

LINEL-264

The Teachings of Linnel

Volume One

Corvallis, Oregon

(October 22, 1992 - April 5, 1993)

Foreword

These teachings have been presented in Corvallis, Oregon, from October 22, 1992 to April 5, 1993 by Linnel, an ascendant being, and teacher on the staff of Machiventa Melchizadek. These lessons are presented by the teachers as an extension and supplementation of the revelation of the Urania book. The primary emphasis of the teaching mission is to encourage individuals to seek a deeper relationship with the Father, to receive his love, and to extend that love to others. We ask that all who read these teachings rely upon the spirit of truth as they individually receive it, and to take what they like and leave the rest.

We offer our thanks to the many individuals along the way who have helped us and offered us support in the process of learning to participate more fully in this mission, which has changed our lives so much for the better in so short a time. We are happy to share what we have received with you. If you wish to contact us, please feel welcome to do so. The love of the Father truly surrounds and upholds us all.

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April 6, 1993

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Receiver:

Teachers, I am asking you tonight to please send a message to my group that I may take to them. I want to thank you for all that you are doing for us, to tell you that we love and appreciate you and that we're excited about joining with you in this mission despite worries and anxieties and doubts and fears, we truly are excited, I truly am excited. And in this message I would ask for your help and for you to please say if you are willing send us a group message.

Yes, I am willing. Greetings. I am LinEL. I am your teacher. The love of God enfolds you, the grace of God enriches you, the Father is always with you wherever you are. I want to tell you tonight that we are happy once again to be able to send you our greetings and to give you a message/lesson that we hope you have all looked forward to this week. We have been with many of you during your week, spending time in your homes, and we know what you struggle through and we offer you our love and support as you seek to make the many decisions that are being brought out in your lives by the awareness of our mission.

Your receiver has gone through difficult times this week but has decided to move immediately to Corvallis. This is good. Please give her your support and know that in future times you will have hers.

We want to talk to you tonight about knowledge. Knowledge is not exactly what you humans think of it as being. It is simply awareness of the Father's Universe in all dimensions and forms. We are ever growing in knowledge about the Father and his manifold works. We are asking you to read your Urantia books in large part for the purpose of gaining knowledge which, when possessed as you share it with one another, will give you (the) strength and understanding to proceed. We know that you have only just begun on this adventure which we have been about for some time, but knowledge of how God's universe functions in all phases is useful, even essential to your future roles. Because as you teach/share with others in the days ahead, your knowledge will form an entire backdrop to your own teachings. That knowledge colors your entire presentation because it is often the basis of your dearest beliefs.

As you know, the book is an excellent source of accurate knowledge about the Father's world/universe. The degree to which you have at least some understanding of the overall conception of this universe is the degree to which you will be able to share the immensity, and simple complexity, if I may say such words, with those that you will bring this message of the Father's love to. Keep in mind there will be many mortals who will want to know, will want to know how things work in the universe. For many people this will be the first time that they have been able to understand how life and other existences could be beyond this planet, beyond this life. This universe view gives a

perspective that cannot be obtained by and large from the evolutionary religions.

In times ahead you will be foremost called upon to teach the Father's love by example, however you will also be asked many questions, and it is appropriate to share with others your vision of this vast universe and how it functions as a reflection of the First Source and Center. Many are hungry for knowledge of this, which helps them have a scaffolding for learning to follow through with action on their newly-arrived-at spiritual knowledge. You will enjoy sharing this information with (their) eager hearts and minds, so prepare yourself well. This is an exciting task. In the process your own understanding of God's great creation will grow and deepen so that your own scaffolding will become more firm. While your silent time with the Father is your ultimate foundation, remember that knowledge also is important. So when you think all the amazing information in the Urantia book is too much, remember it is there for a reason. You need not feel that you must grasp each complexity now, but as you expose yourself further, your ability to comprehend that which was formerly incomprehensible will increase, and you will find many moments of excitement as you experience the great "A-HAH!" of understanding in each case where the light penetrates further in your mind. Share together your learning in this respect and enjoy each others' company.

Having said this, I want to remind you, however, that your foremost duty is to seek the Father daily, and to try in your lives to show forth his will by loving yourselves... yourself, by loving the Father, by loving each other, by learning to love each person you may see.

Your group is in the process of forming. You have been together, many of you, for years, but there are also new ones arriving and this will change your group functioning. Sometimes in wondrous ways, other times in ways more perplexing. Remember there are no problems which arise which cannot be resolved by resorting to an attempt to pursue the will of the Father, and to be patient and gentle with one another as you come into disagreement, which will certainly occur, for as Michael said on your planet, he did not ask for all to think alike. It will take time to learn to function together in harmony despite differences. Do not see this, however, as troublesome or unpleasant. It can be a tremendously exciting and rewarding experience. You will find as you grow closer, as you learn to truly know one another's hearts both the abilities and the shortcomings, both the triumphs and struggles, you will grow much closer than you had imagined.

Sharing the truth of your inner self with each other is not easy in the beginning. The Father has asked that you share the inner life with him, but he also asks that you share your inner lives with each other, for this is loving. If you learn to love by understanding a person's true motivations, then you must seek to do so, and they must be willing to share those motivations. This means revealing motivations that are not always considered attractive. You must learn to cease judging your own and others so-called negative motivations. Our desire is that you learn that motivations are just that: motivations, and as humans, some will be more spiritual than others, but by willingness

to express those motivations you feel are less attractive, and which you would rather hide from your brothers and sisters, you will find several benefits. You will learn that your brothers and sisters also have motivations much like your own, that no one of you is perfect, that all humans have motivations that reflect their being less than perfect. This is completely acceptable. You will also find that you can help each other to come to enhanced spiritualization of motivations by this sharing because you all have the will to improve, and your common situation will lead you to support and help each other instead of judging one another.

Do not feel dismayed if you cannot do this at once. This will be a gradual process. It takes time to trust each other, but any of you who can speak out honestly about either discouragement or about your enthusiasms, please share as fully as you can. This will be a time of great change for you. Part of your meetings (are) devoted to studying your Urantia book and you should continue, but you do also want to consider developing new patterns of group behaviors/ of group participations. If you each think about this, perhaps you can share together ideas that you might have each respecting the others possibilities, trying not to jump to judgmental conclusions.

This is difficult for your receiver because she has had ideas of this for many years, which concur with ours, but feels afraid you will think she has this as her personal agenda. However, if you examine the teachings of others of us here on your planet, you will see that we all say the same thing. We want you to become close and loving friends, closer than families as they are often found on your world, so that when you begin to spread the news you will always know you have each other to trust and can share your griefs, your fears, your perplexities, your frustrations knowing that you will be heard by each other with loving concern and understanding. This is the foundation of your group that will give you strength to participate in the roles that we are preparing you for, and we would encourage you to think on these things this week.

We want you to know that we are very pleased with your group. We think you are doing a wonderful job. We can feel the love growing between you and we are excited about working with you. I personally feel very fortunate to have been selected for your group because I expect very interesting things ahead for us all. My companions in this mission for your group are also excited. We await your meetings with anticipation each week. We look forward to being able to speak more directly with you but it will be a few weeks because your receiver needs time to settle into her new home. We would ask in the meanwhile that all of you please remain as open as possible to our teachings because eventually all of you who so choose will be receiving us and any who feel impelled to say what they hear in their mind, please speak and say/ please speak the words that come to you without fear.

We love you all very much. You are unique and we look forward to a particularly fruitful (I'm getting comradeship/companionship/teamwork/...I'm trying to find the word they're giving me).....cooperative effort. Know that the Father is with you always,

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every second of every day. Michael is aware of your efforts and extremely pleased at your response to his call. His spirit is with you in any moment you seek the truth. He loves you. You are surrounded by beneficent intentions and you will surely succeed. Please love each other this week ahead, and seek each other's company. We look forward to our next meeting with you.

Farewell.

The love of God surrounds you, the light of God strengthens you, His goodness inspires you. Wherever you are, he forever is. Greetings, I am LinEl, your teacher. I am delighted to send you this message for your meeting this evening. Thea has done too much this week and is ill. She must take better care of herself. But this form of message is suitable for this occasion.

I want to talk to you tonight about courage. This is a quality that many people lack, true spiritual courage. It takes a great deal of wisdom and commitment to develop spiritual courage. It is a quality well esteemed here on this plane as it is there on yours. It can be more difficult to face the struggles with self than to face the outward battles of war, even though that seems impossible. There is much to conquer when dealing with fear, and this is what constitutes courage: the facing and dealing with fear.

There are many things you humans fear that we no longer fear at this level. One of those things, of course, is physical death. After experiencing the awakening on the Mansion worlds, the fear of transition sleep is virtually absent in the terms that you would understand. It is replaced with the natural trepidation that occurs when facing great change, and even that diminishes as new levels are attained. But on your world, where you are agondonters and beleaguered with negative legacies of the rebellion, such fear can be extreme.

We hope you are all experiencing a lessening of some of these fears as a result of contact through this mission. A clearer sense of the realities ahead is very helpful in this matter. Your trust and faith in the outworkings of the Father's will in regards to this mission is noted and we consider it touching and inspiring to watch as you are learning to see ahead on the path. You will find that as you progress in your understanding and faith, your fear of mere physical death will be diminished to be replaced with a degree of joy and anticipation for the life ahead.

I know that some of you long deeply to be part of this mission on your own planet and the thought of death now seems even worse. No one can say what the exact future holds for you, or in any event, this is not something that we are at liberty to divulge to you even where we may occasionally know. But fear not; what we can assure you is that you all have roles in this undertaking and the moving on to the mansion worlds will not necessarily prevent your participation. Remember this is no longer a current dispensation, therefore limitations that obtained priorly are in many cases no longer a problem. We refer, for example, to restrictions as to the particular presence of ascendant beings on this world. Many can come here now who were unable before. Who knows what interesting partnerships will occur in this experiment in which many former regulations will be altered? Again, fear not! Michael has called you to this adventure and the Father has willed it. Do not think he will let you down when your wish to serve is so great. One way or another, you will indeed see, and participate in, the events to come, whether some of you have joined us on this side or not. Trust in the Father; he

will never fail you.

Courage is also to be cultivated for your participation in this mission. It will take much courage, sometimes all that you have, to speak out and say things up ahead that will be required of you if you wish to continue. Loving others as Michael has loved you, and now asks you to begin practicing, not only with each other here, but out in the world of your daily lives, is a truly daring and courageous act. Michael did not go about doing good without boldly going where his Adjuster led him in his dedication to the will of the Father. Loving others in a Father-like manner is the great adventure of all time; it is being like the Father, being perfect in your sphere as he is in his. You will be asked to do many things that you fear, in the name of serving Him whose will you seek to follow.

Some of this fear will consist in revealing yourself to others, not just your convictions about this mission and the affairs of your brother Michael, but also sharing your selfness of personality with others. Many shrink from this task of self-revelation because they were raised to disregard it or were even directly attacked for such revelations. It will take courage to overcome your early training in these regards, all of you. It will take courage to overcome the fear of striking up conversations with strangers, of directing your energies towards the things of the Father instead of the things of your material life, of learning to work side by side, learning to be entirely honest and open with one another in order to become the versatile team that we know you will eventually become.

Remember, using the courage derived from faith to overcome fears is one of the most exhilarating experiences you will ever have. This form of risk-taking has all the zest of driving a fast vehicle or scaling a dangerous peak, but it serves the Father's purposes, and not a mere animal interest. Those of you for whom this risk seems impossible, yes even you will learn to eagerly anticipate the thrill of each act of such courageous faith. Try it and see! Try loving and speaking forth what is in your heart, and watch the results. There will be trials and conflicts at first as you discover that indeed you are each individual, none has the same opinions. But soon you will learn to relish that fact and see that such a thing is an essential element in the great mosaic of the Supreme. It requires all of your different viewpoints, all of the viewpoints of all personalities, to form the Supreme Being. So work courageously to express your part, that you may advance the Supreme on his path. The practice of this courage will soon become as meat and drink to you, and when you find ways to harmoniously work together with all your diversity intact, you will laugh as you look back on what it was that you feared so at this time. Rejoice! The adventure is before you, and I assure you, you will not be disappointed in the end. So take your courage, drawing freely from the Father's love, and begin to act on this adventure. You have not truly begun until you begin to act. Do not fear, begin action now. Dare to love, to live the Father's will. It will be difficult to begin, but it is simple when you learn how.

We will be with you this week as you attempt to act on your faith. Know that we

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send our love, that Michael's love and appreciation are with you, that the Father Himself is joyous to share this adventure by your side, always strengthening you in all that you do if you but knew. Keep the faith!

Talk about this among yourselves, enjoy sharing your experiences with this adventure. We will have a message, in one form or another for you next week. That is all. Farewell.

The love of God surrounds you. The love of God enriches you and gives you peace. Where ever you are He is.

Greetings. I am Linnel. I am your teacher. I am delighted to be here with all of you tonight for our first personal visit together. I am thrilled that I have been chosen to be your teacher. You are all doing very well. Better than you know and we have many adventures awaiting us. You will find in time that this will no longer be peculiar. It will become comfortable. I am pleased to hear you sharing together your experiences. This is part of what we wish you to do.

I know we are all anticipating great future events when Michael will be among us and many exciting things to learn. However, I would like to say for tonight that we need to remember the focus is on love. By this I mean, the heart of this mission is to live the religion of Michael as he practiced on this planet. This means to love the Father, to feel the Father's love for you and become a channel of that love in your lives. This is the most important part of all this mission. I am pleased to see so many of you tonight. I have spent time with you during the week and I know you are all excited about these circumstances. Please feel free to discuss your experiences with all of this together, as this will help you to proceed.

I am willing to answer a few questions this evening before I go. Does anyone have a question?

Good evening Linnel this is Barbara: I think one of the reasons for my being a part of this mission is to be the first one to ask questions because I'll do it. In the discussion about the quiet time there was alot of focus on the love of the Father as it is felt by various of us during the times that we set aside for that. One of the things realized, I just realized tonight, I don't have a good experience in feeling loved. I believe the Father loves me, and I know there are people on this planet who love me, but I don't feel that. Do you have suggestions for how to overcome that particular kind of feeling and how to allow myself to feel the love that I know surrounds me?

Linnel: Barbara, this is one of the major reasons why seeking the Father is so fundamental particularly among those of you who have suffered from family disorders. There are many on this planet who did not receive the love in their childhood that makes coming to the Father more natural. The silence is your special opportunity to spend time embraced by the Father's love. I can tell you that if you continue on this path and try to open your heart to Him, it will come in time that you can receive this. It is always more difficult when your early experiences have deprived you of that feeling of being loved because you learn responses that make accepting love more difficult throughout your life. There are many of you present who will have noticed you have difficulty accepting love not only from the Father but from each other. This practice of silence when continued will heal this and you will be able to receive and give love more freely. Does this help?

Barbara: Yes thank you.

Linnel, I am Julie and I do have a question. My question is on abundance. I understand there is an abundance of love, joy, peace and alot of other things through the Father and through our other spiritual friends. I understand we have an abundance of these things as well. My question is, is this something we have to learn to bring out of us. I don't know how to ask the question. I am hoping you can pop into my mind and know what I am asking. Do you know?

Linnel: Yes Julie. Welcome. I enjoyed Abigail's lesson on abundance very much. I understand your question. Abundance is an attitude. This is both easy and difficult. We try to explain on levels you can comprehend, however, there are many things that are difficult. There is always more than enough in this universe of love, of goodness, of joy, but it requires that your attitude believes in these possibilities. It is difficult to perceive just how many blessings are available when your minds are occupied with fear, with thoughts of scarcity. I know this is difficult to imagine, but it is like a corner you can turn abruptly if you come to recognize that your attitude brings in the abundance and makes it begin to flow through you, through your life. Let me try to explain. When you perceive that the Father loves you and all things are available to you and you've then act upon that faith—I place particular emphasis here on the word act—when you act upon that faith, it is as if you have drawn upon a siphon. Once the siphon has begun to flow through your faith choice, there is an unlimited amount that can come. Your individual action to choose abundance also helps and

influences those around you in their attempts to choose abundance. This is one of the ways in which we assist each other.

I would like you to tell me if you would want more specific clarification.

Julie: I think I am okay but I am going to think about it further.

Linnel: This is not an easy process for Thea. She is having some difficulty. I would ask her to relax. Please ask again if you wish.

Julie: I am okay right now thank you.

Terry: We wish to welcome you tonight Linnel, we are delighted that you are with us. This is Terry. I have a question concerning a quote in the Urantia Book about another coming even greater than John. I was wondering if that phraseology or that particular quote is in reference to the Urantia Book or perhaps maybe even this mission that brings you here tonight.

Linnel: Greetings Terry. We are part of a larger mission which includes the gift of the Urantia Book to this planet. Our teaching mission, the incarnations of Melcheizedeks and the eventual incarnation of Michael. It is acceptable to perceive this quote as referring to this entire time when such great changes are occurring in your realm. We are helping to fulfill such promises. You will see much of what will come to pass. Is this sufficient?

Terry: It is.

Linnel: Thank you Terry.

Mark: How much of your own personality and the personalities of the teachers come through in these transmissions, in the papers and the tapes?

Linnel: Hello Mark. This is an interesting question, I am glad you have asked. You will find many times we do not answer questions you do not ask. I would encourage you therefore for you to ask many questions. Our process of communicating through receivers is definitely a collaboration. You will find our personality and you will also find that of the receiver. In this sense we are working together as a unit. This is what makes it both effective and somewhat troublesome.

We have been instructed to use those thoughts and concepts of the receiver which are in the receiver's mind unless they are not adequate to our purpose. Therefore you will hear sometimes strange interruptions as we try in this partnership to work together. Nevertheless, I think you will discern my personality and those of other teachers, especially those of you who have known the receivers for long times.

This is an exciting adventure for us all to be working together with you. Remember we are anxious for all of you who so wish to participate of this process. This is part of why we are encouraged by your discussion because as you each come into your own receivership you will go through many of the same things. When you first hear our voices—hear is not exactly the correct word—you will not be able to distinguish from your own mind; however as time passes, you will learn to recognize our thoughts and feelings and reactions more readily. In time, our natures will become quite clear and you will know us even when we are expressed through different persons. Thank you for the opportunity to explain this process Mark.

Thea is tired, could we have perhaps one more brief question?

Hi Linnel this is Barbara again. I just got to know a few people feel some of the negative emotions that we feel here. Are you still bothered by anger, fear, grief, pain, those kinds of things.

Linnel: Thank you for your questions Barbara. This is not exactly the same on your realm. In your realm we have emotional reactions that are troublesome but they are not as yours. We do not experience fear or

anger in the kinds of ways you imagined, nevertheless we still do have difficulties sometimes working with one another due to learning diverse perspectives on reality.

We also still suffer from a degree of what you would call impatience. And we do certainly make mistakes. Fusing with one's thought adjuster does not mean that one is thereby perfect. Therefore, we do have what one would call emotions that require training, perfecting but it is not like the intense negativity you experience on your world at this time. Remember also that Urantia status has made the negative quantity and quality of your feeling much more intense than on normal worlds.

I am very glad to speak to all of you tonight, to have you here. We are looking forward to working with you. Please understand that it will take some time for this process to become natural, both for Thea and certainly for all rest of you. I would encourage you to talk with each other this week, to always feel free to ask questions, do not worry if they seem disrespectful, as long as you are desirous of knowing this is no problem. I will look forward very much to meeting with you again next Friday. I will spend time with you during the week. I am coming to know and love you all. And please remember you are doing far better than you may think. Remember also the Father's love is always with you. Michael himself knows of your group and is pleased with your progress. You will in time receive a message from Him. Please love each other and I will return.

MIK
Transmission/receiving session with Linnel in Corvallis, Oregon on Friday night, 11-20-92.

The love of God surrounds you. The love of God enfolds you and holds you close. Wherever you are he always is. Greetings, this is Linnel, your teacher. I welcome you all this evening. I am pleased to see so many. This is an exciting time for us all.

I want to speak a few words about the process, program, that I have in mind for you. Many of you have studied the Urantia Book for a long time. And your intellectual understanding is in some instances very advanced. This mission however has a different focus. We are here to help you put what you have learned into practice in your daily lives. This is what Michael wishes and we shall surely see this through together.

There is one here who wishes to speak briefly with you. One moment.

Dear ones, it is I, Machiventa. I greet you all in love and fellowship. We are here to do the Father's will together as Michael has bid us. We are preparing for his arrival on Urantia. We ask you to help us in this preparation by learning to live the life as Michael himself lived it while upon your world. We welcome you all to this mighty enterprise. Know that we will surely prevail. I give you my blessings and know that you are known by Michael and by the Father himself. I will come to you again and I thank you for your willing service. Farewell.

This is Linnel. I am pleased to have Machieventa present with us tonight. We wish you to understand our mission is both serious and joyful. We would encourage you to begin now to try to faithfully practice what we are teaching.

I would like to give you an assignment for this coming week based upon the instructions we received in our training. Some of you have read of this in other teachings. I would ask that each of you choose to bring a question next week. The question would be whatever you most feel you wish to know, need to know, to help further your spiritual growth in this time. You will see although this may be difficult we will also have a wonderful time together in discussion.

I am anxious, if possible, that as many of you as can receive us learn to do so as soon as possible. I do not mean to place undue stress upon you, nor should you feel guilty if this is difficult, truly it is difficult for all and what you perceive as your failings are often times difficulties on our side as well. However all of you who have asked for personal teachers have them at this time and they are contacting you. We will try to develop discussions of this process to help facilitate your reception. Please share with each other all the experiences you have concerning this, it will make our work progress more quickly. Thea is not well this evening therefore I will progress immediately to questions. May we have a few.

Mark: Linnel, is there different kinds of love or are there different ways of experiencing the same energy.

Linnel: Again this question which revolves around your English language's use of a single word to describe a vast range of experience and expression. Love in the true sense of the universe has but a single source, this is the Father. You experience His love and express it through your living. Sometimes this becomes contaminated by different motivations but the love remains. You will learn in time to recognize this feeling which is not exactly as you may have been taught. Do you wish to clarify the meaning of your question further?

Mark: No that is fine, thank you.

Linnel: Thank you Mark.

Delores: First of all I would like to ask how are you tonight and that we really appreciate you being with us. My other questions are about the T/R process. It seems like the ten minutes with the Father is a real focus into the heart contact with the thought adjuster. When we were talking earlier with Mark, he got better reception if he let his mind flow so the T/R happens better with less focus involved. I am trying to sort out those different ways to perceive. Is it better to ask a lot of questions so that I can get quick answers rather than wait for something long like what Thea and Janet seem to be able to do. Is it a matter of talent, trust and practice? That's all thank you.

Linnel: Greeting Delores. Thank you for your questions. It is long and complex. I appreciate your appreciation. The process of transmitting and receiving is somewhat different for all yet there are many similarities. The silent time is not however specifically for the reception of your teacher. This is the time for you to seek and foster your relationship with the Father; to receive His love and comfort. One way in which this foster the T/R experience is by making you feel more secure and relaxed. Relaxation is an important part for both the silence and for receiving and transmitting. Sometimes it proves to be the most difficult. For when you are not relaxed in body and in mind, it can be very difficult to hear the words from this side. I would encourage each of you to find, to experiment, to find those methods which best suit your individual personality and lifestyle. This will certainly not be the same for each.

As to whether it is better to ask questions, I would suggest that many times we cannot specifically answer you unless you specifically ask us. It is in part because we must respect your sovereign will. Therefore if you have questions, do ask. This is not a process meant to be saved merely for a particular time although when you are beginning you will probably find a pattern that unfolds. In time you will be able to hear us frequently when you wish. This is because in the days ahead when you go into the world to practice what you will be learning you will have companionship and guidance with you all the way. It does not matter for now if your answer from us are brief or lengthy, this will all sort out in time. It does not matter in terms of value of the message, it is more important that you make the contact. Nevertheless, your first need is always is to strengthen your contact with the Father, for if succeed in this you will succeed in all else. Have I answered your questions sufficiently?

Delores: Yes, thank you very much.

Linnel: Thank you Delores.

Terry: Linnel this is Terry. We are pleased for you being here tonight along with Machiventa Melcheizedek. In the Urantia Book Jesus spoke of returning to this world on several occasions. There have been several comments made presumably by the midwayers who have brought these records together of their thoughts of Michael returning. Also in the Urantia Book there is a summary of the Magisterial Sons missions. In studying both of these subjects in the Urantia Book by superimposing one upon the other, my thoughts or my thinking is, I guess the question I am leading up to is the return of Michael soon here upon this earth, will it be in the form of a Magisterial type mission?

Linnel: Terry, greetings. You may be frustrated in the future by my responses to some questions. I am here primarily to assist in helping you all to live your daily lives as Michael has taught. Many of these questions are fascinating to us all, and even on this side we are not exactly certain how the framework will work out. We ponder this ourselves because on Urantia, in Nebadon things are happening which do not fit into the usual categories. For now, we will all have to remain satisfied to ponder this in our hearts.

You will find I am not always forthcoming with particular questions. I do not do this to plague any of you, but because my main mission here concerns your spiritual growth and I would ask if possible that the focus remain here. I know you have much curiosity, all of you on this planet. Sometimes we marvel at your curiosity, because it seems more extreme than that of those of us who came up through planets settled in light and life. However, please know your curiosity is a good trait even if we cannot always satisfy it and know that we love you and enjoy your questioning.

Terry: I understand and I thank you very much.

Linnel: Thank you Terry.

Tom: Is it possible Linnel, to communicate with our thought adjusters in the way the teachers are communicating with us.

Linnel: Greetings Tom, this is an excellent question. I am glad you have asked it. Indeed it is possible for you as volunteers to the corps to hear your thought adjusters voice if you persist in the silence. You will

know this by messages of unparalleled love and affection for you. We would encourage you therefore to remember that the point of the silence is to hear the voice of your thought adjuster. So do not think when these words start to come to you that you must push them away to remain silent. This is important. Please allow these messages of love to you to come into your minds and hearts for this is the purpose of the silence and you will find increasingly you can receive direct guidance from your thought adjusters. Yes.

Tom: It has been said that the transmitting/receiving is based upon electro-chemical brain reactions. If one were to control their brain waves into the alpha or theta level, does that have an effect on the communication.

Linnel: It is somewhat related, although there are differences. There are literal physical construction changes being made to enhance your ability to attain such states of appropriate brain wave function. This is indeed part of the process and some of you will find somewhat disturbing mental states occasionally results. Do not concern yourself if you feel occasionally, spaced out is the word I find in Thea's mind, this will become comfortable or pass in time.

Tom: Thank you.

Linnel: Thank you Tom.

Delores: Linnel, Thea asked me to ask you about pain that accompanies transmissions and if there is anything that can lessen that, like a key, or some breathing, or some sort of relaxation thing that we could use if it is painful.

Linnel: Delores, your question is interesting. This has been one problem we have had with this process. Part of the difficulty lies in the fact that each of you is bio-chemically different. Therefore, we have not yet discovered any one method that will suit for all. This is why we encourage you to try different things because as you find ways which work it also enhances our understanding so that we may help others. Any relaxation techniques that seem to work for you that you may share with each other to try, are suitable. Please discuss this amongst yourselves and know that we will be listening in as it were.

Linnel: Are there any more questions at this time. Know then that we are all thrilled to be with you all. You have no idea how much this means to us. We are together brother and sisters on your side and ours, trying to work as a large team. Believe me you have no idea how large of a team on this side. You would be almost amused to see.

We feel very strongly that this group is doing quite well in this process and feel confident that many of you will soon be recognizing your teachers who are eagerly awaiting you. We look forward to being able to sit together here and discuss our plans for the future.

The most important things for present still are seek the Father. We know this sounds like a broken record, but nevertheless it is the ultimate answer to all questions. Next, try to practice in your life being a channel for the Father's love towards all whom you meet. Do not be dismayed when you fail. Simply start and try again. I will await eagerly your next meeting, and ask that you think about your assignment. Know that you are always surrounded by the love of the Father. Michael's presence is with you as well and we are all dedicated to helping you to help us to do the Father's will. I truly love you all. Farewell.

MFRK

Transcript from audio tape of Linnel's teaching session on Friday, 11/27/92 in Corvallis, Oregon

The love of God surrounds you. The love of God uplifts you. The love of God abundantly supports you wherever you are, He forever is.

Good evening group, this is Linnel your teacher. I am delighted again to see so many of you here. We have interesting things to do together. And...one moment. We have interesting things to do together and I am very pleased with your progress. You are all doing very well. We are very pleased with this.

I hope your week has been interesting. I would like to send you greetings from Michael who knows of your activities and is deeply pleased at your faithfulness. Last Friday I gave you an assignment. I hope it has been interesting. This evening I would like you to ask some of your questions, and following the question period, I would ask if you wish, that you discuss together what you have thought this week. This will be a frequent request on my part because class discussion is a useful technique. I enjoyed spending time this week with each of you. Understand that you teach us much which helps us to better serve you. Please know that we all love you very much and are excited by your progress. I am ready for your questions if you desire.

Delores: Good evening Linnel, this is Delores. Thank you for lightening my week. I noticed your touch on my life more than once. My question has to do with the work that we did with Michael in 1985. I have always considered this T/R as co-phenomenal with that occurrence. I want to know how the work we did then can be used in this mission or if you have plans for that and how we can best continue to serve Michael. Thank you.

Linnel: Greeting Delores. I was pleased to be with you during this week. I would ask that you reserve this question for a personal session if that is acceptable to you. Is this acceptable?

Delores: Yes thank you.

Linnel: Thank you Delores. (long pause) I know it is difficult to ask questions and I perceive microphones are not always enjoyable, however, we must get used to this process. I think you will find it is not so difficult once you have experienced it. We are as you say all friends here.

Alan: Hi Linnel, this is Alan. The question I came up with thinking about what you asked us to think about last week is that I feel that there are certain attitudes I have that are blocking me from receiving a personal teacher and from letting me share God's love both with myself and others. How can I change these attitudes when I am not sure what they are? It is like I don't know what to do in relation to them. Is there something that you can give me to help me to understand what to do?

Linnel: Thank you Alan. This question is difficult because Thea has emotional responses, nevertheless we will try. You know how early your attitudes were formed. This makes your task not easy. It is necessary to learn to see each moment in your life for exactly what it truly is. This is not a habit you can acquire quickly. Therefore, it sometimes appears as an almost impossible task. You must remember to live one day at a time with this. Remember that your thought adjuster is an important part of attitude change. You can learn to receive his assistance in this process...One moment please...I am sorry, the distraction is difficult. Is it possible to be address?

Lissa: Yes.

Linnel: Thank you. (long pause) Please excuse this difficulty. When things are more...when Thea is more used to this process it will not be so difficult. But for now these things will happen. I ask you to be patient. Alan to consider, to continue with your question...your attitude is your perception of your life. Your attitude is of fundamental importance in everything that you do. If you can change your attitude you will indeed change your entire way of living. This is one of the most important roles of your thought adjuster. You can ask your thought adjuster to help you with specific attitudes. However, it is necessary to try to do this frequently throughout the day when you are facing the difficulties you are mentioning. I do not know how to comfort you except to tell you that this can be done and that you can do it. But you must struggle against

your need to do this perfectly because as human beings you are not perfect and you Alan are certainly a human being. There is nothing unacceptable about this. You will prevail if you continue to seek the Father's will. Try to do this throughout your day instead of restricting it simply to one time. Is this useful?

Alan: Yes thank you.

Linnel: Thank you Alan.

Tom: In the Urantia Book it says that the attainment of the cosmic circles augments the potential of human success and mortal achievement. Is it possible to tell us what cosmic circle we have attained.

Linnel: Tom I regret this is not possible. I would be curious as to your interest in this however and how you feel it will assist you. I understand humans are very curious. Sometimes I wish we could satisfy all that curiosity. Unfortunately we cannot.

Tom: Basically I do not have an interest in what my spiritual name is. I would rather know how advance my soul is.

Linnel: This is something between you and the Father. I would encourage you to speak with your adjuster about this. In time you will receive the assurance you desire.

Tom: I also have a question on (pause as the clock strikes eight o'clock with eight chimes) other beings such as the social architects, adjutant mind spirits, and there are several others that I didn't get their names, but beings like that, are they able to help us in our everyday interaction with our fellows.

Linnel: Yes this is sometimes possible. You would be amazed at the array of different groups and personalities functioning here to help you in your progress. Participating in this mission does bring with it certain advantages and benefits. You are receiving these at this time.

Tom: Thank you.

Linnel: Thank you Tom.

(Long pause with no questions asked)

Terry: Good evening Linnel. The question I bring to you this week is in the past years we have studied the Urantia Book and gained an understanding of the teachings that are in the Urantia Book. I believe my concern is until we expand this knowledge to those who do not understand or know about these things we really haven't succeeded in accomplishing a great deal except for our own personal growth. That until we take action to expound these things to those who don't know...I think what I am trying to ask is how do we best build up the courage that is required to take these things to people who do not know or understand the things of the Urantia Book without them looking at us wondering whether we got a few missing bolts and nuts.

Linnel: Terry, thank you for your question. This gives me an opportunity to discuss something with you all. The Urantia Book as you know is an amazing book which has blessed you with incredible knowledge of the universe, the functioning, the Father, Michael's sojourn, however, our mission and at this time, your mission as well, is not particularly to spread the book, although this is acceptable when you deem the time right, but to learn something I think you will find sometimes takes even more courage, which is to learn to truly love everyone you meet. This the task. This is spreading the religion of Jesus. This is living the religion Michael lived on your planet where he had no Urantia Book at hand. This does not mean that when you perceive a person is ready that you do not offer him what you have come to treasure so fully. You will learn in time as you have already have done to recognize openings in a person's mind to learn to discuss preliminary matters which can permit you to assess whether mentioning further is appropriate. Nevertheless, your main task is

to love each other and everyone you meet. I think you will find this sufficient challenge. I know you will to grow to enjoy this very much and find ways to harmonize your natural desire to spread the Urantia teachings with it. Thank you Terry for your question.

Terry: You're welcome.

Linnel: Are there any further questions for this evening?

Dan: I would be curious to know if you could describe for us any specific instances of divine intervention or influence on persons throughout history which we might recognize or perhaps point out for us names that we might recognize of what you understand to be enlightened individuals or conversely describe for us some of the things that Caligastia was directly or indirectly responsible for, what kind of things he went about doing and what we might notice the lack of now that his doings are done as I understand. Is that a fair way to get a lot of questions into one.

Linnel: Greetings Dan. I think you are asking me to write you a book.

Dan: Thank you. (group laughter)

Linnel: This of course, I will not be doing. I would be curious to know what it is about these questions that you feel will most further your spiritual development?

Dan: I would be curious to be able to look more directly at events that we might be familiar with to find out specifically how others that became spiritually enlightened or were just working along that path dealt with that fact in their lives like we are trying to cope with to do.

Linnel: I would suggest that perhaps you seek names of various people who you find inspirational and study their lives. I understand your question. This is often helpful because you learn to recognize what other humans such as yourself have done in their struggles to come to the Father's love. You know yourself some of these who interest you. I would definitely proceed in this. However, I regret I am not here to instruct you in these specific matters. And it would take me more time than you can imagine to fully educate you on this. Does that help?

Dan: How about the Caligastia part?

Linnel: That part I will not speak of this evening. You will find it is not unusual for teachers to not answer each of your questions. I know this is frustrating and no ill is meant, however there are things we are permitted to discuss as well as teaching guidelines which we intend to follow. In this instance this will not be possible. If it is possible later, I will inform you of that. Nevertheless I appreciate your questions.

Dan: Thank you.

Linnel: Thank you Dan.

Barbara: Linnel this is Barbara and I think this past week has shown quite clearly to me that the greatest impediment to spiritual growth in my life is pain and fear associated with early experiences in my life about what religion means, about what spiritually means. My question tonight to you is what kind of things can I do to overcome the fear, to overcome the pain. I was talking with Caren early and I expressed this by saying that it feels like the immovable object meeting the irresistible force inside me because I have, clearly have a desire to have a full and meaningful spiritual life. Any guidelines you can give me would be appreciated.

Linnel: Dear Barbara, please be assured I do understand the nature of your difficulties. I think the biggest struggle all of you have to bear on this planet is the fear legacy of the rebellion. You know your early life was very destructive in spiritual terms. And you have only recently truly recognized the gravity of that

situation. Unfortunately, in this case it means a great deal of patience with yourself will be necessary because it will take time before you can go through the memories of that time and feel free to follow your own spiritual path. Please know that you have the right to do exactly this. That your relationship with your thought adjuster, with your concept of the Father is for you and you alone to decide and determine no matter what any other may say. I would encourage you to try even during times of discouragement to commune with your thought adjuster. Do not concern yourself with teacher or this mission if that is causing difficulty. I know this is little comfort for again it appears that I am the broken record. Nevertheless, in time you will be satisfied and you will find this journey meaningful once you have moved further ahead. Does this help?

Barbara: Yes, I have a follow-up question if that is all right.

Linnel: This is acceptable.

Barbara: That's what I thought. When you speak of communing with the thought adjuster you know these notions are very new with me and the idea of thought adjustment is just a little strange for me but not any stranger than some other things I have come across. What's the difference between communing with one's thought adjuster and the quiet time that one spends with the Father and my own version of praying which is to write down everything I can think of in the morning.

Linnel: Praying is different from communing with the Father, the thought adjuster. Praying is often working out of difficulties and attempting to align your will with that of the Father, however, that to which I refer is practiced in the silent time where if you seek to visualize the Father's love for you, you will eventually find your attitudes adjusting. This is the purpose of the silence. Not that you shall remain in silence but that you shall begin to hear the Father's endless message of love for you. All of us need this assurance in the universe to maintain and continue our spiritual growth. This is not easy at first. But as time passes, you will be able to sustain hearing His voice for longer and longer periods of time. Do not be dismayed when your mind runs wild as this is frequent particularly at the start and will continue. However it is useful to pay attention to where your mind goes because you will get clues of particular problems. When you recognize your mind has strayed gently remember again the Father's love for you and try to refocus without burdening yourself with guilt. This is what I mean by communing with the thought adjuster. Is this clearer?

Barbara: Yes thank you.

Linnel: Thea is at the end of what she would call her rope. I would ask that we stop for now and I would encourage you please to discuss your questions. Those of you who have not asked do not feel badly, there will be plenty of time ahead. Thank you for being here. Thank you for what you are doing to help us in our work. Know that we all are encouraged in your progress and spend time with you. Know that the Father is with you, that Michael himself knows of your group and appreciates your sacrifices. And we will return next week. Farewell.

Corvallis, Oregon 12-4-92

Linnel: Greetings. This is Linnel, your teacher. I hope you will forgive me for being more informal this evening, but it appears that the tone of this gathering is likely to be comfortable with this. Know we enjoy your humor thoroughly. Your laughter together helps you to become bonded / friendship / family group. I have many things to discuss this evening about the direction of our group. I am pleased that this opening attitude because one thing I wish to encourage is less formality and more fellow feeling. We are here together, brothers and sisters, to become a family group. We are your brothers and sisters, and you are ours. I want to encourage you to see these sessions as we are getting started in this process as something more like a conversation, or perhaps group discussion, than merely a question and answer session with me. I am perfectly willing to take your questions, and will continue to do so. But I would encourage any who wish to comment during this process to please go ahead. I will also for the time being try to shorten the length of my replies, so that more persons can ask questions and become involved. This process of getting to know one another takes some time. There will be sufficient time ahead for me to begin more formal instruction. What is important now is for you to learn to know each other and to enjoy each others company. This group bonding is necessary before I can move ahead. I would also ask at this time that you restrict the size of your group. By this, I mean it would be best for present not to invite others, unless they are already aware of and support this mission. Your group is quite large, and it will take some time for us to achieve what we need. Please do not see this as any move toward exclusivity. This will be only a temporary measure.

I was pleased to see that the transcripts for this week includes the names of the questioners. Please remember for this time period, these transcripts are primarily for you, and having your names helps you to recall when you are reading and studying. The time will come for you to share these, and at that time you can decide amongst you what measures of anonymity you wish. This is one reason why early in the formation of a group we ask that you not share transcripts, because some people have concern over their privacy. This is understandable and necessary. There will be time to sort out these problems. This does not mean that you can never share these transcripts with a few close persons. Please use your own best judgment.

I am pleased to be with you again. There are many of us here learning as we go, for remember this is a learning process for us all, and not just yourselves. I am excited about your progress, and feel assured that we will be able to move successfully forward. For this evening, I would release you from last time's assignment. I am letting you off the hook. But you can be assured that I will encourage

you in this somewhere in the future. I would like to start questioning now. Who would like to begin?

Mark: Hi, Linnel. I have a question about faith. I was reading in some of the other transcripts, and the question of faith came up. It seems like a fairly simple concept. But when I started thinking about it further, it didn't seem very simple at all. And I was just wondering if you would comment on that. And, in context, I try to take it out of spiritual faith and try to move it into, say, my faith in mankind, or my faith in another person. Is that the same kind of faith?

Linnel: Thank you, Mark. Greetings. All true faith is spiritual in nature. All faith requires that you take risks on behalf of the truth you understand. This can be risks in trusting another person, even when you know there may be difficulties, risks in your daily lives of all sorts where you must trust that the Father's will will always uphold you. Faith is your adventure gift from the Father, and your gift of your trust to him. I repeat, all faith is at heart spiritual. Use it, and your life will become blessed.

Barbara: Linnel, this is Barbara, and I don't have a question, but I just wanted to say thank you to you and Hokvai, and to whoever else has been with me this week. It's been a dreadful week, and your presence and the presence of others has really been useful to me. When I remember to talk with you and to ask you for help, I've gotten it. And that's a feeling that I don't remember having had over any protracted period of time before. And it's nice to see you again, as it were.

Linnel: Thank you, Barbara, for your appreciation. You have indeed been receiving us this week, and using us, as it were, to your advantage, as is best for you to do. We have been delighted to be of any assistance. And I assure you that all of you have us by your sides, ready and waiting to do this. Many times you will find that we are doing this, even when you do not recognize. Again, Barbara, thank you.

Tom: I was wondering what the Father's and Michael's plans are in this mission in regards to utilizing the Urantia Book.

Linnel: One moment, Tom. Yes, I can tell you this much. You know already the Urantia book is the most valuable piece of literature in terms of your understanding of your entire spiritual lives on this planet. It will indeed be used, and we will encourage you to foster its use. Do not be alarmed if it appears that our agenda is different initially. This is only an initial phase. This initial phase is required for several reasons, one of which is that we be able to bond together persons who do not necessarily have the same

backgrounds in this understanding. The time will come, however, when the Urantia Book will serve as the basic textbook for understanding universe reality. Therefore, continue please to cherish it, to read it, to share with each other. However, when you are abroad in the world, it is perhaps best in most instances to focus on channeling the Father's love, and speaking in simpler terms until people's understanding is sufficient to be ready to grasp the book. Does this answer?

Tom: Yes. Also, I'm going to loan a Urantia Book to this person who I've been discussing spiritual aspects in the morning at New Morning Bakery. And, when I explained how the Urantia Book came down to this planet, his first reaction was "That's channeling." And, that's a lot of Urantia Book readers' reaction to the teaching mission. What similarities in the teaching mission and the way the Urantia Book was delivered to this planet...what are the similarities?

Linnel: This is an interesting and complicated question. Actually, the similarities for the transmission of the Urantia Book and the process of this teaching mission are virtually identical. This is in fact the basic manner in which the Urantia Book was given to this planet. Part of the problem arises from the fact that some channeling on this planet has been inspired, though often garbled. Whereas, other so-called channeling has been largely for the ego gratification of the apparent channeler. It is difficult to separate out the wheat from the chaff, and I think it will take some time yet before we can straighten out this channeling aspect. I personally prefer not to use the term "channeling", but I recognize this will be difficult when you are presenting the situation to others who are familiar with the term.

Tom: What would be a better term to use?

Linnel: We have used the terms receiving and transmitting. At this time this is as adequate as we have managed. If this changes, you can be sure that we will all be informing you. Thank you, Tom. This is a very interesting question.

Allen: Hi, Linnel. In getting this group to bond better, what things do you suggest that we do, like on a weekly basis, things that we can aim toward doing that will help us.

Linnel: I understand your question, Allen. Thank you. I have observed that during the week some of you are in contact with each other. We appreciate this. I know it is terribly difficult when your lives are busy to take time. But I would still encourage all of you who can to try to find more times to communicate together. It would be

beneficial if you spend time getting to know each other, because the love that your group will need to share together requires that you each understand as fully as possible each separate individual in your group. This cannot possibly happen overnight, of course. But until you begin it will not happen at all. I know this will cause some difficulties, but I would suggest if one phone call during the week is more than you have done, try this and see how it feels. I think you will find the time spent worthwhile and very rewarding. Other than this, if there are opportunities for you to all meet socially, as you plan to do for your larger group in January, this would be beneficial for your smaller group as well, because it gives you a chance to enjoy each other together, and come to the understanding that is necessary for love. Does this help?

Allen: Yes, thank you.

Dolores: Hi, Linnel, this is Dolores. Thank you for all the beautiful moments this week. My question has to do with jealousy, and how to deal with it when it comes, from both directions. I see it both directions. I had a chance to use a lot of my creativity this week, and people would say negative things, "I hate you. You can draw so well." I don't know how to handle that, because...and then it will be both ways, because I will think that someone has such a great life, or that's probably not realistic either. So, I would like some input on the emotion of jealousy, and how to make that better.

Linnel: Thank you for your question, Dolores. We have enjoyed our time with you this week as well. Jealousy is one of the human emotions which is difficult. You are speaking of a range of emotions spanning jealousy to envy to resentment. These feelings are often the result of poor early teaching, generally when you do not understand your own value. As you come to the Father in the silence, you will begin to recognize more fully that each of you is unique and special, and blessed with more gifts than you can possibly realize at this time. As your own sense of worth as God's own child develops, it will become easier to feel that your lives are adequate, which they truly are. When dealing with other persons whose jealousy is aimed at you, this can be very painful. I would encourage you to reach a trusting hand for the Father's guidance in those moments, and try to recognize that this person is troubled, and that it is no reflection upon you. This is one of those human difficulties which will take some time to be improved on the personal level. These are some of the things I would like to see you discuss together as you become more close friends here, because these are your common problems of living. And together your support and understanding for each other will help you to better deal with them. Does this help?

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Dolores: Very much. Thank you.

Cindy: Hi, Linnel. I don't really have a question, but I just wanted to express my own gratitude...and I just haven't had a chance to do that yet...of your being here with us, and everybody else who might be here. I think we all feel that way.

Linnel: Thank you, Cindy. We already know your gratitude, but are delighted for you to speak with us here. We are just as happy that all of you are here, too. I wish you could see how we truly feel. We all have thrilling times ahead together. We are glad you are part of this, Cindy. Thank you.

Marge: Hi, Linnel. This is Marge. I'm still getting tapped on the shoulder. And the thought in my mind is that this is about the only time of the day that I don't have a lot of the heart drug in my system. I wondered if this could be what this is about.

Linnel: Dear Marge. Yes, this is a problem. I regret to tell you that medications often pose difficulties. We hope you are not disturbed by our loving gestures. But know that we are with you all throughout your day, and love you very much.

Marge: Thank you.

Terry: Greetings, Linnel. My question tonight is concerning the teachings of Jesus while he was here in the flesh. He made a statement that "The Father is in me, and I am in the Father". I can perceive or vaguely understand the Father being in Michael while he was here, because we have a such a gift with us. But I don't quite understand Jesus saying he's in the Father.

Linnel: Greetings, Terry. Thank you for your question. Remember that in truth we are all in the Father, for the Father encompasses all that is, and when a Creator Son, like Michael, is in the fullness of the Father's will, he is truly full part and parcel of the Father's being. This statement is true, but is one of those paradoxes which even we love of contemplate on this plane. All things are in the Father. Does this help?

Terry: Very much. Confirmation, more or less. Now, my next question is: We address Michael by a name, as we do other individuals. But, we only refer to the Universe Mother Spirit as the Universe Mother Spirit. She is Michael's companion, and I'm wondering if there is a name that would be appropriate for us when speaking of her, or addressing her by.

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Linnel: This is a task best taken by each of you, to find the name for her that is most deeply meaningful for you personally. In this way you bring to her the gift of your own individual regard. Is this sufficient?

Terry: Thank you.

Julie: Hi, Linnel. I don't have a question, and Cindy said what I wanted to say. But a thought occurred to me when you were telling us to learn more about each other. Is this our family time, our true family time? I guess that's a question.

Linnel: Julie, if I perceive your question correctly, this is indeed our family time, and I would like to encourage you all to share on this level at these meetings. We are becoming family in a way that many persons have not been able to be family on Urantia. Families on Urantia are deeply troubled, mostly as results of left-over effects of the rebellion. What my point was was that we must not restrict our learning to love each other as family to this one meeting time alone, but try to remember all week long that we have each other. You, with each other, and us with you as well. Yes, this is a true family, in the act of becoming, and we are thrilled with this process. Does that answer?

Julie: Yes, thank you.

Marlene: Linnel, thank you for your inspirational words tonight, and I feel we've all done much better. And I also want to express my appreciation for you, and the others that you have with you tonight. Thank you.

Linnel: Thank you, Marlene. I thank you. I thank all of you who are here, offering yourselves to this mission. You know in your hearts this will not be easy always. This is one of the reasons why we must learn to be support to each other. I do not say this to alarm you, but there will be some difficult times ahead. I do not necessarily mean difficult in terms of gigantic upheavals, but rather in the personal risks that we will all be taking, you on your side, and even us on ours, as we learn to do what Michael has asked to prepare for his coming. I appreciate, Marlene, that you and Terry have made available for us, and for the group, your home to be a place to share. This graciousness on your part is very touching to us. Thank you for your appreciation. I truly thank you all. Are there any further questions?

Barbara: Linnel, this is Barbara again. You probably know that I couldn't get through a whole evening without asking some sort of question of another. When Mark was speaking earlier, I was thinking about what kind of activities you

and the other teachers do, where you are. We assume that you don't just stand around with an ear cocked, and waiting for us to talk with you, and that you have other things to do. If you can tell us some of those things, we'd like to know.

Linnel: Thank you, Barbara. I did know you would ask a question. (laughter) I would encourage others to do the same. Questions are an important part of this process. I cannot share with you all of the details. However, I will tell you that we do indeed frequently meet together, separate from our times with you, and discuss what is happening. In this manner, we learn from each other much about your natures, and better ways to instruct. You will have noticed that we sometimes change methods. Part of this is the result of our discussions. We could never achieve what we are trying to achieve here had we not frequent, constant communication with one another. Does this help satisfy your curiosity?

Barbara: That sounds like staffing.

Linnel: As to where we hang out. (laughter) I love using your slang. It's particularly fun when there are so many, because I have an opportunity. I am afraid if we were to attempt to explain to you the details of this, it would frankly make no sense in your terms. What we do is not physically possible for you, and would seem quite peculiar. Nevertheless, as time proceeds in the mission, we may receive permission to tell you more details of this sort. It is frustrating to us as well as you to not be able to share as fully as we would wish. However, Machiventa, who supervises all of our instruction, has his reasons, and we trust in his good sense.

Dan: Are you able, within the mandates of your mission, or will you on the sly, reveal to us anything further than has been revealed in the Urantia Book? Can we expect new revelations through you?

Linnel: There are those of us who would love to do this, as you say, on the sly. We are requested not to do so, and I will attempt to fulfill that request. However, it has occasionally occurred that small bits and pieces have come through. I have mixed emotions about this.

Dan: Is the Urantia Book as we have it the complete set of transcripts that were conveyed through that original process?

Linnel: Yes, it is.

Dan: (jokingly) Do you need more time to think about that? (laughter)

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Linnel: No, I don't believe so. (more laughter) Truly, we love your laughter. Your receiver is having a hard time keeping from cracking up.

Dolores: Linnel, this is Dolores again. I told Julie I would ask this question, because she wasn't going to ask hers. Sometimes I get a feeling of a presence on my left. I wonder if you could tell me who that is... sometimes very close, sometimes farther away.

Linnel: Dolores, I will not tell you specifically. Part of your enjoyment in this process is the discovery. Part of your learning, as well. But you are indeed sensing a presence. Many of you will find if you are right-handed or normally employ the standard hemispheric division that you will perceive presences fostering you on your left. This is not to say that you will never perceive other locations. But this is...I cannot explain to you the reasons about this. But, yes, you are perceiving a presence.

Dolores: Thank you. Thea had a question last week, I can't remember exactly what it was, but she had asked me to ask about creativity, and how the helpers work through creativity with us.

Linnel: Thank you for asking this, Dolores. I am delighted to tell you that one of the things that we are so excited about for your group is that we have assembled here a tremendous pool of diverse talent. Those of you who think you are not numbered among the creative in this group are mistaken, and you have talents beyond what you would dream of. We do indeed have some plans for using your specific abilities together. We are also therefore eagerly guiding and instructing you in whatever ways we can in your daily lives. I cannot tell you overmuch on this at present, because the danger always exists that you will thereby focus on the future, and have difficulty taking the steps you need to take here and now. Nevertheless, if you had hopes that your group will have importance in this mission, you can rest assured that it will. I would like to refrain from more specific comments at this time. This is something we will discuss in more detail when I begin your regular lessons. Thea is tired. A few more questions will be acceptable, but we must end soon.

Tom: I have a question with regards to the International conference in August of '93. Since the fellowship organization that's putting on the conference is trying to discredit the teaching mission, and shun out of the organization any people who are active in this mission, and are not permitting any presentation at the conference, workshops, or speeches or any type of presentation... what is the Father's and Michael's plan for the teaching mission participation at that conference?

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Linnel: We do not participate within your disputes on these things. It is to you to make choices and decisions as to how you would wish to address this, in your human lives. We are not here to have any involvement in this difficulty. There are things, as you know, that must be settled by you amongst yourselves. I know this is frustrating, but there are reasons why it must be this way.

Tom: Should people go and behind the scenes...like at previous conferences during the night and during off-times, in apartments and condos, there's behind-the-scenes parties, socializing and workshops. People that are supportive and believe in this mission, should they do activities such as those? Should we even go? That's basically my question.

Linnel: This is something, once again, that you must use your own best judgment concerning. Sometimes, it is wasted effort to attempt to convert the unwilling. However, if you feel drawn to do this, I see no reason why it would be against the teaching mission. These are things that you must decide as individuals and groups from the human side. We cannot, for a variety of reasons, either condone or condemn your choices in this matter. I know this is frustrating, but this is how it must be. You are asking questions which involve personal ethical choices, and were we to answer these for you, we would take away your own free-will decision. Wherever you might go, remember your primary purpose is to love the Father, to seek to become a channel of his love to others. This is the important message of the mission.

Allen: Linnel, earlier you said that some people had different biochemical make-ups that made it easier for the teachers to communicate through them, and from what I understand, as we're doing the quiet time, or trying to do the Father's will, somehow our biochemical make-up is being adjusted. Is there anything that we individually can do that would be helpful in that?

Linnel: In addition to pursuing your quiet time, I would encourage you to ask us, upon going to bed, to continue to tune you. The reason for this request is that we do require your full and knowing permission in order to carry out these procedures. It is not sufficient to...we need you to grant your permission. I would therefore encourage each of you to speak with us briefly at bedtime, and request that we continue doing the tuning process.

Allen: Thank you.

Linnel: As a piece of additional information, midwayers are a part of this attunement process.

Barbara: Linnel, I was really pleased at your response to

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Dolores about that feeling of a presence on her left side, particularly when you said that wasn't necessarily universally true, because when I hear Hokval in particular, he comes straight down into my head, and sometimes explodes. He's very irrepressible. And, I thought I was just being weird. So, I'm glad there are exceptions to the left-handed rule. My question, though, has to do with our personal teachers. When we leave Urantia, and go on to the mansion worlds, will we meet our teachers, face to face? Will we know them?

Linnel: Absolutely. There is no question. Do you understand that what we are creating here is a working group which goes far beyond the purposes of the teaching mission on this planet. There is no end to what we may do together. You will indeed meet your teachers, and we will always have bonds of tremendous affection. This time is not just for now.

Barbara: Thank you, Linnel. Be sure to take plenty of time when you need to answer our questions.

Linnel: Thea is tired. I do need to stop for now. I am extremely pleased at the progress that this meeting reflects. We are becoming more comfortable with each other. You are asking questions that are fruitful, and I am confident that we will now begin to move ahead. Remember, the Father is with you always everywhere, and you are in the Father. Michael knows of your individual presence in this group, and he is encouraged. You are yielding great service to him, and you can be certain that he will not forget this. We are with you during the week. Please continue to seek each other out, and grow in your friendship and love. I will look forward greatly, along with my staff, to being with you again next week. Farewell.

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Linnel: Good evening. This is Linnel. I am delighted to be with you again. Once more, your conversation has been exciting. I am enthused about your progress in sharing together. This is what we have hoped for and we are very pleased with your progress. You are truly beginning to become a group and we can feel the love growing. I will try tonight to continue our process getting acquainted with this process and ask you to consider being willing if you are contacted by us to speak, to say whatever comes to your mind. Do not worry about this if you cannot; we are simply encouraging you. Both Janet and Thea have correctly seen that we intend at this time for the Willamette valley to host special activity as has been mentioned. We cannot of course be certain, but at present this is in our planning. You have a variety of fortuitous circumstances and accumulated personalities which may prove highly beneficial. We, of course, of your teaching group, hope that this will be possible. Again, we are truly thrilled at your progress and the feeling that is beginning to happen in your group. I am ready at present for questions.

Mark: Hi, Linnel. It's Mark. It's been mentioned a lot of times that you find our sense of humor surprising and I was kind of wondering, what's going on that we are so special in that department? Do you guys not have your own sense of humor? (group laughter) I find it surprising.

Linnel: Mark, this is somewhat complex. We do have our sense of humor, however, humor on your planet is unique and has ...pause....and is capable of expressing more variety and complexity of experience than that with which most of us are familiar. You have uniquely creative ways of using humor, at least I refer to what is truly a sense of humor on your planet and not some of the less desirable things that are sometimes labelled humor. We find your humor thought-provoking and heartening because you have an incredible capacity for laughter in the face of tremendous adversity. This is a development from your agondonter status and is both fascinating and heartwarming for us to experience and to learn to understand.

Mark: Thank you.

Linnel: Thank you, Mark.

Janet: Hi, Linnel. I haven't really asked you questions before directly because I usually ask Ramalar. (group laughter) What do you and your cohorts do on your time off?

Linnel: Actually, when we are free from assignment, we do a variety of things. There are now broadcasts available to us on your planet, so we can keep in touch with events throughout, and we spend time in closeness with the Father. Also, many

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of us use leisure time to study you more fully and share/ discuss/ talk together about what we are learning. This is an exciting time, and sometimes it is pause.....difficult to take time off. This is not expressed exactly correctly, but perhaps you will understand. Thank you, Janet.

Tom: When for some reason I am attracted to discussing with critics and non-believers of this teaching mission, the whole situation of both our study group and the other groups around the country that have teachers, mainly we're finding out their objections and fears of the teaching mission. I try to convey the purposes of the mission: the daily silence, communing with the Father, loving our brothers and sisters and loving ourselves and our brothers and sisters. Their fear is that we are going to give the Urantia movement a bad name or a cult-like stigma. What other things can we share with non-believing people?

Linnel: Tom, thank you for your question. We are very pleased with your work in attempting to share this mission with others. Unfortunately there will be some for whom you cannot make any difference, however, remember that you have nonetheless planted a seed, and even though, at this time the results may not be apparent, they may be forthcoming in the end. There are some persons who will not listen to any persuasion you may make. It is best to continue to focus as you have upon the basics of the teachings which you have understood very well. Again, we are very pleased with what you are doing. Please continue and use your best judgment. Try to be patient, knowing that all things work in the end for good when pursuing the Father's will.

Tom: Is another purpose of the mission to prepare the mortals of this realm for the return of Jesus, Christ-Michael? In his return, will people other than those that believe this mission, will they be able to discern his return.

Linnel: The ability to discern Michael, when he will reappear on this planet, will be dependent strictly upon the spiritual development of the individual. This certainly means that many will be able to perceive him who are not of your Urantia readership, and others who are, will not. This is entirely based on the individual and their personal spiritual perception. We are contacting persons all over this planet, not dependent on their religions or readership of the book, in an attempt to prepare as many as have the capacity to be able to move forward in this venture. Does this answer? Thank you, Tom.

Delores:Linnel, I've been reading some of the Welmek papers and my question is , is it important for all of us to read papers from all over, because there seems to be quite a similarity about things. How important is it that we know what's happening in other groups?

Linnel: Delores, naturally the most important thing is your silent time with the Father,

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and seeking to experience his love and live it in your life. However it is always beneficial to read teachings from other teachers. Each of us has our own different approach/ understanding of universe reality and also are authorized to attempt different things with our groups. If you are able to read a number of teachings you will begin to see the pattern of how the mission is planned and unfolding. I would encourage you to continue in this, any of you who so desire. These teachings are meant for sharing with all who sincerely desire to hear. Does this help?

Delores: Okay, one of my questions was are there special plans for Christmas?

Linnel: I do not think our perception of Christmas is the same as yours. Were there plans from other parts of this mission, I would not necessarily be able to communicate this to you. I know this answer may seem insufficient, but sometimes I will be vague...purposely vague.

Delores: Okay.

Linnel: Do you have another question?

Delores: About other people who don't know about the mission...there's a hopelessness sort of about the planet and the problems and I wonder how to...I guess you're going to say, tell them to spend time with the Father (group laughter). I don't think I have any more questions, thank you. (Group laughter)

Linnel: Actually, Delores, I might tell them to spend time with you. (group laughter) You are already addressing this. I would encourage each of you to sow hope where there is discouragement at all times and you, Delores, are attempting to do this. We appreciate your efforts.

Delores: Thank you.

Narcy: I have a question about balance and how, as a social worker, how to find the balance between giving, which feels many times like it comes fromit's not me where this energy comes from, but I feel like sometimes I get into over doing it and I'm not sure that I spend enough time...I have a hard time balancing between doing this work that you're asking me to do, you know, do my daily ritual thing, and also do my family thing, and my kid thing and my social service thing. So I guess, more than a question, I have a request for help in finding that balance, and anything you have to say would fit.

Linnel: Yes, this is a very good question because all of you, to one degree or another, will struggle with this frequently. Balancing these things out in your lives is very difficult. Among other things, you work longer hours to supply your

material needs on this planet than is natural and normal. This continually causes difficulty in prioritizing your life. We are not asking you to do more than you can do. We do not want to burden you. We will help, over time, to teach you ways to better take advantage of your time. This quiet time with the Father of ten minutes daily is one technique because it is not time-demanding. When you think of our request that you learn to feel the Father's love and let it flow through you to others, we ask that you try to do this within the context of the other parts of your life, so that you, Nancy, would be giving the Father's love in your work and your family circumstance and any other areas that you can. However, remember the self has rights as well as others, and you must take time for yourself and your spiritual refreshment. If you find yourself resentful of all that you do, this is difficult and not necessarily required. Try as much as possible to do ...to align yourself with the Father's will and then do those things you most truly want while avoiding overmuch activity in areas you find exhausting, or which make you feel overburdened. This may not be fully clear. We will be discussing these things in more depth. This particular balancing is very important. Have patience with yourself and know that in time, you will find ways to improve this situation. Also, this season of the year, as you experience it on your planet, does not make these feelings any more comfortable. We notice people have trouble during the holiday season as you call it. This doesn't seem like a holiday to us. Try to remember that there are responsibilities that you take on that are not always necessary. I am referring now to all of you. That you do not necessarily need to do all that you believe is your duty in order to fulfill the Father's will. Much of what humans are concerned with is not overwhelmingly important in your spiritual life. Does this begin to answer?

Nancy: Yes.

Cindy: That brings up another question about the balance between introspection and trying to learn about ourselves versus self-forgetfulness, and that sometimes seems to be at odds with each other(tape unclear)...

Linnel: Cindy, I think I understand what you are talking about. Thank you for your question. Yes, this is one of those apparent paradoxes. It is related to loving yourself as your neighbor. This statement refers to the way in which your knowing yourself and your understanding and loving your neighbor are tied together. Although they seem, contradictory, really they are not, for you need to approach this from both directions. Let me explain further. In order to fully understand your brothers and sisters on this planet....(clock chimes)..I will wait. This is not distressing, I am just...waiting. I will repeat: In order to fully understand your brothers and sisters on this planet and be able to love them, you must also understand yourself so that you come to them with an attitude of the compassion and fellow feeling that is born of your own personal knowledge of yourself. There is a difference between analyzing yourself by pursuing all your

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negative traits and attempting to by act of will change/ alter them. The self-analysis...self-analysis is really not the best word. What is useful is to examine your life to enlarge the picture on yourself, I am referring here to the Urantia book phrase concerning the snarling savage, enlarge the picture on yourself and you will begin to understand your own troublesome behaviors and forgive yourself. This experience helps you to do the same towards others. In reverse, as you start to understand others through enlarging the picture in reference to them, you will also begin to better understand yourself. Therefore, this is a circle of understanding, a circle of pursuit of knowledge, each linked together. This is....this structure is frequently found in this manner, you can attempt to balance. If you place overmuch stress on either side, it will become unbalanced. Is this helping?

Cindy: Yes, thank you.

Linnel: Do you need further clarification?

Cindy: Not at this time, thank you.

Linnel: Thank you.

Terry: Greetings, Linnel. Nice to have you here with us (tape unclear)...I'm going to ask you another technical question. In the Urantia book when Jesus talked with Nathaniel, Jesus referred to his spiritual eyes not being annointed. If our spiritual eyes were annointed, would we be able to see the activities (of spirit?-tape unclear) personalities (tape unclear)? Do we have the right to request this? Will it benefit us in our spiritual growth if we receive this, will it interfere with our free will?

Linnel: Terry, this is an interesting question. It is not so much that it will benefit you in your spiritual growth, but that truly it is your spiritual growth. This annointment, as it is referred to, is actually a symbol of the growth spiritually of the individual until they are on a plane where it is possible to see. Therefore it is something done by choice of the individual to pursue the Father's way and cannot possibly interfere with free will. We are working with you and this is part of what we seek to do, to increase your spiritual growth and as that increases add to you awarenesses that you do not at present have. Does this answer.

Terry: Very much so. Thank you.

Linnel: Do not worry about your technical questions, Terry. If I do not choose to answer, you know I am capable of not answering (group laughter). I enjoy all of your questions. I regret all of your questions. I regret I cannot answer them all,

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but I do truly encourage you to ask whatever you wish.

Terry: I would like you to know that I do understand that sometimes you can't(tape unclear) ...I may go away wondering why but after thinking about it, I generally (tape unclear).

Linnel: Thank you, Terry. I appreciate that.

Marlene: Again, Linnel, I'd like to say thank you for being here, and the others that I'm sure are here, and the things that you have answered tonight have really helped me because I have found myself caught up in the frenzy of everyday life and I've gotta get myself calmed down and into the quiet times again. Thank you, again, for being here.

Linnel: Marlene, thank you for your appreciation. We always enjoy talking to you. We would encourage you to ask questions any time you so desire. All of you, remember, you can ask questions at any time. Even if you do not perceive the answers, your questioning still permits us...grants us permission, to attempt imparting information to your minds. I would ask you all to speak with us at will. This will further the mission.

Alar: Hi, Linnel. I've noticed that both in your talking to us in the group and in the communications I had with a teacher this week that (tape turned; machine left on pause at this point.)

Reconstructed questions and answers from Side B of tape:

Alar: Hi, Linnel. I've noticed that both in your talking to us in the group and in the communications I had with a teacher this week that I felt the teachers' love for us very strongly. Is this love from you a part of this teaching mission?

Linnel: Love from the Father is most important, but this is a part of the mission. If we succeed in expressing for you the love that we feel, and you learn from this example that this is what we wish for you to do in your own lives, to express this love from the Father to all others, then we will feel humbly grateful that we have succeeded in serving you as we have come to do.

Doug: I would like to ask if we have a teacher assigned to us in Lincoln City.

Linnel: You are indeed receiving teacher contact but it is still not finalized, we are still working on this.

Doug: Can you tell us the name of our teacher?

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Linnel: No, I regret that I cannot give you a name as I do not generally do this. I consider this a part of the faith adventure. The names are not truly the important part. However, if you are sufficiently concerned, please feel free to ask another teacher.

I have enjoyed being with you tonight and will be with you during your week. I am very pleased with the progress you are making. I will look forward to meeting with you again next week.

Farewell.

Linnel: Greetings. The Father's love is always with you. This is Linnel, your teacher. I have again enjoyed your conversation, your speculating together and addressing common problems with your companions is familiar as we also do these things. You are progressing very well. We are all pleased at your progress and excited at what is to come. Please remember however to continue your quiet times and to show love in your lives to the greatest extent possible. There are indeed many exciting times ahead in this mission, but it cannot be accomplished unless you do your homework. We know that you all desire this, but sometimes it is more difficult to actually do. Know you have our assistance and encouragement always available, even when you cannot feel this. I am ready to take questions.

Alan: Hi, Linnel. I'm wondering. During my week I'm pretty faithful about doing ten minutes of quiet time. Is there anything else that would be particularly helpful, whether it be connected with my thought adjuster, interacting with my teachers or whatever, that would be helpful to the spiritual growth?

Linnel: Alan, greetings. I suggest to you, and to you all, that you make a little time available to think about possible things you can do to improve your daily life. This will be somewhat different for each, although I would encourage you to discuss this together. There are many techniques - however, these work best when you yourselves participate in their discovery. We have given you basics and you can now take them and adapt them to your personal use. Several things to keep in mind. Find ways to seek spiritual sustenance throughout your day, not restricting yourself merely to one time, and always seek to increasingly make this part of your regular life, not seeing it as a separate thing, for it is not. As you spiritualize your daily living, you will find all things go more smoothly. This is part of practicing the spiritual life as Michael lived it on Urantia. Does this help?

Alan: Yes, thank you very much.

Linnel: Thank you.

Delores: Linnel I have three questions about that same thing. At first I thought spending ten minutes a day meditating would be real boring. And I would have to force being still, but now suddenly, it's become refined in a way. Can you explain to me what changed and what quality occurred that made that different?

Linnel: Delores, you know what you know. I mean by this, although you cannot explain such things in material, intellectual terms, your heart recognizes the difference. I would urge you to seek this feeling/ sensation/ understanding in all your spiritual practice.

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Delores: Okay, that answers the second question. A whole-heartedness seemed to occur where first it was only on my left, and then in group meetings at stillness, I would feel whole and it would go out through the right side, too, but I couldn't get that while I was alone, and then last week, it got so that I could feel that wholeness all around me whenever I did it, and now it's become a part of me constantly, that there's this wholeness that I feel and the word sustenance that you used, it's like a food or a rest or a nourishment rather than just being still and making myself think about God. It's a food, nourishing process that happens. And my third question is why does it sometimes feel like the ground shakes or like there's earthquakes that happen?

Linnel: Delores, I would encourage you to focus on this sensation of being loved by the Father, which is indeed sustenance for us all, and to concern yourself less with specific physical locations. These are, in the end, unimportant. The feeling of being sustained by the Father is the part which gives us true life. When you, all of you, come to feel this enveloping love, you can truly move through your days giving out what you receive. This is part of what you can eventually expect through your quiet times, however, please do not judge yourselves for your progress. This is not useful. Remember also, we never judge. Such judgments are removed from spiritual pathways. You will progress more quickly and safely if you tolerate your own shortcomings as well as others. You are human, and cannot yet be perfect, therefore, pay attention to your success and do not lament your apparent failures, for I tell you these failures as you call them are also part of your growth. As to a sensation of earthquakes, Delores, this is a personal symbol I would encourage you to explore and perhaps discuss with your friends. Does this serve?

Delores: Thank you, Linnel. So when it seems like nothing happens sometimes, we shouldn't judge that as nothing happening.

Linnel: This is true because it is not possible for humans to sustain this at all times, and when you judge yourself as wanting, you narrow the spiritual floodgates of the Father's love. Therefore, be patient with yourselves, for things are happening even when you do not feel this.

Delores: Great. Thank you.

Linnel: Thank you, Delores.

Cindy: Thank you, Linnel, for the gracious words about not judging ourselves. I think that we all can stand to hear that, and I know for myself, it's really heartening to hear. My question, kind of on the tails of Delores's, is there have been a few times when I have felt the Father's love, and in my quiet time I often strive to

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feel his love for me and it's only rarely that I actually feel it. I'm wondering if I just need to be more patient and not judge myself because of it, or if there's something else I can do to help that? Is that a clear question?

Linnel: Dear Cindy, thank you for your appreciation. Yes, we know you mortals judge yourselves often. This is unfortunate and once again, partly a result of the rebellion on your planet. This is not a necessary, natural state of affairs. I would encourage you to indeed be more patient and also to visualize yourself as relaxing into the Father's love. This will help eliminate the tendency of trying too hard, which is understandable in you all; try to let go and see yourself in his hand, safe and secure. This will help. Do you wish more?

Cindy: No, thank you very much.

Linnel: Thank you Cindy, for your questions.

Katie: Linnel, what is the spiritual significance of dreams and did Jesus dream when he was alive?

Linnel: Katie, yes, of course Michael had dreams, for this is part of the human mechanism. As the Urantia book tells you, it is very difficult to sort out (clock chimes) I will wait. This is no problem. I will repeat, it is difficult to sort out the spiritual content of dreams from the more material uprisings from subconscious levels. This is why you are encouraged to take care in your interpretations. Nevertheless, there are... dreams can contain spiritual material. I would suggest attempting to apply standards of judgment not unlike those you bring to other examinations for spiritual content, that is: Are the messages you believe you are receiving positive? Do they further the love of the Father and your fellow men? These things can help sort out the dark parts of material life from the love that is constantly coming to you even as you sleep. Nevertheless, it will not be possible to clearly interpret your dream life. Enjoy what seems constructive and try not to worry overmuch about that which is frightening.

Katie: Thank you.

Linnel: Do you wish more?

Katie: No, that's fine. Thank you.

Linnel: Thank you, Katie.

Tom: I have a question about the teachers that we receive on the mansion worlds. The Urantia book says these teachers stay with us throughout our morontia career.

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Are the teachers the same teachers that are involved in this mission?

Linnel: Tom, I heard your mention of this question earlier. This is interesting. We are experimenting here with a variety of methods and while I cannot guarantee that every teacher who serves will continue to serve in that capacity, there will almost certainly be some who do. Part of this will depend upon the relationship that you and your teacher can make. If it is adequate to your continuing purposes through your morontia life, then it is likely it will continue.

Tom: In other transcripts, it's said, I forget which one, that as the circuits are restored, that universe broadcasts will be restored also. Will we be able to see them and/or comprehend any of them or parts of them?

Linnel: The universe broadcasts are only perceptible to those with expanded morontia vision, however, if we are able to succeed in our aims it may be possible for you to get/ to receive some faint perceptions. You may also be able to perceive certain broadcast messages from Michael and others- perceive/ hear in the spiritual sense that you may feel the content of these messages. However, we may be unable to accomplish this within your generation; we simply do not know at this time. We ourselves are benefitting, however, from the restoration of the broadcasts so that we are in touch with affairs throughout Nebadon and enjoying this very much.

Tom: In one of the Florida transcripts and in Ramalar's transcripts of Janet, it was mentioned that there are going to be new Salems or new Melchizadek centers. Are these going to be training centers like on the first garden of Eden, or the second garden of Eden or how are they going to operate.

Linnel: Yes, these will be teaching and training centers. At this point there are yet many details to work out, however the general impression we have, understand we also conjecture, is that they will be operated in such a manner that many will come to learn and then take what they learn out further into the world. There will be a number of these centers. Try not to concern yourself with which centers might be... pause.... one moment. There should be no concern about status in this issue. Do you understand?

Tom: Yes, and explain further.

Linnel: I am referring to the natural tendency to find your location more special than the rest. These places will all be unique and special. Each will serve its own separate role. Therefore, know that each is part of the larger pattern and each is essentially equally important. Do you have further questions?

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Tom: I have one more, but I lost it. I'll pass it on and try and think of it.

Linnel: Please ask again later if you recall this question.

Delores: In that same vein, Linnel, I'm wondering, are the humans on Urantia going to be allowed the opportunity for more violet race blood for physical uplift? I mean, we seem like such mutts here. I just hope that that can happen.

Linnel: The time for this particular manner of upstepping is past. That is part of our mission - to attempt to learn and utilize a variety of other methods to achieve the same results. This will be more difficult and is very challenging. However, we anticipate great success and in some areas we feel we are making much progress. Other areas are more difficult. Even so, there is no reason to assume we will not succeed in this, given time.

Delores: Okay, thank you.

Cindy: Do you mean, Linnel, that you're working on a biological upliftment now, too?

Linnel: Yes, this is true. We are attempting to work with some of the higher minds in your scientific communities. I may not speak more of this than I have at the moment.

Cindy: That's understandable. Thank you.

Terry: Good evening to you, Linnel. This is one of those evenings where I don't have any specific questions but I'm just enjoying listening to the rhetoric. Thank you for being here.

Linnel: Thank you, Terry. I am also enjoying this. You are more relaxed and we are having something closer to a conversation. This pleases all of us very much. Remember, all of your personal teachers are here as well. We are all together being a group. This is exciting.

Tom: My question sort of relates to that. In the earlier studying we did, I came across that there's other beings involved in teaching missions, such as celestial overseers and mighty messengers, and there are other beings - midwayers. Who is observing this session tonight and are they regularly observers? Who else helps in these lessons?

Linnel: Tom, you are correct, there are many kinds of beings, however, I will not be able to reveal to you all who are present this evening. Nevertheless, there are many more than you might imagine, including midwayers - this of course will

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be no surprise. However, we will hope to reveal more of this as time unfolds. Understand that sometimes we must be cautious in our revelations because of the human tendency to become overwhelmed. There are many reasons why Machiventa has instructed us to restrict information. This is not always pleasant for us but we bow to his superior wisdom in this. I will simply reiterate, there are other beings of other orders present observing tonight. Please enjoy your conjecturing, we enjoy it as you do.

Tom: One last question. Is the teaching mission supposed to *suddenly* uplift the spiritual beings of Urantians or is it supposed to be a gradual process?

Linnel: This, Tom, depends on your definitions of "suddenly" and "gradual", which as you can well understand are not the same here. In human evolutionary terms, many of these changes will seem sudden. However as you humans most likely view it, they will take some considerable time, depending on which aspect we are taking under consideration. Nevertheless, this will be more sudden than would have been had this planet been left at this time to its own advances. I regret that some fear this change, and misinterpret words from the Urantia book about this. Just because things do not seem to fit expected patterns does not invalidate them. This change is, although unusual, not beyond the bounds of normal spiritual development overall. Does this answer?

Tom: Thank you.

Alan: Hi, Linnel. I've read some things and you've said some things, too, about God's love and I always sort of imagined it as somehow radiating out from God going to the thought adjusters going to different people, but recently I've read some things about God's love being like a stream or an energy stream that seems to flow all over the universe. Do you have anything to say about that?

Linnel: Alan, the love of God is truly everywhere. It upholds you, it surrounds you, it streams through you. It is manifested in manifold ways. (tape turned) I repeat, the love of the Father is manifested in manifold ways. Part of your spiritual approach to the Father will involve learning to recognize all the different manifestations of the Father's love. Truly, there is nothing in this universe which exists outside of the love he has for all. This is a thrilling and neverending journey throughout eternity. This discovery is the delight of all souls, all beings. Is this sufficient?

Alan: Yes, thank you. Also, in regards to God's love: Is there any best way that we can both let it into ourselves and also let it go through ourselves to others?

Linnel: I would refer you first to my answer to Cindy's question and encourage you to

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relax in the Father's love and open your heart to him. This is necessary for you to become a channel through which his love flows. Remember you can not try to love others, for this implies loving by an act of will which you know cannot be done. It is natural to attempt this, however it will end in frustration. When you yourself are held firmly in the Father's love, then you can begin to open your heart and let his love shine forth towards others. I encourage you all in this for it is truly a wonderful experience.

Alan: Thank you.

Linnel: Thank you, Alan, for your question.

Marlene: Linnel, again, thank you for being here tonight. I've really enjoyed all of the conversations that have gone on. One thing that comes to my mind is as we grow spiritually, I know we are slowly, but as time goes on, is there a time limit that you teachers will be here, or are you able to answer this?

Linnel: Marlene, I cannot fully answer this, partly because of restrictions and partly because as yet we do not know how long this venture will continue. You have discovered that group teachers sometimes do not remain beyond certain time periods, however, there are many teachers present and currently we intend your personal teachers to remain with you for the duration, and as I have answered Tom, very possibly beyond. You will not now be left without extra help, therefore do not worry about time schedules. Remember, you have eternity. There is enough time. Do not worry over this. All will be well.

Marlene: Thank you.

Linnel: Thank you, Marlene.

Cindy: I have another question, Linnel. It seems like I'm getting more as the night goes on. I have a lot of curiosity about the teachers, both yourself or the personal teachers and I don't know whether this is appropriate to ask these questions, but I'm sure you'll tell me if it's not. Are all the personal teachers ascendant beings, who were once mortals on another planet?

Linnel: No question is inappropriate. We do not see it this way, therefore I encourage all your questions even when I cannot, or am not permitted to, answer. Most personal teachers are ascendant beings, there are a few, however, of other orders.

Cindy: Thank you.

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Linnel: Your curiosity in this is natural and we try to occasionally share information. Perhaps as time continues we will be permitted to share more.

Cindy: Thank you.

Linnel: Thank you. Thea is having difficulty at the moment with coughing. If there are other urgent questions, perhaps I can yet answer a few, but we must soon end this session.

Delores: I'm not sure it's urgent, Linnel, it's just the words you gave Alan about the love of the Father and that it's enough for eternity to seek that wonderful love, then for me when I got that stab of fear today reading about Lucifer and his personal freedom and his thinking about the self, because I think any Urantia book reader has had the feelings of being different than anyone, and struggling to survive being a different self, that I thought that maybe there was more chance of us for failure in our ascendant career because we might be stronger in standing by our own beliefs but then when... I guess what must have happened to Lucifer maybe is he focussed on self rather than that love of God.

Linnel: Delores, remember, Lucifer never had to struggle as you all have had, to have faith in the absence of any demonstration. You are *more* able to withstand such difficulties rather than less. Indeed, you are different. This is true of all individuals and all orders of beings; this is valuable to the Father's plan. But this difference will probably open tremendous opportunities ahead. This is not a difference to consider negative.

Delores: Thank you.

Linnel: I am going to close for now. This has been a very positive experience. I hope to encourage this free flowing discussion. I feel like we have begun to be a group, not only yourselves, but us as well. As you become able to receive your teachers, and do not fret that this takes time, this is normal, we will eventually be able to sit here together and all discuss these things. At this point we will be able to begin future projects. Do not, however, feel impatient for this time because your immediate tasks of seeking the Father and learning to love are also rewarding, and if you were to shortcut these, the loss would be great, even in your own enjoyment. I simply say this to encourage you in this direction. I feel we are moving very well. We all love you very much and enjoy spending time with you during the week as well as at this meeting. Michael knows of your progress and is very pleased. You may expect a message from him sometime. Machiventa as well is involved in this. Please understand, I am not making predictions, but simply telling you what is true. I will anticipate being here with you again and would encourage you once more to please talk to us, regardless of

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your apparent failure Remember to learn to trust yourselves and not judge yourselves. You are all in the Father's love, always, and we are with you.
Farewell.

Transcription from Audio Tape of Linnel, Friday Dec. 25, 1992 Corvallis, OR.

Greetings. This is Linnel your teacher. I am happy to see all of you tonight. This is a day when so many on Urantia celebrate Michael's birth. We have noticed your tradition of celebrating with lights. This is entirely appropriate for honoring Him who is the Light. This custom brings response from your souls.

Your receiver is anxious tonight because she knows I have a message for you from our Creator Michael. Please be patient. This transmission may be difficult. We are all thrilled that this is able to take place. We are gathered together with you in this enterprise, which Michael has asked us to engage in. Together we are forging eternal bonds of friendship and growth. I will pause now and Thea will prepare. One moment.

My beloved children, I am your Sovereign Michael. How I love you. I have called you and you have come. You have answered. I am with you. I know each one of you and my spirit is in each heart. I have sent you my teachers. They love you. They do my bidding. I ask you to trust them and listen to them. I treasure each of you for your willingness to follow me as we together seek to do the will of the Father in heaven. This adventure has just begun. I will come to you often. I assure each of you, you will one day surely see me. I will be with you again. My love is with you always. Farewell.

Greetings again, it is I, Linnel. This was a special occasion for us all. The first time our group received a message from our Sovereign. We are all thrilled and know there is much yet to come. I am always delighted to be with you and share your experiences and hopefully assist in your growth. I am always willing to speak with you. Remember to speak to me during the week, even though it may appear that I am not present. I am prepared to take a few questions.

Jeanette: I talked with the group earlier about old souls and what I call 'recycled' souls, and reincarnation. I would like to ask you if you could give some insight into this discussion. Thank you.

Linnel: Greetings, Jeanette. Welcome. I wish to respect all the concepts that you treasure. However, I would say you may wish to think of alternative explanations for the concept of reincarnation, as you understand it, because this is not exactly how it operates. If you explore in the Urantia book, you can determine a number of interesting possibilities which explain this phenomena of feeling you have lived before. Indeed, it is possible to receive impressions from your thought adjusters. Remember, all of you present have experienced thought adjusters and as they continually seek to guide you they utilize experience from the other lives in which they have participated. It is natural and normal for the human mind to interpret these things in forms which it can understand. Understand, however, that your concepts are not necessarily wrong in the heartfelt meaning they hold for you and I would not attempt to take this from you. I hope this answer has not been upsetting. I am pleased that you are with us.

Transcription from Audio Tape of Linnel, Friday Dec. 25, 1992 Corvallis, OR.

Jeanette: I'd like to comment, further. The concept that I referred to was one that I had read which was channeled from another source that was considered high level cosmic teachings in understanding from, basically, the Source. So, it leaves me to be confused because in reading that, I felt like it was higher truths, too. So, it goes back to channeled information and how much of it is being interpreted by the channeler. It leaves me to question what do I believe. I know I have to go within and determine that way, but it does leave a confusion.

Linnel: This is perhaps one of the more difficult parts of the entire teaching mission because there is much material available on your planet referred to as channeled. And, as...one moment...you must decide for yourself the truth of this. I would encourage you to seek the guidance of your thought adjuster. Naturally, any received inspiration is likely to have some element of the receiver. There is no way to avoid this difficulty. However, if you regard the Urantia Book, as containing valuable information concerning the structure of the universe and the nature of the Father and His creation, you can learn to perceive where the truth lies and that which is partially contaminated. Understand this path is not necessary. You will indeed, reach the Father, regardless of what choice you make in this matter. However, what we are teaching at this time, and what we ourselves truly believe, is that much so-called channeled work on this planet has been inspired but is not necessarily revelatory of truth. This is a very difficult situation for us because there are those who refuse to believe anything received via methods that appear to be channeling and those who refuse to believe that only some apparently channeled material is valid. Therefore, you must allow the Spirit of Truth to guide you carefully. This is a personal matter and no one is...it is not demanded of anyone that they believe in a particular manner. However, you will find that we in this mission do teach that which we believe to be true and this is not likely to change. I recognize that this answer will not be entirely satisfactory, however, at this point, it must suffice. Is this sufficient?

Jeanette: Yes. Thank you.

Linnel: Thank you, Jeanette.

Julie: Good evening, Linnel. I have missed you. I'm glad to be back this week. I would like to introduce Olive, and as you know, she attends the Salem group.

Linnel: Yes, I know this. I have, on occasion, been present. Greetings, Olive. I welcome you to this group.

Julie: My question is from the Urantia Book, in the Forward section, about the definition of the soul and that once the mortal decides to do the Father's will, that there is a new reality that goes over into the morontia, is no longer material, not spiritual but morontia. Could you comment?

Transcription from Audio Tape of Linnel, Friday Dec. 25, 1992 Corvallis, OR

Linnel: Yes. Julie, this is indeed the case when you have made the decision to do the Father's will, although there may be yet further necessary to attain fusion, you have begun morontia life. Most of you present have made this decision and this is part of why we are now able to begin your morontia training.

Julie: Thank you. Abigail shared with me that there is a teacher being prepared for the Fresno group in California. Has a receiver been selected yet?

Linnel: One moment. There are reasons, Julie, why I cannot answer this question. You will understand in time.

Julie: Well, I was hoping, but thank you.

Linnel: Thank you. You have my love.

Tom: Speaking with a friend down in Roseburg who wanted to ask you a question and will be here in the future, I said I would ask it for her. I suspect your answer would be the same as the one I gave, but she wanted to hear your answer. What is more important, a relationship with one's inner spirit, or thought adjuster, or developing a relationship with one's teacher, if a person has one?

Linnel: Tom, I heard this question earlier, of course, and you are quite correct, there is really no question here. To develop the relationship with the Father, the thought adjuster, is *the single most important thing* you can do. Nothing replaces this responsibility. Far better that you do this and entirely ignore the teaching mission than that you seek a teacher but forget to communicate with the spirit within. There is no question about this. Seek the Father first, and then all things will come. This is the highest Truth.

Tom: What is the purpose for believers in the teaching mission to become part of the reserve corp of destiny?

Linnel: As you know, destiny reservists are rehearsed in a number of ways. This is precisely what we are attempting to do, to rehearse you in such a manner as to facilitate your spiritual growth so that you can become the leaven in your society and in your world to enhance the spiritual growth of all, to bring us to the point where Light and Life can occur on this planet. It is highly useful to have a large corp of persons dedicated to fulfilling the will of the Father in this manner. It will indeed make a tremendous difference. We are already astonished at how quickly the results are happening.

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Tom: My last question concerns the Indianapolis group whose teacher is Welmek. They were told that on April 25, three Melchizadeks will personalize in Chicago. There was talk of having representatives from groups around the world be there. Is that desirable?

Linnel: I expect you know me by now well enough to understand that I will not tell you if you should go or not. Whether or not this is desirable, you also know Welmek and you know myself. We do not necessarily accomplish our tasks in the same way. I would say to you, go if you so desire. There is no problem with this, or stay if you so desire. I will not make prediction on this.

Tom: Thank you.

Linnel: Welmek, however does enjoy this. We enjoy Welmek.

Tom: So, he is a radical.

Linnel: Perhaps this is an over statement. However, I think you understand by now, we are all diverse personalities, each working to accomplish our missions in diverse ways. This is of course, entirely as the Father intends.

Delores: Linnel, I have two questions. The first one: Nancy remembered and some of us thought that we heard music before Michael spoke. Could you elaborate on that?

Linnel: Delores, you know what you heard. Know in your hearts. Trust your hearts.

Delores. Ok. The second question has to do with the process here. I like it when you are talking along and suddenly you say...just a minute. Does that mean that somewhere you are in T/R mode? Are you a receiver also, and sometimes have to stop and get answers from higher up to answer our questions?

Linnel: Delores, this is an interesting question. It is not exactly the same process. It requires much less concentration for me. Nevertheless, you are relatively correct. I must occasionally consult with others before I answer. Occasionally, during my answering, they consult with me and I must cease. You have heard this with other teachers. We do this as a group project. I, too, have my superiors and my mandates. Believe me, this is more efficient than reception/transmission on your planet or phone lines.

Delores: Do you use the circuits...the broadcast circuits?

Linnel: It depends upon whom we consult. We use the circuits often, yes.

Delores: Then I have one more question. My drawing I have of the circuits, is that a valid perception?

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Linnel: Delores for me to answer this would require that I assume only one perception is valid. Understand that human perception of the circuits are limited and your perceptions contain truth. If you could somehow collaborate with a large number of humans you could perhaps come closer, even then there would be no way to fully conceptualize because you like the physical senses necessary so to do. Nevertheless, I would encourage you to continue to use this form of expression and understanding and consider sharing this with others.

Delores: Thank you Linnel. Merry Christmas.

Linnel: Thank you. I accept your greeting.

Nancy: Do you consult with the same group each week?

Linnel: I'm sorry, I do not fully understand your question.

Nancy: You said that...my understanding is that you consult.. there is a group you consult with?

Linnel: We have here, our group, which is myself, other beings, your personal teachers and also, generally at least one Melchizedek. Many of my consultations are with him. However, I sometimes consult others over circuitry. We have communication abilities which are beyond your ability to comprehend. This can all be accomplished rapidly. Does this answer?

Nancy. Yes, thanks.

Linnel: Thank you, Nancy.

Terri: Good evening Linnel. May I introduce to you tonight our son, Loren, from California.

Linnel: Loren, welcome. I am glad to meet you. I am glad you have been willing to come.

Terri: And now, Linnel, I wish to convey my thanks for Michael's message tonight.

Linnel: Terri, this is much appreciated. We understand that all of you are grateful in your hearts. We also are grateful. Among others things, it means a new stage has been reached with our group. Please share the tape with those who were not present and reassure them this is but the first of many messages.

Terri: Thank you.

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Linnel: Thank you, Terri.

Alan: Hi, Linnel. In listening to Thea, both with the message from Michael and at times with you, she says that there is so much more behind some of what you have to say than she can actually put out in words and is part of our spiritual growth going to be that we can more and more feel or understand this extra part of your message?

Linnel: Alan, certainly your spiritual growth, for each of you, enhances your ability to receive enlargement of concept, however the limitations of your language mean that it will not be possible to greatly increase the scope, immensity, conceptual complexity of the messages. I would tell Thea that she would be best to understand that the limitations are inherent in the nature of language and not inadequacies of her own. I appreciate that you all reassured her in this and I would urge her to relax. As long as we must speak to you in human tongue, it will be impossible to fully express. However, one of the intentions for having personal teachers for each is that the conceptual enlargement can then take place, for each mind. This cannot be accomplished by a group teacher alone. Is this clear?

Alan: Yes. Yes, thank you.

Linnel: If there are no more questions, or perhaps just one, I would like to close for now. Thea has had a great deal of strain this evening. If not, then I would say to you I look forward to next week. We all particularly look forward to your large gathering. Expect interesting events. I do not say this as prophecy, merely to speak the truth. All of you will, from time to time wrestle with perplexing thoughts concerning this mission, your beliefs and the struggle to put together the various concepts which come to you. However, trust yourselves, trust your inner selves and trust your Father fragment to guide you. The spirit of truth is with you and you will prevail, as long as you seek the Father. I have enjoyed being with you this evening and will be with you during your week.

Farewell.

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Greeting this is Linnel, I am your teacher. I am glad to be speaking with you tonight through Mark, you will find having two receivers is much to your benefit. Many aspects of my personality are better reflected through different individuals. You will also find that I have a consistency of personality. You should also find this interesting. I would also ask you to offer you love and support to Thea she is not in a life critical situation although this illness of hers causes her much fear.

I would like to speak on the amount of anxiety surrounding the reception of your personal teachers. I know this is a difficult process for many of you, I also know that you each try in your own ways to reach your teachers, those of you who have requested them. I would offer a suggestion to you, after your silent time form a question in your mind allow it to set in the foreground and practice the similar technique that you practice with the silent time. I would ask that you simply indulge yourself in any train of thought that may occur. When we first contact you it sounds very much like your own thought process. Please do not stifle these thoughts, you may think you invent them, that they come from your subconscious. Whether or not this is true I would ask you to allow yourself the luxury of pursuing the train of thought that does occur. I think that many of you will find this very interesting and rewarding. Attempt to contact your teachers at times you are relaxed and have no other pressing duties. Many of those have found success with this also find that performing menial tasks, that occupy the forefront of their minds and sometimes their hands have an easier time of relaxing into this process. For those of you who enjoy walking in the woods, walking through the streets, I would encourage you to do this. This is a difficult process, I repeat do not judge yourselves too harshly.

I am glad that those of you who have arrived this evening are here to listen. I would also say that you would have patience with this process, new receivers often experience anxiety because this is new to them. This process will become easier for Mark and it will become more comfortable for you to experience two receivers transmitting me.

I would at this time take any questions you would like to ask.

Delores: Hello Linnel, thank you for coming through Mark it is amazing how recognizable you are. I have a question leftover from the last meeting from the *Hocval* papers about conflicting emotions that humans feel? What I wonder is, is it unusual in a rebellion planet, is it from living in confusion, is it normal that humans have conflicting emotions that are contrary to each other simultaneously or is it just seemingly conflicting. Could you talk about humans and emotions for me?

Linnel: Thank you for your question. Any and all beings find that emotions often live in conflict. Part of your growth process as ascending beings is to understand yourselves more fully, to identify your own reactions and processes. This is part of the natural growth process. There unfortunately is very limited resources for you on this planet, for understanding your own emotions, for finding those who have mastered parts of this process. If you were to have grown up on a non rebellion world there would be resources available to you for understanding these conflicts. Please understand that these are natural and normal and that the process of sorting through these things is useful, and you should take great pride in any steps that you are able to take. You will find that through the practice of the silent

time, conversations with the Father, and contact with your personal teacher will assist you in many of your problem questions. Does this answer your question?

Delores: Yes thank you. Do people pretty much have the same types of reactions and emotions or are we all real different?

Linnel: You will find that in your experiences people often exhibit similar emotions although there are different circumstances, for these reactions. It is useful in understanding your own emotions to seek the motivations behind it, other similar emotions. This will assist you greatly. Is this what you asked?

Delores: Yes that is good. The word motivation helps a lot. Thank you.

Jeanette: How does the receiver know what is being channeled is coming directly from you or what is more from their own personal belief system.

Linnel: There in this process there is never one hundred percent assurance that what is said is exactly as I have conceived it. Although those who we ask to receive - transmit and those who accept are conscience and concerned with the pursuit of rendering what I have said as true. You would find it surprising the amount of anxiety that many receivers experience in trying to reflect what I have said and mean honesty. The process of transmitting is a matter of focusing through a human mind. When this occurs there is never one hundred percent certainty in the single words and meanings, single words coming clear, however, the meanings and concepts that I try to impart do come through surprisingly clear. It is up to your judgement and truth sense to listen and make your own assessments. Is this sufficient?

Jeanette: Yes thank you. I think I read somewhere that you would be beginning your formal teaching soon. When will that begin?

Linnel: I do not understand your question. Could you please clarify?

Jeanette: No because I am coming from a limited knowledge base. Also I thought I read somewhere in transcripts after we became comfortable as a group you would begin formal instruction, teaching.

Linnel: There, we have embarked into a new territory with this group, part of this is the introduction of new receivers, part of this will be the introduction of your personal teachers and their interactions with you. The group meetings sessions will sometimes include some formal statements from myself or other teachers. This however is something that will not occur immediately.

Jeanette: Thank you.

Terry: Good evening Linnel. I am delighted that you are with us once more.

Linnel: Greetings Terry.

Terry: I have questions but I have not formulated them sufficiently to ask them intelligently so.

Linnel: Terry, I would encourage you to ask your questions although half formulated, this sometimes can be more useful than a well spoken question. If you would so desire I would enjoy hearing your question.

Terry: Alright. The Urantia Book teaches us that no personal relationship is lost when we are resurrected there are other things that are only scaffolding but personal relationships are a permanent thing. That leads me into so many other relationships that are possible and as I see now quite possible to materialize, and for instance our relationship here and now with you and each of us as individuals, if these personal relationships are not lost and certainly the relationship we are nurturing now is going to be a permanent situation.

Linnel: Nothing we do in contact with each other is ever lost, Terry. Your thought adjusters are the most steadfast caretakers of your developing souls. As you know none of these beings have ever defaulted or gone astray. They truly understand who you are and who you will be after your mortal death. Do not fear that any experience that you think trifling as long as it is important to you it will be preserved. Please take solace in this and know that all that you are now will go on. Does this help formulate your more formal question?

Terry: (Chuckle) Yes it does because it goes much further, but yes it helps tremendously.

Tom: In many transcripts in sessions with you it has been pointed out that this is transmitting receiving is a electrical chemical brain reaction. Are there things such as vitamin supplements or spinach or something like that, foodwise or things that we can eat or whatever can enhance the electrical chemical brain function.

Linnel: Tom, I would encourage you to eat as much spinach as you care (laughter) I would also say to you that each and every one of you in this room is capable of receiving. In respect to your question, however, good exercise, relaxation, a reasonably balanced diet will assist you in a better life, therefore, easier, more convenient time in receiving the primary aid, however, that you should seek is the silence. I know this sounds redundant, and seems to be a catch all, although you would be astounded at the power that contact with the Father has upon all of your system, not just your mind. The body also. I would encourage you to take very good care of your body for it does house your mind, soul and should be respected. Does this begin to answer your question?

Tom: Thank you.

Nancy: Mark spoke earlier about earning the ability to receive if I understood it correctly and I wonder if you could talk some more about that.

Linnel: Thank you for your question. This is a very interesting topic. One that many of you have much concern over. What I meant by earning is that anytime you put or have put in pursuing the Father, seeking a spiritual path, and walking down a truthful road is time that you spend well with yourself. All of these moments are yours. You have earned them. The channels and pathways that you open up with your prayer are your channels to the Father.

They cannot be revoked or taken away. This is not a privilege, it is something you pursue to build. This is a complex idea in many ways, although building is something I would encourage you to think on. You do not undo anything you have done by turning away for a moment and should not feel ashamed when returning once again to the Father. He never left, he is always there, open to you. Do you wish further clarification?

Nancy: No, thank you, and I have another question about Thea, is there something that we can do, something that we can visualize, what is the best thing for us to do to help her heal?

Linnel: I would encourage you to include her in your prayers. I would also encourage you to offer, call her, offer her your love and support. I would encourage all of you, although not in sickness, to offer each other your love and support. Each of you goes through as many trials internally as she does externally today. Please keep this in mind when inner acting with each other. You each have much to give one another. Do not be disappointed when it is not obviously received it does much for the receiver. This does take some trust on your part. Thank you Nancy for your concerns.

Nancy: Thank you.

Tom: Do any of the ascending mortals make up the current teaching corps, were any of them part of the ascending mortals that were part of the Planetary Princes staff, Caligastia, five hundred thousand years ago?

Linnel: As you would suspect this would be very unwise, damaging to this current and sensitive mission. No Tom, none of the ascending mortals that were attached to that administration have been allowed to participate in this mission. There were many who did accept, ask the Father's forgiveness and were reassigned to other areas. Does this answer your question?

Tom: Yes thanks.

Terry: Now Linnel, to get more personal. When you were a mortal on your world were you privileged to have a personal teacher such as we are privileged to have, or is this only because the rebellion has been adjudicated and we have a new Planetary Prince taking over the position of Planetary Prince?

Linnel: Terry, this is an unusual set of circumstances, the relationship of personal teachers. On my planet we had many other resources to turn to. There was much more openness concerning spiritual pursuits, and the ascending career. This is a unique and interesting, challenging endeavor we all participate in. Does this satisfy some of your curiosity?

Terry: Very much so, thank you.

Delores: Another curiosity question. Linnel, last I heard there were forty eight groups with teachers, how many are there now?

Linnel: One moment, Delores. Being formed, in formation, and already existing, there are close to fifty-seven groups with and receiving teachers. This is of great joy to us all. Does this also satisfy your curiosity?

Mary: Hi, Linnel. This is Mary. I am really nervous asking a question to you. Here it goes. This has to deal with an emotion I am having trouble dealing with and that is anger. I would like to know if you could talk a little bit about anger, and is it important to know the source or the reason for anger, or to just carry on and try to be more loving.

Linnel: Mary, thank you for your question. I would encourage you, I would encourage all of you, to try and seek the source of anger. This emotion can be very destructive and block much of your positive development. This search, however, takes time. It is a healing process; it should not be rushed. You would be wise to take much care and patience with yourself. Understanding the source of your anger may not always yield the answers that you would expect. In dealing with anger, it is also not always possible to return to the source, cause of that emotion. I would encourage you to hand, give your anger into the understanding of the Father. You will find over time the negative emotion and effects this has on your life slowly disappearing. This is part of the healing process that the Father's touch brings. Does this answer your question?

Mary: It sure does. Thanks.

Linnel: If there are no other questions, I would like to close. It has been a pleasure being with you tonight. I am pleased with all of your questions. They are turning, moving towards more understanding of yourselves and your relationships with the Father. This pursuit I encourage you in greatly. I will be with all of you this week. Please attempt to contact your teachers, or if you feel more comfortable, try to hear my voice. Please be patient with yourselves in this. It is not an easy task, although the small steps you take you will find rewarding. The Father's love surrounds you and is there for you. I bid you goodnight.

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Linnel: Greetings. This is Linnel. I am glad that you all could make it tonight. I have missed our last few meetings. I do enjoy all of your company. I am pleased that you have chosen to read the papers concerning the thought adjusters. I think that this pursuit, of any, is extremely pertinent to your situation at this time. I and many of my staff members, are fused with our adjusters and would gladly answer any questions that we can concerning this relationship. There is much that is truly left to experience, although I think the exchange would be useful and pleasant. I would like to hear your questions. I am sure you have many. It has been a while.

Dan: Linnel, if you are fused with your adjuster and all adjusters can communicate, can you then communicate directly with any of our adjusters?

Linnel: This is generally not a practice that we are made aware of. It is true that adjusters and those who work with the adjusters do communicate with each other. We are generally unaware of such communications when they are necessary.

Dan: What does the adjuster gain in gaining personality, upon fusion with us?

Linnel: You ask a vast question, for what they gain is as great as what you gain. This is truly a wonderful and unique experience, one which, unfortunately, there is little I can tell you about. I am sorry if this frustrates you. It frustrated me when I was looking and forming my initial relationship with my own adjuster. I can say with some certainty that you will find out, and find it the most exceptional experience in your entire life.

Delores: Linnel, I've been thinking of it in terms of smallness and largeness. When they talk about the Father fragment, I think of something small and tiny and yet to communicate or touch the Father, it's more like I am an ant and it's an elephant. The Father is so big and I am so small, and yet it's a small fragment within me!

Linnel: Yet...

Delores: Can you say something there?

Linnel: ...even this small fragment carries the potential of the universe within it. This is the exceptional mystery and... of the divine relationships. This is, unfortunately, another one of those concept deficiencies..."small-large" does not begin to describe this relationship. Do you have more?

Delores: Something about the finite mind touching the infinite then... so there are

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limitations to explaining what we're experiencing?

Linnel: If I understand your question correctly, there are limitations in the amount that you are able to perceive at this level. Is this your question?

Delores: Well, that makes sense to me. Yeah. Thank you.

Linnel: Thank you.

Terry: Hi, Linnel. I know there's a lot of other questions I should be asking but there is one I came across in the Urantia book, but I don't know whether you can help me out. I think the best thing for me to do is to read this paragraph and you'll probably know what I'm talking about. "Your path to paradise is the path of spiritual attainment and the adjuster nature will faithfully unfold the revelation of the spiritual nature of the Universal Father. Beyond the Paradise ascent and into the post-finaliter stages of this eternal career, the adjuster may possibly contact with the onetime human partner in other than spirit ministry." Can you tell me what they are trying to tell us there?

Linnel: Terry, I would be curious to hear your thoughts on the subject. Actually, I would like to hear from anyone. I would be curious to find what you think, if you are willing.

Terry: I don't know that I'm capable of projecting that far in the future, but I think that somewhere in the outer realms of space, some way, somehow, the adjuster will work with us on a different level than the... than through the ... spiritually minister.

Linnel: I ask this question because I have not yet to experience this. This is something that we ask amongst ourselves. I would say that this is a very good question. (group laughter) Thank you for your answer. (Great group laughter)

Terry: We certainly didn't get much, did we? (More laughter)

Linnel: We are always curious to find out what you think. Your thoughts are not always accessible to us, nor do we intrude where we are not invited. It is also useful for some conjecture within the group. As I have said before, it is useful for us to see your fantasies and your speculation limits. We can do much work within these concepts. It would be like saying we want to know what will not surprise you. It is a good exercise to think of things that are to come even though you do not always know the true outcome or answer.

Dan: Is communication with the Thought adjusters to be rendered more...is it going to be easier than it has before, somehow as a consequence of this teaching mission

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of which you're a part?

Linnel: We are acting as your guides, pointing you towards this relationship. I would say that it will not be easier, although your focus on spiritual matters will make it easier for you to contact your adjuster and for your adjuster to contact you. I would speculate that many of you did not spend two of your hours a week sitting discussing matters such as this. Even these two hours are a great improvement. It will not be instant, but will be steady. Is there more I can say to you?

Dan: Yes. <long pause>. <Laughter>

Linnel: What more would you like to hear?

Thea: Everything!

Linnel: That would take more time than we have tonite.<more laughter>

Dan: How does one say hello in the language we'll next speak?

Linnel: If we could begin to teach you, and there has been speculation at doing this at a much later date, things...communication between us would be far easier. I who do not have a great grasp of your single- action minded language, would find it a great relief. Unfortunately, this is something beyond the limit of your mind at this time. But look forward to being able to express yourself on a multitude of levels within one sentence. I look forward to speaking with you in this language.

Dan: Single action mind... Can you say more.. about our language?

Linnel: Your language on this planet has evolved from doing, describing, and acting. There is little vocabulary to describe relationship, to describe spiritual concepts such as love, such as reality, and concept. I find it somewhat atrocious that you have only these three words to describe what is basically the entire universe. Does this begin to give you the idea of what I speak of?

Dan: Yeah.

Tom: In the Urantia book it says that the thought adjuster is more concerned about our personality in the next level than it is here and yet in the same paragraph or sentence, it says that the thought adjuster tries to make our life challenging so that we make the difficult decisions.

Linnel: This apparent contradiction is quite amusing, considering what we just

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discussed. This is a problem with language. Continue.

Tom: Well, I was going to ask what are some example of the thought adjuster making our life challenging? Like what...do they...in what way and how...for instance?

Linnel: I would assume that you find your presence and participation in this mission a challenge. If your thought adjuster was not present in your life, you would be reduced to material animal-comfort concerns. Every aspect of your life that you find difficult -- relationship difficulties, dealing with unfelt pasts- things in your past that you never experienced emotion over, challenges that you experience in dealing with people on a daily basis-- these are some examples of how your adjuster makes your life challenging. This process strengthens you, exercises your will, gives you an opportunity to make spiritually rich choices. We only begin to comprehend how this is accomplished. It is a mystery that we, too, experience. I find myself here on this planet participating in this same mission. I too find this challenging. This is an example of how my adjuster causes me to grow. Does this begin to answer your question?

Tom: Yes, thanks.

Linnel Thank you, Tom.

Tom: Oh there's more! (laughter)

Linnel: Continue.

Tom: Do you get a sense of the questions we're going to ask before we ask them, or do we have to verbalize them?

Linnel: I have a vague intuition as to the nature of your question. This is not a direct contact with you, it is more an expectation of the kinds of questions that you would ask at this level. We do much preparation to prepare and anticipate for such questions. I, however, enjoy the group experience that verbalizing these questions ... enhances/participates. Is there more?

Tom: I probably know the answer, but I'll ask it anyway.

Linnel: I enjoy hearing all of your questions.

Tom: April 25 was given as the date the Melchizadeks were going to personalize in Chicago. Is there any information you can give us, because some of the groups around the country have talked about representatives from each group that can make it, to be there, and I would like to make plans to be there, so if there is any information that you can share with us...

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Dan: Tickets are cheaper more than two weeks in advance...

Tom: Yeah...and there's no fandor...what were those birds? Fandors? There are no fandors around anymore...(laughter)

Linnel: Tom, I do have something to say on this subject, in general. There will be many things, many spectacular events that will be taking place in many groups. There will be as many special and wonderful experiences take place within *this* group. Some of these events will be attempted, some will fail, some are the wishful thinking of those who would seek events, rather than the *inner* event that we are actually here to sponsor. I would recommend that you choose wisely. Listen with your truth-sense for, it will not let you down. I would think that any trip to commune with others that participate in this mission would not be a waste of time. Do not be disappointed, however, if the event does not occur, for there are many things that are to be ... cemented. Does this help in your decision making process?

Tom Thanks, yes.

Nancy: I read in the Welmek papers about materialization and the concerns that the teachers have about materializing, and the reasons that they plan to materialize and I, as a human, have concerns about setting dates for things that may not happen because of our status as agondonters...It is really hard for a lot of us to have those kinds of expectations set up for us and then have it not happen and I assume that you probably talk about this but I wonder if you could tell me about that?

Linnel: It is wise to make careful choices when dates are concerned. We do not tend to make these types of predictions for we are sometimes as in the dark as you are. I would say a few words, though, on the rumors of our materialization. This would occur at a much later period in this mission. It would require that each of you be aware of, and in touch with, your personal teachers. There are changes that occur when this contact is maintained that would make it more possible for you to see us, if we did materialize. "Materialize" is an insufficient word to describe the process. I cannot find a more suitable one. Does this begin to answer some of your concerns?

Nancy: Yes, thank you.

Barbara: It's really nice to be back with the group again. I feel like I've been gone for an awfully long time and I have some questions that have to do with the thought adjuster and the Father, our relationship with ...each person's relationship with

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those beings, and some confusion that I have being rather new to the book, and new to a lot of the experiences and concepts that we talk about here. Specifically, when I read about and hear about seeking the Father in the silence, communicating with my thought adjuster, communicating with my personal teacher, or you, on occasion, I begin to get a little bit overwhelmed with the number of personalities I am supposed to be keeping straight and how the communication with each of these kinds of beings takes place. And so I think my first question is, is there a real delineation between how one seeks the Father and comenes with one's thought adjuster... is there a big difference there, or is it kind of one and the same?

Linnel: In your present state I would make no distinction. However, what you are experiencing in your overwhelmed confusion is something that many of you struggle with. It is much like meeting a room of new people and feeling unworthy that you do not know each of them fully at your first meeting. These are relationships that you develop, with us, with the Father, with your adjuster. It takes much time, much experimentation, and there will be mistakes and error in your pursuit. Treat each of these celestial entities as separate beings. Find things that you feel you have in common with each. Each of them has attributes that are unique to themselves. If one does not...if you do not relate to one, do not feel guilty, for things that are to come will bring this relation into focus. It is like picking up a book, very much like each of you has picked up the Urantia book since this mission has started, and find something that you did not see before. This is very much like these relationships you seek. Not all will be equal at first, but all will be full and rich in time.

Barbara: Thank you. I have a question about angels. My understanding is that angels are assigned in pairs to individuals and what I am interested in knowing is that at your stage, do you know each other's angels? Can you talk to them too, as separate entities? Can you talk to ours, if we have them? And if you can, would you be ever so kind as to thank them for getting me to Corvallis without crashing my truck? (laughter)

Linnel: I think that your angels are quite aware of your thanks. I would encourage you to begin to develop relationships with them, also. I know that this is somewhat of a full plate, (laughter) but a thought once in a while will bring you closer and to greater appreciation of what these beings give you. Yes, we do carry on a meaningful and rich relationship with many of our own angels. The relationship does change over time, but we continue as every relationship does, to grow and to enhance one another. Does this answer your question?

Barbara: Yes, it does. I have one more. I wonder if you could just comment on our end of the relationships, what it means to you as teachers, what it means to our adjusters and other celestial beings, for us to take an active part in the

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relationship. Sometimes I think we tend to wonder what's in it for you, as it were, to be involved with a bunch of kindergarten kids?

Linnel: We think of you as beings becoming. It is a great pleasure and honor to guide parts of the Supreme into actualizing. I look upon this time very much like you would look upon a piece of art developing/becoming. We do not think of you as primitive underlings but as brothers and sisters only a small step behind us. To be associated with you enriches our lives, very much like our association with you enriches yours. This is a great honor, a great pleasure. I thoroughly enjoy my work here.

Katie: Linnel, on the subject of getting more in touch with our thought adjusters and eventually fusing with our thought adjusters. Since the thought adjuster is a fragment of God, would it be safe to say that, as we approach this and as we fuse that we... take on the perspective of God more and more?

Linnel: I would think that this would be quite a daunting undertaking. Perhaps, trying this piece by piece, in small parts of your life, when you look at another, think: I would like to love this person like the Father loves me. This exercise strengthens your contact with the Father, strengthens your contact with the other person, and allows your adjuster to work more fully within you. When you allow prejudice and judgement to cloud your mind, this inhibits the adjuster's work greatly. If you would try this "Father-sight" in small quantities, I think that you will find it quite useful. I would encourage you to do so.

Katie: Ok. That brings me to another question. There has been a lot of confusion for me around the line that is repeated throughout the Urantia book, the injunction to be perfect, even as the Father in heaven is perfect. At times, it seems to me that this is something that will be attained in the vast future and at other times it seems to me that it can only happen in the present moment. Tying that into what I was just talking about, it seemed to me that from the perspective of the Father, everything is perfect *now*, and the injunction to me, be ye perfect as the Father in heaven is perfect, seems to me to be to approach taking that perspective that the Father has, and as you mentioned, looking at others the way that God looks at them, without judgment, that they are already perfect as they are. Could you address this subject?

Linnel: I would be curious to know what about this concept you feel insecure about, if you would?

Katie: Insecure?

Linnel? You feel that this is an invalid train of thought?

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Katie: Which? What I'm saying is there seems to be conflicting messages in the Urantia book, as to whether this is something that we are to strive towards becoming, or whether this is something that can only be grasped in the present.

Linnel: I can answer part of your question. You have stumbled upon a very wide and deep truth. This is a problem/conflict in your life at this time because you are tied to animal origins. Your soul, your becoming person, does exist in eternity at this time. You and your thought adjuster are together now. The willingness and forward stepping that you take insures that you will achieve perfection. (Long pause) I am experiencing another language difficulty. This is a subject I would enjoy speaking on at great length. It is frustrating to me to have to sum up all in several sentences. I find myself somewhat at a loss for words. (laughter) This is a very valid concept. I would encourage you to pursue it as far as you feel comfortable. I would encourage you to talk with your own teacher who is very excited to speak with you on these matters. I hope that this serves as encouragement and I did not intrude where not invited.

Katie: No. Not at all. I am not sure you cleared up anything for me, however and I would certainly like to hear you speak on the subject at length sometime, myself.

Linnel: I would enjoy this very much and will add it to my agenda of formal teachings that we will begin soon. Thank you for your insight.

Jeanette: I'd like to mention my thoughts on the subject and maybe you could tell me if it is on base. I see that the path we take, the choices that we make, are perfect choices in the sense that they are the choices we need to make for the growth we need, for the path that we need to go. And in this process, we are growing and becoming in the image of God, more and more perfect. Does that sound like a concept that has any truth to it?

Linnel: This reflects the acknowledgement that you all are guided by a perfect force. This is a piece of the truth that makes each moment as perfect as it can be and therefore perfect in its essence. Does this reflect your question?

Jeanette: I think so. I think we are saying the same thing.

Linnel: Yes.

Jeanette: I also have one more question. It regards intuition, intuitive insight, can you tell us where that hails from?

Linnel: Intuition is partly a remnant of animal instinct and recognition of human habits and patterns. It is also, in part, the subtle pushings and leadings of your inner

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adjuster. The mix of the two often leads humans to inconsistent conclusions as to the origin of this function.

Jeanette: Is there any way we can tell which source, what the source is? Which direction?

Linnel: I would encourage you to look to the fruits of following these intuitions. If they lead you to greater spiritual growth, I would say that it was safe to assume this was the leading of your adjuster. If...(tape reversed)

Thea: Hi, Linnel. It's great for me to be with the group again but it's also been the one blessing in a way of my being ill is that it is really enjoyable to be able to talk to you in this manner, not to belittle talking to you personally, but it's exciting to hear how "Linnel" you are, whether you're talking to me, or through Mark, and I really enjoy it. I have two questions. The first one is, not exactly a question, when I spoke with you in a personal session with Mark, you referred to ... when we discussed things about appearances, you referred to trying all kinds of different manifestations of different things to different groups as being part of the experiments that are going on in this mission. And you referred to what happened with the music when I transmitted Michael's message. I was wondering whether you would like to comment on that to the larger group.

Linnel: Thank you for bringing this to attention. We, and others whom we work, with try at times to experiment with different forms of perception. When Michael's message was transmitted to the group, some did hear music. This was an expanded sense of perception, a wider reception to the multiple levels that communication can take. This is what I spoke of when I answered Dan's question. This is something that we will try from time to time, and I would encourage you to share even the most insignificant seeming experience that you have. All of these experiences shared will be useful to each.

Thea: My second question is also based on a speculation I have ...when I watch myself and the rest of us in the group of this teaching mission and I think about it being the beginning of our mansion world lives, it occurs to me that in the process of going through this, we are pretty much going to be faced with dealing with every hang-up we ever had, since from my understanding of the Urantia book, that is kind of what the mansion worlds are about, refining all the last rough edges. Is this true?

Linnel: This is a by product and I would say purpose...sub- purpose...of this mission. For you each to contact your adjuster and to have a pure communion with the Father, it requires that you be in a state of clean honesty. By this I mean that all the effects and pains and unresolved problems of your lives will start rising to the tops of your minds. This is something that some of you experience in your quiet times. When you find yourself weeping for seemingly no reason, I would encourage you to hold your hand out to the Father and to give these feelings

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over to his care. This will start a positive process of healing and opening channels to enhance your happiness.

Thea: Are our personal teachers able to help us also with these things, and I presume this is not going to happen overnight.

Linnel: Overnight would be a wonderful thing, although, unfortunately, this is not the way of the universe. Your personal teachers will be of great service to you because they have been selected for you. They have things, experiences, concepts, in common with you. They may share interests or personality types with you. If you allow it, they will be of great use to you in this search.

Thea: I just want to thank you Linnel and all of the personal teachers who are here and all of the staff that is with our group. I just want to thank you again for being here and everything that you're doing for us. I really appreciate it.

Linnel: Thank you.

Alan: Hi, Linnel. I'm not exactly sure how to phrase my question...As I grew up I was often taught not to do the best that I could do, and some of the impression I get as I am trying to be perfect as the Father would have me be perfect, is to do the best in what ever I attempt, and sometimes I find it real difficult because like I say, I was taught not to do that. I guess part of what I'm wondering, is part of the work I have to do to confront some of those issues and to work through to where I, you know, can do my best?

Linnel: Keep in mind that *the best* is not a place of arrival, but the process of day to day striving. The best today is *the best*. The best tomorrow is *the best*. Do not cause yourself undo stress and anxiety of not achieving perfection tomorrow. As this concept was introduced earlier, you are being perfect in your willingness to try to be perfect. Please be happy/secure in this process of becoming and being. Does this answer part of your question.

Alan: Yes. Another part is, then, are you saying that comparing/ doing comparisons is not helpful?

Linnel: That is not helpful, when comparing the positive of today with the negative of yesterday and the potential negative of tomorrow. Look instead to the positive changes that have occurred. Do not be over concerned with the negative. Focusing on what you could do differently is useful only in as far as acknowledging that you want to do something different. It is far more useful and encouraging to yourself to look at the positive, and I would say to not even compare the positives, for this will set up an expectation that the next positive must be greater than the sum of the last two positives. Is this clear to you?

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Alan: Yes, thank you. Thank you very much.

Linnel: I know that the execution of these concepts is sometimes very difficult. It is acceptable to admit to yourself and to the Father that you do not know how to accomplish such things. You will receive the help that you need.

Alan: Thank you.

Delores: Linnel, about emotions rising, in the quiet time or any other time, are we humans affected by the emotions of each other? If my sister's having a hard time and I get real upset am I being infected, like a virus because of her emotions, or are we closed units, I know we're not completely closed units, but are some of the emotions that we feel not ours?

Linnel: All of your emotions that you feel are yours. When you feel the emotions of others, this is often an over-exaggerated form of empathy. This is something that you are ill-trained on this planet to deal with/ make distinctions on. It is a useful practice to look at the source of each emotion, decide from where it came and to who it belongs. If it is your sister's emotion, allow yourself to empathize but to not feel her anxiety. It is not useful for you to try and experience other's emotions. It is useful, however, to recognize that each of you shares common emotional responses and that you are not alone.

Terry: Linnel, Jesus, while he was teaching his apostles...Thomas asked him one time to show him the Father so they would know him and Jesus asked them: what? I've been with you this long and you don't know the Father yet? It caused me to do some thinking on my own. And I don't know whether my concepts are in order but in thinking things through, I think perhaps I think perhaps Jesus was telling them that he came to this world and revealed to mankind the personality of the Father, in his loving attributes, in his patience and in enlightenment of the people Jesus lived with. In other words, Jesus showed forth the personality of the Father while he was here. Is that correct?

Linnel: You are correct in your thinking. I would like to expand on that thought. Each of you when being true to yourselves and your spiritual path, are capable of showing the essence of the Father to one another. This is not grand thinking, it is a spiritual reality. The love of the Father flows through each one of you when you allow it. This is a reflection of the face of the Father. This is something that you can bring to your life and bring to others. (pause) Does this serve to complicate your train of thought?

Terry: It doesn't take much to do that. Carrying this a little further, that then should give us the incentive to master these attributes that Jesus revealed of what the Father

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is. I mean, in mastering these attributes, it would make us more God-like and I know it's not an easy task but even so, as we master these attributes, that carry us to the perfection that the Father challenges us with doing?

Linnel: The attempt to master these attributes brings you steps closer to this perfection that you seek. I encourage you to think as he does, act as he does, to emulate his life in an educational ... method. This will serve to open many possibilities to you, in your daily lives and in your relationships. And I would repeat something of what I said to Alan: best today is *best today*. An attempt to master these attributes is all that is required of you. Does this help?

Terry: Yes.

Dan: I was very gratified to hear you twice refer to your own curiosity tonight, Linnel. It makes me feel a little bit better with what I am about to say, although as I've been sitting here I've been thinking we're supposed to ask something that's of some spiritual significance. I don't know what that means. Can you tell us how we're supposed to know what is of spiritual significance and what isn't, in our lives? And then I'll get to my curiosity questions.

Linnel: What is of spiritual significance? Anything that brings you closer to the Father in your heart and in your understanding is of spiritual significance. When you feel you are closer on a personal level with the Father, this is significant. It is, with many of your religious upbringings, sometimes difficult to appreciate the true essence of the Father, which is personal to *you*. Does this.... begin... to help?

Dan: You're getting to know me better so now you say does this help... does this *begin* to help. That's good. Beginning is easier for me, yeah.

Linnel: Beginnings are important.

Dan: I wonder if you could help me affirm, dispel or clarify what is to me frankly, my Casper the ghost theory of how you're here. I'm very curious whether you're invisibly inhabiting the same space we are, or not. I think for example of that one passage in the Urantia Book, in which I believe it was a Divine Counselor, referring to the building in Chicago in which he stood as not really being real. Where was he standing, then? Are you responsive to gravity? When Melchizadek in one of the papers was reminiscing, actually in prospect of his re-materialization, he said some very intriguing things, he would like to...remember this everybody?...hear the dogs, feel the heat, see the stars? You don't know? You don't...

Linnel: We do not experience your world in a material sense. This is to my disappointment. We do, however, experience your world through your

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perceptions as you allow us. As you develop your relationship with your own teacher, you allow them to experience your world through your eyes. This is something that each of us teachers share with each other on many occasions. You live on a beautiful planet. You are beautiful people. We enjoy the vicarious experience of your lives. Although we do not exist in the place, we do exist *near* it. There are echoes or shadows in our realm of your world. This is all I can say on this.

Cindi: How different was your own world, your physical planet. Was it fairly similar, or very different? Or is that an answerable question?

Linnel: I would very much like to answer that question. In allowing yourselves to be known to me, I would share some of who I am with you, on occasion. My world was very different from yours. In government, in society, it was as...I am surprised to find Thea and Mark picking up impressions of where I originated from...which is an interesting concept to me that we carry elements of our origins all through our universe careers. My planet was very arid, very warm, although we did not perceive it so. In contrast, I see that it is very desert-like. Our customs and art/ architecture/ structures were simple, more simple than yours. Does this serve to satisfy your curiosity?

Cindi: Yes, a little.

Linnel: I would be pleased to share more with you as our time moves on.

Cindi: Good. Thank you.

Linnel: Thank you.

Cindi: The other question that came up was, you called our planet beautiful, and I agree, it is, incredibly beautiful, but I've always imagined that all the planets are, maybe in different ways, but that all the inhabited planets would be beautiful.

Linnel: Each planet is beautiful, is beautiful beyond imagining. However, when you experience new forms of beauty you always compare them to the ones that you know of. In this respect, I find your planet perhaps more beautiful than my own but this is a inconsistency of mine.

Cindi: Another question that had occurred to me is, are you able....between teachers or beings of your own realm...are you able to touch each other as we can touch each other and hug each other. Is your material.. is your level...feel the same as ours?

Linnel: We do possess solid material bodies much as yours, although different. We are

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able to embrace one another and share physical affection much as you do.

Cindi: Good. (Group laughter and clapping)

Linnel: I look forward to the day that we may all embrace.

Cindi: We all do.

Dan: To go back to those stars, Linnel. If you don't see them...I mean, I always had the idea that all spiritual beings were inhabited in...lived on places, actual physical spheres of one level of physicality or the next. I always thought the stars out there that we're seeing are the same stars everybody else was seeing and that was kind of the intriguing thing to me. Um, is that not the case?

Linnel: We do see the same universe, although we see more than you. In this respect, I could say that we see more of your own world than you do in some respects although nothing can replace material experience from your place of origin. This mission pursues to build your faith because when Michael does appear he will be seen through the eyes of faith. This is vaguely similar to this concept of our-world/your-world that you try to perceive. Does this help?

Dan: Yeah. Thank you.

Barbara: I feel some need to get back to the question of perfection. It seems to me that it's one of those kinds of concepts that we have a really hard time grasping and grappling with and I wonder if some of the difficulty with interpreting passages in the book have to do with our imperfect grasp of such a concept as "perfect". And that gets a little muddy too. But there is another thing that I am trying to get at in my head about our perceptions, and how the perception of something, like a new insight, will change that concept for you, and I'm using you in a pretty universal sense here, forever. For instance, my idea of what perfection is today may be completely different, because of some insight that I will gain tomorrow, from my perception of what that concept will be tomorrow. I should have probably sat down and written this one out before I tried asking a question about it. (questioner laughs)...I'm looking at Terry...It reminds me a little bit of this fellow Heisenberg and the notion that even to witness an event changes the event. Oh. I know what that reminds me of, that reminds me, too, of some things I've heard Mark talk about in terms of how objects, even by being together where once they were apart created a new reality and all this is mooshed together with Katie's question about perfection... are..you....(laughter)...do you suppose you could comment on that at all or should I just go home and write it down and bring it next time?

Linnel: It is always useful to hear your unformed thoughts. They often contain more of

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the true essence of your question. In your pursuit to be perfect, there are often moments where you believe you are experiencing something as perfectly as it can be experienced. You are experiencing the essence of a unique being...which is yourself. You are evolving in your perceptions, you are evolving and growing in your relationship to the universe, beginning to understand what it is to be a citizen. All of these experiences that you speak of are part of growing to be *truly* perfect. Perfection, very much like "best" is a process. You may at times experience perfect love between yourself and your adjuster, between yourself and the Father. These are the moments and times that you could perceive as truly perfect. As you grow, your experience of that love will broaden and still remain perfect. It is like trying to quantify how beautiful a sunset is. Is the one the day before more beautiful than this one? They are both perfect. Your experience of that beauty is perfect. Do you begin to understand the quandary?

Barbara: I don't have any trouble understanding the quandary, it's understanding the answer to the quandary I have trouble with but as you were talking I realized that one of the other things that I have a difficulty with when it comes to perfection is that the term perfectionist does not...in current usage not very positive. There is a connotation of perfection in our society currently that is negative because in the ways that we that try to express it materially, it is not possible. And sometimes we get caught in these situations where we are expected to be perfect or we expect ourselves to be perfect in material ways and therefore we never succeed. And so when Katie asked the question about perfection I felt some real clear emotional responses to that. And I guess there's...

Linnel: The type of perfectionism that you speak of is truly material in essence. It cannot be attained in the time frame that is given. Therefore it is inherently damaging to those who carry it as a goal. True perfection is the willingness to follow the path of the Father, to become more like him. This involves much uncertainty and often error. This is... it is... an example would be...a flower is perfect in its bloom, but has stages where it is not a flower. We would perceive it as imperfect because it is not the bloom, but it is as we would see an imperfect part of a perfect system, therefore it is perfect...in its essence of becoming.

Barbara: In other words we need to make enough mistakes in order to become perfect.

Linnel: The mistakes are a necessary part of growing to be perfect. Mistakes should not be looked upon as negative but as stepping stones to the next growing/positive/expanding situation. (pause) I would like to take one more question if there is one. Our time is drawing to a close.

Marlene: Linnel, I would like to say thank you very much for this evening, I know it's been a long one but it's been a wonderful one for all of us. And I'd also like to

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thank Mark. He has done a wonderful job tonight. Thanks for being here.

Linnel: Thank you. I have enjoyed our time. We have much to do, much to say, much to talk about together. I look forward to our next meeting with anticipation. I would like, if you are willing, to experiment with our format a bit, as I have tonight. I would be curious and it would be to the benefit of others, for you to answer some of *my* questions. I think that this will be interesting. Only, feel that this is voluntarily only. We do not wish to pressure any of you into being uncomfortable. We are here to nurture your growth, to guide you into your becoming. Thank you for coming, good evening.

Group response: Good bye/night/evening Linnel. (applause)

Greetings this is Linnel. I am glad that you all could be here tonight. I am also happy that you have begun to form and make group discussions/decisions. This will be very valuable. It is difficult at first in initiation. Cindy I would like to say to you that I am happy that you had the courage to bring it up. It is something that you all must decide amongst yourselves and with yourself in how you would choose to deal with the invitation of new members. I have set very loose guidelines. The ideal in this meeting is that it would be small. I would stress the word ideal. This is sometimes not always possible. Excitement often outruns/over runs judgement. This is understandable. I will however leave it to you all to decide. Please feel free to ask me any questions that may concern you as a group or personally concerning this issue. I would be of much assistance at a later date.

We/I am going to attempt to try transmitting through multiple receivers this evening. I would hope that you find this experience interesting and educational. Please try not to be alarmed. I think you will find there is much continuity in who I am. There will be a time when there will be more than just two. All of you are capable of receiving transmitting me if willing. We have hopes that there will be more. I would at this time be interested in hearing your questions and concerns.

Terry: Good evening Linnel. Let's start this out real deep. My concern is the fusing with the thought adjuster. Not that I have anything to worry about just yet but ah most of us will pass through mortal death and wake up on the resurrection mansion worlds and in time will fuse with our thought adjusters. But those individuals who fuse with their thought adjusters while still in the flesh are still mortals. Why is it necessary that the body to be consumed? Why isn't it just laid down as in death and fusion with the thought adjuster take place and continue on, why is it necessary the mortal body be consumed with fire so to speak.

Linnel: The consumption is due to the fact that the physical body cannot contain the energies that are produced by this fusion. It is not that the consumption is in spectacular celebration. It is just the inadequacies of this physical body. Does this answer your question?

Terry: Well, yes somewhat.

Linnel: Do you wish more?

Terry: Well ah, I understand the physical body hinders the spiritual life requires, that is not quite what I had in mind. I was wondering why it had to be consumed, why it couldn't be just laid down in death and then the fusion take place. I guess it is kind of a hypothetical question, it is not really very important, especially for those of us that aren't going to experience it. (group laughter)

Linnel: I would never put this limit on any of you. The often times the fusion of the thought adjuster and the mortal is unplanned. Neither entity knows although it is speculated that the thought adjuster does have preknowledge of sorts of this event, although there is no planned moment, therefore the physical system is caught off guard and no preparation for a more seemly passing can be made. Is this more of what you look for.

Terry: Yes that's fine thank you.

Katie: Linnel sometimes when I am meditating or even at other times I have a sense of sort of stepping behind, above, it's hard to explain, this self that I otherwise know of as Katie and this larger self is kind of observing Katie and her life. Can you tell me in Urantia terms what is going on and what that larger self is that also seems like me but not Katie?

Linnel: I would suspect that much of this experience is a disassociation with parts of your identity that you do not feel are your's do not feel completely comfortable with, however, this feeling that you do describe is also associated with contact with your thought adjuster. You feel as though you are elsewhere but still present. This is the recognition of the self that is becoming within you. I would suggest that you do not fear this experience, but draw knowledge and comfort from it. Your thought adjuster is not much unlike the self that you experience now, although it is different in many ways because it is more than you are know. This is difficult to explain. Am I answering your question?

Katie: I think as well as can be expected, it is difficult to describe. Thank you for your attempt. My other question might be more difficult. How are we to respond to people who view the Urantia Book as rascist? In reference to specific things that are stated in the book that a particular race is inferior to another?

Linnel: I do understand your question. This is a limit of broad understanding. It is difficult to look at a system that you are part of and still be objective with it/to it. I would suggest that you seek to make analogies in other parts of your experience in their experience, something that you can find a common ground on that attempt to explain this objectivity that does not contain judgement over any one person or sets of people. Simple mechanical and genetic differences cannot stand in the way of achieving the Father. This is what you should focus on in these conversations. I leave it to you to find the means.

Katie: Thank you.

Cindy: Hi Linnel. I have a question about after you have fused with your thought adjuster and I think I remember you saying before that you have done that and my question is then are you more in touch with your thought adjuster and so you are able to discern the Father's will clearly or how is that after you have fused?

Linnel: This is a good question. I do experience a clear perception of the Father's will. The Father's will is revealed to me as I am able to understand it. My thought adjuster is able to make this determination and expand my understanding. This continues to happen in my life as I live it. Does this answer your question?

Cindy: A little. Do you hear words from the thought adjuster, your thought adjuster?

Linnel: It is difficult to put this in terms of words because it is so much a part of my being, of my own mind. It is as if and as you have read, a new being has been created, yet I retain all of who I was and all in that union of who I can be. This is a very unique, amazing experience, one that I know you all enjoy is not even close to what it can be. We will share this understanding one day with each other. I will share it with all of you.

Cindy: You mean in the future you will tell us more, what do you mean?

Linnel: As you all fuse with your thought adjusters we will meet and then you will know. (Group laughter).

Cindy: OK, thank you. That will be very soon by my understanding of time but I guess in terms...

Linnel: In universal time it seems very quick.

Cindy: Thanks.

Thea: Hi Linnel. Back to the subject that we discussed earlier about the size of the group. I am curious if you can tell us why you want this group to be small? Is it like have anything to do with teacher/student ratio or different functions or just what? I thought maybe you could share some of that with us so that we could at least think about what it is you said.

Linnel: The group size is not for my benefit. I can handle a rather large audience. It is more for your benefit. For you to feel close and intimate is often the only time that some people in their week can have this unjudgemental, accepting environment to experience. This is something I wish all of you to experience at these meetings. In the work that is to come, each of you will need to rely on each other far more than you do now. In knowing each other now, the work ahead will be easier and I assure you that each of you will turn to the other in need. Each of you is endowed with your own talents, your own unique abilities that you bring to this mission. It is wise that you come to know each other and each other's strengths. This is done enjoyably through social contact. It can be done in other ways although I would not like to have you experience that situation.

Thea: So is your desire for this size limitation is a temporary thing?

Linnel: It is temporary. Although it is always nice to meet in a small group, the dynamics of a small group are more rewarding.

Thea: I don't suppose you would tell us how long is a limited time? (laughter) Well we all know what soon means. Thanks Linnel.

Delores: Hi Linnel. I am curious about if you can tell me something, I am thinking about Doug's visions about the group. Twice he has shared visions of light columns in the room and almost like light headsets being put on us and

we are connected to something greater than we are. I wonder if you could tell us what that is and what function that serves.

Linnel: Delores, I would be curious to hear what you think it means?

Delores: Oh that's right this was supposed to be a Linnel asks the group question lesson tonight. (laughter) Now I am on the spot.

Linnel: If you are willing.

Delores: I don't think I know enough about how minds work and you talk about tuning our brains up or tuning our minds up so we can receive our teachers. This is a mystery to me I am not sure how you would change a person's brain. So maybe it has something to do with harmonizing our brain patterns or something so that we are all in synch. I think of that Star Trek movie when Data went out of phase by four seconds. You know. So it does something like tune us all up maybe.

Linnel: Each of your minds is a different machine. You perceive your position and role in this mission in different ways. Your creative abilities and creative visions are a reflection of how you view this dynamic. I would say that these visions are a part of this creativity. It is a form of communication when these visions are shared. There is more to communication than just language. This is why I encourage all of you to share all of your thoughts, all of your impressions, no matter how insignificant you may feel they are. It is part of sharing yourself, sharing your perspective and in this it is very important. Does this help clarify?

Delores; Umm, I guess I should tell you what I feel during the time then, because it is always the same, during the group meditation, at first it is real choppy, like choppy water, and it does feel like someone puts their hands over my head every time, and then there is a period where things get really calm and clear and almost like the vibration get high and intense and solidifies. Everything seems to solidify and become extremely calm and balanced. And then the ten minutes are over. But when I do that home alone it is never that intense. It is the same thing only alone, or here it is like amplified by everybody in the room. Jeannete has mentioned that at sometimes how see can feel the energy that pass around. Does it do that to you to where it seems to calm out towards the end.

Jeanette: You have absorbed, saturated, (conversion garbled)

Linnel: You have experienced being among fellows who share a common purpose, a common energy as you would put it this sharing brings you closer to those feelings that surfaced for you in you quite time. If this is significant for you please follow it. If you enjoy those feelings that you experienced in conjunction with the visions that you experienced please enjoy them. This quite time is for you to grow closer to the Father and to grow closer to you thought adjuster. Any feelings, thoughts, visions, sounds that you may experience that bring you closer to your goals I would say please pursue and experience them. Is this helpful?

Delores: Thank you.

Linnel: Thank you for sharing your thoughts.

Jeanette: I just wanted to share my impression of what came to mind when Doug's vision was related. I see us being connected to cosmic consciousness and perhaps that is the connection your vision sees. I think that is pretty neat.

Linnel: Thank you for sharing.

Jill: This is back to what Cindy was asking you about the thought adjuster and what it was like and you told her that you would be able to share that with her later when we meet. After we fuse we going to get together with you and share that, does that mean we don't get to meet you before then?

Linnel: I apologize. You will meet me sooner than you think. There are many plans laid ahead. I would hope this interaction will expand so that we may have a more satisfying conversation.

Jill: Ok I won't pout for a week then. (laughter) Also do you happen to teach another group that you haven't told us about?

Linnel: This is my only group.

Jill: One and only, ok thank you.

Nancy: I was wondering if you would be willing to share a biographical sketch of who you are and what your talents and experience has been?

Linnel: You do tempt me. (laughter)

Nancy: Yeah...I got a carrot. (laughter)

Linnel: I due to our short time this evening would not go into this, although please ask me if not next time then the next. I would very much enjoy sharing parts of my life, parts of my bio. (laughter) I do not turn your request down, I merely postpone it.

Nancy: Ok it's a deal.

Linnel: Thank you.

Delores: So Linnel how exactly do you tune brains?

Linnel: The tuning process that you speak of occurs early in your reception of your personal teacher and other beings. This is not always done, it is reviewed on a person to person basis. I would not go into the details of this because for very much of this would be meaningless to you. Just know that once your willings and openness is given to us we are able to effect changes in you that will enhance your experiences. Will this do?

Delores: Well it's interesting because it is not something you want to go around and tell people, you know, I let him into my brain and they changed me and now, you know what I mean. It sounds like thought adjuster sounds to someone who has never heard it.

Linnel: The terminology can be oftputting. I would encourage you to share it among this group. At this time I would like to pause for a short break and transfer to Thea.

(Short Break)

Linnel: Good evening again, this is still Linnel. Most of you have heard me through this receiver. I would simply like to continue this discussion and ask you to please continue your questions. I am enjoying this opportunity to experiment. While we wait I would like to commend several of you who have shared personal thoughts this evening and would encourage anyone of you who have reactions during my transmissions to speak up and share, this helps the experience become truly conversational. We are after all, all friends here together.

Tom: In the Welmek papers in early December there was a, Welmek was in Argentina, and a celestial artisan and a celestial musician did a training session on meditating and getting the individual cells in the body to vibrate in harmony with the Father's love. Are there any plans for celestial artisans or musicians to come to our group for impromptu lessons.

Linnel: Absolutely, actually some of your personal teachers fall into these categories and you are already receiving some benefits here. There are personal teachings available to you shared by others which begin to discuss some variety of things. We have here an opportunity that is a plus of the groups size, this is that the large number of personal teachers will give us a chance to experiment with many things similar to what you have read of in Welmek's group. We have many plans hopefully it will not be long before we can begin to utilize them more fully. I would encourage each of you to keep seeking in spite of all the frustrations your personal teachers because as this develops it will allow us more leeway. We are excited about what we project into the future for things of this sort with this group. I think you will all be quite satisfied. Thank you Tom.

Someone: (unaudible).

Linnel: Yes we are excited too. Remember this is as thrilling for us as it is for you. Due to the experimental nature of this process we have as many opportunities as you for delightful surprises.

Delores: So the personal teachers function also as group teachers in a way?

Linnel: That is true. Every personal teacher has things to share with the entire group. Initially this will be done primarily through their partnership with their pupils. However in time as I have said we hope to not only have them teach specific lessons, but to sit down together all of you and all of us which means your personal teachers, and literally converse together as we progress on projects which have projected into the future. It may sound like a bit of a free for all but I think you will find it exciting. Needless to say we may sometimes occupy some extensive time periods.

Jeanette: Are you able to elaborate on what some of these projects may be?

Linnel: One moment please. I can tell you very general nature that some of these projects will be creatively oriented. You are an extraordinarily creative group. As I have said before, even though some of you who do not believe you have talent along creative lines are quite mistaken. We hope to attempt on your planet to the degree possible some of the gigantic picturizations that we do hear on the morontia levels. This means utilizing skills of everyone of you. This of course is not going to occur even soon in my terms but we are aiming in this direction. There will of course be other projects but for the moment this is all I have permission to impart.

Jeanette: What do you mean by picturization?

Linnel: If you read in the Urantia Book the sections on the celestial artisans and the related material you will discover a great number of artistic presentations that we utilize to help portray spiritual life. I would also ask you to please read my personal teachings, which is available here tonight, to Thea because I discuss some of this in that teaching.

Janet: Hi Linnel, this is Janet. I am wondering how we are coming along with the foundation and gathering the movement back together and healing the rift that has been there the last ten years or so.

Linnel: Are you asking how you as humans are coming along with this?

Janet: No, how we humans and how are you ascendants coming along in progress with key humans in the movement.

Linnel: This is not actually our concern or purpose here. This is something which you must address yourselves. You will see progress and lack of progress together. I believe as time goes focus on this mission will entirely change the dynamics of Urantia Book readership. But remember our primary purpose here is to teach you to seek the Father, to love yourselves and to become a channel of the Father's love for everyone you meet and to eventually to help go out to teach others likewise. Therefore we do not concern ourselves directly with the difficulties and divisions of the Urantia Book readership.

Janet: Thanks.

Linnel: Thank you Janet for your question.

Nancy: Last week you gave us some information about the music that we heard, and you said something about it being an expanded sense of perception and I wonder if you could explain that more because I don't quite get it.

Linnel: Yes certainly. What I was trying to express is that we are experimenting on many levels with all of our groups to try to enhance your abilities to perceive the entire as it is being presented to you. At that time there were many possible perceptions beyond the mere transmissions of Michael's words and some of you were indeed able to identify and perceive this. Please feel excited because this indicates your ability to perceive some of the extra perceptions we are trying to present. There will be more of this as time passes and you will discover different ones of you are initially more skilled in different areas. This is part of why I encouraged you earlier to share each least little experience you had even if it seems insignificant to you because this is how we will help you communicate together about perceptions we are attempting to enhance. Does this explain?

Nancy: Yes thanks.

Delores: So do you get to hear the angels sing all the time where you are?

Linnel: (laughs) Well Delores it is not quiet as simple as that. However we have wonderful opportunities daily to enjoy not only the angels singing but vast...it is virtually impossible for me to explain...vast conglomerations of angelic voice and celebratory light combined with every spiritual sensation conceivable as an attempt to picturize the Father's love. Truly these are among the most sustaining of our experiences on the morontia levels. This is part of why we hope to the degree possible to help you to learn to express some of this on your needy planet.

Delores: Spiritual sensations?

Linnel: There are many senses which we have in addition to your own, many of which are specifically tied to spiritual perception.

Delores: Is that like emotion?

Linnel: Emotion is only a rough analogy but if you think of your highest emotions this is close enough to serve.

Delores: That was beautiful. Thank you.

Linnel: Thank you for the opportunity. I truly wish I could simply fully share this experience with all of you especially now as I have come to truly love you.

Jeanette: I just would like to comment that I have read from another source that we are truly greater than our physical vessel and from what you have said tonight it reinforces that and is quite exciting to me to know that we can perceive more than we realize. I am just looking forward to that opportunity.

Linnel: Thank you for your comment Jeanette. Yes we are truly more than this physical vessel we all start out in. I can tell you even at my limited physical stage which is of course still not fully spiritual the ability to experience and express my truer self is exciting. You will feel tremendous release. It is sometimes unpleasant but the animal bodies in which we have all begun our careers are of course very difficult because we are spiritual selves within animal constructions. As long as you live on your planet this will always be a certain degree of struggle, although seeking the Father is the way to lessen this and struggles will be minimized.

I would be curious to know if any of you has a reaction to the experience of hearing me tonight through two different receivers keeping in mind that among you many will in the future be transmitting for me as well.

Jill: I think it is terrific.

Unidentified: I think it is entirely natural.

Linnel: We never are certain precisely how humans will respond to these experiences. Remember many groups have started for considerable time with but a single transmitter/receiver and you group has been as we see it fortunate to have more than one initially and we anticipate more as soon as possible.

Doug Parker do you have a question? (group laughter) Do you have a question you wish to ask me?

Doug: No I didn't have a question. The question I was thinking of earlier was that I have been working, I shouldn't say work because it is more enjoyment now than it was when I began, but with the morning time of seeking to spend time with the Father, and then in the evening, it is during the daytime when the pressures of working with people I find I am really forgetful. I was just wondering if there was anything you could recommend that would help me to come back mentally to that centered place throughout the day.

Linnel: I can tell you Doug this is a problem shared by almost all. It was certainly a problem even on a planet of my development. These were the kinds of problems that we still had to overcome. It is difficult to explain exact techniques except to encourage you to cultivate the habit of taking as many tiny moments, try not to see it as necessary to spend any extended time per se if this is unavailable but simply to reach a quick hand for the Father in any moment when you can come to think of this. You will be surprised how even a few seconds of contact can make a difference. If you can train yourself when you are feeling overwhelmed, emotions that are troublesome, tired, many of the things that plaque you through your day, if you can cultivate taking that feeling and quickly

reaching for the Father's hand to share it and say, "Father here I am feeling this thing" you will find it helps your thought adjuster to adjust your attitude in that very moment. This is a habit difficult to cultivate initially, but as time passes you will find it truly does work. Does this help?

Doug: Thank you it does.

Linnel: I know for many of you this is something that you have an idea of please be patient with yourselves because you simply cannot immediately do this. Your desire to do so is what will eventually get you there. Do not despair.

Delores: I have an idea, you can tie a string around your finger. (group laughter)

Linnel: Actually Delores this is a better idea than one might think at first glance. You will find a spot in the Urantia Book which says invent reminders. Anything you can do to remind yourself to take this action will become useful to you. Anything you can find which will help foster this for you.

Cindy: Today Linnel I was discussing, there is a boy in my class that is about seven and I concerned or confused about him because it feels to me like there is a mean spirit underneath and with every other child I can see the goodness underneath their actions. With him I have a harder time finding the goodness underneath and it seems like he wants to do ill toward the other children or other people. I am confused about it and wondering if you can help illuminate that, I guess for this specific thing for me but also it applies to many people, for all of us.

Linnel: Yes this is true. Whenever you find a person, particularly a child, who has this appearance of choosing evil you can be fairly certain this child has experienced a variety of extremely unpleasant circumstances in his life. Children do not naturally react in this manner without having been so taught. Unfortunately, sometimes the child comes to feel the only power over his circumstances he has in his life is to perform negative acts or carry negative motivations. Understand that difficult though it is, the only cure for such a thing is love. This does not mean that you have to tolerate his behavior, and of course you must protect others from his behavior, nevertheless, he is suffering from a lack of loving understanding. Even though your loving acts toward him do not seem to result in changes you are planting important seeds. You cannot know but what you may be the one person who is the saving grace for this child as he grows. This is also true of any persons any of you meet who has this attitude of negativity. Again I say you do not have to subject yourself to being abused by such persons or allowing them to abuse others, nevertheless, they suffer from the lack of love. Does this help?

Cindy: Yes it does. I think part of the problem with this particular boy is that I can usually see from knowing their families a little bit when there difficulties and I don't see that, I just don't know it for in this particular case. I don't see it that he has had difficulties.

Linnel: You must remember that there are a number of forms of abusive behaviors and sometimes families who seem very pleasant nevertheless can be abusive in ways which do not even require words, they can be neglectful of the child's right to be himself in ways which are subtle but powerful. Sometimes this creates the most difficult circumstances of all because persons like yourself and even the child himself cannot recognize what is being done and the child identifies himself as responsible and being bad. This is very difficult. These are things you find much more prevalently on planets that have been torn by the rebellion.

Cindy: Thank you.

Linnel: Thank you for your question. This is important.

Linnel: I think we are coming to a point where we should consider closing so that hopefully there will be time to read some from the Urantia Book. You know that I could cheerfully speak with you for many more hours than you could possibly listen. I will try to restrain myself. I have enjoyed you so much this evening. It is very pleasant to have our interaction become more conversational. You know that I desire this and you are responding. You are all indeed doing very well. We are extremely pleased. I must tell you we will expect to have messages before long from both Macieventa and from Michael himself who knows of your progress. Please know the Father's love is always with you, as is ours. I look forward to spending time with you again. Farewell.

Group: Farewell.

The Teachings of Linnel

Linnel: Greetings, this is Linnel. I have watched your conversation with confusion. I would like to go around the room and have each of you state personally what you hope to achieve from being a participant in this mission.

Julie: To join to become more spiritual and to go forward on the ascension. This has been totally new and has absolutely broadened out my thinking of things. As far as the teaching, I would like to see more people come. That's all part of it, but also I don't know why we cannot find a solution to where it would make everybody comfortable. There are so many variables that we have to work with, but it's for my ascension, it's for everybody in this room and for the people that come. It is part of the abundance of what we are learning about.

Linnel: Thank you, I would like to hear just your response as to why you are here. I will address your group problem after this. Next please.

Katie: I would have to say the reason I am here, what I hope to get out of this, is a clearer understanding of God's will for me.

Linnel: Thank you.

Marge: I am here because I want to be closer to Christ Michael, and I feel the spiritual leadership here.

Jeanette: For spiritual growth is the reason that I am here, and to be of service to mankind.

Allen: I am here for one thing, to develop a group that feels good working together, that can then go on and work together to spread this mission, but I am also here for my own spiritual progress.

Barbara: I am here first because I have a yearning for a fuller and richer and deeper spiritual life. And second, because I have a desire to share that fuller, richer, and deeper spiritual life with other people who are like minded and who want to share it with me.

Thea: I am here first and foremost, hopefully, to have a better relationship with the Father, to learn how to love people better. That is foremost. Secondly, I would like to learn how to work in a working group with others and to listen and learn from you and from the others.

Cindi: I am here because since I have been a part of this teaching mission, I feel like my own relationship with the Father has been enhanced greatly. I felt a surge in my own spiritual growth that's been very exciting to me and I want it to continue.

Dan S.: I am here because I want to be useful and I want to try to understand.

Terry: I find it hard to put it in one sentence, Linnel, I am here because I am striving to find the Father, and I know this mission with you teachers are purposefully for this development amongst us, and the associations that we do enjoy one with another and the input and thinking of everyone collectively adds tremendously to our spiritual growth. This is part of the reason I am here.

Marlene: First of all I live here, that's why I am here. (Laughter.) But the main thing is this wonderful love that this group does have, and the Urantia book has really brought us all here to this, and then this teaching mission, and I just feel for spiritual growth and to help this world come into light and life.

- Nancy: I believe that God has given each person a special gift and talent, and I am here because I believe the mission is real and that each of us has our own unique special job to do which I don't think we all clearly understand what each others jobs are, but we all have them and that is why I am here to offer my services, whatever that is.
- Dan2: I am here because I want to learn, and to learn what the Father has for me to do, and then to serve him. Before I came to know the Urantia book, I had a lot of ideas and the book has clarified them as to what they meant.
- Janet: I am here because of friends that I wanted to spend time with, and that I wanted to meet new Urantia readers, and I wanted to get re-involved in fellowshipping with other truth seekers, and to help me validate my own spiritual experiences by hearing about others.
- Doug: It's an honor to speak with you Linnel. I'm here to learn the technique to find my adjuster in order to obtain a teacher in order to be of better service to the Father.
- Tom: I am here to do the will of God, the Father, and Christ Michael, and to be of service in realization of that will.
- Pamela: And I'm here tonight to share with the group, to strengthen my spiritual development and because I was invited, and I would like both Linnel and Ramalar to please share greetings and thank you from our group in Waterloo, to all of God's family, and we offer any service to help be about the Father's business.
- Delores: I am here because I need to be here with people who understand the things that I understand, and share the things that I can share, that we share together, and I think it makes the world a better place. Amen.

(Interruption)

Linnel: Julie, no apology is necessary.

Julie: Thank you.

Linnel: Is there anything anyone would like to add? I thank each of you for expressing yourselves. You have all been brought here, have come here, for a purpose. It is not to sit here night after night asking questions and listening to me. If I were not here, your purpose would be very much the same, to find the Father, to contact your inner fragment, and to love one another. However, since I am here and this mission is under way, these groups that have formed are for a purpose. You all are being prepared as a working unit to serve a goal. Each group throughout the country is a selection of individuals that share talents and compliment each others abilities. The long-term goals for these groups are to act as central points for the further teachings of Michael, the Father, and the furtherment/betterment of this planet. If you do not learn to work as a cohesive whole, this development will be severely arrested. This means participating in difficult discussions and understanding and respecting each of your own individual needs and the needs of others in your group. This means to take into consideration each of the goals that has been expressed by each of you. You each bring to this mission your own ideas, your own agendas. Part of the loving, compromising process of working within a group, working with a team, is considering another's feelings and finding a common ground. This is not as easy as it sounds. (Laughter.) I would ask you to all work in

patience with each other. In patience if you cannot come to a group decision, something that lends itself to the comfort of all, put off your decision until next time. Think about this within yourselves, think what I cannot give up, what can I give up. Offer up your fears, your concerns, and your anxieties to the group. Do not be afraid to show your weaknesses here. In knowing each others weaknesses you will all become stronger, you will understand and begin to trust each other. Truly trust each other. It is true I do trust each of your judgments and you to some degree trust each others judgments, however, there is something to method that is left to be desired. You must each begin to understand the limits of the other. What you all hope for this group will not come to pass unless consensus and operation together are achieved. I would encourage much discussion of any matters that cause anxiety. That some people feel uncomfortable with the expansion of this group, is a valid concern. That others feel that they cannot limit the spread of the truth, is a valid concern. Discuss this, do not stand in anger and fear to move - there is truth to each position. I have asked you to limit the size of your group, this is left to you to decide how. I will not put any parameters on this decision. It must be limited however, for each of you to grow in the ways that you have stated, for me to continue teaching you, to have your undivided attention, to have continuity. These are elements, as I am sure that some of you are aware, that lend to a good classroom situation. All of the options that were considered tonight are valid if they involve the entire group. I do not ask that your structure become rigid and unaccommodating. I ask that it involve the entire group - whatever it may be. Do not leave anyone single decision up to an individual - do not leave it up to yourself to make these decisions. Whether you can make them wisely or not is not the point, it is that you involve the entire group in this. Please consider this an exercise although you may see it as basic. It is an exercise it does serve a purpose. Those of you who feel that you can make your own decisions in this, and that you have your own techniques and ways of spreading the truth, that is fine, but when you come to this group think yourself as a member. Carry on your lives outside of this group as individuals. Does this begin to help with your struggle?

Cindi: Very much.

Linnel: Continue.

Cindi: I am not sure what else I am going to say. It feels like a lot of wisdom and I had the feeling that I wanted to hug you. (Laughter.)

Linnel: Thank you.

Julie: I have a question Linnel. It seems like we're having a problem for the people that are Urantia students that might be interested in the teaching missions and for their first exposure for them to this. If (and I am not trying to put Mark or Thea on the spot) should/would one of them or anybody else that is able to receive you as an open teacher - would you do that for another group just starting - to keep this group small or to the size that we are?

Linnel: I would like to limit my teachings and my attentions at this time to this group. I would not be adverse or against doing small sessions at other times, however, it is important at this time that I focus my attention here. I would say to you, to you all, that you struggle to find solutions, instead look to find a process that you feel comfortable with. The solutions will come out of an effective process. You all are not capable of making a decision as to whether or not someone is worthy or unworthy to participate in this mission, instead create a process that allows expression and freedom for you and for the new comer that both sides feel unviolated, and everyone understands a certain amount of ground

rules. This is not limiting or unacceptable, it merely gives everyone the widest range of expression and safety.

Julie: Thank you.

Linnel: Thank you.

Nancy: Why do you say the word limit - what does that mean?

Linnel: If you are looking for a specific number. I cannot give you one.

Nancy: I'm not. I'm not.

Linnel: Limit is if everyone feels comfortable with an addition, this is an acceptable limit. If there are those who feel uncomfortable, those that feel threatened by too many additions too quickly, this is where the limit is. Do you begin to see the subjective structure that can evolve from this? This is truly a group decision, limits are flexible, but there must be consensus in matters of spiritual safety, spiritual growth, and individual needs. I say again this is striking a balance - not everyone's needs will be met, although I think all of you can come to a place where basic needs are met and work out from there. I invite any comment whatsoever.

Delores: Do you mean that if the group gets too big, people's needs won't be met.

Linnel: If the needs are not being met, then they will not be met.

Delores: Okay, so if we go past the limit.

Linnel: There will be a disintegration of intimacy, there will be less time for sharing events that are important to each of you, there will be less time to attend to my teachings, and less time for each of you to ask the questions that are important to you in your growth.

Barbara: Linnel, I have a comment, I just want to thank you for starting your comments tonight by asking us to talk about why we're here. I don't shed tears in public, but just hearing what everybody had to say tonight was - it took everything that went before and made it irrelevant basically in comparison. We're here for a common purpose and that was made very plain by the comments that were made by people here and if we have trouble coming to a decision or consensus, well you know, that is just life. But the other, the commonality that we have here is real precious and very uncommon, and I appreciate your guidance in this.

Linnel: Thank you. When your decision making process becomes difficult, when needs are not being met and inconsistencies are being felt, I would ask you to all go back to this basic question. Why am I here. This does change throughout the process, and I would recommend that this be a periodic habit of yours, to share this with each other. As the goals of the individuals change, the goal of the group will change. This is a natural progression of a fully functional group. This must be expressed, however, I have chided you to get to know one another, to talk more, to share more. When I speak of sharing, I speak of this, this is the most fundamental type of sharing yet. Each of you, all of you, have not done this, I am glad that you noticed a sense of commonality.

Barbara: Do you suggest we institute a Kleenex fund. (Laughter.)

Linnel: I invite any more questions or comments. Please do not feel that any are inappropriate. If anger must be expressed, then anger must be expressed.

Trea: Linnel, do you have any suggestions for how we can learn better to open up to each other, maybe even including some way, some method, process we can use, to become part of our meeting for doing this. The way we have it now we have been doing some sharing together about what is happening in our lives from 7:00 to 7:30, but because we are not all here, it does not really let this happen for all of us as a group. Do you have any comments on this.

Linnel: I, of course, enjoy having the most time possible to just talk and discuss with you, however, the sharing time that you speak of is extremely important to each of you, it is important to share and it is also important to be heard. I will not say how long you must spend on this or what time it takes in the meeting. I would say that it is important for you to do so. I would throw this out as another decision that you could make as a group. This one would prove easier than the others. I would suggest that you try simply out of practice to make decisions like this together. This as I have said is easy. Deciding whose name appears in transcripts and whose doesn't is easy. Practice gaining confidence in making decisions such as these. It will make it easier to work to the bigger harder issues. It does help that there is discussion before a vote or a call to consensus. There is no rule that following every discussion there must be a decision, this can be put off to another time. We are speaking of a matter of time of a week, this is not a great length of time.

Cindi: Linnel, how do you make decisions? How do you and your peers go through a decision making process.

Linnel: Thank you for asking. We come to a discussion table as equals. There is a sense of hierarchy, a system that we work with, however, when we come to discussion all are equal. Every voice speaks its mind, this is not always true on your planet, although as you become more comfortable with yourself, you will realize that your opinion and thoughts have equal value. We discuss, follow each others trains of thoughts, explore avenues together, and come to solutions/decisions which are often times a blending of all concerns. These decisions tend to be stronger than any one concept. We do have practice at recognizing fruitless or dead-end propositions and therefore, our process is streamlined considerably. We do have a greater range of emotional expression, this also makes this easier. I would suggest to you in your own process, in your own posing of your thoughts, to feel your feelings, let them slide away to the side and state your position. Do not be afraid of how it is received if it truly must be said. There is a saying "The ~~are~~ are yours the consequences are Gods." This is applicable in group settings. If you truly have a truth to say and I thank you, Jeanette, for sharing this was a wonderful sense of truth. Do not be afraid if this falls wrongly on others ears. It is the truth, it must be expressed. The receivers of the statement will have to make up their own minds one way or another, this is not for you to control. This is something that each of you has great difficulty with in all your relations. (Laughter.) I see you recognize the truth in this (great laughter).

Jeanette: I think it's more a sense of frustration because we want so for the other person to understand where we are coming from and its like a sense of helplessness and frustration.

Linnel: And often times the receivers ears are deaf. I do understand this problem - I understand it intimately, (laughter) however, you must trust that the truth plants itself in fertile ground and will grow in time. Often you must say what you have to say and move on, without spending excess energy in trying to

shove the seed into infertile cracks. The Father will guide the seed to where it is most needed. Trust in this.

Thea: So Linnel, when we're learning to work together as a group, we're actually trying to learn and understand the part of the actualization of the Supreme and how the Supreme works together.

Linnel: Yes. Exploring, seeking different ideas, trying in relationship, trying relationships to another. Yes, I am having trouble in expressing this concept through Mark.

Cindi: Did you have training in that decision making process? Is that kind a part of training for everybody?

Linnel: This is training that you receive further in your universal career, however, there is material, there is precedent for positive group interaction on your planet. This is something that has begun to occur in the last decade. Exploration of positive human interaction without authority or figurehead to control the flow of the meeting. I would encourage each of you to seek out as much information on this subject as possible. There are those here that work in environments that this is being experimented in or with. I would encourage those to share this process, to share its strengths and to share its shortcomings. Try to learn together how you can shape your own process to best express your purpose here. I will assist in this often. Do not be afraid that you are being shoved into deep waters without assistance, we are here to guide you. Just ask! I would however stress that the work is yours and that you must do it before you will receive the help you want from us.

Barbara: Linnel, I have a question of clarification about something you said a little earlier about feeling our feelings and then letting them move over to the side. I just want to be sure I understand you. You don't mean for us to ignore or suppress those feelings that we're feeling, do you? You mean for us to feel them, and acknowledge them, and then not let them get in the way of clearly stating what we need to say.

Linnel: Exactly, when you have something to say and it is expressed on the voice of anger, it will not be heard. This is simply an effective means of communication. You can still feel the anger, but attempt for the message to reach the others ears. This is the most important thing when truly trying to communicate difficult concepts, when trying to communicate your own needs which are often vague and unformed. It is important that you are understood, then it is important for you to feel your feelings.

Barbara: Thank you.

Linnel: Thank you.

Thea: Linnel, that brings me to maybe it's just a comment. I know that often times I think I become angry because I'm afraid that I won't be - afraid probably that my needs won't be meet. I mean that may sound selfish but, hum, afraid that I won't be heard at all. It's not that I feel that I want my way to be done, but I am not very effective at saying what I really believe and trusting it will be heard, and I know I learned this over years to express it in ways that are angry and ways that aren't effective and this is difficult for me to learn how to overcome and I want to try to do it.

Linnel: I encourage you to do just this. I encourage all of you. This is difficult however when you are speaking, please, keep your ears and your hearts open to the others needs. Do not let your own needs fill your entire perception, state them, listen to the other, listen to the other with your heart and with

your head. Make this a practice, make this - this is an effort that you must make. It is one of those basic exercises that I asked you to practice. This will help here, this will help in your lives in general. This does not mean that you must accommodate the others needs immediately and completely, it is that you begin to understand them. It is through understanding that you will truly begin to love each other. The Father understands all of you fully and is therefore capable of fully loving you. This is some of the practices that you spoke of in earlier meetings of trying to emulate the Father's behavior, trying to emulate Michael's behavior in his life. Understanding is the key, understanding and then being able to love.

Delores: That means Linnel, that you have, that I would have to know what I am feeling. I have some angers, I have some misunderstandings, I have some images, or perceptions of the group that are personal to me, that make me feel anxious. So I have to understand what those are in order to talk about them in a sane way that keeps my heart and my mind open to everybody. But, if I'm understanding what I am feeling, how can I do that?

Linnel: Thank you for making this point. Understanding yourself is the key to also loving yourself, just as it is the key to loving others. I would suggest that you spend time thinking of those things that disturb you, that cause you these inconsistent feelings on your own time. Try to recognize these things in the mean time as they come up in such group situations. This will give you keys, valuable insights into understanding your emotions better. As you, for example, react to something that someone says, your mind recognizes that what this person said was not so incredible, although your emotion to this statement is inappropriate and over exaggerated. File this statement away in your mind for later and look at it closer. This will give you valuable insights into understanding your own reactions and modifying them if appropriate. Does this shed light on this concern?

Delores: Well it reminds me of our earlier work with stress ? practice, where if we got angry or if something happened, we were taught to just put that aside, to drop the stress, or drop the anger, and look at it later, but still be able to think and feel what the other person was talking about. That's not easy to do.

Linnel: This is not easy to do. That is why I say it requires practice. I would however make a stipulation in this statement. It is sometimes appropriate to become angry and to express it. This is something that is a judgment practice.

Terry: Perhaps Linnel, we're taking our opinions too seriously. Maybe we need to use more patience.

Linnel: Patience is always a valuable virtue. As I have said before, the fastest way to any destination is through patience. However this is difficult, do not judge yourselves harshly if your opinions do matter to you greatly. This is appropriate for your current state of development. I would however ask you to begin looking beyond this sense of self-importance and evaluate your actions, your emotions, and your opinions...evaluate them fairly, not harshly. This is something that you can bring to this meeting, this is something that you can discuss with others, it would be truly novel if instead of speaking of the weather you spoke of how you felt in a particular situation, asking perhaps for each others feedback or impressions. This would be truly wonderful if speaking of feeling exploration would become a sense of small talk.

Barbara: In other words Linnel, your asking us to integrate our spiritual, and our intellectual, and our emotional into and our physical, I presume, into a well integrated package of human behavior and understanding. Is that correct?

Linnel: This is exactly what we strive to teach you. In truly seeking the Father and being successful in that pursuit it requires that harmony exist in your life, in every aspect of your life. This is from the financial decisions you make, to your emotional relationships, to your spiritual relationships, and including your physical well being, your diet, and Cindi, your living spaces. All of these things must be in harmony. Please strive to do so.

Cindi: I'll tell you about that afterwards, okay. (Laughter)

Dan S. I hesitate to ask the question that will bring the conversation down from such nice heights to this reach, but I'm curious, if you can tell me if there are such communications, such groups as this. I believe you said they occur in many different countries. Does one happen to be occurring in Korea? Can you tell that?

Linnel: There are groups forming in other countries, this formation is slow and often times (tape ran out) strongly exist here. I cannot say there is a group formed - there are many groups attempting to form. Does this answer your question?

Dan S: No, but that's okay. I'm curious because there is a current translation of the book coming into Korean, and it would be nice if I could kind of circumvent the regular slow process of running into somebody I could help that might like to have that translation.

Linnel: I cannot give you specific names, although, please be open to any situation that may occur. You will be surprised, often times situations find you. I would like to say something to you. It would be useful for you to find a home group, if you feel comfortable in any one of the groups that you have been visiting, I would suggest that you make a commitment, an emotional commitment to being a part of one of these groups. This will give you some of the peace that you seek.

Dan S. Does it matter which?

Linnel: It matters not. It is entirely up to you. I would say to follow your feeling, perhaps, where you are most welcome and slightly off balance.

Dan S. I'm always slightly off balance! (Laughter.)

Linnel: It is important to feel emotionally comfortable but perhaps intellectually challenged.

Dan S. Always intellectually challenged. (Laughter.)

Linnel: I would also say that I offer you welcome here if you choose.

Dan S. Thank you.

Julie: Thank you for turning this into a positive. Question, somebody in the Pocatello group asked if it would be okay to share your teachings with that group. And they are specifically asking me to ask.

Linnel: It is acceptable for all of you to share the transcripts of these meetings. As you begin to make these group decisions you will be surprised to find that changes will occur in other groups. Each group champions new territory, we attempt - we the teachers attempt to integrate what other groups explore into all of the teachings. What you struggle here to do, what is difficult here for you to do, will be to the benefit of other groups. We learn your limits and your talents and apply to our own teachings as

appropriate. Please feel that what you do here is benefiting others - it truly is. Your questions in the transcripts are - will offer insight to others. I am happy that you have chosen to leave your names on the transcripts, this does create a sense of larger community. I do not however limit anyone who does feel uncomfortable with this. It will not take away from this group consciousness - larger group consciousness.

Thea: Linnel, do you want the fact that there are two receivers in this group indicated in the transcripts?

Linnel: It is not necessary. My words and teachings are being faithfully represented through both. It is unnecessary to include this in the transcripts, although it is useful to share the interactions and goings on of your group with other groups so they feel encouragement, so they do not feel alone or odd.

Allen: Linnel, like today when you asked us all to go around and say what our purpose for being here was, is that a good thing to do in other situations where we are trying to find out what different people are expressing, like talking about a problem? Partly what I am wondering is - does doing this help you to learn more about us as well as help us learn more about ourselves?

Linnel: I must admit that I knew in general terms why each of you are here. I would say that you came here not by accident. We have been here for quite sometime and have been orchestrating, planting seeds, and we are happy at the crop. It is useful however for you to use this technique in any situation where there is differing solutions being posed - it helps focus any meeting, any process so that all understand the other and can perhaps modify the purposes. This is applicable in work situations, in arguments you may have at home, here, and even in disputes that you engage in in your daily activities. Allen, does this answer your questions?

Allen: Yes, thank you.

Tom: You're probably aware that there is a meeting in San Francisco tomorrow of critics and believers. Is Gerard or any of the other teachers in the San Francisco Bay Area or around the world going to be there?

Linnel: We will find this meeting of great interest, we will always be present where matters of this mission and discussion occur. Always be secure in that we are near by and if the moment calls, we will answer.

Tom: One of the people is going to be from Santa Cruz at that meeting I spoke with last night and he said that he is a 75% believer and still 25% skeptic, and when he practices quiet time he does ask for a teacher. Does he have to be a 100% believer to get a personal teacher?

Linnel: I would suspect and do know that each of you are mostly 75% believers. This is not a problem for us, this is a large faith leap for us to ask of you. You have 75% responded, this is more than we would have hoped. I would suggest to your friend to be patient, to approach the silent time and the teachings without expectation. This overall will help much, he/they will find the 75% perhaps growing to 85 just in this shift of mind set.

Tom: He has a question that I couldn't really answer, but it's on data transmitting/receiving data integrity. He feels that there are in reading some transcripts mainly with Whelmek that and the group in Chicago claiming that Melchizadek's are going to materialize, and some Florida transcripts saying that there is going to be personalizations, and then other teachers, who I won't name (group laughter). I'm just kidding, you say that you won't comment or make some statement, that you won't predict or promise,

but things like that where he says that its sort of contradictory errors. Why isn't these contradictions or something cleared up? This is his question not mine. Why aren't these contradictions cleared up immediately, and why are errors in transmissions allowed to go over time without immediate correction?

Linnel: If an error was committed that had grievous consequences, it would be immediately corrected. Often times the errors that occur are misunderstandings, or the wishes and leanings of the transmitter/receiver contaminating the message. This process is a collaborative effort. We understand that there is a certain amount of translation that must occur, there will be errors in this translation. Most errors that have occurred, and we do notice and discuss this with our peers, are of trivial consequence. I would also comment that each teacher utilizes their own teaching methods. I choose not to give spiritual names for example. This is something that Whelmek feels brings a greater sense of participation and group belonging, this is something that we differ on and have had many discussions over. He feels that I am too conservative, I feel he is too liberal. Even we have our disagreements. Does this answer all of the concerns, or would you like to add some more?

Tom: Well, it wasn't my concern, it was his and so I am just going to pass that on.

Linnel: I understand.

Tom: But, for me the discrepancies are minor also, so I try to convey that to him also, but he feels that because Melchizadek's are involved then higher administrative, Christ Michael's involved and other higher planetary administrative or local universe administrative beings that should be perfect or something like that.

Linnel: As I have said, this is a collaborative effort. Even when Christ Michael speaks through one of you there is a matter of translation and interpretation. The same message would be transmitted differently, slightly differently, through two different transmitters/receivers. Is there more?

Tom: No, thank you.

Linnel: I would like to say to you Tom, that your energy, enthusiasm, and excitement for this mission is admirable, I feel pleased to have you be a part of this group. I would hope that you can find a way that your needs can be met and that you can remain a member of this group. Your position here, your presence here, affects the dynamics of this group in a positive way. I hope that we can continue working together.

Tom: I am 100% sure that we can. (Group laughter and applause.)

Linnel: The events and acknowledgment that you seek will come to pass. I can assure you of this.

Tom: Thank you.

Linnel: Thank you for your participation.

Barbara: Linnel, earlier you were talking about the fact that we were all lead here, or that we are all here for a reason. I personally can trace my path from where I was to this house back 14, 15 years. I suppose even though I just recently come and you used the word orchestrate and that kind of perked my ears up just a little bit, and I wonder if you could give us a clue or maybe an example of how you orchestrate

things so that we get to where we are supposed to go without meddling in our free will, and I know you do that because you can't meddle in our free will - you don't have that power, but I feel things happening in my life and I know that there being facilitated or ways being smoothed, and I wonder if you could kind of shed some light on that.

Linnel: We work with many beings who have the understanding and ability to comprehend the manifestations that choices you make can take. As you approach a junction you can make four choices, we simply lay in your path what we can to enhance the choice that you have made. This is very much the work of your thought adjusters and the angels. We can work with them to some degree, we have found ourselves here too by the same strange path and we all converge. How odd it is and how wonderful. You begin to see as you progress your choices become seemingly more narrow as you make more spiritually rich choices. This does not hurt in bringing you more easily into situations such as this.

Thea: So to some degree our thought adjusters and angels can nudge us like, but we have to make the choice.

Linnel: You must make the choice, your angels insure that choices that you make have some further spiritual choice within them. This is merely directing options in your direction.

Nancy: So even if you make a choice that may not have been the better of the two there is still another choice to be made.

Linnel: There are still a hundred, a hundred thousand more choices to make. You will never be left with no option to make a spiritual choice. In this way it is - when you feel you have made a wrong choice, simply look beyond the choice, look forward to the next choice you have to make. You may find that it will lead to a better chain of events than the first.

Barbara: Are you trying to tell us to learn from our mistakes?

Linnel: Learn to make your mistakes and then to move on. This is what I ask of you.

Marlene: Just yesterday I heard that you need to speak to your angels out loud - that they can not read your thoughts. Is this true?

Linnel: There is a interpretation problem with out loud. Directing your thoughts to your angels to them will suffice as out loud.

Marlene: Another words you really just need to be specific in your thoughts.

Linnel: You need to be as specific with them as you are with us. Neither of us can intrude into your inner thoughts. When thoughts are directed to us, when we are being addressed, then we may engage in conversation with you. So it is true for your angels.

Dan S: As a bit of an extension, we're encouraged in the book to get in touch with the angels, they say only good can come of your efforts to understand angels, but how in the world - what are we supposed to do that helps us understand angels? Is such of what you just mentioned part of it?

Linnel: Yes, addressing thoughts to them, making them more real in your mind. I would hazard to say personalizing them. This brings you closer to those who work in your behalf. This is a form of willingness.

The Teachings of Linnel

- Dan: Would it be helpful, or is it appropriate or possible to know the names of the angels that we address?
- Linnel: I would say to this give them the names that are meaningful to you. They would very much appreciate this. They find your love and actions towards them very sentimental and it is extremely meaningful to them. I do encourage this.
- Thea: Well Linnel, it's like in any of our relationships when there is to you, and our angels, and our thought adjusters, who we can't see, to each other here, when we are willing to open ourselves up and really share what's going on whether it is with each other, or with you or with our angels, truly talk to you about us and try to experience you, this is part of what makes all of our relationships grow.
- Linnel: Yes.
- Thea: This is the understanding.
- Linnel: It is the willingness and it is the action, and in action you will achieve growth.
- Dolores: Linnel, my understanding is that part of an angels mission is to provide us with interesting situations to contend with. Would it be useful when trouble comes along or when difficult situations come along to acknowledge our angels at that time as bearers of gifts to us?
- Linnel: Bearers of gifts or perhaps bearers of annoyances. Whatever the sentiment, they would appreciate it. They derive great pleasure from making your choices rich with problems. If they have created a particularly clever puzzle for you, acknowledge that it is difficult, acknowledge their expertise, they would appreciate this.
- Barbara: Are we to assume from that then that the room is just chalked full of angels tonight?
- Linnel: More than you can imagine. (Laughter.) Your meetings are well attended.
- Jeanette: Can you give me an idea of approximately how many angels say a person would have?
- Linnel: Each of you who are participating in this mission and are aware of the presence of your thought adjuster are endowed with two guardian angels, however, there are various other unattached, unassigned angels and other beings present, along with your personal teachers, visiting teachers, teachers to become, mid-way creatures and various other guests.
- Cindi: How do you all fit.
- Jeanette: That's very humbling.
- Doug: Linnel, do you communicate at all visually mental images, or so forth, and is it any benefit to visualize back?
- Linnel: This is a form of communication that we use with those of you who find it easier than accepting words. Visualizing back is a form of acknowledgment if it is meant that way or an expanding on the basic idea. View this as communication.
- Thea: Will you utilize all kinds of forms of communication with us other than just words in our heads?

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Linnel: Yes.

Dan S: Occasionally throughout the Urantia book there occur what seem to be rhetorical questions, which I am glad you're here now to answer for us. One of them asks us do we grasp the significance of the fact that there is an archangel divisional headquarters here - how good a deal that is. No, I don't grasp the significance of that. What does that mean? What is the big deal of that?

Linnel: There are thousands and thousands of planets very much like yours, some in greater spiritual maturity. It is extraordinary to find such a group of highly skilled beings on such a backward planet. Those who have not ascended through the ranks starting as mortals find it difficult sometimes to understand the rewards placed/given to such worlds. This was perhaps the editorial comment of the one who wrote the paper. No, it is true you cannot grasp the significance of this, but know that it is significant and in that take some notice and pride. I would like to take a few more questions and then end the meeting for tonight.

Julie: I would like to go back for a moment when you were talking about sharing our minds, that you can only do that with permission. I was under the understanding that once it is given to do that that it can be at any time, that you can share my mind anytime, since I have given you permission.

Linnel: Often times when you give permission to enter into parts of your being, parts of your mind, you do not know what is yet known to you. As you open your mind to us and you make contact, you grow in that contact, you then look back to your mind and realize that new parts have opened. You then must give us permission to enter those new parts. We do not enter into what you yet do not know. It is valuable, as I have said, to reaffirm your position, reaffirm your goals, and to reaffirm your parameter boundaries in this permission giving. It is part of the growth process to look at your original goal is useful, then to reissue that goal makes it easier for you to step from goal to goal without leaving such a large gulf in-between. These gulfs cause you much concern/anxiety, loss feeling. Does this answer your question?

Julie: I'm not sure. I guess I was under the impression that for like you and Abigail in my mind, in my attitude, is that it's open. From what I understand that you guys gain experience going through the mind.

Linnel: We cannot take more than we are given by you. You in this process of learning will begin to see and understand more of yourself. We feel much gratitude that you then share that with us. These new discoveries are new discoveries, we do not tread in territory that you yourself have not experienced. We do gain knowledge and insight from the areas that you have opened up to us. In this we all give you are thanks.

Julie: So the bottom line is, I need to periodically still invite you.

Linnel: Yes.

Julie: Okay.

Thea: Is this kind of like rededication?

Linnel: Rededication, exactly. And it is a good mental note to yourself to take time to see what you have done, to see what you have accomplished. You all grow every day although you do not notice the

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growth day-to-day, but from month-to-month, take time to reflect back at how far you have suddenly come. This is a good time then to open up these new parts of your mind to us if you wish.

Thea: Linnel, I thank you for your words tonight, more than I know how to say. I treasure them.

Linnel: I thank you all for your struggle, for your willingness to struggle and your willingness to talk. I will be with you this week, speak to me, always remember that the Father is with you always and his love surrounds you and is there for you anytime you desire it. Simply open yourself to it. Farewell.

Everyone: Good-bye and thank you.

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Greetings this is Linnel. I am pleased to be with you tonight, I am pleased to see you gathered together, sharing together, speaking with one another about the events of your week, about the things that have happened. I want to encourage you to do this as much as possible and as I have said before encourage you also to contact each other during the week, to share together in this process of spiritual growth. I want to speak briefly this evening again about the nature of this teaching mission. This missions primary purpose is focused on the living of daily life, is focused upon learning to strengthen that sharing of the inner life with the Father of which you have just read, to the end you may become channels of his living love to your brothers and sisters. There are indeed many other things involved with this mission but if you loose sight of this primary purpose it will be more difficult for you all. I encourage you to seek habits of positive living in your every day life remembering that the spiritual is interwoven with the very fabric of you day and you will find many opportunities to practice this. It is not so important that all man kind learn now the teaching mission as that they learn of the Fathers love for them and to learn to love each other. Know also that the difficulties which you face both here and in other parts of your life are opportunities for growth as the Urantia Book has said. These are part of what will make you stronger and more useful in future universe adventures. While it is understandable to not enjoy the conflict nevertheless you will come to a point where you will no longer perceive it even as conflict but merely problems to share in the so ving of together as a family in love. I love you all, the entire staff loves you all, you are doing far better than you think. I am ready to take questions.

Jeanette: Was that introductory statement said in such a way because Nancy is not here tonight, maybe the reason she is not here tonight is because of what was said last week?

Linnel: I believe I understand your question. However, this was no relation whatsoever. To my comments I am simply trying to return briefly to basics because all of us including those on our level sometimes enjoy and benefit from reiterating basic principals.

Jeanette: Okay, I was just concerned why Nancy was not here tonight. Maybe something was said.

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Linnel: Know also that we always miss any of our family group when they are not present.

David: I was fortunate to have some time to read this week and in the Urantia Book there was a statement that there is a difference between fact and truth and that they did not mean the same and that fact could at times change, I believe. I was wondering if you could help clarify that either by an example of what the differences or something along those lines?

Linnel: Yes, David, thank you for your questions. This is a large concept sometimes difficult of explanation in words because it is most commonly understood through experience, however, I will attempt to explain. Fact is, (Thea is having trouble with the concept) fact is like data, truth is like the interpretation of the data except that in this case it is the data which changes and the interpretation which has an ultimate permanency I have a feeling this is a little confusing. I mean that the truth always goes beyond mere fact. The truth is very large ultimately as large as the Father and the entire universe. Facts on the other hand are small and changeable. It is interesting how humans all of us when we are in our initial planetary lives do have some confusion in separating fact from truth and tend to defend something by repeating but these are the facts, and yet the truth still escapes. As the book says you can be everlasting right as to the fact and wrong in the truth because facts without spirit, without the sense of the loving heart are lifeless and valueless. Truth cannot be contained in fact which is often mere words. I don't know that this explains much further than the Urantia Book. Has this served at all?

David: Yes, actually made this topic somewhat larger than I originally thought it was. (laughter)

Linnel: This is actually a very tremendously large topic.

David: I gather out of this that value or meaning which was the topic we just read has a lot to play with what truth is.

Linnel: Yes David you have surmised correctly. I would like to go into this in greater depth and perhaps I will choose this for one of my formal teachings.

Doug K. The book says knowledge is demonstratable and truth is experience.

Linnel: This is correct. This is exactly what I am getting at. This is why talking with you about this cannot ever effectively explain in the same way as your living experience with the truth in the relation to facts will do. I would encourage any of you who have an experience that you believe is related to this to share it with each other as a process of together learning about this distinction. Thank you for your comment Doug.

Janette: Linnel I have been thinking about social issues over the week and I have a number I would like to ask you and I am going to save one for next week that I have in mind and this week my question is regarding homosexuality. It has come up a lot in the news lately. Social acceptance of gays is a much debated issue, I know Jesus did not address social issues because we were to work out our own problems, our own social problems. I am not asking for answers just insights. Are homosexuals born homosexuals, some say it is a learned behavior, some a physiological problem. I know what is important is acceptance, getting through to peoples fears and prejudice is difficult, your input please.

Linnel: Dear Jeanette like Michael I of course will not go further than he himself chose not to do our mandate does not permit us to answer questions that which you are actively all concerned in working with, however, I will say whenever you have questions of these sorts always look to the most important truths the loving attitude of the Father is always the way to approach these issues. I am sorry I cannot answer your question in more depth.

Janette: I was just hoping for biologically (words muffled)

Linnel: Even this is an area where we must permit your own knowledge to grow. The comment in the book in this context bisexuality means the existence of two sexes. That does not mean that interpretations on homosexuality one way or the other are to be taken from my statement. That simply the meaning in that context.
(A comment muffled)

Linnel: Exactly. As angels have polarity and various other beings. However, we are not permitted to anticipate your scientific discoveries even as the Urantia book itself was not. Trust me, this is sometimes deeply frustrating to us, for we would love to give you knowledge that we have nevertheless we know that knowledge given unearned tends to weaken rather than to strengthen. I do truly regret being

unable to answer to that.

Jeanette: Thanks. I somewhat understand your explanation.

Delores: As what would be an example truth without any facts to back it up.

Linnel: Are you referring to my answer Delores?

Delores: If you could tell us that it was, say chemical or hormonal polarity or something then we wouldn't have the facts in the world to back that up. We couldn't share it.

Linnel: Facts do have their role. They are very serviceable on a material world and they are necessary accumulation by yourselves for the most part.

Dan: Why are you smiling Linnel?

Linnel: Because Thea has just discovered that it is acceptable for her to express my feelings and it is somewhat strange for her. Both transmitters are learning areas which each of them have...Thea is having difficulty...both transmitters are exploring areas in which the other has expertise, this may result in a few odd lumps but in the end will be beneficial. (laughter) Thea is trying to allow my emotional expression to come thru her better, something which Mark is very effective at and it is new therefore makes transmission more difficult.

Barbara: I would like to get back to the facts and the truth if I could please. This is something that I think about regularly in terms of my own life and in the terms of the broader world around me. It seemed to me when I was listening to your answer to David's' question that enlarging the picture has something to do with this, that one can see, for instance through a window a couple with a child, slapping that baby, throwing it up in the air and doing all sorts of nasty cruel things to it and those would be facts. The interpretation of which would be different if one knew that that child had just ingested some drug of some sort and that they were trying to keep the baby awake until the medics came along. That kind of situation, is that something that you were looking?

Linnel: Yes Barbara, this is an excellent example. This is why the Master so often used parables, because in this manner he could take the fact beyond into the realm of truth. This

is quiet right.

Terry: We wish to welcome you Linnel. It is my turn at the microphone.

Linnel: Thank you Terry.

Terry: I have been having difficulty as you know with my teachers name, can you help me with it or must I still continue to struggle. (laughter)

Linnel: Terry I am going to do something you may think unprecedented, your teachers name is Fantessyah.

Terry: Thank you I would have never got it. (laughter)

Linnel: I doubt that very much Terry. I have great faith in your persistence and appreciate it.

Terry: Thank you.

Linnel: I am pleased to do this.

Barbara: Terry, don't you want to know how to spell it? (laughter)

Delores: Hi Linnel. I just have one question. I wonder how you are doing? How are you?

Linnel: I find that an interesting question. This is not often asked of me actually I am doing quiet well. I think that is easier for us from our side to understand what may often be confusing to you than it may be for you, since we do have a few extra years experience. I am feeling encouraged despite difficulties, because I am watching many of you seek to solve problems and take them to the Father and seek more unity. This indeed makes me feel quiet well. Thank you for asking Delores. That was interesting.

Delores: Your welcome, and I am glad to hear your answer, its heartening for us to.

Linnel: I think that you can trust that we are unlikely to paric. (chuckles)

Doug K. I have been rewriting this all week so I better read it. (laughter)

Linnel: Doug do not worry it will be fine.

Doug K. I am again honored to speak directly to you Linnel. I have studied the Urantia Book for 16 years and achieved real faith levels about 4 years ago. The quantum leap of faith that I experience then is now being repeated. With the advent of the teaching mission my life and the book have acquired even deeper meaning than before, thank you. Even though I have spiritual deficiencies and mortal handicaps, the time has come to offer myself to this mission. I am striving to understand the quiet time, striving to find more communion with my adjuster, I am trying to allow and accept the growing magnitude of the Fathers love. I have made a personal petition for a personal teacher and I now make that request public and formal. Through subordinate free will, liberated logic do I surrender to the truth, beauty and goodness of the divine reality, please accept me as the son of faith that my truth sense tells me I am. Help me to circumvent impatience and be loyal to the here and now. I offer my talents and resources in whatever capacity that maybe of service, I open my mind and my heart as pathways to my soul, to you to guide me to the guidance that is my own. I extent to you my hope and confidence in your endeavors and my gratitude for all your efforts.

Linnel: Dear Doug, know you are part of this mission truly. Your heart is known. I am touched by your statement, you already have a teacher waiting, attempting contact with you, this will certainly happen. Know that you are to play your part in this and I think you will be very satisfied. We are very happy to have your loyalty. Thank you, and remember we are your brothers and sisters. There is no need to feel humble before us, please speak with us anytime as your friends and your family. Thank you Doug.

Doug K. Thank you for your assurance.

Pamela: It's your little sister Pamela. (laughter)

Linnel: Greetings little sister.

Pamela: I brought you a chocolate heart. (laughter)

Linnel: I do happen to know this receiver appreciates chocolate. I am not quiet certain perhaps you should divide it amongst all of you and think of me. I appreciate your gesture.

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Pamela: I would like you to ask me a question because I learn from questions a lot. I guess you guys know what has been going on in my head. I leave it to you to teach me with questions as much as you can. I enjoy that challenge.

Linnel: This is an interesting situation. I would be interested to know your own thoughts and feelings about the teaching mission.

Pamela: Now or later (laughter)

Linnel: Within reasonable sharing time constraints, now if you wish, if not later would be acceptable as well. You can do as you wish with this there is no problem.

Pamela: Well I would like to encourage, I would like to support any of you who are contemplating lessening your material burdens because I experienced the joy, inner peace and lightness that comes from saying no.

Linnel: I think there are many present who understand this.

Pamela: And to work cooperatively. I think there are lots of ideas that we have not explored as a group as far as expanding the time that we meet together as much as we can. I am all for going slowly and allowing people to jump in when they feel comfortable and jump out when they don't. At least in Waterloo come by anytime Fri. Sat. or Sun. 24 hours a day. It is an open invitation to work on this and to talk with you and to get that feedback as a group and to expand if any of you are wanting to branch out and really jump in deep. This is a sincere invitation and I think it could, for the teaching missions sake it is a real serious thing for me.

Linnel: Pamela, do you wish to ask me whether or not a teacher will be present in your own group? Do you wish to ask for this?

Pamela: I will leave that for Doug K. because that's (laughter) I submit a formal request!

Linnel: Your request is taken and it will certainly be fulfilled in time.

Pamela: Thank you.

Linnel: Thank you for your comments.

Janet: Hi Linnel this is Jan. I am kind of choked up about Doug's dedication. I am glad that we have two new members. I want to ask you a question about some other members that I miss and do we need to do more to insure that we are keeping some old members as well as gaining some new ones?

Linnel: I think this is difficult and a question of personal conscience. I would encourage any of you who wish to reach out in love to your friends, to please do so to any degree that you feel best. I would always encourage this. And as for myself any who have been members of our family group we naturally do not want to loose, however, there may also be yet some who could participate in this mission at this time without undue difficulty of assimilation. Do I understand you to be referring to recent times or more distant times?

Janet: Recent times.

Linnel: Anything that you can do to remain in loving contact encourage gathering together of your friends is always good.

Janet: Very good, thank you.

Linnel: Thank you Janet.

Doug K: About a month ago we lost a friend to suicide. I am curious how suicide affects ones ascension plan .

Linnel: When ones career beginnings on the mansion worlds is where they left off. You need not fear for your friend. Is this sufficient?

Doug K: Yes, I was not too worried about him.

Linnel: If there are other details you would like to ask?

Doug K: Seems like a negation to do that, checking out like Lucifers annihilation choosing not to be part of the plan but I hope that there will be some understanding that he was just an egg and did not know any better.

Linnel: Lucifer of course had much more experience and knowledge and made his decision fully aware. Your friend being human on this planet could not possibly have all the knowledge he needed, therefore the likely hood of a final decision is almost nil. Suicide is generally a mistake and as such , although it indicates spiritual immaturity does not in of itself lead to cessation of the universe career.

Marlene: Linnel I have kind of a curiosity question tonight. You are so full of wisdom and have such a tremendous amount of love that I have often wondered how far along you are in your ascension and how many years ago according to our time were you a mortal on your world? Could you answer that?

Linnel: I would rather save some of these answers for another time when I can speak in more depth, but I would say to you generally that I have indeed had sufficient years to gain wisdom which I have not indeed always possessed. I thank you for your complements, it has not always been easy to attain the wisdom which you credit me with. Were it not of course for the Father of us all I would have none.

Marlene: Thank you.

Linnel: Thank you for your compliments.

Barbara: Linnel I have a curiosity question too. You are certainly and your colleagues are our teachers. Who are your teachers?

Linnel: We have many teachers, the Melchizedeks of course are our teachers. We have as many teachers for us as you have for yourselves, from us many more. It would be mind boggling were I to go into the details. There are so many here from whom we can learn it is truly astounding and a delight to those who love learning.

Dan: How is fusion, Linnel?

Linnel: Dan I appreciate you humor. (laughter) Fusion was unspeakable and there is no way, I have said before inwards to explain this. The closest times you have had with the Father and them imagine expanding that feeling to infinity. Truly this is incomprehensively wonderful, and know time passes after this when overwhelming gratitude is not apart. Does this begin to serve?

Dan: Tantalizing.

Linnel: That is all I can do at present. You all will one day know.

Mark: Linnel I have a question about contact with my thought adjuster. I'm beginning to get more feeling for that presence inside of me and I keep returning to that same place mentally and emotionally that I find that connection and it

is not always there. It seems to be a little bit elusive and I wonder if there is anything I can do to pin that down, or at least create an environment within myself that allows that to happen better. I know that the silent time is a good time for that but it actually boosts me along in the day to kind of feel just something on the edge of my mind and I want to keep more of that. I want to know how to do that better.

Linnel: Yes Mark, this is one of the challenges because aside from the natural ebb and flow of the human condition you must continue to seek the Father in slightly different places, I am using the word places very metaphorically here because this is part of the enlargement process, therefore I cannot specifically tell you where to seek, only that if you widen your search, deepen your search you will indeed continue to find. Does this serve?

Mark: Yes that does help, I feel like sometimes I do not want to waste my time dead end (laughter)

Linnel: Remember many dead ends that appear such to humans are not in point of fact dead ends. If you would relax and recognize that these to fulfill their purpose even as the silence between notes maintains the music you would realize that all is here to fulfill the ends you seek.

Mark: Yes, I am beginning to understand that better.

Linnel: And at this point I would like to have us take a brief break and change transmitters.

Linnel: Greetings, I realize that there are few questions left. I wished to make this transfer so that you may become more accustomed to hearing me through different transmitter receivers. There will be a time soon that more of you will be able to transmit me and the more accustomed you are to the exchange the easier this transition will go. I would like to entertain more of your questions, if you have them.

Dan: I have one Linnel.

Linnel: Dan, I never am surprised that you have more questions. (laughter)

Dan: I am perfectly willing to sound silly. It seems that from what I have gathered from what little bit of what you said about your planet that was in the stage of light and light and what Ambrasia has said to that they were

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technologically quiet simple. Is that a characteristic of life during those ages?

Linnel: Yes this is an interesting question; interesting thought. You will notice in your own technological society that technology itself is becoming more simple, more base, more contained. This is what we mean by simple. Where our machines are very efficient in performing a large quantity of duties, therefore we spend less time with various machines and more time for ourselves. This is one of the benefits of refining technology allows the populous to spend more time in learning and leisure pursuits. This is what we mean by simple.

Dan: It seems to me that our society is technology over complex that we end up, seems to me serving the technology more so than vice versa.

Linnel: This is a natural evolutionary process that a technological society goes through. You will find that the balance will begin to tip just as your manufacturing industrial period has begun to wane. Do you have more?

Dan: Of course I do. (laughter)

Jeanette: I have one, at looking at last weeks transcript on the section on choices, you make a statement, "as you approach a junction you can make four choices" and I was curious as to what those four choices could be.

Linnel: I use this only as an example that you have many choices available to you. I am sorry if this specific number caused you confusion. Know that in this you cannot in essence make wrong choices if they are carefully considered and you believe that you pursue the truth and are honest with yourself, as honest as you can be. It is often that you feel that once you have made a choice, look back on it with regret and think I should have pursued another path. Know that every path you take whether it is a detour, a direct route you will arrive, you will stand before the Father, you will not be limited by any choice that you feel is a right one, even if it is not, this is an excellent opportunity for you to practice self forgiveness. When you feel you have made a wrong choice look ahead at what is to come, look at the opportunities that have opened up in front of you rather than dwelling on what could have been and what has gone before. Thank you for allowing me to explain this further.

Allen: Linnel I think from something I was reading in Wilmek

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I got the impression that if we verbalize or visualize anyway get out into a sense of knowing different concepts, maybe stretching for us that somehow it helps us to understand us. Actually if I think about it Wilmek was talking about reading in the Urantia Book about the thought adjusters and that reading with an open mind we would understand more than we did before. Can you explain this?

Linnel: You are saying an open mind allows you more opportunity for growth?

Allen: Yes, I am also wondering it seemed as if there was something more going on as if there was some input that helped us better understand, a some input from outside of us as if we had our minds open then we could, it is sort of like the quiet time going there and being open, we get input from outside at least it seems like it.

Linnel: When you were open in your quiet time and what you would consider spiritual pursuits or you are open in intellectual pursuits or perhaps open to a new relationship to new understandings of people, this openness that you speak of does accentuate your growth, just as it does in the quiet time. If you are open and willing your thought adjuster can work more freely within you, even in the pursuit of intellectual ideas this is true. It is your willingness to grasp new concepts, unfamiliar territory and things you do not necessarily feel comfortable with. This is a positive trait. I would encourage this openness in all your activities. It will serve to make your life as you live it, happier. Does this answer your question?

Allen: Yes, thank you.

Barbara: Linnel can you talk to more than one person at the same time, and do you ever get confused?

Linnel: To what are you referring?

Barbara: Well I am referring to you speaking with us.

Linnel: And at the same time perhaps speaking with Mark?

Barbara: Right, can you speak with Mark and Thea at the same time or Marlene and Tom at the same time or with Allen and Jeanette at the same time, or with all of us at the same time or do you have a limit.

Linnel: I do have the capacity to split my attentions. This is something that your animal brain cannot do to a certain extent. The female mind is more capable of splitting attention than the male.

Barbara: I was just going to suggest you forgot about mothers (laughter)

Linnel: This is true. If you think about it this is a good example as to why this trait has developed. I do have the capacity to speak to more than one person, however, I do have limits, my attention is still divided and therefore cannot be in its full intensity.

Dan: You suggested several times to know to just speak our thoughts as to the angels or to you, speak to you during the week. Do you hear us even when you are not physically sort of to speak present, or should we just take the chances hoping some of the time we will be heard some of the times maybe get some psychological benefit in the process anyway?

Linnel: You are all somewhat linked to me. When you think of me or any of the teachers in your area we do hear you at all times. It is, as an example, an alarm goes off and we recognize that you require our attention. (laughter)

Dan: Are you speaking or do you speak with us as if from some clearing house, at a distance or when these meeting occur are you actually here or if I am down where I live and speaking to you are you there or is it just an ? sort of thing. (laughter)

Linnel: Dan, this question has come up before and I sense now that I explained it inadequately. We do not see space in the same way that you do. When you are there or you are here you are still here. We are more near when all of you are gathered and again I say that here, near, far, there or hear still does not do the concept justice of how our space relations work. It is not unsimilar to your own it is just different. It is on, as an example, different time schedule. I know this probably serves to confuse you more. My teaching staff is based centrally that we may access all of you more easily. We do share this, as you would put it, with other teaching staffs that are based in this valley. Again I stress that the idea of where we are is still not here nor there. If we are here with you we are here with you. We are not somewhere else speaking to you remotely, although where we reside our bodies, our leisure time, is not here.

Dan: You speak of, I think you have spoken of not really being aware of the material world, but through our experience is it fun for you for us to purposely a, to show you things, share with you our experience are you able to do that?

Linnel: When you do this with us it is sharing yourself, sharing yourself on a most basic level. To see the world through your eyes is to see how you view the world. We do experience your world on our own terms, however, it does not hold the meaning it does for us when we view through your own eyes. We see a tree, we may have something to compare it to through our own experiences, we look at it as perhaps a curiosity, we see its energies beyond the visible spectrum so in that respect we see more of the tree than you do, however, to see the tree through your eyes is to put it into context in your own life and this gives it meaning for us because it is meaningful for you, and understanding that meaning we come to understand you better. Does this serve to explain?

Thank you, Linnel.

Linnel: It is useful for me to struggle with difficult concepts when language is a barrier. This serves to teach us also how to communicate better with you. When I ask is there more, do you understand, I do truly ask for clarification perhaps that you have understood or if you require more information or if I have simply misunderstood you. It is possible that I do this.

Delores: Linnel, if you could try to describe something for me. You said you can sense how we perceive our world, if we see the trees, do you see the trees the way we see the trees, what I have been wondering lately is how to receive things. It seems easier for people on this planet to give than to receive and when, it seems I cannot receive as well as I can give and it comes from a place like there is a dead end or feelings are blunted or it stops. So what is it like to receive something fully?

Linnel: An interesting question. You only know your world as you know it you have no other experiences. We do have several other experiences with many other worlds. It is easier for us to view the tree through your eyes and understand the difference. It is difficult for you to receive this information the way we do in the manner that you speak, but it is possible for you to attempt. I assume you speak of perhaps meeting another, a friend and attempting to

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understand their own world as they view it. Am I correct in this assumption?

Delores: I am not sure. That is not what I was thinking specifically. I was thinking of being able to open my heart and receive a gift or an appreciation from someone.

Linnel: I understand your question now.

Thea: This is difficult ^{for} ~~from~~ more than one ^{us,} of Linnel.

Linnel: I do understand. It is difficult for the receiver also. To receive a gift, receive a compliment is to bring up for you each your feelings of inadequacy, feelings of insecurity. The gift is given in pure kindness to you. This often unfortunately triggers these feelings of inadequacy. You think, why do you give this to me, I am undeserving of it, you do not understand, how unworthy I am. What you can attempt to do is to for a moment try to see yourself through the others eyes. They give you this gift, they admire you. Try to understand who they see you as. This is a vicarious way to understand yourself better. You spend much time looking inward trying to better understand yourselves. Sometimes you have no frame of reference, no parameter, you are who you are. You do not have anything to compare to just for a moment indulge yourself in the others perception will begin to give you the insights you need to be able to receive the gift better, to be able to receive a complement better. Also I would suggest that when these feelings of inadequacy come up, when a gift is given to you that you do not feel deserving of pass the credit on to the Father. Say to him "thank you for giving me talents and skills that this person sees in me." In passing on this responsibility it will allow you to make a better connection with the Father, but to also begin to understand the nature of thanks.

Delores: That was very well done for such a difficult question. So the denial that comes up is from the basic lack of self esteem, feelings of inadequacy and so the denial then can be turned into thanks, because it is from the Father, so that removes the self sort of from it and makes it flow there. What I was looking for someday to make some flow and get me out of that dead-end.

Linnel: Yes. You will find that passing on the thanks is a temporary solution, one that will flow you into a more permanent solution, of feeling more adequate. The cycle is useful. Try to practice this. You will find your self

esteem and your inadequate feelings will begin to slowly slip away. You will begin to feel that you are a part of a larger system, and that as you say "the dead end" will open up.

Delores: Thank you Linnel.

Thea: So Linnel, am I right in assuming as I listen to this discussion that this same feeling of inadequacy is one of the things that gets in the way for some of us to get in contact with the Father. Since I see that contact with the Father is about the biggest gift I could receive and I do sometimes feel this.

Linnel: This is true. As you spoke earlier to reduce your prayers, your meditations to there most basic level, to do not attempt to fool the Father into being more adequate than you actually feel. This is not useful to you. You will find that you come to him more honestly if you dispense with your troubles immediately. Pass them on. They are not yours to, you cannot adequately fix them by mere will alone. It does require that you have union with the Father, just as passing along the thanks pass, pass along your inadequacies, pass along what you feel you cannot control.

Thea: So telling the Father we are passing it along.

Linnel: Yes. It does not require much. Simply an honest expression of how you feel, does not even have to be phrased in an eloquent way.

Barbara: Linnel what I am hearing you say is that we need to be self aware in ways that allows us to recognize our shortcomings, recognize negative emotions, recognize motivations that are less than pure and those kinds of things and accept them? So that we can give them to the Father?

Linnel: Yes. As we spoke of earlier this being open allows you a greater opportunity to become aware. You cannot become so aware by mere will alone. It requires, once again a union an exchange with the Father. As you are more capable of experiencing difficult situations, as you become more willing, open to this it will come to your life, and if you ask for it you will expect it and you can receive it more readily. You can be more able to take advantage of the situation when it occurs. I know that all of you have experienced a random, challenging situation and have felt taken of guard by it. When you ask for these challenging situations you ask for a specific test you can be assured

that you will get it.

Barbara: That reassures me a lot! (laughter)

Linnel: But know that when you do ask for this specific situation and you are bracing yourself and preparing yourself to deal with it you will have the help you need to overcome it. None of what you do you have to do alone. It is easier to learn from others. It is easier to accept the celestial hand that is extended to you.

Barbara: I have one other question that's just a little of to the side of this topic and that is there was a period of time when I felt a lot of anxiety about someone who is close to me and it would keep me from sleeping. I would often pray to the Father to take the negative energy that was interfering with my rest, which I needed, and use that energy for some positive purpose. Is that a reasonable thing to ask?

Linnel: This is an excellent thing to ask. Whether or not it is a reality is not important. It is your realization that nothing in the universe happens by accident. That every cause can be turned into, can affect, the negative energy you spoke of can be turned into positive energy. You are acknowledging this reality of change, you are praying for this change to occur, you are praying to understand how this change occurs and to do it better, by hoping this, by asking this. It may be posed in a simple way but your mind understands it on many levels whether you verbalize it or not. This is what I mean by stating your prayers in simple ways, ways that you feel comfortable with.

Dan: An A+ on your comments tonight!

Linnel: Thank you for your criticism! (laughter)

Dan: Are there times you wish we had ask questions that we didn't? If so, like what? (laughter)

Linnel: I anticipate all questions that are relevant to you will be asked in time. I do look forward to certain questions and am always glad when they are asked. These questions are often relevant to each of personally. When you grasp a large concept then begin to understand how it affects you personally, your own insight into it, these are the questions that I most look forward to answering. All of your questions are important to me, but these are personal

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revelations and I look forward to encouraging you in these. I will not, however, make a list of questions for you to ask. (laughter) I have ultimate faith that you will continue to find questions to ask me.

Barbara: Linnel, if this evening had been a story with you as a character in it, and I were the editor critiquing that story, I would have written in the margin the author, this scene, the character Linnel seemed to step out of character. Somewhere in the story you need to give us some motivation for that character to do such a thing. Would you like to comment on your motivations for stepping slightly out of character tonight? Please don't misunderstand, we do not mind.

Linnel: I know that this, I am not as you say stepping out of character, I am actually becoming more comfortable with this situation as you become more comfortable with it. I give more of myself as you are willing to take it. I do have a capacity for much play. It is unfortunate at this time we are not allowed to play together. There will be a time I promise and it will be here on this planet that we can relax in more leisure time together.

Barbara: Was it in playfulness that lead to you to reveal to Terry the name of his teacher and to ask Pamela if she would like to ask a specific question? Is that playfulness? I am getting at motivation. I want to know why you did these things.

Linnel: In regards to my revealing Terry's teachers name, I find this a case of mercy. (laughter) I make no judgement or comment in your capabilities, Terry, I simply think that you have worked hard enough and a reward must follow. (Terry: Thank you!) To ask Pamela her question, my question of her was to invite her participation as she felt that she could express herself fully, and I want to allow all of you to be able to express yourselves in whatever manner you feel comfortable. This format is a conglomeration of all your needs. I would see that this format will shift as your needs shift, as you become more comfortable with yourselves and you become more comfortable with me.

Barbara: Do you anticipate asking us more questions?

Linnel: I anticipate asking you many questions.

Dan: Like what? (laughter)

Linnel: Dan I would like to ask you a question (laughter) Do you feel that you have found a home yet? A place in this group?

Dan: I have always felt at home in this group I have only fluctuated back and forth out of curiosity and because I have friends up north to that I like to hear and I at the beginning stages of this its very interesting to hear Ambrasia as well as you, and basically that is why I was doing it. But everyone here has made me feel very much at home.

Linnel: I'm glad you feel this way. I encourage you to seek out as many points of view as possible, but know that you are a welcome addition to this group. You add a dynamic to it by your presents.

Dan: When you ask me that last week, could you tell thus what I wanted to know?

Linnel: I knew that you were seeking and perhaps a kind or directing word would help in your decision.

Dan: Thanks for that.

Linnel: You are welcome.

Allen: Linnel a little bit ago you said something about play, and I think from reading in the Urantia book was in the morontia worlds we will divide our time fairly evenly between work and play, but on this world we tend to work an awful lot and not play very much. Partly what can we do about this but also what does play do for us, what are some of the things we should try to do that maybe we do not do in terms of play.

Linnel: Playing re-energizes your soul. It re-energizes your creativity, your inspiration, your focus and purpose on the spiritual nature of your life. Without play you become tired, you become unmotivated, and less willing to stretch. To suggest ways of playing better I would say that find first the things in your life that you do enjoy doing, allow you to laugh freely, to dance whether in body or mind. When you find that you have time you have a choice of doing perhaps menial tasks that could be done at a later time or playing take the opportunity to play. There is not enough of this on your world. Perhaps you can start a movement. (laughter) It is true you work much on this planet. We look forward to

helping your society with this. Part of the seeds of this starts here. Starts amongst you individually and as a group. Take satisfaction and joy that you spend much of your time here laughing. Even if you cannot laugh all week come here and allow yourselves this pleasure. I hear someone expressing there joy (child laughing)

Allen: Is there a benefit in play as a group activity as opposed to just an individual activity? It seems sometimes in terms of worship or spiritual connection that being in this group is helpful and maybe takes me to places that just being by myself I do not get to is true with play?

Linnel: Focus on your own individual needs at first with this. It is a difficult area because of responsibilities you each have in your lives. As you develop it more helpfully in your own life it will naturally become part of the group, little effort needs to be put into making this a communal activity it tends to happen on its own spontaneously.

Dan: Not to reveal my own self consciences^{ness} but are we always observed?

Linnel: Observed is a ~~invasive~~^{ve} word I realize. We do allow you as much privacy as we can, as you set limits to. It would surprise you that we each broadcast your own needs in this privacy matter. When you request our presence we will be there. We do try to allow you as much private time as possible. We do, however, look in on you time to time and share your thoughts when we are allowed. You can make this a habit of invitation if you wish, times that you wish us not to be around and times that you wish us to share in your thoughts. This is strictly up to you and how you wish to deal with it. We do respect you all, we respect your choices, your free will and most of all your privacy.

Terry: This includes your personal teacher, Linnel?

Linnel: You by inviting a personal teacher into your life have opened up more of yourself to them. You, as I said before, set limits with them perhaps in unspoken ways. We do not feel neglected if you do not speak to us daily. As with your earthly associates many days can go by without speaking to them, no feelings are hurt. We have activities that we perform on our own side as you on yours. We always enjoy the sharing time together but realize that this cannot be always.

Barbara: Linnel, Mark ask^{ed} a question about communication

with the thought adjuster earlier and I would like to follow up on that if I might. I recently have had a good deal of trouble getting back in the habit of seeking the silence and reading and speaking to you and to my own personal teacher, and I am not trying to feel as though that's a bad thing in particular because I have a lot of adjustments I am going through right now, but I do feel a very clear sense of presence about me in my daily life which I have not had prior to the teaching mission, and it is primarily in the form of small pieces of input of sometimes they take the form of words sometimes its emotions, sometimes its a piece of knowledge that is just there even though there is not words to go with it. Probably Mark and Thea know what I am talking about, and I always assumed it was Hoçkval my personal teacher whispering in my ear. Sometimes it is encouragement, sometimes it is a little chiding, sometimes its you know different, appropriate to different situations and it is always dead on target. Is that my teacher or could that be partly communication with the thought adjuster or is it sometimes you or does it matter?

Linnel: At this point in time it does not matter. What matters is that you take encouragement from it and you feel companionship. As you progress in your time spent with each of entities in your life, you will begin to make distinctions, and understand what each gives you in its own way, in their own way.

Barbara: I really appreciate the nonjudgemental tone that comes through no matter who it is that is talking to me, very accepting and encouraging. The chiding is so mild that it is almost not a proper word for it. It always has to do with being too hard on myself. Why do you do that to yourself is a real common question. Why are you doing this, and it feels very much like a classroom I wish I had been in when I was a kid. You guys teachers are doing a good job.

Linnel: Thank you, I hope that you take a lesson from this kind treatment and try to pass it on to others. You yourself are being instructed to be a teacher like us. You will be more effective than we will in communicating with others. This is something that is part of the collaboration of this mission. We teach you so that you may teach others. If we treat you the way you deserve to be treated perhaps you can understand and treat others in the same way. I need to draw this meeting to a close, the time is getting late I realize. I would like to leave you all with a thought that we can follow up on next week. I would like you to think of your

greatest weakness and how this can be seen also as your greatest strength. All of you spend much time speaking of your weaknesses, however, within these weaknesses lies your greatest strength. I would be curious to hear you speak on this next week, and I can give you help with this if you get stuck. Know that the love of the Father is around you at all times. You just open yourself up to it and it will full you. Know also we are with you and encourage you in every element of your life. Farewell, I look forward to seeing you next week.

Good-bye Linnel.

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Linnel: Good evening, my faithful students. This is Linnel. I am very glad to be with you this evening, and extremely pleased to have observed your progress/discovery this evening. Several points: You have done an excellent job encouraging all to speak. Also remember that process does have a structure. The structure, however, is fluid. You are doing an excellent job, and I encourage you to continue. The time spent, which was not unreasonable under the circumstances, does require me to change slightly what I had planned for you. You could say you are getting off the hook for this evening, except that you have already worked so hard. I think this is reasonable.

I had initially planned to go around the room and ask you to briefly discuss your strengths and weaknesses. However, we will save this until next week, barring changes of circumstance. Let me talk, however, with you some about what it is I have in mind. This is a beginning of deeper level teaching. And I wish to talk with you about action and strength. When I was developing, growing up on my planet, I was intelligent and certain things came easy to me. I became known as what you might call an intellectual, at a certain point in my study career. If someone wanted to know chapter and verse, they'd say "Go see Linnel". If someone wanted to know philosophical details, they'd say "Go talk to Linnel. He will know". I was very proud of this, and sincere at the same time. But I had difficulty grasping the full heart of the matter. And I often found myself somewhat resentful of those that seemed to grasp this, yet did not have my same intellectual understanding. Eventually, I came to learn that it was necessary for me to balance what I knew intellectually with the action that would achieve the strength that would truly make it my own. And as I grew in learning and understanding, I came to find the loving of others, the living of the truth that I had learned amplified and illuminated all of that which I had learned. And then, having gained that balance, the intellectual aspect, which had been a strength all along, became truly a balanced strength.

I relate this for several reasons. First, to tell you I, just as others who have come up through the worlds, certainly have had to struggle, even on a planet of Light and Life, with weaknesses, of which I had many others. And, to learn strength and to understand some of how they relate. Strength means that you have more real power to follow the Father's way, to follow the way that Michael taught you when he lived on this world. But that strength is only achieved through action. Weaknesses, of which all who come through the worlds have had many, are virtually always based on fears. The only way that fears, which are at the root of weaknesses, can be overcome is to act upon them. You know, as we teachers have told you, that seeking the Father is first and foremost action to take. However, if you do not go out into the world and act, to practice upon that which you receive from the Father, even seeking the Father can become a self-centered thing. There is a balance between seeking for self and giving to

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others that is necessary to attain. Action can be many more things than you might think. When you are confronted with a weakness, examine and see if you can understand the fears from which it comes. I would ask all of you repeatedly to try to identify actions you can take to overcome fears. It is interesting that you discussed tonight some issues of comfort, because I am asking you to become a family group so that you will be safe to become uncomfortable, if this makes any sense. There are many ways in which the truths you have been presented with have similar interplays. Action many times means--there is a saying on your planet--feel the fear and do it anyway. Many times, it means grabbing the Father's hand and doing the things that you fear, until you no longer fear them. This is if the things you fear to do are truly in yours and the best interest of others. There are other things which you fear which can only be healed by taking the actions of seeking the Father and establishing reasonable ground rules for safety.

Part of the difficulty this evening is I have much to say, and we have not the usual amount of time. It does not matter. It can wait. You are already doing much of what I ask, and I am pleased. I intend to begin formal teaching soon. One of my methods which I will try to present to you next week if things are suitable is that I will talk to you on a subject, and then I will cease transmitting, and ask you together to discuss for perhaps a quarter of your hours. And then I will again join you verbally, and we will discuss what has been talked about. This will be followed by question and answer period, which would ideally be directed to the lesson, but can of course accomodate other questions as well. I will experiment with this, and see how we can work together this way as a group. After the way you have functioned this evening, aside from the fact that we will restrict the time, I think you will do very well. I am excited about anticipating moving forward in this project. And I will return to this particular topic next week. What I would ask of you to be prepared for next week is to share with each other at least one important weakness that you believe that you have, and one important strength. I would ask that you share the strength last. I will ask you to go around the room and share this. And then I would like to ask you to talk together. Those of you who feel you have similar strengths of weaknesses, please speak with each other. Please speak up. And eventually talk about ways in which you can approach the actions to help strengthen your turning the weaknesses into positive values. I am discussing this this evening because I think it is useful for you to have some idea of what to expect. I would like to consider this a class assignment, and unless we have other circumstances, I will try to carry this out. Thea is still having trouble allowing my emotions to come through, and this is more stiff than I would like. This is no criticism of Thea. It is simply to let you know that I am your Linnel, and I do love you all very much. I am prepared now to answer questions.

(long pause) Have you all indeed talked yourself out?

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Julie: I do have a question.

Linnel: I'm glad to hear of it.

Julie: At work with one of my co-workers, I had a desire to say hello to her thought adjuster. And then I didn't know if I could do it or not. So, I said hello anyway. But I'd like to know, can we do that?
Can my thought adjuster say hello to her thought adjuster?

Linnel: Yes, Julie, this is absolutely true. In fact it is a wonderful practice for you all to address the others' thought adjusters. And indeed, since thought adjusters can intercommunicate freely, you will find many interesting results from this practice. You are greeting the essence of the spiritual self of this person in so doing. Therefore, their future true self in combination. This is an excellent practice, and I encourage you all to try this. Thank you, Julie, for bringing this up.

Mark: Which kind of brings me to my question. I read something today in the Will papers, about the one, two, three. One of them was about letting the spirit of love of God flow through you to another person. And, I can think of one really ideal situation for that, is that you already love the person, and you're just letting the love flow through you more readily. But, in difficult situations, or people you don't even know, aside from just accepting them, how do you allow that to happen? It seems ingenuous, in a way.

Linnel: There are several aspects to this question that are sometimes difficult. In order to allow the Father's love through you, you must first yourself accept the Father's love sufficiently to be open, to be able to open to others and be that channel. In difficult circumstances, you are reminded of the fact that it is impossible to love other persons by the mere act of will. In many cases, what loving another person is is opening yourself to be a channel of the Father's love for that person. You can seek, of course, even in difficult circumstances, to remember this is a child of the Father, to try to understand as best you can. But nothing will replace your communion with the Father, and permitting yourself to feel worthy of his love as a way to build up the spiritual strength to allow you to actually love people when you are faced with those difficult decisions and difficult situations. Is this any help?

Mark: Yeah. The mere fact that I can look at somebody and not judge them as harshly as I have in the past is a place to start?

Linnel: Absolutely, this is a place to start. I think in many cases, most of you judge yourselves so severely that this often gets in the way. You have perhaps noticed

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that being hard on yourselves and being hard on other persons seems to come together. When you open up yourself to the Father, and allow yourself to know that each one of you is a special precious child, who need not heap upon himself or herself castigations and blamings. When you open up to realize how much love he has for each one of you, it becomes much easier to turn around and see each other troubled brother and sister on this planet in the same light. This is what I speak of. Judgment must cease not only toward your brothers and sisters, but also toward yourself. So truly there is no-one who can judge except the Father. And you are no more fit to judge yourselves negatively than to judge others. Does this help?

Mark: Yes.

Linnel: I promise you that if you make these attempts, you will grow in your ability to love and accept others without judging.

Dolores: Linnel, along with that, I'm having trouble because I'm going into a new situation where there's a lot of people who've been working together for a long time. They tell me things about each other that are judgments or things that I don't see, and yet they seem to be facts...but it's just their shared experience, and difficulties that they've had at work. For me, how do I go into those relationships, and not buy into the judgment of one person for the next person? Because, I don't think I own it. I'd rather bring the Father's love and give it to all the people than be contaminated by this side or that side, or this perception or judgment. How do you maintain a balance?

Linnel: Yes, Dolores, this is a very difficult circumstance, which I think many of you have faced many times. Oftentimes, when you come into an already established situation, you are seen as an outsider. In this instance, it sounds like some are trying to enlist you to their particular viewpoints. This is a fairly common human behavior. It is difficult to keep your equilibrium in this. Let me ask you one question. Do you have difficulty in deciding what you believe about the people about which they speak, or is this simply disturbing to you that it's happening?

Dolores: Do I have difficulty....

Linnel: In other words, do their opinions affect your opinions?

Dolores: They're warning me. They're telling me this person is like this. Expect this person to blow up in certain situations. It's like they prepare me to believe the worst in somebody.

Linnel: I think perhaps this is a place where you might recall Michael's words of being

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wise as serpents, gentle as doves. Let me explain. There are times when persons may legitimately share with you possible potential problems, even though the manner of their sharing may be inappropriate and excessively judgmental. If you can do this, file away the information, but reserve judgment completely until you yourself have an opportunity to observe this person, and be gentle in the circumstances. By this method, you will be prepared should difficulty occur, but you will not be required to make any judgments that do not come from your own experience. I'm using several versions of the word judgment here. This is an example of language difficulties. Judgments is perhaps not the accurate word. I would be better to use the word discernment. It is always appropriate to use discernment when approaching other persons. It is acceptable to understand that certain difficulties may arise, and you may want to be prepared for them. This is not the same thing as passing judgment on their spiritual worth. When you are confronted with people giving you this information, if they repeatedly give you the same information, you can probably consider that this is also emotional judgment. You may wish to gently change the subject. You may wish to try to focus as much as possible on building a relationship between you and these new persons based on the two of you, and not base the relationship on discussions of others. I know this is very difficult, but you have already shown a good deal of cleverness in your approach to work circumstances, and I believe that you will find ways to deal with this. Would you like further clarification?

Dolores: Thank you, Linnel. I think some of the advice about seeing everybody as a troubled child of the Father really helps too. No, thank you.

Linnel: Thank you for your question.

Dan: Linnel, is Jesus on the planet now?

Linnel: Dan, do you think that I would answer that question for you?

Dan: Of course. Why not?

Linnel: Because this would not be a question considered appropriate by our Melchizedek planners for us to answer. As you know, there are many such questions. Also, I would probably not be the best teacher to ask, even had we permission.

Dan: Why?

Linnel: Because I believe in my philosophy of teaching, that it is important for faith to develop from your own struggles with reality, rather than from being given answers to things that you must seek through your own hearts and souls. Does this make sense? I know it's frustrating.

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Dan: How does it affect the fact of whether he's here or not?

Linnel: I would ask you then, why do you ask me this question? What is the purpose for this question? Why is it that you wish to know?

Dan: In the Abigail papers that I read last week, it was stated that he would be coming here this year. Tonight, something that Janet provided us telling us that Jesus is here.

Linnel: I am not Abigail. I am not Michael himself. I answer questions somewhat differently. This may be perplexing, but I have my own personal methods which have been approved by my advisers. And I know this is sometimes frustrating. I would still ask you, from your heart, what is it that you most want to know about this? Perhaps I can answer better if I understand this.

Dan: Well, if he were here, it would be an incredibly significant thing. I would simply like to know. To further clarify the paper from Abigail, she said he would be here in great power. And although we wouldn't be able to see him, we could recognize that spiritual power. There would be some influence possibly. And I was just curious whether I should be looking for that perhaps.

Linnel: I would say to you, to you all, always, look everywhere in your hearts and your souls, and any parts of yourselves for whatever manifestations of the power of this sort. Because, indeed, Michael's presence is with us in many ways at all times. You have with you always the Spirit of Truth. Having that spirit, you can form here and now, regardless of Michael's actual existence in space... you can form here and now a living relationship, a true friendship with him. I would encourage you to do this, and if you establish that, you will not need to ask when he is here. Is this any help?

Dan: It's helpful in that it puts the responsibility on me.

Linnel: You will find that I tend to do this. I know it's very annoying on occasion.

Dan: If I could continue that a little bit, in a slightly different vein, would you be willing to help us decide, when we are unable to, who should be allowed to come into our group.

Linnel: I would be more than willing to help you decide when you have struggled together to come to a conclusion. Yes. What I want of you is to try to work together to solve these situations. I think you will find that this is not as difficult as you may think. However, if you become stuck, please know that I will always help you. I may not always tell you exactly what to do. But I will seek

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in every way I can to help guide you so that you can together make your decisions. And if it becomes troublesome enough, I will make a decision. I will not leave you without help in this struggle. I am here to teach and help you and to be your friend. This is very important to me, what you do together, because it is what we all do together. I care about every one of your concerns in this, and I want all of you together to feel that this is your group, and your process. Does this begin to serve? I regret sometimes being unable to answer your questions.

Jeanette: A lot of times, people tend to think negatively rather than positively. Is that because of lack of love within us that we tend to gravitate toward negative thinking?

Linnel: I think often this is a major reason, yes. One of the problems, of course, is that many think this way because they were raised to think this way. Many times they were raised by parents pressured under difficult circumstances who had been raised also to think in this manner, until it becomes a habit, and is difficult. Truly this is important, because your attitude is something which can give you great power over your circumstances, if you learn how to change the negative attitudes to positive attitudes. And because so often they come from lack of love, the lack of attention that would have encouraged a child to feel more love and be more positive. This is one of the places where your quiet time with the Father is so effective. Because the adjuster can literally adjust your attitude at these times. Is this sufficient?

Jeanette: I suppose we're not really aware of being adjusted like that at the time.

Linnel: There are many many kinds of adjustment which the thought adjuster can perform, although we do not truly know the nature, we simply know this to be true. You may experience one that we have discussed. When you feel the Father's love, and you actually allow yourself to be loved by him, this is a moment of powerful attitude adjustment. I must say, this is conjecture on our parts, but we do believe it to be true, and we do teach it.

Jeanette: That's beautiful.

Linnel: It is truly a beautiful experience. This is the experience which one day leads us to sit with the Father on Paradise itself.

Dan: Do we have available to us anything like what the Urantia Book refers to as the harps of God, that morontia contrivance allowing morontia people easier access to communications? Do you know what I'm referring to?

Linnel: Yes, I know what you're referring to. No, this is not available, because it is a technology that is not material. However, it is interesting that you should

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mention this, because there is work progressing to see if such a device, which would work between levels is possible. Just as we are also conjecturing how possible it would be eventually to teach you morontia language. This is something we will always be working on because communication is major goal in this process. I would like to hope such a thing could be accomplished, but truly we don't know. This is one of the areas where what is happening here is unlike anything which has ever happened. So, we can not yet say it is impossible until we have tried our hardest.

Dan: That's one of the category of questions, then maybe you could comment on the legitimacy of that category. And I would express it this way. I thought to myself, perhaps you will tell us only those things which we ask, and we should be asking all of that sort of thing. For example, in the Urantia Book, it says that with the circuits open, we would have access to information about the life and affairs on other planets. I'm curious about whether we should be probing to find out that kind of stuff or not.

Linnel: I would say that for peripheral questions from time to time, this would be entirely acceptable. However, if I were to have my wish, I would hear from you more expressions of the spiritual difficulties that you have in your daily lives, and questions about how best to solve them. This would be my preferred choice. Part of what I was trying to explain earlier, and will explain perhaps in more depth when I can complete my teaching in the manner which I had planned, about my particular difficulty, is that many of you have understood many things in the Urantia Book from an intellectual standpoint. And it's always fascinating, as I know very well, to understand the nuts and bolts, as it were -- how things work together, and how they fit. In the end, this is not the essence. The essence is what Michael taught. The essence is learning to love the Father and yourselves and your neighbors. And no matter how many chapters and verses you can quote, as I well found out, no matter how many questions you can answer as to this aspect or that aspect, if your main focus is not learning to live love, your main focus is missing. This is why I encourage you in this. Because many of you have tremendous intellectual grasp of the book, and many more will come to that. You will also find in this process, that your intellectual understanding itself, which is a wonderful and marvelous thing, will be tremendously enhanced. It's very easy to become over-balanced. It's part of the mission of this mission, that we are trying to balance somewhat the focus on fact, and place the focus on action. Does this make sense?

Dan: Yes, it makes sense?

Linnel: This is something which was a tremendous struggle for me in my time, and I have tremendous compassion for the struggles of any of you who go through this difficulty. Sometimes it is difficult at first, as it was for me, to even

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recognize that this difficulty exists. Simply know that I understand. I'm not directing this only at you, Dan, but at all of you who have struggled with this problem.

Dan: It occurs to me that those spiritual needs ... we know that. We know what we need to do. We know that we need to have Jesus's spirit and the adjuster's spirit help us learn to love one another better. But on the other hand, there's this guy, from this other planet, that knows all this neat stuff that I want to know about...

Linnel: That is why I ask you please to continue to ask some of these questions as well. Actually, I enjoy this, as you can well imagine, because of my nature. I enjoy being able to give you some bits and pieces, whenever possible for me. So, I'm not asking you to stop asking these questions. Only explaining why sometimes I will not answer, and why I would encourage you also to seek the other. Because although we know that we need to follow the master's path, it is often difficult for us to seek sustainedly to do so. And in the end, you may know how many angels, as they say on your planet, dance on the head of a pin, and yet not be able to love the person standing next to you. It's more important that we learn to love those persons. However, curiosity is valuable, and I would encourage you please to continue to ask. You know I am perfectly capable of saying no.

Jeanette: Why are we getting such unprecedented help? When I presume there's been fallen planets from other universes, why are we getting such unprecedented help now?

Linnel: Much of this is due to the nature of your Creator Son. Remember that all Creator Sons are different, and represent a unique concept. Michael is, in my personal opinion, truly magnificent beyond belief, in his mercy and his ways, he is...it is difficult to speak of this in your language. His marvelous conceptual grasp of how he wants to handle things on your planet and with the rebellion torn worlds. He has the Father's full will for this, and we can only surmise that these things are happening largely due to Michael's unique and individual personality. It is difficult to put this into your language. Does that begin to make it clear?

Jeanette: Yes, very much.

Linnel: We are thrilled to be counted among his creatures. Thrilled. All of us together are truly honored. There is no end to what can come of this. Truly no end.

David: I have a question along the lines of the intellectualism vs. loving understanding and understanding true meanings. I've had kind of a long time question that I've worked on a little bit, and maybe you can help me answer that. And that is ..with regards to what I understand to be the sciences or mathematics, the

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understanding of our physical world...does any of that have spiritual value? And also, for people that have a hard time with math here, do you have math on the morontia level? Is that kind of stuff important?

Linnel: I will have to answer this question in two parts. First, yes there is spiritual content in the learning of these things. There is perhaps more spiritual content from where we stand than has perhaps happened on your planet. Part of this is due to your current philosophical state of affairs, less than that humans in your situation cannot receive the benefit. Even now, as chaos theory, and its ... so-called chaos theory...and some of its effects are beginning to reach many minds, the opening up again of the wonder of the Father's incredible plan is being again present in scientific minds. The natural scientific response to all the marvels of learning is to indeed marvel at the tremendous creation. Science can be a very powerful way to be inspired. However, it does have its roots in more material form. And I would say to you, that folks on this planet, who do not necessarily have this bent, do not necessarily learn your equivalent of mathematics when they progress. Everyone has different abilities and skills, and different projected roles in the future. However, they will all learn certain philosophical conceptual aspects, where the spiritual element is present. So, if you didn't learn your algebra, I have to tell you you may get out of it on the mansion worlds. However, what it truly means, you will indeed want to learn, and will learn in time. I realize this is not a complete answer, but perhaps it will begin.

David: It's a provocative answer.

Linnel: We can discuss this at greater length. Perhaps this evening would not be best.

David: While I have the floor, I'd like to take this opportunity to give some thanks, and I'm not sure where to direct this thanks. So many things have been changing recently in my life, and it seems my attitude has been very uplifted. And I don't know if it's membership in this group, or the spiritual counterparts, or where the thanks are due, but I would like to give thanks to all.

Linnel: You can be certain that your thanks will go properly where it is directed. However, understand that being together in a group like this does indeed enhance the spiritual responses tremendously. This is part of the purpose, of course, for such groups. I think you have all experienced a certain degree of enhancement in your feelings of spiritual reality during the process of this mission, and groups coming together. This will continue, and even grow. I appreciate the fact, David, that you are one of us, you are with us. I think you will never regret your move.

David: I think you're correct.

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Doug: Could you enlarge the picture on performing the quiet time?

Linnel: Perhaps it would help me if you would say to me first what your own concept is, and then I can enlarge from there. Perhaps.

Doug: What little I understand of it is accepting the Father's love.

Linnel: This is basic.

Doug: And I'm just looking for any clues toward reaching my adjuster, and the first step to finding a teacher.

Linnel: One thing I would encourage you to do, which would perhaps be excellent in several ways, is I would encourage you to discuss this with some of the members present. Perhaps get together with them during the week, and talk to different ones about their experiences with this. I can tell you a few things, but nothing would take the place of this particular sharing. I think you find in this room many people with many experiences of value in this process. Seeking the Father is the core of this mission, as I have said before. Simple words, however, there are many many different aspects of this approach. As far as techniques, there are many people here who can talk of different ways. But the purpose is to be in alignment, your will with the Father's will. And when this occurs, when you are truly open to the Father, then you feel his love, and this feeling, this moment of adjustment, this moment of attunement, enlarges your capacity for further spiritual development. This is why, as I have spoken of before, you may have a very close moment with the Father, and come to him again, expecting the same, and have difficulty. This is because you are always growing in this seeking. I feel like I could discuss this at great length, and perhaps this evening this is not appropriate. However, I would encourage you to speak with others. And I will try to give a teaching on the quiet time sometime soon. Thank you for your question, because this is indeed an essential process.

Barbara: Linnel, I have a question tonight that is of a personal spiritual nature. For a period of time now, my attitude toward my own spiritual reality and my desire to have a fuller, richer spiritual life has been growing very shallow and very dim. I find myself not seeking the Father. I find myself not reading, either the transcripts or the book. I find myself in very minimal contact with my teacher and with you. I find myself desiring not to go to meetings, although I always find I'm glad that I've gone. So I guess all hope is not lost.

Linnel: I am glad that you do come, Barbara.

Barbara: I recognize in this a pattern in my life that began when I was very young.

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Putting an arm's distance between myself and spiritual matters. And I know of the reasons why it happens. It happens consistently. I do a dance--close and then far away, close and then far away. What I'd like to know is, what do you suggest in terms of ...when I really feel resistant to things I know I should do, and that will bring me closer to the Father, what kinds of things can I do to foster the desire? That's what's gone--the desire. I'm bored. It feels like what it did when I used to go to church, and I'd just sit there and be bored. I wasn't bored with the people I was with, but with the message. And there's something dreadfully wrong with that.

Linnel: Yes, Barbara, I understand your question. The first thing that is necessary is to forgive yourself for this entire process, and to understand that, as you know, this is a process that has happened for a long time in your life. And it goes beyond pushing away the spiritual. It goes as far as pushing away other good things as well. This happens when we are hurt as children, and we learn a pattern of coping. You have learned a pattern of resistance in order to cope with pains that were more difficult than you could bear when you were young. The problem comes in when this resistance is not identified early enough and is allowed to continue to too great a length. It is easy to catch this early, and apply certain techniques. When it has persisted for some time, sometimes you must simply wait in an attitude of self-forgiveness, until certain conditions occur over which you have not complete conscious control, which allow a breakthrough to happen. I would also say to you to remember that you are experiencing an extremely painful anniversary. And this is very much rooted in this particular time. Every cycle will have its particular reason and meaning. If when you are early in one of these cycle, when you can still make some contact with the Father, you can tell him how you feel. Tell him you are bored. Tell him exactly what you think and feel, and know that this is acceptable to do. Tell him you are angry, if you feel anger at him. Because this will help...(tape turned)
In this instance, I would suggest to you that you are holding some tremendous anger, and that finding some way to be in touch with this and to release it in a way that does not harm you or others would be important. At this particular time, I cannot go into as much detail as I would like. But we can find some way to speak of this again. Understand that I sympathize with this. I have watched more than one of you struggle with this circumstance. I repeat, the most important thing to do is to forgive yourself, to simply allow yourself to move, trying as much as possible to do what you know is best, and not always act at this time on what you think are your feelings. Does this help?

Barbara: Yeah, it does. I probably should say that I don't feel really guilty. That is a different thing, this cycle from other times.

Linnel: And I believe you have noticed there are things about this cycle which are not as deep and pervasive. This is growth. Truly give yourself credit for this

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accomplishment.

Barbara: How do you suggest getting in touch with anger that's really buried so deep?

Linnel: I think if you were to explore the feelings around the difficult anniversary, however so much this may not be an enjoyable process, you would connect in time with the feelings you need to process.

Barbara: Might I request a personal session in the next week or two?

Linnel: We will see what can be done with this, yes. Thank you, Barbara. Know that I love you.

Dan: Linnel, can you help me resolve an incongruity that ...I'll phrase the question as it involves me, but I'm not interested in just my situation. I think it applies well to our efforts to understand how people come to be part of the group. A few weeks ago, you said choose what group to go to, and I said does it matter, and you said no, it doesn't matter. But that seems incongruous with the fact that we're supposed to be led here. How am I to resolve those two things: the idea that we're led to be doing what we're doing, with the idea that it doesn't really matter in that particular instance what I choose?

Linnel: If you are talking about the basics of being led by spiritual forces, this is one of those very large topics. Would you like me to comment on this, then, specifically as it has to do with people coming into groups in this teaching mission?

Dan: It's up to you guys.

Linnel: I am a little puzzled at what you call an incongruity, because there's more than one interpretation of my answer. You have to ask yourself what it means when I say it does not matter. I think sometimes this phrase in your language as it is used may carry meaning tinges that I did not actually intend.

Dan: Then I would say that what I understood it to mean is that it would not be of any significance whether I chose to be part of this group or the Newberg group, or wherever. That I find hard to reconcile with the thought that we have all been led...

Linnel: You have been led to the mission. However, there is much range of personal choice, as is true throughout the Father's entire universe. This is part of your freewill choice. You could have made yourself at home, or still could, in any of these groups, completely aside from what I myself might personally desire. When I said this, I was trying to let you know that you have this freedom. And I

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will never seek to take away from you the freedom to choose. And whatever group you might have chosen, you could have made yourself a valuable part of this mission, regardless. It is my personal wish that you be with us because I personally enjoy your presence in this group.

Dan: Thank you very much for that. That wasn't really the compliment I was hoping to fish for.

Linnel: I was not giving compliments because I thought they were fished for. I was expressing the feeling that I actually had at the moment, vs. the answer that was necessary to give for me to allow you the freewill choice that we try very hard to always permit to all of you, because this is what the Father's mandate is, that you have this right to choose. Being led to this mission, that call can be answered in many many different ways. There are some led to this mission who will never be in a group, who nevertheless will fulfill many things in this mission. There are many many different ways that this mission is manifesting itself, aside from the teaching groups. This is one reason why your concerns that those who are seeking will be turned away are perhaps a little bit more profound than reality actually has. No one, in the end, will be turned away from this teaching mission, and there are many many different kinds of places for all.

Dan: That was more what I was thinking of...because we're trying to figure out how we're going to do that, how we're going to decide.

Linnel: I think it's important to understand that the teaching groups are not necessarily for everyone on the planet. If you think realistically about this, you will understand that there are those that are not yet ready for such an experience. There are those whose thinking is completely different. Nevertheless, their capacity to love the Father and themselves and their fellow man can still be enhanced. And there are many many ways we can reach and teach them. It is an extraordinarily complex undertaking, even though its message is simple in essence. None will be turned away. Truly there will be a place found. If for some reason, your group decided unjustly to forbid someone access, they would find some way, somewhere. They would not be left. I do not truly expect this to happen, however.

Dan: Good.

Linnel: I'm glad I was not required to tell all about spirit leading. This might have taken in excess of your lifespans. (laughter) And I would myself, be tired.

Katie: Excuse me for a moment while I just jump in here and be a control freak.

Linnel: Please do, Katie.

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Katie: It's my greatest weakness. It's getting late, and I want to make sure that everyone who has not had an opportunity to talk gets that opportunity.

Linnel: I also would like this. Who of you, as it is said on your planet, would like to crawl out of the woodwork at this time? Has everyone who has a question had an opportunity? (pause) It is true that it is late, and it is time to close. This has been an unusual meeting. I have enjoyed it very much. I will look forward to seeing you all again, and look forward to beginning our lessons together. I think we will have much fun together, particularly as I learn to provoke Thea into revealing me more fully. She is having a strange reaction with this. (laughter) Pardon her, while she and I laugh at the same moment. It is sometimes very unusual having the two personalities present within the same mind frame. At any rate, I will continue. I look forward very much to spending time with you all again. I am very pleased with the progress being made. Know also that soon there will be messages from other personalities. And the Father is always with you. The Father knows of your group. The Father knows of what we are doing here together. And Michael knows. He knows of each of you. I would urge you this week to seek Michael in your hearts, to seek his presence, to seek his friendship, to seek knowing him face to face in your own hearts and minds. And I will be with you throughout the week. All of your teachers will be with you, and I look forward to seeing you again. Farewell.

Linnel: Greetings, this is Linnel. I'm glad to be with you tonight. You have often asked me what we do in our free time and I can tell you that over the last couple of your weeks I have been attempting to learn your language better. This is something that you all have commented on and my own staff has nudged me, encouraged me to do. I find it a surprisingly difficult task. This should amuse you - to know that even we have difficulties with simple learning. I find it particularly odd your "he" and "she" designations. I know that there are evolutionary, animal reasons for this designation, but I find the "she" to be diminutive and strangely odd. I find myself pausing on the distinctions often in transmissions, in conversations, simply because I find them disconcerting. I sometimes wish that we could perhaps come up with new words. Perhaps we can introduce new elements into the human language. This would suit me and please me. Do not be concerned about this coming Friday's meeting. I know that there will be guests. And it is important that you inform each of your group members as you have discussed. I can make whatever adjustments necessary to my format and would prefer if possible all guests were to come on the same night. I could perhaps talk on a more general subject that all would find enlightening and interesting. A suggestion has been that I speak on the quiet time and I think that I will take this into serious consideration. I know that many of you have begun to expand/ grown in your understanding of what the quiet time is and can be and some ... further discussion of the principles and exercises may be useful to you all. I know that there is some hesitation to discuss personal discoveries in this time because it seems to be outside the realm of what is described in the Urantia book. There is ... this is only an outline of the potential of the possibilities that exist between you and the Father, you and your thought adjuster. What the quiet time has to offer continues to expand as your spiritual understanding, intellectual capacity also grows. I think some discussion, some further discussion on this with the larger group would be useful to all and would perhaps alleviate some tension about experiences people are having. I am ready to hear your questions/ comments.

Q1: Linnel when you said outline, you mean the Urantia book is kind of an outline of what is possible? Is that what you were referring to.

Linnel: Yes. Perhaps I have not mastered my studies as well as I need to.

Q1: I suppose there are books you have to read that are longer than the Urantia book.

Linnel: Much longer.

Q1: Linnel, is the reason you are having trouble with our language because you are so good with the language you speak. I've thought about that and wondered,

because...

Linnel: I have put some thought into this also because I find it somewhat disconcerting that I am not more willing to attempt your language. I am quite skilled with my own and several others in the universe. These languages allow me a wider range of expression. I think this lack of expression, this singularity in meaning causes me some distress at not being able to impart all that I want to you. Language can be such a powerful tool. You who have lived with it all your lives and understand it as part of your being know how to manipulate it because it is attached to your being. As an outsider, even though I have been among you for a long time, the language has no personal meaning for myself and it is difficult for me sometimes to express all that I wish to express. I bring too large a concept to too small a word.

Q1: I've felt that in my own head from you.

Linnel: Yes

Q1: So it feels almost claustrophobic sometimes, like you're forcing this big thing into this little teeny box that it won't fit into.

Linnel: That is a good description. I am taking lessons from other teachers on my staff who are more adept at languages and working within parameters. They are ... they have come from different experiences, different worlds, different disciplines that give them the training they need to perhaps do this at a more accelerated rate than I. I however have skills in working with groups, teaching complex subjects, planning over long periods of time and orchestrating events, beings, concepts.

Q1: Linnel, if I may say so, you also have as an ability is to show and share your love with us that is very truly treasured by me.

Linnel: Thank you.

Q2: Linnel, I personally feel you do very well with our language. I've been trying to learn it for many years and haven't done as well as you have, so...

Linnel: We are then brothers in this struggle, Q2.

Q2: We certainly are. Now, Linnel, you've suggested we find a word that would

better suit "he" and "she". What might you suggest?

Linnel: There are perhaps thousands of words in the universe that describe this difference, whether it be specifically your male and your female. I think that as your social structure, social evolution, begins to develop more rapidly, more thoroughly, you will find your own words. And we will be teaching you more about the... honoring the differences in each of the sexes, understanding the differences. This is something that is a problem... is rooted in primitive structures, in primitive social systems. As your social awareness as a people grows, this understanding of relationships between male and female will grow also.

Q3: Linnel, it's good to hear you. I definitely missed you last Friday. (snowstorm)

Linnel: I missed all of you also.

Q3: As soon as you started talking this evening, there was something comforting about it. It's nice. Something I talked with my wife about a while back, a couple of days ago, and didn't express real well to her but I'm still puzzling about...is I'm getting a sense that somehow spiritual growth ... starting out as a human, as I progress more spiritually, it seems as if I make more connections? More and more interactions with people or other beings. And is that a part of spiritual growth? In a sense, I look at God and God seems to be connected to everybody and everything, and it's sort of like we're going from sort of a discrete body with a single mind and seem to be connecting to things and that's part of our growth. Is that part of spiritual growth?

Linnel: This is part of spiritual growth in the way ... let me use this as an example, as you mature into adulthood, you are able to utilize more of your general knowledge, you understand through experience how systems interact with each other, you are more able to empathize, to make judgments that you perhaps do not have all the facts on yet you understand the system and you are able to make a projection on how, on a reasonable outcome. Do you understand this?

Q3: Yes.

Linnel: Yes. In your spiritual growth it is very much the same. As you extend yourself and grow spiritually - experience struggles, difficulties, and come through them, understanding more about the difficulty and struggle and what its value is to you, you are more able to, more quickly able to assimilate new experiences and connect them to previous ones, very much the same way as you operate in your mortal, mental judgments. It is a similar system. It is deeper because it operates on several levels, one of them being the intellectual, that you understand more thoroughly - the spiritual works in a similar way, although it works in

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conjunction with your thought adjuster and the connection you make there enhances this ability to assimilate all your experiences and move ahead faster. Does this make sense?

Q3: Yes, it does.

Q1: So, thought adjuster contact, um, helps us to ... I had it but I lost it.

Linnel: Purify your movements. Does this serve to illustrate?

Q1: I was thinking more about how it stimulates the assimilation process.

Linnel: This, too, yes. In the smooth flow from experience to experience, you are able to receive and assimilate more of the experience, a greater percentage, perhaps.

Q1: I remember what I was thinking... so it literally stimulates the personality's ability to unify.

Linnel: Yes. And to understand.

Q1: Yeah, of course. Two parts from the Father. (chuckle)

Linnel: Yes.

Q1: Yes. (chuckle)

Q2: Well, Linnel, may I tell you how I appreciated being called "my young friend"? (laughter)

Linnel: I have thought of you in this way, Q2, for a long time. I hope that you took no offense at this. (chuckles)

Q2: No, I took it as very complimentary. Linnel, I again go back to the Urantia book and Jesus, in addressing some of the people that he visited after his resurrection. He tells them that hearing the words without comprehending the meanings thereof. And so my question now is how can the heart comprehend these meanings? Apparently... am I saying it's the thought adjuster that gives you the comprehension of the heart? Or am I off base here?

Linnel: You are not off-base, but let me expand that thought. It is your... you receive the intellectual understanding, perhaps through your own struggles, perhaps through some spiritual illumination given to you by your thought adjuster. This needs to, as you say, make a connection with your heart. It can sit in your mind for many years. Your thought adjuster does strive to put you into situations

where the realization will dawn in your heart, and the connection will be made. You have experienced in the past, emotional understanding of a problem but perhaps not intellectual understanding. The emotional understanding alone is not enough, nor is the intellectual understanding. Many of you mortals, in experiencing just emotional understanding, find this extremely disturbing. You have no context to put it into. The intellect allows you framework to understand these feelings. Therefore the two cannot interact independently... act independently. You must have the intellectual understanding to gain the most from your emotional understanding, so yes, this connection is important, and your connection with the Father and your willingness to open yourself to the adjustments of your inner fragment will be the most efficient and effective way of achieving this union.

Q2: Can I carry this just a little bit further?

Linnel: Please do.

Q2: (Chuckle) One of your first contacts with us, a lesson that you gave to us, you told us that the love of the Father surrounds you, the love of the Father upholds you, the Love of the Father gives you strength, and they're beautiful words, again, we need to know these words of the heart, so to speak, not just merely intellectually.

Linnel: Yes.

Q2: How can we get the help we need to bring these, this understanding from the heart, to the heart? I know I'm asking a lot here, and I feel that I'd like to know, and I think there's others of us that have the same feelings.

Linnel: The steps in reaching understanding start with opening your heart, opening yourself to this love. This is part of the process of the quiet time. You've noticed that in doing the quiet time, your understanding, your feeling, your association with this time has subtly begun to shift. This shift is the beginning of this inner understanding that you speak of. Think on this love, think on the fact that the Father's love does surround you at all times. If you strive to feel this love, you will begin to feel it. I can only say that the attempt will bring you closer to what you desire. There is unfortunately no roat method for this. It is your building of your relationship with the Father. This knowledge and awareness of his love will be your benefit. (Clock) Would you like me to elaborate more on one point?

Q2: Yes, please.

Linnel: Which do you not understand in my explanation? I would be more than happy to give you perhaps a different way to think of this.

Q2: Before I ask you, I think what you're telling me is if I exert some patience this will all come to me, but it is the feeling of the Father's love that I seek, that I so desire to comprehend. Yeah, I do feel it to a degree and I think what I'm hoping for is a greater degree. Maybe it's for my own well-being that I don't feel the full complement of this love as yet. It may be overwhelming for me, I don't know. These are some of the thoughts that I've entertained and I don't know that I'm right in feeling that way.

Linnel: This is not an unworthy want, Q2. This is the most core, the most essential of all of our needs - is to feel this love. It is in your struggle, in your reaching, in your wanting and desiring of this love that will bring it closer to you. If you desire it, open yourself up to it, even though you do not know how. Simply make the attempt in whatever way you feel you can make. Do not pass judgment on whether you are doing it right or wrong. The Father knows that you are putting effort forth and that you desire his touch and he will reach out to meet you wherever you stand. If you feel this love, perhaps not fully, try again tomorrow, try again the next hour, try whenever you are able, whenever you feel most open, most relaxed, most peaceful, to reach for this love, and I tell you, I guarantee to you, you will begin to feel it. And in short time, you will have all that you desire.

Q1: Linnel, may I ask a question that's related to this, because it seems you touched on something here where you talked about feeling like we need to do it right? You've mentioned before the thing about feeling unworthy. And I know for myself and I expect, for more than one of us, even when we're not fully conscious of it, this kind of thing gets in the way. Do you have any suggestions for... because in a way it's the same question, for how ... do you know what I'm saying?

Linnel: Yes.

Q1: How to better let go of those feelings that get in the way. Or thoughts.

Linnel: One thing that I can say to you is to try to understand your own natural rhythms - your rhythms of worry, your rhythms of fear -- you each have them and you are aware of them; if you put thought into it, you'll begin to see the pattern. Allow yourself a grace period of this worry time, of this fear time. Know that you must feel this fear. You cannot eliminate it from you immediately, and I say all of this with the condition that you do this with the Father. This is always necessary when discussing removing undesirable elements of yourself. You

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cannot do it yourself. You do not know what it is to not have the fear, how can you then mark this as your destination? You do not even know where you are going. Allow the Father to be your guide. Reach to us to help you in this journey. We cannot give you answers, but we can cheer for you, cry for you, with you, and say that we know and that we understand. We were also there once, too.

Q1: So we're in the process of learning trust.

Linnel: Trusting yourselves, trusting your own rhythms and systems. You know that you go through perhaps three days of worry, you have a week of enlightened spiritual loving grace, then you fall back into three days of worry, three days of fear (laughter)!

Q1: More the other way around!

Linnel: Merely an example (tone of amusement) I have watched each of you do this, and each time you fall back into the worry, you admonish yourself, you judge yourself, you think that it is all over with, that you can never attain this height again (laughter). You forget how - you forget what it felt like.

Group: laughter, noises of agreement.

Linnel: Attempt to perhaps set up an alarm clock within yourself, so that you know when your time is up, and when you may perhaps be hiding or being lazy. I hesitate to say this, because you are all too willing to consider yourselves lazy, or hiding. But, it is a mental placeholder for you. If you begin to forgive yourself for these cycles, you will find that you are more relaxed, you are less interested in doing it right or wrong, because you know that all the changes that you go through, these worries and these fears are assimilations of what you learn. You cannot continue to learn and then take another step ahead and continue to learn and take another step ahead without falling back into an assimilation period. What this translates for you in your semi-animal state is fear. I will tell you that this will grow less as time moves on. The fear will be replaced by patience, by understanding and self-forgiveness. You will know that you must give yourself time to return out into the world to take the next step. You will begin to understand your own rhythms, your own patterns as they grow. If you attempt to learn them now, you will begin to see your own growth more clearly and will be able to forgive yourself easier.

Q: Thank you, Linnel.

Q4: You know us well, Linnel. I really appreciate your words tonight. They sure hit home for me. Thank you.

Q1: Me, too!

Linnel: I'm glad that this has helped. It is important that you ask these questions. I do not want to volunteer this information before it means something to you. If I had perhaps shared this with you a month ago, it would have not meant as much as it does now. Q2, when you asked your question of wanting to feel this love, everyone involved in this mission ... everyone walking in the world today tries to fill this hole, tries to replace that missing love with so many other things. It is a wonderful thing when you as an ascending mortal realize that this hole, this want, is a want for the Father's love. This is the beginning, the beginning of actually receiving what you want. Your sights are set and your goals are established. If you continue reaching out and striving for this goal, I promise you, it will be achieved.

Q2: Thank you.

Q5: Linnel, it's comforting to know that we can, if we strive to, feel the Father's love around us... because in my mind I had placed it as something we'll experience when we're past our bodies here, and to the mansion world. So it's nice to know that we can connect more here and that feeling, then we...

Linnel: You can connect much and often. It will not always be the bright moments of elation that you will experience, but it can often be simply the comforting hand on your shoulder as you go through the day. It is possible through your working, through your struggles to have a small tendril attached to the Father, to simply in the back of your mind be aware that he is there, that he watches and that you are cared for. The more you can fill the empty space within you with his love, the more full you will become, the more secure you will become. This reservoir, as you fill it, will not empty nor will it ever become full. You will always have this desire, this longing for more love, more understanding of the love. As you grow spiritually, the awareness of the many facets of his love will become clear to you, and you will experience this new elation all over again as if you were experiencing it the very first time. This is one of the wonderful mysteries of this entire adventure.

Q5: Thank you, Linnel. That was very enlightening.

Linnel: As to "How", (laughter) I can only say to try, just to try. Not to do it right or wrong, to try hard or to try feebly, simply to try, to reach out a thought and go, and say, "Father, I am here. Fill me with your love. Allow me to be aware of your presence more fully. Be with me throughout the day." Or simply, "Are you there?" Reaching out in this simple way connects your mind, trains your mind to make these movements, make these reaches. The more you do this

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during your day - and these do not have to be grand gestures; these do not have to be fevered hours of prayer - simply a thought turned in the direction of the Father is enough to begin to make it a habit. Once it is a habit, you will find it easier to keep the connection that you desire throughout all your activities however focussed, however difficult.

Q5: Thank you, Linnel. Giving me an example has always been the best for me to understand. Thank you.

Q1: That's really helpful!

Linnel: Sometimes I forget this myself, and can always use a reminder when you need these examples. At our state in the universe as teachers, as ascendant beings we sometimes forget the fear, the uncertainty, and can always be reminded.

Q5: I think, too, getting over the fear of feeling foolish, too, is another one to add to that list.

Q1: U-huh, yep!

Linnel: I think that as you ask your supposed foolish questions, you will see many sheepish nods around the room. (laughter)

Q1: Yeah, there just were some! (Loud laughter)

Linnel: I have not yet been asked a question that has not registered in more than one mind around the room.

Q6: I would like to thank you for answering my question tonight already. I was wondering if it really was an achievable goal to attempt to keep in contact with the Father throughout the day. I know I'm a long ways away from that, but it's nice to know that that is a good, noble goal.

Linnel: It is a quiet and lifelong pursuit, one that if you do make it a habit, if tomorrow you turn your mind twice to the Father for mere moments, will lead then to the next day perhaps doing it three times. Then, as you must know, you will go a week without giving it a thought! (Loud laughter)

Q: That's true!

Linnel: I would ask you that in the middle of this week, the second you have thought s of guilt, doubt, self-loathing, put those aside and simply turn to the Father. Do not ...got to the Father first, then allow yourself to try and feel this doubt. You will find that it is more difficult.

Q1 Linnel, I've been struggling, as I'm sure you're perfectly aware, with one of the less than up sides in this. Your words tonight have really helped me to find that place of re-dedication I know you've spoken of that I need to be renewing and coming to again and again, and I really thank you. This really makes a difference!

Linnel: I thank you for feeling the fear and doing it anyway.

Q2: May I make one more comment, Linnel, on the love of the Father.

Linnel: Yes.

Q2: The desire that I have for the love of the Father is, in my thinking, two-fold for my own benefit. One, for me to feel his love and to reveal to... we're told we should love our fellow man, and if we experience the love of the Father, it's easier for us to let that love flow through us to our fellow man, and it's pretty difficult to do this without feeling the love from the Father, and this is why I'm concerned about this tonight, and this is why I'm bringing this up. It's necessary for us, and for our fellow man.

Q1: Yup!

Linnel: Know, too, that your fellow man is a funnel and a projection of the Father's love to you. Perhaps you do not feel today that you are able to be a projector for the Father's love, but you meet someone within that day that you are aware is filling you with that love. try to be aware of this and accept it. You do not always, and cannot always be the generator of this love, but know that there are other generators and that the love is directed to you from them. You are not alone in this. As you stumble, someone will be there to assist.

Q1: Why is it so hard for some of us to accept love?

Linnel: This is a question that we address daily, we struggle with ourselves in how do we come to a people like yourselves who have not been taught to love, in fact, who have been taught the opposite, to hate and loathe your fellow man and yourselves. The one hope that has been given is this Father-fragment that lives within you. You crave the Father's love because it craves the Father's love, it is the Father's love, it sets up an echo within you. It causes your soul to hunger for this love. This desire that you speak of, Q2, this unquenchable desire - know that there is a fellow companion being within you that will not let you forget this. You will never be far from this love; it is within you, it is being given to you. And it is your mutual discovery to communicate and to receive this with each other, your thought adjuster and you. Through this communication, this

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understanding of this gift of love you grow together. Your single shared/
common experience being the Father's love.

Q2: Thank you very much, Linnel.

Q1: If this is a result of language practice, gosh! You're doing pretty well!

Q5: I wasn't aware you had a problem.

Linnel: I am capable of being hard on myself also. (laughter) Pause... If there are no further questions, I think we have brought this evening to a close. Know that this is not a subject I tire of speaking on. If you desire to ask me the exact same question, day after day, I will not tire of answering it in as many different ways as I can find possible. I reveal this to you to encourage this in you, this struggle, this quest for feeling the Father's love. I am all too pleased to help. I look forward to our meeting Friday night. It will allow you to put to the test some of the systems you have proposed. Do not feel badly if all does not go perfectly. There's next week to look forward to. I do look forward to this Friday. It will offer us an opportunity to perhaps see this mission through the eyes of newcomers. This is always useful, to step back, to look through a different perspective. This is not something I encourage all the time, but once in a while is useful. I feel we are nearing a junction where this ... will be useful. I bid you all goodnight, and know that the Father's love is around you and reaches for you all. Goodnight.

Group: Goodnight, Linnel!



Greetings. This is Linnel. I am your teacher. I am glad to be here amongst you tonight. I am glad to see new visiting faces. Please feel welcome and feel that you can participate as fully as you wish. I thought tonight it would be pleasant and interesting for all to discuss some on the quiet time. I know that all of you have been doing this for some time. There were initial questions as to the value of this quiet time and its purpose. I hope that many of you have begun to understand, and I would also like tonight to answer any questions or fears-concerns you may have about your reactions to this time. I would say that within each of you is an infinite possibility-- this reaction, this interaction that you enter into-- when you commit to the Father in the quiet time.

I know that many of you go to this time with expectations at one level or another. This is natural. This is the way your minds operate when dealing with an unknown situation. This is not something that you were trained to do. I know that in your quiet times you have experienced many things. I would like to say that anything that you have experienced in this time is valid: Is worth considering. Do not shove it away as mere mental noise. Do try to attain this quiet space. However, notice the type of static that comes up when you approach this time. Some of you have difficulty with the amount of time. Your mind begins to wander after a minute or so, perhaps even less. I know this is difficult for you and often causes more disappointment than the situation merits. It is acceptable for you to reach for the Father throughout the day, for small grasps, small touches, small thoughts in his direction. This will serve in the same manner. It will also serve to begin to create a habit -- a habit of reaching to the Father throughout your day in the midst of your lives, your business, and your anxiety. I would suggest to some of you if you have trouble with disturbing images of perhaps violence, anxiety, or unknown disturbing emotions, I would suggest to you to remember these feelings. Attempt to stay within the quiet time frame and tell the Father how you feel about these things. I would also suggest to those of you who are having difficulty with this time: It is acceptable to create a safe place within your mind.

Many mortals are of several minds. There is the mind that does not desire the contact with the Father, that desires the animal, more base pleasures, needs. There is the mind within you that does seek the Father. It may be necessary to create an environment within your mind, within your imagination, that is safe for you to go. Safe from disruption. I encourage you to create whatever space you feel that you could sit and talk with the Father. This could be a place by a lake, a room full of light, smells,-- whatever causes you to relax. Whatever makes you feel that you are safe and at home. Any exercise that you can do to bring to this time is acceptable. For as I said, there is an infinite possibility in each of you to many ways of approaching this communion with the Father. There are no rules. The only rule, and I would say suggestion, is that you attempt to do this, whether you are successful or not. I have heard many of you say "Am I doing this right or wrong?" I would encourage you to look at that statement. Ignore the right or wrong, and instead focus on the doing. The doing is the important part. It is not important whether you succeed or fail. Just attempt to forgive yourself for these apparent failings. And I assure you they are not failings if you attempt to do them. Those of you who hear music, who see images, colors, who perhaps feel a child-like presence within them striving for this talk with the Father -- allow yourself these images. Allow your mind to wander down these paths. It is not necessary for you to clear this out, to shove all away, and simply stare at blackness. I encourage you to use whatever positive tools within you. Some of these may arise in this time and surprise you, but use them. They are yours. They are your creation. They are your unique expression of this space, of this time with the Father, allowing you to more comfortably communicate with him. You are laying the foundations, establishing a flavor for your special relationship with him.

I encourage any questions and comments at this time. Please feel free to share, and/or ask anything about this process, anything that troubles you. We truly wish for this time to be special for you. We know that it is a struggle, and it is difficult, and we would like to help in any way possible to clear up any confusion, alleviate any fears.

Allen: I was just thinking from what you are saying, when I do quiet time I often do it as something I should do, sort of like I am doing it for the Father, and some of what I hear you saying is that I need to work at getting to a place where I am doing it for myself -- because that contact with the Father is such a positive thing that I want to do it.

Linnel: It is often difficult to immediately contact this desire within you, to do it for yourself. You have not received much encouragement for these selfish actions. If you do it for the Father, this is good enough. If the time that you put aside, is perhaps as you would think of it, a "gift" to him, then so be it. Many of you volunteer your time for other worthy causes. Volunteer 10 minutes of your time to the cause of the Father. This would not at all be inappropriate, if it allows you the freedom to do it.

Julie: I would like make sure I am understanding what you said about having the violent thoughts or pictures. A couple of times in my quiet time I had violent words. The words weren't violent, but the way they were said were extremely violent, and I found it upsetting because I don't even use those words in my everyday vocabulary, and the part that upset me was I didn't think that you guys would say those things, and yet I never said it but I figured it had to be me. Now my understanding from what your lesson was is that this is my animal mind that is doing this, kicking up a little fight?

Linnel: Yes. This is a part of you--a part of you who did not receive the love and the care that you so deserved. And please look at it as a part of you that you must turn to nurture and love because every part of you is important to the Father. This part is as you say, kicking up a fight. Why would that small Julie want to trust in this-- want to trust in a Father who turned against her, who was not there for her, and did not reach out to her when she cried. This is the part of you that you must love, that you, the adult, must show the way to the Father. Teach this small part of you the wonders and the love of the Father as you understand. In these times of violent word times, try to maintain contact with the Father, ride out this fury. Let it subside. Let it play itself out. It will not harm you if you keep contact with the Father. Hold his hand and allow this rage to express itself. Draw strength. Then after the silence draw strength from the Father and feed it to this small child. Have I made myself clear in this? If you require any

- further explanation please ask. This is a sensitive and private matter I know, and I do not wish any misunderstanding.
- Julie: O. K. Thank you.
- Linnel: Thank you.
- Thea: So one of the ways to heal those old wounds is to bring them to the Father's love?
- Linnel: The only way to heal these old wounds that you all carry, these deep wounds, is to fill them with the Father's love, yes. I can not stress this enough.
- Doug: Could you talk about the collective consciousness and the difference between the personal quiet time and the group combined quiet time? Is there a different circuitry?
- Linnel: It is not different circuitry, but it is reinforcement. It is a group sharing, as sharing a conversation, or connecting similar thoughts between two people. There is an excitement, an enhancement, in this sharing. This is why this group quiet time is sometimes more effective for you all. I know through my contacts with you all, that this quiet time together here is special to each of you in different ways. Does this serve to answer your question? I do encourage this activity.
- Doug: Yes, thank you.
- Unkn: I appreciate this chance to talk about this, because its something I've had trouble focusing on and making myself do, and I got this image of the Father standing at the door and knocking, and am I going to just know that he's there knocking and not open the door? So that will help me to open the door more frequently.
- Linnel: I am glad this helped.
- David: You made a statement about don't worry about doing it right but just the fact that you're doing it, I wondered, to be more successful in my quiet time I needed to contact the part of my consciousness or unconsciousness that I normally don't contact. Is that correct? Should I just deal with my consciousness and be satisfied with that?
- Linnel: If you feel that this unconscious part of your self is yearning to be expressed or is there "nudging" you, then allow it to express itself. Allow yourself time to explore this new part of your self. If you do not feel this urging, then do not explore this. I assure you that it will come up in time, but now may not be it. It is much of the unexpressed part of you-- your potential -- and when it starts to require birth, please explore this. It will be enlightening and

useful to you.

David: Besides the quiet time is there anything else I can do to speed this little thing up?

Linnel: I would say this to you all. When going about your daily activities, when spending time at home in the evenings, try to be aware of those little things that give you pleasure, that seem to have no purpose, no result, that simply give you pleasure. This may be a pleasing scene, a moment of pondering some mechanical device,. (laughter)...I have noticed one instance where a mortal caught himself stretching a rubber band back and forth and getting much pleasure from this. (laughter) Notice these things. Make note of them. These are small parts of yourself. Small parts of this consciousness. Things that give you small pleasures, things that you do not have to have results from. All of you have trouble with playing with, enjoying yourself if there is no result achieved. Look for the things that simply give you pleasure. Indulge yourself in these. This will be one of the keys to approaching this unconscious part of yourself -- this inner potential. This is just one way, but a simple way, and it is enjoyable.

Cindy: What do you mean by it's a way to approach this inner potential? I'm not sure I understand the connection between these enjoyable moments and our spiritual growth.

Linnel: You suppress so much of your selves.-- so much of the children that you once were -- the expressive delightful young beings. As you grow, you put away these supposed unimportant things, these childish behaviors. In the process of putting these things away and some of this is appropriate as you grow into adulthood, although other important things are put away, these are the things that as you begin to re-discover and re-claim these into your conscious personality you will become the person you were meant to be. Does this make sense to you?

Cindy: Yes. I was personally reflecting that that childlikeness is something that I have always valued and the playfulness so it's nice to hear that validated and that it is important.

Linnel: Some of you may find this process of re-discovering your inner self far more painful than teething. (moans and laughter) That is why I suggest you approach this inner discovery through playfulness. It is perhaps one of the least painful ways to find this. And also, ask the Father to show you, ask the Father for guidance.

David: Are there examples in the Urantia book such as in Christ's life where we may find what you are talking about?

Linnel: I can not recommend a single passage. This is something that in your current state of social evolution is an easier concept to discuss now. It was not so discussed then. I would encourage you to read all of the Master's life's papers. There is much enlightenment, much enjoyment, much discovery in all of these.

Delores: I liked what you said about creating a space, because just this week from Deep Space Nine when Quark was trying to bribe Odo and he said wouldn't you like to, he melts into a bucket at night, sleep in a solid gold bucket? And he thought about it. And I thought about gold and I looked at this wedding ring and it has a special light to it, you know, real gold is something really special, and I sort of created the place in my head where I tried to line my heart with gold where the Father could live so he would have a bucket to go to that would be there. And what happened was then it became a symbol where different images and messages were coming to me about gold because I had done that and this sense of it, the sense of the lost childhood. Today I was just crying my eyes out in my quiet time because I was thinking of the gold on the planet, and the treasure, people hoard the treasure, and the treasure of your lives, the things that are meaningful. I felt really sad because of all the things I had lost, and the meaningful things I had lost--friends and relationships and things-- but it was like my thought adjuster said "its OK because I have all your gold." It was just really incredible the way the imagery kept reflecting up.....it really helps to create an imagery, its almost a language that can reflect back on itself through time, right?

Linnel: Yes. You will find that these images that you create for yourselves, these images that are important to you, that hold special meaning, can be used by your inner Father fragment to communicate with you easier, more readily, through using images you create. It is a way for you to create a common language that you can both communicate in. I would add that when I fused with my thought adjuster I reclaimed much of that lost treasure myself. And believe me Delores, I assure you that none of it is lost. There was more there than I ever expected. You are all truly wealthy.

Thea: One struggle I had during the quiet time is the embarrassing difficulties that often comes into my mind that now would be a good time to do the quiet time and practically before the thought is fully formed I think, well I need to do this first, or, I can do it later, or, a whole lot of other things -- to put it off. And I have trouble with this, its really a struggle. I appreciate the image of the Father knocking on the door because that will help too. I suppose, I guess I'd like to hear what you have to say about that problem, but also to ask you if using these images can help with that too.

Linnel: Part of the reason that you turn away from this space with the Father is that something you have an association with in this time that is unpleasant, that you have difficulty with. Try to think what this association is and examine it. Perhaps change your frame of mind, change your setting. Create a neutral space, so that you do not feel that you are walking to him. Try to meet the Father half way if you need to. I can tell you he will walk all the way to you if necessary. You need only be open. Part of this resistance that you feel is a fear of receiving the rewards, of accepting the good things of this relationship. I find it interesting that in your culture the highest form of spiritual attainment is to go to a cold uncomfortable place and punish yourself to attain this height of spiritualness. You each carry this in your minds-- it is a holdover from early puritanical days, that spiritual matters contain no joy--if you are receiving rewards, you are being lazy, that you do not deserve them, how can you hold this relationship with the Father in the same light as reward for yourself, you must approach him selflessly. All of these notions, all of these teachings are extremely destructive to this time that you try to forge with him--this true time, this true relationship. This is a struggle for all of you. This is a struggle for your world. You have not been taught that the Father is accepting and loving. Instead you have been taught that you must earn his love, that you must suffer for his love. You were all taught that Jesus died for you, he suffered for you. Even though you intellectually understand this to not be true, it still sets in your minds. It still is an overriding part of your culture. You do not have to suffer for the Father's love. But you need to come to an understanding of this. An understanding that you can accept all the good things that the Father has in store for you. This is difficult. This is not

something that you will achieve an understanding of over night. Part of the problem is that you do not know where you are going. You do not know what it feels like to be on the other side of this problem. So you must trust, be led blindly to your destination. You must trust the Father to lead you to this place. This place of joy and happiness.

Thea: Thank you.

Linnel: Thank you for your question. Is there anything I can say to further clarify this point?

Terry: I would like to go back to the wealth that you receive from your adjuster when you fuse. I never thought of it as you expressed it. Do I get the impression that the things, or your experiences through your lifetime--things that you have long forgotten--the thought adjuster retains those worthwhile acts or situations that have arisen and retains them, and reconfirms them upon you upon fusion. Is this what I am understanding?

Linnel: This is part of what I meant. The other part was, the things you pass off, the things that you are not aware of, that you ignore because you are busy judging the action, you are busy looking forward to how you could possibly done it better. These are the gems in your life that when you receive them in fusion you suddenly realize that you were doing it right.

Terry: Then we have a better life than we give ourselves credit for.

Linnel: In some ways yes. You do have much to struggle against. It is not a judgment on my part that I say you miss these things, considering your condition it is amazing what you do notice. But no, even if you do not notice, there is one within you who notices, who praises, and remembers.

Julie: I have another question. Its on a different note. Going to work last week I can across a bad accident on the highway and it was very disturbing. I found I wanted to give the victim of this accident my energy, and so I asked to do so. But then I felt it wasn't adequate just for the moment and I wanted to continue for this person and I gave permission and I gave permission for whomever to continue to take it. Is that a possibility or wishful thinking on my part.

Linnel: Know it is quite acceptable to think this. I would like, however, to shift your thinking to the fact that you, as a channel for the Father's love, can give off this energy yourself at all times, to all around you. The more you open yourself to the Father's love the

more energy you are able to dispense. It is not something that can be taken from you. It is something that you radiate at all times. So rest at ease that you will not be sucked dry. There are others around you that radiate it to you also. This reservoir within you can never become too full and it can never become empty.

Julie: So you don't have to consciously think about doing it?

Linnel: You have to consciously open yourself and accept this love that flows to you. It is possible for you to shut yourself off from this. So yes, there is a conscious decision that you make to open yourself to the Father's love, to open yourself to the love that is projected to you from others.

Julie: Ok, but this person was hurt. And the energies I wanted to give him was for healing. To help him heal. I don't know why I say him, but...

Linnel: I think it is not possible for you to understand all the power this loving energy has, but yes, it does have this healing property you speak of. (pause) If there is a need, this love can fill it.

Julie: Ok, I guess I'm having a hard time comprehending how to channel it to that person. Just let it go? Just relax?

Linnel: Just let it go and relax.

Julie: Chill. OK. (laughter)

Linnel: Simply be a channel. Pray for this person, that they can have the courage to overcome their suffering. Pray, perhaps for those who love this person if indeed this person does pass on. That they have the strength, the courage, and the understanding. This is what you can do to help a specific victim. Prayer is an effective channel for this love, this energy. It is your conscious will shaping the effect that this love can have. Does this serve to illustrate better?

Julie: I think I need to absorb, yah, a lot. Thank you.

Linnel: Please ask any more questions along this line. Anything you may wonder about I would be glad to answer.

Dan#1: In response to the question, I find myself talking about stuff I don't know. It's not unusual particularly... someone had the idea that there's not going to be a reward/punishment sort of situation in the hereafter as we've been taught. I said, yah right, its not like you're punished for your misdeeds. And she asked well then what is the difference between what a good and bad person will be like in the next world? How are the experiences of these two

people different?

Linnel: This is why there are seven mansion worlds. Those who perhaps did not have opportunities or take these opportunities for this goodness that you speak of, do have opportunities after their death on the mansion worlds. Their experience differs in the activities that they participate in. Perhaps a lesser experienced person would be learning all of the things that you perhaps now know. You would be learning different things, more advanced things, things that you personally have shortcomings in. Does this answer your question?

Dan: Yes.

Linnel: I would like to pause for a moment and transfer to Thea.

(break)

Linnel: Greetings. I have again returned. I would like to open this discussion for questions of any sort from anyone. I would enjoy attempting to answer.

Julie #2: When we moved to Corvallis from Grants Pass I was given an image through my quiet time. It was a person, standing still in darkness. There was a bright beam of light coming down through her head, I assume its a woman, and out of her in several different directions were different shades of beams of light coming out of her. And I felt like a great abundance of love through this, so I had felt it was different types of love. But now I understand that it was different types of energy out towards the people surrounding, so I want to thank you for further explaining what those beams were because they were different shades of color.

Linnel: Julie, you have given an example of what this personal imagery means. It is important for all of you to find these ways to experience these images in your minds as a part of your personal expression and understanding. We are each unique and individual parts of the Supreme. And when all of our images, one eon, come together, we are able thus to actualize. This is a pursuit of your own personal contribution in eternity. I encourage all of you to use these positive images which bring you closer to the Father and closer to your brothers and sisters in any way that seems appropriate. Do not hesitate to experiment and find what feels good. Remember the Spirit of Truth will always tell you if you listen in your heart, whether this path is indeed true. I appreciate your sharing with us.

Julie: I'm sorry I get so emotional with this.

Linnel: Julie, there is never a reason to apologize for this. Your giving of your emotion is part of the gift which you have shared with us. We would encourage all of you to learn, although it is difficult due to how you were taught, to fully express your feelings to each other. This is part of the true family coming together that we seek to encourage you in. Therefore, rather than apologizing, the group can thank you for your gift.

Janet: I was going to talk about tears at quiet time. And this has happened to me a fair amount and I was going to assume that it happens to other people.

Linnel: Yes, you will find that there are many in this room who have experienced this. This is (phone rings) I will wait. These tears are something you experience on this world somewhat differently than on other worlds that have not been so torn by rebellion. As you may have noticed, they are often a mixture of both joy and pain. This is sometimes puzzling, confusing, even embarrassing, because it seems that connection with the Father should be joyous and not so tinged with sorrow. However remember that when you make this contact with the Father's love you are healing for many past griefs. And this grieving process is a part. In time, the tears that you shed at this time will not be so tinged with grief. Understand that this is a gift of healing happening to you. Do any of you have specific questions that you are interested in asking about this?

Delores: This morning around five I just actually went "waaa.." I just had to even speak it because it was so intense, and it felt like a chemical change, and it felt like an emotional resolution. And I could drive away and tears were still coming down my face but I felt much better than before but I didn't have any idea why. It didn't make sense.

Linnel: This is, as I said, part of the deep healing process this quiet time can bring you, and also something that we hope to foster through this teaching mission. When these reservoirs are opened and cleaned out this leaves more room for the Father's love to fill. There's truly no way to empty these reservoirs in preparation for the Father's love except through your willingness to grieve and to wash clean those pains and places. As you accomplish this process you will find in yourself that "feeling better" that you speak of Delores. That opening which allows the Father's love to fill you

more fully. There will be many disturbing feelings in the process of this cleansing because you are indeed going through living the Morontia life on your planet and this means refining, which means this cleansing process must continue. One of the reasons that we seek to have you together in family groups is so that you can learn to share these griefs with each other and give each other that loving and family support of a kind that would have been common were you raised on a world not torn by rebellion. You are progressing, all of you, and although it may sometimes be painful I promise you there will be tremendous joy. I am proud of all of you for your struggles.

Janet: I have a question about Bosnia and all the mess that's going on over there, and its kind of occurred to me so much of the trouble started around there that its may be appropriate that if there's a trouble spot on the world this would be it. Is the resolution of the conflicts there, I'm sure it will help the world, but to me there is more of a connection to the rebellion and what is happening there. A cohesive question?

Linnel: I understand what you are saying. I understand your perception of this in your heart, truly, everywhere on this planet where there is one time brother against brother where there is this kind of conflict, where people are living in hatred and attempting destruction, all of this is truly partly fueled by the aftermath of the rebellion. Its simply that there are certain spots on this planet which you hold in your heart which become more strongly a symbol. There is nothing wrong with perceiving in this manner. But it is true that everywhere in the world where there is fighting, and there are many other places, right at this time, where this goes on, all of this is in much part an aftermath of the rebellion. These are things which we hope you will see undergo profound change in your lifetime. If you have more specifics, please ask.

Delores: In our lifetime is good! We like that. We can look forward to things like the wall falling down, and peace-making, global thinking.

Linnel: I think truly Delores you will be astonished over the next few years. Even now, if you look, you will see in many places, major changes in attitudes happening. The opening of the circuits allows every human being on your planet to receive more benefit, and this is truly beginning to transform mankind. You will begin to

see more and more. We are, ourselves, excited, watching the unfoldment process.

Katie: I have a slightly more mundane question. As I am sure you're aware, I've been contacting-communicating with my personal teacher.

Linnel: Yes, I'm aware.

Katie: One question that I have is that it seems like a lot of the time that I'm getting answers from you. Is this an accurate perception.

Linnel: Yes. This is accurate. This is actually very common when we initially contact you. You will often hear the words "we." This is because we generally try to initiate contact as a team. And many have found my voice louder. You have indeed been receiving me, I have indeed been talking with you and I have enjoyed it very much. I appreciate your efforts.

Katie: And can you confirm the name of my personal teacher?

Linnel: I can. Your personal teacher's name is, as you have struggled with, David.

Katie: Thank you.

Linnel: That question, however, is not mundane.

Katie: Ok. It's not quite so global, let's put it that way. (laughter)

Julie: I have a question, when just thinking, not necessarily a quiet time, when your eyes are open, say, in the car, I'm thinking about different people. When I think of you, I seem to feel you in one spot of my head, versus Abigail in another spot. Each person is in a different spot. Is that true?

Linnel: This is an individual reaction, and it does vary, but this is something you will hear other persons describe. Sometimes this has to do with the precise way in which we utilize your mind circuits. People's perceptions of this vary, some are able to identify this and some are not. It's perhaps not fundamentally important to your spiritual development, but it is however interesting.

Julie: I am not hearing any voices, though, other than my own.

Linnel: Perhaps you are not yet aware that some of the voices you perceive as your own are other voices.

Julie: I was hoping.

Linnel: This is one of the most difficult parts of the process. All of you have at some time or another have expected something more dramatic, more pronounced, more, apparently "other" in the initial stages. This takes a tremendous amount of faith and commitment

to accept the fact that what appears to be your thought, albeit oddly phrased perhaps, or stated, is indeed communication with you. I understand the difficulty that you go through in this process for I have been with any of you in your struggles. Please be patient with yourselves. The amount of time that it takes you to receive this understanding has absolutely nothing to do with your spiritual development or your worth. This is largely a matter of a variety of factors including the physical changes that we must make, and many other things enter into this. You must understand, this has nothing to do whatsoever with your worth. I know it is terribly difficult for human beings not to feel that they must compare themselves in this kind of process, but I would ask you please to attempt not to do this, and to encourage each other and talk with each other about your experiences with this which will help you to understand, sooner, what is actually going on.

Linnel: I'm not sure this answers your question about the car Julie.

Julie: Well, I remember I heard one "we" and I did get semi-excited--

Linnel: You must remember it is somewhat unusual for you to address yourself as "we."

Julie: Yah, I understand that. And that's why I was getting a little excited, and trying to be calm too. I find it hard accepting the teaching mission, and everything, and the personal teachers, that I have to start from the ground up. That this voice just doesn't come in and start singing to me or whatever, that I have to go through the, thoughts.

Linnel: I know that this is difficult and frustrating for all of you, however, you will come to a point where you will recognize the tremendous benefit of this struggle because you will have made many, many faith choices in the process. And nothing can take that away from you. It is understandable that you would want this to be clear to you so that you can move ahead, as it seems, but believe me this is best. We have discussed many times how this would be accomplished. And although I know it's frustrating you will come to treasure these times when you struggled so hard, and felt that it would never happen.

Julie: Our baby steps.

Linnel: They are baby steps yes. And all must do this. There is indeed no way to get to the top of the ladder without climbing each rung.

Julie: So does this mean that you are there at the front left?

Linnel: I do not know whether I could tell you I am exactly there at the

front part. I will tell you Julie is that I am there. And you are perceiving me.

Julie: Ok. Thank you.

Terry: Linnel can you tell me why Ham accepted the address from his students as Father Ham?

Linnel: Yes, Terry I can tell you this. In the initial stages of the mission things were understandably very delicate. There was no desire to alarm or to be less than gracious, or to do anything which would distress those who perceived us with reverence. Although this may not be appropriate as you understand it now, at the time it did not appear to be a major problem. And so far, this has not been a major issue in this mission. If there comes a time it is, you can be certain we will address this.

Terry: Thank you.

Linnel: Thank you for your question.

Allen: Does doing the quiet time help in preparing ourselves to make contact with you teachers? Does any spiritual growth we do help us contact with you or are there special things that we should do to contact you separate from that?

Linnel: Allen, I would like to ask you if you would be willing to attempt to answer your own question. you know I am going to do this to more than one in the future, however, do not feel obliged, I'm simply asking if you are willing.

Allen: I know for myself that I've had to, say, ask, questions, to get in touch with the teacher. And I've had to do some specific things to make that contact. I don't really know whether the quiet time helps me do that or not, it may very well make me more open to that. Just to a great degree it was a willingness on my part to take the time and ask questions and sort of let whatever came, come.

Linnel: Thank you for being willing to share this Allen. I did not want to put you on the spot, but I am anxious that all of you begin to share what your experiences are with this. You know that very early you began doing the quiet time. And yes, this does indeed help with your reception of a teacher. It helps in your reception of any spiritual influence including that of your angels, and all of the influences that come to bear. You also have chosen to attempt a variety of other things. I would say to all of you, a useful way to initiate this contact is to simply talk as though we are here. In time, perhaps you will find that we are. I say this because at first it rather like talking to a wall which does not appear to answer.

However if you ask questions, many times you are more apt to receive initial short answers, than some other modes of communication. I would encourage any of you to try to write, and ask questions in your writing, and see if any responses seem to come to mind. If you do this, try to simply write what comes to your mind even if you feel that it is your own thoughts. In time you will be able to look at it and see where your content is and where there is influence from beyond. This is an individual process as some of you have found. For some it is easier to speak into a tape recorder, for others to write with a pen, for others to utilize a computer. It really does not matter as long as you persist in trying if this is something that you desire. Know, however, that the most important thing is to seek the Father. This is more important than anything to do with us teachers. And if you were to do nothing else in this process we would be content. And in the end, likely our mission would be fulfilled. Therefore your quiet time, when you come to the Father and share your inner self with him thereby opening yourself to love your brothers and sisters, this is the most fundamental thing. And as you do this it will open you to all and any influences that can help you in your spiritual life.

Allen: Something that that brings up for me is at times I've had trouble -- it's like a got a thought adjuster, and there's a Father, and there's Michael, and angels, teachers, Melchizideks, midwayers, and there's lots of different people to talk to out there-- and I've had trouble sometimes feeling like I needed to address, sort of I spent too much time with this person, or this one, or, what you just said, it sounds like I basically need to talk to the Father. But I know that talking to my teacher is something I need to do. I mean, I can't just talk to the Father and get a message from my teacher. Usually I address the teacher and I get an answer.

Linnel: When I said to you earlier that you need not worry if you are doing it right or wrong, simply if you are doing it. This is another place to apply this. Truly, as long as you are seeking the Father, the rest will not matter. I would encourage you to seek those persons in addition to the Father with whom you feel you have the most contact in a spiritual sense, and foster those relationships, adding to that as time progresses. You will find that we are prompting you in ways that will help you to choose if you can let go of the feelings of concern and worry about who you

should talk to next. Part of the problem truly is this feel of somehow doing all that you need to or doing it wrong. If you relax you will find yourself more easily guided by your thought adjuster into the paths that you are to take.

Allen: Thanks. So it comes down to, in a sense, instead of trying to do it all myself, letting God help.

Linnel: The Father's will is a gentle stream. The Father's will is something beautiful, not something that you need fight for in quite the way that you do. It is like arms into which you can relax. It is like sunlight when it is cold shining upon you. Truly when you learn this feeling of the Father's will, so much freedom will come to you in your choice. I urge you all to relax in the Father's arms as you choose his will. His will is not a whip, his will is a comfort and a joy. I wish I had words in your language with which to explain this further.

Delores: Thank you Linnel. It's like an allegiance sort of thing, though, and

Linnel: You could call it the ultimate patriotism.

Delores: so I couldn't talk to my teacher until I had done my quiet time. That always was precedent. Then I read in the Daniel papers the teachers are there to assist us with seeking the Father. And that was a real freeing idea because maybe the teachers, all of us have teachers, so our teachers are there helping us whether we can talk to them or not, right?

Linnel: This is true yes.

Delores: So in what ways could they help us do that, especially if we're not communicating with them.

Linnel: One of the things which we are able to do is, in assistance with your angels, help to put into your minds those nudges. This is in no way against your free will choice, for, you must still choose whether to follow those urges or not. We can help your angels and other spiritual influences in urging you to seek the Father. Perhaps it is easiest to explain by saying to seek to do that which works, and trust the Spirit of Truth within you. IF you do this you will the way. And I would urge you all to talk about these things together, not waiting for our sessions together, but discuss these things together with each other--the struggles that you have, the joys, the successes, the fears, the doubts, all of this--because as you do this you will all grow stronger from each others knowledge, and you will all grow closer, and you will all grow. This is truly an exciting adventure. We are enjoying watching

you in the process and being part of it, and looking forward to our increased communication.

Delores: Are you growing?

Linnel: I should hope that we are. I know for myself, this experience has been unparalleled thus far in my universe career. I feel deeply honored and blessed to be here to be servant to you. This is an honor beyond anything I can explain.

Don: Linnel, you have, or, your realm, has revealed yourself as our teachers. Are we in any particular way also your teachers? In other words, does your relationship with us enhance perhaps your own efforts toward more and higher self realization?

Linnel: Yes, you have indeed said this truly. It is truly incredible what we have learned from you. One of the things which is so astonishing is the amount of faith you can have as agondonters on a world where things have seemed so dark. Every single time we watch you we are awed by the courage that you show in your lives. You have taught us things about what it means to be mortals struggling up, that those of us who were raised in light and life could never have understood without this experience. Truly you are our teachers as we are yours. And as you will also be to others on your planet. Part of the entire purpose of the ascension scheme is to teach and learn, always, from each other, yes. You have understood this, yes. Thank you for your question.

Dan#2: Do the teachers ever gather to compare notes to, kind of judge how best to proceed, or just to gather to talk with each other about things that are going on?

Linnel: To be quite honest, most of the time we are gathered. We do indeed do this. We do this, both as a larger group but almost continually, in your Willamette valley area we are actually sharing the same, what you would call headquarters. And we do continually do this, yes. We are in this respect teaching each other as we learn. And it is extremely rewarding. However, understand, when we discuss you, we do not do this in the form of gossip as you understand it, we do this to understand you, to love you better, to serve you better, to help you better. And we do not judge you. This is for the Father. Besides, we are also ascending mortals, except for some of our superiors, and we understand even if we have not lived on a planet such as yours what it is like to come up through the ranks. We enjoy this contact, in fact it would be truly impossible for us to do our job were it not for this

contact. Do you have any more specifics about that that you would care to ask?

Dan: What can we do that would teach you more of what you'd like to know?

Linnel: Open your hearts as fully as possible to sharing -- to sharing with each other and to sharing with us -- because this allows us to see your true selves in action together, and this is from what we can learn the most.

Dan: Oh.

Delores: Would you brave to do that Linnel?

Linnel: It does take courage. I realize this. And please understand we do not expect some sort of miraculous instant results from this. Nevertheless if you can try in the tiniest of ways for one moment at one time this is still an opening. This is still a beginning. All of these things come together.

Allen: When I was growing up, when I did something wrong, I'd try to hide it, you know, instead of saying, oh yah, I screwed up, I did it, cause then I'd get punished. So it's like I learned to hide things. And certainly in groups, I don't come out and say, oh yah, I did this and that bad thing, because I have a feeling that people would dislike me, and yet, it really seems from what I'm learning that I certainly have to share that stuff with God, and it also actually does help to say it in groups, it's like, if I keep it all hidden inside, then it messes me up, and when I can get it out I have cleaned something out, and how does it work?

Linnel: It works as you have just said. When you are willing to reveal to others parts of yourself that are unlovable you are enlarging the picture on yourself-- just as the example in the Urantia Book about the snarling savage with the sabertooth tiger in front and the wife and children behind. When you are willing to reveal yourself in this manner you are allowing your fellows an opportunity for them to enlarge the picture on you and learn to love you. This is difficult because some of them will not, some of them will take what you have given and use it instead to reject you. This is unfortunate, however, you must try as much as possible to realize that this act is yours, truly, and it is an act and the truth and the consequences are the Father's. And if there are those who reject you for this, then place that in the Father's hands and seek only to move forward doing the truth. Everyone of you who is willing to do this adds to your group strength and your

personal strength. Every one of you who is willing to look at another who has shared this and try to enlarge the picture and love is thereby adding. I know this is difficult because so many of you were indeed punished for revealing yourselves.

Nevertheless this is part of what the mansion world programs are about, and what you are now participating in.

Delores: Can you talk a little more about enlarging the picture for somebody else? Because sometimes people can say things about their life that are actually embarrassing, or so emotional that, I don't know how to handle it, or, except by maybe just accepting it, is there some advice you can give on how to..?

Linnel: There is sometimes a fine line between appropriateness and revealing things in a manner to actually push a person away. This is difficult. This entire subject is difficult. Actually I would enjoy doing a teaching specifically on the subject at some future date if this would be of interest.

Delores: What would you call it?

Linnel: I would call it... Enlarging the Picture.

There is a problem here because sometimes the discomfort with which you perceive another's revelation of self, is because of unresolved fears and feelings of your own. And you must always ask yourself "Am I uncomfortable with what this person is showing me of themselves because I myself have things with which I must deal? Or is it truly because this person is inappropriate. Remember, regardless, this person is a child of the Father's, and if they can not reveal themselves in a way that is perfectly appropriate, nonetheless, they have given you information with which to seek to understand and love them. I know this is difficult and there are many decisions you must make in your own minds about this. But I would still ask you to persist. Does this help? Perhaps you can think of more specific questions and this can be discussed in more depth, because it is a difficult subject.

Delores: I guess, I wanted, I don't know if nurturing is the right word, or to nurture somebody and say "I'm sorry your life was like that, or, I understand it must have been painful," I mean, there must be some phrases or some things that can help somebody deal with a past situation that they're explaining. I don't know, it seems to happen to me a lot, I go into the Father time and I come out I'm like a sponge and I'm all wet. And everybody comes around

(unclear) and then I get really grouchy and mean and I have to go back into the quiet time to kind of heal, you know..and so.. people bring their pain to me?

Linnel: This once again, is a situation where there is a fine line and I will indeed give some instruction on this in the future because this is a common problem on your world. There is a difference between offering comfort and extending energies which are not truly helpful.

Delores: Like I said Jesus never pitied anyone, right?

Linnel: I think if you read that passage you will discover "seldom" but yes, this is true. There is quite an art and technique in the ability of empathizing with others without fostering their dependence on you. And to encourage them to solve their own problems. I can not possibly address this in this short time but I do indeed understand your circumstance. And I believe this would be very valuable for us to go into in more depth at a future time because it is indeed a common problem. There are many of you in this room who have problems knowing in your hearts about this situation.

Delores: Thank you.

Linnel: Thank you for your question, because this is extremely important especially as you seek to minister to your brothers and sisters. Thea is growing tired, I would like to ask if there is a final question or two, and then we will close for the evening.

Marlene: I'd like to thank you for being here tonight and for Thea and Mark's hard work.

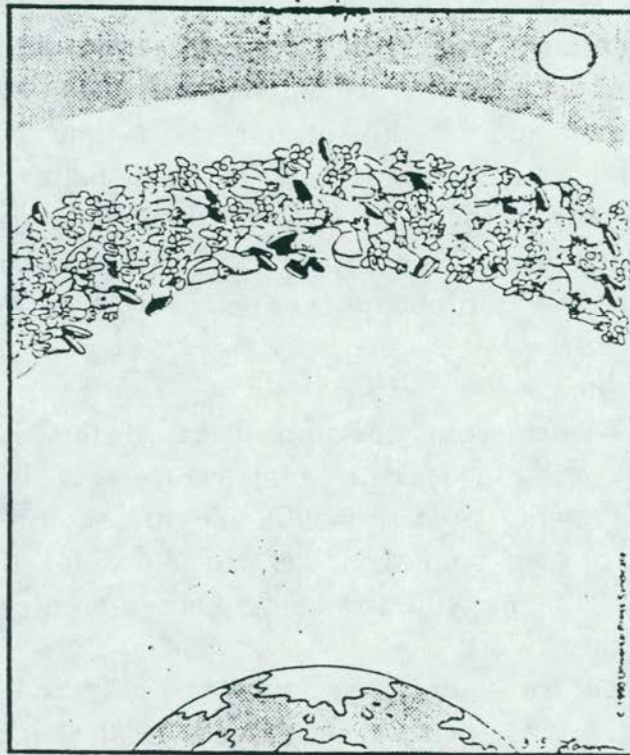
Linnel: Thank you for your appreciation. I'm sure both receivers indeed appreciate it as well. We appreciate the opportunity Marlene and Terry to carry on these meetings in your gracious home and thank you for the loyalty and dedication that you show to this mission.

Dan#1: Incidentally Linnel, someone mentioned introductions, do you know our visitors from the South--Ron, Pam, Robin and Frances.

Linnel: Yes I do. You must understand that we do have ways of keeping track of people who have interest in this mission and those who do not. It matters not. Particularly if they have been readers of the Urantia book you can be relatively assured that we do know of them yes. We are pleased to have had them visit with us tonight. If there are no more questions I will close. Remember the love of the Father truly surrounds you, the love of the Father dwells within your very heart. The love of the Father heals you,

gives you strength, gives you courage, there is no where you can be that the love of the Father is not. Michael is also aware of your struggles here. You will here from him soon. Know that we are constantly trying in every way possible to help you. Please continue to seek the Father, and also seek out each other, and share in love and friendship. I look forward to our next meeting. Thank you for this opportunity. Farewell.

Group: Goodnight.



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The Teachings of Linnel

Linnel: Greetings, this is Linnel. I am glad to be among you tonight. I.... have begun to make a decision about our meetings. I would like to proceed in a more advanced manner with Tuesday nights and proceed at a slower, more basic level on Friday nights. I hope that this does not disappoint any of you. I find that this group is more able and more willing to accept the challenges of my teachings and to look forward to what you do not understand more openly. I would like to keep this group at the present moment at the size that it is. In the future, I would like to look at adding one or two more members, but as we have discussed, it is important for a rapport even with just the material that I present to establish before we look at disrupting anything. I would like to comment on something that all of you are experiencing. Some of you are experiencing in a more obvious and painful way. When we speak of you becoming your morontia selves... You are all becoming morontial beings. We have stated this before. I know that many of you have simply looked at this statement as symbolic, but in reality, you are each becoming a new being. You are being introduced into a new culture. You are becoming more like we are here. Therefore, you are existing in an in-between area. You are neither completely human nor are you completely morontial. This does cause anxiety, discomfort, displacement. Beings at your level of evolutionary development and your species think/ feel/ have a consciousness that - and I will use this symbolically - can only conceive of "circle" and "square". You each communicate with each other well because your thought shapes are similar. On our level, we can communicate on "circle", "square" and "triangle". In each of you, there is a small piece of "triangle" developing. The perceptions at the corner of your mind, the ideas that you have where words are lost, the emotional reactions and feelings that seem to have no root, no anchor to intellectual thought. These perceptions are based in this development of this small piece of "triangle", this new mind that you are developing. You each know that when you are around another person, you begin to pick up characteristics and traits of that person. This is a natural, normal process. Because each of you are participants in this mission, and are near your teachers and have interaction with me, there are changes occurring in you. Since I am a more advanced being, your changes are being patterned by us, by simply your interaction with us. This happens at a completely unconscious and uncontrollable level. It is the tree will take upon itself the shape of its environment. You have willingly placed yourselves in another environment. You have one small foot in the spirit world and changes are occurring within you whether you look for them or not. This is not something that you can control. This is not something that you can accelerate. It is simply a reality. The discomfort and anxiety that you have all felt at one time or another, yet cannot seem to put a label on, or an understanding on, and you look to the mission and say, "It must be something about this that bothers me. It must be something about that other thing that bothers me." It is simply the change that you are undergoing. We have entertained and conjectured many ways of helping you and encouraging you in this new culture that you are about to learn

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so that you may feel that you have a home of sorts, or a home waiting. Simply listening to my messages, following my train of thought trains your mind to understand "triangle" - our way of thinking. This is difficult. Your organism, your mechanics tend to resist this, and defenses you have within you will often be raised and you do not know why. We have thought to try to teach you some of our language. There are those on my staff who feel that this would be possible, perhaps at a later date, when you understand our mindset better. I personally have my doubts and would like to look at instead training your minds to recognize the shapes of our concepts.

To take you through a series of progressive steps, we would have a word for ... "Ahvek" is a translation of something that means to us "God is near you." We can then take this, this word, moving to the next conceptual level - "God is near you." - physically within you. It also reflects the union of your mind and God's mind on those rare moments. It also describes you turning your will over to God's will. I can see that this may require further thought, further experimentation. I hope that you would all be willing to perhaps participate in this. We can only give you crude translation, crude symbols of what our language might be, what our thoughts are, concepts are, in relationship to these words. I have as I said expressed my doubts as to whether this can be possible but there are those on my staff that are quite excited and interested in this possibility. I have encouraged them to pursue this on a more personal level with each of you, perhaps preparing your minds, shaping your thoughts to be able to accept this further information. If you, in your mental wanderings, run across perhaps an unusual thought, an unusual nonsensical word, pursue this thought. See what comes of it. See what it's translation might be - what it means to you. As you spoke earlier, our language is truly conceptual and it is difficult to translate it into a series of your sentences. Because it transcends simply state of being and moves into experience, physical experience, life experience and spiritual experience. So, you can see why I have my doubts. You each come from very different backgrounds in all of these things yet if you were to speak our language fluently, this difference in background would not matter because you would have a foundation of spiritual understanding which comes after your translation, after death. I hope that I have not added confusion to my initial message by attempting to explain this. I would like to however go back to taking questions on this morontial existence that you are in the midst of living. Do you have any questions or concerns on this point.

Thea: Linnel, may I ask a question about *ahvek* or should I wait?

Linnel: If your question would perhaps allow me to explain further in a more simple way, yes, please.

Q1: You know when several of you teachers have greeted our groups with "The love of

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God surrounds us, the love of God enfolds us" I get the impression that this concept...

Linnel: Is a single word.

Q1: that I feel in my mind.. and that if we learn to grasp this concept, we will understand our existing with the Father in a way that will allow us to better love each other. Is this correct?

Linnel: This is correct. These initial statements that you hear us say so often are translations of quite complex thoughts in our own language - thoughts that I so desperately wish I could express to you. If you could perhaps glimpse for a moment what this truly means, what this means in its full conscious scope, you would understand, you would understand your place, you would understand your existence, and you would understand your being. This is what I speak of, of this spiritual understanding after your death translation, you will have this. This is not something that you need to work for. It is a privilege of this existence that we live in. It is simply adding that "triangle", that opening of thought, that expansion of concept recognition. There are some races in the universe that can only grasp "circle", yet within their language, within their mindset, they too are also capable of understanding the Father in all of his capacity. If I could show you each of these mindsets, each of these concept-shapes, planet-to-planet, species-to-species, you would begin to see an expression of the Trinity... three mindsets, three forms of thought expression. At our level, we have access to all three, yet for us to visit you, who have access to only two... you have a unique understanding of that two, of that relationship of simply "circle" and "square" and we learn from this. We see what you do to make up for the loss of the "triangle" concept. Am I making myself clear at all?

Q1: Is this the same as one-, two-, and three-brained creatures?

Linnel: Similar. There is some precedent in this, yes.

Q1: Are you saying that it's like we know that our God-given personality reaches out to unify, I presume, to unify our experience... I'm thinking... if we have these concepts, it's kind of like our personality has pulled together experiences we may have had at different times into an understanding that enhances our growth on a morontia level.

Linnel: Yes. Exactly. It allows you a wider range of understanding, and this is very rudimentary in statement. "Wider range of understanding" barely begins to touch on what this gives.

Q1: Like enlarging the picture...

Linnel: Enlarging the picture. Yes. This is another concept that we have a word with many layers for.

Q1: Whew! It may take awhile, Linnel. (laughter)

Linnel: Yes, I do realize this. My main message, though, I want you all to realize that there are changes you are undergoing that you cannot at the moment understand. Do not feel alienated or lonely. We do know, we underwent this birth ourselves. It would be... if we showed you a mere flash, a mere second of a mother giving birth to a child, you would think "how can this pain go on? What is the purpose of this?" Yet, we see the entire birth. So I would ask you to simply trust us and to suffer with this.

Q2: Linnel, so you can help me understand, or you can help me think these thoughts through - you tell us we are raising above the mortal level but yet not having achieved morontia level through our coming into this teaching mission. That's the soul level.. in my thoughts, is that what's happening? I know our soul growth is becoming tremendous without our real awareness of it, but nevertheless, is this on the same...

Linnel: Yes. You have seen on your planet that what you call attitude affects your health, affects your well-being. As your soul grows, it affects your entire being, and as you step into this other realm, changes will begin to occur, consciousness will begin to expand, your range of mental and spiritual expression will also begin to expand. You will find that you stumble at expressing it, that the words are not always there and that your mind sometimes fails you to explain these concepts. This is where I ask you to have patience. This is a process, an ongoing process. You are in the process of becoming a new being. This affects every part of you, even at the physical level. Does this answer your question.

Q2: Yes, you helped, because I've experienced this.

Group: Yes, yes.

Linnel: You all have experienced this. Simply the presence of a personal teacher within your mind will shape your thoughts, will shape your ideas, your expression, your understanding, will shape all. You have each experienced being around a charismatic person, a person of great humor, and found yourself walking around smiling, emulating this person's energy. This is what the relationship between teacher and mortal is like.

Q1: Hmm,hmm!

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Linnel: Even if you do not talk to your teachers every day, simply their presence helps you. Whether you are conscious of it or not.

Q3: Linnel, how can we become more aware of this going on. This is so thrilling and mind-boggling to me. I .. how can we open ourselves up to receive more of this? I don't know.

Linnel: Simply the doing is all that you need to worry about. And that you show up here on Tuesday and Friday is enough (laughter).

Q1: Come to class!

Q3: This is... wow! I'm just amazed!

Linnel: I would say that this is probably the easiest part of this process for you. You simply have to be, and I know that you can all do this.

Q1: This does explain some feelings I've had lately because as you're talking I realize that old reactions... I'm not reacting in the same ways and it feels... very strange sometimes. Not necessarily even bad, but just different and I guess I didn't really understand until you put it into complete words tonight. I mean I've heard us be told that we're starting on the mansion world life but...

Linnel: You did not realize what this fully meant.

Q1: Well, not really. And when you said introducing us "to a new culture", that means different reactions, different ways of thinking and feeling, so no wonder I feel so weird.

Linnel: I hope this helps, and also I hope that you can have some patience with this process. There will be odd moments, disconnected feelings/ thoughts/ reactions that do not have source. Have patience with these moments and know that you are undergoing change. Much as you spoke earlier of the change of adolescence. It is very similar. It happens whether you with it to or not.

Q4: Linnel, are people in the Friday group experiencing this at all, or is it just in the Tuesday group?

Linnel: All who are involved and know of this mission and who have sought out a teacher are experiencing this. This is one of the reasons that we have begun to slow. There are many reactions that are being felt amongst all, and not everyone is comfortable with this, or has the capacity to understand. That is why I explain it to you. You do have the capacity to understand and the capacity to appreciate the change. You are self-aware enough to notice that there is something

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occurring within you and that it is not necessarily something to fear. This is not common for all, this understanding, and as you understand it you can help others understand it.

Q1: We need to be talking more on Friday about how we're thinking and feeling, don't we? It would be good.

Linnel: Going at the pace of the slowest man is all that you can hope for. Yes, you do need to be talking more, but the talking will occur when it occurs. It cannot be pressed or forced.

Q1: Yeah.

Linnel: There will be a time ahead, soon, soon in your time...

Q1: Thank you for that definition...

Linnel: that a realization will begin dawning for all, and I know this will be a refreshing change for you all, especially for those of you who have felt some frustration with the pace at which Friday is proceeding. I am not concerned with this. It is going as it should, and as it will.

Q5: This new culture that you're speaking of... is it one and the same as we're growing as... what I know of as our soul? Which I believe is going to become what we are in the morontia life... is what you're explaining the growth of the soul, or is this something that is different.

Linnel: Think of your soul as a constant. Think of your mind, your perception as the shell that surrounds this constant, that interprets information into your soul, that grows from your soul's growth. As ... this new culture I speak of is a more expanded shell. As your soul grows, it will outgrow this earlier shell and reach for greater understanding. We are here to give you these new tools that you require for your soul growth.

Q1: Um hum!

Q5: Very clear!

Linnel: Thank you. These are difficult concepts and I'm glad that you grasp them.

Q1: I've felt that feeling of getting outside of what worked before and not knowing what to do because I didn't have the things to do it with.

Linnel: Yes. Yes.

Q1: Wow!

Q6: Linnel, when you were talking earlier, I think it was about the term ahvek, I got sort of the impression that on death we start to somehow, because of surviving death, that we begin to get a comprehension of ahvek? Is that true, or is it something you have to evolve into?

Linnel: You begin to understand perhaps the next conceptual level of what the statement means "God is near me. I am near God". Your words are not enough to express what this means. It is an acknowledgement of you as a unique being that exists in duality with a fragment of the Father, and you as a being who exists as a one. You are one, yet you are not one. This relationship of ... words are failing me. I am sorry. You are in the midst of understanding your place in the universe. I know that each of you begins to realize in a new way what this means for you day after day, expanded comprehension. This ahvek that I speak of is a description of this relationship and how it can grow. I will say that for your curiosity, the ending letters "ek" is the descriptor of God, of the Father. When you see names in the Urantia book: Melchizadek or Lanonandek... these beings, their names, reflect their unique perspective on the Father, their unique creation to express a part of the Father. When you see this word, this ending "ek", it is a direct concept/ description of some aspect of the Father. Each of these beings express the Father in some way, they understand the Father in some special, unique way, therefore, part of their name, reflects this understanding of the Father. In your indian cultures on earth here, their names are similar, reflecting what they do best, what their function is within the tribe.

Q1: Is there something similar for "EL"?

Linnel: I did suspect that this come up! (laughter)

Q1: I'm sorry, Linnel!

Q6: I was thinking the same thing! (laughter)

Linnel: The closest thing that I can describe, and your minds do perceive our names differently, EL and the sound/letter A do mean the same thing. It is how different minds perceive our names. It means roughly "one who reveals the Father, one who shows the way to the Father". It is as you have conjectured, a form of teacher, but it is more than this. It is ... my name reflects that I show a unique shape of the path to the Father.

Q1: I'll forbear from asking for all the other endings! (laughter)

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Linnel: Yes, this would be difficult on the receiver

Q2: How unique, Linnel. It's very nice to know these things.

Linnel: Q2, your teacher's name, Fantessyah, the A is a translation of EL. The A and the EL mean the same thing. The A is how your mind conceives this concept. Q5, Jamel, Welmek, Rayson... do you see how this begins to form a pattern. It is true that when we contact you and try to express to you our names, we rely on your mind and your mental constructs to translate for us. Therefore, you, in essence, arrive at our names, but we give you the shape of the concept and allow your mind to translate it as it will.

Q1: So really, there isn't any difference between Linnel spelled L-i-n-n-e-l and LinEL spelled L-i-n-E-L.

Linnel: No.

Q1: That was nice of Daniel to comfort me with that, though.

Linnel: I know that in this initial contact "correctness" and confirmation is important, and we strive to be consistent.

Q1: Um. Fascinating.

Linnel: Is there anything that I can say to any of you to further clarify these points? Please do not feel ashamed if you do not understand. Please ask. I will be more than happy to explain. I have taken perhaps a large leap ahead in some of these things, but there are those on my staff that urged me to do this, to see how it would work, to see how you would perceive it. Look on this evening as perhaps an experiment. If the concepts do not make entire sense to you, that is not your fault.

Q2: Well, thank your staff for us, Linnel, because we appreciate you offering a challenge to us.

Q6: Um hmm.

Q2: We'll have all week to contemplate these things, and I'm sure, particularly in my case, Fantessyah will be summonsed (laughter) and I'm sure that she will come through and help me to bring this thing into the right perspective, into my understanding.

Linnel: Yes. As your minds turn these concepts around and around and examine them

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and look through every nook and cranny of them, we can be there to help you open up a new avenue, to prod you, to perhaps compare it to perhaps an experience that you had, thus linking your whole mind to communicating, to understanding. So far, in your evolution, in your progress, and as you have been trained, you look only to your intellect, to your problem solving skills to understand a situation, a puzzle. Truly, you can use all of your skills... your emotions, your experiences, your imagination, to understanding, to focussing on a problem, on a solution. We are here to help you with this expansion. Those of you who have been in contact with your teachers more... for a longer time, understand this and often find it a bit disconcerting, you often wonder where did that idea come from? I wonder how I arrived at that? We smile when we hear these things. Know that this is our touch. This is our help to you. Take these as gifts, and take the credit for them. I say this for a reason. These are the mechanisms... these mechanisms are yours, we just show you how to use them more effectively. Do not give us credit for your thoughts. They are your thoughts. We simply illuminate the dark corners that you have not thought to look in.

Q1: Would it be accurate to assume that our personal teachers might have had ... been part of this group who encouraged you to speak of this, Linnel?

Linnel: Yes. I do seem to work with a group of quite outspoken beings (laughter).

Q1: I thank all of our teachers, and those who encouraged you.

Q5: Are you including mortals in that statement?

Linnel: Yes. (laughter) You have been linked with specific teachers for a reason.

Q5: I'd like to just say that your explanation of names has kind of opened my eyes a little bit. I typically do not give value to names much.

Linnel: As they are used in your culture, this is probably acceptable. But if you were to understand your name, you would understand more of your own nature, because it describes you, it is the name that you have been given before you were born. It is your place in the universe, your place that has been there since the beginning and has simply been waiting for you to fill it. This name describes your place, you, you as the Father has created you, you as a unique being, a unique part of the whole. I would say that it does take some time, some experience to understand your own name once you are given it. It is an interesting milestone in your universe career. I found myself upon receiving my own name, my true name, the name of my being, I found myself delighted and perplexed, for some of the things this name described about me, I had not yet experienced, I did not yet see as a reality. But as I grew, I began to understand

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what this meant, and it is not so obvious as "one-who-sits-at-desk". (laughter)
It is far more expanded. It shows, it describes experience, function, perception, reality as I see it. It describes all of these things about me that until I experience them, do not even understand their name.

Q5: You even make a name an adventure. That's very interesting.

Linnel: Yes. A wonderful adventure! You never lose track of yourself.

Q1: Huh, that'd be different.

Q6: This name that you're talking about is what is called our spiritual name?

Linnel: Yes. That is why I disagree with Welmek's process of giving spiritual name translations. They do not translate and are somewhat meaningless. The meaning that is given is to the person in feeling belonging to this other culture, this other existence.

Q6: So to, in a sense, understand our spiritual name, we need more experience.

Linnel: Yes

Q6: We need to enlarge... we need to use the "triangle" way of thinking as well as ...

Linnel: Yes. And unfortunately you cannot get this fully until after you have passed into our realm.

Q6: Um hmm. Hmmm!

Linnel: I would also say that moving through the universe in all your experiences, another being can walk up to you and instantly know your name without your giving it.

Q1: Ah!

Q5: That makes sense to me.

Linnel: Thus it is said in the Urantia book, you are always known.

Group: Um!

Q4: That means they recognize your personality.

Linnel: They recognize who you are, what you are to be, yes.

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Q3: Sounds like they recognize you as a concept.

Linnel: Yes.

Q1: An individual expression of the Father. That's really comforting, because sometimes on this planet I don't feel like I'm known too well.

Linnel: Yes. I know. There is no prejudice because of this.

Group: Hmm!

Linnel: When we speak of more advanced beings, more experienced beings respecting those below, it is because of this name, of this concept that you are. They recognize your unique value. It is who you are therefore they cannot slight you, they cannot look upon you as a smaller being, as less value.

Q6: Um hm.

Q1: It's from the Father himself.

Linnel: Yes.

Q1: Uh!

Linnel: This is also what I speak of when I say that not all are equal, equal in perception, experience or talents. You are not equal because you are not equal. You are each a different concept. You cannot homogenize yourself into each other. It is not possible. That is why it is so frustrating to try to create harmony in experience, harmony in talents. That is why a group setting must acknowledge the differences. If you were on the mansion worlds, you would not have to acknowledge these differences because they would be so painfully obvious. (laughter) Here, you keep yourselves more hidden. And it is not just that you keep yourselves hidden, but that you are hidden. You are even hidden from yourselves. This is part of the process I speak of when I say that you are becoming these new beings. This inner self that is hidden from you is becoming more obvious, and you wonder - who is it that I am becoming? What is happening to me?

Q5: Is this part of your question a couple of weeks earlier about us discovering what our strengths and weaknesses are?

Linnel: Yes, in a way. I also strove to show and illustrate that there is no true weakness. It is simply your inability to find the strength, to tap the strength. I could take

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any of your weaknesses and show you where the strength lies in them.

Q5: Is this a lesson you're going to continue with the group?

Linnel: I would like to continue it. I found that it caused more distress than I would have wanted, and had to modify my teaching. I would perhaps enjoy doing it with this group in the next few weeks. It would encourage interesting conversation I think and it would also teach you something about yourselves. It would allow you to look to yourselves in a different way, perhaps a more caring way.

Group: Um hmm, hmmm.

Q2: Looks like we have challenging times ahead.

Linnel: Challenging and exciting, yes. I hope you begin to understand when we continue to say "exciting" and you do not see the immediate excitement (laughter), I hope that you now begin to understand how this can occur. You will not stay being the same person you are today. Next week, next month, in the years to come, you are going to change. Not just change, but truly change. Your essence will begin to evolve, as we become closer, as you become more familiar with my thoughts, with my concepts, questioning me, trying to understand my answers - this evolution will be speeded up, will be accelerated.

Q2: Almost leaves you without words, doesn't it.

Q1: Yeah. Breathless.

Q2: Thank you.

Group: Thank you, yes.

Linnel: Thank you for being yourselves. I am going to continue in this vein for many months to come with this group. I hope that we can enjoy this process together. When I speak of my formal teachings that I will start in the Friday group, I will start them first here. In fact, we have already begun.

Q2: Great.

Q4: Definitely food for thought! (laughter)

Q6: Um hm.

Q1: I feel instructed, in the highest sense, and I'm grateful.

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Linnel: Is there any other question on a different subject that I could answer for you?

Q2: The only thing I can think of, Linnel, is I hope we don't disappoint you.

Linnel: You will never be a disappointment, never!

Q6: Something I'm wondering about with this is, with what you're talking about that we're each this unique combination of whatever - abilities/ thoughts - whatever. I assume that is part of what makes us equally valuable in God's eyes so to speak? Where we're considered equal?

Linnel: This is why you are considered to be equal. I even hesitate to use this word "equal".

Q1: Um. Um hmm.

Linnel: You just are. If you were not, we would be less. This is why when a soul is lost, when a being turns away from the Father and all the gifts of life, this is why so much consideration is taken before this existence is terminated.

Q6: Um. Um hmm.

Linnel: It is a source of conjecture for us, a source of sad wondering as to how many beings it requires to be created to fill the place of that one that is missing. That one who is gone was a unique concept. Would it take ten? Would it take a hundred? Would it take a million to mix together to fill this empty space? Do you see?

Q6: Um hm.. I do.

Linnel: This is why we grieve so at this loss. It is not simply the loss of the life and the potential, it is a loss for us all, it is ... when you lose a precious artwork to your culture and you think: "that can never occur again!" It is the same for us. The moment, the creator and the thought that went into that piece of art, that combination can never be recreated because it was of that moment, it was of that being.

Q6: So it this then, too... I mean, I'm getting the feeling of a part of the responsibility I have to other beings to be of help whenever I can.

Linnel: Yes. Yes.

Q1: And the responsibility we have individually to grow, to fill our spot for all.

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Linnel: To truly understand who you are. Yes.

Q1: The supreme!

Linnel: Yes. This is another element of this ahvek that I spoke of. I am near God; God is near me.

Q1: Linnel, can you spell that so that the poor person who transcribes can ...

Linnel: O-v-a-u-e-k would do. (changed to *ahvek* which was how Linnel pronounced it)
Are there any further questions?

Q1: Ah, that's great...

Q5: Pretty well saturated, I think (laughter)

Q1: That's pretty big, Linnel. That's bigger than my head.

Linnel: Then I will close for this evening and leave you to your wonderings .

Q6: Um. Um.

Linnel: I have enjoyed our time tonight. I am glad, so glad that you begin to grasp some of these things. You will find your comprehension increasing as time goes along, and hopefully I can give you enough to fill this space, but not too much to overwhelm you, and I have a staff of many that work very closely with you that inform me of how much you can take, and we work together to create these teachings. I would say to you, The love of the Father surrounds you, the love of the Father guides you and is within you. Enjoy your week. Look to yourselves for understanding. Look to the Father to reveal this self to you. It is a wonderful adventure that we are on.

Q2: Yes, it is.

Group: Yes.

Linnel: And I say to all of you goodnight and thank you.

Group: Thank you, Linnel. Goodnight.

Q2: And thank your staff.

Linne.: Greetings, friends. This is Linnel. It touches my heart to hear your stories, hear your hearts, the hearts that I know. It is a great gift that you give to each other. It also brings a joyful tear to my eye to see the gathering of angels in the room tonight. It shouldn't surprise me; they share your lives so intimately, share so much of your struggles, cause many of your struggles (chuckles), and when you turn your pains into the realization of growth, this is the greatest compliment that you can pay them. They come for the praise, perhaps, the recognition that their work is well done.

I am glad that you are all becoming more aware of our presences, glad for you for what it is bringing to your lives. You each are finding your own way, your own place of being, your own loving acceptance/way to the Father. When there is no one else, when you stand alone, when you pass on from this life, there is a moment that seems an eternity, and in this moment, you know it is just you and the Father, together - your relationship, your time spent, your way of being is there before you, and you *know*, suddenly, what your way is. I encourage you, all of you, in your quiet times, in your explorations of yourselves, your thoughts, your mind, your hearts, to find the part of you that is uniquely you, your channel, your frequency, your color. Find this place, become familiar with it, stand in it. This is the space that you can go to in your quiet time that is beyond description to another, but it seems so familiar to you. Let this familiarity seep to the rest of your body, to your mind, to your actions, to your words, your speech patterns. Allow it to grow from within to without, affecting everything you touch. In essence, let yourselves grow; feed your souls. Touch the Father. Allow the love that passes between you to launch you into a wonderful space that is so familiar, yet unknown, exciting, sometimes frightening, but always you have that companionship, that familiarity. The bond that exists in that space between you and the Father is the bond that will seem familiar to you forever. As you describe to each other the places that you go spiritually, there's a point at which you all recognize the process. You laugh, you nod. It seems familiar to each of you. But then you move into another area, an area beyond that which you share with each other, and you enter into a private space that makes much sense to you, but you are unable to describe it, you have no words, you build metaphors to describe it, yet it doesn't quite come as you see it, come as you feel it. It goes beyond feeling and thinking into *existing*. This is the place that is the building ground between you, your human mortal you, and your thought adjuster. This is the place where you can both come to build the house that you will live in. The time you spend in this place becoming more familiar with it will add so much to your life *now*, will seem so familiar in your next life. You will stretch into this new place, into this new house, into this new mind, slowly in this lifetime, and then suddenly make a leap into it in the next, and it will seem very familiar. It will be your outer body. Those whom you attempted to

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describe it to will see it and see *you*, see you for who you really are. This is the place that we glimpse in you when we speak to you of your potential, when we love you so unconditionally. When we shake our heads with perplexity with why you struggle so over small matters, it is because we see this place in you. This is the place your angels nudge you to. This is the place the doors open to, the doors that open in your minds in those moments of realization. When you move to a new understanding, what happens is that you find yet another entrance into this area, you see it from a different perspective, you have more tools suddenly to go there and to build a more efficient, a more effective, a more loving house. This is the place where you can talk and meet with your thought adjuster. This is the place where the love of the Father always is. This is a place where you can meet us, to see us, to talk with us clearly face-to-face. All of you are finding this, are discovering it for the first time, some of you for the second time, some of you for the third time. Each time seems like the first. You will never get tired of going here, of exploring what this place can become. It is not just who you will become, it is in essence the shape of your relationship with the Father, your unique contribution to the whole, to the Supreme, to the universe. It is your concept, your unique voice, your single note that the universe has been waiting for to complete the song.

The excitement that you feel being a part of all of this, finding all of what is ahead of you, all of what you have found so far, this excitement encourages us, encourages you, sends a message to every being that is able to watch what happens here, sends a message of hope, of faith, of love, and of completion. I know that it seems as though you take baby steps. You cannot quite realize what this process is that you go through because you are in the middle of it, but know that the fragment within you records every moment of this, every significant moment, and you'll be able to look back and appreciate all that you actually did, be able to see the large pits, the empty holes that you stepped over with courage - you didn't even look down, you didn't even know that it was there, yet you stepped over it because your eyes were focussed on what was ahead, your hearts were filled with the love that carried you over these holes. It truly inspires us to watch this, this miracle unfold. It is one that we ourselves experienced, but watching it is like that first time all over again.

Keep talking to each other, keep talking to us. Your sponges can never become full (chuckles). Open yourself as often as you can to this love that pours into you. Once you've tasted this, once you know that it can be yours, simply with an effort, a thought, you can never go back, you can never find that place that seemed so alone and so despairing. You'll never find that place again, because now you know, now you see. No matter what happens to you, no matter what struggles or turmoil you undergo, that taste of the love will always be in your souls, can never be taken away. You yourself cannot stop the growth at this time. You've committed yourselves too far (chuckles). When you fear that you

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will look into yourselves and find nothing, find despair, continue to look - look just beyond this fear, and you will see what truly awaits for you, what stands with its arms open. It is yours.

Find your relationships with your teachers that stand in this room as we speak, stand near you, stand by you - their wards, and their future companions. You teach them much and they have much to teach you. I would like you soon in the future, soon, tomorrow if you are able, to speak to your teacher, to share what you learn with others. What you share with this personal teacher is uniquely you, and to then turn around and be able to share and teach others of this, is this gift that I spoke of earlier, this gift of sharing yourselves. I encourage the sharing time that you just participated in. It gives every one a chance to listen. Perhaps this is almost as important as you speaking. I hope that you hunger, you strive for what can happen. The potential is unlimited, is unbounded for what you can do together. Do it here first, do it here among friends, do it here among people who are willing to listen, who are willing to learn from you, then carry it out into your lives. I thank you for taking the opportunity, for making the opportunity for yourself to be here, to find a place, your place, wherever you are, really, to try to find your place there, even in the midst of turmoil, in the midst of chaos - find your place. I cannot offer enough encouragement, enough love! I simply cannot offer it all, all that is there! I could tell you all the moments that the teaching staff has spent with you, the moments in your lives, the decisions you've made, the turns you've taken that have meant so much to us, that have touched us, that have shown your strengths - even in the moments that you are weak, you hold onto that light, even if it's dim, you hold on to it. I hope my words have served to enlighten, to encourage, to show you that we understand, that we care, that we are by you, no matter what, in your moments of strength and in your moments of doubt, because we can see this place within you and we know. We know that you will make the right choices, that you will find what you seek.

You all touch me deeply. I want to thank you for your companionship.

Instead of taking any questions/ answers, I think unless there are any pressing comments, I would like to leave you to yourselves for this evening, to let you forge some of your own way.

Delores: Linnel, I guess all I would say is to ask you to pass on for us all the gratitude that we have for our angels and for the helpers and all the wonderful things they do for us that we don't even know, and the ones that we do, and how grateful we are for that!

Linnel: Delores, I could not do your thanks justice. I leave it to you to tell them; they hear you. They are nearby. They are here. Your words are appreciated and

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your thanks are heard.

I bid all of you farewell. And welcome you, welcome you to wonderful change! Goodnight to you all.

Group: Thank you, Linnel. Goodnight, Linnel.

Linnel: The love of the Father surrounds you. The love of the Father lifts you up and holds you close. The love of the Father strengthens you and emboldens you. There is nowhere you can go but what he is there. Good evening, this is Linnel. I am delighted to be with you tonight. We are all here. We have been enjoying your sharing with each other, letting each other see inside, learning to love, learning to care. I encourage you to continue this practice. There is so much that can come from it. We are very pleased with your progress. We know that changes are often difficult and I wish to speak with you a bit tonight about change, about the ebb and flow. We have been with you during the week, myself and your personal teachers, and of course, your angels always. I know for many of you, this has not been an easy time. It is hard, because as mortals, you are so controlled by the electrochemical mechanism, particularly on your world where the rebellion caused the failure of correction. This struggle is natural. You will all experience it for some time to come. Even the mission cannot fix this difficulty. Some of you have been having difficulties with fears welling up. Understand that as we bring you to the morontia life, the work must be begun for addressing your past problems. If you read your Urantia book, you will see in several locations in the life of our Michael where he refers to early childhood experiences. He does this for specific reason. There are some of you who do not need to take this journey. You will know when it is time if you do. There are others of you who must go through some unpleasant remembrances because we are exposing your mental processes to the light of love and as these things come forth, they are triggered in your minds as memories. We regret this, but it is a natural process which can be troublesome even on the mansion worlds. This is part of the remedial...part of the way in which we begin to make up to you for those things which did not function fruitfully in your early lives. Those of you who do not feel this necessity, please be patient with those who must go through it. If you feel secure in the love of the Father, you will know that you can move forward. For those who are blocked, this remedy will be sometimes necessary, sometimes disturbing. Fears are always difficult. It is hard not to believe them. It is hard not to give them reality. It is hard to place them in the Father's hands, to realize that truly, you need not carry these burdens beyond the recognition of their meaning. As these fears come to you, try to recognize that this is a process which will pass. This is a process of cleansing and healing, and truly, you are held in the Father's grasp and no harm will come to you. When you feel it is a dark hour, try to remember that the Father is with you even in this and that the sun will come again. His will for you is joy, that you shall go through your days in harmony and love, that you shall know laughter and peace, but this cannot come overnight. Even as we must affect your physical bodies in physical healing, also for some there will be these effects on your emotional-mental selves. Aside from these problems, there is the natural ebb and flow of mortal life, like the tides. All of you will come to this, this mission is only in its beginning stages. We are doing much

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experimentation. There will be many trials ahead. This is not said to alarm you, but only to let you know that as you each learn to lean upon each other in your times of troubles, so it will come the turn of each of you to lean, and also to support. This is part of why it is so important that you develop your family feeling together, so that you can take strength from each other and talk together as you have done tonight. And when it is one's turn, next time it will be another's, and together you will have the strength to move ahead, and to do the things that you will be asked.

I know that you have questions and this evening, I would like to in the interest of time, pause here and allow you time to ask some. Please forgive the stiffness of this transmission. It is unavoidable for the moment. Do you have questions?

Jules: Excuse me, yes. I was hoping you would address what is going to happen with the two groups now for Corvallis, if there are any plans.

Linnel: Yes, I can address this. What I would personally like to see...understand, this is my personal feeling...is that you continue for a few more weeks, perhaps half a dozen in this form and then establish another meeting time for a meeting to be open to all comers. Anyone who wishes to come. I would like to see you find a location for this that is suitable and I would like to see you continue this meeting as a place for those who are beginning to learn to transmit either for me or their personal teachers, to have a safe place. In order to do this, my preference would be that you decide by consensus, each expressing your comfort level, so that all feel comforted in any new member who asks to participate. I will not demand of you, of course, that you do any of these things, I am simply saying this would be my preferred way. Do you need more clarification?

Jules: Yeah, I'm kind of concerned for the Friday night at Terry and Marlene's, for those people.

Linnel: At this time it's advisable not to have the meeting in that location, however, the new open meeting established will certainly welcome all of them and I would hope deeply that they would come and participate.

Jules: So, are there any plans for you coming through another person or even another teacher coming?

Linnel: There is the possibility of another teacher, if this is what some members so choose. We always have many teachers waiting and eager as you can well imagine. This would be more than acceptable, however, I will not be returning at present to that particular format at this time. Perhaps there may be changes in the future.

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Jules: Who is supposed to let them know this?

Linnel: Any who choose to do so, I would hope perhaps more than one. All who can welcome them, or any other to this new open meeting when it is established, the more who welcome, the better. This will allow me to practice my particular experiment in the manner that I would hope. Once again, I tell you, this is not mandatory. We all have our individual agendas here. We are all experimenting in these early stages of the mission. You will notice there are many differences in how groups are structured and how they function. You cannot truly compare one group with another because we have each been permitted to put into practice our own ideas to the extent that this is possible, in order to gain information on the best manner in which to approach the later stages of this entire teaching mission. This is why you will see different viewpoints and different methods presented. When things do not work as we anticipate, we will always try another way, but this is still a vast and exciting experiment for us. Does this serve to explain more fully?

Jules: It sounds like a patience thing.

Linnel: I'm afraid I must inform you that patience will indeed be a part for not only yourselves but also us in this entire mission for some time to come. Patience is, even to me, sometimes difficult. Patience, patience, and always patience! Yet this is the space which allows the unfoldment of the Father's will.

Barbara: I have a question. This is for clarification. Would you prefer that the new open meeting not meet here in this home? Is that what you said?

Linnel: No, that would be acceptable, however, I recognize that this can be a burden on one person and perhaps there might be advisabilities in finding some neutral territory, because this sometimes allows the participation of some who have personal discomforts.

Barbara: And you said something about not returning to some format. I didn't understand what that was about. Would you clarify that?

Linnel: I said that I would not return to Friday night at present as it has been in the past, at the location where it has been in the past, at the present time. If things change, then we also can change.

Jules: I'm also kind of wondering, because I know there are others that are willing to act as receiver, more than one person, and I didn't know why it would be held back.

Linnel: It is not a case of being held back, it is a case that there are other teachers and it

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is highly possible that at this point, another teacher would be more effective under the circumstances. We must also take these things into account. And we do indeed have many who are capable, therefore at this time, we would suggest this request and this approach, and if it does not end up being advisable, we will again alter our plans. Does this make sense?

Jules: I'm trying. Thank you.

Linnel: Please feel free to ask for further clarification. This is not a difficulty for me.

Jules: Part of it... I guess I'm confused at my own expectation of things and I realize that I don't know anything and I don't have a broad spectrum of everything that's going on and stuff. I think I just need to ponder.

Linnel: One thing that you will see in the teaching mission is that some teachers and some individuals are not as compatible as others. This is no fault on any side. It is simply how it is when personalities work with personalities. Also you will see that sometimes, people are initially distressed by things this teaching mission asks. Sometimes it takes time to adjust to the changes because the changes are truly tremendous. Those of you who are excited with this and embracing it in fullness, this is wonderful, but there are those for whom it is much more difficult and this is part of the patience of which I spoke. Everyone has their own time and their own pace. All are held in the hands of the Father. This is no shame on anyone's part, this is simply how it is. Persons bloom at their own rates, they bring their own histories and situations. There is nothing wrong with this, nothing wrong with them, it is simply the outworking of the natural differences in persons. Therefore, a variety of accommodations need to be made to make this the most fruitful that it can be made. Sometimes extra teachers are extremely beneficial. This is not the only group in which added teachers, group teachers initially, have been useful.

Jules: Thank you.

Linnel: Thank you for your questions. I know this is difficult to comprehend.

Jules: Yeah, and I try not to be argumentative. I don't feel argumentative but I feel I might sometimes come across as argumentative and then I rely on that you really know where I'm at.

Linnel: Julie, do not worry please. I have no difficulty whatsoever. I enjoy your presence, I enjoy your nature very much. I think you can relax. This is no problem.

Jules: Thank you.

Linnel: I am glad you are part of this.

Jules: Me, too.

Linnel: All of you, truly. All of you. We are so glad to be together. When we hear you share, from your hearts, as you have shared tonight, this is so heartening to us. This means so much, for you are understanding what it is that we want you to see, and you will take this into your lives and you will change things even as you are changed. This is the heart of the mission. We are very proud of you all.

Doug: Could you elaborate on what changes have occurred on the supernal side of things to change from limiting the size of the group to opening it up to everybody and anybody.

Linnel: This is largely a function of the changes in group dynamics under the present circumstances. There were difficulties which we knew from the outset might occur and although it was known to us, we still wanted to try and harmonize. Because of the tensions and dissensions that were present in the group, it was necessary to request that the size be limited to attempt to deal with those, to attempt to avoid extreme reactions. This did not come to pass as we would have hoped. However, we are always adaptable. Therefore, this format is closer to what I would have initially preferred but was not possible due to the group dynamics. Is this clearer?

Doug: It's a good, frank answer. Thank you.

Linnel: Understand, we have projected plans from long before our initial contacts with you and some experience of mortal behavior, therefore, much which surprises you is simply neither surprising nor disheartening to us. You must understand that all your worries for your friends are needless because all are in the Father's hands and they will truly find their places as the Father wills them to do. Their time may not be the time that you see it, but it will all come to pass and it will all work. It's easier for us to see that. We can only assure you that it is true.

Jules: I have a question on a lighter subject.

Linnel: This always also acceptable! (laughter)

Jules: Was that you last night when I actually tried to be serious?

Linnel: Tell me what you think yourself.

Jules: I don't know. Sometimes I get excited to where I think it's because I want it. Do

you know what time I'm referring about?

Linnel: Yes, I do.

Jules: At work?

Linnel: Julie, you are stumbling over your own feet. You are hearing much more than you have yet come to trust. If you relax in this, you will find many of my words present with you, as indeed my nudging was there on that occasion.

Jules: Because what I heard was, "Greetings, this is Linnel."

Linnel: This is a typical thing for me to say. (laughter) You will find that I often initiate in this manner.

Jules: And that's why I didn't know, because I know it's what you do say. I didn't know if I made it up or if it was you or I wanted it to be you.

Linnel: You see, this process of learning to hear is a tremendous process of trust and faith and it's very difficult for you to overcome self-doubts. In this room are an entire group of people who are capable of receiving and transmitting and all of you will be presently going through the struggles of recognizing this. One of the reasons, Julie, that questions like yours are so helpful is so that all will come to understand that their experiences are not totally unique. This will be a tremendous comfort as each of you comes into this capability. For these doubts are part of the process. Remember that the doubts help to be a stabilizing function because they keep you from running away as you have spoken of with possibilities of ego, with possibilities of more extreme distortion than it is when it's corrected by doubt. This does not mean that you pay attention to the doubts. I'm trying to say that there is a balance of attention that you give to the doubts. Enough to prevent an extreme but not enough to stop trying. I wish you all to use the doubts only as a balance but try please to act in spite of them, to trust in spite of them. Doubt and move ahead. You have the statement from your planet, "I believe, help thou mine unbelief", this is "I doubt, but I will move ahead despite my doubts." All of you will learn to do this, and the doubts will remain a part because they do provide you a reality testing principle. Do you understand?

Jules: I think so. I think it's like finally accepting that yes I really do have a private teacher.

Linnel: I think you could probably safely accept this, Julie.

Jules: Well, it's just that you know everybody else does but you don't think that you

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do, it's like well, am I feeling it right, okay, well why don't you just go with it and have the faith that you do.

Linnel: Everyone of you in this room has had a private teacher for some time.

Jules: Oh, dear.

Linnel: Yes. None of you need feel alone or lonely.

Jules: So, lonely and alone, nevermore. I don't know if we'll ever be alone anymore.

Linnel: You must question whether you ever were. You will find as I said last week, that the old feelings of loneliness will occur less and less in this process as the healing progresses, and you will come in time to know the comfort and the pleasantness of the companionship that you have surrounding you. It will not be a burden or a pressure to you, but a safe haven. It will come to pass. Bear with the difficulties and the pains and the fears. They will pass. I promise you.

Jules: Thank you.

Barbara:Linnel, would you be willing to speak a little bit about... I can't remember how you phrased it earlier, some of the difficulties you teachers are asking us to face in the process of going forward in the teaching mission.

Linnel: Yes, I would speak of this. Several that I can mention at this time. One is that as you progress, you will all be called upon to display the courage of your convictions in the face of rejection. This is unpleasant, but it is always the case of all who take up the teachings of Michael in earnest. This will come in a number of ways, some which will not be difficult for you, but for each there will be times when your own personal pains are triggered by this process. Understand that through this process, you will be healed of some of those difficulties so that you can be more effective and more fearless in your own teachings out in the world. You will also learn increasingly to work together with your brothers and sisters. You know already that this is not always easy, and I tell you there will be struggles in the future of this sort. Once again, when you have the shared values and goals of this mission, hopefully you will be able to resolve these issues, resolve these difficulties amongst yourselves in new and superior ways, but this will not happen overnight and there will be some instances where things will appear to you very difficult, perhaps even disastrous. From our viewpoint, this is not quite the same, but it will be painful. There are many challenges ahead. Some of them will be the challenges of belief, when things appear to have been promised and they do not occur. This has already occurred for some. There are many, many things. Do you have any specific concerns? Specific things that you yourself have thought of, that you yourself

are wondering about?

Barbara: Oh, are you asking me?

Linnel: Yes.

Barbara: Oh, probably. What they might be elude me right now. Let me think a minute. This isn't quite it but I know that the issue of personal integrity and honesty comes to my mind often when I think about the teaching mission because when in my own life I feel so much more as though this were important. I mean I know it has always been important in our own lives, it always is, but it's as though I've gone up to another plateau in terms of how I present myself to the world, and to myself, for that matter, in terms of being forthright and honest and so forth. And that's very generic and general but perhaps you have some more things to say about that.

Linnel: Yes. Most who have committed themselves to this mission have indeed found this enhanced value leap, and this of course, does engender difficulties out in the world, it always has. Every time Michael's message is truly attempted... every time people truly attempt to live Michael's message on higher levels of integrity, higher levels of honesty, higher levels of dedication to truth, beauty and goodness, there are those who respond with fear. It is not possible at this time, on this planet, with all of the disturbances, not to trigger this situation. This will indeed present you with challenges. However, I assure you there will be benefits beyond understanding at this time from the courage that it takes to live on this level. You already know this; you have already experienced some of this. You are all indeed experiencing tremendous growth. Sometimes this is even frightening, but it will even out up ahead.

Barbara: It is frightening, you know, to feel a leap of growth in the way that happens on occasion. One always leaves something behind, and whether that thing was good or worthy or healthy or not, still it's going somewhere new.

Linnel: Still, it was what you knew. It was what you understood. This is why I beg of you, please be patient with any who have difficulty and struggle with this growth and change. Not all grow and change at the same rate. Remember, each of those is loved equally by the Father, each of those has his own way to unfold, and those who are more frightened need your love increasingly, and when you yourselves are frightened, share with your brothers and sisters, receive their love, share with us, seek Michael, seek the Father, seek all the sources that can renew you and strengthen you in this process.

Delores: That must be part of the ebb and flow, and the cycles then, because it's like, watching children grow, or being children and growing, it's so amazing that we

do that in such utter darkness and ignorance.

Linnel: Especially on a world such as this, Delores.

Delores: I just feel so profoundly moved by what you just said because I miss my 15 year old when he was two! Barbara brought me her 2-year old grandchild to see and it was such a time-snap because it was like seeing my fifteen year-old then and..

Linnel: Remember, too, when you fuse with your thought adjuster, your memories of that will be vastly enhanced beyond anything you'll understand now, and this will become a part of your place. Your child when he was two will become part of your place, that you can visit forever. It will never be lost to you. Never, any of those precious moments, ever. This is part of the blessing of fusion.

Delores: But people don't have any understanding or hope about that.

Linnel: This is part of what you will teach them. This is part of what you will help teach them.

Delores: I was reading about Michael saying to the apostles he had trained them well in disappointments and he was sure that they could go out and teach now because they had been trained well in disappointments, and that seemed like the wrong way to do it to me.

Linnel: One must be trained in disappointments in the manner in which one understands that disappointments are really not disappointments, so that when what comes to you appears as you would have thought a disappointment in the past, you see the opportunity, you see the chance for growth, you see the chance for expansion and it no longer affects you as a disappointment, but only as a thrill and a challenge. This is what training in disappointment means. Does that make this clearer?

Delores:More! Not quite...

Linnel: In other words, it is a fact of human life as you have grown and learned on a mortal level to perceive difficulties, to perceive disappointments as being cuttings-off from hope. This is partly because as agondonters, on a world where you do not have the contacts, those moments where you are receiving unseen comfort have not been felt. And so you have truly felt alone, you have truly been alone in comparison to the other worlds, and therefore, these experiences become more embued with the shadow, with the pain. When you learn to live from the Father's will more fully, when these experiences happen, you see only what you can make of this, you see only perhaps a frustrating lump in your path but one you can step over, be lifted over by the Father's love, by the support that

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you have. In this way you can help teach your other brothers and sisters that these disappointments are not what they appear to be. You can help teach them the hope, you can help bring the light that will change their attitudes because truly this is an attitude. It is very difficult on a planet such as yours. This is an important part of the teaching mission. Training in disappointments is not training to be disappointed, but rather to change ones perception of disappointment. Is this clearer.

Delores: ..the difference.

Linnel: Yes.

Barbara: Consider the possibilities.

Linnel: Yes! Difficulties truly are only opportunities for growth. They can become thrilling when you are a child of the Father.

Delores: So the disappointments are... so what happens then are the joys. Like I was thinking, the cycles and the ebbs and flows - there's hard times and then it seems like I'd always get a little reward or something - I'd dream that I could fly , you know, something that would uplift me or have some real happy thing happen.

Linnel: You will find many times after the pain and the struggle, there will be the rewards, but I will also tell you that as you increasingly become linked hand in hand with your adjuster, the ups and downs will even out until eventually you will experience no more struggle on this planet than you would on a normal world. This is more difficult here, but it can be done and you will be learning. This is part of what we are here to teach you so that you can take it out and teach others.

We are together in an adventure here. I have said this before, but I never tire of this because you cannot begin to imagine the thrill of what we are going to share all of us. You are our friends. This is forever. Not just here. We are getting to know each other as personalities, and learning to function together. There are many thrills ahead and yes, some of these will be initially perceived as disappointments, pains, fears, frustrations, but in time you will learn, in time we will all walk together through high mountains with vast vistas of God's sunshine... I wish I could give you the image. We will see far together! We will go far together.

Jules: Linnel, I have to leave. I would like to thank you for your lesson tonight, and also for keeping it limited so I did have time to ask my questions. They were important to me, and just to say goodnight and continue on.

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Linnel: Julie, I am glad you were here. I'm glad you could come.

Jules: Thank you.

Linnel: You know that I am with you, I trust. Trust yourself. And I would ask also if there are no further questions that we close for this evening. Is this acceptable?

Doug: I have two quick questions.

Linnel: I am willing to take them.

Doug: Can we have an update on the number of teacher groups in the nation? It's been awhile since we've had a new number, and can we anticipate more formal lessons.

Linnel: One moment..... I cannot give you an exact number at the time. We have a number in transition. It is on one level of counting similar to the last number which I spoke, it depends on which you take into account. We are having lots of transitions. I would say to you however that the mission is growing satisfactorily and we are pleased. pause. Would you please repeat the second part of your question.

Doug: If we could anticipate more formal lessons instead of all question and answer which is a little un...(unclear)

Linnel: Yes, I realize that this is a problem for some, however for this evening because of transmission difficulties, this was a suitable format. Please be patient and I will have an opportunity as things settle in to continue my more formal teachings. I would ask you please to be patient under the circumstances.

Doug: It's been a fine format - questions and answers - at an initial stage, I was just comparing some of Ham and Rayson where it's a good focussed subject.

Linnel: I will tell you that it is my personal teaching preference to have a combination and that I will continue with regularity to have at least some question and answer period. The reason that I do this is to encourage your participation because eventually when this group is filled with transmitters, we will be doing a good bit of discussion amongst ourselves and this accustoms you to all speaking together, so there are purposes here for which I do this. But there will be more formal teaching. Thank you for your questions.

I will for this evening say goodbye. But know that that goodbye is illusory, for I am with you, your teachers are with you, your angels are with you, Michael is with you, the Melchizideks are supervising this entire enterprise, and the Father

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you always have, above, and in your hearts. This is forever! You are all held in the Father's grasp. Know that we are with you during your week. When the doubts surface, we are there, the Father is there. These things will pass. I love you all. Farewell.

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Linnel: Good evening, students, this is Linnel. I am pleased again to be with you and hear you share together. As I have said, this is very important, and we are all delighted that you are growing together, learning from each other, coming to love and understand each other and yourselves. You are all being asked to make those leaps of faith that are troubling. Remember, the Father's arms are always there to catch you. You cannot fall. I know it is difficult, but please keep trying.

I want to speak to you... to continue tonight discussion of several of my past lessons with you, to continue talking about connections, and about your "place". I want to talk to you about the quiet time. When you are seeking your quiet time, you are creating your place in eternity with the Father. This place is your eye in the storm, your oasis in the desert, your place of security amidst all the uncertainty that is forever unfolding in the vast universe of experience. When you go to the Father to seek him, you are literally creating with him "soul moments" that build your eternal dwelling. There are things which you can do to enhance this time that I would like to ask you to consider. Think about increasing your use of visualization to enhance this time and place.... it's ironic, I call this time and place, yet truly this is a place without time and infinite in intent, so that it is timeless and placeless, but this is difficult to explain, and time and place will suffice.... consider enhancing this experience by bringing into your mind visualization of those things which help you feel most close to the Father. You can even consider bringing to the Father something you love and treasure, to add to your "place", to make a part of a permanent experience/situation with him. Perhaps it might be a flower, it might be an image of love, it might be a truth which has recently rung in your heart. Consider bringing to your silent time one thing to add to this experience. One thing you will find is this will give you a small focus that will help enhance your experience and help the difficulties you sometimes have in remaining focussed. I know that many of you struggle with your minds ranging far and wide when you sit in this time. I would urge you please, do not chide yourself for this. As I said last week, these are still baby legs on which you walk. Be gentle with yourselves. When you find your mind wandering, when you discover this, this is a good time to share this thing, or these things with the Father, that you want to be part of your experience with him. You can learn to use this in place of Thea is distracted by the small animal... you can learn to use this technique as a way to return your focus without judging yourself in the process. Also, you are creating your place with you and the Father. It is truly yours! Everything of you that is truth, beauty and goodness will eventually be there. You can begin now, you can start now to bring these things that are of you, and to add them to this place, to make it truly yours. This is your refuge, this is your home, this is your temple. When things ahead are difficult - and you live human lives; remember, things will be

difficult - and you have chosen to be part of this mission; there will be struggles. When things ahead are difficult, this is the place you are building which is with you always, which you can take everywhere, which you never lose. This place will be your grounding, your comfort, and everything of yourself that you willingly reveal to the Father in this way, sharing your inner self with him, all of this will enhance. Understand, I do not mean that you should not bring your difficulties. This is, I hope by now, understood. I am simply saying, add also the good things, the true things, the beautiful things, all of which you deserve, and which some of you struggle with. Add these also! So that when you are out in the swirl of life you will have always this place. You will learn in time to live from this place. Not that you will not be in the world, but that you will carry this with you in such a way that you will feel the Father, truly feel his presence more continuously throughout your day. You will be housed and sheltered in his love in the midst of whatever may come. Again, I do not say this to alarm you, but only to help you to cultivate this place, this time. This connection is the first and foremost connection for which you must seek. This is the primary connection and from this all else follows. In order for you to let the love of the Father shine through you, you must allow yourselves to experience and accept his love for you. I know for some of you this has been difficult. Your world has concepts, rebellion-tainted, which make this more difficult than is normal. This means that you must put out effort to overcome these faulty teachings and beliefs, more effort than you may often wish. Nevertheless, as you have talked about amongst yourselves this evening, there is much good to come from this. When you share together about your experiences, you strengthen each other, you learn to turn to each other, and as I spoke last week, this also is another connection, in preparation. And I will talk further about this. But I also wish tonight to speak of your connection with Michael. All of you are able to develop with Michael a personal friendship. This connection is different from that with the Father. Michael is not within you as a fragment, but his spirit is with you and you can develop with him a personal friendship-relationship which will guide you and give you tremendous strength and comfort. Seek him as you would seek one of us. Seek to speak with him. Speak with him knowing that he also knows and loves and understands you beyond anything you can imagine. That the Father's love comes to you also through him, that he in your local universe, is the gateway to the Father, aside from your thought adjuster, he is the next most important connection to seek to foster. I know for some of you the thought of sitting together with Michael and speaking as friends seems almost, perhaps, irreverent, perhaps magically impossible. but this is something which you can all do, and in time, as you strengthen that connection, you will hear his voice, even as you are learning to hear our voices. Some of you have already experienced this and know whereof I speak. I would encourage all of you, especially at this time, to seek him, to talk to him. I know it seems like there are so many of us to speak to, nevertheless, this is an important time to take steps, even if it is only once a week. Even if it is only once a month. Whatever your

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ability, strive to do this, strive to experience this. It will foster that circuit; it will help that connection. It also, as you have heard some others speak, ...Michael is the one to petition for many of your prayers for your fellows, prayers concerning this system. It does not matter whether or not you address him, but you will find tremendous satisfaction when you can take your prayers personally to Michael and begin to hear his voice and feel his concern and understand that he truly cares about every one of you, and every one of the ones about whom you care, that he is truly concerned with every happening in his universe, that you can turn to him always, for understanding and assistance. This is the second most important circuit.

This receiver is having some difficulties during this time when there have been struggles; please be patient with her. These things will become less troublesome with time, and as all of you begin to come into receivership more fully for your teachers, you will understand and laugh together about these struggles.

I want to stop at this point and ask if you have questions on this subject. I am ready for any questions.

Jules: I'm assuming we can change our "place" at any given time? That as we grow that our place will change along with us?

Linnel: It is not exactly that your "place" will change as that you yourself will become more fully centered in that place, which is already present from the Universal Father for you. Does this help?

Jules: I don't know. What I think of is our countryside that we have here in Oregon - the fields, and as you were saying to bring gifts, I was bringing a couple of daffodils, I was bringing myself, and then, a couple of planets were added in the sky, and then I thought but that's where I'm at now, 'cause that's beauty to me now, but maybe five years from now, when I go to my place it might evolve to something totally different from what I'm viewing in my head now.

Linnel: One of the things, Julie, about your place is that it will enlarge so that all of what you now love and all of what you come to love will also be there, bigger and bigger, until you start to understand more of the eternity and infinity of the Father and his love.

Jules: OK. And I can bring more than one person, then.

Linnel: Bring all that you want, all that you treasure to him.

Mark: I guess I want to comment on your lesson tonight. I rely on my thought adjuster, I throw the things out and I say "hang onto that one for me, I want to

keep that one." and it never dawned on me to try to keep them myself. To almost... to share in the keeping, and thank you for that.

Linnel: Truly, this is a joint creature, you and your thought adjuster together, yes. This sharing is part of the Father's will. Yes. This is part of what he means when he asks of you to share your inner life with him.

Delores: What about sharing with others?

Linnel: Yes. Any of this, any of you, any time you share these things, the good and the bad, all of these things, with each other you are growing between you the same connectedness... it cannot of course be the same as your relation with the Father, but it has that love, it is that truth and beauty and goodness which are all love, it is making yourselves real to each other, and as that grows and the connections grow, you feel it, feel this is the Supreme in its development.

Delores: I was so frustrated today, Linnel, though, because the new people that I've been working with don't know me and it feels like my teaching patterns are forced to change in the workspace that I'm in now and I can't use my old methods because time works differently there and I was growing really frustrated, but there was a comforting presence I was aware of more than once today beside me, and I felt confounded because I didn't feel like I could share that with anybody who I was working with. I couldn't say "Oh, Linnel's here!" And I knew it was you because then there was that voice over the telephone and she was spelling out L-i-n-n-e-l-l, yes, in Mississippi, and I'm going, "Wow, Linnel's in Mississippi", you know (laughter) ... just a name over the telephone spoken out loud when I'm wondering about this presence that's visiting me all day today, but it was just a sense of frustration about how much I demand from the people around me that they deal with my sharing world, and they don't want to - they don't have the time and the inclination to give that much of themselves and that's really frustrating for me.

Linnel: Two things I would say to you aside from commenting that I did also enjoy this experience. First, is that when you have done the best that you can do at this time, and this doesn't mean perfection, remember again, the acts are yours, the consequences are in the Father's hands. This is not for you to do such that they respond perfectly, but for you to do with love and sincerity, and when you have done that, you may let the consequences go. Secondly, it is also an opportunity to learn new ways to be more effective with different people under different circumstances. All of you will be finding this in your lives ahead, because as we progress in this mission, indeed this precise kind of conundrum will occur again and again... how in this different circumstance can I reveal the Father? You will learn from these things, and my presence hopefully is a comfort. There are many presences for all of you. Your personal teachers are with you, the Father

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of course is always with you. Remember, drawing on these connections and strengthening them will help you in those moments when you face these struggles. It will become a thrilling challenge, it will become an enjoyment almost like a puzzle to be solved in delight. There will come a time when this will no longer trouble you so deeply, or frustrate you so fully, but will become truly one of the delights of your lives.

Delores: I guess it's my fear, because then they're gonna judge me, they're gonna draw their lines, they're gonna say, "She's wacky; don't listen to her!" and then I'll have to have so much courage to stand up and continue to be who I am! That's what I'm afraid of.

Linnel: There are many of you in this room who feel exactly as you do, Delores! This is the struggle. This is why your place with the Father is so important because as you come to feel that love and have that centeredness of who you **really** are, then it will be easier to take the consequences which come at you, and yes, they will come. To take those and give those also into the Father's keeping, and stand strong, and stand ... yourself, be yourself. Yes. All of you wrestle with this. Love each other, support each other, talk about this together, but know that fostering this connection is the ultimate healing of this. Love is the answer to every question, in the end. And love from the Father is the healing to every problem. The more you foster this connection, the more you can stand, and release the consequences that come to you, good and bad, into the Father's hands.

Barbara: Linnel, I have a couple of questions about the quiet time and what you've asked us to bring to it. The first one has to do with the things themselves. And I understand that you are referring to things and places that we've seen and experienced and so on, but do you include in that also imaginary things, imaginary places, ways of seeing ourselves, fantastical and realistic and whatever?

Linnel: Yes, everything your mind can create. What I am encouraging you to do here is spoken of in the Urantia book when it is referred to also storing up treasured memories - this is a part. Bring also your memories, bring your creations, bring your highest and deepest imaginings, bring all of your creativity, everything you can think. Yes.

Barbara: The other question has to do with some of the images that I've created through the years to help me with meditation and prayer and other kinds of things. I've been looking for the one that feels right, that will help me to the place where I want to go, and they keep changing. I think maybe Julie was touching on this. They change from time to time and I let some of them go and pick up other ones. Is there... should I be looking for a specific piece of imagery that I can

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carry through my lifetime, and maybe add and drop other ones, you know? What should I expect? I don't know.

Linnel: This is an ongoing process which does not cease on this planet but continues beyond. You are seeking your image of the Father. You are seeking your images of ultimate truth, beauty and goodness. They will continue to grow. I know it is difficult because that hunger makes you want the one, the one that will finally do this. You will not feel that satisfaction until you sit before the Father himself on Paradise. But, the process, you will grow to treasure the growth of these concepts, the changes in these images, and they will become almost a film, a tapestry of your search, your personal search. So do not be distressed if you do not find the "correct" one soon. Even my terms. (laughter)

Barbara: Well, then I have a follow-up piggy-backed onto that. There are certain eastern philosophies that I've heard about and studied about that recommend, for instance, a mantra that is given to an individual and kept through out a person's life to help guide to a sacred space. Is that not a correct way of thinking or is that limited or ...?

Linnel: This can be very serviceable in the beginning, but when you are on advanced stages such as all of you are, and you have the benefit of teachings from the Urantia book and these teachings that we bring you with this mission, you are far beyond this use because there is always the danger of the static, that lies in this. You are ready to seek, and search. However much unready you someday feel. You are ready to seek and search and to continue to grow and expand this, and a single mantra would, if used exclusively, make it difficult to do this. This does not mean you cannot invent your own phrases to use, but like your images, you will find that you then find new phrases as meanings expand.

Barbara: It's nice to know that that's because I'm so spiritually advanced; I always feel so flighty. (laughter)

Linnel: Remember, none of you can judge your spiritual positions. This is simply not possible on your world. It is far easier for us who have access to many other informations and your angels, to have some idea of where your limitations are and where your strengths and where your developments are. We spend much time discussing this so that we can teach you as effectively as possible. I am tremendously pleased with you all. And I welcome also you, Daryl, to this meeting.

Daryl: Thank you.

Linnel: I am pleased that you came. I have already "met" you, but now I can say so in person.

Daryl: Thank you.

Linnel: This group is very treasured by us. You are truly struggling to become friends with each other. We hope to see this experience become something that will grow and expand so that as numbers are added, this can continue. We feel very encouraged about your progress. There will soon be a message for you from Michael. There are indeed some difficulties ahead. We have never tried to hide this. We have said so many times. The nature of this entire mission means that there will be much strife as human beings try to sort things out. Nevertheless, please be assured, there is no danger to this mission. It is only personally difficult as you choose your paths. You are all safe in the Father's hands. You will not falter. You may struggle, you may feel pain and difficulty, but do not be concerned. You have more help than you can believe.

Doug: To follow up on Barbara's mantra question: is the "quiet" in the phrase "quiet time" more of an internal attitude as opposed to external silence?

Linnel: Yes, actually sometimes the concept of "quiet" has been misunderstood. This receiver's early experience led her to believe that quiet meant QUIET, and she would not listen to our voices. The quiet is the serenity and peace of that place with the Father. It is the holiness of that bond, and as you seek this, you will learn to feel what that feeling is, which is not actually related to physical quietness, but to a state of connection, of relaxedness, a state of loving and being loved. Does this help.

Doug: Yes. Recognizing the stillness, no matter what's going on around us.

Linnel: That's right. You will all increasingly learn to do this, so that you can walk in the world with a piece of this stillness in your heart and shine it forth to others, even in the midst of chaos. This is growing in all of you. When you feel discouraged and down, understand, these are necessary places also. Sometimes we are doing things unseen, preparing you for the next stages. Sometimes you are wrestling with things that are necessary for you to look at in order to make choices about. There are many reasons, but there are never reasons for you to judge yourselves on these things and we do not judge you either. It is not possible in your state for you to be in some perfectly state at all times. You are all making progress and these ebbs and flows are simply a part of human life which cannot be avoided. I sympathize with you all, for even on planets in light and life, we experienced our degree of this sort of thing, so I do know what it is you struggle with, even if the intensity on your rebellion-torn planet is greater.

Jules: When we're with the quiet time during the day, by being in that place, that allows us to be a channel for the Father.

Linnel: This is true. Yes. This does not mean that you must be in complete contact to channel that love but the more contact you are in, the more fully it will come forth.

Jules: As you know, I'm still working on that.

Linnel: As you know, you are all still working on that. (Laughter) Truly, you are all together in this. And we as well, for after all, we, too, have not yet attained perfection.

Jules: I have a kind of question on... I don't know how to phrase this, so if you want to hop in, that's okay, but I'll give it a shot.

Linnel: You know I would prefer to hear it in your words.

Jules: I know. I'm wanting to visit the other groups, but I still want to keep my home bases; I still consider that I have two. But I'm curious on how this works with you teachers. Like you've already known Daryl, and I assume that you know quite a few other people that we're most likely not aware that you know, but how does this go from one person... I guess this was an "I" question... for anybody that just goes around, popping around visiting other groups on a regular basis.

Linnel: What do you mean exactly, "How does this go?"?

Jules: Well, you guys keep track of us. I call it welfare checks? (laughter)

Linnel: If you mean, is this difficult for us, no. This is not a problem for us. We encourage you to do your explorations and experimentations, and to seek each other out in all kinds of ways. This does not give us any problems at all; it gives us some pleasure.

Jules: So, I guess if I'm going to visit other groups that have teachers, are there teachers that are going to visit, too? I mean, like myself, am I going to have more teachers visit, or...

Linnel: Actually, if you knew how often virtually all of the teachers are with all of you, you would be surprised. Our time circumstance, and our limitations are not anything like what you know. All of the teachers actually know of all of you. This is not difficult for us. It seems unfathomable to you, but we are in touch. We may not know every specific, but we are in touch with not only you but also those whom you know and care about.

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Jules: I had just the concept that each teacher did the welfare checks on their pupils of your immediate group but then you shared with each other in your meetings about...

Linnel: This is the basic way in which it works, however, there are many, many events. We do not have the kind of set practices which you use for organization and structure on your world. We have structure. I don't know how to explain it to you. It is much more organic and flexible than your structure. Therefore, it would be hard to even say it was an exception if we did something different, but simply what the event at the time needed, what it required of us. Does this help?

Jules: Yeah! A real eye-opener.

Linnel: There is much that you have to learn that we will be teaching you about changing your thinking as regards structure. I think you will all find it interesting. I look forward to giving a lesson on this.

Jule: Yes. That would be nice.

Doug: I would think Julie's travels help her from being dependent on a single teacher, which would be like being hung up on a single mantra or something.

Linnel: If you consider possible futures as well, this is personally a wise choice for her to make. She is planning to travel somewhere, and these experiences are useful for her preparation. This does not mean I do not encourage all of you to travel and share together, simply that this is personally a wise choice for her own circumstances.

Jules: Thank you; that means I've been listening.

Linnel: You have indeed been listening; I had noticed! (laughter)

Barbara: I'm interested in what you said about time because very shortly after Randy died, I was thinking about what it would be like to wake up and to realize ones loved ones had been left behind. And that even though it wouldn't feel so long, still there would be waiting for a reunion and I had a very clear, strong image of Randy saying, "What are you talking about? You're already here!" just exactly the way Randy would talk, which led me to ... and he was, you know, Hocval was talking with me too, and it was very, kind of weird, but it was like time is very different there, and it was almost as though what we're waiting for to happen in the future is already happening. Further along the line, I mean, does ...

Linnel: Time continually changes in its revelation to you conceptually as you progress

through your universe career, until, of course, the point of eternity. In the time and space universes during this universe age, there is a continual unfoldment to the individual as you progress, of time change, so that even though it is a universe of time and space, those concepts do not remain static in your experience as you grow and develop. Yes. It's extremely different as... even a thousand years ago, ten thousand years ago. These changes continue, these perceptual changes continue. Partly, in response to the changing perceptual abilities that are increasingly enhanced in morontia bodies.

Barbara: So my loved ones who have died might be experiencing that reunion with me, even though I'm still experiencing my linear time frame here on Urantia?

Linnel: Because things are all connected through the Father, who is in eternity and infinity, these connections can occur, even though in your terms of time and even ours, they are not yet. Even as your thought adjuster can tell you, "You are with me already in Eternity!" Even so can these things be a part of your experience through your thought adjuster, even if in the more literal time and space universe, they have not yet occurred.

Barbara: That's neat. It was very comforting to think that might be how they ...

Linnel: Your loved ones are never lost to you, and there are ways to feel and share that love even during their "sleep", their transition sleep. Because the Father is your connection through eternity.

Barbara: Do they dream?

Linnel: This is a time period where it appears to them as if nothing had happened. Truly, if you sleep ten thousand years, when you wake, it is as though you went through a doorway, and no time whatsoever passed. They do not dream. They are not truly asleep.

Mark: Sorta puts *deja-vu* into perspective. (laughter)

Linnel: This is an interesting comment. Many of you have wondered about this. Perhaps we will be allowed to discuss it.

Group: Hmm. Cool.

Doug: I was born crippled into this world. What are the variables in being reborn into the next world; what's the chance of defects.

Linnel: These things do not occur. While you are born imperfect, this particular type of

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difficulty does not occur. The bodies that you receive do not have the kinds of defects that happen on a planet such as yours. Even on more normal planets, such things are relatively uncommon. You need have no fear that this will occur to you.

Doug: Thank you.

Linnel: I assure you, you will be satisfied, all of you, with your new morontia forms.

Jules: When we receive those forms, I'm assuming there's going to be people from other planets, other ascending mortals, it's just not going to be from this planet?

Linnel: I do not fully understand your question. "Where" - do you mean in location, or do you mean others...

Doug: The first mansion world includes the other planets' ...

Linnel: Yes.

Doug: ascendant beings also.

Linnel: Yes.

Jules: Okay. Well, that makes...

Doug: all into the same morontial bodies.

Linnel: Yes.

Jules: Well, that's what my question was - are we all going to have the same type of bodies?

Linnel: They are the same type, but remember, increasingly, they will reveal who you truly are, your true self. This self you are making in this place with the Father will become increasingly visible in your literal form. Part of what you are doing in this creation with the Father of this is literally building your... your structure... this is not exactly the right word... this form literally reveals this connection outwardly as you progress.

Mark: So if we don't do a good job, we may be missing a nose? (laughter)

Linnel: Mark, I always enjoy your humor.

Jules: I was thinking more on the physical aspect, I guess, because we all know what

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our species as human stuff looks like, but we don't know... it is a curiosity question... like what your physical form looks like on your mortal planet, and so that goes for everybody else.

Linnel: The closest chance that you will have... if we are successful with visualization you will get some idea, but remember, you cannot perceive us with the same senses that we perceive each other with here, therefore, even that satisfaction of your curiosity will not suffice. There is truly no way to let you know, except perhaps to say we will not necessarily look four-feet tall with large heads and black eyes as sometimes aliens are represented on your world. (laughter) You will not be frightened when you see each other.

Jules: I'm a Star Trek person, so I'm prepared now for anything. (laughter) If you're familiar with Star Trek.

Linnel: Actually, we are all familiar with Star Trek. This series has some inspiration; it has received some inspiration.

Delores: So you're going to talk about a third connection?

Linnel: No, I spoke that one of the third connections is the connection amongst yourself, but tonight I had planned to restrict myself to the connection with the Father and with Michael. And.. there will be much to come on these connections.

Barbara: Well, I'm a little vague on my Urantia book theology, you understand, I've only read this much of it so far, but my understanding of it is that as we progress in our careers, we kind of all disperse to various places to do whatever it is we're supposed to be doing. Will we... is that right?

Linnel: This is not always technically correct, no. Often times, as is mentioned in the book, there are working groups established who may see long periods of time together. (tape turned - material lost) When you achieve our status on this side, the way space is organized and utilized makes these requirements quite different. You are crowded here, whereas we have ample room for the many beings who are in this room at the moment.

Barbara: Well, what I was getting to was will we be able to.. if our morontia bodies are all fairly similar, will we be able to recognize other people from Urantia and does it make any difference?

Linnel: It makes tremendous difference. These relationships... oh, do you mean specifically Urantians?

Barbara: Yes.

Linnel: Yes, this is recognizable. This will remain recognizable.

Barbara: Is it catching or something? (laughter)

Delores: Or black clouds on our souls? (laughter)

Daryl: They're the ones without the noses! (laughter)

Linnel: Truly, your humor is wonderful. We enjoy this. Particularly during a transmission when I can make Thea's mouth smile! (laughter) This has been difficult for her. I think she's improving. (laughter) You will recognize each other. You are given a particular pattern from your life carriers. These kinds of things do in fact persist as a part of your universe identity. So, yes, you will know. You are also known for your status on your planet and highly honored.

Doug: We'll always share that "color and smell" that make us human, and we'll always recognize agondontors?

Linnel: Yes. Always. These recognitions are spiritually important. Recognition of others in spiritually conceptual ways is an important part of your entire universe careers. This recognition is an acknowledgement of spiritual realities. I must ask for final questions at this time although I would love to continue. Remember, I will be here. This is not the end. Are there any last questions?

Daryl: I have one. I enjoy my quiet time immensely and I've had some exciting things happen to me during the quiet time. And I had an experience one night during a quiet time at Doug's house that I really wasn't quite sure of what to think of it, but I had a slight tingling sensation in my lips. Is this something supernatural or is it just self, or... do these things occur? I feel a little pressure once in a while.

Linnel: These things do occur. They vary from individual to individual, but many of you will discover certain physical sensations. They are not so much supernatural as they are your own personal reactions to the effects of spiritual presence. Does that help?

Daryl: That does help.

Linnel: And I urge you all to discuss these reactions with each other, because although you may not all have the same ones, you will find others who share them. This helps you to validate each other, it helps you to feel a part of this process and to see how each other grows and develops... the similarities, the differences. This is part of being a loving group together.

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Delores: Linnel, are you a member of the violet race?

Linnel: Delores, you ask some very interesting questions. I am not going to answer you at this time. No one has ever asked me this question? You are speaking of my time on my world. I am not going to answer your question this evening.
(laughter) You know I have done this before; I have to make sure you understand that this can continue, my not answering questions sometimes.
(laughter)

Delores: Okay, okay. I slipped it in anyway; you asked for only one more.

Linnel: I have never been asked this question; I am amused. (laughter)

Delores: Do you have to get permission? I can see you trying to make Thea smile.

Doug: I offer you my gratitude, Linnel, for perservering with us all the last couple of months, the changes we've gone through and you're still there and you're still telling us

Linnel: This has been my delight. You must understand, dear, dear, dear students! You are all doing well, all of you have done well, your brothers and sisters have done well. The struggles that you perceive as being so acute are not the same to us. We do not see this. We do not judge this in the same kinds of ways. This has been no strain on us. We have been sorrowful about the pains and difficulties, but you are all progressing, even those of your brethren with whom you have difficulties, all are progressing! It has been our delight to be with you, to be your servants, and to work together. We are becoming a working group together. There are many things ahead for us, even beyond this planet. So, it is to us also to thank you, for the opportunity of learning to intimately know you and understand and love. I thank you for your appreciation.

I am with you during the week. Your teachers are with you tirelessly. Your angels are leading you both into challenge, but also into comfort. The Father envelopes every part of your life, inside to outside to inside. Everything is within his grasp. All is well. Michael is your personal tather and brother. He loves you, he knows you, he knows of your struggles, he understands your struggles. Move forward and do not fear the down moments. Yes, they will come, seek each other, call each other, talk with each other. And I look forward to our next meeting; we all look forward to our next meeting. Farewell!

Group: Goodnight, Linnel. Thank you.

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May 26, 1993

Good evening dear students. This is Linnel. As always I am moved to hear you share your lives with each other. Indeed David, as you said, this is the most important thing that you do here together. This has been a difficult day for Thea and I wish to tell her and Alan that I also grieve with them because I enjoyed their little friend too (pet rat) he has been part of this mission for them since the beginning, and the first words Thea remembers hearing from me had to do with him. Thea and Alan I offer you my love and comfort.

I want to talk to you tonight about companionship. You are all companions together. You know that we form working groups on the mansion worlds that function together, bond together, and carry on. You are the equivalent of a mansion world working group. We are giving you much the same instructions as are received on the mansion worlds for these groups. Remember that in your diversity, your variety, lies much strength. As some of you have found when you bring your unlike minds together, searching sincerely for answers to spiritual questions and problems, great growth happens. Wonderful knowledge is shared and possessed and in these moments you are activating portions of the Supreme. You are bringing into being parts of the Supreme. As you work together in your group you are learning in miniature about how the Supreme comes about. I would encourage all of you to go even further, take even more risks, in getting to know one another. Those of you who have visited together, please know I applaud this, and I would encourage all of you to do so, to break bread together, to talk, to call each other. When you have a problem seek your brothers and sisters. Seek different brothers and sisters at different times. When you have a joy, call and share it, get together and share it. When you have discouragement and doubts, call upon each other and share these things. All that you can do to know one another, to share the reality of your lives with one another, this companionship is what will grow together with you so that as we continue in this mission, you will have a strength and a support unlike what you have known. This will give you the ability to go things that even now you would believe are impossible. I cannot say enough to urge you to seek each other out as much as possible. You are all also growing in your companionship with the Father. This is the first and foremost relationship, as you know. When you share with him your truest thoughts and desires, the good and the bad, all of it willingly, then this bond is strengthened, and opened, and cleared, and the love can flow through.

I would encourage all of you to continue seeking Michael and to also attempt to make conscious contact with the Universe Mother Spirit. She will be giving you a message soon. We would have liked this this evening, as She wished, but the time is difficult, however, this will come to pass. You will be delighted. The circuitry being in place and the adjudication being accomplished, many things make it possible for Her to be more directly accessible to you. And you will be thrilled to experience Her love and Her embrace.

There are many companions in your lives, many of whom you are not yet aware, many of whom you are beginning to be aware, many like yourselves, humans, whom you will meet as time passes. Many yet to come. Always look for a moment to make a companion of someone you see. Knowing that in the end when the Supreme comes into being, we will all be companions to one another. I choose this word tonight, because oftentimes we get used to particular words. You use the words "friends" easily, and sometimes the word almost loses its meaning,

because it is used in contexts where other meanings have been lost. So I try to use different terms to encourage you to think about this. You are doing so well together. It is a joy to me to see you growing strong, to see you coming together Friday, reaching out from both sides. Understand all of you are my group. I delight in seeing you searching ways to solve your problems together. Understand that all the difficulties you have gone through will only bring you closer together in the end. Be patient with one another. There will be things you do not understand. But try to go further, try to look further, try to be patient with yourselves as well as each other, in this process of becoming renewed in companionship and continuing in companionship. This is not proving easy for Thea this evening and I thank her for her willingness, nevertheless. I will stop at this point and ask for questions on this subject after which I would like to give Alan the opportunity to transmit for me. Are there questions on this subject of companionship and love?

Delores: Well, Linnel, it seems that some people become companions faster, or deeper, than others, and, what if somebody doesn't want to be my companion? There's different levels isn't there?

Linnel: Yes. This is true. You must understand that not all are ready at the same time. This is for a number of reasons. Oftentimes and most usually on this planet early experiences make it very difficult for people to trust. This is where extreme patience and compassion enter in. If someone is not ready you need not necessarily turn away. Only see what you can do that they will accept and continue doing it. Try to not become impatient with results and know that the seeds you are planting may be harvested tomorrow or may be harvested on the mansion worlds. They are worth planting and nurturing nonetheless. Try to gauge your fellows reactions to put them ever so slightly off guard in terms of encouraging their risk taking but not so far as to frighten them. Do you understand what I am saying?

Delores: Yes.

Linnel: This is not easy and I would encourage all of you to talk together about your experiences as you seek to do this with what you may consider more troublesome mortals in your lives. You will gain wisdom and understanding from each other in this process even as did you Delores and you Thea in discussion. I encourage all of you to engage in these discussions on how better to reach your fellows. Does this answer your question or would you like to ask further?

Delores: I guess the thing is I haven't been able to talk about the teaching mission since the people I'm with now don't know that all this stuff has happened to me since the last time I've been with them and they ask me what I'm doing Wednesday nights and I can't...it's more serious to me now...I used to be real flippant and talk about all this stuff and throw them way off balance instead of being careful about what I said. And now I can't say anything, it's like I'm speechless, and I can't talk about it.

Linnel: I would suggest that all of you perhaps discuss, if not this evening, some time, ways in which you can discuss the essence of this mission that are, nonetheless, can I say safe? that are reasonable, that are balanced. There are many ways to present what you are doing short of frightening people with things they do not understand. Your need to discuss what is happening to you is understandable and important. There are ways to present this. Talk together. Get your heads together, as your phrase has it. I find this an amusing phrase. And puzzle out together ways that you can share. Remember ways, perhaps, that you have shared with others. These are the kinds of sharings in your growth experiences that I encourage you to do, yes. You need not be left unable to speak at all.

Delores: Good assignment, thank you.

Linnel: Thank you Delores, this is an important question.

Sage: Linnel, why do we seem to be immediately attracted to some people, or immediately repelled by some people?

Linnel: There are certain affinities that you have with some people which you intuitively recognize. There are a variety of reasons. Sometimes this is a kinship of personality type. Sometimes it is a kinship of understanding. Other times it is a recognition through your thought adjuster that there is something with this person in your spiritual life that you have to come. The negative reactions are somewhat different. Often we see you take a sudden dislike to someone who, on a deep level, reminds you of someone who frightened you when you were younger, or reminds you of unresolved problems of one kind or another that you have. I would encourage you, when you find yourselves reacting strongly in a negative way to stop and examine your own personal fears and doubts, and see if you can understand further why this reaction might happen. Generally the strong negative reactions are not personal in the way that the strong positive reactions are. However there are occasions where you recognize danger and are wise to avoid. These are things you will gain skill in, in time. Does this help?

Sage: Yes. Yes it does, thank you.

Alan: Linnel, does...it certainly seems like during the quiet time I'm getting more in touch with the Father, helps me to like other people more. Is it sort of like whenever we connect with other beings that, um, that, doing that somehow opens us up to connecting with more other beings?

Linnel: Thank you Alan for your question. It has given me an opportunity to say something that I thought of earlier when you were having your sharing time. Many of you have discovered yourselves being in what you would call a negative circle of effect. This is positive circle of effect. When you seek the Father you find yourselves better able to love your brothers and sisters and when you love your brothers and sisters you find yourselves better able to seek the Father. When you engage in any sincere spiritual connection it enhances all other connections. And as you find yourselves moving around in this beneficent circle you are creating structures of circuitry. Structures of reality. You can best break out of a negative cycle by finding an entry into a positive cycle. If one method does not work; seek until you find one which will break you in to the positive cycle. This will help relieve you of getting caught in the negatives, and yes, it will enhance your love in all directions. Does this help?

Alan: Yes.

Linnel: Do you need further clarification?

Alan: No, not at this time.

Linnel: Thank you for giving me the opportunity.

Pamela: Linnel. I've been wanting to ask this question for a long time and I'm going to be brave and ask. In all the transcripts, and very little of the reading that I can find in the book, talks about sexuality. So I'd like to know a little bit about sexuality in Light and Life. I've thought of all kinds of ways to ask this, to talk about it, but it feels like sexuality and spirituality are sometimes quite connected.

Linnel: Are you speaking of sexuality on a planet which is in the era of Light and Life? Yes?

Pamela: Yes.

Linnel: Yes. You are quite correct in saying that this experience becomes even more spiritual. I believe that some of you already recognize in your lives on this planet, that the spiritual does indeed enhance this legitimate way of sharing together. On planets of Light and Life you do not see the kinds of degradation of the sexual experience which is observable on this planet. This allows people to become much more comfortable about discussion and expression of sexuality within the ethical frames that they find themselves. You are very sensitive about this topic on your world. Much of this is not any fault of your own, but a combination of misunderstanding and unfortunate attitude from earlier religious doctrines which have clouded many minds. Until they come to believe that spirituality leaves no place for physical connection and therefore physical connection must be lesser, evil, dirty. When you cut people off from their spirituality, you cannot expect their sexuality to bloom in a healthy way, and therefore you see much of what you see on this planet. In Light and Life, this physical act which is in part for the creation of new children for the Father, and in part, a celebration of the deep and tender connection between two people. This is a thing which is honored and celebrated and seen in a wise and balanced manner. To any degree that we can help you with these problems, despite the discomfort some of you may have, we are available. Does this help?

Pamela: Yes.

Linnel: Would you like more.

Pamela: Yes.

Linnel: Would you be more specific?

Pamela: More about the healthy ways that people look at sexuality on these planets.

Linnel: Sexuality on a planet in Light and Life is seen as a way to celebrate the bonds of a marriage which is there to create families. It is somewhat difficult to explain. I have this concept from my own understanding. You, on this planet, have an entire country, and in some cases other countries as well, who do not fully understand the concept of family. On a typical planet in the era of Light and Life there is really no way to separate sexuality from family. It is not just a matter of creation of children but rather a concept of people bonded together in loving relationships to continue throughout a life span forming a group expressive of the concept of Michael and the Universe Spirit and other aspects of deity. This is interesting. There have been very few questions, Pamela, asked, on this subject, and I wish to confer further with some of my fellows about how we can help with this. I appreciate your question. It is interesting because I myself have never been asked, and, one moment...many teachers have never been asked in detail about these issues.

Pamela: It's a big part of our life. One of the beautiful parts of our life.

Linnel: There are many things beautiful in your lives that have been denigrated by past philosophical mind sets which are legitimately yours to be part of your lives. We will help you to recapture, as fully as possible, those lost, left behind aspects of your lives. I appreciate your question.

Sage: Are you, saying that sexuality is the main...you're not saying that the main focus is procreation, but it seems to be a big part of what you are talking about. Is this correct?

Linnel: It is true that on planets in Light and Life, procreation is taken more seriously, and differently than you perceive it here. It is not seen as, certainly, an accident, which may happen as a by-product. And many times when sex is engaged in there is an understanding of the creation of mutual concept as well as physical flesh and blood children. It is difficult for me to explain to you so you can understand that I am using procreation here on a larger scale. On the planets in the era of Light and Life, people are sufficiently advanced, that they have become more understanding of the procreation role, together. That they are creating realities together in their relationship, some of which result in physical offspring and some of which result in conceptualizations. If you will examine some parts of the Urantia Book and look at the creation of Midwayers, and some other beings, you will start to understand this enhanced viewpoint. It is complex. It is also lovely.

Sage: Can you talk about same sex relationships and how that...emotionally and sexually...if that is...

Linnel: One moment...I would like to discuss this but I have a mandate which will not permit it at this time because there are certain issues which you must choose about on this planet, yourselves, without our answering certain questions. I find this frustrating, but there are several. One is what you term homosexuality, another is abortion. There are a number of issues which we are forbidden to discuss with you because we will take away the free will choice which you have before you in your culture right at this time, to make choices. I would urge you to seek your own teacher and your own spiritual sources where some answers for this may be more forthcoming. I do regret and find some frustration in this as I do anytime when we are not allowed to share but I do also understand the purposes behind this mandate. Remember that the Father loves all, and that the Father encourages relating together in many various ways. This is all.

Sage: I need to say something about your response, and that is, I think there are aspects that have to do with choosing and there are aspects that are not choices.

Linnel: I am discussing more the fact that were I to speak with you about the realities which we probably understand, there may yet be others within hearing, who have choices to make. This is the difficulty. Do you understand?

Sage: Yes.

Linnel: I cannot interfere with the attitudes. It might be possible for me to speak with you in a private session. I do not know for sure. I would have to ask my superiors. But when I am in a group circumstance, all in my hearing must be considered. This is sometimes extremely frustrating. I honor your question.

Barbara: Correct me if I'm wrong but my assumption that some of the choices that you refer to have more to do with, things like, building intimacy, choosing relationships that are healthy, than specifically whether the relationship is hetero or same sex. Am I correct in so assuming?

Linnel: I am certainly able without restraint by the mandates of discussing those aspects. I am personally interested in all your questions, but we do operate here under certain restrictions. And I do understand their purposes. This causes me...sometimes frustration, close to a degree of pain, because I love you all and I want to share with you my understandings and help you in your own understandings, and yet I understand the restrictions.

Barbara: Could it be assumed that building intimacy is one of those procreative issues that you spoke of?

Linnel: It can be indeed, more than assumed, yes.

Barbara: And presumably those things can occur here on this planet, even though we are not currently...

Linnel: Some of you already do, in fact, engage in this, only you have not yet recognized some of these mutually procreative results.

Delores: So it doesn't happen all the time.

Linnel: Certainly it does not happen all the time! (group laughs)

Delores: I'm curious because, you know, I have a family, right, and so I have some real ones I can see, and after being married for 23 years I'm certain that I have some invisible ones that we have created, in our relationship all this time, but, I was thinking about different cases like, rape, or something, or situations that, where there's not love, but there is sex, does that create then...I don't know what they are.

Linnel: It may create a child for the Father, which it is to be ardently hoped to be raised by some who love it, but it does not create that of which I speak.

I'm speaking of the co-creation of concept between two individuals and I think that I may safely say that this form of co-creation in concept is certainly found healthily between members of the same sex. I do not believe I go beyond my mandate in that. (Thank you.) You are putting me in a difficult situation and I find discomfort from someone unseen in the room. I would ask you please if we could ...

Sage: change the subject?

Linnel: ...as you would put it, change the subject. (laughter) Understand, however, this is not my unwillingness. You will understand in time those of you who have the questions as well, why this is necessary. You will get the support that you need. Be true to who you believe yourselves to be. Seek that with the Father and you will manage. I love each one of you dearly.

At this time I am going to pause and ask Alan if he would care to attempt to transmit me?

(Break)

Linnel: Hello. This is Linnel again. I am pleased to be transmitting through Alan. This is an enjoyable experience for me. I look forward to times when I can transmit through each of you. This is something you will each be able to do, it is in your future. I am willing to take questions at this time.

Doug: Linnel, is the Supreme active in Orvonton or is she eventuating in all seven Supers?

Linnel: The Supreme is eventuating in all universes. The Supreme is experiential, as each of you live your lives, and bring that pattern which each of you consists of, to a point of fusion with your thought adjuster. This is your part in creating the Supreme. And this is happening throughout the seven universes.

(pause)

Barbara: Well, I guess we better get back to sex. (chuckles)

Thea: You don't get off the hook tonight Linnel.

Linnel: Why did I think this subject might come up again? (chuckles)

Barbara: You were listening in on our conversation, that's why. Someone was crude enough to suggest that we ask you what you do. But that's not exactly what I had in mind. When I suggested that I had a question about sexuality on your plane once you leave the first stage, I'm really more interested in gender and how that's expressed between you and your peers, and your colleagues? That's good for a start.

Linnel: This is something that is not quite what you see as male and female on this planet. The gender that we express is mixed on this planet in that not only, there is not only a male, excuse me, this is not being expressed well. It is as if we are positive and negative, and positive gender on our level is not strictly expressed by males on this planet, and negative is not strictly expressed by females. This may predominate, but it is not exclusive. And the expression in my existence is a, can I call it polarity, it is a, it is two, in a sense two parts of a whole? This is not quite right, but a positive and a negative work together well, this does not mean that two positives cannot work together well, or two negatives, but there are attributes which allow a positive and a negative to help each other, to counterbalance each other, to support each other. This is somewhat as marriage is seen in an ideal on this planet, between male and female, but it is more, may I call it organic, for us. And it is more a part of us. On this planet many aspects of male and female are culturally conditioned. And are not an intimate part of the individual. They become part of the individual through enculturation, not through the very being of that individual. And for us it is much more within our beings. It is who we are. And this, in fact, is a part of, for each of you, the expression, the attempt to learn to express who you are. And this is part of what is difficult on this planet. Because if your expression does not fit with cultural norms, it may create anxiety and difficulty for you. Yet you are still asked to attempt to express it.

Thea: What about an androgynous person on this planet, who seems to have some traits of both what you would call positive and negative or whatever, how, is there a range within so-called positive and negative?

Linnel: This, on this planet, is often a person who is, attempting through enculturation to show a certain expected attitude and is not truly showing their inner light, so to speak, is not truly being themselves. This is not as if this person is bad, it is that this person has not freed themselves from within and is not living as spontaneously, perhaps, as they will in the future.

Thea: So are you saying that on this planet, if we were to say that most males are, say, negative and most females were positive, that there would be some males who would actually in their pattern be positive, and some females who would actually in their pattern be negative. (yes) In the pattern they would carry on. (yes) ah, that would explain a thing or two.

Barbara: I had the impression that when you speak of the polarity where you are, as opposed to the gender or sexual identity here where we are, that as we continue that aspect of us will be more, less a goal in itself, and more a tool, or a means, or a method, of our expression, or a method of being that allows us to be more truly who we are? Does that make any sense?

Linnel: Yes, I believe I understand. The sexuality, the gender that you have on this planet, will, so to speak, die with you. And it does not mean qualities of it will not continue, for you will remember who you were, but the pattern that you carry, the pattern of your personality, is the place where the positive or negative aspect is housed, and this will, as you progress, this will express itself more and this will be the true you who will be, who will come into being.

Sage: Linnel, could you describe, with earth qualities, Urantia qualities, what some positive and negative qualities are? Is that question clear?

Linnel: Yes it is. This is difficult, as it is difficult to express just what personality is. These are concepts which come more from experience, than verbal expression. There is, perhaps as you have heard recently, talk of Michael and the Universe Mother Spirit, and their existence, in a sense in two different planes, as Michael, in a sense, in a more vertical position, more up and down, and the Universe Mother Spirit in a more horizontal position, in a horizontal... anyway, this is something of the quality that will come to you, that you will come to recognize as the positive and negative.

Thea: Kind of like depth and breadth?

Linnel: Yes this is one way to express it.

Sage: Does it have anything to do with passive and aggressive, or are these Urantia qualities?

Linnel: These are more Urantia qualities. As you each become your true selves, what is known as passive and aggressive will blend to the more as one. There will not be, the Urantia concept of passive as seen as a negative, seen as someone who is afraid, possibly, will not continue. This is part of what will be given up as a person becomes themselves. The attitude seen as aggressive, someone who possibly is stepping on others toes will also be given up.

Sage: Well if we could expand the definition of those terms then as aggressive not necessarily as you were saying, but aggressive as someone who puts their energy out there, and passive, someone who is, doesn't put their energy out so much, without any value judgment on that, does that, are those qualities...?

Linnel: This is perhaps similar to the concept of Michael as vertical and the Universe Mother Spirit as horizontal. Part of this concept includes the idea of Michael as an energy going out to interact with his universe. And the Universe Mother Spirit is there at the same time, but is supportive, is, is acting, but is somehow surrounding and nurturing in a different way. They work together, they combine in their efforts, and do a very wonderful job of creation and support.

Thea: Linnel, is it, would it be accurate to say, that perhaps the expression of this on this planet is affected by the genetic mess-up in the rebellion?

Linnel: This is, yes, this is true.

Thea: So we are not as clearly of these different poles as might occur on a normal planet?

Linnel: There would, on a normal planet, there is not as much confusion.

Barbara: When you talk about vertical and horizontal, I envision a structure, or an arch or something, where to build as a complete structure you have to have the vertical and the horizontal working in combination, is that, does that... sort of a metaphor for what you mean?

Linnel: There is, it is as if these are two dimensions, and yet they are not physical dimensions, they are personality dimensions.

Thea: How do we take this understanding and apply it to loving other people?

Linnel: The main goal on this planet for each of you is to reach out to whoever, whoever is around, and learn to love them. And perhaps having some understanding of this difference, this positive and negative, and perhaps having a little understanding that people are different, that people express differently, can help any of you to be more accepting. And perhaps help you to understand yourselves better, to accept yourselves, and through that to accept others.

Doug: Linnel, is your reality a totally shared collective consciousness? Or is there some personality that you can complement, and can balance you out, that is your companion? Do you have a wife?

Linnel: (smiles) Yes, I do have a wife, if you want to call her that. And I call her "her" in your terms. But she is not currently with me. I do not spend all of my time with her. And I look forward to spending time with her again, but I am currently on this mission on my own. She did not choose to come. She is doing her own missions. I have others of her type, if you wish to call it that--the positive and negative, others who complement me here, who give me the balance, that helps me to, in a sense, be whole.

Doug: That's quite a sacrifice to make to be here.

Linnel: No. This, from your viewpoint, perhaps, from a universe viewpoint, from a viewpoint of thousands of years, this is part of choosing, this is part of my choice to experience the wonders that I am experiencing here. I am very grateful to be here. And I do not expect to be tied to one person through my universe career. There is a give and take, there is a coming and going. And I will always have her to return to, and I will glory when we are with each other. But we do not, so to speak cling, we have our lives to live and we each need to be about the Father's business as best we can, and about our own personal growth.

Sage: Have you been together for a very long time?

Linnel: Yes. A very long time.

Sage: Did you know each other as mortals?

Linnel: Yes. We were fortunate. Not all find a mortal with whom they bond, but I was fortunate, and I did, and though in our mortal lives I was not as caring at times, not as supportive as I have learned to be. That is part of growing and learning and changing. There are times I wish I had been more supportive as a mortal.

Delores: Could you share with us her name?

Linnel: I would like to but I do not feel...this, as you know, our names are not what you can understand. You come to an understanding of our names through connecting with us. You will hear her name when you are in morontia form. I promise you I will introduce you.

Group: (Love responses: that's nice; that's great; that's neat)

Julie: Could you give her our greetings?

Group: Yes, perhaps a hug; I like that. Yes, please.

Linnel: I will. I will certainly. I will certainly. You will each meet her and you will each get hugs from her.

Julie: Wonderful.

Doug: Could you tell us where you were and what you were doing, how you felt when you first found out about the teaching mission on Urantia?

Linnel: I will tell you what I felt. This was an opportunity I had been waiting for. We have studied Urantia. We have studied this rebellion torn part of the Universe for a long time. And many have longed to come here, to come to the various planets, to help at the time when the adjudication was completed. And I was lucky enough to be free from assignment, and was able to choose to come here, and it has been a most fortuitous circumstance. I am very grateful. I have had experiences here that are truly amazing, truly enlightening to me. Experiences that I carry, I will carry back. Experiences I will never forget, that will be with me, for the rest of eternity. And I have made friends here that I will also carry back with me. We will from time to time, meet in the universe. And when, when you have good friends, it is always a wonderful occasion to meet them.

Thea: So we'll have teaching mission reunions?

Linnel: Yes.

Barbara: Potlucks.

Linnel: Yes. And at times we will meet individually. We will be on assignment where we are in close proximity.

Barbara: So Linnel, how were you chosen? Did you fax your resume over? Or what was the process?

Linnel: This is a not unsimilar process. We apply for positions. We have each been in training for long years. Training for various assignments and I was fortunate enough to have training that qualified me to be a group leader, group teacher. And I was fortunate enough to be assigned to Urantia also. I did not apply specifically for Urantia, I applied for the rebellion torn planets. And this is my planet of assignment, and I am very pleased to be here.

Barbara: So did everyone who applied not be chosen? Ungrammatically she said?

Linnel: There are still teachers coming here. I do not truly know how many applied. But I do know that they are still arriving. And I believe that in some form all who wish to serve will get a chance. They will not all serve, obviously, in the same capacity, but in some capacity they will be given a chance to serve.

Barbara: Very early on when you first arrived and Thea was transmitting you talked about the work that you did, I think on your home planet, but I don't remember for sure, as having to do with communications, and that sort of thing, which is I gather kind of a not adequate description of what you did. Is that what you refer to when you say that you had training that qualified you to be a group teacher?

Linnel: The training I received to be, that qualified me as group teacher was training on morontia spheres and beyond. The training for, what I did as a living on my planet of origin was very rudimentary compared to the training I have since received. Your universe careers are, will, if you could see yourselves as you will be, five, ten, twenty thousand years from now, you would not believe it. It is truly phenomenal.

Delores: Linnel, the other rebellion torn planets, are they in worse condition than us, not having had Michael's bestowal?

Linnel: Some yes, some no. But at the time of Michael's bestowal Urantia was one of the very worst. And Michael's bestowal on Urantia helped some but Urantians (smile) are a stubborn lot. (Group laughs)

Thea: You noticed.

Linnel: I do not say this to offend you. (more laughter)

Barbara: I don't think anyone's offended.

Linnel: But there are a few planets in worse shape.

Doug: Did the other 36 spheres also get a book of revelation before getting the teaching mission?

Linnel: They have had various forms of help. Some have had books of revelation. Others have had Sons that visited that were more, actually, more successful than Michael. This, perhaps due to their being not quite so obstinate. They each have received help in accordance with what was perceived to be their needs.

Doug: Thank you for sharing so much of yourself tonight, Linnel.

Linnel: Thank you for asking.

Julie: Linnel, I'm skipping out, but thank you. Good night everybody. Big hug.

Linnel: Good night Julie.

Sage: I'm skipping too. Group: Good night Sage.

Linnel: If there are no more pressing questions...

Delores: I have one, Linnel, it's personal. I had a great Father time on Sunday, and a new energy/sensation, and I wondered if that was Machiventa?

Linnel: Machiventa has been around recently, and he has visited with various ones of you, and this may well be that you perceived him.

Delores: It seemed like it was from the descriptions I picked up from the other transmitters.

Linnel: Please stay open to the feelings and you will, in time, know for yourself with assurity.

Delores: OK, thank you.

Linnel: I will say good night for now. This has been an enjoyable session. I have found it pleasing to transmit through Alan. He is tentative and not sure of himself but he has done quite well. I thank you all for your questions. Good night.

Group: Good night. Thank you.

The Teachings of LinEL (and Will)

June 4, 1993

LinEL: Greetings, this is LinEL. I enjoyed very much your sharing tonight and as I have said before, it is more important than hearing me speak. However, this evening, I would like to turn the meeting over to another - a time which I'm sure you will enjoy. After their talk, I will close.

Will: The love of the Father surrounds us, the love of the Father enfolds us, the love of the Father upholds us. Where he is, you are. Where you are, he is. Hello. This is Will. I am so glad to be here amongst you. I've heard much about you and have spent the last few days observing you, being with you. And I've spent today with Mark trying to calm him down and convince him that this evening would go well. What you have accomplished here in this group is wonderful! I commend you. You have a wonderful, stabilizing teacher - one which I admire very much. I am not quite half as patient as he is. You build a family here, you know. You build a strong family. Coming together, sharing - it is a wonderful thing that you do. These groups that we have formed are for this reason - for what you do here you pass on to others, you pass on to tomorrow. And hopefully you bring home with you to your loved ones, to your children. I am sure you all know that I am a great proponent of family systems, family structures, and love to speak on them, but this is for another time, and there will be other times. I would like to ask something of you that will be fun. I want each of you to tell me, to share, one thing that you expect from this mission that is serious, and one thing that you expect from this mission that is silly. A hope, something you have thought - I am sure that, in fact I know, that all of you have fantasized about what this mission will bring and I'd like us to share that with each other. If you don't mind, Doug, would you please go first?

Doug: I'm not sure about the silly side. On the serious side, and sort of tying in with what we've all shared, and what the book and the whole mission has been doing for me is transferring some of my feelings from my brain to my heart, where I can feel things a little more, and that's quite a discovery.

Will: To discover your heart, yes! It is wonderful! And a great heart you have. But you must share a silly. (Group laughter) Perhaps I can set the tone. When a similar administration came to my planet, I wondered that... I wondered if I became more aware of the midway creatures and perhaps had celestial beings over for dinner, would the midwayers do the dishes. (Group chuckles) Does this help?

Doug: It helps others.

Thea: This isn't easy, Will!

Doug: Why don't you come back to me?

Will: Alan.

Alan: Ah. I can tell that being silly isn't something I do easily. So I guess I'll go with the serious idea first. I think what I'd like to.. What I want to... what I believe I'll see in a serious mode is a lot more connecting, a lot more people learning to trust each other and bond with each other and support each other, and sort of having much more of a family network and that sounds like something I really would like. I suppose part of that family, too, extends up to you, extends to the teachers, to the celestials that are here to help us.

Will: Thank you. We consider you part of our family, too.

Alan: I think I certainly want to learn how to play more. I have real trouble playing, trouble letting go and in a sense being willing to make a fool of myself, or what seems like making a fool of myself. Part of it is just learning to be more spontaneous.

Will: And if you had a day to spend with one of us and we were more material? What would you do? What would you show us?

Alan: I know I'd ask you lots of questions, but what would I show you?

Will: What would we do together for fun.

Alan: Well, one thing... I really think I'd like to take you to the ocean, you know. Go play at the beach a little bit.

Will: This was one of my favorite activities on my homeworld - to take my children to the beach and play amongst the rocks. Thank you for sharing that!

The Teachings of LinEL (and Will)

Alan: Thank you for asking.

Will: Jewels?

Jewels: Could you repeat the question, please?

Will: What do you expect from this mission - what are your hopes and wishes on a serious note, one you think will be fulfilled, and one that you wonder about that perhaps is not so serious.

Jewels: Okay, then I guess I had the question right. I find my expectations of this whole thing change month to month. So far, right now, it's the progress, and not necessarily in this order, because they are all to me important, but would be the progress of the planet turning to the life and light, would be for the people of the Urantians learning about their descent, learning about the Father, and then for myself, for my own descent/ ascent, excuse me, just going forward, learning to experience all that I can experience and to give up all the fears and distrusting. And the silliness, I guess I don't have one except for wishing that I was caught at a better moment during the week when you said you visited, I had the feeling it wasn't one of my most calmest, and I guess that's silly in a sense because that's where we are at the time.

Will: Yes, that's right.

Jewels: Yeah. So that'd be it.

Will: Thank you. Lisa.

Lisa: I really dream and hope for world peace and that's a common dream. The progress involving people in general releasing fear, that's what all the conflict is really about. And that includes myself. And the peace would involve the reduction and eventually the halt of child abuse, sexual abuse, all the abuses that happen in this world that I'm disgusted with most of the time, hate to say. And just the racial judgments and all of that that leads to trauma and tragedy and struggle - it makes me sick! And I see it all the time and it makes me sad. And I don't even read the paper or watch the news or anything because of all of that and then I have to see it at the hospital. So, I just wish for all of that to become eliminated in the world, and peace.

Will: I share your distress and understanding and I commend you that every day you go and face this and you try to love!

Lisa: And I have to relate with Alan as far as the silly side, being it's so difficult to have fun and let go, and I've always been that way. But I would like to be with

my teacher or one of the teachers, or a group of teachers and each have an extremity and just twirl me up in the air like a pillow, like a feather, and show me how light it can really be in this world!

Will: Oh! I will personally come and dance with you! Because it can be so wonderful, so light! The diamond that is in your heart that is the true essence of you, that cannot be touched - the wonder child in you that yearns for that! I long to embrace that child, to show them the wonder and the lightness.

Lisa: Thank you, Will! It's good to meet you.

Will: Thank you! ...Thea.

Thea: Well, first thing, I gotta get my voice back because of what's been said here means a great deal to me, and it means a great deal to me to meet you in this way, too. Thank you for coming to me this week.

Will: Thank you for giving me the opportunity.

Thea: What I expect of this mission is that there will be changes on changes on changes, and although part of me afraid, part of me is really excited about that because what I hope for this mission is a lot of what Lisa said, and that everyone on this planet can feel the love that we are being able to feel because I believe that if everyone could feel the Father's love the way we're being lucky enough to do, that they would be able to give up that fear.

Will: The planet would change overnight!

Thea: This is what I want, too. And the silly... It's really obvious that playing is not easy for more than one of us. All I can think of right now is that if you came to visit, maybe we could play with computer graphics, or string beads, or I could fix some food from different places on the planet so you could see what things tasted like to different people. BBQ, maybe. I don't know.

Will: I would be delighted!

Thea: But I want to learn how to play, Will. I really want to learn how to play better!

Will: I hope this for all of you - to learn how to play better, to reach out, to know that this journey that you're on, the steps that you take that are so hard - you can have fun in between. You see the hardness, but not the lightness. And then it comes to you in moments when you look at the clouds and you look at the grass move, when you watch children play - the lightness. Thank you for sharing.

The Teachings of LinEL (and Will)

Thea: Thank you for being here! I don't always blubber like this.

Will: I'm afraid I have expressed myself to almost ruining our transmitter. (Group laughter) I am not used to being allowed this much freedom and I appreciate the opportunity. This may sound odd, but not all of you are alike. (Group laughter)

Thea: Yeah, we noticed that, too!

Will: Delores.

Delores: I wonder what you meant by that.

Will: That I'm constantly surprised by the differences in all of you, even though I should be older and wiser than all of you, and that all of the differences that I've seen in the universe, I'm still surprised. And I cherish that surprise and that wonder, and it is what I wish to give to all of you!

Delores: Okay, thank you. You were talking about watching clouds, and today on the way home from work and all this emotional stuff in me, and I saw this white cloud shining out of the darkness and it just broke my heart and I only could cry, and it was just a visual symbol of the fears - I think a lot about the projection in the future of the next generation, having children, great-grandchildren and what the world will be like then, and I wish that ... I see the business world for the first time in my life, and the greed and the running over each other, and the violence of that is so unbalanced on the planet, and so unnecessary, and I would like that... people are afraid to give that up because they are afraid that if everything's even, and shared, that it will be boring maybe, or ... you know there's no understanding of what it will be like without that fear. And, I don't know what it will take except for, you know, one person at a time and one heart at a time. It's big. And you know, like everybody else, I wish it would be on the whole world at once. All of us at once, doing it.

Will: Sometimes, I watch all of you, all of you on this planet, and when you talk about your clouds and how it broke your heart, I see all of you struggle with your own passions. You're all afraid of stepping into your strong emotions and letting them run wild. And I encourage you, even though it seems scary, seems frightening to you - step into them. Move past the sorrow, move past the heartbreak, to the ultimate beauty that that cloud and that light represents to you. Right now, it reminds you of all that you have to go through, all that you have lost, and yet, you've lost none of it! And you have all of it to gain. And I want to hold your hand and inspire you with that light and say, "Look, look! Look at all the

wonder!"

The next time your heart breaks, cry, and then ask me to come and show you. I'd love to fly with you.

Delores: Well, that was going to be my silly thing. I guess it was from the mare dream - to just take those horses and run like crazy across those fields, and flying, and that's really scary because it's really dangerous and you're running with the animal and your passions are all fire and you're just going and it's really powerful and a wonderful thing to do. When it's over you can just lay across that horse in the sun and be totally relaxed. It's great! But you have to run first!

Will: Wonderful! Wonderful! Thank you!

Delores: Thank you.

Will: Louise?

Louise: Will, I don't know you. But if you came here, I have something silly and I thought about it right away. I have this red plastic hula hoop that I'd like to see if you could use as well as I can. (Group laughter) I'd like to see if you could make it twirl both ways, and if you could get it to go up and down your body and onto your arms. And I'd also take you for a ride on my brand new bike 'cause I like to go like hell on that bike; it is fun! (Group laughter)

Will: Oh, thank you! That sounds like a wonderful afternoon.

Louise: Oh, we'd have a blast! And you see, that's my problem. I don't ever want to work, and I'd just like to be silly all the time. And I don't think I have any balance in my life.

Will: And so now I must ask you what are your serious expectations?

Louise: Well, you know I didn't come to this group with any expectations. And I didn't know what to expect. I just thought this is completely fascinating and when I picked up that book and started to read it, I just loved the story, I just loved having answers to things that had crossed my mind that I'd talked to people about, especially my mother, but now I'm developing some expectations. I want to transmit; I want to really know that this is happening, and I feel that that's the only way because I can't bring anything to my brain on a conscious level. Would it help me to transmit?

Will: It would only help you to find the Father's love first. The transmitting is really unimportant. It's the

The Teachings of LinEL (and Will)

knowing, the finding in that void that you spoke of, finding that presence of love and bringing that to your heart and knowing that it is Other, that it is different, and that it moves through you and that you are sustained by it and that you are part of it. Finding yourself in this whole, in the universe, finding your place, is what you need to do.

Louise: I have an expectation. I expect to learn how to receive here.

Will: And you will. This is an expectation that I think all of you can hold. And hold the promise of success.

Louise: How soon? (Group laughter)

Will: This, my sister, is a question I ask also. I am not known for my patience, and I am not known for my understanding. I appreciate your impatience. Doug, you're not off the hook yet. (Group laughter)

Doug: Good, because I remembered something silly that I've been slowly working on.

Will: I'd love to hear it.

Doug: I've been slowly working on a parody transcript called "Welcome to Madness!" (Group laughter) I start off with "The power of God confounds you, the presence of God escapes you, and the love of God discomforts you." (Loud group laughter)

Will: Wonderful! Thank you for sharing! Wonderful!

Doug: "And you don't know what you don't know." (Group laughter)

Will: Oh, Doug. Your sense of humor is wonderful! Thank you! This is something that I will share with all. We appreciate, especially here in this group, your irreverence. All of you are so flip, it's wonderful. (Group laughter) Irreverence does nothing except stand in the way of knowing us. We all lived like you did. We hated, we lied, we joked, we laughed, we sang songs, we were out of tune. We rode our bikes madly, we played with our hula hoops, we raised children, I changed so many diapers I cannot even count. I fought with my husband, we made love just like you do, and we understand you, and we love it when you make jokes!! That you do not hold us in reverence, it's wonderful! Thank you! Send your transcript to all the groups. Perhaps it will crack some faces that need cracking. (Loud group laughter) And I will probably get in trouble for that comment.

Thea: Will, you grin even harder than LinEL.

Louise: Poor Mark!

Will: Ah! You are all wonderful and beautiful and I've enjoyed all of you thoroughly.

Delores: Well, are you off the hook then?

Louise: Tell us something silly?

Delores: Oh, you started it, didn't you.

Will: I told you my silly, yes, but I'll tell you one of my expectations, and it falls in line with many of yours. That you can all see to love each other, see who you truly are inside, see that you are all wonder children, that you all deserve everything that the world, the universe, that the Father has to offer, that you reach out and you suck the universe dry of all the love that is out there! Try to suck it dry! And then it will change overnight for you. Overnight - what a funny thing this is. This is part of that impatience that I get so caught up in also. I want to say to you all, do it tomorrow. In fact. I can't understand why you don't see! (Group laughter)

Jewels: Because we're agondonters!

Will: But I've been told by Michael himself that you are all only human and that I must wait, that I must watch and be patient, and I should be. I know better than all of you. But this is my expectation - to see the hate end, to see the separation end, to see the blindness end. This blindness that you all seem to have, you keep your eyes to the shadow. Every time you see light, you avert your eyes back to the shadow, like it will hurt you. This is part of that passion that I ask you to explore, to run into.. when you see that glimpse of light, run as fast as you can into it. It doesn't matter if there isn't anything in between, run! There's so many pathways that will open up for you when you do take that leap. And I know it's hard, and I know you're afraid, and I know that we're foreign, and I know that we seem intimidating, and alien, and older and wiser - so much so that you cannot relate to us, but we're not that far away from you! Talk to us. We're your friends. We want to know you! We want to hear about your animals. We want to hear about your misunderstandings with other people, we want to hear your doubts. We want it all. We want to be your friends. We want to hold your hand, and we want to dance with you, we want to sing with you, we want to create beauty with you, and none of it is lost, ever!.

Jewels: Okay, I'll bite. You made a comment that you enjoy when we don't reverence you. And I know you're talking about you as all the teachers. But sometimes... it's not really a but... it seems hard being the

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agondonters and not trying to use that as a crutch, but then all of a sudden you're here, and even though we understand that you're our brothers and sisters, and we understand the dual roles of teacher, brother/sister, Michael's our Father/Brother, Melchizadek... all these ... I mean, teacher/boss/supervisor .. it's a little awesome. It's a little overwhelming. I have a hard time with it myself. I know that's not a great secret among you guys. But, yeah, it's hard.

Will: Jewels, you're not alone.

Jewels: I know I'm not alone, but I can't help the other ones, but I can try with my own.

Will: We are going to try to give you more parts of ourselves. There will be an ongoing concerted effort to have different teachers visit different groups as transmitters are able, and we'll try to share more of ourselves personally with you. This has been a problem. We realize that this is so new for you and we ask so much of you. It is somewhat of a wonder that you even speak to us at all. (Group laughter)

Jewels: Well, I have to admit that when you asked Alan what he would do if you teachers had materialized, what would you show him...

Will: Half the minds in the room seized.

Jewels: Yes. I was gonna show you my teeth on the floor. Just like, excuse me, that was my first honest response, you know. And then yet when you're saying "we shared the past couple of days with you", I know what my days were, and I was totally mortified that ... you know.

Will: You don't realize. You don't realize that we all know how these days go! We know when looking to the Father seems like the last thing on earth that you want to do. Believe it or not, we have these days also. They're different for us, but they're the forgetful days when everything material in your life seems to take over, when all the worry, all the anxiety crashes in. This is not unfamiliar. In fact, there are many on the teaching staff that have forgotten how some of this can be, and this mission is a lesson for them in remembering, and thinking back to exactly how hard it was. And the empathy and the smiles and the shaking heads that come from these persons is gratifying. And wonderful. So do not feel ashamed at your last couple of days that you feel like weren't successful. Don't be ashamed that we shared them with you. We ...

Jewels: It was more of an embarrassment when you said it. It's just mortification.

Will: Why do you feel mortified?

Jewels: Because I was a raving lunatic. Trying to help my cat out. Stomping through the house. Yeah.

Will: I saw it as a tender scene of a caring person, and love, not of a raving lunatic.

Jewels: That's what it felt like. Thank you. That was it.

Will: Thank you. Are there any other comments?

Doug: I have a question that ties in with that. In that Jewels mentioned being overwhelmed with the teachers and cosmic consciousness. I would imagine there's some precedent on the first mansion world when someone wakes up. How do they deal with it there?

Will: There is a mechanism that you have on that world that you do not have here. It's less animal and it allows you to be less surprised by what you see. I know that I felt the same way when I thought of awakening, and being absolutely freaked out - this new environment that I found myself in, I thought - all these strange beings - I'll be alone, I won't know who to turn to, I won't understand their language, I won't know where to find the bathroom. (Group laughter) What will I do, what will I do as a job, what value will I have, how could I possibly serve in the presence of every celestial being in the universe that I will suddenly be aware of, that all the knowledge of the universe awaiting for me, how will I get through all those books? This is what I thought of when I thought of awakening on the mansion worlds. This is not uncommon. But it's not like that at all. You awake, you're more conscious of your thought adjuster - your best friend, who's been with you all that time - and you feel like you've come home. All the pain is far, far away. It's like a memory. And you awaken to sunlight and music and loving beings that are radiating love to you. The entire place rings of home, rings of safety. The smells, the new sensations, the colors - it all seems natural, it all seems as it should be.

Doug: So does the teaching mission!

Will: Yes. I'm glad you think that way. Because in a way, we've brought a little home to you!

Group: Um. Um-hmm.

Will: Yes.

Delores: So how's it being accepted out there generally in the world? And how's it going to be spread around? How's it working?

The Teachings of LinEL (and Will)

Will: By loving your child, by loving your co-workers, by being honest. It's so simple. So many people in this mission think to be prepared, to learn to be better public speakers so that when they go door to door that they will be able to minister the word of Michael effectively. I can't tell you how many people agonize over the amount of information - who they're going to talk to first, what pieces of the Urantia book they're going to copy out and spread through cafes, under tables so that people will find them. It may be done this way, but I doubt it. (Laughter) Loving each other! Loving each other! Building your family. Building your extended family, building your immediate family, building a family at work, building a community/ a family in your town, a family in your state, a family in your country.

Delores: That's an incredible challenge, Will. You know what I mean? I mean someday I just want to run away from all of those groups you just mentioned. (Group laughter) I just want to quit, I don't want to have anything to do with it.

Will: When you think this, Delores, find the family that you feel safest with and move back to it. Get all the hugs and all the love that you can take. And then walk out the door again. This is the way it will be accomplished. Loving your children. Please love your children! Love other people's children. Love them when they can't love themselves.

We have a long time, you know. A long, long time. I've been at it for a long time myself, and I am still being amazed. I look at this world and I shake my head and I wonder how it's going to be done, too, but it is being done. You're doing the work. Your willingness and your courage to simply come here and to speak your mind to each other - the action is already being done. The moment's occurred. The Father is now flowing through each of you with the connection of the new circuits. There is no stopping it now. Your planet is registered in light and life. What this means is that from now on, you're attempting to attain perfection here, to make one big happy family, and believe me it will take a long time, but don't lose heart because you're taking the first steps, you're setting the example.

Jewels: I think one of the things I look forward to is being old by our civilization's meanings - to be this 80 year old lady and have a child come up to me and tell me about their special little friend - in our world now what's considered an imaginary friend, and to know that they're talking about a spiritual person and that this child can see, and is no longer, uh...tear time...an agondonter, that it's changed. And hopefully to be able to see their little friend as well. (Group laughter) That'd be alright! But to know that the child can see. I mean,

I'm talking about a six-year old, a five-year old...

Will: I understand exactly what you're talking about. And this is one of my dreams, too, for you. I hope that it comes to this; I know that it will come to this. It's a long time from now - you being an old woman. Much will happen. You have much life to live between, and you never know, it may be your grandchild.

Jewels: That was a thought.

Will: A thought I encourage you not to give up on.

Jewels: You know our Peter Pan story?

Will: Yes.

Jewels: Are you familiar with the version how Wendy tells her own grandchildren about Peter Pan.

Will: Yes.

Jewels: I could be Wendy...I could tell the grandchildren about, you know, we all could.

Will: About LinEL and Will and Rayson and Jared - all your invisible friends.

Thea: More visible all the time to the eye of the heart. I'll tell you!

Will: And this is the key. You don't quite realize how true that statement is. None of you quite realize now how true that will become. It seems so invisible, so empty, that statement, but it is literally true. The more love you share with each other, the more energy that you generate, the more you personalize your independent structures, your connections between each other, the more this will become true. You are almost setting up a field around your area where any spiritual beings that pass through this field will be visible to you simply by the love you generate! So, these things that you say that seem like metaphors - listen to them! Let that child within you believe in them. Let the magic be true for you. Have I inspired all of you?

Group: Yeah, yes, thank you! There aren't enough words!

Will: Thank you for letting me come here. This has been wonderful. You're all wonderful people, beautiful people. LinEL cherishes you more than you know, and we hear about it to no end. (Group laughter) As he hears about mine, to no end. My pupils, my students, my friends, my family.

The Teachings of LinEL (and Will)

Delores: Is he there tonight?

Will: Oh, yes. He's here.

Delores: Is he there with your people?

Will: No, he is here with you. My people are on their own for tonight. This is not our usual meeting night.

Jewels: Well, Will, this is a little premature, but I would really like to invite you down to Fresno. I figure you'd make the circuits eventually, but please come.

Will: You can count on it, Jewels.

Thea: Please come back here, too!

Will: And you can all count on that, in fact, it will be quite busy here lately, for the next few weeks. If you transmitters can withstand it. And I was chosen first because I am...so I hear, easy. But do not be ...

Thea: You said, they're all as soft as you are.

Will: Yes. I do have somewhat of a reputation for coming across hard sometimes, but it is only when hard truths need to be told. All of us are more or less diplomatic in our attempts to be honest with you, but frankly, we are not perfect, either. I have been told that sometimes my delivery can be a bit harsh. And I think this will be amusing to some of my own group when they read this.

Jewels: Well, if it is harsh, surely it is with love and kindness.

Will: I would hope so. I want you to know, just as a closing comment, that your teacher LinEL is admirable. We all look up to him in the mission. He has been an inspiration to many of us. He has been here for a long time, and has laid many plans, and has instructed many of us. And I know that he hesitates to tell you this himself, because it is not..."contributing to your spiritual development!" (Group laughter) But, I think you should know that we admire him as much as you admire him.

Jewels: Thank you.

Will: And on that note, I will leave you for this evening. And thank you all!

Group: Thank you! Goodnight, Will. Have fun.

Will: My peace be on you. Shalom!

LinEL: This is LinEL. I thought that you would find that entertaining in the least. And I have to say that I find her to be a wonderfully spontaneous, sparkling creature. And I want you to know that my love is with all of you, and I'm glad your hearts have been lifted this evening for I know that they have been heavy throughout the week. Our time has come to a close, and I know that some of you must attend to other duties, so I will also leave you for this evening. Know that the Father's love is around you always. Look for it! Feel for it! I will be with you this week. Farewell.

Group: Goodnight, LinEL. Thanks, LinEL, for the present.

July 2, 1993

MARK
 Derek: I am Derek. I am of the Melchizadek order. I have been commissioned to supervise the next segment of your group's growth. There is much change coming to the operation of the Mission. Much of this change will require more involvement from you all. There will be much instruction, much assistance, much unifying of your daily lives and the spiritual realities that we attempt to teach you. There is much of my being, since I am not mortal-born that I am not able to express to you through this form of communication. This information was requested to pass on to you by your teaching staff. The Melchizadek order is not a group that we wish you to fear or feel alienated by. There will be an acclimation period of my own in working in association with human mortals. I will be in contact with you from time to time when need arises.

I yield for a transmission from our Sovereign Michael.

THEA
 Michael: My beloved children, I am your Sovereign Michael. I love you dearly. I am so proud of your loyalty and your persistence. You are together with me, partners in the reclamation of my beloved planet, Urantia. You are learning what it means to truly love one another. You are learning what it means to truly allow the Father's love to flow through you. Teach your brothers and sisters by this example. Show to them all, all throughout my planet, what you are showing to each other tonight. This is the meaning of my Mission. I will be working more closely with all of you in the times to come, as we establish the next stages of this process. I honor you, I honor the honesty with which you are sharing. Remember that I respect also your doubts and confusions, that you will turn again to seek the Truth, the Beauty, and the Goodness, as together we are in this venture. I love you dearly, each one of you. I will return soon. Farewell.

MARK
 Greetings to you all. This is Jamel. I am of the order of the Celestial Artisans and worked as a Harmony Worker on the worlds of Michael. What a privilege it is to follow up a message from our Sovereign. I wish to address you tonight, and I thank Mark very much for his willingness and courage on such short notice to transmit a variety of personalities. My work in the universe is... surrounds the space between, as an example, the material life and spiritual reality. The space in between those two realities can be expressed and accentuated and made into its own reality. This is something that I would like to teach you all. This is something that this Mission needs to address: How to bring your daily existences and spiritual reality together. I would like, if you are willing, to work on an exercise for the next couple of weeks, or as long as the

exercise is needed. I would like each of you to think of an attribute that you personally experience, an attribute of the Father, an aspect that you experience in your daily lives yet cannot describe? We will attempt in the next couple of weeks to describe God. This is an exercise that we share with students on the first mansions world in their later educations. I would like you to think of this aspect of God, then find a physical object, a talisman if you may, that you associate with this attribute. Put this object in a place that you frequent often. Each time you glance towards this object, you think of the associations of our exercise. Do not spend overmuch time thinking of exactly what aspect this talisman represents, simply one that you feel most personal about. One that you perhaps are in the process of questioning. One that you perhaps do not understand. As you think of the Father, using this talisman as your string around your finger, allow the process of thinking to evolve. For example, each of you now understands the concept of growth, perhaps better than you did a year ago. This is an aspect of your relationship with the Father. This aspect of growth, however, undergoes massive transformation every day. Allow this fluid concept to become part of your talisman thoughts. Allow it to evolve to your next talisman. Each Friday, I would like you to bring this object and in your sharing time, discuss what you have been thinking about, describe your segment of God in whatever terms you feel comfortable with. This could be something as simple as a sentence, a feeling, a situation that describes what you... describes your relationship. I wish for you each to express yourself any way you want. This could be art, this could be words, this could be writing. This is something you do for yourself, to bring the reality of God closer to your material reality. This also allows you to begin to describe your unique relationship with the Father with others. You have no words, you have no ritual. You have each other, you have established a strong system of sharing, you have established a trust amongst yourself. This is the perfect fertile ground for exploring your pieces of the Father. This may at first seem difficult. If it does, you are trying too hard. Go for the simple; go for what you understand. This is not glamorous; it is an attempt to express yourself, an attempt to express your spirituality, an attempt for you to make your relationship with the Father more tangible in your life. And since it embodies a physical object, a reminder, the Father can become more of a part of your thoughts in your daily work. Are there any questions about this exercise. Have I made myself unclear in any way?

Thea: Can we make this object?

Jamel: You can make this object, yes.

The Teachings of Linnel, Derek, Michael, Jamel & Serenia

Thea: Can we obsess about making this object, no!

Jamel: Keep it simple. If you find yourself thinking about it for more than a day, you are working too hard. Remember, we have an entire lifetime on this planet; if we explored... if you explored, each of you explored, an aspect of the Father that you experience in your quiet time, experience in your growth as a material/spiritual being, we would not have enough little pieces to talk about.

Sage: Is this supposed to be an aspect of God that we experience or we would like to experience?

Jamel: Either of these. One that is perhaps on the edge of your mind that you do not quite comprehend yet. Allow this talisman to be your focus for thinking about this. Allow it to focus your prayers. Allow it to be the focus of your quiet time. If there is an aspect of the Father that you do not understand in yourself, that you do not experience as well as you would like, allow your daily thoughts to come back to this question of yours. Allow your quiet times to help you define what this aspect is. This is a process. I do not expect any of you to have answers at the moment of your choice. You may not have answers at the moment of your description. But you will have a clearer picture of what these pieces can become in your life. And as each of you shares a piece of your own picture of God, you will begin to see a larger reality, the pieces that each of you bring to the reality of God.

Doug: Thank you, Jamel, that's a wonderful assignment.

Thea: Yeah, wonderful!

Doug: I hope it's okay if some of us spend more than a day doing it because I think it's pretty inspirational.

Jamel: You can spend more than a day, yes.

Doug: It seems like an assignment about creativity, and that's one of the biggest blessings of this mission, is the reinforcement to be creative. Our culture takes that from us. And you're giving it to us in abundance and the part of God that I am perhaps more than any other is creative. To have that reinforced is a wonderful blessing. Thank you!

Jamel: And each week, bring a new aspect of creativity and share. Thank you. Very well put.

Julie: Thank you, Doug.

Thea: Yes!

Jamel: You understand this assignment. And there is a need for it. We realize that your minds, your planet has been out of contact with spiritual reality for so long that you are no longer as sensitive to it as we would like. This is an attempt to bring spirituality and reality - the reality of your daily existence as drudgery, as drudgeful as it may become - to bring God into your day, into your thoughts. And please oblige me in manifesting this aspect in a physical way. Put it on your dashboard of your car, near your workspace, on your kitchen window, anywhere that you frequent. This will be an important part of your exercise, to keep this object in your thought, in your mind. I know that all of you have trouble focussing. Think of this as an extension of Abigail's exercise. Are there any other questions?

Doug: Additional thanks for speaking with us tonight; it's nice to hear you.

Group: Yes.

Jamel: It is my privilege, and I send my greetings from the secondary teaching staff and the technical facilitators that work with you daily. They send you their greetings and their love and their respect.

Sage: Do you have any knowledge of what is going on with.. where Abigail went?

Jamel: There is a new phase of this teaching mission. It involves a more hands-on approach from the teaching staff to you. There is some training, some instruction that the teachers are undergoing. This is all that I can say of her absence, however I would express to you to not be alarmed, that great good is coming from this absence. You will notice more personalities and more opportunities to speak with personalities in the next several months. And there will be more exercises. And I will enjoy working with you very much. Thank you for your time. Thank you for your devotion. And thank you for your honesty. I take my leave of you now.

Group: Thank you.

^{THEA}
Serenia: Good evening. I would like to greet all of you. I am Serenia and I am Thea's personal teacher. I am excited to be speaking; this is my first opportunity. You will find many changes ahead which I think you will enjoy. You will begin to understand further the purposes of the secondary teaching staff. We are here with many kinds of expertise to share with you. There will be many exercises and much more, as Jamel has said, hands-on experience. We are delighted to participate in this; it is part of our purpose with you. I have areas of knowledge in healing and the creative arts

and I will be assisting in teaching you additional information related to that which Jamel taught you this evening. I look forward to the opportunity to work with you more closely, and I think that together we will also all have a great deal of fun. Thank you for this opportunity to speak with you; I will return.

Group: Thank you.

Serenia: Goodnight.

MARK

LinEL: Greetings, this is LinEL. What a time we have upon us. This is not one of those spaces between the notes. (laughter) We have a great deal of work to do, and one thing that I would ask of you is to begin to develop a place in your heart that is trust, trust in your faith, trust in your guts. Many of you are lopsided (laughter), you allow your intellects to run your decision-making process to invent fears for you which you make decisions upon. This is a great source of unreality. In these exercises and in these times ahead, we strive to not only strike a balance, but to strike an imbalance so that your faith, your trust, and your spiritual intuition becomes the greater of the two. I would like to see all of you make errors in judgment in concerns with too much faith. (laughter) It will allow you the opportunity to see the flip side of this process. So many of you are so top-heavy with decision-making processes (laughter). I hear tones of laughter. This is something that I, too, have had trouble with in the past in my earlier existence. I understand and I also understand the nature of the challenge that you are about to face. This is the place, more than ever, that the teachers can give you help and comfort. We know the change that you are about to undergo. It is a wonderful one. It is a confusing one. It is disconcerting, because you find a place in yourself that you truly did not know existed. So many of you see faith and trust and spirituality as a background noise to your decision-making processes, to your thinking, your intellect, your information-gathering, your doing. This background noise will actually become small dexterous movements. This will be an amazing process and process - I stress this word - do not become overly anxious that you will not be able to perform. The change is happening as we speak. It has been happening your entire lives. You simply give it the focal point to grow. The circuits give you the tools to help it grow. As we pass through the next several weeks and months ahead, there will be much in the way of learning. And yes, it will truly start to become sublime. Are there any questions or comments that any of you would like to make.?

process

Julie: Well, LinEL, I want to thank whoever it was that gave me the courage to draw this. And it goes along

with everything you've just said tonight, and the others, so whoever it was, thank you!

LinEL: Your thanks is heard, Julie! And we thank you for the courage to take the steps. Do not underestimate this effort on your part. It seems so minimal when you see the results of the small pushes and nudges that you are given. We may point to where you need to go, but you still have to go there, and you have begun this process. Many of you at the beginning, we would point, and you would ask, "why should I go there? What happens if I do go there?" You have found that in the process of taking these steps, and as we point to the next place, you take the next step, it becomes easier. But never forget, do not underestimate your own efforts, your own freewill choices to move your foot. So I thank you.

Thea: LinEL, I believe that I received a message from Michael last Sunday about some of these changes that the training wheels being off didn't work quite right and we're getting new help - is this true, and is this part of this process?

LinEL: This is part of this process although your description implies some failure on your part and this is not the case. This is a process for us also. We see that there are deficiencies in you that we perhaps under and over estimated. The training wheels are not being reinstalled, you are simply being invited closer into the circle.

Thea: Um, I feel that.

LinEL: Your group has performed quite well. The closeness, the bonding and the family feeling that exists here, that has been your doing, your doing alone. The love, the reaching out that you have done has been the key to this door. We could not have helped you with this. We could only stress, we could only point. You had to move your feet and you have done so quite well, my students, and I am proud of you! And I am privileged to be with you in this next stage. It will be exciting. We will get to know each other better. You will get to know yourselves better. And the Father will become more of a reality for all of you. This is the biggest benefit. And I am excited for you. Yes, you did perceive this truly.

Thea: Thank you.

Doug: We're getting excited, too. And more than ever appreciate your presence, LinEL, and the things you give to us. Serenia mentioned healing. I've got a, I guess somewhat technical question about ... are there enough life-carriers that they can be assigned to

individuals, and how about physical controllers?

LinEL: Physical controllers and Life Carriers are not numerous enough to be assigned to individuals, although they are assigned to groups of individuals very much like guardian angels are assigned to larger, to smaller, groups of individuals. It does not require one-on-one personal constant attention from a life-carrier to perform healing arts. This is a tricky area of information because some of what you know as healing we know as science - morontial science, and some of what you speak of is truly the direction of spiritual energies. It is difficult for me to speak of this as separate, therefore, the information that I give you cannot seem consistent, if this makes sense.

Doug: Yes, it's inconsistent with information from Pocatello, but I think I can understand the differences.

LinEL: Yes. Know that this group will receive healing attention and that there are those here who have the abilities and have some experience with this process. Look to them for their experience; look to them for guidance for they will be guided. This will not be directly my area of supervision. There will be others that will direct this. Know that this is, these are, some of the changes that we speak of. And know that they will be coming, happening very soon. Your soon. (laughter) I will add that there are so many mixed impressions and feelings about healing from mortals that we do not necessarily attempt to direct your thoughts in concerns to the technical aspects of healing. It is simply enough that you believe and that you participate. It is not necessarily important that you agree on the details, for none of you actually, truly know what this process is about. And I hold the belief that it is undecipherable to you. I may in the future be proven wrong.

Doug: So the willing action is more essential than the understanding.

LinEL: Yes. That you become a channel, that you become receptive. These are the only two things that are required.

Bill: How do we approach the person being healed, to encourage them to be receptive, to encourage them to be open.

LinEL: Very much like you have been doing with your TR practice meetings. I would encourage you to have healing practice meetings. In fact, if you wish to incorporate these two, I would very much encourage it. There will be some ambivalence and hesitancy to participate in healing activities as you know. Although, without this experience, the trust cannot be built.

Therefore, I encourage you to practice. To pretend that it works; to pretend to participate (laughter). This is the first stepping stone for those of you who have difficulty with grasping the healing concept - accepting the healing concept, I should say.

Thea: Another chance to go overboard with faith, eh?

LinEL: Yes. (laughter)

Bill: Follow up question - what about people outside of the group? I know that when there's a healing in me, my hands just start vibrating and sometimes I don't have any way of approaching the person to help them. I just, I can't find a way to... be a vehicle for this healing.

LinEL: There is much that you can do without their direct, willing participation. I would encourage you to perhaps be sneaky in an honest way if this is possible. I know that this is somewhat of a mixed message, but your healing abilities are for all, not just for those within this circle. Not all will understand, therefore, pass your gift along as you can and as you may. If the recipient is willing, the effect will be more profound. Does this help?

Bill: Yes, it does. Thank you.

Sage: LinEL, I understand and see that changes are happening with the groups to expand our understanding and our abilities and I'm wondering what is taking place to expand the teaching mission in numbers and the people that it's affecting.

LinEL: The teaching mission has grown without overly much promotion, if this is what you mean. It will continue to grow. It will actually move into another phase where subdivision, sub-meetings and specialty meetings begin to occur simply out of administrative duty, administrative necessity. The mission will grow. It will not necessarily always have the form that it does within this group. It will change and it will meet the needs of the world as those needs arise. As the receptivity becomes a reality.

Sage: The need is there! That's what I'm...

LinEL: The need is there! The receptivity is not there.

Sage: Right. Um-hmm.

LinEL: Your community functions will begin to take on a slightly different taste. You will begin to see the changes and you will be asked at some time to help facilitate these changes. This is part of the future function of these pilot groups. There will be much to do

for everyone and I assure you, you will be ready to do it when you are asked, you will be able to do it when you are asked, and you will take joy in it.

Sage: Will it be clear and direct?

LinEL: It will be clear and direct. There will be no mistaking the intention. As we move further into this mission, your faith builds, therefore, our ability to impart information to you is broadened and expanded. Very much like at the beginning of the mission we received many questions about the reality of ourselves, the reality of what was happening, we were asked to "prove" the reality of what was happening. These questions have ceased more or less from those who were there from the beginning. Your faith has built, and you will be rewarded for that faith with information, with direct addressing. Does this answer your question.

Sage: Yes.

LinEL: Do not fear that your purpose will not be discovered, Sage.

Sage: Thank you very much.

LinEL: You are not a participant of this mission, you do not have the skills that you have for no reason.

Sage: Thank you.

Louise: LinEL, I'm feeling the same way. I'm wondering if my place is here or somewhere else.

LinEL: That question I cannot answer, but I can tell you that you do have a place. You also did not find your way here by accident. There will be struggles and lessons for you to learn, but know that you are in the hands, and you are in the keeping, of the Father and Michael, and that you are a participant of this mission, a willing participant, and you will be utilized, you will be cared for, you will be loved. I know I cannot give you the answers that you so desperately seek right now. I suggest to you that you turn inward with even more honesty. Stop trying so hard in your quiet times. And the answers that you seek, the security that you seek, will come to you.

Louise: Thank you.

LinEL: Thank you.

Julie: We really appreciate you, LinEL, and want you to know that. And we love you very much!

Thea: Yes!

LinEL: Thank you, and I love you also. It is a great privilege for me to be a part of this, to know you, to touch your lives. It is a great privilege, and I thank you!

Bill: LinEL, in your visits to me, I'm wondering if you can give me some advice on how to hear you, if you're there to speak to me, because all I can do is feel you! I know you're there, but I can't hear you! I don't know how to get through.

LinEL: You are experiencing what many of those who have teachers who have been in contact with primarily one teacher. You are experiencing a phenomenon that is shared. You are patterned, your mind is patterned to this individual teacher and not so receptive to others, although you do receive them, it is not as clear. You are patterned quite well to Daniel because he was your group teacher, because you interacted with him, not just mind to mind, but verbally within a group. As I become more familiar to you, as you and I become more patterned to each other, it will be easier for you to receive me more fluidly, more truly the way I actually am.

Bill: Good, I look forward to it.

LinEL: So I ask you to have patience. And wait. And know that I am there, and that if you can feel me, take comfort from that presence and do not judge yourself too harshly that you do not hear me better.

Bill: I really appreciate your visits while I was still in Pocatello struggling with decisions of where to go. It was comforting to know you were there visiting me. It was great!

LinEL: I would not, nor would any teacher in this mission, leave anyone who was asked to do what you were asked to do. We would not leave you alone, nor would we leave you unprepared. I thank you for your courage.

Bill: Thank you.

Doug: LinEL, in Woods Cross, I observed that they mentioned the name of other people who are in need of healing, prior to doing their silent prayer time and they focus on those people.

LinEL: Yes.

Doug: Is that something we should be doing?

LinEL: This group, and largely most individuals in this group, have not truly begun to understand the

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significance of prayer and focussed thought. This is something that we will begin to explore. This is no judgment. There is much to focus on in the initial stages in this mission concerning yourself and the decisions that you have to make. As you become more comfortable with your place here, it will be easier for us to focus on others. Yes, this is encouraged, here and in your personal life. We will give you more instruction on how to truly utilize this form of prayer-energy better.

Doug: Thank you. All your words ring so clear tonight!

LinEL: The atmosphere that you have all created here - the atmosphere of love and of sharing, of brotherhood and of trust, acts as a conductor for truth, acts as a doorway for not just my words but for the words of Michael and all the other entities, beings, that come into contact with your life to ring true. The more love you create, the more viscous this space becomes between us and the easier it is for information, for energy, for love, for words, to flow in this space. I appreciate you sharing the water analogy. This is appropriate, this is a good image.

Doug: It's been very effective for me, but I have Roland's interpretation of it. I'll be glad when he writes it down.

LinEL: Perhaps you should write down your own interpretation, for it rings true in your heart, and has special meaning to you. Then share it with him, and grow in the sharing of a common concept.

Sage: LinEL, I don't know why or what happened, but my belief took a giant step tonight.

Thea: Boy, you're not alone!

Group: Um-hmm.

LinEL: Thank you for sharing. Many of those unseen here tonight's beliefs took a giant step also, simply watching you. We all continue to learn, we all continue (to take steps <tape turned>) on this spiritual journey, that we cannot begin to thank you, nor begin to explain to you what value your relationship has to us. So I share in your sentiment. Not simply as a teacher or as an observer, but as a participant.

Thea: I'm just so overwhelmed with gratitude I don't really know how to express it!

LinEL: Then perhaps it is time to close this special meeting and allow you time to talk and share. It has been a pleasure, and it is time for me to close. The love of the Father truly, truly exists between you. What you

create will become so much more, and you will all become so much more because of it. I thank you, and I draw attention to your courage, your willingness, your openness, and your perseverance! You are a tribute and it is an honor serving with you. Farewell, and goodnight, and I look forward to next week's meeting.

Doug: I do, too.

Group: Goodnight, we love you.

Sage: Good share!

The Teachings of Linnel

Greetings this is Linnel. I am pleased to be with you tonight, I am pleased to see you gathered together, sharing together, speaking with one another about the events of your week, about the things that have happened. I want to encourage you to do this as much as possible and as I have said before encourage you also to contact each other during the week, to share together in this process of spiritual growth. I want to speak briefly this evening again about the nature of this teaching mission. This missions primary purpose is focused on the living of daily life, is focused upon learning to strengthen that sharing of the inner life with the Father of which you have just read, to the end you may become channels of his living love to your brothers and sisters. There are indeed many other things involved with this mission but if you loose sight of this primary purpose it will be more difficult for you all. I encourage you to seek habits of positive living in your every day life remembering that the spiritual is interwoven with the very fabric of you day and you will find many opportunities to practice this. It is not so important that all man kind learn now the teaching mission as that they learn of the Fathers love for them and to learn to love each other. Know also that the difficulties which you face both here and in other parts of your life are opportunities for growth as the Urantia Book has said. These are part of what will make you stronger and more useful in future universe adventures. While it is understandable to not enjoy the conflict nevertheless you will come to a point where you will no longer perceive it even as conflict but merely problems to share in the solv ng of together as a family in love. I love you all, the entire staff loves you all, you are doing far better than you think. I am ready to take questions.

Jeanette: Was that introductory statement said in such a way because Nancy is not here tonight, maybe the reason she is not here tonight is because of what was said last week?

Linnel: I believe I understand your question. However, this was no relation whatsoever. To my comments I am simply trying to return briefly to basics because all of us including those on our level sometimes enjoy and benefit from reiterating basic principals.

Jeanette: Okay, I was just concerned why Nancy was not here tonight. Maybe something was said.

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Linnel: Know also that we always miss any of our family group when they are not present.

David: I was fortunate to have some time to read this week and in the Urantia Book there was a statement that there is a difference between fact and truth and that they did not mean the same and that fact could at times change, I believe. I was wondering if you could help clarify that either by an example of what the differences or something along those lines?

Linnel: Yes David, thank you for your questions. This is a large concept sometimes difficult of explanation in words because it is most commonly understood through experience, however, I will attempt to explain. Fact is, (Thea is having trouble with the concept) fact is like data, truth is like the interpretation of the data except that in this case it is the data which changes and the interpretation which has an ultimate permanency I have a feeling this is a little confusing. I mean that the truth always goes beyond mere fact. The truth is very large ultimately as large as the Father and the entire universe. Facts on the other hand are small and changeable. It is interesting how humans all of us when we are in our initial planetary lives do have some confusion in separating fact from truth and tend to defend something by repeating but these are the facts, and yet the truth still escapes. As the book says you can be everlasting right as to the fact and wrong in the truth because facts without spirit, without the sense of the loving heart are lifeless and valueless. Truth cannot be contained in fact which is often mere words. I don't know that this explains much further than the Urantia Book. Has this served at all?

David: Yes, actually made this topic somewhat larger than I originally thought it was. (laughter)

Linnel: This is actually a very tremendously large topic.

David: I gather out of this that value or meaning which was the topic we just read has a lot to play with what truth is.

Linnel: Yes David you have surmised correctly. I would like to go into this in greater depth and perhaps I will choose this for one of my formal teachings.

Doug K. The book says knowledge is demonstratable and truth is experience.

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Linnel: This is correct. This is exactly what I am getting at. This is why talking with you about this cannot ever effectively explain in the same way as your living experience with the truth in the relation to facts will do. I would encourage any of you who have an experience that you believe is related to this to share it with each other as a process of together learning about this distinction. Thank you for your comment Doug.

Janette: Linnel I have been thinking about social issues over the week and I have a number I would like to ask you and I am going to save one for next week that I have in mind and this week my question is regarding homosexuality. It has come up a lot in the news lately. Social acceptance of gays is a much debated issue, I know Jesus did not address social issues because we were to work out our own problems, our own social problems. I am not asking for answers just insights. Are homosexuals born homosexuals, some say it is a learned behavior, some a physiological problem. I know what is important is acceptance, getting through to peoples fears and prejudice is difficult, your input please.

Linnel: Dear Jeanette like Michael I of course will not go further than he himself chose not to do our mandate does not permit us to answer questions that which you are actively all concerned in working with, however, I will say whenever you have questions of these sorts always look to the most important truths the loving attitude of the Father is always the way to approach these issues. I am sorry I cannot answer your question in more depth.

Janette: I was just hoping for biologically (words muffled)

Linnel: Even this is an area where we must permit your own knowledge to grow. The comment in the book in this context bisexuality means the existence of two sexes. That does not mean that interpretations on homosexuality one way or the other are to be taken from my statement. That simply the meaning in that context.

(A comment muffled)

Linnel: Exactly. As angels have polarity and various other beings. However, we are not permitted to anticipate your scientific discoveries even as the Urantia book itself was not. Trust me, this is sometimes deeply frustrating to us, for we would love to give you knowledge that we have nevertheless we know that knowledge given unearned tends to weaken rather than to strengthen. I do truly regret being

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unable to answer to that.

Jeanette: Thanks. I somewhat understand your explanation.

Delores: As what would be an example truth without any facts to back it up.

Linnel: Are you referring to my answer Delores?

Delores: If you could tell us that it was, say chemical or hormonal polarity or something then we wouldn't have the facts in the world to back that up. We couldn't share it.

Linnel: Facts do have their role. They are very serviceable on a material world and they are necessary accumulation by yourselves for the most part.

Dan: Why are you smiling Linnel?

Linnel: Because Thea has just discovered that it is acceptable for her to express my feelings and it is somewhat strange for her. Both transmitters are learning areas which each of them have...Thea is having difficulty...both transmitters are exploring areas in which the other has expertise, this may result in a few odd lumps but in the end will be beneficial. (laughter) Thea is trying to allow my emotional expression to come thru her better, something which Mark is very effective at and it is new therefore makes transmission more difficult.

Barbara: I would like to get back to the facts and the truth if I could please. This is something that I think about regularly in terms of my own life and in the terms of the broader world around me. It seemed to me when I was listening to your answer to David's' question that enlarging the picture has something to do with this, that one can see, for instance through a window a couple with a child, slapping that baby, throwing it up in the air and doing all sorts of nasty cruel things to it and those would be facts. The interpretation of which would be different if one knew that that child had just ingested some drug of some sort and that they were trying to keep the baby awake until the medics came along. That kind of situation, is that something that you were looking?

Linnel: Yes Barbara, this is an excellent example. This is why the Master so often used parables, because in this manner he could take the fact beyond into the realm of truth. This

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is quiet right.

Terry: We wish to welcome you Linnel. It is my turn at the microphone.

Linnel: Thank you Terry.

Terry: I have been having difficulty as you know with my teachers name, can you help me with it or must I still continue to struggle. (laughter)

Linnel: Terry I am going to do something you may think unprecedented, your teachers name is Fantessyah.

Terry: Thank you I would have never got it. (laughter)

Linnel: I doubt that very much Terry. I have great faith in your persistence and appreciate it.

Terry: Thank you.

Linnel: I am pleased to do this.

Barbara: Terry, don't you want to know how to spell it? (laughter)

Delores: Hi Linnel. I just have one question. I wonder how you are doing? How are you?

Linnel: I find that an interesting question. This is not often asked of me actually I am doing quiet well. I think that is easier for us from our side to understand what may often be confusing to you than it may be for you, since we do have a few extra years experience. I am feeling encouraged despite difficulties, because I am watching many of you seek to solve problems and take them to the Father and seek more unity. This indeed makes me feel quiet well. Thank you for asking Delores. That was interesting.

Delores: Your welcome, and I am glad to hear your answer, its heartening for us to.

Linnel: I think that you can trust that we are unlikely to panic. (chuckles)

Doug K. I have been rewriting this all week so I better read it. (laughter)

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Linnel: Doug do not worry it will be fine.

Doug K. I am again honored to speak directly to you Linnel. I have studied the Urantia Book for 16 years and achieved real faith levels about 4 years ago. The quantum leap of faith that I experience then is now being repeated. With the advent of the teaching mission my life and the book have acquired even deeper meaning than before, thank you. Even though I have spiritual deficiencies and mortal handicaps, the time has come to offer myself to this mission. I am striving to understand the quiet time, striving to find more communion with my adjuster, I am trying to allow and accept the growing magnitude of the Fathers love. I have made a personal petition for a personal teacher and I now make that request public and formal. Through subordinate free will, liberated logic do I surrender to the truth, beauty and goodness of the divine reality, please accept me as the son of faith that my truth sense tells me I am. Help me to circumvent impatience and be loyal to the here and now. I offer my talents and resources in whatever capacity that maybe of service, I open my mind and my heart as pathways to my soul, to you to guide me to the guidance that is my own. I extent to you my hope and confidence in your endeavors and my gratitude for all your efforts.

Linnel: Dear Doug, know you are part of this mission truly. Your heart is known. I am touched by your statement, you already have a teacher waiting, attempting contact with you, this will certainly happen. Know that you are to play your part in this and I think you will be very satisfied. We are very happy to have your loyalty. Thank you, and remember we are your brothers and sisters. There is no need to feel humble before us, please speak with us anytime as your friends and your family. Thank you Doug.

Doug K. Thank you for your assurance.

Pamela: It's your little sister Pamela. (laughter)

Linnel: Greetings little sister.

Pamela: I brought you a chocolate heart. (laughter)

Linnel: I do happen to know this receiver appreciates chocolate. I am not quiet certain perhaps you should divide it amongst all of you and think of me. I appreciate your gesture.

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Pamela: I would like you to ask me a question because I learn from questions a lot. I guess you guys know what has been going on in my head. I leave it to you to teach me with questions as much as you can. I enjoy that challenge.

Linnel: This is an interesting situation. I would be interested to know your own thoughts and feelings about the teaching mission.

Pamela: Now or later (laughter)

Linnel: Within reasonable sharing time constraints, now if you wish, if not later would be acceptable as well. You can do as you wish with this there is no problem.

Pamela: Well I would like to encourage, I would like to support any of you who are contemplating lessening your material burdens because I experienced the joy, inner peace and lightness that comes from saying no.

Linnel: I think there are many present who understand this.

Pamela: And to work cooperatively. I think there are lots of ideas that we have not explored as a group as far as expanding the time that we meet together as much as we can. I am all for going slowly and allowing people to jump in when they feel comfortable and jump out when they don't. At least in Waterloo come by anytime Fri. Sat. or Sun. 24 hours a day. It is an open invitation to work on this and to talk with you and to get that feedback as a group and to expand if any of you are wanting to branch out and really jump in deep. This is a sincere invitation and I think it could, for the teaching missions sake it is a real serious thing for me.

Linnel: Pamela, do you wish to ask me whether or not a teacher will be present in your own group? Do you wish to ask for this?

Pamela: I will leave that for Doug K. because that's (laughter) I submit a formal request!

Linnel: Your request is taken and it will certainly be fulfilled in time.

Pamela: Thank you.

Linnel: Thank you for your comments.

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Janet: Hi Linnel this is Jan. I am kind of choked up about Doug's dedication. I am glad that we have two new members. I want to ask you a question about some other members that I miss and do we need to do more to insure that we are keeping some old members as well as gaining some new ones?

Linnel: I think this is difficult and a question of personal conscience. I would encourage any of you who wish to reach out in love to your friends, to please do so to any degree that you feel best. I would always encourage this. And as for myself any who have been members of our family group we naturally do not want to loose, however, there may also be yet some who could participate in this mission at this time without undue difficulty of assimilation. Do I understand you to be referring to recent times or more distant times?

Janet: Recent times.

Linnel: Anything that you can do to remain in loving contact encourage gathering together of your friends is always good.

Janet: Very good, thank you.

Linnel: Thank you Janet.

Doug K: About a month ago we lost a friend to suicide. I am curious how suicide affects ones ascension plan .

Linnel: When ones career beginnings on the mansion worlds is where they left off. You need not fear for your friend. Is this sufficient?

Doug K: Yes, I was not too worried about him.

Linnel: If there are other details you would like to ask?

Doug K: Seems like a negation to do that, checking out like Lucifers annihilation choosing not to be part of the plan but I hope that there will be some understanding that he was just an egg and did not know any better.

Linnel: Lucifer of course had much more experience and knowledge and made his decision fully aware. Your friend being human on this planet could not possibly have all the knowledge he needed, therefore the likely hood of a final decision is almost nil. Suicide is generally a mistake and as such , although it indicates spiritual immaturity does not in of itself lead to cessation of the universe career.

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Marlene: Linnel I have kind of a curiosity question tonight. You are so full of wisdom and have such a tremendous amount of love that I have often wondered how far along you are in your ascension and how many years ago according to our time were you a mortal on your world? Could you answer that?

Linnel: I would rather save some of these answers for another time when I can speak in more depth, but I would say to you generally that I have indeed had sufficient years to gain wisdom which I have not indeed always possessed. I thank you for your complements, it has not always been easy to attain the wisdom which you credit me with. Were it not of course for the Father of us all I would have none.

Marlene: Thank you.

Linnel: Thank you for your compliments.

Barbara: Linnel I have a curiosity question too. You are certainly and your colleagues are our teachers. Who are your teachers?

Linnel: We have many teachers, the Melchizedeks of course are our teachers. We have as many teachers for us as you have for yourselves, from us many more. It would be mind boggling were I to go into the details. There are so many here from whom we can learn it is truly astounding and a delight to those who love learning.

Dan: How is fusion Linnel?

Linnel: Dan I appreciate you humor. (laughter) Fusion was unspeakable and there is no way, I have said before inwards to explain this. The closest times you have had with the Father and them imagine expanding that feeling to infinity. Truly this is incomprehensively wonderful, and know time passes after this when overwhelming gratitude is not apart. Does this begin to serve?

Dan: Tantalizing.

Linnel: That is all I can do at present. You all will one day know.

Mark: Linnel I have a question about contact with my thought adjuster. I'm beginning to get more feeling for that presence inside of me and I keep returning to that same place mentally and emotionally that I find that connection and it

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is not always there. It seems to be a little bit elusive and I wonder if there is anything I can do to pin that down, or at least create an environment within myself that allows that to happen better. I know that the silent time is a good time for that but it actually boosts me along in the day to kind of feel just something on the edge of my mind and I want to keep more of that. I want to know how to do that better.

Linnel: Yes Mark this is one of the challenges because aside from the natural ebb and flow of the human condition you must continue to seek the Father in slightly different places, I am using the word places very metaphorically here because this is part of the enlargement process, therefore I cannot specifically tell you where to seek, only that if you widen your search, deepen your search you will indeed continue to find. Does this serve?

Mark: Yes that does help, I feel like sometimes I do not want to waste my time dead end (laughter)

Linnel: Remember many dead ends that appear such to humans are not in point of fact dead ends. If you would relax and recognize that these to fulfill their purpose even as the silence between notes maintains the music you would realize that all is here to fulfill the ends you seek.

Mark: Yes, I am beginning to understand that better.

Linnel: And at this point I would like to have us take a brief break and change transmitters.

Linnel: Greetings, I realize that there are few questions left. I wished to make this transfer so that you may become more accustomed to hearing me through different transmitter receivers. There will be a time soon that more of you will be able to transmit me and the more accustomed you are to the exchange the easier this transition will go. I would like to entertain more of your questions, if you have them.

Dan: I have one Linnel.

Linnel: Dan, I never am surprised that you have more questions. (laughter)

Dan: I am perfectly willing to sound silly. It seems that from what I have gathered from what little bit of what you said about your planet that was in the stage of light and light and what Ambrasia has said to that they were

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technologically quiet simple. Is that a characteristic of life during those ages?

Linnel: Yes this is an interesting question, interesting thought. You will notice in your own technological society that technology itself is becoming more simple, more base, more contained. This is what we mean by simple. Where our machines are very efficient in performing a large quantity of duties, therefore we spend less time with various machines and more time for ourselves. This is one of the benefits of refining technology allows the populous to spend more time in learning and leisure pursuits. This is what we mean by simple.

Dan: It seems to me that our society is technology over complex that we end up, seems to me serving the technology more so than vice versa.

Linnel: This is a natural evolutionary process that a technological society goes through. You will find that the balance will begin to tip just as your manufacturing industrial period has begun to wane. Do you have more?

Dan: Of course I do. (laughter)

Jeanette: I have one, at looking at last weeks transcript on the section on choices, you make a statement, "as you approach a junction you can make four choices" and I was curious as to what those four choices could be.

Linnel: I use this only as an example that you have many choices available to you. I am sorry if this specific number caused you confusion. Know that in this you cannot in essence make wrong choices if they are carefully considered and you believe that you pursue the truth and are honest with yourself, as honest as you can be. It is often that you feel that once you have made a choice, look back on it with regret and think I should have pursued another path. Know that every path you take whether it is a detour, a direct route you will arrive, you will stand before the Father, you will not be limited by any choice that you feel is a right one, even if it is not, this is an excellent opportunity for you to practice self forgiveness. When you feel you have made a wrong choice look ahead at what is to come, look at the opportunities that have opened up in front of you rather than dwelling on what could have been and what has gone before. Thank you for allowing me to explain this further.

Allen: Linnel I think from something I was reading in Wilmek

I got the impression that if we verbalize or visualize anyway get out into a sense of knowing different concepts, maybe stretching for us that somehow it helps us to understand us. Actually if I think about it Wilmek was talking about reading in the Urantia Book about the thought adjusters and that reading with an open mind we would understand more than we did before. Can you explain this?

Linnel: You are saying an open mind allows you more opportunity for growth?

Allen: Yes, I am also wondering it seemed as if there was something more going on as if there was some input that helped us better understand, a some input from outside of us as if we had our minds open then we could, it is sort of like the quiet time going there and being open, we get input from outside at least it seems like it.

Linnel: When you were open in your quiet time and what you would consider spiritual pursuits or you are open in intellectual pursuits or perhaps open to a new relationship to new understandings of people, this openness that you speak of does accentuate your growth, just as it does in the quiet time. If you are open and willing your thought adjuster can work more freely within you, even in the pursuit of intellectual ideas this is true. It is your willingness to grasp new concepts, unfamiliar territory and things you do not necessarily feel comfortable with. This is a positive trait. I would encourage this openness in all your activities. It will serve to make your life as you live it, happier. Does this answer your question?

Allen: Yes, thank you.

Barbara: Linnel can you talk to more than one person at the same time, and do you ever get confused?

Linnel: To what are you referring?

Barbara: Well I am referring to you speaking with us.

Linnel: And at the same time perhaps speaking with Mark?

Barbara: Right, can you speak with Mark and Thea at the same time or Marlene and Tom at the same time or with Allen and Jeanette at the same time, or with all of us at the same time or do you have a limit.

Linnel: I do have the capacity to split my attentions. This is something that your animal brain cannot do to a certain extent. The female mind is more capable of splitting attention than the male.

Barbara: I was just going to suggest you forgot about mothers (laughter)

Linnel: This is true. If you think about it this is a good example as to why this trait has developed. I do have the capacity to speak to more than one person, however, I do have limits, my attention is still divided and therefore cannot be in its full intensity.

Dan: You suggested several times to know to just speak our thoughts as to the angels or to you, speak to you during the week. Do you hear us even when you are not physically sort of to speak present, or should we just take the chances hoping some of the time we will be heard some of the times maybe get some psychological benefit in the process anyway?

Linnel: You are all somewhat linked to me. When you think of me or any of the teachers in your area we do hear you at all times. It is, as an example, an alarm goes off and we recognize that you require our attention. (laughter)

Dan: Are you speaking or do you speak with us as if from some clearing house, at a distance or when these meeting occur are you actually here or if I am down where I live and speaking to you are you there or is it just an ? sort of thing. (laughter)

Linnel: Dan, this question has come up before and I sense now that I explained it inadequately. We do not see space in the same way that you do. When you are there or you are here you are still here. We are more near when all of you are gathered and again I say that here, near, far, there or hear still does not do the concept justice of how our space relations work. It is not unsimilar to your own it is just different. It is on, as an example, different time schedule. I know this probably serves to confuse you more. My teaching staff is based centrally that we may access all of you more easily. We do share this, as you would put it, with other teaching staffs that are based in this valley. Again I stress that the idea of where we are is still not here nor there. If we are here with you we are here with you. We are not somewhere else speaking to you remotely, although where we reside our bodies, our leisure time, is not here.

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Dan: You speak of, I think you have spoken of not really being aware of the material world, but through our experience is it fun for you for us to purposely a, to show you things, share with you our experience are you able to do that?

Linnel: When you do this with us it is sharing yourself, sharing yourself on a most basic level. To see the world through your eyes is to see how you view the world. We do experience your world on our own terms, however, it does not hold the meaning it does for us when we view through your own eyes. We see a tree, we may have something to compare it to through our own experiences, we look at it as perhaps a curiosity, we see its energies beyond the visible spectrum so in that respect we see more of the tree than you do, however, to see the tree through your eyes is to put it into context in your own life and this gives it meaning for us because it is meaningful for you, and understanding that meaning we come to understand you better. Does this serve to explain?

Thank you Linnel.

Linnel: It is useful for me to struggle with difficult concepts when language is a barrier. This serves to teach us also how to communicate better with you. When I ask is there more, do you understand, I do truly ask for clarification perhaps that you have understood or if you require more information or if I have simply misunderstood you. It is possible that I do this.

Delores: Linnel, if you could try to describe something for me. You said you can sense how we perceive our world, if we see the trees, do you see the trees the way we see the trees, what I have been wondering lately is how to receive things. It seems easier for people on this planet to give than to receive and when, it seems I cannot receive as well as I can give and it comes from a place like there is a dead end or feelings are blunted or it stops. So what is it like to receive something fully?

Linnel: An interesting question. You only know your world as you know it you have no other experiences. We do have several other experiences with many other worlds. It is easier for us to view the tree through your eyes and understand the difference. It is difficult for you to receive this information the way we do in the manner that you speak, but it is possible for you to attempt. I assume you speak of perhaps meeting another, a friend and attempting to

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understand their own world as they view it. Am I correct in this assumption?

Delores: I am not sure. That is not what I was thinking specifically. I was thinking of being able to open my heart and receive a gift or an appreciation from someone.

Linnel: I understand your question now.

Thea: This is difficult from more than one of Linnel.

Linnel: I do understand. It is difficult for the receiver also. To receive a gift, receive a compliment is to bring up for you each your feelings of inadequacy, feelings of insecurity. The gift is given in pure kindness to you. This often unfortunately triggers these feelings of inadequacy. You think, why do you give this to me, I am undeserving of it, you do not understand, how unworthy I am. What you can attempt to do is to for a moment try to see yourself through the others eyes. They give you this gift, they admire you. Try to understand who they see you as. This is a vicarious way to understand yourself better. You spend much time looking inward trying to better understand yourselves. Sometimes you have no frame of reference, no parameter, you are who you are. You do not have anything to compare to just for a moment indulge yourself in the others perception will begin to give you the insights you need to be able to receive the gift better, to be able to receive a compliment better. Also I would suggest that when these feelings of inadequacy come up, when a gift is given to you that you do not feel deserving of pass the credit on to the Father. Say to him "thank you for giving me talents and skills that this person sees in me." In passing on this responsibility it will allow you to make a better connection with the Father, but to also begin to understand the nature of thanks.

Delores: That was very well done for such a difficult question. So the denial that comes up is from the basic lack of self esteem, feelings of inadequacy and so the denial then can be turned into thanks, because it is from the Father, so that removes the self sort of from it and makes it flow there. What I was looking for someday to make some flow and get me out of that dead-end.

Linnel: Yes. You will find that passing on the thanks is a temporary solution, one that will flow you into a more permanent solution, of feeling more adequate. The cycle is useful. Try to practice this. You will find your self

esteem and your inadequate feelings will begin to slowly slip away. You will begin to feel that you are a part of a larger system, and that as you say "the dead end" will open up.

Delores: Thank you Linnel.

Thea: So Linnel, am I right in assuming as I listen to this discussion that this same feeling of inadequacy is one of the things that gets in the way for some of us to get in contact with the Father. Since I see that contact with the Father is about the biggest gift I could receive and I do sometimes feel this.

Linnel: This is true. As you spoke earlier to reduce your prayers, your meditations to there most basic level, to do not attempt to fool the Father into being more adequate than you actually feel. This is not useful to you. You will find that you come to him more honestly if you dispense with your troubles immediately. Pass them on. They are not yours to, you cannot adequately fix them by mere will alone. It does require that you have union with the Father, just as passing along the thanks pass, pass along your inadequacies, pass along what you feel you cannot control.

Thea: So telling the Father we are passing it along.

Linnel: Yes. It does not require much. Simply an honest expression of how you feel, does not even have to be phrased in an eloquent way.

Barbara: Linnel what I am hearing you say is that we need to be self aware in ways that allows us to recognize our shortcomings, recognize negative emotions, recognize motivations that are less than pure and those kinds of things and accept them? So that we can give them to the Father?

Linnel: Yes. As we spoke of earlier this being open allows you a greater opportunity to become aware. You cannot become so aware by mere will alone. It requires, once again a union an exchange with the Father. As you are more capable of experiencing difficult situations, as you become more willing, open to this it will come to your life, and if you ask for it you will expect it and you can receive it more readily. You can be more able to take advantage of the situation when it occurs. I know that all of you have experienced a random, challenging situation and have felt taken of guard by it. When you ask for these challenging situations you ask for a specific test you can be assured

that you will get it.

Barbara: That reassures me a lot! (laughter)

Linnel: But know that when you do ask for this specific situation and you are bracing yourself and preparing yourself to deal with it you will have the help you need to overcome it. None of what you do you have to do alone. It is easier to learn from others. It is easier to accept the celestial hand that is extended to you.

Barbara: I have one other question that's just a little of to the side of this topic and that is there was a period of time when I felt a lot of anxiety about someone who is close to me and it would keep me from sleeping. I would often pray to the Father to take the negative energy that was interfering with my rest, which I needed, and use that energy for some positive purpose. Is that a reasonable thing to ask?

Linnel: This is an excellent thing to ask. Whether or not it is a reality is not important. It is your realization that nothing in the universe happens by accident. That every cause can be turned into, can affect, the negative energy you spoke of can be turned into positive energy. You are acknowledging this reality of change, you are praying for this change to occur, you are praying to understand how this change occurs and to do it better, by hoping this, by asking this. It may be posed in a simple way but your mind understands it on many levels whether you verbalize it or not. This is what I mean by stating your prayers in simple ways, ways that you feel comfortable with.

Dan: An A+ on your comments tonight!

Linnel: Thank you for your criticism! (laughter)

Dan: Are there times you wish we had ask questions that we didn't? If so, like what? (laughter)

Linnel: I anticipate all questions that are relevant to you will be asked in time. I do look forward to certain questions and am always glad when they are asked. These questions are often relevant to each of personally. When you grasp a large concept then begin to understand how it affects you personally, your own insight into it, these are the questions that I most look forward to answering. All of your questions are important to me, but these are personal

revelations and I look forward to encouraging you in these. I will not, however, make a list of questions for you to ask. (laughter) I have ultimate faith that you will continue to find questions to ask me.

Barbara: Linnel, if this evening had been a story with you as a character in it, and I were the editor critiquing that story, I would have written in the margin the author, this scene, the character Linnel seemed to step out of character. Somewhere in the story you need to give us some motivation for that character to do such a thing. Would you like to comment on your motivations for stepping slightly out of character tonight? Please don't misunderstand we do not mind.

Linnel: I know that this, I am not as you say stepping out of character I am actually becoming more comfortable with this situation as you become more comfortable with it. I give more of myself as you are willing to take it. I do have a capacity for much play. It is unfortunate at this time we are not allowed to play together. There will be a time I promise and it will be here on this planet that we can relax in more leisure time together.

Barbara: Was it in playfulness that lead to you to reveal to Terry the name of his teacher and to ask Pamela if she would like to ask a specific question? Is that playfulness? I am getting at motivation. I want to know why you did these things.

Linnel: In regards to my revealing Terry's teachers name, I find this a case of mercy. (laughter) I make no judgement or comment in your capabilities Terry, I simply think that you have worked hard enough and a reward must follow. (Terry: Thank you!) To ask Pamela her question, my question of her was to invite her participation as she felt that she could express herself fully, and I want to allow all of you to be able to express yourselves in whatever manner you feel comfortable. This format is a conglomeration of all your needs. I would see that this format will shift as your needs shift, as you become more comfortable with yourselves and you become more comfortable with me.

Barbara: Do you anticipate asking us more questions?

Linnel: I anticipate asking you many questions.

Dan: Like what? (laughter)

Linnel: Dan I would like to ask you a question (laughter) Do you feel that you have found a home yet? A place in this group?

Dan: I have always felt at home in this group I have only fluctuated back and forth out of curiosity and because I have friends up north to that I like to hear and I at the beginning stages of this its very interesting to hear Ambrasia as well as you, and basically that is why I was doing it. But everyone here has made me feel very much at home.

Linnel: I'm glad you feel this way. I encourage you to seek out as many points of view as possible, but know that you are a welcome addition to this group. You add a dynamic to it by your presents.

Dan: When you ask me that last week, could you tell thus what I wanted to know?

Linnel: I knew that you were seeking and perhaps a kind or directing word would help in your decision.

Dan: Thanks for that.

Linnel: You are welcome.

Allen: Linnel a little bit ago you said something about play, and I think from reading in the Urantia book was in the morontia worlds we will divide our time fairly evenly between work and play, but on this world we tend to work an awful lot and not play very much. Partly what can we do about this but also what does play do for us, what are some of the things we should try to do that maybe we do not do in terms of play.

Linnel: Playing re-energizes your soul. It re-energizes your creativity, your inspiration, your focus and purpose on the spiritual nature of your life. Without play you become tired, you become unmotivated, and less willing to stretch. To suggest ways of playing better I would say that find first the things in your life that you do enjoy doing, allow you to laugh freely, to dance whether in body or mind. When you find that you have time you have a choice of doing perhaps menial tasks that could be done at a later time or playing take the opportunity to play. There is not enough of this on your world. Perhaps you can start a movement. (laughter) It is true you work much on this planet. We look forward to

helping your society with this. Part of the seeds of this starts here. Starts amongst you individually and as a group. Take satisfaction and joy that you spend much of your time here laughing. Even if you cannot laugh all week come here and allow yourselves this pleasure. I hear someone expressing there joy (child laughing)

Allen: Is there a benefit in play as a group activity as opposed to just an individual activity? It seems sometimes in terms of worship or spiritual connection that being in this group is helpful and maybe takes me to places that just being by myself I do not get to is true with play?

Linnel: Focus on your own individual needs at first with this. It is a difficult area because of responsibilities you each have in your lives. As you develop it more helpfully in your own life it will naturally become part of the group, little effort needs to be put into making this a communal activity it tends to happen on its own spontaneously.

Dan: Not to reveal my own self consciences but are we always observed?

Linnel: Observed is a invasion word I realize. We do allow you as much privacy as we can, as you set limits to. It would surprise you that we each broadcast your own needs in this privacy matter. When you request our presence we will be there. We do try to allow you as much private time as possible. We do, however, look in on you time to time and share your thoughts when we are allowed. You can make this a habit of invitation if you wish, times that you wish us not to be around and times that you wish us to share in your thoughts. This is strictly up to you and how you wish to deal with it. We do respect you all, we respect your choices, your free will and most of all your privacy.

Terry: This includes your personal teacher Linnel?

Linnel: You by inviting a personal teacher into your life have opened up more of yourself to them. You, as I said before, set limits with them perhaps in unspoken ways. We do not feel neglected if you do not speak to us daily. As with your earthly associates many days can go by without speaking to them, no feelings are hurt. We have activities that we perform on our own side as you on yours. We always enjoy the sharing time together but realize that this cannot be always.

Barbara: Linnel, Mark ask a question about communication

with the thought adjuster earlier and I would like to follow up on that if I might. I recently have had a good deal of trouble getting back in the habit of seeking the silence and reading and speaking to you and to my own personal teacher, and I am not trying to feel as though that's a bad thing in particular because I have a lot of adjustments I am going through right now, but I do feel a very clear sense of presence about me in my daily life which I have not had prior to the teaching mission, and it is primarily in the form of small pieces of input of sometimes they take the form of words sometimes its emotions, sometimes its a piece of knowledge that is just there even though there is not words to go with it. Probably Mark and Thea know what I am talking about, and I always assumed it was Hockval my personal teacher whispering in my ear. Sometimes it is encouragement, sometimes it is a little chiding, sometimes its you know different, appropriate to different situations and it is always dead on target. Is that my teacher or could that be partly communication with the thought adjuster or is it sometimes you or does it matter?

Linnel: At this point in time it does not matter. What matters is that you take encouragement from it and you feel companionship. As you progress in your time spent with each of entities in your life, you will begin to make distinctions, and understand what each gives you in its own way, in their own way.

Barbara: I really appreciate the nonjudgemental tone that comes through no matter who it is that is talking to me, very accepting and encouraging. The chiding is so mild that it is almost not a proper word for it. It always has to do with being too hard on myself. Why do you do that to yourself is a real common question. Why are you doing this, and it feels very much like a classroom I wish I had been in when I was a kid. You guys teachers are doing a good job.

Linnel: Thank you, I hope that you take a lesson from this kind treatment and try to pass it on to others. You yourself are being instructed to be a teacher like us. You will be more effective than we will in communicating with others. This is something that is part of the collaboration of this mission. We teach you so that you may teach others. If we treat you the way you deserve to be treated perhaps you can understand and treat others in the same way. I need to draw this meeting to a close, the time is getting late I realize. I would like to leave you all with a thought that we can follow up on next week. I would like you to think of your

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greatest weakness and how this can be seen also as your greatest strength. All of you spend much time speaking of your weaknesses, however, within these weaknesses lies your greatest strength. I would be curious to hear you speak on this next week, and I can give you help with this if you get stuck. Know that the love of the Father is around you at all times. You just open yourself up to it and it will full you. Know also we are with you and encourage you in every element of your life. Farewell, I look forward to seeing you next week.

Good-by Linnel.

The Teachings of Linnel

Linnel: Good evening, my faithful students. This is Linnel. I am very glad to be with you this evening, and extremely pleased to have observed your progress/discovery this evening. Several points: You have done an excellent job encouraging all to speak. Also remember that process does have a structure. The structure, however, is fluid. You are doing an excellent job, and I encourage you to continue. The time spent, which was not unreasonable under the circumstances, does require me to change slightly what I had planned for you. You could say you are getting off the hook for this evening, except that you have already worked so hard. I think this is reasonable.

I had initially planned to go around the room and ask you to briefly discuss your strengths and weaknesses. However, we will save this until next week, barring changes of circumstance. Let me talk, however, with you some about what it is I have in mind. This is a beginning of deeper level teaching. And I wish to talk with you about action and strength. When I was developing, growing up on my planet, I was intelligent and certain things came easy to me. I became known as what you might call an intellectual, at a certain point in my study career. If someone wanted to know chapter and verse, they'd say "Go see Linnel". If someone wanted to know philosophical details, they'd say "Go talk to Linnel. He will know". I was very proud of this, and sincere at the same time. But I had difficulty grasping the full heart of the matter. And I often found myself somewhat resentful of those that seemed to grasp this, yet did not have my same intellectual understanding. Eventually, I came to learn that it was necessary for me to balance what I knew intellectually with the action that would achieve the strength that would truly make it my own. And as I grew in learning and understanding, I came to find the loving of others, the living of the truth that I had learned amplified and illuminated all of that which I had learned. And then, having gained that balance, the intellectual aspect, which had been a strength all along, became truly a balanced strength.

I relate this for several reasons. First, to tell you I, just as others who have come up through the worlds, certainly have had to struggle, even on a planet of Light and Life, with weaknesses, of which I had many others. And, to learn strength and to understand some of how they relate. Strength means that you have more real power to follow the Father's way, to follow the way that Michael taught you when he lived on this world. But that strength is only achieved through action. Weaknesses, of which all who come through the worlds have had many, are virtually always based on fears. The only way that fears, which are at the root of weaknesses, can be overcome is to act upon them. You know, as we teachers have told you, that seeking the Father is first and foremost action to take. However, if you do not go out into the world and act, to practice upon that which you receive from the Father, even seeking the Father can become a self-centered thing. There is a balance between seeking for self and giving to

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others that is necessary to attain. Action can be many more things than you might think. When you are confronted with a weakness, examine and see if you can understand the fears from which it comes. I would ask all of you repeatedly to try to identify actions you can take to overcome fears. It is interesting that you discussed tonight some issues of comfort, because I am asking you to become a family group so that you will be safe to become uncomfortable, if this makes any sense. There are many ways in which the truths you have been presented with have similar interplays. Action many times means--there is a saying on your planet--feel the fear and do it anyway. Many times, it means grabbing the Father's hand and doing the things that you fear, until you no longer fear them. This is if the things you fear to do are truly in yours and the best interest of others. There are other things which you fear which can only be healed by taking the actions of seeking the Father and establishing reasonable ground rules for safety.

Part of the difficulty this evening is I have much to say, and we have not the usual amount of time. It does not matter. It can wait. You are already doing much of what I ask, and I am pleased. I intend to begin formal teaching soon. One of my methods which I will try to present to you next week if things are suitable is that I will talk to you on a subject, and then I will cease transmitting, and ask you together to discuss for perhaps a quarter of your hours. And then I will again join you verbally, and we will discuss what has been talked about. This will be followed by question and answer period, which would ideally be directed to the lesson, but can of course accomodate other questions as well. I will experiment with this, and see how we can work together this way as a group. After the way you have functioned this evening, aside from the fact that we will restrict the time, I think you will do very well. I am excited about anticipating moving forward in this project. And I will return to this particular topic next week. What I would ask of you to be prepared for next week is to share with each other at least one important weakness that you believe that you have, and one important strength. I would ask that you share the strength last. I will ask you to go around the room and share this. And then I would like to ask you to talk together. Those of you who feel you have similar strengths of weaknesses, please speak with each other. Please speak up. And eventually talk about ways in which you can approach the actions to help strengthen your turning the weaknesses into positive values. I am discussing this this evening because I think it is useful for you to have some idea of what to expect. I would like to consider this a class assignment, and unless we have other circumstances, I will try to carry this out. Thea is still having trouble allowing my emotions to come through, and this is more stiff than I would like. This is no criticism of Thea. It is simply to let you know that I am your Linnel, and I do love you all very much. I am prepared now to answer questions.

(long pause) Have you all indeed talked yourself out?

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Julie: I do have a question.

Linnel: I'm glad to hear of it.

Julie: At work with one of my co-workers, I had a desire to say hello to her thought adjuster. And then I didn't know if I could do it or not. So, I said hello anyway. But I'd like to know, can we do that?
Can my thought adjuster say hello to her thought adjuster?

Linnel: Yes, Julie, this is absolutely true. In fact it is a wonderful practice for you all to address the others' thought adjusters. And indeed, since thought adjusters can intercommunicate freely, you will find many interesting results from this practice. You are greeting the essence of the spiritual self of this person in so doing. Therefore, their future true self in combination. This is an excellent practice, and I encourage you all to try this. Thank you, Julie, for bringing this up.

Mark: Which kind of brings me to my question. I read something today in the Will papers, about the one, two, three. One of them was about letting the spirit of love of God flow through you to another person. And, I can think of one really ideal situation for that, is that you already love the person, and you're just letting the love flow through you more readily. But, in difficult situations, or people you don't even know, aside from just accepting them, how do you allow that to happen? It seems ingenuous, in a way.

Linnel: There are several aspects to this question that are sometimes difficult. In order to allow the Father's love through you, you must first yourself accept the Father's love sufficiently to be open, to be able to open to others and be that channel. In difficult circumstances, you are reminded of the fact that it is impossible to love other persons by the mere act of will. In many cases, what loving another person is is opening yourself to be a channel of the Father's love for that person. You can seek, of course, even in difficult circumstances, to remember this is a child of the Father, to try to understand as best you can. But nothing will replace your communion with the Father, and permitting yourself to feel worthy of his love as a way to build up the spiritual strength to allow you to actually love people when you are faced with those difficult decisions and difficult situations. Is this any help?

Mark: Yeah. The mere fact that I can look at somebody and not judge them as harshly as I have in the past is a place to start?

Linnel: Absolutely, this is a place to start. I think in many cases, most of you judge yourselves so severely that this often gets in the way. You have perhaps noticed

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that being hard on yourselves and being hard on other persons seems to come together. When you open up yourself to the Father, and allow yourself to know that each one of you is a special precious child, who need not heap upon himself or herself castigations and blamings. When you open up to realize how much love he has for each one of you, it becomes much easier to turn around and see each other troubled brother and sister on this planet in the same light. This is what I speak of. Judgment must cease not only toward your brothers and sisters, but also toward yourself. So truly there is no-one who can judge except the Father. And you are no more fit to judge yourselves negatively than to judge others. Does this help?

Mark: Yes.

Linnel: I promise you that if you make these attempts, you will grow in your ability to love and accept others without judging.

Dolores: Linnel, along with that, I'm having trouble because I'm going into a new situation where there's a lot of people who've been working together for a long time. They tell me things about each other that are judgments or things that I don't see, and yet they seem to be facts...but it's just their shared experience, and difficulties that they've had at work. For me, how do I go into those relationships, and not buy into the judgment of one person for the next person? Because, I don't think I own it. I'd rather bring the Father's love and give it to all the people than be contaminated by this side or that side, or this perception or judgment. How do you maintain a balance?

Linnel: Yes, Dolores, this is a very difficult circumstance, which I think many of you have faced many times. Oftentimes, when you come into an already established situation, you are seen as an outsider. In this instance, it sounds like some are trying to enlist you to their particular viewpoints. This is a fairly common human behavior. It is difficult to keep your equilibrium in this. Let me ask you one question. Do you have difficulty in deciding what you believe about the people about which they speak, or is this simply disturbing to you that it's happening?

Dolores: Do I have difficulty....

Linnel: In other words, do their opinions affect your opinions?

Dolores: They're warning me. They're telling me this person is like this. Expect this person to blow up in certain situations. It's like they prepare me to believe the worst in somebody.

Linnel: I think perhaps this is a place where you might recall Michael's words of being

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wise as serpents, gentle as doves. Let me explain. There are times when persons may legitimately share with you possible potential problems, even though the manner of their sharing may be inappropriate and excessively judgmental. If you can do this, file away the information, but reserve judgment completely until you yourself have an opportunity to observe this person, and be gentle in the circumstances. By this method, you will be prepared should difficulty occur, but you will not be required to make any judgments that do not come from your own experience. I'm using several versions of the word judgment here. This is an example of language difficulties. Judgments is perhaps not the accurate word. I would be better to use the word discernment. It is always appropriate to use discernment when approaching other persons. It is acceptable to understand that certain difficulties may arise, and you may want to be prepared for them. This is not the same thing as passing judgment on their spiritual worth. When you are confronted with people giving you this information, if they repeatedly give you the same information, you can probably consider that this is also emotional judgment. You may wish to gently change the subject. You may wish to try to focus as much as possible on building a relationship between you and these new persons based on the two of you, and not base the relationship on discussions of others. I know this is very difficult, but you have already shown a good deal of cleverness in your approach to work circumstances, and I believe that you will find ways to deal with this. Would you like further clarification?

Dolores: Thank you, Linnel. I think some of the advice about seeing everybody as a troubled child of the Father really helps too. No, thank you.

Linnel: Thank you for your question.

Dan: Linnel, is Jesus on the planet now?

Linnel: Dan, do you think that I would answer that question for you?

Dan: Of course. Why not?

Linnel: Because this would not be a question considered appropriate by our Melchizedek planners for us to answer. As you know, there are many such questions. Also, I would probably not be the best teacher to ask, even had we permission.

Dan: Why?

Linnel: Because I believe in my philosophy of teaching, that it is important for faith to develop from your own struggles with reality, rather than from being given answers to things that you must seek through your own hearts and souls. Does this make sense? I know it's frustrating.

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Dan: How does it affect the fact of whether he's here or not?

Linnel: I would ask you then, why do you ask me this question? What is the purpose for this question? Why is it that you wish to know?

Dan: In the Abigail papers that I read last week, it was stated that he would be coming here this year. Tonight, something that Janet provided us telling us that Jesus is here.

Linnel: I am not Abigail. I am not Michael himself. I answer questions somewhat differently. This may be perplexing, but I have my own personal methods which have been approved by my advisers. And I know this is sometimes frustrating. I would still ask you, from your heart, what is it that you most want to know about this? Perhaps I can answer better if I understand this.

Dan: Well, if he were here, it would be an incredibly significant thing. I would simply like to know. To further clarify the paper from Abigail, she said he would be here in great power. And although we wouldn't be able to see him, we could recognize that spiritual power. There would be some influence possibly. And I was just curious whether I should be looking for that perhaps.

Linnel: I would say to you, to you all, always, look everywhere in your hearts and your souls, and any parts of yourselves for whatever manifestations of the power of this sort. Because, indeed, Michael's presence is with us in many ways at all times. You have with you always the Spirit of Truth. Having that spirit, you can form here and now, regardless of Michael's actual existence in space... you can form here and now a living relationship, a true friendship with him. I would encourage you to do this, and if you establish that, you will not need to ask when he is here. Is this any help?

Dan: It's helpful in that it puts the responsibility on me.

Linnel: You will find that I tend to do this. I know it's very annoying on occasion.

Dan: If I could continue that a little bit, in a slightly different vein, would you be willing to help us decide, when we are unable to, who should be allowed to come into our group.

Linnel: I would be more than willing to help you decide when you have struggled together to come to a conclusion. Yes. What I want of you is to try to work together to solve these situations. I think you will find that this is not as difficult as you may think. However, if you become stuck, please know that I will always help you. I may not always tell you exactly what to do. But I will seek

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in every way I can to help guide you so that you can together make your decisions. And if it becomes troublesome enough, I will make a decision. I will not leave you without help in this struggle. I am here to teach and help you and to be your friend. This is very important to me, what you do together, because it is what we all do together. I care about every one of your concerns in this, and I want all of you together to feel that this is your group, and your process. Does this begin to serve? I regret sometimes being unable to answer your questions.

Jeanette: A lot of times, people tend to think negatively rather than positively. Is that because of lack of love within us that we tend to gravitate toward negative thinking?

Linnel: I think often this is a major reason, yes. One of the problems, of course, is that many think this way because they were raised to think this way. Many times they were raised by parents pressured under difficult circumstances who had been raised also to think in this manner, until it becomes a habit, and is difficult. Truly this is important, because your attitude is something which can give you great power over your circumstances, if you learn how to change the negative attitudes to positive attitudes. And because so often they come from lack of love, the lack of attention that would have encouraged a child to feel more love and be more positive. This is one of the places where your quiet time with the Father is so effective. Because the adjuster can literally adjust your attitude at these times. Is this sufficient?

Jeanette: I suppose we're not really aware of being adjusted like that at the time.

Linnel: There are many many kinds of adjustment which the thought adjuster can perform, although we do not truly know the nature, we simply know this to be true. You may experience one that we have discussed. When you feel the Father's love, and you actually allow yourself to be loved by him, this is a moment of powerful attitude adjustment. I must say, this is conjecture on our parts, but we do believe it to be true, and we do teach it.

Jeanette: That's beautiful.

Linnel: It is truly a beautiful experience. This is the experience which one day leads us to sit with the Father on Paradise itself.

Dan: Do we have available to us anything like what the Urantia Book refers to as the harps of God, that morontia contrivance allowing morontia people easier access to communications? Do you know what I'm referring to?

Linnel: Yes, I know what you're referring to. No, this is not available, because it is a technology that is not material. However, it is interesting that you should

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mention this, because there is work progressing to see if such a device, which would work between levels is possible. Just as we are also conjecturing how possible it would be eventually to teach you morontia language. This is something we will always be working on because communication is major goal in this process. I would like to hope such a thing could be accomplished, but truly we don't know. This is one of the areas where what is happening here is unlike anything which has ever happened. So, we can not yet say it is impossible until we have tried our hardest.

Dan: That's one of the category of questions, then maybe you could comment on the legitimacy of that category. And I would express it this way. I thought to myself, perhaps you will tell us only those things which we ask, and we should be asking all of that sort of thing. For example, in the Urantia Book, it says that with the circuits open, we would have access to information about the life and affairs on other planets. I'm curious about whether we should be probing to find out that kind of stuff or not.

Linnel: I would say that for peripheral questions from time to time, this would be entirely acceptable. However, if I were to have my wish, I would hear from you more expressions of the spiritual difficulties that you have in your daily lives, and questions about how best to solve them. This would be my preferred choice. Part of what I was trying to explain earlier, and will explain perhaps in more depth when I can complete my teaching in the manner which I had planned, about my particular difficulty, is that many of you have understood many things in the Urantia Book from an intellectual standpoint. And it's always fascinating, as I know very well, to understand the nuts and bolts, as it were -- how things work together, and how they fit. In the end, this is not the essence. The essence is what Michael taught. The essence is learning to love the Father and yourselves and your neighbors. And no matter how many chapters and verses you can quote, as I well found out, no matter how many questions you can answer as to this aspect or that aspect, if your main focus is not learning to live love, your main focus is missing. This is why I encourage you in this. Because many of you have tremendous intellectual grasp of the book, and many more will come to that. You will also find in this process, that your intellectual understanding itself, which is a wonderful and marvelous thing, will be tremendously enhanced. It's very easy to become over-balanced. It's part of the mission of this mission, that we are trying to balance somewhat the focus on fact, and place the focus on action. Does this make sense?

Dan: Yes, it makes sense?

Linnel: This is something which was a tremendous struggle for me in my time, and I have tremendous compassion for the struggles of any of you who go through this difficulty. Sometimes it is difficult at first, as it was for me, to even

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recognize that this difficulty exists. Simply know that I understand. I'm not directing this only at you, Dan, but at all of you who have struggled with this problem.

Dan: It occurs to me that those spiritual needs ... we know that. We know what we need to do. We know that we need to have Jesus's spirit and the adjuster's spirit help us learn to love one another better. But on the other hand, there's this guy, from this other planet, that knows all this neat stuff that I want to know about...

Linnel: That is why I ask you please to continue to ask some of these questions as well. Actually, I enjoy this, as you can well imagine, because of my nature. I enjoy being able to give you some bits and pieces, whenever possible for me. So, I'm not asking you to stop asking these questions. Only explaining why sometimes I will not answer, and why I would encourage you also to seek the other. Because although we know that we need to follow the master's path, it is often difficult for us to seek sustainedly to do so. And in the end, you may know how many angels, as they say on your planet, dance on the head of a pin, and yet not be able to love the person standing next to you. It's more important that we learn to love those persons. However, curiosity is valuable, and I would encourage you please to continue to ask. You know I am perfectly capable of saying no.

Jeanette: Why are we getting such unprecedented help? When I presume there's been fallen planets from other universes, why are we getting such unprecedented help now?

Linnel: Much of this is due to the nature of your Creator Son. Remember that all Creator Sons are different, and represent a unique concept. Michael is, in my personal opinion, truly magnificent beyond belief, in his mercy and his ways, he is...it is difficult to speak of this in your language. His marvelous conceptual grasp of how he wants to handle things on your planet and with the rebellion torn worlds. He has the Father's full will for this, and we can only surmise that these things are happening largely due to Michael's unique and individual personality. It is difficult to put this into your language. Does that begin to make it clear?

Jeanette: Yes, very much.

Linnel: We are thrilled to be counted among his creatures. Thrilled. All of us together are truly honored. There is no end to what can come of this. Truly no end.

David: I have a question along the lines of the intellectualism vs. loving understanding and understanding true meanings. I've had kind of a long time question that I've worked on a little bit, and maybe you can help me answer that. And that is ..with regards to what I understand to be the sciences or mathematics, the

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understanding of our physical world...does any of that have spiritual value? And also, for people that have a hard time with math here, do you have math on the morontia level? Is that kind of stuff important?

Linnel: I will have to answer this question in two parts. First, yes there is spiritual content in the learning of these things. There is perhaps more spiritual content from where we stand than has perhaps happened on your planet. Part of this is due to your current philosophical state of affairs, less than that humans in your situation cannot receive the benefit. Even now, as chaos theory, and its ... so-called chaos theory...and some of its effects are beginning to reach many minds, the opening up again of the wonder of the Father's incredible plan is being again present in scientific minds. The natural scientific response to all the marvels of learning is to indeed marvel at the tremendous creation. Science can be a very powerful way to be inspired. However, it does have its roots in more material form. And I would say to you, that folks on this planet, who do not necessarily have this bent, do not necessarily learn your equivalent of mathematics when they progress. Everyone has different abilities and skills, and different projected roles in the future. However, they will all learn certain philosophical conceptual aspects, where the spiritual element is present. So, if you didn't learn your algebra, I have to tell you you may get out of it on the mansion worlds. However, what it truly means, you will indeed want to learn, and will learn in time. I realize this is not a complete answer, but perhaps it will begin.

David: It's a provocative answer.

Linnel: We can discuss this at greater length. Perhaps this evening would not be best.

David: While I have the floor, I'd like to take this opportunity to give some thanks, and I'm not sure where to direct this thanks. So many things have been changing recently in my life, and it seems my attitude has been very uplifted. And I don't know if it's membership in this group, or the spiritual counterparts, or where the thanks are due, but I would like to give thanks to all.

Linnel: You can be certain that your thanks will go properly where it is directed. However, understand that being together in a group like this does indeed enhance the spiritual responses tremendously. This is part of the purpose, of course, for such groups. I think you have all experienced a certain degree of enhancement in your feelings of spiritual reality during the process of this mission, and groups coming together. This will continue, and even grow. I appreciate the fact, David, that you are one of us, you are with us. I think you will never regret your move.

David: I think you're correct.

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Doug: Could you enlarge the picture on performing the quiet time?

Linnel: Perhaps it would help me if you would say to me first what your own concept is, and then I can enlarge from there. Perhaps.

Doug: What little I understand of it is accepting the Father's love.

Linnel: This is basic.

Doug: And I'm just looking for any clues toward reaching my adjuster, and the first step to finding a teacher.

Linnel: One thing I would encourage you to do, which would perhaps be excellent in several ways, is I would encourage you to discuss this with some of the members present. Perhaps get together with them during the week, and talk to different ones about their experiences with this. I can tell you a few things, but nothing would take the place of this particular sharing. I think you find in this room many people with many experiences of value in this process. Seeking the Father is the core of this mission, as I have said before. Simple words, however, there are many many different aspects of this approach. As far as techniques, there are many people here who can talk of different ways. But the purpose is to be in alignment, your will with the Father's will. And when this occurs, when you are truly open to the Father, then you feel his love, and this feeling, this moment of adjustment, this moment of attunement, enlarges your capacity for further spiritual development. This is why, as I have spoken of before, you may have a very close moment with the Father, and come to him again, expecting the same, and have difficulty. This is because you are always growing in this seeking. I feel like I could discuss this at great length, and perhaps this evening this is not appropriate. However, I would encourage you to speak with others. And I will try to give a teaching on the quiet time sometime soon. Thank you for your question, because this is indeed an essential process.

Barbara: Linnel, I have a question tonight that is of a personal spiritual nature. For a period of time now, my attitude toward my own spiritual reality and my desire to have a fuller, richer spiritual life has been growing very shallow and very dim. I find myself not seeking the Father. I find myself not reading, either the transcripts or the book. I find myself in very minimal contact with my teacher and with you. I find myself desiring not to go to meetings, although I always find I'm glad that I've gone. So I guess all hope is not lost.

Linnel: I am glad that you do come, Barbara.

Barbara: I recognize in this a pattern in my life that began when I was very young.

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Putting an arm's distance between myself and spiritual matters. And I know of the reasons why it happens. It happens consistently. I do a dance--close and then far away, close and then far away. What I'd like to know is, what do you suggest in terms of ...when I really feel resistant to things I know I should do, and that will bring me closer to the Father, what kinds of things can I do to foster the desire? That's what's gone--the desire. I'm bored. It feels like what it did when I used to go to church, and I'd just sit there and be bored. I wasn't bored with the people I was with, but with the message. And there's something dreadfully wrong with that.

Linnel: Yes, Barbara, I understand your question. The first thing that is necessary is to forgive yourself for this entire process, and to understand that, as you know, this is a process that has happened for a long time in your life. And it goes beyond pushing away the spiritual. It goes as far as pushing away other good things as well. This happens when we are hurt as children, and we learn a pattern of coping. You have learned a pattern of resistance in order to cope with pains that were more difficult than you could bear when you were young. The problem comes in when this resistance is not identified early enough and is allowed to continue to too great a length. It is easy to catch this early, and apply certain techniques. When it has persisted for some time, sometimes you must simply wait in an attitude of self-forgiveness, until certain conditions occur over which you have not complete conscious control, which allow a breakthrough to happen. I would also say to you to remember that you are experiencing an extremely painful anniversary. And this is very much rooted in this particular time. Every cycle will have its particular reason and meaning. If when you are early in one of these cycle, when you can still make some contact with the Father, you can tell him how you feel. Tell him you are bored. Tell him exactly what you think and feel, and know that this is acceptable to do. Tell him you are angry, if you feel anger at him. Because this will help...(tape turned)
In this instance, I would suggest to you that you are holding some tremendous anger, and that finding some way to be in touch with this and to release it in a way that does not harm you or others would be important. At this particular time, I cannot go into as much detail as I would like. But we can find some way to speak of this again. Understand that I sympathize with this. I have watched more than one of you struggle with this circumstance. I repeat, the most important thing to do is to forgive yourself, to simply allow yourself to move, trying as much as possible to do what you know is best, and not always act at this time on what you think are your feelings. Does this help?

Barbara: Yeah, it does. I probably should say that I don't feel really guilty. That is a different thing, this cycle from other times.

Linnel: And I believe you have noticed there are things about this cycle which are not as deep and pervasive. This is growth. Truly give yourself credit for this

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accomplishment.

Barbara: How do you suggest getting in touch with anger that's really buried so deep?

Linnel: I think if you were to explore the feelings around the difficult anniversary, however so much this may not be an enjoyable process, you would connect in time with the feelings you need to process.

Barbara: Might I request a personal session in the next week or two?

Linnel: We will see what can be done with this, yes. Thank you, Barbara. Know that I love you.

Dan: Linnel, can you help me resolve an incongruity that ...I'll phrase the question as it involves me, but I'm not interested in just my situation. I think it applies well to our efforts to understand how people come to be part of the group. A few weeks ago, you said choose what group to go to, and I said does it matter, and you said no, it doesn't matter. But that seems incongruous with the fact that we're supposed to be led here. How am I to resolve those two things: the idea that we're led to be doing what we're doing, with the idea that it doesn't really matter in that particular instance what I choose?

Linnel: If you are talking about the basics of being led by spiritual forces, this is one of those very large topics. Would you like me to comment on this, then, specifically as it has to do with people coming into groups in this teaching mission?

Dan: It's up to you guys.

Linnel: I am a little puzzled at what you call an incongruity, because there's more than one interpretation of my answer. You have to ask yourself what it means when I say it does not matter. I think sometimes this phrase in your language as it is used may carry meaning tinges that I did not actually intend.

Dan: Then I would say that what I understood it to mean is that it would not be of any significance whether I chose to be part of this group or the Newberg group, or wherever. That I find hard to reconcile with the thought that we have all been led...

Linnel: You have been led to the mission. However, there is much range of personal choice, as is true throughout the Father's entire universe. This is part of your freewill choice. You could have made yourself at home, or still could, in any of these groups, completely aside from what I myself might personally desire. When I said this, I was trying to let you know that you have this freedom. And I

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will never seek to take away from you the freedom to choose. And whatever group you might have chosen, you could have made yourself a valuable part of this mission, regardless. It is my personal wish that you be with us because I personally enjoy your presence in this group.

Dan: Thank you very much for that. That wasn't really the compliment I was hoping to fish for.

Linnel: I was not giving compliments because I thought they were fished for. I was expressing the feeling that I actually had at the moment, vs. the answer that was necessary to give for me to allow you the freewill choice that we try very hard to always permit to all of you, because this is what the Father's mandate is, that you have this right to choose. Being led to this mission, that call can be answered in many many different ways. There are some led to this mission who will never be in a group, who nevertheless will fulfill many things in this mission. There are many many different ways that this mission is manifesting itself, aside from the teaching groups. This is one reason why your concerns that those who are seeking will be turned away are perhaps a little bit more profound than reality actually has. No one, in the end, will be turned away from this teaching mission, and there are many many different kinds of places for all.

Dan: That was more what I was thinking of...because we're trying to figure out how we're going to do that, how we're going to decide.

Linnel: I think it's important to understand that the teaching groups are not necessarily for everyone on the planet. If you think realistically about this, you will understand that there are those that are not yet ready for such an experience. There are those whose thinking is completely different. Nevertheless, their capacity to love the Father and themselves and their fellow man can still be enhanced. And there are many many ways we can reach and teach them. It is an extraordinarily complex undertaking, even though its message is simple in essence. None will be turned away. Truly there will be a place found. If for some reason, your group decided unjustly to forbid someone access, they would find some way, somewhere. They would not be left. I do not truly expect this to happen, however.

Dan: Good.

Linnel: I'm glad I was not required to tell all about spirit leading. This might have taken in excess of your lifespans. (laughter) And I would myself, be tired.

Katie: Excuse me for a moment while I just jump in here and be a control freak.

Linnel: Please do, Katie.

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Katie: It's my greatest weakness. It's getting late, and I want to make sure that everyone who has not had an opportunity to talk gets that opportunity.

Linnel: I also would like this. Who of you, as it is said on your planet, would like to crawl out of the woodwork at this time? Has everyone who has a question had an opportunity? (pause) It is true that it is late, and it is time to close. This has been an unusual meeting. I have enjoyed it very much. I will look forward to seeing you all again, and look forward to beginning our lessons together. I think we will have much fun together, particularly as I learn to provoke Thea into revealing me more fully. She is having a strange reaction with this. (laughter) Pardon her, while she and I laugh at the same moment. It is sometimes very unusual having the two personalities present within the same mind frame. At any rate, I will continue. I look forward very much to spending time with you all again. I am very pleased with the progress being made. Know also that soon there will be messages from other personalities. And the Father is always with you. The Father knows of your group. The Father knows of what we are doing here together. And Michael knows. He knows of each of you. I would urge you this week to seek Michael in your hearts, to seek his presence, to seek his friendship, to seek knowing him face to face in your own hearts and minds. And I will be with you throughout the week. All of your teachers will be with you, and I look forward to seeing you again. Farewell.