

# 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.*

P.O. Box 1768, Boerne, TX 78006 830-249-3985 [quartus@quartus.org](mailto:quartus@quartus.org)

[www.quartus.org](http://www.quartus.org)

October 2011, Vol. XXX

## CONTENTS

## How Are You Expressing Yourself?

by John Price

**How Are You Expressing Yourself?** by John Price. *We reap what we sow; we can't escape ourselves. The Law of Cause and Effect teaches us how to avoid being a victim.* .....Page 1

God is Love. As expressions of Love, we should be expressing love--at least to some extent beyond the boundaries of family and close friends. Being exclusive with our love won't work.

**Let's Watch Our Words**, by Jean Glowka McFeron. *The subconscious has no sense of humor and doesn't know the difference between fact and fantasy. That's why we need to be careful about what we say.* .....Page 2

Let's remember that whatever we think, feel, speak, and write--and the actions we take--makes an imprint on the cosmic plate of Universal Law. In essence, the listening-watching Force records every element and activity of our mind and emotions, and acts on it as the Law of Cause and Effect.

**Another Segment in the J & J Experience**, by John Price. *A "sleep-state" episode that was an off-the-wall drama.* ..... Page 4

The timing of the boomerang effect depends on how charged our energy field is. A slow burn may take years to manifest in the external world. (That doesn't give us the license to take chances.) A trend of rage is like walking in a mine field. Ahh, but gratitude for the blessings we have, and a joyful expectation of more good coming to us could place it just around the corner. One way or another, we're either going to be pinched or patted. I prefer the latter.

**From the Notepad.** *Update your World Healing Day plans by December 20<sup>th</sup>. ..... See J & J at the last WHD event. The link is on our website.* .....Page 4

**Sharings.** .....Page 5

I'm writing this because of the over-

load of fear-anger-helplessness talk on radio and television, in grocery stores, restaurants and rest rooms. It's like an epidemic of hissy-fits, and we sure do reap what we sow. We simply cannot escape ourselves. Most people don't understand this, don't even think about it. They have grown so accustomed to the slings and arrows that they think problems are part of the natural order.

\*\*\*

Jan and I used to play a game in airports. People seemed to be stressed out with frowns-a-plenty, so one morning while waiting for our plane, Jan suggested we become secret agents for Love. The idea was to open our hearts and radiate love energy to one and all as we walked through the terminal. It was fun watching the change of expression on people's faces. Aren't smiles wonderful? Let's go shine some Love today.

\*\*\*

Even those on the Spiritual Path, the New Thinkers, experience the ups and downs of life, sometimes severely. And at some point we have probably asked, "Does anything really make sense? How long does it take to flip the switch on the roller-coaster, get off and start living a life of joy?" Well, the answer is in the mirror. That's what I told myself years ago. Still do when things seem to get bent out of shape.

I remind myself often of the great Law of Cause and Effect. It's so perfect in teaching us how to avoid being a victim. Just recently I read about Jan's session with Saturn, the Lord of Karma, in Chapter Twenty-Two in *The Angels Within Us*. I believe it's worth reviewing again.

Saturn said, "*Think of 'rule' in a different way. Equate it with a 'ruler' one who has authority. I am the energy of Cause and Effect. Will you rule as Cause, or be the servant of Effect? I am Law. That is why many fear me. They have not*

*assumed the throne of power and authority and are the victims of an abdicated throne and subject to a life of slavery. That is why there is a fear of God. God--almighty Law--cannot be changed, but with understanding of the Law, fear becomes success. Power and authority activate abundance to form the substance of faith through the energy of Love. The Kingdom must be ruled, or it falls into poverty and decay.*

*"I know how the Law works. I am the Lord of Karma. I dance to the music of consciousness, unfailingly demonstrating the creative power of the symphony that you conduct. I produce the scenario that you conduct. I produce the scenario that you direct. Comedy, drama, mystery, horror. You write the script; I produce it."*

\*\*\*

I also suggest reading Chapter Ten, the Angel of Discernment.

When we are truly in tune with the Infinite, the Great Expectations do come to mind, followed by the magnificent manifestations.

Life can be very good.

---

## Let's Watch Our Words

by Jean Glowka McFeron

This subject is one that I have put off writing about for quite a while because I didn't think you would want to hear it. However, it is important and because I love you we're going to talk about it today.

I will ask you now to not get too attached to needing complicated explanations of simple concepts, nor to being too particular about which specific words should be used to describe what. I've discovered that keeping things simple is a good and clear path to take. And the words I'll use come from what I learned from my very excellent teachers.

Let's remember that God our Creator gave us a body, a mind and a soul. There is no place in any of these aspects of us that the Spirit of God leaves off and we begin. So, when we work with our minds we're not leaving God out of the equation. We're using what he gave us to use.

Let's also remember that there are basically two parts to our mind--the conscious mind which makes up about 10% of our total mind, and the subconscious mind which makes up the other 90%. Our conscious mind is what we function out of in our normal waking hours. The subconscious mind can be accessed during meditation, while falling asleep and after we are asleep, and is wonderfully powerful.

The thoughts and words that are passing through the conscious mind will, on repetition, also filter down into the subconscious part of the mind. The subconscious has little or no reasoning powers, has no sense of humor and doesn't know the difference between fact and fantasy. It works very much like a computer, but with many times the capacity of any computer produced by humans. It is powerful and what is accepted by the subconscious creates our reality. That's why we need to be careful about what we say.

We tend, in our conversations, to over dramatize, using words that we don't really mean. For example, someone might say, "This food is to die for!" Please, let's not use the word "die" if we don't mean it. Along those same lines, to say "My feet are killing me" isn't a good idea. "The food is great" and "My feet are hurting" need to suffice in these instances.

I've had to gently remind the

people closest to me over the years to watch their words when I went out the door to do a class or talk to a group. A well-meaning family member might say "Knock 'em dead!" And I'd have to say, "No, honey, please don't say that. Change it to 'Knock 'em live' if you want to." I didn't want to knock anybody dead! I'll say again that the subconscious is literal and doesn't reason things out. So, let's say what we mean.

Here's one to banish if we can: "*I'm tired* of this or that." Or worse, "*I'm sick and tired* of this or that." We really don't want the message communicated to the subconscious and acted upon that we are sick and tired. Around my family and friends (I don't want to be annoying to people who don't know what I'm talking about) I will remind them and myself to change those words to "Gee, I'm well and energetic over this or that." It makes us all laugh and remember to watch our words.

More examples might be "*I will just die if I don't get to do* whatever." No, no, you're not going to die if you don't get to do whatever. See, that's over-dramatizing. Let's just say what we mean, "*I'm going to be disappointed if I don't get to do* this or that."

How about "*I just love her to death.*" Oh my. Please. And you must know by this point what's wrong with saying that and how to correct it. I recommend saying "*I love her to life.*" But if that seems too silly to you, then just say what you mean, such as "*I love her so much.*"

Okay, I'm going to stop here before I get started on Country-Western music (which I love, by the way) and that could go on and on. But first, a little joke. *Do you know what you get when you play a CW song backwards? You get your dog back. You get your wife back. Your mama gets out of jail.*

## Another Segment in the J & J Experience

by John Price

Since the last Report, there has been only one “sleep state” episode, but I consider this one an off-the-wall drama.

In the “dream” I found myself going out of body to the other side. I asked where Jan was and a woman pointed to a building. I walked to it, opened the door to a huge room packed with people. Jan was on a platform talking to the group, and didn’t see me enter. I pushed through the throng until I could catch a view of her and listen to what she was saying. And at this point I was almost in a state of shock.

I was totally amazed ... wondered how she tapped into such a deep pool of wisdom. At one point I thought, “She’s giving a “State of heaven address” – so different from anything I had ever heard or read. I was awe-struck. I was hearing things that were so beyond human understanding and how it would in time influence the earth. I don’t know how else to describe what she was saying except to say how wonderful it was, and I thought about the opportunity I was given to share this information when I returned.

She was concluding her talk--she still hadn’t seen me--and I began trying to push my way through the mass of people. I was at a distance when she stepped off the platform, but by now I had a clear view of her--beautifully dressed, poised and confident. She walked over to a coat rack and removed two coats--looked like the all-weather type folded them over her left arm and headed for the door. She was leaving without me, and the only thing I could do was to holler as loud as I could....**JAN!**

Well, if anyone had been in the house, I’m sure they would have run out the front door because my yell blasted off the walls and woke me up with a jolt.

Now for the sad part, I remember all my thoughts, the questions I had, my amazed state of mind...but my mind was wiped totally clear/clean of everything Jan said. I have absolutely no remembrance of a single word. I’m sure there’s a reason for this.

Since that experience things have been rather quiet. No communication, no memorable dreams. It’s as though she’s off on another assignment.

I’ll let you know when I hear from her again.

---

## FROM THE NOTEPAD

### DECEMBER 31, 2011 IS QUICKLY APPROACHING

If you have a World Healing Day event listed on our website that needs to be changed or updated, or you are sponsoring a new event and would like to post it on our website, please do so by December 20, 2011. You may do so by emailing us at [quartus@quartus.org](mailto:quartus@quartus.org) or calling the office at 830-249-3985 with the details.

We have over 100 events listed on our site and we want to be sure everyone has the opportunity to be listed so that people in your area can attend. No changes or additions will be made after December 20<sup>th</sup>, so start planning now. Check out the listings at

<http://www.quartus.org/whdlocations>

Last December 31<sup>st</sup>, the 25<sup>th</sup> anniversary of World Healing Day, Karen and Chuck Robison from What If It Really Works recorded some of the morning activities and the later interviewed John. The link is on our website, or you can go to:

<http://www.whatifitreallyworks.com/2011/02/14/john-randolph-price-and-the-global-peace-meditation/>

---

## SHARINGS

“John, thanks for your teachings. I just got my August Report full of wisdom. I still deal with the Red Horse, but he is getting skinnier. I no longer feed him his favorite food – anger and resentment. He’s being fed love, compassion and gratitude as special diet. I make you and your books responsible for extinction of my Black Horse. I feel that 90% of the time I am riding my White Horse, 10% my Pale one.”

A. – Texas

“Thank you for the August Report. I know how much we miss Jan, but I am thoroughly enjoying John’s reports of her appearances and experiences on the other side. Very comforting. This happened to me when my son crossed over in 1997.”

B. – email

“The June and July Reports have be truly amazing. John, you are writing better than ever and with more love and emotion. Love thoughts from Jan brought me to tears. Her gentle spirit will be with us always. I have often told you how your books have changed my life, but I feel inclined to tell you again. The Jesus Code was the most profound, but all of them have been instrumental in the lifting of my consciousness. I feel that your teachings over the years have given me the knowing and the courage to step out in faith to do the work that I am now guided to do. Thank you for all the gifts you have given to the world, and to me in your written word. I feel blessed for all the classes and Mystery Schools I have attended, and for yours and Jan’s many years of friendship.

And Laura, your article in the June Report was beautiful. You have been a blessing to John and Jan, and all of us throughout your years at Quartus. You are dear to my heart, and I am grateful for your friendship.”

P. –email

“I just had a eureka moment. I received the Quartus Report today and was reading through it eagerly as always. When I finished it I just sat for a moment in the silence and had a big smile on my face and felt all warm and fuzzy inside. It was as if I was there with you and Jan again. I like it when light bulbs go flashing off over my head. Makes me feel like a superstar!”

J. –email

“My heart and prayers go out to you in loving memory of Jan Price. I never met a more delightful soul than Jan. She is such an angel of love, and will be sorely missed but never forgotten. My love goes out to all of you at Quartus.”

C. –Arizona

“Just recently found the book *The Superbeings*. Loved it and mailed a copy to a friend of mine. There is much developing in consciousness as a result. Will continue on that path.”

R. –email

“Thank you for your service to the Universe, and for writing *The Abundance Book*. I am on day 28 in the Prosperity Plan, and am learning, for me, there must first be a purging of what blocks me from opening to the flow of spirit within me. It’s been a painful process of inner looking.”

V. –Pennsylvania

