

THE QUARTUS REPORT



The Quartus Foundation is an international nonprofit organization founded in 1981 by John and Jan Price. It is dedicated to the research and interpretation of the philosophic mysteries, and to the communication of the eternal truths as a contribution to those seeking a more fulfilling life.

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A STRAIGHT AND NARROW PATH

(Excerpted from Chapter 6, "Uniting Mind and Heart," in *Practical Spirituality*)

By John Randolph Price

There is a fine line, a straight and narrow path that we must walk, and it can best be described as a state of mind where the individual lives in the fourth dimension (spiritual consciousness) expresses in the third dimension (physical world). How do we do this? One way is by aligning the powers of Will and Love in a vertical beam of Light and expressing them simultaneously as courage, strength of purpose, resolution, and determination to be active as a spiritual being--and as total unconditional love toward everyone and everything. To establish that bridge between mind and heart, let's look at a few facts:

1. You are here to awaken to your own divinity.

2. You are here to help others awaken to their divinity.

3. You are here to participate in the salvation of the world.

4. You cannot awaken to your own divinity until you have a sense of responsibility to others and to the world.

5. You cannot feel a responsibility to others and to the world until you begin to take control of the lower self.

6. You cannot correct the lower self until you activate the power of will and begin to use this force to discipline the personality.

7. Through your will you develop a sense of firmness, stability, dedication and purpose in your life--a one-pointed focus on realizing the truth of your being and the healing of human kind on a global scale.

8. The focus of will alone may be expressed as the cold determination to move through any obstacle at any cost.

9. When blended with the love energy, the power of will broadens its perspective and accepts its responsibility as a member of the planetary family. Its actions are then based on the divine idea of Good-will.

10. When love is centered exclusively in the feeling nature and not balanced by mind (will), the individual may become over-sensitive to the illusions of this world and feel deep-seated emotional hurts over apparent injustices. This is conditional love based on attachments, rather than unconditional love which is completely detached from illusion.

11. When combined with the force of will, the unconditional love energy becomes the Great Harmonizer in your life and affairs, the supplier for the aims of will, and the provider for every need.

12. Through unconditional love (no strings attached), you transmute the negative energy of the lower self and you begin to feel a sense of responsibility to others and to the planet.

13. Once you begin to look beyond the lower self, you begin to awaken to your own divinity.

14. In the awakening process, your life's mission and purpose will be revealed with greater clarity.

15. Once you have your "piece of the puzzle" you will be drawn to the place, people, and opportunities where the Divine

Plan for your life can be implemented in all its fullness.

A Close Look at the Will Faculty

Will is the directive power of consciousness and is closely linked with choice, decision, and decree. When the will is focused on spiritual ideals, you are moving toward the Christ Connection. And as you are willing to "be about the Father's business" you are reconnecting the purpose of the lower nature with the Will of the Holy Self, and this true I AM can then express the fullness of Its potentiality in and through your consciousness.

Watch what happens in your energy field when you speak these declarations with power.

I am determined to be all that I was created to be!

I choose to express the fullness of my Christhood!

I now make a conscious decision to step out into mastery in this lifetime!

I decree a full awakening to the Christ within!

I now link my will with the will of my Higher Self and move forward to fulfill my mission and purpose in this incarnation!

I will achieve my destiny!

I will fulfill my mission!

Did you sense the power, the determination, the feeling of commitment? This is the consciousness of the Spiritual Warrior where nothing is impossible. The will faculty, which is located in your energy field near the front center of the brain, is now flowing with radiant light, and like steam in a boiler, its force will propel you toward your destination--literally rolling over every seeming obstacle. But without the balancing effect of love, will can be a power out of control, with the "end justifying the means" becoming the primary motivation.

Think of it this way: In the Mind of God, “will” means the Cosmic Urge to express, and that expression is always with and in love, meaning the highest Good-for-all. Your will is your urge to express the fullness of your potentiality, but the radiating force must be controlled by unconditional love. Mind and emotions, head and heart, must be united in and for Goodwill.

Hooking Up with the Energy of Love

When will is brought into alignment with love, your vision becomes broader and your consciousness is lifted into a higher vibration. You continue to move toward your objective, but that objective now includes freedom, joy, peace, abundance, wholeness, and happiness--not only for your self, but for all humanity. The drive of will combined with the energy of love from the heart center makes you a Lightbearer, a blessing to everyone within the range of your consciousness.

Try this exercise with me. First, see with your inner eye a vertical beam of Light connecting the love faculty in your heart to the power of will in the high center of your forehead. Let your awareness and feelings run up and down the beam. As you inhale, move with the Light from the heart up to the head; as you exhale, move down the beam of Light from the head to the heart. Breathe deeply as you practice the connecting of these two powers.

Next, concentrate on your heart center and say with deep feeling:

I love the Self I was created to be.

(Pause and take a deep breath after each statement.)

Now place your attention on the high center of your forehead and say with great strength of will and purpose of mind:

I am determined to realize the Self that I was created to be!

Down to the heart with feeling:

I love my Self.

Up to the head with power:

I now make the conscious decision to be my Self!

Down to the heart:

I love every Soul on this planet and beyond as myself.

Up to the head:

I choose wholeness and harmony for everyone without exception!

Down to the heart:

I love this world!

Up to the head:

I am determined to do my part as a healing channel!

Down to the heart:

I love the activity of Spirit in my life and in the lives of all others.

Up to the head:

I am the activity of Spirit as a distributor of God Power!

Down to the heart:

I love my mission in life.

Up to the head:

I now go forth with great enthusiasm to accomplish that which Spirit has for me to do!

The uniting of these two powers will balance your energies, start your “engine” and press the accelerator to give you the go-power to move toward your destination with loving determination. By connecting the powers of love and will and expressing them in your daily life, you will receive all the inspiration, guidance, and enthusiasm you need to chart your course, pull up the anchor, and move out to find your piece of the puzzle. And as you do, you’ll notice those “challenges” falling away and vanishing from your life because you will be moving out of the low vibration of the lower self where problems find entrance into your life and affairs.

Use your will to build a fire under you and to get your momentum going, and let love point the way and be the guiding light to the mountaintop!

The Great River of Life

By Mary O'Malley

Imagine walking through the woods lost in thought, when suddenly and very faintly you begin to hear the sounds of running water. The sound touches you like music. It calls to you. Then imagine coming out of the trees and finding yourself standing on the banks of a river that is cascading over moss-covered boulders. If you are like me, the image of that nourishes you to your core.

Why does moving water touch us so deeply? It may be because water flows. To watch a river is to glimpse what life is really like: a great river of dancing energy that has been flowing and unfolding for almost 14 billion years. Rivers call to us because they remind us of this flow of life and our longing to trust in life and spend a lot of our time trying to control it, hanging on to branches along the banks of the river that is our life. And because we get more battered doing that, we sometimes just get out of the river, sit on the bank, and become half-alive.

Both of these strategies for controlling life - trying to make it be a particular way and then disconnecting when all of our attempts to control don't bring us the peace we long for - are the way most people navigate their lives. These strategies only bring suffering because they are a form of resistance, and resistance tightens our minds, our bodies and our hearts, and it ultimately hurts us more to resist life than to consciously show up for its flow. But we can learn to trust life so that our main focus shifts from trying to change it to opening to it. The way to experience this is to soften our bellies, open our hearts, and use our minds to be curious about life rather than always trying to make it be different that what it is.

I wake up every morning and say to life, "Where do you want to take me?" My

life is an adventure that I am slowly and surely learning how to show up for. Can you feel the joy of that? Can you hear how that takes you out of struggling with life and invites you to engage with it, as it is, rather than trying to make it be a particular way?

At the same time, can you feel how that scares your conditioned self because it feels like it has no power and no choice? But that is just the fear-based mind that doesn't understand that the greatest power you will ever discover doesn't come from managing life, it comes from engaging with life, right here, right now. I assure you, having been somebody who got out of the river, dug a big hole in the ground, and crawled into it for a time, that the safest thing you will ever do is re-enter the river.

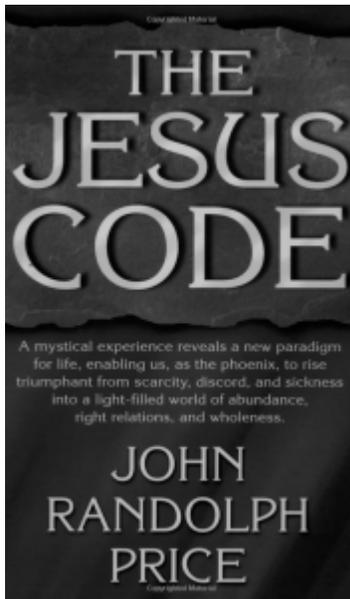
Yes, the river has rapids, and whirlpools and waterfalls, but as you awaken to life, you begin to have an entirely new relationship with your daily river, you begin to pay attention. Attention is like putting a life vest on your heart (being willing to be as kind and compassionate with yourself as possible) and stepping into the river of life, keeping your feet pointed downstream (as they recommend if you fall overboard on a river rafting trip) so you can see what life is doing right now. Very quickly it becomes clear that the river is always changing, but it is nothing to be afraid of; in fact, it can be fun. With a curious mind and open heart, you can feel the currents of life and respond to anything that comes your way.

It can be scary at first to open into the unknown. But once you recognize that belief that you can control life is an illusion, and that this brings far more suffering than showing up for life, you will begin to be curious about what the next bend in the river will bring. Even when life is moving you through whirlpools and stage five rapids, you will wake up every morning with a sense of adventure in your heart on the great river of life.

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Mary is an author, counselor, inspirational speaker, and teacher of awakening who resides in Kirkland, Wash. Information about Mary and her new book, *What's In the Way IS the Way*, can be found on www.maryomalley.com, or www.whatsintheway.com.

THE JESUS CODE



Have you read this?

Inspiring...challenging...comforting
THE JESUS CODE
By John Randolph Price

In a very vivid dream during the night of January 1, 1998, John was emphatically denied access to the secret gate leading to Cosmic Consciousness. Both curious and concerned, he pondered what to do next. Then suddenly he was given the specific instructions: “**See Jesus for the Code.**”

John began the task immediately upon awakening, first with quiet prayer to become attuned to the “mind which was in Christ Jesus,” followed by several days of meditative inner plane work. There was little progress until he took a break from the project and went for a long walk in the woods. And it was there he heard the central message of the Code--a challenge for all of us to embrace a new Model of Reality, and change our perspective on what it means to be “spiritual” in this world.

From this mystical experience came specific steps to higher consciousness--a ladder to climb to a new dimension where the illusions of sickness, scarcity, and discord are shattered and a world of wholeness, abundance, and right relations is revealed. He was also given a glimpse of the future as we moved toward the 2001 millennium, and how lasting peace will finally come to earth. Each chapter shows the lesson received, with John's interpretation and relative personal experiences added.

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Laura News

Don't forget to save the dates for the Fall workshop, Sept 23rd - Sept 27th. The topic will be **MINDFULNESS** - *the practice of the presence of God.*

You can call Kendall Inn and reserve your room now for an early bird special of \$109 Single or double occupancy. Mention Quartus when making your reservation. Check out rooms on www.yekendallinn.com or call 800-364-2138

Flyer will be in the May newsletter. Early sign up will receive a \$50 discount and a special gift.

“I am aware of the activity of Spirit, the only power at work in my consciousness. I feel the shining love, the radiating power, the flow of wisdom. I am as Jesus, and all is well.”

**~ From The Jesus Code
John Randolph Price**