you're entering my mindstream with some words that I need, and have lost in my memory.

Lestor: I am delighted to be available and assist you in whatever way that I can. I share with you often, and I share with you in whatever ways are acceptable. I am glad that there are periods of greater awareness on your part, but you are reminded that I am always with you and always sharing in whatever way I can.

Philip: Well, that's just so dear, Lestor. I really appreciate you and don't feel like I've even begun to tap our even human to morontial potential. And wondered if you have any suggestions for me as to how I can better reach you, contact you, be open to you?

Lestor: Only to repeat the many suggestions that you have received. Continue in your stillness. Continue to trust that I am always with you. Continue to reach for guidance. And continue to act upon those touches that come to you that seem appropriate and seem to be of assistance to you. Continue as you have been. Continue reaching. Continue moving forward and know that there is guidance always available to you.

Philip: Okay. Thank you. Well, that's kind of an end to that question. I guess. Let's see here. If there's anybody else that wants--

Lestor: It is always fun to come and share with you, and I am delighted that you ask for me. It is a different experience to listen to my words from another, but it is the strongest

experience for you to hear me within yourself, even as you only begin to be aware of the guidance. Continue in that activity in your stillness and it will be of significant assistance to you.

Philip: Thank you, again. I trust that you know that I want to cooperate with you and share in your offerings and service in whatever ways I can. So I would ask for you even more frequently in this way, but I don't want to dominate or take too much time from the group questions, so I--

Lestor: It is a balance that is sometimes difficult.

Philip: Yes. Well, okay. I'll see if anybody else would like to ask you a question, Lestor, if that's okay.

Alerqwin: This is Alerqwin, Lestor. Good evening. While walking through the woods and looking at beautiful scenes, streams, and clouds, and things, I've wondered if you teachers, especially my teacher, would, could share what I actually see with my eyes. And I've thought if I knew that you could, then I would look at more things to share with you, instead of just zooming around. You know, I could actually like take pictures. And I have heard in the past that you see through, it happened to have been Lisa's, someone said that we see through Lisa's eyes. And she always has her eyes closed, so that doesn't do us much good. And I'm just--can you straighten this out? We've asked around this question before, but if it were true that I was able to share scenery or whatever with one or more teachers, should I take the time to be careful and discerning and offer these little gifts or kindnesses, if you cannot see everything anyway?

Lestor: Teachers are fortunate in that they are able to perceive in many different ways. Your teacher can perceive through your eyes and yes, it would be a unique sharing experience for you to choose on occasion to walk slowly through your experiences, and look at the scene that are before you in a new way, as if sharing with a new person. As you are able to do that, as you look through your eyes with new eyes, you will find much more available to you than you had previously expected. As well, it is enjoyable for teachers to share in this

experience, in this new opening to new experiences even in the familiar surroundings. Teachers are fortunate that they can also experience much separately from your own perception. It is with this ability of different sides of perception that we are able to see more completely.

Alerqwin: Thank you. That was a very encouraging and lovely answer. I especially like the part where it's possible that I might be able to see in a new way while sharing. Thank you.

Lestor: There is much that comes in the sharing, and much that happens within yourself as you share with another. If you are sharing your life with another on this earth, you will find that your experiences change and there is a shift. It is often in this sharing and growing together that the greatest relationships are developed.

Alerqwin: Thank you.

Ullina: Good evening, Lestor, this is Ullina. I'm not sure if you're the teacher that I should ask this question of, but if not then perhaps you can refer me to someone else. Ever since I found out the name of my teacher, Jasmine, and found out what my name, my spiritual name was, it's never clicked. It doesn't seem, it doesn't seem like that's the entity that I can relate to, or that that's the person, or that's the being that I have felt trying to reach me, or that is there. I mean, it doesn't click. I don't know how else to explain it.

Lestor: The name does not seem correct to you, or the reaching has not been?

Ullina: The names don't seem right. I don't see my teacher as being, not that teachers are necessarily male or female, masculine or feminine, but I, you know, to me Jasmine is too feminine, too-- I've always thought the presence was something very masculine. I don't know. I just feel like that that's really not my teacher.

Lestor: Then you are encouraged to follow those leanings that are within you, to reach within yourself, to reach out to the guidings that are comfortable to you, and follow what is most appropriate for you. It is often difficult. There are

sometimes preconceived notions of gender and name that are not as appropriate for teachers as have been instilled in your existence here. You are encouraged to use names only if they assist you. If it is not of assistance, then do not use these names. You are encouraged to continue in reaching for whatever guidance is available to you, and whatever you perceive to be of assistance to you. You will find that there will be much growth in that way if you learn to look within and trust within.

Ullina: Okay. That makes perfect sense. But is it possible, or does it happen that sometimes teachers--

Lestor: It is often possible for the transmitter to make mistakes.

Ullina: No, well, I wasn't thinking of that. I was just thinking that sometimes are teachers paired with individuals and they don't work out, and so perhaps other teachers are sent, or could it just be something got lost in translation, or transmission?

Lestor: It is possible that a pairing is not as appropriate as it might have appeared. It is certainly within your free will choices for you to ask for another teacher, if that is your choice. It is not my perception that you are as uncomfortable with the guidance and the teacher as with the name.

Ullina: Right. Well, maybe that's part of it. I also feel, though, that the guidance I was getting doesn't seem to be the same as the teacher I got, so, you know, and it may just be, in transmission. I don't know. I've just been--

Lestor: You are encouraged to trust within, whatever comes to you from within is most likely to be the best guidance that is available for you personally.

Ullina: Okay. Thank you.

Benjamin: Hello, Lestor. This is Benjamin. And I was thinking about how when I talk with people that I'm having, that, I mean acquaintances, that I'm not really certain of their own spiritual awareness or what their spiritual thoughts are, but I'm very interested always in bringing spiritual content into the

conversations. But it seems very difficult because with a lot of people it's you know, just mentioning religion, or God, or anything that sounds like that is a very touchy subject. Now, I was wondering how much effect, I feel like it does have effect, I just wondered if you'd comment on this. The effect that it has to hold these spiritual thoughts into, and your own feeling of love and your own thoughts of God while talking about anything with another person, car mechanics, or anything.

Lestor: You are reminded of the teachings that Jared repeats to you. That the reaching out to one another will be of significant assistance, even as it involved no words and no perceived communication. Reach out to others in love, reach out with the sense of God that you know is within you, and know that it will make a tremendous difference.

Benjamin: So, you know, small kindnesses with others can be without any apparent word--

Lestor: They are most often without apparent communication in words of God, or religion, or spiritualness.

Benjamin: Well, that makes it easier, you know, to get that clear that--

Lestor: It is designed to be easy enough that it can be incorporated in your life. You are encouraged to reach out to others in kindness. It need only be something as simple as opening the door for another, or allowing a car to pass, or assisting someone that is needful of this assistance. It may be something little, but it is reaching out to another. As you continue in that, you will assist yourself in reaching out to others, and those others as they reach out to others, and as that continues, it will grow and grow, like the rippling in a pond.

Benjamin: It's really great to, you know, be a part of that, to see that happening, and to know that it's happening. It's a great experience.

Lestor: It is wonderful for us as well to share in this experience and to assist in the growth and the change that is happening on this planet.

Benjamin: Okay.

Philip: It's Philip, Lestor. I wonder, before we say good-bye in this way, if you would be willing to share a little more about yourself. I know a little, for instance, would you be willing to share a little about your children from your nativity world?

Lestor: As with children of most species, my children were similar to me in some ways, and also very different. It was a process for us to grow with one another, and to watch in joy as they developed and learned of themselves, and became the independent beings that they did. I was challenged by the experience and grateful for the growing that occurred between us.

Philip: More?

Lestor: It is difficult to get the transmitter to share.

Philip: Well, you know me well enough that I'm just being comfortable with you, so I appreciate your sharing that much and for Lisa, as well. So thank you for being with us, and I'm ever so happy to talk to you in this different way.

Lestor: I am delighted always to come and share with you. I know that it is a reinforcement for you to hear from me in this way. Remember always, each of you, that you will find the most complete guidance from within you, and that there is guidance always reaching to you as you reach for assistance. Reach forward, know that the Father is always with you, and share that light and life all around you as you go about your day. Good evening.

***** BREAK *****

Rayson: (TR: Micki) Good evening. I am happy to speak with you. I am Rayson. I would address you briefly in terms of spirituality. You might find it challenging to seek spirituality in your lives by withdrawing, by going on a retreat, or making yourselves absent from the chaotic world that you are living in. But it is more of a challenge and an exercise of character to find your spirituality with each other. This is the more difficult challenge, in your relationships with one another, to learn to bend, and to forgive, and to give, and to keep on giving, as one of your

beautiful people have said, until you feel the joy of loving. These are the more difficult exercises in true spirituality. And in order to be able to practice this, one must have others upon which you can practice. This is not to be accomplished alone on a mountaintop, although mountaintop experiences are to be sought as well, that you might have the balance of the solitude and the balance of your fellowship with one another. I wish to assist in any way that I can this evening. Have you any questions for me?

Philip: Good evening, Rayson. This is Philip. Thank you for those lovely words on spirituality with each other.

Rayson: It is always my pleasure, Philip, to speak with you, to help, and to encourage you and all here.

Arleena: Hi, Rayson, this is Arleena. Thank you for being with us this evening. This is a silly question in a way, but I guess it's also sort of a real one. What does it mean when I can't come up with any questions? Normally, I always come prepared, and this week I couldn't come up with any. Does that mean anything?

Rayson: Not always. If you are seeking stillness diligently, it is perhaps thought that you might have already received some answers. And if that is the case, asking questions is not necessary. Your presence here, however, is much appreciated, and we follow your progress with delight and wish to encourage you.

Arleena: That's very, very kind of you, and I appreciate those words. I think that a whole lot of the desire to ask questions of you teachers is because you give such beautiful replies, and often in the form of words that I can cherish and hold and remind me during the week. And so that's why I always want to come with questions. And this week, I just wasn't able to come up with any.

Rayson: No matter. Your presence is a delight. It is good to have you here, and continue in your seeking. Continue in seeking stillness and seeking the presence of God. Continue in the endeavors that you have that encourage others, for you are a blessing to many more people than you realize.

Arleena: Oh, that's just so kind of you. Thank you so much. That means a great deal.

Elvin: Yes, Rayson. I feel a little bit like Arleena, because I always feel, I always feel compelled to ask you something just because your responses are always so meaningful and beautiful and so beautifully conveyed. But I would like to ask if you would care to elaborate anymore on the question that Jared covered so, again, so magnificently earlier, on the tie-in of our co-creatorship that we are, that is part of our inheritance and how that love and that role all ties together.

Rayson: To be co-creators is your birthright as the children of God. However, the term co-creatorship has at times been abused and much is placed upon it that causes more damage than good. The damage is in the pride that people have or practice when they consider this awesome experience. If one could understand the mystery of creation, you would stand in awe of it, for the universes are very big. And you are only beginning on the path here. It is better to study humility--that would temper your understanding of co-creatorship. It is better to study to love, for this is the highest creation and sometimes the most difficult. Love is the most powerful force in all of the universes, for it is the gift of God in your hearts. Study to love one another, and to understand. Study to know where you are on the path and to have humility, and in these they build a foundation in your heart that you might fully understand what this is to be in co-creatorship. There are those who use this term in order to shame others, rather than to create that which will bring light and life to Urantia. This is that it should be taken, care should be taken in these endeavors of yours. I hope that this will suffice and help you to understand.

Elvin: Yes, it certainly is more complete than I would have thought. I wasn't, I wasn't seeing that term as--

Rayson: It is only to remind that you are not God.

Elvin: Well, I really wasn't thinking that. And I think you know that, and I know you must have had other reasons for--

Rayson: I know this.

Elvin: --going into that. I mean, you know, not yet.

Rayson: But nevertheless, God dwells in you.

Elvin: Yes, well, that is of course what we are all learning, what a precious gift that is, and how we, how far we have drifted from the reality of that and--. But I was interested in getting your insight on those terms and the way they were used, especially in the context of the *Course in Miracles* that I've been reading. And also I was wondering, in a more mundane way, the tie-in between the more, the creative force that's available to us here still in our Urantia life, and love and our spiritual life. I mean, how does that tie into our potential for creativity, again in a more Urantian sense, while we are yet still here on this world?

Rayson: Your creativity is only limited by your opinion of yourself. If you feel as if you have no limits, then you will reach farther than if you felt you did. It is better to reach farther, and perhaps you will not reach the farther goal, but you would go higher and aim higher than you would have thinking yourself limited. So this is with creativity.

Elvin: Thank you.

Rayson: I could use the illustration of the arrow. When you are aiming the arrow at the target, at times you must take into consideration your circumstances, and at times you must also take into consideration where your target is and the condition of your arrow. If you aim high, it creates an arc, and you may at that time be more able to hit your target. And this is what I mean by aiming a little higher than you think you ought, and in that you will hit the target.

Alerqwin: Good evening, Rayson. This is Alerqwin. It seems like maybe the term co-creation or co-creator could be misleading in that the original creation of everything is God's, and that what we think of being creative is merely rearranging things. Can you comment, is that a possible way to reconcile this idea of actually creating something? It seems

like we really can't do that, and unless there's something that I don't know that we can actually do more than rearrange.

Rayson: We of the teaching mission, many of us, most of us, are created beings like yourself. What we create is to take that which is given from God and manifest it perhaps differently and perhaps rearranged as you have said. We have yet to understand this mystery, this blessing, that the Father is so loving and proceeds forth from the Father, all of this creation. We find the mystery of life itself to be miraculous and something that only God can do.

Alerqwin: I think perhaps the closest I can get to the idea of being a co-creator is the privilege we have of contributing to the unfolding of the Supreme Being with our decisions.

Rayson: That is to say that something that is infinite you can add to, which is not logical. This term co-creator, as I have said, has been abused, and one must be aware of pride. It is better to say one who is in obedience to the Father, or one who is on the path to the Father. But to say that you are co-creator, at times, and I am imperfect like yourself, I would think is presumptuous.

Alerqwin: Thank you. So do I.

Elvin: This is Elvin again, Rayson. I feel compelled to explain, because these were Michael's words out of the book, the term co-creator. I feel compelled to explain that, and that I was reaching for understanding of that in the context he used it in the book. And I also had assumed your familiarity with the book, *A Course in Miracles*. So that was the origin of it, origin of the question. I don't know whether I should have assumed that you were familiar with all that or not. Perhaps we sometimes assume--

Rayson: It is better to make allowances for human fallibility. Even as I transmit through Micki, it is not perfect, so those writings that you read, they are transmitted but not perfect.

Elvin: Okay. Thank you very much. That helps a great deal.

Ullina: Good evening, Rayson. This is

Ullina. I just wanted to comment a little bit on your opening comments--that this is the third time in the last two weeks I've been reminded that life happens in the valley, not in the mountaintop. And sometimes it's very easy to confuse going to the mountaintop to be refueled with going to the mountaintop for escape. And so I just want to thank you for sharing that with us this evening, and that's all.

Rayson: You are an obedient daughter of God, and I would encourage you to seek that balance in your life that comes from both being among your fellows and seeking that blessed solitude which are both necessary. And it is no mistake to want at times to escape in a chaotic world such as this, the many upheaving transformations that are taking place on this planet. It would be a wonder if you didn't want to escape at times.

Ullina: Thank you. I'm glad you appreciate that. It's interesting, too, though, that how sometimes I notice that when I'm pulling away from being involved with people, and it's just at the time when I really need some kind of relationship and where just having someone listen is amazing how, you know, how much spiritual insight you can gain by just having some, you know, another being with you.

Rayson: If you would wish it, either Jared, or myself, or your teacher, we will always come if you wish it, and you only have to ask. This is, of course, considering that you might find it more difficult to find this human companionship, but we are willing to listen.

Ullina: Thank you. I kind of chuckle when you say that, because I wrote in my journal the other day, my best sharing is in solitude. And I realize that when I'm in solitude, I'm really not in solitude. I mean, there are, you know, all of this whole crowd of invisible beings around me, so, anyway, thank you.

Rayson: You're welcome.

Philip: Rayson, this is Philip again. This question's on a little different note. As you probably know, there are a couple of group meetings planned this summer for folks in the teaching mission,

and I just wondered if you had perspective or comments you might share on that process.

Rayson: It is good that you all come together and enjoy each other's company and encourage one another. It is good because you have faced the opposition of your brethren and to encourage one another to continue doing the good, that is, to seek the presence of God and to love one another. These are good opportunities for this.

Philip: Good. Thank you so much. I'm not seeing more questions at this moment. It's always delightful to have you here. Thank you.

Rayson: It is my pleasure, and I would encourage each of you to continue seeking the Father's face in each other, to look into each other's hearts and see the Thought Adjuster there, see that part of God there in one another. This will make it easier to love and easier to face the challenges of growing together, growing in community and growing in yourselves, for it is in your community that you rub against each other and learn what true spirituality is. I would encourage each of you this week to know that God is with you. I bid you peace.

***** BREAK *****

James: (TR: Benjamin) I am James. I am Benjamin's teacher. I am delighted to be here among you this evening. I am delighted that Benjamin is transmitting for you. It is some difficulty he is working through, and we are all looking forward to sharing more in this way. Would any of you like to ask questions?

Philip: Good evening, James. Welcome to our group in this way. This is Philip. I wonder if you could share a little about what the teaching mission means to you.

James: For me, the teaching mission is a tremendous opportunity for my growth with the individuals I am able to contact on this planet. A wonderful opportunity to share God's love, to see it grow, to see it grow through the human contact that we are able to share. To be here in this way for me is something that I wanted for a very long time and now the reality of it is quite exciting.

Philip: That's very delightful. We seem to have the curious habit of asking teachers who are new to us something personal. I wonder if there's anything you can share through Benjamin about your past or personal life.

James: I am from a planet much like yours in some ways.

Benjamin: I'm not real sure what he's trying to tell me.

James: There was rebellion on my planet, as with yours. I have a lot of understanding about the difficulties you experience here. I am very encouraged by your faith in dealing with the difficulties that are here. What you are experiencing now in this life will teach you things which will remain with you for eternity. Very important lessons of your relationship with the Father that cannot be gathered otherwise. Many, many creatures, many beings, would, do long for the same experience. And yet most humans here are not realizing the wonderful challenge in front of them.

Philip: That's very interesting stuff, James. Thank you, and I want to thank Benjamin for making this effort. I'll give over to someone else's question momentarily. I wondered if you're able to share with us if you are an agondonter and if you are a fused being?

James: I am an agondonter. I am not a fused being.

Benjamin: I don't know what else.

Philip: Well, thank you so much. Let me see if someone else has a question for you.

Arleena: Hi, James. This is Arleena. It's wonderful to have you here and to have an opportunity to talk to you. Something that occurred to me, a question I wanted to ask, I know we humans, we mortals here on Urantia, are very hard on ourselves. We're always distressed when we are unable to be perfect. I just wondered if, on the level of you teachers, if you have finally gotten beyond that experience? Or do you still have times when you feel frustrated with yourselves or disappointed in your behavior?

James: To a different degree this experience is something that we always deal with in ourselves. Where we are, it is much easier to forgive ourselves and move on. These experiences are much easier to work through for us. These tools you are learning now in this experience, in these lessons which will make your decisions to move forward, come easier for you as well.

Arleena: Well, thank you for that interesting answer. It's encouraging to know that we get better tools, and it's also rather interesting to know it isn't, this problem isn't something that we leave behind in these mortal bodies, although I sort of figured that we didn't. So thank you very much for that.

Philip: This is Philip, James. Thank you ever so much for sharing with us and Benjamin's doing a great job. If you have any parting words, they're welcome, and I just want to say that it's a real good feeling to meet and share with another fellow agondonter and person who knows something of our difficulties on this disordered, but blessed world.

James: Yes, you are truly blessed in this world. You will know this more surely later, and you are recognizing it more even now. I want to also say I very much appreciate being among you. Each one of you are incredibly beautiful beings, loved by your creator very much. We all know this, and it's something that in the times when we have difficulties being hard on ourselves, we should remember how much we are loved. I bid you farewell. (end 3/24/94)

TEACHINGS OF JARED AND RAYSON
Thursday, March 10, 1994, Sebastopol

Jared: (TR: Lisa) I am Jared. I am your teacher. I welcome all of you who are seeking this evening, and am delighted as always to share with all of you in this search before you. I encourage all of you to look within, to see the path that is before you, and step upon that path. Continue in your searching. Continue in your reaching. Continue in this great journey that is before you. I encourage you in joy, and in love, and in great wonder in this journey that is opening to you. Are there questions this evening?

Ms. V.: Hi, Jared. This is Ms. V. Happy to be here. First of all, this is a little piece of info from *The Urantia Book* and maybe you could comment on, because it kind of jumped out at me. And it says, "Moral worth cannot be derived from mere repression, obeying the injunction like thou shalt not. Fear and shame are unworthy motivations for religious living." I wonder why then our planet is so fear and shame-based. It seems like all the religious teachings, you know, that I've had as a child, were "thou shalt not" fear-based, all shame-based, fear of, you know, eternal damnation. I just wonder if you could comment, is it strictly due to the rebellion that everything kind of got fear and shame based? It seems like.

Jared: There are many difficulties on this planet that have caused hardship for the beings that live here. I encourage you to listen to the teachings that are shared here. You will find a reaching for an opening of the light and the love that is available to you, and hopefully an inspiration to reach toward that in the changes that you desire for yourself and for those around you.

Ms. V.: Thank you. I will keep seeking, try to stay open. I'll pass it around and come back to some questions.

Benjamin: Hello, Jared. This is Benjamin, and a question that I had is, if you could comment on how superstitious beliefs can be stepping stones to true faith.

Jared: Those who begin to see certain events occurring are looking for

explanation. It is helpful to continue looking until the true awareness is come upon. As you look for explanations, you are encouraged to find those that reach for further light and life.

Benjamin: Okay. And I asked that because sometimes it concerns me when I see others who are holding what I consider to be superstitious beliefs. And then I realize that I too have had many superstitious beliefs in my life that I've grown out of. And sometimes I wonder now how many things am I holding in my mind still that are superstitious? Is this--

Jared: There is always potential for growth.

Benjamin: Yes. I believe that. And, then, that led me into the thoughts of how our beliefs shape our perception of reality. Can you comment some on that?

Jared: As each person looks at the same event, there is often the circumstance of each person seeing that exact same event in different ways. Your perception always colors what you see. You are able to overcome those differences as you become aware of that choice and become aware of the many possibilities. If you were to continue always automatically reacting and not thinking further, you would be perpetuating that thinking. If you choose to look at your reactions, even one bit at a time, you will find that that openness of yours will allow you to look further, to examine the event more completely, and to come closer to the true reality of the event and the truth that is embedded in your daily life.

Benjamin: I see. Because sometimes I understand in myself that we act on belief, but belief really exists in my mind. And I'm using this belief to try to understand what's happening in front of me. But I know that, but by opening up, like you say, you know, that my beliefs tend to change with that, and there's a feeling of moving and letting go of beliefs. And sometimes it's difficult to describe what it is I'm perceiving, but it feels good.

Jared: You are encouraged to continue in your growing awareness. Take one step at a time. Do not attempt to make changes in all areas of your life at one time. Look

for the most immediate event or the one in which you desire most change. Look at the experiences related to that. Take one at a time. Move a bit at a time forward. As you begin to become more comfortable with these changes and continue reaching, you will find more and more opening to you and more and more becoming clearer to you. It is a delightful journey, but it is sometimes difficult for each of you as you embark in new territory. I encourage you to continue reaching, to look for the truth that is available to you, and to continue having confidence in the Father's watching over you.

Benjamin: Oh. Also, could you comment on the importance of how our imagination is used to enlarge our perceptions?

Jared: Sometimes it is necessary for you to think you are imagining the truth. There are times when it is a large stretch for you to come upon new parts of what is available to you. It is sometimes easier to, for humans to believe in the imagination first. It may then be easier to be open to the truth.

Benjamin: So, it's a good thing to perhaps imagine that maybe this is true or that is true and sort of try on different hats, so to speak, and find something, find a larger perception that way by imagining different things and then discovering that, oh, this feels right. Is that the kind of--

Jared: It can be helpful.

Benjamin: Okay. I'm going to see if anyone has a question.

Ms. V.: Jared, this is Ms. V. again and maybe you could comment on how--I'm wondering if the idea of hell, fiery, burn forever, if people started to control people through fear, and maybe this idea of hell just got started in people's imagination here on earth because I, I'm getting the sense that there isn't really a place you're going to go if you're bad forever. You're going to have a choice to either live on or not live on. Am I correct in understanding that it's sort of man's idea that through controlling others that got this hell idea started, or are there really dark--

Jared: It is in the past these visions and

these fears. You are encouraged to reach forward, to reach for the light and love that is opening up before you.

Ms. V.: Thank you. Don't worry about these things, I guess.

Elvin: Yes, Jared. This is Elvin. I discovered a wonderful book this week. We're discovering all these things that have been here all along, but they're new to us. And certainly it's a great impact. And I understand it's been discussed before, but I don't believe anyone remembers it very well. I wonder if you would care to share again your view of the book *A Course in Miracles*?

Jared: I encourage each of you to reach for truth wherever it is found. There is much that is available to you that has existed for some time or that is just becoming available to you, that will assist you in your search. If it is helpful to you, if it helps you to reach forward and helps you in your daily life, you are certainly encouraged to continue in this pursuit. There are many avenues opening to you toward the truth.

Elvin: Thank you. Would you care to enlighten us as to the source or the author of the book?

Jared: It is unnecessary for me to do so. You are aware.

Elvin: Is there a particular reason why the source on some of these things is either unnecessary or, you know, not to be known. Is there some specific--

Jared: There are many that are not printed as it will detract from the message.

Elvin: It would detract from the message.

Jared: If the author of some works was printed with the book, it would detract from the message that was presented in this book.

Elvin: Because of this particular book. In other words, because in *The Urantia Book*, of course, all of the sources are identified and quite gloriously. It seems like, and very, it's very inspirational to me, you know, to know about those things, for example.

Jared: Then perhaps you are more accepting than others. There are many people who are more closed to the possibilities, and it is most important to share the message. So there are choices made, and sometimes the truth is gently opened up without being specifically stated. It is sometimes the best way for people to be open to the truth.

Elvin: Well, it certainly speaks truth to me, and I was curious because, I guess, us curious humans continue to try to figure out--because it sounds very much like, at times, like it was Michael speaking the way he speaks of himself in the book. It seems like he's speaking as himself in the book. So, well, thank you very much for that, and--

Jared: So I was right when I said that you were aware of the author.

Elvin: Well, thank you. I guess I missed. I didn't understand that you said I was aware of the author, but thank you. I would very much like to have your view, Jared, of, I'm just starting in this book and it speaks much in the beginning of the atonement. And I would like very much to complete what I'm learning about that, if you could share your thoughts and view of that.

Jared: Could you provide some explanation of the atonement?

Elvin: Could I?

Jared: Yes. And how it is presented.

Elvin: Well, atonement is essentially, you know, in, say the simple version I understand, it is essentially a correction or a doing-away with the false perceptions and false structures, if you will, these are my words, not certainly out of the book, that we build in our lives from our own perceptions and our own perceived emptiness or lack, scarcity of the things that are real.

Jared: It is personal atonement that you ask or global atonement?

Elvin: Or what?

Jared: Or global atonement?

Elvin: Well, both. Because the book

essentially says that we become part of atonement as we learn to love and recover ourselves, if you will, as we--

Jared: Moment. First an explanation. It is sometimes necessary to have words clarified for the transmitter. She must understand enough of the intent of the question to open pathways for me to speak and me to explain what it is that I wish to share with you. The atonement is part of the growth, is part of the reaching out, is part of seeking truth. As each of you choose to become more aware and choose to look beyond automatic responses, you will be able to see more of what is available to you. As you continue in this reaching, more and more will open to you, and you will become closer and closer to the truth and be able to make choices in your life that will assist you. You will be able to reach forward with God's love and God's light more easily and find it more readily a part of your life. In doing that in your life, and in choosing to live that way, you reach out to others as they continue in their search, and they may be drawn, and may be assisted in their own choices. In that sense, each of you who reach for personal growth are also assisting the growth and the change in this planet.

Elvin: Thank you.

Mr. B.: Good evening, Jared. This is Mr. B. I have a question. First I understand that you can tonight tell me my name.

Jared: Yes, the name I wish to call you by is Richard.

Richard: Richard. Interesting.

Jared: It is as close as we can come, and it is your choice whether or not you choose to use it.

Richard: Thank you. I was reading in *The Urantia Book* about Abraham's relation with Melchizedek, and this part about them coming to an agreement, Abraham going away and then coming back to Melchizedek, saying "can I have that in writing?" made me wonder about--

Jared: There are skeptics all around.

Richard: Well. Can you speak a little bit about the human need for assurances?

Jared: For all agondonters it is a journey of faith to accept most of what is presented here. It is difficult. It is a challenge for each of you to accept what is opening before you. It is not something that you can confirm in the normal ways of what you have been taught on this planet. It is part of our mission to share with you in ways that will be acceptable and in ways that will assist your growth and assist your ability to trust. You will find us consistent in our teachings and in our availability. You will find that we follow through with what we agree to and that we agree to be available to all those who seek. It is in our consistency and in our constant sharing of love with you and in our opening of so much that is becoming available to you that we hope you will be reassured. It is unlikely that you will get the written proof that Abraham was asking for.

Richard: I didn't think so. But thank you. Thank you very much.

Arleena: Hi, Jared. This is Arleena. I've been sitting here thinking about the question that Benjamin asked regarding imagination. And wanted to ask whether or not it's ever been a problem, or if you teachers ever worry about us mortals getting carried away with our imagination and running off into areas that are untrue just because of our imagination. Does that ever happen?

Jared: It happens all the time. And, no, it does not concern me. You will find those parts, those areas of truth will be stronger and more easily reinforced.

Arleena: So in other words it's okay to go ahead and imagine as wildly as we wish, because the only thing that we will stay with, in a sense, will be what's true. Does it really work out that way?

Jared: Those of you who reach for truth, who look for the, who ask the spirit of truth to share with you, will find truth. There will be variances, there will be differences, there will be things that come to you that are not true. But in the long-term, and in your continued journey, you will find the truth staying with you most.

Arleena: I find that really comforting

because what it also says is that one need not be afraid of one's imagination, that it's not going to get between me and truth. And I find that very comforting. Thank you very much.

Jared: As long as you continue searching for truth, it will come to you.

Arleena: Thank you.

Ms. V.: Jared, this is Ms. V. again, and I wondered if you can maybe comment because I'm going to play this tape for a very dear person that's close to me. If you can comment on the negative effects or the wrong-doings of the need to retaliate, the need to feel revenge against people who are acting not how you expect them to act. But I love her dearly and I've tried to communicate some of the things I've learned here just by, just by loving her and not telling her what to do. But I wished maybe you could shed some light on how really wrong it is to get involved in such battles with neighbors and people of retaliation and revenge. It's incredible what's going on in my neighborhood. And I just love this person so much, I just want her to see, I want her to be serene in her life. And maybe you could shed some light on revenge.

Jared: First I will not answer the question to her as she has not asked it. I will share with you what you may do to assist others, but before you share with another you must be sure of the common ground and the willingness to listen. For you, when you see people who are not reaching toward God's love and God's light, you are encouraged to remember that that is within you and reach out to the other in your stillness. Reach out to them and touch that part of God that is within them and ask that it grow and enlarge and encompass them more completely. It will assist the potential for growth that is available in all people. You will find that there will be the greatest change in your world as you are more clear in your own piece of God and in the light that is within you. And as you are able to live that in your life, you will find it bringing about change.

Ms. V.: Thank you very much. It kind of relieves my mothering need to try to fix people. Thank you for that.

Mr. D.: Hi, Jared. This is Mr. D. Over the last week I've been kind of seeking even the stillness. And we talked last week about the possibility of a teacher. And on a couple of occasions I had a sense, either it's my imagination or otherwise, that perhaps a teacher was available, and I wondered if you had any comments on that regard.

Jared: Do you wish for a teacher?

Mr. D.: Yes, I do.

Jared: Then the teacher is with you.

Mr. D.: And have you been with me this week?

Jared: Have you reached for me and asked for me?

Mr. D.: Yes.

Jared: Then, yes, I have been with you.

Mr. D.: Thank you.

Jared: It is as simple as that. If you reach for me I will come to you. If you genuinely request a personal teacher, a teacher will be assigned to you. It is not always easy for you to sense the otherness and sense the guidance that is available to you. But if you ever reach for it, it is available.

Mr. D.: I did have a sense that both yourself and possibly a teacher were present on a few occasions and--

Jared: Then probably it is not totally your imagination.

Mr. D.: Yes. Anyway, thank you very much, Jared. It's been a great week.

Ms. V.: Ms. V. again with one more brief question. Is there a name that you have for me that you would like to call me? I have no sense of myself of a spiritual name. I'm just checking in this evening.

Jared: Sandra.

Ms. V.: My sister's name. It's very interesting. Thank you. I'll ponder on that in my stillness.

Benjamin: Hello, Jared. This is Benjamin

again. And I just noticed something else I had written down, and that is that I'm, as I get older, I've found it more and more useful to imagine being child-like. And I wondered if you could comment on your perception or your experience of child-likeness and how it opens one up. And is this a current experience with you in your state now?

Jared: Your ability to imagine the child-like within you helps to remove some of the limits that are perceived by you. It assists you in seeing things from a different perspective, looking at the options that may be available to you, and assist you in your expanding awareness. I am delighted that you are enjoying this exercise. For me, I am able to see a broader spectrum of experience. I am in many ways less limited than you.

Benjamin: I see. So, child-likeness is more an experience that's, I mean, contemplating that is more useful in our mortal state. Is that possibly? Yes it is. Okay.

Elvin: Yes, Jared. This is Elvin again. This may be a curiosity question, but I am curious whether it would aid our spiritual growth, we have some new names here tonight. And we're sort of thinking about names. I had read in one of the transcripts that there is an association between our names and our personality make-up, or our spiritual make-up. Is that, did I recall that correctly?

Jared: There is a connection between you and your name.

Elvin: And is it descriptive of our nature in any sense, our nature either personality or our spiritual nature?

Jared: Not one that you can understand here. It is not--there are not connections with your Urantia existence with the names that are provided.

Elvin: The words are, they are not, they do not describe qualities which we realize in this life? Am I understanding that correctly, or--?

Jared: The name would not assist you in defining the characteristics that this name illustrates of you. It will be an experience that you will understand later.

Elvin: All right. Thank you very much.

Ms. J.: Hi, Jared. This is Ms. J. And I haven't been here in a long time, but it has nothing to do with what I'm going to talk to you about. We've been talking a lot of imagination and truth and I'm, I guess I'm kind of thinking basically what we want to believe, what the truth is, and I'm not questioning your transmittal. I'm questioning my own transmittal with someone else. And I haven't seen this person in years, yet this person is with me all the time in my sleep, in, as I walk, when I'm awake, and I'm, I feel as if I'm communicating with this person. And I'm wondering if he's communicating with me, because it's such a strong feeling, or is it my imagination? And--

Jared: It will be necessary for you to discover these truths for yourself. You are reminded to continue in stillness, to reach for the Father and reach for his light and his love, to ask that it become a greater part of you, to cover all of you, and to be within all of you. As you reach in your stillness in this way, you will find that the truth becomes stronger for you, and that journey that is before you, that is opening up and will lead you to the Father, becomes stronger and you will be led on this journey toward your Father.

Ms. J.: I don't really understand what you mean by be led on this journey to the Father. This journey, this imagination of this person is a journey for me to be led to the Father?

Jared: In your stillness you are encouraged to reach for God's love, to ask it to become part of you, and to reach back toward that love and to continue on your journey toward that love.

Ms. J.: Okay. Okay. Thank you.

Philip: Greetings, Jared. It's Philip. I'm delighted as always to have you with us, and there have been some questions already about imagination. I wondered if you would once again take up and share, extend a bit on pretending, as in my pretending conversations or contact with teachers when I'm uncertain of it.

Jared: There are many people here who find it difficult to reach for teachers. It is

a process that is often a difficult path to follow. There are many of you though that are reaching for teachers and are willing to make the extra effort. There are some who find the otherness easier to sense. For those of you who find it more difficult to sense, I encourage you first of all in stillness, to reach for this stillness and this piece of God. But as you continue and find that it is not yet clear enough for you, you are also encouraged in the pretending. As you begin to imagine that the little nudges that you feel are teachers, it will assist you in opening up to the fact that teachers are with you and sharing with you. As you begin to accept the assurance that each time you reach for guidance it is available to you, and as you begin to pretend more often, and imagine that this guidance is here for you, you will find a continued opening and you will find it more likely to begin to truly sense this otherness as separate from yourself. It is one of the techniques that may be of assistance to you.

Philip: Thank you for that reassurance and affirmation of that, Jared. I also would ask if you would share a little more about reaching, and let me be more specific. When I take my stillness, I oftentimes try to go back and do those things that you and Rayson and Lestor have suggested, which include images and sometimes following my breath in various steps, so to speak, that I'm coming to think of as steps toward the Father. Reaching for me has just an experiential referent. I don't have words for it, but it seems that in my mind it begins to space off, and when I become aware of that, and desire to go back and be still and seek the Father, is that what you mean by reaching? And could you expand on that idea a little?

Jared: Reaching can be imagined as a child reaching for the hand of the adult. As you reach up and reach forward and reach for the safety, and the protection, and the love, and the light, and the guidance, and the assistance, as you reach for this, you are opening yourself to this possibility. As you search for those things that you desire, you are more open to them being available.

Philip: Thank you again, Jared.

Sandra: I'm understanding, Jared, that you

mean that the reaching is like a growing desire to be good, to do good, to be more enveloped in love and living it, not just talking about it. Is that sort of what I'm getting as the reaching?

Jared: There are many types of reaching. Reaching can be those changes that you wish for yourself and that growth that you see in yourself. It can also be the reaching toward the Father's love.

Sandra: This is Sandra. Thank you.

Mr. D.: Jared, this is Mr. D. again. As long as we're on the subject of names. Do you, are you at liberty to give me my teacher's name?

Jared: It will come at a later time.

Ms. J.: Jared, this is Ms. J. again. This person that we spoke of before, that I spoke of before, I want to be one with this person. I would like to know, is this, is there a danger level here? I guess I'm trying to ask you if a person can go overboard with their imagination?

Jared: Are you seeking the spirit of truth in your imagination?

Ms. J.: Yes, definitely.

Jared: Then you must continue to seek that spirit of truth and find what is leading you toward God in your searchings.

Ms. J.: Okay. Thank you.

Philip: Jared, this is Philip. It doesn't look like there are more questions at the moment. Do you have any final words for us?

Jared: I am delighted as always to come and share with all of you and to remind you always to reach for the Father's love, and to share that with all those around you, to know in this genuine love that is available to all of you, and in the opening of the path that is before you. There is so much that can be accomplished in your journey and so much that will open to you in your awarenesses. I encourage each of you to continue in this search and continue in the joy and the light and the life that is available to you. My blessings.

***** BREAK *****

Rayson: (TR: Micki) I am Rayson. I am delighted to be here among you. I would encourage each of you here to continue in seeking the truth where it be found, to continue on your journey and your pilgrimage God-ward, to latch onto those things that lead you in this direction, and to discard the things of falsehood, of fear, and of shame that hold you back. How many I assist you this evening?

Philip: Hi, Rayson. It's Philip. Welcome. It's such a joy to have you here, as always. Would you extend a little bit on how to let go of shame? For example, I find that I have experience--sometimes just I'll wake up in the night and just feel a kind of embarrassment or shame. And I kind of suspect that this maybe has some roots in my childhood. Would you talk a little about that?

Rayson: Yes. You are correct in that many times and for many people shame is in the remembrances of those things that one feels inadequate in. And to combat these memories one must have the reminder and the memory of those things which are positive. To reminisce upon those things in your life where God has been faithful, and where your life has been uplifted, these memories can help you and assist you, the most important being to remember love, that it is unconditional love of the Father that resides with you and in you and through and to the core of your being. This love resides in your Adjuster. And where this love is, is the diminishing and the disappearance of fear and shame. As you remember this, and live in this, and remind yourself of this, so too the fear and the shame will be discarded.

Philip: Thank you, Rayson. I also, occasionally, feel irrational guilt when I don't feel shame or something like that. Is it a good rule just to once shame is recognized, the shame to seek to abandon it without analysis?

Rayson: These guilts as you feel, as well as the fears and the shame and the suffering that takes place in your day to day living, are a part of the human condition. It goes deep and it goes far back into the past, into those things which humanity has endured and suffered and these are the fruit of ignorance.

Just as fear and shame cannot lead to a good moral decision in your life, and that those decisions that you make to follow the Father's will should be based upon the joy that following this will brings should be looked to rather than feared. These things, these shameful feelings, and fearful feelings, and the guilt, do not serve to lead you to God. To overcome them, the only remedy is to live in the love of God, to seek the stillness, to seek the presence of God in your life. We in the mission endeavor to continually to bring to your awareness that God is with you. It is our purpose to bring light and life and a love of God which surpasses all these things that you must overcome. It is our earnest desire that you would find in God this piece which we can render to you the understanding of.

Philip: Thank you, Rayson.

Sandra: Hi, Rayson. This is Cassandra. I just asked for my name and Jared got the name.

Rayson: It is Sandra.

Sandra: Sandra is what you got? Thank you. First of all I absolutely loved your comments on humility. I thought about it all week, all day almost. It just, it was really enlightening. And I keep coming back to wanting more courage in my life. And so I'm asking you to, I understand what you were saying about shame and how, you know, we just have to kind of eliminate it with desiring to be filled up with love. You may answer with the same thing on courage, but do you have any more words on how to be more courageous, because it seems like the fear, whether it's fear of not being loved, fear of appearing foolish, or whatever our fears are, that that is the biggest thing that limits us in our path. Is there any other helpful words?

Rayson: To be courageous, that is, full of courage, one must have the experiences that bring about courageousness. We would impart to you courage to encourage you. That is, to give you courage. But many people confuse courage with fearlessness. Courage is not fearlessness. Many courageous people have in circumstances of their life been fearful and yet continued in spite of the fear. You elicit our admiration as so many of you on Urantia

endeavor to overcome and face your fears. And in spite of your fears you continue to seek God and to seek the truth. And we admire you for this. We are heartened and we take delight in seeing your progress. So we therefore would encourage you, and to render courage to you to continue fighting this good fight, to continue overcoming those day to day challenges that you face as warriors of the soul.

Sandra: I must say, I love you. And thank you.

Rayson: Love you, with the Father's love, and we wish to continue to delight in seeing your journey upward and forward. Thank you.

Sandra: Maybe one day we'll be spirit to spirit.

Rayson: That is assured.

Arleena: Hi, Rayson. This is Arleena. I love you, too. And I have a question about living morontially, even while we're here in this life. And I know that sometimes it seems like something I manage, and I can see other people managing. The question is whether or not we can have morontial awareness as part of our daily living experience.

Rayson: When you seek our presence, when you seek the presence of your spiritual teacher, as you connect you are in a morontial awareness. Yes, in day to day living you bring the reality of spiritual living into your day to day life. And morontial awareness can be simplified if this is possible through our limited means of transmission. In that as you live in love, you are living morontially.

Arleena: Wow, that is really profound. It seems like those words just brought all kinds of opening up and I'm going to have to sit and think about them a while because there's so much there. Thank you so much. That was wonderful.

Rayson: There is much that--people wish to complicate that which is simple and that which sounds simple is really very complex. It is as if you are trying to put the ocean into a bucket.

Benjamin: Hello, Rayson. This is Benjamin. And I had a question that isn't

really a personal question, but I was wondering if you could characterize the relationship between *The Urantia Book* and the teaching mission as a revelatory process.

Rayson: They complement one another.

Benjamin: And can you elaborate on that? In what way?

Rayson: As you have been a reader for many years, you know well that the truth resides in the pages. As you have been coming to these meetings, see for yourself whether or not there is truth being transmitted here. Truth is truth. And there are many sources for the truth. As brother Elvin has been seeking truth in still yet another source. What you must come to recognize is the truth, that golden thread of truth that you will begin to see in many revelations. As to the teaching mission, we are part of the epochal revelation. We are a continuance of this.

Benjamin: Okay.

Rayson: I would encourage you, Benjamin, that you are a transmitter, and when you feel comfortable and you are ready, you may transmit for your teacher James.

Benjamin: Okay. Thank you. I guess I was already aware of this, and I had talked to James some about this, and gotten some pretty clear messages that spooked me a little bit, but I am wanting to get used to this, yes.

Rayson: We do not wish you to be spooked. But we would encourage you to continue your practice and when you feel comfortable, it would be delightful to have it shared here.

Benjamin: Thank you very much, Rayson. And I'll definitely be working on this, and I think everyone else here is looking forward to me working on this, too.

Rayson: Is this what you call being on the spot?

Benjamin: Yes, I would call this being on the spot.

Rayson: Just move a little to the left.

Benjamin: Okay. And, so, I suppose that James as a personal teacher is selected to encourage me in this ability to transmit.

Rayson: Yes.

Benjamin: Okay. Thank you. And, so, my teacher James would like, does have messages for the group here and would like to talk to people here as well?

Rayson: Certainly.

Benjamin: Okay. All right. Well, I'll just have to get more in touch with him about this.

Rayson: As you well know, and Jared has spoken of this, what you see in this room is limited by your spatial awareness. There is a vast space on another level, and there are many students and teachers in the mission here in this room with all of you.

Benjamin: Okay. Thank you, Rayson. I'm going to get out of the spot right now and pass this.

Arleena: This is Arleena again. I've been sitting here thinking about the things that you said and wanted to inquire about simplicity. Just in *The Urantia Book* a couple of days ago I read about on some of the higher spheres how things, as we progress upward, things become much more simple. What is it that we do wrong on this planet that we don't seem to be able to attain simplicity?

Rayson: It is human nature to wish to complicate. In the complicating, then, you feel as if it becomes more important and the most important things are many times the most simple. But this can be deceiving, for in a word you can sum up very complex concepts. And they take on shapes and meanings that go all the way to eternity. For instance, the word love.

Arleena: Yes, thank you. That was a very wonderful answer. And I have to admit that I asked it in the negative way of what is it that we shouldn't be doing, because I had the feeling if I asked what should we be doing, I'd probably get seek the stillness for an answer. So I did have a reason for raising it that way.

Rayson: You have answered your own

question.

Arleena: But I do appreciate the insight your words have given me. Thank you very much.

Rayson: I would probably wish to illustrate a little further in that a simple word like ocean denotes a vast expanse. And even this expanse is limited by the space on this planet. A simple word like cosmos, denotes again a vast expanse, almost limitless, but it is only one word. A simple concept, or a concept that can be termed simply, denotes something extremely vast. For instance, God. I hope this assists you.

Arleena: I'm definitely going to have to give it some thought, but I'm sure that it will, and thank you for giving me those things to ponder.

Benjamin: Rayson, this is Benjamin again. I was wondering if it, if it might be helpful if, and it's permissible here, if I could speak to my teacher James through Micki, if that's possible, to get suggestions on how we can practice together.

Rayson: Micki is unable to transmit your teacher. She is experiencing difficulty even in transmitting her own teacher. She and I have an attunement which makes it, gives her an ability to transmit what I am trying to convey. I would assure that what you hear James saying is in fact that he is speaking to you. Trust this and hold onto the truth.

Benjamin: He's talking to me all the time then.

Rayson: Yes.

Benjamin: Okay. Thank you.

Rayson: Perhaps, if you wish, at another time, when Lisa is transmitting Jared she is more able to be a transmitter for other teachers. You might ask then.

Sandra: Hi, Rayson, this is Sandra now. My new identity. I know I've had a lot of questions about fear and courage, and I'm wondering, to be able to grow and learn to be more sensitive and responsive to human needs and actually have genuine happiness in my life, I want to be guarded

from destructive influences, as hatred, anger and suspicion, which I think are brought about by fear. But I don't understand where greed comes from. I don't, it doesn't seem like it's fear-based. Is that also just another one of our--

Rayson: Greed is fear-based. Greed is the fear of lack. Those who have greed are afraid that there is not enough and so they feel they must have more than others, when there is more than enough for everyone.

Sandra: I didn't think of it that way for some reason. That makes a lot of sense. I think I've asked all the things I had written down. Once again, thank you for your words.

Rayson: This planet Urantia will make very much progress when the realization of the abundance of God is seeded in the heart and followed through in the lives of the people here. When each person realizes that God is abundant and God loves them and takes care of them, you will abolish this need, this greed. And this is to be accomplished as Urantia heads toward light and life.

Sandra: Which is quite a ways away for us, I imagine.

Rayson: A long time for you is not so long for us.

Sandra: That is encouraging. Thank you. Maybe somebody else has a question, because I like hearing you speak so much. Thank you.

Ms. J.: Hi, Rayson, this is Ms. J. She was, Sandra was just speaking about fear and anger and hate. And one thing that I've been contemplating is, does God protect, or is it our responsibility to protect ourselves?

Rayson: From what?

Ms. J.: From hatred, from anger, from other people bringing that type into one's life. Is it selfish to protect oneself from that, meaning let go of those, that person's lifestyle, that person's choice to live in the anger, to live in the hate?

Rayson: Your best protection is

unconditional love and forgiveness. When you have these in your heart and in your life, what might come up against you cannot harm a soul. When you see in the eyes of love, you will not have these reactions, as if you were a ball bouncing against a wall. I hope that this assists you.

Ms. J.: I know in my life that I strive to be positive. I strive to be good to others. I, and the more that I strive to do this, the easier it is to do this, the easier it is to love others.

Rayson: Then continue in this.

Ms. J.: Yet there are beings that have been in my life for many, many, many, many, many years that have affected my life in a detrimental way, where I don't have the strength to deal with, or they don't have the openness to be positive people. And they continue to--

Rayson: Are these humans in your life?

Ms. J.: And they continue to, they continue the same negative lifestyle, and continue to manipulate me into their lifestyle, and I of course refuse. And in a protection for myself I have let go of them and have chosen not to have them in my life in order to keep peace of mind. And not from a hatred point of view, I don't hate them, I do love them, but, it's too troublesome.

Rayson: The courageous warrior has love as her weapon and forgiveness as a shield, and it is not shameful to retreat. If you have done all that you can, there is no shame in retreating and eschewing those things which would bring you down. Forgive and release these individuals if it is in your power to do so. And then continue on with your life.

Ms. J.: Thank you, Rayson. So, Rayson, do I have a spiritual name?

Rayson: Yes, but Micki is having trouble transmitting it.

Ms. J.: May I ask you another time?

Rayson: Yes.

Ms. J.: Thank you.

Philip: It's so great always to share with you, Rayson. Thank you for your wonderful words this evening. This is Philip. I don't see more questions at this time.

Rayson: I would then pray that the God of all light and love continue in residing in each of your hearts, that you would with wings of faith continue soaring upward, seek the stillness, seek the presence of God, know that we teachers are here to assist you, and we learn from you as well. Our prayer is that you continue on your journey to paradise. I bid you peace. (end 3/10/94)

TEACHINGS OF JARED AND LAUREN

Thursday, February 24, 1994, Sebastopol

Jared: (TR: Lisa) I am Jared. I am your teacher. I provide guidance to those who are seeking. There is much that is available to each of you always. I encourage you again in your stillness, to remind you that in your own stillness you will find the answers most suited to your own needs and your own situation. There is much also that is gained by joining together, by coming to share with one another, and by coming to receive reinforcement from one another in your existence here. We come to share with you, and guide you, and assist you in opening to much more that is available to you. As each of you take a step forward on your journey, you will most likely find much more opening to you. As you are more comfortable with each of these steps, you will find many things open to you and available to you that you were unaware of or that you only dreamed of. There is a greatness available, a variety of options, an experience and an awareness that will assist you in your existence here and in your continued journey. I am glad to share this journey with you. In what way may I be of assistance this evening?

Elvin: Yes, Jared. This is Elvin. There's a couple of passages in *The Urantia Book* that I would really appreciate your comments on. One is in the paper from "The Life Carriers" and it's, he says, if I can put you in context, "...creature mind before acquiring ability to recognize divinity and worship deity as the exclusive domain of the adjutant spirits. With the appearance of the spiritual response of the creature's intellect, such creative minds at once become superminded, being instantly incircuited in the spirit cycles of the local universe Mother Spirit."

Jared: As your awareness increases, you are able to access more of what is available to you. It is not always necessary to know specific places to reach or specific beings to reach toward. But as you continue reaching for guidance and assistance, it is more and more available to you.

Elvin: Okay. I sort of guessed that one, I think, that the way it would come out,

and that's fine. I guess really what I'm getting at, what struck me there is that it sounds like the adjutant mind spirits which they talk so much about are really more out of the picture as we grow in spirit. And the reason this caught, flagged me was that I really would like to seek a way to get more input from the spirit of wisdom. I mean I, you know, and that really was sort of my bottom line question is, is there a way besides what we're doing here that we can facilitate getting more ministry from the spirit of wisdom?

Jared: You will be unsurprised by my suggestion of stillness.

Elvin: No, not really.

Jared: In your stillness you are encouraged to find a tranquility and to reach for the assistance that is of most value to you. You are encouraged to reach specifically toward particular guidance if that is your desire. As you reach more, you are more open and more likely to receive this type of guidance.

Elvin: I thank you, and there's another one here that I think perhaps will come out the same way, but I would appreciate your comments on it nevertheless. This is in, well, it's "The Overcontrol Revolution" which is also by Life Carrier. "When physical conditions are ripe, sudden mental evolutions may take place. When mind status is propitious, sudden spiritual transformations may occur. When spiritual values receive proper recognition, then cosmic meanings become discernible and increasingly the personality is released from the handicap of time and delivered from the limitations of space." I have a particular reason for asking that, about that too, if, but I would appreciate--

Jared: There are many steps in the process of growth. As you make one step, the next step is available to you and more is open to you. Each step forward allows you to see more, and be aware of more, and make more choices, and move forward if it is your choice. You are encouraged to continue in your awarenesses, to continue looking toward the potential to which you reach. As you make these steps forward, more and more will be open to you, and more and more will begin to make more and

more sense to you.

Elvin: Yes, okay. I agree. I've had a shift in my perception of time. Not that I expect something like I'm going to suddenly be timeless or jump around in space or something. That's really not where I'm at. But I have had a subtle shift in my perception of the way time passes. And I wondered if that was, and I know you don't like to validate, you know, these experiences, but I couldn't help wondering if there was a sign of some of the things that were happening.

Jared: There are many changes that will or may occur on your path. Many people will be able to be aware of differing perceptions and may even choose to change their own perceptions of different activities.

Elvin: Well, I have some more questions, but I will come back if there's time after the mike goes around here a little bit. Thank you very much.

Benjamin: Good evening, Jared. This is Benjamin. And I've been thinking a lot recently about living morontially. I've seen that written in several transcripts and it's something that, you know, I wonder if I'm doing it or whatever. And it seems also it's connected with another question that I had about the fact that we as humans are triune beings, that we exist on the material, as material beings, as mindal, and as spiritual. And I'm wondering in my life how to balance my awareness of these different levels of reality that I'm living in at the same time. Can you comment?

Jared: There are many possibilities as you move forward in awareness. As you become aware of your many levels of functioning, you may choose to incorporate them more together. As you are aware of your physical and mental functioning and become more aware of your spiritual functioning, you may choose to bring the spiritual to your daily life. You will find that it will most likely require practice initially, but as you become more accustomed to this experience, it will no doubt be more automatic for you to share your spiritual sense as you complete your daily activities. This ability to incorporate many parts of yourself is many steps down your path.

Benjamin: Oh, I see. But it is something that I can work towards now?

Jared: It is something that you have made many steps toward already. It is a long process that will most likely incorporate much practice.

Benjamin: I like what I'm experiencing so far. So it doesn't feel like a lot of work, actually. So I'm looking forward to doing more of that. I, what I enjoy about it is that when I do feel that I'm bringing my spiritual nature forward, I feel more like I'm being more my real self in that I'm able to experience other people more directly. It just feels more real when I do that.

Jared: That is because it is more real. It is closer to the essence of the self that you experience in your spiritual growth.

Benjamin: I have kind of a curiosity question. I know that sometimes with permission the teachers can scan a person's memory and something, a question that came to me about that is that, if a teacher is looking at someone's memory, is that memory stored in the brain cells in the material matter, or is it also in an energy field that the memory is stored in?

Jared: It is not physical. It is a part of the self.

Benjamin: Interesting, because that was the impression that I had. Okay. I think that's all the questions I have for right now.

Micki: Good evening, Jared, this is Micki. I don't get as much of a chance to speak with you as I would like sometimes, and you're always welcome, and I always enjoy your company. I have a question. How can we live, as you are well aware, in our previous conversation prior to your transmitting through Lisa we were discussing a document that seems to be very attacking and very negative towards the teaching mission. How again do we approach these people, and how do we continue to know and to live in the truth?

Jared: You approach these people as you approach all others with the genuine knowing of God that is within you. It is unnecessary to attempt to change them or

change their beliefs. That is a process for them to manage themselves. You will find though that as you are clear in your own beliefs and know from within yourself the love of God and the presence of God in your life, you will find it much easier to share this with others, without words or actions that may offend another.

Micki: Thank you, Jared. That's eloquent in its simplicity and kind of hits it right on the head of the nail. The other question I would ask, in regards to these attacks and these situations that seem to be arising out of people's fear of the unknown, I, my question is, will the teaching mission continue? We have learned to appreciate and look forward to your presence with us and we wish that to continue. Will the teaching mission itself, will that be continuing? I have heard that there are many who have become discouraged and that the numbers of people involved have diminished. What can we do, not that you're interested that much in numbers, but what can we do to keep our hopes and our faith alive in this?

Jared: There will always be guidance to you if it is your desire. You need only seek for the guidance and the assistance and it will be provided to you. There is a time of change and there is much that happens with this change. It is not discouraging to us. It is only another change and there will be guidance available to all those who seek it.

Micki: Thank you, Jared. We do seek it and we do appreciate it as well. I have a question and you need not answer it if you feel that it is inappropriate. But my question is, have you and others of the teaching mission, have you been on the planet Urantia for longer than we have been aware of you?

Jared: The teaching mission has been in existence longer than humans have been aware of.

Micki: Thank you. I kind of had a suspicion of that and that is a comfort as well to know. I appreciate it.

Ms. V.: Hi, Jared. This is Ms. V. and when you were speaking you said, as our awareness opens up, then we will be, we will have more stuff available. And what came to mind is supposedly we only use or

utilize a small portion of our brain. Do you mean to say that as our awareness expands we're actually using more of our brain? Or is that on a spiritual level that you're talking about? That more of the fruits of the spirit will be ours, that we will live them and know them better?

Jared: As each of you are open more and aware more, you will sense more, you will be able to move forward and see what more is available to you. It need not be a physical change.

Ms. V.: Thank you. I'll ponder on that one.

Mr. D. : Hi, Jared. This is Mr. D. After a long absence it's certainly a joy to be here with the group and yourself and feel your presence. In practicing the stillness, I don't know, but I just sense that there certainly is some other presence beside myself guiding me in my daily life. And it's quite exciting. I don't really have a question, but just wanted to say thank you for your presence and for the teachings.

Jared: There is much available to all of you who seek. I am of course delighted to hear that you have continued in daily stillness and you will find that much is available to you as you become open to that and continue in that search. I encourage you to reach for what will be of assistance to you and know that there is always much there with you.

Mr. D. : Thank you, Jared.

Arleena: Hi, Jared. This is Arleena. And I too am very thankful that you're here with us this evening. I was reading transcripts again on the topic of forgiveness, many wonderful things. One of the questions that came to mind though is I wondered if you could tell me really what is forgiveness? How do I know if I've forgiven someone or myself?

Jared: Forgiveness is a moving forward, a letting go of the past and a looking toward the future.

Arleena: Okay. That's wonderful. That's a nice broad beginning. Are there more things implied in that? Or is that it, just simply a moving forward? Does it

require, does it require more positive feelings either towards myself or someone else?

Jared: Most people find forgiveness a journey, not as a single event. You are encouraged in whatever ways you feel forgiveness as a moving forward, as whenever you feel the past moving behind you and when you can look forward. You may find that you will slip back and forth between the options, and that you will be unable to completely move forward and completely forgive. But you must also remember that it is unlikely that there will be a perfect existence here and you are encouraged to look toward the positive in yourself and know that you have made great strides in first of all choosing forgiveness, and as well in your continued reaching toward forgiveness, in your continued reaching toward the future, and in your letting go of the past.

Arleena: Those are very wonderful and helpful answers. And you must have been reading my little sheet of paper before I got here, because one of my questions was, is forgiveness something that is a single event or is it something that is continual and--

Jared: You are still surprised when I answer more than you ask.

Arleena: Yeah, I like it. It's fun. And I think it's a great thing to think of forgiveness as a journey. I like that and will hold onto that. But I'm still not too clear when, let me, there's another thing I wanted to ask, too. Is intending forgiveness, wanting forgiveness, praying to be a forgiving person, will these eventually take me there?

Jared: Your choice is most of the journey. Your continued choice is the rest of the journey.

Arleena: Wonderful. That's very clear. And I guess the only thing I'm still not too clear about is whether or not forgiveness necessarily implies positive feelings or if it can be just simply leaving something behind?

Jared: Forgiveness is a choice. It may be a mental choice. It may on some occasions provide a positive feeling. But it is a choice. You need only make the

choice.

Arleena: That is so helpful. Thank you very much, Jared.

Ms. V.: This is Ms. V. again, Jared. I was thinking also about forgiveness, because I never really understood it until within the last couple of years. And one line that I read in *The Urantia Book* about love kind of summed it up pretty good, that love is the desire to do good to others. And I think just having that desire to either forgive someone or to do good to others, maybe then our awareness is expanding into things that are becoming available to us is like courage and patience. And I'm trying to formulate my understanding of what you're saying. But, you know, things that are becoming available perhaps, that is the lesson there, is that the patience will be there when we, if we ask for it, or the desire to forgive versus the desire or the need to hang onto hatred. Can you comment on the desire building in us, is it, it's a good thing, I guess to desire to be good?

Jared: It is helpful to reach forward, to reach for those things that you feel will be of assistance and to listen to the guidance that is available to you within.

Ms. V.: Thank you.

Elvin: Yes, Jared. You may know, this is Elvin, you may know this already or Waldows may have shared it with you, but my friend that I was so concerned about is doing splendidly well. He has achieved so much growth and I know is getting guidance, and I know that an awful lot of your guidance was instrumental in and most helpful, perhaps particularly helpful in that whole experience. But he's doing very well. He has, I believe, also made great progress in his religious beliefs and I believe is truly seeking Good. Now it's been absolutely a heroic effort and with a lot of help he's come a long ways. He will be staying with me for a couple of weeks in between his plan, the program that he's going to be going into while he gets some of his medical problems addressed. And I want very much to gently lead him towards becoming involved in the group. And since you're the group teacher I would like very much to have your input and guidance if you had something you'd care to share on that.

Jared: It is a time of much change for him and much that is happening. It is important for him to choose the pace of his activities. You are encouraged to find a common ground, a common experience from which to build. You may gently provide additional information if that is acceptable to him, and allow him to build from that, to listen and encourage you for further information if that is his choice. It is very important to respect his individual free will choices.

Elvin: Yes, of course. Well, he's asked about the group, you know, and I guess I've, I so eagerly discuss *The Urantia Book* with him and then when he asks about the group I sort of, well, you know, and have to dance around a lot. And so, you know, I don't quite know how to bring him toward that. Do you think that I should just not get into that? I mean, he does have an awful that he is facing. You're absolutely right.

Jared: When you are asked about your spiritual life and your meetings here, you are encouraged to share with those who seem genuinely receptive. You are encouraged to share with them a group of people come together and learn of spiritual paths that open up to them. It is a unique experience. It is one that is not always accepted. But it is very valuable to you. You have found there is great growth and great assistance available to you. You find greater knowledge. You find a companionship with other people that is valuable to you. You are often surprised by the exchanges and surprised by the information and the guidance that is available to you. That is a good place to start. As you share this information, you may share some specific particulars that have been of most assistance to you, the sense of trusting of God, the feeling that comes to you most strongly, the sureness that is developing within you, the ability to see another as the piece of God that exists within them as well. If you find your friend still receptive to what has been provided, you may choose to share more specific information about transmitting. You will find it best to follow your own guidance in individual situations with individual people and their background and possible acceptance of an unusual experience. You are also encouraged to remind everyone that they are entitled to

their own decisions and may come to experience the sharing that you find so valuable even if they are as yet unsure of the source. Does this assist you?

Elvin: Very much. Very much. Thank you.

Philip: Good evening, Jared. This is Philip. Thank you for being with us once again. I always enjoy these conversations with my favorite delusion.

Jared: And I am delighted to be the teacher that comes to you, and shares with you, and who is consistent in the arriving, and consistent in the guidance, and even more consistent in suggesting stillness. It is a delight to come and share with all of you, to see the growth in each one of you, to help to open the path before you, to help each of you to see what more is available, and how each of you may make this journey forward. I am always delighted to come and share with you and to be part of this wondrous project. Good evening.

Philip: Good evening.

***** BREAK *****

Jared: (TR: Cheryl) Hi, this is Jared. I'm back again and ready to answer your last question.

Philip: Thank you, Jared. This is Philip. The question that I had goes back to some of your earlier teachings. First let me ask if I'm understanding you correctly that your essence teachings all along have been to seek stillness and do small kindnesses. And then recently, I just wanted to be sure I got it right, and now you have also added a third dimension which is to in our stillness allow our feeling of God's presence and God's love to encompass our body and to flow out to the world around us eventually to encompass the entire world. Is that correct?

Jared: That's correct.

Philip: And I wondered a couple of things about this new teaching. One is, is there a direct or meaningful relationship to the trinity in that seeking is of the Father, and doing kindnesses is as the mercy of the Son, and allowing our love to go out is like the outreach of the Spirit.

Cheryl: I can't hear anything.

Philip: Okay. Never mind. I've got another part to this question which is, in *The Urantia Book* there's a section called something like the Laws of Prevailing Petitions. And my recollection is this is seven rules or laws about how prayers actually become effective. And it has influenced me much in my life because before I read this I did occasionally or often pray for people at a distance, people in different countries, people who I had never met, and might not meet in this short life. But I'm, I've taken from your teachings that there is something worthwhile about reaching out in prayer even to those who we've never met or don't know, such as people in disasters or people who have had tragedies that live in other places. I've been a little confused about how much time to spend in this pursuit when the Laws of Prevailing Petition seem to include having contact with a person and doing good for them and being industrious. I wondered if you could assist me with that.

Jared: You are right that there is a balance to be sought. The most important thing about prayer is to do what you feel comfortable with. It is important to send God's love and blessings to everyone around the world. It is helpful on a very important level, especially now that the circuits are open. Now that the circuits are open, it is easier to transmit this love prayer through the circuits to the people involved even though you don't know them. But it is also important to do small kindnesses and be in direct contact with as many people as possible because it is important for mortals to directly share God's love. And so we ask that you do as much of everything as you feel comfortable, but now that the circuits are open sending prayers to people you don't know is more effective.

Philip: That's hopeful and I thank you for that. Would you be willing to go on a bit about this third part of your teaching, the, as I understood you it sounded like something that could start as a visualization. And I'm wondering is this a kind of prayer for the world beyond each of us as an individual? And could you say a little more about how to go about this?

Jared: This is a technique to connect you to the circuits and it is a way for mortals to recharge the circuits and get the energy moving.

Philip: That sounds good. I'm not sure I really understand, but it does sound good and I thank you.

Jared: The circuit of the Eternal Son connects all people with souls from heart to heart. And as you let God's love fill your heart, it gets stronger and then the current, imagine an electrical current, but this current, instead of electrons it's sending God's love through it. And as you connect more clearly to this circuit it sends more of God's love out and you needn't be concerned about sending it to a specific place because you will be connecting yourself into the circuit the way you connect. This is analogy. The analogy is when you do the stillness and you are clearly radiating the love, you are like a small electrical generator. And then the people that are willing to receive this love are plugging themselves into the outlets. And so you can just do your stillness and radiate the love out. And know that the Eternal Son is directing your love to anyone that is willing to partake.

Philip: Thank you. That was a very much fuller explanation and helps me understand that, helps my confusion, Jared. I still would appreciate anything more that you will share about more just what exactly the process is. It sounded like it was visualizing light going out.

Jared: Correct.

Philip: And is there more than the visualization? Is it also your desire that we find other levels of this?

Jared: The light goes out, maybe for some you feel a flowing, like a waterfall or a river or a stream. So you can visualize the circuit opening up and flowing out towards others.

Philip: Great. Thank you. That is reminiscent of some experiences I've had.

Jared: You may visualize either light or love or anything that helps you, but the movement through is what's important now. You have all been very good students of

the stillness and it is time to let go and share it with others.

Philip: Thank you.

Jared: You're welcome. Any more questions?

Ms. V.: Jared, this is Ms. V. again. And I just started wondering the difference between prayer and worship. Am I correct that a few days ago I heard a song and it just brought me to tears. And I went and sat to be still for a while and I started like I guess I was sending love for the world but I was kind of crying. I was kind of sad for the world, but then all of a sudden I thought this is worship, wait a minute, just to feel grateful and just to maybe, that's what you're saying, that we should just send out, whether we're crying or not, send out that love and caring and weep for the world. And then, instead of praying for something all the time, all of a sudden I thought I need to spend more time just with that feeling, just worshipping. Is that what you're getting at?

Jared: Prayer is the intimate contact with the Father, the communication with the Father in private, either verbally or pictures or whatever. But it is a private communication. Worship can be in a group setting or it can be an individual just radiating thanks and a general response radiating it out, thanking God, and sending these thoughts out to others.

Ms. V.: That's very neat. Thank you.

Philip: This is Philip again, Jared. Thanks so much for responding to us. I don't see any other questions for you at this time.

Jared: Okay. Then I'll be back again next week.

Philip: Sounds good.

Jared: Okay.

***** BREAK *****

Lauren: (TR: Cheryl) Hi, this is Lauren. I am Tim's personal teacher, but I'm sure he would be delighted to share me with all of you. I am ready to accept questions.

Philip: Good evening, Lauren, and welcome. This is Philip. I appreciated our former conversation, but am still getting to know you and wondered if you would share a little about yourself, perhaps that we don't know, and what kinds of questions are especially desirable.

Lauren: I am a personal teacher so I wasn't sent with lesson plans. I haven't developed lesson plans to work with groups. So I have more freedom in a certain way than group teachers because I work on an individual basis. I think I have told you that when I was a mortal I worked--

***** TAPE BREAK *****

Lauren: I think I told you last time that I was a computer programmer and I worked with information circuits and I had a family with a wife and two children. More questions?

Arleena: Hi, Lauren. This is Arleena. Thank you for being with us this evening. When you were talking about circuits it brought to mind a question that I've had, oh, kind of lurking around. I was wondering if you could comment on the impact of the reincidentment of Urantia for, say, the rest of our system. Now that we're back, what is it like? Are there positive and maybe not so positive consequences to this?

Lauren: It is all positive. The darkness is gradually being filled with light. It will eventually be just history. The circuits allow us to communicate freely with people on the planets we left behind and share information and ideas and we feel much less isolated and are given much guidance through these circuits.

Arleena: That's wonderful to hear about, how that affects you teachers on a higher level. But I am a little bit curious when you say that the effect is all positive. Is there none of the confusion of Urantia that spills over as a result of kind of bringing us back in?

Lauren: Urantia is still fairly physically isolated. And that they are, the beings that are allowed to visit are prepped up and given special guidance. So there is very little negative spilling outward because the Lucifer Rebellion did cover quite an area in your system. And

it is being systematically worked on simultaneously in all regions, and there is so much of God's love being directed in this direction that the confusion is not backfiring or sneaking out.

Arleena: I'm really happy to hear that because I had sort of wondered whether or not some of this confusion might spill over. So people that come to this planet to visit are given sort of a preparation before they're brought here?

Lauren: Right.

Arleena: Do you mind telling us anything about what that might include?

Lauren: Beings are carefully screened and they must be rebellion tested. Beings that have not been rebellion tested are not allowed in this area yet. The beings are checked to see if they're rebellion tested, and then they go through a class and they are filled in on the plan, the teacher mission plan, and what kind of things they are allowed to do, and what kind of things they are not allowed to do. A little bit like when you go to a jail, you're expected to follow certain rules.

Arleena: That seems a very appropriate analogy.

Lauren: No, when you visit a jail there are certain rules and regulations for visitors. And so when the visitor beings come here there are extra regulations that they are expected to follow. But it is not a lot. The main thing is that they have been rebellion tested and many people are disappointed that they cannot visit yet and, but they will not be allowed to visit here for a while.

Arleena: I guess I need to ask if there's a distinction then between those beings that visit here and you people in the teaching mission. When you say that they have to be rebellion tested, I do remember a statement to the effect that not all of the teachers had been rebellion tested. So does that apply to visitors rather than to teachers in general?

Lauren: Yes, because the teachers have spent many years in preparation for this mission and they will be here for a long time. They are planning to be here on into light and life if necessary.

Arleena: That's really wonderful news. I hope you guys stay around here just for ever because we love you and you're doing wonderful things.

Lauren: We will not be needed forever.

Arleena: Well thank you very much, Lauren. That was quite fascinating.

Lauren: You're welcome.

Alerqwin: Good evening, Lauren. This is Alerqwin. Is it pretty accurate to say that on planets where there aren't agondonters that you could communicate much more openly with the inhabitants than you do with us? And that somehow our agondonter status is being preserved by edict rather than by limitations of the circuit capabilities?

Lauren: It is true that with agondonter status there comes more trials and tribulations and often there is more pain and suffering. And in some sense many of these mortals shut down a little to spirit contact because they have had to try so hard to believe without seeing.

Alerqwin: I think what I'm asking is, is our agondonter status being preserved for those who are faithful and living spiritually higher than many of the hurting people perhaps?

Lauren: No. The agondonter status is for all those on Urantia that believe in God without seeing. It is for everyone no matter what religious belief or what kind of spiritual upbringing they have. It is for all those from the past through now. This teaching mission does not affect the agondonter status. We will not be physically showing ourselves because we want to preserve the agondonter status for you.

Alerqwin: Thank you very much.

Lauren: Any more questions on this?

Benjamin: Hello, Lauren, this is Benjamin. And I was just wondering if you know of this type of mission that's happening here on Urantia, is this pretty unique? Do you know of other occurrences? You said there's something going on with other areas of the system in fixing the rebellion problem. But I wonder, is this

a very unique occurrence?

Lauren: No. *The Urantia Book* was reasonably unique, but the teacher mission is similar to the other planets of rebellion. Michael has decided that it is time to bring all the planets that have been isolated through rebellion out of darkness and all the planets have some sort of teacher mission, whatever they are spiritually ready for. If there has not been a bestowal son, then it is of a much more limited nature, but for those people that are willing to do stillness and listen, there is much more help available.

Benjamin: I was wondering if on normal worlds, if anything like the teacher mission, are teachers available to mortals on normal worlds the way the teachers are available here now?

Lauren: In general, I must generalize, because there are many planets and each planet has a different plan. So the teacher mission here on Urantia is different because this is where Jesus came, and this place has *The Urantia Book*, and in a unique way Urantia is more ready for the teacher mission. But on the other planets, if they have had a bestowal son, and they are getting close to stages of light and life, then there is some kind of similar teacher mission plan that is happening on those planets. But if they have not had a bestowal son yet, then they must wait and the teachers are there but very few people can hear because the spirit of truth and the Thought Adjusters are not there for everyone.

Benjamin: Okay. Thank you. Thank you.

Elvin: Yes, Lauren. This is Elvin. I wondered if, it's my first opportunity to talk with you this way, if you have anything more to share with us on the theme of self-imposed limits that we've been, teachings we've been getting from Jared and Rayson, to a degree. Would you care to share with us on that?

Lauren: I am not familiar with Jared's teachings on self-imposed limits. Would you like me to answer from my experience or would you like to fill me in?

Elvin: I'd very much like to hear your experience. Maybe the group would like more, but--

Lauren: Limits are relative. For some people a certain situation would be viewed as a limit. For another individual, it would be viewed as a challenge, and for another individual it would be viewed as a stepping stone, a easy way to go from here to there. It depends upon your past experience, on how you perceive the different things that happen in your daily lives. And so I assume that you are talking about the limits that you have grown accustomed to in your particular life. As you've grown up you have put certain limitations and walls around yourself because you felt like they were helpful in some way. Is that correct?

Elvin: Yes.

Lauren: And so part of the teaching mission is to let you know that most of these walls are not particularly helpful, but you are allowed to use them as a crutch because sometimes crutches are pretty nice. You can walk a little farther with a crutch than without one. Life is definitely a lot more interesting with a crutch if you have a cast on. But it is time to move beyond your crutches. But we will give you much time and much encouragement because we understand, especially on planets with agondonter status, that you have had to try so hard to believe without seeing that any crutch getting you going in that direction is probably useful and should not be taken away until you are ready. Any more questions?

Elvin: Well, now, yeah, that last, I think I was with you right until the very end there when you referred to the crutches bringing us closer to the truth and closer to, I was thinking of them as a crutch substituting for the self-imposed walls and limits that we provide ourselves. Did I misunderstand?

Lauren: The way I am looking at the crutch is the physical, imagine now a physical analogy. Physically you need a crutch when you cannot bend your knee and so you would be stuck sitting in one position most of the time and that would be very limiting. But with the aid of a crutch, you are able to walk around a little bit and it is easier for you to interact with others and you can get much more work done. But there are the disadvantages that your knee is still weak

and it can discourage healing because you can be wearing it out. And so there is the balance between using the crutches because you don't know more effective tools, or you're not patient enough with the stillness. Because if you did just sit there and wait for the knee to heal and you just did your stillness, you would be, you would be very well off. But we understand that that is difficult, so we accept the, we accept the idea of the crutches so that you can get around. And when you do use the crutch, please use it to the benefit of as many people as possible. So that when you are limping around, use your energy wisely and do small kindnesses and share God's love. Does that help?

Elvin: Yeah. I'm stil vague on, are you saying the teachers are acting as our crutch sort of, is that--?

Lauren: No. I am saying that things like drugs and cars and TVs and books, they can be something that really distracts you from the spiritual life. Because these are not spiritual things. And so they, for some people they are tools. Because a car can get you from one place to another place where there is a meeting, for example. Or if they can get you to a person that needs a small kindness. But the car in itself is a crutch, and it demands a lot of money and time and energy.

Elvin: I'm clear now. I'm sorry I--

Lauren: And books and drugs are a distraction and many people spend too much time with these instead of doing stillness or spending time with people.

Alerqwin: This is Alerqwin again. Could you, that was really very helpful and graphic, and now could you just relate it back to self-imposed limits again.

Lauren: Okay. So the self-imposed limits in the situation, let's use example of books. Somebody that reads too much. The person that reads too much feels like either they can only handle so much human contact per day and they just hide behind their books like some people hide behind TVs. And so it is a crutch because when they are with people they enjoy the people's company, but when they need a break they hide behind the books. Or

other people feel like they need books because they feel like they must read and read and read so they understand everything before they go out and try something. And so they use it as a crutch because God is helping you on so many levels and you don't need to have a lot of information before you go out and try to help people with small kindnesses and sharing God's love. You really don't need to read the whole *Urantia Book* before you go out and share a little bit of God's love. Is that good?

Alerqwin: Thank you. Yes. So you're really saying in a sense that the crutch is the self-imposed limit if it's not used for the right, for a good reason.

Lauren: Correct.

Alerqwin: Thank you.

Lauren: That's correct. Because *The Urantia Book* can be a tool if you read it a little bit, and use it to inspire you, and it is a mind expander. But if you use it to keep yourself in a close-knit group of readers or you spend too much time reading instead of socializing, then it is a crutch, that is, it's getting in your way and it's a self-imposed limit.

Alerqwin: I was--

Lauren: So try to use the crutches as a tool, not as a limitation.

Alerqwin: Excellent. I was having, I was projecting other things onto the concept of self-imposed limits, thinking maybe not that we could fly and defy gravity, but that perhaps there were many things that we weren't aware of that were less mundane than the tools we're, the crutches that we're using for example here. And that we were unaware of some of the limits, and so I felt unable to cast them aside because I didn't know what they were.

Lauren: Jared--wait. Could you repeat yourself? Oh, about flying. Jared was talking earlier this evening about how much help is available, but you must do your stillness and become more receptive. Please do not try to do many weird metaphysical experiments because it is not a really good way to go. Through the stillness you will have a more direct link and in time you will get that feeling of

flying and going other places. But you must be patient and not expect to go there too quickly.

Alerqwin: Thank you very much. That was replete and we appreciate it very much.

Lauren: --welcome.

Ms. V.: Hello, Lauren. This is Ms. V. And I just have a brief question, since we were talking about other inhabited planets. I read in *The Urantia Book* about a planet of non-breathers in close proximity to earth, or to Urantia. And I'm wondering, do they ever on occasion visit mortals for any reason as far as teachers or helping mortals here on Urantia?

Lauren: Do the non-breathers come here? Is that your question?

Ms. V.: Have they made contact, whether people go there or they come here?

Lauren: I am not allowed to talk very much about this particular planet. They are not evolved enough to visit here yet. There have been beings from other planets that have visited here, but these are unrevealed beings and they are not discussed in *The Urantia Book*.

Ms. V.: Do mortals go there to visit? To the non-breathers' planet?

Lauren: The non-breathers are mortals. You understand, there are different kinds of mortals, the non-breathers is one kind of mortal. And so these mortals, these non-breathers are part of the ascension plan.

Ms. V.: Okay.

Lauren: But I was mentioning because I thought this would be the next question, that there are other planets with unrevealed beings that *The Urantia Book* does not talk about. And those beings have visited here. But they are not revealed in *The Urantia Book* and we are not talking much about them.

Ms. V.: Okay. Thank you.

Philip: This is Philip of the crutches and penitentiary Urantia, drifting into curiosity.

Lauren: Now don't get too carried away. Jared's watching.

Philip: We're on a roll here, Lauren. You'll have to stop me by force of will.

Lauren: Okay. If Jared taps my shoulder, I will remind you.

Philip: Okay. Your comments about how the beings that come here must be rebellion tested and I wondered, are we what you would call rebellion tested, that is, beings or mortals who have been from a planet that had rebellion?

Lauren: The beings from planets that the mortals that have been from planets that have been in rebellion are taken to the mansion worlds. And after they go through so many studies, then they are deemed rebellion tested, but they need to be taught more about the consequences and they need to understand more about why rebellions are allowed to happen and more about the benefits and the whole picture.

Philip: Thank you. One thing's for sure. You're not Jared. If I may, I was reading in *The Urantia Book*, and we noticed that at all levels of the ascent to Paradise and the material realms there are local governments of various kinds as in the system of Satania. And I wondered, I don't recollect mention in *The Urantia Book* of solar system governments. And I wondered if that's typical or will we eventually have a monmatia confederation or government, or is that optional?

Cheryl: I don't think so. Blank.

Philip: I didn't hear the last--

Cheryl: Blank. I'm not getting a response.

Philip: Well, maybe I shouldn't have mentioned the part of the planet penitentiary Urantia. But--

Cheryl: No, no, no, that part was okay but he just started blanking out when, I don't know, I can't get anything.

Philip: That's okay.

Cheryl: Try something else.

Philip: That's all right. It was not

that important. I'm not hurt too bad. It's the second time tonight people have blanked out on me. Teachers have blanked. I'll see if there are any other questions here.

Lauren: Did you want to try Lestor with his bad memory?

Philip: I'm always delighted to speak with Lestor, because I share that attribute.

Lauren: No, no, no. I'm the absent minded professor. He's the one with the bad memory.

Philip: Okay. Thank you so much for your time and your generous answers.

Lauren: You're welcome. Did you want to talk to Lestor tonight?

Philip: Let me just see if there are questions. I'm sort of run low on anything other than my curiosity for now. It looks like we feel pretty complete this evening. Thank you, Lauren.

Lauren: Okay. Then I'll see you later.

Philip: Okay. (end 2/24/94)

Teachings of JARED, Santa Rosa, CA., 1/21/93

Jared: I am Jared. I am here as your teacher. I welcome all of you who have come in seeking today. Are there questions for me?

Philip: Hi, Jared, this is Philip. I hope you're enjoying our rainy weather.

Jared: I am fortunate in that it is not so close to me. (laughter)

Trula: Hi, Jared, this is Trula. I have some questions for you, but....

Jared: Welcome to you coming here, and thank you for sharing with others and bringing them with you when they are ready to come.

Trula: Thank you. You're a real sweetie. (laughter) I just wanted to make a comment that I've been doing a lot of listening to tapes of previous group sessions which Philip has so kindly shared with me, and I just wanted to say that the more I listen, the more meaningful they become, and to thank you and the other beings for the teaching mission and helping us in this way. That's really meant a lot and continues to mean a lot to me.

Jared: We are glad we can come and share with you, and also glad that you are able to hear and learn and recognize what teaching there is available to you.

Trula: OK, well, the first question I have is kind of a personal one, but I really have a lot of difficulty when people are hostile toward me or treat me in a way that I feel is unjust, and I usually react by feeling overcome with

outrage and disbelief that they could be so unkind. I wondered if you would speak about a better way to respond to these kinds of behaviors.

Jared: Within the teachings, or in your general life?

Trula: Well, I sort of have an idea that I should be looking at situations like this as a way to spread kindness and possibly teach people a more kinder and gentler way of being in the world, but I personally need to get past my feelings of extreme reactions of outrage and so I....

Jared: And hurt?

Trula: Yes! Thank you. Yes.

Jared: It is understandable that you feel hurt when you are attacked, even though those others who are attacking--who you feel are attacking--really are not attacking you. It is helpful first to remember that they are coming from their own weakness and their own difficulties, not really seeing you or attacking you. In that way we hope it will assist in your being able to distance yourself a bit more from the words. As well, you will be best suited by being more centered and more clear yourself in your own value and your own importance. You are a child of God, and no one can take that away from you. When you have that solidly and securely within yourself, it will be more difficult for others to affect you. As you continue in your stillness, you will find it easier to have that solidness within yourself, and it will be easier to allow others their own emotions, and it will only slide past you and not come within you to cause you the hurt and the outrage. It takes time, and it would be advisable if you did not expect yourself to be perfect in this endeavor.

Trula: Thank you very much, Jared, that was a most comprehensive and beautiful answer. There's a lot of stuff in there that I know will help me.

Jared: I hope all of you will choose to listen again and think again as more will become more obvious as you review it.

Arleena: Jared, I think you were indeed speaking to all of us because your answer goes along with a question that I have for tonight, too. I was thinking in particular in my family back in Albuquerque of a difficult situation I have because I have, let me say, warring factions of cousins that don't get along, and I often find myself being caught between them in that each one will in a sense badmouth the other to me. I'm not really sure how to handle that situation. I want to be friends on both sides, and I find it difficult to sit back and listen to people say negative things about somebody that I care about.

Jared: Is it important that you listen to this badmouthing?

Arleena: Well, if the person that I'm talking to has chosen this particular path, I'm not really sure how I put an end to it without offending them. Do you have any suggestions?

Jared: In whatever way that you can gently guide the conversation away from the topic which you do not want to discuss, you are encouraged to do so. In

many ways your own decision and your clarity will assist in this without your having to do much about it. Also, as...(Lisa: Oh, ok.) **Jared:** Much behavior is affected in this way. As you are clear and strong in your own decisions without attempting to impose yourself on others, it will still change the behavior of others when you are not trying to. You will find it helpful probably to trust that and know that as you are clear--peacefully clear, genuinely clear, centered--you will not be pulled off as much by the others. As well, you can affect them by not being enthusiastic or responding when they speak, and bring up another subject whenever you have the chance.

Arleena: Thank you, and I will be listening to your answer and, I know, get more from it the second, third, and fourth time I listen to it, but I think I'm getting the idea. In other words, I don't really have to point out the fact that they're saying negatives, I can just sort of put it....

Jared: No, that will only provide more confrontation. Do not encourage them; do not contribute to the conversation. Gently move it someplace else.

Arleena: OK, thank you. Along the same lines, if, as has happened many times with one of my cousins in particular, she makes a joke about the other one, and I don't really feel like laughing, then can I just simply not laugh and change the subject? Is that the idea?

Jared: (Lisa: Oh, really?) Some response is probably easiest, but if it is not funny, there is no need to laugh.

Arleena: And I don't need to feel like a crusader to change this, is that also a true statement?

Jared: No, do not change the other person. You are in fact unable to change the other person. You would do best in changing yourself and your own speech or behaviors.

Arleena: Great. Thank you very much.

Jared: There is more. It is helpful if, over the next times, people ask more of these kinds of questions with fairly specific ideas; it will become clearer as there are more examples shared. But know that the best way to live your life and be comfortable with yourself is to be true to yourself, and, as you seek within, you will be finding your piece of God and incorporating that within yourself, and that will be the self you continue returning to. The most effective way of being with others is to act solidly from within, and know that that security of yourself

will be noticed by others and respected even as they do not understand why or what they are doing. It is a wonderful ability that will assist you as you share with others. It is often difficult for people to understand because it appears to involve so little action and is most effective--is only effective--when you are not attempting to change another or affect them, when you are only attempting to be clear within yourself. It's fun to be able to do this.

Arleena: I think that's a great attitude, and I look forward to trying to find a way to think this is fun! But I do appreciate your answer, and I think I get the gist of it.

Jared: And allow yourself many mistakes, and know that we do not anticipate any of you being able to accomplish it completely. But each step toward it will bring you a long way.

Arleena: Thank you very much, and I think your answer is very helpful. While you were answering, there was something that crossed my mind to want to ask, which is--you were saying not to be trying to change someone. But what occurred to me was, what happens when--and this kind of ties in with Trula's question--when somebody--when you need to air grievances with somebody, when somebody has offended you in some way or is doing something which hurts you, what's the appropriate way of handling that? Often when you just come right to somebody and say, Hey, this is what you're doing and it's giving me a problem, that tends to have the opposite effect. It makes the person defensive, and then they attack, and it leads to argument and does not accomplish what you had in mind. On the other hand, keeping all these things bottled inside and doing nothing about it also doesn't help. Can you give me some guidance on this?

Jared: It is most helpful to wait until you are centered and comfortable with yourself and with the difficulties--or at least more comfortable, and not agitated. Then it is helpful to come to another person and reach out to them and express in words and actions that you care about them and their response, and yet you are concerned and you would like some help in resolving your difficulties. You are not attempting to change them, but you are at the same time expressing your own difficulties and asking for assistance in how you can best deal with your own difficulties. It will change more than you think.

Arleena: Thank you very much; that's an excellent answer. I can relate to a lot of it, and I appreciate it very much.

Jared: And again, all of these are ideas to share and think about, and know that it will not always work,

and you will not always be able to do them. We hope you will congratulate yourself for one single time that you choose to graciously extend yourself to another, especially when you are clearly centered yourself.

Arleena: Thank you, Jared, that's very helpful. Thank you very much.

Trula: Jared, this is kind of along the same line of thought. We speak of small acts of kindness causing great change in the world, and I understand the teaching regarding dissipation of hatred. But--I hope this isn't too precocious of a question--but I wonder if you would give us a glimpse of what our world will be like when we are farther along this path, how our relationships with other fellows will be different, and how we might feel differently within ourselves.

Jared: All of what you hope for will be easier. (pause)

Lisa: He's enjoying that answer. (laughter)

Trula: It took me a minute, but....

Lisa: He liked that answer.

Trula: I liked that a lot, too.

Jared: It is so gracious and so beautiful and so wonderful to come to a place among each other where you are each in touch with the God within you and can reach out to one another with that common bond. In this way, you come together with God's love and can share it with others, and it is known to be the way to live. It is a gracious and wonderful and beautiful place to be.

Trula: Thank you. I think it's something that we all very much look forward to, but yet I personally find it very difficult to imagine such a world. I'll look forward to....

Jared: Trust that it will be there, and know that each time you reach to another in kindness, you are bringing it closer. Each one of you brings it closer by reaching out in kindness.

Trula: Thank you. My next question is two parts. The words "healing is God's love shared" came to me very clearly this week, and I wondered, one, if you would say more about healing and how it relates to humans' sharing healing energy with one another; and also about the different levels of healing with regard to physical, emotional, and spiritual.

Jared: Healing is God's love shared. When God is within you and truly part of you, you will not

make grievances worse. You will trust and look forward and be positive in your life and will genuinely know God. There are many levels of healing, as there are also many levels of disease and illness. Let me first speak of the disease and illness to dispel possible concerns. I am not trying to say that you bring on disease yourself, or that, because you are ill, you do not believe in God or feel God. That is not the case. There are disease and illness and accidents in this world, and each of you is afflicted or has been afflicted and no doubt will continue to have this happen. It does no good to assume you are at fault. Accept it and move on, and know that also some are less inclined to physical ailment and others are more inclined. That is also not any reflection on the individual. That aside, most of you would be--are desirous of removing the ailments that are currently afflicting you. In this way God's love will be of assistance. There are many beings in your world who assist with healing. The Life Carrier would like to speak to you.

Life Carrier: I wish to share with you that there is much healing each of you can do for yourself. We are here as part of your world and work with you healing yourself. If you can work with us, you will heal faster; if you attempt to fight us, it will inhibit our work. We work in much the same way that God's love works--your perception of it. As you allow the feeling of God to flow over you, you also open yourself to us and our healing and our work with you. We are able to help mend and assist your body in its healing. It is slightly different from--no--it is very different from feeling God's love, but you are unaware of this, and it is unnecessary that you distinguish it. If you wish for us to work with you more efficiently, it is helpful for you to take your stillness and, in your quietness, for you to feel God's love. Find it within you; place it clearly there; feel its warmth and love and boundless energy; and allow it then to escape from the confines of where you have placed it and spread throughout you, all of you. In this way you are opening each part of you to our healing, and it allows us to work more effectively with you. Some people are able to do this easily and have been doing it for a long time. Some people have found it more difficult and will need to work diligently to allow--to trust us--to trust us to come and heal and for you to be open to us. Thank you for allowing me to share with you. I hope it will assist you. Moment.

Jared: I am Jared. Is there more that needs clarifying?

Arleena: I was struck by one thing in that very interesting answer. The statement was something to the effect--something about our fighting the help that we would be receiving, and I certainly wouldn't

want to do that. I just wondered in what ways we would fight this, so that I can make sure I don't do that.

Jared: It is often difficult to pinpoint what causes the blockage. Some people are more prone than others to stopping this gift. In whatever way you can remain open, and, if you request...if you are desirous of assistance from Life Carriers, it is suggested in your stillness ask for God's love and ask for whatever healing is available. Then remind yourself to remain open to this healing. That is all you need to do. It is more than enough.

Arleena: And I just can't resist asking this question: Do Life Carriers really giggle? (laughter)

Jared: When they are surprised. She surprised them before, and, yes, they did. (more laughter)

Arleena: Thank you.

Jared: Please explain for those who are unaware of the origin of your question. No, allow Lisa. (**Lisa:** Wait a minute.) **Jared:** I will explain for her. She was quietly feeling God's love and feeling healing and was remarkably able to be aware of a different kind of being and was able to speak to them in her mind, and they were able to speak to her. As she is more skilled with transmitting, she attempted to transmit them, and they were quite surprised and giggled as they did not expect to be able to converse and especially did not expect to have someone transmit. It was an interesting experience for them, and they were glad to do it and glad to come again this evening. Lisa is unable to tell you directly because she is transmitting, and so that is why I chose to share it with you.

Arleena: Understood. Thank you.

Trula: Jared, I just want to add that I have the distinct impression that Ham is having a good belly laugh right at the moment. (laughter)

Jared: We hope he is enjoying himself. (more laughter)

Bill: Hi, Jared, this is Bill. It's a pleasure to be here. I'm wondering if we can be healed from too much anxiety. I mean that's almost a silly question, I realize that, but I just want to put it out there that that seems to be a recurring problem in my life. You know, when we talk about how we're prone to certain things, I feel like sometimes I'm overwhelmed by this sort of burst of anxiety that I feel like right here, you know? If there's any advice, or anything that you might have, lay it on me.

Jared: Anxiety is common among people, and we, too, are glad you asked as many will benefit from the answer. Anxiety is often not based in a particular event but is there and comes upon you quickly. As you are able to find stillness daily, you will find there is less anxiety in your life; even though it may not appear directly related, it is. As well, when you feel anxiety coming upon you, if it is possible, it would be helpful for you to find a quiet corner and find stillness. It will be easier than you think, especially if you are practicing stillness daily; you will be able to slip into it quite quickly. As well, if you are unable to find a corner to yourself, as you become more skilled with your stillness, as you are moving about your life and interacting with others and feel the anxiety come, as it just barely begins, you can--you may be able to find your stillness come upon you right there, even as you continue about your life. You will find your ability to recognize the anxiety more quickly in its beginnings. Then you will also be able to circumvent it more easily in seeking stillness, because this stillness provides you a closer touch with God and the piece of God within you which is stronger than your anxiety.

Bill: Thank you very much. I was thinking when you were talking about seeking the stillness, well, first off I realize that it's so important; and second of all, it reminds me of practicing a musical instrument, and that, if you don't practice it, when it comes to playing, there's going to be something lacking in the performance. I feel that that can be compared to doing God's will and becoming like a channel for the Father's will--that if we don't practice opening that channel, then at that moment of whatever situation you're in, it's hard to make that connection.

Jared: That expresses excellent understanding. We hope you will continue in your seeking and know that the stillness will be most valuable to you. We also would like to remind all of you that anxiety is a part of the existence here, and it is best to allow it also when it comes, and allow it to pass through you and move on. There are many situations that are anxiety producing, and it is best to accept that as part of you instead of fighting it and feeling you are wrong for these feelings. You--It is common, in fact, for newcomers to these teachings and to this group to feel some anxiety or fear or doubt about what is happening, and yet also feel tugged toward it. That may be anxiety producing, and, if you attempt to fight that, you will only increase the anxiety. It is helpful to accept those feelings and know that it happens to all and allow it to move beyond, and then come back again and look at the event that provoked it with more objectivity. We hope all of you who come will look at our teachings and know that they are here to assist you in feeling God's love, in discerning God's path, and knowing

your own individual value; and we hope, as teachers, to come to you as friends to assist you in the path that you choose. Know also in our teaching mission that free will is respected completely. I have had many discussions with Lisa about free will and her choice in sharing me with each of you. She has been reminded many times that she chooses, and I will genuinely and honestly respect her free will. I come with God's love and choose to share God's love with her and with all of you. At any time if she decides that she does not choose to, I will respect that and not come to her. That is available to all of you--each of you have free will, genuine free will, and it is respected.

Trula: Jared, I read the forward to *The Urantia Book* this week, and I had anxiety because I found it, all but the first page, pretty incomprehensible. (laughter) Should I be concerned that I didn't understand it? (more laughter)

Jared: We suggest you move on to someplace else.

Trula: Thank you.

Philip: This is Philip, Jared. I have been reflecting on my last session with you and other teachers and would appreciate some clarification about pretending. I think, through my life, I have had as my core always that I could always at least be honest, even though I might not always believe in things, and that led me through agnosticism to God; and it's not that I object to pretending--I think I'm looking for clarification of where pretending becomes dishonest, and maybe I've been in error, pushed that too hard, so I'd appreciate any comment you have.

Jared: It is important that you not pretend with yourself. You must know who you are and where you wish to go. You are encouraged to look within yourself and make choices about your life and about where you wish to go on your path toward God--and if you wish to go toward God on your path. Those must be clear and honest, forthright, complete decisions of your own. We ask that you leave pretending out of that. We ask also in your relationships with others that you be as genuine and honest as you can. We ask that you be careful and not hurt another, but that you be genuine and share God's love with another. As you are, though, seeking specifically a teacher's voice, as you are attempting to develop this skill, you are encouraged to pretend that you have it. You will in that way be more open to the voice and the guidance that is already within you. You may choose to use this technique with other skills if you would like. If you are perhaps attempting to change an attitude of your own--perhaps you feel shy--you are encouraged to look honestly at your abilities and make a genuine

free will choice to change them. Then we ask that you pretend you are not shy, and act that way. Does this clarify?

Philip: That covers quite a bit of ground, and I will go back and study it. Thank you.

Jared: We hope that all of you will study all answers that are given and hope that in this study you will develop more questions and ask again next time--or the time after--or the time after that. (laughter)

Bill: This is Bill. That's a very interesting topic. Sometimes I wonder when pretending can be positive. Actually I'd like to call that, as I've heard it called, "acting as if." I find that that can help sometimes. And sometimes pretending can be negative, and sometimes I find myself in the situation where I walk into a room, and I'm feeling this anxiety, and I don't want to spread it because I am conscious that--well, I've heard there are two types of people: the first type is somebody who enters a room and does good to other people; and the second kind of person is the kind of person that does everybody good by leaving the room. (laughter) Sometimes I feel like I'm the person who does people good by leaving the room, and I feel--

Jared: Do you wish to be that kind of person?

Bill: No, of course not.

Jared: Then we ask that you decide, now or whenever you would like, that you will be the kind of person who shares with others whenever you meet another. You may make that choice whenever you choose to, and, by making that choice, you will be that kind of person. You will be best served by reminding yourself of that whenever you think of it and whenever you are about to encounter that type of situation. Find a moment for stillness and remember you are going to enter....[tape ended and was turned while group took a break]

Jared: I am Jared. I remain with you in your seeking. I ask that Bill rephrase a portion of his question so that I may provide further answer.

Bill: OK, let's see, where were we? I was somewhere imagining myself in a situation where I'm not feeling very outwardly--well, not feeling very social, feeling a bit vulnerable, and yet I don't--and I feel like I need to smile, to sort of hide what I'm feeling, but yet I realize that, on the other hand, it's really hard for me to smile and it feels wrong, and I wonder if that's OK--just to let people see how you really are and let them look into your eyes and not be afraid to let them look into you and see that

you're vulnerable. If you have any comments on that?

Jared: It seems that there are many parts to this question. The first part that comes to me is that you are coming to a new social situation and are not sure whether or not you wish to be there. It is helpful to decide before hand whether or not you truly wish to go and be among other people. It is acceptable to remain alone sometimes, and it is also important to be with other people sometimes. It is for you to decide within yourself which is appropriate at that time. Let me then assume that you have consciously chosen to go and be among people. It is--There are at least two kinds of situations. One is a small group among friends--among trusted friends. In that case you may be more open and more sharing as your friends have shared with you, and that is no doubt the agreement--unspoken agreement--you have with each other. The other situation would be where you are going to a more--a larger, more social, place. It is probably more appropriate for you to be more careful about sharing yourself in this case. In that situation the stillness will be most helpful beforehand to allow you to calm and center and find God's love and go to your room full of people attempting to share God's love and kindness with others.

Bill: I find that to be very helpful and would also like to comment that I suppose what I feel sometimes--and this may be due to the fact that I'm experiencing a little bit of return shock because I have been living in another culture for quite some time--and I feel like maybe I'm, as I said, feeling a bit disoriented because of that, and also I feel like I don't always want to smile, but I feel like there's more pressure for smiling here in this culture. In other words, people are almost put off sometimes if you don't smile. I wonder if it's better--even if you're feeling God's love, and you don't feel like smiling, if people can see through that and feel like it's OK that you're not smiling.

Jared: The most important part is your own clear sense of God's love and comfort in your path toward God. As you operate from that place, you will be comfortable with those around you, and they will be comfortable with you.

Bill: OK, thank you.

Terry: As I've pondered whether I want to ask this question or not, answers came to me, but I would still like to ask you your answer, Jared.

Jared: We welcome your questions.

Terry: Thank you. In feeling that I'm on a pursuit that I feel strongly is God's will, how do I find the

strength to go on against odds that sometimes seem insurmountable?

Jared: One small step at a time. Sit quietly and find God's love and look for the path that is open to you, and take one small step in that direction. And, as you make that small step, again sit quietly with your stillness, and allow God's love to spread throughout you, and then it will be more comfortable to take one more step. You will find yourself a long ways down the path without realizing it in this manner. And, also, allow the feelings of it being insurmountable; accept those as real and valid, and allow them to flow through and beyond and out, and that will assist you in your further work.

Terry: Thank you.

Philip: This is Philip, Jared. As I'm sure you know, I've been struggling some with my stillness time, and I'm going on the assumption that when I sit and intend to take stillness, even though I might be temporarily distraught or upset, and even though my mind races and I'm not able to maybe but touch for brief seconds of quietness, that it's still all worthwhile and that I should pursue that.

Jared: The stillness is very important, and I encourage each of you to take your quiet time whenever possible, and know that some people find this stillness easier than others. In whatever ways you can sit quietly and still your mind, even for you as it is just moments, it is important--the attempt is important. Each time you touch that stillness, that genuine stillness that you are allowed even for a moment, it is helpful to remember it and come back to it and touch it without grasping and holding tight; but ask for it again and allow it to come upon you again. So, yes, in whatever way you are genuinely searching for stillness and yet feel yourself falling short, you are still making great progress and are encouraged to continue.

Philip: Thank you for your encouragement.

Bill: I just wanted to know if it's OK to seek the silence in the bathtub. (laughter)

Arleena: It's essential!

Lisa: That's close to his answer. **Jared:** If it were not, many would be unable to manage it. (more laughter) You are encouraged to find your stillness in whatever way works for you, as long as it does not hurt another. Stillness comes to each of you in different ways, and we are glad for the ways in which you seek.

Arleena: Thank you. I'm sure glad it's OK to seek stillness in the bathtub--I don't know what I'd do otherwise! (laughter)

Jared: We hope you would continue to do so even if we did not encourage you to, as you know that it works for you.

Arleena: Yes, it does. I do have a question in the procedure in seeking stillness that you gave us a number of weeks ago that has been very helpful to me, but I have a question about one thing, which is there's a certain point at which we find the place within us that we have the spark of God, and feel God's love, and then allow it to flow through us. Sometimes when I do that, I don't really feel God's love to the extent that I know I'm capable of. It's more an intellectualization. Let me just stop right there and ask if you have any comments or help with that. Is this something--

Jared: So you are expecting yourself to be perfect each time that you seek to feel God's love.

Arleena: Or even perfect all the time, period.

Jared: That, too. Does this answer your question?

Arleena: Don't be so uptight about it? (laughter)

Jared: That's very good. (laughter)

Arleena: OK. Second part of question is that--

Jared: There are many people who do not feel God's love tangibly, and genuinely desire to do so even once. We are glad that, for you, you are able to feel it more completely more of the time. There will be--there is the possibility that many times you will not, but we ask that you remember the times you did, and pretend that it's happening then. Or, just mechanically pretend that the light is spreading. In this way you open yourself to what is there even if you do not tangibly feel it. So in this case, this is one of those where pretending is encouraged.

Arleena: Thank you very much for that answer. That's very comforting. And I do indeed feel very thankful that I do experience these wonderful rushes of love, even though I can't make them happen every single time I want them. I love it when it happens--I mean I really enjoy it.

Jared: It is a gift for you, and we are glad you enjoy it.

Arleena: One of the things that I find helpful sometimes is when I'm not experiencing this, sometimes thinking of you or Ham or one of the

teachers will open me to that experience, and I just wanted to check and see: is that an acceptable technique for, in a sense, opening up and allowing that love to flow?

Jared: I would like you to tell me.

Arleena: I guess it is.

Jared: I hope you are more sure than your words express. Of course it is acceptable to use the contact that we have with you and the personal feelings that we choose to share with you to open yourself to God's love. That is why we have come.

Arleena: Thank you, and I'm not really being too flippant about this. I'm not one of those people that believes that the end justifies the means, so there was really some genuine question behind it. Definitely this gets me to the end that I'm seeking, but I didn't know if it was a crutch that I should be reluctant to use.

Jared: If you were searching only for teachers, I might perhaps suggest that you spend time searching for God and God's will and God's love. But if you use us as an opening to get yourself to God, there is certainly no harm in that.

Arleena: Wonderful, and I am very glad to hear that. Thank you.

Jared: And we are glad you ask and share this part of you with us, and I am not trying to stop you from asking by asking you to answer yourself. I am only encouraging you to search within and know that you will know when you are not following the best path.

Arleena: Thank you. I understand that, and thank you very much.

Bill: I wanted to make a comment. This is Bill. Last Thursday when it was said--when Michael told Joshua--or whoever it was--no, I think it was Karen--it was Karen--to seek Me above all else, and I thought, well, we should seek the Father above all else. And I thought, well, then again, Michael is the way to the Father. Am I on the right track?

Jared: They are as one. It is unnecessary to distinguish between. You may do so if you choose, but it is completely unnecessary.

Bill: Thank you.

Philip: Jared, this is Philip. I don't hear more questions for the moment. If you have any perhaps final words for us, we'd be open.

Jared: I would like to share with you God's love, and I would like you to know that the teachers come to you as friends to share with you and help you to know the love that is available to you, and help you know how important each of you is and how much change will be--how much change will come by each of you reaching out in kindness to another. My blessings to all of you and my thoughts with you as you go about your days.