

The Teaching Mission

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Foreward

The following pages contain transcripts of the Half Moon Bay, Ca. Teaching Mission group from its inception in March, 1993 through June, 1994. These transcripts have been edited to remove some personal questions or responses which group members wished to keep private. At the same time, we have added commentary and notes in order to provide the reader with background information which we hope will clarify some of the topics discussed in our sessions.

Since our group is still in the early stages of its formation, it has gone through many changes during the past sixteen months. We have added new members, been introduced to topics we have just begun to explore, and are still developing our relationship with the Teachers who meet with our group. This has been a time of exploration, doubt, trust, exhilaration, awe, and adventure! We are challenged by the Teachers to join with them in a co-creative experience that will develop our understanding of God's truth, beauty, and goodness. At the same time, they offer us a relationship that demonstrates patience, good humor, respect, brotherhood, and love.

Only you, the reader, can decide if these transcripts provide you with insights which help or encourage you on your own spiritual path. We offer them to you, in the hope that they will do so. If you have questions, or would like to discuss these transcripts further, please write the Half Moon Bay Teaching Mission group at 752 Toulouse Court, Half Moon Bay, CA, 94019, or call the number listed below.

Letters from the Group

To the Reader:

My experience with our group TR and our teachers, Olfana and Tarkas, has been spiritually uplifting. I have been in a relationship with the TR for our group since April of 1985. We have become very close in that time, best friends. The fact that I know her so well, coupled with the quality of the transmissions she has received, have convinced me of the authenticity of their spiritual origin.

When I first heard of the Teaching Mission and "people hearing voices in their heads," I was very skeptical. I even scoffed at the possibility. At the time, we began to read a number of transcripts from various groups. I tried to maintain an open mind and to allow the Spirit of Truth within me to be my guide. In most of what I read, I saw nothing which I felt was false or harmful. In fact, much of what I read was very positive, and at times, inspiring. After we learned from our readings that other sincere seekers could receive a personal or group teacher, we began to ask for that possibility through prayer. Some months passed before our TR began receiving simple, preliminary communications during meditation. Ever since that beginning experience, our relationship with the celestials has grown with greater and greater fulfillment. I think that the lessons and encouragement found in these transcripts need no further explanation or apology; their sincerity and authenticity I believe is apparent to anyone who approaches them with an open mind and the Spirit of Truth within his or her heart.

My own personal experience with the teachers has been very enlightening. I have received encouragement with problems I have faced with my work and family relationships. The teachers have offered suggestions which helped me to see my problems in different ways, which encouraged me to solve them more effectively myself. The teachers constantly encourage us to seek connection with our Thought Adjuster and commune with the Father. Their gentle and patient ministry is a loving model for all of us to follow. Those who believe that the Urantia papers are all we need do not understand the value of the personal, loving care granted to us by these celestials. They do not do our jobs for us in our search for Truth; they model the love and wisdom they desire for us and constantly help us to remain "God-conscious." They are our mentors. They know us because they have gone through many of the same experiences. They can identify with our struggle; consequently, they know when to challenge us and when to be understanding and forgiving of our human limitations. I am eternally grateful for their influence in my life.

T.

To the Reader,

The greatest part of the Teaching Mission, for me, is my stillness practice. I believe in the Mission because it satisfies, better than anything else I've encountered, a deep hunger in my soul. The Teaching Mission places a lot of emphasis on the stillness practice so I believe it must be important. I try to have some stillness every morning. It is the most mysterious and adventuresome part of my day. I'm always looking forward to it and am quite disappointed if something comes up and I miss it. I don't hear any voices, but I know I'm with God. My progress to

see and do the will of my Father is slow, but I know I am progressing and that's what's important to me.

I first read The Urantia Book over 20 years ago. It has been the religious foundation of my life since. The Teaching Mission has put a new vigor in my religious life and I now refer to the book more often and with more interest.

R.

Dear Reader,

S and I have enjoyed a close friendship for several years. We live near each other, are the same age, have lived in some of the same cities, attended the same college where we both majored in English--in short, we have much in common. I met S at a Course in Miracles meeting where she heard me talking about The Urantia Book. She and T began attending our Urantia Book study group, and remain active participants. I think she became interested in the Teaching Mission as soon as she heard about it--and five months later she began to receive communications from spirit beings. Very shortly, Olfana and Tarkus started speaking through S, and have continued to do so with increasing ease and fluency. The whole process seems to be having a positive effect on S; her relationship with Olfana, as well as the messages themselves, seem to inspire and comfort her. In addition, she has developed close working relationships with several members of the group which has formed around this process. Though S and I agree on many things, the areas where we differ seem to revolve around what I might call "psychic phenomena." Though I enjoy the use of Rune cards, oracle cards of all kinds, Tarot, I Ching coins, flower essences, crystals, amulets, and various trappings of New Age culture--I do not take them very seriously. I find them to be mostly harmless, often enjoyable diversions--creations of the spiritualizing mind. I believe S finds some of these aids and techniques to be useful--even powerful and meaningful. In the same way, I find this ancient act of seeking wisdom from the oracle--in this case, asking questions of Olfana--to be interesting...whereas for S it is personal and profound. I certainly support S in all of her efforts--and especially in this creative expression in which she continues to show courage, dedication, and integrity. To me, the lessons of Olfana are lovely--many of them evoking flower images. Perhaps in some way they are beautiful spiritual expressions of S's soul. Her sharing of the transmissions with me is a happy part of our friendship. Yet for me, the communications of oracles--no matter how benevolent--is not entirely satisfactory. Perhaps the only Voice which I can find powerful and compelling is the Voice of the Spirit within me.

A.

To the Reader,

I have been attending meetings of the Teaching Mission for about nine months. I started going because the transmitter, S, was in my study group and I respected her integrity. I also was curious and wanted to see for myself. Although I have enjoyed the Teaching Mission sessions and I find many of the lessons to be beautiful and uplifting, I can't say I am totally committed or 100% sure of it's origin. I do keep an open mind and I pray for guidance.

I have been a reader of the Urantia Book for twenty years. I found it by "accident" in the library, at a time in my life when I was searching for more than my Catholic faith. The Urantia Book provides me with the deep soul satisfaction of having found truth. The Teaching Mission has not touched me in the same way, but I will continue to be discerning about my involvement in the Teaching Mission as I try to follow the Father's will.
D.

Dear Reader,

I was asked to write a letter to the reader of these transcripts on anything I believe helpful. OK, here goes...

First, a little background. I have been a Urantia book reader since 1983. I was brought up a Southern Baptist, and my education was in Physics and Mathematics. I have worked all my adult life in research and development, in both university and private enterprise environments. From my early teens till my mid 30s I would characterize myself an atheist. My deity was rational thought, science, and the human mind. Certain experiences in my late 30's and early 40's convinced me that there was more to reality than the physical world. I began to seek, I knew not what.

One day my wife brought a thick blue book home from work. A coworker had loaned the book to her saying "Here is a book I think F. should read." I read the book for a couple of weeks, skipping here and there, sampling its flavor. My initial reaction was one of skepticism and disbelief. I rejected the book for its unconventional science (an ultimaton???) and its unfamiliar nomenclature. After returning the book to its owner, I mentioned it to my business partner, and gave it no more thought.

On my next birthday, my 47th, I received a copy of the book as a gift from my partner and his wife, who both are interested in spiritual matters. With the book now readily at hand, I undertook to read it, mostly out of curiosity. As I read, I began to perceive the spiritual fragrance of Truth. I began to understand that the book contained a conceptual framework of reality which united the material world and science, with a spiritual world and religion. Even more, I realized that I was a beloved son of a loving Universal Father. I began to see the way home.

In 1985 an invitation arrived to meet with a group of readers to form a Urantia book study group. Here I met A. and J. who can be found in these transcripts. A., in particular, encouraged me in a wide-ranging study of spiritual teachings, including channeled material from A. J. Davis, S. Moses, B. Bond, E. Cayce to mention a few. Here and there in these readings I seemed to detect a familiar fragrance...

In 1992 I began hearing about a "Teaching Mission," where individuals in Urantia Book study groups had begun to channel various "Teachers." A member of our study group, S., became very interested in this phenomenon, and began collecting transcripts from these groups and talking with their transmitter/receivers (TRs). She loaned me these transcripts to read, and my initial impressions were ambivalent. Surely these works contained no epochal revelations, no grand concepts, no supernal wisdom. I questioned whether these works were merely figments of the human imagination.

One day, on a business trip, I took along another transcript, and at night proceeded to read it. During my study of this text I perceived a

familiar fragrance. Then the realization came to me that these works were not intended as another epochal revelation; we already had that. These works were for individual, not public, instruction. Yes, they may contain lessons of benefit to many people, but the intention here is to tailor and adapt the instruction to the individual, ...to provide the services of a loving mentor, rather than a professor, ...to provide basic spiritual education where needed, rather than graduate school education. This particular transcript gave a simple 3-step approach which will lead to spiritual progress.

The fragrance I experienced was that spiritual fragrance of love, rather than hate, ...reassurance, rather than fear, ...acceptance, rather than judgment, ...patience, rather than intolerance, and encouragement, rather than criticism. This is the familiar scent of the works of our loving Creator, Michael, and our infinite source of love, our Universal Father. My dear reader, I ask you to look for this fragrance and seek it out in all that you read, and be assured that following the trail of this scent, you will not be led astray.

To me, these transcripts are not something you have to absolutely believe or disbelieve, but something from which the sieve of the Spirit of Truth will sift that which is useful and beneficial to you.

In brotherly love,

F.

To the Reader,

Since March of 1993, I have been the Transmitter/Receiver (TR) for the Half Moon Bay Teaching Mission Group. This has been an experience which has stretched my beliefs, challenged my abilities, expanded my perceptions, and increased my faith in God and the benevolent design of His creation. I have grown through moments of doubt and disbelief that such an amazing experience could be happening to me. After sixteen months of growth in my relationship with the Teachers, I no longer doubt their existence, and I am becoming comfortable with my ability to hear their words.

As our group grows, I watch with interest how others are developing a relationship with the Teachers. I see all of us prompted to discover our better selves, and become willing to work on those areas of our personalities that need development. It has been an exciting, rewarding experience to join with people I care for in this relationship with the celestials.

One particular benefit of being a TR that I cherish is the experience of feeling the presence of the Teachers. Just as I can hear their words in my mind, I can feel their emotions in my heart. I have felt their patience for our confusion or disbelief, their satisfaction for our sincere attempts to ask heartfelt questions, their pleasure in sharing our company, and their deep love and respect for us as fellow children of God. They are remarkable guides on our path toward our eternal destiny. I hope you enjoy reading these transcripts. They have been a "labor of love" from many of us in the group. We have added commentary or notes to help you understand better all that has occurred during our sessions. If reading these transcripts encourages you to seek out more information regarding the Teaching Mission, or to develop a more vital hope and interest in your own path to God, then they have served their purpose.

S.

Transcripts

Half Moon Bay, CA. 3/20/93 T9303201 Initial Session
3:00PM

Now, turning power over to you. Wait. Soon. You're hearing us. Memory hardens vibrations. Relax. Go deeper. Transformation occurs slowly. Resist thought. Work with us. Turning over trust helps. .i.Signa:first contact;Signa.

Half Moon Bay, CA. 3/20/93 T9303202 Group Session: S, T
9:00PM

Contents:

Energy Transmission
"We are seeds"

Melchizedek greeting

Go deeper. Read with clarity. Light surrounds energy;. Energy pulls together. Resistance uses energy. .i.TR Process:movement helps;Movement helps. This is powerful for you. It's OK, trust. Let us work, transform. All there is, is peace. You are a child of God. Blessings. Greetings. Take this, use it in God's love. This is powerful. Feelings of immensity are understood. These strong vibrations running through your body are God's love. Blessed be. The energies.i.Energy Transmission;.i.Healing:energy; we transmit are healing to you. .i.TR Process:"Trust this process";Trust this process. Trust in God. The almond seed grows into a mighty tree with the force of God's love running through it. You are a seed. T is a seed.i.Seed:symbol of;. We bless you. We welcome you. We ask you to have faith. Hold on to your beliefs. They are precious. We will leave you now. You can feel the energy lightening. All is love. .i.Melchizedek:greeting;Melchizedeks greet you.

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Half Moon Bay, CA. 3/20/93 T9303203 Corona Del Mar
Evening

Contents:

Transmission from Signa re: S's contact

Note: S left a phone message for the Ropers of her first transmission, signed "Signa". The Ropers asked Signa for confirmation.

Jane: Signa, was that you? Did you speak with S? Do you have a message?

Signa: Yes, .i.TR Process:listening;She is listening quite well.

Continue seeking the silence on a regular basis. I will continue to try to reach her, as will other teachers from time to time. Their group has an assigned teacher waiting to begin. (Jane asked Signa for the teacher's name. Signa declined to give it.)

Jane: Signa, why are you contacting S?

Signa: I was chosen strictly on ability. I seem to have the knack of transmitting through the mortal mind. Tell her I encourage her, I pray for her, and I ask her to be calm and do not fear. That is all.

Half Moon Bay, CA. 3/21/93 T9303211 Solo Session
3:45PM

Contents:

First contact with Olfana
Energy Transmission

Color Visualization

Shimmering light. Bless you. God's love. Follow us. Resistance.
Trust in God. This message comes slowly. Light vibrations clear the
path. Relax. God's energy. Use this. Stay tuned to your path.
Promises are made. God's will be done. Take this energy;
.i.Healing:energy;.i.Energy Transmission;it is healing you. Aflana is
here. Slowly though it comes. Feel this lightness, vibrations. Blessed
be. Keep trying. Notice every word patiently. .i.Color
Visualization;Notice colors clearly. Flashes of energy. Rest. Flower
essences .i.Flower Essences:important in TR process;help. Thank you for
caring. Here we begin our work. .i.TR Process:"Trust this
process";Trust this process. Rest in God's love peacefully.
.i.Olfana:first contact with;Olfana is here with you.
.i.Healing:hands;Your hands are tools for God's love. Use them with
care. They can help you heal others too. This is God's promise to all
who listen. Blessings are here for you on this planet. .i.Light and
Life:promise of;Light and Life is a promise we make. Believe in us.
Releasing your energy. Trust. Goodbye. Olfana and Aflana.

Half Moon Bay, CA. 3/21/93 T9303212 Solo Session
11:30PM

Contents:

Energy Transmission
Flower Essences
Healthy Living-- Sugar in diet

Movement can help the TR process
Color Visualization

The energy you feel makes you restless. This is good. You're energized by patterns you do not understand. Thank you for using the essences. [Perelandra Flower Essences]. Try to listen carefully to us. .i.Healthy Living:sugar;Transform your patterns of eating sugar.i.Sugar:affects energy circuits;. Please understand this is necessary. You smile because you know the connection. [Patije had told me that another woman in her group, who felt she was a healer, had been told to remove all sugar from her diet. When she said that, I thought, "Oh boy, I hope they don't tell me that." Also, I have read much nutritional literature that discusses the harmful effects of refined sugar. One book in particular, called "Sugar Blues" had made a strong impression on me, when I read it in 1977. When the message, "Transform you patterns of eating sugar," came slowly, word for word, I smiled as I thought, "That's hitting the nail on the head!"] We try to work with you in all ways that are good. Healthy living is important to this process. Try giving us a chance. Do not think we don't understand your resistance. Humans, mortals, are a challenge for us, but we love you very much. Your abilities to hear us are growing. .i.Flower Essences:important in TR process;The flower essences are helping. Listen to each word carefully. Remember, your role in this Mission is important to all of us. We love you. We need your help. Patije is our friend. We care for her very much. She understands what is happening to you. Listen to the words carefully. Be patient, and it will come more easily, as you practice the stillness.i.Stillness Practice;. [My mind began to drift to my own thoughts, and questions.] You have questions in your mind. Not yet. Wait to hear us tell you what is important. [I was learning to wait, if I couldn't hear a word. I would hear it again after a few seconds. Before this, my urge was to "second guess" what I hadn't heard clearly.] It's good to pause when you're not sure. Hear the word a second time. Stay with us. Movement helps you to focus our energy. [This is a little embarrassing, but I guess I need to be totally forthcoming about this whole experience...When I start to connect with the energy of the celestials, my upper torso wants to move and sway in slow circles. I find the more I "go with this feeling," the easier I can hear the words. However, I feel I must look like Stevie Wonder or Ray Charles when they play the piano!...and I'm not listening to music...] Breathing is good. It calms you down. It helps. Love .i.God's Love:is energy;and energy are one power,.i.Energy:is God's love; God's power moving through us, the universe, all things. This feels all right to you. [I felt a very pleasant level of energy running through me, as if I was "tuned to the right frequency."] Stay tuned to us. Our energy is healing you now. Listen carefully. This is important. Rest your trust in God. Always remember his love is important to this process. Don't think questions now. [I was starting to drift into my own thoughts again.] .i.Color Visualization;Blue energy is here. [There was a long pause, as I began to see iridescent blue spots forming in my middle field of vision. Then I saw large bursts of blue coming from the top of my field of vision moving downward. At the same time, I felt powerful waves of energy entering from above my body, and moving downward, as if my body was being pulled downward by a strong magnet. This experience lasted for approximately one minute]...That was Melchizedek energy. It is powerful, but healing. Your body rests now. [Long pause.] Green energy .i.Energy:green is Life Carriers;is Life Carriers.i.Life Carriers:green is their color;. Stop worrying. They will come in time. [This amazed me. I had been musing to myself for the

past day, "I wonder if I'll ever seen green colors? I wonder what these colors mean?" I hadn't voiced this question, or discussed it with anyone. Yet here they were, answering my question, and giving me assurance that, if I showed patience, "in time," I would see green. I also felt, as I read over the transcript of this transmission, that since blue had been identified as .i.Melchizedek:energy;Melchizedek energy.i.Energy:blue is Melchizedek;, and green had been identified as Life Carriers, that perhaps all colors that I might see would eventually be identified for me. Another beautiful understanding that came to me as I thought about this transmission, was that my questions mattered to them.i.Teachers:our questions matter;. It was one thing to read transcripts of other teachers answering questions from a study group, but a whole new level of comprehension to feel my questions would be answered too!] Olfana is here now. Thank you for listening well this evening. Practice is good. Try the .i.Stillness Practice:seek regularly;stillness regularly. I am releasing you now. [I felt the energy leave my body, as if someone was slowly turning down a dimmer switch on a light.] Goodbye.

Half Moon Bay, CA. 3/22/93 T9303221 Transcript from Sarasota, Florida
12:00PM noon

Contents:

Flower Essences adjust body chemistry

Transcript from Patije given by her teacher, Aflana.

Dear one, I am Aflana. It is true that I was overseeing S's beginning contacts. .i.Aflana:oversaw beginning contacts;. Signa was there, and Manotia, representing the Melchizedeks, was there. .i.Flower Essences:important in TR process;The flower essences, which she talks about, are another material means for us to help your chemistry for this contact. It is unnecessary, but since she has it, and is willing to use it, it can help us considerably in speeding up the beginning contact adjustments. Others can be helped by this, if they understand what it is, and use it correctly. S will help many in this service. Olfana has studied with the .i.Chanti;Chanti, who work with those developing material-biologic uplifting methods.

One of the methods of chemistry adjustments is the extracting of the essence from various flower petals. She works with this, and with the use of it. She will work with S in the events which center upon this chemistry-adjusting. Olfana was with me as I contacted S in the .i.Stillness Practice:contact during;stillness last evening. It was our intention of introducing our combined presence. When the message began, S picked up on both of our names and combined them. Therefore, we did not confuse her. [They identified themselves as the "Angels of Healing."] It will become clear as she continues to practice these communication techniques. Continue to encourage S. She has many points of resistance to overcome, but she has now reached a point where "she knows that she knows" of our reality, and she will move into that realization without fear and detrimental doubt. It is a joy to see how our sisters can help one another as they harmonize and share their personal experiences, and what they think is their imaginations. Do you not see this?....

...Rejoice, Dear One, you have demonstrated your faith once more, and Michael's reliance upon your abilities to minister to fledgling receivers is pleased. We rejoice with you, and such joy you can hardly imagine. Trust the process, Dear One. You are following the guidance of your .i.Thought Adjuster;Thought Adjuster and our teachings very well. Doubt not that you can be in error for long. We know of where we speak. It remains amazing to me how a suggestion can result in so much progress, while human mortals drag their feet in any assignments. There are few exceptions. However, the little family which we are seeing harvested from among the fruitful ones upon Urantia are indeed truly prepared to act upon their faith. The Reserve Corps of Destiny is growing in numbers and many have been activated. Some proceed in faith, while others watch in wonder and wait for directives. Only those who show willingness to be about the business of the Correcting Time in personal ministry to one another, and steadfast loyalty to the Father, will continue to become aware of the various stirrings upon Urantia, and be a part of the number who will witness and experience the Morontial presence of those whom they desire to see.

Half Moon Bay, CA. 3/22/93 T9303222 Solo Session
12:15AM

Contents:

Energy Transmission
Color Visualization

Chakra Adjustments

Listen to us now. We need your cooperation. Pay attention to every word as you hear it and don't worry about thoughts. [I felt a strong "pins and needles" tingle in my hands. My hands felt drawn up in front of my face, palms inward.] .i.Healing:hands;Your hands are healing you now.i.Healing:energy;. They are pulsating with God's energy.i.Energy Transmission;. .i.God's Love:everything is;We know that everything is God's love. We want you to see this too. Come with an open mind and heart to this Mission and you will grow quickly. Let yourself relax. Remember to breathe. So many things depend on this. You are a child of God. Remember this lesson...You're "editing" again. Try to relax. [I had told Patije that when I let my thoughts get in the way of a transmission, that I was .i.TR Process:editing;"editing." Your nose is healing. [This is difficult to write about, since I don't know who will be reading this. What I am about to write about makes me feel anxious, but I prayed about it, and the answer I heard was, "Tell the truth," so here it goes...on the bridge of my nose, I have an irregularly-shaped. whitish, shiny spot that has grown on my nose over the past two years. It's now about the size of a raisin. I think it may be a form of skin cancer, but I've been scared to go to a dermatologist about it because I've been worried that its removal would disfigure me. I know that logically this is the dumbest thing I could do, but that has been my level of denial...Perhaps I should add that I am a college-educated person who should know better than to let myself be this irresponsible. When I first got these transmissions, I would begin to think, "Maybe they will help me heal," but I would stop myself in mid-thought because it seemed too much to hope for. When I heard, "Your nose is healing," I felt totally overwhelmed, and yet still I was scared to believe I had heard those words.] .i.Flower Essences:important in TR process;Thank you for thinking of the flower essences. They are important for you in this process. Seek this .i.Stillness Practice:seek regularly;stillness practice regularly. We can help you with your nose. Trust in God. .i.TR Process:"Trust this process";Trust this process, S. We know your anxiety. Fear nothing in this work. Your teacher, Olfana, is here with you. Let your thoughts go. Relax. Breathe...Breathe again. Knowing this process allows you to help others. We need your efforts in this Mission. You are a healer. You can help us. Relax...Be patient. Notice the colors.i.Color visualization;. [I saw a large cloud-like circle of primarily fuchsia, magenta, purple and blue move in slow, counterclockwise circle. My eyes were closed, but they seemed to track this circle as if I were doing eye muscle exercises.] They circle around you for a reason. Movement is God's expression on this level. God's energy is growth, change, transformation, never-ending protection of the cycles of growth. Take this message. Share it with Bob. He understands this work. Patije understands also. Let the words comfort you. Don't judge them. They are enough for now. Stop asking questions...Listen...Feel the vibrations.i.Chakra:adjustment;. Your heart expands as we work with you. Let yourself grow now. There will be time for other work later. [I felt my hands drawn, palms facing my body, towards my groin area, and then, about three inches from my body I felt them being drawn slowly upward, in alignment with my spine. The energy moving through me felt wonderful!] This feels good to you for a reason. We are aligning you. [Somehow I think this experience is connected with the chakra centers, but I'm not sure. I continued to experience warm, pulsating vibrations in my hands and my torso as my hands moved upward.

It felt as if someone was zipping me into a warm jacket. My hands rose over my head. I reached upward and slowly let my arms fall to my sides. I felt very, very peaceful.] You need to rest now. Relax. Enough messages will help you understand this better. We are finished for now. [This session closed with my hearing, " Greetings from the Angels of Healing."]

Note: I am typing this transmission six days later, March 28, 1993. I have received further transmissions since this one which discuss how I am being healed. The skin on my nose appears somewhat healthier to me, but the change is very subtle. However, a striking change to me is that the spot and surrounding tissue had itched a great deal, perhaps once or twice every fifteen minutes. Now it hardly ever itches at all. I still don't know what to make of all of this, but I have faith in God's love for me, and feel that over time I will have a clear perspective on my experience.

Half Moon Bay, CA. 3/22/93 T9303223 Solo Session
12:00 midnight

Contents:

Color Visualization
First contact with Tarkas

A Course in Miracles

You are tired tonight. This is more difficult. T is not to worry. Be assured that God's love extends to you fully. A is free to think about this Mission as she wishes. Come together openly. Explore the possibilities we present to you. Your papers are gone in the trash. [I was missing an invoice, and asked them if it were possible for them to tell me where it was.] Sunshine is energy glowing onto the earth. .i.God's Love:is energy;God's love is energy .i.Energy:is God's love;moving through the universe. You are tired. We understand. Today was difficult. Waiting here is someone else to talk to you. Stop questioning! See the colors.i.Color visualization;. [I saw small dots of many colors: purple, blue, gold, red, fuchsia, magenta--as if someone threw silver sparkle into the air, and it caught the sunlight. These small dots had a very calming effect on me. This lasted for about two minutes. Then I felt a deepening in the energy, and it also felt more powerful.]

I see every one of the colors that you see. My name is Tarkas.i.Tarkas:first contact with;. I know this seems surprising to you. [I had been reading two Tarkas transcripts from Cincinnati, Ohio, earlier that evening. I was impressed with how eloquent the lessons were on prayer and forgiveness. I know that in this group are members who also study .i.Course in Miracles;A Course in Miracles. I have been a Course student since 1985, and was very pleased to see how Tarkas's lessons reflected Course teachings. I was also thinking about how appropriately teachers are matched to groups. I am still so new at all this, that when I heard, "My name is Tarkas," I was immediately filled with doubt--that my mind must be projecting this. It was comforting to hear, "I know this seems surprising to you."] Come openly to hear my message. Follow the path, you seekers-of-truth. [I felt this is a reference to myself, T, and A, since we all read the Course together.] The Course in Miracles is true. [I heard "true" four times before I dared to say it.] Jesus/Christ Michael needs your help...You are tired. We thank you for your attention tonight. This is quickly seen as easy to finish. Releasing your energy now. [I felt the "dimmer switch" effect.]. Olfana and Tarkas

Half Moon Bay, CA. 3/23/93 T9303231 Group Session: S, T
4:30AM

Contents:

Energy Transmission
Stillness mantras

Color Visualization

Tarkas: Hello again. Tarkas is here. He will speak now. Calm your mind. It helps you to hear us...[private message to S] There are many others now waiting here. Go deeper. [I sensed very focused energy throughout my body.] Please listen carefully. Olfana loves you. Now she wants to speak.

Olfana: I feel close to you. Let your mind relax. Stop trying so hard. T is loved too. He needs practice in the stillness. Go closer to your breathing, T. Stop pushing yourself. Stay with one thought...".i.Stillness Practice:mantras;God's power is focusing me." "God's love keeps me whole." "Send me God's power."

[.i.Chakra:adjustment;I had a sense of my whole body swirling very fast. At the same time I felt an immensely powerful funnel of energy swirling around me in the opposite direction. I felt no nausea or confusion. It felt invigorating.] .i.Energy Transmission:rotational effect;The energy you feel running through you is good. [Then I felt strong surges of energy. This energy entered through my head, and surged down through my body. I began to see blue clouds of energy surging downward.i.Color Visualization;.] Centrifugal energy grounds you...blue flashes, purple, fuchsia, orange, yellow. [I again began to move my hands up the mid-line of my body from my groin to above my head. I experienced the same "zipper effect" I had felt before. The energy was very powerful and invigorating. I sighed four times, it felt so good!] Take deep breaths. Press on this button. [What??? Suddenly I realized my tape recorder was about to run out of tape! I opened my eyes and turned the tape over.] Thank you for cooperating. This process helps you heal. Olfana and Tarkas are now finished. Hear us speak. We love you very much. Stop editing! Become quiet. Let us go now. Goodbye.

Half Moon Bay, CA. 3/23/93 T9303232 Group Session: S, A
3:00PM

Contents:

Energy Transmission
Color Visualization

"We are seeds"

Dear Ones. A is welcome. Love binds you closely. We sense your emotions. [I was feeling tears well up in my eyes.] You are here with us for a reason. Take heart in this Mission. Close feelings are important. The .i.Course in Miracles;Course binds you in love. [.i.Color Visualization;I saw pulsating clouds of purple and I felt very strong energy running through my body.] Christ Michael blesses you. Joy comes to all who serve in his name. A, you are a child of God. You are a seed.i.Seed, Symbol of; that will become a flower of great beauty to all you help/serve. We bless you in friendship. Take this message to heart. Bring yourself together with everything you understand. In service you thrive. You know this already. S and you are sisters. We love you. .i.TR Process:"Trust this process";Trust this process. Keep yourself patient. The energies will come to you, A. Love is God's energy. It binds you to the Father. We turn this time back over to you. Olfana, Tarkas, Lin-el, Signa... Goodbye.

Half Moon Bay, CA. 3/24/93 T9303241 Solo Session
12:00 noon

Conetnts:

Energy Transmission
Color Visualization

Chakra Adjustment

Blessed be. You are ready to receive us now. Go deeper. [My right leg was feeling very "jittery." I call it my "jumpy leg syndrome."] Your leg is feeling tension because we are making adjustments again. Relax...Bring everything to your thoughts that allows us cooperation. This session comes from...Tarkas, Lin-el, Signa, Olfana, two Angels of Healing. Signa says to release control. [My leg continued to bother me. I moved around a lot.] Go deeper. Try movement. Yesterday we worked with you on energy blocks. Do try to not eat sugar.i.Healthy Living:sugar;. It goes to make bad energy .i.Sugar:affects energy circuits;connections. .i.Color visualization;Let the colors come now. [I tried to see colors, but without much success. My leg still bothered me.] A knows something is happening to you. She sees the changes. Please try to pay attention. Let the colors come. [I rearranged myself. My leg still felt tense] Move with feelings...[long pause]...This is difficult for you tonight. You are distracted by thoughts. We cannot... Let yourself relax. [As I tried deep breathing, I felt strong energy pulsations in my hands and body.] Feel this strong energy.i.Chakra:adjustment;.i.Energy Transmission;.i.Healing:energy;. It releases God's power. Thanking God for this power...Thanking God for this energy of healing is affectionately understood. [I feel this is a reference to a prayer I had said that morning. I then felt the urge to hold my hands, palms inward, in front of my face.] See gold, orange. [I did.] Such energy heals you now. Your leg continues to ache because it goes through changes. Leave all doubts, thoughts, worries on your certain faith in God. This energy changes/becomes magenta, purple. [It did.] Go deeper, please. Let all concerns remain behind. We love you, S. Thinking gets in the way. Let us do our work. All that happens here is God's process. We will release you. Sometimes this transfer of energy is intense. [I felt a jolt, and my head snapped backward.] Raise your hands up. Feel this power. [Once again I felt the urge to move my hands up the midline of my body, starting at my groin and moving upward over my head. Again I felt the warm, "zipped up" effect.] Tonight was long to go with us. We trust you to understand our work. Let us help you heal. Releasing you now. [The dimmer switch feeling] Tarkas, Olfana, Signa, Lin-el, Jun-el Goodbye.

Half Moon Bay, CA. 3/24/93 T9303242 Group Session: S, T
11:00PM

Contents:

Energy Transmission

Come here us speak to you tonight. We love you. We hope you are learning to trust us. Now is the time to begin our work. .i.Energy Transmission;Your hands are feeling the energy. They are not going to work on you now. They can help T. Are you willing, T? [He answered, "Yes."] Reach over. Hold S's hand. Feel everything that passes from her to you. Let it help you heal. Your doubt is understandable. This is new information to you and it seems hard to know how to handle everything that you hear. Can you trust in God's love for you? [T answered, "Yes, that's never been shaken."] Then, know you are a child of God. You are dear to him. He reaches out to you through the energies flowing from us to S, and then to you. You may reach out with your love to Him in many ways. Your faith is real. We know this. You carry a wise understanding of God's love for his children. Share this knowledge with those you choose to serve. Realize that transformation takes time. Show patience with yourself. Honor even your doubt. Let the energy of God's love build and draw forth from you all your abilities in his service. S is feeling very strong energy passing through her. [It was so powerful I was having difficulty saying the words.] We are sending this to you. Let this experience help bind you together. We are blessing you now. This is God's love .i.God's Love:is energy;manifested .i.Energy:is God's love;through your bodies. [I felt strong waves of energy pulsating through me.] .i.Healthy Living:importance of;Always remember to honor your bodies as temples for God's love, and care for them with honor. S, you may release T's hand. Let this new energy of God's love fill you, T. This experience is part of your transformation too. Never forget what a precious child of God you are. We are releasing you now, S. Tarkas, Lin-el, Signa, Olfana,.....Jun-el Goodbye.

Half Moon Bay, CA. 3/25/93 T9303251 Solo Session
2:00PM

Contents:

Energy Transmission
Flower Essences
Color Visualization

Oil slick as a symbol
Healers are connected

Go deeper. Let the colors come. .i.Color Visualization;. You take this with movement. [Again I felt the need to move my torso in slow circles.] Let God's energy penetrate your vision. You see bursts that change shape. [I saw large bursting clouds of iridescent colors.] .i.Energy Circuits;.i.Energy Transmission;Waves of energy pass through you with the colors. Your hands pulsate now. We are tuning you easily with the essences.i.Flower Essences:and healing;. [Peralandra Flower Essences] Let this be noted by others. Try breathing. Come up with your hands. Take your hands and feel the pulsations. Now touch your heart. [I felt pulsations of energy in my chest, and saw a mix of many bursts of colors.] Mixtures of colors give a blending of colors that is good for you. The oil slick was a .i.Oil Slick;symbol. A promise. Pay attention when this happens again. [My daughter and I had been in a shopping center parking lot the previous evening. We noticed a beautiful 4' X 6' oil slick on the blacktop. It had recently rained, and the magenta, fuchsia, purple, blue, and gold iridescent colors of the slick glowed in the reflected light of a spotlight overhead. We stood admiring the beautiful colors for quite awhile.]

Thern knows much information about healing. Listen to his explanations. Let his experience be a guide for you. [I had spoken to Thern long-distance that afternoon.] .i.Healers;You are connected with many healers now. You and they will blend like the beautiful mixture of colors that you see. .i.God's Plan:involves energy changes on Urantia;God's plan involves .i.Energy:changes;energy changes on the planet. Your work will help this process. Discover the love this energy brings to you and others by using this process first on yourself. Are you not healing, S? This is real. .i.TR Process:"Trust this process";Trust this process. .i.Prayer:value of;Your prayers are important to you and to us. Thank you for acknowledging our work. We know the prize we give you will be taken with gratitude. [I had told Patije that I kept feeling like I had won the lottery, but I couldn't quite believe it!] Thern and Patije know much about this. Let all worries go. Tell your friends nothing yet. [I had been musing about calling a friend of twenty years, and telling her about this experience.] Your father gets help too. [My father has severe glaucoma. I had told Thern that I hoped someday I could try a healing on him, once the celestials told me I was ready.] Let yourself wait until he seems ready. Your mother is loved. She is a child of God. Comfort her. She needs your comfort now. [S's mother is in the early stages of Alzheimer's Syndrome.] We bless you in this undertaking. Feel this blessing as magenta, fuchsia energy. [I saw clouds of these colors throbbing.] Let yourself relax. We go now. We love you. We are releasing your energy. Olfana, Signa, Lin-el, Jun-el, Tarkas, others here greet you. Goodbye.

Half Moon Bay, CA. 3/26/93 T9303261 Solo Session
2:00AM

Contents:

Reading the mind of TR
Energy Transmission

Color Visualization
Flower Essences

Let your resistance to any guidance drop away now. We love you, S. You are coming along fine. You take many paths back to the Father. We hear your questions. We know your mind. It is good that you let us see your thoughts. We appreciate this cooperation on your part. [I had said before I went into this meditation that I wasn't sure how easily they could .i.Mind Reading;"read my mind," that perhaps they needed my permission. I have read in many transcripts where teachers ask permission before they "scanned the mind, or memories" of someone asking a question. I said that if knowing my thoughts or memories would benefit my healing or help in serving someone else, then, "in Christ Michael's name," I gave them permission to do so.] Know that everything now depends upon your cooperation. .i.Co-creative;"Co-creative" is not just a word. It is a concept that binds you to God, and God to you. [I felt a new surge of tingling energy.] Let me introduce myself. I am Tarkas. .i.Energy Transmission;Feel my energy passing through you. [I felt a strong, deep surge of energy that lasted for 30-50 seconds. Then the energy shifted. The vibration pattern lightened. .i.Color Visualization;I saw magenta and fuchsia colors. I felt happy, almost giggly!] Dear one, you move very quickly. I enjoyed your singing tonight in the car. [Earlier in the evening, while I was driving my car, singing along with a Bette Midler tape, I thought..."I wonder if Olfana can hear me right now."] .i.Teachers:relationship with student;We make a good pair/team together. We are about the Father's business. Let my energy pass through you now. [I continued to feel this "happy" energy, and I saw fuchsia bursts of energy. Now you see combinations of colors glowing. We love you, S. Love yourself. Know that all resistance passes away when approached with love. Still others wish to speak. [Long pause...I think I started to drift into sleep.] You tire now. We understand. Jun-el will speak later. Many here greet you, and wish you well, Little Healer. Your son, C, needs your love now. Help him with the essences.i.Flower Essences;. You need to rest, S. We depart. Take our love and hold it to your heart. We are releasing you. Many teachers

I felt as I fell asleep that somehow my "mind was being read." I saw thin lines of .i.Color visualization;gold energy, like threads, zipping in all directions, and I had a lightness, a buzzing sense of energy in the top of my head. It didn't in any way feel unpleasant. I wonder if others feel anything when Teachers are scanning their memories?

Half Moon Bay, CA. 3/26/93 T9303262 Solo Session
11:30AM

Contents:

Healthy Living
Flower Essences
First contact with Lucinda

Energy Transmission
Color Visualization

You know now when we are connected. .i.Healthy Living:importance of;Take all precautions with your health. They will help us heal you. Drink fluids regularly. Take vitamins. Go to great lengths with our advice. You will heal faster this way. The .i.Flower Essences:and healing;flower essences are helping to heal Teresa. That was truly correct. You know what to do with testing. This procedure works well. Let no one think we dabble now. God's Kingdom grows powerful on .i.Urantia:God's Kingdom grows powerful on;Urantia. The colors are brilliant. God's love is brilliant too. Praise him!

.i.Color Visualization;The green light announces a new member of our team. We call her Lucinda. Yes. .i.Energy Transmission;Combining our energies carries much power. [I saw beautiful swirls and pulsating bursts of color: magenta, blue, purple, fuchsia, and green! for the first time! These colors surged into each other against a background of black. This lasted for 30-40 seconds.] Tarkas greets you. [I felt a shift to a stronger, deeper energy.] Your hands are pulsating. Now lift them in thanks. God's beauty is evident in our work. Blessings flow from the Father. [I felt a surge of energy in my body.]

Tell T not to worry that this will change you from your nature. We hope to augment all the beauty that God has implanted in you.

.i.Lessons;Lessons will come later. [T had said to me this morning that he would be able to believe this more easily if we had lessons that carried more "substance."] .i.Healing:energy;Now the healing work comes first. Your feet tingle, but let them be. Remember our purpose. God's energy thrives in our beings. We honor this in our work. [My feet were tingling and distracting me.] Going deeper. Last night made many changes. T's body is transforming slowly but surely. Practice the stillness, T. .i.TR Process:"Trust this process";Trust this process. Open your heart, Open your mind. Let us travel together.

Swirling energy blends us together. [Again I saw the mixture of colors swirling before me. Then it seemed to primarily become the magenta/fuchsia colors] Olfana sends you blessings. Fuchsia charges your system. Take all this and rejoice in our work together. We do release you now.

Tarkas, Lin-el, Signa, Manotia, Lucinda, Olfana, Jun-el Closing now.

Half Moon Bay, CA. 3/26/93 T9303263 Solo Session
11:00PM

Contents:

Contact with Jun-el

Color Visualization

We open this session tonight with many teachers present. Jun-el comes forth now...long pause...This connection is difficult. .i.Color visualization;You see my color telling you all things...[I saw a field of red color spots.]...Love manifests as energy...Take this...Olfana connects with you. She...[I waited for perhaps five minutes, but felt and heard nothing more. I was tired, so I decided to stop.]

Half Moon Bay, CA. 3/27/93 T9303271 Solo Session
11:30PM

Contents:

Energy Transmission
Color Visualization
Healthy Living - Restoring balance

God's love undoes error
Books on healing recommended
Flower colors are related to healing attributes

Take time with yourself, S. This process grows and changes you slowly. Transformation is God's power coupled with your efforts. This process creates beauty and truth in you. This changes your appearance to the world. .i.Energy Transmission;Olfana is charging your system of energy now. You feel vibrations throughout. Your hands tingle for a reason. The energy she sends you pulses through them. Take your hands. Now let them rise. Leave everything to us. We understand this process. Stay with each word. .i.Color Visualization;Listen and watch the colors come. [I saw bursts of many colors...long pause...] Trying to connect with you is not easy tonight. [I had been to a party that evening. I had two glasses of white wine, some tea with caffeine, and had been exposed to lots of cigarette smoke all evening. I felt rather "toxified" by the time I came home. Also, I felt guilty, as though I were too undisciplined to follow the advice I had been given about caring for my body as they tried to heal me...so much for stubborn, ego-centered human nature!] .i.Healthy Living:balance;Many things can help restore your balance. Rest... water... love... kindness... exercise. Knowing your limits helps us heal you. Take your hands. Put them together. [.i.Prayer:position;I felt drawn to put my hands in a traditional prayer position. When I did, I felt a powerful surge of energy pass between my hands and then into my whole body.] This completes a powerful circuit. Prayer with hands touching .i.Prayer:with hands touching;has meaning beyond ritual. Now touch your forehead. [Keeping my hands in the prayer position, I moved them to my forehead, where my fingers touched my forehead and my thumbs touched my nose. Again I felt a powerful surge of energy enter my head.] Again feel the connection. Let yourself relax. .i.Teachers:relationship with student;Always remember, we love you. Your care matters to us. We know you make mistakes. This is being a mortal. You are not a perfected creation of God's universe. You grow from your errors. Blessed be. .i.God's Love:extends throughout universe;God's love extends throughout the universe of created beings. We watch your growth. We know you care. Forgive yourself. There is no error that cannot be undone with God's love. Take time to study the books you checked out today.* They will help you understand our work. Let the colors come. Olfana is happy you think of her often. She know you are growing closer to her. In time your connection will be very strong. .i.Flower Essences:healing patterns;The flowers you see are connected with the colors. Yes, you do understand something of God's plan. [I had seen a patch of spring wildflowers that day, and the thought suddenly came to me that perhaps there was a connection between the color of the flower petal, and the healing patterns placed in that flower from which essences are made. .i.Melchizedek:energy;Perhaps blue flower petals, for example, carried attributes of the blue/Melchizedek color I have seen.] In time, more will be revealed. .i.Urantia:changes now;Urantia changes now. Glory to God. His love extends to everyone who reaches out for him. [I'm not sure I heard that statement correctly.] Please try hearing each word. Urantia takes on new patterns of healing now. .i.Energy Circuits;These patterns open the circuits further. One day the life you lead on this planet will change immensely. Let all hear these promises. You tire now. We understand. Thank you for praying tonight. Tarkas, Olfana, Signa, Lin-el, Jun-el Goodbye

*The books I had checked out were.i.Healing:books;:

Therapeutic Touch: A Practical Guide by Janet Macrae

Techniques for Health and Wholeness by Betty Bethards

The Ancient Art of Color Therapy by Linda Clark

Healers on Healing edited by Richard Carlson and Benjamin Shield

Note: When S went to the library she had no preconceived sense of what books she might select. As she perused the section on alternative medicine, she found, to her surprise, that she felt subtle vibrations in her hands as she touched some of the books. She assumed this might be guidance, and then checked out the above-noted books.

Half Moon Bay, CA. 3/28/93 T9303281 Group Session: S, T
9:30PM

Contents:

Preparing transcripts
Urantia's transformation

Energy Transmission
Praying for the celestials

You worked well today. This effort is noted by all of us. We thank you for showing your faith in God's work. There is time. There is time to grow healthy, yet still do your daily tasks. .i.Transcripts;[T and I had spent all day typing transmissions, figuring out computer glitches, photocopying transcripts, indexing what we had typed, etc. I can see how copying and reproducing transcripts is an enormous job in itself! I had said in my prayer that I was worried we were going to be overwhelmed by all this and not have time for all our other responsibilities. I asked for guidance.] We wish you well always. We love you. We know you try to do your best. Take these transmissions in stride. You will balance your tasks over time. No one is asked to sacrifice their commitments unreasonably. We notice your efforts, T. The Father's love for you is great. Your energy is warmth, because you burn strongly with the Father's love. .i.Stillness Practice;Practice the stillness, T. Have trust and faith that all effort on your part will be rewarded. Let no one doubt God's plan for all his universe. This creation is made beautiful and transformative because he so decrees. He is the Father who protects all he cherishes. Tell yourselves you have done well today. Watch your movie, Little Ones. [I had said in my prayer that T and I were tired, and if it was all right with them, could this transmission be short, so we could have time to watch a movie that we had rented. As I heard these words, I was filled with strong emotions of love and protection.] We love you very much. Blessings! Blessings to both of you! S, hold T's hand. [For approximately 40 seconds .i.Energy Transmission;I felt incredibly strong surges of energy pass through my body. I could barely speak, it was so intense. However it felt very powerfully invigorating.] Relax now...Olfana sends special love. .i.Prayer:acknowledgement of;Your prayer was heard, S. [Since they so often say they are praying and helping us, I had prayed for all the celestials who were working so hard to heal and uplift Urantia.] Listen to your heart. It serves you so well. We are releasing you now.

Tarkas, Olfana, Signa, Lin-el, Jun-el, Lucinda

Half Moon Bay, CA. 3/29/93 T9303291 Solo Session
4:00PM

Contents:

Preparing transcripts
Energy Transmission

Color Visualization

.i.Transcripts;We congratulate you on this accomplishment. These papers that you complete will help others understand this work. Olfana is happy and proud of your diligence in this task. Let the transcripts go to Thern, Patije, Bob, Connie. Olfana wants these papers protected for now. Tell them not to distribute these papers to others. Nature work takes time to understand. .i.Healing:carefully managed;Healing is carefully managed work. S, ___ must be discreet. Let no one tamper with the timing of this work. .i.Energy Transmission;Your hands tingle. Raise them to the Father. He charges your system with his love. [.i.Color Visualization;I saw lots of .i.Energy:lavender is Father;lavender color.] Have faith in our guidance. Know you are loved, S. Sunshine is good for you. Get some exercise. Make your plans with our advice in mind. We leave you now.

Olfana, Signa

Half Moon Bay, CA. 3/30/93 T9303301 Solo Session
12:00PM midnight

Contents:

Energy Transmission
Heart chakra healing position

The Healing Time
Image of lily-transformation, rebirth

Let all cares evaporate, S. Your faith is strong. We see your efforts create benefits for others and yourself. Let us do our work now. Take your hands. Feel God's power.i.Chakra:adjustment;.i.Energy Transmission;. [I felt tingles in my hands, and pulsations in my body.] .i.God's Love:is energy;God's love charges .i.Energy:is God's love;them. Allow your thoughts to focus on the currents in your hands. [I began to feel small spinning swirls of energy in my palms, as if tiny tops were spinning on my skin.] Pulsations rotate. Cycles of energy charge your hands. Place them on your face. [I had impressions of swirls and tingles of energy and warmth that lasted for 40-60 seconds.] Now take your hands and place them on your heart. [For one to two seconds, I saw an image of a large statue of the Virgin Mary, in white and blue robes, standing with her hands crossed one on top of the other, over her heart. She was looking downward, and the image left me with a sensation of great love. Please note, I am not a Catholic, and religious icons have not been any major part of my personal spiritual inspiration. I was quite surprised to see this image of the Virgin.] The statues of Mary with hands on her heart tell another truth. The connection of your hands touching your heart allows God's energy to enter the heart chakra easily. .i.Healing:energy;This brings feelings of patience, trust, love, forgiveness, truth, and worship with this connection. Allow us opportunities to teach you these healing positions. .i.Urantia:needs healing;Urantia needs healing. We bring you these gifts in God's name. Blessed be! .i.Energy Circuits;Feel this energy pass through you. [Again I felt strong pulsations.] Tell no one yet the details of our teachings. Let time pass. .i.Teaching Mission:progress of;Others must learn first of God's Mission. .i.Healing Time;Then, the Healing Time truly begins. Olfana cherishes you. Believe in your work with her. This gift is of the Father. [Earlier in the day, my friend, A, had been helping me sort Urantia papers that we keep on file for our study group. She has recently begun meditating and thinking about this Teaching Mission. She told me that she had an "impression," the previous day, that just as Christ's symbol of the past two thousand years had been the fish, that Christ Michael's symbol for this new time of change would be the lily. She and I both commented that seemed to be a perfect symbol, especially to A and me because of the beautiful image of the lily that is discussed in .i.Course in Miracles:image of lily;A Course in Miracles.] .i.Christ Michael:lily, symbol of;.i.Lily:symbol of CM;The flower, the lily, is truly Christ Michael's symbol of love, transformation, rebirth, God's glory. A opens her heart to this Mission. We cherish her. We ask A to .i.TR Process:"Trust this process";trust this process. Faith, truth, beauty, and love are virtues she brings to this work. Service in God's name is a powerful protection against the ego and its illusions. Let all things be dealt with patiently, S. God's work will be done. God's will is the mandate that illuminates this universe. You tire. Relax. Let us release you gently. Olfana, Signa, Aflana, others who care...Goodbye

Half Moon Bay, CA. 4/02/93 T9304021 Solo Session
9:00PM

Contents:

Energy Transmission

Doubts re: TM are normal

Free will-- greatest factor in spiritual growth

Olfana reassures S.

Flower Essences
TM moves forward as God's plan
The Healing Time comes soon

Greetings, S. .i.Energy Transmission;Raise your hands. Allow us to heal you now. Put your hands near your heart. Breathe deeply. Take time. We love you. We know your responsibilities are many. Use your time wisely. Allow practice in the stillness regularly. .i.Teaching Mission:doubt in;We hope you fear nothing in this work. Always trust in God's love for you, S. Never doubt his presence in your life. The books you study help in this process. Discovering the art of healing is a great adventure. Allow this process to become more real. Slowly but surely, you will understand the power of God's love to heal. Come to this Mission with an open heart. We know problems arise at times. .i.Healthy Living:evaluation;D needs rest. Her faith/trust in God is great. Her spine will heal slowly, but it will heal in time. She needs calcium, vitamin C, vitamin E, niacin. Heat helps. Exercise gently. Surgery can be prevented if she loses weight and strengthens her musculature. Tell her nothing will come without effort on her part. God's temple needs her cherished love. Her body will mend. Her heart needs strengthening. Fluids will help. Take these precautions and pray willingly to know God's guidance in her own mind. That is all.

Allow your hands to drop. Wondering about all this is normal. You are new to this Mission. We see your growth. Touch your hands together. [Long pause...including an interruption by someone knocking on my door.] Every effort you make to connect with us is appreciated. Realize that everyone faces doubts and challenges in this process. .i.Transcripts;Your transcripts may be read by those whom you trust. Thank you for heeding Olfana's request. .i.Flower essences:discussion of;Flower essences will help others. This information should be known by others in the Mission. .i.Free Will;Free will continues to be the greatest factor in any person's spiritual growth. Relinquishing your will to the Father's guidance allows us opportunities to guide you in these choices. Olfana wishes to speak... Dear One, abide by your desire to help your family. The work we do can wait until you feel comfortable. Know that healing is occurring for you now. Make your decisions without concern that I may be angry. I know your heart, S. You will grow at a solid pace. Allow time to relax. .i.Teaching Mission:progress of;This Mission moves forward as God's plan. No one can deter us from this work. .i.Urantia:grows brighter;Urantia grows brighter every day. The glory of God's plan continues to unfold whether all understand yet or not. Right actions kills much of the pain Urantia has suffered. Deliver this message to Thern. .i.Healing Time;The Healing Time comes soon. The network opens. The .i.Teaching Mission:TR newsletter;newsletter needs your input. [the TR newsletter] Ask for contacts from others interested in the healing work. Allow connections to begin. Connie knows much that pertains to healing. Listen to her opinion, thoughts. Take time to rest now. We love you. Olfana

Half Moon Bay, CA. 4/12/93 T9304121 Solo Session
3:00AM

Contents:

Color Visualization
Energy Transmission

TR's vision of Jesus
Healing advice

Turn your attention to your breathing. Allow our transmissions to come through. S, your faith thrives with trust. Turn your sorrows, your worries over to God. Give him your burdens. God will take them. Release will come this way. God unfolds his plan in his own time.

.i.Color Visualization;The colors...[I saw clouds of purple, gold, and blue] Seek Him...i.Energy Transmission;The energy flows through you. Breathe, S. Take your hands.i.Healing:hands;. Place them together. [I held my hands in a prayer position, fingertips touching.] Turn your attention to your hands. Try pulling them apart. [I held my hands in this prayer position. When I willed my fingers to pull apart, it was as if the message from my brain just seemed to stop at my arms, and my muscles would not move. This was not in any way a fearful experience. Instead, I felt awe at the immense power that was in command of my body. I began to cry. Before this meditation I had felt overwhelmed with doubts and I had asked for some message to be given to me that would encourage my faith.] Believe, S. Believe in God's power. God loves you. God cherishes you. .i.TR Process:"Trust this process";Trust this process. .i.Jesus;Imagine Jesus. Remember, you saw him. [During a Sufi dance, at a .i.Course in Miracles;Course in Miracles retreat in July, 1990, I experienced a vision of Jesus's face superimposed over the face of my dance partner for approximately fifteen seconds.i.Vision:Jesus's face;. It was one of the most riveting, compelling, emotionally-inspiring experiences in my life. Jesus's eyes show immense compassion and acceptance. The love that I felt during those moments are beyond my descriptive abilities. The only experiences that ever came close to this experience for me was when I looked into the newborn faces of my two children. This experience was so personal to me, that I would never choose to discuss it in these transcripts. However, I feel this commentary is necessary for any reader to understand the statement, "Imagine Jesus. Remember, you saw him." I hope anyone reading this transcript can understand how compelling it was to hear those words. I have a crystal-clear remembrance of Jesus's handsome and loving face, and I hope it never dims in my memory.] Open your eyes. [I opened my eyes in the dimly-lit room, and saw my fingers held together by this magnetic-like energy. Slowly the energy faded, and I separated my hands.] Take your hands. Hold them up to the Father. Allow your breathing. Feel the energy. [I felt a charge of energy through my body, and in response said "Thank you, Father.] You are a child of God. You are redeemed. You are blessed. This process takes time, but know God's power is perfect. Doubts are part of being mortal. God loves you. Permission allows your faith to stay whole. Permit us to heal you, to love you in the Father's name. Your eye shows healing. [I had a mild eye infection that day. I was using an antibiotic on it.] The books you read about this healing process help you to understand. .i.Stillness Practice:seek regularly;Meditate regularly. Breaking the pattern now keeps your progress back. [I had done very few meditations during the past week because of Easter vacation plans that kept me busy with my children and family members who were visiting from out of town.] Thern can help you understand too. Releasing/unburdening yourself to God is necessary for every mortal to heal. .i.Healers;Patterning yourself after other healers helps in your growth. Take care of your body. Faith will come. You tire now. We release you with love, Little One. [I felt embarrassed when I heard "Little One," so I said "Dear One," instead. Immediately, I

heard .i.TR Process:editing;"Don't edit!" Tarkas, Olfana, Signa, Others
who care. Go with God, S.

Half Moon Bay, CA. 4/14/93 T9304141 Solo Session
11:00AM

Contents:

Energy Transmission

Olfana: Relax S. Allow God to answer your prayers. Take your hands.
.i.Healing:energy;.i.Energy Transmission;Put them on your eye. Nothing
comes because you are protecting your thoughts with pain. Olfana blesses
you. (Thank you)

Half Moon Bay, CA. 4/16/93 T9304161 Solo Session
5:00AM

Contents:

Energy circuit position
Advice on healing
Energy Transmission
Yoga and energy circuits

Color Visualization
Healing advice
Life Carriers and Flower Essences

Allow this connection to begin. Welcome, S. We love you. Allow your hands to rest forward, placing your hands on your knees.i.Energy:circuit position;. Again this draws energy in a connection that matters. Touch your feet together. [S was seated with her knees out, the soles of her feet facing each other, and her hands rested, palms upward, on her knees] Remember always to listen carefully. Linda knows much about energy. Healers together can heal .i.Urantia:healers can heal;.i.Healers;Urantia according to God's plan. The time comes when the network of connections completes its pattern. Everyone plays a part together in this pattern. Urantia continues to heal. Slowly, but surely, transformation begins. .i.Teaching Mission:is co-creative;Let no one think God's plan for this pattern will develop without the effort of everyone connected to this Mission. Efforts generate the changes necessary for transformation. .i.Spiritual Growth;Becoming one with .i.At-one-ment;God requires awareness, commitment, love, respect for truth, heartfelt effort, allowing oneself to be used in God's plan as the creative beings that you are. Remember the .i.Stillness Practice:God's connection to you;stillness is evidence of God's connection to you. The Father needs your attention to his guidance. Energy begins to pulsate in your hands and through your feet. This connection grounds you. Again .i.Energy:circuit position;physical positions play a part in energy transmissions. Yoga .i.Yoga;is an art/science which contains awareness of truth concerning these energy patterns. Many other Yoga positions deliver God's energy through your body properly. Discovering these positions will help the healing of Urantia. We welcome your efforts to learn this. Becoming aware of your breathing will help. .i.Chakra:adjustment;Move this pain upward. [I felt a deep pain in my groin area. As I breathed deeply, I moved my hands, palms facing my body, from my groin up to my chest area. The pain dissipated as I moved my hands upward. This experience lasted about two minutes.] Balancing your energy is a process you begin to understand. Now take your hands. Put them on your neck. [I placed my hands on my throat area with the heels of my hands touching.] Surround your throat. Listen to every word. Push forward gently [with your hands.] Feel pulsations. [I felt pulsations in the heels of my hands that did not correspond to the pulsations of my heart. Again, it felt like tingles and energy pulsations that were faster than my heartbeat.] This pain is being released. [I held this position for approximately two minutes.] Allow your mind to rest. [I was starting to try to analyze "what on earth" I was doing to myself! I began to see bursts of purple energy.] Purple surges are .i.Color Visualization;healing...Release your hands.

Remember to listen carefully to every word. Allowing your body to move helps the vibrational patterns to flow through you. God's glory becomes apparent in this ability of energy for transformation. Healing controls the circuit-opening patterns. Remember to cover the .i.Flower Essences:discussion of;flower essences with others. Linda may be curious to know about them. Life Carriers working with healing recommend learning about them. [I have had flower essences discussed so much in my transcripts that I feel compelled to note here that I have absolutely no financial or any other vested interest in any of the marketed flower essences. I am concerned that someone reading these transcripts may wonder if I have any personal "stake" in anyone buying or using flower essences. I do not!] Your nose requires effort on your part. Allow

healing now. Touch...[I felt drawn to place my fingertips on the bridge of my nose. Please see my previous transcripts for an explanation of the healing process for my nose. My fingertips rested on the bridge of my nose for three to four minutes. I felt gentle tingles in my hands and fingertips during this time.]...You tire. This session can end now. We bid you farewell.

Tarkas, Olfana, Signa, Others who care

Half Moon Bay, CA. 4/17/93 T9304171 Solo Session
6:45AM

Contents:

TM--quality of work
Energy Transmission
Energy concepts

F. can join our group
Energy circuit position

Allow this connection to begin. Thank you for the purchase of this recorder. It will serve its function well. [I purchased a recorder with a clip-on mike and voice activation.] Tremendous changes can occur on your planet with the help of loving mortals. .i.Teaching Mission:co-creative;. Enjoy the fruits of your labors, S. The friends you make through the Teaching Mission are the quality of friendships that will grow as people learn to trust and have faith in this work. Sacrifice is not the concept we offer. Industrious, benevolent efforts in the Father's name signify the quality of work we ask of you. Tremendous effort on our part is offered in the hope that you will respond equally with love and effort on your part.

The energy beginning to be felt in your hands again signifies God's love pouring through you. The paper in .i.Urantia Book:helps understand healing forces;The Urantia Book that you read helps you to understand the mighty forces we use and manipulate to heal this planet. [Paper 39, THE UNIVERSE POWER DIRECTORS] The Life Carriers have much to offer in love and service to .i.Urantia;Urantia. Many other celestial beings are using this energy now, also. Worship and .i.Prayer:and healing energy;prayer on your part connects you in strong ways to this benevolent energy. We hope you begin to understand this process. For too long, Urantians have seen worship and prayer as more rituals of observance of devotion. Indeed, the energy connections made in worship and prayer transcend any ritual pattern. They allow a direct connection to the Father's power/love/energy that manifests throughout the entire universe. Holy words are another means by which this energy connects you to God. Understanding of all of this will come to Urantia as you grow in your intelligence and efforts to understand the Creator's work. Many things can and will be taught to you if you will only come with open hearts and willing minds to learn. Every effort we make to which you respond brings such joy to our hearts!

Envelop yourself in the pulsations of energy that you feel. Remarkable things can come from our work together. Never doubt or question the Father's ability to heal. His love for his children extends to all areas of healing. Remember to listen for every word carefully. .i.Cause and Effect;Cause and effect needs to be broadened as a scientific concept. The first cause is always the energy of the Father. Allow F full access to the transcripts. He is a dear, beloved one of the Father. He is cherished. He is welcomed to the Mission. Your curiosity and desire to understand are honored and respected by us, F. [F is a physicist, a long-time reader of The Urantia Book, and is very interested in the concepts of energy discussed in The Urantia Book.] Trust your heart in this effort to understand. Many things will fall in place for you as you endeavor to understand this healing work. Be patient in your efforts. You will grow and transform in the process. Remember to guide yourself by the spirit of truth. Never question your ability to use this as a guide and judge of accuracy. Turn all doubts to quiet meditation. The .i.Stillness Practice:increases healing abilities;stillness practice greatly increases your abilities in this work.

Trust this energy that you feel, S. It will not harm you in any way. There is becoming a good friend. His knowledge and guidance in this healing work are valuable tools for you to use in your own learning.

.i.Healers;Healers linked together and sharing their knowledge and inspiration make a powerful body of knowledge from which others also learn. .i.Energy:circuit position;Raise your hands. This position is also a strong connection. Energy can be channeled through a body. Feel the energy as it courses through your head. Open your hands.

Allow us to work with you now. Do you not feel a growing peace of mind? This is a part of the healing. Emotions rock your body's balance. Everything you do on your part to achieve emotional equilibrium helps you to heal. Joy and happiness are easily balanced. The extremes of anger and worry are not. Conclude this sessions by placing your hands together and touch your forehead...Release your hands. You tire now. Trust your efforts in this work.

Olfana and Tarkas

Half Moon Bay, CA. 4/19/93 T9304191 Solo Session
10:00AM

Contents:

Teacher's relationship to group
Flexibility of TM

Healing advice to S.
Energy transmission

Allow this connection, S. Respect for your questions is acknowledged by us. Answers can come over time. [I had asked if Tarkas and Olfana could be considered my primary teachers.] .i.Teachers:mobility of;Many teachers move from place to place frequently. You will be visited by Tarkas. Olfana remains with you as your regular teacher. This arrangement suits our needs currently. Flexibility is a hallmark of this Mission. We work with you in many ways, always seeking the best relationship possible for the work that we do. Others will come in time. The Father's plan provides for many possible ways to uplift your planet. Recognize your role in this work, in this Mission, continues to grow and change as you open your heart to us. All things are possible with God's love/power/energy. Tell Thern not to worry about details of the .i.Healing Time;Healing Mission. These will come later as we see you grow. Listen for instructions soon. Remember to give attention to your own healing, S. Withdraw your efforts from allowing so much assistance to others [who have interest in the Teaching Mission.] They need to reach out on their part, also. Create a plan to improve your body's health. Exercise is needed. Recovering from cancer is your goal. Attribute your healing to God's love. Remember to praise him for his nurturance. Try to understand the magnitude of this blessing. Enter this phase of your life with joy and gratitude. Doing God's work is a great honor for all mortals. Know this well. The energy and colors you experience are part of the healing you experience, the healing you undergo. Allow us to do our work with you. [I felt strong pulsations of energy begin in my hands.] .i.Chakra:adjustment;Raise your hands. Put them together. [I held my hands, palms touching, over my head about three inches from my scalp. .i.Energy Transmission;The energy began to pulsate in my scalp. Slowly, I felt the urge to move my hands down over my face, my throat, my chest, my abdomen, and finally down to my groin. In each area, I felt a surge of energy pulsations. My whole body felt warm and somehow more comfortable when I was finished. As my hands moved away from my body, I felt a comfortable release of some kind.] Slowly take your hands and release them. You tire now. Rest with this balanced energy.

Olfana, Tarkas, Others who care.....Goodbye

Half Moon Bay, CA. 4/21/93 T9304211 Solo Session
11:00AM

Contents:

AIDS cure

Energy Transmission

Allow questions, S. We wish to work with you this way, also. Know that Thern is aligned with you in this work. .i.Christ Michael:on AIDS;Recovering from AIDS will be a co-creative process. Assistance in this will come from Life Carriers. Natural herbs contain components yet to be discovered that will assist the immune system. Recently, work with these herbs has occurred. A schedule of events can be difficult to project because of human free will, but we hope this activity will prompt the discovery necessary within a year's time. Praise to the Father for this work! Caligastia is undone! Resistance comes from the medical community. They must learn to trust God's plan, allowing others to help cure AIDS.i.AIDS:cure for;. Never will this disease rage as Caligastia had hoped. Blessed be to the Father. His protection is complete. Remember, Thern, to endeavor to work with others who need this information. Our blessings are on you, Thern. You are a beloved child of the Father. Energies flowing through you express His love. You are an instrument of healing for Him. Use this power gently, my son..i.Christ Michael:message from;
Christ Michael

Allow your hands to move to your groin. I had the beginning sensation of a bladder infection that morning. I felt pulsations of energy and warmth in my hands.] Release your hands. Remember to exercise, S. You have worked well. You may rest now. Flower essences speed the healing. Releasing you....

Half Moon Bay, CA. 4/21/93 T9304212 Group Session: S, T, A
8:00PM

Contents:

First use of "namaste"
F and D can join group
Information about Tarkas
Working with the TM
God-consciousness
Stillness practice

Thought Adjuster communication
Healthy living
Life purpose and free will
Olfana cheers us on
Energy transmission

Tarkas: Namaste, we welcome you. This is the beginning of a collaboration we most heartily welcome. It is joyful to see your trust, your faith. The Father offers many ways to serve him. This is one we wish to share with you. Allow yourselves time to grow as a group. F is welcome as a member. D may wish to join eventually. Do not doubt your ability to work with us. All who come to the .i.Teaching Mission;purpose of;Teaching Mission are needed, are blessed, are welcomed. There is much work to do to help your planet heal. Remember to practice the stillness.i.Stillness Practice:remember to;. Open your hearts to the potentials of this connection with the Father. Regular practice allows us better connections in our work with you. Questions are welcome. Begin, if you wish.

A: .i.Tarkas:spiritual purpose;Could Tarkas tell us more about his spiritual purpose?

Tarkas: I serve the Father.

S: "I serve the Father" is all I hear.

A: Does he have ways in which he prefers to serve?

Tarkas: Instruction of mortals is my function.

T: Can Tarkas tell us anything about his history?

Tarkas: I come from a planet devoid of the strife you face. Relax with this. S is trying very hard to hear. Do you wish further information?

T: Yes, it didn't seem like you completed your answer. You were interrupted.

Tarkas: Allow me to ask what information you wish again.

T: We would like to learn more about the history of Tarkas, the better to understand our teacher.

Tarkas: Nothing of details allows or gives understanding here. My function as teacher is relevant in our relationship.

T: Are you afraid that information about your history might undermine your relationship with us as teacher? Is that why you don't want to tell us any more?

Tarkas: Allowing responses can be confusing at this time for S. Protecting the connection with her is important. Patience is asked even on S's part. This information will come later.

T: In order to maximize the use of our time together, what is the nature of the kind of question from us that would be most productive in your Mission?

Tarkas: Consider the Father's love for you. Consider your relationship to him. Actions which encourage this relationship are what is called for now. Practice in stillness is important for all of you. Prayer, attention to your health, bodies, beginnings are just that. You will grow quickly if you start humbly. The Father's plan includes, requires, commitment on your part with this Mission. That is all.

T: May I clarify something that you said?

Tarkas: Yes.

T: Is it my understanding that since this is a beginning, that our primary focus should be to develop our listening skills for the Father's messages as a beginning, before we begin to actively try to implement the Father's will in our daily lives?

Tarkas: Allow yourself to focus your energies on your relationship to the Father. Growing in God-consciousness is always the perfect beginning to this work. Guidance will come through your .i.Thought Adjuster;Thought Adjuster by choosing the connection with God every day.

A.

A: Yes.

Tarkas: Recovering your balance and focus with your .i.Family Relationships:spiritual growth;family is important work for you. Your heart functions well when there is connection for you with them. Distractions will always present themselves. Know the Father sees your desire to serve; yet, take time with your family. That will serve as a strong base from which your growth develops.

A: My family doesn't seem very receptive to the Spirit of Truth. So sometimes it seems that my efforts are wasted.

Tarkas: Nothing of God-consciousness is wasted. Love, generated from your awareness of the Father, rekindles elements in R. Distrust and anger can be softened by patience and your resolute conviction that God is your primary guide. Your model to them is important. Scoffing or apathy are protections their egos reach for. Do not falter in your attempts to be loving. Show patience. Jesus can be a great model in this challenge. Remember his example to those who scoffed. R serves in ways he does not understand, but nothing is unnoticed of his good heart. Try to bring levity into your perspective on your family. You are a joyous Child of the Father. Bless your family with your own peaceful happiness. Do not doubt the power of this example to all of them.

A: Thank you.

Tarkas: T.

T: Yes.

Tarkas: Is there a question you wish to ask?

T: There are many. One thing that I'm having great difficulty with, and that's trying to successfully practice the stillness.i.Stillness Practice:difficulty with;. I know that S has already gotten one message from Olfana about this once, but I don't know, maybe it's just the life I'm choosing to lead now in terms of my job and the fatigue that it renders on me, but I haven't up till this point really felt that I've been successful in seeking the stillness, and if you have any advice or hints about how I might do a better job of it, I'm more than open to any suggestions you might have. I sincerely want to do that more than anything right now.

Tarkas: These are good questions that you ask. These questions promote your spiritual growth. This is the focus we ask of you currently. The .i.Stillness Practice:relax in Father's arms;stillness practice should be seen as a moment to relax in the Father's arms. Enter this state with a gentle trust. Expectations lead only to concerns that you may fail or waste time. The stillness is an opportunity to connect with the Father in many ways. Even for each person the experience can vary from one time to another. Regular practice encourages a familiarity which allows you to relax. You have many prejudices against your body. You battle your energies often. Realize your body has great strength. Cherish the energy that goes through it.

T: May I ask another question?

Tarkas: Yes.

T: This has to do with my relationship with my .i.Thought Adjuster:communication with;Thought Adjuster. Sometimes I feel when I seek within for answers, asking the Father's guidance, that I do get guidance from my Thought Adjuster, and that voice from within that tells me that these things are right or something I'm feeling is correct. Do you have any way of knowing whether I've been successful regularly at

communicating with my Thought Adjuster on that basis, or are these just answers that I'm coming up with from my own mortal consciousness?

Tarkas: We as teachers are not privy to the direct communications between yourself and your Thought Adjuster. However, we encourage your desire to listen. Always take what you hear in your mind and allow it to resonate within you. This is one way the Spirit of Truth also communicates. Sometimes prayer will allow further confirmation of any feelings or thoughts you ascribe to your Thought Adjuster. Often communications with mortals come more as inspirations of the moment as Thought Adjuster guidance, or a quiet knowing that comes back to you again and again despite upheavals of circumstances. The Adjuster experience is one that does not flourish easily in this life. Much remains mysterious to you about the Father Fragment. Be at peace with all of this. Know that God supports this relationship appropriately for your life experience here. That is all. Further questions are fine.

A: Tarkas, do you have anything you want to say to S at this time?

Tarkas: You grow well, Little One. Receptivity is not heightened by .i.TR Process:advice on;sugar, though. Develop your discipline S. Much is asked of you because we see your desire to serve. Couple this desire with convictions of the integrity of our offered advice. You rationalize so well.

A: Could I ask one more question?

Tarkas: Please do so. We welcome your interest and growing trust, A.

A: Could you say any words to me about my life's purpose, to help understand better what it is on this planet?

Tarkas: Your free will is always a great factor in what will come in your life. Predictions are only the tendencies we see, knowing your heart as we do. You may recall we said to you these energies will come in time. This is a possibility for you if you choose to work in this way. Allowing yourself many paths to the Father seems productive for you now; perhaps as time passes, your choices will narrow. This Mission can use your devotion and energy in many functions. Desire to serve opens up possibilities for you to follow. Prayer on this topic will encourage clarity for you. Remember, though, the energies are there for you to work with if you choose. Rest easy with this experience. Beginnings always are somewhat unfamiliar. Transmission is a possibility for all of you.

T: May we ask any more questions?

Tarkas: Yes, S is growing thirsty, but this is still comfortable.

T: Are we graced this evening with the presence of many other teachers besides Tarkas?

Tarkas: Signa helps with this transmission. Olfana is here and wishes to speak.

A: She may speak.

Olfana: My Dear Ones, the joy we feel at your willingness to work with us is great. Much needs to be done. Much can be completed with the help of willing and loving mortals such as yourselves. Your friendship, your love, is a basis on which we can build a loving contribution to the Father's plan. Take S's hands. Hold your hands together. Energy can pass through you. .i.Teaching Mission:purpose of;My work in this Mission involves this energy expression. Know that this is healing, benevolent energy from God the Father. You serve even by helping to bring more of this energy through yourselves and into the planet. Circuit opening is part of the benefit of this effort. Tremendous changes will occur.

Tremendous hope can be restored to the mortals of this planet. Imagine the benefit of this gift to the world. Rejoice that you are willing to play a part in this plan of the Father. Praise God. .i.TR
Process:"Trust this process";Trust this process; it cannot harm you.
Christ Michael sends blessings. Open yourselves to possibilities of change and transformation until now un hoped for on this planet. I leave you with blessings of peace. Practice the stillness. Take gentle steps in this plan, in this Mission. We love you. We have faith in your progress. Allow yourselves a time of beginning. Remember you are seeds, Little Ones. Allow yourselves to germinate. Allow yourselves time to send out roots into the soil of the Father's love. Growth will come quickly once this begins. Take your hands, place them together in prayer as S is holding hers. This connection helps to generate attributes that allow this germination process. Use this position as you practice the stillness.i.Stillness Practice:position of hands;. Everything will fall into place over time. Do not worry about the pattern. Focus on your beginning and savor these moments in your growth. Namaste.

(At this point the tape ends, but Olfana encourages us to continue with the original intention of our meeting for that evening, which is to read and study the Course in Miracles)

Half Moon Bay, CA. 4/23/93 T9304231 Solo Session
10:00AM

Contents:

Melchizedek materialization

Allow this connection to begin. Regular practice in the stillness is important, S. Do not delay these efforts, if at all possible. The essences continue to help with this connection.

.i.Melchizedek:Machiventa's materialization;Machiventa Melchizedek's appearance is a great event for your planet. Allow time for meditation on your part that morning. Recovering...Turning your attention from earthly matters to this great event is appropriate. Quiet meditation, receptivity, is fine. Allow time for this event to happen. Nothing can occur without the cooperation of loving mortals aligned in their desire to behold this Morontial appearance. Requesting information from others is fine. Their experiences may differ. All your energy goes toward healing now. Rest your body. Goodbye.

Half Moon Bay, CA. 4/24/93 T9304241 Solo Session
11:00PM

Contents:

Melchizedek materialization

Light caused interference

Allow this connection to begin. Remember the lessons on faith in .i.Urantia Book:lessons on faith;The Urantia Book. Tell Thern forbearance is important at this time. Many differing viewpoints exist regarding today's event. Machiventa Melchizedek assumed his role in this experiment, which functioned appropriately. Light waves drew energy directly from his Morontial body, causing interference with his materialization.i.Melchizedek:Machiventa's materialization;. This did not preclude his exposure to the group from occurring. It impeded the mortal ability to see him. Regardless of this problem, there occurred a remarkable demonstration of faith and trust among the believers in the room. Learning can come through disappointments also. We regret this occurrence's failure to establish further credibility in this work, in this Mission. However, do not forget the many other manifestations of integrity that warrant your belief. Abide with us in our endeavors to materialize a Melchizedek teacher for you. This is not the only planned materialization. Other events will take place. Have faith in this Mission. God's plan continues to unfold within the boundaries of free will choice and human faith. Neglect not...Do not neglect to ponder the many challenges we all face in our attempts to do the Father's will. Regrettably, some are hurt, some sorrow now; but, they will be cheered in good time. Remain constant in your efforts to spread the loving concepts of the Teaching Mission. God reaches toward you. Lift up your hands in faith toward him. Regular stillness practice helps in our efforts to facilitate the circuit opening. Everyone involved in this practice gives energy toward circuit opening. Remember.....We love you. Rest now, S. Goodbye. Olfana, Tarkas, Signa Releasing you now.

Half Moon Bay, CA. 4/25/93 T9304251 Solo Session
10:30AM

Contents:

Melchizedek materialization

Allow this connection to begin. Remember, all mortals must operate on faith. This is the Father's plan. Gather together those you trust and share this message. Allowing them to know this information will not deter or prevent the outworking of these events. Regular...normal longings to understand, to have guidance by all of you is understood. Those who hear this message from us will still need to decide its credibility for themselves. Never doubt this component of our Mission. Sl. can be told. Once they hear our message they will know if they know its truth...They will know that they know its truth for themselves. Everything will be managed by those in charge of communication among us. Others may or will receive this message too. .i.Melchizedek:Machiventa's materialization;Machiventa Melchizedek did indeed materialize. Let yourself relax now, S. Remain patient with this work. Tarkas.

Half Moon Bay, CA. 4/26/93 T9304261 Solo Session
12:00PM

Contents:

Color Visualization
Melchizedek materialization

Christ Michael's explanation

Allow this connection to begin. .i.Color Visualization;Purple
.i.Energy:purple is Christ Michael;energy announces my presence.
Blessings to you, my child. Stay calm. Know that the Father's plan
continues to open, to unfold. .i.Melchizedek:Machiventa's
materialization;Naperville served as a lesson in forbearance and faith.
Rescuing the event from human machinations was not my will.i.Christ
Michael:on Machiventa's materialization;. Allowing the outworking of
events was deemed necessary, given many considerations. Peace of mind
will come to many upon hearing the explanation of the light waves. The
reason we did not say to turn down the lights was because Life Carriers
did not anticipate this as a problem. Tremendous effort was unleashed,
tremendous energy was unleashed in this event. Changes will occur now
for your planet that would not have been possible to achieve before.
Realize the magnitude of this event. No one will doubt in time. All
things grow according to God's plan. This is true for your consciousness
also. The Teaching Mission is providing opportunities for consciousness
growth that many people have never experienced before now. All goes
according to plan. You tire now. Rest, my dear child. Christ
Michael.

Half Moon Bay, CA. 4/27/93 T9304271 Solo Session
3:00AM

Contents:

The Healing Time potential
Dietary advice to S.

Energy Transmission
Color Visualization

Allow this connection to begin. .i.Healing Time;Consider the possibility of many elements joining as one. This outreach toward healers is such a conception. There has been told to anticipate an increase in healing powers. Such a possibility exists for others. Never forget that all this rests on the foundation of freewill choice. Elements of this plan will come later. Now is the time to ponder the potential of such an opportunity. Energies have been released which will cause major change for the good. You all truly stand on the threshold of transformational change. Welcome the opportunity to serve the Father. Allow yourself time to prepare for this role. .i.Healthy Living:importance of;Dietary changes are called for. Caffeine is not a calming drug for you, S. Relinquish your desire for coffee to us. We can help with this. Other changes need to be considered. Animal flesh causes some vibrational disturbance in you. Eat it with great moderation. We know you feel resistance to this advice. Bear with us; the rewards are great. Turn your concerns over to the Father in prayer. This can be a great unburdening for you. The possibilities of your group are growing. We welcome this new, expanded way to work with you. Everything moves at an appropriate pace. Rest assured, the Father's plan is well-conceived. Enter into this with hope and good cheer. Place your hands on your chest. [I placed my hands, one on top of the other, over my heart.] Drawing deep breaths helps. This energy is God's great love manifested. Praise God, the Life Giver! He expresses himself with every movement in the universe, be it planets, created beings, or energies. Turn your attention to the colors.i.Color Visualization;. [I saw small, gently moving spots of colors, like sparkle, pass across my field of vision for approximately two minutes.] Receptivity continues to be heightened by .i.Flower Essences:important in TR process;flower essences. Olfana is cheered by your consistent use of them. We know you tire. We will release you now. [By this time, it was about 3:30 in the morning, and I felt so tired, I didn't even wait to see if I heard the names of any teachers. All I wanted to do was to crawl under the covers, and go to sleep!]

Half Moon Bay, CA. 4/28/93 T9304281 Solo Session
1:30PM

Contents:

Flower Essences
Healthy Living

Developing our group
Information on channeling and TRing

Allow this connection to begin. Trying to understand so much, so quickly, is a great challenge, S. We respect your confusion and your doubts. We applaud your clarity and attempts to understand, more so. This work involves great effort on your part. Allow yourself time to digest all you are experiencing. "Germination" is the key word here. Processes take time to unfold. The .i.Flower Essences:Alaskan;flower essences you called about will further your knowledge. This was well done. [I had called that morning to Homer, Alaska to inquire about some Alaskan Flower Essences that were mentioned in my Peralandra Garden Workbook. I requested the catalogue be sent to me.] Remember that lessons reviewed are lessons well-understood. Much advice has been given to you regarding your body and your health. Listen as Olfana speaks...Dear One, regard for your health.i.Healthy Living:evaluation of TR; is important work for you. Lighten your resistance. Allow us the opportunity to demonstrate to you the integrity of our healing. Animal flesh should be eaten lightly. Remember this tonight. [I had just put a pork roast in the oven for dinner...] Cravings for sugar or coffee can be helped by us, if you wish. Your face harbors a bacteria, streptococcus. Reduce the sugar in your diet. This will help your face heal. [I have had a recurrent small patch of very sore pimples that breaks out intermittently on my chin by the left side of my mouth. The doctor has diagnosed it as "acne rosacea," but the topical antibiotic I have used on it never seems to totally cure it.] Never question your ability to work with us on healing. Please have faith. We love you. Olfana. Advice about the group is this: Proceed gently. Allow faith to grow. Bear no one resentment if they do not yet understand. Your support from them will come in time. .i.TR Process:and channeling;The book you read gives helpful information about channeling in general. [I was reading A Guide to Channeling and Channeled Material by Lily Andrews, Cassandra Press, San Rafael, Ca., 1990. It purports to be a channeled work, and has a great deal of practical advice about judging the value and authority of channeled information. It also has lots of suggestions about asking questions, and how to conduct a group session. It also refers often to reincarnation, and talks about the problems of contacting "lower astral beings." I had asked before this session if they had any guidance to give me concerning this book.] The Teaching Mission is somewhat different because of the opening circuits. Trance channeling is somewhat akin to your experience. Astral beings are not validated. These are mind projections. [??] Recover your faith in your experience with this work. Know that you know the truth in these sessions. Rest assured, we love you. Tarkas, Olfana, Signa, Others who care. Rest now, S.

Half Moon Bay, CA. 4/29/93 T9304291 Solo Session
11:00AM

Contents:

TM's purpose
Relationship of S. and Bob
Channeling discussed

Reincarnation concepts
Energy Transmission

Allow this connection to begin. [I asked, "Please tell me who is speaking to me. Give me your name."] I am Olfana. Purposeful actions to help your planet is our Mission. Do not doubt the value of our work. Allow us opportunities to demonstrate the validity of your trust in us. Recognize the laws of God bind us, as well as you. Benevolent service is our goal. Consider your experience thus far with these sessions, S. Allow time for your perspective to grow, and your defenses and doubts to drop away. Caring support is A's impetus for providing you with these books. [A had given me A Guide to Channeling and Channeled Material by Lily Andrews, and The Gift of Healing by A. & O. Worrall.] The channeling book discusses concepts, such as reincarnation, which are not well understood on your planet. [The phone rang. I was going to ignore it, but I heard, "Pick it up." It was my friend, Bob, who is also very involved with the Teaching Mission. After my call, I went back into the stillness.] Regular efforts on your part to compose meaningful statements about the Teaching Mission in your discussions with others is acknowledged as helpful. You and Bob are forming a relationship with powerful implications for the future. Regulation...temperance, is called for in your divulgence of information about the Mission to others at this time. Willingness to cooperate with our instructions is appreciated. The book you read [on channeling] has concepts incompatible with our Mission. "Astral beings" .i.Astral beings:do not interfere;do not interfere with this work. Recognize the integrity of this plan of redemption for your planet. .i.Reincarnation:not well understood;Reincarnation exists differently from many historical explanations. The process of rebirth focuses immense energy on the present life. In a true sense, the only life that really matters is the one you are leading now. Too often, mortals cannot hold to this perspective when considering concepts of reincarnation. Let us help you heal now. [I felt pulsations of energy in my hands, and held them up to my forehead and the bridge of my nose. These pulsations lasted for about 4 minutes. Then I said, "Thank you, Father, for helping me."] Allow your body to rest now. Your trip will be enjoyable, if you allow relaxation to occur. [This was solid advice...I was going to Lake Tahoe for the weekend... with four teenagers in tow!] Goodbye. Olfana and Tarkas.

Half Moon Bay, CA. 5/2/93 T9305021 Solo Session
2:30AM

Contents:

Family relationships

Energy transmission

Olfana: Allow this connection. We pause with you to examine your .i.Family Relationships:advice on;family relationships. "Expectations are the fertile ground for resentments." This is truth. Y especially struggles with this issue, allowing much resentment in his personality. Tension rises surrounding issues of control between you and T. Remove yourself from areas of dispute involving T and Y. Lessons exist for both of them in the outworking of their relationship. Sorrow surrounds Y regarding the divorce of T and his mother. Much remains to be worked out involving issues of trust for Y. He and his father need counseling. T must remember experiences of his childhood in order to see Y's frustrations with how he hopes events will work out. Both he and Y lack insight at times regarding how others view them. Intuitive powers in both of them are strong, but pride, stubbornness, and anger block this blessed gift of insight. Reopening issues of shared parenting with T will cause much defensiveness in T unless handled ... unless you handle this with love. Ask yourself "What is my goal?" Take time to remember Jesus's example in his relationship with Peter. Truth can be heard best surrounded and protected with love. As for C, he is tender in his manhood. He allows emotions to storm through him. Use essences regularly. This can heighten his ability to balance himself emotionally. T also can benefit from essences, as well as Y. Recovering your equilibrium is important. Efforts to dominate the discussions with C often cause him anger. Relax in your manner with him. He and you are very alike emotionally. Rest assured, he loves you and wishes to see you happy. Opportunities will come for C to establish his creative abilities. This will help him to balance outward gestures of defiance that are a part of the dramatic impulses of his nature. They run through him deeply. Remember how well you respond to feeling loved. C responds in this manner also. Do not lose patience with the concept that much of this will pass as both boys achieve adulthood. Your life will be less disturbed by their disequilibrium. Your relationship with T can stand on patterns of equality between you. Soon much energy will manifest.i.Energy Transmission;. Feel your hands now. These vibrations are real. They have an almost magnetic sense. This is appropriate. Touching your fingertips is a connection. Draw your fingers apart. Feel this energy between your hands. This energy can/will/should be used in God's healing work. You have an opportunity to bless others with God's healing powers. Praise be to Him. Remember this energy. Ponder your challenges with C, with T, with Y, with H, with J. You can thrive and they will thrive to the degree that you remain in touch with the Father's love. Never forget the power of his energy to heal emotionally also. Touch your face. Remove your fingers now. The energy is gone, but the area of your face feels the energy. You should rest now. We will discuss other issues about the channeling book later. [S: Who am I speaking with?] Olfana and Tarkas, Signa translates, Jun-el, Lucinda, Augustine, Rhon-el. Allow patience and compassion to rule your heart and mind. Absolve all from guilt. Ask them to look into their hearts for answers. Peace be with you. Our love for you all is great. Goodbye.

Half Moon Bay, CA. 5/25/93 T9305251 Solo Session
11:30PM

Contents:

Flower Essences

Olfana prays with TR

Olfana: Allow this connection to begin. We resonate with great joy in forming this connection with you once again. Admittedly, it has been difficult to watch you work, knowing the Father's Path needs effort also. However, we understand the great desire you have for making your bedroom a comfortable, organized place to work.

S: Could you please tell me who is talking to me right now?

Olfana: Olfana speaks. My Dear One, never doubt our work together. I draw close to you. I know your heart. "Our Father"* is a prayer we say together. Listen carefully now. Experiments with .i.Flower Essences:and healing;flower essences are developing in many places. This heralds a new era of healing techniques that we bring to light. Knowing this information can benefit many different groups and persons involved in the Mission. Reluctance to attempt to use essences will fall away as people see their effectiveness. Resolve to deliver information about the essences to all those who seek such information from you. Benefits for all will develop from this approach. You tire. We understand. Let yourself relax. God's Vision, God's Plan is great...God's Plan is greatly enhanced by the commitment mortals such as yourself demonstrate in their attempts to work with the teachers. Let all know how proud we are of all of you in this effort. .i.Urantia:develops new hope;Urantia develops new hope as it moves from its painful past into a bright future. Let no one think we miss the mark in our efforts to help you grow. You tire now. Rest. We hope to talk with you again soon. We love you. God's blessings upon you. Goodbye.

*Note: Approximately three months before this TR process began for S, she began saying the Lord's prayer each morning when she awakened. This became a process of quiet meditation for her, as she slowly said each word in the prayer. In this transmission, as she heard the words .i.Prayer:Olfana prays with TR;"We say together" she was emotionally overwhelmed to realize that perhaps Olfana was indeed with her each morning, while she said this prayer.

Half Moon Bay, CA. 6/2/93 T9306021 Group Session: S, T, A, F
10:00PM

Contents:

Greetings to F
Purpose of group
Difficulties of TR process
Stillness practice--the mind, Thought Adjuster
Group communication
Lesson on Faith
Definition of "spirit"
TR edits transmissions

Teachers available for TM
Teachers know our hearts
Convey hopefulness
Teacher Will knows of this group
Emotional satisfaction
Hawaiian Kahuna spirituality
Energy transmission

Tarkas: Receive us tonight. We welcome you. This transmission is an opportunity to speak with all of you for the first time. We rejoice that this has come about. Endeavor to be patient with this process.

Experimenting with patterns of communication is necessary in order to perceive what works best. Tarkas is here. Do you wish to speak to him?

F: Greetings, Tarkas.

Tarkas: Dear F, included in this group are many beings who delight in your attendance at this meeting. We wish you all to feel our heartfelt joy that finally this gathering has come about. Allow us time to reconcile...[S: Something about "reconciling vibrations from all of us"] Do you wish to ask questions now? [S: I think he's asking everybody. Do you? This is me--S.]

Tarkas: Do you wish to ask questions now?

T: Is there a defined purpose that Tarkas foresees in the immediate future for this group?

Tarkas: .i.Teaching Mission:group responsibilities;Your purpose is to grow comfortable with your choice to involve yourself with this Mission. As a group, you are fledglings. Relax with our goals. We do not have expectations on you other than to sincerely work with us. All else will evolve over time.

F: Tarkas, Can you describe the process by which this communication takes place?

Tarkas: Clearly, there are elements of this, components of this process, which are not easily explained. [S: something like "to you now" or " in your language"] However, S is receptive. [S: um-- I don't know, maybe just because it's about me, and all, I'm having a hard time... I feel there is something about "flower essences"] Communication involves perceptions on S's part, coupled with...This is difficult. Please hold this question. At a later time, it can more easily be discussed.

T: May I ask a question?

Tarkas: Yes, T.

T: It seems tonight, I see an extreme difficulty in S's ability to communicate that I haven't seen before. Is there some blocking physically in her body right now, or in her ability in any way to communicate this evening?

Tarkas: Much time has passed without frequent stillness practice on S's part. Again, we reiterate how important this practice is to the process. Her concentration is not as focused, perhaps also because of the group participation. Allow yourselves to relax with this. Anxieties get in the way of any faith-based effort of mortals.

Tarkas: Release your... Release your imaginations.

F: Tarkas, May I ask a question?

Tarkas: Yes.

F: Is the stillness practice important because the communication process involves communication through the subconscious mind?

Tarkas: This stillness practice.i.Stillness Practice:not connected with subconscious; is not connected with the subconscious operations of the mind. We encourage the stillness because you so infrequently are able to develop your attention to the inner promptings of your mind, and most specifically, the .i.Thought Adjuster;Thought Adjuster. Every effort made to develop this path of communication with your Adjuster is fertile ground for your spiritual growth. Making time in your day to do this requires conscious choice on your part. This also is a productive

effort. Shaping your priorities toward communion with the Father is greatly encouraged by us. Is this sufficient information, F?

F: Yes. So is this communication mediated by the Thought Adjuster or is it separate from the Thought Adjuster?

Tarkas: We are not privy to the Thought Adjuster's communications with you. However the Thought Adjuster is most aware of all of your spiritual experiences. There is no mediating factor--personality--being--there is no mediating factor between myself and you other than S's ability to understand your question.

A: Tarkas?

Tarkas: Yes, A.

A: Would it be helpful for us to try to improve communication amongst ourselves, and our communion with each other?... and how could we do that?

Tarkas: Sharing your desire to serve the Father encourages efforts for all of you. Certainly we desire you to talk freely among yourselves concerning any thoughts you have regarding our Mission. Openness among you will allow union in your efforts. We delight in your natural, open nature, A!

A: Thank you.

Tarkas: We have a short lesson tonight. Please be patient with S's efforts. This causes her anxiety. Our lesson is on faith.i.Lesson: on faith;. What does the commitment of faith mean for you? Ponder this. Faith rings like a silent bell in your heart. It resonates with vibrations of the Father's love. Faith is never an unconscious effort. It requires conscious attention to the perception of all you understand coupled with your [S: Okay, this is hard!] trust that the design of events is woven with a greater beauty than your earthly perceptions can comprehend. Faith efforts are those which bear your Creator's Mark. They are the motivation of the Thought Adjuster coupled with your freewill heart's desire. How often do you truly reach out to the experiences of life with this "Hallmark of the Father" as your guiding light? Realize that such efforts ennoble your character greatly. This lesson is complete.

Tarkas: Reasons for S's difficulties are many. However, we hope that the substance of our topic has been understood. Do you wish to speak further about other topics?

F: Yes, Tarkas. Could you give us a definition of the word "Spirit".i.Spirit: definition of;?

Tarkas: "Spirit" is a postulate of energy manifested as a formed being. [S: I don't know. Something like "being"] Spirit is God's pattern of creation individualized. Spirit-led beings are those who manifest God's energy.

F: That is very helpful, Tarkas. Thank you.

Tarkas: S continually (laughs) analyzes our transmissions.i.TR Process: editing;. This impedes our ability to clearly articulate. With practice, she will trust much more our own attempts to speak for ourselves. We feel much like her children do, at times, when she is overly concerned about the impression they will make. This is a beginning for all of us. Many communication blocks will be overcome with time and practice.

F: Tarkas, may I ask a question about the Teaching Mission?

Tarkas: Certainly, F. All questions are allowable. Perhaps the answers may not be given, but the questions are welcome.

F: My question is, Is there a limit to the number of teachers.i.Teachers:number of; that will be placed on .i.Urantia;Urantia? or is there a goal to have a teacher for every person? or, is the Teaching Mission going to be limited to a group situation?

Tarkas: We have many volunteers for this Mission. More will come over time. For now, we encourage group participation because this develops comradeship and service-oriented motivations among you. However, all of Urantia is precious to us, and indeed, if each one living on this planet chose a relationship with a teacher, this could be done. For now, this clearly is not the case.

F: I understand. Thank You. I'd like to express my love and thanks to you for your patience with us in our attempts to come together and communicate with you. I hope we can all dedicate ourselves to this effort, and continue to evolve and grow.

Tarkas: These hopes on your part are certainly shared by us. We encourage all sincere efforts on your parts with our work. We heartily desire to develop close communications with all of you. We are aware of your lives. We know your hearts. We feel great tenderness toward each of you. This is the energy force of our Mission--the tender, gentle love of God flowing through us toward you. This love reciprocated can cause great changes on this planet.

F: May we serve as conduits of that love to our brothers and sisters.

Tarkas: Every effort that you make to convey hopefulness to your fellowmen will encourage goodness and generate situations in which more can be done with our work. Take opportunities presented to you where others express cynicism or despair, and offer the possibility that God's love is a redeeming love, a redeeming force, that we can rely upon in our...that you can rely upon in your problems, quandaries. Interject hopefulness whenever possible in your conversations. This is a small, but greatly needed, effort. [S: I didn't hear that right...something like...] (tape change) This small effort is greatly needed by so many who walk in darkness.

F: Tarkas, Do you communicate with other teachers?

Tarkas: We discuss things frequently. Many meetings occur among us regarding our efforts with you and our plans for the future.

F: Would you please, as a favor to me, pass a message to Will, and tell her that I love her and I appreciate her teachings to the Tallahassee group?

Tarkas: Will knows of this small group. She also has felt appreciation for S's attempt to read her teachings. She is a beloved daughter of God, and a great gift to this Mission. Would you like contact? [S: or something about "her company."] Would you like her attendance at this group to occur?

F: I would, if it's possible, without interfering with her work.

Tarkas: This will be discussed. She is open to this, I believe.

F: Good! It would give me pleasure for this to occur.

A: Tarkas?

Tarkas: Yes, A?

A: Could you say anything to us about emotional satisfaction? What it is, and how best to achieve it?

Tarkas: .i.Emotional Satisfaction;Emotional satisfaction is a balance between your own creative energy, or desires, coupled with an awareness of the Father's path for you, which comes from Thought Adjuster guidance. True emotional satisfaction is always obtained through service to others

and abandonment of ego gratification. When your emotions are guided by the Adjuster's [promptings], you leave your animal nature behind. The purer intentions rise and your heartfelt efforts are creative and uniquely expressions of...[TR stops. asks for water]

S: T, if you're tired and you want to go, that's fine. I can hear you sort of rustling around there, so I don't want you to feel like you have to stay. If you guys want to stop, that's fine too. I don't. I mean, I'm perfectly willing to do this, but I don't want anyone to feel... "God, they have to do this, because it would be impolite to interrupt, or something."

A: Well, are you getting tired?

S: I feel fine, but, I just know T has got to get up early, so...

A: What do you say, F? A few more minutes, or...?

F: Well, if we're making any progress, we can. But, if not...(inaudible) Does anyone have any other questions they want to ask?

A, you had three questions, didn't you?

A: (laughs) No, that's all right...it's personal...Some other time... I don't want to take up time with personal questions tonight... since it's so late. What about you, F?

Tarkas: Personal questions are fine with us. (pause) Did anyone have further questions? We... Yes, F.

F: Yeah, I was going to ask... I've been studying .i.Healing;Kahuna teachings;about .i.Kahuna Teachings;Kahunas, Hawaiian Kahunas, these theories about the nature of man, and man's spirit. Can you give me any words along those lines about that. Is there any validity to their teachings?

Tarkas: Much contamination of the animal nature of man has confounded all efforts to bring enlightenment to the Polynesian people. However, there are elements of truth to the healing arts you have recently studied. Their approach to body consciousness is accurate, for the most part. Reliance on fear, unfortunately, has invaded this tradition...What part of this doctrine appeals to you?

F: Well, I can identify what they call the super-consciousness; I make the identification with the .i.Thought Adjuster:identification with superconscious;Thought Adjuster--whether erroneously or not, I don't know.

Tarkas: Yes, this is accurate.

F: I identify the unhipili, or the subconscious, with the evolving soul. It seems a little simplistic, but is there any truth to that?

Tarkas: Better explanations of the soul are found in their...S lacks the word..

F: May I ask another question related to that...

Tarkas: Certainly.

F: ...that may be a little easier? The Urantia Book talks about there being a form of energy that we are not aware of yet on Urantia. The Kahunas talk about a form of energy called "mana" -- actually "mana-mana" and "mana-loa." Could this be the unknown form of energy that is referred to in .i.Urantia Book:reference to unknown energy;The Urantia Book?

Tarkas: Much about this energy is encompassed in these explanations. However, again, there are contaminations of [S: something about "taboos"]...there are contaminations of...there are contaminations of...restrictions... on...[S: something about "taboo restrictions"...I don't

know. Something about...] There are contaminations regarding...taboo restrictions on it's use...[or something like that]

F: They talk about the "aka."

Tarkas: The soul.

F: Well, there is the group soul, or the group spirit, the "aumakua." I don't know what to make of that. We're going off the deep end...it sort of reminds me of the monad, or the ideas of the monads, or the group that you're associated with.

Tarkas: These concepts again have some credibility. However, they do not have the purity of the real construct within them. Such concerns, such esoteric concerns, are so...so subtle that it is difficult to make distinctions, until S's abilities are improved.

F: Thank you for your help.

Tarkas: Your studies in these areas are encouraging to us. Please continue to follow your own intuitions. Please continue to follow your own promptings because your .i.Thought Adjuster;Thought Adjuster is truly connected with this desire, or interest. You will discover areas of energy knowledge that are not currently well-understood, if you desire to follow this path. There are many among us who wish to work with mortals who share your interest. Much can be done to help this planet through this work. Realize that this topic is challenging and many...many...[S: I'm getting in the way of it. I can't tell. It's something like...] Much will be required of you...if...you choose this study. However, we have high expectations of this endeavor for you, if you so choose.

F: Yes, I so choose. I have high expectations of the assistance you can provide me.

Tarkas: Remember to delineate your findings among categories of .i.Energy:fusion versus fission;fusion versus...fission. Does this clarify a query you had?

F: It helps.

Tarkas: We would like to conduct a small experiment if all of you are willing. It requires your participation with an .i.Energy Transmission;energy transmission. Is this acceptable to each of you?

A: It is to me.

F: Yes.

T: Sure.

Tarkas: Lay your hands on your knees. Sit comfortably. A, place your hand...place your right hand on S's left hand. Now, bring your left hand up to your heart. [S begins to feel strong pulsations in both hands.]

Do you feel any current of energy, A? [S feels energy flowing toward A.]

A: I think so. But I can't tell if its flowing in any certain direction.

S: Um...I'm feeling something really strongly!

Tarkas: Do you feel pulsations passing from S's hand into yours?

A: Um...I don't thing so...Maybe (laughs)

Tarkas: Do not feel any anxiety regarding this question. We are attempting to attune your sensitivities. As you breathe slowly, and evenly...do you feel any gentle pulsations in your left hand?

A: Not pulsations, I don't think.

Tarkas: Tingles, perhaps?

A: Um... more like that.

Tarkas: This is encouraging. Know that this energy flows whether your perceptions are aware of it or not. This beautiful energy is...a manifestation of the connection among you. Please realize brotherhood

also involves vibratory connections. When you speak of "resonating" with love for others, this is not a mere image or metaphor. Truly, your vibratory patterns can be aligned, are aligned, for many purposes. Now, take your hands and...Take your left hand. Is it comfortable to reach F? [A moves closer to F.] Place your hands, one on S's knee, one on F's knee...Again, there is a current passing through S to F. Do you perceive this vibration? (long pause)

[A laughs softly, and says "Are you there, F?"]

Tarkas: Is there any vibratory response that you feel, F, in your hand, or A's hand?

F: There is just a tingling.

Tarkas: Does this tingling now increase?

F: Yes, a little.

Tarkas: Pulsations are passing through S now. Do you perceive a pattern?

F: It's a little throbbing.

Tarkas: T?

T: Yes?

Tarkas: Place your hand on S's knee. We know your...your assumptions, T. [T feels he lacks any ability to perceive this energy] However, do you feel vibrations in your hand that touches S's?

T: Well, I feel some slight tingling in my forearm, under my elbow.

Tarkas: Patiently, focus on this energy... Now, what do you experience?

T: A prickly feeling in the bottom side of my upper arm.

Tarkas: You all do well with this experiment. These sensations are indeed valid. Perhaps closing the circle will increase sensations. T, please reach toward F. Realize, this energy comes from the Father. It is merely an augmentation of the energy that courses through you always, all the time. However heightening of your sensation toward it can indeed be of special service to this Mission. We...We are increasing the energy through S now. Do you experience a sensation?

F: Yes, I do.

Tarkas: Praise be to God! Although this may appear to be a small effort, it will yield beautiful fruit over time. A, can you feel any path of energy between S and F?

A: My hands feel warm and it feels like there is energy...

(tape ends)

Half Moon Bay, CA. 6/8/93 T9306081 Solo Session
11:10PM

Contents:

Energy transmission

Teacher: Allow this connection. Release comes with practice. .i.Energy Transmission;Pulsations arising in your hands are evidence once again of God's love and energy. This gift must be protected by your efforts to follow our advice. Take heed of our recommendations for your diet. Sardines are a questionable nutrient for you.

S: They tasted good!

Teacher: Allow us time to work with you now. Raise your hands. Place them together. You feel a resistance between them. [S manipulates hands] Now a pulsation first of attraction, then repulsion. Touch your fingers together. There is a line of energy forming at your fingertips. This light means our adjustments are being made. Signa wishes to speak...

Signa: S, Do not doubt our integrity. Hold fast to your experiences. Rising doubts are your conscious attempt to rationalize what you have experienced. Do not question your sanity. You are of sound mind and good humor. Tell Jane about the essences, please. You drift now because you tire. We understand. Practice the stillness with regularity soon. You will develop your ability to hear us this way. Goodnight, S.

Half Moon Bay, CA. 6/16/93 T9306161 Solo Session
11:30PM

Contents:

Olfana encourages TR

Allow this connection to begin. We received your prayers with great joy, S. We also desire this communication. Welcome back to our discussions, our communications. Leave your worries behind regarding your infrequent communications with us. We are well aware of your efforts during this time. Release your concerns regarding our presence in your life. We watch you on a regular basis. We know your heart. You are tired. It is perfectly fine to make this communication brief. Rest now. We will connect again later. We love you. Olfana.

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Half Moon Bay, CA. 6/17/93 T9306171 Solo Session
5:44AM

Contents:

Olfana encourages TR

Healthy living

Allow this connection to begin. You are right to assume that we realize your responsibilities to other areas of your life. Let this work follow your own plan. We do not dictate the terms of your efforts. This is a freewill effort on your part. Readiness is an important part of the timing of the Father's plan. One's readiness must be determined by guidance from the .i.Thought Adjuster;Thought Adjuster. .i.Healthy Living:importance of;Healthy choices in food are important for your equilibrium, S. Regard for your health is important now. Let us help you with this matter. [S: You said you could help me with my cravings for sugar and caffeine. If you can, I do give you my permission to help me in whatever way you can.] Allow us to help you now. [Long pause--approximately ten minutes. S falls asleep.]

Half Moon Bay, CA. 6/20/93 T9306201 Group Session: S, T, B, D
11:30AM

Contents:

Group purpose
Greetings to new students
Healthy living
Energy transmission
Christ Michael

Energy transmission
Explanation of energy transmission
Communication techniques
Mission work of students

Note: Much of the session was inaudible because people were talking too far from the tape recorder for it to pick up all that was said.

S: Father, I ask to be connected to the Teaching Mission.

Olfana: Allow this connection to begin. We welcome you. The immensity of the experience of connection with the Father's plan is most understandable. We acknowledge your sincerity in this process. We respect your experience, your great hopes, (inaudible). Releasing your minds to this process allows us opportunities to encourage your growth and understanding. Please relax with this process. Your intentions must combine with your purposeful efforts in loving service to produce true fruits of the spirit for the Father's plan. We wish to answer questions now.

D: I have a question.

Olfana: Yes?

D: How can we open ourselves to increase our ability to be of more service to this communication, this type of communication?

Olfana: Remember the discussion in the lodge (?) about a spiritual seeker? True intentions involve worship and prayer. Practicing the stillness is a prerequisite to this process. We encourage your growing relationship with the Thought Adjuster as the most expedient means of guidance. Allow your knowledge of health and mental balance, mental equilibrium, to contribute to this process. Much of your efforts to understand these things are appropriate for your further growth. B, you sit patiently. Do you have questions?

B: (Inaudible).

Olfana: Please proceed.

B: (Inaudible) B asks a question about her music and her creative abilities.

Olfana: Your heart's desire to express yourself artistically is a gift from the Father. Musical interpretations of His song in your heart flow, burst, from you. Following this path with greater trust when a perfect (inaudible) of your creativity would help this process. Remember that Christ Michael is always a member of your audience. Does this help?

B: Yes, it does. (inaudible)

Tarkas: Further questions are welcomed.

D: Are we doing all that we are capable of doing at this time to carry on this message, this work, this service? If not, can you point the way where we could expand, and learn more?

Tarkas: When you say "we," are you addressing your own particular role in this process?

D: Yes.

B: S, I have almost the same question myself.

Tarkas: We acknowledge this. Let us address D first. Recognize how appealing your own state of health and mental capacity appears to those who see you. Is not this evidence of your sincere attempt to follow the Father's will already? You can serve us as a motivation to others. .i.Healthy Living:importance of;That viewing one's body as God's temple is truly a noble use of your physical instrument. Perhaps there are more ways that you can find to express your own learnings and experience on this path. This is needed on your planet! Many people lack motivation to pursue the healthy habits that you have incorporated into your common life. Consider this as one powerful, important means by which you may express the Father's Plan. Would you wish further information on this?

[Note: D. is a man in his 80's, who is very physically fit, and a vegetarian.]

D: I'm very grateful for this recognition and encouragement. I'd like to take a little more time at this point. If there is something that you could add that I could have the capacity to incorporate into my daily routine, my lifestyle, I'd be most grateful.

Olfana: .i.Energy Transmission;Your ability to perceive the energy vibrations is another expression of God's gift coupled with your freewill choices. Taking this ability seriously can lead to many opportunities of service to the Father. Study materials that come to you. Increased capacity to experience this energy is available if you choose it. S is perceiving vibrations and colors at this time. Please take your hands and hold them up, facing hers. (Long pause) Now draw your hands gently...(inaudible) Do you perceive these vibrations?

D: Yes.

Olfana: This capacity is yours. Blessings from the Father come through your hands. Take this energy and use it as you feel guided. Always remember that this energy is God's doing. Our humble part is to serve as a conduit for God's love. Take your right hand and touch your heart. (S and D are both crying.)

D: Yes.

Olfana: Be at peace with this. Much good can come from your efforts to share this with those who come to you for healing. Allow this blessing from Christ Michael.

Christ Michael: .i.Christ Michael;blessing from;My children, allow the Christ. Know this process is mine. Join with me to heal the world. My mark of protection gently binds you together. Go in peace as my servants. Blessings.

Olfana: Will you allow the Life Carriers to work with you now?

D: Yes, I desire it.

Olfana: Take your hands. Hold them as S does. Perceive this energy in your hands...(inaudible)...in your fingers. Is this your perception?

D: I perceive tingling sensations. Not powerful, but I perceive something.

Olfana: Remember the words of the Master. Perception of this energy will continue if you choose to be part of this.

D: I do.

Olfana: What you gently perceive currently can increase. (inaudible)

D: (inaudible) [D and S move their hands together and feel these vibrations.]

S: Okay. We can just see if anything else happens.

D: Well, I feel that I encroached on B's time.

B: Oh no, don't feel that way. What has happened to you is wonderful. Just when you--I don't know if I should say it now--

S: It's okay.

B: When you made that--crying? It's like in me, I did too. But what happened was, the thought that Christ Michael is always in my audience. (inaudible)

S: It's okay, you know, I think we're all just sort of learning and experimenting as we go on this. I just know that when I heard that, about his being in your audience, I felt almost like there's...I just felt like smiling! I mean, it's like he enjoys being in your audience, is the impression that I get.

B: It's important. Besides, sometimes I'm looking for something, and it's like He's there, and that's what I'm looking for.

D: Of course! We all reach to that light...

B: It's so comforting.

D: That creative force.

S: OK, I'm willing to just--I mean, I feel that I want to do this for a little longer, if that's okay with everybody?

D: Yes

S: T, Do you want to...

T: May I ask a question?

S: Okay, Let me just get back into it. (Pause)

Olfana: This connection continues. We will answer questions.

T: A little earlier when you were making connections with D with the .i.Energy Transmission;energy transmissions, .i.At-one-ment;I witnessed a small response between D and S in the exchange of energy upon placing your hands with each other on you own heart, and I didn't understand this exchange. I'd like to understand better. I have trouble understanding this exchange of energy to begin with, but that particular exchange of energy was, it obviously had some dramatic effect. I'd like to understand it better, and what the meaning of that exchange of energy was?

Olfana: Direct connections between two receptive beings is an universe experience for both of them. We gently manipulate this energy based on your ability to perceive it. Strongly-felt reactions are not appropriate. Accept the example of a moth to a flame to highlight this experience. Gentleness is always desired. This .i.Energy:runs in circuits in body;energy runs in circuits throughout your body. It is perceptible most especially in your hands, your feet, in the back of the spine. S's ability to channel this energy is strong. Emotional reactions of awe bring expected responses to your awareness of this experience. The immediateness of an energy shift can be quite startling. The principal of your hands held up has to do with circuit patterns with this energy. Does this explanation satisfy your questions?

T: It satisfies the explanation of how it works, but what's the purpose, the function of it?

Olfana: At-one-ment is a concept you have studied in the Course [in Miracles]. Do you see at-one-ment as an explanation for this connection?

T: Am I to understand that when you and D experienced this, that you experienced emotionally something similar to, or close to, the feeling of at-one-ment?

Olfana: Beatific ecstasy is indeed a form whereby (inaudible) Beatific ecstasy is, indeed, emotionally, the explanation of this perception of energy at-one-ment. Overwhelming emotional connection is appropriate as an experience of most people newly-exposed to this energy. S's experience with this energy personally is still new. To combine her experience with another's can indeed feel overwhelming. Recall your experience as a child with the Christian Science Healing. Does this allow you better understanding of the emotions possible with the perception of this energy?

T: I think it can help.

Olfana: Other questions are welcome.

D: When, or how, could we continue this expansion of the cooperation of all of our energies? Will we be shown, regardless of the distance we are physically apart, in our spheres of life, the people that we contact?

Will these energies continue to complete the circuitry, and how can we appropriately encourage that?

Olfana: God, the Father, provides roles for each of his created beings. Freewill choice is the other component of this constant. Remember how previous dates...(inaudible)...over this weekend, we have demonstrated much to you that will grow, still grow, in this plan. Attendance at gatherings of like-minded individuals becomes a chance to provide you with opportunities. Your relationships already consist of many who understand this process. Increasing your willingness to speak openly regarding your interest in this subject will again create opportunities for more input to you. Translating your experiences into guidance for others is definitely appropriate. Written expression is important. Attendance at Teaching Mission groups such as this will also encourage your development. Rectify any strained relationships...Rectifying any strained relationships will also contribute to your growth. Do you have understanding of this?

D: Yes. There are so many, so many, strained relationships, I just want to be used for the rest of my life to help other people.

Olfana: Clarity of your purpose will come quickly. We welcome your sincere attempt to further God's will through this Mission. (pause) Connections to others in this Mission are encouraged, particularly those with Duane Faw, and Thern Blackburn of Woods Cross. He is very adept in the channeling of this energy, and serves willingly as a guide to others. If you chose to use it, we encourage you to connect with him by letter or phone. Advice given from Thern can be very helpful when learning how to heal effectively. (long pause) S is able to pass this energy into you also, B, if you choose.

B: I do choose.

Olfana: Would you sit on the floor? Raise your hands, palms up. Perception of this energy is...Stay close to your breathing. We increase these pulsations. Do you perceive this now?

B: (inaudible)

(The rest of the tape is inaudible)

Half Moon Bay, CA. 7/27/93 T9307271 Group Session: S, T
11:00PM

Contents:

Teachers are patient with us
Energy transmission
Prayers--important part of healing
Prayers can augment medicine
Montreal Conference

Energy transmission
Informing others of TM
Focus on desire to serve God
Affirmations from Olfana

S: I'm feeling something gentle in my hands.

Tarkas: Allow this connection to begin. We greet you with glad hearts. Patiently, we have waited for you to make the choice to participate in this session. God's plan is timeless. All things move in time and space toward his desires. Your efforts with the Mission are greatly appreciated. We know your heart, S. Let all worries drop away, and rest in God's peace. .i.Energy:is God's love;This energy you feel is again a .i.God's Love:is energy;manifestation of God's love. Your hands will begin to tingle strongly. [S sneezes. "I can feel pulsations in my hands right now."] They are a means by which you can serve God, if you so desire. We respect your process of coming to accept this. We patiently allow you to grow in understanding of your ability to use this energy to heal. Surround your body with this power. A feeling of protective [inaudible] Place your hands on your .i.Energy:circuit position;heart. Resonating pulsations with your heartbeat are a form of alignment. Your breathing is a part of this alignment also. Let your hands open. Drop them to your side. Please say all directions that you hear. Rest your hand in T's. We are passing this energy through your left arm. There are pulsations in your palm. Relax your hand, T. Allow your breathing to be calm. Drawing energy through S to you, T, is a process that we hope you will become comfortable with. Do you perceive any vibrational pulsations, T?

T: Earlier. Right now I just feel a very slight tingly feeling..

Tarkas: Relax with this. Allow time with this process. S, move your hand above T's. Do you, T, perceive movement in these vibrations?

T: No.

Tarkas: Be at peace with this process. The fact of its ability to heal is uncompromised by your physical perception of it's power. In time, with practice, your perception will improve. That is all we wish to demonstrate. You may ask questions. if you desire.

S: I'd like to know who is speaking to me.

Tarkas: This is Tarkas. Olfana is present. Signa, once again, transmits for us. Do you have questions, T?

T: Yes.

Tarkas: Proceed with them.

T: I've been concerned lately with the health of my father. My father seems to be diagnosed by doctors who say he has cancer...

Tarkas: We know of his condition.

T: I want to know if there is anything S or I can do to assist him in overcoming this perceived condition.

Tarkas: Your father rests strongly in his faith in God's love. However, he trusts the doctors' abilities also. This is not a conflict for him. Your mother's anxiety for him is a source of worry for him also. .i.Prayer:power of;We know the power of prayer. Can you pray regularly for your father?

T: Yes. I have been praying for him but I will try to make more time to pray regularly for him.

Tarkas: Prayers for your mother are just as powerful. They need encouragement with their own prayers--your mother especially. This is not a small matter in their healing. For realize, your mother can benefit from this healing also. They are facing serious questions about their abilities. This process is an important one, and should be honored by you also.

T: Can you clarify what you mean about this process?

Tarkas: The process of accepting the health problems that face your father are causing reflection on greater issues for both of them. Recognize that all things move to the greater good. Your father's health cannot be foretold, primarily because free will operates in this process. He has choices to make. He has responsibilities in his own feelings. Your prayers can provide a powerful, positive, energy toward helping him choose rightly. Even such matters as the ability of the medicine to work on a physical level in his body can be augmented by the force of prayers. Loving support of your father includes encouraging him to talk about his feelings. He resists this, as you know. Open your heart and realize his vulnerabilities. This can be a great source of comfort to him. Do you wish further information?

T: I don't know if you know, but in a few days we will be traveling to .i.Urantia Book:Montreal Conference;Montreal .i.Montreal Conference;to join many Urantia Book readers at a conference. We will probably meet with many new faces on this journey we're going to take. Is there any advice you have to give us about the time we spend at this conference?

Tarkas: Many angels will gather with you at this conference. Look for them in your interactions with fellow Urantians. This conference can be an important stimulus in your own spiritual growth, if you enter with an open mind. Realize doubt and confusion exist among many readers regarding the Teaching Mission. This is to be expected. You and S may serve, if you wish, as two spokespersons for the benefits and goodness that the Mission hopes to bring to .i.Urantia;Urantia. This involves risking your privacy, peace of mind, and patience. However, remember, the angels will be there to help. We teachers are very aware of, and interested in, the outcome of the conference. Many new ideas can be exchanged. The potential for good is great. We take all opportunities offered to us to advance God's plan for the planet, this planet. S is experiencing a .i.Energy Transmission:rotational effect;rotational effect. This energy is balancing. Please be patient. [S: I feel like I'm spinning around in a top. I feel like I'm spinning, moving to the right. Or something with strong magnetic energy is spinning to the left.]

T: May I ask further questions?

Tarkas: Please wait for this experience to pass. (one minute passes) Now we can proceed.

T: Now may I ask further questions? Recently we, in our small group discussed whether or not we should tell others about S's transmitting ability, and [inaudible], and whether, in general, we should tell others. What is your advice at this time about revealing S's abilities to others, including B?

Tarkas: Support the concepts of the .i.Teaching Mission:group responsibilities;Teaching Mission, support the Transmitter-Receiver process as valid. However, your group is still in a very tender stage. We advise you to be circumspect in any discussions you have with others. We do not wish to dictate your decisions regarding this issue, but, instead, ask you to look into your own hearts. Only speak of those things you feel are truth. Only speak of your experiential knowledge. Evaluate each particular case. If the person wishes to know the basis of your experience with the Mission, we do not preclude your speaking of your own experience, but ask you to make careful, thoughtful choices. Regarding B...he is growing in his ability to understand or accept the Mission, but we suggest that now is not the time to ask him to join the

group. Give him continuing opportunities to read the transcripts, but let the choice be his. This process of communicating through S is tiring for her because of the hour and her lack of practice recently. We will conclude this session now, unless you have a pressing question.

T: Can you perhaps give a little assistance, could you be helping S understand what she's going through right now? She seems to be having difficulty facing many of her challenges, and she's been filled with much anxiety regarding these issues. Is there anything you can perhaps offer her, as comfort and advice, to help her to overcome these anxieties, and deal more effectively with these challenges?

Olfana: S, we ask you to keep your focus firmly on your desire to serve God. If you enter into any effort with this intention, your fears, or unsettled feelings, will drop away. .i.TR Process:encouragement to TR;Remembering this is important. Perhaps a note placed on your desk, such as, "Father, help me to serve you in all that I do." may help you. Keep this mental focus. Remember the beautiful saying that comforted you before--"I can do all things through Christ who strengthens me." This is also a perfect statement of your abilities when they are aligned with God and Christ Michael. Realize your strength, S. Realize the gifts you are given. Rest easy in the knowledge that these gifts can serve the Father with great beauty. Never forget, you are a beloved child of God. We wish to end this session now. We are so cheered that you both have made the effort to communicate with us. We look forward to so much good that can come from your willingness, and the group's willingness to work with us. Know how much we love you. This is Olfana who speaks. Go with God in all you do. Our blessings are on you. Goodbye.

Half Moon Bay, CA. 8/3/93 T9308031 Solo Session
11:00PM

Contents:

Message to TR--Montreal Conference

Accept this gift with great gentleness, my child. .i.Urantia
Book:Montreal Conference;No fear .i.Montreal Conference;can enter into
your communion with the Father. Take all opportunities to discover
greater ways to use these powers of healing. Many changes can come of
great comfort to others with this effort on your part.

Half Moon Bay, CA. 8/09/93 T9308091 Group Session: S,T
12:00PM midnight

Contents:

Alcoholism

Allow this connection to begin. Open your eyes and see D as a struggling child of the Father. He allows all forms of defeat to conquer him.

.i. Alcoholism; This process of drinking when he succumbs to loneliness is deeply rooted in his childhood. Then he sought other diversions for the pain of loneliness, but escapism has become a repetitive choice he has made. [Pause] You tire. However, we will pursue this topic. D manipulates his relationships far more than any would conceive as healthy. Any relationships for D are clouded by tension because he tends to see himself disconnected from others. This is his ego's way of actively keeping him isolated. Allowing D further opportunities to use T's apartment is not suggested at this time. Many forces can operate to help a human mortal heal if willingness is manifested. This willingness on D's part is defeated and compromised by isolating tendencies of his ego. Remain loving in your manner towards him. This is important T, because D so readily sees rejection from others as his interpretation of their motives. [Batteries on tape recorder run out. The rest of the transmission lost.]

Half Moon Bay, CA. 8/12/93 T9308121 Group Session: S, A
7:00PM

Contents:

Early stage of TM--controversial
Miasms
Olfana's history
Energy transmission
Olfana's mortal life

Urantia Conference--Montreal
Jesus's manner as a teacher
Comforting a parent who grieves
Receiving a teacher
Soulmates

Olfana: Allow this connection to begin. We are happy to speak with you this evening. There are many issues which we care to discuss. These issues incorporate your expressed concerns. Peacefulness among you is desirable, yet much controversy continues to persist surrounding our Mission. Loving patience is most encouraged. Remember, this is a germination process. You are not ready to arrive at strongly-held opinions concerning our work. .i.Teaching Mission:discussions about;Let everyone feel comfortable voicing their feelings to you regarding this Mission. Hearing their feelings is helpful in their own resolution process. [S: It's like, "being an audience" is helpful] Many teachers await relationships with mortals, yet they wait patiently until resistance passes and trust flourishes among you. Regarding B's health, we allow you much free will in your pursuit of healing. B pursues a path that is comfortable to him. Opening the topic of .i.Healing:miasms;miasms may indeed be helpful to him. Let us capture his attention once he has read the papers you choose to send to him. All these processes work toward the good of the Father's plan. New information must come gently to each of you. You must show willingness to learn these new ideas. It is not our desire to force anything upon your consciousness. Remain open to discussions with B regarding his health. This is enough for now. Olfana is transmitting. Do you wish to question her now?

A: Olfana, can you tell S and me more about yourself? Maybe your past and what brought you to this Mission?

Olfana: I wished to serve the Father. [S: I feel like I'm trying really hard here.] Difficulty in receiving..[long pause] There are blocks to this message. Raising your hands...[S: I can feel the tingles]...raising your hands helps. Please allow this process of energy transmission to proceed first. You are absorbing much energy.

S: This feels really powerful, A. It's like my hands are pulsating.

Olfana: Place your hands together. Touch your forehead. Now...release your hands slowly. Coming together in this fashion provides an opportunity for us to make adjustments in you, S. This is important. We chose to attend to this first. Now...we can proceed with questions. You asked for information regarding my history? Is this correct?

A: If you wish to tell us about your history--that brought you to this Mission--that brought you to this present time--we'd be happy to hear it.

Olfana: .i.Olfana:mortal experiences of;I lived a mortal life on a planet transformed by God's love. This experience of the transformation was the appeal I felt in volunteering to serve your planet in its transformation process. Many events that occurred during my lifetime I anticipate may also occur during yours. This opportunity to help with the healing of your planet has great appeal to me. I studied with the Life Carriers because their work is so beautiful to me. Many opportunities for healing will be part of your work with me. Let yourselves see this as a challenge and great adventure. Do you realize how important your efforts can be to produce these healing effects on your planet?

S: That was a question to you, A.

A: To me? I feel that healing is necessary, and I want all my efforts to be identical to those of Jesus--identical in purpose to the transformative and healing powers that Jesus manifests. I want to make sure that any healing work that I'm engaged in would be totally consistent with the essence of Jesus' teachings, knowing that healing is

of the mind and spirit, and then manifests physically. Do you feel that your healing techniques or philosophy are identical to those of Jesus, Olfana?

Olfana: .i.Healing Time;transformation of Urantia;Transformation is a most appropriate word for the healing process we pursue. One must move through patterns that have held oneself [long pause] repressed. Opening to new possibilities of perspective is the liberating effect of this healing. We can indeed see ourselves as reborn! Illusions of boundaries can drop away. Great freedom comes as a gift of this healing. So much of our disease is self-created misery because we fail to see the pathway out from our own self-defeating patterns. This was so much the case on my own planet: People locked in fears, sheltered in the dark, unaware of the light of truth as God's gift to them. Opening their hearts to the possibilities of change, that is, transformation of their beliefs and their actions, was the revolutionary change that occurred on my planet during my lifetime. Knowing the possibilities, the power, of this opening to the light is what draws me to work with all of you now. I am so moved and encouraged by the efforts I see on your parts to learn more of God's truth. We can share this wonderful adventure together! What a gift from the Father. Flower essences are a particular area of knowledge, or truth, that I possess. These will play a role in my work with you, but so much more potential exists in our cooperative efforts. Allow time for all of this to become clear. We perceive your growth. We are heartened by every effort you make to expand your own understanding of this work. Many pressures exist for both of you, but do not be fearful of the many ways you feel called upon to serve. There will be time enough to grow comfortable in this work, and also realize the personal goals you set for yourselves with your families and friends, and your own desires. Do you have further questions at this time?

A: At the [Montreal] .i.Montreal Conference;conference, we met many beautiful people from all across the United States and it seems that for myself personally, I feel a strong desire to connect with these people again, to communicate with them. And--I'm wondering if there's a reason for this, or, I guess do we just have to wait three more years? Can you say anything about our connections with the people we met at the Urantia conference?

Olfana: The relationships that you formed are, indeed, meaningful ones for many reasons. Some people were drawn to you because there is direct pertinence to your relationship with them and our work in this Mission. Others are people whom you may choose to connect with for more personal reasons. The opportunities that were opened for you by the conference are indeed cultivated for your own spiritual growth, primarily. Did you not feel much clarity in your reactions to many of the people you met? Always remember that .i.Thought Adjuster;Thought Adjuster promptings are an ever-present part of your human relationships. Your response to many of the people you felt close to were indeed generated by your Thought Adjuster's supervision. Clearly you connected in a strong fashion to L and F. Also your connection with C remains a positive one. Other relationships that drew you to more confidently express your beliefs were very instrumental in your own growth process. Speaking with conviction is becoming a gift [S:...or is a growing gift] we see developing in you. Your eloquence of expression draws people to you. They see your sincerity and find your personality charming and non-threatening. So often those who know the book as you do portray an arrogance which is

indeed a...[doorbell]... Let us return to the subject we were discussing... Your demeanor is a very appealing aspect in your work of dissemination of .i.Urantia Book:dissemination of;The Urantia Book to your planet. Too often those who know the book forget Jesus' examples as a teacher. He never sought to impress those who listened to His words. He sought to comfort them, to love them, to satisfy their spiritual hunger. You remember the .i.Christ Michael:is our model;Master's model when you speak. This is so important. Your cheerful, sincere friendliness is not lost on people. Do not be disheartened by the negativity you sense at times from others. Continue your work as you see fit. These efforts on your part are greatly appreciated and serve as a helpful model. Your willingness to listen also helps in your human relationships. Oftentimes listening is forgotten as part of the teaching process. Yet we remind you of the Master's ability to listen patiently to those who sincerely sought the truth.

A: .i.Family Relationships:grieving;I have a question about a man we know and his wife...I feel, well I heard that she's continuing to grieve over the loss of her son a couple of years ago. She can't seem to let go of the whole.. to let go of him or to get over the loss she feels. I was thinking about sending them a book about Jesus called The Elder Brother. Should I do that or is there anything else we could do to help them? She lives far away...but I wish we could help them.

Olfana: A mother's loss is always so great. We cherish our children and wish always to protect them even when they have gone to the Father. Again, we commend you in your sincerity. Your efforts are for the good of these people and not to indoctrinate them. Such efforts are always helpful because you wish to encourage them. Encouragement... consider this term. Encouragement means to strengthen one's desires or to strengthen someone else in their desires. This mother needs encouragement in developing trust in God's protection of her child. This book will indeed engender such convictions in those who read it with acceptance. All you can do is, indeed, offer them this opportunity. But, certainly, such a gesture of friendship and encouragement is most appropriate. Speak of the book to them, regarding your own experiences with it. Allow them to feel you offer the book...[phone rings]...

A: It's just an offering.

Olfana: Indeed, we encourage you to present this book as helpful in engendering hopeful attitudes. This hopefulness is lacking for the grieving mother. We wish you success in your efforts with this family. Do you have further questions?

A: Shall I be waiting for a different teacher? A teacher to come to me? Because you said there are many waiting to serve?...waiting patiently?

Olfana: If you desire a .i.Teachers:personal;personal teacher, certainly this can be arranged. Every mortal willing to prosper in this endeavor with us can indeed do so with guidance from the Teaching Corps. Your desire to have such guidance is the only requirement for such an assignment. We ask your active participation in the stillness practice and your trust that a teacher can be made available to you. Remember also that your .i.Thought Adjuster;Thought Adjuster guidance is also developed by a more regular practice of actively listening for guidance during these meditation sessions. Continue with your questions if you wish.

A: Olfana, could you tell us if you have any knowledge or experience with the idea of soulmates.i.Soulmates;? Some people believe that this

is a reality--is a real concept and others are not sure, or maybe don't believe in it. Can you shed any light on this topic--the idea of soulmates?

Olfana: Once again I must remind you that your perception of these matters is so compromised by your limited understanding of your eternal path to the Father. Relationships--one to the other--all aspects of what the book teaches of brotherhood and love are so much more vast in their meaning that you may indeed perceive now. Are we not all truly soul-mates in our path of oneness with God? Therefore, certain designations of this are naive at best. You will indeed have deep relationships and there is a unifying element between you and certain other souls as you progress. But any attempt to truly comprehend these matters is limited greatly by your lack of true perceptions regarding concepts of love, and indeed, the brotherhood of all mankind. It is perhaps much more important in this life that you focus on your loving relationship with the Master. .i.Christ Michael:relationship with;Christ Michael is so capable of providing you with the solace you seek. Focus your understanding on his love. This is the highest ideal for you now. All other relationships must flow from this model. Then they reflect true beauty, truth, and goodness. Does this satisfy your concern regarding this?

A: There still seems to be some feeling of lack on personal and emotional levels.

Olfana: This lack is experienced by you?

A: Yes.

Olfana: And thus you seek to fill this lack by perhaps attaining a human relationship? Is this your [concern...issue...request]?

A: Yes--some feeling of lack of...close personal, emotional, and maybe even spiritual companionship?...because sometimes Jesus seems not to be very close or present...in a way that a human can feel, so sometimes it seems that only another human could satisfy this type of loneliness.

Olfana: Much learning is available for you on this topic. We recognize, indeed, the loneliness you experience, however, we encourage you still to seek a primary relationship with the Master...as you say, Jesus. No human will provide the comfort you seek. This is part of the healing you must do for yourself. Many times... [telephone rings]
[The rest of this session is private.]

Half Moon Bay, CA. 8/14/93 T9308141 Solo Session
9:46AM

Contents:

Olfana encourages TR
Reincarnation

Energy transmission
TR expresses confusion

Olfana: Allow this connection to begin. Remembering the lessons you learned regarding .i.Jesus;Jesus's advice to the apostles. "Follow me" was his direction. He asked for their faith. They also did not understand, at times, what was being asked of them, and yet they trusted. Can you, indeed, take this experience one step at a time?

S: I don't know. I guess. I just feel I need some kind of perspective.

Olfana: .i.TR Process:encouragement to TR;Allowing yourself time to process what you have learned can help. We realize the dichotomy between .i.Urantia Book:and reincarnation;The Urantia Book teachings and reincarnational philosophies. This gap can, and will, be resolved over time. Let yourself relax and realize the pace at which we lead you is designed for your own well-being. Too much information coming at once does not enlighten. It merely provokes shock and confusion. This attitude of open-mindedness is healthy. Do indeed listen to many perspectives. Allow yourself opportunities to ask questions of others. But realize that truth is all-encompassing of the many divergent philosophies you hear and read. This energy you feel is truly of God. It can help you and others to heal. Relinquish your control...and relax, as we demonstrate again this ability God has given you. Hold your attention in your body. .i.Energy Transmission;Feel the vibrational impulse. Raise your hands...Pulsations pass through them...

S: Olfana? Can you explain any more?

Olfana: We seek your cooperation in assisting the planet's healing.

S: But why me? What is it about me?

Olfana: You show a sincerity and an inquisitive mind. We love you, S.

S: (crying) I just want people to understand. Please, Bless me...It all feels so intense. My face, Michael, all the studying that I've done. All the beautiful things that have happened. It all just feels so intense. My relationship with you and Tarkas...everything. It's not that I'm not grateful. I just feel so...I don't know what...sometimes unworthy, sometimes confused. I know what I've experienced. I don't even know really why I'm crying right now. Can you help me to understand? (crying)

Olfana: Be at peace, my Child. You are comprehending many things very quickly. This outpouring of emotion is understandable. So much is coming to you. Perhaps you need to rest content. Trust in God's plan for you. Trust the Master with his flock. [S breathes deeply]

S: Okay Olfana.

Olfana: Allow this transmission to end now, S. Rest in God's love and protection.

S: Goodbye, Olfana.

Half Moon Bay, CA. 8/15/93 T9308151 Group Session: S, T
11:00PM

Contents:

Olfana encourages TR
Karmic component of health

Olfana "reads the mind" of student
Family relationships

Olfana: Allow this connection to begin. .i.TR Process:encouragement to TR;Realizing your confusion, we wish to take time to discuss these issues with you, S. Much remains unclear for you because your perspective by definition, as a living mortal, is limited. This condition is inevitable, and we ask you to show cheerful patience with much of your confusion. A time will come when many questions you now have will be satisfied. That time is not yet. Regarding your concern with your health, we ask you to reconsider the advice we have given you regarding your diet, also regarding exercise. Can you see that perhaps much can be alleviated by following our suggestions on these matters? The karmic .i.Karma;component of your health still remains a present issue of this life. Treating your body with greater love can only lead to greater satisfaction for you. Do you feel satisfied with these answers?

S: I guess I do. I know what you're saying about my body is right. What about the whole issue of about feeling so overwhelmed? You know, I have so many different things pulling at me, that I need to do. It's like...why have I been recruited for this, given all the other things that were there in my life?

Olfana: We chose you based on your stated intention to be of service to God, coupled with attributes of your personality, and learning, and life experience. We will be patient with the many other responsibilities you have in your life. We encourage your active participation with us, yet bear you no animosity if your choice is to deal with other issues or obligations you hold dear. We regard many of the conditions of your life as truly helpful in this work. You have the potential to utilize your life's conditions in such a way as to benefit the Mission greatly. Do you wish to ask questions, T?

T: I can't think of anything specific right now. But...I don't know if you're aware or not of the circumstances of my life, and the things I've been trying to deal with over the last couple of weeks. But, if there's anything you can say which would help guide me with these circumstances, I would appreciate any words of encouragement or advice. I wish to turn over my willingness to fulfill God's Plan, but I'm not always sure that I'm doing the right thing. So if you could help, I would appreciate it.

Olfana: Are you speaking of the quandary or confusion regarding your relationship with D?

T: I'm referring to that, and my parents, primarily.

S: Okay, now this one is feeling weird to me because I know this has happened in other transcripts, and I hope this is not just my mind projection. I don't know. We'll see what happens with this. I feel like what they're asking or what they're about to ask is...let me just see for a minute here...

T: Get yourself out of the way, S.

Olfana: May we, with your permission, .i.Mind Reading;read your mind?

T: Yes. (long pause)

Olfana: .i.Family Relationships:advice on;These concerns you have are truly representative of your value system..We respect the degree to which you look for issues of brotherhood and service in delineating your obligations to others. Regarding D, he prospers currently [or "now"] partly because of the manner in which you handled your confrontation with him over the choices he made. You allowed D to feel respected by you in your discussions, and this greatly benefited his ability to see himself as valued. So often this is such a problem for D. Continue to respond to him in this manner, and it will help his self-esteem, and sense of

himself, to heal. Your concerns regarding Y and J, "the boys," are appropriate, given the love you have for them. They indeed need your guidance and support. Yet, you must realize they must also learn to make their own choices. This process of choice-making is such a challenge on your planet. So few definitive models for healthy choices exist in your cultures. This is why we so often bring you back to the Master as the best, and most perfect example, of how to choose a life of goodness, truth, and beauty. Do not hesitate to speak with the boys regarding your own clear appreciation for Jesus's life and the lessons it offers. Seek out moments for these discussions. Initiate them. Perhaps more phone calls from you would encourage better communication from them. Let them know how much they are loved by you. Speak of your love. Give them clear memories to carry into their own adult lives of your stated desire to be their guide and a refuge, a protector, for them against the difficulties that life presents. Your parents are proud of you. They are going through many changes, as you understand. Some of this they must do on their own. However, your clear stated attempts to help them are reassuring to them and allow them encouragement that your offered help is offered willingly. This transmission is tiring S somewhat. We will be brief. Your parents need cheering. Continue to encourage them to remain in contact with their friends. There is more we realize you were concerned with, but feel it would be too difficult for S to transmit this information at this time. We hope to continue this discussion with you at a later time. Be cheered that your efforts to be of service to those you love are duly noted [S: or something like that] by those who watch your life's progression. We see you as a beloved Child of the Father and one who seeks God often. We wish to close this transmission now. We bid you farewell.

T: Thank you.

Teacher: You are sincerely welcomed. This transmission comes from Olfana and Tarkas. Goodbye.

Half Moon Bay, CA. 8/16/93 T9308161 Solo Session
11:30PM

Contents:

Flower essence and bladder infection
Vibrational Medicine

Reincarnation
Life Carriers assess health

[S had a bladder infection. Used purple thistle flower essence and pyridium]

Olfana: Allow this connection to begin. You seek information regarding your physical condition. We are indeed working with you in this matter. The flower essence .i.Flower Essences:purple thistle;that you made is indeed very helpful. We congratulate you in following your intuitive urges in this matter. Continue to take the essence by testing. We regard your efforts to cooperate with us in healing you as a magnificent show of trust and faith in our relationship with you. [S: Thank you, Olfana. Thank you, Life Carriers] Relax in this process. Many adventures await you on this path. Following our instructions will make our work easier. Continue to ask questions regarding the choices you must make. Your hand hurts. Now it passes. Wellness is so much more than balance. It is a flowing of energies uniformly throughout the body. Richard Gerber's book, .i.Healing:books;Vibrational Medicine, is a helpful perceptive on much that we will teach you. Allow yourself time to complete the book. Regarding your concerns of past lifetimes, allow this information to exist along with .i.Urantia Book:and reincarnation;The Urantia Book perspective.i.Reincarnation:may not conflict with UB;. Hold both possibilities in your mind. They are not as conflicting as first perceived. Rendering further explanations on this topic must wait for further conceptual understandings to be given to your planet. Rest easy with this conflict. It will be resolved. Assessing your physical health is the responsibility of the Life Carriers. They will help you in your attempt to achieve healthfulness. Realize this process takes active participation on your part. Pay attention to all the information we have given you previously. Rest now, S. You have done well today. Your teacher, Olfana.
Note: Richard Gerber, M.D.; Vibrational Medicine: New Choices for Healing Ourselves; Bear & Company; 1988.

Half Moon Bay, CA. 8/17/93 T9308171 Solo Session
2:00AM

Contents:

Flower essence and bladder infection

Encouragement from Olfana

[Bladder infection increased. S finally took the antibiotic]
Olfana: Allow this connection to begin. You did not fail us, S. We appreciate the cooperation that you gave us. The flower essence .i.Flower Essences:purple thistle;.i.Flower Essences:in a weakened state;was in a weakened state because of the overcast day. It is healing but your infection had advanced too rapidly for it to alleviate your symptoms. You may continue to use it along with the antibiotic. It provides some healing potency. Never feel compromised in your ability to use your freewill choice regarding our methods or suggestions. There is no reason for concern on your part regarding your choice to use the antibiotic. Let us help you, now. Your hands sense energy. Place them near your groin. We appreciate your cooperation with us. Never feel your efforts are unsatisfactory. We ask you to cooperate, knowing this is all new and sometimes strange for you. Remember our admonition that practice in the stillness.i.Stillness Practice:central to success; is central to your success in your work with us. We hope you will chose to speak with us on a much more regular basis in the near future. We patiently wait for this cooperation on your part. God's plan is the coming together of many great forces, all of which are beneficial to your lives. Remain hopeful in your work with us. You are all beloved children of the Father, deserving of his love, deserving of our assistance also. Take pleasure in your work with us, S. Tomorrow brings more of Christ's healing. Each day the gift of his love grows greater, grows brighter, on your planet. We leave you now. I am Olfana.
Goodbye.

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Half Moon Bay, CA. 9/10/93 T9309101 Group Session: S, T
10:05 PM

Contents:

Information comes to us "by design"
Evolution of the TM
Developing our group
Energy transmission

Color visualization
Olfana's story on the Rock and the Water
Personal teachers

Olfana: Allow this connection to begin. We received your requests for information, S. This book called .i.Healing:books;The Teaching of Kryon is definitely appropriate for your work with us. Nevertheless, we do not advise your complete group's participation in discovering this material. F would be an appropriate choice, as would be Sl. They could be companions in your discussions of this material. T may also be interested in pursuing these discussions. Always remember, we work through the minds of mortals, which can compromise the complete integrity of the message. Let your defenses toward ambiguities

.i.Transmission:ambiguity;drop away.i.TR Process:ambiguity in;. There will be further clarity regarding what are perceived as disjunctions in our teachings as time progresses. Perceiving your path as one which incorporates materials from many sources is appropriate. The .i.Gem Elixirs;Gem Elixir book* also contains much information. We encourage you to study and comprehend with greater clarity and attention. All the threads of information will be woven into a beautiful cloth bearing the Father's design as we proceed. Weaving takes time! The newest book you received information on today is also one we encourage you to order. These books come to you by design. We appreciate your receptivity and willingness to be our student in these matters. One day they will all bear fruits of comprehension for you. For now, read with an open mind. Allow their teachings to percolate through the fertile ground of understanding we have already prepared in the garden of your mind. Let your group evolve slowly. Much will come from a slow, careful, bonding process among you. The commitment to our .i.Teaching Mission:spiritual growth;Mission must be made with thoughtful intention. Otherwise some may not fully comprehend the tasks set before them. We encourage much discussion among you to shape your policies or procedures. It is best that this be derived from your own discussions, rather than in any way suggested by us. Other than this important admonition...That you be patient with yourselves, and each other. Remember that, "Rome was not built in a day," as you say on Urantia. Neither will this Mission evolve overnight. It spreads at a rate we are quite comfortable with and have no concerns regarding the human, mortal input, which helps to shape the groups, and teaching process. This Mission is greatly concerned with teaching you better methods of negotiation and problem-solving skills. How can we teach such concepts unless we give you many opportunities to put these abilities to the test? Practice does indeed make a more perfect effort. So, we wish you well in your efforts to form yourselves into a group. Much information can come to you once this process of formation has occurred, but we are quite willing to be patient with your efforts to gather together and collect and record our teachings. One caution we will make is that certainly, each individual should have the right.i.Privacy:individual right to; to request anonymity, and any information given to them which they regard as personal, or private, should indeed be respected. You are experiencing strong rotational perceptions.i.Perceptions:rotational;. This is accurate.

S: It's so weird, T. .i.Energy Transmission:rotational effect;I can feel, I can feel my legs and my hands holding still. I can feel my hands on my knees, but its like the whole rest of my body is spinning around, and it's turning...I don't know, somehow, its like my eyeballs are stationary--so maybe I'm not turning, but I can feel this vortex of energy swirling around me, and it swirling...it's so strange...it's like...I don't know how to describe it. It's almost like it's swirling

to the left--what would that be, counter-clockwise? and at the same time, I'm swirling to the right. You know, when you're in one of those revolving doors? Imagine the revolving door just spinning around...fast! I don't think one could push it, and make it go as fast as I feel I'm going right now. Oh!

T: What is the purpose of this?

S: At the same time...I just want to finish describing this first...I feel like somehow, gravitationally, I'm being pulled somewhat downward. I mean it's like my behind and my feet feel really sucked down into the floor. The gravity .i.Perceptions:rotational;of this is really strong. I don't experience any nausea. I mean, if this was really happening with a revolving door, you'd feel at some point like you were going to get dizzy. It doesn't feel dizzy at all, it just feels intense! Whew!

Teacher: Breathe deeply, S. (breathes).

[Note: The personality of the guidance had changed. It did not feel like Olfana to the TR. Perhaps it was a Life Carrier.]

S: It's slowing down. It still feels like it, but it's slowing down some. (breathes deeply) Breathing deeply seems to stop it, or slowing way down...it's starting up again. When I move around it kind of stops it. (Continues to breathe)

Teacher: This was an alignment experience for S. We regret that we did not inform her beforehand, but the timing of this event was necessary at that moment. Chakra alignment .i.Chakra:adjustment;occurs with this process. Much work can be done, needs to be done, with S's energy pathways. Let your hands rise--palms upward. Pulsations are beginning in S's hands. Seeing this energy as light pulsing outward from your hands is an appropriate image to hold in your mind, S. Place your hands together. Please notice this position, T. This position encourages the conduction of the life force energy through points of intense perception awareness. S's hands pulsate and her feet perceive pulsations also. This position can indeed amplify and accelerate the life force energy within you. Now move your hands apart. Raise them. This position accentuates the connection of your own energy field with the universal source of this power. Imagine your body becoming a container that can be filled with this energy pouring down into you. Small sparkles of color that you note in your field of vision also represent this life force pouring in from the source. Slowly return your body to a position of rest. This is an exercise of benefit to others also. This is why we asked for your careful attention to S's movements, T. We require no precision in this. More important is your effort to hold these positions in good faith that benefit can come to you from them. Much like Yoga, these positions can come easily through practice. They would certainly benefit any who chose to practice them.

S: Please tell me who is speaking to me now.

Olfana: This is Olfana, my dear. You were receiving instructions from Life Carriers.i.Life Carriers;. Now I come to answer questions. Do you wish to speak with me, T?

T: .i.Lesson:on body perception;Yes, I had a number of questions, but I'm not very alert right now, my mind is very tired. The first question I have is regarding my background in Christian Science. I'm having trouble understanding what I perceive to be a contradictory emphasis in books like Keys to the Scriptures and A Course in Miracles with books like .i.Urantia Book:emphasis on material world;The Urantia Book. On the one hand, Christian Science and ACIM seem to emphasize to me a very high

level of understanding of a spiritual world, and seem to denounce the reality of a materialistic world. Yet books like Kryon's book and the The Urantia Book seem to indulge in endless speculation about energy forces and material forces. The involvement that S. has with the healing energies, including her involvement with the flower essences and the gem elixirs, imply these are crucial to her background in spiritual evolution and her understanding of healing. Can you clarify some of this for me?

Olfana: You touch upon issues of great importance. We understand your confusion regarding these many questions. Let us digress for a moment. Can you allow the use of symbolism, symbolic images, to help you, perhaps, to comprehend?

T: If you think these symbolic images will help, yes.

Olfana: If you place a rock in water [in a glass cylinder] is it not true that your perception of the rock can change when you view it, looking downward into the water? And then shift, and perceive the rock from, let us say, the side of a container that holds this rock and water. i. Perceptions: rock in water;. Also, if you placed your face into the water, would you again see the rock from a slightly changed perception? Do you understand the image we create here?

T: Yes, I've experienced those different perceptions a number of times.

Olfana: Then please hold this image in your mind as we proceed to discuss concepts of the body. The physical, bio-chemical mechanism, or instrument you are housed in, is now, indeed, like the rock, of material substance. Yet, your perception of this body you inhabit can change depending upon your perspective. Sometimes you feel you are the rock in the water. Yet this is only one perspective. When you look from outside the cylinder, through the water, does not the rock appear magnified, greater than its original image?

T: Yes.

Olfana: Your consciousness is not only connected to this physical being. Much of your perceptions of your consciousness as limited to this body is illusory, just as the rock appearing magnified is an illusion of light waves affected by the water. Lessons learned from the perspective of being in the body are a necessary part of your experience in this lifetime. However, you are, indeed, so much more than what the body appears to limit you to, that teachings such as the Course, or the doctrines of Christian Science, encourage you to expand your perceptions past these body limitations. True essence of the rock is not modified by these perceptual changes caused by different viewpoints of it. Just so, your being is not limited by body perceptions. Higher truths surrounding the complete make-up of your being are not fully understood or widely taught on your planet. I might say, you have seen the rock from many different angles in this cylinder of water. But, thus far, you have not reached in, and pulled out the rock, in order to gaze upon it, alone. The water surrounding this rock is representative of the many illusions or beliefs that exist in your philosophical doctrines. A Course in Miracles encourages you, as does the work of Mary Baker Eddy, to see that these illusions can be penetrated, and, through inspiration, a clearer perspective--perception--of the true entity that you are, can be discovered. However, doctrinaire interpretations that the body has no existence on the physical plane are also incorrectly stated-perceived. You cannot deny that one is seeing an aspect of the rock, even when viewed through water. Just so, seeing the body as a physical entity has some accuracy. Adjustments to the vibrational manifestation of your

entity can indeed take place. And physical imbalances do occur. These teachings of such matters as flower essences, energy transmissions, and adjustments are appropriate to one level of perception of your being. You are not removed from the water yet! Therefore, within the boundaries of this perception, the body needs to be dealt with. Indeed, the time comes when you are truly released from any limiting perceptions of your being as connected to a physical manifestation. But, it is the ideal which is striven for in A Course in Miracles or the Christian Science teachings. Those who can release themselves from illusions of body boundaries can indeed create new perceptions of themselves--healed perceptions of themselves. But most mortals need to begin their comprehension of themselves at a level much more connected to the physical world. In the Course, Jesus says, "If taking a pill allows you to feel less anxious, then, by all means, take this pill." There is much truth in this teaching. It encourages you to see that leaving behind your illusions of the body is a process that builds toward a final moment of clarity--just as one realizes by shifting positions and observing the rock, that these changing perceptions of the rock in the water are more the result of the water, than the rock. That moment of clarity liberates you to reach in and remove the rock from the water, to see it free of the substance which clouded your true perception of it. Just so, your release from illusions surrounding the body will come at the point you choose to remove your perceptions of your being from the body which seems to contain it. Much of this instruction was difficult for S to hear easily. We hope our attempt to elucidate your concerns regarding these issues has been helpful. We thank you for your patient attention as S struggled to comprehend our instruction.

T: I think once I get a chance to listen back to the tape, and hear it at a more natural pace, I'll get a lot more out of it than I did, but I think it did help. It's getting very late, and I realize we probably should quit for tonight, but I would like to make a request for tomorrow because I'd like to have another session. Is this Olfana that I'm speaking to, or is this Tarkas?

Olfana: This is Olfana.

T: Okay. Well, there's two things that I would like to talk about tomorrow and maybe it would give you time, Olfana, or perhaps even Tarkas, if he is available, some time to prepare. Number one, a number of days ago, I was doing some meditation over at my apartment, and at that time I felt as if I was getting some sort of a connection. And I wanted to know if you, Olfana, or Tarkas may have been privy to that connection or whether you were involved in it. The other thing is, I would like to have some specific guidance with how I may carry out the Father's will, and maybe embrace the Teaching Mission in my teaching of high school students. I would like some specific ideas, some specific instruction, of ways I could reach young people without crossing the dangerous line of getting religious concerns into a public school system that doesn't tolerate religious teachings. That's a couple of things I'd like to discuss tomorrow, but I realize I'm tired and S is tired so perhaps we shouldn't talk too much tonight.

Olfana: We note your requests. This is quite acceptable to us to speak again with you tomorrow. Your contact was with a teacher who hopes to establish a personal relationship with you. He wishes you to practice the stillness resolutely. Then much can be conveyed to you. Your perception of his words is still clouded by interference, but your

practice with the stillness can eradicate this. Then this communication with your teacher can occur with ease. We hope you feel encouraged by this news and wish you luck in your endeavors.

T: (joking) I don't think luck has anything to do with it. It's going to take effort!

Olfana: Yes, indeed. But, luck is a factor also! We note the hour and also wish you God's peace through the night. We are releasing S now. Goodbye.

*Note: Gurudas; Gem Elixirs and Vibrational Healing, Vol.II; Cassandra Press; 1986.

Half Moon Bay, CA. 9/11/93 T9309111 Group Session: S, T
10:15 PM

Contents:

Education
Creating a classroom environment

Developing composure as a teacher

Tarkas: Allow this connection to begin. We greet you again this evening with expectations of a discussion regarding the topics you mentioned yesterday. Tarkas is here and can speak with you regarding your concerns with your instruction of the students. Is this agreeable to you, T?

T: Yes, it is.

Tarkas: Please begin by stating your concerns.

T: My concern is that I feel lacking at times in an ability to approach students in a manner which will be substantive in fostering any meaningful growth in them. I feel that most of what I accomplish in terms of the curriculum is mediocre at best. I am expected by my employer to teach certain kinds of information which I feel are often questionable. However, in order to maintain my position, I have to continue to teach those things, to a large degree. But I would like specific help in being more creative about teaching my students things that are more meaningful to their spiritual growth, and their character development. Any specific suggestions, not just generalities, would be most appreciated.

Tarkas: Bravo, T, for your high intentions in this matter! Surely, this is a difficult challenge, given the many obstacles you face with this task. You know better than I, the limitations you find in your classroom environment, and the emotional, mental, and spiritual limitations of your students, given their background and the family environments from which they come. Yet, striving for high ideals with them is honorable work and honors the Father. For you choose to see your students with the potential glory they carry as children of God. Now, let us turn to the specifics of possible solutions to these challenges. What comes out in the students when you express to them your own intentions? Do they respond to this challenge with you?

T: Are you...what sort of intentions are you referring to?

Tarkas: When you express your intention to teach them from high principles, what response do you receive?

T: Normally, I don't make a self-conscious reference to that intention. I discuss ethics.i.Education:ethics; and high ideals directly without previously stating the intention to do so.

Tarkas: Let us look at the possibility of involving the students in this initial challenge to be taught from high ideals. Would it not be provocative to them to ask that they premise their experience of learning from high ethics of honor, sincerity, intention, and commitment? Would this not cause them to examine their own motivations within your class? Certainly, not much can be gained from only one half of the relationship acting from this premise. What you propose to provide to them, you can ask to be reciprocal. Certainly, not all may respond. But, is it not an important component of the teaching relationship that the students consider their own quality of participation in this process? Perhaps, an opening discussion of just such concepts could help to set the tone for your classes. Do you wish to comment?

T: I believe that what you're suggesting might very well enhance my ability to approach these topics with more ease, with the students. You seem to consider my own ability to discern the environment and my students as being well-defined. I'm not so confident in my abilities, sometimes. But I do observe that I get an inconsistent response from students as I touch on these sorts of topics. I guess I was looking for, maybe, some insight on your part, that would extend beyond my ability to discern their state of being (state of mind?)

Tarkas: If you wish me to comment on the students' perception of you as a teacher, I can do this.

T: I don't understand how that is possible.

Tarkas: Then please clarify what you requested of me?

T: What I mean is, I don't understand how you could know what my students perceptions are, at this point in time.

Tarkas: [Smiling] We understand many things, T. However, your comment was that you wished something of feedback beyond your own perceptions.

T: That's true.

Tarkas: There is confusion here, then. What do you seek of me?

T: I would like to understand better how I might approach the students. The only problem here in this communication, is that I just don't understand how you could have known what the perception of the students is, because you intimated earlier that, "I knew better than you." That's the only problem here. But I guess you have a way of knowing these things, if you want to know them. And that's wonderful; I'm glad that you do.

Tarkas: I referred initially to your knowledge of the challenges you faced with the limitations you perceive in your work. I did not mean that I was not aware of your classroom environment. I meant that your immediate experience with these challenges was, clearly, something you did not need explained to you by me. Have I clarified sufficiently that confusion?

T: I believe so. So please proceed, and give me what feedback you think would benefit me, in my understanding of my students. If that includes a better understanding of their perception of the classroom, the environment of the classroom, and myself...all the better.

Tarkas: Agreed. Your students perceive at times, a hesitancy in your demeanor, which causes them some anxiety. This is...this confusion is commensurate with your degree of preparation, or stress caused by the many pressures that occur from conducting your classes. This is an area of...this is an arena for your development of your own ability to remain calm under pressures. Perhaps you can see yourself in those moments when anxiety is apparent in your demeanor. Do you care to comment on this?

T: On your last statement about wanting to see, or can I see myself in those moments that you just mentioned of anxiety...clarify that last part for me.

Tarkas: Do you feel you are aware of moments when this dynamic occurs within yourself, and affects the students' reactions to you?

T: Yes, I think sometimes I'm aware of it, and other times, it isn't as obvious to me.

Tarkas: Moments such as these can be dealt with first by attention to your own mental and emotional state. If you perceive yourself as anxious, or confused, please try to rest a moment. Regain your composure. This is an excellent model to the students themselves. For certainly, they all face anxious moments themselves. Seeing you take command of your own composure will encourage them and convince them that just as you intend to remain in charge of your own mental and emotional state, you intend to remain in charge of the classroom environment. Can you see the dynamic that we are encouraging you to attempt?

T: Yes.

Tarkas: May we suggest ways in which to regain your own composure?

T: Proceed.

Tarkas: First, the awareness is paramount. Secondly...Second, a particular mental habit can induce such composure. For instance, a brief prayer to the Father for assistance, such as, "Father, let me be at peace." can be very powerful in these moments. Third, for your physical body's sake, a long, even, slow breath can do much for your overall composure. Those three components: consciousness, God-consciousness...Let us start again. S is trying hard here...Self-consciousness, God-consciousness, and body-consciousness can do much to give you a balanced and successful demeanor in your work. Would you care to broach other topics with us?

T: Okay...(sighs...) I can't think of anything specific right now, outside of more specific lessons, or topics that might be good as ways of approaching students about these high ideals we've already mentioned.

Tarkas: Another approach which we would suggest is to always see your students as a source of...a source of...a source of...input for your class. Always the quandary for a teacher becomes, "Am I a teacher of this material, or am I a teacher of these students?.i.Teachers:role of;" What power comes from making the connection between the material at hand and the inner...and the inner needs of the students themselves. Making the material credible to the students means providing them with understanding of how this material can be relevant to their own understanding of life. This does not mean a pandering to the students' egocentric desires or attitudes...or interests, but instead always seeking on your part to find the relevance in the material for the students by remembering to provide room for this discussion within the topic itself. Even negative reactions from the students regarding the material can begin an honest discussion of why their perception is this way.

T: May I ask a question?

Tarkas: Yes.

T: Are you able to analyze the discussion I had this last Friday [Thursday!] with my junior students in class and provide me with a critique in terms of the issues you're now discussing?

Tarkas: This is a great leap of faith, or test, of course, for S. She must relax...You discussed the progress(?) process of writing. Is this correct?

T: No.

S: I'm trying here, T. I just...If I'd stayed with the word "progress" would that have been more productive.

T: Yeah...Keep going.

Tarkas: You discussed the progress of mankind and their cynicism was apparent.

S: T, help me. Is this making sense?

T: Sweetheart, will you stop editing and just listen...

S: I'm trying, I'm trying. Both my hands are feeling like I'm practically holding these balls of energy.

T: Just have faith...

S: Also, I almost feel like this is a "test" question too. I mean.. I'm anxious because obviously, I don't know what this is about.

T: Well, just go on with what you hear. Don't worry about it.

Tarkas: You discussed the progress of mankind and their cynicism was apparent. Realize the value of starting where they are emotionally and philosophically if spiritual growth is to occur. They angered you with their comments, but you can rise above such anger with the help of your

Thought Adjuster. Know...knowing you are not alone in your classroom, that the Master teaches with you, can help you to hold to high intentions, T. He sees you tending to his children and blesses you for your work with them...with his flock. Can we be of further assistance to you, at this point?

T: No. I think that's it for me. I don't know if S has any questions that she would like to ask about.

Tarkas: S is receiving strong energy in her hands, now. She feels thirst. Could you help her?

T: Yes, I'll get her something.

Tarkas: Thank you. (T gets water for S) Know that God is with you in this process. We encourage you to continue in your efforts with the transcripts. There is much work to be done to help with the salvation of your planet. All that you do is greatly appreciated and we see you as our companions in this noble effort. Let us say our "goodbyes" now. There is much for you both to be proud of in your work. We give you blessings from on high. Farewell.

[Note: T made reference to a discussion he had on Friday, when, in fact, the discussion he referred to occurred on Thursday. He did not realize his error until the transmission had ended. Tarkas was apparently reading his thoughts, and Tarkas's comments about the students' reactions were accurate. T's class discussion concerned women's rights, and some of the students were sarcastic. However, the confusion about the day the discussion occurred may have caused some difficulty for Tarkas at first. This may have been why it was so difficult suddenly for S to receive the transmission.]

Half Moon Bay, CA. 9/13/93 T9309131 Group Session: S, T, R, F, D
9:00PM

Contents:

God-consciousness is our greatest work

Energy transmission

Olfana: We welcome you heartily to this opportunity. We rejoice when any freewill effort is made on your part to open yourselves to the guidance of our Teaching Mission. Many of you are seeking actively for greater opportunities to increase, expand, your spiritual growth. This is joyous--This brings us great joy. Never doubt the many paths to the Father that will be placed in your lives if you will only search for them. Actively seeking experiences with God-consciousness is your greatest work, your highest work in this life. Allowing yourselves latitude in your search for the Father is encouraged by us. Peaceful moments arise within you when you have found a path to the Father which is yours. [S: This is S. again, and I'm just saying, I know that I feel like I'm hearing this, but it isn't coming easily to me. I don't know whether that's partly because I didn't do any flower essences or partly just because, you know, I am feeling a certain amount of nervousness, but, ah, anyway. I just feel like saying that I'm getting it, but I know it must seem choppy and I'm sorry for that] Energy patterns [clock chimes] energizing patterns are occurring for S. This can help her concentration. Please be patience. Olfana is present. May she entertain your questions? Please speak if you choose.

F: Do you agree with our decision to keep our U.B. study group separate from our Teaching Mission meetings?

Olfana: Many times we have encouraged S to participate on a more regular basis with these sessions. She must make the commitment within her own life first. We are always ready to speak with you.

R: What is your mission as a teacher?

Olfana: My dearest desire is for your spiritual growth. This is the heart of our .i.Teaching Mission:spiritual growth;Mission. I am here to provide help and guidance.

D: I'm concerned about my health. Could you give me any feedback or guidance?

Olfana: I welcome the opportunity to speak with you again. [A burst of energy through S]

S: Oh! I felt it, D.

Olfana: You remember our caution to you that fluids and gentle exercise would help your heart.

(Unclear)

D: Yes I remember.

Olfana: Do you wish further information?

D: Not at this time. I'll wait for a private session.

F: How can I facilitate my spiritual growth? (unclear question)

Olfana: There is energy information available if you chose to pursue this. Your practice of the stillness.i.Stillness Practice:is most important; is most important. Much depends on your ability and desire to participate in sessions. Remember, this is only one path of many open to you. However, the teacher only ... a teacher awaits a relationship with you, if that is your choice. Again, we remind you, the stillness practice is primary to this process. All else follows from your commitment to this. Are there further questions?

The rest is inaudible on the tape.

Half Moon Bay, CA. 9/18/93 T9309181 Group Session: S, B
11:30 PM Urantia Retreat--St. Dorothy's Rest

Contents:

TR process when tired
Emotional pain
Compassion
Overcoming self-doubt, sadness

Hold to expectations gently
Receiving a teacher
Energy transmission

Olfana: B, we indeed are aware of the emotions which you experience. Their origin is deeply carved in your heart. Your experiences...your painful experiences are not without meaning. They serve to strengthen your resolve to live life knowing others...knowing of the painfulness others have experienced. Your sympathy toward others in pain redeems your...[S: I'm having a little problem with this...] redeems your experiences. Suffering is a component that marks your life strongly now, but this evolves into a compassion which is needed [S: I think it's like "is the future," but I don't know.] Let your response to the painfulness be embellished by your faith.. [S: I'm not hearing the words right this moment, but I'm getting an impression about Jesus on the cross and the whole idea of suffering was only at one level. That there was a comprehension, that he held, that moved him out of the immediacy of that suffering...I think those are my words...but...let me just see if I can see it any better than that...]

B: I wonder why you're having such a hard time.

S: I think part of it is...(laughs)...I got about two hours of sleep last night...

B: You know. We don't have to do this now.

S: Oh, no, no, no. I mean I'm not physically exhausted. I'm not fighting not going to sleep right now. I'm just trying to understand. That's been a component for me at other times when I'm trying to do a transmission, you know, when I'm physically at a low point, that, is, it doesn't come as easily. I think part of it is I'm also trying to be aware of where we are, and keeping my voice low, and my full attention isn't just riveted on it, the way it can be when I'm at my house, and I don't have to worry about all that kind of stuff. I mean, I'm perfectly willing to stop if you want, but if you want to keep going, then that's fine too.

B: Well...I'd like to go...I'd like to...I'd like to know more...or to understand more...or to ask...I don't know what...if you want to.

S: Okay. Well, let me just sit with this for a minute, and see if I can get into it more deeply. Can you tell if the green light on the tape recorder is still okay?

B: Yes.

Olfana: Allowing your compassion to kindle your heart [Door of cabin opens. J comes in] increases your capacity to withstand the onslaught of emotions coursing through you. Compassion.i.Compassion; comes with trust that you are indeed valued.

S: Is he trying to set up something for the baby? Oh, he's just going to the bathroom. Okay...Sorry. I'm going to try to say that again. It was ... What was it? (laughs) Compassion...compassion...

B: ...should be kindled, so that I can learn to trust that I'm valued.

S: Let's see.

Olfana: Compassion comes with knowing you are a beloved child of God, valued and ...(Door to bathroom opens...)

S: This is not easy! (laughs)

B: Yeah, I know.

S: It's okay. It's okay. (laughs) What I get is that there is some sort of definition of compassion that she's trying to get at here. You know, that somehow she's wanting us to look at--what do we mean "compassion," when we're telling you "utilize compassion?" So let's see.

B: (joking) I wrote a song once, "compassion never goes out of fashion."

Olfana: Your tendency to deny your value is coupled with your denial of God's love. Holding in your heart the image of his arms enfolding you can, perhaps, kindle this sense of his protective love toward you. Also, we remind you that Jesus is supportive of your creative talents and abilities. He relishes your desire to create novelty with words. These things...these things must not be forgotten in your evaluation of your life...your quandaries. Let your desire to express love to others ennoble your own perception of yourself. This desire you hold, or cherish, is admirable. Can you begin to feel the cloud of negativity, sadness, turmoil, lift with our words of encouragement?

B: Well, it is lifted somewhat. It is lifted. I guess I'm still...I battle things and we...I guess, you know, it's lifted somewhat. I do this to myself...I do it a lot but we...

Olfana: Perhaps your desire to be loved can be...channeled into a more positive and creative area of your life by recognizing the isolation you seek does not improve your mental condition.

B: I know that's true.

Olfana: Do you wish to inquire about this further?

B: Well, yes. I guess I do. Can I ask something?

Olfana: Certainly.

B: I feel like there's this gaping wound in my life that will never heal, no matter what I do. And I feel that I get closer to the healing of it, I feel like I keep getting closer, and then...something like this will happen, that for some reason, tears at me, tears at my heart strings when I see a lot of families and think that I will never...that I'm still not in that position, or that I don't know what I need to do to heal. Maybe I do know...but it just seems that I do whatever I possibly can, and, I still am not there. So I just don't know if there's something that I am not doing, or if I just have to keep being patient, or, what? or if I just have to accept myself the way I am, and not expect and just accept that about myself. Maybe that's the answer right there. But I'm asking, and what comes to my mind is something how D R says to "honor aloneness," or something. I guess I feel sometimes so angry...that I'm tired of the "aloneness" and so much is told, that it's good to be with other people. But I just want...I guess I want so badly to have one person to share my life with, and that's a really hard thing not to have. I know God knows this, and God has not, I see that God has not answered that prayer, so there must be another, a better, reason. Deep down, I think I know the better reason. Deep down, I think I know the better reason, but it's still very hard for me to continue...sometimes. So I don't know what I'm asking, except, I don't know if there's anything I can do to heal myself that I'm not doing, or to get on with my life, and forget my ideas and my dreams, or to go with them, or what. I just feel like I'm trying my best, and sometimes it's good enough, and sometimes it isn't, but...I don't know.

Olfana: Acceptance of the struggles in life is never easy for mortals. This is as it should be. Wisdom.i.Wisdom:comes from acceptance; comes from efforts to learn acceptance. Scarcity and lack are indeed concepts you struggle with. These spring from your ego defenses against the perception of God's love, and your own place as cherished. And your own [S: I got that wrong somehow] and your own place as a cherished child. Let your defenses drop away by relaxing your urge to judge your condition. How often you seek to evaluate your condition as compared to others. This mental habit can be conquered, overcome, by intentional

efforts to choose other thought patterns, and ask for God's help in changing them. This is a possible approach you can take to alleviating these destructive thought patterns in your mind. Are you aware of what we speak of?

B: I think so...I think so.

Olfana: Tendencies toward thoughts of your inadequacies--perceived inadequacies--can be overcome by requests for God's love to warm your heart at those moments you most easily feel the chill of separation, or isolation. All this can, not only develop your own ability to remain balanced, it can also allow you to serve as a model to others with high sensitivity, that they too can remain in balance. Your sensitivity is much like a fragile, but beautiful flower, whose petals can be easily bruised if they are touched. You fear bruising by those you let near you...near your inner being...and this dynamic increases your desire for isolation, which then causes you such sensations of loneliness. Recognize...recognizing this dynamic can also help you move out of its debilitating pattern. We sense you have thoughts you would like to share...is this correct?

B: Well I have two things on my mind. I hear, I do appreciate that advice. I mean, I guess I have ideas about these images that I feel are part of my destiny that I follow...and I don't know if it's right to ask about those, or just to keep following them because it seems like it's the most important part of my life...it seems like it's part of my faith to trust that, or to trust God. Well, of course to trust God but...these ideas feel like they're part of my soul. So that's one thing that is nearest and dearest to my heart. And then I'm also wondering about our study group, and a teacher for our study group. We've prayed for a group teacher, and we've put that in God's hands. And Dwayne said he would try to help. And I'm kind of thinking to just wait upon God, and see what happens. I don't know if there is anything else that can be said or done at this point, but I just want to bring that up. That it's still on my mind. If there is some way you want to use me to facilitate this experience, or to bring people together. I'm bringing this up because I wanted to learn more about either of the two things I just mentioned.

Olfana: Let us address your first point. Your expectations, hopes, desires are certainly (S adjusts her position) Your expectations, hopes, and desires are certainly within the realm of your own discretion. Yet let us caution you that those things we cling to are not...are not being held out as offerings to the Father. So much depends upon our ability to say, "Not my will, but yours, Father." Your desire to sing, your hopes with your music, must be held gently. Then the Father can...then the Father's Plan can operate upon them. Let your expectations drop away, remembering that promptings from your .i.Thought Adjuster;Thought Adjuster will come more easily this way. As to your concern regarding a teacher, this can be helped by diligent willingness to practice the stillness, whether on your part, or those of your group who seek this guidance, or relationship. It may appear repetitive, but, indeed, it is the basis from which this process develops. Your request for a teacher has been noted. Let your faith operate in this matter. Timing of this must remain in the hands of Machiventa. He will arrange this for the good of all. Your prayers have been heard. We encourage you to remain confident that this process is developing appropriately.

S: I feel like it's this process of teacher assignment.

B: Yes. I do appreciate that and I guess I do understand that and trust that.

Olfana: What other issues concern you about which we may be of help?

B: I don't know if I have any other questions. I might think of something and be sorry later. I don't know if there is anything you want to add, or what to say, even.

Olfana: B, your sincerity is so appealing. We note your own efforts to rebalance your emotions. Let your resolve be that your life will be distinguished by willingness to receive God's inspiration. This willingness will directly affect your concern not to be bruised. God has a purpose for each life. Know that you draw near to discovery of this plan for your life. Much can be done to bring this about by your faithful efforts to pray and meditate or sit quietly with the intention of this reception of God's guidance in your mind. There are energy pulsations in S's hands. May we conduct a transmission of this energy.i.Energy Transmission; to you?

B: Well, Yes. Of course. Certainly. What do I do?

Olfana: Now warmth increases in S's hands. Raise your hands, B. Imagine the strengthening Energy of God flows into you from above your head. As it descends through your body, imagine this energy focalized in your solar plexus area. Let this energy swirl. Now rest your hands on S's. Feel a containment of this energy within you. Your hands create a shield or barrier, which allows this energy to remain within your body. Now gently remove your hands, and imagine this energy emerging from you, outward. Do you perceive this?

B: Well, it feels like there's energy, kind of in my vision.

Olfana: This is also a manifestation of this process. But now focus on this region of your body (solar plexus) Once again, are you able to perceive movement outward?

B: I'm not so sure that I do. Sometimes I feel like when you touched my heart, or my stomach, it feels like it's not even there anymore, or that you touched inside my heart, or that its weightless, or like that part of the body doesn't exist, almost, like I can hardly feel that part of my body.

Olfana: Much of this energy manipulation does exceed the boundaries of normal perception of body boundaries. Clasp your hands together, like this. Now...

B: Now I feel the energy!

Olfana: Excellent!

B: It feels excellent! It's pulsating!

Olfana: Let us again attempt a movement. Do you perceive an opening, an expression of energy outward from your body?

B: I feel the energy pulsating through my fingers in the center.

Olfana: Remain content with any level of perception of this process. Do not attempt to evaluate your own ability to perceive. We suggest that if you again are confronted with the urge to isolate yourself, that you attempt an energy transmission to remove this urge from your consciousness. Remember to raise your hands upward, to open and receive this energy from God. Then allow it to pass through your body and center in this zone (solar plexus) This will indeed help with any sense you have of your own excessive vulnerability. Let us now balance your body.

S: Um! I'm feeling a lot of tingles! (Moves her hands up and down the midline of B's body, about three inches above her body.) This is just me...There were times with my children when they were little, and I'd go

in and they were lying in their beds. And if I kept my eyes closed, I had no real sense of what I was doing, other than I thought it had something to do with, like, mother-bonding, or something. But I could move my hands, with my eyes closed, just kind of over the general vicinity where their body was, and I could tell where the edge of their body started. It was like an outline of the energy. and I, somehow, I always just explained it to myself as being something to do with the mother bond, mother-instinct, like because my cells were their cells, in a sense because I'd grown them, that was why I sensed this. But, I'm beginning to be able to feel it with, not anybody, but when I'm involved in something like this, I'm beginning to feel it with different people. Is this that same solar plexus area?...or am I near it, your gut?

B: Yeah, right there.

S: Um, Yeah, somehow...that's sensitive. Okay, let me see if there's anything else.

Olfana: Refresh yourselves with sleep. We congratulate you both in making this opportunity for us to work with you, possible. B, we do wish you well and see such possibilities for good in you. Remember to reach out for strength from God and Jesus. We wish you well.

B: Thank you. Thank you very much.

Olfana: This has been Olfana who has spoken with you. S is being released now.

Half Moon Bay, CA. 9/29/93 T9309291 Group Session: S, F, D, R, T
3:00PM

Contents:

General instructions on student growth
Energy transmission
General information on healing
Obsidian

Healing with music
Cosmic humor--Tarkas's joke
Career goals
TM--encouragement

Tarkas: We are heartened by your interest. We want to serve the Father in his outreaching toward your planet. Remember to speak frequently to the Father in your own communion with Him. Worship allows expanded opportunities for your own ability to hear the words of the teachers. Stillness practice .i.Stillness Practice:means of worship;is a means of worship that we heartily encourage in you. Release yourselves from [???] against time made available for this effort. We transmit energy through S's hands to all of you. This process is an experimental aspect of our Mission which we desire to utilize within your group. [S: I feel pulses in my hands] Let yourselves realize your participation as a group slowly and with much latitude regarding individual participation. Telling others of your work with this Mission is discouraged for the time being because we desire your impression of this effort on your part to grow unobstructed by possibilities of doubt from others. Relating your experiences in a diary is quite appropriate. A journal can give added perspective to your own development. You are indeed pioneers in this process. We study your own growth and acceptance to this Mission as a means for amplifying our own attempts to reach further populations, other populations than Urantia readers. This effort on your part cheers us. Your enthusiasm is cherished. Rest easy in your own efforts to spread our teachings to the planet. Let your hands rest S. May we entertain your questions now?

F: Who's speaking?

Tarkas: Tarkas.

F: Can the use of gems facilitate the communication process?

Tarkas: This is a matter that requires a certain level of experimentation on your part. Black obsidian.i.Obsidian:stabilizes healing energies; can .i.Healing:obsidian;provide a frequency stabilization for the healing energies which flow through S and yourself.

F: How did you know that I had obsidian?

Tarkas: [Smiling]Allow us some latitude in our approach as teachers! We recognize the great potential of the active querying minds within this group. You are gifted with abilities that can blossom with our guidance if you so choose. Rejoice in the opportunity and humbly receive the blessings of enlightenment from the Father. This is our plan because it remains God's plan. We are not limited in our own creative potential to work with you. Much comes from the coupling of your free will with ours. D. How can I serve?

Tarkas: You serve so beautifully already. Never diminish the many ways in which your love flows outward to others, especially the children. You serve as a spokesperson to the multitudes. Your role will evolve as time passes and more knowledge comes to your group. Be at peace with the many ways in which you offer yourself to God. There is no need to feel that your gifts are insufficient. We intend to give you all many choices to work with us.

D. I feel limited because of pain, especially not being able to walk. I would like some guidance.

Tarkas: We encourage you to drink much water. We wish to work with you in healing by allowing yourself to accept the energy healings as you have done so openly thus far. Your heart is compromised now by your body weight, yet this cannot be resolved by diet alone. Tenderness in your spine can be resolved through patient effort on your part to nurture your body. Alignment is an issue in your spine. We request that you sleep with support from pillows. This remains essential. Let yourself relax

from worry. We can indeed help you if this is your choice. Does this placate your fears or do you wish further information? Rest comfortably each night with the thought that angels watch over you through the night.

F: Tarkas, Can we discuss this with the Tallahassee group?

Tarkas: We encourage communication within the Teaching Mission, but not outside it. We commend you R. in your efforts to become so quickly of service to us. The enthusiasm on your part is pleasant for us to behold. Do you all desire to end this session now?

R: I am interested in music. Can music help in healing?

Tarkas: Music is the vibrations of the Father. Music's role in healing;. It does. Healing; music; indeed play an important part in the healing which we wish to teach you. Already you realize on this planet the potent ways in which music alters emotion. When more is understood of the mind/body connection, you will see clearly how music is a healing balm. Let us add that chanting is also a little-understood aspect of balancing energies within the body. We can conclude now or entertain a further question.

T: Humor is a healing aspect for humans. Can you share some cosmic humor. Humor: cosmic;?

Tarkas: This is for the teacher Andrew, but bear with us and we shall try. A cloud passed over a field of wheat. What does this signify?

T: I don't know. What?

Tarkas: That growing in the shadows is grain that will burst forth when the Father's light is discovered beyond the cloud.

D: I am trying to buy property to share with the local Urantia groups, but I'm running into problems.

Tarkas: Missionary zeal marks the intention of your proposal. Let us only caution you that such zeal can create so many expectations. Your desire to provide a gathering point for those who study The Urantia Book teachings is highly commendable, but perhaps too much of this responsibility is being carried by too few. Let this desire for such a gathering point develop among a broader group. Then these plans can manifest from the combined energies of your collective desires. Until then, this is a noble plan which rests on too fragile a pedestal.

R: I'm working on a computer software project I hope to sell. Should I continue with this and live frugally or should I take a job and join the rat race?

Tarkas: Consider your intentions within the boundaries of your physical and financial capabilities. What goals do you wish to achieve?

R: Financial independence.

Tarkas: Then there is great risk in your plans for your software project. We encourage you to pray about this. Sacrifices are indeed called for and you must clearly evaluate your intentions regarding this project. We only counsel you in this matter because so often those who seek special successes become so vulnerable to ego projection regarding their accomplishments. This is not to discourage you from your goal but only to give you a context to evaluate choices. We only ask you to consider the competition which exists in this field. Evaluate your intentions.

We desire to end this session with a few words of encouragement to all of you. You studied tonight the concepts of the evolving Supreme. Rest assured that the work you do with us is very much a part of the aspect of deity we see beyond your lives on the planet. We ourselves have tread the path you now follow. Great honor comes from efforts to further the

knowledge of God among your fellow beings. This opportunity to promote our teaching on the planet is cherished work by mortals who perceive the goodness of this plan of the Father. You who choose this will indeed reflect upon it many times as you progress in your eternal career. Every effort you make to provide hopefulness and faith-evolving opportunities for your compatriots is recorded and valued by those who keep note of your mortal careers. We bless you in this beginning. The Master blesses you. Rest assured he goes with you in all your efforts to bring his peace to this planet. We thank you for your time and careful attention to our words. Go with God's love and protection.

F: Thank you for this inspiring lesson. We all grow in this inspiration.

Half Moon Bay, CA. 10/15/93 T9310151 Group Session: S, R
10:00AM

Contents:

Olfana's lesson on hopefulness
Fruits of stillness practice
N Cal. men's retreat

Growth of the Teaching Mission
Healing session with R

S: Allow this connection to begin

Olfana: Speaking together of your concerns of the work of the Mission generates clearer perceptions and allows your focus to develop regarding pertinent areas of interest to which you are drawn. Realizing the efforts we ask of you, we wait patiently for your desire to build, so that the efforts you make come from your heartfelt intentions. Episodes of doubt.i.Teaching Mission:doubt in; or judgment are to be expected. We are not shaken in our resolve to work with you by witnessing your own process of belief develop. Let your desire to serve God emerge from your heartfelt understanding of his plan for you.

Olfana: This is Olfana who speaks now. A lesson has been prepared on hopefulness. May we proceed with this lesson?

R: Certainly.

Olfana: Hopefulness.i.Lesson:on hopefulness; is a condition of the heart and mind combined in trust that God's love inhabits the plans of your life. Hopeful actions are those done in trust that God's will envelops the outcome of your efforts. Hopefulness is a state of mind which can be conveyed to others by encouraging their increased perception of the benevolent, tender supervision of our lives by those who serve Deity. Such trust springs from the innocent and sure faith we have in God's love for us. Being deserving of this love, we develop expectations of its evidence in our lives. Demolished hopes are those which have fallen prey to the belief in our unworthiness for such love from the Father. Efforts on your part to encourage this sense of innocent trust in God's love help create the environment for such innocence to thrive or grow, unobstructed by cynicism, doubt, and harsh perceptions of life's struggles. "Hope Reigns Supreme" is a statement which conveys much truth. For, indeed, hope is the crowning gem worn by the Supreme Being in the evolving display of mortal efforts to know and understand God. Let your thoughts turn hopeful with intention. Allow all possibilities for God's benevolence and beneficence to flow throughout the experiences of your life. Trust that there is a protective design to the natural outworking of events. Strive to perceive the good that occurs, and remain hopeful of all which has not yet been experienced. Allow for the possibility that angels work with you as you strive to do what you consider to be rightful actions. Trust that your decisions, your choices, can be made with the loving input of the Thought Adjuster. These perceptions create a frame of mind which we identify as hopeful. It identifies you as one who perceives yourself as a valued child of God. This is sufficient effort on your part to then allow the workings of other beings in your life. We thank you for your attention to this lesson. Are you desirous of information from us now?

R: Information on any particular subject?

Olfana: We sense many questions in you, R. This is an appropriate time to address any questions you choose.

R: I don't know which ones are more important. This seems like a good thing for S and me to do. Just trying to get our little group started. Just having a few practice sessions like this. What do you think?

Olfana: We cherish all efforts made on your part to further the growth of this Mission on your planet. Never feel small efforts are somehow not valuable. Each and every effort you make helps the pattern form by which this planet can change and heal. Please proceed.

R: I've been meditating every morning. I was wondering if I was going in the right direction?

Olfana: Do you feel growing contact in your own mind with meaningful thoughts?

R: Well I've been concentrating on trying to relax more. I've heard in .i.Stillness Practice:thinking during;stillness I shouldn't be thinking. Or should I try to still my thoughts?

Olfana: Do these sessions lead to a clarity and understanding in your own mind of your sense of yourself as a faithful son of the Father? Do you experience a sense of peace or even exhilaration at times?

R: Oh yes.

Olfana: Then indeed you are reaping fruits from these sessions.

R: I'm going to go to the men's retreat next week. I was wondering if you had any thoughts about it, an agenda we could pursue, or any activities that might be helpful to us?

Olfana: Much energy is evolving around this plan. We see growing expectations and even excitement in people as they contemplate the possibilities of this joining together. Let us encourage you to cultivate a softness among yourselves. So often men gathering together do not see the softness that each is capable of.

R: Do you have any recommendations on music recordings that are spiritually uplifting that help in stillness and the presence of the love of the Father?

Olfana: Do you wish this information for the retreat or for yourself?

R: Both would be nice.

Olfana: Flute music can be peace-inducing. Other times, violins. S is working hard to hear now. Let us proceed with your question.

R: S and I were talking about the Teaching Mission and the appropriateness of raising funds for it, and establishing an organization. I thought that we were a little too young for that, and I didn't think we needed as much formal structure. Is this something we have to work out among ourselves? Do you have a thought on that for us?

Olfana: The resources available for this work are immense.i.Teaching Mission:immense resources available;. We cannot be thwarted by restricted budgets or lack of funds. The means by which you will be given assistance are many. Certainly the voluntary efforts and desires to be helpful are needed. Do you see how such a concept as hopefulness can reduce or diminish some of the concerns that arise regarding who will carry on the many tasks of this Mission?

R: Oh yes.

Olfana: We see growth and development in many areas for all of you. Let these patterns grow naturally. The desire to support those working now with us, such as Aileen with the newsletter, with those who support the growing computer network, will be resolved.

S: I think the word is "resolved." I can't even remember where the sentence started! This is one of those points where I say it is a leap of faith that I think I hear what I hear, and I just say it.

R: That sounds about right.

S: Okay...Let me just try this some more. This doesn't feel real easy. There's some times when as I hear it, my hands literally throb with the words. It is an indication that I'm definitely hearing it, just right, and then other times, I'm just turning my head, hoping that I can somehow hear it better. This is just, for me, evidence of how I need to practice more.

Olfana: S's hands are receiving pulsations of energy.i.Energy Transmission;. Do you wish us to work with you, R?

R: Oh, please!

Olfana: May S place her hands on your neck and shoulders?

R: Yes.

S: It feels like it is coming right through my thumbs.

Olfana: Elevate your arms (R elevates arms)...Breathe deeply...Now place your hands together in front of your chest (prayer position). Calcium should still be increased in your diet...Can you place your own hands on your neck now?...Sweeping movements of your neck are encouraged.

S: Big slow circles. Try to turn your neck right now.

Olfana: There is a tightness from scar tissue in your neck. Slow, even, sweeping movements can loosen this contracted tissue. Over time this will help it to repair itself.

S: Hmm! I'm feeling a lot of energy all of a sudden.

Olfana: Do you sense any tingling where S's fingers touch your neck?

R: No, I can't.

Olfana: Do you perceive any sensation now?

R: I do feel kind of an envelope around me.

Olfana: Do you feel any warmth?

R: Yes.

Olfana: Where?

R: In the back of my neck and my head.

S: Where I'm feeling it, is just like my hands are just really tingling a lot right now. Can you tell where my hands are? [S. moves her hands to area above R's right shoulder.]

R: Are your thumbs in the back of my neck?

S: Un uh.

R: Okay. Then I don't know where your hands are. ...(pause)...

Olfana: You can release your hands now, S.

S: I'm just going to sit here for a minute and see if anything else happens.

Olfana: Our instructions were to encourage the use of warmth. This should be followed diligently.

R: Does this mean while I'm sleeping, around my neck?

Olfana: If this is an expedient time, yes.

R: Is this where the warmth should be? Around my neck?

Olfana: Cluster the heat within this zone and outward to the shoulder. Perhaps a heating pad moved occasionally will suffice.

R: Should I do any movement while the heat is applied?

Olfana: The slow gentle sweeping motions we encouraged. Capillaries need to be developed in this tissue for healthy movement to return.

R: Thank you.

S: (Doorbell rings) I don't know what that is.

Olfana: Your effort to connect with us today is appreciated. We encourage you S. to spend more time connecting with the Father. Stillness.i.Stillness Practice; practice gives many moments to work with you.

S: (phone rings) I think I'm choosing at this point to just stop. Beepers and everything else. It still just blows me away when I don't do this for a while and then I try it and I get all those energy sensations in my hands. That to me is the most belief-promoting.

Half Moon Bay, CA. 10/30/93 T9310301 Solo Session
4:00AM.

Contents:

Encouragement to TR

Energy transmission

Olfana: Allow this connection to begin. Realizing your doubts and worries, we wish to speak upon this topic. Never feel doubt regarding our commitment to work with you, S. We respect the many challenges you face. We know your heart. This should suffice to allow you the freedom to choose your priorities for the day. Let us encourage you, though, to sit in quiet meditation on a regular basis for healings.i.Healing;. These are important. Let your compassion for others remain a strong force influencing your choices. We regard your commitment to this Mission as sincere and well-intentioned. Do not doubt our ability to work with you appropriately. Let us now do a healing. Your hands feel energy. Hold them up. Place them on your heart. Your concerns will pass away as you come to see more of the integrity of this Mission. Your role with us is beneficial to many, if you choose this path. Release your hands, and touch your face. Remember the small child in the incubator. This capacity you have with healing can indeed balance energies of others, just as you witnessed the nurse doing. Calling her is recommended. Release your hands. We rejoice in these opportunities to work with you and demonstrate the ability you have with energy transmissions. This skill can indeed be taught to others. Please adjust your expectations to include further assistance from us. We do not wish to see you struggle with feelings of being overwhelmed or innundated by life's responsibilities. You tire now. Let us rest. We will speak again soon. This is Olfana, your teacher. God Bless You, and Goodnight.

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Half Moon Bay, CA. 10/31/93 T9310311 Group Session: S, T, R, D, A
2:30PM

Contents:

Olfana's lesson on prayer
Methods and effects of stillness practice

Effective communication methods
N Cal men's retreat

Olfana: Allow this connection to begin. We greet you today, heartened by your enthusiasm to work with us. Sessions such as this allow so many varied opportunities to work with you. Energy transmissions are indeed an area for experimentation with this group. Restlessness will abate as you become practiced in this process. Yielding your willingness in cooperative efforts with us will allow us opportunities to demonstrate the efficacy of these energy processes. Life Carriers stand ready to work with you in new ways. Receptivity to these processes consists of faith, freewill choice, and cooperation with their instructions. I am Olfana. I greet you today with much interest in your participation as a group. First, I have chosen a lesson on prayer. May I proceed?

Group: Please do. Yes.

Olfana: .i.Lesson: on prayer; Prayer touches... Prayer touches the Father's heart. Praying uplifts the soul, allowing moments of ecstasy, connection and serenity. Prayer binds you to the Father, allowing your petitions... (break)... Prayer binds you to the Father in a relationship of trust. Your petitions are heard. Never doubt this. They are received and recorded faithfully. Much prayer from mortals reflects your imperfect state, yet we see the innocent trust of your prayers as edifying. Prayers to the Father are a component of the music of the spheres. Prayers to the Father reverberate throughout the universe as music of the spheres. Praying allows you moments of contemplation of the many ways in which God moves through your life. It marks the events of your life as directed by guidance from the .i.Thought Adjuster; Thought Adjuster. Praying for God's guidance in your life opens opportunities for much intervention. Pray with intention. Pray with trust. Allow for the possibility of answers to your prayers coming from many sources. Reach out to the Father with courage. Pray for strengthened desire to do his will. Pray for patience. Pray that your motives in life can evolve with love and support from the Thought Adjuster... (TR was having difficulty hearing the transmission)... We realize the difficulty for you S. Relax. Reasons for the problems you experience are many. Redirect your attention. Allow this connection... Rededicate yourself in prayer to follow the Father's will. Pray for the support of angels in your efforts to do this. Realize your prayers create a music in the heavens. Faith-filled exhortations to the Father are indeed a chorus of trust, and love, and praise. Render your desires and hopes to the oversight and supervision of God's counselors. Pray that your life can demonstrate to others a model of inspiration. Pray that you demonstrate yourself to be a faith-filled child of God. Then allow time for reflection that your petitions to God are indeed being delegated to beings whose desire is to help you fulfill your stated requests. Realize how prayer can be a steadying influence on your emotional nature--that the guidance you seek is from a higher source than your own emotional nature. Prayers of thanksgiving are beautiful gifts to God. Imagine your words of praise and thanksgiving flowing to the Father. He hears these expressions of your faith as joyful notes of your soul's music. Pray for God's support of those you see in need. Realize your requests, indeed, create opportunities for God's intervention in their lives. Pray for peace. This is a balm to soothe your weary planet. Your requests for peacefulness for yourself and others indeed encourages this atmosphere... Prayers for peace encourages such an atmosphere to be created among you. Recognize the many ways in which you, indeed, are empowered to ask of God for blessings in your lives. This is how it

should be. You are his children, deserving of his protection and his bounty. Always pray with a trusting heart, yet realize that answered prayers may not demonstrate themselves to you immediately. Time and patience are a part of this process. Pray first for the knowledge to know God's will. Pray second for courage and faith to carry out this guidance. Rest your trust in the knowledge that your petitions are valued and deserving of attention. Remain hopeful that all sincere prayers rise heavenward, with your hopes... (TR was again having difficulty).. We recognize your condition, S. We will take your questions if your wish. ... (pause)... Please proceed with your questions now.

T: May I ask a question?

Olfana: Certainly, T.

T: I'm very gratified by much of what was said today about prayer, and I feel like I try very hard in prayer to be sincere, and to try to do it whenever I have the opportunity. One area I was wondering if there was any lesson, or set of lessons, that could help is the area of listening. I've tried to practice the stillness a number of times and I have a hard time remaining focused. I need some practical, concrete, sort of advice or instruction in how to do that more effectively. Does [Machiventa] Melchizedek have any lessons on that, or do you have any lessons on that sort of thing, that would really be practical and helpful to us?

Olfana: Do you wish this advice to be given on your prayer practice and stillness practice?

T: Well, I usually pray for 10-15 minutes before I go into the stillness. I primarily want help with any stillness practice (tape changes).

Olfana: .i. Stillness Practice: advice on; Receptivity is the important point of stillness practice. Quietening your body and mind and fostering an attitude of devotion increases your consciousness toward God. Do not have worries that you may not be following the process of stillness practice correctly. There is not so much an emphasis upon correctness as instead there is an emphasis on intention. You must allow more peacefulness in your nature. We sense you approach this stillness practice with anxieties that run deep in you regarding learning new things. Savor these moments. Feel joy in these opportunities to commune with God. Let there be a lightness in you as you open yourself to quiet contemplation. There is no test to be taken; no grade to be received-- only your sincere attempts. Cumulatively, you will find a growing receptiveness. We remind you that attention to your breathing and repetition of those prayerful phrases (given in a previous session 3/23/93 4:30AM) are a good starting point for you, but realize that the stillness itself can be marked by many different manifestations of communion. Some may feel body sensations; others may lose a sense of themselves as a body. Some may hear music. Images can cross the mind's eye with great variety. Even a quiet restfulness is an appropriate reaction. Just as conversations among you have immense diversity and potential, realize communion with the Father can display incredible variety, diversity, and beauty also. Perhaps you have been too stringent in your expectations of this experience. Let yourself relax. Imagine, perhaps, floating gently in warm water, where you move slowly with the current's movement. This particular image may be one that allows you further relaxation in your body as you attempt the stillness practice. Is this sufficient encouragement for you at this time?

T: Yes, but could I just ask one other question related to this?

Olfana: Of course.

T: Is there possible any sort of healing adjustment whereby energy could be directed to my mind that would help in making that receptivity even greater? I understand that this has been done to help people quit smoking, and that sort of thing. Is there any possibility that a healing can be effective in helping receptivity? I feel like my mind sometimes wanders a lot in prayers. It's difficult for me to focus, and stay focused.

Olfana: These adjustments to your bio-chemical mechanism, that is, your body, are already occurring as a part of this process. You will begin to notice these changes as an increased ability to become quiet in mind and body as you continue to practice this process. Many things occur during the stillness practice. We only ask you to trust more in yourself, in your own ability to master this process. You doubt so easily your own achievements. Let there be less anxiety regarding your own restlessness. This part of your nature...This is part of your natural pattern. You are not one to easily quiet yourself, so do not set rigid expectations on yourself regarding this. It will all come in time, T. Less anxiety surrounding this issue will allow your attention to turn to other areas--to other aspects [of your communion] (...break...) and you will realize more success with your efforts. Too often your anxiety comes from a sense that your fidgeting gives God displeasure, for so often this was an area of irritation to your family and others--but God is more patient with you than they are. Let the fidgeting, the desire to move be honored. Do not make it such an obstacle to contemplation. Move, and contemplate, at the same time. You will find that this will draw your attention to the contemplation, and the movement will gradually cease. Are you clear with this information?

T: Yes, that's very encouraging. Thank you.

Olfana: Other questions are acceptable. Do you wish to ask further information of me?

R: I have a question.

Olfana: Yes, R.

R: I've been kind of confused with this question of soft and hard, or distant and close [communications]. It comes up in a lot of my relationships with work and family. I feel much more effective when I'm "hard," but I don't really feel it's hard, but people tell me it's hard. I feel like I'm getting things done, and other people get things done. And I get in a situation where if I don't kind of put something out there, nothing happens, and then I get this feeling that it's, maybe, hard, but something will happen. And, I was just wondering is there good and bad on these things, and if there are certain situations where one thing is required more than another. It that confusing enough for you?

Olfana: Respect your own individuality in this issue. You must, first and foremost, remain yourself in your interactions with others. Opening your heart creates a defenselessness which is healthy. Sensing others as closed off should not deter you from offering an openness in yourself towards them. Realize...(S. sneezes)

S: I'm getting an image of a warrior, or gladiator, where he has armor, but where he is not... it's like he's a gladiator but his weapons are down.

D: Not aggressive?

S: No. [not aggressive]

Olfana: The peaceful warrior. i. Warrior: fights for the good; fights for the good, not to conquer others. Too often men are encouraged to see themselves as conquering, or winning an advantage in a .i. Human Relationships: discussions; discussion. This is not healthy for themselves, or those who engage in discussions with them. Being dedicated to certain goals within a discussion does not imply forcing issues. Learning to state your goals forthrightly will allow you to feel much more accomplishment in your discussions than focusing on issues of tone, if, indeed, this is what you refer to as a "hard" or "soft" discussion. May we continue?

R: Oh please.

Olfana: Always realize that the most benefit will come to all involved if stated goals are shared. Remember to encourage this in those you speak with, speak to. Ask for their input. Relinquish your desire to lead the discussion. Instead, cultivate a sense of mutuality that non-adversarial discussions will allow all to be winners. There is no model better to look to than Jesus, in his open-mindedness to hear with clarity the thoughts of others... to hear with clarity the thoughts of those to whom he spoke. He requested that all speak to him openly, from their hearts. He was a beautiful model of this himself. If you have trouble speaking easily to someone, imagine Jesus standing next to this person. Try to tell your... try to speak your words to Jesus. This will always encourage your best efforts in communication, and will relieve you of concerns regarding strategies. Does this help, R?

R: Yes, it does. Thank you.

D: Just a quick time check. It's six minutes till four.

Olfana: Would you like this discussion to continue?

D: Do you have a question? I don't have a question.

Olfana: Let me say that for a beginning effort in group communication, we are most pleased with your efforts. You show patience toward S. This is very helpful to her. She needs to practice her own stillness more diligently. We regard your efforts with the energy transmission to be delightfully appropriate. (Note: The group did an energy transmission before this session.) You are all willing learners and able students. There are so many ways in which you all have assisted us. Be at peace with your efforts. Recognize we have great patience with you. Allow yourselves time to grow. We have great faith in all of you, individually, and as a group. Nothing can deter us from our goals to help your planet. We encourage you to participate with us in this effort. God's work is always joyful and yet, also challenging. Joy and challenge are indeed fruits for you in this effort. Do you wish to speak, T?

T: Yes, I'd just like a quick assessment of the men's retreat that took place last weekend. Were there any teachers observing the activities? (Note: Northern Calif. Men's retreat in Santa Cruz, CA)

Olfana: Most certainly, there were. We develop many plans and strategies while watching you in your own attempts to grow and commune. Fellowship is lacking so often among people on this planet. We watched with great respect your attempts to sincerely commune together. Much good came to P from the support you offered him. L was inspired by the opportunity to lead you. Humor was clearly a hallmark of this effort. Laughter causes us much pleasure. Your laughter causes us much pleasure. Recognize how every effort you make to develop your friendships gives you also a friendship with yourself. We thank you for this opportunity.

Remain patient with yourselves as you develop a pattern to your efforts to communicate with us. This process does indeed take time. I leave you with my blessings. (S's hands are held up toward the others. She feels pulsation's of energy.i.Energy Transmission; in them.) I am Olfana, your teacher and your friend. Please go in peace.

Half Moon Bay, CA. 11/10/93 T9311101 Group Session: S, J, T, R, D, A
8:00PM

Contents:

Signa inaugurates the groups
TR group beginnings
Stillness practice
Olfana's poem of blessings
Spirit of Peace--World Change

Teaching Mission and Urantia Readers
Teaching Mission lessons
Creative Mother Spirit
Teacher Sons' Arrival
Healing session for J

Signa: My dear friends, this is Signa. I thank you for the opportunity of speaking with you this evening...to be continually brought into contact with believers in different parts of your great country. I find it moving and joyous to see the Teaching Mission continue to spread. You have available to you two fine and wonderful teachers [Tarkas and Olfana] who can help you grow in your spirit selves, for truly the Teaching Mission exists in a spiritual realm, and it is our intention to assist you in your spiritual growth through our lessons. Our lessons are primarily developed by Prince Machiventa.i.Lessons:developed by Machiventa;; and then adjusted for your particular group. It is for you, but for the asking, that your teachers present you with enlarged truth, enlarged understanding, and a greater sensitivity to values. Each person grows at his or her own rate. Do not be discouraged to see your fellows move forward, while you seem to languish. For it is only an outward show, that has nothing to do with the inward up-striving of your embryonic soul. You each have a light.i.Light:each have one; that shines quite bright, that is easy, for those who can discern spirit presence, to see. If only you could see that within yourself, you would have less fear, and a greater knowing and understanding that the Heavenly Father is forever at your side, not only in the personages of many spirit beings, but actually resident within you, as a fragment of his glorious self. Be of good cheer as you embark upon this process. Be ever open to new ways of looking at reality. Be ever concerned for the plight of your brother or sister, and be always willing to share the light of truth that you most certainly possess. I appreciate our time together. If you wish to ask a question or two of me, I would be honored to answer.

S: (S is seated next to J, the TR for Signa) I'm feeling lots of energy .i.Energy Transmission;coming through my right hand, and I can feel tingles over here in my left hand (which was holding Signa's Transmitter-Receiver's hand)

R: I was wondering, will we ever have an opportunity to learn the different language from the heavens, while here on earth?

Signa: Your ancestors will.

D: Is there any specific direction or way that you want this particular group to go forward, or to proceed?

Signa: It is up to each of you to make that decision for yourselves. I can, perhaps, assist you in sharing particular things you can do that will help with the process of developing your group.

R: Will you share them?

Signa: It is common for all groups, for all members, to have made a dedication to attend a group, to be with a group, on a continuing and regular basis. It is also necessary to have a Transmitter-Receiver who is willing to undertake this responsibility. J undertook this responsibility of teaching our class with a full knowledge of the time commitment that would be made. He also was aware of the continued problem of doubt. It is a forever part of the transmitting-receiving system. We are not able to eradicate doubt in the part of the Transmitter-Receiver for many reasons, not the least of which would be interfering with their freewill choice. Your Transmitter-Receiver must be willing to function within that scope. You have a Transmitter-Receiver available, you have two teachers who are available. Begin! Does that answer your question?

D: Partially. It seems like we, or I, should be doing more, and just going to meetings, or gatherings, and hearing the teachings, doesn't seem

to be enough to me. There seems to be something missing. That's what I mean when I ask for more direction. It's like it's too passive. I'm not being active enough.

Signa: If you were learning to be a surgeon, on your first day of school you would not be issued a scalpel (laughter). Neither on the first day of school would you be expected to go out and begin turning souls to the Father. There is a preparation time. It is one to be patient, it is one to be dedicated, it is one to be open to learning. That is not to say that you should interrupt your normal flow of spreading the light of truth that you know. It is just that you will be learning a higher way, a better way of reaching your brothers and sisters. You must seek the stillness. Stillness Practice: must seek; in your life. It must become a habit for you. It is difficult for it to become a habit. It is difficult for the mortal human to set aside even a few moments a day to spend with your heavenly Father. But do not you wish that your Heavenly Father was your closest friend? And if you should wish that, then would not it be logical that you must spend time with your closest friend? You would in a human sense. You may call upon him at any moment in your day. It makes no difference to Him. He is always waiting to listen to you, and to speak to you his loving words of comfort.

D: Part of the problem that I have with this, is that the way that I have been interpreting some of the teachings, it seems like this is something new, and to me it's not new at all. I mean, this has been something that I've been striving for in my life for many years--this idea of being a light, and drawing others. I just don't quite understand how this is different.

Signa: Basically, it is not. It is not, for this reason. You are being led by your Heavenly Father, and your path is correct. Would it not also be likewise true that if we were to teach the way of the Father, it should also coincide with what you do? [already] It is a confirmation. Secondly, ...one moment...I'm sorry, that is the end of my statement.

Olfana: Allow this connection to begin. May I join this discussion, my friends?

Group: Certainly.

Olfana: This is Olfana. I welcome Signa. We join together in this Mission, resolved to be of benefit to your growth. Blessings come from the Father in your venturing onward in this path. Much doubt can pass as you experience more with this process. For now, rest peacefully on this path. Accept your growing pains; they are natural. Have you not experienced growing pains before? Pleasant experiences with this process are indeed appropriate, but allow for the challenge also! Much good can come from reaching past the easy efforts. Extend yourselves in faith and then wait with expectation to see what comes from God to you. Always remember, you are adventurers. You are pioneers, as Signa has said. [in other transmissions] Let your questions continue to either of us, if you wish.

R: Olfana, your lessons on hope and prayer, I really enjoyed those. I thought they were very poetic; they had lots of feeling in them. And I told S, I was going to ask you this question. I thought now was a nice time to ask it. Could you give us a little poem?

Olfana: Ah R! You create the challenge for us also! Indeed, we will attempt such an effort if S can remain calm.

This is a poem. Poem: blessing; of Blessings. Blessings: poem on;

May the white light of God fill your heart.
May the beauty of love fill your soul.
Enter the temple in peace.
This is the rapture. Behold!
Now I and the Father are one.
May this moment remain, in my soul.
God's love is the power. Behold!
From Him to the Son,
We are One

(TR is very moved, and takes a few moments to compose herself)

Olfana: R, we hope this suffices. S says you owe her one. [That was, indeed, what the TR was thinking!]

S: This is me talking. I feel like I'm vibrating like a ... like a .. I have an immense amount of adrenaline in me right now. Can I have a drink of water, R? Thank you.

D: It just looked like you were lifted up!

S: Oh! I know. I feel like Olfana is part Isadora Duncan!

D: One of the things I would like some advice on is that lately I've been so discouraged, and fall almost into despair about all the situations around the planet. It seems to be getting worse...the big issues in Somalia, the Middle East, and Yugoslavia, and then all the natural disasters we've had--it seems so many in such a rapid amount of time. I work in the inner city and I see so much poverty and violence and the despair of people. Sometimes I feel just so overwhelmed with it all...and yet at the same time I feel very hopeful because I personally know and have experienced the hope and the faith of better things and the understanding of the spiritual life. But when I think of my brothers and sisters that don't have that, that have to live in the darkness, and the pain every day, my heart just goes to them. I think, "What keeps them from going nuts?"

Signa: They are waiting to hear the light of truth--to understand that there is more to life than just the physical nature, the physical surroundings. Several weeks ago, Prince Machiventa made the announcement at our group that there now exists another spirit active on the planet, and it has been here for approximately seven years. It is the Spirit of Peace.i.Spirit of Peace:sent by Michael;. It is from Michael. He, as you know, was known as the Prince of Peace, and while he has sent his Spirit of Truth to help you to understand his nature, he has now sent the Spirit of Peace to help brother to stop fighting against brother. But in all cases as there is transition from one time to a new time, there is chaos of some degree. You are now experiencing the chaos of change, and this chaos will go on now for some time. But take heart! It is the evidence of great change that is occurring. If you were to have a very stable society, as you had a number of years ago, with great powers on one side or the other, waiting to do each other harm--that is an untenable situation. That has now changed, and it is through this change that man will see the future, and see and understand that you have but one world to live upon, and it is important to live as brothers and sisters, so that all may be brought to the Heavenly Father. As your planet grows toward the age of Light and Life, you may wonder, "How does that occur?" It is not by magic. It is not by Deity granting by fiat

some new and finer order of life. No, it is not. It is by the personal and individual struggles of each human being, of each human being finding that sphere of Light and Life within their own hearts. And as each individual is brought into the Kingdom of God, at a point in the future, something akin to .i.Critical mass; "critical mass" will occur, and the planet will be initiated into the first phase of Light and Life. But it is conquering that you must do, it is a winning of your planet for Michael. That is who we work for; that is who is the recipient of this great honor of bringing his planet back into the fold of local universe planets, and creating an environment where Light and Life can thrive. It is an individual effort.i.Light and Life:an individual effort; on each human being's [part.] It is not something that is done by governments, or military armies. Each human being must accept the Father within their own heart, and learn to live as brother and sister among each other. Does that help you?

D: Thank you. Yes.

R: Will this "critical mass" occur in our lifetime?

Signa: It is possible.

Olfana: We would ask patience of you, R. Continue, please.

R: Is the Teaching Mission also occurring on other backward planets.i.Teaching Mission:occurring on other planets. ;?

Signa: Yes

R: So this is all one big, coordinated effort?

Signa: Yes

D: Is the Teaching Mission primarily in the United States?

Signa: It is worldwide.

D: And is the common denominator readers of .i.Urantia Book:readers not common denominator of TM;The Urantia Book?

Signa: No. While there are many Urantia Book readers involved in the Teaching Mission.i.Teaching Mission:not only for UB readers;; there are many who are without, and eventually will be brought to The Urantia Book through their life experiences. The Teaching Mission found a relatively easy home within the Urantia movement, since you have been instructed in the existence of the planetary governments, the local universe, the existence of Paradise, and the Father's abode there. And you have been instructed of much that occurs within your local universe in the training of the mortal mind to ascend toward the Father. It is easy for you to make the leap of faith, to begin to believe that we are now also in contact with you personally. The Urantia Book .i.Urantia Book:course book for TM;is certainly the guide, the lesson book, the course book for our class. But it is our job to help you to actualize those teachings. .i.Urantia Book:teachings and truth;Truth.i.Truth:is in action;; remember, is in action--not in the static word of a book. In order for truth to be alive, you must take the teachings and bring them into your heart, and then act upon them. That is the light of truth.

D: Some of us are active in different churches, or spiritual religious organizations. Is there anything that we should be doing within these organizations to enhance the Teaching Mission, or is it too early?

Signa: At this time, it would be best to remain within your group, though it is desired for the group to grow in numbers...through your contacts with your friends, your associates. In the normal way in which you introduce new people to The Urantia Book, the same can occur concerning the Teaching Mission, but again it is up to you to make that happen.

D: (laughing) I've never been successful in introducing anyone to The Urantia Book, so that worries me a little bit.

Signa: It perhaps is something that you can receive instructions upon, in discussions with your loved ones here. They can help you with their experiences, and share with you their successes and failures. Each has seen both.

A: Signa, I believe that A Course in Miracles was written by Jesus. And in the Course, Jesus talks about "the plan of the teachers," where we are taught through spiritual agencies and we teach each other. Is this identical with the Teaching Mission, in source of the lessons, or it's purpose?

Signa: No. We are not in any way associated with the Course in Miracles.i.Teaching Mission:not connected with ACIM;.

A: So the lessons that the teachers and the Teaching Mission give through various channels, are these lessons prepared by Father Melchizedek?

Signa: They are prepared by .i.Melchizedek:lessons prepared by;Prince Machiventa. They are then shared with each teacher who adjusts the content and presentation with respect to the particular class members, and their spiritual growth, and the ability of the Transmitter-Receiver to correctly transmit the lesson.

A: Does Prince Machiventa consult with any higher authority in the preparation of his lessons?

Signa: He is the higher authority. If he should have questions, the ultimate authority is Michael. Michael is the overall director.i.Christ Michael:directs Teaching Mission; of the entire Teaching Mission throughout the local universe.

A: So He is fully aware of the lessons--Michael is?

Signa: Yes.

D: I have a question about the Creative Mother Spirit.i.Mother Spirit:not connected to visions of Mary;. Is there any connection between her and the various apparitions of Mary throughout the planet?
Signa: They are not, no.

D: Can you expand then on why there have been so many apparitions of Mary.i.Mary:apparitions of;?

Signa: There is a great yearning on the part of humanity to have spiritual truth brought to them. It shows itself in many different ways. Within the Catholic religion, it appears as if a vision of the Virgin Mary is a symbol that they wish to see, and it is a form of wish fulfillment that the personage of Mary, the earth mother of Jesus, is seen. It is not appropriate for any spiritual being to appear before the humans of the planet so that they are worshipped, for truly the worship urge should be directed toward the Father. It would not be appropriate for any spiritual being to place themselves in such a position.

D: So are you saying that these are illusions?

Signa: Yes.

A: Signa, why does .i.Urantia Book:little content on CM's consort;The Urantia Book tell us so little about the consort, the partner, of Christ Michael, when we're given so much information about the life of Jesus? We're told so little, not even the name, of his divine partner.

Signa: I can suggest to you that you consider that The Urantia Book is primarily a document in response to questions, heartfelt questions, that occurred as part of the Forum, and the Contact Commission.i.Contact Commission;; during the years of your great war [World War I] and before.

You must understand the types of questions that they would have sought to answer. The role of the female in your society has changed markedly in the past fifty years. An equality is beginning to be reached that has never before been experienced. Your horizons are expanding, and in that way, The Urantia Book at some time in the future, will stand in need of correction to have a more balanced approach to the duality of universe creatorship.

D: Thank You.

A: Signa, by what name do you call the Local Universe Mother Spirit?

Signa: One moment. [Tape changes] I am aware of that sound. I will pause. The word that we use in the tongue of Uversa is not possible for J to transmit. In your language, it is "The Universe Mother Spirit." In the tongue of Uversa it is another word that symbolizes that nature.

A: How can we find out more about her, and come to know her more personally?

Signa: Seek the Spirit within.

A: The Holy Spirit?

Signa. The .i.Thought Adjuster;Thought Adjuster, your Thought Adjuster can inform you more fully of her nature.

R: Does this Mother Spirit.i.Mother Spirit:is personal; have a personality?

Signa: Yes, She is personal.

D: I find it interesting that so many of us are coming to the same realization of her, and the yearning to know her. We know Michael, and yet I feel like not knowing her is such a void.

Signa: You will have ample opportunity in your ascension career to have full, and many, interactions with both her and those who do her bidding. You are most aware of Michael on your planet because of his bestowal, because of his personal existence here. It is normal for him to take such a "front seat" in your knowledge. Even if you are unable to obtain the fullness of knowledge that you desire during this life, I fully guarantee you, that you will have that opportunity as you go forth toward Paradise.

R: The other backward planets, do they know of Christ Michael's bestowal on earth?

Signa: Yes.

R: How did they find that out?

Signa: They have been told through their revelatory works.

R: Have they had Bestowal Sons?

Signa: Not yet...One moment...I should correct that. They have not had Bestowal Sons since Michael's existence on Urantia, since the beginning of the rebellion, though several are being prepared at this time for Bestowal Sons. That more completely answers your question.

D: Will our planet be getting a Teacher Son?

Signa: There are several Teacher Sons.i.Teacher Sons:already here; who are already here, who are preparing for their project.

R: Can you elaborate on the project?

Signa: There is much concerning the Teacher Sons' mission in .i.Urantia Book:on Teacher Sons' mission;The Urantia Book. I would refer you to that since J is tiring for this evening. [Tape changes] Do you have any further questions this evening?

T: I would like to thank you for a very patient, and loving, explanation and lesson this evening. I appreciate it very much.

R: Thanks from me too.

Signa: It has been my pleasure. I have spoken to numerous groups in your country, and the warmth from your eyes, from your souls, continues to shine brighter and brighter. And that light is beginning to link, so that the age of Light and Life on Urantia is now truly not just a possibility, but a probability.i.Light and Life:a probability;. I bid you farewell.

Olfana: I wish to close this session with an expression of my deep affection for all of you. You are my students. I feel loving pride in your growth. Realize we are still beginning our adventure together. Much change awaits you as we proceed. Trust in your own ability, with the guidance of your Thought Adjuster.i.Thought Adjuster:Trust guidance of;;, to know what is right for you with these experiences. You all are strong in faith. I feel it, as we work together. Remember, please, the stillness practice. This is so important in your growth. J, I wish to provide a healing if you desire it. Is this appropriate?

J: Sure.

Olfana: Breathe evenly. Let S manipulate your hands on your heart. Now relax. Continue to breathe deeply. Feel a peacefulness. Take this sensation with you as you proceed with the many efforts you attempt during your journey. Remember to rest in the comfort of the Father's arms, my child. There is energy .i.Energy Transmission;in S's hand touching yours. Allow this to flow into your hands. (Pause) Thank you for your contribution this evening. Go with this peacefulness in your heart. [TR turns to the rest of the group] I bless you all. Trust that the life force of the Father flows through you always. Praise this energy. Namaste. [Session ends]

D to J: Do you recall what you say?

J: Only some of it.

R: Really? Hey, thanks a lot. It was great.

J: Just some of it, not all of it.

S: See! I'm not the only one!

J: If you talk about it, then I'll remember it; but if you don't, I probably won't remember it.

R: (smiling) Well, we'll send you the transcript!

Half Moon Bay, CA. 11/17/93 T9311171 Solo Session
10:48PM

Contents:

Energy transmission

Olfana's lesson on cheerfulness

Olfana: Allow this connection to begin. Greetings to you, S. We respect the effort you make in loving service to your aunt and family. This connection of love with them will reap great rewards for all of you in eternity. Never doubt this. All efforts you make in this life to extend love to others will be a great bounty for your soul in its migration through the universe. Let yourself relax. We open a healing coning now. The energy .i.Energy Transmission;pulses in your hands. Bravo! Lift your hands...(S placed her hands on her face where the skin cancer spot is on her nose.)...We walk with you through your day. Prepare yourself for the death of your aunt. This is certain. Her choice of treatment remains a freewill decision. How she chooses to pass through life...How she passes through life remains her choice. Bridge her fears with hope of a better tomorrow. Establish your own belief system with her. Participate in discussions regarding death and the soul's transition. She is open to these ideas. Letting your courage show itself can amplify hers. Her trust in your commitment to her care will help her to accept the changes she goes through. Knowing what you know should be enough of an inspiration to support your therapeutic relationship with your aunt. C teems with frustrations. He needs the flower essences now. You tire. We understand.

Olfana: Let us give you a lesson on cheerfulness.i.Lesson:on cheerfulness;. Cheerfulness comes easily when one remembers one's destiny is Godward. "Be of Good Cheer" is an encouragement to exist with God in your every effort in life. Cheerfulness can be infectious. It spreads enthusiasm for life from one to another. People need this powerful ingredient in their life. We weep to see those whose lives lack all cheer, or hope of God's comfort. Reestablish your faith in the power of God's love to envelop you and raise your emotional balance, so that you can take with equanimity the experiences of life. Exuberance, the energy of God, life's vital force, flowing through your actions, is testimony of a cheerful nature. Greet the day with cheerful thoughts, such as: "My Father loves me." "Blessings come to me with ease." "I make my life a demonstration of God's power to heal." "Angels work with me in my every endeavor." "Christ Michael walks with me and guides my every step." "Lessons of love will come to me this day." "Angels are my friends in today's experiences." All these statements--thoughts--give one a thematic approach to one's life. The theme is: "I am God's Child, cheered by his great love for me, and all my brothers and sisters." We grow wise by extending ourselves into the world with faith. Christ Michael showed you, as Jesus, a cheerful demeanor in all his efforts to do good in the world. He looked for the opportunities to bring happiness to others. Encouragement was in all his words to others. Hopeful expectation of the adventure of life marked his every movement, effort. Let good cheer be the aroma, the perfume of your soul. It infuses the atmosphere surrounding you. It truly is a vibrational response of your soul to the experiences of life. Spread this perfume to others. Glory in the environment you create when many come together with a cheerful demeanor. Imagine your soul's .i.Light:soul's;light glowing brightly at these moments. This is sufficient information on this topic.

Olfana: We request that you now rest. Further discussion can come at a later time regarding your concerns about _____, or the distribution of our lessons. Olfana speaks now. She wishes you an evening of quiet rest. Dangle your hands in the cool comfort of the sheets. Can you feel the intense vibrations [in your hands] now?

S: Yes, I can! Oh! Olfana!

Olfana: Now rest, S. We bid you goodnight, Beloved child of God.

Half Moon Bay, CA. 1/13/94 T9401131 Group Session: R, S
3:00PM

Contents:

Growth of students in the TM
Preparation of the transcripts
Olfana's lesson on gratitude
R's gift of gemstones
Gem elixirs

A mosaic of healing
The use of Olfana's poem
Family relationships
Energy transmission

Olfana: Allow this connection to begin. Sojourning on your planet, we see your lives with much pleasure and joy. Reach past your burdens and savor the experience of life in a physical body on this beautiful planet. Your world can heal itself. Each of you can play an important part in this healing now. Come to us with hopeful expectations of your role in this healing work. Digressing from this role is also appropriate. You must...[Doorbell rings]

S: I'm sort of stuck...It's something like the idea of "stop to feel the sun on your back as you toil."

Olfana: Your digressions from the path which we present you are understandable. You are indeed yet children in your ability to commit yourselves to the Father's work. Time and experience will allow your growth and commitment to this work. Partake of the pleasures of life with a certainty that all beauty comes from God. Then turn again, with refreshed, renewed conviction, that your labors for the Father are beauty given back to him. Let yourself rest from this work, when you feel you have made a worthy effort on your part. Know that all efforts you make are cherished by those of us who labor to bring your planet to a new level of evolution. Now, let us turn our attention to a discussion of these transcripts. Take time to prepare these transcripts

.i.Transcripts:prepare carefully;carefully. They contain information which will precipitate much discussion regarding the integrity of energy transmissions. Knowing...Knowledge of these matters is not yet understood...is not well-understood...Knowledge of these energy transmissions is not yet well-understood among you, yet we have indeed made a beginning. I am Olfana. I wish you to know how proud of you, and grateful for your efforts, I am. These teachings will lay the groundwork for much further information to be given to your planet. Prepare the disk, create bound copies of these transmissions. I will direct you further, once this work has been done. Let your own group read the completed text. Allow feedback from them. They must also feel an active participation in the creation and the dissemination of this text. You both receive my blessing for your efforts. R, hold S's hand. We work in unison for the Father. All praise to Him for the love he extends to this planet! We will have many beautiful moments together in this work. You are indeed my compatriots.

Olfana: Now, let me present a short lesson .i.Lesson:on gratitude;on gratitude. Gratitude is as a flower blooming in your heart, the petals opening to receive the blessed light of God. Think of this image when you feel your heart swell with gratitude. The flower blooms. The beauty of its petals reflect the light of God. Grateful hearts are like a beautiful field of flowers to the Father. He sees the light shining from these petals, and knows his garden of created souls flourishes. Turn your attention to the many ways in which you are blessed in your lives. Think on these things with sincerity, and you will discover an endless stream of blessings that come to you. Realize that you can encourage this gratitude in others, in many ways. First, speak of the gratefulness you have for your own life's blessings. Others hear these words, and are cheered. Second, encourage those you see who struggle in negative thoughts to turn their thoughts with intention to the blessings which come to them. Speak yourself of blessings you see coming to them. This is a model of encouragement which will heighten their own perception of these blessings. Third, give thanks always for the good that shows itself in your life: the love you receive from others, the beauty you

perceive in the world, the comfort you obtain from your relationships, and your physical surroundings. Recognize the many ways in which heavenly beings provide you with protection and care. Their unseen efforts must be a part of your perspective if you are truly to see yourself on a path toward God. Thankfulness in your heart is the soil from which the flower of gratitude grows and blooms. This lesson is now complete. Do you wish to ask me questions, R?

R: Thank you for those beautiful stones. [S felt a strong prompting from Olfana to buy a small selection of gem stones for R].

Olfana: They were a gift in recognition of your loyal efforts to help me in my work. I wished you to have them and was grateful for S's cooperation in this effort.

R: Do they have any significance for healing work?

Olfana: They have much significance on many levels of understanding. Consider them an hors d'oeuvre in the feast of knowledge that is being offered to you.

R: Do you wish to give me any knowledge of the gems at this time?

Olfana: You do well to study the books you have collected. Much information in them is pertinent. I will say now that .i.Gem Elixirs;gem elixirs made from these stones can benefit your physical, emotional, and mental being.

R: Is there any particular way to make a gem elixir?

Olfana: This you will understand by your search of the information in the books. I wish you to experiment. Test your own perception of their beneficial capacity, and then we will speak more on this topic. Once again my admonition to you, my dear R, is that patience is a great virtue in your mortal career.

R: You don't think I have very much patience?

Olfana: You gain patience in this work, do you not?

R: Yes, I do.

Olfana: How much patience is appropriate to you, perhaps, should be left for you to determine. Reflection upon this topic with your Thought Adjuster is highly recommended.

R: Is there any particular area of study that you would recommend at this time?

Olfana: Does information concerning musical vibrations appeal to you still?

R: [laughing] Yes, very much.

Olfana: Then research information regarding tones and the chakra centers. All these components--the music, the gems, the flower essences--will create a mosaic of healing, but for now, you must pay attention to each piece of this picture. They are not assembled yet. This is where the element of time enters into the creation of this mosaic.

R: Do you have any thoughts on the organization of the Teaching Mission conference that is coming up?

Olfana: Most certainly we teachers feel immense pleasure that you are drawn to gather together. Once again we wish to allow you much latitude in your endeavors. Healing information should indeed be shared and acquired by you/your group, but much of the formation of this conference will be left to you who wish to participate in it. We will certainly work with you, regarding the agenda of discussion, but let us first see what input comes from all of you.

R: Thank you again for your poem.

Olfana: You are most welcome.

R: Is it appropriate to share that poem? Can I put it on the Internet?

Olfana: Yes, you may.

R: I feel that's a beautiful, meditative, centering poem. Would it be all right to make it a poem for our group, if everyone agrees, and maybe say it before we have our meetings?

Olfana: If the focus remains on the worship of the Father, and not upon the creative contribution of myself, then, please use my poem as another gift to the Father.

R: Thank you. Can you help me, and give me some guidelines on developing my relationship with my wife?

Olfana: M is one we watch over, also, as we do your children. Your family is indeed a great blessing in your life. Allow M time to follow her own path to God. Let her vivacity be honored. She walks her own path. You would do well to encourage her own exploration. Rest assured her Thought Adjuster carries her to God. Much companionship can develop for you by reaching out to her with exuberance, or strong desires to share your experiences with her, and encouragement for her to do the same toward you. Softness in your approach is desirable. Remember her distaste for the "hard" conversation from you. She so cherishes your nurturing love to her and your children. This is a powerful gift you give to all of them in your efforts to show them your loyalty, your interest, your ability to savor their uniqueness. We encourage you to seek more private times with M--perhaps a walk in nature, perhaps sharing music. Small gifts, tokens of your love for her, move her greatly. Let yourself become more childlike, and relaxed with your family. They know your strength. They need to, desire to, see your softness. Is this sufficient?

R: That's great. Thank you.

Olfana: We can address another question if you wish.

R: What do you think of having C participate in our group, in some of our transmissions?

Olfana: This question is so close to S's heart, that I wish to answer at another time.

R: Do you have any guidelines for the continuation of our group, or how we're pulling it together here?

Olfana: B may join, if he desires. Let this follow a natural progression of his own heart's desire. Certainly, he may be shown a completed transcript. We cherish B. He has much beauty in his soul, and much laughter in his heart. Others will come, but for now, let us focus on the ties already formed among you. Build these connections. Certainly, a shared discussion of the transcripts thus far will yield new bonds among you. Each step in this process of growth must be given it's own moment to occur. We do not wish to force growth in this lovely seed which is growing at it's own pace. Now, there is energy in S's hands. Let us charge her vital systems. [long pause] We close this session with a prayer.

Father, grant us your glory in our lives.

We, who serve you, give thanks for the beauty in this work.

May we ever seek to affirm the righteousness of your creation.

Amen.

We love you both. Continue on with your efforts, and know your work is watched by us, and the angels. Namaste.

R: Namaste.

Half Moon Bay, CA. 1/26/94 T9401261 Group Session S, T, R, F, D, A, J
8:00PM

Contents:

Developing relationships in the group
Preparation of the transcript for distribution
Signa: The changing world and the Teaching Mission
The world condition--negative perspective of the news
Argonne--a fused being, relationship with his Thought Adjuster,
reincarnation
A's message from her guardian angels
D's message regarding her son
Comments regarding Embraced by the Light
Size and distribution of the Teaching Mission
Conferences in San Luis Obispo, CA and Spokane, WA
Evolution of the military
Training of the Teaching Mission Teachers
Healing properties of obsidian
Olfana's lesson on the mystery of God

Olfana: Greetings to all of you this evening. We are most pleased with this gathering. We sense the growing friendship occurring among you with joy. This peacefulness and pleasure among you is what we encourage and envision as the beginnings of change for your planet. Trust this process. Growth comes in many ways. The cooperation and support you show to each other embellishes that which we provide you as your teachers. I am Olfana. I wish to thank you, F, for the efforts you have made to provide the text of our gatherings for the others. You all must take these words and provide your own creative mark upon them. Let yourselves imagine the experience for a person reading this for the first time. Open your mind and your heart to creating a text which will draw them forward in their own passage toward God. Realize the high service that can be provided by allowing your questions, your discussions with the teachers, to be seen by others. Let these words go forth/go out as a testimony of your own attempt to express your faith in this experience. Allow much discussion among you. Let this be a process which encourages your honesty, your cooperation, and your good humor toward each other. Now, I wish to introduce a fellow teacher, my dear friend, Signa.

Signa: Greetings to you all. It is my pleasure, indeed an honor, to be invited to speak with you this evening. Many things are transpiring within the Teaching Mission--new classes beginning, old classes nearing their end, human teachers beginning their search for students. The world is changed. The planet is entering a new era, and life will become ever better. When you view this planet, it is difficult, from your circumspect viewpoint, to see the great changes, the monumental uplifting, of the human race--but it is occurring. Like all change, we must be vigilant, so that it is not too rapid, or displaces the human mind in its ever-upward struggle. We are all but a small piece in a much larger undertaking. Michael has thus decreed, and it will be so. Each of you who are in this room, and each who are members of teaching classes throughout the world, are called upon to render service to your brothers and sisters. Show them the joy that comes from your certainty about God, your certainty about your place in the grand universe, your certainty about your future; and not only as a lowly human, growing your spiritual wings on Urantia, but as a ascendant mortal, rising ever higher, undertaking greater service, and seeking for yourself the Father's Embrace. We of the Teaching Mission are here as your unseen partners in this undertaking, and it is through you that this lowly sphere, Urantia, will soon blossom into Light and Life. I am always excited to travel with James, to visit with different classes. There is one overriding similarity in every class. That similarity is your seeking to do the will of the Father in your lives. Remember, the Father is most interested in your motives, not your accomplishments. Your motives describe the condition of your heart. I would be pleased to answer any questions you may have of me at this time, or you may submit your questions to my dear friend, Olfana.

T: Signa, I'd like to ask a question. S asked me to verify with you whether or not you are still working with other teachers in an assistant capacity and whether or not you are still assisting specifically Olfana and/or Tarkas in their endeavors as teachers.

Signa: It is my understanding through your question...one moment...

S: This is me, S. That's not exactly what I wanted to know. I wanted to know, is Signa still involved in any transmissions that I'm doing? Does she assist when I T.R?

Signa: Thank you. That is the clarification I intended to make. Occasionally, I am present, though you are more likely to be assisted only by your teacher. I have been present on numerous occasions in the past assisting your teachers in certain adjustments necessary for clear contact. You are proceeding, S, very well, in your ability to clearly transmit the messages from the teachers present.

S: Thank you, Signa. That makes me feel good! (laughs)

D: I had a question regarding a comment you made about the planet's progression into Light and Life. I don't quite understand how that could be possible, when you look at the world's situation now. It seems worse than it has been as far as violence, and family problems, and our wars, etc. Would you please clarify?

Signa: Yes....(pause)

Olfana: To whom do you address your question, D?

D: Um, I think Signa made the comment, or whoever wants to.

Signa: Yes. I will be glad to answer. My answer is in the way of a caution, and the caution is this. It is easy for the human mind to formulate an opinion concerning the progress of Urantia based on the small bit of information that is presented to you through your media. This is a problem. There are many unthinking mortals who seek to only put the startling, the base, the degenerate human activities before you all in your mass media. It is easy to develop an opinion based only on that information. We, of the Teaching Mission, have access to far greater information. And while there is a certain amount of disruption occurring on Urantia, it is far greater--excuse me--is far less than has ever occurred on your planet. There is more peace, harmony, unity, and God-seeking on Urantia, than has ever existed in its history. Do not be deceived by the circumspect reports of your news media. Remember, they are in business to make money, and they produce those things which attract viewers. It is not balanced.

D: Thank you.

R: I have a question concerning the Thought Adjuster. You say we have communication with our Thought Adjuster. Now, when we fuse, is that still a communication, or is there some kind of a oneness, where we don't need communication anymore, or is there, always, kind of like two entities in one person?

S: If I may, I have with me this evening, a close associate. His name is Argonne. Argonne, Bertrand, and myself are very close. We tend to prepare our lessons together. He is an advisor. He is not a formal teacher, and has no anticipated assignment in that area. He is here as a Morontial advisor. He has fused with his Thought Adjuster, and I wish that he could speak to you at this time. One moment...

Argonne: Good evening, this is Argonne. I see each of your soul lights shining. They are bright. They are easy to discern. I wish to answer your question. When fusion takes place, the two become one. My thoughts are unified with the thoughts of my previous Adjuster. We exist as one being. Does that answer your question?

R: I find that hard to understand. how that can happen. So, all of a sudden, you know everything that the Thought Adjuster knew, or knows?

Argonne: I have the capacity, yes.

R: So you just kind of think a question in your head, and you know the answer?

Argonne: It depends. If the answer to the question involves future evolutionary experiences, I most likely will await its unfolding. When

we fuse, when you fuse, with your Thought Adjuster, you do not cease to grow. New and ever-widening horizons continue to unfold. You do not know all. It is an awakening that occurs within your mind, and it is the ever-upward struggle to continue to open the countless doors in your mind toward the Father.

R: Now the Thought Adjuster may have had previous experience, or certainly had training on his or her home world. Do you earn that training? I mean, not training, but does that become part of you, yourself, too?

Argonne: Yes, all Adjusters on Urantia are experienced .i.Thought Adjuster:all on Urantia are experienced;Adjusters. They have all indwelt previous to their indwelling of you.

R: Okay, Thank you.

F: I have a question, Argonne. Does the fact that the Thought Adjuster has had previous experience--is this the source of any humans' feeling that they have existed before, or lived another life before? Or is this strictly a fabrication of the mind?

Argonne: It is some of both, and some of another.

F: Another?

Argonne: I will...one moment...

F: Could you give us further light?

Signa: This is Signa once again. It is difficult for James to transmit Argonne, since Argonne is not normally a transmitting teacher. The contact is sometimes quite tenuous. We both apologize. I will continue. There are many abilities of the human mind that are only little known. there are also occasional contacts with something you might call genetic memory, that produce visualizations along with past memories of your Thought Adjuster, that produce visualizations of what might seem to be a past life. Does that answer your question?

F: Yes, Thank you. I have another question for .i.Fusion:Argonne's experience;Argonne. Argonne, prior to your fusing with your Thought Adjuster, did you know ahead of time that this was going to happen at a certain date or time, or did it strike you unawares, or suddenly?

Signa: Argonne's fusion was in direct response to some aspect of Michael's bestowal on Urantia. I am not totally aware of exactly what occurred, but he states that some aspect of Michael's' mission on Urantia made it possible for his fusion. It was not known well in advance.

A: This is A speaking. I'd like to ask Olfana or Signa if either one of them knows my guardian angels? And if they do know my guardian angels, would one of my guardian angels like to give me a message through them?

Olfana: I will answer this question, A. if you choose.

A: Yes, that would be fine.

Olfana: We, as teachers, know you, our students, in many ways. We watch you in your activities. We know those who protect and watch over you. We study you, truly, with intention. Your angels, A, are beautiful beings! How I wish you could see them as I do! Someday, this will be your experience also. For now, let this suffice. Raise your hands...(Pause)...

Angels: Hopeful expectations in your heart rise to meet the love we send to you. We guard you carefully and watch your progress with much joy.

We speak together on this. Rest your hands now. [S feels strong pulsations flow outward from her palms, which are held up, toward A.]

Olfana: Much was conveyed to you besides words, in that message, A. I see much growth in you, and encourage you to listen to your heart. Your Adjuster shines through much of what you perceive. That is all.

D: I too had another question, coincidentally enough, about my .i.Guardian angels;guardian angels. And I have felt a growing interest in knowing them better, and cooperating with them. I have even asked them, if I'm already home safe in bed, if they would go out and watch over my son. And I was wondering if that's an okay thing to ask, since I don't know if he has a guardian angel yet.

Olfana: Do you wish me to answer this for you, D?

D: Whoever, whoever wants to.

Olfana: Let your anxieties be released regarding C. We watch over you both. He needs time to explore this world, unencumbered by your strong expectations for his progress, spiritually and as a man. He hears you when you speak to him of your concerns. Trust this. Allow him the space to move (tape changes) freely in his decisions. You love him dearly. This is so apparent. Now, let him know you wish him to enter the world righteously, and then step back and allow him to move forward. He will grow, D. His nature is warm. His heart is generous. Continue to pray for him. This, of course, gives him power to make wise choices. But now let the Father raise him, also. Remember this, D. The Father raises C with you. Let this be a comforting solace to you. As for angels, there are indeed angels who look after your son. His relationship with them will grow. Do not concern yourself that this is not sufficient for his needs. Have we helped you with this answer?

D: Yes. Very much so. It's very comforting, thank you.

Olfana: God blesses you, D. You have so much beauty in your nature. Let yourself relax regarding your concerns about your own contributions to the world. We see you providing much beauty as you walk through your day. Does anyone else wish to ask a question of either Signa or myself?

T: Yes, I'd like to ask a question. This could be addressed to either Signa or Olfana, or to any of the other teachers that may be present. Recently, S has been reading a book by Betty Eadie, called Embraced by the Light, and it seems to be very encouraging about our continuation in life after life. I would like to know what, if any, role this book may have in encouraging others to strengthen their faith in the life after this life. Also, if you could make any comments about the book's accuracy about the experiences after the mortal life.

Signa: Much of what occurs between the cessation of life on Urantia, and the awakening moments on the Mansion Worlds is forbidden from us discussing. If there is anything you wish to ask about, concerning the Mansion World experience, I would be happy to answer.

T: Am I to understand, from your statement, that perhaps this book is even harmful in encouraging people to strengthen their faith, because it gives erroneous information? Or is it okay to promote it as a comforting experience that one might look at as a possibility in their own experience?

Signa: I apologize. I am not familiar with the book. Perhaps Olfana has some knowledge.

Olfana: Yes. I wished to say that your planet needs much encouragement now to develop faith. We see many efforts occurring, besides our own, to bring this planet from darkness. Do you see a positive response in your own heart when you hear or see the words of this book, T?

T: Yes. I've felt very comforted by it. But I don't want to be comforted by something that is erroneous, or not true. I'd rather know the truth.

Olfana: The passage of the soul from the body to the Mansion Worlds is, as Signa said, one we wish you to realize must still be conditioned..[S: This is S. I want to go back...it's more like..."It must be conditioned by your belief." Let me try it again.] Your belief in the passage of the soul from the body to the Mansion Worlds must be conditioned by faith. This is the point Signa addresses in saying we are not to...[S: This is me. There is a word like "divulge," something like that...Student: "reveal?" S: Yes, something like that...]

Signa: This is Signa. The word is "disclose."

S: Thank you! (laughing) okay.

Olfana: You must move through this life realizing that death is, of course, the great unknown, and meet it with faith. However, books such as the one to which you refer can promote this faith in people. Again, we ask you to judge all experiences of spirit growth by their fruits. The book has received a strong response from people in the positive. Ask yourself why this might be? Its hopeful message carries truth. That much, we can say. However, remember that you judge all things spiritual still by the mind you possess now. Your perception of truth can still be distorted. This woman recalls her experience through her own mind. Allow the possibility that truth can be shaped to conform to those things you find familiar and comforting in your own experience. Therefore, two people grow differently. They still comprehend truth, but it will be clothed within a perception they can understand. Does this clarify any of your concerns about this book, T?

T: Let me just feed back what I think I understand you're saying, and you verify for me, if you can. You're saying, what truth that there is in this book can be a comfort to people, and also may help to encourage their faith. I was specifically thinking of someone like S's aunt, who is terminally ill, and people such as that, who might benefit from the encouragement this book has to offer. Is that correct?

Olfana: This book presents a comforting presentation of the passage through death. In that regard, trust that there is truth. This woman brings strong religious beliefs to her experience, and they have colored somewhat her interpretation of what she experienced. Is this a sufficient delineation of the potential problem of interpretation that can exist with this book?

T: I don't have a problem with sorting out the interpretation of it. I just wanted to know whether you felt it was a positive thing to use in helping people who may have a weak faith. I didn't mean to make this overly complicated. I'm sorry.

Olfana: When S first perceived this book, there was intervention which drew her to it. That, hopefully, can establish its value in S's life.

Signa: Are there any further questions this evening?

R: I was wondering if you could give us an idea of the size of the .i.Teaching Mission:size of;Teaching Mission at this time, its distribution and its size.

Signa: There are 441 teachers assigned world-wide. There are over 300 who are active with transmitter-receivers. It is progressing quite well.

R: Can you tell us a little about the groupings or meetings of the different groups together--their purposes?

Signa: As you are aware, or perhaps, are not aware, the teaching class from Corona del Mar, along with San Luis Obispo, are creating a gathering for your date, June 17 of this year. We teachers, who are active in California, have been invited to participate, along with the students, in a sharing of experiences and some teaching. There is also a larger conference scheduled for this year in which many Teaching Mission Students will participate. If you are able to attend one of these sessions, you will be quite uplifted. It should be a wondrous occasion.

R: Will there be other meetings of other groups throughout the states and the world too, this year or in the future?

Signa: In the future, they are encouraged.

R: I still didn't get a very good idea of the distribution around the world of the Teaching Mission.

Signa: The majority of Teaching Mission classes are on the North American continent, there are several in South America, 15-20 in Europe, the same in Russia, several in China. Australia and the Far East also have several.

S: (laughing) I don't know whether this means anything...I keep hearing the word, "Fiji."

F: Signa, I have a question.

Signa: Yes.

F: I understand from our conversation this evening that some of your associates were at one time associated with the military on worlds settled in Light and Life. It appears to me that part of our transformation here on earth is to find ways to transform our .i.Military:transformation of;military. Can you give us some idea of the role the military can play in a world settled in Light and Life?

Signa: My associate, Bertrand, was involved in the military of his planet. It was not settled in Light and Life. It has evolved into a peace-keeping service organization, helping those in need. It is difficult for me to make suggestions in this area because they border on subjects that are forbidden for us to comment on. I would just as soon not.

F: I have another question. Do the teachers associated with the Teaching Mission have a facility such as a college or institution of higher learning, that they attend to get prepared for this Mission?

Signa: They are the Melchizedek Schools on the Mansion Worlds, yes.

F: Are you able to interact with other teachers, perhaps ascending mortals from Urantia, that attend these schools?

Signa: We have, yes. Much of the information that we learned concerning Urantia was from ascended mortals, as well as other celestial teachers, who at one time or another, have been resident on Urantia. Yes. We also derive great information from your mighty teacher, .i.Abraham;Abraham.

F: Thank you.

Signa: James is tiring this evening. If you have a further question, I would be glad to answer...(pause)..If not, I wish you all wonderful growth. Be sure that each of you spend time daily seeking the stillness. It is the single most important activity that will lead you toward the Father, will assist in personal contact with your Thought Adjuster, and help you to discern the Father's will in your life. I will depart from you now. Farewell.

Group: Goodbye. Thank you.

F: Olfana, are you still here?

Olfana: Yes, F.

F: I have a question for you. Could you give me any further light on this subject of .i.Obsidian;obsidian that was brought up earlier in a transmission (9/29/93)? I've done some looking myself in a couple of books, and I've not found any information about the utility or use of this material.

Olfana: This stone does indeed have .i.Healing:obsidian;healing properties. The resonance vibrationally is powerful. Its ability to absorb erratic, dissonant frequencies is part of its potential use. This kind of information will be covered in greater depth as we proceed with our meetings. For now, contemplate what I have said regarding dissonant frequencies. I appreciate your scientific bent; you approach these studies with enthusiasm. Let your studies begin with tonal aspects of crystalline structures. [Note: TR heard the word "black" also, but failed to say it.]

R: Any particular crystals?

Olfana: Asymmetrical structures...[S: This is hard!] Asymmetrical structures are a first step/stage in this inquiry. The particular crystalline molecule is irrelevant.

R: I thought crystals were symmetrical?

F: Not obsidian. Obsidian is an amorphous material.

R: Obsidian is not a crystal, then?

F: No.

R: Okay.

F: It's a glass. Asymmetric...

S: Okay. This is me. I thought I heard "glass," back about three sentences ago, something about "glass..."

R: Yeah. Maybe that's what they mean about asymmetrical?

F: Un-huh.

S: I don't know. I just know when I heard "asymmetrical," I was definitely trying to get myself out of the way on this one, because this is something I don't know anything about, really. But I think I got it straight, whatever I just said. [laughs] But "glass," since you said that, I know "glass" was a word that kept being there, but it wasn't part of a sentence that I was hearing. Or maybe it was, but I didn't know where to put the word in...I don't know. [Note: Perhaps the sentence should have been: "The particular crystalline or glass molecule is irrelevant."]

F: Obsidian is a good absorber of electro-magnetic radiation, what we see as visible light.

S: Ah! Okay...wait a minute..."black"...there was something..."black"...back when I said that word "tonal," something about "tonal"...okay...Let me just see...

Olfana: Comprehension of the attributes of obsidian will encompass knowledge of its molecular structure, and much more. For now, we ask you to consider tonal resonance and frequency of vibrational rate. This will begin an approach which can be followed with other stones also. Perhaps we can discuss this at a time when there is more leisure.

F: Very good. Thank you.

Olfana: May I present a brief lesson on the mystery of God?

Group: Certainly. Please.

Olfana: .i.Lesson:on God's mystery;God's mystery enfolds his truth. Your purpose as ascending mortals is to delve into this mystery with faith, hope, and clarity in your belief that the understanding of this mystery will promote growth in your soul. Remain humble in this path.

We will never truly comprehend all that is God. We can only hope to see God's beauty in those experiences which are part of our soul's path. Let yourselves reach out with expectation! The mysteries of God's ways are like hidden treasures that lie waiting to be found as you explore in this life. We all search for the Father. Knowing Him causes us to seek him even more. Is this not also the experience you have? This beautiful attraction we have to God is somehow a beautiful, and yet unexplainable, part of the mystery itself. We move Godward by design! Relish where you are in your own pursuit of this power and love of the Father. The mystery, the unknowable part of our own creation, is known only to God, and perhaps in our own evolution, someday we too will know with clarity the relationship between God, the Creator, and all of his creation. For now, be a part of this beautiful movement toward the Father. Help to draw others toward Him also. We increase the power of this attraction as we grow in number. I speak of something that yet remains mysterious to all of you, but trust that this movement of our energy back to its source is, in itself, an overwhelmingly glorious expression of his mysterious purpose! This session can now close. We have much to cover in the days ahead. I look with expectation toward my role as your teacher. Attend to these texts and indeed, please, attempt the stillness. I know this is not yet an established habit for you, but it will help greatly in our work together for you to commit yourselves to a regular attempt at stillness practice. You all are cherished. I leave now. Go with God.

Half Moon Bay, CA. 2/01/94 T9402011 Group Session: S, Ct
8:00PM

Contents:

Developing an understanding of God
Today's children live in a time of great change
How to deal with others' negativity
Prayers can help human relationships
Human relationships--operate from sincerity

Jesus knows our hearts
Human relationships--honesty is the best policy
The challenge of life
Advice to Ct
Olfana's Blessing

Olfana: Allow this connection to begin. Greetings to you, Ct.

Ct: Greetings to you!

Olfana: We know you well. We watch you during your daily activities. Life is challenging for you now, we realize.

Ct: Very much.

Olfana: Let yourself relax about the many concerns you have. All things will develop over time, in a manner that provides growth for everyone concerned. This is the purpose of your life on this planet. Growth comes in meeting the difficulties of life with efforts that...positive efforts that acknowledge your faith in a benevolent, loving God who protects those he has created. We encourage you to continue your own exploration of God. You will grow in optimism and faith by examining what others have perceived to be God. Then, form your own opinions from contemplation of these concepts coupled with your personal experiences. Always trust that you are God's child. As much as your mother loves you, God's love is the Supreme Love of the Universe! We move toward him with trust. We move toward God by looking for his love in all the experiences of our lives. Look for the good in situations, Ct. Rise to the challenge of seeing the world through God's eyes. You have this voice within you that can connect you to God's wisdom. Learn to listen well. Learn to trust this voice. It is gentle, calm, and yet persistent in encouraging you to choose goodness in all your activities. I am Olfana. I am your friend. I will take your questions now, if you choose.

Ct: One thing I have to say is that I love you very much, and I thank you for what you have helped my mom with, because I know you've helped her a lot. She's been going through some hard times lately, and I just want to thank you for helping her, because I know you have helped her a lot. I want to thank you for helping me, because I just feel lately, that I've been a lot better. And as you know, my life before, maybe a week ago, wasn't too great. And I'm sure you know what happened. I just have this great love for you, and I just want you to tell my guardian angels that I love them too, and thank them for everything they have done for me.

Olfana: Your appreciation is appreciated by us! We see your growth. We sense your excitement about life. There is a big world out there for you to discover! Your angels send you much love, go with you always, and protect you carefully. Much growth will come to you if you remain open to the possibility of change coming to your planet. You live in a remarkable time, Ct. There is purpose to this, intention to this. For now, prepare yourself by learning patience, good humor, the qualities of kind friendship. More will come to you as you grow. Do you wish to ask further information of me?

Ct: Yes. As of course you know what has been going on with C, and you may not be able to give me this information, and I completely understand if you can't, but--is there anything that I can do, or Mom can do, to help C out?

Olfana: Your brother goes through his own growth and change with extremes of emotion. This is consistent with his pattern. [Smiling] When has C not been emotional? You have been the calm one, often. This can be a contribution you can make to his growth now. Remain calm with your brother. Try to be light in your comments to him. [Ct laughs] He needs emotional equilibrium at this time. Let yourself take his comments, negative or sarcastic comments, with good humor, forgiveness, and perhaps a grain of salt! There is, at times, a jealousy, a

resentment, in him, that comes from his own lack of love for himself. Show him love, and patience, if you can. Otherwise, the best approach is honesty. If his comments are hurtful, this can be brought to his attention calmly, privately, not in the arena of the moment, when perhaps others are listening. Seek opportunities to speak with him privately. Your concern for your father is understood.

Ct: My father, meaning my dad?

Olfana: Yes. You worry that anger, rejection will come between them. Is this not so?

Ct: This is so. I do feel like that. I also feel that my dad can't talk to C, not how he should be...but...if he can talk to C in a manner, truthfully of how he feels, not just how D feels. And, as you know, I don't really feel too comfortable with how D has been handling all this. She came from a background that was very strict, and I feel she's taking that same approach with C, as how maybe her parents did when she was younger. Maybe she's taking a lighter effect, or maybe she's taking the same effect, but I'm worried with how they're going to handle it, because I'm afraid that maybe they won't understand. They're doing what I do sometimes, which is only to think of the negative. Do you understand what I just said?

Olfana: Yes. Remember, Ct, there is growth here, potential, for everyone. Human relationships can be plagued by these feelings of anger, desire to control another's behavior, rejection, fear. Again, we encourage you to pray for all involved. Your prayers, Ct, can be a powerful blessing of goodness for your family. God does indeed answer prayers. Always remember that his manner of response can be somewhat mysterious, or not what you anticipate, but your prayers for their well-being will be heard and will help them. Also, remember your father must seek his own answers to his pain, to his problems. This buffer of Dana who appears to protect your father, is a pattern they have struggled with from the beginning. Your father must make choices, and you cannot control this. The best you can do is provide him with insight regarding your feelings. Help him to trust in the love you know you and C feel for him. Your father needs encouragement that this love binds him to you both, and that this bond cannot be broken by his efforts to discipline either of you. He has seen broken bonds of love many times in his life. Do you comprehend my message?

Ct: [laughing] I don't know what "comprehend" means.

Olfana: Do you understand what I speak of?

Ct: Yes. I completely do. I know exactly.

Olfana: Very well. Then, take this advice. Remember--prayer, encouragement, and speak of your feelings to both Christopher and your father in private. This will help them to relax and hear what you have to say. Go for a walk with your father. This is good atmosphere for him to relax and talk, a good atmosphere in which he can relax and talk. May we help you with any other concerns?

Ct: Um, let me think. There is a concern and it has to do with my friends. I'm sure you know the friend problems that I've been having. One thing is that I have an ability to not show my friends how I feel at that moment. I might be afraid to at some points, of how they're going to react. I feel that I don't have much self-confidence in myself sometimes and I feel that I do things just to please others, which is great, but, there are those times when I feel I should be doing what I feel I need to do, instead of to please those others, which may be wrong

in the way I please those others. I was just wondering if maybe you could give me any insight of how you feel about that, or maybe what you'd want to tell me to make me stronger on the inside.

Olfana: Operate from sincerity, Ct. Your sincere, truthful feelings are the healthy way to interact with others. Any time you mask this sincerity, you create conflicts within yourself. Somehow, indeed, a lie has been created. That produces stress.

Ct: Yes.

Olfana: You must remember your heart is a powerful guide to life. Operate from your heart, Ct. This is the issue you see your father struggle with, and others too. Many times we ignore these heart messages because of fear or distrust of a situation. We fear disapproval if we expose our hearts. We worry that perhaps our value will be questioned, and we forget to value ourselves in the process. You have an open nature, and, typically, positive expectations of others. When you perceive dislike, or judgment, you pull back, pull into yourself, too quickly. Trust that you can be the best judge of your motives. It is better to stay with your own intentions, then to compromise this urge because of fear of others' judgment--but this can be so difficult to learn, on this planet. Remember that Jesus is standing within the group who judges you. See his smiling face when you look outward toward others for approval! Focus there, on Jesus, and let the others be. You will grow more confident in this way, and project this confidence to your friends. Sometimes, your very hesitation is what promotes, prompts, their tendency to be critical. Do you understand this dynamic which I speak about?

Ct: Yes.

Olfana: Then remember, Jesus knows your heart. Operate from your heart, and let these other concerns drop away. Everyone will encounter moments of resistance or resentment from people, but, do not allow this to control your own perception of how you appear to the world. Is there further information that you seek?

Ct: My friends, that I feel right now are my true friends, I love them very much. I love a lot of my friends. I, as you probably know, I feel like I just have to be nice to everybody--which I should be but...I feel like I have to be so nice to everybody, and I'm friends to a lot of people. I would just like to know, is this good on my part, I mean, is it good how I'm acting, and being very cheerful all the time? Well, not all the time, but most of the time to my friends? Should I maybe calm it down a little, or should I stay the way I am?

Olfana: Again, let me remind you, the question truly is, "Is it sincere?"...You...

Ct: Yes, it is...

Olfana: forgive me, proceed...

Ct: It is sincere, yes, to maybe some of my friends, who, I know what they've done, but I don't want to tell them. In some ways it may not be all sincere. But, in most of it, it is. And I thank you very much for being with me right now and for talking with me because it's helping me a lot so far. Now, you [smiling] proceed.

Olfana: [smiling] This is pleasing to us, that it is helpful to you. I come back to my comment, "Is it sincere?" because you say that your cheerfulness, at times, can be forced cheerfulness.

Ct: Yes.

Olfana: There is room for you to be positive, and yet not create a false image with others, if you are not feeling fully happy in your heart. Sometimes, what others can benefit from, in their relationship with you, is the idea that they have helped your emotions to rise. It is not always your job to do this for them. Let there be more reciprocity in this between you and your friends. They do not always need you to be the cheerful one. Perhaps, sometimes, they need to feel your appreciation for their cheerfulness toward you. Always, in human relationships, honesty is the best policy. Too often, especially, we see women encouraged to be pleasant--and yet not honestly so. One can be reflective and kind, and express a need to be heartened by another's friendship. Try this with your friends. Do not close up with comments such as, "Oh, I'm all right. I'm fine." Instead, if you feel confusion, a mix of feelings, be honest and say, "I'm not sure what I'm feeling right now. Perhaps we can talk about it." Give them, your friends, opportunities to reach toward you. Perhaps they perceive you as more resilient than you truly are, and this creates expectations from them, that you cannot satisfy, always. Then comes the conflict between their expectations of Ct, and what Ct truly feels capable of being. Does this help you, Ct, to understand?

Ct: Yes, it does. One question. What does "resilient" mean?

Olfana: The idea of being able to resist destruction. When a person is resilient, they can maintain an emotional state despite conflicting emotions coming toward them. This, for instance, is the dynamic when you approach your friends, when you approach your friends and say, "Hi!" [in a very upbeat manner] [Ct laughs at the accuracy of Olfana's imitation of her characteristic intonation pattern when she says this word.] and they feel able to be negative, thinking nothing can squash Ct's happy friendliness, when indeed, their rejection, or negativity at those moments, can be very hurtful to you. Is this, indeed, what you perceive at times?

Ct: Yeah.

Olfana: Then ask yourself, as you approach a person, "How am I feeling in response to this person?" "What can I truly offer right now, in this moment, of myself to this person?" Give yourself a moment to reflect upon this. Just a moment of time can give you guidance from that voice within that will allow you to say your "hellos" from your true feelings. Is this sufficient information?

Ct: Yes, very much.

Olfana: May we continue then? Do you have other questions?

Ct: Yes. Can I give you a hug?

Olfana: You will be touching your mother, but my energy flows through her.

Ct: I love you, Olfana. [Ct and S reach toward each other and hold hands tightly. S did not reach to hug Ct, because she felt the intensity of this would break her TR connection. The tape flips over.]

Olfana: We can end this session now, but first, let me say that the happiness you feel is perceived by me. Your life can be one that serves God in your own unique way, Ct. This is the challenge of life, serving ourselves through our desire to serve God, cultivating our soul's growth by reaching out to life with trust that God's guidance will help us to make right choices. Take life easily, gently, Ct. This "worry button" everyone speaks of is controllable by you! [Ct laughs] You can, indeed, turn that "worry button" down! Ask God's help in this. Ask God to help

you turn that "worry button" down. You will find it a powerful means of calming yourself. You are loved, Ct, by many, many beings. You have much love in your life from all those you know and care for, also. Look for the good that comes to you, as your mother said. Always try to see the good in situations. This is a strength in your nature. Cultivate it. Be an example to others of how this is done. Look for the good with sincerity and you will be very close to the beauty in your nature. You were named "Grace" with intention. [Ct's middle name] God's grace is this goodness in life, Ct. God's grace is the beauty, the protection, the truth that shows itself in situations. This is not something we expect you to understand easily now, but contemplate, consider this word, "grace." You can learn much that will be beneficial to you by considering the concept of how God's grace operates in all human lives. I wish to give you a blessing now. Please hold your hands up toward mine. God's protective love surrounds you. His energy charges your system. All goodness comes from the Father. Take his love, and use it to serve Him in your life. You are a cherished child of the Father. All praise to Him! I will depart now, but certainly, I wish to speak to you in the future. This has been very pleasurable for me, Ct.

Ct: Me too.

Olfana: I now bid you "Goodbye."

Half Moon Bay, CA. 2/12/94 T9402121 Group Session S, T, R, A
3:30PM

Contents:

The group's response to the Mission
Group energy transmission and impressions
Life Carriers make adjustments during stillness
Beginnings of TR experience
Olfana's mortal experience
Olfana's lesson on Inner Peace and Harmony
"Counting to ten"--seeking Thought Adjuster guidance
Teachers watch students with love
Spiritual growth of students
Thought Adjuster is best evaluator of spiritual growth
Blessing to group

Olfana: Allow this connection to begin. Greetings to all of you. We appreciate the diligence with which you have taken upon yourselves the tasks set before you. Lessons for all of you exist in this work. Harken to the feelings generated within yourselves by these tasks. What comes of joy? What comes of challenge? All this is important work/important experience for you. Rest now with the assurance that you do well those things we have asked. Experiences will come that this work, now accomplished, will help in your preparation for. Let all these moments with us, whether hearing our words, reading the texts, or contemplating the concepts presented, be valued. Lessons of healing will begin soon. Prepare yourselves for the exciting adventure of this experience!

This is Olfana. I feel much love for all of you. You should celebrate your efforts in my behalf, for Tarkas, for the Mission as a whole, and most certainly, for Our Father. There is great beauty in our moments together. Praise God! All of you, .i.Energy:group transmission;please, place your hands as S has hers. [S put her hands in a prayer position and then raised them to her forehead, thumbs touching her brow.] Now, bend forward, into the circle. Breathe deeply. [Pause of thirty seconds] Now rest your hands comfortable on your knees. [Hands are palm upward.] This is a position of energy absorption. Trust this process. Understanding will come in time. For now, permit yourselves to experience this. Perhaps you will feel pulsations in the palms of your hands. Relax with this. Breathe. Know that God's energy brings you rejuvenation...(Group sits in this position for approximately two minutes)...Do you wish to share any impressions you now have?...A?...Do not feel the necessity to speak. Only if you wish to share.

A: No, I don't have anything that I need to share right now.

Olfana: This is fine. What about you, T?

T: I have no impressions I'd like to share. I do have some questions later on, if you're willing to accept questions.

Olfana: Yes, please hold these questions for the moment. R, do you have impressions?

R: I don't feel any pulsations, but I feel a little joy.

Olfana: This is, indeed, appropriate, R. Begin to understand that rejuvenation can be emotional, physical, or spiritual. Susan has experienced flashes of color, strong pulsations in her hands, indeed, an outflowing toward all of you. This is appropriate. Your sensitivity to these energy transmissions will develop with time. Life Carriers do this work with me. Stillness practice .i.Stillness practice;is an opportunity for them to make alterations and adjustments within your bio-physical mechanism that will allow greater perception on your parts of this energy flow. Perhaps this can be further motivation for you to commit yourselves to regular episodes of stillness practice. (S feels her legs are "falling asleep," so she comes out of the transmission to adjust her posture. The recorder is turned over. A. mentions that she has had the "odd" sensation that she could anticipate what Olfana was about to say through S. S responds that this could be the beginnings of A's ability to transmit-receive, herself. S then goes back into a receptive state of mind and the transmission continues.)

Olfana: Yes, A. This is confirmation. You are developing the ability to transmit and receive. Practice this by achieving quiet in your mind, and then let an openness be there which allows words to flow in. Congratulations! We are encouraged by your experience. Much good can

come from this for you, if you choose this as a path you wish to take. Now your questions can proceed. I am always interested to know what is on your minds. Please allow me the opportunity to talk with you.

T: Olfana, may I ask a question now?

Olfana: Yes, T.

T: Olfana, can you share some of your .i.Olfana: mortal experiences of; mortal experiences which might be helpful to us, and can you also tell us some of the details of your mortal life; and perhaps, some of the details of your current spiritual life?

Olfana: This requires, again, S to stay very calm. Much of my life bears testimony to the concept that faith will conquer all challenge. My planet suffered rebellion also. I know the pain of living in a world bereft of hope, torn by anger, fear, revenge, and turbulent passion. [S begins to be emotionally overwhelmed with Olfana's sadness. S and Olfana begin to weep.] Forgive me. Sometimes these memories still bring a sadness to my heart. [S composes herself.] I lived during a time that also knew redemption through the majesty and power of God's love! Your planet now receives this same gift. You have an opportunity to help provide the healing balm of His love to your fellow men and women. This is a beautiful honor, my Dear Ones. Exalt in this opportunity! You do not realize, yet, the degree to which change can come to Urantia. We teachers all share this vision of the potential of God's love to redeem. We know the beauty that can grow here if only you choose to partake of His gift. You ask also, T, about my experiences now, currently.

T: Yes.

Olfana: Let me say, I did not anticipate the tremendous exhilaration I feel with each step taken back to God by everyone involved in this work! It is as if we move together. I savor your progress. I hope you can savor my progress and growth as I develop my relationship with each of you. Of course, I include Fred and Dolores. We know much of what will come, potentially. And yet, there is always the element of surprise for us also. This is the co-creative design of this work. You have a sense of anticipation from me. I have a sense of anticipation from you. As to my daily work, let us just say that I am kept very busy by the challenges given to me in my work as your teacher. You will see the fruits of this as we proceed. You also, I know, have felt very busy at times with this work. Remember, at those moments, I am cheering you on! I stand there, proud, and expectant, because I know your abilities, and I know your hearts. Please remember that I do, indeed, work with you in this Mission. Is this sufficient, T?

T: Yes. I think that's fine for now. Let somebody else ask a question now.

R: Olfana, you said that your planet was in trouble, and you had something sort of like this Mission come to your planet--I guess, with the Father's love. I was under the impression that this Teaching Mission is fairly unique in the universe. And I was wondering how unique it was, in this universe, and in the super universes, and how it compares to the mission on your planet?

Olfana: God's love manifests appropriately for each situation. The redemption necessary for my planet was not the same as this, exactly, and yet there was commonalty with much of what you experience. I do not choose to offer details now. Let us move on to issues of your own growth, spiritually. Are there further questions?

T: I have a further question, but I wanted to check with A first. A, did you...

A: Go ahead, T.

T: Olfana?

Olfana: Yes, T?

T: I'm interested in a lesson, perhaps, if you have one prepared, or if you can think up one on the spot! (laughs) On inner peace...may we have a lesson on inner peace as it relates to our satisfaction, and our feeling of completion?

Olfana: Yes, I wish to call this topic .i.Lesson: on inner peace and harmony;"Inner Peace and Harmony." Inner peace and harmony with others are two attributes of your emotional make-up which mesh together easily. Inner peace comes from contemplation of goodness--the love sent to you by God, the blessings that come to you in life, the love you give and receive, the beauty of the world surrounding you, the experience of growth. Inner peace is the by-product of contemplation on these things. Your soul perceives truth, beauty, and goodness, and from this derives satisfaction. Consider the concept of satisfaction in connection with the concept of inner peace. When one is satisfied, one has no further expectations of more. One rests content in the moment. This is the experience of inner peace--resting in the moment, satisfied that all God provides to you is sufficient. Here your faith sustains itself. You are all that you need to be in these moments, in your eyes, and the eyes of the Father. You know this with your heart, at these moments. When you present yourself to others in this state of mind and heart, you show them a Child of God! They see in you a reflection of His Love, and this creates expectations of peacefulness in themselves. Is it not true that when you see a person serene and peaceful, that you identify with the potential for this in yourself?

T: Yes.

Olfana: This, then, is the harmony that can be created. Remember again that love is a power, is a vibrational frequency. You can emanate this to others, and indeed, tune them to this beneficial frequency. When people sing in harmony, move in harmony, think in harmony, feel in harmony, there is a shared serenity, a shared ability to be in the moment of this experience together. I promise you that this potential of the shared experience of harmony and inner peace will come more and more to your planet as we proceed together in this work! This is sufficient information for now on this topic. T, May S please have a drink of water?

T: Sure.

Olfana: S wishes me to speak for her in order to maintain this connection. She has thoughts about the time, because of the commitment to pick up Ct.

T: It's 5:00 PM

Olfana: Then we will proceed for another ten minutes, perhaps? Is this agreed to by all of you?

T: The tape is about to flip over.

Olfana: So let us proceed with questions.

R: Olfana, sometimes I feel like I like to be in command of my own feelings, and I always kind of tell myself how I feel. And I was wondering, is that a good thing to do? Or you mention this idea of relaxing, and being open. How does this compare to that?

Olfana: This is a good question, R, for your growth. Always seek the Thought Adjuster's guidance. This means to confidently give yourself a moment to hear inner promptings. This comes more easily in a peaceful state of mind. Being open to this guidance will develop with practice. Perhaps, the adage, "Count to ten," can help you to remember that the first impulse of your nature is not necessarily from the Father. There is nothing wrong with this. It is merely your animal nature wishing to supersede your better self. Learn to control this by counting to ten. With each number, consider insight from God flowing to you. See where you are emotionally, by the time you reach ten. You may see a great alteration in your emotional make-up in this distance from one to ten. Does this seem helpful to you?

R: Yes, but I don't know how practical I can make that in my everyday life, but I'll try.

Olfana: Perhaps a span from one to ten may be too much sometimes. But, always R, you can give yourself a moment's pause to allow for more insight to come from your Thought Adjuster, before you speak or act.

R: Thank you.

T: Is there time for maybe one more question?

Olfana: We can certainly try.

T: Oftentimes, as I'm going through my daily life, and making decisions, and just behaving in my normal fashion, I'll wonder whether, Olfana, you or other teachers are observing, and perhaps evaluating, our daily interactions. You've said earlier that you "cheer us on" when we're having our difficult times. We've often wondered if you are there sharing in our humor--sometimes base humor and elevated humor--and other interactions that we have. If so, what is your impression of our spiritual growth as reflected in these observations?

Olfana: Much of the time we watch you. This is always with love. You are free to .i.Teachers:and privacy;chose .i.Privacy:we can chose;privacy. Never think we wish to impose ourselves upon you. However, as our students, we, indeed, observe you in many different experiences. There is much learning that comes from this. I enjoy it when you speak to me at different moments of the day, or think of my presence. Much of this I am able to comprehend. I do not wish to impose myself upon you, but I find much of your activities delightful, including, even, at times, what you consider base. Remember, I was mortal too! I merely see this as an aspect of you which can grow to become elevated, in time. My heart is with you, always. You are my friends, my students, my companions in this work. I speak of you to the other teachers. Sometimes, we watch together yourselves, and I will watch other students too. I hope you will come to feel comfortable with this, because to me it is a great privilege to be in your lives.

R: We consider it a privilege to have you in our lives too, Olfana.

Olfana: Thank you, R, for your compliment. I do indeed feel a very loving relationship growing between us. I also see the growth and love that all of you are developing with each other. The fruits of this will continue past this life. Consider this with expectations of the potential of God's ability to bind us in love! I feel there is time for one more question.

T: Could you finish a part of the question that I just asked? I asked to also have your evaluation from your observations as to our spiritual growth. I didn't feel that was really answered. Are we making good progress, or not?

Olfana: I did comment just now that I see your relationships among yourselves developing and growing. This is spiritual growth, T. This is, indeed, soul experience for all of you. Do you comprehend this message, or would you wish further information?

T: Well, I understand that among us, there is, perhaps, a relationship developing in a positive way. I was referring mainly to our personal lives, and our everyday lives, outside of the group. When I'm in the classroom teaching, and when R is working with clients in his business, and when A is interacting with her family, and other activities outside the group, how are we doing at practicing what we're learning, when we're out there? Have you seen any real improvement in that area?

Olfana: I wish to add, just for a light touch--A, I watch you at the library! You all grow quite well, in my opinion. But remember, the most important evaluator of your growth remains the Thought Adjuster. Take your concerns to the Thought Adjuster, take your hopes, take your moments of doubt. Let this relationship with this most beautiful being become paramount in your experience! This is where you will have the most assurance of your steadfast progress to God. A, is there any last question or comment you have?

A: No I don't have any questions or comments today.

Olfana: Then, I will close now with this blessing. "Father, protect us from all fear. Let your love surround us, heal us, and lift us toward you. Rain down upon us the cleansing drops of your merciful love." You have my compassionate friendship! I bid you all a peaceful and harmonious evening tonight. Go with God. Goodbye.

Half Moon Bay, CA. 2/24/94 T9402241 Group Session: S, R
3:00PM

Contents:

Instructions on how to complete 1993 transcript
Olfana's lesson on Mercy
Some celestial teachers are not connected with TM
Discernment is important
Teachers need our freewill cooperation
Discuss one's experience with the TM from the heart
Inner child's healing
Teachers are best evaluators of group's progress
Olfana loves flowers!

Olfana: Allow this connection to begin. Greetings to you both from Olfana. We nurture you with our love always. You provide us with so much in the way of faith-filled efforts. We thank you for your contribution to this work. Clarity will come, and understanding of the appropriateness of these transcripts to the greater purpose of the Mission, in time. For now, continue to complete this work. Your efforts to provide an easily readable text are a significant effort in this work. Many will be drawn to read these texts over time, and your attempt to differentiate the subject matter is helpful. Allow us time to coalesce these teachings into a greater work of understanding that incorporates words from other teachers.

Now, we turn our attention to a lesson on .i.Lesson: on mercy; mercy.

¶ Mercy falleth like the rain. ¶ How often this symbol of mercy flowing down upon our lives is used. This an appropriate image, for God's mercy showers down upon us unannounced, just as the spring rains refresh the flowers. This nourishment of His Love, indeed, increases our growth. Mercy comes as a part of the natural pattern of growth, just as the rains nourish the flowers. The turmoil, the challenge, the difficulties of life, are like the winds of March which buffet the new growth of spring. After these winds, come the gentle rains, which cause blossoming to occur. We also recover from the experience of defeat, demoralization, and thoughts of failure, by the reviving energy of God's love, which strengthens our resolve to continue on in life. This mercy from the Father allows for change in our lives, which opens up new possibilities of choice and direction. The waters flowing from the sky are indeed an image of this merciful love flowing down upon the events of life, causing new growth to come forth in our souls with this infusion of changed opportunities. Mercy alters attitudes, feelings, and beliefs also. When the cold winds of life's difficulties buffet and sweep us into attitudes of fear and defensive protection, again the rains of God's mercy soften the earth and allow for new growth to move through our beings, opening our minds to changed direction, new goals, and safe possibilities. This, then, defines mercy as the power of change, the possibility of forgiveness of yourself and others, the possibility of trust rising anew in your soul, the attitude of hopefulness and resolve to attempt again those things which have thus far meant defeat. Mercy provides forbearance in your emotional make-up. It is God's way of allowing transformation to continue in your lives when you would otherwise feel defeated. Mercy may be passed on from God, through you, to others. You become a means by which his mercy can manifest itself in others' lives. These times when you feel moved to mercy in your attitude toward others, never doubt that this is the Father working through you. Make yourself available to him as a conduit for this beautiful possibility of merciful change!

(S. turns off tape, takes a break.) We are content with the contents of this lesson. Do you wish to ask questions now, R?

R: Oh yes, I certainly do. I know the Teaching Mission is in the delicate forming stages, and the idea of celestial teachers is something hard to accept. The possibility that somebody could actually be channeling a celestial teacher who is not strictly in accord with the Teaching Mission could be disconcerting. Are there teachers that are teaching here on earth that are not with the Teaching Mission?

Olfana: Yes. This is a question with far-reaching implications. For now, please remain confident that our work is of the Father, and you are

protected from interference with this work. Do not doubt the Father's ability to bring good from all situations, R.

R: I don't doubt the Father's ability. I just would like to hone my abilities. We will be meeting together with the Teaching Mission groups in California and Spokane, Washington. I just want to make sure that we synthesize those groups with the best elements. Should we be watchful, or do you think it will be a pretty harmonious group?

Olfana: Discernment is an attribute that is appropriate to all your undertakings. We will work with you in developing this discernment. You need not worry that anything in any way .i.Teaching Mission:nothing malevolent can interfere;malevolent can interfere with the goals of this Mission in any real way.

R: I understand the Mission as a whole will progress. I was just worried about individuals also in the Mission.

Olfana: This is best left with those of us who work with mortals to manage. We are under the direction of Machiventa, and he is quite capable of providing appropriate guidelines for our work.

R: I was wondering how close I was, or if I can even be able to become a TR for you, Olfana?

Olfana: R, do you hear me with your heart?

R: Oh yes. Yes, I do.

Olfana: I hear your heart also. This, indeed, is communication already. Practice the stillness, and we will see what else comes in our close connection to each other.

R: Okay. S was talking about this person called _____, who is a healer in Burlingame. Can you tell us if he would be of help to us in our group?

Olfana: S has had strong urgings to connect with this person. This is evidence of possibilities that can emerge. However, always we need your cooperation, your freewill choosing of these associations. Therefore, give this time to emerge.

R: Would I be being impatient to go see him, Sunday?

Olfana: Is this your choice?

R: Yes, I'd like to do that.

Olfana: You need to respect your choices and continue to count to ten!

R: (laughs) I have a brother--I have lots of brothers--but I have one who is visiting me right now, at my parents' house down here, G, and we grew up very close, only one year apart. He is a bit of a spiritual thinker, and I was wondering...I have another brother too, S, who is very spiritual, and I was wondering how much of this you think is appropriate to share with them, or how receptive do you think they might be?

Olfana: Your brothers can be told of your experiences. Speak from your heart. Express your emotions surrounding this work. Let them judge for themselves if this feels appropriate as their own path. Remember to stay with the emotions you experience in your discussion.

R: Good point. Oftentimes when I meditate and feel like I'm going to try to make a decision to be spiritually close, I get a sad feeling. Can you explain that to me at all?

Olfana: This discussion of inner child's emotional repair is appropriate to consider with this sadness. Let the emotions flow. Release will come by honoring the integrity of these emotional upwellings. Remember that you sit in connection with the Father at these moments. He can provide comfort from any sadness you experience. Give this to Him in your meditation. Literally say, Father, I give this to you to take from me

as a burden. Wait to see what change comes from this passing on of your emotions for His healing. This experience can take some time. Do not let impatience alter or affect this process of turning your moments of sadness over to the Father for comfort. Release from these moments of sadness will come, I promise you, R.

R: Thank you.

Olfana: Do you wish to ask me anything further?

R: Maybe just some guidelines or thoughts of how we're progressing as group.

Olfana: I see your lives differently at times than you do. I know that all you experience can be toward the good of your souls growth. These moments of struggle in your [groups] formation only serve to create more opportunities for bonding, as I see it. Your group will grow in time. The transcript nears completion. I am content with the efforts you all make. Let me be more the judge of this than yourselves, please!

(smiling) I have the greater perspective...Should we end this now, or do you wish to ask more?

R: (laughing) Well, I don't want it to ever end, but I don't want to trivialize it, either. Thank you for visiting us today.

Olfana: You are welcome. I think picking flowers is a good idea! (R and S had talked before the transmission about going out in the field behind her house to pick flowers.) As you go out into the field, take time to savor the incredible beauty of those blossoms. Come to see the flowers as jewels in God's garden. They are a lovely token to bring to your wife of your own love and care for her, and as a reminder of the beauty of God in her life. I will be out in that field with both of you, enjoying the flowers also!

R: I knew you would be.

Olfana: You are dear to me, R. I enjoy so much my relationship with S, and you, and the others. Now, let us all go with God. Goodbye.

Half Moon Bay, CA. 3/19/94 T9403191 Group Session: S, T, C, K
10:00PM

Contents:

Teachers are unique personalities
Olfana's lesson on Acceptance

Greetings to K

Olfana: Allow this connection to begin. Greetings to you this evening. I cherish these opportunities to meet with you. We present ourselves as the individual, unique personalities that we are. I am Olfana. I wish to discuss concepts of acceptance. Turning your thoughts to God means allowing his peace to descend upon you. Only from this state of mind can his words ring clearly in your mind. Acceptance .i.Lesson: on acceptance; of this as a condition of communication with the Father allows you to proceed in peace. Acceptance can also mean a peaceful passivity, allowing those around you to express their own perceptions first. You become a repository for these perceptions of others. Only then, perhaps, comes the further insight from God, which allows you to form perspectives on what you have received from them. Acceptance involves bending, flexibility, a humble approach to the resistance you may feel from others. [TR sees image of two men bowing to each other, dressed in beautiful robes] We bow in respect to each other, acknowledging that neither is superior. This bowing is a mark of acceptance that each is a force, a unique personality of God, coming together and bending in unison. Such acceptance for each other's path of growth toward God needs encouragement, development, promotion on your planet. Can you accept each other's hearts? This is where the power of love truly resides. Acceptance from your hearts allows the energy of each to flow to the other in a balanced and harmonious pattern. [Olfana touches her heart.] Here is the brotherhood, here is kinship, here is the power of our at-one-ment! We can blend our energies in a beautiful, twining, cord of love which reaches toward God, made up of each unique fiber of individual spirit. Think of this cord of love bending, turning, twisting, combining in beautiful patterns of spiraling growth as we all move back toward God! [TR sees image of a golden cord glowing with light, spiraling up into the clouds.] This is my lesson for this evening. I am content to close this session if you wish, or I, certainly, am open to a discussion, if this is your choice. Greetings to you, K. I see your beauty, and welcome you as a comrade in our work for God. Do you wish to speak with me?

K: Thank you for the lesson.

Olfana: You are very welcome.

K: Um, That's all for this evening.

Olfana: This is quite fine. I wish you a peaceful sleep, and a safe journey to your home. Your teachers go with you. Namaste.

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Half Moon Bay, CA. 4/03/94 T9404031 Group Session: S, T
8:00PM

Contents:

Tarkas will come to SLO Conference
How to view our work with the Mission
Tarkas's lesson on patience

Advice concerning T's son
Purpose and effects of the Teaching Mission

Tarkas: Allow this connection to begin. Greetings to you, my dear companions, in the work to serve your planet. You tarry at times, but we are patient with your efforts to comprehend the far-reaching effects of this work. Students of God's wondrous creation must take time to attend to their daily responsibilities also. Let your spirits rise to meet the challenge of this work. Recognize the integrity of our relationship with you. Delve into this mystery, with trusting hearts, that you will find the truth, beauty and goodness of God. This is Tarkas who speaks to you now. I come in place of Olfana because she is needed elsewhere at this time. You feel my energy, S. You recognize the difference in our personalities. I too will attend this conference in .i.Tarkas:will attend conference in SLO;San Luis Obispo. I will speak through you, and engage in a discussion of the responsibilities of all of you, as students and workers for the Father's plan of redemption through Christ Michael. Your world greets a new day in it's evolutionary history. You stand on the verge of monumental change. Hearts filled with courage and trust are what we seek of you as our companions in this work. Let no one doubt the immensity of the power of change that can come to this world. I speak to you as one who has experienced the beauty of life on a world settled in God's love and light. I can give testimony to the nobility of this plan of redemption. Those who follow you in forthcoming generations will look back with deep gratitude to the work that you now do. You do this work for the generations to come. Let this be your perspective, as you enter upon the tasks asked of you. More will be given concerning this conference when Olfana has had her own opportunity to speak with you. You are a dear student to me, S. Feel my affection for you, for T. You gather around you a group which has great potential for this work. Let yourselves feel gratitude for such an opportunity as has been presented to you. Allow yourselves time to grow, and yet, recognize the urgency with which we seek your cooperation. Your heart is the best guide in determining your role in this work. Pray and seek God's guidance for direction. Never allow yourselves to feel your efforts are unaccounted or unappreciated. We see all that you do with gratitude. Do you wish to ask anything of me, T, or is this sufficient for now? I recognize your desire to watch the program you have discussed.

T: Yes, there's one thing I've been struggling with recently, and I was wondering if you might not help with a lesson on patience. Do you have such a lesson?

Tarkas: May we ask for the time constraints for this?

T: I don't think it matters. We can just forget about the time constraints.

Tarkas: Then let us proceed. Patience .i.Lesson:on patience;is a virtue so desired by those of you who struggle with the difficulties of life. Patient actions are those which evoke a sense of relationship between you and those you wish to synchronize your efforts with. Imagine the image of those who work as a team gliding those beautiful boats...[racing sculls]...used by men at institutions such as Harvard where they have teams which row together. Imagine the development of patience and coordination which comes from such an effort, working with your teammates to synchronize and coordinate the efforts that you make to move with the water. Patient actions are those which develop such a sense of consciousness, that your efforts, synchronized with those of others, will cause the entire activity to move with more quality, synchronized effort, and power of the combined energy working in unison. There is a laying

aside of one's own agenda, or sense of timing in this effort. You become conscious of your role as a team member. This patient sense of activity also recognizes the efforts of those around you as coordinated with you. You see their desire to work with you, not making the judgment that they are the adversary, to be somehow conquered or subjugated to your own sense of timing. Now consider patience from the broader perspective of God's timing. When you allow yourself to see that the best outworking of events comes with guidance from God, then you hold lightly to your plan, your expectations of how things may go. It is not an abandonment of your schedule; it is merely an open-minded attitude that perhaps alterations to your timing schedule are the Father's, and therefore, most welcome in the events of your life. Patience requires a gentleness in your attitude, a willingness to allow for quiet moments of contemplation. This gives opportunities for your Thought Adjuster to speak to you, to impress you with an expanded perspective of how you perceive events. Then there is the patience you show to yourself. This can be a great challenge at times. We can be so harsh in our judgment of our own efforts. This is not of God. The angry, insistent voice saying, "This is not enough. This fails. This is inadequate." This is not God speaking within you, T. This voice comes from pain, rejection, the inability to see you in your full capacity. Do not allow this voice to speak for you. It is indeed a spirit poison which contaminates all that it touches. Let yourself realize that patience cultivates an attitude of good humor toward yourself and others. It is the desire to see your flaws, and others', as the weaknesses that create the challenge for you and others in life. It is as if God has put these vulnerabilities into our natures with the intention of allowing us to remain humble, and at the same time, recognize more clearly that we all, indeed, have growth yet to accomplish in our ascendant careers. You do not reject a blossom whose petals are only partially open. You say, "Ah, there is beauty in this flower and more beauty to come as it continues to open to the light." Take this attitude with your own closed petals, T. Say, "There is beauty here yet covered. But in time, with growth, this beauty will be exposed to the light." This is an attitude of patience. If you can offer patience to the growth of a flower, imagine the quality of patience offered by the Father toward you as another of his beautiful, blooming creations! Does this hearten you to think of this example?

T: Yes, it's an appropriate image and helps a great deal in trying to focus my attention on what's important concerning patience. May I ask another question?

Tarkas: Yes, but let me close this lesson first by saying that you can take this patient attitude of seeing all life as a garden which is slowly opening to the light. A patient attitude gives one an ability to appreciate what is in that moment! One no longer projects other perceptions, forcing them upon that moment. Instead, one remains an observer of what is, seeking the beauty there. Remember, that as you strive for patience, that you are seeking the beauty of that moment. Now my lesson is complete.

T: Thank you very much. That was very helpful. It's always been a struggle for me to not be frustrated by what I sometimes perceive as slow progress in myself and others or dysfunctional progress of myself and others, and this gives me some hope and focus to draw my attention to. Thank you.

Tarkas: We enjoy our relationship with you, T. You have much to offer to this Mission of redemption. And your own ability to see with patience your progress with us will open up further guidance from the Father to you as to the next effort you can make. Now, on to your question.

T: I'm not sure to what degree you are aware of recent developments in my life concerning my oldest son, Ty, having come to live with me, but there has been great upheaval in his life recently, and I think he's teeming with frustrations, anxieties, and fear about his own future, confusion about what is right and wrong. He's been experimenting with drugs. He currently is struggling with tobacco smoking and other issues, and what I would like to know is...I would like to have some advice about what sort of leadership role I might be able to take that would be more effective in modeling appropriate behavior, being an inspiration to him, to consider a more positive choice...to choose more positively than he has been in many areas. I realize that sometimes the struggle that we have in life must be one which is difficult and that's the way that we learn, is by learning the hard way, oftentimes, but I also think that it is my responsibility to inspire him to greater heights of consciousness, and I'd like any advice you can give me on how I might better model that for him and approach those kinds of issue better than I have so far.

Tarkas: Ty has great difficulty with problem-solving. This is a challenge for him which will remain with him throughout life. You can help him by more fully discussing with him the actual process by which you yourself problem-solve. How do you organize the information that you need to comprehend something? This can be very illusive to Ty. He may see parts of the puzzle, but he lacks those clues or strategies which we use to problem-solve. For instance, S is seeing the image of a picture puzzle. Did you do such puzzles as a child?

T: Yes.

Tarkas: Do you recall how you learned that certain pieces were the edges, the outside frame of the picture, and you selected those as a first step in the formation of the design? Then again you learned to look for color combinations. "Ah, those pieces must be pieces of the same image." And those were collected to one side. These steps by which a puzzle is put together are good training for children. Do you recall that this was something that Ty was not drawn to as a child?

T: Yes.

Tarkas: Then you can see that he lacks a natural affinity toward this kind of putting a picture together. He may grasp the sense of the completed image, but does not understand the process by which this image is formed. He needs, first of all, T, to understand better and with patience that this indeed is his nature. God does not create these challenges in people without a greater design. Ty lives in a culture which requires much problem-solving. The life you lead can be highly sophisticated in its challenges. Yes, it is true that Ty flounders at times because he lacks this ability to approach life with these skills. But he can learn to compensate. This, indeed, is his challenge. If God has not provided this to him easily, it does not mean that God will not provide it to him with effort. This will ennoble Ty's character. He can become one in his future career who can, indeed, be a guide to many others who struggle in this same way. There is always a design in God's creation. Let Ty see his weakness from this perspective: God is asking of him to build for himself an ability to come to solutions. There is much you can do to help Ty with this. He, indeed, lacks the incentive to

work with this, struggle with this. It is as if he finds it distasteful. But you can show him the means by which he can develop this skill. He needs direction and encouragement to define a challenge more clearly. For instance, he is one who should literally write down a goal he wishes to achieve, and then attempt to decipher structurally how that goal can be met. It is as if you are asking him to build a research paper, outline the components, enumerate the steps by which a goal is to be achieved. To merely say to him, "Ty, Here is the goal..."for instance, acquiring a job or reaching financial self-sufficiency. He does, indeed, grasp this concept, but you assume too much of his ability to understand the steps by which one achieves these goals. If you are to help him, you must spend more time literally speaking of a process step-by-step by which you would solve such a problem yourself. There are also many good books that have been written that discuss these very issues. Ty and you, not Ty alone, need to research this. Inquire at the library about books which address issues of problem-solving, planning one's adult life. He needs to learn better the resources available to him to help him make these judgments, handle these challenges. There can also be books that you purchase that he can refer to and literally study how one manages their money, plans future goals. If he sees that there is help for him in these areas, his optimism will grow that he can take this on himself. As it is, he often feels adrift, knowing these goals are expected of him, but he is unsure what to do and scared to ask. So many times, even within the context of school, he would ask a question regarding his confusion and would be told, "Ty, How can you not understand this?" He shrinks from more episodes like that because they were painful. You can help him to see that he, indeed, is someone who lives in a culture that expects a great amount in this area, and yet he simply lacks this ability naturally, and God is asking of him to develop this ability on his own. It is achievable. He needs to learn, also, a sense of patience toward himself and others, that they do not see his lack of ability in this area as acceptable. It can ennoble his character. Just as you see someone who perhaps is very short in this culture of tall people, and they carry themselves with pride, they stand erect, and they do not seem to have a begrudgement toward those who look and say, "My goodness, what a short person!" They take this in stride, and they say, "Yes, my body is short, but my potential is limitless." Ty can develop the same kind of noble acceptance that he needs extra time and attention in order to problem-solve. If he can learn to say with a smile, a sincere smile, "Wait a minute. I can figure this out. I just need a little more time..."he will be a beautiful model of humility and honest brotherhood...because he is saying to those who would judge him, "I trust you to offer me respect with my difficulty, and I appreciate this respect, my brother." Does this help you, T?

T: Yes, it is very helpful.

Tarkas: I would add that Ty's mother, C, has great anxiety surrounding this issue. It is why she so often has moved in to solve his problems for him. Clearly she acts out of a great love for him, but it has been an anxiety that Ty has perceived, absorbed. She can be encouraged to realize that there is a greater design to God's creation. Ty has his place, as we all do, in this plan, and that her support of him can best be provided with a confidence that if he is willing to make this effort for himself, good will come of it. She can help him by saying, "Son,

make the effort. I am here encouraging you to develop this for yourself." Do you feel this is sufficient information at this time, T?
T: Yes, you have been very helpful with your lesson on patience and your advice about how to help Ty. They tie very closely together, and they are going to be a great deal of help. When he returns from his trip to Mexico, I can have some valuable guidance on how to help him. Thank you.

Tarkas: You are most welcome. We teachers are here in order to give you insight that you, indeed, have the potential to create a better life for yourselves. It is this ability to draw forth more guidance from the Thought Adjuster that will allow this growth to come. We are guides. We have gone before you in these challenges, but you yourselves have the power within you to heal this planet.

T: May I bring up a further topic?

Tarkas: Yes, please do.

T: I have some confusion in my own mind about the nature of the purpose and effects of the .i.Teaching Mission:purpose of;Teaching Mission as I've perceived them so far. I hear a great deal coming from the teachers about the great effect that this work that we do will have on the planet and all the people on the planet and so forth. But I need, I guess, to have a better understanding of exactly what is the nature of the work that is and will be expected of us who are students. For example, it is my guess that our work entails coming to a better understanding of our own relationship with God so that we can more effectively and more lovingly deal with our fellow human beings, rather than to in any way proselytize others, or to try to convince others of the reality of the transmitter/receiver phenomenon, or any such outreach as that. Am I correct in my assumption, or can you give any further light upon the specific nature of what our mission as students is to entail?

Tarkas: In many ways your roles are individualized. You are not all to do the same work. Some will excel in personal ministry, others will facilitate the dissemination of the teachings through the transcript publications and other forms of publicized forms of instruction. Some will become quite proficient in the transmitting/reception of our words, and further methods of outreach and dissemination of our teachings will occur. The healing work is an important component of this Mission, yet its time has not yet arrived. It is building in magnitude. Each of you needs to remain connected with your heartfelt desires in this work. We do not ask sacrifice of you. We ask for commitment and loyalty to the integrity of our Mission. You must show forbearance in your attitude regarding this work. It will indeed take time and effort to affect large numbers of people, but it is developing very strong legs on which to stand. We have no doubt that our work will be successful. The teachings of the Melchizedeks will indeed be brought to your planet. Freewill choice still allows you much latitude in your own efforts with this campaign. We recognize that people feel they have busy lives and, indeed, many of their responsibilities are just as important as the work for this Mission. For now, it is indeed helpful that you be supportive of S in her attempts to transmit our words and then to go through the laborious effort of transcription. You need to look into your heart and decide how best to offer her this support. Again we bring you back to the lesson on patience. If you can see that in S's life and your own, the petals are not yet all opened to the light, then you can savor the beauty of the budding flower and recognize that you are in league

together to help bring God's light to this planet. Is this specific enough for you now, T?

T: Yes, thank you.

Tarkas: We do not wish to overtax S's body. She has attempted well to hear our words. She feels thirst again, and we feel content with our discussion this evening, unless you have a strong desire to ask anything further.

T: May I ask that S receive some healing energy for some of the conditions which she is suffering from right now?

Tarkas: There is a pulsation forming in her hands.

[TR felt a healing vibration move throughout her body. The tape ran out at this time. Tarkas closed this session by bidding us a good evening.]

Half Moon Bay, CA. 4/05/94 T9404051 Group Session: S, T, Sl, D, R,
JR
8:30PM

Contents:

Olfana greets the group
Olfana greets S1
Signa advises group of their responsibilities
Responsibility of group members to each other
Stillness practice
Learn patience through forgiveness and mercy
Inner search is greater adventure
Daily work encourages our integrity

Nothing of service is unaccounted for
Balancing the material and spiritual
Competition on the Mansion Worlds
Adjuster-fusion and Spirit-fusion
The teachers' relationships to each other
Former Urantians are advisors to TM
Olfana's lesson on truth

S: April 5. We're at R's house. It's what time? Eight thirty.

JR: And growing later.

S: Okay. And the people who are here are JR, and D, and T, and Sl, and S, and R. JR and I don't have any pre-arranged anything. We don't know who's going to speak or what's gonna happen. So, so far, whenever we've done this, it just kind of flowed really comfortably. It's all very spontaneous, whatever happens...I'm definitely getting that pulled up feeling...

Olfana: Allow this connection to begin. Greetings to you, my dear friends. This is Olfana who speaks. S feels much energy passing through her body now. We are attempting to align our vibrations with all of you in the room. We gather together with a sincere intention of furthering the work of redemption on this planet. God speaks to all of you, in your hearts. You know the sincerity you feel in your involvement with this effort. You can judge for yourselves the integrity of this experience. We are all free to move toward God in many ways, on many paths. This is the creative blessing of each unique personality who seeks Him. We greet you, Sl. We know of you. We enjoy you. You have been watched many times, in many ways, and we encourage your further desire to satisfy your strong curiosity about this Mission. We require only an open-mindedness in your experiences. Your decisions regarding your involvement in this work will come, in your own time, at your own pace, with guidance from the Father. Now I wish to introduce my dear and beloved friend, and sister, Signa.

Signa: Good evening, my old friends, and my new friends. Many events are transpiring on Urantia. Many of you feel, rather than see, if you maintain contact with your indwelling spirit, much of what is transpiring; and what will transpire, will be felt by you. As mankind begins to shift his focus from the material to the spiritual, many strains of emotion that pass through all of mankind will change. The attunement that Urantia has with spirit forces improves hourly, daily. It is not of small importance. For you, who are members of the Teaching Mission.i.Teaching Mission:group responsibilities;, your responsibilities are great. For you have the knowledge that the truth seeker seeks. It is not our responsibility to contend with those who believe differently. It is our responsibility to share those insights, those experiences, those emotions, that convinced you of your belief in God. The Father in heaven is within you. The attunement you experience must become habitual. You must be willing to set aside time each day to seek the Father within, to communicate. As you experience this connection, you will begin to realize the depth and breath of the Father's will for you in your life; and as you experience the doing of that will, immense joy will be your possession. Whether the task be great or small, the surety with which you experience the will of the Father, the dedication of your will to His, will create within you an abiding peace. You live but short lives on this lowly planet. It is your opportunity to give to the Supreme. Each of you here, in your daily lives, meet and interact with scores of humans who have been circumstanced across your path. Each individual that you meet is a potential soul for saving, a potential personality in need. Share your assurance, share your dependence upon the Father. Share the fact that it is the spiritual life that creates energy. The material life only takes it away.

Olfana: Now we sense your curiosity, desire, to speak with us yourselves. May we take your questions? Please address myself or Signa, as you choose. Or, leave the decision to us, if you wish.

Sl: I have a question.

Olfana: Yes, Sl.

Sl: I understand patience...but...

Signa: You are far ahead of me.

Group: [group laughter]

Sl: I'm still learning patience, like we all are. We all, I guess all the way, if we make it to Paradise, we'll need patience. But with the Mission, and the ability to communicate with people, like we're doing, what are we not doing, that we are not already doing, that we can do more of, or what direction can we go that we are not going now? Specifically for me also? I'm sure all, each individual, everyone of us have our own thoughts about what we should be doing, or what we can be doing. But for us as a whole, and an individual, can you give me some input?

Olfana: Whom do you wish to answer this question, Sl?

Sl: Whomever can answer the question.

Olfana: I will attempt this. First, you speak of all of you as a group, as a whole body of people coming together committed to doing the Father's will in this work. Encouragement of each other, supportive relationships, a sense of team work--these are attributes that can grow among you, and increase the quality of your contributions. Any enterprise taken on by humankind benefits from this outpouring of support, affection, and kindness among you. There is no stipulation of leadership. You each can be leaders at times. You each also can follow others as they take on a task. Much creative, spontaneous energy flows through you in this work. We ask one thing of all of you, time and again--the .i.Stillness practice;stillness practice! [smiling] This, certainly, we say, "Do with regularity." It will increase the quality of any effort you put into this work. Certainly, it will increase the very essence of your lives--this communication within, with God, with your heart. Now, the second part of your question, "what you can do." I turn to Signa, and ask her input.

Signa: Sl, the love you have for your brothers and sisters on this planet is very commendable. You seek to improve those who are around you. You actively seek the will of the Father in your life, and you are undaunted in your search for truth. You are indeed a "truth seeker," as the word is defined. Do not stop--for it leads you far in your spiritual growth, in your understanding of mercy and forgiveness. Your question of patience you have learned quite well. The application of .i.Patience;patience, you must move forward with your search for truth regarding forgiveness and mercy...

Sl: Thank you.

Signa: Have we answered your question?

Sl: Yes, but not completely to the point of direction.

Signa: Can you be more specific?

Sl: With the time that I have, what can I do with that, that I'm not doing already?

Signa: I do not wish to offer to you a specific path. For in doing so, it, perhaps, could limit the creativity of your own mind in choosing your path toward the Father. It is most important for you to discern that path with the assistance of your Thought Adjuster. Through communication, and the decisions of your own will, you will continue to

serve mankind throughout your entire earth career. Your motivation is from your soul. It is pure. It is sincere. It seeks service. Have I helped you?

Sl: Yes, you have.

Olfana: I can add, that you are welcome to participate in this group of my students, if this is your desire. Continue to search within yourself, what promptings you feel. Perhaps this very point, the search inside, Sl, not outward always, as you are so inclined to do, the search inside is where the greater adventure lies for you now. So do not take lightly Signa's encouragement to seek within yourself for your guidance in this work. It is a strong, clear directive from which you can greatly benefit. Be patient in this effort. The only competition here is with yourself! Do you understand what I say here, Sl?

Sl: Yes, I do. I probably have a lot more questions, and, at a later time, when I feel more comfortable in asking them, we can do that. But, thank you for this evening's communications, both of you.

Olfana: You are most welcome.

Signa: Indeed.

D: I'd like, maybe not so much a question, but just to address some things I've been feeling lately and maybe seek some advice. At times, particularly the last couple of weeks, I feel so overwhelmed with the responsibilities of family, and job, and I feel so tied down with that, when my truest desire is to do things more on a spiritual level. And yet I always keep getting pulled back, because I always have to keep doing these things, or I'm concerned about family members, or work situations, and stuff. I find myself, at times, just getting impatient, or wanting to just escape it all. You know, it's like overload! I have such a yearning in my heart for better things, but I just can't, I feel like I'm so bogged down with this other stuff.

Olfana: [laughs] D, You are an angel tethered to the earth! This is how it should be now. I see you reaching skyward, heavenward, so often in your life. But remember, those tethers hold you for a purpose! This daily work, drudgery, that you feel at times, serves to strengthen your resolve because you must push through these responsibilities to go with those things your heart cherishes. Think of the integrity that builds in you, D, each time you choose what you consider to be sometimes disheartening or mundane. You are a servant of the Lord, in the very best sense. [TR is overcome with strong emotions, and fights the urge to cry.] There is a nobility, D, that you cannot yet comprehend, but I promise you, you will indeed discover in your continued effort to serve those whom you sense have needs. Try to remember, as you move through your day, the image of yourself as an angel tethered, and recognize, trust, there is a purpose in this. Be heartened! God loves you, D. Those you serve are nourished by your care, and nothing that you do for God, no matter how simple, no matter how small you may feel it is-- nothing is unaccounted for. I hope my words give you encouragement.

D: I thank you.

Olfana: You are loved, D by many beings. Remember this, please.

D: One of the frustrations I feel is working within a system that is so full of bureaucracy, and so unethical at times. So, I feel caught up in this whirlwind that I don't really want a part of, and yet I have to earn a living. "I'm frustrated." seems very mild to use. Yet trying to have integrity with it, and trying to have some kind of [JR's cough] loyalty, but ...

Olfana: Excuse me. S's ear missed the word because of JR's cough. Could you repeat this please?

D: Trying to maintain integrity and loyalty is becoming increasingly difficult for me. Sometimes I'm wondering if this is a sign that I should just get out, because I'm so frustrated with it. Or, is this a lesson that I have to learn on patience? Patience seems to be coming up tonight. This is one of those lessons that just keeps coming on and on and on, and a... that just seems to be where I'm at with it.

Olfana: Again, I turn to Signa.

Signa: All that my sister has said is true. When one embarks upon the evolutionary career on a planet of their nativity, it is an increasing challenge to balance the requirements of a material world, and the requirements of the spiritual world, and it is the dynamic tension between these two that grows character, grows wisdom. You cannot forsake the facts of a material existence, although at times you wish that it was so. It is your inner spirit's awakening to the understanding that it is the spiritual that is real, the material that is only partly real. You are in a transitory time. If you were totally spiritual, this turmoil you experience would not exist. But also the same holds true if you were also entirely material in your outlook. There too, you have no conflict. But as you begin to realize the importance, the power, the reality of the spiritual existence, making the transition is perilous. It requires constant attunement to one's Thought Adjuster. It requires decisions. It demands growth. You must look at these times as an adventure, an adventure that encompasses far more than your material eyes can discern, or your spiritual senses can feel. Olfana is correct. You have a marvelous future ahead of you. Do not pain too much for this passage. You will look back on it, and consider it some of the most enthralling times of your life. This challenge of balance is a Supreme challenge. You have adequate capacity to master it all. Does that help answer your question?

D: Yes. Thank you.

Olfana: Who else wishes to speak this evening?

R: I'd like to ask a question about competition, cooperation, and jealousy. I'd like to kinda focus it even in the Teaching Mission. Also, do you experience things like that in your place, wherever you are? And I leave this question open to anyone who wants to answer it.

Olfana: [laughing] This is an enormous question, R! I will certainly give it to Signa to answer, if she wishes!

Group: [group laughter, long pause where Signa remains silent]

Olfana: Perhaps... [laughing]

Signa: My sister... [smiling]

Olfana: ...I jest. [laughing]

Signa: [smiling] Yes, indeed, your question is worthy of many weeks of discussion...

Group: [group laughter]

Olfana: Could you, then, R, perhaps, decrease the dimensions of this inquiry?

R: [smiling] Do you have competition where you are? [Olfana laughs.]

Signa: May I speak? [one of the tape recorders shuts off] I will pause.

Someone: The tape recorder needs to be turned over.

Signa: We teachers have learned that sound. Competition

.i.Competition;as you experience competition on Urantia is primarily ego-

driven. It is not service-driven. Therefore, it can only satisfy the needs, your need, for human interaction to a certain level. If your striving becomes personal, becomes inwardly motivated by serving your brothers and sisters, your energy is more adequately directed. Yes, to answer your question, we do have some forms of competition, but they are directed not at personal aggrandizement. They are directed at the glory of the Father. My sister, do you have a comment?

Olfana: I heard my words, but was pondering them. I wish to add that we relish each other's success, and perhaps compete in our expressions of joy toward each other! This you might say is a purer form of competition. We are not plagued with the uncertainties which underlie so much of the competitive drive you feel on this planet. We know we are loved by the Father. We know something more of his creative plan, and this is a supportive base from which we derive our actions and choices. So many times, the actions and choices you make in this life come from fear--that sense of scarcity, that sense that there is nothing to rely upon but yourself.

Sl: Can you expand on the competition? I know when Adam and Eve came, they taught us many things, like weaving, agriculture, husbandry, games of competition. I love baseball, win or lose, forget about it, it's over. We had a good time. The competition was good.

Olfana: There are activities that one, indeed, is in that involve the concept of challenge. The more healthy sense of competition, being a goal-setting, a striving to improve or increase one's capacity to perform, this sense of competition does indeed exist. But it is never with that fearful looking over your shoulder--"Where am I compared to the others?" that can make one feel so driven in this life, on this planet. Striving to continually improve oneself, even seeking to compare yourself in your growth spiritually to others, this exists, but it is always with the underlying support and love of the brotherhood. We are all on the same team! [smiling]

Sl: Agreed.

Olfana: This we never forget! [laughing]

Sl: I agree that we all look for Light and Life, and eventually the Supreme will be complete. It isn't the goal to get there too quick. It's the experience of being here now, I understand. But there's nothing like watching one universe against another universe, or constellation against another constellation, to see where they are?

Olfana: Sl, there is a curiosity here which I gently admonish. I recognize the quality of curiosity that inspires you to ask this. But, I ask you to ask yourself, "Will this information help me now, here, in this life, to improve my own efforts to know God?"

Sl: I was just expanding on R's question... I like sports myself.

Signa: If your question is one of physical challenge, we are, on the mansion worlds, afforded every opportunity to satisfy those needs and urges that you have. There are many such activities that would be wholly impossible for me to relay because of your lack of a frame of reference. To simply answer your question--not on a grand scale that you mention, but surely, in the early mansion worlds, does friendly competition of many sorts exist. Does that answer your question?

Sl: Yes. I believe so. I think I already believe that when Adam and Eve came down here, they did have schools of play and competition.

Signa: Yes, we are afforded much time to play.

Sl: I would assume they had those kinds of games on Edentia.

Signa: You...the human, as you progress to the point of fusion, will begin to leave behind those vestiges of your animal origin. The competition of the spirit existence is internal. It is always striving to be like the Father. Does that help?

Sl: Speaking about the fusing with the Adjuster, the concept of the resurrection, is there a certain percentage? I'm thinking there's less people that fuse with their Thought Adjusters than the book kinda puts out, and that more people are .i.Spirit fusion;Spirit-fused and stay in the local universe, and not that many attain fusion with their Thought Adjusters to reach the Father. Is that something that has just been bothering me, or is that true?

Signa: It depends upon the fact that the human was either indwelt by a Virgin Adjuster or an Experienced Adjuster, a Supreme Adjuster.

Sl: But all mortals on this planet have Adjusters that are experienced, is that not true?

Signa: That is correct. The percentage of humans who are Spirit-fused from Urantia is quite small.

Sl: Are you saying that the percentages...Can you give me a 50-50, or 70-30% of Adjuster-fused to Spirit-fused? Because that's been bothering me, as you probably know.

Signa: One moment...

Olfana: I wish to speak here, Sl.

Sl: Please.

Olfana: The Father has no quota system, as it were. It is not a question of percentages. The plan within this local universe is unique to the specifications, characteristics, within it. Concepts of fusion, although appearing sophisticated to you from .i.Urantia Book:concepts on fusion;The Urantia Book, are still rudimentary in terms of the full understanding of such a immense concept, such as fusion.

.i.Fusion:Spirit;Spirit-fusion pertains to those who have sought the Father in a more limited fashion. This you perceive correctly. But, conceptually you lack enough true understanding to be able to derive further conclusions then this. Can you be content with this answer for now?

Sl: Yes, but I have more questions on that for now.

Signa: I have a further answer. I sense in your heart the question concerns yourself...

Sl: No. I...It doesn't concern myself to that level. It's just a discussion I had, that not many mortals, no mortals during the rebellion, went on the side of Lucifer, but there were only 187 million in Jerusem at that time. With all the inhabited planets in our system, that's a small amount, a snapshot in time. So, my thought was, they must be Spirit-fused, with the low amount of mortals that were there at that time. Understand? Does that make sense?

Signa: I'm not certain you have extrapolated correctly of the information in The Urantia Book.

Sl: I will look at it again and next time we can, if it is OK with you, we will proceed with that.

Signa: That will be fine.

Sl: Thank you.

R: I am interested in the Spirit-fused as concerning us, is that...

Signa: You are not a Spirit-fused candidate.

R: Thank you.

Signa: Each of you is a Father-fusion candidate, as are all inhabitants of Urantia. It is an unusual occurrence for a Father-fusion candidate from a planet whose Thought Adjusters are entirely experienced to have a Spirit-fused mortal, although it does occur.

R: I have a question. Last week I went across the Bay to a friend's house called _____, and he did a transmission of his personal teacher called, "James." I was wondering if you knew James?

Signa: I am not familiar with him.

Olfana: I know James; not that well, but he knows of me, I know of him. What information do you seek, R?

R: Well, I just...it seemed like there's a connection here between us and them, and that's why, at least here in the material world, I was wondering how it paralleled up there in the spiritual world?

Olfana: Realize that as you form connections, it, indeed, allows teachers further interactions also. The activities in which we participate can sometimes be such that we are all included, and yet we do not directly communicate. Other times, smaller components within the Teacher Corps do indeed work together with regularity. James is a personal teacher. I am a group teacher. Our responsibilities differ. Does this help?

R: Yes.

T: May I ask a question?

Olfana: Yes, T.

T: It's my understanding that Father Abraham, a former mortal from this planet, is involved in the Teaching Mission in some capacity. I was wondering a couple of things. Are there any other previous mortals from this planet, this planet's history, who are involved in the Teaching Mission directly, right now? And if so, what unique perspective can they have, given their background, that is helpful to the Teaching Mission, and the teachers involved, in the Teaching Mission now?

Olfana: Do you wish an answer from one of us in particular?

T: Whoever feels like taking the question is fine with me.

Signa: I shall try to answer your question. As the candidates prepared themselves to enter the Teaching Mission, those of us from the mansion worlds, we sought out many humans from Urantia to discuss their life, their understanding of human culture, to learn your languages. At this time, there are some other than Father Abraham. Humans, whose birth planet was Urantia are here as advisors, though I am forbidden to name them. But, perhaps, you can understand the human's propensity for veneration. We do not seek any kind of veneration from humans. This is a task we have undertaken as a service and not for personal gain. Do you understand?

T: Yes.

S: This is me, S. Remind me never again to stuff myself like I did. This is partly misery right now. Anyway, I think what I heard Olfana say, just now, was "Are there further questions?" [Note: The TR had just eaten a large meal.]

Signa: Yes, James is tiring right now, and begins to feel some pressure with time.

Olfana: Do you wish to spend our last time together, moments of time together, with further questions, or would you like a lesson?

Group: A lesson.

Olfana: I will attempt this then.

S: I know what she is going to say. R, Can I have some more water? I don't think I can do this otherwise. Thank you.

Signa: During this pause, I will bid you each "Farewell" for this evening. My love and my prayers go for each of you: to find the Father, to do His will, to have the courage, when you understand His will, to act upon it. I love you all. Farewell.

Group: Thank you.

Olfana: The lesson.i.Lesson: on truth; for this evening is on truth. "Truth" is such a noble word, almost sacred. Often we hear an expression such as, "It's the God's truth, that such and such has occurred." How do we know "the truth" is, indeed, of God? We know this by an interconnection between our minds and our hearts. Another expression we say is, "This rings true in my heart." Indeed, it is as if the silent bell within our hearts reverberates when we experience truthfulness. Let yourselves trust in your capacity to know truth from this mind-heart connection. Many times those greatest truths are not substantiated by what we call "the facts." Instead, the substantiation for our belief in a truth comes from the integrity with which we are drawn to accept it by our minds and hearts joined. Questions of the truthfulness of a concept need to be...

S: I'm sorry. This is me again. God...I don't know who's trying to be more patient with my body right now, me or Olfana...

Olfana: ...need to be individualized--connected to the unique personality which conceives it. The truthfulness of a concept is best determined, not by the human mind alone--but when I speak of the heart connection, I speak of the Thought Adjuster, the input, the clarity, the wisdom of God operating with your mind to understand the truth. Therefore, rest your faith in the truthfulness of a concept on this strong foundation of God's guidance. Facts can be deceiving. Your perceptions can be so clouded because of the animal nature that remains within you, the delusions of the ego--which draws you, pulls you away from truth. Deception from the ego will cause you to say, "My heart tells me this, but my mind cannot accept it." When you find yourself in such a quandary, turn back to quiet contemplation. Recognize you are not ready to decipher truthfulness at that time. Any time the conflict exists between the heart and your mind, that is the telling point that you need to turn your attention inward to the quiet contemplation of guidance from God. If you trust this process of seeking the truth with the mind and the heart joined, you will be in safe hands. You will be lead by God to the understanding that your particular soul, on it's particular, unique, path, travels [toward.] Imagine, then this image. See yourself as reaching out to grasp the hand of God--the Father, the Mother, the Protector, the Guide. Say, "Lead me to truth, I beseech you." You can always trust that your supplication, your prayer for this assistance, will be heard. This is my lesson for this evening. I am cheered by your continuing efforts to meet together, meet with us, your desire to understand better the purpose of this Mission on your planet. I close now with a blessing:

Father, Protect us.

Increase our willingness to grow
in understanding of your truth.

Let us join together as God's creation,
and unite our intentions with faith.

God be with you. We depart now, and take with us the joy of having had this opportunity to be with you. Namaste.

Half Moon Bay, CA. 4/25/94 T9404251
R, Sl, B, J
9:00PM

Group Session: S, A,

Contents:

Student participation in the TM
Study the lessons
Greetings from a personal teacher
Spiritual beings on Urantia
"Hot Pen" communicating
Verification of a TR
Communing with teachers
Represent the TM by being good students
Accepting new members in the group
Interpretation of colors in an energy field
Thought Adjuster-fusion and Spirit-fusion
The Father motivates through love

Olfana's lesson on Heartfelt Intentions
Olfana chooses her lessons carefully
Olfana is in the room when TR transmits
Personal teachers require effort of student
Many teachers watch students at times
Relationship of personal teachers to students
Relationship of Thought Adjusters to students
Relationship of Guardian Angels to students
Teachers will share their feelings
TM's on other rebellion worlds
Olfana's blessing

Olfana: Allow this connection to begin. Greetings to all of you here this evening. We welcome those of you who visit. We encourage this type of participation. We turn to those of you who have become members of this group, and welcome you also. I am Olfana. I share this evening's time together with James, if B chooses to be his spokesperson. This evening, I would like to begin with a discussion of your participation in this Mission. Teaching Mission: participation in;. How can each of you bring your creativity to this enterprise? This knowledge can be developed in many ways. We encourage you to read further in the transcripts. Many different perspectives can be discovered from seeing how the unique personalities of each teacher, each of the teachers, operates with those in their group. Your experience of this can become broad-based by seeing the variety of interactions that occur between students and teachers. Also, we ask you to look within your heart. Is this a path toward God that resonates for you emotionally? Does it excite you? Does it encourage you to reach out in ways that involve the extra effort which comes from something which excites us? Lessons from the teachers. Lessons: study of; are of great value in this work. We encourage you most especially to take these lessons, study them, consider them as working texts which can develop new abilities for you in your daily experiences. Participation in this manner, with a teacher such as myself, is indeed stimulating and challenging. But, we ask you to recognize the value of studying the words that have been given also. I wish now to introduce Teachers: James; James. James: first contact with;, if this is comfortable for you, B?

B: Okay.

James: Hello. I am James. I am a personal teacher to Benjamin. I come here among you as a friend, and as a guest, and as a teacher. I'd like to say that it is always my pleasure to be able to communicate with you in this manner. It is a wonderful experience for me to be a part of these gatherings, and to be involved in these teachings, which are bringing such growth to so many lives, in spreading God's love in this planet. You, who are gathered here, who are the spiritual warriors in this great undertaking, are assisted and loved very much in your endeavors. I would like to have conversation with any of you who would choose.

R: James, you were going to get back to me...I guess I should wait till tomorrow night, huh? I'm not quite sure...

James: It is no matter.

R: Okay. The question was, "Are there other Spiritual Beings on earth; spiritual beings here on earth who aren't with the Teaching Mission: spiritual beings not with; Teaching Mission?"

James: Yes. There are other beings here who are working with mortals outside of the Teaching Mission. I am not at liberty to give much information regarding these activities, except to say that there is much truth imparted in many ways to those who are receptive to other types of leadings. Not everyone in this world is receptive to this type of contact. It is our hope that all efforts from all beings in this world will help to bring about this great change even faster and more beautifully.

Sl: James, I have a question. Or maybe Olfana can answer, if you can't. I was involved with a lady last week. She was communicating, and verifying, what I told her about The Urantia Book. Is she being used as a TR for communication through her handwriting abilities?

James: One moment...This is difficult to transmit, as you are speaking of someone in your memory. Can you describe this person more?

Sl: This person's name is _____. She's been communicating for many years, fifteen, twenty years. She uses what I consider the "hot pen" process of communicating.

James: Do you feel that there is truth in her transmissions?

Sl: She validated everything that I said to her about the Urantia Book, and she's not a Urantia Book reader. She's a reader .i.Course in Miracles:relationship to UB;of The Course In Miracles. So it sounded to me like she was communicating at a level of understanding the Urantia Book.i.Urantia Book:relationship to ACIM;. She said that the Urantia Book is also a book, like The Course In Miracles, but it wasn't for her now. That's what the writings said. And she said that she is also...the writings are from Christ Michael.

James: I am unable to verify the guidance that this particular person is receiving. But if you perceive the truth in what she says, in your own experience, and it resonates within you, as I believe you are telling me, then you can trust much of what she says in these cases, if that is what you are asking?

Sl: Yes, I am asking that. I'm trying to bring her into communicating with me, since she is real close to me, and if she is also, like you, B, communicating with James, maybe I can communicate at a closer interface, physically with me, instead of coming all the way up here. Not that I don't want to come up here, but, I believe this is happening all over. How do we interface with these new students that are just coming on board, and how do we bring them into the Teaching Mission?

James: I...

Olfana: Please proceed James.

James: I think you are asking two questions?

Sl: Possibly.

James: Is one question, how you may communicate with teachers more easily yourself?

Sl: That's one, because I have to come up here, not that it's out of the way too much, but this is the closest interface to me.

James: Yes.

Sl: And the second one is, going along like you said, the second question, is this person somebody that is communicating like yourself and S?

James: Well, first, I would like to say for you that, in practicing stillness.i.Stillness Practice:and Teachers;, as I'm sure you have been instructed, through your involvement with the Teaching Mission, you may reach out to any teacher.i.Teachers:contact through stillness practice; whom you know, or for any guidance without having a particular name for this guidance. It is important that you already understand that you are in touch with this guidance, and that you need only believe in what you already know within you, to strengthen the connection you already have.

Sl: Agreed.

James: This is the most important form of interface with the teachers. This is what we delight in the most--are the individuals who call for us, in their quiet times, that we may be with you, minister to you, and share God's love with you, in those moments.

Sl: This is the opening of the .i.Energy Circuits;circuits from the adjudication of the .i.Lucifer Rebellion:adjudication of;Lucifer rebellion, correct?

James: The circuits, and there are many circuits which are opening now, which have closed, which is making it much more possible for mortals on this planet to experience, than was possible before. Do you have more questions about this?

Sl: The other, second part of the double question about other individuals in my area. How do I basically ah...not bring them in, expose them like I am doing, at a level of nurturing them. But I'm already doing that, I believe.

James: That is, you have answered your own question. What you are doing in your own life now is following the guidance which you are receiving, and reaching out to others, and finding the truth in those around you, and seeing God in the people, in your immediate existence. In this way you will attract others who are seeking the truth. This will unfold for you in a beautiful experience that will be new steps each day for you. It is not important to have specific instructions on how to approach people at this time. Except, to know that, you are seeking God's love, and wanting to share this journey with others. Does this assist you?

Sl: Yes. Does Olfana have anything to add?

Olfana: I would say that the element of experimentation is important here, Sl. You need to "test the waters," as it were. Let others know you have an active interest in participating in this Mission. They will see the sincerity of your statements and decide for themselves if this is also their choice. You will be the best representative of this work by becoming a good student yourself. Continue to explore, as you have done so recently. Allow yourself time to grow with this, Sl. Nothing of true quality comes too quickly, in this life, as you well know.

Therefore, take each day's experience and allow it to penetrate deeply in you. Let your doubts surface. This is appropriate. Examine all areas in which you have questions or concerns. When you have tempered your own belief in this Mission, through such efforts on your part, you will become a spokesperson of great credibility to others. This is my best advice to you at the moment. Do any others have questions?

J: Olfana, I would like to ask a question, This is J talking.

Olfana: Yes, J.

J: My wife D, is, I feel, a highly-developed, very spiritual person, who is not a reader of The Urantia Book, but a follower of it, and I've read to her many passages of sayings. She professed an interest in this group. I was wondering if she could be accepted in this group in future meetings?

Olfana: I think this opportunity will indeed develop. I ask for your patience with this, because S wishes it. I, indeed, love meeting with all of you, and am perfectly willing to expand this group, as you all feel it is appropriate. This is where I say the co-creative atmosphere, environment, of our group resides. I am most willing to work with you in the ways that you request. This does not mean I do not follow an agenda of my own. But, I have much flexibility in my ability to work with you. Tell D that I encourage her also to explore information surrounding this Mission--the transcripts themselves, the paper you were given by Bob S. Let us enter into this with foreknowledge of the development of the Mission thus far. Have I addressed your request effectively?

J: Yes. I have another question. I went to the performance in San Francisco this weekend. I had my picture taken. It showed my aura, .i.Aura:J's;which was almost all blue, with an outline of green at the top. When it was analyzed by the person there, she said that I was at an

impasse in my life, right now. I was kind of being torn between two different paths. I can explain that one path would be pursuing getting more work and following more clients, or taking about a year off, and traveling, and pursuing a graduate degree. Do you have any comment on that?

Olfana: I will say that the green represents growth potential in you. The blue is representative of conceptual knowledge, experience, concepts which you are comfortable with. The green rises as an opening potential for change which in many ways is unmarked. You may choose your own growth. The potential is God-given; the path is yours. Consider with reflection, contemplation, and prayer, what you wish your life to be now, and in the future. Where do your values meet with concepts you hold of truth, beauty, and goodness? How can you take the energy given to you by God, and use it to best serve Him by your own growth and development? We do not always have these moments of growth in our lives--the fixed potential of real change. Recognize this as an opportunity. Take it seriously, and yet, be at peace that if your intention is to have guidance from the Father, regarding your choices, this is always available to you. Have I answered your query?

J: Yes, You have. Thank you.

Olfana: Are there other questions this evening?

Sl: I have a continuing question from last time, but I don't want to stop somebody else from asking questions. So, if it's opportunistic, I will continue. But, if someone else has a question, I will wait.

Group: Go ahead.

Sl: My question is a continuation of the question about the ascending mortals fusing with their Thought Adjusters. I believe the last time we communicated, I was asked to go back and extrapolate the data which I had done, and I've communicated with many people, and gotten their ideas also. One of the things that almost put the "icing on the cake" for me was Saturday evening when I was talking to CR when he was with his son, we were [discussing] Andon and Fonta. Just before that I expressed my concern about the ascending mortals fusing with their Thought Adjusters, and the percentage being low. Well, reading that Paper, near the end, it says that Andon and Fonta, arriving on Jerusem, did fuse with their Thought Adjusters, as did their son Son-tad. But, the other immediate family did not. They Spirit-fused--knowing that people who don't Adjuster fuse, do Spirit-fuse. I guess that was my question last time. The percentage was it 50-50, was it 90-10? What is the percentage? At the time, the question was, "was it my concern?" When I wrote this [transcript], typed it out, I kept thinking, "Well, maybe it is my concern?" At the meeting I said it was not my concern. But, then I realized, if it is my concern, I want to see if I can fuse with my Thought Adjuster, as we all do. If the percentage is low that would be more reason for mankind today to nurture their spiritualism and work towards fusing with their Thought Adjuster, since we have them now and we might not have them on the Mansion Worlds when we resurrect. I guess it's a question of validation of what my thinking is about the low percentage of fused mortals.

Olfana: Sl, I will answer this as simply as I can. Thought Adjuster fusion is a potential for all beings from this planet. Fusion is so complex a topic that you must respect the fact that I say to you, you have minimal knowledge given of this concept within The Urantia Book. I wish to encourage you to recognize that this topic is not to be defined

by evidence you find "pro or con" now, in the book. You need to realize that the impetus for fusion should not come from a sense of scarcity, a sense of lost opportunity, otherwise. This is not the motivation here. Spirit-fusion is a beautiful, dramatic culmination of a process you cannot fully understand now. Do not attempt to relegate Spirit-fusion as somehow a lesser good. This is incorrect thinking, Sl. I encourage you to "let this topic be" for now, and turn this high curiosity of yours to other matters which focus your attention upon your own increasing knowledge of God's creation and your own particular unique place within this beautiful pattern...It is important for you to understand that fusion of any type is an immense experience, that is best described as glorious! That is all I wish to say on this topic.

Sl: I understand. I do know the fact of survival in itself is rewarding. My only thought was, if the mortals of today were aware, more aware, of the fact of the potential of fusing and non-fusing, based on their growth, they might think more than once or twice about what they're actually doing, that's all. I know for sure the givens of what has to become, and I know we all want to fuse, but I think it's...it's not that easy. That's all I'm saying. If you would agree with me with that, I'll forever keep quiet.

Olfana: [laughing] I question such a promise from you, Sl.

Sl: I agree. I agree.

Olfana: I....

Sl: [smiling] I don't promise.

Olfana: [laughing] Thank you!

Sl: Enough said.

Olfana: I will say that the Father has better means of motivating our spiritual growth than the sense that one type of fusion may indeed be better than another. We do not motivate best through fear, do we?

Sl: Agreed.

Olfana: Then, I would say to you that love of the Father is the best proclamation to be made to any mortal on this planet. Love in your heart will cause your soul to ripen, and blossom, and grow. This is, indeed, all that is necessary now to truly understand. Let yourself relax with this now, please. And trust me when I say, you dabble with concepts that you are not capable of defining or distinguishing in any way correctly. Please accept this as a loving statement. I do not wish to diminish your desire to understand more of God's plan. I only say that this is a topic which is not effectively pursued as you are approaching it.

Sl: I can understand. I understand the reasons of not wanting to tell me if I am right. The repercussions. Thank you.

Olfana: Now I can present a lesson, if you choose, or we may continue on with further questions. Is there a group consensus regarding this?

J: A lesson for me.

R: A lesson would be fine with me.

Olfana: A?

A: Yes, that would be nice to have a lesson.

Sl: A lesson would be nice, but there's always questions that come into the mind, and we'll be here all night, and I agree, we can do this again.

Olfana: Yes, that is an important point to remember. We can do this again! I will now present a .i.Lesson:on heartfelt intentions;lesson on Heartfelt Intentions. How do we decide that we are drawn to a particular path, compelled to seek out information, knowledge, sometimes at great effort on our part? We search through life for those things which we

truly desire from our hearts. If you establish, as a foundation for your searching, that you will be guided by God, you have created a foundation for your growth, your experience, which will always support you well. Lightly, we reach toward some experiences saying, "If this does not turn out well, it is no great cost." Much of this type of decision-making affects our youth. There does not seem to be a great cost, a great price to be paid for many of our choices. However, as we pass through life, we discover, "Oh yes, there is a price to be paid"--sometimes a great price. Then we learn to value more carefully the choices that we make. We recognize our own limitations. We stabilize ourselves within an area of life which begins to feel comfortable, familiar, understood. The problem that can develop from this, is that we begin to cling securely to these things, and may not recognize the potential creativity that has been lost in this path. Always, if you remain open in your lives to new experiences, you will find great potential and growth coming to you time and again. From these many choices, you must decide which ones call to you with the voice of God. This is not always an easily-arrived-at decision. Contemplation of these choices involves a calculation of what price is to be paid. What will the cost be in terms of my effort, my commitment to others, my energies, my hopes. All these attributes of your decision can, indeed, come with the counsel of God. Listen in your heart. Find those thoughts which ennoble you--tell you that you will be a better person for making this choice. That is the mark of God on your decision! You can proceed through life, knowing that your heart leads you, when you feel a sense of open expectation! Trust in the benign, loving plan of God for you, and in a sense that [in] any risks taken, [you] will be protected by those beings who love you and support you on your path. Think of yourself stepping out, moving forward, with your heart as a glowing, pulsating, point of light within the many colors and patterns which charge your system. Visualize this heart center with a soft, glowing light, and realize that the energy which fuels this light is from God! This is the light which will, indeed, brighten your path, help you through the darkness of confusion, distrust, worry, or even fear. The ability of your heart to lead you into right choices is strong, powerful, capable of being a great guide for you. Hold to this image, then, as you seek to choose from the many opportunities which will, indeed, present themselves to you in your life. This is my lesson for this evening. I will remain with you longer if you choose, or we can now end this session. Do you share a sense of which choice you will make?

J: Yea, I do.

Olfana: Please speak, J.

Sl: You have a choice? Are you ending or continuing?

J: Yea, so...

Olfana: Yes.

J: I feel like I'm going to be ending my career temporarily, postponing it for about eighteen months, and then going into a study, reflection, contemplation period, with some travel wrapped in there.

Olfana: Are you seeking further input from me regarding this choice?

J: Well, I feel that I had just about made my choice, anyway. I was looking for validation, actually, and I feel I got it here, tonight.

Olfana: [smiling] Then my lesson has been well received!

J: Yes.

Olfana: This gives me much pleasure in my own heart! I choose the lessons for you with care. You have sensed, at times, that I speak directly to one or the other about their needs, their desires, their confusion. This is indeed true. But, I speak to all of you, if you will take the lesson, and say, "How does this cause me to consider myself?" "Can this information help me to know my own understanding of life better?" These lessons are ones which I studied myself. Indeed, I share with you now concepts, images, particular passages, of lessons that moved me as a beginning student on the morontia level. This is where I am allowed my own creative input to the lessons of the Melchizedeks. I appreciate the many generous comments that you have made regarding your appreciation of them. I will continue to strive to offer you lessons which will inspire you, and give you a sense of the beauty which awaits you in your eternal career. Now do you wish to end this session, or would you like further time with me?

J: I want to make one comment. This is my first time, this is my first session. Is it appropriate to thank Olfana for helping me out tonight? If so, I thank her. I thank you.

Olfana: You are understood by us, J. We recognize your strong energy and feel the warmth coming from your soul. You will do well to trust that you are watched and helped in your path to God. We welcome you in your explorations of this experience, and encourage you to pray and seek stillness as a means of discovering the Father's voice within you. I sense S's energy as beginning to tire. May I address any further issues within the group, or do you wish to close this session?

Sl: I would like Olfana to know that my questions are not to challenge you to the point that I'm testing. It's for my own knowledge of learning. I have lots of questions that are probably...attacking...which I don't mean to. Like, I would like to know now, "Where you are now?" This is my first time of asking questions of this sort, of being loose. Are you here? Are you on the mansion worlds? Where is your locale physically?

Olfana: I am here, with you in this room. My energy surrounds S's. I use her body. She trusts me and patiently sits within herself, while I speak. Her mind is still active. I hear her thoughts. But to further describe my presence would be too much to ask of S now. It is a highly emotional topic for her.

Sl: I'm a very technical person, and the communication between you and James, I'd like to know just a little bit about that, and I want to thank James for being here.

James: You're very welcome.

Olfana: James and I are teachers, differing in some of our capacities and sharing talents also. We develop our own relationships, as your own contacts grow among you. I am more aware of James, now, than I was previously. He serves B very well, and I hope that in B's model you can see the potential of your own relationship with a personal teacher. This is available to each of you if you choose it. It is not something to be taken lightly. Personal teachers require much effort. Is this not true, B?

B: Yes it's true. It is a wonderful effort though.

Olfana: Thank you. I'm sure James appreciated the compliment, too.

Sl: Are there any other teachers available, present, watching? Assuming like, if A, or R, were to eventually get a teacher, would that teacher be

here, evaluating, for the potential of being a teacher for one of the people present here?

Olfana: You are all watched at times by many different teachers. Some of these teachers are in training for their own groups. I watched other groups before I became the teacher for this group. I am not at liberty to express all the details of this. But, it is true that you are all watched at many times, in many ways. We watch you with love. We do not judge you, in the sense that you perceive judgment. You may request us to leave you, which S has, indeed, asked of me, at times. I encourage you to consider the possibility of this relationship for yourself. It is, indeed, an adventure in itself to have, as a further participant in your own growth, a guide who loves you, supports you, encourages you again to seek those heartfelt intentions in life. James?

James: Yes.

Olfana: Would you like to add a comment here?

James: In regard to being a personal teacher, it is something that many among the Teaching Mission long to do--to come to you, to be your companion, as you wish, in the moments when you are seeking the guidance necessary for your growth. We want to be a part of your spiritual path. We respect your free will in all matters. If you wish our presence with you, then a teacher will be with you. It is that easy. Requesting a personal teacher for yourselves does make particular...excuse me...It is not important for your spiritual path whether or not you select a personal teacher for yourself. This is a choice you can make, if it is comfortable for you. There is much sharing available. It is our wish to share with you our knowledge, and experience, and most of all, God's love, which is lacking in so many moments in your lives. It would be comforting to know that there is a friend present whom you can lean towards, and share intimate moments--someone who can understand your thoughts and intentions in a way that you have not experienced, and have longed for, perhaps. My experience with Benjamin is very fulfilling for me. It is the choice I have made in my journey to be a teacher, to be attached to someone who is seeking, and to offer my guidance. It is wonderful to develop this friendship which will remain intact for eternity. Do any of you have a question?

R: How does this relationship compare to our Thought Adjusters?

James: Your Thought Adjuster indwells you, and is your destiny. Teachers are fellow personalities on the same path. We are a little ahead of you, and we can help you to reach places in your journey a little easier, show you choices that you might not have considered, to help you gain growth that you desire. Your Thought Adjuster has all the guidance that you need for this journey as well, and, we would ask that you always seek the guidance of your Thought Adjuster, as we do ourselves, Consider us big brothers or sisters, as you wish, as you will. You see us, perhaps, as beyond you, or so different, because you cannot touch us or see us the way you do your companions. But we are more like you than, perhaps, you realize, and that is what you may find comforting in this relationship.

Sl: James, Are you an ascending mortal?

James: Certainly I am.

A: James, how does our relationship with the teachers from the Teaching Mission differ from our relationship with our Guardian Angels?

James: Again, there are many beings and influences which minister to you. Your Guardian Angels, who love you very dearly, who are your

constant companions, do not completely understand the path that you are on, but are there to assist you, and lift you along the spiritual path. There is much in your emotional states, in the workings of your minds, which your Guardian Angels cannot entirely comprehend. Your Angels are of a different order of being, are complimentary to your mortal state. It is an important relationship. We, as teachers, are your brothers and sisters on the same path. We are here on this Mission to bring about change in this world. This is a unique occurrence and not to be considered ordinary, that we are here. There is much to be done in this world to bring the mortals of this realm to the stages of Light and Life. And all efforts known to our Creator are being employed to bring about this change more effectively, and as soon as proper growth permits.

R: James, is it possible to actually get inside the feelings of your teacher or the other teachers, in the sense that they have emotions like we have, ourselves?

James: The communication from your side to ours, I believe, is what you are asking about. It is much easier for us to understand your feelings, and to see what you see, and to know you, then it is for you to know us. That is obvious to you. The teacher can share with you their feelings when you ask, when you open yourself, because your teacher is always wanting to share. It is for you to allow the sharing and ask for it.

Sl: Question. The Teaching Mission on our planet of Urantia is needed at this time because of the Lucifer rebellion, for sure. But, on a planet that has not gone through a rebellion, is the communication there also with the Teaching Mission, to the ascending mortals of a evolutionary planet, to the mansion worlds of other systems?

Olfana: Are you seeking an answer from James or myself?

Sl: Either. Whomever is not tired.

James: This Mission, as it is happening on this planet, is unique. But similar Missions are taking place on other worlds similar to yours, who are in need of such ministry. On normal worlds, this specific type of Mission has not occurred "per se," but there are many different kinds of ministries given to worlds. Guidance is always available for mortals in all worlds when seeking.

Sl: Thank you.

Olfana: I will add that, within the universe of Nebadon, the concept of "those, who have gone ahead, reach back and help those just behind them" is the general principle of truth which operates on all levels of ministry. This is enough information for now. I do set limits, at times, Sl. Do you understand what I say here?

Sl: Not completely, but ah...do you want to expand on that?

Olfana: Just that, if your mind is drawn to this issue, for now, we are closing the topic.

Sl: Okay.

James: Will there be further questions of James this evening?

Sl: I'm done for tonight myself, I think I've been whipped enough.

[laughing]

R: Yeah, I'm ready too. [laughing]

A: We are ready to close. [laughing]

Group: We are ready to close.

Olfana: Ah, [laughing] We have a consensus, this is good! I wish to close with a .i.Blessings; blessing. I love blessings! So let us proceed.

Father, you light our hearts.

You fill us with divine energy
which causes us to know you.
Please grant us opportunities
to share this love with others.
Help us to understand that
when we reach out in love,
we extend your presence in our lives.
Father hold us to your heart.
Keep us, tenderly, near you.
Allow your love, your light, your power
to fill our beings and strengthen us.

I close now, and hope you have safe journeys to your homes. May God's
peace flow through you, and allow you to offer this peace to others.
Goodnight.

Group: Good night.
