

Scheuermann's Disease

A Commentary
by Al Miner & Lama Sing™

PERSONAL FOCUS — Scheuermann's Disease

CONDUCTOR: We begin. Psalm 121: Safety of the godly who trust in God, a Psalm of degrees.

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord which made Heaven and Earth. He will not suffer thy foot to be moved; he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper; the Lord is thy shade upon thy right hand. The sun shall not smite thee by day nor the moon by night. The Lord shall preserve thee from all evil; He shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. Amen.

You shall now have before you then all things past, present, and future that shall have the greatest possible bearing on this soul's development in this the physical plane, the spiritual plane, and the mental plane. This all shall be done in God's Name through the Master. You will go then to this level of mindfulness wherefrom you will obtain all information requested and answer any questions regarding same.

I shall now commence a count from five to one. At the conclusion of the count, you will be completely relaxed in a very, very deep state. The physical body will continue to become healthier and more vibrant. The sight will be complete and whole, perfect. The mental will completely release itself from the Earth plane only during these readings. Upon awakening it will again function very accurately, very precisely. The spiritual will become at one with the God source. You will remain calm, happy, and peaceful.

We begin ... 5 ... 4 ... 3 ... 2 and 1. You are now completely relaxed in a very, very deep state.

Dear Father-Mother God, we ask Thy blessings on this gathering. We ask love, strength, guidance, and blessings on this Channel, his guide, on all those serving on Your plane and these, all mankind. We also ask very special prayers, love and guidance on the entity we are about to serve. We ask this in Thy Name, Father, full well knowing so shall it be. We thank Thee. Amen.

You are now at that level that is best suited for this reading. Thank you so much for coming forward again this day. We surely do appreciate it.

This is September 28, 1978. [Name 1], [Address], [Birthdate], 1942. Code #1316.



LAMA SING: Yes, we have the references which apply to the entity now present.

CONDUCTOR: Very well, Lama Sing. This reading is for her son, [Name 2], [same Address], [Birthdate], 1962. May I go forward and read this letter from her?

LAMA SING: Very well. Yes.

CONDUCTOR: She writes:

[Name 2] has developed a disease to the bone, which is called Scheuermann's disease. This disease attacks the vertebrae. They decalcify for a period of about seven months, becoming soft and brittle, changing the vertebrae into wedge-shaped formations, resulting in a hunched appearance such as the hunchback of Notre Dame. That is the disease we are speaking of.

During this time, he could break by merely bending over. After the seven months of decalcification, he will re-calcify in whatever condition he is in. In other words, leaving him deformed for life. The whole cycle takes about two years. The reason for my requesting a reading on such short notice is that in a couple of months, he will be over halfway through decalcifying.

QUESTION #1: I would like to know if this is karmic? Does he have a lesson to learn? I understand this will be a very painful disease. If it is not of a karmic nature, then what can be done? There is nothing that can be done medically. Anything and everything you can find out about this will be greatly appreciated. Maybe there is something I can do about this also, with God?

Very well, Lama Sing, we open this up to you. What is the problem? What is causing it? What can be done about it?

LAMA SING:

As we seek from the Earth plane, we ask in humbleness of Thee, Eternal Father-Mother God, guide us, Thy Children, Thy servants to be within accord with Thy will, Thy purposes, and those which relate to this Child now before us. We ask, as well, for the presence of the Christ so as to impart His healing love, compassion, and forgiveness unto the consciousness of this soul. We ask further for the presence of the entity called [Name], that there would be his blessings and his profound love, as well, as a servant of the Master. We thank Thee, Father. Amen.

Here are the conditions which are described and the suggestions towards same which are given: Very sluggish nature in the lymphatic. We would — preliminary towards healing — create an environment which would be receptive to continued flow — that is of the fluidic and the lymphatic — to the area of the spinal and to the other structures of the endocrinal systems. This would best be done in several ways. We would use a mild stimulating current such as Edgar's electrical device. We would also use a very gentle massage in and about the area, being very cautious of course, but providing a stimulation to this area.

We would give to the entity six to eight ounces of goat's milk daily. We would give fresh grapes, fresh apples. We'd give two to three tablets of brewer's yeast daily. We'd provide fresh greens, almonds, and other nuts. We'd use fresh berries in the diet frequently. We'd use asparagus, broccoli, Brussels sprouts in the diet — and preferably fresh if at all possible, cooked in a steamed manner.

We look as well to some blockages in the passages of the Leydig, some blockages in the lower alimentary or near to same. We'd use oil of castor packs, prepared very warm and left in place for one to one and one-half Earth hour's time daily over the spinal column. We'd use these for five days, then stop for two/three days, and repeat again. This will have an effect of cleansing, strengthening, and improving the flow from the lymphatic system and increasing the regenerative qualities of the body itself.

We would use autosuggestion and subliminal suggestions of that sort to help strengthen the body. We would make contact with several prayer groups such as the *Glad Helpers*, and we would ask for their continued prayers to be given for the entity. There is no state of dis-ease which is beyond one's ability to call upon God for complete and total healing. Must be acceptable to all levels of that soul's consciousness, however.

The entity in past has made mockery of others whom were in deformed state and has passed some judgment upon them, causing them to be removed from their environ and from those whom

they knew. As such, the entity punishes himself for fulfilling the law of that time. This is an errant practice and has no benefit to this soul or to others. And thus we should suggest to the entity to release all thoughts of punishment towards self or towards any effect or influence. If this lesson is learned, the entity will gain much. There should be no judgment as to how the entity arrives to this position, but rather an attitude which is loving and kind to perform this work which then would cleanse and purify the thought process.

Protein is essential in the diet as are magnesium and zinc and forms of calcium such as bone marrow extract calcium. These might be taken in quantities of 250 to 500 milligrams daily as a supplement to the diet. Speaking now of the bone marrow calcium which would be high in content of magnesium. Zinc we would give 50 milligrams daily, and we would find that this would help. The castor oil packs will draw the elements as just described to the area of the spinal and would help to strengthen same. We see the entire matter by your terms curable. See?

CONDUCTOR: You spoke of the *Glad Helpers*. That is a healing group he is speaking of, that is the A.R.E. Foundation in Virginia Beach. Is that not correct?

LAMA SING: That is correct, yes.

We do find that the use of the device, the vibrating device, the electrical apparatus can also be instructed from this area. It amounts to a very minute amount of current which would then be applied to the spinal using a gold chloride solution to absorb drosses. We should place an anode or electrode towards the upper, near the shoulder region; and the second set or the like in the lower near the base of the lumbar segments. And we should repeat this daily. We find that this would have a very beneficial effect as it would stimulate the very minute vessels and passageways, creating a flow — a continual flow. See?

CONDUCTOR: When he stated *given by Edgar*, he meant given by Edgar Cayce, who the A.R.E. Foundation is built around at this time. And they do have that information and that instrument. And they should be able to help you with that. I'll give you the A.R.E. Foundation address.

LAMA SING: That is quite correct, yes.

CONDUCTOR: So it is curable, Lama Sing?

LAMA SING: It is, as you call it, curable, yes,

CONDUCTOR: Providing he consciously, subconsciously is willing to want that, and quit punishing himself for past life experiences also. Right?

LAMA SING: That is correct. Now bear in mind the entity may not recall this consciously. It would be sought perhaps subliminally. See?

CONDUCTOR: That's the hypnosis or hypnotherapy to bring that out so he recognizes it, and then sets it aside?

LAMA SING: That would be very good, yes.

CONDUCTOR: Okay.

QUESTION #2: Is there anything you can tell us about his physical, first of all, that needs be said at this time?

LAMA SING: We should avoid aluminum salts as they are found in many foodstuffs. We should avoid preservatives in the form of nitrates and other elements as these are detrimental to the flow and to the passage of elements in the body's fluidic system. This will help the more natural elements to reconstitute themselves and to maintain balance. See?

CONDUCTOR: Very well, Lama Sing. As long as you're at that, and speaking of aluminum,

QUESTION #3: There is a list we would like to provide for people so you wouldn't have to repeat constantly everything that has aluminum in it or what to avoid. If you would give us that at this time — good for all, I would have that pulled out and again brought forward. Would you care to do that at this time?

LAMA SING: Very well. And this, then, we find would be *good for all*.

In those foodstuffs which are high or even minutely containing aluminum salts, there is the potential when ingesting same into body for the accumulation of said salts to become resident in the body's general fluidic system. The effect then can be an increased tenacity to cell walls thereby inhibiting somewhat the flow or passage of fluids and nutrients into and out of said cells. Also the passage of drosses through these toughened cell structures becomes increasingly difficult.

There is also an imbalancing reaction to the endocrinal system and an effect to the lower glandular positions as well. Very often a blockage to the thyroid can be directly attributed to an excessive amount of aluminum salts in the physical body.

To be watchful for these particular elements and foods might be wise for each. Commercially processed flours — white flours — very often contain as a form of bleach, and as a form of various stabilizers — several forms of aluminum salts. This can also be found often, singularly and in conjunction with other elements, as a form of preservative or stabilizer in foodstuffs. The most marked content then would be generally white flour.

Aluminum cooking utensils are known to leach aluminum salts into the fluids and foods which are cooked therein when such are of an acidic combination so as to create a chemical reaction with heat as the catalyst, thereby causing the foodstuffs to carry the aluminum salts into your body when ingested.

Some forms of cosmetics, detergents, soaps, deodorants, toothpastes, and other general cosmetic elements or items very often have high degrees of aluminum salts in them. These when worn on or about the body are absorbed through the epidermal and become resident in same — the body. Thus be cautious of an overabundance of same.

In the process of preparing and processing foodstuffs in the commercial sense, very often elements are subjected to forms of heat. These forms of heat then cause a reaction — again — with the containers. These containers very often are aluminum as they are the most easily usable elements for processing large quantities of foodstuffs. Thus there may be a content of aluminum salts in some of these processed foods, even without the knowledge of those who would consume same. In general these are foodstuffs which are prepared for bulk processing. They do not necessarily include *all* foods, but some. In these areas, only those whom are very concerned over any additional aluminum salts added to their body — that is to say they are particularly allergic to same — should consider this one aspect.

Further, aluminum containers for foods and aluminum foils as are used in cooking foods can under certain conditions create an aluminum salt reaction. Thus we should use the less porous side of aluminum foils when cooking with same. And we should be moderate in the consumption of foods which are containerized in aluminum.

Now as entities would find in all things, *moderation* then to be the byword. But when one is to excess in any area of the mental, physical, or spiritual self, this leaves the other areas somewhat in want. This applies to foods, to diet, to attitude. So be moderate in terms of consumption of these particular elements, aluminum salts, as they are indeed extremely difficult for the body to normally and naturally rid itself of.

Those whom have difficulty with weight loss to their body might more often than not find this relates to an overabundance of aluminum salts in the body. Related to this would be white refined sugar. Very often this acts as a catalyst to aluminum salts and causes an even greater

difficulty. But for most, again we suggest moderation in the area of those items which we have stated. See?

CONDUCTOR:

QUESTION #4: When you first spoke to us of this, I realized how much aluminum I had. I had aluminum cooking utensils; I use aluminum foil; I have soda from aluminum cans. Is that harmful? I'm sure with the sugar and everything, it is. Right?

LAMA SING: Again, it depends upon one's individual structure at that point in time wherein the question is asked. Generally, if one is moderate with their exposure to aluminum salts, the body can tolerate and eventually cleanse itself of them. Aluminum salts are extremely stable, and thus they do not react easily with elements in the body. White refined sugar does have some reaction to this, though it is minute we grant thee. In your case and responding directly to your question, we do not find that you are excessive in this area. And the other changes and consciousness which you have applied to your eating habits would certainly indicate this to be an area of little concern for you. But again, if you are moderate, a normal body would have no difficulty with this. The problem arises *as a problem* when one becomes excessive. See?

CONDUCTOR: Very well, we will have this for print. I would like to ask one more question then for those who are interested.

QUESTION #5: What is the best type of utensil to use for cooking?

LAMA SING: Among the finest utensils for cooking would be the simple cast iron, glass, porcelain, and generally steel. The reasons being these are elements which have either no reaction to the body

CONDUCTOR: One moment please.

[pause to turn tape]

You may continue.

LAMA SING: ... which have either no reaction to the body or a beneficial one. Cast iron, steel are very good as forms of beneficial cookware. Porcelain, glass, and the related elements are generally considered inert. See?

CONDUCTOR: Very well, we thank you for that, Lama Sing. We will return to our reading at this time. Is there anything more you would like to say on [Name 2]?

LAMA SING: We would state that our prayers and our beseechment of God will always be around this entity. It will be his as a gift, then, from those whom serve the Christ. No further comments.

CONDUCTOR: [Name 1], the mother who wrote this letter has one question: Would you care to delve into that since we've worked with [Name 2] at this time?

LAMA SING: Very well.

CONDUCTOR:

QUESTION #6: Would you please ask Lama Sing for direction on how I may better serve God, to act as an instrument of God? I have a lot to learn and accept. Which are priorities?

LAMA SING: The first priority which we would find would be to accept yourself as the equal of all others, to stop being detrimental towards yourself, and to discontinue the general pattern of evaluating yourself by the achievements or the position of others. You must consider yourself as does God: an individual unique and beautiful as is the individual nature of each beautiful flower afield. Yours is to create, to build, and to learn by the individual pathway you have chosen. Do this then and find many things change in your life. Be positive and loving with self. Meditate daily and reflect upon your own goals and purposes and let these be the equal of all other forces about thee. Study the Master's teachings and live them. Be thankful and confident for the presence of this opportunity in your current lifetime to be a part of His works. Eliminate doubt, fear, and anxiety from your mind and from your heart. And you will find that your body will respond favorably and become more and more joyous to thee.

As each entity must find in these times on the Earth plane difficulty in maintaining mental direction and stability, then go within ever and release all current concerns and cares unto the force which is collectively called God. We would do these things first of all. See?

CONDUCTOR: Very well Lama Sing, unless you have anything further to add, we would thank you very, very much for all your help.

LAMA SING: The limitations which are upon mankind's realm are those which mankind has builded and accepted. God is unlimited. You are His creations. You are unlimited.

We thank Thee, Father, for this opportunity of service in Thy Name. And in humbleness and great joy we conclude. Fare thee well, dear friends.

CONDUCTOR: Fare thee well, Lama Sing. Thank you. And you may relax the Channel at this time.



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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:

Scheuermann's disease, vertebrae, disease to the bone, decalcify, hunchback of Notre Dame, recalcify, deformed, karmic, Edgar, Edgar's electrical device, massage, stimulation, endorinal, spinal, fluidic, lymphatic, goat's milk, fresh grapes, fresh apples, brewer's yeast, fresh greens, almonds, nuts, berries, asparagus, broccoli, Brussels sprouts, fresh, steamed, blockages, Leydig, lower alimentary, oil of castor packs, spinal column, lymphatic system, regenerative qualities of the body, autosuggestion, subliminal, prayer groups, dis-ease, healing, complete, total, soul's consciousness, mockery, release, punishment, protein, magnesium, zinc, bone marrow calcium, castor oil packs, Glad Helpers, A.R.E. Foundation, Edgar Cayce, electrical apparatus, anode, electrode, minute vessels, hypnosis, hypnotherapy, aluminum salts, preservatives, nitrates, imbalancing reaction, endocrine system, thyroid, commercially processed flours, flours, white flour, aluminum cooking utensils, cosmetics, detergents, soaps, deodorants, toothpaste, aluminum containers, aluminum foil, moderation, weight loss, white refined sugar, catalyst, tolerate, cleanse, moderate, cast iron, glass, porcelain, steel, create, build, learn, equal, achievements, position, positive, loving with self, meditate, goals, purposes, study, Master's teachings, thankful, confident, opportunity, doubt, fear, anxiety, mind, heart, difficulty, mental direction, stability, release, concerns, cares, limitations, unlimited

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:

