Acid-Alkaline Balance
A Commentary
by Al Miner & Lama Sing™

GENERAL RESEARCH — Health & Disease

AL MINER/CHANNEL: This is January 17, 1984. This reading is code #M-10. This will be a research reading, and the topic is as follows: From your viewpoint, would you please give us a lecture on acid-based balance in the physical body? So this topic is acid-base balance in the physical body.

The following are the questions:

   QUESTION #1: What is the effect of thoughts, attitudes, and emotions as relates to the topic?
   QUESTION #2: Please give the effect of diet immediately after ingestion of foods and later after the food has been digested.
   QUESTION #3: Please give the effect of the acid-base changes on the organs of the body.
   QUESTION #4: What are the general effects of acid-base imbalance on the emotions?
   QUESTION #5: And finally, please include anything else that we should know on this topic.

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And so, as we begin this reading, we pray of You, Father, that You would guide us to understand the answers not only to these questions as we’ve presented them to You, but also any other things that You would see and know to be of value on this topic in any way. We ask all of this in the Name of the Master, the Christ, and we thank You very much, Father. Amen.

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LAMA SING: Yes, we have the Channel then and, as well, those references which apply to the topic now at hand. As we commence this work, we shall first pray in this manner.
*Eternal Father-Mother God, grant us now that these works shall be in the fullness of Thy accord and purpose, so that Thy will shall be done through these works and born into the heart and minds of those entities whom shall seek through these. As ever, we pray Thee that Thou would grant us the presence and thus the Blessings of the Master, the Christ, that these works might further impart His healing grace, wisdom, love and compassion unto not only these entities whom shall hear these words and feel these spiritual prayers but, as well, Father, unto all those souls in all realms whom are at this moment in their consciousness in need. With humbleness and great joy, we thank Thee, Father. Amen.*

It is oftentimes given here, dear friends, that certain forces of the body are amiss due to imbalances which relate to the lack of or excess of what you call acid balance in the body, oftentimes referred to the acid-alkaline balance of same. Referring to this in the sense that these could be considered opposing or balancing forces, much in the sense of a positive-negative polarity, much in the sense of that which can through its nature be controlled and modified so as to promote a state of healing ease in the body physical, mental and spiritual.

Understand that the body functions primarily as a vibrating expression, and that this vibration can be paralleled to varying forms of your understanding of energy. This at times referred to as the electromagnetic, electrochemical, or that sort, as relates to the balances of the body. But moreover, that the body is comprised of a function at its basic level which relates to the topic of acid-base balance in same, the body.

Thusly, as the body begins to build itself in its earliest formation from a type of electrochemical reaction, there is the coming together of such polarity as makes then for the proper state for growth. This continues to expand or to multiply itself much in the formation of what you know of as cells, and constitutes ultimately the embodiment that that entity shall inhabit through the incarnation before them.

Once within the sphere of the Earth, the body is affected by varying elements or elemental forces, none the least of which is the karma, the thought pattern, which is carried over by that entity, that soul, into this incarnation. Then this has an effect upon the base cell structure, determining a slightly higher acidity or a slightly higher alkalinity. Then the continuation of these forces is perpetuated by, in effect, the spiritual pattern which is to influence that sojourn, that lifetime and, further, those thought forms as are prevalent in the Earth plane during that walk, that sojourn. Also, the thoughts, attitudes, and emotions of those entities whom are closest will obviously have a more direct effect than those which are a bit more distant. For as one grows
closer to the source of any energy, there is the greater intensity and the purer emanation from that source.

An exception here is that thought and prayer are much in the same, pure, when directed. See? That is, if you pray or think about an entity, distance and proximity of thee to that entity have no limiting effect. We are referring, then, in these terms or in this explanation to inclusively other forms of energy which are generated from levels physical and mental and thus are at their greater intensity within the closer proximity to the source.

And so as we continue to review, we find that the soul moving through the Earth plane will accumulate certain habits and patterns, likes and dislikes, and these all are associated with the preemptive, you might state, pattern of the karma, the thought with which that soul enters.

So then, in order to change a basic pattern or the skein from which the life pattern is woven, one must return to form a change, a new habit, a new vision at the spiritual level. Just so very often given is that to meditate and to ofttimes be in quiet reflection and/or prayer is to begin the state of ease or healing.

As we would seek to assist lovingly and humbly, we would point to the acid-alkaline balance in the body as one of the most powerful tools that each of ye have in which ye can manipulate or change the state of ease in the body.

As you consider your thoughts, then consider that attitudes and emotions are generally substances from which thoughts build. Just so then as ye would think, there is the trigger or stimuli to the emotional centers which are very reactive or very responsive to the thought form and do cause a change, a secretion from the glandular centers of the body.

Since the body then has this basic acid-alkaline balance in its system at its basic levels, then secretions from the glandular centers will either retard or accelerate these basic structures or balances; and will cause a chain reaction of sorts which predicates a certain state of ease or disease in the body. Now mind thee, the body uses the acid stimulation or the production of varying types of acid based elements to its advantage. Without these, the body would be extremely restricted in terms of its ability to perform basal functions and to predicate reactions which are essential to the works, the actions, or activities in the Earth.

To give the example here, which we would pray might illuminate this topic much more so: Consider then that the body is under a crisis, a moment of intense need for some physical reaction. The sensory perception then determines the type of motion or activity required. This triggers then, through the nerve connections, certain secretions not only in the seven major
glandular centers but in all of the subglandular centers of the body. The method of accomplishing this is in the neurological system there is secreted a basic type of acid.

For example, looking at the dendrons or fine nerve fibers and seeing their activity under such stress, we would find there is a type of oozing or precipitation as though perspiration occurs on the nerve fibers and in the nerve centers — just as the synapses or the like could be associated with what we are attempting to convey here. An electrochemical reaction occurs, triggering secretions such as adrenalin and varying other elements which make for heightened sensitivity in all of the muscular structures of the body. Thus combustion of basic elements in the body rises appreciably; there is an increase in the metabolic rate. Accordingly, stimulation to the circulatory, the cardiopulmonary, and all of these centers then begin to act or react at very heightened rates.

Now then, this is as we've given it the general conditions — which you know quite well — which occur when there is stimulus external. When there is emotion in the body, when there is suppressed creative thought, we find that this energy is stimulated within the body but is not directly vented. It is put to little or no use. Thus the body must reabsorb, in a manner of speaking, its own secretions. It must then produce other elements in terms of the body’s system or systemic nature, which will subsequently neutralize these elemental acids or they will begin to damage the cell structure of the body. General effects here are to change the chemical nature of many of the basic elements in the fluidic system. These then traverse the body and can injure or upset the balance in other portions of the body’s construction.

In the cell walls, we find there is an irritation: Membranes are irritated, the sensitive mucal membranes are irritated, constriction to many of the smaller vessels and even occlusion can occur because of spasms or because of reactions which are predicated by the successive acid reaction or change in the basal structure of the body’s fluidic.

It is true that this can be tolerated by the body and the body can produce compensatory elements which will neutralize these acids relatively easily. But consider that this occurs again and again and is the normal course of events rather than to be only a periodic or temporary situation. Then we have the continuing stress upon the body, upon the circulatory, upon the fluidic system, upon the nerve system and, of course, to the glandular and organic structure of the body. Resultingly we find that thoughts, attitudes and emotions must then be kept under careful consideration as one of the foremost methods of changing or reversing a state of dis-ease.

We can contribute to this significantly through the diet. We can find that as one ingests certain types of foods, certain categories, the residual effect of so doing produces a condition in the body which is much more tolerant of such misguided thought or such abnormal production of these types of neurological acid secretions. This then tends to create a state of healing in the body. And presuming that the entity is taking charge of their thoughts, their attitudes and emotions, we find
that the condition will gradually diminish until we find no damage remaining in the body and no disruptive conditions to the metabolic balance.

There are many different types of foods which relate to this most important balance in the body, and we have commented upon these, we believe, rather broadly in the past. But we would find some value here in stating how these work in accordance with your question.

If we take such foodstuffs as are known to be highly acidic — for example citrus and their juices are known to be acidic in nature — these when ingested into the body are sensed the moment they are ingested. Even when they are placed into the oral cavity, the mouth, there’s an immediate stimulation along neural fibers which trigger reaction in the glandular secretion.

We find that obvious here is to produce an alkaline base element which will thusly neutralize the acidic substance being ingested. But the initial reaction of the acid based foods is to be absorbed somewhat even while being ingested. We know that you comprehend the basic ingestion to be moreso in the stomach and in the intestinal tract, but there is some absorption and some cause-effect relative to the upper alimentary, as well as in the stomach itself and in the intestinal.

Here we find in the ingestion a reaction occurs when the foods enter the main digestive chamber. And the combination here of the secretions from the body itself and the foods is a type of combustion or electrochemical reaction. There is the production of a byproduct which is the waste, the solid waste as in the case of bulk, or the liquid waste which is borne through the body in the eliminatory system or systems. And there is that which is the residual which is carried in the fluidic system of the body along with those desirable elements which are, in a manner of speaking, encapsulated or invaculated into the cells of the bloodstream and into the substance of the fluidic.

These then enable the body, as systems, to have an effect upon the extremities of the body’s physiological structure. Thus as these are carried into distant areas of the body, they are slowly released by the invaculative process to be combusted in these localized areas or to be absorbed into the cell structure wherein an electrochemical reaction can occur. The resulting secondary absorption of the basic food elements thusly can occur in the cell itself, the individual cells.

The production then from this is a desirable type of secretion, not unlike some glandular secretions which are highly neutralizing in their nature. This then as a production occurs, as we’ve stated, in all areas of the body. Limiting factors here can be excessive deposits of such as aluminum salts, inert elements; and the reaction, then, is firstly upon them. If the substance has been of sufficient balance in terms of the dietary, there is the gradual erosion then of these undesirable blockages in the fluidic, in the cells, in all aspects of the body’s construction.
So we have oftentimes found it given here that the information states this or that combination of foodstuffs in the diet in order that certain deposits in that particular body might be gradually eliminated. The resulting effect from the combustion or ingestion and then digestion is to produce an ash, as well. Both in terms of the first stage of — well, second-stage then. We’ll state this again in a recapitulative state.

Firstly, an absorption occurs immediately after consumption of foods along the lining of the digestive passageway. When reaching then the main chamber, the stomach area, the second stage of digestion or combustion occurs. Resulting dispersion of varying types of elements from this the digestive process occurs in the main chamber and in the intestinal. And then thirdly, also through dispersion in the fluidic system of the body, occurs at a third stage in the cells or in the varying areas widely dispersed throughout the body.

Now then, that ash which is the residual from electrochemical reaction, at the base cell level or in the passageways or chambers of the body, is a major focal point at this time. For this ash or residual can be of several types of nature: Firstly, it can be that type which cleanses and purifies; or it can be that type which contributes to a deposit; or it can be that type which is aggressive and erodes or irritates.

[pause]

Very well, we have returned and will continue.

This ash, as we might call it, or residual then moves through the body. If it is of a good balanced nature, that is of not too much acid, not too much alkaline. Then we find it is in a state of balance in the body physical and acts contributively toward the cleansing of the fluidic system of the body, the cells, and so forth. This is found penetrating all of the cells properly in their natural passageways: May be found upon — as deposits — the epidermal, the outer levels of the skin; may be found present in the eliminations; may be found present as reflexive or responsive stimulations in the oral cavity and so forth.

We find that this then is an important, desirable aftereffect. In those instances where the body is amiss, where the thought, attitude, and/or emotion have contributed to a state of overacidity, we find that this as an electrochemical nature then can irritate as it progresses through the body. Thus there is a chemical reaction of a further nature which takes place upon the neural fibers and causes a compensatory reaction from these. Thusly, we have a building condition, a self-perpetuating condition which acid begets acid begets acid, and so forth, until such time as we have either the breakdown of some natural reactive nature of the body. Or we have some intensified irritation to some of the subordinate systems relative to this topic.
Resultingly then, we find a lessening of the body’s natural ability to ward off drosses and to use the natural process of acid production in the body to eliminate dis-ease or to protect the body from errant elements or vibrations. In this sense then, this needs to be understood if one seeks to understand the basic nature of the body’s most beautiful capacity to ever heal or correct itself.

Consider for a moment then, the three natures of the last stages of combustion of elements ingested into the body. The cells react to the particles borne in suspension or invaculated in the actual cells of the bloodstream or in the fluidic systems, considering for a moment the many eliminatory systems, the lymphatic system, and so forth. Then these particles, as they are produced as a byproduct, are ultramicroscopic in nature. But of their nature is the either aggressive or passive potential and the neutral.

So we have again a basal acid, a basal alkaline, and a neutral. The desirable in a normal body is to maintain a neutral base wherein, yes, that’s not excessive in the alkaline or acidic balance of the body, but in the midpoint. Actually, it’s a bit more towards the acid than it is the alkaline. See? About 60 percent, 68 percent, in that area.

So as we proceed then, we find these particles can, as they pass all through the body, act as very splendid healing agents. And by knowing that diet ultimately will predicate the type of effect these particles have upon the body, we have the tool whereby we can correct whatever is amiss in the body.

Since these particles are not just chemical — though the term implies electromagnetic nature — but in the broader term are also electrical and electromagnetic, these are influenced by the thought which is, in essence, the production of an electromagnetic field. So we produce, then, from the within, those particles sensitized or of their nature acid-alkaline: responsive to the thought, the emotion as an electrical field.

So we can, then — through the external stimulation of the body by one whom would act as a channel to produce or to add to the intensification of the external vibrational fields, electrical fields — have an even greater effect upon the particles in that body. These also affected by temperature, polar alignment — that is the magnetic poles of your sphere — and, of course, through prayer. The effect then can be, in your understanding of physics or the laws of etheromagnetic physics, be widespread. Ultimately, all forces are influential upon the body; but the body has as its control the thought, the attitude.

So the particles enter into the various organs of the body and react or cause a reaction. The basic nature of each organ is to produce that share of its contribution towards the maintenance of the body’s good and proper health and balance. Obviously, when a flow of certain fluids or vibrations enters that specific organ, such as the pancreal, there is a reaction undesirable if the
substance is highly acidic; that is, other than that which is produced or required by the body to meet a certain condition.

Resultingly the body then produces to counterbalance with this. This may overwork this organ if the condition is commonplace and continual. And so we find that where there is intense, prolonged emotion, errant judgment of self, a tendency to withhold the joy, the creative flow of energy, we have created an inverse cycle which perpetually feeds upon itself or perpetuates an imbalanced nature. It is only after some conscious and some willful activity breaks the cycle, this chain, that a reversal of this process can be anticipated. Again, this action can be produced through many different means.

It can be seen that the body is all interrelated. Not just a physical body controlled distantly by the thought, by the spiritual pattern. But the separateness of the spiritual, mental and physical is only for the purpose of reference and discussion. There is, in effect, only one being, and that is a spiritual being. This spiritual force then projects itself to be the Life Form and to assemble in accordance with its vibrational frequency the necessary elements to form the physical body. Witness then, when the spirit leaves the body, the molecular structure of those elements begins almost immediately or within three-or-so Earth days, to disperse itself, returning to the source which most clearly vibrates in harmony with its own individual particle nature, you see? Hence, the term ashes to ashes, dust to dust. See? Like to like. See?

So the will of the entity is important here. The joy of the spirit and the clear and pronounced ability to know self to be Eternal is a major aspect in the promotion of healing in any body physical. As each entity whom functions as a channel would well know, there is the feeling or the sensing in the self as a channel of an electrical or magnetic stimuli which occurs at varying instances when they are serving God in the name of a brethren.

As such, this field then will stimulate the vibrational frequency of the particles within the body of the subject. As ye then note that this has, as we’ve given above, indicated some profound effect upon the nature of the vibrationally based molecules. This then changes their status from harmful to beneficial, or at least unto neutral. Resultingly, there is a shift in the body’s acid-based balance and a shift in the entire polarity and stimulation to the glandular centers of the body.

Why are these important? Because they contribute to the sensitivity of the neurological system and to the emotions of the body. When a body is excessively acid, its emotions are heightened in terms of their sensitivity, and the loss of balance in that sense generally promotes a loss in the clarity of thinking and rationalization. Thus the body loses its contact through the mental and emotional state with its own eternal spiritual nature.
A body which generally gains its balance in terms of the acid harmony within, gains its balance in the emotions. Many foods — figs, dates, mint tea, sage tea — quickly contribute to this. Common baking soda, and such as certain basic grains, many other foods, contribute to a desirable status in the nerve system and the emotion of the body.

We have given relative to common berries, bush berries, that these contribute greatly to the nervous system of the body. And this is accomplished through their effect upon the acid-alkaline status of the body. While many of these would be judged by those of thee knowledgeable in the Earth as tending towards the acid, their nature is such so as to be acceptable to the body. And a curious type of production of alkaline response occurs within the physical body. Resultingly, there is no harsh reaction upon the nerve system but rather almost as though we were to wash with a neutral substance the entire neurological system of the body. There is the proper production of ions in the salinic content of the spinal and cranial fluid — and ions are produced, that is spun off from the activity of combustion — which are purifying to the body. There is also the production of an enzyme-like element which is effective to the glandular stimulation so as to promote a temporary, at least, harmony in the body.

Some types of protein substances when ingested into the body create an ongoing or chain reaction type of combustion. And one of these is red meats. Though the protein absorbable into the body through the ingestion of red meats is very good indeed, as Edgar has given, this is most likely best for the body when obtained as a broth or as the resulting residual from properly preparing the red meats. But when the intact red meats are taken into the body, the eliminations will continue to form a type of combustion which can, in its nature, continue to produce a reaction all through the eliminations or eliminatory canals. Resultingly, we can find deposits occurring and mucus forms in the intestinal and in the convolutions or folds of the intestinal tract. When the eliminations are sluggish due to inactivity or improper balance of the diet, a continually growing deposit can occur here which ultimately can require a colonic irrigation to remove.

So be mindful again, here, that the diet is foremost, next to the thought and attitude, in terms of producing a body in a state of ease.

The body reacts emotionally to stimuli. When there is excessive acid, there is excessive stimulization. Resultingly, there is the overproduction of secretions from the varying glandular organs. And there is the phantom production through stimulation of bile and bile related secretions which can, when they interact with no appropriate foodstuffs or no foodstuffs, need to be then expelled from the body. These are very harsh.

Resultingly, ulceration, swelling, deposits of irritants, dross-like elements and very aggressive compounds can form in the digestive organs and in the eliminatory canals. There are few
instances when this is desired. In the general, this is an undesirable condition for the physical body.

We have given here oftentimes as well, humbly, dear friends, that it is the better to take three to four or even five small ingestions of foodstuffs into the body, or meals, as ye call them. For in such instances where there is the inadvertent production of biles and the like, digestive fluids, there is then some substance present within the digestive upon which these can work. Hypersensitive entities, entities with digestive difficulties, and entities whom have lots of emotive or mental pressures upon them — by their judgment — should bear this in mind.

A body in a good state of ease will respond properly. And secretions of acid compounds in the body are to the advantage of the body’s needs. A body too much so filled with alkaline substances lacks the ability to respond and oftentimes cannot ward off dis-ease. Conversely, a body excessively acid in its base structure is already irritated; and so dis-ease or particles which are toxic to the body find an already sensitized ground upon which to work, so to say.

So the important stress here is upon keeping a good balance to the acid-alkaline status of the body. You see?

We review your questions, and we find them well stated. There is so much to this particular topic and to the nature of the body’s acid-base balance, as you have titled it, properly so, that we are discussing here how to proceed …

We believe that, as we conclude our discussion, that this is important to impart to you all at this time: Faith and belief are generally those patterns or those habits which, when kept rather continually at the forefront of the thought or attitude, will produce a type of secretion or secretions in the body which will meet or exceed the need of the body in most all conditions which it might dwell under. When there is doubt or repression, or when emotion is not directed outwardly to accomplish some work, this makes for difficulty in the sense of the body maintaining its good balance.

So be mindful, ever mindful, that thought is that which builds. Not only in the sense of the thought forms not visible to the Earth, but also within the body. As ye would seek to build a better spiritual ideal, a better spiritual consciousness, seek then to build with the good thought, the good attitude, knowing that this makes the body a more responsive and more receptive tool of thy spiritual and eternal self.

It is written that one of great spiritual acceptance can overcome any such limitation. We support and encourage this, for it is truth. But be mindful: There is no loss nor error in contributing to the body’s wellbeing and to the ease of spiritual accomplishment through the proper management of
such knowledge as we have attempted to impart here and as thee, each one, would know within yourselves.

The body will react to light, to color, to sound, to the vibrations of elements placed upon it or within it. One of the best of all cleansing elements is water. One of the best of all cleansing elements is the thought. The water is purifying because it is passive. Good thought, then, makes for the passive nature in the body’s good balance. Not so as to be overcome by this or that but to maintain a good, balanced, and harmonious state.

The acid-base balance of the body is a stepstone upon which a good and lasting temple of spiritual awareness might be built. For the greater energy needing to be expended towards the balancing of the body, the less energy available towards the realization of the eternal nature of self. Keep a good thought and a good attitude. Learn to love self and to not judge self harshly by external illusions but to judge in accordance with that of the ideal you hold to be most important.

As we conclude here for the present, we do so knowing there are many questions remaining. We would only offer then, lovingly and humbly, our willingness to pursue them as ye would.

Look then to the ideal which self can build, and live it. Live a lifetime of happiness and joy, for ye are in but a moment of your total being. From that perspective then, what value is there in sadness? Build a temple which is joyful, and His Light shall infill its very being and radiate unto all whom shall be in contact with same.

For the present, we conclude. May the blessings of the Christ Spirit ever be a lamp unto your footsteps.

Fare thee well for the present, dear friends.

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SPECIAL NOTICE: This material has been prepared specifically for use as research information only. In readings where such is pertinent, application of the material should be attempted only under the guidance of an appropriately accredited practitioner.

KEY WORDS & PHRASES:

acid-alkaline balance, acidic, alkaline, citrus, dates, dis-ease, diet, figs, mint tea, sage tea
Editor’s Notes
Lama Sing Readings

Lama Sing: Lama Sing is a name that represents a group from the infinite side or Universal Consciousness. Lama Sing is also the name of the individual who served as the channel and spokesperson for this group; Al Miner was the channel and spokesperson for the finite side. At the beginning of each session — called a reading — Al placed himself into the trance state. Lama Sing then borrowed Al’s voice for the reading. No fewer than twelve spokespersons contributed to each reading, and sometimes many more. Throughout the readings, the Lama Sing group deferred to each other, just as we do when in a conversation. The language often changed as different representatives came forward to speak on topics within their areas of expertise or from their eras of incarnation.

Language: Lama Sing’s use of words — such as ye, thee, whom — is often contrary to modern conventional usage, but the meaning will be clear. It has been decided to keep the text verbatim, including the use of word forms that may be considered ancient or antiquated. Note that this antiquated usage also includes masculine personal pronouns and phrases such as “mankind” to refer to both men and women.

Capitalizations: Throughout this work, we use capitalizations that may not conform to the norm. Our intent is to distinguish between the every-day use of words such as love, peace, and joy and those very same words when Lama Sing uses them to indicate something much greater. For example, Lama Sing has said there is a far greater Love, a much deeper Grace, a more powerful Will than we in finiteness have known or remembered in eons.

Channel: The title Channel is used by Lama Sing in place of Al, because to use the name Al could serve to call him from that Consciousness to which he was taken. By not calling his name, Lama Sing prevents Al’s personal involvement and influence in what is given in the reading.

Dis-ease: The word dis-ease is used by Lama Sing to mean not only illness but first and foremost, a lack of ease in spirit, mind, emotion and/or body.

Earth: When referring to life on Earth, Lama Sing uses the term in Earth. This is because Lama Sing is referring to being in Earth, much like we refer to being in Heaven versus being on Heaven.

Quotes: There are places where Lama Sing emphasizes a thought by speaking the words “quote/end-quote.” To let the reader know that those emphases are Lama Sing’s as opposed to the transcriber’s, the words quote/end quote have been left in the transcript along with the quotation marks themselves.

Pauses: Lama Sing often pauses while communicating through the Channel. During the pauses, a number of things may be occurring, such as: Lama Sing may be conferring with others who have gathered to provide special information and insight; or Lama Sing may be giving the Channel, Al Miner, time to complete his experience in Consciousness without interference. We denote such pauses with a single flower: