

The Road to Ra

Carla Rueckert's personal journey of channeling and spiritual service



by Rosemary Ellen Guiley

In 1981, a higher intelligence named Ra made contact with Carla Rueckert, a deeply spiritual young woman from Louisville, Kentucky. The wisdom that was transmitted through Rueckert resonated with an international audience of spiritual seekers. But Ra came at high price, bringing Rueckert near death several times and leading to the suicide of her beloved partner, Don Elkins.

Rueckert has weathered more chal-

lenges in her lifetime than a good number of people put together. Today she is carrying on with the message of Ra, the Law of One, streamlining and simplifying the exotic language in order to reach new audiences. From the Other Side, Elkins functions as one of her guides.

The Road to Ra

Channeling seems glamorous, but many channelers say they would rather not

do it, so taxing is it on the body, mind, and spirit. Some, like Rueckert, are called to it as spiritual service, and they are compelled to answer the call.

"I began channeling in 1974, and I still don't like to channel," Rueckert acknowledges. "I'm a reluctant channel. It is hard work. I do it strictly as a service. I started it because Elkins wanted me to do it, and I adored him, so I did it. I have an endless desire to do things well, and I got fascinated with how I could do channeling better. I had always disliked most channeling—I thought it was marshmallow fluff or doomsday stuff. My challenge was to serve and do it in an excellent way. I still look to see how I can do it better."

The road to Ra began early in life for Rueckert. Though she never intended to be a channel, she later learned she was being prepared physically, mentally, emotionally, and spiritually to get on what she calls "the winding paths that led me to Don."

As a small child, aged two to three, Rueckert found she could go to a magical place where she was visited by Jesus, and she could talk to trees and animals. "Jesus held my hand and I would look into his eyes and I would know what love is," she said. "I adored Jesus. Mystical Christianity has always been at the base of my life."

At age 13 Rueckert suffered kidney failure and nearly died after two weeks in the hospital. She had a near-death experience: "All of a sudden I was in one of those wonderful places where all the colors were alive and I was free of welts that were painful. I had no pain, no blemish. I was

walking over the rise of a hill and I could see the white dome of a temple. I knew that all my friends were there. I was hearing beautiful music, like 14 Mormon tabernacle choirs and 39 symphony orchestras, and I could see the music sparkling in the air.

"A voice overcame everything. It said, 'Carla we don't usually do this but you chose an incarnation that was incredibly intense. If you want, you can come back and do two incarnations, half of what you intended to do in one and half in another incarnation. Or, you can go back into your body and do both in this one incarnation.'

"I had a tough childhood. I'm thinking two more childhoods, no way. I said, 'I want to go back.' Immediately, bang, I was back in the hospital bed. There were faces looking down on me trying to get my heart started again.

"Ever since then I have known beyond a shadow of a doubt that my path is to serve Jesus the Christ."

Partners in Research

In Louisville, Kentucky, Rueckert performed as a folk singer and married her singing partner, Jim, in 1964. The marriage was difficult and lasted just four years. Rueckert finished college, graduating from the University of Louisville in 1966 with a bachelor's degree in English literature. In 1971, she earned a master's degree in library service.

Rueckert met Don Elkins in 1961 and in 1962 joined his meditation group. They were drawn to each other. Elkins said later

he knew they would be together, and when Rueckert's divorce was final, they were.

Elkins, also a native of Louisville, was an engineer, commercial airline pilot, and independent filmmaker. He had a profound interest in spirituality, and in experiences that shed light on the spiritual evolution of humankind. In 1955, he founded L/L Research (L/L stands for Love and Light) to pursue research to that end. He was especially interested in past-life regression and UFO and ET experiences, as well as paranormal phenomena. He began to experiment with channeling in 1962.

In 1968, Rueckert became a partner in L/L Research with Elkins, and became his full-time assistant in 1970.

As her marriage was ending, Rueckert had a prophetic, lucid dream about the path ahead of her and Elkins:

"I had a dream that Don was a riverboat captain of a three-story boat and he was sailing down this canal on the edge of which was my house. I was in the midst of a burning house. He ran up the stairs and carried me very romantically onto his boat. I stood on it watching my house burn. He said, 'Are you sure you want to go with me, because if you do you will never see dry land again.'"

Rueckert was not daunted; rather, she was joyful at the prospect of being with Elkins. Don proposed marriage and then changed his mind. He wanted to be with Rueckert but not married. Rueckert was disappointed, but remained positive that being with Elkins was the right thing to do.

"Don didn't make things any easier because he never spoke of love or anything romantic," she said. "He never criticized me and he never complimented me. He was there and that said it all. I realized this was the absolute best he could do, and I just cut him slack. I would make sure that my basic needs were met, and we would deal with the rest together. And we did."

Prophetic Fiction

From 1968 to '69, the two collaborated on a novel, *The Crucifixion of Esmeralda Sweetwater*, which was published in the 1980s after Don's death. It predicted their future in an odd way. Esmeralda, a fragile space girl, dies in the end. "In actuality, Don was the one who died," Rueckert said. "I was always the one who was so fragile and Don was incredibly healthy. But in metaphysical terms, I was full of faith and Don was a scientist who could never open his heart fully to faith. That was his fragility that ended up being fatal."

Their work took a turn when Rueckert began channeling in 1974. "As soon as I began channeling, Don bought a tape recorder and started to record me. I guess he recognized that I had a gift. Fortunately we have nearly a complete record of my work. This went on and I was teaching people to channel. Things heated up on January 15, 1981, when I was teaching a student to channel. Don was present. I received the contact from Ra. I was able to channel it absolutely in the name of Jesus."

The first session opened with this mes-

sage: "I am Ra. I have not spoken through this instrument before. We had to wait until she was precisely tuned, as we send a narrow band vibration. We greet you in the love and in the light of our Infinite Creator.

"We have watched your group. We have been called to your group, for you have a need for the diversity of experiences in channeling which go with a more intensive, or as you might call it, advanced approach to the system of studying the pattern of the illusions of your body, your mind, and your spirit, which you call seeking the truth. We hope to offer you a somewhat different slant upon the information which is always and ever the same.

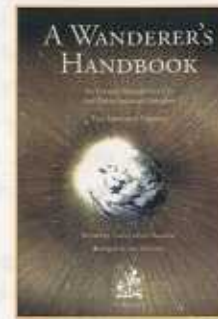
"The Confederation of Planets in the Service of the Infinite Creator has only one important statement. That statement, my friends, as you know, is that all things, all life, all of the creation is part of one original thought"

And that is the Law of One.

Triangulation of Light

Ra described himself as a "Social Memory Complex or Group Soul" at the "sixth density" in spiritual vibration. There are eight densities; the earth is at density three. Humankind is moving into density four.

From 1981 to 1984, Ra expounded on the pyramids of Egypt, Atlantis, earth changes, other-dimensional realities, and a host of other metaphysical topics. Rueckert served as the channel; Elkins posed the questions. Jim McCarty, who first joined L/L Research in 1978, transcribed the tapes.



(L/L Research became a subsidiary of McCarty's nonprofit charity, The Rock Creek Research and Development Laboratories, in 1982.) All three were present at all sessions to create a "triangulation of light" for the material to come through.

Ra brought a "sea change" to Elkins, who came as close to happiness as Rueckert ever saw him: "In fact, I had never seen him happy at all—he was either less melancholy or more melancholy. Now he couldn't wait for the next session with Ra. After the first 26 sessions he decided to publish the first book. Eventually we published four books."

Spiritual Misfits

The Ra material immediately attracted an audience, though many found the syntax and strange wording hard going. The deep metaphysical territory explored in the channelings were no conflict with Rueckert's equally deep Christian faith.

"If I had been in any religion except Episcopalian, I would have been in bad shape. When the channeling began I went to my bishop, who had been my spiritual

advisor since I was 12. I had told him what I was doing was for the unchurched, people who can't handle Christianity. He read it over and said, 'This looks okay and feels good. Just remember one thing: if people are reading your work and looking to you, you are Christ to them.'

"I have tried hard to be a good role model. I don't have any desire to turn people into Christians. Jesus reaches out and touches those who are for him. The people who come to me are, for the most part, misfits. That's why I wrote *A Wanderer's Handbook*, for all those people who are misfits, the unchurched who don't fit in.

"I think a lot of those people on this planet don't come from around here, but came here to see if they could help. Once you become an incarnated human being, the veil falls and the challenge is to remember who you are, to wake up from the planetary dream. I think I've become a sort of alarm clock to help people wake up."

The channeling took a serious toll on Rueckert's already fragile health. "It was elaborate to get ready for the sessions. Ra suggested that my eyes be covered. An altar was set up so that I would have my beloved Christian artifacts around me. I had to put on certain kinds of socks and shoes and put my arms under the covers. I had so much pain from arthritis. The covers were heavy on my sore joints. I had a dryer vent hose on both hands to hold the covers off. There were three microphones."

Once set up, Rueckert moved into the channeling by going to sleep.

In the beginning, they did one or two sessions a day. Then they did a session every other day. With every session, Rueckert lost two to three pounds. "That's not normal for a trance channel; normally they have a tendency to gain weight. Apparently I was internalizing the ectoplasm. I couldn't eat enough to gain the weight back, even though I was eating more than I'd ever eaten in my life."

At her lowest point, Rueckert weighed only 80 pounds. It was a struggle to get her weight up to 85 pounds. In addition, she was beset by health problems, including compromises to her immune system.

She and Elkins decided to spread out the sessions more, but the toll on Rueckert's health continued. Elkins became worried that the strain would be fatal to her. But something else also was happening to Elkins during this period: mental stress and breakdown. On November 7, 1984, he committed suicide by shooting himself in the head. The Ra work ended.

"It's impossible to say for sure what all happened, because when people are mentally ill nothing makes sense," Rueckert said. "There was another reality going on in his own mind. He knew he was losing it, which was heartbreaking. He would call off the channeling; he did not want to do a session when he was not 100-percent himself.

"We had not done any sessions for quite some time when it became obvious that his reality had separated from consensus reality. It was a desperately devastating expe-

rience for me. I remember saying to Don, 'I miss you,' and he'd say, 'I know, I miss me, too.'

"I think I did most of my grieving for Don before he actually died. When he did commit suicide, I spent the next six years feeling so guilty that I had not been able to keep him alive that my body tried very hard to die. I came very close to death several times."

Living the Law of One

In 1987, Rueckert and McCarty married. Rueckert entered five years of therapy and received a great deal of help from her church to get back on her feet emotionally.

In 1998, *Book V* of the Law of One was published. It contained much of the personal material that had been omitted from the previous four books.

In the years since, she has still had major and ongoing health issues that would render many people helplessly bedridden. The arthritis is severe. Her transverse colon has had three breaks that required surgery to remove about half the colon. She has chronic inflammation of the inner and outer walls of the bladder. And she has the "Christopher Reeve" problem, severely deteriorated disks in her neck. Rueckert has endured painful physical therapy and programs of pain management.

Through it all, Rueckert maintains her optimism and joy in living. "I start every day with dedicating my life to Jesus. I sing a song of service to God at the end of every day. In spiritual seeking, the more you



Carla after Ra session no. 92, July 8, 1982

know, the more you don't know, and the deeper your humility becomes until you become utterly humble. I am so thrilled to be here and to pay the dues that it costs to be here.

"I'm sure that one of my incarnation's work was done when Don died and I finished with the contact with Ra. Now I'm in my second incarnation. I'm trying very hard to live the Law of One."

Rueckert's current project is to rewrite the Ra material for a general audience at the seventh-grade reading level. She acknowledges that the original material is

slow going, like reading German philosophy. "It reminds me of Kant," she said.

The reworked material is divided into a series of books. The first explains the basic concepts of the Law of One, cosmology, working on Earth in service to others, free will, and so on. The second concerns outer work, daily life, and emotional issues that everyone faces. The third deals with inner work, meditation, and prayer.

Rueckert has also created another channeling circle. Channeling is not for the casual experimenter or the faint of heart, she cautions. "The work requires you to live a monkish life, not necessarily in poverty or celibacy, but with single-mindedness, and it makes demands on you."

Rueckert has witnessed several people suffer serious mental breakdowns trying to channel. She estimates that it will take her about a decade to shepherd beginning channelers and help them hone their skills and stand on their own. Much of her advice about channeling appears in her *Book of Days*.

Partnership Continues

Meanwhile, Don Elkins participates in her work from the Other Side. "Three days after he died I saw him. He was laughing and radiant and gold, just fine. Two to three years after he died, he showed up again.

"I go through a process where I call forth the male and female aspects of my guides. I visualize two doors, and the male aspect comes out of one door and the female out of the other door. They come

up to me, sit down and hold hands with me, and I do my work.

"For years and years, when I visualized the Holy Spirit I saw a woman friend of mine who is very much alive. I don't know who the male aspect was; I didn't recognize him from this life. He was short and slight and looked British. He had a sandy mustache and short sandy hair—very sweet and quite a nice face.

"Imagine my surprise when one day I called forth the male Holy Spirit and out of the door came Elkins. About two months after he showed up, I started seeing his mother when I called for the female Holy Spirit. For the last 20 years or so, Don has been very much a part of my work."

Rueckert estimates that it will take her seven to ten years to rewrite all of the Ra material. A whole new audience will find the work a "Renaissance of Ra."

Information about the Ra material, and transcripts of the sessions, can be found at www.lawofone.info. Rueckert's blog, and information about L/L Research, is at www.ll-research.org.

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