

RAYSON
AND
FRIENDS II

JANUARY 1ST, 1993
to
JANUARY 22ND, 1994

VOLUME II

PREFACE.

This volume is not the original composition. The original 100 copies, of Volumes I and II were created by Duane Faw, sometime after 1994. This volume has been re-created by scanning the original printed document. The original bi-column format has not been retained, because in this modern international age, we have the ability to recompose documents to different page formats and sizes, and the bi-column format does not lend itself well to that process. The font has been increased to make it easier to read on-line as a pdf document.

We have attempted to recreate this as closely as possible to the original. Readers may note that spellings are not entirely “American”, and this is the way of the original. We have added some punctuation, and corrected the small number of obvious typographical errors, and added hyphens, but with few exceptions, we have refrained from altering words, even when word usage is strange. Thus, as far as possible, we have retained the “soul” of the original. The document will find a resting place in the Teaching Mission Archives, and interested parties can download copies from that web site. The URL is <http://www.tmarchives.com/> It will also be available at www.1111publishers.com/

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Geoff Cutler, Sydney, August 2004.

FORWORD

This is the second in a series of booklets of the teachings of RAYSON and friends. It covers the period from January 1, 1993, to the completion of his “primary course” on January 22, 1994. It includes all formal lessons of RAYSON during this period. The text of the lessons, themselves, has not been edited except to remove false starts, corrections made by RAYSON, personal names of students, and messages of a personal nature to individuals. When appropriate, the name of a transmitter/receiver has been replaced by the symbol (T/R). Names of students have been replaced by the symbol (S) for student. When more than one student are asking questions on a subject, this is indicated by the symbols (S1), (S2), etc.

Within a lesson, all monologues by RAYSON are included. Questions relevant to the lesson and RAYSON's answers are included in the order in which they were raised and answered. Those of a personal nature and the answers of RAYSON are omitted. The questions themselves have been edited to focus on the question asked. The answers by RAYSON and friends have not been edited.

Like RAYSON and Friends I, this booklet is divided into three parts. Part I contains those messages concerning the Teaching Mission itself. Part II contains the lessons themselves. Part III contains prayers said at the meetings.

Also like RAYSON and Friends I, Part II is organized and arranged alphabetically by topics. This increases the usefulness of the booklet, as one may discover the teachings of RAYSON upon a particular topic without having to wade through a stack of transcripts filed by dates. The numbers after each entry under a topic indicate the date on which a message was given.

RAYSON and Friends II is prepared and distributed by the students of RAYSON.

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Scanned by Geoff Cutler,

Sydney Australia

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PART I

THE TEACHING MISSION

PURPOSE of TEACHING MISSION:

Q: What kind of cooperation is desired of us for the teaching mission to do the most good?

A: Yes. In your teaching mission, our teaching mission, the first major task is to achieve fellowship among the teaching group members themselves. As some of you have discovered this is not as easy as it may appear from the outside. Once this goal has been achieved, the next step will be to go forth - each person respectively - into your society and bring forth the same fellowship you have learned in your teaching group, following the example of Michael as much as you possibly can. Between these two chores, you will find yourself kept most busy. And this teaching mission, in its second phase particularly, will most certainly go beyond many of your lifetimes.

S: You know the problems I have with my health. Could you have the Life Carriers assess me now and see how I am doing? I am trying to follow the instructions you gave me on holistic medicine, herbs, trace minerals, and so on, and I feel much better.

R: A moment please, (S). (Pause) I am sorry to inform you that I am no longer permitted to assess health issues. This decision was high level, for a myriad of reasons. It is not personal to you. (01/21/93)

Q: Rayson, a friend of mine is just beginning to read The Urantia Book. I went to see a movie about extraterrestrial abduction of humans the other day, and she is asking me questions. To the best of my ability I tried to explain that this was not possible. But she had done some little research on the subject and maintains that there's a great deal of it going on. Is that so? Is there in fact any kind of visitation happening other than the teaching mission and the celestial students?

A: We are not allowed to comment in this area. However I would not be surprised.

Q: Are these renegades?

A: (long pause.) There are many complicated issues involved, and I am not allowed to give further information. (03/28/93)

Q: [To Teacher BERTRAND] A thought has been growing in my mind since I first became aware of this teaching mission that the teaching groups serve a number of purposes, including protected practice areas where each of us can develop whatever skills are relevant to our personal missions. For example, healing skills, transmitting/receiving skills, and will also help us to accelerate our own spiritual growth. My sense is that, as the teaching mission progresses, people who have reached a certain stage of ripeness or maturation with respect to their participation in a teaching group will kind of graduate to start to serve their mission in the world at large, whatever that may be.

A: [BERTRAND] that is true. The teaching mission is designed to prepare students for their missions. Once they have reached a certain level of preparedness they will be coaxed out of the nest and with loving care and guidance of their Thought Adjuster and their personal teacher strike forth into the world bearing the banner of Michael in whatever way has been determined. This is, indeed, a practice ground for your future assignment. In our class we have been studying many different levels of service, of recognizing truth seekers, of spreading the love of God. The same has occurred here. And eventually you will go forth secure in the knowledge that you have the skills necessary to undertake the assignment you have been given.

On the teaching worlds, the Melchizedek teaching worlds, you are given assignments and you are given full knowledge and full help to complete that assignment. The same occurs here. This is a Melchizedek teaching mission. You are given an assignment and you will be given all the tools necessary to complete that assignment. You are beginning the morontia lessons now.

Q: Additionally, as we progress with this, I have an increasingly strong sense that each of us has received clear statement of our mission at the time of the endowment of our Thought Adjuster, and that statement is finally seen by us when we reach a stage of ripeness or spiritual maturity such as we achieve in this teaching mission.

A: At the time the Thought Adjuster chooses you, he is given - as you have read - a projection of your life mission. Once you become aware of the presence of God within you, it then becomes your task - through the practice of the stillness - to discover what that mission is. You are correct.

R: If there are no other comments or questions, then I do have one final statement regarding the nature of the channeling that is and has occurred, is occurring. These lessons are not intended to be a reiteration of Urantia Book statements, nor are they intended to be a grilling opportunity for the one who has offered to channel. This is not an oral examination of the entity, nor of the human. Rather, the lessons are an expression of the understanding of spiritual principles by the entity as transmitted through the human channel with the understanding that the human channel attaches to these principles. It is impossible to avoid a flavoring that is added by the intellect and beliefs of the channel or transmitter/receiver. But it is not in the interests of the teaching mission to split hairs over such biases unless the group finds them so pervasive that they interfere with the material of the lesson, in which case a different channel should be sought. If this is your sense with respect to the present channel, then please take the appropriate action.

S: Rayson, every time I come here I leave with two things. I'm coming from a point of not being able to fit in here because as you know my background with the Urantia Book is very rudimentary at this point. However, there are two things that stand out for me. I always get something validated, either a belief system or a slight idea that's beginning to grow, and it always happens that you confirm that. And that's a great feeling. And the second thing that I always get is like a new jumping off point in terms of concept. It's like a giant - you talk about the stairs - but for me they're like big blocks, and every time I come here, I come away with a feeling of having jumped higher to a bigger block. And I take that away and am able to use it, and my sense of it is that if that's what I go away with then the mission has been accomplished for that one meeting. Is that accurate?

A: If those are your feelings, then yes, it is accurate.

S: Rayson, I want to thank you again and again, and I really enjoy the relationship you have with (T/R). It's wonderful, and I think everyone in the room should comment on this statement.

S2: Definitely, I would like to right away. I agree that splitting hairs can certainly get in the way of the objective of the mission. But I would also say that for me personally today the conversation ended up making me understand the lesson even better. But I am certainly concerned that it might undermine the confidence of the T/R or channel. I hope that it has not, because I believe the spirit of the questioning is always in the interest of understanding the ideas that you are trying to communicate to us. For me, at least on this occasion, it really did have the benefit of helping me to really understand the lesson even better.

S3: Yes, I'd like to echo that, and I understand, being a TR myself that sometimes something that someone says could hurt the feelings of the T/R who - even though as hard as he or she might try to stay out of the way - can't help hear - some of the words. My intent is not to split hairs but I have that kind of a mind that when something is not clear, I like to have it clarified or I like to clarify it myself. And any ensuing discussion which is brought about because of that, I feel, is good. It has been my understanding that the teachers welcome sincere discussion because that is what causes good relationships among peoples and beings. That was my intent, and I hope that you are not discouraging any of this in the future.

I'd like (T/R) to become aware that I hold her with utmost respect and admiration for doing this, and that I really hope that she is not hurt in any way from any comments that I might make.

S4: I think it's very important - I am particularly bad at this and continue to try to learn to do this better - it's very, very important to learn to phrase a question or a comment so that it is completely non-confrontive. And maybe you have to think about it for a long time before you come up with just the right wording, but it's all important in my mind.

S5: Rayson, I never thought of changing TR's. I feel so comfortable with (T/R) and you and the relationship you have. I really enjoyed the discussion, though I guess at the time it seemed a little confrontational. The results seem to have been beneficial, and I hope that both you and (T/R) are alright with that.

R: In answer to all of your comments, I offer this. It is not only the biases of the channel that may make a particular lesson or concept seem at variance with what you read in Urantia book, it is also the bias of the teacher. Not every teacher, including myself, sees particular items exactly as they are presented in your book, and you have all experienced this through this channel and other channels, if you recall. It is not my job as a teacher to this group to reiterate the book. That was already done quite well by many others, most of whom are at a much higher rank than I hold in the grand scheme. Rather, it is my job to try to present concepts at the human level through a human's brain and a human's mouth and respond to discussion. And that does seem to be happening adequately with the channels that exist, and the ones who are being prepared.

This is not meant to be a legalistic exercise in theology, and it is important that you all understand that. There are other avenues that can be pursued if you wish to have legalistic discussions in theology. They are not in place yet, but will be offered in future. I am certainly not a perfect authority on the matters of the universe. I only offer my own vantage point.

S: Rayson, you are well-suited for this group and we do love you.

S2: Yes, indeed and we do appreciate and get inspiration and motivation from your lessons. They are wonderful, and I'm glad it's not a reiteration of the Urantia book. We have eyes to read with.

S3: I just marvel at how adept you are, Rayson, at coordinating different parts of the Urantia book which are not connected in the book itself. For example, the concept of worship is completely different from the art of living which is given in the Rodan papers, and I was marveling, during the course of the morning, how well you were doing with the different concepts in the Urantia book and in the Rodan papers. I congratulate you.

R: You must remember, my friends, that I too was a mortal being once, and not only do I have my own biases as a mortal being, but I have my biases from my existence beyond that life and I am not of the level of those who transmitted the papers.

S: We understand that. We sure do appreciate it.

R: Some of the mistakes are mine rather than the channel.

S: And let us not forget that without this group Rayson would not have a chance to learn and grow as well, which I think is part of this process, yes?

R: True.

S: Rayson, I really thank you too for the fact that you continue to use the Urantia book teachings with which we are familiar as a groundwork for your lessons. Without that framework, which a lot of people don't have handy, you bring it in a very personal way, very understandable, coordinating the thoughts and concepts of the book usually in different ways that make it more and more applicable to our daily lives and to the mission. And for that I really really appreciate what you're doing every day.

R: Thank you. This group will in the not too distant future receive a channel who has almost no knowledge of the Urantia book and so this issue of adhering perfectly to the book with respect to details will be even more confounded than it presently is with this channel. If that is not acceptable to some of you, you may wish to excuse yourselves when said channel starts to transmit because it may be very annoying to receive teachings that do not directly link to the Urantia book as you have become accustomed to. This is something for you to ponder on and discuss among yourselves.

The advantage of such a channel is that there will be a completely different vantage point with respect to a number of issues that will be presented. The disadvantages I have already stated. But remember, my friends, that your mission is ultimately not to remain an exclusive group, but rather to take these teachings out to the great mass of people and spread them in the only way that they can be spread that will really persist through your behavior, through your actions. I must now leave. I bid you farewell. (08/28/93)

PROGRESS in TEACHING MISSION

R: The director's of this teaching mission are most pleased. The benefits of the lessons go far beyond the individual participants - far, far beyond. You are all growing very much spiritually and are working hard. You are to be commended for your efforts as well as for your courage in going out among your fellows and serving. Thank you. Farewell. (02/14/93)

Q: Is it correct to say that, since the adjudication of the rebellion has been completed, there are no mischievous beings who would deliberately mislead our transmitter/receivers?

A: That is correct. Yes. (04/25/93)

R: If I spent years on the fundamentals, you could be seriously retarded in your own growth.

S: That makes sense.

R: Even in the lessons, as you have probably noticed, there has been a definite increase in complexity over the months.

S: Yes. I've noticed that.

R: Like the proverbial carrot before the nose of the donkey, we try to keep you moving forward at a steady pace.

S: Do you feel that you are succeeding?

R: What do you think?

S: I hope so. It feels like it.

R: Yes, we have all of the indicators to show that the mission is doing well. (12/18/93)

ACQUIRING & TRAINING GROUP TEACHERS

S: (A reader/believer) telephoned me some weeks ago asking how to get a teacher. He has a group meeting at ... and they want a teacher. I told him they should get their group together and read the sermon on "counting the cost," and if, after reading it, they still wanted a teacher to let me know, and I would pass their request through Rayson to Prince Melchizedek. They have done so, and I want to do that now. I would like to pass on their request for a teacher.

R: I will do so.

Q: He said that (a member of his group) had a feeling that some entity was trying to contact her. She thought she might be losing her mind. Is this individual a recipient of a teacher who is trying to get through, or is this her own imagination?

A: One moment. It is both (chuckling). She will unbalance for a while, but the contact is real. You must understand that many individuals are contacted and then found not sufficient. So there will often be experiences which are indeed real, but do not bear fruit for many reasons. But she should try to stay centered and balanced, and not try to fixate on her sanity, and let it happen - which is, I understand - almost impossible for the human mind to achieve. But a clear pond reflects images back truthfully. A pond with a rock thrown into it ripples and distorts. She should keep the image of a clear pond when contact is attempted and try not to throw a rock in the water.

Q: He said the word “Ramon” was felt over and over again by one of the people in his group. Could this possibly be Rayson?

A: I have not contacted that group.

Q: He asks: “Does the name Hash-hem refer to a teacher?”

A: That is correct. (Is it?) Yes. (01/21/93)

Q: (S) of (Mission Group), who we were talking about the other day when you communicated a request for a teacher for his study group, called to thank you for passing his request on to Melchizedek. He said that shortly thereafter at least two people in his group began to feel that they were being contacted. He said that (S) thought she was being contacted, (S2) thought that she was being contacted, by teachers. (S) thinks that the teacher might be named “Racine.” Do you have any comments?

A: One moment. Yes, they are in contact and need to work with the teachers. It would be useful for them to gather information from other groups - including tapes and transcripts - toward this end. We realize now that this teaching mission will meet certain road blocks we had not quite expected, such as the occasional rejection of a teacher by mortal beings - either by the transmitter himself or herself, or by others. We had hoped that this would not be, however, we shall wait and see how this new situation develops.

Q: He asks whether or not Hilson, or Loryana, or both, are personal teachers?

A: They are both teachers, but both may not remain. That depends on the humans involved...

Q: You have heard our discussions of the transmissions of (S) as a T/R and his present teacher, Aneena. Do you have any comments that you would like to make concerning this matter?

A: Yes. Michael's sojourn on Urantia was intended, among other things, to serve as a model of behavior. He was the one and only human born of woman who ever so graciously expressed His spiritual virtues despite the strong draw of the animal. We all do well to remind ourselves, myself included, of how Michael would approach a given situation, striving always to express His actions with love, goodness, truth and beauty at the forefront.

Throughout your ascension career, of course there will be conflicts among personalities. This is unavoidable. However, there are so many ways of acting given a particular situation or conflict, which way shall you choose? The animal way? Or the spiritual. That is my advice.

As far as the question of the new teacher, the teacher came by invitation and is a genuine teacher. (S) has worked hard. More than that I cannot say at this time. (01/31/93)

Q: We thank you for being our teacher. When we were in Woods Cross we were told that Ham was sort of an organizer of the teachers, or a leader of the teaching group. Is that still what he is doing? Or is there a new person doing that position?

A: One moment. Ham is still very much a participant in the mission. Those of us who have direct contact with Urantia mortals through the transmitter/receivers are only a fraction of the total participants and some teachers will appear and then contact will be lost for varying periods of time due to a number of circumstances, including emergency missions elsewhere, calls to universe headquarters and other matters which we are not permitted to discuss. The mission is in certain respects taking form even as it occurs. That is part of the reason that there has been a degree of variability.

However, Ham will reappear, possibly in this very group, if there is a receptive transmitter/receiver. The match between teacher and mortal is not always easy. Not only must the mortal be highly desirous of serving but there must also be a capability on the part of the mortal to receive physical energy forms without incurring bodily damage or emotional damage. Therefore it is difficult to predict where a given teacher, for example Ham, may next appear. That is the best answer I can give you at present.

Q: It sounded from what you were saying as though this mission were on other planets as well. Would it be likely that it's on all of the planets not in Light and Life?

A: Moment. I am not permitted to reveal the facts but basically you are correct. Are there other comments?

Q: How do the teachers get to this planet? Do they come by Seraphic transport?

A: Sometimes. Other times the transmission is done from beyond Urantia.

Q: In other words, you can be somewhere else and actually communicate through a T/R on Urantia, is that correct?

A: Yes. Generally we try to be in close proximity and there are generally observers present as well.

Q: I understand you were on Urantia and standing very close to Mary for a long time. Are you still close to Mary?

A: Yes, at her behest. But then I am close to all of you. Can you not feel it? (Yes.)

Q: Was that you who visited me last week, or somebody else?

A: I was with you

Q: I hear, Rayson, that you have been visiting other groups in the area. They are all sending back very good reports of the work that you are doing there. I want to say thank you. I feel that you must be a leader of teachers if you are able to do that. Of course it might be that we're not keeping you too busy here, but I just wanted you to know that you are loved and appreciated by other groups than this one.

A: Thank you, (S). It is an honor, as always, to be here. I would not characterize myself as a leader of teachers, but rather as a willing and grateful participant in an exciting and challenging mission for our Father.

S: You seem to have talents that are useful and need to be applied in other areas. (Thank you.)
(02/21/93)

Q: We spoke last week of my ability and willingness to be a T/R and I would like to reiterate that. And if the process could be stepped up it might be useful so that the position of T/R could be shared so (T/R) could sit on the side as well. I just wanted to let you know that I am willing. I know you talked about fear, but fear is only until one does it. If you let the other side know I am ready, and if you think useful. Should I meet with you alone? If (T/R) is willing? Will I get what I need here?

A: Yes, my daughter. There are a number of ways that you can approach this. Most have found it useful to embark upon a series of practice sessions with a trusted friend, during which time in the safety of one's home or elsewhere you can achieve the stillness and practice contact with the teacher. That may well be the best course to follow for it has yielded much success in other situations.

Q: Rayson, would you be willing to practice with (T/R trainee) sometimes?

A: Yes, of course, at her request. Certainly.

T/R trainee: I request it now. I feel you I think. I'm going through kind of a lonely time, but I feel you, and thank you for being there.

R: You are welcome. Each of the teachers is given special dispensation to spend extra time with the students of the teaching group, so your perception is most likely correct.

T/R trainee: Today, I was walking my dog and all of a sudden out of the creek bed rose this wonderful, wonderful heron. And in that moment I felt specially blessed by the Father's gift. At those kinds of moments I feel very - just aware of everything He has created and consider that a special blessing.

R: Yes, that is the right way. You are doing very well. (05/22/93)

Q: (T/R trainee) [Long commentary on her progress as a potential T/R. It ends by:] Is there anything else that I can do to facilitate? I've spoken with (another T/R) and gotten some background - but I know they are there and I am here. How do we come together?

A: Often our very desire to serve is the obstacle to the completion. Use relaxation techniques to quiet your desire, which is sincere but is getting in the way of receptivity, for it keeps you in the realm of the human ego and want, and it therefore becomes harder to make a connection. Relaxation techniques do not have to, necessarily, be metaphysical. It could be something as simple as a warm bath or a television show which relaxes you. Try to make your mind as a, clear pond so you will see the reflection more clearly. It will take time. And perhaps it will not always be totally connected, and it is just a matter of practicing

S: When there is a new person who is desirous of receiving a teacher, I'm wondering if that is something that Melchizedek or Ham do? They choose the teacher? Or can a person say "well I want (??) this teacher ..

(End of side A of tape. Side B continues:)]

A: Brother Ham is the person, being, who assigns teachers to humans. However, much scouting has occurred with permission from Ham and Melchizedek for teachers to make connections or try out humans to expedite the teaching mission. They are more compatible, mindally, between individuals, teachers and humans, so the teaching staff has been allowed to have a trial with certain humans. But the

assignment officially comes from brother Ham, although requests, of course, by humans are acknowledged and given priority. (05/29/93)

R: The substance of these lessons has been designed such that the important elements shall be repeated many times so that those who may be absent from a given session will not miss the teaching. But thank you for your consideration. And as far as the teachers, if anything there will be more teachers as the mission continues its progress and growth. As the first group of students goes forth as individuals and others are touched there will be greater numbers of persons requesting teachers. We are ready for the call. (06/19/93)

My question pertains to a letter we got this week from a group, and I think it's in Delaware, that they ask us to write and give them encouragement because they have private teachers but apparently they do not have yet a T/R. I was wondering whether there was, other than encouraging them and giving them some of the experiences of our group, whether there was any message for them.

A: The message is to be willing to allow one of their members to serve as the human conduit without resentment or jealousy, for it is most difficult for a transmitter receiver to emerge when there is the natural mortal vying for position of leader. It is important to understand that your transmitter receiver is in no way the leader of your group but is merely one who has offered to participate as a conduit, not the surgeon or even the assistant, but merely the one who hands the instrument. This may be helpful to the group of which you speak. (Thank you)

And remember, my friends, that while Melchizedek oversees this teaching mission, and indeed the whole correcting time, he is a busy, busy administrator, and like all administrators delegates very, very much to those beneath him, so to speak, including yourselves. There is as much work for you to do, each of you as an individual, as you are willing to do. (01/22/94)

ACQUIRING & TRAINING OF PERSONAL TEACHERS

Q: Teacher Bertrand, I have intermittently served as a transmitter/receiver for Rayson for some period now. Since near the time I began to serve in that function I've had a sense that I would get a separate teacher with a name something like Quin-ton. Now I sense that the time is very close, indeed, and that I may serve as T/R for both Rayson and Quin-ton. Do you have any comment?

A: [by Bertrand] You are correct in your understanding of your personal teacher. Personal teachers are generally specifically assigned to an individual and are not subject to group transmitted missions. Those are usually a part of the assigned teachers to teaching classes, such as Rayson and myself. Your personal teacher is assigned as a helper for you when your assignment has been given. They are your assistant, and generally will not require verbalization to others.

It may occur from time to time that a personal teacher may indeed have something to say, but in most cases will be private. (05/12/93)

Q: Rayson, yesterday I received a list of over 200 ascendent mortals and other personalities that had made contact with human beings on this teaching mission. Could you comment on the accuracy of that, and whether or not that is only a small portion of the number of personalities involved.

A: That is only a very small portion! There have been many more contacts. However, many of these the human does not recognize as such, or discounts as imagination.

Q: What do you mean to say, that a person can be contacted without knowing it as such?

A: Yes. A person's mind cannot be used for transmission without free will consent by the humans, but there are many contacts between celestial beings and humans that occur daily. In many cases the humans disbelieve it.

Q: [Question too soft to be understood on tape.]

A: We do not teach the transmitter/receivers individually per se, although they do have access to more range of meaning than they are capable of expressing in words.

Q: Rayson, I've recently been thinking that, like you said, there have been many contacts between celestial beings and humans for a long time, happening daily - maybe even hourly. Since the advent of the Melchizedek teaching mission, people have used it as a context in which to base their thoughts of what the origin of these contacts may be. Maybe this shouldn't necessarily be the case. Maybe we should just open our minds to the possibility that its not a Melchizedek teaching mission teacher, but maybe an angel or Melchizedek, himself, or some other being, on a separate mission. It is not necessarily good to lock ourselves into that one mode.

A: Yes, of course, (S), for you are the recipient of all spiritual gifts on Urantia, and I have informed our group that there is at least one additional mission which is happening on Urantia concurrent with this one. And also that you have your helpers - Angels, Midwayers, Spirit of Truth, and Adjuster, and many other celestial guides - which constantly try to make an impression upon the human mind. So to narrow your interpretation to just this teaching mission would be to make invisible many other valid spiritual contexts which occur all the time. (05/29/93

Q: Rayson, I have a personal question. Some of the evenings when I'm alone and trying to make contact or trying to reach the stillness the feeling in the top of my head is like steel brushes going around. Last night it came in from the top and was far more intense than I have ever felt before but no voices, and I can't make any sense out of it. Are the celestial beings trying to adjust my mind to receive messages or are they trying to adjust me for healing purposes or just what's going on?

A: The celestial beings have always been there. It is your will that is adjusting. If you would like to transmit, you may certainly do so at any time. Perhaps you would find it easier to transmit in written form by using a writing tool or a keyboard. Some find that transmission occurs most easily by drawing pictographs. This is indeed an effective way of conveying a message, when one has the necessary talent. Also, transmission can be done by transducing the signal into simple or complex behavioral terms. That it, receiving signal and then modifying one's behavior with subsequent human contacts. Does this answer? (S: Yes.) (09/25/93)

R: Before we start our lesson today, I'm going to give you a bit of instruction on transmission for those who wish to participate as transmitters. I know that many of you here have wished to do this, and have earnestly striven toward this end. That is good.

It may be that for some of you at least, the final block is a matter of relinquishing complete and total control of your conscious mind to outside influence. This is not an easy matter for Urantia mortals. It engenders fear, and with good reason. Therefore it is of utmost importance, if you truly wish to do this thing that you call upon your faith and your trust in Father and His servants.

Consider that your function as a transmitter is along the line of service. You will not be harmed in any way, nor will you be exalted, but you will help the cause of this mission on Urantia by your participation. You will not be weakened, certainly. If anything, by allowing higher mind to mingle with your own, you will be the stronger in your dealings with your fellow Urantia mortals. Now we will move on to our formal lesson for today. (See Lesson on GOODNESS)

S: Thank you so much for the sense I've had quite a bit recently, of your presence and the comfort that gives me even though I'm not talking to you.

R: You are most welcome, my dear. Have you sensed the upstepping of the energy that we discussed a few weeks ago?

S: Well, I haven't been as faithful in my working on this as I had hoped to be. I've been doing some earthly things, but I do feel more in tune and more comforted.

R: Good, very good.

Q: Rayson, you were expressing some regrets at your inability to communicate when the tape ended, and although I certainly don't agree with you, I think you ought to pick up there.

A: Well, as you know, I am an ascendant being as you are, and my understanding of spiritual matters and mota is far from complete so I am learning as we go, as you are. I welcome your comments and questions. They always help me to progress along these lines.

Q: Concerning the preliminary matter that you discussed, the matter of those who desire to become transmitter receivers, is there any correlation between the physical ability of the brain and the ability of the teacher to reach the mind?

A: Well, in a sense, yes, but where there is a decreased physical ability on the part of the brain that can be overridden by faith and earnest desire to participate, if those two are present in sufficient amount. (Thank you.)

Q: Are there any, are there certain individuals in the room that would be able to do this?

A: You are all capable. The easiest route for each may vary, however. Some may find it easier to transmit directly from body to body and may channel spirit energy through direct personal healing. Others will find that verbalization is easiest. Others will find that artistic expression in song or in graphic display is best. Still others will find that the written word is most easily available for this means. Think of all the modes of expression that are available to mankind. Any one of them can be used as a medium of expression of spirit-channelled message. It does boggle the mind, does it not?

S: Wonderful answer, Rayson. Thank you. It really was expanding. I speak for myself, but I had more or less thought of transmitting as being more in a verbal one-on-one with you and another person. And thank you for that answer.

S2: Rayson, I request that you communicate - I know we can do it directly - but communicate to the Planetary Prince our appreciation and thanks for His allowing you to come here and talk with us on various occasions. We are extremely blessed by this particular phenomenon, and we would like for Him to know that we all appreciate it and we love you.

R: You are much loved in return, and the message is sent. You see, my friends, goodness is part of worship. Are there other comments? If not, then I shall bid you farewell. (10/09/93)

S: Pursuant to your advice to see a neurologist I saw one yesterday. I went over and had an MRI, a brain scan. I took the negatives to Dr. A_ head of the neurosurgery department, and he examined them closely. I also took them later on to the duty neurologist in the neurology department, and he examined them closely. They could find no evidence of any aberrations, tumors or anything like that except the scar from the original tumor that was removed. They were very pleased with what they saw.

R: That is wonderful news. So now you probably are curious about possible spirit involvement causing the phenomena that you have described.

(S: Yes.) Yes, that is quite possible. Remember that communication with higher mind can occur in any conceivable fashion, verbal, visual, auditory, and so on. Have you discerned any particular patterns?

S: Well, it comes and goes, but the thing I talked to you about occurred during my meditations at night. During the daylight I - and this is what I saw the neurologist about - I was conscious of changes in intensity of light. It was as if you were sitting in a dark room with the TV facing the other direction, and the light intensity would go up and down, up and down, up and down. I was at various parts of the house when this phenomenon occurred on several occasions. Earlier this week during my morning shower it happened repeatedly. I was able to consciously study what it was. It was a change in light intensity from bright lights at daylight to the red shift of light bulbs. When it was appearing and disappearing, it was as if it were a light flashing on and off. That was what I talked to the doctors about.

R: Do you have the sense of message?

S: No, that's what I'm worried about. I don't get it.

R: Nothing comes into your mind. There are no dreams. You do not feel impelled to write anything down or transpose with your keyboard?

S: Well, I feel impelled to record the message that said "I'm fine."

R: Did your physician offer any electrical readings of your brain?

S: No, he did not.

R: You may wish to have this checked to be absolutely sure this is not a seizure phenomenon.

S: OK. Thank you.

R: Such a phenomenon can indeed occur in the absence of discernible brain pathology. It may be that your capacity to perceive spirit presence is being developed for reasons that are not clear to you or to me. Do you sense this?

S: I thought it might be the case, yes. Although I don't know to what purpose I would, see spirit personalities. I don't need to see them in order to know that they're real.

R: You have done any formal transmission? (S: No, no.) Have you attempted to write?

S: In the sense that I sit down with my computer and try to get inspiration about something, I've tried and it usually ends up in a letter to someone.

R: Are the letters spirit lead?

S: Well, I think they are, yes.

R: Are they to particular individuals? (S: Yes.) Would you like to attempt this sort of transmission now? Perhaps the time has come. I will work with you, if you wish.

S: I'm not sure it would worth your time. I do feel that - just as I have felt for the last two or three years - there's celestial guidance in my letters because I'm so un-(Student) in them. I used to feel proud of being able to write letters that would make people angry. And now I write letters that are peaceful, kind. I really appreciate the offer, but I don't think your presence is necessary for me to continue along these veins. I'm sorry.

R: As you wish. It could be very interesting for you someday to try this.

S: Yes, someday it could be very interesting, yes. I think I'm planning this afternoon to write a letter to an individual who sent me a very long letter pertaining to Gabriel of Sedona and his belief in the validity that he is the only representative of Melchizedek and Jesus on this planet. I have been thinking about the form in which this should be put, and I want it to be put in loving form, but I think I know what I want to say and it probably is because of spirit guidance.

R: There is probably a mortal who once was a man of high political rank as yourself who has taken you on as a student and is helping you in this form.

S: Well, I certainly do appreciate it, and I need all the help I can get.

R: I advise you since you ask regarding your light visions to attempt two things. One is if you have any drawing materials with color to attempt to draw them on paper or with paint. This will be difficult at first, but if you practice you should be able to achieve a close rendering of what you perceive. The second thing you may wish to try is when another such sighting occurs to sit with paper or keyboard and start writing whatever comes into your mind. You may put it in the form of a letter or simply write freely and see what happens. You may be very pleasantly surprised because there is a strong likelihood that you are being contacted by your own personal teacher.

S: Well, he or she certainly got my attention. I certainly want one.

R: Yes. So, you may try those two things. You are certainly very capable of transmission, although I sense you are reluctant.

S: I don't think I'm reluctant, but I don't know. I've always had a hard time letting someone else have control over my mind. Subconsciously that may be it.

R: Is there not as much control in dancing with another as there is in conducting yourself alone?

S: Did you say dancing?

R: Yes.

S2: You'd probably lead, (S).

S: Yes, that has always been the case.

R: You are very capable at dialogue, and the transmission is far more of a dialogue than it is a mind takeover. Certainly your own mind is always free to interject, comment, or even withdraw at all times during the transmission.

S: So it's just your voice box that you're surrendering, so to speak. (R: Yes.) Would that be accurate? (R: Yes.) Almost like a translator. If we had someone in the room from Peru and someone who knew how to translate for that person, that translator would be in the position of temporarily not voicing their own thoughts and opinions but voicing the opinions and thoughts of that Peruvian person.

R: Yes, very much like that.

S: Well, I certainly hope that I get a spiritual teacher.

R: Do not fear that you will not transmit the message perfectly. We do not seek perfect message transmission. It is the human translation of idea that is so critical to our particular mission, and actually by inserting your own imperfect style you help this mission be conveyed to yet more Urantia mortals. Do you understand that.

S: I think I understand that, yes.

R: There are many, many mortals on this planet who understand the form that your mind gives ideas and accept that form far more readily than they would accept the same message through another being.

S: I understand that.

R: You have lived life. You have experienced history, and your behavior is marked by constraint and judgment. And these things come through in ways that are subtle but definite in your own expression. This will be appreciated by those who read your particular transmissions, and there are very few who have your particular background who are actually transmitting now.

S: Thank you.

R: You are welcome.

S: I did want to tell you that your, the book of your teachings entitled Rayson and Friends prior to 1993, in other words for '91 and '92, the original last night was off the press, and it's now ready to be duplicated. And I will soon have copies of it for distribution.

R: Thank you. That will do much good.

S: I'm excited about it.

S2: I think it will, too.

S: Thank you for the lessons. They're just wonderful.

R: Yes, they have gone well. I appreciate your gratitude, and I remind you, my friends, that while considering becoming a transmitter may seem a little overwhelming to you, remember that it gives you a unique opportunity for spiritual creativity that very few Urantia mortals have ever experienced. Is that not marvellous?

S: That's why I'm so amazed at this whole thing.

S: Very intriguing.

S: Yes, I've lived an extremely exciting time and age, been given extremely exciting opportunities.

R: Anyone can be a court reporter, but who can be the attorney in charge?

S: Thank you for being with us today. I've run out of questions.

R: Well, let me remind you that once you become a transmitter, which you will surely do, your present belief about control will alter in the following fashion. You will believe that the one who lacks control is the listener in the group rather than the transmitter.

S: Thank you for that insight.

R: And I will remind you when that occurs. Never fear. (S: Thank you.) I bid you farewell.
(10/23/93)

S: Rayson, for a while during the past week I had a sensation of, I think the presence of celestial beings which gave me great joy. I thought it might be you. Could you confirm whether I sensed properly the presence of celestial beings, and if so whether they were you?

R: Yes, I have been with you very much these last many weeks, and I am, in fact, prepared to transmit through you when you are ready to channel.

S: Thank you. I have been looking forward to that.

R: Perhaps you would care to start practicing. (S: Thank you.) But are you comfortable having your entire being penetrated by another personality?

S: I think I'm getting comfortable. I have been pretty independent all of my life.

R: Have you not been subjected to x-rays? (S: Oh, yes.) Perhaps if you think of it in that vein, yet without any damage accruing to yourselves, it would be helpful - rather than resorting to sexual connotations. Yes or lying in the sun and receiving its radiance.

S: I think that's the way I felt.

R: Yes, we have been practicing with the permission of your Thought Adjuster, for you have indicated your readiness.

S: Thank you. I will practice with (S2) then.

R: Yes. We have also been working with (S2), and she has also expressed her willingness.

S: Would it be helpful if we practiced together and if whoever was trying to transmit were asked questions by the other one?

R: Yes, certainly.

R: Yes, and you are very much loved, my dear friends. Do you understand better now the nature of material life and that which is beyond it?

S: Yes, I understand why we're having to undergo imperfections. It's a mixed blessing, the imperfections.

R: That which even a Lanonendek Son cannot access has been freely and lovingly given to you for all eternity.

S: That makes us special. Even though we're behind. And we know a million years from now we're still not going to know it all.

S2: But who cares?

S: We'll be still in school, so to speak.

S2: We still have plenty of time.

R: Would you rather be a seraphim, frozen in your potentials?

S: Goodness no, this is exciting.

S: I'd rather be a son of God.

R: With no beginning and no end.

S: Yes, because I get my "no beginning" from my Thought Adjuster when I fuse with him, her, or it. (12/04/93)

HOW THE LESSONS ARE PREPARED

S: Does Prince Melchizedek still write the lessons, basic lessons?

R: Yes. We have certain guidelines established and goals to be met. We are given a certain amount of leeway in deciding how to proceed toward our goals. That is why you encounter much repetition and why there is variation from group to group. But you should be able to discern a thread of commonality that binds all. Is that so?

S: Yes, yes. I've been amazed at your consistency. Ordinarily when an individual or group of individuals speak about various subjects there are occasional, in fact I would say many, conflicts. And the views you give, the views other teachers give, although there are minor conflicts from time to time and place to place, there's tremendous consistency within each teaching.

R: Yes, it is interesting that you asked about patience, because it is an exercise in patience for the teacher to participate in this mission. It is delightful to be privileged to serve in this fashion, and I feel I have benefitted much in my own personal growth.

S: Thank you for telling us that.

S: Also, along those lines, Milcah has been tremendously patient with us, and particularly since she shows up and has only two of your students there. I know that the rest of them have what I consider to be legitimate excuses. They obviously consider them to be legitimate excuses. But I have a hard time putting myself in their positions and seeing how I would miss any of these sessions unless I were physically out of town. I enjoy them very much. (S2: Yes.)

R: You are most welcome. Even one member present merits continuation of the lessons.

S: Thank you, Rayson. That's very gracious

S: Yes, and very, very consoling, since I had thought perhaps that the other side might think that two people showing up might not be worth the energy for a lesson.

S: Oh, but people do benefit later as well with the transcripts and the tapes. The lesson doesn't end here.

R: Yes, you have both been most diligent and patient yourselves in spreading the word from these lessons, and I thank you both on my own behalf and on the behalf of those who also participate in this mission. Your efforts are greatly appreciated and much good has come of this already. Believe me, much good.

S: Do I sense the presence of Prince Melchizedek?

R: There are high officials who come to our lessons, but because of the, I do not wish to turn these lessons into a sensation seekers haven. I will defer in answering your question at this time.

S: I was not seeking sensations except to confirm my own feelings of celestial presence.

R: Certainly Melchizedek.

S: And you have answered that enough for my satisfaction.

R: Melchizedek is aware of all the proceedings of each lesson with each group and does drop in on occasion to observe.

S: Thank you. (10/23/93)

HOW TEACHERS SEE & HEAR

S: I have been curious for some time about how you are able to perceive of individuals in your class. I know you don't have eyes and I wonder how you sense the individuals that are around the room? If you don't care to tell me, it's all right.

R: Well, of course, I intertwine my presence with the mind of the transmitter/receiver, and so I have that cue. But, in addition, during these lessons there are others like myself who participate, and they post themselves among the human participants and signal to me with respect to their positions. This is very helpful to me and allows me to concentrate on the lesson, while still receiving feedback regarding its acceptance among each member of the group, or the members of the group. (10/23/93)

S: Rayson, now that we're getting up close and personal, we were discussing you the other day, very fondly, by the way, and we were wondering can you see us in a physical form? Can you see only our spiritual essence? How do you perceive us?

R: I cannot see you as you see one another, it is true. I do have a certain capacity to perceive your spirit light which is less than I will have in 20,000 years, but more than I had 20,000 years ago. I have a sense of your appearance based upon the time I spend with you personally and reflections that I receive from others who are about you when I am present. This probably gives me a far more comprehensive idea of who you are than I would get if I were another mortal being.

S: Rayson, we see each other by light reflected into our eyeballs being changed into electrical impulses going to our brain. I understand that you probably don't have any eyeballs; therefore you cannot see reflected light. You can only see reflections of our spiritual component, or the absence of it. Is that somewhat correct?

R: Yes. I cannot perceive that as well as a perfectly created being, however, and so I am somewhat guided by their promptings.

S: Also, I would assume that you don't have any ears, so you can only comprehend what we're thinking. If we misstate a few words in asking questions, I notice that many, many times you've answered the question we were trying to ask rather than the question we did ask. Is this because you have a greater ability in this area that we call hearing?

R: Well, because your verbal communication has spiritual content and my perceptual array is geared to spirit frequencies, I am able to hear you, so to speak. It is not hearing as you understand it to be, or as I experienced it when I myself was a material being. When you pray, you send a complete spirit message

to Paradise that is heard by all along the way by those who have spirit perception. When you speak, what I hear is something that may be called a prayer fragment. Does that make sense to you? (S: Yes.)

I hear the spirit content of your utterance. I cannot very well discern intellectual or emotional content unless they have heavy spirit tracings impressed upon them, which indeed does occur. But that may help you to understand some of the answers that you receive.

S: Are we using the circuits when we do this or when we speak with you are we using the universe circuits?

R: All lessons on Urantia are transmitted on the universe circuits. That is why there are so many spirit personalities in attendance, like your baseball games where some watch on the television, some listen on the radio and some go for a front row seat.

S: So we're in the front row right now, I guess.

R: No, you are in the field. (S: OK ... [laughter].) So just be sure you hit a home run.

S: Is it light where you are, as we perceive it, if you could reflect back to when you were a mortal in your material perceptions of light and dark? Is it light where you are right now?

R: Yes, very much so. There is much presence of Father. That is how we light our spirit existence.

S: I had this idea about it being dark and you'll look out in space and see the points of light, the stars. I think of the points of light, our fragments inside of us, as being points of light inside of us, and what else is around us is dark, and you can perceive those points of light like we look up into the stars and see them in that respect.

R: But the night sky that you refer to as seen by a perfect being is dazzling in light with pinpoints of darkness that reflect your stars.

S: Wow, that's neat.

Q: Rayson, when you're talking to us, do you receive the assistance of any celestial beings?

R: Yes, continuously, otherwise this would not be possible. **S:** Are Midwayers helping with this right now?

R: Yes. Do you not sense them?

S: I think so, yes.

R: They can sometimes be mischievous.

S: They're pretty cool, I think.

R: Your leprechauns of ancient lore bear a faint resemblance to midwayers.

S: Where are you right now, Rayson, in relation to this room?

R: I am here.

S: Are you left or right of (T/R)?

R: I surround her and go through her like a mist or a shroud.

S: Does that seem to be I am not in my Father, my Father is in me?

R: Yes, yes. She must permit me to invade her being for this to occur. (12/04/93)

[The discussion was about Jesus' cleansing of the Temple.]

S: Rayson were you at the time, were you present in that temple when those things took place?

R: Not on Urantia, but I have reviewed the records of this planet thoroughly and have beheld the details of which you speak.

S: Rayson, I was wondering, we have video tapes and so on. Do you have the ability to actually do a revisiting of it as though it were on video tape? Or actually - like in 3-D circumstances - actually re-live that moment and see it?

R: The Ancients of Days guard the records of the cosmos and may permit one to review historical features when it is deemed appropriate. It is far more than the visual record to which you allude. There are spirit qualities recorded as well.

S: How far would one have to advance through the mansion worlds before one would be capable of viewing these and receiving any benefit from them?

R: It all depends on need, actually. If you are needed, it can happen early. If not, it may never occur. Your unique and individual personality is known to those at high levels and if it can be useful to them, they will appeal to you for service. (12/18/93)

WHEN & WHY TEACHERS LEAVE

Visiting Student: Since our teacher HAM has gone, could you give us any directions for our group? His departure was so sudden we were dumfounded and wonder what our future mission assignments may or may not entail. Could you comment on that, please?

A: Yes, your mission at present is to maintain your faith and group identity. This is difficult, however, necessary.

Look at it from this perspective. It is much more impractical to have as a living inspiration a group of mortals who continue to believe in a teacher who is absent than to have a group of people who sit at the feet of one of our group. In a larger scope of the mission, this is necessary, not for yourselves personally, but on a larger scope. For it shows a true faith and demonstrates the reality of the teachers and the teachings. While personally disappointing, nevertheless it will serve to convert many non-believers to our cause.

Consider the Apostles after the death of Jesus. The devastation and loss and feelings of abandonment overtook them. Their faith was weakened. See how much nobler it is to accept without understanding, and continue to radiate joy, love, faith, and light without the blessings of a teacher. This shows the true integration of Ham's lessons and the upstepping of your character.

It also shows eloquently, and without defensive words, the reality - spiritual reality - and truth of the mission. For if a group can maintain higher values of identity, continued service, dedication to God and the will of God, and the internal reliance on Adjuster, angelic, higher mind, then we have succeeded in transmitting the individual into more morontial modes and actions.

This is quite an honor. Humans are unconsciously subverting spiritual gifts. Reliance on external guidance is acceptable to a point, but when that becomes dependency, you are no more than mere puppets. My suggestion is to use your free will to clearly choose the higher path instead of feeling abandoned. You were graced with many lessons, and now that the seed has been planted, a time of waiting precedes new growth. We know that eventually you will see the benevolence and blessings of this event.

Often the offstage character in a play exerts the strongest influence. What are you? Or what have you become without him? That is the true litmus test of the teachings. Are you now less than you were? Or more? These are questions your study group should be praying on and discussing. You are not alone. You have many, many celestial helpers both involved in this mission and not.

How has Ham's commingling affected you? Has it left you directionless? Then he has failed. Your mission is to live without Ham for now. He will return within the year. But first you must mature. You must show that these teachings are a part of you, with or without the teachings. If the teaching of Jesus had died with Him, where would Urantia be?

You have much to work from. Have you actually applied the magnificent lessons of one of the greatest teachers on Urantia? Have you actively worked to change and upstep yourselves? Have you re-listened to the hundreds of transmissions and worked on transformation? I think not.

Emotions are human and forgivable. But now is the time to dedicate your group to this task. A teacher imparts concepts. The students must make them part of themselves. This is the period you are in. Hearing words is not growth. It is merely the first step. If you believe in your teacher, where is your part?

Everything needs time, and this time should be fruitful for you. This should be joy-filled - the application of the lessons, for no one - (S), and please tell my brothers and sisters - can do that growing for you. We can merely shine a beam on a possible path to God. You must put your feet on the path and trudge along. This is your time of trudging. And this should be viewed with great gratitude.

You are not abandoned. You are left to grow in the only way that true growth can be achieved by agondonter mortals in a world of uncertainty and faith. And that is my reply for now.

S: Thank you very much. That was beautiful. Ham's teachings have made us all grow. We recognize that. I really don't think we feel abandoned. Maybe some in the group do.

We are wondering, is this the start of our mission calling as apostles? Should we be our proselytizing? Or do we continue our Monday meetings as usual and study the book? We are listening to tapes. We've

listened to the one of yours on forgiveness. We've listened to some from Daniel, and others from Ham. Our group has fallen from roughly around forty to about twenty. We hope we don't lose any more.

We are confused as to what our active role is right now. So during this period of digestion time that Ham spoke of will there be a falling away? We were told that the trunk that is our tree will be beaten upon, and that leaves would fall, and maybe even some branches. We are confused more than anything else.

R: Well, it is sad when fellows depart. They were there on the more superficial levels of receiving something rather than dedicating their lives. And that is - everyone is different and we do not judge.

In terms of proselytizing, that is a free will decision. My personal feeling is that the time is not yet correct for that, because you must figure out what it is you want to communicate. Opportunities will present themselves for more public proclamation, but to view this in merely human concepts does not really grasp the full implication. This idea of defense against external criticism, or attack, is not the heart of the matter. One does not need an enemy to believe in a cause. That is a babyish, immature, means to solidify group mind.

Better to look at proselytization as the light which emanates from transformed lives. What greater proselytizing can do than to live with so much light which will act as a magnet to draw others. That is true proselytizing. To argue, to defend, to seek to convert, really does not serve much constructive need, for one cannot force another to see. And if you do, through the bribery of greater knowledge, enlightenment, etc., it is not very real, and is rooted in shallow soil.

So proselytize through your lives, Simply live! We don't need this drama that humans crave. If someone throws the rock of anger into the hornet's nest, your choice always is to not be a hornet. (01/21/93)

The nature of the teaching mission has shifted, not only in this geographical area, but worldwide. We cannot continue the lessons indefinitely week after week. As one goes from childhood to adolescence, so the mission grows and changes. And as we change, we are caught in awkward stages of not knowing where we are headed. But Prince Melchizedek has a grand plan and we must trust his judgment and in his close relationship with our Creator Son, Michael of Nebadon. (05/12/93)

S: Rayson, I believe sometimes teacher Ham or some other teacher said the tour of duty for teachers with groups was about two years, more or less. We started having our group lessons in December two years ago. I certainly hope that enough of us fail the course that you'll stay with us for a while.

R: Well, we do have a mixed class of newcomers and ones who have been present longer, so your wish will most likely be granted.

S: I have one more question. Would it be appropriate for us, as you draw to the end of these lessons, to start up new groups in other areas?

R: What do you think?

S: I think it would be great. Might as well spread all this wealth.

R: If you undertake such a step, you may very likely acquire a teacher.

S: Thank you. Say hi to Brother Ham, will you?

R: He is among us today. (12/18/93)

OPPOSITION TO TEACHING MISSION

Q: As you know, there is a General Council (of the FELLOWSHIP) meeting in February, and there are Urantia Book readers who are urging some strong stand against the teaching mission. And I know if I have to make a choice between being an officer of the FELLOWSHIP or participating in the teaching mission, the teaching mission will prevail. It is the most important thing in my life right now of a spiritual nature, and the place I feel I can serve the most. But what I want to know is: is there anything that we can do there that would avoid this sort of a show-down type activity?

A: The opposition to the teaching mission is based mostly on pride of individual persons. There is - of course - jealousy, anger, ego considerations. The teaching mission will thrive despite the opposition. In fact the adversity will strengthen the teaching mission for those who are not truly faithful will fall away and the adherents who remain will be the strongest. (S), you must follow your own feelings on this matter. Does this answer?

S: Yes, thank you, I'll just love them and hope they will be generous. (01/31/93)

S: My heart is burdened, and so is that of (S2), with the attitude of some leaders of the FELLOWSHIP, the membership organization for the Urantia movement on this planet. We have heard and read and seen that some of the leaders are proposing, or will propose, that the FELLOWSHIP take a stand against the teaching mission, and that it - in effect - remove from office those who are believers in the teaching mission. We find ourselves in a position where are forced, simply by our offices, to respond one way or another to this. I wonder if you could give us some advice as to things that we should be aware of, the attitudes we should take, some general advice about this?

R: (S), I sense your sadness. This is an earth institution, and all earth institutions pass away in time. It is unfortunate that those who have been associated so closely with the spread of the teachings of the Urantia Book for these almost forty years have been blinded by their supposed duty. But you are called to a higher plane. And when the Father has a desire, and the Son also has the same desire, then you must act.

One moment. This can be viewed as a situation where the old will pass away in preparation for the new. We have foreseen that such an end occurrence was potential. It seems to be becoming actual. But with their refusal to accept the teaching mission, implicit in this is their denial of living truth. Their denial of growth. And with that denial eventually becomes death - figuratively. As you know through your connection with that body over the years, it has been moving closer and closer to self destruction because of the control of certain humans who are ego attached to their supposed mission. There is little difference in the outcome when compared to the FOUNDATION from which it was born. Sometimes we are called upon to make heroic statements in the face of supposed difference, but your stand on this issue will stand the test of time. Theirs will not. Does that help?

S: It is encouraging. I get the feeling that (S2) and I have been put in this place for this very hour, and I think I can promise you that we will defend to the best of our ability the teaching mission. Our first goal will be to see that the FELLOWSHIP does not adopt any position adverse to the teaching mission. Is this the correct goal?

R: Two things. We are certain that you are both dedicated servers. We have absolutely no doubt of your ability to put forth your efforts on behalf of the teaching mission. And secondly - and this may be difficult to accept - but it truly matters not whether you are actually able to sustain your desire to maintain either neutrality or acceptance of the teaching mission - or not. If they do accept the teaching mission, eventually they will change. And what they are today will pass away, because the teaching mission is dynamic. It is powerful. It requires action on the part of the believer; not action as dictated from above, but action that has welled up in the heart of the believer. This is not evidenced within the FELLOWSHIP at this time. And so, if they accept the teaching mission, what is now the FELLOWSHIP will pass away in favor of this new light. If they accept neutrality, they will also pass away, because of the powerful movement that is now unstoppable on Urantia. And thirdly, should they deny the existence of the teaching mission, their demise will be only sooner.

S: We received a letter from a lady we know who now calls herself Delphius and who is associated with a group in Sedona led by a mortal who calls himself Gabriel, my cosmic brother, and refers to a Celestial Overcontrol as the person or being guiding him. I have never heard of this name before, nor have I seen it in the Urantia Book. Is there such a being?

R: No.

Q: Is this Gabriel, whom we know by this name in the music publishing world, a person truly dedicated to serving Michael? Or is he on an ego trip? or are we not to try to judge that?

A: I can tell you that he is not part of the teaching mission.

Q: I would like to write her because I like her. I do not wish to say negative things, nor give the impression that I support what they are doing - other than to wish them well in whatever activities they are doing that are in service of Michael. Do you have any suggestions or are guidance I might follow?

A: You may share our teachings with her. And hopefully the light of the beauty of our teachings, or are of the teachings of other teachers of which you have transcripts, will supplant the negative views that she may be acquiring as a part of that group. By no means should you make reference to their teachings.

Q: Versus somebody else's? (A: Correct.) Then I have no need to go there and observe their activities and their organization?

A: Not unless you have some personal need to. (S: No, thank you.) It is not required. (05/12/93)

SPIRIT GUIDES

Q: Are ascendent mortals properly classified as celestial beings? Or are they...

A: (Interrupting) No, they are not. (Laughing.) (01/21/93)

Q: Rayson, I have a question on the seraphic guardians, etc. I feel I'm talking to somebody all the time. It's been suggested that I hear a lot from my Thought Adjuster. When I'm talking, is there a way to address other beings rather than just "hey you guys?" Do they have names? Or how could I call on them? Or, in particular, how can I not get it mixed up with what's coming through from my Thought Adjuster? How do I gather them closer with some kind of greeting or ...

A: It's not necessary. (S: M) Not at this point. They know.

S: I'd like to know if they have names? Anything?

A: The Thought Adjuster has a number that's so big you can't comprehend it.

S2: He will get his name from you when he fuses with you.

S: Sometimes I think of them as a conglomeration or something.

R: They have identities but not the same as you would assign to a pet dog or cat.

Q: When thinking in the sense that you're communicating with a celestial presence like yourself or with the seraphic guardians, when you're expressing the thought in your mind, just you and me, is that thought going out like a radio transmission so that anyone can pick up with a receiver? Or would the seraphic guardian, alone, pick that up?

R: Your mean your own personal thought?

S: If I were, for instance, right now thinking I really love and care about you Rayson, would you pick that up? If I weren't verbalizing it?

A: It's not the verbalization that is transmitted, but the feeling itself.

Q: Then you do pick that up then?

A: If it is there, yes.

Q: Ok, so you don't really read a person's mind without permission, but on the other hand when we're worshipping or sending kind thoughts your way or are toward other relationships we have with our seraphim and so on that they can feel and pick up on those messages.

A: Yes, that is true. They come through as pinpoints of light.

S: That's interesting. Thank you very much because I was concerned that maybe they weren't getting the messages.

R: No, all that is positive is received and appreciated. And the pinpoints of light, are they coded by frequency to reach their destination? It's a crude way of putting it, but they reach their destination.

S: I remember your saying one time, Rayson, and I was very touched by it, that there is almost an instantaneous reception of prayer at Paradise level.

R: That is true.

S: And that was such a wonderful, revealing and heartwarming thought. I would like to also have you thank the other celestials that might be around watching at this time visiting with us. I presume there are other celestials.

R: Yes, that is true. (08/28/93)

OPPORTUNITIES FOR SERVICE BY STUDENTS

Q: Rayson, (S2) and I are closer to resolving our choices on our future home, and we have accumulated a lot of information, and have reached the conclusion that we are available for anywhere the mission wants to send us. Our options allow us to go anywhere at this time.

R: Where is it that you prefer to be? Where are you comfortable?

S: A great many places, most any place that the mission would be something that we could continue actively and not be in an environment where it would be antagonistic.

R: There will always be some antagonism.

S: Oh, I understand. We encounter that even in Urantia Book readers. No, I was thinking more in terms of areas where there's no openness to other religious thought than a single view, such as a fundamentalist Baptist community or something like that. But even there, we are finding there are people who are desperately searching for more spiritual alternatives.

R: So you are asking for my advice.

S: Yes, or are volunteering for assignment.

R: You are already assigned, of course, but geographical location is not particularly important. At this point in your lives, when both of you have certain physical limitations, you may wish to consider your own medical needs, physical comfort, the less physically arduous forms of daily living compared to others which might be so demanding that you could become ill or are even die. Does that help?

S: Yes, that helps a lot. It's leaning toward (S2's) inclinations.

R: There is no requirement for the participants in this mission to go to jungles, or ice caps, or prisons, unless, by chance, you find yourself there and your spiritual helpers have so assisted the situation that you are easily able to function. That will be the key for you, if you wish to heed it. Where you find yourself is probably where you have been guided.

S: Thank you, Rayson. That's very enlightening.

R: I will never be gone from you, but I will be more like a professor helping a post-doctoral student than a first grade teacher teaching you to read. Do you understand the difference? (A: Yes.) (12/18/93)

2000 YEARS: JESUS' BIRTHDAY

S: This is the beginning of the two thousandth year since the birth of Christ, culminating with the celebration of his birthday on August 21, 1994.

I'm excited about this. I personally have dedicated myself to think about this all year long and to act upon it in accordance with my own limited capacity. I feel that all of the study groups should emphasize that this is the beginning of a new millennium and that the teachings of the Urantia Book probably are more relevant now than they were at the time Jesus spoke them. Do you have any comments on this?

R: Yes. You are right in understanding that a new time has come in the history of this planet and the more perceptive on this planet - even those who are not yet consciously aware of the Urantia Book - are commenting to themselves and others that there has come the time for new spiritual leadership on this planet. There is a great hunger, a great thirsting, among the masses on Urantia, and you, my friends, are being trained so that you may help to fill those cups. It is no accident that this mission was timed as it was, and it is our earnest desire that soon we shall be very close to starting the first steps toward light and life on this planet.

Q: Yes. I see that the higher an individual gets, the less concept of time he has. For us who live here on this earth, we think that time is so short. I personally feel a great urgency to complete my task before too many years are gone. I wonder if you feel the same urgency, all in all, on the same basis that I do - if you feel the same urgency about time?

A: Time is a most interesting concept, truly worthy of a lesson or are two on its own. I will make an analogy that may be helpful to you. imagine yourself a very tiny fish in a tiny container placed on a beach, and some distance from you an ocean which is eternal breaks on the sand. With your material death you will awaken having made the transition from your tiny cup of water in terms of time, to an eternal sea. The pressing concerns of the limitations of time that one experiences during the brief but critical period in the flesh are for the most part left behind once you have awakened on the mansion world and have grasped a morontia concept of time.

My friend, you have accomplished much already, spiritually, during your stay on Urantia. Yes, of course, there is always more that you can do, just as in a building you can always add another coat of paint or are another ornament to the top. but your house is sound. You have worked hard to build it from its solid foundation, its first floor, all of its beams, walls, doors, windows, roof. Anything more that you do certainly will beautify what you have created and accomplished during your life on Urantia, but it is not as if you must now begin to build the house from the ground up. (01/02/94)

GUESTS AT SESSIONS

[The group discussed whether or are not guests from other teacher groups should be invited to attend the sessions. Also, how to add new members to Rayson's group.]

R: THIS IS RAYSON. As always, it is an honor and a privilege to be here. I believe we have business at hand prior to the lesson.

Q: Yes, Rayson, are you aware of the conversation we had before the lesson? (Yes,) Could you give us some advice concerning each of the matters that we discussed? First should we invite guests from other study groups?

A: Certainly. Guests are most welcome. And you are advised to screen them as you have in the past, with any modifications you may wish to impose as required by the needs of the group. I have been constrained from interfering beyond a very limited area in the conduct of your group. This is for your good as it will help your spiritual growth, and that of others whom you affect in large and small ways. The second matter?

Q: Yes, the previous custom has been that we would ask you first then send the applicant before the gatekeeper, (S). I understand that we should continue this process "as we have amended it?" I would like to clear up the amendment. Are you saying that any of us can act as gatekeepers?

A: If that is the consensus of the group then it shall be. The conduct of your group is a matter to be decided among yourselves. I would not interfere unless it were an emergency matter, which seems highly unlikely.

Q: The second phase of this, then, we have discussed specific individuals whom we should and shouldn't invite, including (persons) Are we at liberty to decide individually on those?

A: Yes, although if the group grows too quickly it may pose a burden for (T/R) as she is still a novice in the technique of group transmitting/receiving. I cannot disclose the details of how the transmitter-receiver interacts with me, but I can tell you that this interaction also involves any and all persons present. With each added person there is an extra amount of effort required by the person you call the T/R or transmitter-receiver, and in a large group this can be quite taxing for that person. Therefore, please try to keep the growth in the size of the group slow. It may be steady growth, but small increments would be best at this time. (01/31/93)

SPIRITUAL NAMES

Q: Would you help us with a spelling lesson, briefly, for our transcripts? How do you spell Adnon and how do you spell Aneena in our planet's language?

A: Adnon and Anina or Aneena. Either may be used.

S: Thank you.

S: And how do you spell Rayson? I'm just curious if there's a second spelling for Rayson. We've been spelling Rayson "R-A-Y-S-O-N." Is there another spelling for your name?

A: That is as good as any. The point is, the name, the spiritual name of an individual is carefully selected in such a way as to reflect one's origin, one's mission, and one's level of spirit attainment. Thus, it is entirely possible and certainly does happen, that names may be altered during mortal ascent toward Paradise. This may be a surprise to some of you, but if you think of a name as a designation that provides information, it really makes quite a bit of sense that this would be the case.

Q: Is there a connection between the spiritual names that have been given to some individuals and the character traits that are in the Urantia book of people who have the same name?

A: Sometimes. Sometimes the name is one of the individual's own preference. For that reason.

Q: Rayson, my name's ... and I'd like to know if I have a spiritual name.

A: It is delightful to have you here participating. As far as spiritual names go, my own personal decision is to not assign any further names due to some misunderstandings that have occurred. This is not intended to glorify those who received names prior to now, or to belittle those who have not yet gotten such names, but rather to simplify communication. Part of the misunderstanding has been that there is sort of hierarchy in this teaching mission based on names that are shared with beings of higher repute in the Urantia book, the Bible, the Koran, other writings. This was never intended and has caused wasted energy in the mission. Better for energy to be spent on spirit growth than on petty quibbling and ranking that has no meaning.

S: I understand and thank you for the explanation. (09/25/93)

NAPERVILLE

Q: (S) and I received invitations to Naperville, Illinois, for an event that is supposed to occur in the 24th of April in which a Melchizedek - I don't know whether it is Prince Machiventa or another Melchizedek - is to be visible to human eyes. I know that there are different types of visibility such as the imagery that occurs in ones mind, and the second level is that which was used at the transfiguration where the apostles were allowed to see celestial beings, and then there is downright materialization such as Melchizedek did when Abraham was allowed to see him - and all the other people on the world. Do you have any comment, first of all, as to whether or not the Naperville meeting will be blessed with any one of those three forms of seeing a Melchizedek?

A: Don't spend your last dime on the plane ticket. (laughter) (02/14/93)

Q: Rayson, we have heard from several sources that Melchizedek is going to make an effort to visualize himself to students in various areas of the country on the 24th of next month and thereafter. Do you have any comment on that? Should we make an effort to visit one of the groups? Or to hold a meeting ourselves on that day to help Prince Melchizedek with his plans?

A: That is for you to evaluate individually and take your action. I have no more comment on this issue of visualization. I have commented about it before, and have not revised my opinion. (03/28/93)

(Prior to the lesson, the students discussed the fact that three or four groups of students of the Teaching Mission met in various parts of the country the previous day [April 24th] in an effort to "visualize" Prince Machiventa Melchizedek. So far as we knew, no one had been successful. Three of Rayson's students attended the meeting in Orange county and reported that although no one visualized Prince Melchizedek, most - if not all - had a very spiritual experience and none expressed disappointment.)

Today's lesson was to have dealt with perseverance, but in light of your discussion I shall give a short impromptu instruction on the post resurrection period as illustrated for you in The Urantia Book. In particular, on the Spirit of Truth. [See lesson on SPIRIT OF TRUTH]

The need of the humans to see is something which I, as my own individual personality type, have very little understanding of. I am simply bemused after all this time that it continues to be so important, and have tried to refrain from commenting because it is something I cannot fully understand. However, it appears to be so universal that it is obviously built into the mortal. Very few appearances have happened: the morontial appearances of Jesus, the appearance of the angel to Mary, to Joseph, the voice in the garden, to name a few. But appearances are unpredictable, and are not the first choice of communication on the part of the beings of the non-material realm.

Because of the confusing rebellion on this planet where Midwayers often appeared - rebellious Midwayers appeared to primitive mortals and misled them - we have tried to not engage in this type of activity for fear of building up the superstitious and cult type religions that proliferate here more so than on other planets which have not undergone the rebellion. I urge you, brothers and sisters, to take advantage of the sound spiritual helpers which do exist and are here for your benefit, who love you and only want to serve your needs.

The lesson was not planned, therefore not as well thought out as usual. For this I apologize. Do you have questions?

Q: Rayson, I wonder why it is that some of the T/R's have become impressed that a teacher has told them that there would be a manifestations of this sort. Do you care to comment on that?

A: I do not understand it, (S). (S: Neither do I.) I really feel that this has not come from the teaching staff. In fact I know it has not. The need to see, touch, understand on your own level, is so - apparently - overpowering that it is a consistent projection on the part of the human minds involved with the teachers to hear, believe, what has not been promised. This is getting into a somewhat delicate area of psychology, but it is a problem we have debated and discussed for many, many, many hours amongst the staff of Machiventa: how to separate the teaching mission from the wish projections, fantasies, and unconscious longings of the humans - who are still looking for miracles, how to separate the spiritual from the psychic, how to foster faith - true faith - while discouraging the need for instant confirmation that all this is true.

This is a dilemma, for we have come close to tipping the balance with our means of communicating to you. To you this must seem like a miracle or a supernatural occurrence, but it is not. It is a mere circuit for us that is as second nature as your circuits of gravity. This is not spectacular. And, because to you - perhaps - it seems spectacular, you expect other paranormal manifestations. That is some of the thinking that goes on in our discussions of this phenomenon on the part of the humans.

I cannot tell you that Machiventa will never appear, for I do not know that. But I can tell you that if he did appear it would not be because a small group of you wished to have your faith confirmed. You will see him one day. Perhaps not here.

What we find hard to understand is: when you speak with the Prince why you find it so hard to accept that he is here. The most real things on this planet are things which you cannot see. The most unreal are those which seem the most solid to you. These are the things which shall pass away. It is a reversal of thinking - from our perspective that - humans suffer from.

Q: My question relates to our discussion about the human need for seeing things. I was thinking on the way over, that I find it disturbing in myself that given the fourteen or fifteen years of reading The Urantia Book, and being involved in the Teaching Mission, and knowing you, and developing a personal relationship with you, and also being more aware now of the Spirit of Truth, my angels, my Thought Adjuster, and all these gifts, that it can become such a mundane part of my life. I question whether that represents a failure on my part to respond to the gifts I've received, or it represents a balance of the spiritual and the material in my life. To me it seems like I failed here, because I should be more awestruck or something.

A: Well awestruck? No. To integrate the spiritual and have it become part of your daily life is a good goal. It should not be - you do not want to be Paul or Saul on the road and become fanatical. Spiritual experiences do not have to be visions like John had. It should be part of the daily life the way Jesus lived.

However, only you can answer if you have become jaded or unappreciative of these gifts and this ability. If you practice your spiritual work daily, I think you will not, because you will deepen in your understanding and communication. As in everything, we all go through periods of greater practice or more dedicated practice, and then some other areas take our attention for a while. All I am asking you to be aware of is to make an effort every day to communicate with your spiritual guides. For if you do you will be rewarded for this. And your attention will come back to that eventually. (04/25/93)

POWER CIRCUITS FOR TRANSMISSION OF MESSAGES:

R: It's so good to see all of you gathered here. This is a very special day. I want you all to know that on this day the power circuits for the transmission of universe messages to Urantia have received an extra power boost in the name of the present mission. This has been done after careful evaluation of responses to previous transmissions since the reopening of the universe circuits.

As you may be aware, once the circuits were reopened each and every mortal on Urantia was capable of connecting to some extent with the communication system. The extent to which this occurs in a particular person is dependent upon many factors including of course personal desire for such knowledge first and foremost, also inherent capacity for electrochemical transduction of the signal which is dependent upon one's particular physical properties. The degree of quietude in that part of the individual's brain which is most receptive to the signal is also an important determinant of your capacity to receive signals. There are other factors also, but I am not permitted to discuss them at this time, however be aware that the signals have been coming and since a favorable response has occurred and there has been demonstration of hunger for more signal it has been determined that the power of the signal will be increased and this has happened just today, my friends. This has been an occasion for joy and celebration. (See Lesson on FORGIVENESS)

Q: I have questions about the announcement that you made to begin with, the upstepping of the power. Is there any way that we can be affected by that in our everyday lives?

A: Yes, indeed. There most certainly is. By continuing to practice the principles that have been taught in these lessons and your Urantia book and in other religious teachings. You will find that your personal effectiveness will be enhanced, and this will be gratifying to you. You will see.

S: Thank you very much. I am extremely pleased to hear that.

Q: Does this opening, or empowering the circuits with greater power, mean that more people even with weaker chemical receptivity could then receive messages from the teachers?

A: Yes, among other things, that is true. Also the influence of those who are participants in the mission, such as yourselves, will be felt that much more strongly.

Q: You said a lot of our circuits are opening up to the universe's offerings, which is very encouraging, but that there are also those members who aren't as capable because of their physical state or emotional state. I was wondering if you could give an example of that? And also, tell us if their circuits are being worked on, too, and improved.

A: I can give you an example by analogy. There are those whose vision, those beings who can see as well as they need to see without glasses. There are others because of irregularities in eye structure require spectacles to function in your culture. There are those who can hear well enough to function without assistance, and there are those who require a hearing aid. The same applies to individual capacity to receive signal.

Q: But aren't all individuals capable?

A: Yes, but some hear or sense the signal less clearly when it is at the level that it has been prior to today. When the universe circuits were opened, the signal was intentionally set at a rather low level because with it having been off for such a long period of time, and because of the nature, the unique nature of the experience on Urantia, there was concern that a higher level signal might be overwhelming for the population of this planet. Therefore the decision was made to start with a low level and observe carefully to see whether those with the most inherently clear reception of signal would respond in an appropriate fashion, rather than follow some foul negative response patterns.

Since this has been demonstrated to be, it has been demonstrated to be the case that the signal has been received appropriately, the decision was taken to increase the amplitude of signal. You should also be aware that the increase in signal does not yet raise the signal to the level that it obtains on other planets. There will be yet other upsteppings of signal amplitude in the future. Does this answer? (S: Yes.)

Q: Exactly where does the signal come from, what part of our universe or creation? Does it come from Nebadon or does it come from Paradise or superuniverse, different places?

A: My understanding of universe communication is imperfect, but as I understand the main signal comes from Paradise with input as appropriate from all sectors of the universes. Of course, not every single incident that is of merit can possibly be included in every transmission, so there is necessarily editing that occurs.

Q: Can you explain how its encircuited?

A: No, I am not privy to that information, although it is a most intriguing area to contemplate.

Q: Rayson, I have a follow-up on that area. Now based on our ability to - let's say for instance we wanted to listen to a broadcast. We might determine we'd like to hear something on music or sports or this or that. Now, if we wanted to hear something in the area of love or caring, would we sort of pick up on that part of the transmission? Would it be kind of differentiated so that as you're open to certain areas, certain areas are coming into you? Does that make any sense?

A: I believe I understand what you are asking. You are asking if one can selectively receive signal according to topics desired. No, this is not true. You will either receive the entire signal or not. And in order to tune in, as you say, to signal the first requirement is your own earnest desire to receive. But you will not be disappointed by any of the topics that are discussed, for they are truly of universal interest.

Q: Is this something like a volume control or a dimmer switch on the lights that's been turned up a little bit rather than the sources changed?

A: Yes, you could make that comparison.

Q: I've a question about the power boost that's taken place today. Will that in any way affect the work of spiritual healers and the connection between those Urantians who are spiritual healers and the Life Carriers who work through them or are other entities that work through them?

A: That is a good question. I am not certain of the answer. I would surmise that any healing work that is undertaken would be enhanced by this recent development.

S: Yes, that seemed that way to me, too. I'm also curious, I don't understand how this works, but does the signal getting stronger in any way affect how we are perceived? In other words, does it work both ways? I mean, if the analogy is like a radio, it doesn't work both ways, but does the person on the receiving end send out a stronger signal? Do our requests and prayers get heard with any more clarity than they were before?

R: You mean by higher entities?

S: Right, by higher entities.

A: There has never really been an impediment to the reception of prayer from this planet. That was intentionally left in place. We would not abandon Urantia because of an unfortunate mistake.

S: That's comforting, but what about, for instance, an appeal for a contact with a teacher, that kind of thing? Is it just that the signal, is that also an area that has always been just, or are at least since the adjudication, been as strong as it will be in terms of teachers hearing us appealing to have that?

A: What is most likely to change is that as more and more beings on Urantia receive stronger signal, there will be more appeals for teachers. There will be more spiritual growth of more individuals, and there will be a greater awareness of each person's spiritual light on the part of all individuals dwelling on Urantia. (09/25/93)

S: Rayson, with respect to the teaching mission at large, are planets that were isolated and have evolutionary life on them, are they all recipients of missions similar to this?

R: Yes, although the missions are at various stages of development, not coincident with this mission necessarily.

S: But just in the history of that planet, if it was at one point isolated at some point is it bolstered and fostered by a teaching mission similar to this?

R: Yes, of course. Father does not abandon His children in distress. Yes, whatever is required to restore an appropriate setting for eventual light and life is done. Yes, that is true.

S: I also have a spontaneous question, one that I didn't plan. As you were speaking I remembered during the most recent remembrance supper there was an allusion to the fact that by next remembrance supper, the 2,000th mortal celebration of Joshua, that there would be some type of occurrence or some type of event. And that seemed to be a departure from what we've normally heard from the teaching staff, I mean it sounded like something visible and tangible. I was wondering if you care to comment on that.

R: Well, at least one such event has occurred already in the sense of the upstepping of the energy for the signal of the universe circuits to Urantia. That is a very significant event indeed. It was not expected to occur as soon as this, but it has already had profound effects on the social life of this planet.

S: As we've observed.

R: At a future time it will be almost as if a line was drawn in the history of this planet with a before and an after. It may not be quite so clear right now because you are living in it.

As far as visualizations and materializations and such, I am not aware that anything along this line is planned because of the still primitive condition of Urantia. There would be much misinterpretation of such an event, unfortunately.

S: So then it's safe to say those with eyes will see, and those with ears will hear, and those that don't, won't.

R: Well, that would be one way that you could state it, yes. All of you who are here today are more attuned in your perception of things spiritual, and that is why you have heeded the call. You are the sensitive ones, and you will note as the mission proceeds there may be others who are newcomers who are somewhat less sensitive. It is important that you be kind and gentle with them. (10/16/93)

PHASE II of the TEACHING MISSION

Greetings. This is Rayson. I'm delighted to see you here today, my friends. Today's lesson will be somewhat complex, for we shall be joining the threads of three separate subjects together, intertwining them. I shall be doing this increasingly in the remaining lessons, for my time with you grows short, regrettably.

[Later] **S:** One more question please, sir. You said your time was short. Does that mean another will follow you?

R: I am not at liberty to discuss this. As far as I know the plan is still being discussed.

S: Do we need to be at a certain level when you're finished with us in order to get another teacher? Or is the question are we doing OK with your instruction?

R: You are doing extremely well. The original plan, as I understand, was for the students to grow into teachers, each and every one.

S: When you say your time is extremely short, can you give us a time concept of that?

R: Not at this point, but we are not quite there yet.

S: Rayson, this is (S). Is your limited time with us related to the August 21st millennium culmination of the rebellion, whatever's going to be happening, birthday party, I guess, yes?

R: No, it is more closely related to the extent of progress in spiritual growth that has occurred among the students of a given group. This group has done well, and it has been determined that the requirement for a teacher is becoming less and less as you proceed forward. Our goal is to help you along until you are sufficiently advanced to become an independently functioning unit in conjunction with your indwelling Adjuster. This is the way in which all of the universes function. It is the most efficient way. I sense regret.

S: Sadness.

R: But why be sad when you have something that so few others have been privileged to share?

S: It's to be in the dark for 350,000 years, then to meet a new friend, and then be told that this friend is leaving is a great, is a human emotion for sadness. That makes me want to cry.

S: But you're not leaving, are you, Rayson? You'll be with us individually?

R: Yes, of course, and I will be available for questions.

S: Oh, I feel better. (12/18/93)

Greetings, this is Rayson. I am delighted to see you, all of you, gathered here today. This is a special day for we have very few lessons remaining, and I would like to announce that we shall be allowed to continue a second phase in this particular group.

Originally, my plan was to give a set number of lessons to the body of this group, not constrained so much by time as by content considerations. We have nearly completed the course of study, so to speak. However, some in this group have expressed the desire for an extended period of work with this group and teacher; therefore I have been given permission to embark upon a higher level of study with this particular group. I am very excited and enthusiastic about this prospect and we believe that this group is well suited for a higher level study course. Are there any questions about this?

S: I wonder if this is also because we have several newer readers, newer members of our group?

R: That was a consideration, however not a major one, for, as you know, during the course of this mission many have come and gone and because of efforts at transcription of the lessons, the core content is available for review by new members of the teaching mission. The major consideration in allowing an extension with this group was more related to the fact that there is a great hunger for knowledge and a great willingness to participate in the business of incorporating these lessons into every day life on the part of the main body of participants in this particular teaching group. Does that answer?

S: Yes, I would also like to say that I am extremely happy that you are proceeding to a second phase. I'm looking forward to that.

R: It will be much hard work for you.

S: Rayson, I want to also say I'm so excited about the fact that you're willing to continue on. The hard work I think we'll welcome, so thank you very, very much. That's exciting.

S2: Rayson, I have one question that you may not be free to answer, but it is this: What is happening with Bertrand's group, too, that's being allowed to continue?

R: Yes. That group, too, has prospered and made good progress. Remember, my friends, that one of the goals of this teaching mission is to produce a core of human teachers, meaning yourselves and the others who are involved with other groups, who will go forth and continue this most difficult task of uplifting Urantia and disseminating not only these teachings but ongoing messages that each of you will be receiving through the universe circuits as transmitted to you by your indwelling Thought Adjuster.

S: Can you tell us, do you have any ideas about how long the second phase would last in terms of numbers of lessons or a time frame?

R: That has not yet been determined, but I would guess something like a year of your time, more or less, depending on the response of the group to a slightly different modality of interaction. There will be a requirement for greater participation among the members of the group than is presently the case.

S: Within the context of the session itself?

R: Yes. At first this will be difficult for you, but as you progress you will find it to be less so.

S: What sort of increased interaction would be required?

R: Well, as you are being prepared to become a teacher yourself, there will eventually be lesson preparation and presentation by the members of the group. Prior to that there will be mostly group discussions of a variety of topics. This is in keeping with the preparation of outstanding spiritual teachers on Urantia. (S: Sounds exciting.) (01/15/94)

R: Friends, today's session will be a bit different from the usual, for this will be our last formal lesson. In addition to the lesson, I am going to explain the next phase of this group's educational experience in the teaching mission. Do you have a preference as to whether you would care to hear the lesson first or second?

S: I prefer the lesson first.

R: Very well. (See LESSON: Work and Love)

I have used this last lesson as a model for our next phase of education. What we shall do beginning next session will be to start with basic concepts, and I will serve as the moderator while participants in the group offer components of the lesson. It will seem random to you at first, but your unseen helpers will be working with you during the interim periods between meetings in such a way that the final product of each session will fit together and form a cohesive unit as if uttered by one being.

This will serve many purposes. This will help you to see how a loving attitude enables you to cooperate together and produce something of real and lasting value. It also enables you to work at your own speed while you are alone preparing and set your own pace for spiritual growth. Additionally, you will be learning skills which will enable you to duplicate this teaching group when you go forth at a later stage in the mission and form your own separate groups among new members of the mission.

I sense that you are all excited and enthusiastic about this prospect. [Enthusiastic assents.] I will receive questions and comments now.

Q: Rayson, is there an intention as this second phase progresses to prepare us for transmitting and receiving in our future study groups?

A: You are already prepared. You need only to take that final leap of faith in order to function as a transmitter receiver. There is a publication circulating which will be helpful to you in this regard.

S: I look forward to seeing that.

S: Rayson, are we going to be assigned topics of homework so that we can all bring thought-out concepts to these sessions?

R: If you prefer, we can do that. Otherwise, one or another member of the group may pick a topic and a consensus may be reached.

S: Should this consensus be reached in advance or after we arrive?

R: In advance. For example, at the end of today's session.

S: We would simply agree on a topic for the next session? (Yes) I would prefer that we would do it in advance so that it would be something we are really interested in instead of trying to guess the things of interest.

S2: Maybe a combination would be nice.

S: No, our interest may be more in discussing earthly catastrophes right now than they might be three months from now.

R: That is fine.

Q: I understood you to say, Rayson, that we would be discussing basic concepts. So would we, then, in our preparation during the week, apply these basic concepts to whatever topic we choose? Is that the way you perceive the program?

A: Yes, that is one way of doing it. Some have suggested that the basic concept itself be the basis for discussion, but the other is appropriate as well. And during your period of preparation you will find yourself reflecting on basic spiritual concepts and values heavily which will be a very useful exercise for you and will assist in your growth and development as a teacher.

Q: So actually we could take any one basic concept and apply it to any topic and have a whole lesson on that, couldn't we?

A: Yes, certainly.

S: I did not mean to preclude other suggestions as to whether or not you should dictate the lessons or we should select them. I notice that there's been almost no comments on that or suggestions, either affirm or deny.

S2: I personally would like to see a mixture. I think it might be nice at times if we could say as a group that we would like to talk about something, but I also would like to think that Rayson would be contributing his ideas of what we might be covering. Also, if I'm perceiving this properly, we're going to end up more and more getting the advantage of our celestial contact to help us with our program through ourselves. It will be as though we begin to learn how a transmitter receiver actually works, that is, we'll get guidance mentally as to how we're going to say things and so on. Is that right?

A: Yes. You are exactly right. And you are also right in understanding that this will be a period of weaning from the previous situation in which I have done all the leading and you have done all the following. You will be learning to become leaders yourselves which you will find strengthening and gratifying.

Q: Rayson, does that mean eventually, as we go along, we'll basically have more or less a guide not unlike yourself - that would be available for each of us? Like, for instance, Rayson is very available and can work with (T/R) at this time. Would that mean that maybe, for instance, (Student), or myself, or any of us, would have someone not unlike yourself, as a teacher who would be present?

A: You already have those teachers, but you may not yet be consciously aware of their presence.

Q: Or conscious of them but not as conscious of them as (T/R) is of Rayson at this time - we're all very aware of you - but as real as that, right?

A: Yes, yes, you understand it exactly.

Q: Would it be appropriate for us to select one of our group to lead the way in the discussions from lesson to lesson so that we can get experience leading discussions of this sort?

A: Well, that would be one way that you could approach this process, however you would want to be certain that it would not always be the same few people leaving the others out. It would be in the best interests of the group to have a rotating schedule, if that were the way that you elected to proceed.

However, the manner in which you all contributed to our lesson today was a useful and instructive experience which should show you, particularly on relistening, just how powerful it is to include all group participants in a general discussion working toward truth.

Q: Rayson, earlier when you started to describe this new phase you were saying that you would serve as the moderator while we would participate by offering components of the lesson. It sounds to me as though by having you serve as moderator while the participants in the group would offer various components of the lesson, we can learn how to be moderators. And so the suggestion that we take turns being moderator, while it has value and certainly is something to do later, it seems to me is one that we might wait a while on and have you be the moderator for a number of lessons first. Now I don't know how anyone else feels about that, or if you feel strongly about it. Could you comment on that?

A: My role as moderator and participant in the next phase of this educational exercise will be more as the relationship of mortar to stone in the building of a wall. You shall supply the stones, select the

shapes, sizes, colors and other qualities, and I shall function as needed to help pull your contributions together. As you become more experienced however, this will be less and less necessary, and it is my sincere hope and wish that by the end of this phase there will be no real need for my presence, and you will be able to function by yourselves. Is this agreeable to you?

[All agree.]

S: Rayson, perhaps, if people want to decide on a topic for next week we can do so now. If someone feels a need to talk about something they should say so. Or, if no one feels a need to name a topic, perhaps you could. Of course, waiting until next week to choose the topic is all right, too. Or at least, we should be willing to change next week. If someone has an experience during the week that needs to be addressed that is different from the topic but includes another topic, we need to be willing to be open to that, also. Those are three different options really.

If anyone has a need to assign one today, if someone feels a topic is dear to their heart, they should name it, and we can discuss it. If no one does then you could name it. And we could always be willing to be open next week, if there is another greater need. I'm comfortable with you moderating and with us all participating because I think we do all participate fairly well.

R: Are there any other comments in answer to this comment?

S: I'm perfectly willing to go with any format that is agreeable with everyone. I'm excited and interested and anxious to hear what I'm going to be taught during this week in preparation.

S2: I was thinking of a topic that might be of interest would be cooperation. (S3: Interesting.) Since we're all going to be in a new phase of cooperation and interdependence in a relationship, it might be a start. I mean that's just an idea.

S3: It's a really good idea. I like that.

S4: I like cooperation, too.

R: That certainly is an excellent first topic for this group. Since all seem to be agreed, we shall make this topic of cooperation the basis for discussion next week.

I thank you all for your acceptance of me as your teacher and for your loving participation in the lessons to date, and I enthusiastically and excitedly look forward to our next set of experiences together.

S: Rayson, I feel some sadness at losing the wonderful lessons that Prince Melchizedek is writing and you are delivering so artfully. They will always be cherished by me. I ask your permission to make a publication to supplement Rayson and Friends which will terminate with this lesson and circulate it among the readers as the Rayson and Friends II. This seems to be an appropriate point to end it instead of January the first. Do you have any comments on that?

R: Yes. First, you certainly have permission to proceed with your publication. Second, whatever made you think that Melchizedek would be abandoning your group at this early time?

S: I don't think I thought that. I thought that He was writing the lessons. I've been so lazy that I really wanted to be spoon fed, and I think probably I'll be missing that now that I'm going to grow up a little bit.

R: You give me so little credit? (laughter)

S2: That's a joke, right?

S: I also feel that way about your delivery and your changes in the topics of the lessons that have been prepared. You've been very responsive to our needs. But I can sincerely say that I regret this losing you as a teacher and I'm excited to have you take over as a moderator.

S3: Rayson, I want to echo (S)'s comments and also want to thank you for putting him on the hot seat a little bit and see him squirm. (laughter) He's so articulate he squirms right out of those things. But thank you so much for everything you've done. These lessons have just been wonderful, and I'm so glad I'm continuing in this framework. I know I speak for everyone here, but I want everyone else to say something, too.

S4: Rayson, first I want to say we love you dearly and we hope we continue this relationship eternally. I really look forward to closer and long duration relationship.

S5: Rayson, I want to thank you personally for all the wonderful lessons, inspiring lessons that you've given us over the past two years. I'll never forget them, and hopefully will more diligently apply them. And I think that that's the way that we all are inspired to show our thanks for these lessons is to more diligently apply them in our lives.

R: Yes, yes, you are right. Remember that work is worship. Spiritual work is a very fine and much regarded means of showing your sincere love and worship for our Father, our dear Father, who created us all and who loves us very much.

S6: Rayson, I'd like to thank you for the opportunity to continue in the new format that will enable us to grow, to grow even more. Thank you.

R: You are welcome. Are there any other comments or are there questions?

S: Rayson, I imagine there are a few special visitors here today, this being our last lesson. Is there anyone visiting here who would like to say anything or are would you acknowledge their presence for us?

R: (S) you are correct in your perception that there are many present today, a huge gathering, in fact, including all of your personal teachers, as well as a high level emissary from your Planetary Prince who sends His love and greetings.

S7: Rayson, I'd like to thank you personally for all the lessons and the growth that I've felt over the last couple years of participating and reading the Urantia Book and being involved in the teaching mission. And I'd like to know if, now that we've made a decision concerning our topic for next week if there's anything we might be able to do to prepare other than cooperate, I suppose.

R: Some have found it useful to think much about the topic and apply it to all of one's interactions during the interim time. For example, should you go forth by means of your vehicle and make contact with another mortal in a vehicle, there will be opportunity to participate in a cooperative as opposed to an antagonistic interaction. That is just one example, but do you understand?

S7: Completely. (laughter) You've just nailed it, yes. You know my driving habits.

S8: Rayson, could you convey greetings to my personal teacher for me, please? Or are maybe I can just do that. Hi there! I'm excited. I want to get to know you better. And I really mean that. I don't mean to trivialize by acting goofy here, but I am excited and appreciate it if you could convey my greetings to my personal teacher.

R: Yes, of course, And you know, of course, that you are the best one to communicate with your teacher. In fact, you already have been in communication, although this may not yet be evident to you consciously.

Q: Rayson, does my teacher have a name that I know or would recognize?

R: The name has been given to you. (S: Ah, thank you.) (01/22/94)

MESSAGES

Q: Do you have a message for any of us from any other celestial being?

A: The outgoing message is that you are all loved, including those who are not here. On a planet such as Urantia it is almost unfathomably difficult to strive to do the Father's will. Despite the fact that the Lucifer rebellion has been adjudicated, there is still much of what you would call clean-up remaining to be done by the nonhuman entities on Urantia. And this is proceeding as quickly as possible - but it will take time.

It is most admirable that you have responded to your promptings to participate in this teaching mission, and we - -the teachers and the architects of the mission - thank you deeply for your faith. We, of course, cannot know how difficult it is for you, and we - among ourselves - often marvel at your continuing efforts. Thank you, all of you, for the good work. You are much loved. Farewell.

All: Farewell. (01/31/93)

MESSAGE from MELCHIZEDEK

(T/R Jacob)

Greetings, ascending Sons of God. This is Machiventa Melchizedek addressing you today for a brief message. Much love to you all and a heartfelt thank you for your jobs being done. We wonder with awe at the Father's plan, purpose, and destiny, and its outworkings in you.

Right now I would like to inform you of Aneena's part in the teaching mission. She is not necessarily Jacob's personal teacher, but she is a personal teacher for all of you. You all have a mission on this earth. Some of you have an idea of what that is, some of you do not. Aneena will assist you in ascertaining or confirming the part you must play in the unravelment of the Paradise plan. Whether this mission - which is your own personal mission - is of a service nature or if it involves the daily evolvment of your own spiritual nature, she will guide you if you ask her. It is not necessary to confide or to be outpouring of personal matters to her, but in order for you to grow spiritually you may ask her those questions which are pertinent and which can help you in your journey.

This mission of Aneena's - and yours - will be done in a slightly different format as compared to the other teachers. There will be more interaction more questions and answers, and an interplay of words, ideas, and concepts much like in a classroom situation. I hope that you partake of this gift and that you benefit greatly from it. That is all. Now I leave you to (T/R) and Rayson who has prepared a very delightful lesson for you all. Aneena will be available later on. Farewell.

[Later] S: I wonder if Prince Melchizedek is still around?

A: Yes. Yes, he is here.

S: I would like to thank him very very much for giving us this message and for assigning Aneena to this group instead of simply to Jacob. We really do appreciate that. I think I can assure you that several of our group will attempt to utilize the talent of Aneena to guide us in our ways.

R: Melchizedek is much pleased. Those in this group are well motivated and most willing to learn and work.

RAYSON, ABRAHAM, MELCHIZEDEK & JESUS/MICHAEL

[Still later:] Visiting T/R, Re: Messages from

Q: It's been a long time since I've been with you (Rayson). I have some "thank yous" that I wish you would pass on for me. I would like to thank you for the opportunity to transmit you back several months ago when the group here was without a transmitter/ receiver. While acting as a transmitter/receiver its very difficult for me to pass along these messages from me. I'd like for you to pass along my "thank yous" to Abraham for coming and visiting our group some time ago, as well as to Prince Machiventa on occasions. All are welcome including yourself. I know that you have been at least an observer on several occasions, and should you ever wish to have a few words, you certainly may.

I also would like to ask for any type of confirmation or understanding of the transmission that came through me last Monday night from Jesus. Was that the Spirit of Truth, or what was that? 'Cause it certainly felt different from any other personality I transmitted.

A: One moment. I am told that many were present at that time, including Michael who did indeed give you a message. And yes, the Spirit of Truth was present. Michael supervises this mission from time to time, and is fairly well pleased with its progress. He plans to visit each group on at least one occasion in the future, some groups more than once. Some of the mortals who act as transmitters are not physically able to bear the electrochemical demands of transmitting higher entities. In those cases He will, that is Michael will, be sensed by certain members of each group. You, (Visiting T/R), are strong and therefore able to withstand the increased demands of your mortal body and because of this there will be more visitations to your group. (02/14/93)

[Rayson advises that "there are many beings in this room." A student asks if any of them would like to speak.]

R: I will check. One moment. (pause) It just so happens, (T/R) is fighting this, the teacher Ham is visiting and would like to speak. (T/R), however, is reluctant. And is trying hard to subdue her anxiety. We will take a moment for her to make up her mind.

(Long pause)

HAM: Greetings, children, this is Ham. I bid you hellos from our revered Creator Son, Michael, and his heavenly Divine mate, Creative Mother Spirit. I have had much to attend to at the local headquarters and have been away. I ask that you reassure my study group that I will return, and to urge them to use this time constructively, without squabbling over ego, and to absorb all of the lessons which they have been given for their personal growth.

The emotional reaction to my abrupt departure was unfortunate and I had hoped that they would have had grown more, but we have certainly learned much from this experience. And it is hard for me to relate to human emotions. So, I did not mean to be insensitive, but it was just not considered that it would hit so hard. Everything will be revealed in time for the good, and please give much love to your human brothers and sisters in Utah as they need it and will appreciate it.

I will return to their group by winter, Urantian time. Until then they are to act as if I am there - in a manner worthy of students. Admonish them of this, for some are perilously close to error. They are loved unconditionally by me regardless, and must see through higher mind now. This is being asked of them for much has been given to them spiritually, and they are not without the ability to grow through and to this challenge.

That is my message, and my commendation for your loyalty through your own murky and confusing times. You are to be held as an example of loyalty in the face of the unknown. You are commended and continue, and should continue, on your present path for it is quite correct.

And as (T/R) is tiring, for it is not easy for me to use this human to speak through, I will bid you farewell. (Several: Farewell.) (02/28/93)

Q: First I feel a very, very, very powerful presence here today. I don't know if that presence would like to speak or not, or if it would just acknowledge that he is here, because I think that it would be nice for us to know. I would like to know.

A: Yes, we are observed today by the Prince, himself, who watches with an air of much love for his children. Also, many other teachers from around the world are here. There is an event transpiring in your state which is of much significance to our mission and we expect broadcast noon tomorrow. So, many have gathered to travel and retreat together for a seminar.

I took the liberty of inviting them to observe our little group even though (T/R), herself, forgot that we were meeting. The only reason Prince Machiventa will not speak is because (T/R) does not wish to transmit him as this would exhaust her and she has not had a good week physically, is in poorer physical condition than normal. So, I will transmit the message from the Prince.

MESSAGE FROM MELCHIZEDEK

He wishes you to know that in spite of much confusion about the nature of the teaching mission and much upheaval in the Urantia movement itself, and (S), in spite of the dire conditions on Urantia, that we are enthusiastically progressing in our task. Much progress has been made and we are extremely optimistic about our successes. We continue to grow quietly human to human, group to group, country to country. We have great cause for celebration as more circuits are opened daily and Urantia is almost a full member of the local universe.

You will see over the next decade a shift in the energy, the spiritual energy, of this planet which will make you realize that we are indeed progressing towards light and life. The shift in economics, health, and national boundaries is violent right now, but will result in a much more aligned and democratic world government. The Melchizedeks working on the world issues predict a period of peace and growth starting 2005 to 10. This does not seem attainable now, but rest assured that the alignment of the world while - as it shifts in this earthquake, mountains will emerge. Solid ground will emerge which will stay in place for centuries.

You are seeing a great historical moment in time: the early formation nationalistically, racially, economically, of the world which will some day be the basis for light and life. These things must occur, must be broken down, so that we can gain a global consciousness to solve and overcome other problems which will lay the groundwork for true brotherhood on this planet. The announcement tomorrow concerns new - a further unfolding of the world plan that we wish to implement. Some reservists will be activated during this next decade. We hope to gain more details tomorrow, but we are excited for we are entering a new stage. Our teaching mission proceeds well.

You must accept on faith and using your spiritual tools that this is real and serves the purpose of the Father's plan. We limp along, human and celestial together, really not knowing or are seeing as the Father sees, but just knowing that God's plan is good and that we are partners with Him now. So, my children I commend each of you for your diligence. There is no right or wrong, there is just God and our commitment to serving Him, and worshipping Him, and loving Him. And you and I are equal in that commitment.

I commend your teacher, Rayson, who - in spite of his own personality flaws continues to do an excellent and objective job of working with his brothers and sisters. And I wish you to continue to ask your questions, to live your lives, to stumble, to rise, and to progress as you have been doing. In the light and love of our Father, I remain your Prince and servant, Machiventa Melchizedek.

R: And that is the message, brothers and sisters, from Prince Machiventa today. (04/25/93)

Q: Rayson, before you go, do you have any messages for us collectively, for any - or for any one individually, from either yourself or are any one present?

A: One moment. (long pause.) Yes. The message from above is that the mission is maturing and presently the time will come for the seeds to disperse on the wind. There are many germinating foci of knowledge and wisdom scattering even now, waiting to be carried to their destinations near and far, to plant a new crop of hope for mankind. The father's love shines down on this field as the sun on a cornfield, and the growth is most wonderful to behold.

Each of you are to grow ever stronger in yourself as a single individual being and draw on the whole of creation to enhance your strength. For it is there now. The circuits are reestablished. You have only to reach out, to receive. You are much admired and respected for your ongoing struggles in this difficult situation. We are here to help you. Do not despair. The road has obstacles, yes, but you all know that ultimately you will stand in the presence of the Father on Paradise. What greater incentive than that could you have? What greater beacon to guide you through the difficulties, to spur you on through all of your lessons, to give you hope rather than despair? You are much loved and much guided. And we all stand ready to serve you. I now bid you farewell. (ALL: Farewell.) (05/22/93)

PART II THE LESSONS

ACCEPTANCE

Today brothers and sisters, we continue to study love. God is love, but as we have learned love is not the only attribute of God. Today we turn our attention to a facet of love which is often not considered. It is acceptance. Acceptance is self-tolerance. It is also the tolerance of the will of God.

First to the self. As we have learned, tolerance for loving, kindness, mercy, and compassion towards others is necessary to love your fellows. It is also equally necessary in order to love yourself. For, if you are not self-tolerant you can fall into the traps of negative thinking, encompassing judgment, criticism and ego traps of self-obsessiveness.

You are the creation of God and the experiences and decisions of your free will and environment. All the factors were created to foster soul evolution. You were not created in perfection as members of the first universes were, therefore you must learn to love your imperfections as well as your spirit victories. Your imperfections will be the greatest source of learning you will experience. Many of your flaws will take centuries and centuries of time as you know it to even understand, let alone transcend. How can you experience the joy of fusion and the ultimate joy of perceiving the creator without the recognition of the validity and honor of the struggle for a godly character. These flaws must be perceived as blessings to humans, as markers on your path as ascendent children of time and space.

Self-tolerance is often a forgotten virtue. Without self-tolerance issues of morality rather than spirituality take the fore, so to speak. You have been created in this fashion because it is the Father's wish for this universe. It is therefore God's will that you be thus imperfect.

How do you understand the will of the Father? You cannot understand His will totally for He is the creator and you are the creation. To understand His will for you, you should simplify: one, you are created this way; two, God creates good; three, because God has created you with love, who are you not to love this creation. So, acceptance - self-tolerance - is necessary to evolve a truly spiritual human and not a judgmental human from which divisions must spring.

It is an error to approach imperfections with a vengeful heart or an arrogant intellect. Rather, weaknesses, imperfections, should be viewed lovingly as opportunities for soul growth, and should be viewed in long-term ways of their eventual outworking into more desirable or mature spiritual qualities.

Every flaw has an evolution and can either be ignored, be rationalized into a good quality and therefore pursued into possible error, or can be seen as a lesson for soul growth tolerantly. If one views the final outcome to be not only the absence of that quality but the victorious spiritual shining of light which ensues from the struggle, that is the benefit that is permitted only to those who actively and lovingly desire to mold their characters into more evolved souls. The benefit of this spiritual plus does not (seven seconds of silence on tape).

Many religionists have made the error of thinking the moral struggle is between good versus evil within the individual human. It is not. It is between acceptance of who you are today - knowing who you will become with faith in God's will - and who you fool yourselves into believing you are. This is the struggle of the spiritually dedicated mortal. So acceptance is necessary in order to perceive spiritual

realities within your own evolving being, for without acceptance you will, children - rest assured, fool yourselves, or judge yourselves too harshly, or misperceive your status.

There is no competition for first place in the spiritual race. There is only the motivation spurred on by a thirst for God-knowingness that thrusts us forward to become better and better sons and daughters of our eternal Father.

If God can love you unconditionally now, the way you are, why can you not love yourself? Think about that in your daily meditations and prayers. For is it not an ungrateful act to not love what such a supreme creator has made and loved so dedicatedly?

If you cannot forgive yourself, you cannot forgive others. If you cannot accept your humanity, you cannot grant your brothers and sisters the same gift of this humanity. Self-acceptance, self-tolerance, is necessary in order to: one, be more open (next few words unintelligible) and two, to be able to bestow Divine love through your life and interactions with others. You cannot be loving in the world or to the Divine without also feeling love for the miracle of your beingness and uniqueness.

You are a part of the tapestry of time surging forward into eternity, the tapestry of imperfection becoming perfect, the tapestry of the mortal creature becoming one with a creator. If you do not celebrate and be humbled by such a gift, you will not fully participate in this wonderment.

Acceptance also encompasses the will of God which we talk much of when we pray "thy will be done," "It is my will to do thy will." But do we really understand this? First, it is God's will that you exist or you would not be here at all. So therefore, if your prayer is sincere to accept God's will, why not accept yourself as you are today? This is God's will. Two, you pray to know God's will, but children, you cannot fully know God's will until you stand in the presence of the I AM. Until that day some amount of partiality is necessary in terms of understanding and acting. So, the idea of understanding God's will in totality is therefore unachievable.

Simplify again. Acceptance of the mystery of God is part of worship. There is no momentous handing down of tablets of stone for us. There is only common sense, filtered through the desire to do good, be loving, see beauty, speak truth, and continue to learn. How simple it is - when one rises - to thank God for this day, to get out of bed, to love those around you, to have a cheerful word, to take time out to lend a hand to others, to service. You can rest assured that when you drive in traffic, that it is God's will that you smile rather than be angry or yell. If you simplify, it is quite easy to do God's will. Would God prefer you to be kind and loving towards your family or to be withholding and mean? Would God prefer you to take time to listen to another's suffering or to busy yourself with tasks? As you go through your day look at the simple things. It is God's will for you to work and earn your daily bread or is it God's will that you steal?

These are simple things. There is not confusion. Is it God's will for you to try always to reflect the inspiration of Jesus in your daily tasks? Yes. This is not something one should meditate on for years and discuss in forums.

Your will enters with choices. You are tired, you would prefer not to listen to a friend, but you do service because that is the higher value. That, then, is God's will, and your free will is to accept it. God in His wisdom, and through the ministry of the celestial beings on this planet, throws into each life millions upon millions of opportunities for soul growth, millions upon millions of situations to choose higher values. Rather than question what is the will of God, what is the will of God for me, which gets you no where, accept all of the opportunities that come your way as gifts from the celestial overcontrollers.

The people who ask for your love, and kindness, and attention, and time, are sent by angels and social architects, and by the spirit - Divine Mother - as opportunities for soul growth. The will of the Father is for you to choose always to do higher values. There is no mystery here, or great theological discussion. Some days you may choose better than other days, and that is where self-tolerance enters. But always be dedicated to doing the Will of the Father, which is to shed more spiritual light as you go through your life in very simple ways. When the book says "love acts," that is what it means. You need not have a grandiose, dramatic, epiphanal moment for love to act. Rather, love acts in the tiny insignificant moments of time which will one day add up to fusion for you. So, you must accept God's will. Life is but a days' work. Do it well.

Your work is of a spiritual nature, and it is not involved in the historical moments that will be remembered here in Urantia. It is involved rather in the moments which are recorded on high. The actions which constitute your survival and soul evolution, the things which you so often forget to pay attention to, this constitutes a life of loving service. That should be your highest consecration to God. When you look back on your life weave a wonderful memory all the tiny acts of love will make. What a shining soul for the rest of the world to see. For this is what creates you.

Acceptance is something you may pray for: acceptance of who you are, acceptance of God's will, and - between the two in the act of daily living - the birth and growth of your soul, and the metamorphosis from a physical animal being into a spiritual perfecter. This is what it is about. It is a slightly new way to look at truth.

We can reject God's will. Therein lies soul insanity. We can pretend there is no choice - as many mortals do on this planet - or we can actively choose in our actions to do the will of the Father, knowing that we will not always behave correctly, and we will forgive ourselves for the lapses because that is part of the Divine plan.

This is not a world for perfection; it is a world of recognizing imperfection and doing the best we can with our imperfectness. Please keep in mind that these choices, all of them, contribute to the Supreme, and even when you have not done your best you are creating the God of experience. You are also allowing your Thought Adjuster to participate in imperfection, which is a gift.

So acceptance, self-tolerance of yourself, first in your imperfect state, acceptance of God's will that you are created this way and what awaits you is perfection, and acceptance that you will never totally understand God's will, are part of living a spiritually dedicated and conscious life.

My advice again, simplify, for it is in living faithfully as tadpoles that we become frogs. You are tadpoles now, as I am, and one cannot expect your life to be more than it is. We make tadpole decisions and we do the will of God by recognizing what we are.

And that, brothers and sisters, is the formal lesson for today. Do you have questions?

Q: Yes. We talked about self-acceptance, and there are a couple of things I think you said, prayer, and recognition of who we are, and willingness to live as a tadpole each day. As I think of ways to achieve self-acceptance I find that I have particular intolerance of my flaws. That, I see is sort of arrogant in the face of God. I understood you very clearly to say that it will take possibly centuries to get rid of some of these. On a daily basis when things come up, do you know any ways or methods to work on that, you know, one day at a time?

A: To think of yourself as a child, which is what we all are, to apply the same understanding patience as you would to a struggling toddler falling and learning to walk. To understand that you cannot skip this stage, and that you will fall and become bruised, and bruise yourself many times, but will rise again to continue walking the path, that the love should come for the miracle of the human spirit in rising again, that although you are flawed now, look to each day for the moment when you acted in a God-like fashion. And every day there are those moments: a smile, a caress to a child, an illumination or feeling of unity with God, a comfort for a minute inside yourself, a peace bestowed by the Spirit of Truth, observing the beauty of nature, putting your feet up and relaxing from life's anxieties - are all God-like attributes which you humans overlook, concentrating only on the moments when anger or fear or doubt got the better of you.

Faith pulls you through when you have not acted in the highest fashion: faith in God's acceptance and love for you, which you should mirror to yourself; faith in the fact that flaws are bestowed in order for you to grow past and from; that there would be no growth without this struggle, and that if it were easy and your flaws could disappear it would not be God's plan. Stretching your time sense to a more eternal one will help you to develop acceptance. A sense of humor also eases the times when you grow critical or impatient with what you see as regression.

Q: When you talk of faults and flaws in human terms, I guess that's just a point of view. It might be other person's likes or dislikes would differ; a fault from another person might be a virtue to another person. But I guess from a cosmic point of view, from the Father's, the main faults that we should be concerned about are evil, iniquity and sin. Should we be tolerant of our own sin just as we are tolerant of our own error?

A: We should forgive ourselves for sins if we feel we have committed them. Remember, it is not for us to judge even ourselves, but merely to evaluate. If you feel you have committed a sin which is fairly extreme - most people fall into error - you must pray to forgive yourself as you ask for the forgiveness of the Father. But you must also ask for growth to learn from these sins and to resist them, to resist taking those actions. Flaws are not errors or sins or evil, but can lead one into errors. Flaws are anger, fear, faithlessness, lack of love - which are all relative - those are examples of spiritual flaws rather than the actions.

It is the inner soul-scape, so to speak, that leads one into actions that would constitute error, sin, and evil. It first starts within the human, the conflicts, the trouble. It would help to read the analysis of Judas as he fell into grave error and sin. First started in his personality flaw of isolation, and then his inner conflict as his wrong thinking took hold, and then finally the action. Does that answer?

Q: Yes. So basically the flaws, once we learn how to deal with our flaws, then we will not enter into evil or sin.

A: Probably not.

Q: But to do that, one has to be tolerant and resistive.

A: That is correct. (Thank you.) ...

Q: Rayson, greetings, I heard you saying in the beginning of the lesson that there's a difference between spiritual or moral, morality or spirituality. My concept, or my understanding, in order to be spiritual we need to have morality. Would you help me to understand what you meant to say?

A: Yes. Spirituality is unchanging truth, the attributes which will eventually make you Godlike. Morality, while sometimes the same, is a man-made concept of behavior which changes culturally and timewise. Morality is necessary for the organization of families, tribes, and nations. But does not necessarily add up to the highest spiritual traits. For example, morality has sometimes dictated that people have many mates, sometimes dictated one mate. These are societal values. The spiritual value would be a partner and relationship between a man and a woman that is loving, service oriented, tolerant, and that encourages spiritual reality in the raising of children, which forces the humans to experience unconditional, give unconditional love. Many mates, one mate, things change societally, but spiritually values are the same. (03/28/93)

ADVERSITY

S: Financially, for me now this is a very frightening period. And instead of the usual panic that I feel - and in the past when faced with a situation like this, I used to get frightened by just the idea of lack of abundance - and now that I am experiencing it more on a daily basis I find that my panic and fear has been replaced by a peacefulness and a stillness. I don't know if that is a function of the spirit of courage, the fact that I really understand that everything is really okay and everything is taken care of, but whatever it is, it's not what I expected it to be. I really expected this to be my flip-out time. And it turned out to be kind of a beautiful experience, and I'm enjoying it. And I know that the angels at times teach through adversity.

One of the lessons that I have learned has been my friendship with [a woman with AIDS] and watching how she handles what I considered to be an unnatural human burden. So I'm enjoying this challenge - I think. But I do understand and feel the terrors that - my usual panic has been replaced with something that money couldn't buy even if I had it.

R: Well stated. Yes, yes, your perception of peacefulness as an aspect of personal spiritual growth is most accurate. Why attribute it to a Seraphim when you have done the work yourself?

S: Well, I've killed so many bugs I want to give credit where credit is due. [Laughter.] You know come judgment I get a little bit of leeway.

R: Even bugs have bad luck. [More laughter.]

S2: I just need to rearrange the financial aspects of my life. They are such a burden and pressure.

R: Every adverse event that occurs during your universe existence has a lesson in it for you, and part of your mission is to find those lessons. At times they are readily apparent, and at other times you must dig deeply and search hard for meaning. But it will emerge if you are assiduous in your search.

Q: I'd just like it to change. I ask for help from the other side, just in terms of maybe a bit more strength or something to do what I need to do to clean up my life. Sometimes I just feel like I don't have it all by myself to balance that cheque-book or to do those things. Could I have some inspiration, please?

A: We ascendant mortals are much esteemed throughout the universes for our great capacity to adapt to changing circumstances, a necessary quality to have in order to survive. And most survive. Non-survival is a very, very rare event. We are also much respected and - not exactly envied - but I would say that other more perfect beings sometimes yearn for our - for the change that does occur during our lives. Change is an inevitable fact of existence and is multiplied by many orders of magnitude when

one is created imperfect. From the moment that you came into being you have been undergoing change with every fragment of time that has passed. As you listen to this lesson you are changing. It is an inevitable and irreversible process. And we call ourselves ascendant because as we change we also ascend simultaneously. There is no turning back.

The change that you seek is difficult to measure by your standard physical means, for you cannot put it on a yardstick, or hold it in your hands, or leave an impression on a film with it. It is measured instead in terms of peacefulness, confidence, awareness, that ability to be in the world but not of it, joy in the creations of the Father that abound so wonderfully on your planet. That is how you can discern the change within. And also by an increasing awareness to the promptings of your Thought Adjuster, which you, in particular, are very well attuned to. Does that help?

S: Yes, it helps. It reminds me of a line from the movie called "Star Man". It was to the effect that humans are at our best when we're at our worst, our very worst. And I do like that part of being a human. And there's nothing like it. I'm proud of that part. And I guess it all fits into what we were just talking about now. Resilient. And I am grateful for that. I thank you, and Father.

R: Yes, how can we ever settle the outer universes successfully unless we experience all there is to be had at all of the levels of ascension?

S: Right, clean one's own closet, I guess. (05/22/93)

ANGELIC CONTACT

Q: Rayson, does the angelic realm - is it common that the angelic realm, specifically the Guardian Seraphim, ever communicate with us metaphorically, or through symbols or through coincidences, or synchronicity? Or is that a function of the human mind/psychology, or wilful thinking as opposed to actual contact?

A: Yes, all of the contacts you mentioned do occur and may occur. And as you become more spiritually attuned you may well perceive such things. You in particular, (S), because of your own special gifts, may be especially aware of the workings of the helpers.

Of course, superstitious persons may attribute many accidents or coincidences to seraphic beings or other sorts of entities and be in error, but this is not important other than as an observation at this point in your existence. I would not be troubled by it, but rather gladdened, if your inner sense is that you are being guided in such a way. (05/22/93)

BEAUTY

Today's lesson is on beauty. Beauty is much needed by beings of imperfect creation and yet its true nature is subject to considerable misunderstanding. Therefore I shall offer a simple definition of beauty. Beauty is that creation of Father which heightens the awareness of all who behold of true spiritual meaning.

When you, for example, behold beauty, your Thought Adjuster is made aware of your perception because beauty is a creation of Father and, as with all things, imbued with Father's qualities. Awareness of beauty sends a direct meaning and signal to your Thought Adjuster which is in turn transmitted to Paradise, as are all Thought Adjuster signals, for recording and sometimes direction, guidance, answer.

Does this mean that animals do not perceive beauty? Yes, that is correct. And indeed those mortals with indwelling Adjusters who turn away from Father's works will have little, if any, understanding of true beauty and, instead, substitute self-created definitions of beauty. These, of course, will be easily seen through by the spiritually uplifted and aware, such as yourselves.

Behold beauty and you are closer to God. Behold beauty and you gain wisdom. Behold beauty and you possess a bit more truth. Behold beauty and you share Father's love. Behold beauty, and you step forward in your spiritual growth. Behold beauty and become yourself beautiful, as was Jesus and Melchizedek and his visitation to this planet. Behold beauty and you will recognize it immediately upon representation and always will know it as different and special and not like anything of mortal creation.

Does this mean that beauty should be worshipped? Worship is not quite the right action to undertake for God's qualities. It is God that you will worship, should worship, are invited to worship. God's qualities are for you to emulate, to hold close, to share, to revere. Truth, beauty, goodness and love are qualities of Father that all are His gifts to you, and each in its own stead contributes to your spiritual nourishment. Enjoy Father's gifts, they will enrich your lives immensely. Share them with your neighbor. It has been said that there is nothing of Father's creation that is not beautiful. You may wish to ponder this a bit. It is essentially true.

And, of course, it is the answer to the developing adolescent who is tempted to ridicule his neighbor as ugly. And yet, you may say, "but are there not ugly acts?" Yes, there are choices that freewill creatures are permitted to make which can lead to adverse outcomes, sometimes quite unpleasant. This is ugly. The one who makes a freewill choice to reject the Adjuster's promptings and turn away from Father may be perceived by the spiritual self as unpleasant to gaze upon or ugly, and yet, even this one is beloved by Father.

Should you only retain what you believe is beautiful, and expel – destroy - the remainder? This is a decision reserved for the Ancients of Days alone and not for us. However, in participating in the difficult work of uplifting a world that has fallen into darkness and chaos, necessary social adjustments must be made, and recognition of that which is less godlike is certainly helpful in this regard.

It is difficult for me to comment further on this line. But your Urantia book offers further guidance, if you wish it. Lucifer stated that man was too weak to live in a world in which beauty was marred. Do you think that is true? I do not believe so, either. When new arrivals come to the mansion world, there is often the comment that the beauty there is overwhelming, spectacular, awe-inspiring, comforting, loving, peaceful, truth containing, inspirational, worship-inducing. This is true, all true, and yet this is but an early step in your long journey. You are right to believe that the heaven of your ancestor's stories is a beautiful and wonderful place, and yet when Light and Life arrive on Urantia, the same will be true here, even more than is presently the case.

My friends, beauty abounds on this little planet. It is all about you. There for your enjoyment and comfort. You have only to extend your perceptions and try them. That is the end of our lesson today.

Q: Thank you, Rayson. I've learned more about beauty today than I did reading the Urantia book. I think, however, that which I knew about beauty is consistent with your lesson. For example, I've always thought of beauty as being harmony, that is, harmony of colors or harmony of notes of music, or lives

lived in harmony. If you would comment on the relationship between beauty and harmony, I would appreciate it.

A: Yes, that is an excellent question. All which is in accord with Father and Father's qualities is, of course, harmonious in the cosmic sense. You know that that applies to truth, do you not? (Yes.) And love? (Yes.) And goodness? (Yes.)

So, too, with beauty, and yet it need not be a specific assortment of colors or sounds or spatial configurations even, instead it is the spiritual quality of the artist that imbues an object with its beauty. That is why it is so true that no creations of Father are anything but beautiful and indeed harmonious. Does that answer?

Q: Yes. I do have a follow-up question. Would you comment on why it is that some people think that things are beautiful which others think are very unbeautiful? For instance, art, the drawing art and even in music. Do we see different qualities in it, or just what is the explanation for different tastes in art or music?

A: Do you know of any time that Jesus commented on the lack of beauty on anything on Urantia?

S: Well, I know that He was very unhappy with the conduct of the leaders of the church, the spiritual leaders, that is, but specifically in terms of beauty, no.

R: Perhaps the differing value in terms of beauty assigned by differing human observers is best explained in terms of selective perception, that is, what observer A sees is filtered through certain expectations that he has, while observer B has different expectations, yet if seen through the eyes of Father or Jesus or a Urantia mortal from the time of light and life, it is unlikely that there would be perception of ugliness, particularly in terms of material structures. I understand that there are different tastes among individuals and that what is pleasing to the senses of one may not necessarily be pleasing to the other, yet there is no place in the definition of beauty for physical pleasure, so perhaps this is part of the misunderstanding.

S: For instance a noise that is considered caterwauling by some can be enjoyed by cats.

R: Yes or by an avant guard musician

S: Or artist

R: Or tone deaf neighbor.

S: Yes, I think I understand.

R: The idea of beauty as that which is physically pleasurable is not a spiritual definition. This is more in keeping with catering to animal drives. Again, I refer back to the example presented in our last lesson about the teenage boy who would call the neighboring woman ugly, assuming that his adjective was chosen on the basis of a lack of sexual arousal afforded by the woman's countenance. I would say that such a definition of beauty and non-beauty is not in keeping with spiritual qualities or their lack. Does that help?

Q: It helps. Is there's a distinction between physical beauty and spiritual beauty. I know technically what the answer is, but I would like for you to comment on it.

A: Physical beauty and spiritual beauty can be the same when perceived by the one who is spiritually attuned with Father and, in the case of Urantia mortals the indwelling Adjuster, I mean spiritually attuned in the sense of a high level of development close to fusion, not mere contact. However, failing that, there will always be some discrepancy on the part of the observer between what is understood as spiritual beauty and what is understood as physical beauty. This is not meant to be a criticism, but merely a marker of one's growth and progress. You certainly would not be expected to understand complicated mathematical principles before you had mastered addition and subtraction. So too with the complexities of spiritual principles and qualities.

The animal is attracted by, and sees beauty in, that which satisfies animal drives: a comfortable place to sleep in satisfies the drive for rest, a tasty morsel to chew upon satisfies the drive to eat, a sturdy genetic product of the opposite sex satisfies the need to mate, and all three examples are representations of beauty to the animal mind. But do you truly believe that a soft mattress leads you closer to Father?

A: Not always. I would say no.

R: Of course, you need to sleep, but you understand my point.

S: Yes, I understand your point.

Q: Then, if I understand your lesson, if the object seen, the sound heard, the scent perceived arouses a sense of gratitude to Father and appreciation of His creation, then that is beauty in a more spiritual sense and not just in a physical sense?

A: Yes. All of you present have been increasingly awakening to the promptings of your Thought Adjusters over the last interval of time, and even though it is difficult for you and the perception most fragile and delicate, with great effort you can at this stage see that spiritual beauty. I urge you to work at this. You will find your work rewarding. Are there other questions?

S: It's a beautiful lesson, and it's inspiring to look at it more clearly, the meaning of beauty from a spiritual standpoint, and I'm sure it's well worth working at, perceiving it more often. (12/26/93) See Also: WORK ex rel BEAUTY (01/02/94)

COOPERATION

Today's lesson will be an important subject, a very important subject, cooperation. Cooperation is a major force binding together all creatures in the universe, perfect and imperfect, mortal and immortal. Cooperation among beings of the universe approaches the importance of worship in terms of serving our father.

It is a critical time for the peoples of Urantia at this time, for you have attained much technical expertise and yet lag far behind in some very important respects, socially. Competition is the order of the day. And this is not an altogether bad thing, for competition has been a great civilizing force for the beings of Urantia. Nonetheless, taken to its present extreme level, competition does certain harm to those striving for spiritual growth and development when not accompanied by a proper spirit of cooperation.

As members of the Corps of Destiny, one of your goals will be to promote cooperation among your fellows. You will do this through your own living example, primarily. Your example will be that of good will and cooperative interaction with others as you go about your work and rest. This is not to say

that you may not compete, for at this stage of development - and indeed for some time to come for you - competition helps to spur you on to your finest performance given your own unique abilities. However, the spirit with which competition is entered into can be tempered by adding the desire for cooperative achievement and the desire to effect good and follow the footsteps of Michael.

When you cooperate freely, willingly, it becomes that much easier for your Thought Adjuster to lead you. Your Thought Adjuster has a difficult time breaking through the strong animal urges and high emotions which still rule, to a large extent, man on Urantia. However, by your experience in spiritual self-development, by exercising the virtues and practices presented in these lessons and in the Urantia Book, and through the promptings of your Thought Adjusters, seraphim, and others, you can strengthen yourself spiritually and focus the sensitivity of that part of you which is most receptive to the Thought Adjuster - somewhat like tuning in a radio or television to its best performance - fiddling with the dial.

What might happen if you choose not to adopt a cooperative attitude? Well, you may not perceive much change consciously in the direction of your life, however it will be that much more difficult for you to work toward a measure of inner peace and that level of self-fulfilment which is attainable during your material existence.

Yes, you will have opportunities beyond this life for spiritual growth and development, infinite opportunities, and so may not wish to eagerly, assiduously, pursue the path of spiritual growth, for it is an arduous path. Time-consuming, in a sense, and man has always been a procrastinator. If you consult your inner selves you will find the truth and the truth will help to lead you.

Cooperation is a way of multiplying the strength of your individual effort even while in the flesh. It has been said that cooperation among two affects the strength of four, cooperation among ten the strength of a hundred. Can you imagine how effective the cooperation of a thousand, or a million beings would be?

When Urantia is on the threshold of light and life there will be no difficulty with cooperation among all living beings, and that will be a wonderful day. But it must start here. Like the other spiritual exercises, your efforts at cooperation - each act in fact - sets off a chain of benefits that go far far beyond your immediate circle, like the ripple in the water that travels for thousands of miles. That is the answer to the questioning mind that asks "What can I, one person, accomplish in my own small way?"

All of us, every single being in the universe, we are all connected to one another. And it is the Father's will that we work together, that each unique individual add his or her cooperative effort to the grand total. This is not at variance with achieving your own personal level of excellence. In fact, it is in harmony with that very goal. The result of cooperation is harmony, harmony among beings, the unification that is achieved when all strive for the common goal. Such a bright and strong purpose that is! So I urge you, children, to strive in your lives for cooperation with your fellow men and women, difficult as it may be. Use your wits, your cleverness, your special abilities, to achieve this. And let your faith help you to realize the importance of your own personal efforts.

That is the end of this lesson.

Q: Could this local universe have been created without the full cooperation of Michael and the Mother Spirit?

A: No.

Q: They each brought something to the table that the other one didn't have, is that correct?

A: Yes.

Q: And I suppose, since no two of us are alike, the cooperation of any two of us to do anything - or something, at least - would be profitable. Is that correct?

A: Yes. There is a concept in your language called “synergy” meaning, loosely, that the sum of the parts is greater than the whole. This applies to all the spiritual abilities, but particularly to cooperation. Are you not eager to find out just how much you, as an individual can accomplish? The challenge lies before you.

Q: What kind of cooperation is desired of us for the teaching mission to do the most good? **A:** Yes. In your teaching mission, our teaching mission, the first major task is to achieve fellowship among the teaching group members themselves. As some of you have discovered this is not as easy as it may appear from the outside. Once this goal has been achieved, the next step will be to go forth - each person respectively - into your society and bring forth the same fellowship you have learned in your teaching group, following the example of Michael as much as you possibly can. Between these two chores, you will find yourself kept most busy. And this teaching mission, in its second phase particularly, will most certainly go beyond many of your lifetimes.

Q: It seems to me that the business of cooperation is resolution of conflicts. Have you any particular guidelines for that? I know that in my secular life, the change that needs to come; there will be a lot of conflicts to go through. That's in a social arena, and I wonder if that's paralleling the spiritual realm. What do you do to aid in that?

A: Yes, you are correct. It is conflict that acts as the strongest barrier to efforts at fellowship on Urantia. Remember again the example of Michael who, rather than beating a door down, instead, would find the key to unlock the latch. That is the way with conflicts, not easy.

Beyond the material life there is yet conflict, and I, myself must work on the same problems that face you. There are tools that are helpful. To name a few, are compassion, willingness to be honest, desire to do good, and above all a remembrance of the golden rule. Remember the proverb that we cannot understand a man until we have walked a mile in his shoes.

Much conflict among beings arises from misunderstanding as well as greed, envy, fear, anger, the spiritual poisons. Fear, in particular is a source of conflict. Animals fear one another because they are afraid of mutilation or death. You are not animals. Be not afraid. When your fear is effectively put aside you will find that a significant amount of conflict will ease away. (02/21/93)

CREATION

Q: Also, if you have any insight as to how the Universal Creative Mother Spirit and the Creator Son, when they created the Bright and Morning Star, how did they create that? There's no discussion of the technique.

R: Could he please restate?

S: The Urantia Book describes that one of the first acts of a Creator Son and Mother Spirit is to bring about the existence of a Bright and Morning Star. It alludes to the creation. And I was curious as to

the actual techniques of this creation, since that's not really spoken about in the book. Have you have any insight or information on that.

A: Well, that is not information I am permitted to disclose and, in fact, I do not have it at my disposal, so I am most sorry that I cannot answer.

Q: That's okay. I expected that. Rayson, also the technique whereby Michael was able to be born of a female young human, they talk about that as a secret of Divinington or Salvington - one of the tons, [laughter] but all these secrets that are not answered in the book. [Another Student: Sonarington.] Sonarington. All these secrets, I mean, somewhere, to someone other than the Universal Father, they are all known, is that correct? Or are there some secrets that are wholly and totally held by the Universal Father?

A: There are some that only the Father may access, but those are relatively few. There is a mota concept which, simply stated, is "The universe is a cooperative of function and knowledge." Many, many, of what you call "secrets" are common knowledge at relatively low levels of universe ascension. For those of us who are ascending mortals, this is not only part of the educational program, but in fact, this knowledge is made available because it is necessary to have this information in order to proceed with our work.

However, there are particular matters such as the incarnation of a Creator Son in a mortal woman that are reserved for only the celestials, and that for a functional purpose as well. It also is due to the fact that to effect such an incarnation requires the concerted efforts of many, many, many beings beyond simply Life Carriers and Physical Controllers.

There was a veritable army of higher beings attendant upon Jesus the babe, the child, and the man throughout the brief period of his human incarnation. The administration and coordination of this corps of beings required a fairly high level of administrative function and expertise. Just as in your armies on Urantia, so too in the administration of the universe.

As one ascends one has first only one's self to be responsible for, then a few beings, possibly children, then more and more. When you reach the step at which you will be ready for your paradise journey you will have the responsibility for the safeguarding of many, many, many ascending mortals as well as other created beings entrusted to you. And even at that point you will not be privy to the secret of incarnation because it will be neither useful nor necessary for you. Does that answer? (05/22/93)

DEFAULT

Q: As regards to universe administration, since we've learned that a Lanonandek Son like Caligastia could default in his mission, but no Creator Son has ever defaulted, it seems to me there's a built-in safety device into the way all that works, because it allows for default up unto a certain level of administration, into administrivia, but not above a certain level, is that true or false?

A: The issue of default is one upon which there is a great deal of, what you would call on this planet, research or literature at a higher level. You are, in part, correct in your speculation that beyond a certain level of universe administration it is increasingly unlikely that default will occur. However, there is no entity in all of the universes - or even in Paradise - which could not default if that were the will. Now many, many entities are created perfect and of course could not willingly default, but they could be

led astray by a commander who defaulted because in their perfection they would unquestioningly follow authority.

But default as you refer to it, that is, the free will decision to knowingly and with vigor go against the will of God as did Caligastia, that is a rare occurrence in the universes, but does indeed happen, and is in fact part of the greater plan for all of creation, and probably is actually necessary in the long run. All systems need challenge and testing on occasion, and that is the purpose that default serves in the greater administrative structure of the universes. And each instance of default is studied in enormous depth and much new information is gained thereby that proves useful in future administrative instruction.

As one ascends the levels of universe administration the rigor of qualifications required to be a full and practicing member of one's order necessarily increases and it is most likely due to this fact that no Creator Son has ever defaulted because the rigor of qualification to become a full Creator Son is so intense that those areas of weakness that ultimately lead to default would almost certainly have revealed themselves. You will note that it does not state in the Urantia Book that all aspirants for the position of Creator Son have in fact met the qualifications.

Q: That delineated by a Master Creator Son?

A: Yes, who has met the qualifications, some of which are outlined in your book, and others of which are not. But many aspirants fail to qualify. They are not discarded, but instead are allowed to matriculate in lower levels of administrative capacity for which they are deemed well suited.

Q: It is my understanding that Caligastia is responsible to some degree for some of the health problems which we are now facing, and I was just wondering if you would be permitted to clarify some of that. I'm just frankly aghast that such a high being, even in default, would do something so pernicious.

A: Yes, it is most unfortunate. Every newly ascended being from the material plane in this local universe has as one of their first lessons in depth instruction on the Caligastia rebellion, for there are many a lesson therein. You must understand that Caligastia did not embark upon his course because he wished pain and suffering to come to man on Urantia. Rather he thought he knew better than the Father and the Father's administrators who were his directors. And his wilful actions to go against instruction were undertaken in that spirit of pride. All of us have done such things. But none of us has been in a high level of universe authority where our actions could have such enormous repercussions, and therefore each of us has not been directly responsible for the suffering of untold generations of beings on a number of planets as has Caligastia.

It takes such a small amount of difference in direction on the universe scale to have the enormous effect over the course of time. A fraction of a degree difference in direction, that is all that Caligastia's behavior affected, and yet the result was to essentially derail the basic plan leading toward the establishment of Light and Life on Urantia quite severely.

The major impact of Caligastia's disobedience was the severance of the universe circuits to Urantia and other planets involved in the rebellion, because when this severance occurred man was left far, far more to his own physical being than would have been the case otherwise. If you starve a living creature of one essential nutrient the creature will live, but its function will be impaired. A good example is vitamin or mineral malnutrition. This is analogous to what happened when the universe circuits were severed to contain the rebellion. Man continued to live but did not thrive as had been intended because of a stunting of spiritual growth.

Yes, prayers were still answered, but through a detour - if you will - and less expeditiously than otherwise would have been the case. Yes, there were beings - are beings - here to help you, Midwayers and beyond. But because of lack of access to the universe circuits it was immeasurably harder for these helpers to assist man as he sought daily guidance in spiritual growth.

On the large scale of time Caligastia's effect on man has been little more than a drop in the ocean. That is, I know, difficult to believe because of the time scale on which your material lives are based, but the problem was fixed almost as soon as it happened on a universe scale - quite quickly.

The effects on personal health, yes, that is true. Caligastia's uprising, his disobedience, did indeed have profound effects on the health of humans - and animals, I should note - on Urantia. Not only was the full power of spiritual and intellectual recourse to bodily disfunction greatly hampered, but also, because this is an experimental planet, certain - there is a certain lability about the effects of environmental agents, including sunlight, extraneous radiation, chemical effects, on the physical body that these - this lability could have been managed far better had not the universe circuits been severed. However, because of the spiritual malnutrition - if you will - that has occurred over the ages on Urantia, mankind is now in the position of suffering from many disorders such as cancer that could have been handled far more easily in the pre-Caligastian state. Does that answer? (Yes, thank you.)

Q: Rayson, we have heard that when Caligastia heard the results of the adjudication of the case Gabriel v. Lucifer he found that they had deposed him as Planetary Prince and said "If I cannot be Planetary Prince, neither can anyone else" and designed certain diseases such as AIDS, tuberculosis, etc., which were designed to wipe out the population of the earth. Is that correct?

A: What do you think, my son?

S: Since I have heard it from the celestials, I think it probably is true.

R: Hm. Moment. I am permitted to comment in this fashion. Yes, Caligastia had certain powers, however Life Carriers and Physical Controller answer to a higher authority than a Planetary Prince, and when instructed to follow a dubious course they always seek higher guidance. To attribute animal behavior to a Lanonandek Son is lacking in understanding of what a Lanonandek son is, and what an animal is. The disobedience of Caligastia was not disobedience in the sense that a human would disobey, or an animal. And the details of such disobedience were far more concerned with administrative structure than with such emotions as rage, spitefulness, even ego. Caligastia's illness, if you want to call it that, was cosmic insanity.

It is conceivable that he may have designed illnesses, but highly unlikely, particularly without the assistance of the life Carriers and Physical Controllers. You must also remember that once freewill creatures had been established upon Urantia the role of the Life Carrier here became very much circumscribed, and the administrative structure governing their actions was altered as well.

I am instructed that at this point a direct answer to this question is not in the best interest of this mission, but it would be better for your group to discuss the matter that you bring up and to attempt to reach a consensus. (Thank you.) You are welcome. (05/22/93)

DESTINY

Tonight's lesson is on destiny. Destiny is such a fascinating topic, so important as a part of our consciousness from the beginning of life, running through it like a constant thread for its entire length. Destiny is not a static concept, not a far-off goal, not a plaque on a wall that states the result of a performance, an office attained, nor a goal reached. Rather, destiny is what is contained in the seed of being as a potential prior to the onset of life. And the destiny starts to unfold at the moment of birth.

Each of you here now is participating in your own destiny. You have a destiny that was, the destiny that is, and a destiny that shall be. From the time of attainment of your Thought Adjuster, you have a unique way of altering - not altering - but molding your personal destiny, as if each of you had before you a detailed blueprint of your entire existence and the capacity to make changes within the blueprint limitations at will. Erase a line here, add a line there, this is where your free-will decision-making capacity serves you most mightily.

You may ask "But how can I possibly know the correct way to mold my destiny?" "What is the way?" You have the Spirit of Truth. You have the living fragment of God within you. You have a certain knowledge of truth and goodness and beauty and love to guide you. You have the spiritual muscles of your soul - as strong as your use of them has made them. And it is those muscles - if you will - that have a firm grip on your destiny through your freewill.

Imagine the Father has given you a large diamond at the beginning of your life, and it is your job to cut that diamond so that it may reflect light in brilliant and in interesting ways. You have the gift of personality given with the gift of life, and your freewill is the tool that you use to shape this personality. How will you shape it? That is your decision. Will you make changes? Almost certainly. Will you regret them? Yes, of course, but not all of them.

When you pass from the life in the flesh and are given the choice of continuing on or not, at that point the richness of destiny will almost certainly be such an irresistible inducement that no one but the most deeply impaired ever decline to continue. This concept is difficult to grasp at this point for you, nonetheless it is useful to ponder.

Much has been written in your literature on Urantia about destiny, the concept of fate. And some of what has been speculated is actually quite close to the truth. Yes, a single decision can change the course very much. Yes, the decision you make at any time can have an impact on the destiny of another, not unlike stars on a collision course, or - less dramatic - marbles rebounding from one another as they roll down an incline, each impact causing a ricocheting of other marbles, and yet others. It is this interaction of destinies through personalities and free-will decision that makes fellowship so vitally important in the Universe.

As Urantia progresses toward the era of light and life, the spiritual growth of individuals will accelerate and improve. Fellowship will grow, and there will be far more positive impacts of personalities upon personalities in the sense of non-adverse contributions to growth.

Of course, adversity helps the individual to grow spiritually. However, there are many many ways of abetting growth that do not necessarily involve adversity - as you all are aware. And of course there is ample adversity through the eternal ages. A diminution in the adversity experienced in this embryonic stage of growth in the material form will not detract in the long run. Yes, adversity makes one stronger, however the man running the race who finds himself beaten with a whip or struck in the leg with a stick at each step most likely will not run as quickly, or confidently, or as contently as he might with that -

those adverse factors not present. He instead would have more energy to devote to the task of running the race rather than having to divert attention to the pain and the opposition.

So it is on Urantia now: many souls with clearly established destinies running that race - the race to get through life. How will you run your race? How will you affect the race of others? When we engage in service to our fellows we help them to run the race a little more easily, you see? That does not mean we carry them upon our backs, for it is their race, it is their destiny. But we do not trip them, or strike them.

Is our destiny completed when that far-off day comes when we stand in the presence of the Father? No, not at all. However, the striving to meet that particular goal is a very important part of the destiny of every one of you here today.

Destinies are eternal and infinite, and no being has ever existed - mortal or non-mortal - that has fully expressed their potential destiny. This is a difficult concept to grasp for me also, nonetheless, it is so. So you see your destiny is a fluid thing, dynamic, growing, alive, subject to many forces, but most of all your own will, your one desire to act.

Yes, you have many helpers within and without, and their promptings can be very useful if you wish to accept them. So go forth. Meet your destiny. Run the good race.

That is all. Are there questions?

S: About the beginning of the 16th century a man by the name of John Calvin, when he was translating the Latin scriptures into French, became convinced that the New Testament taught predestination, and developed the doctrine of predestination which is known as Calvinism. It holds generally that people are predestined to go to heaven or go to hell. I realize that, in The Urantia Book language, this is predestined to survive or not-survive. This became such a strong point, that others, who couldn't accept the idea that a God would create individuals to go to hell, said that they had the free will to choose. And the doctrine of predestination and the doctrine of free will are considered to be opposite to each other.

I think The Urantia Book teaches that they are consistent with each other, that when we are born we are predestined - to do something, but we have the free will to change that destiny, point by point, decision by decision. And if I remember it correctly, The Urantia Book says that we are predestined to do things, but we are not foreordained to do them, that we have the free will to say no. Putting that together with your lesson, suddenly it fills in the blanks.

R: Yes, you understand well. You see that there are many dimensions which have been left out by the formal religious approaches of the past. Do you have any comments?

S: Perhaps this can serve as the basis for at least a scholarly article on the subject of predestination and free will, where The Urantia Book / Rayson teachings can be presented as an alternate to Calvinism without having to turn it down completely - as the doctrine of free will has.

R: That is an excellent idea, (S). It would do much good in a number of ways. Destiny is a very strong inducement even to those small in faith, and you will find much receptivity for the concept.

Q: Although I understand it is possible for an individual not to live up to their destiny in this lifetime. The Urantia Book suggests, and I want to confirm this, that collectively, the destiny of the group in the Supreme will be honored. In other words, we have a destiny as a group that will be fulfilled even though we might - individually - not fulfill our own destiny. Is that correct?

A: Yes, that is one way of understanding what is true. I do not, myself, understand the full implications. Destiny in the fullest sense is beyond the understanding of any unfused personality, and indeed, it may be necessary to experience paradise before truly grasping what destiny really means. (01/31/94)

Q: I have a question about the active or non-active role that the different agents and beings that surround us actually take in our lives. Some of us think that they are quite active, I mean to the point where good fortune is placed in their path, if they are seeking the Father's will. And others of us feel as though they aren't that involved, that interactive. Can you shed any light on this?

A: Yes. This is a question that comes up again and again in this mission. Some are blessed with great agility in managing the material world and are perceived as being lucky. This is not a result of spiritual leading, necessarily, in the sense that you are referring to with external forces bringing to bear, however it is not that common for a material being to thrive without some participation in a program of spiritual growth. It does happen, of course. There have been some quite iniquitous beings who have done enormously well in the material sense. But of course they have lived with overwhelming inner torment which they have not generally admitted to others. But the one who thrives on Urantia without inner torment must necessarily follow a spiritual program.

Material success requires study and practice at material skills. Wealth does indeed flow in well-defined channels, and the one who would be wealthy may easily, or not so easily, tap into these channels. This may be seen as luck, but it's more a matter of having a good eye and a high level of desire. There have been persons who've become wealthy who have also achieved high spirit attainment. This is rare, but known to happen.

Has their success been due to cosmic intervention? They too have been endowed with Thought Adjusters, and some have heeded the advice of Thought Adjusters and been helped in attaining their goals. Some have had other spirit helpers for reasons beyond what your history books may record. Much of this has to do with using well-placed beings to help offset some of the damage done during the rebellion. They happen to be in opportune positions, so an attempt is made to use them, but as far as anyone being intentionally placed in a position of power by seraphic or other guidance, no. Those in positions of power may choose to avail themselves of seraphic guidance that is offered, which is a free will decision, but there is not divine intervention in the matters of man beyond that.

Advice is always at hand. Whether man chooses to take it or not is another matter. Let us look at the other side of the situation. What of the person who seems to be good and lead a life of worship and yet is beset with misfortune, material poverty from family tragedy? In undertaking the journey towards spiritual growth one may or may not choose to participate in the flow of wealth and material. Some choose not to, and therefore their material lives are impoverished while their spiritual lives are enriched.

This is rare. This is as rare as the other extreme. It is as rare as the wealthy man who is spiritually rich, but it does happen. The great mass of people do best, have the most so-called good luck, when they are engaging in worship in their activities and heeding seraphic guidance which is available to all. So you could say that good luck, no matter what your goals may be, they will be more readily attained, if you follow God's plan. This may sound somewhat like a television evangelist, but this is certainly not a call for donations to churches. If you lead your lives in such a way that you are loving, you are good, you are kind, you are truthful, you are bound to have some good fortune, and you are also bound to have some

misfortune. But overall the services that you render in the plying of your trade, whatever that may be, will generally be well accepted, and you will prosper to whatever extent is possible. Does that help?

Q: It sure does. What I think I understand you saying is that like attracts like.

A: True, and beyond that those who are lost or in doubt will respond positively to a light, to a beacon.

Q: Rayson, the Urantia book indicates that human reservists, reserve corp of destiny, have special seraphic assistance, guardians of destiny assigned to them. Where in your discourse did that fit?

A: Well, there is separate seraphic guidance certainly, special seraphic guidance accorded to those who are reservists, but there is also seraphic guidance available to all others, if they wish to avail themselves of that. And that is the question, is it not?

Q: And we access that seraphic guidance by the same means we improve our ability to communicate with the Father through the Thought Adjuster?

A: Yes, and through our conduct. If your conduct is worshipful, you will attract the attention of seraphim and others who will be at hand should you request extra help? Yes, this does happen through the Thought Adjuster, but I personally do not know how it occurs. This is part of the mystery. (08/28/93)
DRUGS: See RECREATION (12/12/93)
EDUCATION See: SPIRITUAL GROWTH & EDUCATION (06/26/93)

EVIL

Q: In God there is no duality, no evil or good, only God - is that correct?

A: That is correct, well, much good - no evil.

Q: Just only good?

A: Yes.

Q: If all the circuits are open and the bad guys are gone, Satan, Lucifer - I don't know all of them - then where does evil come from? Does God create it?

A: God has created that which is imperfect, so that beings such as you may have a choice to either turn toward God and become a co-creator during a long passage and career toward Paradise and beyond, or alternatively, may choose to live as an animal and turn away from the ascension path. This latter choice is evil, sin, and sometimes inequity depending upon the manner in which it is undertaken.

Q: If we have choice, do we choose the way we die and when we die?

A: You mean, the death of the body, or of the Spirit?

Q: I only understand the death of the body. The Spirit doesn't die, does it?

A: The Thought Adjuster will leave you if you earnestly and sincerely request that it do so. This will cause instant Spiritual death.

S: I was speaking of physical death.

R: There are material aspects of your body that predetermine the potential that your body has for existence, in terms of time-span. However, you well know that you can easily choose to behave in ways that will shorten your life span. For example, reckless behavior, self-inflicted injuries, violence, unhealthy activities, and so on.

Q: Do we choose the material aspects of our bodies?

A: No. That is your inherited legacy from your forebearers. Indeed there are some who undergo a full life-span for their body and a death of old age as young as eight or nine years by your reckoning.

Q: If we have choice, is there really such a thing as an accident?

A: Yes. Yes there are mishaps that occur. You cannot control all of the factors in your environment, and this is understood. How could you possibly cause a boulder to roll off a mountain and crush you to death? This is certainly an accidental happening.

Q: Well, would not the TA give you a choice to be in that spot or not be in that spot?

A: No, that is not the role of the TA.

Q: Do people get AIDS as accidents, or do they choose it?

R: What do you think?

S: It seems to me that they choose it.

R: Why do you say that?

S: By behavior, by choosing certain behaviors.

R: It is not my place to comment on controversial cultural issues of your time, because to do so could seriously interfere with the goals of this teaching mission. But I encourage you, all of you, to think carefully about these areas that you have asked about, and arrive at your own conclusions.

Q: Are dreams an activity of the mind and do they need to be paid attention to? It has been my understanding that in the sleep state the Devil and his agents could get in there, because asleep we let our guard down.

A: It has not been possible for beings to access your inner self since the time that Christ Michael walked on Urantia. Part of his job here was to alter some of the possibilities and potentials for spirit interaction with the beings of this planet. Had this planet not been interfered with as it was, the possibility that you propose in your question might well exist. But harm would not come of such an interaction under appropriate circumstances. Because of disobedience much harm came of external interference with the inner mind workings of Urantia mortals prior to the time of Jesus.

Presently your dreams do not consist of promptings or suggestions of beings outside of yourself. However, they may indeed include comments from your indwelling Mystery Monitor, as well as musings of your own deep subconscious mind. Should you pay so much attention to these? It is your choice entirely. (11/27/93)

FAITH

S: I have a feeling that my strength and my security lies only in my faith, is that correct? It makes it possible to talk with you. Frankly, I'm uncomfortable - it's a new experience. The fact that you exist and the way that you communicate is so foreign to conventional thought. I feel like I'm standing in a valley, about to climb a mountain, and the mountain is covered in clouds. And then you come along and the Urantia book comes along and blows away the clouds and I see this mountain, its 350,000 years high, and that you are on the same mountain. Is that right?

R: That is just the foothills.

S: Are you that little guy way up on top?

R: Somewhere there. Your faith is not your only strength and support. It is a crucial one, yes. But you have your Adjuster, you have your spirit guides, your Guardian Angels, the ones who love you. You have your own unique personality and your capacity for prayer to connect you instantaneously to Paradise. You have your ability to worship and grow and co-create with the Most Highs. You have so many areas of strength and connection to Father.

S: It's nice to know. I understand that the Presence of the Father is closer than breathing, nearer than hands and feet. What I'm confused about is praying out loud. When you are praying out loud, is that only for the fellowship of those of like mind? Is that the only purpose of praying out loud, since the Father is within us?

R: There is no purpose other than those which you assigned to such prayer. Believe me, when to seek to pray, even the quietest whisper of your mind-thought is heard loud and clear.

S: That's how I prefer to pray, by being quiet.

R: Then you certainly may do so, my friend.

S: I have a two-year-old daughter who has been in three near-death situations, and I just feel that the Father keeps trying to pull her away from me. How can I grasp on to her?

R: Can you describe the situation?

S: One involved choking and another was a seizure.

R: What was she choking on? [Answer unintelligible] I am sorrowed to hear of your child's difficulties. However, let me reassure you that Father does not "take" people from life. This is a pagan belief that has no basis in Universe truth. Father loves your child as dearly as He ever loved any child of mortal birth. And indeed special love and protection is accorded to the babies who need it. Yes, they are prone to accidents.

And they are fragile, as you have discerned. Do you believe that you could do more to help protect your child from this end?

S: There are times I just can't do anything.

R: Are you fearful? (S: Yes.) Have you sought guidance from others in this regard?

S: No,

R: Can you think of any that might offer helpful advice in the particulars of how you might protect your child adequately? You may wish to seek such advice, my dear. Do not fear the Father. He is only good and has only love. Your child is struggling for material survival and will certainly thrive. She has much love from her mother, does she not? (Yes) (11/27/93)

FORGIVENESS

Our lesson today is on the topic of forgiveness. The practice of forgiveness is one of many means by which you as an individual can boost your own spiritual light, that shining aspect of yourself which is unconsciously perceived by your comrades in the flesh, but which is quite clearly seen by those who have passed beyond the material form or who have been created by other means.

In your strivings for spiritual growth, my friends, it may be useful to think of yourself as a beacon, a light, and consider how you can direct your actions in a way that will increase your own personal intensity. Remember that a light which may shine most brightly does so without noise, without harm. Be like the beacon of light that shines forth from the lighthouse.

Forgiveness, yes, it's a way of boosting your light power, your brightness. A most noble spiritual attribute, one which does not come so easily to those of material origin, animal creation. Forgiveness involves the laying aside of anger, pride. Yes, your own greed and selfishness. And returning love where your animal self may have experienced insult.

When you practice forgiveness, you will know that you are on the right track when you sense an easiness within yourself, a lightness of being, some have said. It has been said that it is as if a great weight is lifted from one's shoulders when forgiveness comes.

It is important to understand why forgiveness is difficult for you. That is because the animal is moved by primal urges, the instinct to survive, the instinct to feed, and the urge to reproduce. When an animal senses a threat to its ability to carry out any or all of these three urges, the animal is instinctively driven to strike out. Anger ensues. Pride wells up. And a chain of events occurs in order for the animal mind to protect the interests of the animal. This occurs in beings of animal origin as well.

Think to yourselves, my friends, of the times that the acts of other humans have angered you, lead you to harbor resentment and withhold forgiveness. How many of those incidents have truly involved a threat to your life? How many of those times has there really been a genuine and unquestionable threat to your family, to your capacity to earn a living? It is most likely that the vast majority of such episodes in your life have not been true threats to your material existence, much less to your spiritual existence. And yet it is the almost universal experience of mortal beings to carry a large burden of anger and resentment stored up over a lifetime about bygone incidents.

Like weeds growing in a garden, eventually such incidents can choke off healthy growth. Do not let this happen to yourselves. Assess your stock like the good gardener, carefully pull out the weeds. Yes, it is important to protect yourselves, but you must consider your motives. If you sincerely wish to increase your personal light, then make an effort to differentiate between the rare true threat and the common false threat. The false threats are meaningless, my friends. They can be forgiven so easily. And when you as living human examples behave in such elevated fashion, be assured that others will observe and imitate. Again, to behave in such a way is yet another step on the road to being in the world, but not of it.

Let the clean fresh water of forgiveness cleanse your mind. Let it wash away so much that hinders you in your aspirations to be like the Master, to further the goals of this mission, To be a worker helping to pull Urantia out of its turmoil toward light and life. With forgiveness comes joy and peace. This is the end of this lesson, my friends. I will receive any questions or comments now.

S: I am very, very touched by your lesson today. I think that what you've covered today is one of the foundations of what we need to learn and keys to our existence. Thank you.

R: You are most welcome. My friends, when you neglect to forgive, it is as if there is a shadow over your spiritual light, like a cloud covering the sun. It is not necessary. There are so few things in your material existence that are worth holding onto with retrogressive behaviors and feelings, so very few.

And yet, of course, if your forgiveness is not sincere, it is not - it will not help you or anyone else. So keep that in mind as you work on your own capacity to be more forgiving. It will be a struggle. None of this is expected to be easy. But you will find it to be most rewarding.

Q: For the first fifty years of my life I said and felt that I was proud of my enemies. Probably during the last few years, I have been ashamed of my enemies because I haven't made them friends. I feel that I'm doing pretty good along the forgiveness line, but I still need to work on it.

A: You need not necessarily embrace the person you forgive. Rather, you are expunging the negative feelings toward the individual from your own mind. Do you understand the difference?

S: Yes, yes, I do understand the difference.

R: Were you to sense forgiveness toward those whom you refer to as your enemies, you would find that rather than being enemies, they would simply be neutral persons that you once...

S: And not friends ...

R: Yes, it is not intended that you necessarily must have intimate and close associations with all other beings on Urantia at this time, however, if your interaction can be peaceful, without rancor that would be most appropriate now. Do you see?

S: Yes, I think I've achieved that.

R: Also, there is no reason why you cannot guard yourself against those who you sense may not have your best interest in mind. (Thank you.) Even the Master did that during His sojourn here, if you would review the chronicle of His life as presented to you. There is no need to hasten your own physical demise by putting down your protective behaviors. Simply, if you can refrain from hating the enemy. There is power in loving your enemy. It does not mean that there are not some who would not harm you.

This is a complicated issue, and one which deserves lessons of its own. But there has been much misunderstanding of what forgiveness is and how it should be properly applied in human interaction.

But be assured, my friends, that your own personal feelings toward another individual or group of individuals are most powerful. Those which are imitative of Father are powerful in the sense of growth and movement toward light and life, and those which are regressive limit growth. Does that help?

S: Yes, it does. I think I see two different aspects to forgiveness: one is to the person being forgiven, and the other, most important, is to the forgiver himself.

R: Exactly.

Q: Is there a difference between forgiveness on an intellectual level and an emotional level?

A: They are both variations of the animal mind. There is a difference between the two - the two methods you discuss, and the spiritual - but intellect and emotion are both animal in origin, although there is the tendency to consider the intellectual workings of the mind to be more sophisticated than emotional. This is not necessarily true however. Because my thought takes structured and logical form does not necessarily mean that it is higher in its form. Does that answer? (Yes, thank you.)

S: I also join in the appreciation of a lesson that's very helpful to me. That distinction between loving one's enemies and not hating them, being able to forgive, that's very helpful to me. I think I've perhaps been more forgiving than I've been able to acknowledge, and I understand I can certainly go further, but it's nice to know that I don't have to love my enemies, because that was keeping me from thinking that I had forgiven at all. I think that that's not true now, if I've correctly understood your lesson.

Q: Regarding forgiveness, I am wondering if, as we grow spiritually and as we do forgive more and learn what that actually means and how that feels, if it actually becomes less and less necessary for us to forgive or that we more than likely are inclined to forgive immediately when we sense a transgression and then understand and then we forgo any of the pain and suffering or mental confusion or spiritual aberration that comes from harboring resentment?

A: You have a good understanding of the concept. Remember, my friend, that at an earlier stage of the evolution of man an insult would be returned by an axe blow or the strike of a club on the head of the insulted. Slowly and arduously man has learned other responses to perceived insult. Now it is the time to let even those subtle but damaging feelings of anger, resentment, desire for revenge, and so on, pass by, and instead become more agile at the practice of instant forgiveness that you allude to. Eventually, with practice, you will find that it will indeed become an automatic response. Some of you here, in fact, have done quite well in your work along this line, and I commend you. Does that answer? (Yes.) (09/25/93)

GENETIC ENGINEERING

R: It is unfortunate that as a result of the rebellion long ago certain social patterns have developed on Urantia that have glorified indolence and encouraged those who have no or very little spiritual striving to reproduce in large numbers. You do not help the mission on this planet by supporting such beings materially so that they can continue to reproduce and cause an even larger problem in the future.

As this meeting, this mission, proceeds on this planet, there will come a time when this enormous problem will have to be dealt with directly. The time is not far off, and it will not be easy.

Q: Rayson, are you saying that, in the view of both yourself and those involved in the teaching mission, and perhaps higher up the celestial hierarchy, Urantia is viewed as severely overpopulated?

A: Not in terms of numbers, but in terms of beings of low evolution.

Q: Genetic stock?

A: All of the genetic stock that you require to attain light and life is present on Urantia now. But there have been some unwise decisions allowing unchecked propagation of base stocks.

Q: So do you refer to more of a genetic retardation, or social retardation in terms of spiritual, evolutionary growth?

A: Both. But not to a crippling extent, or better stated, it is not something that cannot be reversed.

Q: And this definitely is understood by those in power in terms of our physical government.

A: Yes. Remember that Lucifer and Caligastia promoted the notion of total independence from the spirit leadings of God's messengers on this planet. Had this not occurred, this situation would not exist presently.

S: Well, then today's lessons extremely poignant for me. Now I understand the boundaries, the proper, healthy psychological or the psycho-spiritual boundaries of those of us involved in this teaching mission. As the mission expands and as our communications with the public expand, we should know what are our proper boundaries so we don't cross the line into pity and empowering. I can see now you're keeping us on focus and on track in terms of keeping this mission and the transmission of this mission a spiritual one and not a adolescent "save the world" mission.

Q: Rayson, what is the solution to this overall problem? How can we get the people who are unproductive and not working and so forth to become productive spiritual citizens?

A: Well, a quick answer is this. One can never compel another Godward - that is a personal decision. However, an animal will do what it must do to eat. If it must stand in a line at a building to get a handout, it will. If it must work in a field, it will. If it must study in a school, it will. If you deal with those who abase themselves to the level of animal behavior, it is unfortunate but you must deal as with animals. Animals are driven by the desire for food, the desire for reproduction, and the desire for survival. Those are your keys. If animals are allowed to reproduce in an unchecked fashion, they will do so, particularly when they are well-nourished and do not need to work. Do you understand? (S: Yes, I do.) (10/16/93)

Q: Rayson, I wasn't clear about the next step that you said had to be taken on this earth before we had light and life. Could you explain that a little further?

A: Yes. Certainly. Many things must be done before this planet will be ready for the entry into light and life. But a critical step that cannot be gotten around is the business of eliminating from the human

stocks those who heed not the Thought Adjuster and lead iniquitous lives. Until this is done, there will be enormous impediments to spiritual progress on this planet. (I understand.)

Q: That would seem to be looking at the characteristic of refusing to follow Father's will as something that could be handed down through a family line. Is this what you're saying? Or are you saying that we must wait for all of those people to die off? Not to eliminate them from human stock? Doesn't this indicate a genealogical thing?

A: Yes, there is a genetic correlate, and certainly there is a freewill choice correlate that is passed on from parent to child in family learning which must be eliminated.

Q: So that if a child in adulthood chose to exercise the right choices and to teach his children to exercise the right choices that would, in effect, have eliminated from that particular stock the flaw that the generations ahead of him had built into their family life.

A: Yes, but when a culture allows the unchecked propagation of those who have no regard for the promptings of the Adjuster, there is a very deleterious effect on the spiritual life and progress of the beings in that culture. Those who have faith on a planet where there is relatively little contact with the outer universe - not outer universe, but the universe beyond the planet - can be fragile in faith and easily discouraged by real material success of iniquitous beings among them. This is not say that faith will be broken, but spiritual growth will be subdued compared to what might otherwise occur. Does that help?

Q: That helps, but then I'm wondering if part of our mission is to somehow besides helping those who are not now spiritually inclined to become spiritually inclined? Or are we supposed to be working for laws to limit the reproduction of those who generation after generation have taken this other tack?

R: What do you think?

S: Well, it sounds like we've got a job that's really going to raise a few resistances, I would say.

A: Perhaps that is a good indicator that you are headed in the right direction. I cannot tell you to do such a thing, and yet I must encourage you to follow your mind in this way.

Q: In other words, you can't tell us to do it, but you're not going to tell us not to either, are you?

A: Yes.

Q: Concerning the weeding out, the breeding out of criminals in society, I recall a paper in the Urantia book, paper 72, called Government on a Neighboring Planet, which describes how they're dealing with crime on a nearby planet that also participated in the rebellion. It says that they've been breeding out criminals for well over 100 years now and they've been getting results from that. But it seems that it's a really tricky thing morally for society to start making those sorts of segregations and decisions with regard to breeding and freewill choice for those beings. I was just wondering if you could comment a little bit more on that.

A: Yes, it's a move that requires enormous courage and continual reassessment and discussion in order to avoid tragic misconstruction of the purpose of such a program.

Q: As you say, the Father's love is so great that we always have a choice, and there are people who may lead iniquitous lives for a period of time and redeem themselves and ask for forgiveness and

continue the rest of their lives trying to be better and trying to do good. And it just gets really tricky with decisions to make about extermination. Do you agree with this?

R: Yes. Specific instructions were given early in the life of this planet and much was lost as a result of the rebellion. Part of the purpose of this mission is to gauge whether Urantia is ready for another corps of instructors as was given many thousands of years ago.

Q: So you're saying that that specific information about how to handle this problem, it was here and now it's not, and you're trying to decide whether we should have that specific information again?

A: The information was here, and it will be here again. The timing has not yet been determined, however.

Q: With regard to this cleansing of the races, it leaves itself open to a great risk if fanatics try to impose one religious thought and say "this is the truth" with only limited human understanding, then try to eliminate all those who disagree with them - or to make it impossible for them to continue their breeding stock.

A: Yes, that is very true. Such a step could lead to much tragedy and could plunge Urantia into a dark period as has occurred previously in its history, but we believe that Urantia is at the edge of a new age and is ready to implement such changes appropriately.

Q: I have another comment on that. In viewing the media, and how entertainment and news reflect violence and negative energy - you see so much of it on the news, all the situations, all over the world things are happening, just evil sorts of things. In a lot of ways, from my perspective, it seems like things are getting worse. Is that your perception of it in certain ways, or from your global perspective or planetary perspective are things getting better?

A: One of your scholars once commented that good news never makes headlines. The inditing of the Urantia Book and the presence of this teaching mission have occurred because of the gradual and slow progress that has occurred on Urantia in a positive direction. Yes, you may have more awareness of sinful acts than you once did, and this may be true on a worldwide basis due to enhanced communications, but it is not that long ago in your history that a man could easily be hung because of his color, and that does not occur today.

Q: So as it's getting worse, it's getting better, I suppose, a different kind of thing, sort of, experience we're dealing with on a multigenerational scale.

A: As the circuits have opened and the energy has been upstepped, the eyes of many are opening as if after a long sleep. Awakening is not always a pleasant experience, but it is far better than slumbering on indefinitely, is it not? (Yes.) It was Lucifer's intent to promote the long sleep of indifference and self-concern. This is finally falling away, and slowly but surely altruism is emerging. (12/12/93)

GOODNESS

It is time, my friends, to again discuss the matter of goodness. You may be thinking have we not had many, many lessons on this topic? Why do we need yet another? Goodness is a very basic, very critical concept that has great depth, ranging from the most superficial aspects which are easily grasped by mortal beings all the way to mota and far beyond mota. You will go on learning about goodness all

through your ascension career, so it is not redundant to have a lesson about goodness at this time. Goodness is a manifestation of our Father. When we behave in good ways we are imitating Father. We are showing Him to our fellows, and we are sending a message to Paradise in that unique way that all of our actions are transmitted. The message is a good one, and is greeted with pleasure by the Most Highs. And it makes this planet shine a bit more brightly in the cosmos.

Goodness is a building block. Your good act will stand for a long, long time as - I do not know the words to describe it, so I will use the word "spiritual" – as a spiritual entity on Urantia. And the good acts of you and your fellows through the history of Urantia go to build a solid edifice of worship to Father, like bricks or building stones, if you will. Those who have spiritual vision are able to see the good that has been done on Urantia just as if they were viewing building blocks, which is quite wonderful indeed.

We have discussed in previous lessons this matter of the vision of the one who is in material form as opposed to the vision or perception of the one who is in the spiritual form. What is seen by the material person is barely or not seen at all by the spiritual and vice versa. It is rather sensed by the spiritual. Spiritual beings perceive spiritual things such as goodness just as firmly as you would perceive a table or a chair or a car or a stone. And the car and stone that you perceive and consider to be your real world are only sensed by the spirit. Therefore your perception, as a material being, of goodness and other spiritual things will be more of a sense, a sensing, a feeling, if you will, although that is not a good word. If you can grasp this concept and use it in your future observations as you go about your activities on Urantia, it will help you greatly to understand the dealings of the spirit, and it will also enable you to perceive more clearly the promptings of your Thought Adjuster - which are, among other things, urgings for you to do good.

This perception of spiritual things has been described as being of gossamer quality, like the faintest of breezes blowing across one's face, in some of the Urantia religious tracts. This is a good way of describing it. Again, I want to remind you that when you work on your spiritual perception, the more you work on it, the stronger it will become. When you work on your goodness and its expression in your acts, the more you strive, the more good you will manifest.

There is an unfortunate fact of semantics in this language that equates goodness with value, but that is not the meaning of the spiritual concept of goodness as far as the material aspect of value. For you know that Father loves us all with no favorites. You will not become a teacher's pet by striving to do good. You are not in a competition with all others for Father's favor by striving to be good. That is not how the universes operate. I know that it is difficult for mortal beings to let these ideas pass, and that is why I am reminding you. It is not good, better, best. One strives to be like Father because it is right. One strives to be good, to be honest, to be loyal, to be merciful because it is right - not because it is to be superior.

As you, my friends, become more spiritually attuned and develop your spiritual muscles through your actions, you will become more humble. And as you become more humble, more truly humble, the notion of superiority as it falls off your shoulders will seem increasingly to have been an unnecessary burden and hindrance. And your life will become easier for having discarded that notion, and that, too, is good.

Now, it has been said by some of your thinkers in the past that one should never let go an opportunity to do good. This is a most interesting utterance. Does this mean that as one comes at you with knife bared intending to harm you, you offer a bouquet of flowers? A fistful of money? A kiss? No. Jesus faced with that situation would surely have protected Himself, but He would not have necessarily drawn His own knife. And in not drawing his knife, His act would have been good. Do you understand? (Yes). In doing good do you feel it is appropriate to offer things to people without any effort on their part? For example,

giving food to the indolent, clothes to those who are capable but will not work, housing to those who will not maintain it, and so on. Is that good? Think upon this, my friends. Would Jesus do that? Did He?

But then, of course, we have another matter, the matter of healing. Disease is a complex matter which involves the interplay of physical factors with spiritual factors. Every disease known on Urantia contains both elements, and you will remember that Jesus did indeed heal those who came to Him without question. You may say, but is this not the same as giving a house to the man who will not work or clean his home? No, because a house is a material thing and disease is not a wholly material thing. A full understanding of the contrast between these two situations is a mota exercise which may be beyond the scope of this mission, but it does no harm to work on this, my friends. And attempt to resolve what may very well seem to be paradoxical. As you all strive to be good, you will in a sense be healers.

Be careful now, though, to differentiate between healing illness and catering to greed. Do not deprive your fellow Urantians of the personal adversity that is so necessary to their own spiritual growth. Certainly you may help, but it is important to understand where the line is to be drawn. And it is very much an art to learn this method of discernment.

The life of Jesus is a study in goodness, and as I have often asked in previous lessons, I again ask that you turn to the account of His life as an example for you. Is there perfect goodness? Yes, in Paradise. Is there perfect goodness on Urantia? No, not at present, but there is the potential for movement toward light and life which is in the direction of perfection in spiritual terms. Is there goodness in animals? No, goodness is an advanced spiritual concept. Is there goodness in humans who are savages? That depends on the level of development, but if the savagery is deep enough it is possible to find savage humans who are bereft of goodness. Can a good person become ungood? Yes, by turning from God and plunging into iniquity. Can the reverse happen? Yes, by all means, with great effort and faith.

When does the human begin to grasp the notion of goodness? Shortly before the Thought Adjuster arrives there is in most human mortals a beginning of understanding of goodness. Certainly the pre-Adjuster mortal responds positively to goodness in other humans. But the capacity to behave in good ways is not truly present until the Adjuster arrives. That is not to say that infants cannot mimic goodness quite well.

We will stop at this point in our discussion and take questions, if you wish.

Q: Thank you for a very, very deep lesson on goodness. You said some things that I certainly haven't thought about. Up until now I've had a rather simplistic definition of goodness as being roughly that which is in accordance with the will of God and evil as being that which is not in accordance with the will of God. Could you address that aspect of goodness?

R: Can you be more specific, please?

Q: Yes, I think that I tested almost everything by whether or not I thought it was in accordance with the will of God. If it was, I thought it was good. And if not, I thought it was evil. This is a rather simplistic view, but it's the test that I used.

A: Of course it is the will of God that goodness be done, that goodness characterize the actions of freewill beings and, of course, the actions of perfectly created beings. However one can act not perfectly in accord with the will of God and yet still be doing good. There can be flawed good at the material level. It is not such a binary concept. If I understand you correctly, that is, it seems that you are presenting the idea of good as either good, in accordance with the will of God, or not good, not in accordance with the will of God.

S: That is correct.

R: The aspects of the spirit are not so black and white. It is more a matter of what you call quanta. There is the first step toward goodness which is perceived by one and all in Paradise as a positive move, and the second step and the tenth step and the hundredth step and the millionth step. All are in the realm of good even if they are not wholly and completely a part of a life which is dedicated to the will of God. Material beings are understood to be flawed, to sometimes do the right thing with the wrong motive. The wrong motive is not the will of God, but the right thing is. Do you understand?

S: Yes, I certainly do. Thank you. (You are welcome.)

Q: Rayson, would you say then that all goodness which mortals do in attempting to do the will of God, is within God's will even though it may not be His perfect will?

A: That is correct. That is closer to the concept. Yes. (Thank you.)

Q: During your lesson on goodness you spoke of spirit sensing. Do we have spirit sensors that sense some phase of spiritual reality as we do physical sensors to sense some phase of physical reality?

A: Yes. Yes, you do. The lifelong promptings of your Thought Adjuster have laid up a store of information in your deep mind that enables you, if you will it to be, to sense along these lines. Think to yourself of your observations of random strangers and the senses you have had about them. Have you not had these feelings?

S: Yes. I deal with that in several chapters in my book.

R: So you see that spirit sensing does truly exist. (Yes.) Have you found in your personal experience that you are able to work with this ability and cause it to be enhanced?

S: Yes, I certainly think so. Human beings saw many, many centuries before they ever understood sight. And they realized that it came through the eyes before they understood the mechanics of its coming through the eyes. We probably have spirit sensors which are spiritual in nature that we utilize all the time but don't really understand. Is that correct?

A: Yes. This is a small digression, but I think it is useful at this point. The sensation of pleasure that you all possess has been present, of course, since the earliest days of emergence from animal status and, of course, pleasure has been sought in many ways. But as man on Urantia continues to evolve toward light and life, the sensation of pleasure will increasingly be sought through spirit growth and attempts to carry out the will of Father rather than through animal strivings. (Thank you.) Just as sight was present for many eons before it was understood, so too was pleasure. And the pleasure that the ill person experiences when spiritual healing occurs is something that can be used to advantage by the one who wishes to do good. Do you see? (Yes.)

Q: You were talking about us having senses of goodness and that we're able to increase our ability to sense goodness. Can you help with how to do that? Sometimes you sense goodness in somebody you don't know. Sometimes you don't sense goodness in somebody you don't know and you find out later that you're wrong - one way or the other. What happens when we sense something, maybe incorrectly, and how can we learn to sense it, do better at it? It probably has something to do with the fact of goodness not being all good or all bad, but I was wondering if you might say something more on that?

A: Yes, that is a very good question. You are right that it is not all good or all bad. It is important when you put out your feelers - so to speak - for goodness that you look beyond the physical demeanor of the one you are viewing. It is easy to form a snap judgment without having enough information about the spirit of the one you are watching. This is particularly common at the beginning of your ventures along this line. As you work more and more to look for this in people, it will be useful for you to confirm your observations by gathering more information about those you observe. For example, by talking with them, by watching their behavior over a longer period and comparing what you amass in terms of concrete information to your initial impression. You will know that you are advancing along the line of spiritual perception when your instant assessment becomes more and more congruent with your assessment after long association. Does that help?

Q: Is this what the Master meant when He said judge not lest you be judged?

A: Yes, among other things. He meant much beyond that when He said that, too. That particular saying had very far-reaching ramifications in terms of the administrative structure of the cosmos. Do you understand? (Yes I understand.) I am sorry if I seem vague in giving you instructions on spirit perception, but I am still working on this myself.

Q: Rayson, is goodness a state of being having to do with spirituality as well as a form of doing?

A: Yes, and many, many other things as well. It is a basic spiritual concept that has many, many layers, many dimensions, many outworkings, and learning all of these will take you a very, very long time.

S: I think my Thought Adjuster's been working on me along those lines, trying to understand this.

R: But make no mistake, others can and do perceive this in you, even those of very limited vision, and you will sense this, too. You already have, many of you. Is that not true? (Yes.) It is magnetic. So be ready to deal with those who are drawn to you in a gracious and God-serving fashion. Did not our Master always have time for His supplicants? (Yes.) (10/09/93)

Today's lesson is on a subject that we have covered numerous times in the past, however today's presentation will add a new dimension, hopefully, to your understanding. We are going to explore the topic of goodness and its role in your lives now, particularly now, but also later in your ascension careers.

I have sensed that some among you have been distressed by what you correctly perceive as a lack of goodness on the part of some of your fellow mortals on Urantia. This is painful even to Father in Paradise, and, of course, to myself and the other beings who are here as observers and participants in the present Urantia mission of upstepping and reconnection to the universe at large. So, of course, it is to be expected that this would be painful to you who must live in its presence. And as your spiritual growth proceeds you will become more keenly aware of spiritual retardation in others, as you have most likely already noticed.

So, you may ask, what can I do about this? How in my small way, as a lone individual, can I help? What would Father have me do? What is the right way? And your Adjuster will always, always say that the way of goodness is the proper path, if you would help Father to further the work toward eventual light and life on this planet.

Leading a life of goodness sounds simple, and yet even for Michael, as Jesus, it was not easy. Why should this be so? After all, it seems logical that to be good, to behave in good ways, would be simple. There are many reasons that goodness is elusive to mortals of imperfect creation. You are all aware of your animal origin and the strong influence that animal desires exert upon you in your daily activities. This is a very powerful force in pulling the individual away from the direction of goodness. And it is true that, on a material world of imperfect origin, behaviors that are not wholly consistent with goodness of intent can be very rewarding in terms of material success, accumulation of prestige, perceived mating desirability, access to leisure activities, all of those things that are so prized by the animal within you.

But your Thought Adjuster is always there, ever attempting to communicate with your deepest mind, and when you sincerely desire to commune with your Mystery Monitor about your own life and actions, you will each and every time be answered in detail with regard to the structure of your behavior in the direction of good and truth and love and beauty.

And, yes, it can be painful, as I myself know so well, to turn away from the well-learned and heavily practiced animal gratifying styles toward Father on the basis of faith alone and inner promptings that may seem at best vague. But, my friends, to do this, to consult with your inner fragment of God increasingly, and to heed, as much as possible, the promptings which you receive, is the way, the best way and the only way, for you to help to correct the deficiencies of your fellows and of course of yourself.

How can this be, that your own behavior, without a direct interaction with others, can yet act to undo or correct spiritual deficiencies in them? Even I do not fully understand this phenomenon, but I will describe it to you as best I can. All of what exists in such a way that it works well when the ways of Father are followed. Things work well and most efficiently when the will of Father is heeded, and work poorly or not at all when Father's will is defied. That is why the acts of a good person are so powerful, because you, my dear friend, acting as an individual of good will and Adjuster prompting, set off a chain of events with each proper and Father-focused act. This chain of events is most efficient, far-reaching and ripples across time in a most interesting way to have the most magnificent effect on all of Urantia, and indeed, on all of the universe. And it will penetrate each of your fellow Urantians to the core of his being.

I do not know why this is, but if you can imagine an arrow shot by an expert hand with a perfect bow flying through space with no friction, no resistance, that might be an analogy which would be helpful to you.

And what of the act of the one who is deficient, the one who rebels against the Adjuster, who wishes not to be good. The act of that one falls at his feet and truly goes no further. So ineffectual it is. You may ask but what of the one who murders? What of the one who steals? What of the one who enslaves, beats, or in many other ways seeks to dominate and harm other beings? Does not the act of that person penetrate at least one other? Materially, yes. Spiritually the only effect that wrong-doing can have on another being is to promote the spiritual advancement of the other, for remember that adversity always leads to spirit growth, as long as there is will to follow the ways of Father.

What of the one who harms a being who has not yet been endowed with an Adjuster, such as a baby? How is the baby with no Adjuster benefited spiritually by the adversity of its own murder or harm in other ways? Prior to the arrival of the Adjuster in beings of animal origin, there is more of an animal-like response to pain and suffering than after the Adjuster arrives. Yes, pain is indeed felt and causes suffering in the baby, but not as you would experience it, not at that level of intensity, so the baby is somewhat protected in that way. Spiritually there are guardian entities that surround the baby and enable it to depart the material body more quickly when conditions of inappropriate material action are

being applied. And it is recorded in the life account of this person, the baby, that such events occurred. And when the Adjuster meets again with this being on the mansion worlds an increment of spirit progress is allotted to compensate for that which was lost.

Father suffers with you, my friends, as do I and all of the teachers present now and all of the beings present now at the most unfortunate behaviors inflicted upon Urantians by those who are unwilling to heed Adjuster promptings or who have even dismissed their Adjusters. It is our fervent hope that this mission will assist the human cultures of Urantia that presently exist to adjust themselves in such a way that such beings will be expunged. This must happen on Urantia. I cannot tell you when that will occur. It must happen on this planet in order for the next step to be taken toward light and life. Until that step is taken, the suffering will continue, and for now it is more important than it ever has been that you continue to strive for goodness in your lives.

Your glow will increase and be perceived, and the power of your actions will be magnified. Now that the circuits are open again there is more potential for the spreading of your own goodness than there has been on this planet for many ages, and as each upstepping of energy occurs, so too will the capacity for the magnification of goodness increase. Father waits for your progress and as you step forward, He meets you with a step forward toward you. He loves you very, very much, and has given you all that you need to fulfil your destiny.

I will stop at this point and receive questions.

Q: Thank you again for a very good lesson on goodness. I'm glad to see you're continuing on that subject. Will you please address the problem of the individual who denies that God exists, who has no faith that he or she will survive, and yet, according to all human indications, goes about doing more good than those who believe otherwise, believe in the existence of deity and their own survival. What do you have to say about these individuals?

A: There is no good behavior without faith in God, be it admitted or not. Were such individuals to truly disbelieve, they would not be good. How many have you known who have earnestly avowed deep and sincere faith, and yet their actions were not good?

S: Well, I've known quite a few that disavowed faith, and yet their actions were good according to human standards. I've also heard of those who avowed faith and believed they were going to survive whose actions were not so good.

R: Perhaps the ones who deny faith and yet are good are not denying what you understand to be faith, but are actually denying established religion, as you know it. There is no requirement for participation in established religion for one to have faith or be good, is there?

Q: Are you saying that one can have living faith without knowing it?

A: Yes, certainly. It is shown in the behavior of the individual. We all know the difference between right and wrong. And yet it is only the one who has faith who behaves in right and good ways, although it may not be recognized as faith-driven behavior by the one who is acting.

Q: That adds new meaning to the parable of the man who had two sons. He asked them each to do something. One said he would not. The other said he would. Yet the one who said he would, didn't; and the one who said he would not, did. Is that illustrative of the point you're making?

A: Yes.

Q: On one occasion an individual addressed Jesus as good Master, and He responded by saying, "Why do you call me good? There's no good except God." Had He forgotten His Deity and looked only to His humanity at that moment? Did He put aside His Deity?

A: No. His response was appropriate. But you must remember that it was His mission to set down learning for the entire period of human habitation on Urantia, and so He often answered in absolute terms rather than the relative terms that I am using for these lessons, as I have been instructed. In absolute terms, that answer is correct, but we are yet in kindergarten, my friends, and so we shall proceed at our pace for now.

Q: Is honesty part of goodness?

A: The search for truth is connected to goodness.

Q: In relationships, to be honest although you know it's going to hurt the other person, particularly if you're dealing with people who you think are spiritually retarded, may create a big rift. "I know, or I feel, what I'm doing is the correct thing because what I'm doing is honest." Is that good?

A: It is always a good thing to behave in a truthful way.

Q: I can see no other way to act. Are there others?

A: There are others, but they may not be consistent with the promptings of your Adjuster.

S: Anybody who questions that should study in depth the history of the earth and the way conditions really were 100, 200 years ago - maybe even before that. Things are getting better in the long run.

Regarding people who deny God's existence yet do good in the name of humanity - those who profess a secular reason for doing good rather than a religious reason - the Urantia Book somewhere says that those who do good without believing in God, who deny God, when they do good there's not as much soul growth because that is a social thing. They act for social benefits. It does do good socially, but there is not much growth in their own soul because of their denial of the existence of God. That's more of a comment than a question.

A: Truly doing good requires good intent. You cannot have good intent without faith of some sort. And while the person may deny adherence to teachings of formal religions, there must be faith and response to Thought Adjuster promptings in order for good intent and good behavior, truly good behavior, not social posturing, to occur. Supposed good action which is undertaken for show without sincere good intent underlying it may lead to no spiritual growth whatsoever. An animal may mistakenly do good, but does it grow spiritually? No. To undertake any act without consideration of spiritual consequences is to behave in an animal-like way, and the animal behavior does not promote spiritual growth.

S: Well, in all honesty, I don't agree with that completely. I have a very good friend who denies God, yet who does good. There are others with whom I'm not familiar whose active secular goodness is because they really feel that in order to keep civilization on an even keel and to have social brotherhood they feel an obligation to do good things. And so they do these good things. It's not a social posturing, it's more like a business transaction; they do something good and they feel better, and believe that

eventually that good will come back to them. And they feel that that is all, something that takes place without necessarily believing in God or any kind of Deity.

R: Do they have good intent? Or self-serving intent?

S: It would depend on the person. But I think they have good intentions, at least they are not bad. I mean, they do something that we consider as good. And they have an intent that it's going to do good to somebody. But they do it for the sake of humanity, for the belief that humans should act that way, not because of a belief in Deity who mandates or suggests the doing of the Father's will.

R: Do you believe that these people are Godconnected? Even if they may not be aware of such connection?

S: Oh yes, they're all sons of God, and they have a Thought Adjuster, and they have a soul. My point is that when they do do these good things their soul does not grow as much as if they did believe in God. And that is my only point.

R: Thank you for your comment. (12/12/93) See Also TRUTH (12/18/93)

GRATITUDE

Tonight's lesson is on the subject of gratitude. Gratitude is a subject that needs to be much clarified in the course of this teaching mission because the present understanding of gratitude on Urantia has been very much distorted through the influence of your religious organizations which have sought to gain materially by this means.

In the pure sense, gratitude is faithfulness to the Father who created all of us, and is expressed by action that is the reaction of doing the Father's will, being of service to others, and so on, as exemplified so well by Michael during His incarnation on Urantia. When one experiences genuine gratitude in this fashion there follows a deep and lasting fulfilment which is most gratifying, not only from your material state, but also in those spiritual forms. This sense of fulfilment and happiness is, in its highest form, the most rewarding and ennobling of all experiences. When you are fortunate enough to have this experience, it is wise to cherish it, and remember it, and reinforce in your memory the actions on your part which led up to the feeling of gratitude and fulfilment, for these acts are a critical part of your efforts to mature your own budding spirit within.

You must react, children. Growth does not come to those who are inert, but is the result of a continuing, dynamic interplay between you, the individual, and the Father, within and without. You may ask, as Milcah does at times, "How can I be grateful when life is so difficult? When there is so much evil? When my fellow beings behave in such non-Father-oriented ways?"

We are aware of the difficulty and intensity of your struggles on this fateful planet, and you may rest assured that the growth you personally experience as a result of your increased adversity on Urantia will be all the more enhanced. You have more help here now than at any time in the history of this planet, and if you can work at subduing your own animal senses, you will be better able to perceive the workings of all of the superhuman entities that abound here now.

But let us return to our subject. Gratitude, like all of the other universe virtues, is life-giving, health-giving, and energy giving. Genuine gratitude is experienced in all sincerity without the least

notion of gain or loss. It is most likely true that no creature of mortal origin ever actually experiences gratitude until that day in the distant future when in the presence of the Father Himself. Therefore do not judge yourselves too harshly for not being able to have the purest gratitude. But work on it, for, like the other universe virtues - love, kindness, truth, beauty, goodness, atonement, and so many more - gratitude becomes stronger and better with hard work, like a physical workout.

If, in your mortal life, you are reduced to such a low point in your feeling that you cannot think of the least thing for which to be grateful, there is always the fact of existence. Such a gift is to be cherished. And really, without having existed, how could you ever go on to further work in the name of the Father? So you see, it all ties together. The fact of your existence is the major part that you take from one state of being, such as life in the flesh, to the next state of being. That you can take with you! And no material creation can take it away from you. You see, it is such an essential part of you. Only you can will it away.

We conclude the lesson at this point, although this topic will come up in future lessons. (01/18/93)

HAPPINESS

Tonight's lesson will be on the subject of happiness. This may seem to some of you present to be a slightly different topic than others which we have studied in recent weeks. Your individual body of knowledge may be looked at as a fabric. The fabric has threads of many different colors running in a variety of directions, and yet all holding together to constitute a unified whole. In order for the threads to hold the fabric together properly during the making of the cloth, from time to time a direction may be changed here, a color may be changed there, and to the uninitiated it may - at the time - seem irrational, but be assured that these lessons have been very carefully planned out in such a way as to help your fabric of knowledge form in a cohesive fashion. With that, let us turn to the subject of our lesson: happiness.

Happiness is a difficult topic to discuss with mortal beings because their understanding - your understanding - of happiness is very often far different from the definition of happiness in the non-material form. Let us start with the material understanding of happiness and then we shall compare the spiritual nature of happiness so that you shall better understand.

The material being is descended from animal forms, and much of the conscious awareness and thought is by necessity centered upon feelings and urgings that have animal origin. Pleasure is such a thing. An animal understands pleasure as the absence of pain, the gratification of hunger and sexual drive, the domination over a competitor or an enemy, the attainment of a material goal other than those mentioned. Animals spend much time satisfying base drives for survival. And the gratification of such survival instincts is understood by the animal part of man as happiness. I am sure you are all quite familiar with this definition of happiness.

However, all of these considerations have relatively little to do with happiness in the spiritual sense. Your evolving soul, your embryonic spirit self, strives to be Godlike if it strives at all for growth and development. The gratification of this spiritual urge to be Godlike and virtuous in the ways we have discussed in previous lessons and in other ways that have not been delved into as of yet, this is what constitutes happiness in the spiritual, the soul, sense.

Michael, as Jesus of Nazareth, presented a parable about the glass being half-full or half-empty which has useful application as we discuss the idea of happiness. The animal part of material man seeks always

to fill the glass materially. But the spiritual part of man does not grow until there is space in the glass, the half-full glass that the master referred to. The less full glass materially, the greater the opportunity to fill it spiritually.

How, then, to go about the pursuit of happiness in the spiritual sense, true happiness? Well, this is - as you say - where it starts to get tricky. In lessons past we have discussed creativity and the link between creativity and the rate of spiritual growth. There is also a link between creativity and happiness. A Urantia mortal of some repute in your own culture once said "I find most men are about as happy as they make up their minds to be."

Happiness will not come by sitting in a quiet room engaged in deep meditation. Nor will it emerge as the result of long hours of study, or time spent involved in sensate pleasure. Rather, there are two routes of creative work that need to be followed simultaneously throughout your material existence if you will develop your embryonic soul seed and begin to experience a tiny bit of happiness while in this form. They are inward and outward.

Outward creativity is the sum total of your actions. A great deal of this, of course, is your actions with respect to your fellow creatures. Not just the desire to do good, but the actual doing of good, the continuing effort to conduct your life as Jesus of Nazareth lived. And as Jesus was very active in his fellowship with others, He also was a model in regard to the inward creative struggle. The battle that is waged by every God-seeking mortal between animal urges and the promptings of the indwelling Thought Adjuster.

Hard work, yes. When the material form falls away at death, in some respects the struggle is eased. But do not be fooled for the happiness that comes from God-seeking is always elusive throughout your career as an ascendant mortal, like a carrot on a stick before the horse, you may say.

It is this major thread that serves as a guide in the tapestry of your individual knowledge. Father has given us very much freedom in creative expression of our spiritual selves. In fact, this teaching mission - for those of us who participate - is a means of spiritual creativity and soul growth. Only fear and lack of faith can hold you back, can keep you from taking these leaps toward joy, self fulfilment, and ultimate happiness.

You all have striven much and each of you has - as the result of your individual creative efforts - entered into this small group. You are privileged to bear a somewhat greater burden in helping our Father correct this planet. I am honored to be in your presence and commend you on the greatness of your faith. That is the end of this lesson.

Q: Is there any direct correlation between spiritual growth and happiness? I was looking for that in your lesson.

A: Yes. They are inextricably intertwined, (S).

S: That's what I thought I got from the lesson.

R: One follows the other.

Q: Is it possible to be happy in a fear-based religion?

A: Happy in the animal sense, yes, but fear stunts spiritual growth and holds man back from God striving. Depending on the depth of fear, happiness can be achieved to some extent. This varies from

personality to personality. Fear-based religions, as you know, serve a purpose in the evolution of mortals, but are not - were never meant to persist indefinitely, but rather to be replaced by revealed religion which is void of fear.

The fear of present religious forms on Urantia is entirely a product of those who would subjugate their believers. Does that answer? (Yes it does.)

Q: I know we have to be very careful not to undermine a religion that's important to somebody. But if we sense that the person is being disturbed by the fear that is being taught them in - by their pastor, for instance - and that person seems to be pulled away from understanding and feeling the love of God, can we - if our instinct seems to guide us - give this person some encouragement by emphasizing Father's love and His caring for them?

A: Yes, but do it as Jesus would have done, that is, be careful to respect the decisions and beliefs of such a person or people as you encounter them, and find the good and praise it in their expressions and beliefs. If you do this then it will help the negative to wither and die. Emphasize the good. Reinforce that which is true and right. You would be surprised how strong that can be.

Q: Oh, good. Thank you, Rayson, I sense from a few people I have met that their concern about the fear has overridden their understanding of the beautiful love that Father has for them, and I would like to give them some comfort without undermining the minister, or the church, or the other teachings that are good. So that will help me.

Q: About people that seem to have physical reasons for not being happy, and they are depressed, and there is some sort of organic reason for that. Could you comment, maybe, on what is really going on?

A: The answer to that, (S), is manifold, but there are two main areas of consideration. The first - and by far most common category of such persons - are those who spend an inordinate amount of their time and energy in the pursuit of gratification of animal urges - greed, pride, fear, anger - these all are animal drives and result in excess when unchecked, the full cup that Jesus referred to. A full cup will drown our spiritual growth.

As spiritual growth slows down or ceases as a result of lack of effort and striving, the individual with the full cup experiences black depression, as if a light has been switched off. No material being can live for long with not a shred of spiritual happiness. And, indeed, such persons very often kill themselves in one way or another, destroy themselves, for such an existence is intolerable. There are, of course, gradations, and by no means do all such persons become suicidal. But the one that seems ever depressed and unhappy, angry, gloomy, downcast, sorrowful, without hope - in one way or other - may well be suffering from over investment in the material and under investment in the spiritual. The way out for such persons is to become active and creative, physically, emotionally, mentally, spiritually. That is the way.

The second great category - although far smaller - of persons who become depressed are those whose cellular chemistry is dysfunctional, as you said, an organic basis. At this point in Urantia bio-technology there is virtually no understanding of how this system functions other than a tiny awareness of its existence. Very little can be done at this point. But Father loves all his creatures and those who are spiritually lazy are loved, as are those who are materially diseased or deficient.

Does spiritual laziness cause organic depression? Yes, because the health of the soul is crucial to the health of the body and its components. So, yes. If you could measure abnormalities in function -

chemical abnormalities, electrical abnormalities - you would find them in the first group discussed as well as the second. Does that answer? (Yes.) (01/24/93)

HEALING, HEALTH & DISEASE

S: You know the problems I have with my health. Could you have the Life Carriers assess me now and see how I am doing? I am trying to follow the instructions you gave me on holistic medicine - herbs, trace minerals, and so on - and I am feeling much better.

R: One moment please. [Pause] I am sorry to inform you that I am no longer permitted to assess health issues. This decision was high level, and for a myriad of reasons. This is not personal to you. (01/21/93)

S: Rayson, I did a healing today for a man who has Parkinson's disease, which you said was fine if I followed instructions. I'm wondering, he has a woman who has been with him for a period of time who seems to be under a lot of stress whom I thought would benefit (from healing). I know she would accept it, and believes. They are not reading the Urantia Book, but believe in God and go to the Methodist Church. Should I just do healing for someone who is receptive like that or should I clear it with you, or how do you feel about that?

A: I am not in charge of healing. This is up to teacher Ham to set the guidelines. I, however, am under the impression that it is up to each individual human to determine intuitively and after prayer and meditation if a person can benefit. I would be glad to ask, if you will give me a moment. [Long Pause]

S: Ham says that your skills will grow in determining the answers to these questions. After a short time of working with the healing energy you will know within yourself who will benefit. Until then you should ask him. He has given the OK for this woman.

Q: I have a follow-up question, Thank you very much. This man, because of his Parkinson's disease, has been influenced to use a Chinese healer who has recommended that his hair be shaven, that he take certain teas, and has acupuncture. But primarily there is a suction cup placed on his skin, and they put a substance inside this lid which draws the fluids from the body to the skin. This is represented as a way of taking care of his Parkinson's disease.

I recognize readily our normal medical care system. I only wonder if this is something that should be followed through by them or not?

A: If it helps some, why not? But do not give up his day job, so to speak. (laughter)

Q: Well that's what I suggested to him but I thought I would double-check with you.

A: Many of the Eastern techniques are valid, (S). They work with energy channels that we do not recognize on the Western science. Blockages can contribute to the exacerbation of the disease, but what they have not done is to erase a disease totally. So the combination of the two will be beneficial for this gentleman. (Thank you)

Q: Rayson, with regard to health, you mentioned that this has been a bad week for (T/R) in terms of energy. (Yes) And I was wondering if there were any messages from Ham to Mary through you that she'll be able to listen to.

A: I think she is aware of the mistakes. Mary has not gone for her energy replenishment treatment.

[Note: this is a machine which purportedly converts negatively-charged blood cells into positively charged cells.]

S: Which she values.

R: Which is valid, actually, physically; so is suffering from a depletion of that. In addition, she has made an error with her medication which will take a few weeks to correct. However, she is in no danger, but just low energy, and it is not - while uncomfortable, it is not threatening.

Q: Can you comment as to why the energy manipulation has a physical validity? We discussed that. Sometimes (T/R) doubts it, but goes under the same advice you gave to (S) which is "If it works, why stop it?" But you are a former physician yourself, and you are saying that it does have a physical validity to the human energy field? Can either you or Ham comment on why this is effective. Because it is ground-breaking technology.

A: Because your cells are all electrically charged, because in a healthy cell the charge is a plus charge, in an unhealthy cell it is a minus charge. This device, while not permanent, is a way of temporarily restoring a cell from a minus to a plus charge, thereby tricking that cell into performing as a healthy cell does.

Q: Would (T/R) benefit from dilantin as (S) and myself are taking, or is this more effective?

A: No, this is much more effective. In addition, it also stimulates growth of new healthy cells. It is because (T/R)'s immune system is so eroded that she must obtain her immune system from other sources.

S: From an external source?

R: Precisely. This is a good external source.

Q: And she can use it daily without harm?

A: Not daily. Not daily forever, daily for periods of time. Two weeks. It should be used twice a week, three times a week, at the most. There is no harm.

Q: Can she benefit from spiritual healing by (S) ? (A: Always.) Does she need it?

A: She would benefit if he were here. But not to his detriment.

Q: What about - Rayson, what about (S) and myself? Could we perform any substantial healing benefit for (T/R)? (A: Yes.) Would you recommend that? (A: Yes.) How often?

A: Once a week for 15 minutes to 20 minutes. (Wonderful)

Q: Would it be better, Rayson, if they both performed the treatment at the same time, or it would be equally beneficial if they took turns, or what would you recommend?

A: Let us try together.

Q: Where would you suggest we place our hands?

A: On the head and back, mid-back area.

Q: Rayson, as we make our physical technological breakthroughs - for example, there is a company that wishes to have a tiara of satellites in space to allow digital phone communication from any place on the planet that - I mean from the most remote jungle - and I was wondering, when you speak in terms of the circuits being re-established, is it a classic example of "as above, so below?" As we re-establish those circuits which have been closed for so long, in human terms, filtered down, watered down, to a much lesser degree, we seem to parallel the spiritual through our technological abilities. Is this also occurring as we experience the healing that (T/R) is receiving? Has that always been the case, "as above, so below?" The spiritual implies the physical and all the technology in it?

A: Yes. Yes.

[Note: Merlin (the dog) feels left out and injects himself forcefully onto a couch from which he is summarily ejected]

R: Perhaps this is an omen. We will bid farewell so that we may participate in the remembrance supper. Thank you brothers and sisters for this time together, and we will all be praying and worshipping with you. Farewell. (04/25/93)

Today's lesson will be on the subject of health and disease. I will make an attempt to present these concepts from the vantage point of an ascendant mortal who has experienced the material condition that all of you presently reside in. Each of you in your present condition, your material state, comprises a spiritual part which may - under the influence of your free will - respond or not to the prompting of the indwelling Mystery Monitor, your Thought Adjuster. A third component, aside from your spiritual and free will or intellectual areas, is that which is strictly material or animal - to put it somewhat crudely.

Many of the conditions which you consider to be disease states are dysfunctions of the material component, however it is incorrect to believe that the material component functions separately from the spiritual and intellectual, for it does not. Indeed the three are inseparably connected and therefore you are in a very real sense, each connected to all other beings in all of the universes, and even in Paradise. This is a crucial idea to grasp for it holds the key to all healing and wellness in this, the most basic of material existences you will experience as well as all of your ascendant forms that will follow in your career Paradiseward.

On a planet such as Urantia, considerations of health and wellness are much colored by the long lasting and even now reverberating effects of the Caligastia rebellion. When the first universe connections were established with Urantia at the inception of freewill creatures, of course, the physical health of human beings was overall far poorer than it is today. However this condition changed dramatically when the first teachers came and instructed receptive humans in basic principles of hygiene, sanitation, social and family living and religious - that is worship-practice. And for quite a long time very excellent health was

enjoyed by all who took these lessons to heart and practiced them assiduously. And Adam and Eve did much to help promote good health and healthy living.

However, as you all know, this period of good health for man on Urantia came to a - I would not say an end - but to a roadblock, a set back, when the rebellion got hold. Much of the learning was submerged for many eons, and health of man suffered immeasurably as a result. Many, many, millions of unfortunates have perished of diseases that were wholly preventable had only the most basic principles of hygiene been adhered to. The infectious diseases - those caused by transmissible agents - fungi, bacteria, viruses, and subviral particles - yes, cause much, very much suffering for man on Urantia.

We have all been very gratified to see the wonderful strides made by man in the last era toward eradication of some of the worst of these plagues and institution of better sanitation and personal hygiene practices. It is likely that many of you here today will see a continuation of this trend during your lifetime as this teaching mission is established and has its effect. You see attention to the material parts of man's existence that is, cleanliness, trauma, all of those areas that affect the animal, is only one part of avoidance of disease.

Diseases can also be affected through the free will, intellect, and - most of all - through the spiritual part of you. And these latter two areas will be very much influenced - to the good - through the teaching mission, and all of your personal individual efforts - believe it or not. There is a large body of disease conditions on Urantia today for which your present technology has no solution. That is because they are more complex in their mechanisms. Yes, they affect the physical body, but mere physical solutions are not sufficient to effect their cure. Rather, the working of the body, mind, and soul will be required in concert with more advanced technology than you presently have at your disposal, in order to rectify those disorders that elude your scientists at present, such as genetic disorders, immune diseases, neurologic dysfunctions, hormonal maladjustments, some of the parts of the aging process which lead to inability to function independently. All of these areas will be much more accessible to improvement and even cure in the near future if all goes as we project.

Yes, prayer can help. It can help beyond your imagination. It is always, always of great worth to pray for the sick in the ways that your Urantia Book instructs. Faith, of course, is a key component, for without faith no cure of even the most fundamental physical, mental, or spiritual disorder can ever be had. So, all healing - if you will - is faith healing by that definition. And without faith no healing can ever happen. Indeed, the one who lacks faith utterly will perish and die - mysteriously some may say. And faith in one's death, the certain expectation that one will die will indeed lead to death. Also, it is entirely possible for all men and women of Urantia to will themselves to die if they so wish. And indeed, this has occurred many, many times.

The principles of good health and healing of self and others that you learn on Urantia will be implemented at later stages of your ascension career, for as long as you exist in any sort of material form there will be dysfunctions, disease if you will, that will at times require remedy in order for you to function optimally in your struggle to meet your personal goals and fulfil your individual missions. Only when you reach the point at which you are of the spirit wholly will you not be troubled by disease further, unless you make most unfortunate choices as did Caligastia and his now perished followers. For the Father in His love will always allow you the free choice. You always will be able to choose His way or not. And even now, here on Urantia, you will find that as you sincerely pledge yourself to serve the Father in all that you do your personal health will benefit.

You may say, but is not faith healing a miracle? My answer to that is that life, itself, is a miracle. All of the workings of life are miracles. If you only knew what is involved in the function of even one small cell - the many, many, many complex interactions that must all work perfectly in order for a cell to live -

you would agree that maintenance of life is a miracle, and that perhaps the greatest miracle of all is that any of us ever lived, continues to live. Think about that, and then you will see that the miracle, so called, of healing is a smaller feat by far than the establishment and maintenance on this or any other planet.

The Father in his love has brought life into each of you and bestowed for all the generations of man this beautiful planet with all its resources, and its sun, and stars, its atmosphere, its climate - everything is here that man requires to live in light and life - even today. If that were the choice of all mankind it would happen fairly quickly. But such is not the case. And therefore there will be a period of work and struggle ahead, during which time mankind will improve upon present levels of learning and technology and will slowly but surely learn to make best use of this perfect cradle for His race in which no detail has been overlooked.

Do not let anger, pride, and fear - do not let these things trouble you, for they cause your body to function at less than its best. Be guided by the love of the Father, the goodness and beauty of His creation, the truth which is all around you. Have faith that your loving Father would never ever place you in circumstances that would oppress you without hope of escape that would enslave you, that would cause you pain and suffering with no hope of improvement. Your free will is very, very powerful when you put it to the service of the Father. If you would be healthy, do this now and you will be pleasantly surprised at the results.

I wish to convey to all of you present today the love of the Father and all of His servants including myself, who humbly seek to assist in this mission on Urantia. There are many here today observing, and comment has been made that the individual members of this group are very adept students and are working hard. We thank you for your faith and service.

This is the end of this lesson. I will take questions now.

Q: Thank you for a very informative and inspirational lesson on health. I didn't think that you could speak on health and inspire me, but you have. Was the upstepping of human health that you referred to early in your lesson; was that from the Planetary Prince's one hundred ascendant mortals that he brought with him to Dalmatia? Was that the time you were referring to?

A: Yes, that is correct, (S). At that time - as on all planets that have reached that particular point in readiness - the purpose was to supplement the physical environment with the knowledge necessary to make optimal use of the environment so that life and light could be achieved in a timely manner.

Q: On that particular occasion the Caligastia one hundred was composed of one hundred ascendant mortals who came with him plus the one hundred humans that had been selected for the purpose of merging their life plasma to make them visible. Is this contemplated in this teaching mission - to have the ascendant mortals to become - in part - physical? Or have we advanced far enough that we don't need that stage?

A: One moment please. My information is that at this time there is no plan to repeat that step, but if it should prove to be necessary at a later time then it may be implemented.

Q: Then the persons that volunteer their life plasma could very well be members of the teachings groups, of the students over the world? Is that correct?

A: If that were to occur. However, there is presently no such plan and it would be a very irregular event if it were to occur. To do such things is not simply a matter of administrative decision. There are many other factors involved which are quite complex. The reason such steps occur when they do on a

given planet has to do with certain physical energy considerations that are beyond my understanding, but it seems that after much time has passed the physical considerations on a particular planet are far less conducive to implementing such events. Do you understand?

Q: Yes, I understand quite well. Is there a healing mission in connection with the teaching mission?

A: Yes. That is why this lesson was offered.

Q: (S) seems to be a conduit for healing, special gifts. (S2) and (S3) apparently have been given additional gifts. Are there others that can develop or have been given this capacity?

A: Yes. One has only to step forward and the gifts - as you say - are there.

Q: And as I understand it, they are not healers, but they are conduits for celestial healing. Is that correct?

A: Yes. There is nothing in any human that makes them higher in the eyes of the Father than any other. Such volunteers for service are not to be exalted or worshiped, and it would be unfortunate if they were to become a priesthood, as has happened on this planet in past times. That would not be in the spirit of this mission.

Q: Rayson, since the ascendant mortals who provided the Prince's staff were at a very early time on this planet, were all of those from other planets?

A: One minute, please. Some, but not all. (Thank you.) They were selected on the basis of individual characteristics so that each of the members would have a unique complement of abilities that had been decided would be extremely beneficial. Others could have participated, but the judgment was that the ones selected were optimal for use. Does that answer?

S: Yes. It just increases our wonder at Father's planning. (05/22/93) [See entry of this date under DEFAULT.]

I just want to ask you a couple of questions about healing. I'm working with a man, J.. M.. as you know. I want to ask you, what will be the results of the healing that J.. M.. receives? This is the one thing in his life so far at the age of eighty that he has any confidence in. I'm wondering if he has the assistance of Physical Controllers here, and I imagine Life Carriers. What will be the result? Will he be cured of Parkinson's? Or will it be halted? Or what is going to happen?

A: One moment. Yes. And (S) I am constrained in my answer. Much, very much, regarding the outcome, of course, depends on the patient. He is advanced in years. He has already benefited greatly from his interaction in this regard, although this may not be readily apparent. His process is of long-standing nature, and may not completely remit. But that is no reason to cease your efforts as long as you and he desire to continue. I cannot comment further, I am sorry, but we are forbidden to give concrete future projections.

Q: Rayson, could I ask you a question about this from a little bit different angle. Is some of his healing spiritual? In other words, is his spirit being healed as much - not as much - along with his body? Is that why he places so much faith in this? Is his developing faith partly his spiritual growth?

A: Yes, very much. That is absolutely true. (Thank you.) And that is why he feels better - at least part of why. However, it is entirely possible that even if Melchizedek were to directly place hands on this man, the cure sought would not be achieved, because of many factors. At advanced material age there are necessarily deteriorations in function of various tissues and cells. It is regrettable that this should interfere with his function and comfort and thinking ability. However, although it is likely that there will be great strides forward in extending life spans and improving functional abilities in senescence, the dysfunction that occur at advanced age are best remedied at much earlier age in a given individual. This would be a matter of far more gravity were it not true that one necessarily passes from the material phase on.

No mortal being is anxious to experience mortal death, for the animal urge to live is very, very strong. The deterioration in function that occurs in old age is a harbinger of material death, and therefore strikes at the core of being of all mortals. But as your faith grows and your spirit prospers, this will become of less concern and will engender increasingly less fear as is happening with your patient.

Q: Rayson, I appreciate everything you've said. I know you can't talk about the future, but at this point in time, has he benefited physically to any degree in his healing?

A: Yes, most certainly he has.

Q: And specifically, physically, not just psychological tied in with physical?

A: There is no separation.

Q: Okay, would you say the physical benefit has been from the hope, psychological hope and comfort that he gets from the healing, other than the cellular change of some kind?

A: Hope nourishes the spirit. The spirit nourishes the body. Actual physical changes occur when the spirit cries for - I should say that is true, but in this particular case, when the spirit takes a leap forward, there is physical benefit. Most definitely. Even at the moment of death, there is physical benefit from spirit growth.

Q: His companion, J., asked what manifestation would she be seeing of the healing? She is more, I think, speaking for herself. I asked him to keep a journal, and he says he has been keeping a journal, so in my own mind I think the answer is probably more within himself than for you or I to say. She was wondering if he would walk better, or talk better, or something along that line. Do you have an answer for anything like that?

A: Yes. The most obvious benefit of the sort of healing that you are engaging in is a sense of peace. This is translated physically into improved function of nerves, muscles, the liver, digestion, strength of muscles, clarity of thought, improved enjoyment of eating, improved restfulness after sleep. Those may seem to be vague parameters, yet when added together they total up to a profound improvement in life experience. It would be an error to draw the conclusion that because he is not completely relieved of his disabilities that therefore no healing has occurred.

Q: Rayson, do you think it would be beneficial for (S) to speak with J.. about his expectations? Or better just left alone? And continue on a healing-by-healing basis. If he wants another healing then he can have it.

A: Yes, that is a good question. One moment. It would be most beneficial to allow him to request this healing. If doubt is expressed then one may offer to let a period pass without a session in order to compare his general sense of feeling during the non-interactive period. Does that answer?

Q: Yes, that answers. Is there anything I should be doing differently than what I'm doing in these healing sessions - about 20 minutes? I'm quiet. I'm opening myself up to anything that's happening. Is there something I should be doing differently?

A: No, you are doing quite well. (Thank you.) You have achieved much. It is most unfortunate that Urantia mortals refuse to acknowledge the very real miracles that abound everywhere on this planet and instead seek material events that are not really that relevant as signs from God, reverting back to old pseudo religious practices. (06/26/93)

Today we will have yet another lesson on that most interesting of all topics, health and healing. As you listen you may notice that elements of many preceding lectures are interwoven herein.

One of the major purposes of Michael's mission on Urantia was to act as a healer of the planet. And so to examine this role of His may prove very instructive as we learn about health and healing. His approach was the classic and time-tested approach for all who would act as healers. He studied the situation with which He was presented, gathered facts, made certain that He had a mandate for action based on earnest and deep-felt desire on the part of the afflicted. Such an important element, this last one, because through cooperation between the healer and the subject or subjects there occur physical, chemical interactions that I do not understand myself but they are critical in the healing process itself. Then the healer proceeds to work on the traditional lines that some of you are already personally familiar with.

The healer will focus in his mind upon the object of his work and he will mix in a great helping of love as he focuses, and forgiveness. And one other element is most important, that is the unreserved willingness to fully and completely assume the affliction of the suffering party. That is a vital part of the healing interaction. It may be conveyed to the patient. If so, this will assist in the process, or it may be withheld at the discretion of the healer. In fact, as healing proceeds the healer may very well experience some or all of the pain, dysfunction, other stigmata of the afflicted subject or subjects. However, this will pass and is not to be feared.

Finally, in the focus of the healer there is to be a sense of happiness and service. And if you succeed in mixing these ingredients together and binding them by your faith, you may very well have a sense of great and joyous brightness within your inner being which will help to affirm the success of the technique.

This is what Michael did during his time on Urantia. And He was able to work not only on those with whom He had direct contact, but indeed on all living beings on Urantia. Like yourselves, He had to learn the technique de novo and was quite slow at the beginning. With increased practice, of course, he gained speed and agility.

In this mission we will see you who participate/ act as healers as did Michael and the sum total of your individual efforts will be immensely beneficial to Urantia. Your healing mission will do much to bridge the present gap that exists on Urantia between the relatively sophisticated technology that you possess and the somewhat low spiritual level that presently exists. As you move about your fellows you will act

as beacons of light. Something like fireflies, if you will, and others will sense your capacity and be drawn to you.

Your mission is to worship the Father by allowing yourself to participate as a vessel of His love, forgiveness, and wisdom. As you proceed on this mission, you will be pleasantly surprised by the benefit that accrues to you, personally, for earthly matters that are of concern to your peers will subside greatly in their impact on you. And your helpers, your spiritual guides, will be better and better able to assist you in averting blocks or impediments to your functioning and movement in your life. You will also notice in yourselves, big, an increasingly enhanced capacity to gain wisdom from your personal experiences. And your wisdom will further serve as a beacon to your fellows.

All of you have demonstrated your fearless and service-oriented desire to circulate widely among your fellows on Urantia. And this makes you all the more desirable, from the standpoint of the mission, as interactors. There is always going to be turmoil among the races of man on Urantia until, at some future point, a threshold of spiritual development is reached uniformly. That day is not here though, and so the turmoil exists now and will continue throughout your lifetimes on Urantia. But do not be concerned for each of you will be accorded special protection as you go about your missions. This does not mean that unavoidable accidents will be prevented, but you will be protected and you will prosper.

In past communications it has been stated that prosperity among students and participants in this mission is not a reward, but rather a natural outworking of one's movement along appropriate channels of action. I reiterate that to you today, and ask you to reinforce that concept in your minds. Be as the Master was on Urantia. Be humble. Be loving. Protect yourselves. The master did well to protect himself. His crucifixion occurred for reasons different than those which affect your personal lives. You need not throw yourselves in the face of danger willingly. Protect yourselves.

As your presence becomes more clearly perceived by others on Urantia you may well find yourselves to be approached. Sometimes the person approaching you will not know why they are attracted to your presence. Be patient. Wait. Wait for the request. Use that great gift of common sense.

Remember that you can heal to a certain extent certainly with benefit even the person with whom you do not have a deep interaction. Of course, the deeper the interaction, the more benefit will occur. But in the one who approaches and is fumbling, by your focus and the ingredients of healing mentioned earlier, you can do great good. Think of that when the occasion arises.

There will be those who will prevail upon you to perform miracles, so-called parlor tricks, some would call them. You will handle these situations with common sense and wisdom. There is no need for advertisement, for it will attract the wrong element.

At this point we will terminate this segment of the lesson and accept any questions.

Q: Thank you for such an enlightening lesson. It clarifies a lot of things that have happened to myself, personally, being involved as a healer, particularly feeling the empathy and the feelings of the person that's been injured or sick for what's going on in their life. That's gotten stronger and stronger. I knew it was happening. It's nice to know why and what to expect and so on. I really really appreciate your lesson today and the way it's presented with its clarity and so articulated.

There's a man in Arizona who has developed an advanced state of problems with diabetes. The feeling in his legs has left, also in his feet. He's a reader of the Urantia book and I know his faith has been growing. Would he be a person I might consider approaching or talking to about healing?

R: One moment. Has this man approached you?

S: He doesn't know about anything concerning this healing program.

R: Has he approached you in any way?

S: Well, when I talked to him the last time he was reading the Urantia book. He was expressing his spirituality in that way, I felt.

R: How do you know this man?

S: I've known him for probably twenty some years. He was a very active member of an outlaw motorcycle club and did a lot of construction work. He's had a very checkered life as far as things he's done. I know he's a good father - and that he's engaged in illegal activities and other things too. He's a sheriff's deputy, a very complex person in a lot of ways. But he's always really been a good friend to me and always been there, the type of person that if you really needed some help, he'd step forward.

R: You may wish to merely spend time with the man and wait for a request, if none comes forward then you have your answer. (Thank you, Rayson) Again, it is not wise to advertise. (Thank you) You are welcome.

Q: In the beginning you mentioned how important it was that people want to be healed, that it was a very important element to bring to it. Is there any way that people could be helped even to realize when they need healing? Or any way there could be some intervention or just assistance in that aspect? Because it seems like so many people just never get to the point where they want to be healed.

R: Could you please give me an example?

S: Well, maybe a real flagrant example would be somebody who has a drinking problem and is destroying their family but won't admit to having a problem like that. And no one can seem to help them because they don't think they have a problem.

R: Why then do they drink or participate in violent activity, if they do not perceive dysfunction in themselves?

S: It's a good question. (S: Could be denial) or in denial, right.

A: Every person on Urantia has free will to choose. It is unfortunate that sometimes the choice is not a good one, however it is made of free will. Does that help?

S: Yes. How can people participate in healing themselves, self-healing? Is that ever a possibility?

A: It is always possible. Again, freewill choice is the key factor. The matter of making the choice to be well, to wish earnestly, and work toward optimal physical functioning of the body can be undertaken successfully by any human on Urantia. However the action is far more than a mere wish. It is more than words. It is complex and requires expenditure of energy. Remember that the animal is lazy. The animal prefers to wait for things to happen, rather than to make things happen. The mortal who wishes to heal oneself must be willing to move past that animal indolence and take action, must be willing to work.

The work of self-healing is basically the same set of actions that are involved in the healing of others, but turned upon oneself. To have love, forgiveness towards oneself is most helpful in self-healing. Of

course, it's not possible to doubly experience one's own pain and suffering, however it is possible to forgive others for their true or perceived role in one's own dysfunction. That is the major difference between self-healing and the healing of others. In healing the other, the healer takes upon oneself the debility of the other. In healing oneself, the healer forgives others for any role they may have had in causing the affliction in question. Does that help?

S: Very much.

Q: Rayson, when you said that the healer takes upon himself the debilitation of the person being healed, do you mean that in a literal sense? Can you just say a little more about that? What exactly does that mean?

A: I do not understand it very well myself, but I will try. When you participate as a healer, you can act spiritually with the one whom you are healing. And just like prayer, there is a direct and instantaneous communication with the elders in Paradise and a direct and instantaneous response to this communication. However the communication does not occur unless and until the healing conduit, the healer, opens himself up completely and without reservation, to the full-blown affliction of the person being healed. In this fashion the affliction can be fully perceived by those at the other end of the line.

Q: So it's just a temporary state during the process of that ten minute healing session. It's just during that period that this is happening?

A: Or even during a fraction of that period.

Q: OK, so it does not extend beyond that actual session of healing when the healer walks away from that person and they're done for that particular day's healing. He leaves behind that affliction; it is not with him any more?

A: No, but there may well be a sense of deep fatigue as a residual of the process itself, and one would be well-advised to rest. One should always rest after exertion, spiritual or physical. Are there other comments?

Q: I want to ask you another question, Rayson, concerning the role of a Life Carrier in this healing program. Is a Life Carrier made available when the healing program begins? For instance, let's say right now I'm seeing a man that has a disease and it's prearranged and I go down and I sit there with him and I'm involved with him. Are the Life Carriers - or is there a Life Carrier available at that time? Is that how that works? So that I would have some idea basically of what is happening when I'm right there?

A: Excuse me. Moment. Ah yes, even I do not understand the workings of the Life Carriers. However what I can say is that they are part of the answer to the communication that occurs during the healing interaction. I cannot reveal more than that.

Q: But they are present and available during the healing then, is that right?

A: They participate in healing, yes.

Q: Is there like more than one Life Carrier, or is there like one particular Life Carrier assigned to a person?

A: I do not know. They are a different class of beings, and their activities are highly secret for very good reasons.

Q: Can you recognize them? Can you see them?

A: Only indirectly by virtue of the effect of their actions. (Thank you, Rayson.) You are most welcome. (07/17/93)

Q: I want to bring out that dealing with J.. M.. and the healing program, he's experienced the greater and greater spiritual enlightenment and a feeling of awakening in the spiritual area and senses. I think, in a way almost like mota, of the parallel and interaction between physical healing and spiritual development and growth. Anyway, he's been experiencing that at a spiritual level. He wants to say a thank you to those who are involved because he's stating as he did last night and the night before that he's feeling much better. I think a lot of that is a not only physical but certainly spiritual.

A: That is good news, and I am pleased to hear it. You see as healing occurs, the spirit is strengthened, and faith grows, and there is an inner feeling of delight and gratification that is unique and most comforting. This is sometimes achieved by direct spiritual means such as you have been using, and other times it is achieved as almost an accidental by-product of other manipulations, such as those that are enacted by various health practitioners, clergymen, and so on. But that feeling, that inner feeling, is unmistakable, and once the subject experiences it, it is desired again and can be achieved by the subject through inner alterations in one's chemistry that work in favor of healing illness and disease. It seems like a complicated mechanism, I know, but does it make sense to you?

S: It makes absolute sense. I sense it, period. I think that the way you articulated it is wonderful, thank you. (10/09/93)

S: Rayson, on the healing aspect of the mission, is it changed? Are there any plus or minuses, or is it about the same? I was dealing with J.. M.. He seemed to be very, very well. Do you have any comment on that?

R: It is coming along. You are doing well. It is not separate from the mission in general. It is simply a physical chemical outworking of the application of the precepts which we are attempting to help you master in these lessons. (12/18/93)

INSECTS

Q: I don't mean this to be humorous, although it will, but on the Morontia worlds and upwards, are there insects? Do they serve any purpose?

A: Yes, of course insects serve a purpose.

Q: Well, I mean on the Morontia worlds. Would they serve a purpose?

A: Yes, certainly. On the Morontia worlds there are what you would understand to be plants, and as these plants are sessile, that is immobile, they require assistance in their propagation, which is one of the

useful actions of insects. So, there are helper creatures, such as insects - not the insects of Urantia, but specially created creatures - that aid this process. There are also birdlike creatures that serve the same purpose.

The scheme of life as it has been established on Urantia is a general scheme followed in greater or lesser part on most worlds, altered according to certain situations such as the availability of dry land area, the composition of the atmosphere. On a marine world there would be different manifestations of plants, animals, and freewill creatures due to the aqueous environment. Does that answer?

Q: Yes. So in essence, then, they serve a function. And since this particular planet seems to be an experiment in unbalance, they perform a balanced function, but they wouldn't necessarily be considered pests?

A: The assignment of the word "pest" to a creature of God's creation is made by man, not by God. The Father loves His creation and does not consider any of his creatures to be pests. In fact, the behaviors of insects, and so on, which are considered to be deleterious on Urantia have occurred due to the loss of knowledge that was imparted by the (Caligastia) One Hundred which was meant to guide mankind in living in harmony with the elements of Urantia. One of the lessons imparted at that time was a method of cultivating particular insects in order to assist agricultural productivity and defray the effects of what you call pests.

There is but one great goal of all subhuman creatures, and that is the desire to live, which is necessarily connected to the urge to reproduce. In order to live, creatures must eat, they must consume nutrients. If a locust consumes an ear of corn it is only following its instinctive urge to nourish itself so that it may reproduce. It is not seeking to harm man, although man may well perceive that interpretation. If the locusts were provided other means of nourishment as outlined in the original guidebooks, as well as balancing predator insects, the plagues of locusts would not have come about. And this is true of other so-called pests. Does that answer? (S: More than, thank you.)

[later banter]

R: ... Why attribute it to a Seraphim when you have done the work yourself?

S: Well, I've killed so many bugs I want to give credit where credit is due. [Laughter.] You know, come judgment, I get a little bit of leeway.

R: Even bugs have bad luck. [More laughter.]

S: Especially in my house. (05/22/93)

KINDNESS

Today's topic of discussion will be the subject of kindness and how it relates to individual spiritual growth as well as the mission we are currently undertaking here on Urantia. We have discussed kindness in the past, and so this will be a further elaboration on this most important subject. My friends, it is important for you to understand again the difference between your perception at this material level of existence and spirit perception - which is difficult for you now, but will become increasingly clear and easy as you proceed with your ascension career.

These topics that we have discussed again and again in these sessions are fundamental tenets of spirit perception. You might consider them to be the equivalent of learning the alphabet in your culture or learning the most simple aspects of daily living such as self-care, food preparation, and so on. It may seem to some that we are redundant in our discussions, and this is true. Because these are such critical concepts, it is felt by those who make the final decisions for this mission, that much repetition is necessary at this time.

Kindness, like the other spirit concepts, is easily recognized by those who are spiritually attuned. And its presence affords comfort. In the material world one is more likely to detect lack of kindness than the presence of kindness itself, and all of you, I am sure, are keenly aware when kindness is not present in interactions among Urantia mortals. Think over your past experiences, and I am sure that you will find plenty of instances to confirm this.

An act of kindness cannot be rendered without good intent, and this good intent stems directly from Father and the promptings of your indwelling Adjuster. Kindness is spirit-driven action. It is the doing of good. And like other spirit-driven activities when kindness is expressed, there is direct transmission to Paradise and instantaneous signal back to the Thought Adjuster of the person who has rendered the kind act. My friends, you are always, always informed in this way when your behavior is spirit-driven, in keeping with the will of Father.

You have asked me and other teachers, how do I know when I am doing the right thing? How can I tell? As you pray for your life acts to be in accord with the will of Father, as you pray sincerely and earnestly, there will be a response on the part of your Thought Adjuster to increase signal to your subconscious mind, and your personal awareness of the rightness or lack of rightness of your behaviors should increase accordingly. It need not necessarily be an overwhelming feeling of euphoria that you gain when you are kind or truthful or in other ways doing the will of Father. It has been well described as a sense of peace, a feeling of calm, serenity, at-oneness with all of creation. And interestingly, as you progress in your spirit growth, you will very likely note that when your behavior is good, there will be a diminution in the babble noise that is so intrusive to your mind thought.

Yes, kindness, such a powerful tool for helping to undo the damage that has been wrought on this planet. Again, I remind you that the life of Michael, Jesus, on Urantia, is a model worthy of imitation. And when in doubt the account is there for your reference. Look at His many acts of kindness. Yet never once did He seek material reward, nor did He endeavour to persuade or manipulate others. His kindness was pure, simple yet complex, healing, as yours will be, can be. He never expected a direct response from the recipient of His act and very often did not receive such. He let His kindness rain down upon His fellows like the rain from a cloud, nourishing the soil upon which it falls, promoting growth.

You may ask why should I spend my time and effort in action that does not help me to pay my bills, does not help me to protect my family, does not gain me prestige? And these are all questions that any mortal would ask, perhaps not out loud, but it would be natural that these would come to mind. And it is not an evil thing for you to ask such questions. Rather it shows that you are a material being and only slightly advanced in your career of ascension. You all know the answers to these questions, but I shall repeat them again.

The personal gain that you achieve from your acts of kindness is manifold. You achieve direct and instantaneous contact with Father in Paradise. Your own personal spiritual light becomes a bit brighter, and by virtue of that you are more easily perceived by your fellow mortals, as well as the many spiritual entities that are among you. And your contribution, by doing good, remains forever on Urantia as a contribution, as if it were hewn in stone. But unlike stone it cannot be worn down by the elements. And when the final accounting at the end of light and life on Urantia comes, your recognition will be there.

Believe me, my friends, there could be no greater prestige than to have an account of your selfless doing of good on a planet of imperfect creation which has fallen into rebellion. It is well understood by those on high how very difficult it is to strive toward goodness, to be kind in the face of overwhelming savagery, to maintain your faith when the circuits have been severed for so long, only recently re-established. And you are much treasured. Your kind act toward your fellow, who may even wish you harm, has great merit and great weight.

When you are kind, you are being spiritually creative. Even as Father is spiritually creative, so can you too be, in your way. What a marvelous thing this is. And your creativity affects the spirit of every other mortal being living on this planet. Beyond that, when you are kind, as you all understand kindness to be, that is a little bit less rehabilitative work that you must complete when you move on to the morontia worlds. I sense that some of you would like me to talk about the elements of kindness, so I shall do so, although I have done this in a previous lesson.

Kindness is the direct act of doing good to another being regardless of circumstance. It is a direct act of Father's will. As I mentioned before, there is no element in the doing of kindness that requires reciprocal action. Kindness has a soft and gentle quality. It is an expression of love.

The doing of kindness, of course, does not require that you lay down your protection against possible harm to yourself or your loved ones. You need not render yourself physically vulnerable in your act of kindness. When you are kind, you express spiritual beauty as a painter with a canvas expresses material beauty, or a musician with an instrument expresses musical beauty. When you are kind, you, too, are being an artist, a spiritual artist, and the mark of your kindness lingers on in the life or lives of those to whom you have been kind. All of you know that the kindness you have received yourselves from others has been very influential to your own personal decisions and actions. Very often many years later a single act of kindness can have very powerful consequences.

When you are kind, it is as if you stand on a lever, and the other end is in Paradise, and the power of your act can be magnificent indeed. The result of your personal act of kindness is carried with the recipient throughout his or her entire ascension career, and it is not uncommon for contact to be made in the next life among those who have exchanged kindnesses. What a joyous experience this is, to be thanked in person by one whom you thought was long forgotten or even ungrateful. So you see, my friends, it is very important to consider kindness when you are at that decision point in your dealings with others.

Consider the kind act as Jesus always did.

With that I conclude my lesson for today and will accept questions.

Q: Is kindness an element or a subset of goodness which you talked about last week, or is it a separate entity by itself?

A: The two are intertwined, of course, but it is a separate entity.

Q: I have a question about something you said very early on in the lesson. You said that in the material world one is more likely to detect lack of kindness rather than the presence of kindness. Why is this? Is it because there isn't that much kindness to detect, or is it a negative filter that we have that tends to cling to sadness and unkindness instead of remembering kind acts?

A: Because, in your present existence, you are still burdened with many animal tendencies, the animal is not quite blind to spirit realities, but the animal has enormous difficulty sensing spirit, spirit,

spiritude. Because you are above animal yet still animal, your basic instinctual drives are survival driven ones: the seeking of food, reproduction, and maintenance of life. These instinctual drives cause an extended awareness of threat, and lack of kindness is a direct threat to life. That is why, in your material state, you are more aware of lack of kindness, because it is a threat to your instinctual drives. Do you understand that?

Q: Yes, I do. Could it be that we're missing some things that are actually happening to us in terms of kindnesses that come to us?

A: The kindness stays with you, but you may not be fully aware of it. The mind babble that you are, that all of you must experience because of your present form, interferes enormously with spirit perception. And as you work on your own spirituality and quiet the babble, you will find it increasingly easy to detect, spirit reality, including kindness, goodness, truth, and love. Does that help?

S: Thank you. Yes, it does.

Q: Rayson, is it correct to look at kindness as creating a better spiritual reality that constitutes your own soul and exists throughout eternity?

A: Yes, that is a part of what kindness is, that is true. Remember that your act of kindness enables you in your way to be a spiritual creator.

S: I think that living in such a savage world keeps people from constant acts of kindness, resulting in vulnerability and probably a fear of being taken advantage of. How did Jesus control that aspect of living?

R: Yes, that is a very good question. As you know Jesus lived His life without fear, and there have been very few Urantia mortals who have ever come close to true fearlessness or lack of pride or greed or the other spirit poisons.

You will recall, as you remember reading the account of Jesus' life, that He availed Himself of meditation periods, and He used this prayer work time to help Himself fight the animal tendencies toward fear and rage and pride and greed, the four main mind forms that work heavily against spirit growth. I know it is most difficult when you are beset with constant threat to your safety to put your fear aside, but it may help if you can remember that what is your reality now is only a passing form in the long term of your entire existence.

This is a very difficult concept for material beings to grasp, but it is true that what seems so real and tangible now, and what seems so unreal and intangible are the reverse of what you will experience increasingly as you become more spirit in form during your ascension career. To the most spiritual of beings present on this world or any material world, it is very difficult to perceive that which seems so real to you, so it may be a useful exercise to remind yourself of the differing realities of material versus spiritual existence. That may help to diminish the fear that you experience when you perceive material threat. Jesus, of course, knew this better than any Urantia mortal ever could. Does that help? (Definitely.)

S: Rayson, is there the morontia equivalent of disciplinary action with regards to a lack of kindness?

R: The disciplinary action, as you put it, is a lack of advancement. One is not whipped or put in chains or incarcerated or humiliated, rather one is held back, which is the equivalent of pain at higher

levels of spirit existence, painful indeed. Once you have passed from this form and have a greater awareness of what lies ahead on your road toward Paradise, you will be most eager to proceed with haste, and the slightest delay will be painful and annoying to you. The cosmos runs on a system of reward for God directed action and no reward for not. The reward is so exciting and fulfilling that you will seek to have it continuously. It is a very effective system, believe me. Does that answer?

S: Yes, very well. And also, you could downstep that one level and say that if we were conscious of our actions and their effect on soul growth while physical, we would pursue that reward system with the same zest as we do after we're repersonalized. Would that be accurate?

R: Yes. But do not be so hard on yourself. You are here now, are you not? (S: Yes.) There are many other things that you could be doing now, is that correct? (S: Yes.) You are doing good to be here, and you may well sense that all of you here today should remind yourselves that your participation in this mission is a most unselfish act and is very well regarded by all who are among you, as well as the Most Highs, and there is much awareness in Paradise of the doings of the mission on Urantia and all of its participants. It is not just any mortal who would give of one's time to help to heal a world thrown into disarray by others long gone. What an unselfish and noble act it is that you all have decided to participate in. You are much loved by Father.

Do not castigate yourselves because you are not perfect, for perfection is a long way off. It is Father's wish that you be imperfect at this point, and it is the outworking of His will that proceeds, sometimes stumbling, sometimes not. What a great act of faith it is for you to proceed at all. Do you see that? (S: Yes, perfect in our imperfection.) Yes, exactly.

S: A very comforting and encouraging perception, Rayson, thank you.

Q: Rayson, from what you're saying, being raised as a Christian, the idea of doing kindness for its own sake was something that was drilled into me and others as well. So doing kindness for its own sake seems a little different than the reward structure that says I get to spiritually grow from this. Is it OK to be motivated by spiritual growth? And to do acts of kindnesses - not for an ulterior motive, not completely altruistically - but for one's own growth as well. That's OK, that's acceptable?

R: Yes, it is not selfish to wish to grow spiritually. How can it be selfish to wish to be more like Father?

S: Because it seems so great. It seems really self-indulgent. But thank you, yes, OK. I don't know why that seems like it's a problem, but I guess it's not.

R: Father wishes you to have an appetite for what is good and correct and to feed yourself spiritually is not seen as gluttony.

S: Thank you, Rayson. That's really wonderful.

Q: I am concerned about a friend of mine that we appreciate a great deal. Sometimes we hesitate to visit when it seems that there's nothing we can do, and then it seems that Father's wisdom gets through to us and we realize that just being there is enough. And then in the being there, wisdom comes to us, showing us something we can do to help. I'm very grateful for having discovered this. And I thank Father very much.

R: You are welcome. Yes, it is true that the doing of Father's will does not always require the expenditure of kinetic energy. You needn't be moving continuously like a bee in order to be actually doing the right thing.

S: Rayson, your comment about accepting kindness. It's been my experience many times it is most difficult to accept kindness from others. I find that many times it's easier to be the giver than the receiver.

R: The animal self might sense a threat when the situation is presented where there appears to be a lack of control of the interaction, so again it is fear that is the block here. You will know if it is true kindness because there will be no expectation of reciprocity. Do you see?

S: Oh, absolutely. Thank you very much.

R: But you must allow Father to love you in order to feel loved, must you not? (Yes.) Is that not the ultimate acceptance of kindness?

S: Absolutely.

R: It is an unfortunate residual of the rebellion on this planet that many Urantia mortals have low self-worth. You have not been abandoned by Father. Rather your planet and all of you and your fellow beings on this planet are the object of intense focus and intense efforts, and you could in a way say that you are actually rather special, not neglected. So do not despair. You are all held in high esteem in Father's eyes, and you are most worthy of the goodness that comes your way. Accept it with gladness. Your Thought Adjuster is eagerly waiting for the goodness that comes. And consider that when kindness and other good acts come your way, they may well be a result of your own good behavior and a signal to you that you are proceeding correctly.

S: Thank you, Rayson. Sometimes we think that we are doing a kindness when in fact we are being enablers for somebody else's problems. Will you address the question of whether or not kindness is judged subjectively or objectively?

R: Yes. The interaction to which you refer is one in which there is not kindness so much being done as an action performed with an expectation of a certain reciprocal action. So, you see, it defeats the definition of true kindness. Did Jesus try to reform the multitudes ever? (No.) Would you say that He was an enabler?

S: Certainly not.

R: And yet He achieved through His kindness and goodness what many who enter into that interaction desire so earnestly, did He not? (Yes.) You see, again, we come to this matter of how things in the spirit sense are often the opposite of what they are in the material sense. In the material world it is forcefulness, persuasion and manipulation that achieve material ends. In the spirit world there is no place for those actions. Love is not spread by force. Goodness is not done by persuasion. Truth is not endowed by manipulation. Is that so? (It's so.) Do you understand now?

S: I understand better than I did before. I still have problems in discerning as to whether or not an act is really an act of kindness or whether it will end up enabling someone.

R: Kindness occurs when the act is done with no thought of result. One is not responsible for the end result of the kindness, rather your spiritual responsibility resides in your own attitude of love and

giving, and very often what appears to be a futile effort at love and kindness has its true good result much later. The echo may not occur until after the material life has passed, but it will be there.

S: Isn't it true, Rayson that Jesus knew many times that the kindnesses He did would not be appreciated and would not have any spiritual improvement in the persons healed, but He still performed the healing. He gave them that gift of wellness knowing full well that they would not accept His spiritual message.

R: Yes. Absolutely, but those who had direct dealings with Jesus went on beyond this life to benefit far beyond anyone's expectations, and His mission was very much a success in that regard. Also, a great benefit of His kindness and healing was its observation by others.

My friends, as you go about your life's actions, there are always others watching, others who live in fear, who are held back by anger and pride, the desire for material wealth. They are watching you. If you proceed as Jesus would do, you give them strength and you can help to enhance their faith. How many times, any one of you, have you behaved in a God-serving fashion and been told that no one else has ever done that before, no one else has ever listened, no one has helped? You are being observed by your fellows, as you observe them. Do you see? (Yes.)

S: Rayson, is kindness as important in your life after this as it is here on this planet? And is spiritual development as difficult in the next life as it is in this life?

R: Yes, of course. Do you not always use your alphabet? (Yes.) Increasingly as you become more literate? (Yes.) Do you not always use your basic grammar? (Yes.) It is like that. These are such fundamental concepts, as you grow spiritually, their importance grows, too. And without their presence, there can be no significant growth.

S: I would like for you to address the question about dependency on kindness. It has to do with being taken advantage of, that feeling of being taken advantage of. There are opportunities to step in and do a kindness, but often then it's expected that this kindness continue on and on and on which, in fact, disables the person to begin to make his own way. And I wonder if you would address that. Many times I've prayed for the opportunity to do kindness, other than financial. It's been very easy to see that someone needed something. To give them money or even anonymously donate to that cause was not it. I'd like you to address that.

R: You have stated your question well, and it is a worthy one. Kindness has not to do with rendering material things to your fellows. Did Jesus clothe and house and feed His fellows? (No.) Did He give monetary donations to those seeking such? (No.) But He was always kind, was He not? (Yes.) Kind in word, kind in thought, kind in deed, but not materially so, for material things have nothing to do with true kindness.

This is an interesting question, because it is along the same lines as the question about enabling. When you start to deal in material things and material goods, you are not in the spiritual realm any longer. You are in the material realm. This may help you to protect yourself from falling into the trap of believing that material dealings are equal to spiritual work. You are not helping your fellow, if you provide for Him that which He should and can work to attain for Himself. Do you understand that? (Yes.)

R: Adversity, as you remember, is an essential element to spirit growth while in the material state. Would you shoulder the adversity of another? (No.) Does that help you to understand?

S: It does, and also I look around and there are so many people in need, there are so many people that don't have jobs and are homeless, and they're hungry and -

R: And that is their adversity, to be borne by them. Why are you not homeless, hungry, jobless? You know the answer. (Yes.) The answer is the same for them, is it not? You have had misfortune in your life, have you not?

S: Yes, I have. It just seems that it's so widespread. And many times I feel, but for the grace of God, that's me there. Yet what you say has great wisdom.

R: How can one break away from a repeating pattern of failure unless one changes one's actions? Will that ever occur if there is always something to be had without effort?

S: I see your point. It's almost as if we have to get to the bottom of the pit...

S2: And also in response to something you said then, Rayson, it implies that there is a lesson for us to live in the world with the things that we all see are painful, and to live with grace and kindness as opposed to letting it turn to bitterness, or to the "have and have not" situation, or mockery. Do you agree with that statement?

R: Yes, and you also point up another fact, that the attempt to be kind by giving things which one hopes will alter the behavior of another is not kindness, just as in the earlier example.

S: So what would be appropriate to give in an instance of apparent want? What would be proper in a confrontation of lack and want and ... ?

S2: Encouragement.

R: Live and let live.

S: I think probably Jesus faced this situation after He, because of His compassion, healed 600 plus people at sundown. Everybody wanted to make Him king because of His healing. Jesus simply left. He ran away. He departed so that He wouldn't be available. I'm not sure that this is the solution to all of our problems, but I sometimes feel that I should give and then go away.

R: Give materially?

S: Yes, but not necessarily, but it includes some sort of material help.

R: "Tis better to teach a man how to fish than to give him the fish."

S: Yes, I think your answer to (S)'s question has very much clarified the distinction between goodness and giving material things. Therefore I understand better your answer to (S) about giving and enabling. I understood that goodness is given without expectation. It's a spiritual gift. It's actually; it seems to me, a passing on of Father's love. Then we were thinking in terms of giving material assistance - which has proved in the past to enable that person to continue a course that seemed to be self-destructive. And now I see the distinction, and I thank you for that clarification.

R: You are most welcome.

[See: GENETIC ENGINEERING (10/16/93)]

R: There are very, very few adult persons on Urantia who are incapable of some manner of work. Many of the ones who beset you with requests for material goods are eminently able to work and, in fact, may even be more capable than yourself. It is important to remember this and make your decisions in an informed way.

S: Well, I personally appreciate the candor of this particular meeting. I know it's a concern and it's something that (S) and I have discussed and actually have argued about. We appreciate this line that you're taking with us. It's not so much a spanking as it is a wake-up call to be spiritually and socially responsible without being taken advantage of.

R: One could even say that it is a kindness to deny a free handout to one who can work, although this may be a difficult idea for you.

S: Well, it's something that I never really wanted to bring up because I thought that even broaching the subject was to display a certain lack of kindness or spirituality, and so I think that this kind of a session and this kind of a lesson lets us know that we can talk to the teaching staff about even those things which we covertly believe to be less than spiritual.

R: If you lay out free food and free goods, many animals will come to feed, and in fact this has been used by many established religions as a means of attracting large numbers of members to join. If you wish to attract those who are spirit driven and earnestly seeking spirit growth, your lure, if you will, will be different. It will be in the fashion of a supportive structure to help one in one's own personal, and sometimes arduous, strivings Godward. No free meals, cars, or sums of money will ever induce mortals to seek God and imitate Jesus.

Q: Rayson, what is the solution to this overall problem? How can we get the people who are unproductive and not working and so forth to become productive spiritual citizens?

A: Well, a quick answer is this. One can never compel another God-ward. That is a personal decision, however an animal will do what it must do to eat. If it must stand in a line at a building to get a handout, it will. If it must work in a field, it will. If it must study in a school, it will. If you deal with those who abase themselves to the level of animal behavior, it is unfortunate but you must deal as with animals. Animals are driven by the desire for food, the desire for reproduction, and the desire for survival. Those are your keys. If animals are allowed to reproduce in an unchecked fashion, they will do so, particularly when they are well-nourished and do not need to work. Do you understand? (S: Yes, I do.) (10/16/93) See Also TRUTH (12/18/93)

LIFE, SACREDNESS OF

Q: Is human life sacred? It seems that the wanton disrespect for the sanctity of life continues on this planet on a daily basis. And in order to continue you either have to have a tremendous amount of faith, or to be a fool, or to be somewhat in denial. Those of us that are drawn to these teachings apparently recognize the inherent value of our lives, and the chance to communicate with spirit. I don't think any one of us would want our physical lives terminated before its due time. And yet this happens on a gigantic scale, and apparently always has, on this planet. How is that viewed in the spiritual realms? Is it as much of a crime or cause of distraught and anguish in the spiritual realms as it is on a daily basis on earth?

A: Human life is sacred only insofar as this: if a person murders another person, the murdered being will survive. The murdering being, although physically still alive on this planet, has violated the sacredness of life. They have committed the ultimate act of non-respect against a fellow child of God. They are the person in danger of not surviving, not the person who is dead. So human life should be viewed as sacred only insofar as you must cherish and love your fellows. That is the spiritual way of being. Your planet, however, is still quite primitive and contains much of the animal aggressive traits of early man.

If a plane crashes and 300 people die, we are not as upset about it as you are because we know that this is only a transition for those mortals. They continue their spiritual path on the Mansion Worlds. What we are concerned about are the acts of violence and aggression that still continue here on this planet. Even more is the total disregard for future generations by violating the physical laws of the earth. These are matters of great concern.

Even in terms of tribal wars or national wars, we look upon this as being necessary to the evolution of your planet. These conflicts are inevitable, and will one day be erased or much diminished as you grow spiritually and in a more balanced way than you have now. Some of them are necessary. When certain nations are more spiritually evolved, they must - in essence - protect that growth from their primitive neighbors. So armed conflict is necessary and not viewed the same way, for that spark of spiritual progression must be safeguarded on this planet, even if thousands and thousands must die to do so.

Unfortunately the deterioration taking place is not that people die for a spiritual cause or to keep a value system alive, which is worthy and necessary for the growth of mankind, but that so much of your society has degenerated into senseless acts of violence and hatred. This is the breakdown of the family unit, and the generational loss, unfortunately, in the United States. The Angels of the Families are working now to upstep the next generation. This one, unfortunately seems to have wasted its opportunities. That does not mean that individuals cannot grow and survive, but as a nation this generation has deteriorated or regressed. This often happens as a world evolves. We take a much broader view of these things because we see life not only in the material form, but the true spark of life is in your soul which cannot die with your body.

Q: Is there any grief on the celestial's part in what you see? In the ways that you would feel what would echo as human grief?

A: Yes.

Q: Or disgust?

A: No. There is sadness when we see certain humans or cultures or races which could have upstepped the planet whose lives were accidentally or prematurely cut off here. There is sadness.

Disgust? No. We have no disgust. We have much compassion for the children of this planet who have been so disadvantaged by so many events, the first being the lack of Adamic blood which would have offset the primitive aggressive nature of some of the secondary color races. This is not the fault of anyone in existence today, but you must live with this consequence. Someday it will not be so difficult.

Being an experimental planet, we have known there would be surprises. We did not expect there would be so much animal still left in mankind that coexists with the developing brain power, which is sort of frightening, for you have used much of your science for destruction.

Q: Rayson, on a non-experimental planet, a non-decimal planet, would this behavior occur? And if it did would it be tolerated?

A: It would have occurred, but at different stages of development. It would have been more contained towards the beginnings of emerging society. It would not have been coupled with the technological advances that exist in - for example - the United States. And the abundance of leisure time that - because of these advances - you live with. So the combination is quite fatal. You see as man is more primitive with much more violence in him he also has less time to engage in acts of violence for the survival needs take up so much. We are faced with a nation that devotes relative little time to surviving and much time to destroying.

Q: A point of clarification. A few minutes ago you said the remaining aggression in secondary racial colors, color races. I'd like to have that explained a little further. I just would ask for clarification - I don't want to put my own judgment on it, but I am wondering if that implies that the secondary color races are more aggressive than the primary ones?

A: I was not referring to the color races which exist on Urantia today, but to the color races which sprang up on Urantia in the beginning. The blue race, the red race, these were the more spiritual races. The orange and green were much more - secondary - were much more violent and aggressive. For example, all races suffered from lack of Adamic blood, but the blue certainly got more violet blood than others. Because the secondary races got so little and did not blend, and the more spiritual races like the red were virtually wiped out, there is an imbalance in the world's peoples. These color races do not correspond to the races which exist, or the way you classify your races today. It is just that more of the primitive and aggressive traits survived while the more spiritual traits were exterminated.

Q: In all the races up through life today, you mean?

A: In all.

Q: Rayson, getting back to the sacredness of life - I refer specifically to human life - when does human life begin that is considered sacred? Does it begin with the gleam in the father's eye? Or with the conception? Or with the birth when the Father grants personality? Or with the Thought Adjuster? At what point does it begin?

A: Human life in terms of recognition on a universe level begins at birth, when the personality is recorded in the records of your local universe. Spiritual life for humans begins when the Thought Adjuster indwells the human child. (04/25/93)

LOVE

Q: Rayson, you said that God loves us very much. Does He love all of us equally, or does He love those who are good or trying to be good more than He loves those which are iniquitous?

A: He loves all equally. Why would He give you the opportunity of choice? Even the iniquitous among you are given a final chance to choose the ascension career once they have emerged from material life. That is how great Father's love is. Could your love be so great if it were your progeny? (I understand.) (12/12/93)

See also ACCEPTANCE (03/28/93)
See also WORK ex rel Love (01/24/94)
METAMORPHOSIS: See WORK ex rel Deity (11/11/93)

NEGATIVITY

[The following is a transcript of a conversation between Rayson and a Student who was depressed, discouraged, and with a negative attitude.]

Q: Yeah, what am I doing wrong? It just seems there is never enough joy, time, happiness, love - any of those things, and L. Time goes by so fast doing things that I don't enjoy that I don't have time to do those things that I do enjoy. And maybe you know that the last few weeks I've felt worried and negative about. I've just gone through a period of negativity and frustration about my life. And I wonder if sometimes I just feel like.. God doesn't give us more than we can handle, but when is it ever going to change?

You know, I feel like sometimes my back is going to be broken. I'd so much rather spend time or becoming a T/R like we've talked about and doing creative and fulfilling and special things that make a difference, and yet I find myself - its just - an existence for me right now. There are moments of joy - I don't want to look at it in total negativity - but I almost feel like the subtext of the lesson was "lets talk to (S) here, she's losing her mind." What am I not - where have I not got it in life? What am I doing wrong?

A: Your basic statement is one that has been uttered by all form of free-will creatures from the most basic small child all the way to agondonters, and the fact that you have these feelings shows that you are proceeding correctly. The passage from the life in the flesh offers relief from physical pain as you know it, however there are always many pressures, many demands. There are those tasks we are joyous in executing, and those that we dread but attempt to gladly carry out. It will ever be for you, my friend, throughout the period of your universe existence.

The fact that you are conscious of your pain and joy is a wonderful sign for it means that you are not anaesthetic as are so many of your fellow beings on Urantia, so deeply mired in their preoccupation with the physical life that they have no conscious, or little conscious awareness of anything beyond.

You have had spiritual stirrings for quite some time, and they have reached a level at which you feel an urgency to step up to the next level. Be patient, and it shall occur more quickly than you might expect.

It is most likely that you have not yet sorted out certain issues that are important for your own growth. Once this is completed then you shall advance to the level that I believe you desire. Does that help?

S: Mmm. Kind of. I know I just feel like a material existence is so ... it's just such a struggle.

R: Of course.

Q: But what's the point? You know, how much more... I think I've got it in terms of information, and what to do and all that. I feel like I've been give so many gifts and strengths that are going to waste because I'm having to live this life as - just to make it - a day to day kind of things, I just -

A: To the contrary. Your gifts and strengths need a field of experience to be exercised upon, none better than adversity. Adversity will not stop when you die on earth - when you leave this body. This is only the beginning.

Q: Well how come some people have it easy and others don't? I just would like to not have to keep looking two weeks ahead to make it financially, or not being able to help my daughter, or this person or the other person? Or when does that get better? What change? You know I'm in a struggle all the time, all my life?

A: Yes. Nobody has it easy. That is an illusion. But if one is anaesthetic, one can more easily display that illusion of ease and comfort.

Q: All of my life there is never enough money, never enough joys, no love, all these things, will I always be like that?

A: There will always be struggle and adversity. Love and joy, however, will grow. Peace will eventually come, and acceptance, as your perspective grows beyond this tiny portion of your existence and you begin to see the benefits of struggle. Would you grow more satisfactorily if you were in a coma, on a ventilator with intravenous feedings, and personal attendant's twenty-four hours a day? You would have no worries. You would have no pain. But would you grow?

S: No. Is that an equation as to what most of the populous is doing? That has no struggle? Or has enough money? Or lives in a nice house? Or goes with the in-thing. Just for once I would like some creature comforts.

R: I offer a contrast to show that experience is necessary in order to grow, probably in order to survive. Those to whom you refer with houses with roofs, and so on, have problems of their own that come with acquisition of material goals. They have taxes to pay, lawyers to meet, insurance companies to deal with. They too complain that they never have enough. Toilets overflowing, sick children, dying parents, failing health, the list goes on and on: relatives in prison, worries about burglars and thieves. In a way it is a blessing to have relatively little in terms of material possessions. The Master certainly did not become a wealthy man during his life on Urantia. Material goods are very imprisoning. They require care and maintenance, and protection from thieves, those who would take them from you. What do you have now that someone would steal from you?

S: Everything. I don't know. My car, break into my house, take a TV that I don't even own, you know, the material things that I own. I think I understand.

R: So you do have material possessions?

S: Yes. It's not that. I'm sorry, good night, always turn out the light. I have a dialogue in my head. You must hear me. You know I have a beautiful place to live, and I love that, and it's just that I feel like I'm clawing and scratching every day.

R: That is true. That is why you are here. You clawed and scratched your way here.

S: To this room, or to the planet or...

R: To this room, to this lesson. (S: I know, I know.) You're pretty good at it. [laughter.]

S: I'm tired of it. I really am tired of it.

R: But you are very good.

S: But I don't want to do it any more.

R: Well you have no choice. So be glad that you are accomplished at clawing and scratching. Those are useful skills for your physical existence. But take care that you do not claw and scratch the wrong person.

S: You know me better.

R: You are very young yet. Most of your life is ahead of you. Some say that it is useful in the material world to set concrete goals, such as where one would care to be in one year, in two years, in five years, ten, twenty-five, fifty. In fact, (S) is a master at such planning, and may even be willing to offer advice, although if you claw and scratch he will not be so happy to receive you. [Laughter]

S: I don't know. I think it just has to do with a feeling of being so ineffectual in the world in terms of helping others,

R: Well, just look around and see everybody -

S: Yeah, that's when it really works, ad infinitum. I was just - if I didn't have to do what I'm doing to make a living I could be doing things that was helping other people But I feel like I am so caught up in my own clawing and scratching and surviving that I can't even scratch the surface of helping.

S2: Rayson, I don't think she realizes the good that she does. That is her problem.

R: My friends, by leading your life as a responsible citizen, as a loving mother, as a caring friend, you are fulfilling the demand for service on Urantia already. To go beyond that is not necessary right now for you. Master those areas first, and you will find that you are more peaceful within.

S: (Voice too low to make out words) after that, you know.

R: I am certain that (S) would be most happy to help. And perhaps in doing so he will discover the key to your project together.

S: That would be helpful. That is very clear to me.

R: There are many, many others on Urantia who feel as you do. And such feelings may impede one's personal growth if not dealt with appropriately. You are doing well, but others are not as perceptive as you. And perhaps the combined efforts of you and (S) might be very useful in helping those others as well as helping yourself personally.

S: Thank you. I'm sorry.

R: You are welcome. And there is no need for apology.

S: I wish to thank you, Rayson, for just being here today and sharing your thoughts with us. We certainly look forward to seeing you next weekend. (06/19/93)

[One week later.]

S: I call myself “Whiny” today. Two things. One, you spoke about remorse, that it's not useful, but I do want to communicate to you that I do have a bit of remorse about carrying on so last week, and conversely I want to thank you for the lesson that I got. And I want to thank you for the physical help. I do believe you contributed to balancing me out. Would you confirm this?

A: Yes, of course. It was a classic example of a teacher-student relationship.

S: Well, I really got the lesson, and I just apologize for seeing my glass as half-empty instead of half-full. There were things that were shared after the lesson was officially over that were really wake-up calls to me. And I'm very very grateful for having that now as what I call a reference point in eternity to remember if I ever get going off the deep end again. But I think a lot of it was a physical, hormonal, wackiness, and I apologize to the other side for my self-absorbed behavior.

R: There is no need to apologize. When you express that which is at the forefront of your thoughts, unknown to you, you speak for many who remain silent but listen intently. And the lesson, the content that comes forward in response, soothes the minds of others besides yourself. So it is actually a generous act for you to bear your true feelings in such a way.

S: Well, thanks for that. I understand what you are saying, and I just thank you. (06/26/93)

OUT-OF-BODY EXPERIENCES

S: Can you explain to me what happens when you have an out-of-body experience?

R: Could you describe this experience?

S: There was an experience when I was going through lots of pain. I saw myself lying down on the couch and the pain was gone, and there was so much light, and it was just so beautiful. I remember coming back to all that pain. What makes people, when that happens, when there's all that light and just beauty, what makes them turn back around?

R: Part of the answer to your question is something that I am not permitted to discuss, but I can tell you that you have chemical potentials in your brain that give you great power regarding the maintenance of your material life or its cessation. It is indeed true that you can will yourself to die or to live, and that you can will yourself to health or illness. It is also true that you can achieve states of extremely close contact with the Thought Adjuster and during such states may be afforded a glimpse of yourself as you appear outside of your material body.

This may seem like a mystic explanation, but I urge you to refrain from consciously repeating such an experience as it can be quite hazardous. Something does indeed happen at a spiritual level. More than that I cannot say. This question has been asked frequently during the lesson periods of this teaching mission, and it is appropriate that it would be asked during a lesson about perfection and imperfection. Are there other comments or questions?

S: Well, with regard to that, would it be going too far then to ask whether the being who at that point decides to turn around and come back had a sense of not having finished, of not having completed this part of the journey, and a willingness to come back and complete it?

R: Yes.

S: And were the being to say “I don't want to finish this”, would that be a spiritual misstep, an error.

R: Not necessarily. It would depend on motives. There would be an adjudication of such a decision, however. Generally, there is not the assignment of error to such a decision because the circumstances warrant the decision being taken.

S: Because pain is so destructive and so exhausting, sometimes people reach a point where they are unwilling to tolerate it any more. There is more and more of this on this planet at this time - of peoples opting to terminate this life rather than endure. I was concerned. To me that is not spiritually wrong, but I wondered whether in the plan it was less than the ideal solution.

R: It all depends on circumstances. If you make an irrevocable decision to depart, the Thought Adjuster will leave the body. If however, you do not make such a decision, the Thought Adjuster will stand firm and pull you back like a rubber band.

S: Pretty great people, beings, Thought Adjusters, aren't they?

R: They perfectly execute their role. There have been no defaults to date. (12/04/93)

PAIN

Q: Is your continued ability to experience pain an aid to your growth and development at your stage in the mansion worlds and in your work here on the planet with us mortals?

A: I do not care for pain anymore than you do, and yet Father does not waste. He does not create anything without purpose. I believe that the pain that I still experience is partly a reminder that I am still part animal in my nature and that it serves as a continued reminder to me that I have very, very far to go.

It is said that once the journey to Paradise has been completed, there is no more pain as we know it. Whether being in the presence of God obliterates the pain or you have already achieved a condition in which you do not any longer experience pain prior to your audience with Father is not clear to me, but I can tell you that I believe I sense less pain now than when I was a material being on my planet of origin.

Q: Rayson, are we talking about physical pain or emotional pain, and does everybody experience that when they leave this planet?

R: Do you mean physical death? (Yes.) For some, death is not painful at all. Do you wish to rephrase the question, or would you like me to elaborate on death itself?

S2: I believe the question was whether or not you felt pain after you left this life, at the next stage of existence. Is that correct?

Q: Yes. And is it physical or emotional pain we're talking about?

A: Most of the pain that you experience in your present state is a composite of physical discomfort which is contributed to by emotional anguish based on frustration of animal drives and spirit longing. As you grow in your spiritual development, the former will decrease in their contribution and the latter will increase proportionately. However, spirit longing is a different sort of feeling than physical pain as you know it. Have you not ever had the sense of your own incompleteness? (S: Many times.) That is something like spiritual pain or longing. It can be very uncomfortable, can it not? (Yes.) And yet you would not characterize it as the same thing as, for example, suffering a cut or a broken bone, would you?

S: True. Right.

R: What do you think is the difference?

S: I'm not sure how to answer that. It seems to me one's more emotional, and the other's more physical.

R: You think the spiritual pain is physical?

S: Well, ok, one's more spiritual and one's more physical then.

R: Does anyone else have a comment?

S2: Well, I would think that the physical pain is carried to the brain through the nervous system, and the emotional pain is not located in any particular place, but is carried to the conscience by the psyche perhaps, something of that nature.

R: And the spiritual?

S2: The Bible talks about spiritual groanings and longings which I think that we all have. We do not identify that as pain. Perhaps it is pain, but I have not thought of it as being pain. It's simply an unfulfilled, deep longing, a hunger for -

Q: Are both physical and emotional pain rooted with spiritual undertones? I remember reading of Jesus and His comments to afflicted people experiencing pain, both emotional and physical. Many times their faith would be the healing factor of overcoming both emotional and physical pains and longings.

A: Your faith will help not only in subduing the discomfort you experience from the physical and the mental but will also help greatly to allay the discomfort of spiritual longings. When I speak of pain myself, I speak more of my own sense of imperfection, my imperfection, for I am in company with perfect creatures who do not know this feeling that we speak of and, like yourselves, I compare myself to them, as you would compare to another.

Q: Is there an element of sadness then that is part of the sense of pain, a sadness at one's own imperfection?

A: Yes, you could say that. And yet I have had enough mota lessons to know logically that it is a wonderful endowment to be imperfect.

Q: Rayson, is pain a positive thing in the sense that it contributes to the striving for perfection?

A: Some say that is the reason for its existence. Animals certainly experience pain and you know that we are evolved from animal. I can honestly say that I do not fully understand all of God's reasoning for endowing us with pain, but He is perfect, and His plan is perfect. So it is placed with a perfect motive, and what you suggest may very well be part of that motive.

Q: I have been under the impression that physical pain was the device by which we're notified that something is physically wrong so we can correct it. Is spiritual pain the device by which we're notified of things that are spiritually wrong, so we can correct them?

A: Yes, but it is more than that, for you need not have acted in error in order to experience spiritual pain. Your action at any given time may be in accord with God's wishes, and yet you may still have pain.

Q: Is an example of that the feeling that Jesus had before the crisis at Capernaum when He isolated Himself from His apostles and was apparently in great agony before He voluntarily submitted Himself to the embarrassment, I should say, of having His own people reject Him?

A: He was also torn by a great turmoil related to the trial of Lucifer, for His life on Urantia as you know was a key argument presented to the Ancients of Days against the rebuttals of Lucifer in his own defense. So Jesus, the man, at the time - He was fully aware of His complete identity and purpose - experienced far, far more pain than any Urantia mortal has ever been subjected to, or most likely could ever withstand, and yet remained alive physically.

S: I'm amazed. I didn't realize that the life of Jesus had been presented to the court of the Ancients of Days in the trial of Lucifer, Gabriel vs Lucifer. That is an amazing concept. I certainly agree with you. I see now how it had to be, but I hadn't even thought of that before.

R: Yes, it is somewhat different from your own legal practice.

S: It's difficult for us, with our limited knowledge of Jesus' life from the writings we have on our planet, to picture fully all the things that He was doing in the latter part of His life on earth. He was helping to govern the planet, helping to deal with the rebellion, and still carrying out His Father's mission here to help us understand Father and Father to understand us. It's a marvel that He could do it all.

R: Yes, it is one of the wonderful mysteries of the cosmos. As Urantia evolves and its peoples advance in their evolution, there will be yet more revelations. It is likely that when this planet enters light and life, a day by day, almost hour-by-hour account, of the life of Jesus will be available to all for review.

S: I'm anxious to review it. (01/02/94)

PATIENCE

R: Since we have a somewhat smaller group than usual, we can be a bit more intimate in our discussion which will probably be to your liking.

Patience. This is a topic which will be reinforced from time to time because the engineers of this teaching mission are very keenly aware that there is great trial and tribulation in your existence on

Urantia at the present time. Not only have you to deal with the residual of the rebellion, but there is also going to be a certain amount of turmoil among the masses due to the reestablishment of the universe circuits and the intermittent upstepping of the power of the transmissions. Those who are less well-prepared than yourselves will find themselves to be more irritable, more easily agitated than had been the case in past. This is because their Thought Adjusters will respond to the increasing signal by attempting stronger, stronger, efforts within, and the mind of the given being set in certain animal ways that - not necessarily defeat, but make it more difficult for the Thought Adjusters cooperative efforts to proceed - will set up a turmoil within the conscious mind.

To restate this, those humans on Urantia who have not been working in concert with the Mystery Monitor within up until recent months will be the ones who become somewhat unstable and this in turn may lead to some social repercussions and the appearance, at least, of social destabilization.

But do not be alarmed, my friends, because this is only a temporary situation. Remember that no change is wrought in the cosmos without some rearrangement of existing structures, whatever they may be, and at times it is necessary to eliminate old and no longer necessary forms. With the upstepping of the energy of transmission, the social destabilization that results will ultimately lead to this end, that is, mankind on Urantia will be one step closer to light and life when all the dust settles. How long this will take I do not know.

How can you best get through this period? That is where patience comes in. Remember again the life of Jesus on this planet, the model of patience. Your religionists have attempted to persuade their followers that by following Jesus's example one would be enabled to have a life without fear, without material worry, indeed some have promised great wealth and total freedom from worry, pain, violence. Of course, you know this is not true. Recall the manner in which Jesus died on Urantia, if you need any reminders. But He died without fear. And He died with his faith intact, His manly faith as opposed to His spiritual knowledge because of His awareness of His identity. And most of all He patiently bore all that occurred.

If the Son of God and the Son of man could be patient and endure a period of life in the flesh on Urantia, then this is, or can be, of much comfort to you. And when you one day meet Michael of Nebadon and are privileged to share with Him your memories of life on Urantia, the patience with which you bore your own personal tribulations will be a very special thing, a shining facet. To think that you could have that in common with a Creator Son is marvellous indeed, is it not?

One cannot have patience dwelling in mortal form without faith. You may think that your faith is shaky, but it is not. It may grow faster now, slower then, and this may be what contributes to the sense of shakiness. But it is not shaky, not at all. Remember your faith, your knowledge that there are many, many beings here observing, many helping, and that you are much loved. And remember also that this material form is but a passing thing, but an embryonic stage in your lifetime as a being in the cosmos.

I know that the increments of time in your lives seem so long. This was true for me also. But they are so very brief on the scale of the universes, barely discernible even to those in the mansion worlds. When you hear of individuals who have existed for 10,000 years or 25,000 years or more, this may seem incredible to you. But it is such a small time. If you compare your minutes and hours and years against a childhood lasting 50,000 years and an adulthood that goes on for eternity, it may give you some idea of the time scope of spirit life.

Remember this, my friends, when you are pressed and your animal origins strive to come to surface, remember that what happened to you in the last week or month or decade has only just occurred on the scope of universal time, and will be totally resolved and forgotten by the same criteria. As I mentioned

in our last lesson, the reality of material life is very real to you - as it must be in your present form - but it is not a reality that you will continue to maintain when you pass on to your next form and the ones beyond. It will be very much like your time in the womb is to you now. Do you even remember that? Do the events of that 40 week period touch you now in a conscious way? So too with your present life.

And let me assure that when you were in the womb you had an awareness of sorts, also, an awareness that was as real to you then as this awareness is to you now. But you survived that period of preparation and you shall survive this one as well. You can compensate for deficiencies in the womb, if you survive to parturition. And you can compensate for deficiencies in the flesh, if you survive to death, speaking of spiritual survival, of course.

But would you not like to reach the moment of your death as well-prepared as possible for the next step beyond? So be patient. Stand by your faith and remember that Father in Paradise loves you, loved you enough to create you, loves you enough to send you these lessons and to provide helpers for you, and to have a plan for your work in the cosmos beyond, so that you can be a true living extension of Paradise now and forever.

This concludes our lesson today. I will take questions now.

S: Thank you, Rayson. I've been impressed with your lesson on patience. It's very appropriate at the present time. When the Gods decided to embark upon the grand adventure of time and space, they used both simultaneously, and all things - all physical things - require time. Just as an acorn cannot become an oak instantaneously, so do many of our experiences require time to play themselves out. Is that correct?

R: Yes. There are many fascinating things about time, much of which is inconceivable to you because of your present form and capacity for perception. But what you say is true within the limits of material life, yes. And since the time, as you say, must play out, patience is a useful, a helpful adjunct. Do you not agree?

S: Yes, I certainly agree. Patience is the antidote to the creature's argument with the Creator about the time it takes to do things. Maybe we should yield to the Creator's will instead of wanting to argue with it.

R: That is stated most interestingly, yes. One could say, to put it in terms that you would understand, it is as if you are in your vehicle riding along a road toward a destination, and you must drive to reach the destination. There are no exits, no stops. You could park your car and scream at the skies, sleep, eat. This would not enable you to proceed, would it? (No)

Or you can get in your car and drive crazily over the road, zigzagging, speeding, becoming a nuisance to others, causing damage. You will eventually reach your destination, but in what condition and with what consequences. Is it not easier to simply drive on the path that has been laid down for you, taking care not to harm others, showing kindness, and being patient despite the seemingly endless length of the journey?

It is not endless. You can see the destination. Death is a certainty, not to be dreaded nor necessarily embraced, but simply to be accepted as a marker of one's moving on to the next stage. Do you want your car to be in good working condition when you reach that destination? That is what patience enables you to accomplish. So much of the work done on mansion world number one is body shop work, to continue the analogy.

And yes, you have eternity stretching before you. But when you have a greater awareness of spirit life and destiny, you will not welcome time in detainment for rehabilitation purposes. And if you have not learned patience by this time, you most certainly will for the period required. It could take as long as 10,000 years, more than the lifetime of any man on Urantia.

Actions have consequences, and consequences can stretch far, far beyond. Because of this at each stage in your existence you will be tested for your judgment, your faith, courage, goodness, love, honesty, because as you progress toward Paradise with each step you take toward Father your power to do harm increases, also. Do you understand? (I think I do.)

Even in this mortal existence on Urantia you have significant power in the spirit terms. Father would never allow you to move forward, crashing and burning, so you either rehabilitate yourselves now or later. It is your choice.

Yes, there is an escape from this, you can simply will it to be. You can will your Thought Adjuster to leave, and when you die in the flesh, it will be as if you had never been. Yes, there is an escape. You can pull off the road, puncture your tires, rip out your engine, and walk away, the liberty that Lucifer referred to. Indeed, he elected to do this himself.

S: Rayson, when you were talking about driving I thought about the times that I've driven across the country with my children in the car, and how many times they asked, "Daddy, are we there yet? How much time's it going to be?" Human beings are like children in the car crossing the country. We always want the answer. We have faith that we're going to get there, but we really want to do it all at once. I appreciate the illustration.

R: That is an apt analogy, and did the children not pester you for goodies along the path? (Absolutely.) So that they could reach the destination with rotted teeth and obesity.

S: You said there is more turbulence due to the Thought Adjuster responding to increased signal and attempting stronger efforts within the minds of humans. Is the turbulence due to the resistance that the individual has to that Thought Adjuster or just...

R: Yes, that is one way of putting it. The animal part does not seek spirit goals. Because it does not seek and does not understand when it is drawn away from animal strivings for food, sex and survival, the animal will seek to continue in quest of these three goals of its own rather than expend energy and time on other strivings. Does that help?

S: Yes. What I can do to in my interactions with persons who have resistance to their Thought Adjuster and are making that known in their behavior? I understand that the lesson states that patience is the answer, but I'm wondering if patience means simply accepting where they're at, the particular point they're at on that road with their car? Or if they're tailgating me, should I pull over? I mean, I don't know. Should I try to help them or simply be accepting of where they're at and pay attention to my own path?

R: You have very good intentions, and you earnestly wish to help. The greatest service you can render to your fellows however is to refrain from spirit persuasion. They have helpers, spirit helpers, who will guide them if they seek such guidance. The best you can do is to be kind, patient, like Jesus. How would Jesus handle a tailgater? Can you imagine that?

S: It's difficult to imagine in a way. I mean I don't think of Him as being in a car.

R: He was baited, harassed. How did He deal with that? He turned the other cheek, did He not?

S: He did turn the other cheek. That's always been a phrase that I wonder if it's to be interpreted literally. Does it mean go ahead and let somebody continue to bait you or whatever? Or does it just mean that you don't resist? I have a hard time articulating my question. I'm not sure what it means to turn the other cheek. Does that mean put myself in harm's way?

R: No, no, not at all.

S: Or remain in harm's way, if I'm there?

R: Jesus in His dealings with men gave recognition to good when He encountered it and was indifferent to bad. (OK.) No, He did not put Himself in harm's way. Now you may say "What about the crucifixion?" The crucifixion was allowed to happen for reasons that go far beyond Urantia itself and have to do with administrative matters. As ghastly as it was, much good came of it at the cosmic level. However there has been enormous confusion on Urantia since then, particularly among religionists, as to the significance of the crucifixion.

S: Right, atonement and all that, that confusion.

R: It has played into pre-existing pagan beliefs about human sacrifice and buying the favor of God and so on. These are not valid to the actual situation, however. Father's Son certainly would not wish to remain on a world where He was not welcome by the established form of culture, and although He carefully selected His earthly home, and it was indeed the best of what was available, still it had flaws, as your own culture has flaws. And who can say but that a similar thing might not happen today? Or worse?

S: With respect to turning cheeks, I remember a passage in the Urantia Book where Jesus remonstrated with an apostle, I think it was Nathaniel, for asking a question which he took literally, something which was given as a spiritual example. And He indicated that the apostles should look for the spiritual meaning rather than physical meanings of His illustrations. I think that answers the question of turning the other cheek or walking the second mile. Look for its spiritual content and not its physical content.(S2: Right.)

R: Yes. There is no need for you to become a martyr. That is not in your best interests spiritually certainly, and it gains you nothing materially.

S: It's not in my character anyway, so that's good.

R: Remember again, my friends that spirit growth in man does not occur by virtue of outside influence, material outside influence. It cannot be forced, persuaded, bought or arranged in any way by another being. It is and always shall be a matter of an individual decision to accept and work with the indwelling Thought Adjuster. There is every example imaginable of this happening in the face of love, kindness, terrible cruelty and torture, enormous handicap and great wealth. There is no easy formula that you can follow to influence your fellows. You must lead your own personal life as you, in contact with your Adjuster and your own sense of universe message, deem appropriate. You are responsible for yourself while on this planet, and by conducting yourself as Jesus did you will be doing the most that you can do to positively affect this planet and your fellow beings. I know that this is hard for you as it was for me.

One asks but is there not more that I can do. Please, please tell me where can I spread my wealth? How can I spend my time? Who can I speak to? What can I do? It must be more complicated than that. Well, the material acts of giving, speaking, doing, while well-intentioned are not the way to influence spirit growth and actually are far easier than working on one's self. As you endeavor to lead your life truthfully, kindly, with love and goodness, your example will be observed by one and all, and your light will be perceived at least by the Thought Adjuster of others, if not by their conscious minds, and there will be a deep awareness of your goodness and your courage and faith. It requires great patience to persevere in this way. Have faith. But consider the lighthouse. It does not go to ships, swim across waves. It faithfully turns. And as the lighthouse mechanism turns, the searchlight flashes across the waters, through the air rendering service to one and all who perceive its brightness. Be like the lighthouse, my dear. Does that help?

S: Yes. Thank you. It's a beautiful image. It does help indeed.

I ask for your comment on something that, since it is a small group I feel I can bring this up. When I was a small child, I had a recurring dream of people behind the wall. There was, in the dream, a circle of people behind the wall. They all seemed very kindly and as though they were conferring together and interested in my safety. I guess, I don't know. I remember that I slept in an upper room in the house, and in my mind-picture of that dream they were located behind the wall of this upper room. And it was always a little startling but not really frightening. And the memory of that dream has stayed with me all my life. I'm about to be 40, and it's just in the last few years it occurred to me that perhaps that was, on some level, an awareness of ministering spirits. Can you comment on that?

R: The most that I can tell you is that dream life does sometime manifest perception of your indwelling Thought Adjuster, and that may well have been the case in the instance you refer to, Certainly the ones who are there to help you in your spirit growth and development could fit the description that you offer, benevolent, attendance, not frightening to one with faith. There have been ones on Urantia who have been very fearful of such perception, and this certainly has contributed to much of your lore about ghosts and demons and so on. Does that help?

S: Yes. Thank you. As an adult I've looked at that dream as a metaphor because, since they are behind the wall, the wall could be the physical realm. And ministering spirits are beyond that wall of material existence. Anyway, it was just a little personal story I thought I'd share with you, Rayson.

R: Thank you.

S: Rayson, would you address the relationship between patience and faith. I know that an acorn can become an oak with the passing of time without its having faith that it will. Children crossing the country will ultimately get where they're going without having faith that they'll get there. I think that faith is more identified with the goal and with the certainty of it, the existence of the goal. But I'm not sure about that. Would you address the relationship between faith and patience?

R: Yes, although this is material that can be turned into a complete separate lesson or two. To revert to your analogy again, the children must have an element of faith to remain in the car. Were they to abandon the car, they would not reach the goal. Would they? (No.) So it is, at some level, an article of faith that keeps them in their seats. Is that right? (Yes.) Even if they are not particularly patient about the trip. (Yes.)

So it is with your journey at present. You may leave the car at any time. And if you become sufficiently impatient, despite a glimmering of faith, your animal urges may become so strong that you will elect to

do so, that is, leave the path forever. Faith and patience are both spirit qualities that, once started in development, continue to grow with continued exercise like a muscle we could say.

Faith is the certain knowledge on the part of, in this case, an imperfectly created being, that God exists, is all-knowing, all-powerful, all-loving. And an important element of faith is that it is entered into without direct perceptual input, that is, you have not seen God, you have not heard God, you have not with your fingertips or your other body parts felt God, and yet you know that there is God. (Yes.) That is your faith. You know it beyond a shadow of a doubt, do you not? (Yes.)

S2: Yes, but paradoxically, not intellectually.

R: Well, faith is not an intellectual construct. And intellect, although it can be very sophisticated and clever, is still an outworking of animal mind. It can indeed benefit much from spirit mind and can become higher mind thought because of this, but do not be deceived. All the grand words and ideas are still of animal origin.

S: That's a very good point.

R: That is why so many high intellectuals lack faith, perhaps. Remember that Jesus said that cleverness was not the same as spirituality. (Thank you.)

S: I would like to suggest that even an atheist has faith that there is no God.

S2: That's right. I've always maintained that myself.

R: Many who call themselves atheists are actually anti-religionists who have great and strong faith in God but object strenuously to the intellectualization of pagan religious practices, and therefore call themselves atheists when what they actually mean is that they protest forms of organized religion. If one were truly, truly an atheist, lacking all faith whatsoever, one would be iniquitous. Is that not true? (Yes.)

S2: Well, that is the argument that some professed atheists disclaim. They say that it isn't necessary for them to believe in a higher power in order to be humane. They say that it is of the utmost importance, since they believe that this is their only existence, that they live and let live, or so I've heard some say.

R: Spirit lead behavior is not possible in an imperfectly created being without faith. And though it be denied, you can be certain that what you call humane behavior has a basis in spirit leading and Adjuster input.

S: I think that it does as well. It's just the argument that I've heard. It's almost as though there's an ego issue there, that one will not give credit to some higher power for one's goodness. This is just me. That's how it feels.

R: Yes, again, the battle between intellect and spirit. To get back to the original question which was the difference between faith and patience. Patience is more like a form of what you call discipline. It is the strength and courage based on your faith of Father's existence and benevolence to restrain from acting, to restrain from protesting, and to accept certain situations for what they are.

One can have patience without faith in the animal sense. Think of the animal that waits for long hours in freezing weather for its prey. But one cannot have patience with situations that require spirit-driven behavior, kindness, goodness, love, truth, without faith in God. The wolf who waits for the rabbit is not

playing out the time in good behavior. Is he? (No.) But the one who drives a car and continues to be courteous and thoughtful in his behavior despite honking and discourtesy from a fellow driver is displaying patience. Is that so? (Yes) His behavior is spirit lead. There can be faith without patience, but the combination (of faith and impatience) ultimately can lead to very, to unfortunate ends. Remember that Lucifer was faithful once.

S: That's right.

R: And do you recall he lacked patience. Is that so? (Right.) So as you work on your faith, please attempt to strive for patience, also. It does not help to develop one muscle without learning to use it properly. Does that help?

S: Yes, yes. It helps. (10/23/93)

PERFECTION

Today I shall speak on perfection and imperfection, for I sense that the time has come to give consideration to this important and unifying concept. It has been said that this area of perfection and its counterpart, imperfection, causes more frustration, pain, and time delay in spiritual progress than any other area of consideration in the education of imperfectly created beings. Indeed, I myself continue to wrestle with this topic, and it was the lever, if you will, that was used so adroitly by Lucifer to draw support to his rebellion. He correctly perceived that the subject of perfection and imperfection in the universe is an area of much misunderstanding that begets highly emotional responses from not only beings of imperfect creation but also the equivalent of emotional response from beings created perfect. Indeed, you will spend well over a million years of your existence learning and struggling with this concept and still will not have a complete knowledge of it.

So what is perfect then? Perfect is Father. Perfect is the Trinity and all that emanates there from, unless it be deliberately created with imperfect potential. For they cannot do otherwise than to create perfect, except by most careful and deliberate engineering. You may be interested to know that the Most Highs considered it to be a major breakthrough in the creation plan when the first imperfect creation was made. That may even seem absurd to you, but the devising of imperfection by the Most Highs was a grand step forward in the history of the cosmos and the unfolding of future, present, and past time potentials over all that is.

So then what is imperfection? Ah, this is a far more difficult definition, for me especially, because like yourselves I do not have a complete knowledge of the perfect and the imperfect, however I will give my humble best of my own knowledge of what imperfection is. Imperfection, as I understand it, is that capacity to make a choice between behaving in the fashion set forth by Father and the Most Highs, or not. That which is not consistent with Father's plan is said to be imperfect. For example, the behavior of Lucifer was imperfect, and yet you may ask was not Lucifer a perfectly created being? It remains for me a mystery as to how Lucifer, said to be a perfectly created being, was able to behave in such an entirely imperfect fashion. But perhaps the lack in my comprehension is due to my own imperfection, and it is important for you too, my friends, to understand that having been created imperfect you will necessarily have gaps in your understanding of the cosmic plan.

When we are created imperfect, you and I, much is given to us. Again a paradox perhaps, but it is not every being in the cosmos that has the capacity to choose other than Father's way. However, because we have that ability, we are in ways that I certainly do not understand deprived of other abilities that

generally accrue to perfectly created beings, such as understanding the nature of the cosmos in certain ways. We imperfect beings must learn so much that comes innately to the perfect, however my understanding also is that because of our innate imperfection we are able to serve as co-creators with the Most Highs in unique capacities that are not available to our perfect counterparts. We serve as scouts, if you will, into certain areas of what is that cannot be reached by the perfect beings of creation, and for some reason that I do not understand and may never understand, this ability of ours is required for the ultimate settlement of the outer universes.

Has it not puzzled you that the outer universes are not yet settled? I know that it has perplexed me, and yet that is the condition at present. There is so much to discuss about perfection and imperfection, but what I have given you so far I believe is quite enough for one sitting and is ample information for discussion, so I shall pause at this point and receive questions and comments.

Q: Rayson, thank you for a very provocative presentation of the question of perfection and imperfection. The Urantia Book says that Havona and all of the personalities within it are created perfect. Is that not correct?

A: Yes, aside from beings of mortal creation who are passing through?

Q: The creation of the universes of time and space was, according to the Urantia Book and according to my thinking, for the very purpose of allowing imperfections to exist. Was it not?

A: Yes, in part.

Q: At least the purposes that we're concerned with, there may have been other purposes that I don't know about.

A: Yes, the purposes of Father, of course, are never wholly known to us.

Q: So the universes of time and space were created with the possibility of evil existing in creatures that get further and further away from Havona and from the Original Source of the Father. One definition of imperfection is the possibility of evil, is it not?

A: Yes.

Q: And although it is not necessary that any created personality actually do evil, they are created imperfect in the sense that they can do evil. Is that not correct?

A: Yes. They have the choice, unlike their perfect counterparts.

Q: So the concept of freewill creatures then entails the ability to do or not do the will of the Father which we would describe as being imperfect. Is that not correct? (A: Yes.) And it is only through this plan of having imperfect creatures choose to do the will of the Father that we create the Supreme, that we create our own soul. Is that not correct?

A: You personally did not create your own soul.

Q: We co-created this.

A: Yes, you permit its presence by your choices. That would qualify as co-creation.

Q: And it grows in the sense of being born again. Does it not?

A: I would not use that term because of other connotations in your culture that are erroneous.

Q: Yet it was the very essence of Jesus' teaching to Nicodemus that you must be born again.

A: That is true, but the idiomatic use of that phrase at present in your culture reflects an incorrect understanding of Jesus' intent when He uttered it originally.

Q: I presume that some people think of being born again in those terms, but I prefer to think of it as being as Jesus taught it. And I think that those who are familiar with the Urantia Book feel comfortable with that language.

A: Yes, my friend, but remember that in future times our present discussions will be reviewed most critically by some who are not friendly to our cause nor to the Urantia Book, so we must be most cautious in our use of language in these recorded discussions.

Q: You're very wise in looking ahead to others unfriendly. I wasn't thinking in those terms. I apologize.

A: But consider this. Is it not a lovely plan for Father to create beings who are imperfect and yet are born, live and progress in the continual presence of God with choice potential for the ultimate purpose of settling an area which is entirely bereft of God's presence. Have you not ever wondered why it is that all beings of mortal birth have such strong pioneering instincts, such an urge to go into the wilderness where none have been before? Has that not ever intrigued you?

S: I think it probably has intrigued me because I feel that urge and have felt it. (R: Yes.) I think it's a creative urge, however.

R: Well, yes. It certainly is, but it is notably absent in beings of perfect creation.

S: I never thought of that.

R: And yet you will see it in animals. This is certainly something very interesting to think about.

S: Yes, I think animals are controlled by the adjutant mind spirits, the first five certainly lead in that direction.

R: Yes. The continuing presence of God, but, ah, how different it may be once you have journeyed to Paradise to strike out into the void. It may be most familiar to you, having lived in your present material form in a planet subject to rebellion and severance of the universe circuits, but, of course, you will not be abandoned ever again. Nor will you strike out into that void without much connection to Paradise which is comforting to us. We will be most thoroughly tested and most expertly prepared before we take our space walk.

S: To answer your original question, I certainly do find it thrilling to participate with the Deity in the creation of something from nothing, to give Him experiences in overcoming evil, to worship Him because of His own beauty instead of because I was created perfect to do so. All of these are very thrilling to me.

R: Yes. Do you not see how easy it would be for a Lucifer to subvert the entire outer universe?

S: Lucifer chose the correct key to potential success in appealing to the ego of the personality of the individual, and I'm certainly glad that he was isolated and his arguments were not heard beyond his area of influence.

R: Yes. In the ascension career of you, as an imperfect creature, it will be certified beyond a shadow of a doubt that you will not become a Lucifer.

Q: Rayson, I've forgotten already, this discussion is so fascinating, did you say it was the Ancients of Days that were so awed and marveled so much at the success in creating imperfection, the potential for imperfection, or beings with that potential?

A: They were awed, as were all the Most Highs, for there had been long-standing discussion regarding the impossibility of such happening, and yet all knew that God would do what He set about.

Q: Following up on that, would you say that even though they saw the potential for evil and other distractions in the plan of the Father, they were like our modern scientists when they discover something destructive? The breakthrough in the scientific creation was so much of a triumph that they appreciated it for the triumph of creating something new rather than worrying about the consequences of what would follow from that.

A: Well, you are correct in part, but you will learn later about the age-long commentaries regarding potential adverse outcomes stemming from the creation of imperfect beings, and indeed some of the predictions made in those commentaries have come to pass. But the universes still exist, and experience of adversity, even for God, is conducive to growth.

S: It's interesting to think of the Father as growing. We think of Father as being all already.

R: But you yourself are one measure of His growth in your ascension career.

S: Interestingly enough I'm grateful for being created an imperfect being because I'm enjoying this experience. Its greater glory to Father is that we can choose, and will choose, to do His will.

R: Yes. Lucifer was much jealous of the imperfectly created being and yearned sincerely that he had been so himself. This is helpful in understanding why he behaved as he did.

S: In your studies, has something of the settlement of the unoccupied spaces been presented to you? Or do you still have the limited knowledge that we do about finalizers being able to help settle these areas. It is a fascinating challenge, something I would very much like to participate in, a new experience. It is part of the goal of reaching Paradise. Besides, trying to give Father one more triumph is that one could qualify to do this. I sense in you an anticipation of this activity.

R: Yes. Yes, you are right. My knowledge is only slightly more than yours regarding this area, and as we have mentioned in recent discussions, there is much, very much work ahead for all of us. This is not an undertaking for the lazy. It will be arduous, sometimes painful, but very much real and rewarding to the one who enjoys being productive and participating in Father's plan. Any who feel differently will not progress, and you could call an attitude of that sort evil and be correct.

Q: Rayson, I have an idea about imperfection that I'd like to check out with you. In order for Father to be everything, universal, inside of the concept of universal is imperfection because that is something. But He's also a perfect being. So, in order to personally experience imperfection, He placed a part of

Himself inside of us imperfect beings. He could experience imperfection and sort of be along for the ride as we make our way back to Paradise. Is this correct?

A: Yes, but not only so that He could experience your imperfection, also so that He could be there as a guide.

Q: Rayson, I think it is probably a matter of semantics, but I understood you to say that Lucifer was created a perfect being. I may be wrong on that, but my thinking on the matter is that in order for Lucifer to rebel he had to have been created an imperfect being, that is, with the possibility of doing evil, or not following God's plan. I wonder if you would comment on this. How does a perfect being do evil?

A: By learning about imperfection. We do not know those at my level, how Lucifer made the transition from perfect to imperfect. It is indeed a paradox, but it has certainly occurred in the history of the universes in the past and one hypothesis is that beyond a certain level of sonship highness there is sufficient spirit capacity and sufficient contact with Paradise that, if the being would will it, it may be possible to discern some of the secrets of imperfection. We believe that this may account for Lucifer's capacity to behave imperfectly.

Q: The Urantia Book, as I understand it, says that when Christ Michael and the local universe Mother Spirit created Lanonandek Sons, They gave them more liberty or more freedom than most Creator Sons gave their Lanonandek Sons, and that it was because of this ability to choose evil that Lucifer was able to rebel. Is my understanding correct?

A: Yes, but he did not simply arrive with this capacity. He had to work it through as a puzzle or a problem and had the earnest desire to reach that goal of imperfection and imperfect choice. He worked hard to reach the capacity for sin. Other Lanonandek Sons have never sinned, most others. But you see because this liberty, if you wish, was afforded, it also has given Michael's Lanonandek Sons enhanced capacities as co-creators with Michael and Father, and it is part of what makes this universe quite special. Do you understand? (Yes)

Q: Rayson, How should I be thinking? When I'm toiling, when I'm doing my day-to-day work, I seek perfection. I know I'm imperfect, but I always seek to do the job better, more efficient, less wasteful each time I do my work. Is that the correct way to think, to seek perfection?

A: Yes, you are exactly right.

Q: Well, I'm happy. You always come when we ask you to come, you stop and drop everything you're doing, and you're with us. Are there questions that you want to ask us? About what we are? I know you're teaching, but you're also learning, too. Do you understand my question?

A: Yes, but it is not appropriate for one in my capacity to probe. I gladly and gratefully accept all that you offer me, and am quite happy to be with you and share your experiences.

Q: Did Lucifer ... do perfect beings have Thought Adjusters? I suppose they do have. They're in constant communion with Father. Is that correct, or not, because our Thought Adjusters are here for us imperfect beings to guide us. Do perfect beings have those same sorts of guides?

R: Perhaps (S) could comment.

S: I don't think they have Thought Adjusters because that's a fragment of the Eternal Father that has been given to each normal-minded free will creature, not only to be with them during their experiences

in overcoming evil but to lead them to perfection. There is no need for Thought Adjusters at that level. But they may have some spiritual guides that we don't know about. Is that an appropriate answer, Rayson?

A: Yes. Remember that they have ongoing access to the universe circuits which is the equivalent of continuous communication with Paradise.

Q: So Lucifer just chose to ignore those circuits or..?

A: No, he made much use of them but only to further his own goals rather than those that he knew quite well were appropriate and consistent with Father's plan.

S: I remember reading that now. (12/04/93)

PLAY, REST AND RECREATION

Q: I'd like to know what you do personally for recreation.

A: At my stage of education, I guess you would call it, I spend a proportion of my time under the tutelage of experienced reversion directors. Their company is most refreshing and... [turn over tape] The reversion directors with whom I work are most gracious in guiding me in my play. We have a lot of what you would call fun together. And it is for this time in my existence very much like the play of a human child, in the sense that I expend large quantities of energy in a seemingly effortless fashion. I always leave these encounters feeling replenished.

Additionally, I am assigned periods of time for contemplation, meditation, visitation, to what for my level you might consider to be a garden, a place of peace. You may recall that Jesus engaged in such activity while on your planet. These periods of time are also part of my education and like all my activities are closely monitored and recorded so that I shall not ascend to the next administrative level until I have accomplished all of those growth tasks which are appropriate for this phase of my being. Does that answer? (Yes.)

Q: You say that you are under the tutelage of reversion directors. Are they teaching you the most enjoyable ways to relax and refresh yourself?

A: I would say that they are teaching me the most efficient ways to improve my worship skills and by improving my efficiency in that manner, I achieve what you call relaxation. Not exactly the concept of beings in white garments cavorting on clouds with harps. [Laughter] (S: Don't forget the wings.) [More laughter.] Yes, they would get in the way.

Q: As long as you find enjoyment in this I assume then that it is in accordance with Father's plan for all that their enjoyment increases as their skills develop?

A: Yes, yes, you are right. What greater wonderment could there be than to draw closer to Father? And you see when a Urantia mortal progresses in his or her life appropriately, there will be that period of physical striving and gratification of animal drives. And there will be the period of intellectual striving and - through the intellect - gratification of the animal drives. And then there will be, if one is fortunate to escape accident, there will be that period of spirit striving and attainment. The one who

becomes superlative in the intellectual striving, but never passes beyond, the one who excels in the intellectual effort and never graduates to the spiritual has not, for whatever reason, managed to exploit the potential which exists now on this planet. The one who never goes beyond the physical has been even more retarded, you might say, for there is ample opportunity to transcend the physical and intellectual and achieve that spirit level of growth during a normal time span of life on Urantia now. The channel suggests that I evoke the image of Neapolitan ice cream. [laughter] (11/21/93)

Our lesson today is on the subject of play, rest and recreation, which is a natural correlate to our previous discussion on work. Play, rest, and recreation are just as vital to the functioning of the cosmos as our work. This is not to say you cannot accomplish work in the course of your restful activities. However, for the purposes of this discussion, we will separate the two areas.

In your present material mode of existence, there is a far clearer demarcation between work and play, toil and leisure, than you shall ever experience again. It has often been said that the most difficult part of any project is the laying of the foundation, and you are now laying the spiritual foundation for your long, long universe career. Therefore this period is difficult for you, very difficult, as your perception of the level of difficulty is most likely greatest now compared to what you will perceive at any later time in your existence. Because of this difficulty that is built into the imperfect and material existence on an imperfect planet, every unit - no matter how small - of work is experienced as an ordeal and the departure from work has heightened meaning in contrast. On your planet you call the activities you choose to participate in when not working, "playing", "leisure", "recreation", "rest", among other things

I shall define the three areas that I wish to address in this discussion: play, recreation and rest. We shall start with rest. Rest encompasses the activities that the being undertakes in order to allow it's functioning parts to re-achieve homeostasis after their use, just as an engine, for example, would need a period of non-use between periods of use to optimize it's overall function. This is also true for living beings, and indeed the tissues of your body are composed in such a fashion that periods of rest enable them to repair any damage done, replenish energy supplies, and sometimes grow to meet ongoing demands for performance. This applies to all tissues of your body, including not only your connective structures such as bone, tendons, muscles, but also your organs, heart, liver, kidneys intestines, brain, glands; all of your working parts require rest.

Additionally, rest enables your Thought Adjuster to more gracefully depart when necessary and to work out useful strategies to assist you in your life mission, including your own personal growth and development. So you can see, my friends, that rest is indeed critical to you.

Play is different from rest although your participation in play activities can enhance your rest periods. Play is that set of activities in which one undertakes self-mastery in order to achieve solutions to problems of spirit growth and development. Your Thought Adjuster is quite active in it's interaction with you during your periods of play, and you are - believe it or not - frequently in direct communication with Father when you are truly at play. This definition of play may be surprising or even startling to some of you who may have understood the concept quite differently. But there is no part of play that involves conflict with fellow beings, faulty pride, greed or other of the base elements of behavior that we know accrue to imperfectly created beings of animal origins.

Play is a very important part of your activities that contribute to personal spirit growth. You learn how to play from your parents, from your siblings, peers and friends. If you desire to improve your capacity for play, you may wish to consult with your indwelling adjuster during periods of quiet time.

Recreation involves activities which are outer directed although they do not necessarily involve direct interaction with other beings. You will find as you review your own life that much of your personal recreation is in the company of others.

Recreation may be defined as that set of non-work activities by which, one means or another, fellowship is enhanced between yourself and others. Yes, this may include your quiet time alone. It may be an adjunct to your work activities, or your worship activities, or even your play activities. But what sets recreation apart is that quality of fellowship attainment which invariably results when true recreation has been achieved.

You may ask, "Is this meeting a recreational activity?" and the answer is "most likely." There are elements of recreation in this particular meeting because of your interactions with the others who are present. Certainly recreation is a vital element of this teaching mission. It is much hoped that the fellowship of the participants and their capacity to further capacity with others will be enhanced through this mission. And we have indeed seen evidence to support this thus far.

Now you may ask that those definitions of rest play and recreation do not fit with our present cultural definition of these activities. And the answer is "yes, that is true." But the definitions I give you, my friends, are not meant to be in accord with your present state, but rather the next step of evolutionary development beyond this one. And indeed, the definitions of rest, recreation and play will change and change again with each step forward that you take as you ascend in your universe careers. However, their basic elements will remain the same.

You may ask; "Do perfect beings require rest, recreation and play?" And the answer is "Yes, but for different reasons than you do at this stage of your development." Although perfectly created beings do not "wear out", so to speak, with the passage of time or the burden of work.

Nonetheless, rest is required for spiritual purposes in these beings. Indeed, even Father in Paradise requires rest. But a perfect being knows when to rest and an imperfect being must learn.

I shall stop our lesson at this point, and receive questions.

S: Rayson: Is fasting rest?

R: In what respect would you call "fasting" rest?

S. By not eating, the body is not working doing digestive work. Is that important? Because doing fasting ...

R: Only if you are not hungry and do not require nourishment to function, although the rest that you receive during your sleep periods is not generally accompanied by the taking of nourishment. This does not mean that you may not feed while resting. In fact, if your body requires nourishment after particularly arduous work, it might be important for you to eat during your rest period.

S: I have a question concerning the lesson, on play and recreation. You talked last week about your method of playing with the Reversion Directors, and of your level of play and recreation. Do you have options during these times as to what you do, what you divert to? Like we can go skiing, or play catch, throw things around and have fun - we have these different options and choices - do you still have those same choices?

R: Yes, but my memory record is made available to my personal Reversion Director who selects areas where I have the choice to work or play in those areas or move to others.

Q: Do you have access at all times to your memory records?

R: I can access them if I wish, however I have many other obligations and not so much free time for such activities. It is best for me to contain a review of my memories in the period assigned to the Reversion Director.

S: Then usually your Reversion Director has a pretty good idea of your efficient use of time.

R: Yes. (11/27/93)

Q: In recreation, no matter what we do - whether it's rest, recreation, or toil - to keep the mind on God is the good thing to do. Is that correct? It is the intelligent thing to do, correct? Am I understanding that correctly?

A: Yes.

Q: Are drugs or alcohol considered part of recreation? Or do they take the mind away from God? Can you comment on drugs or alcohol, as recreational?

A: Yes. As I have defined recreation, drugs and alcohol play no role.

Q: In recreation?

A: Yes.

Q: Are drugs and alcohol strictly animal things?

A: Yes.

Q: That makes sense.

A: And, in fact, animals are well-known to partake of substances that alter their bodies' chemical activities and their sensory perceptions for the same reasons that mortals do such things.

Q: So it's neither good nor bad, it's just animal?

A: The taking of substances is neither good nor bad, but the behaviors that emerge after can be either good or bad.

S: I understand. That's happened in my case, both ways, for sure.

R: Certainly by using drugs or alcohol or other substances you are not likely to experience spiritual growth. (S: Thank you).

Q: Are you saying that hallucinogenic type drugs cannot help anyone in their spiritual growth, even though they visualize Deity in a unique way?

A: The hallucination may be the visualization of Deity, but it is extremely unlikely that that is the fact. (S: Thank you).

Q: Would it be correct to say that if there is spiritual growth at the time one takes drugs...

A: To elaborate on the last question that was asked, which was if any spiritual growth occurs during the taking of drugs or alcohol: might it not be in spite of, rather than due to, such substances? My answer is this: you all know that there are times during which the Adjuster departs for various purposes. Most likely when you use exogenous substances that alter your mind thought, your Adjuster will depart. You will not grow spiritually unless your Adjuster is there with you. Does that answer?

Q: Yes, except it would seem that when one takes those drugs, that's when you would need the Adjuster the most, and that they would know this and would not depart.

A: It all depends on the circumstances, but when the Adjuster senses that the being in which it dwells is not receptive to spirit promptings, that is always a cue for departure. Now, it may be that when you use whatever you are doing so with the goal of spiritual work and progress, in that case your Adjuster might remain. But if you were to plan a debauch with the sole purpose of behaving in an animal fashion, it is very unlikely that the Adjuster would stay to observe, for the capacity for spirit growth would be almost nil. Your personal guardians might stay to help to protect you, unless you dismiss them. Does that help?

S: I believe that when we talk about drugs and alcohol it's too general a way to phrase it because I don't think many of us here do hallucinogenic drugs on a regular basis. The drugs that we do tend to be things like aspirin, caffeine, nicotine - for some people, alcohol, prescription drugs - and I don't believe that with the taking of those that the Adjuster would leave under any circumstance.

R: I answered the question with the linguistic assignment of non-medication substances to the word "drugs". Perhaps this was a misunderstanding.

S: It was correct from my point of view, because I asked the first question, sir.

S2: My understanding is illicit drugs.

R: A more precise way of describing such substances as what one questioner called "drugs", as opposed to "medications", would be to use the term "mind-altering substances" consumed with the specific intent of mind thought alteration. Very few medications would come under this definition, although there are some which are used for behavior adjustment in the case of neurological diseases. But it is my understanding that substances which are consumed, including food at times, for animal gratification purposes do not promote spirit growth and development, except by accident.

Q: Your definition and qualification of the words are appreciated, and it makes what you said previously more exact, and I thank you for that. And, I guess, the last part you were talking about, that even such commonplace drugs as caffeine, or even food items such as sugar when consumed in quantity, can also produce deleterious effects which tend to counter your spiritual leadings from your Adjuster. Is that correct?

R: Yes.

Q: Could I follow up on his subject by asking if the Thought Adjuster leaves because of the person's turning to mind-altering drugs without seeking a heightened spiritual experience, can the being invite the Thought Adjuster back, and would He come back?

A: Yes, the being can invite the Adjuster back, but the Adjuster will only return if it detects sincere desire for communion. (12/12/93)

PRAYERS

Q: I'm curious as to how prayers are answered.

A: First, the issue of how is prayer answered. Yes, that is a most fascinating subject and actually will be the object of a lesson in the future. I shall attempt to answer as briefly as possible at this time.

When you pray you actually - if you follow instructions and are sincere - you actually tap into the universe circuits and, through means that are not clear to me, your prayer is routed all the way to Paradise. This is a most amazing thing - and I never cease to wonder at the miracle of it - that so many, many, many beings in all the universes could, by the simple technique of prayer, could have access to the Father in Paradise. But this is indeed what happens.

And once the prayer is received, a decision follows and through the universal administrative channels orders are given for certain actions to be taken in answer to the prayer. Now these are not always what the prayer has in mind. Few will wake up and find a new car in your driveway, or your debts are erased, or a suitcase full of money in your bed, and therefore some would say that prayers are not answered. But of course, these are material considerations and prayers are not answered in a material fashion. But be assured that when you pray there is an almost instantaneous response to your prayer in the form of celestial guidance, assistance, and - in ways deemed appropriate by the Father - you are given help that is sought.

[In response to a question about the Lucifer rebellion and Caligastia betrayal Rayson said:]

It takes such a small amount of difference in direction on the universe scale to have the enormous effect over the course of time. A fraction of a degree difference in direction, that is all that Caligastia's behavior affected, and yet the result was to essentially derail the basic plan leading toward the establishment of Light and Life on Urantia quite severely.

The major impact of Caligastia's disobedience was the severance of the universe circuits to Urantia and other planets involved in the rebellion, because when this severance occurred man was left far, far more to his own physical being than would have been the case otherwise. If you starve a living creature of one essential nutrient the creature will live, but its function will be impaired. A good example is vitamin or mineral malnutrition. This is analogous to what happened when the universe circuits were severed to contain the rebellion. Man continued to live but did not thrive as had been intended because of a stunting of spiritual growth.

Yes, prayers were still answered, but through a detour - if you will - and less expeditiously than otherwise would have been the case. Yes, there were beings - are beings - here to help you, Midwayers and beyond. But because of lack of access to the universe circuits it was immeasurably harder for these helpers to assist man as he sought daily guidance in spiritual growth. (05/22/93)

S: I have a feeling that my strength and my security lie only in my faith, is that correct? Faith makes it possible to talk with you. Frankly, I'm uncomfortable, it's a new experience. I mean the fact that you exist and the way that you communicate is not-its so foreign to conventional thought. I feel like I'm standing in a valley, about to climb a mountain, and the mountain is covered in clouds. And then you come along and the Urantia Book comes along, blows away the clouds and I see this mountain, its 350,000 years high, and you are on the same mountain. Is that right?

R: That is just the foothills.

S: Are you that little guy way up on top?

R: Somewhere there. Your faith is not your only strength and support. It is a crucial one, yes, but you have your Adjuster. You have your spirit guide, your Guardian Angels, the ones who love you. You have your own unique personality and your capacity for prayer to connect you instantaneously to Paradise. You have your ability to worship, and grow and co-create with the Most Highs. You have so many areas of strength and connection to Father.

S: It's nice to know. I understand that the Presence of the Father is closer than breathing, nearer than hands and feet. What I'm confused about is praying out loud. When you are praying out loud, is that only for the fellowship of those of like mind? Is that the only purpose of praying out loud, since the Father is within us?

R: There is no purpose other than those which you assigned to such prayer. Believe me, when to seek to pray, even the quietest whisper of your mind-thought is heard loud and clear.

S: That's how I prefer to pray, by being quiet.

R: Then you certainly may do so, my friend. (11/27/93)

PRIORITIES

[A student is commenting on her absence at a commemoration of Jesus' last supper on the occasion of His birthday on August 21,1994.]

Q: Yes, Rayson, this is (S). I want to, on one hand, apologize for not making it to Michael's dinner, but my best friend's father died about ten minutes before I was to leave. I had the feeling that you all on the other side would know that. I want to make it known that I felt sadness at not being able to be there, but I really couldn't find it in my heart not to go to my friend in this time. His father was in his home. I just want you all on the other side to know. It was just a choice I made, so I hope it's OK.

A: This matter of dinners and meetings and so on is really immaterial as long as you take the lessons to heart and express them in your actions. It sounds as if you made the appropriate choice given your personal circumstances. God does not keep the guest list, contrary to what some religionists would have you believe.

S: I know, I wanted to be there. I knew that was a very special, and I would think powerful, time. I had all kinds of great intent and food to go there that night. I knew in my heart that my choice was fine, along the lines of worship. (08/28/93)

PSYCHOLOGY AND SPIRITUALITY

Q: Rayson, with regards to these lessons, doesn't personal ministry, then, effect a balance of psychology and spirituality? Isn't it impossible to avoid the psychology in personal ministry?

A: I am not clear on how you mean "psychology."

Q: Meaning that it's difficult to "minister to someone that's ailing or seeking answers spiritually if you are not conscious or attuned to their psychological context? It seems that Jesus was incredibly perceptive in terms of the people that He came in contact with - where they were at, emotionally, psychologically, at that moment. And that affected what He could reveal or how much he could affect them spiritually.

A: That is correct. Jesus was adept at seeing into a person's soul, and assessing what they really needed in spite of what they may say they wanted or needed. For example, the boy who was afraid, who declared that he did not want to interact or need anything, and as Jesus engaged him, saw that, immediately knew, he was dealing with fear unsuccessfully, and then engaged him in a way which bolstered his confidence as he was in actuality helping him.

Q: This was when he asked for directions?

A: Yes. However you must keep in mind that often what a person verbalizes is not what they really crave. The spiritual is always the bread of life. So psychology can be used in two ways: one is your ability to assess where the other human is at and what their real needs might be, and two, the other person's own psychology of using mindal mechanisms to deny spiritual needs, or disguise spiritual needs. And these are two different usage of psychology in that situation. Your own ability to see others clearly will depend in part on your spiritual sight to see beyond the external to the soul within.

Q: So then that feeling, then, that (S) is capable of, and that I have experienced, sometimes it's really like spiritual sight, and sometimes it feels to humans like X-ray vision. (Yes.) And do you counsel that? (Absolutely.) Because X-ray vision is not necessarily a manifestation of ego, then. Sometimes it's looking through spiritual eyes.

A: Correct. (05/29/93)

SCIENCE

S: Rayson, at what stage of advancement or what stage of development in your curriculum is the universe studied from a scientific point of view? Have you reached that stage yet?

R: Yes. You have done this yourself already. Have you not?

S: Well, I thought maybe my amateur astronomy would be very insignificant compared to the knowledge the celestials might have. For example, (S) was asking me yesterday about black holes and whether I thought that you had ever visited a black hole or knew what one was.

R: We do not use such terminology for the phenomenon to which you refer. Remember that your technology, although it is marvellous for what it is, is still quite limited, and most of what is considered knowledge on Urantia is really grand speculation based on very tiny bits of fact.

S: I have assumed from my reading the Urantia Book that black holes are really sites of the Power Directors as they seek to balance the universe, and that they represent the different stages and positions of Power Directors and other celestial beings having to do with the conversion and distribution of power to the local universe.

R: It is true that there are foci which the Physical Controllers and Power Directors arrange in the cosmos, but I cannot affirm or deny that your black holes are these. Is it appropriate for a kindergartner to be given post-doctoral theories?

S: It depends on how much intelligence the kindergartner has.

R: Perhaps a kindergartner is best served by the kindergarten experience of learning to play, socialize, count, control one's physical functions.

S: Or the polliwog.

R: Exactly. Why instruct a polliwog in fly-catching? Or a caterpillar in flight? There is much that could be explained to you in the area that you question, but it may not be very meaningful to you at this point of your experiential progress. This is not meant to be a criticism, but rather to afford you some perspective.

S: I'm just getting a little impatient. I'm a polliwog, and I want to learn how to eat flies.

R: Do not be so impatient, little polliwog, that you fling yourself out of the water that you require to sustain your life.

S: Good advice.

R: One step after another, and each step to be closely monitored, gauged for its appropriateness. You are doing what you should be doing right now, and you are struggling, as we all struggle with the constraints and difficulties of the material condition. But as difficult as this may be for you to understand now, these most fundamental lessons that you master now will be crucial to your progress when you journey beyond Paradise. Have you not found it to be so even now?

S: Certainly, they are useful to me now.

R: That your normal life experiences have been continual sources of information in later, more complex activities? (Yes.) So have faith. What would a polliwog do on a jet plane?

S: Expire.

R: Well, this polliwog would probably want to be the pilot. How would you like to be his passenger? Fasten your seat belt. A true case of auto pilot.

S: Well, we certainly can't go through this life in auto pilot, can we, Rayson?

R: No, well, you could try, but you would not get very far.

S: Before you crashed.

R: Yes, you would be as if you had never been. What excuse would there be for you in the cosmos?

S: None, really.

R: No. And you would have increasing potential for damage. Are there further musings or questions? Then we shall conclude this lesson? (12/04/93)

SERVICE

Today's lesson is on the subject of service. This is a lesson that is best given to a group once it has reached a certain threshold level of knowledge, because the concept of service is instrumental in effecting change - not only on your material world, but in all phases of universe existence. Service seems such a simple concept, and yet it is very much misunderstood, most particularly in the material existence. Therefore, we will start with some basic definitions.

Service, in the purest sense, is that action which the Father continuously performs. All acts of the Father are service oriented, constitute service, in fact. The incarnation of Michael on Urantia was service. And in His life in the flesh, His every behavior personified service. If you would serve, do as He would do. When in doubt ask yourself: "How would Jesus handle this? What would He do?"

He set down a basic guide for conduct which some of you know as the Golden Rule: do unto others as you would have done unto yourself. Where then, comes the confusion?

Much confusion regarding service has been introduced by those who strongly - who are strongly motivated by the desire to gain profit. The profit motive has been instrumental in the civilizing of man. It has served much useful purpose. However, service and profit are not the same. When profiteers present the notions of service to those whom they would enslave, the concept is transformed to become one of servitude rather than service, with the main idea being that so-called service consists in relinquishing one's material goods and efforts in order to improve one's self spiritually, and of course, the material goods and efforts received go on to improve the profits of the presenter.

The most compelling use of this logic has been put forth by certain persons in the organized religions on your planet. I need not enumerate the examples, for they are most plentiful. But for anyone who has doubt, I must remind you that the way to skylight behaviors and the performance of service have not to do with material goods, gifts, bribes, or the like.

Motive is extremely important in understanding the true nature of service. Once you pass from your life in the flesh, your perception will be greatly increased with regard to the motives of others. And, in fact, some mortals possess an increased awareness of this. To the seraphim and other assistants on Urantia, motive is readily ascertained.

Service, when performed, eventuates in spiritual growth. There is in the offing a great step forward to be taken by the peoples of Urantia, awaiting merely the motive and desire. This is because presently Urantian mortals are driven by profit motives. The addition of service motives, true service motives, to the existing profit motive, will enable Urantians to take this great forward step toward light and life.

Many of the proverbs of Michael, Jesus, are guidelines for you if you wish to be more service oriented and service actuated. For example, "it is better to teach a man to fish than to give him a fish." What good, truly, for a man to pursue profit throughout his life - disdaining goodness truth, beauty, and love - amass a great fortune in material goods, and then make large charitable contributions shortly before his death in the name of service?

Each of you, each individual on Urantia, is unique and different, a created personality with a specific mission in the universe. The ultimate in service is to develop your skills and perform them to the best of your ability with each day that you live, whatever your skills may be, to be honest, to be kind.

Would you deprive others of the adversity that they require for their own experiential growth? If not, then why would you give a man goods he has not earned? Jobs he does not deserve? Honors he does not merit? The rewarding of inferior performance, even though it may be well motivated, is not correct. It leads to mediocrity, and holds your planet back rather than advancing. Inferior performance, if left alone unrewarded, will either improve or will extinguish itself, because it will not succeed. If rewarded it will persist and detract from the superior performance of others, others who are rightfully motivated and service oriented. Pity is not the same as compassion.

Service has not to do with the gratification of ego needs of mortals, which is another area of confusion, and incorrect motivation. Doing good is not the same as what you refer to as making another person feel good. How could you possibly know what really makes them feel good. To do such a thing is to attempt to enter into ego-seeking of the other. It is not service.

However, service is not the pursuit of one's own selfish goals, either. If anything, service takes you outside of yourself. It has been said in a previous lesson that it is most important while living on this world to be in the world yet not of it. That is part of service.

In closing, let me remind you that, as you - each of you - grow spiritually, becoming more and more service oriented in your actions, you will experience a greater measure of energies and a lesser concern with material needs. And - interestingly - you will find that your material life will become easier, with far less conflict. That is not to say you will not continue to experience adversity, with battles. You will find it less onerous.

That is the end of this lesson. Are there questions?

Q: I think, when I work, that the best thing for me to do, is to do service in my work and make money, in other words, to gain material benefits plus do my utmost to be of service to whoever I work for. Is that an ideal situation?

A: It is ideal if service leads and profit follows. It is most ideal under those circumstances. Both are quite powerful. If you are service led in your activities, profit will certainly follow - cannot help but follow - not as a reward, rather, in consonance with the flow of the Universe - when your behavior is correct and all goes well. Do you understand? **Q:** Yes, I do. Does that mean that - for instance - if I cannot be of service to people doing things that I cannot do well, then the most ideal work for me in this life is to do those things I feel I can be of the most service? And that as a result of this my material needs will be taken care of?

A: (S), you and all other mortals have many many skills and abilities, beyond your comprehension even. You cannot even begin to fathom your true potential during your brief time in the flesh. However, in answer to your question, you will find that in your strongest areas the work will be facilitated, it will be easier; it will not be quite so difficult. You have areas of ability that remain dormant, many areas. I

cannot tell you to only develop along one direction that would not be correct. You must work on this during your quiet times.

Do not misunderstand and assume that great wealth will necessarily follow upon your efforts along skilled lines. Closer to the truth would be to say that if you do what you do well with clear motive you shall not be poor, you shall have enough. Not necessarily will you gain great material wealth, but you will have enough. Does that answer?

Q: Yes. I wasn't really concerned about the material end. I was just thinking that I would be more of service to others doing things that I am more capable of, than doing things that I am lousy at.

A: That is one way of stating it. But do not stop trying in some of the areas in which you feel uncertain.

Q: You mentioned in the lesson that focusing on spiritual well-being results in a lessening of material worries and needs. Can you explain why that is true? And possibly explain what the morontia mota counterpart is of that principle?

A: Yes. As a mortal on Urantia with a particular brain structure and certain physical limitations, your attentions, your efforts, your focus, each are divided in three ways. There is the attention and care directed toward the maintenance of your physical self. There is the attention and care directed toward your intellect which includes emotion and ego, and the third area is the spiritual with your Thought Adjuster's presence and guidance of seraphic and other attendants. Because of mortal limitations, as more attention is placed in one of the three spheres there is simply less for the other two. So, as you increase your spiritual awareness and efforts toward soul growth and God consciousness, as you become increasingly service oriented in your thoughts and actions, you will necessarily become less physically and intellectually oriented. The benefits that will accrue as a result of following your inner guide will be so compelling that you will simply pay less attention to the material cues that had heretofore been your guide. This is in keeping with a principle of the universe.

The mota statement would be something like this, restated for your comprehension: "That which is exercised grows strong, that which is neglected or not exercised grows weaker and weaker." Like your material muscles, if you exercise a muscle it grows strong and large; if you neglect a muscle it atrophies and wastes away. So will be your experience with your material concerns. Spirit leading will satisfy your needs so very well that you will continue to follow it, and you will prosper materially and become increasingly less concerned with material worries. Does that answer? If not, please ask.

S: I'm a little short of understanding, in that, if you are exercising your spiritual focus and increasing that strength, and therefore neglecting your material or mindal areas because you are so attracted to the spiritual areas, then you might think that those areas would rather weaken because of neglect. Whereas you have instructed us that - to the contrary - those areas are taken care of even though we neglect them. So I guess that confuses me still.

R: The confusion comes because you believe that there is only one way to attain a goal that a material goal is only attained by material means, and the lesson is that material goals as well as spiritual goals can be attained through purely spiritual means. Michael, during His incarnation on Urantia, certainly fulfilled his own material needs, but He led a spiritual life.

Perhaps the word "neglect" was not the best. Perhaps a better word would be inattention. (02/14/93)

Q: Regarding the lesson, you spoke about putting oneself in the service of the Father's will. I feel a little lost about what form that would take. I know that in my cognitive mind I feel that if I'm always as honest as I can be, if I maintain my integrity at all costs, if I try to help and do right, that I'm working in that regard. But I personally feel - especially this last week - very lost about the higher aspects of that. I don't feel like I've been doing my best very well at all lately. Could you expound on what is service to the Father in the greater form?

A: Yes, certainly, my daughter. First, you would not be here in this room had you not committed yourself to serve the Father. You are not being paid in monetary terms. You do not gain socially from this. There are many other experiences you could be engaged in at this time. There is no material reason for you to be here. You are here only as a seeker after truth and on the basis of your personal faith in the Father.

Your feeling of being lost is most likely due to an increased awareness of your spiritual self which has been submerged in the past from conscious knowledge. It is perhaps analogous to a blind man suddenly gaining sight. Of course a blind man who gained sight would find the world to be a confusing place, and so would a spiritual sleeper find sudden awakening to be somewhat disorienting.

I sense that you are a service oriented being with a wonderful mission in store and that you are firmly committed to follow the Father's will. Do not be fearful, but have joy and good cheer for you have some wonderful experiences awaiting. Does that answer?

S: It helps. Thank you very much. (You are welcome.) (05/22/93)

SPIRIT OF TRUTH

[The following lesson was given following an impromptu discussion among Rayson's students regarding the non-appearance of Prince Melchizedek in Naperville.]

Today's lesson was to have dealt with perseverance, but in light of your discussion I shall give a short impromptu instruction on the post resurrection period as illustrated for you in The Urantia Book. In particular, on the Spirit of Truth. The Spirit of Truth, as you know, was bestowed upon Urantia on the day of Pentecost in the year that Jesus ascended to morontial form on this planet. In that time - although the Apostles had lived with the Master for years - they gained more spiritual growth from commingling with the Spirit of Truth than they did from the actual physical presence of Jesus, who was the incarnated Creator Son, Michael. Although you find this hard to really believe as evidenced by your own failure to access this Spirit more often, it is true.

The Spirit of Truth is a mighty teacher, indeed, and a tool to be used by every mortal in your quest for spiritual illumination and growth. Although the human heart longs for more physical or palpable contact with teacher personalities, you have present amongst you the greatest teacher of all, which is this mighty Spirit of Truth.

This Spirit speaks clearly when sought. You do not have to go anywhere to be in touch with this spiritual force. You only have to pray to be shown and the Spirit will beckon to you in ways that are clearly understood. Confuse not the framework of your questions - which are often erroneous - with the clarity of the answers. You often fail to heed or hear this spiritual teacher because your questions are unreal. The answers, however, are not, and are always truthful and sure in the path to the Father.

Sometimes the simplicity of the signposts leads you to believe that you have not been heard or answered. Trust in the simple things, for they are often the most, the closest to God. Remember, Jesus taught with many parables, to learning as children learn, to seeing as children see. Simplicity is not simple mindedness. Simplicity is often the purest form of spiritual insight.

Because great revelations as you expect them to come do not happen, you think that you have not heard guidance. So perhaps your first rule should be to disregard not a simple answer, to expect not the Red Sea to part, but to take instructions for building a simple canoe to cross the sea.

Your life consists in much energy spent on activities which will not be important in your spiritual growth career, not the activities themselves, but the motivation behind, is where the reality lies. Earning a living is important to keep you physically alive and as a functional member of your society. But, the motivation of hard work, of honesty, and perseverance, of toil, of living faithfully as a tadpole, these are the realities which survive beyond this planet's stay. The social interactions that you have are not so important on the day-to-day conflicts and joys, but viewed more as teamwork and learning to resolve or live with inherent personality conflicts, to outreach your understanding of your fellows, to include a more spiritual view of your brothers and sisters which can extend into a sense of love and family. These day-to-day activities often take precedence over, or crowd out, your main activity, which should be your soul growth. The Spirit of Truth can help you wend your way through the maze of distractions that consist of Urantia life to the higher path of spiritual growth.

So, your first commitment should be to remembering that the Spirit of Truth is here, and to remembering that the Spirit of Truth exists only to show you how to use your daily experience to further your soul growth. He points the way to the path of higher values and more loving actions. And as you engage in higher values and more and more loving actions, you ascend - even while you stay in this material form - closer to God. The fruits of the Spirit grow in your own life, and you grow in your own capacity to understand and know God. Your communication with your Adjuster increases, you ascend the psychic circles, and perhaps the possibility of even fusion exists for each of you.

But you must call on this teacher who is here only to show you how to live in the world while being dedicated to the spiritual. The Spirit of Truth straddles both spheres. Unlike the Adjuster which only lives in the spiritual realm, the Spirit of Truth is very much in the world. This is the closest you will come to living with Jesus. This is the gift of the Son. I fear that many forget to use this tool, to use this helper, as you go about your day-to-day life. So, one, do not forget.

Two, I urge more frequent remembrance suppers where a powerful experience spiritually will occur, and has occurred, as I am sure many of you are experientially familiar with, which is the commingling of your Adjusters with the Spirit of Truth, the fraternization of these two mighty spiritual gifts. And when this happens your higher mind is indeed upstepped and the effect is eternal. This should be engaged in much more frequently. It should not be a special occasion thing, but you should seek the company of this spirit whenever possible. Your growth will be mightily enhanced if you do.

The reason I have changed the lesson is because of the discussion. You asked, must we go to certain places to see certain celestial teachers? The answer is "no." You have with you access at all times to the mightiest teachers in existence. You need but ask. The Spirit of Truth is wherever you are. As we say in the prayer that begins our lessons, "Wherever we are, God is." That is real. That is not a fancy phrase which sounds nice. That is a truth. As is the truth that you have access to every spiritual tool. They come to you. We come to you. The fellowship is wonderful. Group worship is wonderful. But these are not necessary conditions for growth, or even for revelation. Jesus did not leave Urantia, a planet which is a special one to him, abandoned. He bestowed the great gift and we wonder why you don't use this more.

The Spirit of Truth teaches individually and generationally. It is here to always reinterpret spiritual truth to the mortals of time. This teacher communicates clearly, does not mask himself in obtuse forms that need experts to interpret. This is not the point of spiritual communication. Communication is just that, communication to be understood by both parties. You do not have to go to a special place, or be in a special condition, or do anything in preparation. You need only to ask for help and you will be answered.

The need of the humans to see is something which I, as my own individual personality type, have very little understanding of. I am simply bemused after all this time that it continues to be so important, and have tried to refrain from commenting because it is something I cannot fully understand. However, it appears to be so universal that it is obviously built into the mortal. Very few appearances have happened: the morontial appearances of Jesus, the appearance of the angel to Mary, to Joseph, the voice in the garden, to name a few. But appearances are unpredictable, and are not the first choice of communication on the part of the beings of the non-material realm.

Because of the confusing rebellion on this planet where Midwayers often appeared - rebellious Midwayers appeared to primitive mortals and misled them - we have tried to not engage in this type of activity for fear of building up the superstitious and cult type religions that proliferate here more so than on other planets which have not undergone the rebellion. I urge you, brothers and sisters, to take advantage of the sound spiritual helpers which do exist and are here for your benefit, who love you and only want to serve your needs. (04/25/93)

SPIRITUAL GROWTH

Today's lesson will be on a most interesting subject: the subject of Spiritual Growth and Achievement. This is a topic which is well-timed to be presented and discussed now, for there has been reached in this mission a threshold level of information and experiential growth among the participants such that you will be better able to appreciate and incorporate the teachings that are included in this chapter of our lessons.

Spiritual growth is one of the most - if not the most - important subjects of each ascendent mortal's educational process from birth through eternity, certainly extending far beyond even that glorious moment when you shall behold the Father in Paradise. You shall never stop growing spiritually as long as you continue to exist, and indeed with each fragment of time that adds to your personal existence, you become ever more proficient at the process of spiritual growth and attainment. This is an inevitable result of experiencing the universe as an active participant, engaging in freewill decision making, expending effort - and indeed much, much effort shall be expended, my friends - worship, prayer, interaction with all of the father's creatures near and far. All these activities and many, many more beyond reckoning are integral, essential components of each of your individual missions - which is your own spiritual growth and development.

For some ascending mortals this begins at a very early stage to blossom into a more enhanced and aware process, even while on the planet of origin - or shall I say in your physical form and presence. This is true of all present in this room now. You have worked - each of you - very diligently, have striven to embrace the Father's will and have appropriately engaged in worship behavior, and therefore you have earned your present level of development. Others who are less wanting of spiritual growth progress more slowly. This is not to belittle them but rather offers some perspective and an answer to the unasked question of why there is not more evidence of advancement among your peers on Urantia.

You see, my friends, so much - so very much - is tied up in your own freewill decisions. The Father gladly offers you the whole universe and all that is within creation, but you must wish to have it and must work and work very hard in order to experience the delight and wonder that awaits. Do not think that once you pass from your life in the flesh that things will necessarily become easier. I do not say this to disappoint you, my friends, but again to help you to gain some necessary and appropriate perspective. Mortals in particular, especially while living in the flesh, desire comfort and ease of living. And this desire has led many toward sin and iniquity, and has led others to delay their own spiritual growth. It is indeed true in your mortal existence and beyond that you never receive anything for nothing. Now and forever that shall be true.

The Father has not set up a system of rewards and punishments as you understand it. Rather you are rewarded - to use a poor word, but it will suffice for now - you are rewarded for your effort, your striving, your earnest wish to do the Father's will by personal growth and spirit advancement now and beyond this life, at all of the levels of your ascendent great careers and far beyond the Paradise visitation that will certainly come on one blessed day for each and all of you.

The only real punishment that occurs is the delay of your growth, or - in extreme and rare cases - the cessation of existence, but this is indeed rare. It is unfortunate that the notion of punishment has been used as it has in some of the worlds, Urantia's, existing and extinct religious forms. Nonetheless it has.

As you progress with your own personal individual growth, the nature of your service mission during your life now and beyond your sojourn on Urantia - will become clearer. It is unlikely that you shall awaken one morning and perceive this mission in its entirety with all details in place, which may be a disappointment to some. Instead, your perception will increase as grains of sand added to a small mound then becomes a hill and then a mountain. The accrual of knowledge in this respect may seem unbearably slow for you, my friends, but on the cosmic scale it is really quite rapid.

You must bear in mind that with each bit of growth that you achieve there are responsibilities, new responsibilities, incumbent upon you. Not only do you not achieve growth for free, in the sense of needing to expend effort, but your step forward brings you more work, more responsibilities, a greater requirement for service. Embrace this as it occurs and you will be much gratified, for doing so is a form of worship and brings you ever closer to the Father. And a sense of increasing inner peace will ensue, and the trials and tribulations of your physical existence will diminish accordingly.

Be not afraid! There is nothing to fear in this wonderful creation we have been given. Whether you progress rapidly or slowly is of no great - it doesn't matter that much. Spiritual growth is not a contest. God does not give blue ribbons, gold medals, plaques, for fast achievers and humiliation for slow achievers. There is no place in the great scheme for this sort of thing, and in fact, the difference in velocity of progress, if you wish to look at it that way, is so small that it is barely perceptible at the higher levels.

Once you leave the mansion world existence your perception of time will be greatly altered. You will not experience creation in terms of days, minutes, and seconds. There is a much different method of time reckoning at that level. And of course, by the time you reach that, your growth and your ability to learn spiritually will have matured to such a level that you will need these greater expanses of time for your activities. That is, your growth becomes greater and greater. It does not reach a certain level and then slow down and stop as you understand the growth process on Urantia. Rather, as you advance spiritually and grow to understand more and more the universe and the Father's plan, you become better and better able to guide your own growth, more facile in growing, and possessed of greater ability to

grow. You will be able to expend much greater effort in this direction, and then you will be most gratified. But it will not be easy.

This is not a creation of lying around and taking it easy. We all work very very hard, to the limit of our capacity. Not to say that we are slaves, for we work of our own free will and in loving service, though we work - indeed we work. So, the idea of a heaven where the lucky lounge about on a cloud doing as they wish mostly nothing - is absurd. And indeed, if that were the case it would be extremely irresponsible of advanced creatures who had achieved survival status to loll about in such a way.

Fear not, there will plenty to keep you busy and it will be fascinating, always interesting. None of us in this room, mortal or beyond, will have a dull moment in the service of the Father.

What does this mean to you, each of you, personally, individually? And what does it mean for your group? You may look at our mission as a flower which has been carefully nurtured which has grown to maturity, and is in the process of blooming. And soon the petals will fall and the seeds will be dispersed by the wind. For, my friends, you have progressed well, and there will indeed be a shift in mission. Your group may certainly continue to meet and add members as you see fit. But those who have done their homework, so to speak, are ready to become more deeply engaged in individual activities aside from the group.

This does not mean drastically changing your life, nor does it mean selling books, appearing through mass communication forms, and proselytizing. Rather, it means you will - if you wish - become increasingly adept at imitating the life behavior of our master, Michael, while incarnated on this planet as Jesus of Nazareth. Of course you will not be crucified, but you will become better able to exemplify the art of living. And this, my friends, will have a very profound effect among your associates and even the most casual of acquaintances. You see there is no being on Urantia that can fail to detect, consciously or unconsciously, the glow that you will emanate and this will become increasingly strong as you work and progress.

It will not always be easy. But it will be, as I was saying, most gratifying. And it is likely that you will prosper materially - not as a reward from the Father, but as an inevitable result of spiritual consonance as opposed to spiritual dissolutes among your fellows. You will be the seeds of a new Urantia, a new era for this planet which has had such difficulties.

Those whom you influence will, in return, be motivated to seek spiritual growth themselves, and so on. And this will spread rapidly. It will be wonderful to observe. In fact, it has already happened and we are pleased. I therefore commend you all and encourage you to continue your efforts. Seek your inner voice. It is there, always. Trust that feeling that you have that guides you. And the blessings of the Father and all of His faithful servants shall go with you.

This is the conclusion of this lesson. I will be happy to accept questions.

S: Thank you for a very timely, inspiring and informative lesson on Spiritual Growth. I'm just delighted to know that our change in mission is not going to involve a change in teachers. I was a bit concerned, particularly after Ham left the Woods Cross group, and now he's coming back. I anticipated that that might be the message that would be issued today.

Your other students didn't know you were coming here today and made other plans. I did not get the word to them until late yesterday. It was too late to change some of their plans. I know they want to be here and I will give them copies of your lesson.

R: Yes, (S) The substance of these lessons has been designed such that the important elements shall be repeated many times so that those who may be absent from a given session will not miss the teaching. But thank you for your consideration. And as far as the teachers, if anything, there will be more teachers as the mission continues its progress and growth. As the first group of students goes forth as individuals and other others are touched there will be greater numbers of persons requesting teachers. We are ready for the call.

Q: I'm a little bit confused as to what you mean by our being seed, specifically, in this mission, and its nature and direction, or more or less specific spiritual goals? For example, I find that there are at least three arenas in which I am in contact with many people, and perform different roles. In a leadership position there is a natural flow of people who seek counsel, advice, and information from me. I am noticing lately that there have been more opportunities to talk about spiritual issues, points - God even - in situations where I would not normally have brought it up. Is that the kind of thing? I've been feeling more at ease in doing that, and also a bit of a pull to do that. Is that what you are talking about? Or is it specifically about the mission, and Machiventa and that sort of thing?

A: Yes, yes. Your question is a very good one. You are sought for spiritual information because your own level of spiritual growth is perceived by others. And by all means proceed. Be discreet and protect yourself, of course. But you have done very well and will continue to do so. Your individual mission is inextricably intertwined with the mission on Urantia of restoring the spiritual balance on this planet now that the universe circuits have been reopened and the planetary government restored. You might say that you have had the luck to be born at the right time.

Of course, once you pass from this physical life there will be others who take your place as far as reuniting Urantia and bringing Urantia up to speed, so to speak, in terms of planetary spiritual development. However your own personal mission and personal spiritual growth will be enhanced and much - very much - influenced by your role here on Urantia, first as student and seeker, developing into teacher. Does that answer? (S: Well, great.)

Q: I would like to see if I understand parts of today's lesson correctly. You were talking about punishment, the doctrine or theory of punishment, and you said that it was rather unfortunate. Is it more accurate to say that it is the natural consequences of breaking spiritual laws instead of punishment? Can we look at it that way?

R: Could you elaborate?

S: Yes. When we sin we merely - as I see it - break a spiritual law. And the results - instead of being a punishment for sin - are really the spiritual consequences of doing whatever it was that we did. Is that a better way to understand it?

A: Yes. Yes. You put it very well. There is an established harmony in all of Father's creation. Sin, iniquity, break that harmony. It is like trying to swim against a river. It is much, much easier, and more productive, to go with the river than to swim against it. Yes.

But mortals are created imperfect and therefore have great difficulty with naturally following the flow of the universe. There are very strong animal urges such as the one I alluded to earlier, the desire for comfort and ease.

Look at the lower animals on Urantia. You will observe that they spend much of their time sleeping. When they are not seeking food or procreating they generally sleep. This is the way of all animals, and it is a very strong urge in man on Urantia, and of will creatures of animal origin on other planets as well. It

has taken many millennia for man to accept the work ethic, let alone embrace it, and even now as you are well aware there are many who spurn that work ethic to their detriment and, of course, to the detriment of the planet. A very important part of the work assigned to the first Planetary Prince and the first Adam and Eve of any planet is the teaching of work to the will creatures of that planet. And it is done through a system of rewards.

It is interesting that you bring up the topic of punishment. It is the higher way not to punish for misdeeds but rather to withhold rewards. To do so helps the spirit to grow from experience more than out and out punishment. However, where there are animals involved, punishment inevitably becomes necessary in order to maintain civil order so that work can be done. As Urantia continues to progress as a planet spiritually you will see less need to invoke corporal punishment, but that day is not here yet. Indeed, it is far off.

Lucifer erred greatly, and part of his doctrine was the idea that the desire to work would evolve of its own volition if will creatures of animal origin were given their own hand. This, of course, is faulty, and has led to much suffering and has retarded progress greatly on this and other planets involved in the rebellion. But that is behind us now. Lucifer did not recant despite the abundant evidence that he was incorrect. The basic notion that one will get something for nothing has been proven again and again to be incorrect. Does that answer?

Q: Yes. It seems to me that when I'm trying to reach the stillness - and most of the evenings I make the effort - that I am still not able to communicate with either you or my Thought Adjuster, but during the day time when I'm working on the editing of the papers which I hope we will call "Rayson and Friends" that I seem to be guided by you and by my Thought Adjuster in my selection of concepts and in editing. Is that correct?

A: Yes, we are there helping you when you ask. (06/19/93)

Today's lesson is on education and spiritual growth. This is an interesting topic in many ways. As you may have guessed, a very important part of this teaching mission is, as its title says, education. The way that we understand education varies somewhat from the concept as grasped in the material life. There is the presentation of a novel concept to the student. And the act of presenting the concept requires not only diligent effort on the part of the teacher but also the spiritual ingredient of love for the student and the sincere desire to impart that which has been gained through effort, that is, information. Without these two elements, as well as a third element, namely the sincere receptivity of the student, himself or herself, and the student's reciprocal love of knowledge and search for truth, then no real learning will occur.

This is like a chemical reaction you may say. And, in fact, physical and electrical forces are very much involved in the education process. There is actual exchange of energy between the teacher and the student when true learning occurs. I am sure that everyone here has sensed that at one time or another during your lives. Think back, and remember the occasion when you acquired knowledge - and the teacher - and the occasion was marked by that different feeling within; not just a pedagogic exercise, but not so different from a dance in which both partners must coordinate their efforts and actions in order to achieve a successful result. There is nothing passive about education, about the learning process, and it may well prove to be the most difficult work that you perform for much of the first part of your eternal career.

Additionally, part of the mission for each and every will creature created by the Father is to continue learning for the full period of your existence. Father has placed in all creatures abilities that are geared to assist in learning. Even the virus of Urantia is able to learn. And the act of learning can most definitely be placed in the category of “miracle.”

Like the secret of life, the secret of learning is unfathomable to the mortal mind. And like life, the mortal is able to perpetuate learning. And the analogy extends further for - as you are aware - many mortals believe they are responsible for life, and they are responsible for learning - lacking humility - in ignorance and denial of truth.

As you grow in your ability to worship through your efforts, you will find that your capacity to learn is enhanced - yet another beneficial result of spirit growth - not a reward as you understand rewards, but more a result of following Father's plan rather than resisting.

There has been talk in some of our recent lessons about Caligastia. And it is interesting to note here that the moment Caligastia received the idea of rebellion during communication with Lucifer was the moment at which his ability to learn ceased, and his ability to worship. And it could be said that he started to die at that moment, truly die, not a material death, but the profound death of the spirit. This can happen to mortal beings, of course. It is rare, but these are the ones who elect non-survival.

You are given all of the perceptual qualities that your particular brain is able to accommodate to assist you in learning in the form that you now assume on Urantia. Your capacity to see, hear, feel, tastes, smell, are major tenants of your perceptual cognition. And there are a great many sub-categories that are also very useful. The entire human brain participates in learning, although this may not yet be recognized by your scholars. And in fact the entire body also participates, but not with exactly the intensity that the brain does.

How is education and learning different among will creatures compared to those who lack free will? Because of the capacity to make free will decisions, an extremely important dimension in processing information belongs to the will creatures. Without this added sense - for it is a sense as your vision is - a being is unable to learn sufficiently to achieve the requisite spiritual growth needed for survival. So you see, that is why the appearance of creatures capable of freewill decision making is such a critical event on a planet. A critical and wondrous and miraculous event indeed.

When you pass from this life and move on to the next level, the joy that you have now, from such experiences as procreation, will be imparted through learning and through worship and through assisting Father and His loving servants in creating that which is. Your memories of joy will most definitely be preserved as this emotion is really important in spirit growth. Since you are of animal origin and nothing is wasted, those strong feelings that are beneficial to animal survival - procreation, hunger and seeking of food, the desire to rest the body, aggression in the face of danger - once free will arrives, it becomes possible for the possessor of free will to channel these strong animal emotions into the service of the spirit most constructively. For each of you here doing that, channelling these emotions into your own personal spiritual growth is a part - an important part - of your own personal mission here on Urantia. Many of the components of these lessons are aimed at teaching you how to achieve this end. We know that this is very difficult.

Do not have remorse for your animal behaviors. Remorse is not very useful in service of Father. If you regret some of your actions, reflect on them and learn a way to - in future - direct such emotions and energy toward your own personal spiritual growth. Review these simple lessons that have been presented and the most excellent presentations provided in your Urantia Book which go into great detail in this matter. Think of The Urantia Book as your textbook for learning in conjunction with this teaching

mission. In this way you will aid in your receptivity of spirit teaching. Now that the universe circuits are open, fully open, it is possible for each of you to tap into the transmissions, albeit less than a fully conscious level. You can do so through worship, through acts of loving service - not servitude, but service - through your own earnest desire to grow, to improve yourself and those about you, and through sharing in discreet ways that which you have gained with others. Not your material acquisitions. But those which are spiritual. When you do this you complete the final part of education and learning, which is that the student shall always become teacher. The true test of learning resides in this act.

There is no teaching without somewhere in the being a love for the Father, even though it may not be acknowledged. That is teaching as we understand it as will creatures. And this is also required for true learning. Every step that you take in your spiritual growth career you shall be receiving from those who are one step beyond you and you shall be giving to those who are one step behind you.

There will be further lessons about education and teaching but because your transmitter tires, we shall stop at this point now, and I shall take any questions.

S: Rayson, I have two statements that are related to the lesson but not related to each other.

My first comment is that The Urantia Book says that the universe is one vast school. That thought is quite appropriate to underline your session.

R: Yes, very much.

S: The second comment: I found it amazing, even astounding, that Caligastia lost the only two spiritual qualities or components that make the difference between animals and humans in this lifetime. He lost the sixth and seventh adjutant mind-spirits, the equivalent of wisdom and worship. I know the adjutant mind-spirits do not work beyond the animal level, but I think it is fascinating that the spiritual equivalent of these two adjutant mind-spirits are what he lost. So he then became a spiritual animal for all practical purposes. Is that correct?

R: Yes. That is most astute. That is what happened, and this is an illustration of the true extent of Father's - of what Father will allow His creatures to do. But you can see the results, can you not? (S: Yes, I sure can.) (06/26/93)

Q: Is it normal for us to have periods of forward growth in our spiritual growth? There is an old saying: one step forward, two steps back. Is it normal for us to have periods of regression or that seem like regression? And are they really regressive? Is it possible that we come out of those black periods with more resolve, better understanding? Or are we just starting over again?

A: Well, remember again that spiritually only the positive is perceived, so it is most likely that what you personally experience is not regression, but rather stasis. That is, the forward progress you make may slow or even halt for periods. It is unlikely that anybody in this room today has actually regressed in their spiritual growth, because a true spiritual regression requires iniquitous decision making, and none of you have done that. But as I said earlier, at the spiritual level - and this will be far more apparent to you once you pass from the material life - it is the sense of awe and wonder that one gains from forward motion in the terms of spiritual growth that is such a strong incentive for beings to journey Paradise-ward. And a slowing or a delay in that journey is not necessarily painful, nor is it regressive, but the wonder and awe stop. And the cessation of the wonder and awe just is not a desirable state to be in.

You are probably experiencing that yourself. Do not be so harsh with yourself. Accept the fact that you are not created perfect and that you are very much feeling your way in your spiritual growth on this planet that has had so much misfortune. You are not in conscious contact with the universe circuits, as are beings on other planets. Rather, your guide is your own faith, and that is far more difficult to follow, far more difficult. And you have done very well, and will continue to do so.

Think about the factor of faith, and remember that Father punishes no one for a stuttering journey. In fact, He does not even punish those who decline to take the journey. The only spiritual punishment that exists in the universe is the lack of spiritual perception, or eventually, the state of non-being. But this is a choice. You have not made that choice. None of you has made that choice.

Do not let the fear of pagan religions and of your own animal heritage seep into your spiritual journey. There will be no punishment. You all know that deep inside. Think of it during the static periods. Even the best need to rest from time to time. You have read in your books about the need for reversion directors. Does that answer? (08/28/93)

R: Remember again, my friends, that spirit growth in man does not occur by virtue of outside influence, material outside influence,. It cannot be forced, persuaded, bought or arranged in any way by another being. It is, and always shall be, a matter of an individual decision to accept and work with the indwelling Thought Adjuster.

There is every example imaginable of this happening in the face of love, kindness, terrible cruelty and torture, enormous handicap and great wealth. There is no easy formula that you can follow to influence your fellows. You must lead your own personal life as you, in contact with your Adjuster and your own sense of universe message, deem appropriate. You are responsible for yourself while on this planet, and by conducting yourself as Jesus did you will be doing the most that you can do to positively affect this planet and your fellow beings.

I know that this is hard for you as it was for me. One asks, "But is there not more that I can do? Please, please tell me where can I spread my wealth? How can I spend my time? Who can I speak to? What can I do? It must be more complicated than that." Well, the material acts of giving, speaking, doing, while well-intentioned are not the way to influence spirit growth and actually are far easier than working on one's self. As you endeavor to lead your life truthfully, kindly, with loving and goodness, your example will be observed by one and all, and your light will be perceived at least by the Thought Adjuster of others, if not by their conscious minds, and there will be a deep awareness of your goodness and your courage and faith. It requires great patience to persevere in this way. Have faith.

But consider the lighthouse. It does not go to ships, swim across waves. It faithfully turns. And as the lighthouse mechanism turns, the searchlight flashes across the waters through the air, rendering service to one and all who perceive its brightness. Be like the lighthouse, my dear. Does that help?

S: Yes. Thank you. It's a beautiful image. It does help indeed. (10/23/93)

Q: Rayson, I keep pondering things about the ascension plan. Sometimes questions come up that I'm not sure you're permitted to answer. But I'm going to ask anyway. In Urantia years, such as this is 1993, would you tell me the year of the last dispensational resurrection?

A: I am truly not permitted to give you such information.

S: I rather thought you weren't, but one does wonder.

A: You will know soon.

Q: When I get there. No, I was thinking about others who have preceded me on the journey, and wondering where they were along the way, and so forth. I believe I understand the plan well enough, but I'd like to know; a person who does not know about God's ascension plan in the manner of the teachings in the Urantia Book, but who has a religious relationship with Father, is a believer, is a loving person, lives in his belief, can he or she actually skip the long sleep and be resurrected on the mansion world on the third day, if they were prepared spiritually?

A: Yes. At present this is quite rare. Remember as you ascend with each step Paradise-ward your power to perform spiritually increases. With that power goes greater responsibilities, and it would be most unwise to allow too rapid progression of the unprepared. This does not mean that there are not beings on Urantia who are most virtuous and devoted and work-oriented and service-driven. But imagine that you are in a storm at sea and every bit of your effort is required to keep the ship afloat ... [end of side of tape] When that storm subsides and you find yourself at a distance from land, what would be the point of giving you a wheeled vehicle?

Q: Yes. Thank you, Rayson. Then, carrying this further, the sleeping survivor is not aware of the passage of time. Is there preparation going on during this sleep to undertake the next journey?

A: Well, yes, in the sense that there is something of a remodelling of memory that occurs not unlike that which happens when you emerge from your mother's womb. The newborn baby recalls nothing of life in the womb, and the newborn mansion world inhabitant recalls nothing, really, of life in the flesh, but does take the benefit of that life forward. And when there is reunion among those who once shared material life experience, you are permitted a glimpse of that memory. But it is not specifically preserved within your being. It is repositied elsewhere. You will not find this to be very interesting anyway, once you become fully aware of the mansion world life. [laughter]

Q: By that you mean we will not find our mortal memory plan interesting? The plan that I'm asking you about, that you have just told us, I think is beautiful and we might find that still interesting.

A: Exactly. What do you care about sensations you might have dwelt upon at length while you were floating in amniotic fluid? [laughter] (11/13/93)

S: Is Prince Melchizidek here today?

R: He is not directly present, but is observing from afar. He is always aware of these proceedings but cannot always be physically present.

S: I would like for him to observe my commendation of you and your presentation of the lessons which he's helped you write. The lessons themselves are marvellous, and your presentation of them is wonderful. You have very, very high marks.

R: Thank you for your kind comment, however I am judged by the effect upon your lives and the lives of those with whom you interact, no matter how kind your comments may be.

S: Even by that test you're number one. I see changes, spiritual changes, spiritual growth in every one of your students.

S2: Absolutely.

R: You would be amazed, each of you, to know how far your own personal spiritual work actually goes. There is so much that you touch with each passing moment. It is truly astonishing, truly a chain reaction. The benign contamination of spirit growth is a very fast growing thing, indeed. I shall now bid you farewell, and I shall look forward to seeing you anon. (12/18/93)

SPIRITUAL LIVING

Today we will discuss one facet of the Master's teachings "to be in the world but not of it," - spiritual living.

When Michael was incarnate on Urantia as Jesus He had much firsthand experience with this all-encompassing concept. As a youth He experienced a conflict between two moral-ethical tenets; the first being to do the will of the Heavenly Father and to reflect the Father's truth to others, to tell the truth - spiritually - versus the injunction to honor His parents and their teaching. This became a conflict of the young Jesus because Mary and Joseph, although not classified as fundamentalist Jews, were nonetheless religious Jews in their day, of their time. Many of their beliefs contradicted the spiritual truths which Jesus became more and more sure of as His Divinity was revealed to Him in His human mind. He experienced a conflict between loyalty to truth and duty to His parents and culture.

This would arise on many occasions. One example being, Mary and Joseph, like most others in their religious culture, believed in a wrathful, judgmental and punishing God. The young Jesus could not accept or endorse this description of His Heavenly Father and many discussions would ensue between Jesus and His parents over this. Consequently, Jesus felt much inner turmoil over which injunction to follow as He perceived them as contradictory.

The resolution of this conflict came about in a very perfect way, as the Master would - over and over again in His life - find the perfect solution to what we might think of as an irreconcilable situation. He talked from His heart to His earthly Father, Joseph, and said, "Father, I cannot believe that whatever mistake I make, you would ever withdraw your love, or be angry and punishing towards me and not be able to forgive me." And He said to His earthly Father "therefore, if you yourself could have such love for your child, and such compassion and tolerance for when I make mistakes, how could you not think the Father in heaven, who created this goodness in mankind, could be any less loving, merciful and forgiving?" And Jesus was so sincere when He asked his father these questions that Joseph and Mary never berated Him again about their erroneous concept of God, but rather kept silent and allowed their son His own truth.

There were many examples as Jesus grew of the application of "being in the world but not of it" on a day-to-day basis. Because Joseph and Mary were such products of their times, many times Jesus was faced with the knowledge that their practices - religious practices - were not the highest. For example, He often tried to teach His family to pray in their own words and from their own hearts rather than to repeat the written and prescribed Jewish prayers, but He had little success in this endeavor. But out of this did come The Lords Prayer, which we all are thankful for.

So Jesus developed a technique for coping with the discrepancy between His inner truth and His outer practices, which was to never consent to things He knew not to be true - to never consent, but rather to conform to the wishes of His family and culture. Out of this resolution, Jesus developed His technique for teaching through asking questions in such a way as to not offend the person He was questioning or teaching. He was eminently fair and loving, and did not engage in questioning someone for the lowly purpose of winning an argument or advancing His own ego. Rather, Jesus saw every opportunity to reflect the wonderful truth of God as a loving Father and creator of us, to the humans He encountered. This technique served Him well, because it never made the person He was teaching feel defensive or threatened. And yet they were enlightened.

Jesus had to deal with many worldly problems, as we all do. Yet He managed upon much reflective meditation, prayer and communication with His Adjuster to create solutions which benefited everyone. He also used the technique of not disclosing the full truth before others were ready or prepared to hear it. As an example, he did not tell others of His divine nature for many, many years - even after he was sure that He was indeed the Son of God.

So, brothers and sisters, I would like you to use these simple examples in your own lives every day, for much of the stresses that you face can be seen to be rooted in a conflict between loyalty to higher truth and duty to one's family or work situation or culture. And this is the center of how to live "in the world and not be of it." Using the tools of spirituality, there is always a solution. Step outside mindal logic and intellectual organization into the realm of higher mind and the solution will appear. There need not be anxiety over the tiny decisions which we all face in living an ascension career.

On Urantia in particular there is a large discrepancy between behavior in the world and what we know to be spiritual demeanor. However, even 2000 years ago when the world was much more rigid, Jesus managed to marry conflicting philosophies in a way which inspired many, many others and offended very few.

This is the key to spiritual living and practical survival, for one cannot ignore the needs or demands of daily life and retreat into a spiritual vacuum. Nor can one separate the spiritual from the material. Our challenge is to marry both and thus inspire others - man to find God, God to find man, or man to see God when he finds Him - as we live. This can be done, but not without a conscious effort to achieve it. Too often we forget our real purpose for existence, and we make life easier by separating spiritual life from all the rest. So we might pray in the morning or evening and then forget God the rest of the day. This is not how one should live. We must integrate what we have been given with other situations in order to grow spiritually ourselves, and also to inspire and uplift our brothers and sisters.

There probably have been humans you have encountered who you have been drawn to or liked very much, and without knowing why. These humans possess the talent - ability to reflect the love of God outward. It does not have to come in religious packages. It is a spiritual law that beings are always drawn toward God's love. So if we keep God's love as a goal we are living in spiritual reality rather than in worldly amnesia. Although this sounds simple, very few humans have achieved this consistently on Urantia.

Jesus is the best example, and there are many insights in part four, in terms of specific dilemmas which he resolved. You might want to - as you read - to be aware of these situations and how they apply to spiritual living in a largely non-spiritual world. This is perhaps one of the greatest gifts the life of Jesus can teach us.

You are here for one purpose only, and that is to know God. Please keep this more in the forefront of your conscious mind as you go about your lives.

Jesus was no stranger to disappointment or life's vicissitudes. The difference between Jesus and the average human is that Jesus knew in His heart that He was a Son of God, and He knew that - He knew what lay ahead [two inaudible words]. Therefore, the disappointments like the death of His earthly father, His voluntary giving up of education and career for Himself - for He took care of His brothers and sisters - His putting aside of His own needs and wants - which like all of us, He longed for things, for goals for Himself - were relatively easy things for Him to do because He always knew the spiritual reality. If one examines His life, you will see that He dealt with as many trials as you do, sometimes more, and always did he handle these trials with great poise and valor. For He always was in deep communion with the heavenly Father.

Jesus longed for comfort on a human level as we all do, more so even than we do, because, as His divine nature was revealed to Him, He knew He could share this with no one. But He still longed for a best friend to confide in, to help ease the burden of His responsibility. Perhaps Rebecca came close, but even Jesus had to reject a life of earthly love because of His divinity. As he suffered this loss, He cared only for her feeling, first. These are more examples of living in the world and not of it. Not that you should not have a life partner, that is not the point. The point is to care more for another's feeling, to put the needs of your brothers and sisters first. This is an attitude of loving service. As you grow spiritually it will become more habitual or easy for you to strike a balance between conflicting needs.

Also, be cautious not to become self-righteous when dealing with organized religion in terms of their belief system. It is arrogant to feel superior when one can never know the faith light that burns within another being. The point is not to discourage, remember. The point is to bring another closer to God. So as you travel through your own life's path, please try to integrate your two assignments, which is to live spiritually and physically in one vessel.

And that is the lesson for today. (05/29/93)

STILLNESS

Q: Can you offer a little bit more information regarding the exercise of the stillness, seeking the stillness, what I might do to attain more of that?

A: Yes. What you have been doing while pent up within your automobile is very much akin to attaining the stillness. The major difference is that, for optimal attainment of the stillness, one would be motionless with eyes closed, and not engaged in directed activity such as driving, walking, reading, and so on. Does that help? (Yes, yes it does)

Many have said that while working on the stillness they fall asleep. That does not mean you have not attained stillness, nor have you failed to benefit from the calming of the chattering mind. The benefit will extend into your sleep time. So do not be alarmed if this should occur. As you work with the stillness there will be less of a tendency to fall asleep, which is an instinctive response to a quieting of the mind, and you will be more able to remain awake during periods of deep meditation. Have you any further comments, my son?

S: No. Thank you very much. I plan to set aside time in the future where I can actually meditate quietly, either in a room or in a park or someplace.

R: You have made much progress and we are most pleased. You have attracted much interest in your efforts and there are many standing by to help you, for your mission is great. (05/15/93)

TOLERANCE

The lesson today, brothers and sisters of the spirit and flesh, will be a continuation of last session with Mary on love. Today we will examine the rudimentary first action of divine love, which is tolerance.

Tolerance is the first outworking of divine love. Many things were given to Urantia with the hope of nurturing tolerance. For example, it was the hope of the life carriers and Creator Son and staff that the experimentation with the varied color races would promote tolerance. It was the object of this experiment. How so?

Well, when humans are so different visually, and different in terms of genetic characteristics, tolerance must be learned or there can be no evolution in the spirit. It was the great hope, and mistake, that some day the eight color races would blend and create a world of tolerance and brotherhood. Due to the Adamic default, this failed to occur - or only partially occurred - but we still view it positively in terms of the lessons that you must be challenged with, which are all tolerance lessons.

The other design that is not unique to your experimental decimal planet is the family unit. The family unit is the birthplace in essence of the spiritual fruit of tolerance, for a parent cannot be intolerant - or should not be intolerant - of a child, nor a child intolerant of siblings or parents. In order to live together as a family, one must learn tolerance of other's differences, and as Jesus instructed when he was bestowed here, tolerance is really knowledge of others, and a very godly trait. Because to cherish another human means to tolerate them with an air of loving acceptance for wherever they are, for we realize that the human has the spark of divinity and the potential for eternal existence within, and is in fact a child of our Father and a contributor to God the Supreme. So to know a human is to be called upon to practice in life, tolerance.

Tolerance is also a fatherly trait. As our Father tolerates our different levels of immaturity, so should we be tolerant toward other mortals or non-material beings whom we either do not fully understand or are less mature than ourselves. In that aspect, tolerance is a more real act, because it is more - it is of survival value in that it reflects divine value. It is a higher value than indifference, annoyance, or hostility.

When Jesus taught tolerance - and please refer to page 1773 - He did not teach condoning evil doing, sin, immorality, more primitive base actions, etc. Jesus was not tolerant, and neither is God, of evil. What He did show us is that it is not up to us to judge others: "judge not lest ye be judged." But that to create institutions for dealing with evil, or inappropriate criminal, antisocial, etc., behaviour - which is the legal system which on Urantia is still evolving and impartial in terms of justice, but that is justice - is up to the group on the human level. Spiritual justice is up to the Ancients of Days as representatives of the Creator. So tolerance does not condone evil-doing, but neither is it judgmental in terms of the individual actions. Whether we deem it to be evil or not is not up to us.

However, Jesus always taught to be active in your passion to reflect divinity rather than to be caught up in fighting evil, for evil of its own accord will fall away and divinity will always endure, so we will put our energies into the good and let evil take care of itself. But we do not tolerate evil. We ignore it, or justly speak for God when we can, and to the best of our partial ability to understand and reflect divinity.

Tolerance is one of the fruits of the spirit which all of us should be actively working to manifest in our lives. Especially have modern men made the mistake and reaped the spoiled fruit of intolerance in religious matters. Christianity has been highly intolerant of other belief-faith systems, and as a result has not achieved the first step towards living a truly spiritual life which is the concept of the fatherhood of God and the brotherhood of man. They, these religionists, have allowed intolerance to take precedence over the family concept of tolerance.

One learns tolerance in the family unit, and then as we grow in maturity and in God, and in faith, and as we exercise our spiritual muscles, the family widens to include the planet of Urantia, and thus the brotherhood of man/ fatherhood of God concept becomes real. Tolerance is necessary for this concept to exist as more than words or a theoretical possibility potential for a future age.

It is important for you to grasp that you may live as an individual right now, tolerantly, and as if the rest of Urantia lives the same way. You can live now, globally, as one family, and based on spiritual Father concept, within yourself and in your individual lives. For tolerance - in practice - is always given to another individual. In Practice. One does not tolerate a group of people in your real day-to-day Urantian life; you tolerate individuals. So thus there is no rationalization or excuse, children, for not practicing tolerance, for you have millions of opportunities as you pass by.

One of the more threatening aspects of the teachings of Michael, when he incarnated as Jesus, to the established religions - and especially to those of the Jewish faith - was His tolerance. The Jewish tradition was based on some mistaken beliefs of intolerance: revenge, grudges, a lack of sharing of faith concepts, are all aspect of intolerance. And Jesus mightily preached against these lowly-evolved principles, to include a respect and universality, an all-inclusive family of faith believers. This was extremely threatening to the established order and will continue to be so until man steps out of the darkness of divisiveness and into the healing and more real light of brotherhood, understanding and humility.

Nathaniel is an interesting example of a human who lives the tolerance ideal. It would be helpful to study Nathaniel and how he incorporated tolerance into his daily affairs.

There can be no real divine love and spiritual brotherhood without first, tolerance. That is the first level of love.

You may even learn to apply tolerance upward and not just laterally amongst humans. Often, I am sure if you are honest, you will admit your impatience, irritability and lack of understanding of things divine: the mission, the teachers, your angels, etc. How often, children, have you found yourself feeling, thinking, why does this have to be this way? Why do not they show us more? This is intolerance. And you should practice your tolerance skills and muscles also upward with celestial, non-corporeal, morontial beings, for as imperfect and finite mortals you have a lack of understanding of divinely created or non-corporeal eternal, etc., even other ascendent creatures. And this is good for you to realize that your intolerance often keeps you from spiritual ministry and from seeing the gifts that are yours individually in terms of your own spiritual growth, because you are shut down by intolerance.

So I ask you to just be aware of your own thoughts in terms of your relationships with beings different from yourself, for this is the very root of tolerance: is that the wider the difference, the greater the need for tolerance. And that is the bridge between beings at every level of your ascension career and even beyond into the Corps of the Finality.

Put aside grand plans for instant love of your fellows. Rather, realize that irritation and personality conflict, misunderstanding, frustration, disappointment, are built into the human as part and parcel of

growth. But these need not be divisive if one possesses the oil of reconciliation which is tolerance. Tolerance, as so eloquently extended in the Urantia Book, is the earmark of a great soul.

With these words I end our formal lesson.

Q: Thank you for a beautiful lesson. I have a notion about tolerance that I want to discuss or understand more. It seems to be a passive behavior, the absence of - I mean it's just allowance, isn't it? Or am I misunderstanding something? It seems that tolerance is the absence of fear. It seems more passive to me than active. Am I incorrect in that?

A: Partially incorrect. Tolerance is passive and active; passive in terms of what you have described, but active in a passionate commitment to knowing and understanding your fellows, especially those who cause intolerant reactions.

Q: Rayson, I was also struggling with the meaning of tolerance in terms of acceptance and rejection. It seems to be that it's falling right about in the middle. It's not rejecting, but its not accepting, either, that it's just kind of middle road between those two. Is that correct?

A: Not exactly. It has nothing to do with accepting or rejecting, for you should not make the very common error of judging. It is more like seeing the reality of your fellows clearly without your own emotions and intellectual reactions interfering. When one sees the reality that humans, most humans, are houses for the divine spark of the Thought Adjuster, and when one see the soul of the human, even if it is extremely unformed, one cannot help but view the reality of their existence with much love, for one is respecting divinity in humans.

As for those humans who are so dead they have not an Adjuster, they are spiritually dead. You cannot always tell, and they should just be disregarded or ignored. No effort should be made, for these people are not real. So tolerance is seeing clearly beyond, the husk of human body, character, unevolved behavior, to the divine spark and eternal potential of the soul, which is what you - in actuality - are.

Q: Rayson, would we be able to ask our Thought Adjuster to help us with that means of contact?

A: With seeing the divine?

Q: Uh huh - in that individual and understanding that individual.

A: Well certainly the Thought Adjuster already helps you, but to pray for greater spiritual vision is perfectly correct. There is Thought Adjuster recognition between mortals even when the mortals are unaware of this. So the Adjuster is already quite involved in this process. Your prayer more should be for the Adjuster to communicate their vision to you, to be open to the guidance of your Divine pilot.

Q: You refer to page 1773, Rayson, in the Urantia Book and in it Rodan is talking about feelings of tenderness and emotions of tolerance. And the emotions of tolerance, would that mean the divine love coming through as an expression would encompass tolerance?

A: Absolutely correct, and if you think of it, that tolerance is the beginning of expressing divine love, you will see it more accurately.

Q: As an emotion? (A: Yes.) I would like to think that hope springs eternal, but it seems, from a response to one of the questions, that I would be in the position of using my judgment, at times, to disregard certain behaviors in people. This means disregarding them at that time if I judged that they are

not behaving in a real fashion. But I would like to think that hope springs eternal and I should ever remain tolerant.

Being human, I have been in the position from time to time where I thought that disregarding a person, or at least that person's behavior, then, would be my only option available right then. But it seems that's using my judgement, then. Maybe I'm splitting hairs. I don't think we should judge either. But that certainly is using your discernment, or your free will, to choose to - I think I'm splitting hairs, maybe. Do you understand where I am going?

A: I did not mean to suggest to disregard others, merely to disregard those who have no survival potential which is probably - I cannot say if it would be easy or hard for each person. But there are those who have no Thought Adjusters, and these ones should not be dealt with. You should not waste your energy, cast pearls before swine.

In terms of relativity of values, what we are discussing is higher values. If the best one can do with another - another's behaviour - is to disregard it, then that should be your choice. But please remember that we are dealing with, not choices between what is good or bad in our own lives or spiritual path, but between what is good, what is better, and what is best. This is the path you are on. You have far left behind the simplistic ethics of good vs. bad. So, in terms of good, better, best, on our ascending path, if disregarding is the best you can do at the moment, it is not the best possible response. Tolerance is. That does not mean condoning evil behavior. Have I answered your question? [pause] So some judgment is involved, but not soul judgment. Judgment in terms of your own abilities to act divinely. [S: Yes.]

Q: And one's behavior is not the person?

A: Correct. Is that sufficient?

Q: When we are being tolerant of people whose religious beliefs are very rigid and very judgmental of others, what we are doing is recognizing their relationship to God as the good in them, is it not? And then what we have to do is work on our response to them, that it be loving and tolerant of them though they are intolerant of our beliefs? I guess is what I'm trying to say.

A: That is correct. One of the great misunderstandings about the charisma and effect of the human Jesus is that his love was so pure and sincere and all-encompassing that differences - intellectual, philosophical, theological differences - melted in the light of His perfection. No one can resist true, sincere, divine love from another. It feels so good and awakens the same response back, therefore argument becomes obsolete, because that is merely surface.

When we talk of commonalities amongst different religions or unity without uniformity - these concepts which are very catch phrases - what you really are doing is extending divine love to a fellow who is in part divine. And the response - it awakens the higher mind pattern of love back, transcending the unreal differences. Does that answer? (S: Yes, thank you very much.)

Q: Rayson, I think it would be nice to hear you talk a little about tolerating the sinner and not the sin. I think personally that's where the struggle comes in. I mean we can't be non-judgmental of actions that impinge on us or others. I know personally, I get tripped up on my intolerant behavior. When somebody does something that hurts somebody I find that I can't divorce that behavior pattern in them from who they are. So the judgement, or my discrimination, or my evaluation of that behavior pattern becomes an evaluation of the human. Maybe you could give us some tips on how we can actually achieve hating the sin and loving the sinner. To me that's my biggest struggle in this area.

A: We all have imperfections by design of the Creator. Some imperfections are genetic, some environmental, some exist - continue to exist - because of spiritual laziness or lack of motivation to change. Some flaws are more apparent to others. Some humans do not have enough - this is not necessarily good - intelligence to camouflage their flaws. But think this way, there are things in each of us, myself included, that we would prefer others not to see or be impacted by. Think of one particular trait within yourself, and then use that to empathize with the person who upsets you, for we all have these imperfections and will have them for many many years to come. On the mansion worlds and beyond they will become more apparent to others, but so will others grow in love and tolerance for our imperfections, so the effect will not be the same. Here it is unbalanced.

Some humans, through lack of effort or caring, or just immaturity, show and act upon their flaws compulsively and do not grow. But think of your own areas that need growth and then show gratitude that they do not impact others to such a degree, and tolerance will be easier in terms of separating the mortal's potential from their actions - loving the sinner and not the sin - although most people commit not sin but error.

Q: Rayson, could you speak of racial, cultural, ethnic intolerance? I believe there is something in The Urantia Book that this is a natural part of evolution? I may be wrong, I'm not sure. And now today's lesson impacts on the world as a whole. What you're teaching us - does it impact on healing the earth in some way?

A: Well, of course, the races were created here to teach tolerance globally, but the plan was thrown off-track by the Adamic default in which not enough of their blood lines were given and so racially or ethnically there is an imbalance of traits. Each of the colored races were given certain traits. And these are not traits that are judged to be good or bad, they simply are, and need to be part of the genetic pool of any world. The experiment was to split them along color lines and to observe the blend and the process of the blend. Some traits caused more problems than others, aggressiveness, for example, which was high amongst the orange and green sub-races. But even high spiritual traits - as amongst the red race - contributed to, unfortunately, their demise. Although some blending has occurred, everyone on Urantia - whatever color or ethnic national background - has not enough of the Adamic blood lines. So the process is more brutal and long-lasting than anticipated. In terms of tolerance, the - of course - ultimate out-workings of tolerance on a world level would be consciousness of the fatherhood of God and the brotherhood of all men regardless of differences. This will probably not be achieved here for much much time, but will be, of course, and is a prerequisite to light and life on Urantia. It has just been set back by the default. Is that sufficient?

Q: Brother Rayson, you spoke in your lesson about us not trying to correct poor behavior in another person but show an example of the light of the Father so that those individuals can see the alternative. In our troubled cities, it appears to me that our modern culture - our media, our film, our television, our print - glorifies violence, shows it as romantic in some way. And it appears to me lately, that something needs to be done culturally about that - world wide - to educate the races that violence is not acceptable. A lot of other things are no longer acceptable: slavery is no longer acceptable, blood sacrifice is no longer acceptable, but violence to one's fellows is no longer acceptable. Should we be taking a pro-active part in trying to change our culture?

A: Culturally, one can do nothing about an entire culture. All one can do is to transform yourself into the spiritual individual that will transform this planet. That sounds simplistic and frustrating I am sure, for I recognize the sincere pain behind your question, however that is the truth.

The truth is that when Melchizedek taught against sacrifice, it did not stop. Education is something superfluous, an illusion. You cannot educate people out of violence, this is something that mankind

must grow out of. And while your mass media reflect more instantly, such has always been the ways of man, child, that he is fascinated with the gory negative details of living and does not recognize the higher values which co-exist with the baser animal instincts. Mankind will outgrow violence. You will not outgrow violence today. All you can do are two things: live the life of the spiritual agondonter, shine that light on all you come into contact with and dream the dream of a better world, for it is in our dreams for our children and grandchildren that real evolutionary change occurs.

Sometimes whole generations are lost in terms of certain values. We look upon this process from a longer perspective time wise, and from a higher perspective in a certain way than you who are amongst the trenches. Dreams are important for they are the goalposts or archetypes of the future. So when you speak of education - you will not take a hardened violent person and talk to them about love and effect a change. No you will not. And if you think you will, you will be sorely disappointed. What will effect a change in this person? Sincere love, maybe. Divine love, to awaken their consciousness of their own divinity.

Even then, the behavior may remain the same. The time lags. But you can change the dreams of future generations through education. And this should be your hope and your goal. Is that sufficient? (S: It helps a great deal.) (02/28/93)

TRUTH

Today's lesson will be the first part of a discourse on the subject of truth. You will notice that our lessons tend to go from very basic principles, progressing up through more complex topics and then back again to basics. And certain basic topics will be handled on numerous occasions as they are of great importance in laying the foundation of future work to be done on Urantia by you and your celestial assistants, such as myself.

Truth is on a par with beauty and goodness insofar as spiritual importances, spiritual weight, are concerned. None of these three - truth beauty or goodness - are to be worshiped, for it is only the Father that is worthy of worship. But these three qualities, these three goals, are to be revered, to be sought after, to be held in the highest regard, to be in the forefront of your efforts at self mastery and spirit attunement.

What is truth not? Truth is not knowledge. Knowledge is based on fact, on science, and is limited by the level of development of your science. Truth is eternal. It stands the test of time. It stand the challenge of question. It is far beyond fact or a set of facts. Truth is also dynamic and growing. It is not static, as are facts. If you would know living truth on Urantia, you could do no better than to study the life of Jesus, for He lived the truth as he knew it.

Truth is not always experienced without pain. It is not necessarily painful to countenance truth, but to expect the experience of truth to always and ever be one of pleasure is to not be realistic. There is some consolation to be drawn from knowing that for most, if not all of you present here today, the pain sometimes experienced with truth will probably be most severe in your present material state, and will diminish as you progress Paradise-ward.

Like so many higher values, truth can be recognized in part by what it is not, in part by the manner in which it resists attempts at invalidation, and the manner in which it persists over time. It has been said that the argument required is inversely proportional to the amount of truth contained in a given statement. Truth is recognized by all mortal beings at some level of their conscious or unconscious

awareness. Each of you, as you search your own past experience, may remark upon occasions upon which a simple and profound truth was thrust before you, amazing in its grace, and how easy it was to behold and accept.

Truth is experienced by each being as an individual, and because of enormous variations in individual perceptions, the truth that one individual understands must be relative and is not identical to the truth perceived by another individual. You cannot force truth upon another being. However, as Jesus did, you can whet the appetite of others for truth. This is the basis of the council against offering unsolicited advice.

As with goodness, and beauty, and love, and the other brilliant aspects of our Father, your capacity to perceive truth grows as does your fledgling spirit. You can help by nurturing within yourself a hunger for truth. Become an avid seeker after truth in all that you do and you will find that your appreciation of truth in all that presents to you will be enhanced. Be patient. I know that this is difficult, but it is important for you to exercise your patience while nurturing your hunger. You have all of eternity, you see, and no endeavor goes as well as it might when undertaken in haste.

As you improve your ability to detect truth, you will find that many of the bothersome aspects of your material existence will seem far less annoying, even amusing, for as your ability as a truth-seeker improves, so will you gain wisdom. And the wise man - above all - is able to see the absurdity of small things, to make light of what others fear, to not divert time toward the pursuit of anxiety, but rather to engage more fully in spiritual growth and in enjoyment of the fruits of the Spirit.

One great truth that can be of much comfort in times of difficulty is the truth of your own existence. That you cannot doubt. There is no arguing it. Once you become a survivor, you will have a second great truth, namely the truth of your survival-ship, and that will be a wonderful thing indeed for you.

This first small lesson on truth is meant to be more in the nature of an introduction. I wish you to - each of you - undertake some study of truth before our next lesson. You will find many passages in The Urantia Book to be most helpful. In particular there is a section on truth and faith that will be quite instructive and will provide much material for discussion. Therefore, I conclude this lesson now, and am available for comments and questions. (04/18/93)

Today we shall continue with discussion of truth that was begun some weeks ago. Understanding truth is a major important goal of your ongoing efforts at spiritual growth - spirit attainment. What you gain in understanding of truth during this material life is only the beginning of an eternal learning experience. Each step of your journey toward the Father in paradise will bring increasing discernment of truth. This is because truth is intertwined with a number of other spiritual capabilities, especially faith and goodness - also the attainment of wisdom and a number of other aspects of God consciousness.

The greatest truth that ever existed on Urantia was the human life of Michael of Nebadon. His life was all about truth, for you see truth is a dynamic entity. Truth is to be had through action, unlike wisdom, unlike so many other portions of your soul growth. To experience truth, and indeed to grow in truth, requires that one be active, active among the community of one's fellows. In fact it could be said that truth and real fellowship do go hand in hand.

All of you know truth. Each of you has experienced it. Your personal recognition of truth is related to your own level of personal spirit growth. Each of you has experienced the excitement, the incomparable thrill, of truth in your own personal lives. Think back, explore your own memory bank and you shall

find such experiences. It is worthwhile to study them for their unique qualities. And as you each, individually, grow you shall find it increasingly easy to recognize truth in your own actions and in the actions and words of others whom you encounter. This can also apply to situations involving many people, such as actions of political bodies or countries or other human organizations. You will find as you gain faith and become more adept at discerning truth that the recognition of truth in the world will become - yes, yes - an increasingly easy job for you.

If you feel frustrated in your discernment of truth it may be due to a tendency to rely on dogmatization of truth rather than looking inward and relying on the promptings of your Thought Adjuster, your Indwelling Spirit of Truth.

There are benefits which accrue to the one who would seek and live truth. These are not rewards, but rather the natural results of participating in, and going along with, the design of the universe rather than resisting it. The greatest such benefit is that of health improvement. And indeed, the healing mission that is joined to this teaching mission is no accident for that very reason. Each and every one of you may take note of improved physical health, robustness, ability to withstand infection, and so on, as you participate in the search for truth, growth of faith, enactment of mota, enhancement and growth of wisdom.

Brothers and sisters, each of you present here today came here through no accident. You came because you were earnestly, hopefully and honestly seeking truth. There are no accidents in the universe, and you are much loved for your courageous and forthright search - much loved, much appreciated, more than you can possibly know. All of those present today affirm this great love that we have for you that we send from our Father above.

The things that you seek - truth, beauty, goodness, love - the workings of the Father, himself, abound, even on Urantia with all of its problems. They are there for the taking. And you - each of you - knows within yourselves how to go about doing that. It is the most joyous work that you ever shall undertake, the most thrilling, the most freeing. For as you seek after, entertain, truth the fetters of your animal origins will slowly but surely fall away, and you shall have less of fear, less of anger, less of pride, less of enslavement to cultural teachings - recent and past - that would hold you back from personal growth and spirit attainment. As these burdens fall away one by one, you will experience an incomparable sense of lightness that will fill your hearts with joy, a joy which will be perceived by your fellows - a true light within - and this, my much beloved children, is one of the first steps from here toward the final attainment of light and life on Urantia.

Your personal courage, steadfastness, and love, and faith, will help to take not only your living fellows today, but the unborn children of generations hence, out of the present darkness towards the bright future that awaits.

Work on the attainment of truth, the acting out of the will of the Father. Be of good faith. Be of good cheer. Working on the stillness will help. For those of you who have difficulty with the stillness it may be instructive to study the life of Jesus of Nazareth as a living example of truth. Truth is contagious in a most wonderful way, as are all of your spiritual assets. A small contagion at first, but as it grows the infection spreads.

I leave you, then, with this thought: that the outworking of truth is ever and always reliant upon the faith of the individual. You have been offered many exercises that are conducive of faith growth, spirit growth, and truthful living. Avail yourselves of these exercises, my children. And be assured that you are much loved, very much loved, and have many, many to assist you.

That is the end of this lesson. (05/15/93)

Today's lesson will be somewhat complex, for we shall be joining the threads of three separate subjects together, intertwining them. I shall be doing this increasingly in the remaining lessons, for my time with you grows short, regrettably.

Today we shall discuss the interactions among truth, goodness, and kindness, for this is an area which poses considerable difficulty for mortals of worlds that have been in rebellion, such as Urantia. At the outset it may seem difficult to understand how there could be conflict among these three tenets of God's will, and yet if you explore your own memory record, you will certainly find numerous instances during which you have grappled mightily with what seem to be conflicting goals in terms of satisfying the requirements for goodness, kindness, and truth, which your Adjuster leads you toward continuously.

Truth. It has been said by your philosopher that the honest man, the truly honest man, continuously runs risk of life and limb. Why should this be when truth is such an essential ingredient of spirit growth and Father nearness? To the contrary it would be expected that the honest man would be exalted in society, much treasured. But indeed he who is honest without remitting will definitely have much difficulty in managing social relations on Urantia as it stands now. For the honest man causes pain among his fellows in at least two different ways. By being honest he serves as a reminder to others who are sensitive in this regard of their own lack of complete honesty. Secondly, the honest man is apt to comment on imperfection which arouses enormous hostility in persons who are predominately animal driven in purpose, for it is the way of the animal mind to assume self-perfection and be blinded to the imperfections of one's being and one's near environment, for this is seen by the animal as an outworking of the self, what you would call narcissism.

To put it in your psychological terms, the narcissistic ego is wounded by the notations of imperfection in its sphere of influence and is likely to strike out even unto death to quiet the voice which is disturbing. Now the difficulties faced by the honest person on Urantia greatly compound the problem of spirit growth of individuals, for fear is the logical response of those of animal origin to threat to life and limb. And fear, as you know, is toxic to spirit growth and attainment. And yet, you all know quite well that without truth there is no goodness or kindness. There cannot be. The will of Father is complete, not fragmented. You cannot act out Father's will in one discreet area and turn your back on His will in another. There is no such thing, despite what some in your culture, even devout religionists, maintain.

Kindness. Kindness is so critical to spirit growth and must be present in great measure on Urantia in order for even the smallest increment of progress to occur. Kindness, however difficult it may be at times for you, my dear friends, serves as a bridge that will carry you from fear and pride and rage, and the other base qualities of animal mind thought, Godward. It is characteristic of animals to respond positively to kindness, but, of course, it is always dangerous to deal with animals, and so carrying out kind acts requires courage and strength. And these two will strengthen your journey from your animal origins Godward.

Kindness does not mean giving materially. This cannot be emphasized strongly enough. Material things have naught to do with God's will. They're animal entities no matter how finely crafted, securely held, or highly prized they may be. It is a mistaken belief to assume one is being kind in the bestowal of material objects upon another who is deemed unfortunate. You all know this, and yet it is a most difficult concept for mortal beings to grasp. Even for myself it is still an area that requires study and diligence. Kindness has far more to do with the maintenance of good will toward your fellows. Think on the life of Jesus, ever kind, ever loving, gentle, peaceful of spirit, forgiving, humble, and yet He did not hand out money. He did not share wealth of material sort with others. Yet His kindness was much prized by all who

received, it as is yours, for the receipt of kindness by a mortal being resonates with the Thought Adjuster within the other, and God in Paradise is aware that good has been done and responds positively. Does this mean that kind acts are wasted on those who lack Adjusters? This issue is much debated. Jesus was kind to all regardless of Adjuster presence. However, extending the hand of friendship and love toward one who has no God fragment within certainly can be a dangerous undertaking to the mortal being in the sense of life and limb. I would say at this point in your planet's development it may be wisest to refrain from kind acts toward the truly iniquitous among you, if you are discerning enough to detect them. Only you know if you have that perceptual level at this time. It is my sincere hope that as Urantia moves forward there will be far far fewer of the iniquitous dwelling among than is presently the case. But for now teach your children to be guarded, not fearful, but guarded.

Goodness. Goodness, as was commented during our last session, is God-likeness. What is the distinction between goodness and kindness? Goodness encompasses all that is like God, of the will of God, of the outworking of God. Kindness is a tenet of goodness. There is no goodness without kindness or truth, or vice versa. But goodness is more encompassing, includes not only the acts to others as does kindness, but also the acts of the individual, the inner mind workings and communications with the Adjuster, spirit strivings Godward, prayer, atonement.

Jesus was the model of the good man. He was also kind and honest. He achieved that balanced and correct intermingling of goodness, kindness, and truth that is desirable for the Urantia mortal and indeed attainable, if you would strive mightily. I shall pause at this point in our lesson and receive questions and comments.

S: I wonder if you might comment for a moment on the distinction, or the difference if there is one, between truth and fact.

R: Perhaps you could tell me what your understanding is.

S: My understanding is that truth is a spiritual concept and that fact is a physical concept. Honesty can apply to either one of those concepts

R: And what do you think is the difference between the physical and the spiritual? By physical do you mean material?

S: Yes, material. In other words, it is a fact that I walked up the hill.

R: It is also the truth.

S: Yes, that is correct. Now, carrying this one step further, I remember when my children were growing up that they had a concept of "letting it all hang out", telling the whole truth even when they didn't need to. I think the example of Jesus was that He didn't tell people any more than they needed to know.

R: Because He balanced truthful utterances with kindness and goodness, but He was always aware of the full truth of any individual's complete existence. Can you imagine having that awareness yourself?

S: No, I can't imagine having it myself. But I still don't think that I should go down the street and say, "hey, you're ugly" when I see an ugly person just because it's the truth.

R: But perhaps what you call ugly is only a judgment based on physical configuration rather than a spiritual fact based upon the full and integrated personality of the individual in question.

S: But then let's say I say "you're ugly in accordance with my concept of your physical configuration, but not spiritually."

S2: Suppose you keep your mouth shut.

S: That's exactly what I'm talking about.

R: If you said that, it might take the edge off the insult.

S: I think he's trying to draw a comparison here.

R: There can be no truth without kindness and goodness. That should help you to understand.

S: Can there be a fact without kindness and goodness?

R: Fact is a linguistic creation which in the absolute sense refers to a statement of a truthful situation. In the purest sense there is no distinction between fact and truth, however you do not have the perception of Jesus. So then I would ask you, knowing this, do you think that you truly have mastered any facts at all?

S: Well, I know that two and two are always four, but

R: In this universe.

S: With that qualification, yes. But I suppose that most of the things that I know as facts in my own mind are really true, although sometimes I can be mistaken. You notice who's laughing, don't you?

R: You will have an interesting time mastering mota.

S: Won't we all? Could you please explain to me more on kindness and particularly what is tithing? Is that a valid thing, because money is material, is it not?

R: God has no requirement for the offering of material substance as an accompaniment to prayer.

S: Does casting your bread out on the waters mean being kind and good and truthful?

R: Among other things, yes.

S: That's the way I should view it then? (R: Yes.) Back to kindness, where there is no Thought Adjuster and the question of whether kindness can be wasted on someone in that state. Kindness is such a quality of universe value that I have trouble finding it wasted anytime that it is extended. I can see your caution about risk, where the person is known or perceived to be totally evil, but there are people without Thought Adjusters who simply are, whose minds have deteriorated to the extent that kindness would seem to be needed. They would still perceive their physical response to kindness, wouldn't they?

R: As an animal might, however your culture may wish to question the wisdom of maintenance of life in those who are in such a state.

S: We haven't evolved that much as a whole yet, but it has come to many of us that we ought to be going that way. Thank you.

R: You are welcome. The capacity to discern Thought Adjuster absence is very close, but not fully arrived yet among Urantia mortals. Those of you who are more advanced in your spirit growth will have a greater sense of this in the ones you contact. But in the not-too-distant future such lack will be almost universally apparent on this planet, as would have been the case long ago had the plan been followed.

S: Could you comment about the validity of being sometimes untruthful to avoid hurting other human beings feelings?

R: Do you recall how Jesus handled such a situation?

S: No, I can't remember.

R: Does anyone here have a comment?

S: Yes, I think that He was never unkind even when He refrained from telling, quote, "the whole truth". I guess He was always governed by kindness and consideration for the recipient, and would never say anything unkind.

S2: What about the money exchangers?

S: That's not unkindness, necessarily.

S2: If you will remember, the money exchangers were in the temple, and He had a human emotion pertaining to their desecrating His Father's temple. And for a while I think it got the best of the human Jesus. And His most unkind words, I think, were toward the religious leaders. He called them vipers, at least John the Baptist called them vipers. His worst words He said against political leaders were He called Herod an ill fox, that old fox.

S: But you're talking about whether He did or did not say anything derogatory, but actually I can't remember that the human Jesus ever made an untruthful flattering statement just to save somebody's feelings either. He always sought something good to say, but He didn't speak untruth, as far as I recall.

R: That is correct. He exercised restraint, yet was never insincere.

S2: Sincerity is the key then. If a guy is an old fox, and if it's truthful, I would be inclined to say that.

S: Or nothing at all.

S2: No, I'd probably say it and regret it later. (S: Okay.)

R: Perhaps if you beheld a professed temple of religious worship that more resembled a combination between a carnival and a gambling village, you would be appalled, also.

S: I think I would be. That - would be my vocal response to what's happened in the Temple, that in current usage with all the flair and the selling things and everything.

R: When men came to the temple to procure sexual companions, Is that worshipful? (S: No.)

S: Rayson, were you at the time, were you at that temple, were you present when those things took place?

R: Not on Urantia, but I have reviewed the records of this planet thoroughly and have beheld the details of which you speak.

S: Rayson, I was wondering, we have video tapes and so on. Do you have the ability to actually do a revisiting of it as though it were on video tape or actually like in 3-D circumstance where you can actually relive that moment and see it?

R: The Ancients of Days guard the records of the cosmos and may permit one to review historical features when it is deemed appropriate. It is far more than the visual record to which you allude. There are spirit qualities recorded as well.

S: How far would one have to advance through the mansion worlds before one would be capable of viewing these and receiving any benefit from them?

R: It all depends on need, actually; if you are needed, it can happen early. If not, it may never occur. Your unique and individual personality is known to those at high levels and if it can be useful to them they will appeal to you for service.

S: Rayson, is it possible that Christ Michael was actually being kind, in a way, when He pointed out the error of the ways of the money changers to them?

R: That is a good question. But I am not privy to His mind record. That is not permitted for my review.

S: I'm such a believer in kindness. On the other hand, in thinking about this very same circumstance, it seems to be, at times, very appropriate and needed anger response in life. It seems to be able to free us up emotionally. In fact, many times I look on anger as just another emotion which the denial of is very painful, and can even undermine our emotional health. In fact, releasing anger at times, could almost be kind under certain circumstances. Could you comment on that? Am I making myself clear?

R: Yes, I believe I understand, but let me ask you. When you yourself experience this anger, do you feel close to God?

S: No, I don't feel close to God at that time, necessarily.

R: That is the answer. Do you understand that?

S: I understand that, but also wonder if it isn't part of our emotional makeup as human beings, that we're going to be involved in working through things which require anger as well as kindness, require multi-facets of our personality.

R: The anger response is a leftover from your animal origins, and at the time that light and life are attained, anger will have fallen away from the repertoire of behavioral responses to stimuli on the part of Urantia mortals. I am not saying that at this time in the development of the planet it may not be a response that is in accord with the conditions in which you live, but your response, in terms of not feeling close to God, shows that you yourself understand the limited quality of anger in terms of your own spirit growth.

S: The reason I brought that up was because of a book by Theodore Rubin called The Angry Book in which he, as a psychiatrist, maintains that unless you really vent anger, it's not something that's harbored or hung on to, but it's an emotion that if it's not expressed comes out in deviant behavior sooner or later. It's saved up like in a slush account. Most of us can easily deal with kindness, or we can deal with love and caring, but it's more difficult for us to deal, at times, with anger.

R: Do you recall how Jesus managed anger as He grew and developed into His ultimate role on Urantia? One instance was already mentioned, but can you think of others later on?

S: Well, He dealt with compassion, understanding, empathy. He had a full range of things He used.

R: Do you recall His periods of meditation?

S: Yes, that's right. He spent a great deal of time in communion between Father and Himself.

R: After which He returned with what feelings?

S: Feelings of wholeness and, I think, perspective, and love, kindness, caring

R: And resolution of anger. The animal emotions that you experience in your life as a mortal being are best understood - in your current intellectual parlance - as expressions of the narcissistic ego against perceived violations of the assumed perfection of self. To make that clearer, I would say that an emotion such as anger is truly an expression of discomfort at your deep, and perhaps not conscious, realization of your own imperfection. And yet you know very well that imperfection is one of your endowments, a gift from Father that enables you to be a co-creator in this universe and others beyond.

S: Is there any such thing as righteous indignation?

R: What do you think?

S: I think it's a code word for anger myself.

R: I would agree with you.

S: And an excuse for manipulation.

S2: It's just the anger that you approve. The anger you disapprove of is just plain anger. It is sometimes an excuse for controlling behavior, too, I think.

R: Is there not fear and pride contained within what you call anger, indignation, even righteousness?
(S: Ego.)

S2: Yes, but sometimes, in my experience, I have found that the only way I can get through to somebody is to use anger. When you talk nice and when you talk quietly, they don't listen. But when you yell and you jump up and down, it seems like they listen sometimes.

R: Perhaps you are dealing with animals.

S: But what if they learn from my anger?

R: Do animals ever truly learn?

S: I don't know.

R: Can you think of a more teacher-like way of persuading less spiritually advanced beings?

S: I think I need to do that. It's hard work being angry.

R: It does not contribute much to your ultimate goal of spirit growth and development, and you are sufficiently advanced to desire that and enjoy the sensation of pleasure which results from God-directed act.

S: You used the illustration of training animals. I think that far, far more animal trainers do so by rewarding desirable conduct than by punishing undesirable conduct.

R: Yes, they have an understanding of the limitations of animals as well as the presence of the lower adjutant mind spirits that respond well to small reward.

S: I have a question on kindness to animals. As we respond to animals we treat them in a kindly manner, we're kind to them and we project love upon them. In effect, is that a real relationship? Is that a true kind act? Is there survivor value, for instance, in God the Supreme, when you, are kind to an animal, and love it, and care about it, when in fact it doesn't respond? It is not kind to you per se or it doesn't love you because it doesn't have the capacity to do those things?

R: Yes, of course, because by virtue of your kindness you yourself grow, and you will retain your growth. However, I would like to caution you in only one small regard, and that is the mistaking of kindness to animals as being a substitute for kindness to your neighbor. There are some who profess that animals are better than people. They like animals better than people, and therefore animals are more deserving of kindness than people. This is a limited view that certainly can lead to some limited personal growth.

But remember, my friends, that you are all agents of change and co-creators with Father. By participating in this teaching mission you have agreed to assist in the uplifting of Urantia. Urantia will be far less uplifted by kindness to pets than by kindness to mortal beings.

S: Rayson, I'm really, really happy you commented on this. That, to me, is a very important subject, and I'm glad you brought it out. I think it's good for people to understand that we, as human beings, are relating because of our Thought Adjuster relationship. And while kindness to animals is certainly pleasant and nice and so on, it's not a substitute. Thank you for that.

R: You are welcome. It is far easier to be kind to a fawning pet than to be kind to a sluggish employee or an angry customer or a proud neighbor. And yet you can see that the great leaps in your own growth and development come from the latter rather than the former.

S: There's a proverb that says a soft answer turneth away wrath. It probably could be substituted, instead of a soft answer, a kind act.

R: Yes. (12/18/93) See also WORK & Conviction of Truth (01/15/94)

WORK

[WORK as it relates to the Qualities of Deity.]

[The following lesson occurred, eleven days after the burning of two students' home in the Malibu fires.]

Although I have a formal lesson prepared, I will give you the option of choosing a topic yourselves, if you please.

S: I would like to hear you discuss the quality of Deity that makes good come from bad things.

R: Are the the others in accord? [Affirmative answers by students.]

How very insightful of you to have made such a request, because in fact it almost completely coincides with the lesson I have prepared. You see, I have planned to talk to you about work. In light of your request I will make effort to highlight those areas of my lesson that touch upon the quality of Deity. Is that agreeable? (S: Absolutely.) Then let us proceed.

My friends, work in this language and in all languages on all planets of mortal habitation has both positive and negative connotations. Think to yourself, "How do I feel when I hear that word?" and you will most likely experience a combination of distress, physical pain, a hint of fatigue, and a sense of accomplishment and service. Would you all agree?

S: Yes, but mostly the latter.

R: It is through work that Father helps all of us, who are both created perfect and created imperfect to bring good out of bad. As I have alluded to in recent lessons, the capacity to participate in spiritual creation is within all of you. In fact, this special ability of spiritual creativity is an important part of your destiny and specialness as imperfectly created beings.

A perfectly created being, in a sense, follows a perfect, program, but a perfect program is not so creative. Why not? Because far less work is required on the part of a perfect being to follow a perfect program compared to that effort that must be expended by the imperfect, striving for spiritual growth toward perfection. This is because the imperfect is ever working to turn bad or imperfect into good or perfect.

Now what is that quality of Deity that makes this possible? You have, you students of spiritual knowledge, become relatively sophisticated compared to others on this planet with respect to some of the elements of spirit enhancement: faith, truth, goodness, beauty, service, atonement and other areas in this line. These qualities are outworkings of Deity. They are the tools, as you know, that are given to you from Paradise through your indwelling Adjuster that enable you to turn good from bad and, as you progress in your journeyman's task of mastering use of these tools in your present environment, you are always assisted by the unseen instructors who are about. You only need to ask. And it is important to realize that the worse the situation, or the more bad in it, the greater the potential to turn good.

A great artist can indeed fashion a wonderful and beautiful work of art from a tiny bit of metal or stone, but it is a wonder indeed to make good a large chunk of granite or marble or a large pile of wood, is it not? (S: Yes) Bad is the creative material that you are given to work as an artisan. If there were no bad, how could you ever help Father to create good of it?

You see, it is work to create good from bad - hard, arduous, painful, exhausting, demanding work - like all service, you will find, as you move from stage to stage over the eons. Blessed is the man who

embraces his work with hands and approaches it with a joyous attitude. Blessed is he who works for the love of God. Blessed is he who works with little complaint but with a song in his heart and peace in his mind. And blessed is he who gets others to work.

These are all lessons brought to Urantia through Michael, Jesus, and indeed he was a wonderful example of this concept. Was there ever a minute of any day during his mortal life here that he did not work? And yet it is not Jesus who spoke of suffering of His own, nor was He ever heard to complain. Ever did He describe the qualities of work in positive and service-oriented terms, did He not?

My friends, work is not something that you are born learning and knowing how to do. You must learn how to work, and one of the very important tasks of your mortal lifetime on this planet is to learn how to work as well as you possibly can. And yet it will always be true that the more adept you become at working, the more work will be presented to you. The idea of retirement is a myth, if one has truly learned to work.

By working as well as you can, not only do you serve Father and advance the growth of His teachings on this planet, but you also, unknown to you though it may be, lead and inspire others. Believe me, this is quite powerful. When the times of life and light come to this planet, beings will spend their whole waking existence in work. It will not be the backbreaking toil to which you have become accustomed and which serves as part of your connotation of work. But it will be effort, and it will be tiring, and it will require strength, perseverance and faith.

Yes, Deity can easily transform bad, imperfect, into good, perfect, instantaneously - or even prevent it from occurring in the first place. But that would not be as creative as the present manifestation in which beings such as yourselves work to transform your own imperfections in the direction of perfect and good. Your persistence and devotion in your work is much admired by those who observe, and the good feeling that you receive as you accomplish the goals of your work chores is a direct reward from Father. That good feeling is something to be cherished and it grows as your spirit grows, perceives. As you work and grow toward Paradise, that feeling will grow, too. And, to use your jargon, it is most addictive. So one might say that the transformation of bad to good is the accomplishment of addicts, in a sense. [laughter] Ah, you take the humor, appropriate. I shall stop here and take any questions or comments.

Q: Rayson, I am delighted with your lesson today. It answers the question that I raised to begin with. I understand through the Urantia Book that the purpose of the physical universe is to make something spiritual out of something physical. Is that a simplistic way of putting it? Is that basically correct?

A: Yes.

Q: And that in order to create spiritual qualities, there has to be the possibility for - on the spiritual level - evil, but - on the physical level - bad. Am I correct in that?

A: Yes, there must be the potential for error.

Q: And the fire - the burning of the buildings - was, in itself, not spiritually evil, but physically disastrous or bad, is that correct?

A: Yes.

Q: And our response to that situation, all of our responses, are spiritual in nature in addition to physical in nature. But they're the stuff out of which spiritual reality is created. Is that correct?

A: Yes, you understand well, and do you know the next corollary, my dear? Once you have replaced that which was lost, you will have a more complete understanding of - a better sense of perspective - regarding that which is physical. You will see that the important parts of yourself have not been harmed at all, but indeed will have increased. Do you understand?

Q: Yes, I think so. The “Ventola” [painting] which was lost will never, never be replaced, but it can be substituted for by our attitude of acceptance. Is that correct?

A: Yes. You retain your creative spirit regardless of the physical presence of canvas, paint, or printed page. And the vision that one man was privileged to experience and have the physical talent to describe on canvas has already been imprinted on your minds.

Q: Rayson, while you were talking about work I couldn't help but think that Jesus used the illustration of servants more than He used any other illustration. I presume there was a reason for this.

A: Yes, yet indeed He Himself acted as servant on many occasions. What other word than “servant” would you use for the one whose life is spent in service?

Q: He was “the suffering servant” that was predicted in the Old Testament.

A: Yes, indeed, and those who would follow Him also.

Q: I think I understand the nature of the ascension plan, that Vince Ventola and my mother and others who have survived would not be aware any longer of loss or fear. So Vinny would not suffer the loss of his created work, nor would my mother be aware of things that were hers that were treasured that no longer exist in the material form, because they would be involved in spiritual activities. Is that correct?

A: Yes, yes that is true. Those from Urantia gave freely and with love and with no expectation of any continuing attachment to those physical items. And further, to use an analogy that I believe you will understand, those are remnants of the womb to them in their present states. What think you of your placenta?

S: It was thrown away and discarded after it had served its purpose.

S2: I just want to say that I'm experiencing what you speak of with work. I'm an addict, and like it quite well. I'm working at this in art. Thank you.

R: You are welcome. It is most pleasurable to feel the bright light of Father's love with your effort. Is it not?

S: It's wonderful.

R: And unlike physical addiction there is no development of tolerance or waning of the effort, is there?

S: No. You want to do it more. (Yes.) And it is hard.

R: Yes. Do you not notice however that others are drawn to you? **S:** Yes. And I look forward to that like my friend (S).

R: Good is so much more attractive to animal mind than is bad that it takes only a very small bit of it to light the darkness and lead the way. Do not be discouraged by the seeming dearth of others who share your philosophy. Each one is a pinpoint of light, and the cumulative effect of the pinpoints is powerful and impressive, indeed. At a higher level of being, the pinpoints are easily perceived even from great distance, and this helps us to assist you when you call for help. (11/13/93)

WORK as it relates to WORSHIP

I am prepared to speak on the subject of work again, but this time work and worship. If there are any particular requests for subjects to be included in our lesson, as we did last week, I will hear them now.

S: I'm curious to see how this develops.

R: One comment from me. Heightened curiosity is yet another element of the subtle change in your mind-thought that occurs when you take a spiritual step forward in your own personal development. But let us start our lesson now.

It has been my sense over these days since our last encounter that all of you who were present at that time have thought much on the subject of work, as we discussed. Is it so? (S: Yes) And is it not also correct that you may have been somewhat perplexed because the Urantia Book describes the time of light and life as a period during which very little work would be done with much leisure remaining. Is that so?

S: I assume that there will be time left to worship after work, and then we really may have time to enjoy eternal life a little bit. But I can't say that perplexed is the right word.

R: Yes, well I was chided by my own instructors for having not clarified this matter, so I have composed the present lesson to do so.

Understand, my friends, that at the time the Urantia Book information was handed down and transcribed, there were many difficult decisions to be made regarding syntax and other linguistic details. For the animal mind outworking of intellect is fastidious in its highest development when linguistic considerations arise. That is to say, the masters who oversaw the project wished to have as little ambiguity as possible in the language used in the body of the papers themselves. And yet it was understood that these papers would stand for many generations as reference material, and language does indeed change through time. So the decision was taken to use the language that was the most formal for the very time period during which the book was indited, because formal usage is less susceptible to change, particularly frivolous idiomatic change, than is casual usage. And so when the matter of work was discussed, the linguistic value assigned to the word "work" was that of the earlier period of this century of your time. That is, labor of the body, primarily physical with relatively little spiritual content, somewhat more intellectual content, what you presently would call toil. And it is indeed true that at the time of light and life relatively little time in the life of a given Urantia individual will be spent in toil, physical labor.

Again, the word "leisure", at the time of the indictment of the papers, included those activities in which energy is expended toward spiritual growth. And thus the leisure time of light and life, using that linguistic value of the word leisure will be worship.

Now we have discussed worship in past lessons. Numerous lessons have been devoted wholly or partially to this most interesting and important subject. And yet, who can ever truly grasp the full meaning of worship, but Father Himself? Even those who have journeyed to Paradise state that in some ways their knowledge of worship is less than they ever thought. And it is at that point, of course, that one fully grasps the necessity for an eternity of time to learn to worship Father properly.

At your stage of development, my friends, worship is at its beginning. You are taking the first cautious steps of the baby from the crawling posture to the upright in terms of your worship activities, moving from the animal considerations of self, the intellectual considerations of ego, to the spiritual considerations of the cosmos. This is indeed hard work, as all of you know, and yet so critical. And you must walk before you can run.

So too must your spiritual growth stumble and fall and falter in the basic concepts of right and wrong before you will be able to walk with confidence toward your destinies. This is hard work, very hard work, and it does not end with this life. You might say that to extend our analogy, you barely learn to walk spiritually by the end of a full term of human Urantian life. You learn to run while on the mansion worlds if you work very, very hard and spend many thousands of years in intense effort. And the delightful part is yet beyond that where you learn to fly, steps beyond. And all of this work, my dear friends, is worship: the doing of the will of Father, moving through the darkness, the uncertainty of imperfect creation, groping, despairing, crying out.

This is what Michael came to your beloved planet to experience for Himself. Can you imagine how it must have been for Him to descend from a state of physical existence that is not even imaginable to you, far beyond light, continuous communication with Paradise, to descend from that down to the level of a helpless babe of imperfect creation? Humbling indeed, and much, much hard work for Him, as it is for you.

As I told you in our last session, the work never ends. But as you become more skilled at the craft of worship, and progress from crawling to walking to running and beyond, you will be intensely gratified. The sense of wonder that one experiences with the increasing pace of growth that attends spirit striving, spirit work, and spirit growth, is far beyond any pleasurable sensation imaginable to an animal.

Some have mused about mating activity in the animal state, and its possible correlate at existences beyond the earthbound level. Do you not see that the intense - to you - pleasure that you receive from your mating instinct and its gratification is quite small in comparison to the true joy of spirit experience?

You may say, "But how can I call such work with such reward anything but 'play' or 'leisure'? Why work?" Because, my friends, it is more consuming of effort than anything else you have ever experienced or shall ever experience. The reward of joy, of peace, of wisdom, you might liken to those instincts which have been planted in you as an animal descendant. Your instincts on this planet, to eat, to sleep, to reproduce, not only work for your survival, but also enable you to experience pleasure, do they not?

So too it is with the worship urge. Hard, hard, work it is to walk toward Father, intense hard work. And yet once you have firmly committed yourself on this road without question, without doubt, that spirit instinct to work and worship and grow toward Paradise will become stronger and stronger, and its gratification will yield the spirit correlate of what you call pleasure.

I am forbidden to discuss many of the details of mansion world life, and life beyond. This is, in part, because it is desired that the focus of this particular teaching mission be upon your activities here and now. Remember the analogy of the tadpole and the frog. But is it not helpful to a tadpole in his

ascendancy toward froghood to have a light shining through the water? That is my role and the role of all those from above who are so honored to be part of this teaching mission.

I shall close this part of the lesson now and receive questions and comments.

S: I would like to hear you comment for just a few moments on the application of mental effort to a problem, whether or not that is work, and whether those who don't do manual labor but who work with ideas and correspondence and things of that nature are actually working. I know the answer's yes, but I would like to hear you explain what it is about this that has now encroached upon the definition of work.

R: Yes, certainly. You may recall that the mindal components of animal brain function are dual on this planet, the physical out-workings and the intellectual out-workings, and as this planet and its cultures evolve, work which is done and the definition of work will evolve also. The most rudimentary form of work which occurs in the most primitive of human cultures encompasses those efforts which are required to barely survive, which, of course, is food gathering, protection of the young, procreation and mating, and shelter from elements and other threatening environmental factors. The next step involves the development of tools and other technological adjuncts through the first use of intellect. But at this stage still work is primarily physical.

As the culture evolves there is more and more of intellectual work and less and less of physical work. And then in a normal planet of imperfect creation there will be that wonderful time at which the first of the spirit work begins to show on a cultural level. On this planet - because of interference with the plan - the period of time that has elapsed since that first bit of spirit work in the life of the average Urantia mortal showed and now has been so long. And the advancement has been so small by the accepted standards of the universes.

Nonetheless that fragment of spirit work is there, but it is quite small now. During this last century of your time, the proportion of intellectual work to physical work has widened greatly for many, many persons in your culture and, indeed, over the planet at large. And just recently we have been most gratified to see a definite increase in the proportion of spiritual work undertaken by the great mass of Urantia mortals.

This may seem like a long-winded answer to your question, but the short answer is that yes, of course, intellectual effort is very much work. As time passes on your planet, in future times, physical work will become more or less extinct, and the notion of toil will be applied increasingly to intellectual effort, and the notion of leisure to pure spirit development. But there will come the day that there will be widespread realization that spiritual effort is indeed work. Does that answer?

S: Yes, I enjoyed every word of your long-winded answer. And I liked your summary with the short answer. The Master, when He was here, had a group of apostles who did what we would call work and there were time - at least once a week, maybe twice a week - when, they said in the Urantia Book, to have ceased work and enjoyed leisure. I would expect that even during their leisure they worked at least a little, but I would like a comment on the relationship between work and leisure.

R: Yes. Well, at the time that the Urantia Book was indited, the formal understanding of the word "work" included mainly physical toil, but also an element of the intellectual toil to which you alluded just now, and the syntax use of the word "leisure" included rest activities such as sleep, nourishment activities such as eating, and worship activities, so leisure did not primarily refer to worship. But worship was considered to be leisure, definitely.

S: How about play, or - as the apostles went - fishing? I'm looking for a good excuse to go fishing.

R: It is during what you call “play” that very much spiritual work is accomplished. That is why the reversion directors play such an important role in later activities in your existences. In a sense you could say that they guide your play. But, my friends, do you not see that worship is indeed play?

S: I hadn't thought of it that way.

R: What you call fun now is just a glimmer of what you will feel about worship increasingly as you progress in your spiritual growth. Do you think that Father in Paradise does not enjoy Himself?

S: I certainly hope He does. I think it's rather interesting that the word “recreation” means recreation.

R: But re-creation of what?

S: Yes, re-creation of energies to work is what I would think. Re-creation, a new beginning.

R: And perhaps re-creation of the perfect from the imperfect. Have you not had at least one acquaintance in your life whom you enjoyed because they were so playful? (Yes, yes.) Then imagine how Jesus must have been perceived. Think of children shortly after the arrival of the Thought Adjuster. Is there not a marked increase in the desire to play?

S: I hadn't observed it, but now that you called it to my attention I know that it exists.

R: To work at play, rather than passively allowing play to occur - if you view it in those terms - you may begin to remember in your life and the lives of your progeny. And yet so many allow the playful spirit to drain away, and be replaced by rage, fear, greed and pride. The extirpation of those qualities from your mindal activity will create space in a recreational way for the playful spirit of worship to enter. And you will leap forward in your worship skills when you undertake that housecleaning within.

S: There was a saying when I was growing up: “All work and no play makes Jack a dull boy.” Of course, that was twisted after a while to say that “All work and no play makes jack and plenty of it.” I think that your lesson would confirm the first of those instead of the latter.

R: Yes

Q: I'd like to know what you do personally for recreation.

A: At my stage of education, I guess you would call it; I spend a proportion of my time under tutelage of experienced reversion directors. Their company is most refreshing and... [turn over tape] The reversion directors with whom I work are most gracious in guiding me in my play. We have a lot of what you would call “fun” together. And it is, for this time in my existence, very much like the play of a human child, in the sense that I expend large quantities of energy in a seemingly effortless fashion. I always leave these encounters feeling replenished.

Additionally, I am assigned periods of time for contemplation, meditation, visitation to what for my level you might consider to be a garden, a place of peace. You may recall that Jesus engaged in such activity while on your planet. These periods of time are also part of my education and like all my activities are closely monitored and recorded so that I shall not ascend to the next administrative level until I have accomplished all of those growth tasks which are appropriate for this phase of my being. Does that answer? (S: Yes.)

Q: You say that you are under the tutelage of reversion directors. They are teaching you the most enjoyable ways to relax and refresh yourself?

A: I would say that they are teaching me the most efficient ways to improve my worship skills and by improving my efficiency in that manner, I achieve what you call “relaxation”. Not exactly the concept of beings in white garments cavorting on clouds with harps. [Laughter]

S: Don't forget the wings.

R: Yes, they would get in the way. (11/21/93)

WORK as it relates to BEAUTY

Today's lesson will be on the topic of beauty and work, a combination of two areas which have been recently covered in our discussion. And as I have done in the past, I will endeavor to help you to understand how Father's plan is united by the connected workings, out-workings, of His qualities as expressed through the acts of His creatures. You all understand, to some extent, what the concept of work means in the spiritual sense, and you understand that it is separate from play, recreation, and yet shares some qualities with worship, prayer.

You may be asking yourselves now “How can work and beauty possibly have anything in common?” Is not beauty that which, when passively beheld, brings forth a joyous and loving response in the one whose senses are thus stimulated? How can this be in any way related to work with its implied ordeal? How can any ordeal, after all, be beautiful?

You are correct in your perception that work - not only in your present state but all the way to Paradise and beyond - is difficult, challenging, sometimes disappointing, and sometimes painful. And yet, you all do truly know that it is Father's will for us to work, as even He does. Therefore to work is to follow Father's plan and His will for us and for all of His creatures of higher mind.

You may recall that all things of Father's creation are by definition beautiful, and indeed all qualities of Father's are beautiful, and all acts which are in harmony with the will of Father are beautiful. So you see, my friends, when you work at that task which you may despise and curse and sweat and struggle - as difficult as it may be to believe - you are engaging in a thing of beauty.

The channel would like to laugh at this, and I myself, even yet, find this somewhat amusing, as I review my own personal experiences with work, for I am still close enough to you in my condition to feel much pain. Be that as it may, work is a blessed act. Father smiles on he who works without let up, with little complaint, even with joy in his heart. Father is pleased when the one who is reluctant makes a valiant effort and toils nonetheless. And it is indeed true that the angels rejoice when you successfully complete a piece of work over which you have striven mightily.

My friends, as you go forth and become teachers in the future, it will be a very effective, thought-provoking and spirit lead act for you to discuss the merits of work and the beautiful aspect of work with your fellow Urantians. You will find that this often will be most difficult and challenging for you. Indeed, it will be hard work. But it is most important as we untie the snarled knots wrought by Lucifer and Caligastia and their followers who promised life everlasting without pain or difficulty, and appealed to the animal mind which seeks always to avoid discomfort. If you can undo this by expressing - in your

own individual and unique way - the beauty in work, so that your fellows have a chance to understand, you will be doing much to further the cause of this mission and others to come. Yes, there is much beauty in work. Is there work without beauty? Is there beauty without work? I would say, at this stage in your universe existence, the answer to both questions is probably no. You may ask, "But what of the wonders of God's creation that I may be privileged to glimpse with relatively little effort?" That beauty did not come about without effort being expended, did it? No, much energy was used in the creation of that beauty. If you would create beauty yourself, you must toil mightily.

To view beauty may indeed afford pleasure, but pleasure at perceiving beauty is not the same as beauty itself, and this, too, is a place where much confusion arises on this planet regarding the subject of beauty. Can beauty be possessed? Can you acquire it at the market place? Can you own it, enslave it, contain it in a box, and ship it abroad? In the spiritual sense, no. What you understand materially as beauty is a quite different thing than the beauty as expressed by God, created by God, and created by God's co-creators in their spiritual toil. And yet you all do know beauty when you see it, do you not?

It has been said that in the presence of great beauty the mind is still and brought to peace, and all of us who journey Paradise-ward are reminded of that, in a broader sense, when discussing how it will be to stand in the presence of God. You can sample a very tiny fragment of this when you behold God's magnificent creations - what you call natural beauty in your culture - the beauty of a bright spirit in another whom you behold, and that feeling of accomplishment, that good feeling that you achieve when you have done a job well, is also part of that feeling. Think about that, and do you not agree that it is a sense of peace within? (S: Yes.)

And yet, there have been those in your planet's past who asserted that what we have just discussed does not exist, and there are many on this planet even today who still believe that. You can see how that has affected your planet, can you not?

This is the end of this lesson, and I look forward to your questions and comments now.

Q: Rayson, thank you once again for putting together a combination of ideas that I hadn't really thought of before, although I certainly see the basic truth in all that you've said. I remembered while you were talking that probably the most used concept in Jesus' parables was that of master and servant, with the servant being extolled for faithful service. I believe that He asks each of us to be first servants and then sons and daughters of our Father. This, of course, requires work on our part.

I've heard it said that there is no such thing as a menial task, there are only menial people. I believe the first half of that, I'm not sure about the second half. I wonder if you would comment on what I just said?

A: Yes, that is a most thoughtful question, and I thank you. In the ideal circumstance on a planet of imperfect creation, there will evolve family units which eventually will be patriarchal in nature and on a very small scale will imitate the grand structure of the cosmos. It is staggering perhaps to consider this, and yet it certainly is a most sensible model, is it not? (Yes) In the family model of which I speak there is a strong, loving, creative, honest, giving, loyal, good father at the head. And his partner is a loving, loyal, obedient, kind, nurturing, benevolent mother. The children are obedient, and, as their parents, hard-working, honest, eager to learn, service-driven, as are their parents, good. You may recall that Jesus the man frequently compared man on Urantia to child, often spoke of children did he not? (S: Yes)

You are the children in God's family, all of you who reside on planets of imperfect creation, even as you serve as parents in your own families to your own children. How would you want your child to be? You would like your child to be good, and yet to work within his capacity toward perfection and

independence. And the best way to ensure that his will happen is to yourself be a good child to your heavenly Father. Your child will naturally imitate your example.

As far as your second question regarding menial service and menial people, you correctly understand that God does not regard any of His children as menial. He is not even disappointed as a human father might be when time-related performance appears to be deficient. His love shines forth everlasting, without pause, and the good child of God knows when he has acted well and in accord with His Father's wishes because it is inherent in the cosmos that by behaving in accord with Father's wishes, you draw closer to Father. And that is a more rewarding experience than any other could possibly be. So the one that may be called, in human terms, a "menial person" might, in spiritual terms, be seen as one who is somewhat less close to God. Does that answer your question? (S: Perfectly.) (01/02/94)

WORK as it relates to WORSHIP and SERVICE

Today's lesson will be rather complex. We will discuss work yet again, however this time it will be in the context of its connection to worship and worship activities, including service. We did touch on this area briefly during last lesson, and since work is such a vitally important area of learning and discussion at this time in your planet's emergence from chaos and reconnection of the universe circuits I have decided to put much emphasis on the area of work.

I sense that those of you who have been following our recent lessons are beginning to modify your own inner concept of work in accordance with our recent discussions. That is good, for it is not helpful to you in your role neither as student nor as future teacher in this mission to have a disdain for work. And yet this disdain is a deep current that runs through all of the cultures which presently exist on Urantia.

As I mentioned last time, a most important job for you as teachers and participants in this teaching mission will be to assist in the re-education of your fellow mortals on this planet along the lines that have been presented through these lessons. We have dealt with many topics and yet there will be relatively little progress toward our immediate goal unless the people of this planet embrace work with gladness, readiness for service, loving spirit, and a sense of worship. This is not presently the case, as you all are well aware.

My dear friends, from the moment that you are conceived, and forever after, you are engaged in work activity involving expenditure of effort, struggle, meeting challenges again and again. Ever will there be more, and, yes, failure - but also success - for such is the course of existence for those of us created imperfect. It is part of our endowment, our gift from Father, to be imperfect, and as mentioned in past lessons, this sometimes causes pain and regret in us. That is the beginning of the dislike for work that occurs in mortal creatures of imperfect creation.

It is this that Lucifer and Caligastia seized upon and so skilfully used as a potent force in their rebellion, emphasizing to imperfect mortals that pain and struggle were truly not necessary, because, after all, Father could easily make all things possible and perfect. This led to much anger and resentment on this and other planets, and indeed in the mansion worlds there was also great turmoil related to this issue. It will take you many eons, much study, and experiential growth before you begin to understand fully Father's true wisdom in creating imperfection.

For now it must be an article of faith for you to accept this as a benefit of Father's love, a true asset. Now, my friends, the visceral response that all of you experience at the thought of painful and arduous work is an animal thing which most unfortunately has been much magnified through the devious

activities of the rebels, and you will not be rid of this for the remainder of your mortal life on Urantia, I am sorry to say. However, I will attempt to help you to understand some of Father's motives and reasons for endowing you with work, which may well help you to accept the discomfort that you have when faced with work and modify your own inner attitudes and those of others by your example.

You may recall that Jesus declared that He was here to do His Father's work. In fact, the word "work" was one used very much by Jesus during His time on Urantia, and this was no accident, for an important part of His time here was the work of restoring worship on Urantia and diverting some of the more heinous results of the rebellion. In this He succeeded through mighty effort, and even today you can feel it within yourselves, can you not? Do you not sense that joy of worship of Father within you? (S: Yes.)

Before this planet embarks upon the final stage toward the emergence of light and life, you mortals on Urantia will have the same sense of joy regarding work that you now - some of you, the more advanced - experience as a part of your worship activities.

I know it is difficult to imagine at this stage, but the way that this will come about will be through, initially, faith-motivated acceptance of work as a worship activity and later, when spiritual evolution has moved forward on Urantia there will be more Thought Adjuster connectedness added to faith to reinforce each individual's knowledge of work as worship.

My friends, all of Father's qualities are united. They are not discreet entities. You cannot separate love from goodness or from truth or from beauty or worship or service, just as you do not see discrete rays of the sun. Whenever your actions are in any way in accord with Father's will, they are in all ways in accord with His will. So as you go forth in your work activities, whatever they may be, please understand that you are worshiping Father in your toil and effort and struggle. You are learning skills that you will use for the whole of your existence in the cosmos, for you will be working forever, and it will come to be the most exciting, joyous and loving activity imaginable for you at some point in your universe career.

It may seem inconceivable to you, but there will be a time when recreation will be almost an annoyance to you because you will be anxious to get back to your work. I regret to say that I myself have not reached that point. [laughter]

So, my friends, again it comes down to faith, does it not? (S: Yes.) For now you must accept on faith that work is a God-directed activity and is blessed and contributes mightily to your own personal growth and contributes mightily to the forward movement of the spirituality of this planet.

Teach your children to love work. Be an example to your friends and neighbors of one who loves work. You may complain, but they know by watching that you are working, and you must therefore embrace your work activities, and when they see you thrive, the inescapable conclusion will be that it is a result of not only work but of your loving and worshipful attitude regarding your work. And this will be a strong motivator to your neighbors to imitate you in this way. So you will be doing Father's work, you see, like Jesus, a co-creator with Father. And what could be better than that?

This is the end of this lesson. I will gladly accept questions and comments now.

Q: Rayson, I thought that you had already milked the subject of work dry, but I found out that there's still some cream left in it. And I want to thank you for delivering at least part of that cream to us. I have heard the proverb, "An idle mind is the devil's workshop." Would you care to discuss work as it pertains to the mind?

A: Yes, certainly. When you work, there is no part of you that is idle, not your body, nor your mind, nor your spirit. And your Thought Adjuster is present supervising and available for guidance, as are your Seraphim and other assistants. However, when one is idle, the opposite may occur, particularly if lack of work activity persists for a long period. Why should the Thought Adjuster continue to make efforts when there is no reciprocity on the part of the mortal, no effort? Why should the seraphim continue to suggest and advise when the ears are deaf and the eyes are unseeing?

The idle one walks away from all that Father has constructed in the way of assistance, and in this condition it is unfortunately easy to turn fully away from Father, or as pagans might say, toward the devil. The one who is not engaged in work with idle mind, body, and spirit may choose to become involved in non-worship activities, non-work activities, that is iniquity. That is the meaning of your proverb. (S: Thank you.)

Q: Rayson, I want to thank you very much. I have not been able to listen to all your lessons on work, so it's been very enlightening to me today, and I'm really enjoying the cream, as (S) pointed out. What about those people who for whatever reasons aren't able to work? I'm thinking of people incapacitated, or those who have reached a stage in life and are very elderly, that for whatever reason now no longer seem to be able to work. It made me think about concepts that would enable them to do more. We seem to have a society that wants to get people out of work when they get older. It's real painful.

A: Have you not noticed how often material death follows?

S: Yes. I want to tell you of my own personal experience. My father worked until he was 82, and I think it was one of the key factors of his longevity, plus his excitement and thrill.

Everything you said about what work provides, my father benefited from by continuing to work. He never ceased to work until he was forced to by a fatal disease. I can see the transformation constantly in his life, which has been a real example to me, and I guess maybe an example for all of us. So I really appreciate what you've been saying today.

R: Yes. Thank you.

Q: Rayson, this has been a particularly inspiring lesson for me because it explains why, when one retires from one activity of work, there is this urging to seek out something else. Would the creative activity of making gifts for people, of creating things, writing poetry, music, and handcrafts be classified as a work activity, even though it's so pleasant to engage in?

A: Yes, if the motivation is God-directed. Yes, of course. Do you understand?

S: Yes, in other words, if one is using the time as dedicated to creativity because one feels the need to be doing something as a part of God's plan, wouldn't that be what you're leading to there?

A: Yes, if your activities involve carrying out God's will and have the qualities of goodness and truth and beauty and love, of course, that is worshipful work and very acceptable.

Q: OK, because when you retire from one thing there's a sense of "I ought to be doing something else." And not just the routine survival things, but something that contributes something.

I have this other question about another phase of the lesson. You mentioned that one of the qualities of Father was worship, and I assume with regard to Father that is the characteristic of Him that inspires

worship in others. Does Father worship anything or any being? Or is it because of His worshipful quality that that's a characteristic of Him?

A: Father worships everything that exists in the cosmos. Do you not see the care with which He has created everything that is?

S: Yes, I just never thought of that as being worship, but of love and caring. I can see that as a characteristic of worship. Thank you, that clears it up.

R: Father is always and ever a partner with you, if you care to join Him and share His qualities. He always, always extends His hand to you. You have only to reach up and grasp His.

S: That's a quality that's very hard to transmit to a non-believer. We have a friend at our church who is very much in need of that sort of belief but seems very resistant to faith. My prayer is that we be given every assistance to help her get past that stage and know how loving and caring Father is.

R: Is she a loving person?

S: I'm afraid not. I'm afraid that somewhere in her life she had a deprivation of love, so it's an experience she's not altogether familiar with.

R: Perhaps she has merely made a conscious choice to take the other path, and in this case it may be non-productive for you to pursue her. She is capable of making her own decisions?

S: Oh, yes. They may not be very wise sometimes, but she's very able. It seems she clings to the negative, and we would like to help her get beyond that.

R: You cannot help her to make her own free will decisions.

S: Just love her and hope that with that experience she can eventually turn around?

R: Protect yourself.

S: Yes, I've noticed the need for that, I'm sorry to say.

R: Well, there need not be regret at the awareness of the danger that those who choose iniquitous paths pose to yourself. At this stage in Urantia's development it is important that you understand the need to guard against those who have chosen evil ways, for they can harm you very much. Some will harm you in chipping away at your faith, if you allow it. Others will harm you by inflicting pain on your person, either physically or financially or emotionally. Some may even kill you, so please be aware that there is danger.

S: I am not aware that she has deliberately chosen iniquity. I just don't feel a threat from her in that form. I feel more that she's just floating, just not ready to choose anything.

R: It is something for you to consider that a spiritual matter will not be swayed by material considerations. Surely you know of those who have experienced, or even presently experience, material deprivation and mistreatment and yet gladly and lovingly choose to follow Father's path. And the opposite also, that is, those who have been fortunate and appear to have everything that money can buy, so to speak, who yet dwell in misery, rage, pride. You could never give them anything that would cause them to turn toward Father. Of course, there are all the variations. But do not make the error of believing

that there is anything you can give such a person in the material sense that will cause them to alter their behavior. Your best hope in such a situation is to carry yourself with dignity and be a living example.

Q: On the definition of work, there are many forms of work, obviously, the one that we get paid for; is that the one you're speaking about mostly? Or is it just work in general, like the work we spend working in our garden, or helping a friend at their house? What is it that you're particularly speaking of?

R: Expenditure of effort with the goal of productivity in mind. Actually, most of the work that you perform is unpaid in the sense of wages. Think about the times you have had to deal with grief in friends or family. That was work, was it not? (S: Yes) Or your family chores, other family chores?

Q: I ask this because I find I have so much more joy in the physical work - whether it's growing or helping someone else - and I am, at this point in my life, struggling with the work I do to make a living, in terms of just how empty it is and how it's just not what I want to be doing. And I feel quite stuck as to how to get out and change it.

I feel like Father's given me many, many, many gifts, and I realize that we can touch people by way of our daily work. I think perhaps that's what I'm doing in this job, but I can relate very much to when you say that there's work that's joyous and there would be such different work for me to do that would not be like work. I know so much of America leads lives of quiet desperation because they're doing things they just don't want to be doing, and I truly believe that people should be joyous in the work that they do, whether it's to make a living or whatever. And I'm lost right now on that subject because I'm not happy where I'm earning my living. I'm much more happy, whether it's cutting down a tree or helping somebody rebuild their house, or doing physical labor - the things I can see, fruits from my labor. Does that make sense?

R: I believe I understand what you are saying, however, desperation, to which you refer, is that element that I alluded to in our lesson which Lucifer and Caligastia so expertly magnified in the planets of rebellion. It is entirely possible that if what you refer to as your pleasure activities were incorporated into your present wage paying job, you would dislike them as well. The joy of work is something that you must develop on your own. It is your own inner attitude toward the activities that will result in joy, not the opposite. Do you understand?

S: Yes, I've had that self calm as well. But what do you do when you're just in a place that's reeking negativity? I know I choose my own way. That's what I'm struggling with right now, is trying to get myself out of a situation where I just think I've reached the end of my rope.

R: What do you think Jesus would do in your situation? (S: I don't know.) Can you imagine?

S: Well, I imagine He would try to find the joy in it.

R: How would He do that? (S: I don't know.) What do you think would be the first step? My dear friend, you may wish to seek, earnestly seek, for goodness in your work. There is no thing on Urantia that is all bad, nor any that is all good. There must be some goodness there. I advise that you look for that goodness and make it your focus and your jumping off point to help build a joyous attitude. If you do that, you may indeed find that another opportunity which will be less onerous to you will present.
(01/08/94)

WORK and CONVICTION of TRUTH

Let us move on to our lesson for today. Again, I shall remind you of the great, great importance of work in your life now and for a great time after you pass from this material form. We continue to talk about work today, this time in conjunction with truth. As we discussed in recent lessons, it is truly impossible to separate the qualities of Father from one another. You cannot say that there is pure goodness separate from love, nor pure love separate from truth, nor pure truth separate from mercy, and so on. And as we have recently discussed, the work that you do is part of your vital contribution in the way of transmitting Father's qualities to your fellow beings and participating as a co-creator with Father. If your work is good, if it is carried out in a sincere fashion with the object of service to Father, then it must be truthful and honest. It cannot be otherwise. Additionally, such God-directed work will help to reveal further truth, by which I mean showing you and your fellow beings that which is of God in contrast to that which is of man.

Part of what you do as a participant in this mission, as a follower of Michael, as a believer of Father, is to strive as you go about your business to always find the higher meanings in that which you observe by means of your senses. It is as if you are a scientist exploring an ancient ruined city, sifting through the sands, searching for original artefacts, remnants of buildings, structure of a culture, carefully picking away with your brushes and brooms, your metal tools, scrapers and forceps. As you have been progressing with your spiritual growth, you have been learning to use the spiritual tools of discernment which assist you in determining that which is Father's will and distinguishing it from that which is not Father's will, what we have referred to in past discussions as material.

Each of you here today makes a living in a different fashion. You all have your talents, your skills, your training, and there surely are differences in the manner in which you carry out your work. And yet, for each of you, as for every being on this planet, there is much value not only in working in a sincere, committed, good and faithful fashion, but there is also a great potential for influencing your fellows on this planet as Michael Jesus influenced His fellows.

Even now those of you who are not living at the same time period as Jesus are very much aware of His high qualities as a worker. He was much admired and much imitated as a worker in His fairness, His consideration, His honesty, His continual attempt to always produce a work of the highest quality, His willingness to admit and correct mistakes, and His striving to improve His own skills. Regardless of what your job may be as a worker, you can do all these things, too.

In the eyes of Father there is no menial labor, nor is there any exalted work in the sense of how a material being earns his livelihood. Rather, one's work is judged according to those qualities which demonstrate a commitment to service to Father. Ask yourself, "Does my work measure up? How can I improve my work?"

Remember, friends, that you are always being observed by your fellows, by the unseen beings who move among you, and, of course, by Father. This should not cause you to be fearful, but I tell you this so that you will be aware that your activities are important and should be carried out to the best of your ability. Now you all know that imperfection is your endowment and perfection is a long way off. Do not be harsh with yourself because your work is not perfect. And be merciful with your co-workers who are not perfect either. In yourself and in others search for the good qualities, the God directed qualities. Seek to amplify those, and you will be much gratified in the outcome, and much truth will be found. This is the end of this lesson. I will gladly receive comments or questions.

S: Once again I want to thank you and Father Melchizedek for a wonderful series of lessons on work, emphasizing the different aspects of work. I heard a lot today about the combination of work and truth, and I pray that I'll be able to put them into effect.

R: You are most welcome. Work is a very important part of what you as a participant in this teaching mission will do. There are many on Urantia today who do not wish to work because of misunderstanding the value of work. As you go forth, and by your personal example, demonstrate the righteousness of work and the many benefits to be gained by sincere hard work; you will do much to reverse this trend which gained its major impetus from the rebellion.

S: You mentioned the fact that we are co-creators with divinity, with God. Is there any way that we can be co-creators other than by work?

R: At this stage, no. Later there will be other ways, but there will always be much hard work for you to do in your role as a co-creator. Of course, faith is an essential ingredient, as you know, but faith alone, without work, will gain you little in your material life.

S: I think Paul said faith without works is dead.

R: That is rather extreme, but it does have an element of truth.

S: It's funny; I had a different interpretation of work and co-creation. I was thinking of the work of parenting and what goes into the creation of the assistance of the development of human beings of talent as being work, rather than just a job as work.

R: That is a vitally important job, of course, and one that you do well, however this issue of the work that you do to earn your livelihood is also very important at this stage in the planetary development of Urantia.

Yes, there are many who wish not to do the work of parenting, as well as avoiding the work of earning a livelihood. In fact, the two often go hand in hand, and it is common to see the good worker for wages also function well as a parent and family member and vice versa. However, co-creation with Father, which is a special part of what you as an imperfect being are allowed to participate in during your universe career, goes far beyond procreative aspects of your life and includes the influence that you have on fellow beings through your appropriate responses to your indwelling Adjuster's promptings. And, additionally, on a planet in rebellion such as Urantia, you can greatly help Father through your service directed activities in all aspects of your life, help to undo the lingering and deleterious remnants of Lucifer's doctrine as they continue to abound on this planet. Do you understand? (S: Yes, thank you.)

S: I seem to understand from the combination of all your lessons on work that it's not the job we choose to do, but that in whatever we do, we do it the very best we can, develop the best skills we can, and try to have a happy attitude while doing it, even though it may not be the job we'd most like to be doing. Is that what we're striving for?

R: Yes, you have stated it very well. Thank you.

S: Rayson, what about choice of jobs? Does it really not matter what you do, or is there some responsibility for doing a job that you know is helping, or rather not hurting, the rest of mankind to the best of your ability to judge that?

R: Do you mean could you restate the question?

S: Yes, I'm trying to get at - does it make a difference what you do? Let's say you have a choice of doing one job or another, is it more valuable, or is there a benefit to choosing one that you believe is more helpful to mankind in some way? Or maybe another way of stating it would be if somebody worked very hard dealing drugs, does that constitute good work?

R: That is a very good question. The one who participates in activities which are harmful to fellow beings, of course, is knowingly choosing to go against Father's will. I do not think anyone here would disagree that Father would not have drugs disseminated to children or others who are weak and vulnerable. However, even the one who chooses to earn a living in an evil way can carry out evil duties paradoxical as it may seem in a fashion which is a model of sincerity and honesty. But you probably would have to look very hard to find such a person.

My understanding from the mind of the channel is that drug dealers do not hesitate to kill others for non-payment or to sell their product to persons who will surely die soon. Even if this is done in a diligent fashion, how can it be good? And yet there are always exceptions, are there not?

S: Rayson, somewhat related to the previous question, in terms of value of the work that we do, no one position is more elevated than another, and there's really no such thing as menial work. But what, if any, responsibility do we have to apply our God given talents, to strive to find work that would utilize those qualities, that would best further the Father's will? We are all different. For an example, someone has a musical talent which, if developed, might be able to a greater degree disseminate truth, but instead they deny that talent and work as a dishwasher in a restaurant. Is there any moral or ethical responsibility - well, can you just comment on that please?

R: I can share with you a model that has been developed on other planets of imperfect creation which has lead to good outcomes.

S: Please do.

R: In this model, childhood is a time of learning and acquiring skills as well as participation in family life and the beginnings of spiritual teaching, However, once the child has achieved reproductive capability and the capability of self support through one's own work, this young adult is compelled to leave the family unit and live alone supporting himself at whatever trade he has chosen. Now in this model there are some who perform manual labor, such as you have alluded to, who find enough leisure time to develop other skills which they later use to support themselves financially. However, there is no allowance in this model for a prolonged period of idleness in the adult part of life, so that your budding musician, or whatever, who is capable of work but prefers to spend time acquiring another skill, would not be allowed to remain idle for a prolonged period, of say, more than six months while being supported by another adult.

Surely you know of persons who have spent many, many years searching for the ideal profession only to look back late in life upon a career of idleness having been supported by others. Is that not true?

S: Yes, that is true. I'm talking about a person who is self sufficient financially but denies a talent that they have. I call it a God given talent because some people do have a propensity for, for example the music that others just don't have. Is there anything morally or ethically wrong with denying, never tending to a talent that you have?

R: No, not at all, the talent will never leave you. You will take it forward into your next life.

S: Ah, interesting. Thank you for that.

R: You have potentially all of eternity to develop yourself.

S: Well, that's a relief. The days are too short, that's for sure. But do you have an obligation to try to develop those talents while here?

R: Your obligation is to work while you are here, and to have faith in God.

S: But is not a talent something within, and is not exercising that talent in some way achieving the will of God by expressing it?

R: That is an argument which is presented by those who highly value service to the self rather than service to God. It is very easy to convince yourself that gratifying animal urges - including what you would call the service of the ego - is God directed and serves the cosmos, but do you really believe that that is the case?

S: Well, the Urantia Book says that one person through music can change the world. If this person has a talent for music but through the vicissitudes of life, and the different turns, and being insensitive, and not wanting - for whatever reason - to express his talent, is that not doing something very wrong?

R: Do you recall the life of Jesus? Remember that He was a gifted musician. Did He lay down His carpenter's trade to develop His skills as a harpist?

S: I think that's a rhetorical question.

S2: I have a different view. I am concerned that there are a great many social ills on this planet, particularly in this country, and there are vast numbers of people who have gifts and talents that they are unable to develop because of poverty, racism, oppression of women, etc. I would hate to think that there would be an idea developing that somehow those people are immoral and unethical because they're not developing their God given talents. I think it is important to know that there are people who want to work and can't, or who are caught in a system where work is punishment throughout the planet, not just in this country. I don't know, I guess I just needed to say that for me. Do you have comments on this, Rayson, about people who can't - ?

R: Who cannot?

S: I would say the women in the rape camps in Serbia. Women, single parents, in poverty stricken communities in this country, stuck on welfare, who do the work of their immediate environment but don't have the privilege to sit back and postulate on spiritual values and their ethical responsibility to cultivate a talent, because they're busy trying to find food for their children.

R: But do you not see that by doing what you say and performing as loving and caring parents they are very much working?

S: Yes, I do.

R: And further that such work is highly spiritual. There is much sacrifice of the self in such a pursuit.

S: Yes. I think some people tend to view them as not doing spiritual work. It's important to see that because people are caught in poverty does not mean that they are valueless.

R: No, certainly not, but let me ask you a further question. What do you say if such a parent, a woman, allows herself to become impregnated under these circumstances?

S: I think that the complexity of the social problems in this country contribute to a lot of those factors, and I don't have an answer, do you?

R: I offer to you that the family with a father and a mother in attendance is a very strong and durable structure to offer a child. It is understood that there are circumstances which occur despite careful planning which do not follow this model, however, in a culture where procreation is easily preventable I question the responsibility of bringing forth more children. Do you understand? (S: Yes.)

S: Rayson, would you say that mortals are far more critical of other mortals for not developing all of their talents than Father or Michael?

R: Yes, of course this criticism is culturally dependent. There have been cultures on Urantia in which such an idea was far less developed than is the case in your culture. Your culture has been relatively affluent, and there has been, for some, an abundance of leisure time which has afforded ample, sometimes too much, opportunity for reflection on the self and real or imagined talent development.

It is important to ask yourself in whatever you do, whether you are impoverished or affluent, are my actions in accord with the will of God? if you can sincerely answer yes, then those activities, the work of your life, are appropriate and are God directed, and Father would have no complaint.

S: Thank you.

R: Remember, my friends, that as uncomfortable as adversity is for you, it is a vitally important part of your personal growth, and does much to aid you in your spiritual progress. The ones who suffer through enslavement, poverty, physical handicap are able to benefit much, if they will heed the Adjuster's promptings. Father loves this effort far more than the poem or a song which is written as a tribute. Do you see this? (S: Yes.)

S: Rayson, what about play? Is play a waste of time or is it something to balance the other parts of work of life?

R: Play is very important, however as we discussed in a previous lesson, play may not be what you understand it to be. In your play, as in your work, it is best for you to keep in mind the will of Father. Do you believe that a play activity which involves the killing of animals is in accord with Father's will?

S: Does that include fishing?

S2: My thought exactly.

S: I mean, Jesus was a fisherman.

R: But He did not mount trophies.

S: If we eat it, it's OK.

S2: Then it's not play, if you're fishing for food.

R: That is work.

S: Feels like play.

S2: Well, it does, and it's incidental because then maybe you put the beef in the freezer and eat the trout that you caught that day.

R: You enjoy your work.

S: OK, I guess we're really used to thinking of work in a very regimented kind of way, W-2 forms and all that, but you're speaking of work in a broader sense then?

R: Yes, work is a worship activity which is a difficult concept to grasp while in the material state. However, it is true that this is the case, and understanding this may make it easier for you to trudge along in your toil on Urantia with a loving attitude and far reaching goals in mind.

S: Rayson, I personally find your lessons transforming to myself. I haven't heard all the lessons, but of what I've picked up already it's changed my attitude tremendously, and I want to thank you for that and for your patience in continuing to pursue the subject for us.

S2: Amen.

R: You are most welcome. My dear friends, much effort is being put into your education, and you will in future go forth and work hard to educate others. The beauty of work is that it always follows this pattern. Think to yourselves of all the jobs that you have ever known of. Have they not always led to further work? This is how the universes were created, and this is how in future the outer universes will be settled. When you are permitted to make your final decision for or against survival, you will be presented with, among other things, the prospect of eternal work. And there have been some fortunately very few - who have found this to be so distasteful that they have elected non-survival. Do not hate your work. Embrace it. See it as a blessed activity. Let it draw you closer to God. Become a shining beacon among your fellows. Move smoothly and lovingly among the masses of Urantia leaving the imprint of God in your wake. (01/15/94)

WORK with Respect to LOVE

R: Friends, today's session will be a bit different from the usual, for this will be our last formal lesson. In addition to the lesson, I am going to explain the next phase of this group's educational experience in the teaching mission. Do you have a preference as to whether you would care to hear the lesson first or second?

S: I prefer the lesson first.

R: Very well. Today's lesson is on work again, this time with respect to love. This fits in well with the initiation of the next phase of this mission, for you as participants in the teaching mission will be directly involved in conveying Father's love through your own work. All of you here know what love is, do you not?

S: I believe so.

R: Yes, we all are capable of recognizing love when we experience it. Some say that those of us created imperfect have a greater enjoyment and awareness of love than the perfectly created beings because our hearts are not always filled with love. Being of animal origin, we are vulnerable to other states that are not in accord with Father's will - states of rage, greed, pride; states in which we seek to harm and destroy others; states in which fear conditions all of our actions - so that in the material state at least that feeling of love, if you allow it to come through, will seem very refreshing, uplifting, freeing, relieving, strengthening, in contrast to states of animal origin.

Have you not noticed in your experiences on Urantia that you may easily find yourself in an animal state without having much conscious awareness of how you got there? Yes. That is a common experience for imperfectly created beings, one of which it is difficult to not feel ashamed. However this part of your imperfection.

I encourage you to work hard to learn how to resist this inclination in yourselves. You will find that it is most difficult to do this, initially. If you achieve any measure of mastery in this regard during your life in the flesh, you have, believe me, far surpassed your peers, many of whom are never truly aware of this capability, but instead attribute the joyful feeling of love which sometimes comes to them to luck, magic, or other happenstance occurrences, never truly realizing that it is their own behavior and work that cause this to come about.

Remember again that Father's love is always coming toward you, but you must reach up and take it in order to fully experience this and other aspects of Father.

And this, of course, is where work comes in. Some mortals in this teaching mission have said that the work is particularly difficult because things of a spiritual nature are so difficult to perceive, gossamer in quality, elusive in nature. That is indeed how it may seem to a mortal being, however you may be interested to know that there have been some few who have, through diligent effort, been able to attain and maintain a firm grip on at least certain aspects of the spiritual world that is within and without and everywhere around you.

Surely all of you here have noticed a subtle but definite change in your usual sense of being since entering the teaching mission, have you not? (S: Yes) Would any here care to describe that?

S: Real peaceful. It's a change in the matrix from which you make your decisions.

S2: Another one is a heightened awareness, of not only our own awareness of spiritual presence around us, but of the spiritual presence that's in other people, an awareness of their searching, and their Thought Adjuster and other personalities.

S3: I find myself able to step aside from a typical reaction and anticipate how I would normally do something, or react to something, and almost have a time out and recognize how I would normally behave. That wouldn't necessarily be the best way. I catch myself doing things a lot easier now than I did before, more aware and more sensitive.

R: So you find yourself working harder?

S3: Yes, definitely. It's more work in that sense, sure.

S: And more of a desire to apply the Father's will as you perceive it to your reactions and your relationships.

S2: I feel a sense of the spirit of competition that's so nurtured on the animal level being replaced by a spirit of cooperation. I feel very motivated that way, and I think it's a direct result of the lessons and the teaching mission.

S4: And I have difficulty in seeing work as work. It seems to me that it really is self fulfilment rather than work, and it's got to be done.

S3: And concerning the teaching mission, and also my spiritual journey that I'm taking, I don't perceive of that as work. I understand better now that it's been explained in the mission, but I'm just so excited about it and I'm so motivated by it that it just doesn't feel like work to me - in the traditional definition of work.

S5: I think about one time (S) gave a talk about paradigm expansion, and I think that being involved as we have in our mission has completely changed my paradigm reference. I mean now suddenly everything looks entirely different. I still have a base reference point, but it's opened up to accepting all kinds of things that would never have happened had it not been for the lessons.

R: Do you notice that you feel more a part of the universe?

All: Absolutely. Definitely. Yes.

R: And less prone to drift in the wind, so to speak, (S: Yes) be carried about by the gusts of fate, as some of your poets would say. These are all excellent observations and show that you are indeed growing spiritually and reaching toward Father. And you will be pleased to know that two years from now you will look back at this time and realize that you have come very far since today.

S5: Exciting.

R: Yes, it is exciting, and it is a glimpse for you of the wonderful adventure that awaits when you pass from the material form to the morontia form and beyond. There is no harder work than the work of Father. Do you see that?

All: Yes.

R: And as you, my friends, go forward to inspire your fellow beings and become spiritual leaders. You, like our loving Father, will be an example as the hardest worker in the group, just as Jesus worked hard and diligently. Is that agreeable?

S: It is. I get great satisfaction from what we have referred to here as work. Somehow it seems to be a normal thing to me as distinguished from some additional effort.

R: Yes, it is a normal thing once your eyes are open and you are able to see beyond the animal drives.

A: What I'm saying is, it doesn't seem to me to be harder. It seems to be easier to do the work of the Father.

R: Yes, to follow Father's will is always the most efficient way of using your energy, as you would say, the shortest distance between two points. I have used this last lesson as a model for our next phase of education. What we shall do beginning next session will be to start with basic concepts, and I will serve as the moderator while participants in the group offer components of the lesson. It will seem random to you at first, but your unseen helpers will be working with you during the interim periods between meetings in such a way that the final product of each session will fit together and form a cohesive unit as if uttered by one being.

This will serve many purposes. This will help you to see how a loving attitude enables you to cooperate together and produce something of real and lasting value. It also enables you to work at your own speed while you are alone preparing and set your own pace for spiritual growth. Additionally, you will be learning skills which will enable you to duplicate this teaching group when you go forth at a later stage in the mission and form your own separate groups among new members of the mission.

I sense that you are all excited and enthusiastic about this prospect.

All: [Assents]

Q: Rayson, we have been caught up so much in the second phase of this that we haven't really been able to comment on your last lesson: work in relationship to love. As I understand it, one definition of love, according to the Urantia Book, is the desire to do good for others. When we respond to that desire in any manner, is it work?

A: Yes, spiritual work. You are right. Are there any other comments?

S: Yes, I have a comment about the lesson today, work and love. You say so many things that inspire me, one in particular I had written down and put stars all around it. Father's love is always coming toward you but you must reach up and take it. The reaching up and taking it, would that fall under the category of work, the effort that it takes? I mean, that seemed to me - your comment seemed a direct connection between work and love.

R: Yes, the reaching up and taking is that work that I have been talking about, and, in this case, it involves loving back. To feel Father's will most deeply involves acting out His will in your behavior and your experiences. And as you become more experienced and work hard in your journey toward Paradise, you will become more and more adept in your capacity to act in accordance with Father's will.

Q: Rayson, when I'm practicing the stillness in the evening, I perceive of this outreach as a, maybe an analogy would be, as a muscle and that the more you work your spiritual muscle, the easier it becomes. And I perceive of mustering up all of the love that I can in my heart, and just sending it toward the Father, and then really trying to open myself up for a response from Him. And this reciprocation seems to confirm the idea that it is a muscle that I'm working in that sense. Can you comment on that?

A: Yes. Yes it is like the development of a muscle. You are correct in your perception, and in addition to sending love to Father in the fashion to which you refer, there is another perhaps more easily understood way that you can love Father. That is to love your neighbor. Your neighbor is not an abstraction to you but a real living, breathing person. Can you truly love your neighbor when he is noisy, smelly, dishonest, unkind, obtrusive, greedy, fearful. If so, then you have achieved a high level of spirit growth.

This does not mean that you need to bring the creature into your home [laughter] or draw your savings from the bank and hand it to him. Love has not to do with these material displays. But if you do love

your neighbor, you will find that this is the most effective means that you could employ to help him to modify his behavior and be more loving in return. You see, you will be acting as a co creator with Father that way. To think that Father can love you in all that you are, is that not a marvellous thing? Does not that require the same forbearance and mercy that you would show to your neighbor? [Several: Yes]

Q: So Rayson, then is it more an attitude than an actual doing of a thing, since you're saying you don't have to have that neighbor into your house or give them money. Is it more just how we think of them, the kind of mental energy we send their way, the way we - when we do - speak with them? I mean, what do we do to love that neighbor? I think I understand what we don't do.

A: Perhaps you could describe to me a neighbor whom you find objectionable, and then I can offer more tangible advice to you.

S: Quite honestly, I barely know my neighbors. I've just moved, but I was simply extending your example. I know, a former situation. I had some neighbors who would have live bands over and play music into the wee hours, and it was very distressing, and it brought out the worst in me. But I never really had a personal encounter. I would always just call the police, but I had very negative feelings about these people and would express them loudly within my own walls but never to them. It certainly interfered with my own spiritual growth in terms of how I was feeling, where my mental energy was at that time. But there was no interaction with those people. I don't know if that example is useful. I guess not.

R: Do you think that having a direct interaction with this neighbor might have led to your developing a more loving attitude and your neighbor, in turn, responding and being more kind and considerate toward you?

S: I think, at the time when these incidences occurred, I wouldn't feel safe doing that. For one thing, I think that they were inebriated, but I suppose I could have tried that in the more likely sober hours of the day. Would it have helped? I don't honestly know. I guess I have somewhat of a pessimistic attitude about that with some people. Maybe that's where I need to stop having those assumptions and give it a try.

R: Of course, a neighbor who is a savage and does not accept the hand of friendship cannot be very responsive to your loving gestures and may actually be dangerous to you. I assume that you eventually moved away and severed the relationship of neighbor with this person. Did you not? (S: That's right, yes).

That was probably the most useful action to take under the circumstances, however, you must have had a neighbor who did not behave in that way, yet whom you feel you did not develop a high level interaction with.

I do not mean by use of the term "neighbor" the one who lives next to your dwelling. There is the neighbor with whom you work, the neighbor with whom you interact in financial matters, the neighbor who shares the road with you, the neighbor who stands in line next to you at the market. How do you feel about these people? There is the neighbor whom you will never see again who asks for directions. Do you offer help in an appropriate fashion? This is all something for you to think about and consider in this matter of loving your neighbor. Are there other comments?

S: Rayson, many times over the years I use the phraseology, I demonstrate good will or unbreakable good will. To me, a love relationship, in my own definition, can become such an emotionally involved thing, like loving everyone in this room and those in intimate contact with. To me demonstrating good

will is probably an aspect of love that I find a little more comforting at times when somebody's cutting me off in traffic. I can demonstrate good will, and even unbreakable good will, but the emotional involvement of the word love would be hard for me to deal with probably at that time. Maybe you could comment on that.

R: You are wise in perceiving the difference between mortal love, which has animal elements of emotion and intellect, and the divine and spiritual love of Father. Father's love is, as you say, unbreakable good will, but also has the very important element of mercy. You refer to being cut off in traffic. If you would include mercy toward that neighbor, it might be more palatable to you.

S: Thank you, Rayson, that really does add a wonderful dimension. Thank you so much for that.

S2: Rayson, I just want to share one comment about love, something that I'm dealing with now, or that's helping me define what love is to me. And that is simply learning and wanting to value, simply just value, the other person in the way that our Father does, and the way that I am valued by Him. To me that is like a foundation stone at this point in how I'm defining love. Simply learn to value that person, to want to value them as I am valued.

R: Yes, that is most important, and remember again from this lesson and other lessons that material contributions are not an element of spiritual love. Do you expect God to fix your car, repair your bank account, provide you with a home or food or jewellery or training or education? Certainly not. And in transmitting Father's love to your fellows, is it appropriate for you to offer these things to them? Would you deprive your neighbor, all of your neighbors, of that necessary adversity that is required for spiritual growth?

It is not greedy to withhold material things from your fellow beings who have the hand out and seek to convince you that if you are a believer in God and a loving person, you should fill their cup. Consider their motives, and you will see readily who the greedy one truly is. This is a hard, hard lesson for you, my friends, particularly because formal religious training on Urantia has taught you otherwise, and this is a deeply ingrained concept. But I urge you to work hard with this. (S: Thank you) You are welcome. Are there other comments?

S: I love you, Rayson.

R: You are much loved by myself and the others in attendance today and those who have beheld you at all of the sessions and at all times in your existence. I shall bid you farewell, my friends, and I urge you to work hard during this interim period and consider your topic of cooperation and reflect upon it. You all have the capacity for reflectivity and may develop that muscle, as you say, to a very fine and precise level, if you work hard. I bid you farewell.

All: Farewell. (01/22/94)

WORSHIP AND THE ART OF LIVING

Today's discussion will center on the admixture of two important topics: worship and the art of living, both of which have been presented as separate areas of discussion in the past. Bear in mind, friends, as you proceed with your individual learning, that the areas of spiritual growth that you may consider to be discreet and separate topics are actually parts of a continuum, not separate and apart at all, but rather

parts that are inseparable and inextricably intertwined with the whole fabric of what is. This, of course, applies to spirituality in general and the art of living and with worship.

As we have mentioned before, worship is that which glorifies the Father, not merely singing His praises, but all activities which express the will of Father, in other words, the art of living. You have been endowed with the gift of life, a gift of love from Father, but if you wish to elevate yourselves above the level of animal life, it is necessary to work at worship. Sometimes the work is easy, but very often it is difficult, taxing, challenging. It will take you to the edge of your capacity to perceive that which is right, and it will test your ability to do that which is right despite almost overwhelming - temptation is not the right word, but I shall use it for want of better - temptation to behave in a different fashion.

In thinking of the art of living, you may, in your mind, have a vision of a leisurely existence with comfort and pleasure in abundance. And this may indeed come about if you have truly mastered the art of living, and in your actions - each and every one of these - express worship for Father. However, it is quite rare for mortals of animal descent to ever reach the level of proficiency in spiritual expression where such a comfort level is attained. Rather, most who aspire to the art of living and improved worship find their lives to be difficult, arduous, and full of struggle, not without pain, a continuing test. And this is what you, yourselves, are most likely to experience should you choose this mode of existence.

Look into yourselves, my friends consult with your indwelling Adjuster and you will have a willing and helpful guide along the road that will lead you to the art of living. Along the way of this path, you will find that fear, pride, anger will diminish as you work and struggle, and greed, of course, will fall by the wayside leaving you lighter and stronger. But make no mistake, this is a rocky, uphill path, and lonely, if you define loneliness as prolonged endeavor without the company of your fellow mortals. It will not be lonely in the sense of lack of spiritual company for you all have many who stand by you to help, to advise, and to observe this great experiment on Urantia.

How does one take the first step? The first step is to make a freewill decision that this is what you truly and sincerely wish to have for yourself, no matter what the cost may be. To put aside fear, to realize that some material goals you hold dear may be slower of attainment, or may never be realized at all - for attainment of goals, both spiritual and material, requires expenditure of time and energy.

One cannot divest energy toward more than a few major goals simultaneously and achieve success. You all know that. In fact, part of your decision to take that step must be to take the decision that your spiritual mission supersedes all others. Are you ready for that, my friends? Are you truly ready? Are you ready to give up some of your comfort? Are you ready to step out of the world of man the animal and walk toward the world of the future man, the spiritual, the fulfilled, the world of your children, grandchildren, great great grandchildren? Look into yourselves and decide if it is something you cannot do now. You will be offered the opportunity beyond this life and far more information will be available to you at that time. To take the step now is far more an act of faith than it will ever be at any future time in your existence. And it is that faith, my friends, that marks you on Urantia and on the other planets of the rebellion as being so very special in the universe.

Worship of Father is not an activity that is confined to a particular time of the day on a particular day of the week with a particular group of people. Rather, worship is expressed in every breath that you take, every word that you utter, and every move that you make. It is particularly evident in your interactions with fellow beings, all fellow beings.

When you express worship of Father in your connection to another being, your spiritual light increases ever so slightly in its intensity. The day will come when you will be able to perceive this much more

clearly than you do now. There are some among you who can, even now, see this light, or feel it. And I am certain that all of you here today can sense it. Truth, beauty, goodness and love, such simple sounding concepts, these are the essence of worship and the essence of Father's love for you and all His creation.

The universe is all of what is. It is not a collection of individual egos, each crying out for expression. It is the wave that ensues when beings act in concert for the good of all, and the non-participants are not heard. It does not matter, really, except as a brief flicker on the surface. The wave breaks on the shore not because one water molecule is particularly strong, but because all the water molecules act in concert. So too with the progress of this universe, or any universe, or in fact all of creation.

And you, my friends, as mortals created with free will capacity are not just carried along as are those created perfect. You, in fact, can help to create your own wave, not your own individual wave, but your own collective wave that adds such a beautiful voice to the choir. You are not created perfect, and perfection is not demanded of you. Instead it is asked that you strive toward that which is perfect which you have an inner realization of. It is your striving that adds to the voice, and when you fail to strive, that is when your voice is silent.

In the grand scheme of the universe the recognition goes to that which is correct. That is the motivation beyond the material life for the strivings of creatures, because the sense of being right, of worshiping Father, is so wonderful. And to not have that feeling, by contrast, seems so empty, not necessarily painful, but rather not wonderful, not good. You can get a sense of that when you are on the right path, worshiping in your lives and working toward the achievement of the art of living.

If you lose the thread and feel you cannot find your way, think about Michael and His life in the flesh. What would He do? How would He conduct Himself?

You are all to be congratulated for your diligent efforts and your personal progress. More than ever there is the sense that things are going well with this mission. It will not be a perfect adventure because you are not perfect beings, but it will be a wonderful adventure because Father's ways are wonderful. I will stop at this point and receive questions, if you have any.

Q: I've been concerned that I wasn't efficient in worshiping our Father well enough. I read from your lesson that probably none of us are, but we gain some comfort from the words that you said. Is love a prerequisite for worship?

A: Yes, but again, you will not experience perfect love, so do the best that you can. (S), you are much loved and you are doing quite well, and there is no reason to feel remorse. Continue on your path. You know when you are doing well, do you not?

S: Well, yes, only sometimes. I want to do better. Most of the time I want to do better.

R: Patience is a part of love. Is it not?

S: It seems to me that it is. I set aside times for worship and in those times I try to mentally say that I love the Father and that I actually worship the Father. But I haven't any real meaning to the idea. It gives me some pleasure and satisfaction to say it, but I really don't know what I'm saying.

R: Do you say it in isolation, or do you say it when you are among others?

S: Well, both, but I don't say it aloud when I'm among others.

R: What markers of success are you looking at?

S: That is what I was going to ask you. I don't know what the markers of success are. I feel supported, full, loved, but then I don't feel that I'm doing enough.

R: The feelings that you have are the markers of your success. The response of others to you is the marker of your success.

S: I hear you talking about problems and travail that are blessings. I really haven't been blessed with any of those. I have everything it seems that life can offer: a loving family, very close friends, and a good relationship with God. I wonder if this is a test: no hardship?

R: You have had your hardships, but the human mind is quite remarkable in that, with the passage of time, pain is forgotten in its fullest intensity. This helps to protect you, for you are a creature of flesh and blood, and if you were to continue to experience the pain of every difficulty, life would be intolerable.

S2: (S) is expressing some of the same feelings I've been having that I am not spending enough time in worship. Yet, I feel like I have Father with me all the time. Yet I regret I'm not spending enough time alone with Him, solely with Him. And today I feel like I made a connection and a commitment during our lesson that will help me to do better at this. And I thank you very much for your lesson.

R: You are most welcome. Perhaps, (S) & (S2), the anxiety you experience with regard to your own spiritual growth has to do with the fact that you are looking for material signs of spiritual effectiveness. You will never see those. That is where your faith comes in. It is worship enough at the end of a long and successful life to wake up in the morning, to care for oneself, to not be a burden to others, to maintain one's health, and to be loving in one's interactions on a social level. You both do that quite well. Neither of you engage in the practice of castigating your offspring for failures of your own health or finances, nor do you spend time in regret over what may have been. Those activities would be the opposite of worship.

It would not be in your best interests to conduct your worshipful lives in the same fashion as you did when you were twenty or thirty years old. My sense is that you are handling it quite well, and it may help you to know that your living example is very important to the other participants of this mission who are younger than you are. Does that help?

S2: Yes, it helps, and it seems that the absence of unloving behavior is a form of worship. I think that's a beautiful thought.

R: Yes, is it not paradoxical that what you perceive in the material is the negative, not the positive, and what you perceive in the spiritual is the positive, not the negative. Is that not true? (S: Yes.)

R: Just a bit of mota.

Q: Along the lines of worship, I feel that worship is something that flows in and out of my life. For example, (S) and I were surfing this morning, and just to sit out there and see what God has made. And in those moments just know that He hears how grateful I am, that's worship too, isn't it?

R: Yes, and certainly your fellowship with (S) is most worshipful.

S: So I'm thinking along the lines of (S2) and (S3) who to me epitomize worship. No one could be more loved and more respected. If I could just become like them when I grow up, I would think everything I did was right.

R: Yet, you hear their doubts.

It is good for you to speak your feelings along these lines, and remember, my dear, worship means doing the right thing at the right time. You were right to attend to your families' need rather than to attend Michael's party. God has no need of your food, but He needs your loving interaction with your relatives, and through that you help to spread His teachings. Do you see?

S: I believe that. I don't always do it, but if I could just do good always, I couldn't do any better than that. So, if I think I'm doing good, I feel OK about what I do. I seem to have a pretty good reality checker inside me, so if I just follow my inner promptings, I know that it will be OK. I feel like I'm getting better, and I know you know what this means. So thanks.

R: You are most welcome.

Q: With regard to your lesson today, these are requests for confirmation to see if I understood the lesson correctly. We worship not just in solitude, but in our communion and truck with our fellows every day?

A: More so.

Q: More so. So, doing Father's will in relation to our brothers and sisters is a form of worship.

A: That is absolutely correct. In fact, it is the main form of worship.

Q: And as far as markers are concerned, those times when we feel most connected, (S2) and (S3)'s questions prompted this, but I've been wondering myself, too. Interesting, we're all wondering the same thing. We've all felt it. We've known that we were in loving communion with the Father. It's unmistakable. It's completely reciprocal. And, most of the time we only feel that when we're in solitary communion, worship. But now and then it seems we feel it when we're in everyday life, just regular activity, and we've made a good choice, and we've been able to do a good thing not just for someone else but to tell ourselves, or to reinforce better behavior, God's will in our own actions. Am I right? Are those markers? Are those little guideposts that say "Yes, this is the direction, follow this?"

A: Yes, and to elaborate on that, the sense of being correct and being in communion that you experience in solitude is actually the glowing reflection of correct behavior when you are engaged in activity. However, your blunted awareness while you are active is mostly due to the fact that you have a brain and body of animal origin and that talking voice in your brain is babbling too loudly for you to be able to hear, in a sense, the rightness, the spiritual perception, that you get when you are in a quiet mode. Does that make sense to you?

S: It does.

R: If your actions while engaged with others were incorrect, then during your periods of solitude you most likely would experience either discomfort, pain, or a neutral feeling, rather than a sense of well being and goodness, such as you express. The evil man cannot stand his own company.

Q: So, there necessarily has to be a cleansing period, I would guess.

A: Well, it is certainly a useful reinforcement of your faith to have periods of solitude during which you can quiet the mind and perceive your own spiritual level. It is not absolutely necessarily, in the strictest sense, but there are very, very few humans on Urantia who have been able to dispense with this device as an adjunct to the spiritual journey. So, the answer to your question is yes.

Q: When you say worshipful activities I presume you mean service, because one can have activities which are based on error which would not be worshipful. I would think that service would be equivalent to worship or maybe even better. When I relate to others, if I try to relate to the God within them, their Thought Adjuster, I think in that case I would be approaching worship because I would be serving them. I can't say, for instance, if service is better than worship or worship is better than service because sometimes service will make me worship better and sometimes worship will make me serve better. But worship seems to me like it's more of a one on one situation where I can talk directly to the Father within me whereas when I'm serving there is a third party involved. Is that correct?

A: There is no difference between worship and service, (S).

S: The Urantia book says there is.

A: Well, worship in the sense of doing the will of the Father is service. As far as a third party being involved, when you interact in a social way with another being, in a loving and serving way, you extend the connection between yourself and God to that third party.

Yes, that is somewhat different from a private session with the Father, but it is only a difference in degree. If one were to spend one's life in solitude reading spiritual materials and attempting through the Thought Adjuster to contact the Father, the spiritual life would be incomplete and unfulfilled because the connection to other beings is a vital part of a proper worship existence.

Much confusion about worship arises from ancient times in the history of man on Urantia when superstitions and fear lead to the enactment of ritual behaviors designed to appease the mysterious forces that were thought to be responsible for good luck, good weather, good health and general well being. This idea has existed to the present day in the persistent belief that worship can only be undertaken in solitude or even in a particular setting, such as a church, temple, mosque, and even in particular position, such as the kneeling position, or the prostrate position.

It is unfortunate that this pigeon holing of the notion of worship has occurred, but my personal understanding of worship is that it encompasses all activities in which one extends one's link to the Father through the Thought Adjuster which has been achieved through conscious effort and freewill decision to another being or other beings in an active fashion. Does that answer your question?

S: Yes, it does. I think a lot of this is based on a frame of reference whence we take the meaning of worship as we apply it to ourselves. I think (T/R), whose mind you are using or speaking from, has that ideational confusion between worship and service. I was never related to a church when I was a child so I don't relate worship to any specific temple or any church or any archaic concept of worship. I just think worship as I get is straight from the Urantia book and from Jesus' example. He did service with others and for others, but He also took time to go out on His own to be by Himself so that He could talk to the Father. I think it's very good for you to inform people that worship can be accomplished not just by oneself but also in doing service. I just wanted to bring the point up because I talk to some people who would just worship with others but not by themselves. In other words, they wouldn't go out by themselves to be alone with God. I think that both service and worship is necessary and not one at the sacrifice of the other.

R: If you wish to consider them as separate activities, that is your choice. The life of Michael, which is the example lovingly provided by Father as the model for ideal human existence on Urantia, was one of unending service and was the ideal for human endeavor on Urantia. Never once did Michael cease to worship Father.

S: I have no qualms about that. It's just a matter of semantics. We tend to use the word worship, I do anyway, to distinguish it from service, and that when one talks directly to the Father it's not a matter of action. Service - to me - is action, whereas worship is being with the Father. In other words, it's the difference between the first person and the third person. Service is action, the third person, having to do with Infinite Spirit, whereas to me worship is the first person, being with the Father. It's an existential kind of thing. That's how I differentiate the two, and I think there is a definite difference.

R: Was Michael not with Father when He served?

S: Yes, but I'm just saying when He served there was an act. I mean, there is a difference between action and being. When He served, He acted. I think when He worshiped He was with the Father, in other words, just being, existing with the Father.

S2: May I interject here?

R: Certainly.

S2: I have located a page in the Urantia book in a paper on the life of Jesus, on page 1616, teachings about career and worship. It says at the evening conferences on Mt Gerazim Jesus taught many great truths and in particular He laid emphasis on the following: He said that worship, contemplation of the spiritual, must alternate with service, contact with material reality. And it goes on to say that work should alternate with play. Religion should be balanced by humor. Jumping a few lines again to say, another distinction, worship is the technique of looking to the One for the inspiration of service to the many.

So that sentence right there, to me, points out the interrelatedness of worship and service. They're separate in terms of defining them for our human minds, but they're absolutely connected things.

S3: They're made of the same stuff, but they're expressed differently.

S: Yes, that's what I wanted to say.

S2: So I think actually we're probably all in agreement here.

S3: Yes, one can worship through service, but not all worship is service. I'm sure that Rayson was correct when he said that you can worship through service.

S: I agree with that. I have no difference of opinion about that.

Q: If we practice the art of living, isn't that just walking worship?

A: That is the point that I was attempting to make through the lesson.

S: I like that very much. I will never forget that word, the art of living. You're right, living is an art. Worship, I feel, flows through all of that whether it's just seeing again a heron rise out of the creek bed,

or sitting on the ocean thanking the Lord for this incredible beauty, or seeing a light in somebody's eyes because you've extended some help. It's all points of worship, ultimately, yes?

R: That is true.

S: This line about worship being the technique of looking to the one for the inspiration of service to the many makes me think about how they're interrelated, as you're doing service. I know for me I'm constantly having to check back in with the Father. Is this what I should be doing? So there's worship taking place at the same time.

R: That is true.

S: This says our thoughts precede our actions. Worship precedes the service, but it's happening milliseconds apart. (S2: It's commingled.) It's commingled, thank you.

R: Exactly, that has been the point of the lesson.

S: We finally got it. Thank you, Rayson. (08/28/93) See also WORK ex rel Worship (11/21/93) See also WORK ex rel Worship and Service (10/08/93)

PART III: PRAYERS

Many meetings were begun by Rayson reciting the following prayer:

THE LIGHT OF GOD SURROUNDS US
THE LOVE OF GOD ENFOLDS US
THE POWER OF GOD PROTECTS US
THE PRESENCE OF GOD WATCHES OVER US
WHEREVER WE ARE, GOD IS

On February 14th, 1993, the T/R for Rayson opened the meeting with the following prayer:

Universal Father. Eternal Son, Infinite Spirit, in our efforts to communicate with your servants, I request the guidance of your Thought Adjuster and the protection of the Spirit of Truth, so that we may communicate if that is your will - with beings that are generally aligned with your will. We thank you for any messages and any insights that we may receive. Thank you.

[This prayer was answered by a message from Prince Machiventa Melchizedek.]

On February 28, 1993, after the lesson and before the question period Rayson verbalized the following prayer:

Oh Divine Father, creator of infinite mysteries, knower of eternity, lover of all, your ways are many, and though we may not see your wisdom, on faith we believe and live your goodness. We pray for recognition of your truth, to live your goodness, and to appreciate the beauty of all creation: natural, human, morontial, spiritual perfected, divine, even on to the creations not yet made. We pray to fulfil our part in your plan. and through our efforts to one day be blessed enough to sit and be in your very presence in heaven. May we be granted the gifts of wisdom, courage, and stronger faith as we travel the long road God-ward.

The special session on May 12, 1993, closed with the following prayer:

And now, brothers, we will give worship to the Father, to the Mother Spirit, and to Michael, our Creator. We bless the breath we take knowing that it is divinely decreed. That we exist, and - if it be our freewill choice to exist eternally - then that is the will of the Father. We are thankful for this life in the flesh and of the spirit. We pray to grow more in understanding our role, and in carrying out the will of the Father in heaven. We pray to touch other beings with love and inspire them to seek God. Strengthen us in our resolve, and comfort us during our periods of (desolation?). As we stay centered on your love, we will continue by faith in our (endeavors?), knowing we all contributed to the spiritual growth of (the Supreme?).

On May 22, 1993, Rayson opened the meeting by asking a student to offer a brief prayer. This is the prayer the student offered:

Our gracious heavenly Father, we - your children praise you, we worship you. We thank you for Christ Michael, your son, our Father and our brother. We thank you for the Mother Spirit. Thank you for the Planetary Prince, the Vicegerent Planetary Prince, and the teaching mission. We ask that you be with all of the celestial beings and the ascendant mortals who are working with us, and that we may dedicate ourselves to their service. This we ask in Christ's name. Amen.

On May 29, 1993, Rayson closed the session with the following prayer:

First Source and Center, Heavenly Father, and Creator of all, we thank you for the desire to understand you and know you. We pray for the courage of convictions to reflect your goodness and truth and beauty into the world. We pray for clarity and wisdom to discern your will for us, knowing that even when it is unclear it can only be for the highest good. And on faith we accept your mercy and love and forgiveness, and look forward to our ultimate goal as finaliters. Please bless us all and let us be reflectors of your love.

On January 22, less than a week after the Northridge earthquake which damaged property of several students, Rayson asked a student to lead in a prayer of thanksgiving. This is the prayer:

Our Father, we want very much to thank you for our safe passage through perilous waters caused by the local earthquake. We thank you that we did not receive more damage. We pray for the strength of those who did receive damage to convert this disaster into good. We look at each disaster as an opportunity and thank you for it. This we do in Jesus' name. Amen.