

Model for Readings

A Commentary

by Al Miner & Lama Sing™

WORK READING

[Given May 15, 1975], [Apt. 373, Tiki Apartments, Orange Park, Florida], [101-104 present]

[Reading opens with the Psalm of David]

CONDUCTOR: You will now have before you all things in the past that apply to this reading.

AL MINER/CHANNEL: [interrupts] Okay. Now, wait a minute ... All things past, present, and future for this reading you want to do now.

CONDUCTOR: You will now have before you now, then, all things past, present, and future, that apply to this reading that shall have the greatest possible bearing upon the soul's development in this physical plane, spiritual plane, and the mental plane. This 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. After the conclusion of the count, you will find yourself at the level best suited for that purpose. You will listen to my count, and you will follow my instructions: five, four, three, two, one ...

[long pause]



LAMA SING: Yes, we have the Channel, then, and those effects as are bearing upon this gathering, past, present, and future, as requested. Very good, then. And so it has been intended you would follow that given. Do you see?

CONDUCTOR: Is that why we had the problem with the Channel?

LAMA SING: Concisely so, for that as requested must be used, or it cannot be given. Do you see?

CONDUCTOR: Is this then to be used in front of each meeting or each reading?

LAMA SING: To be sure. There are those exceptions to that rule, then, which apply in general gatherings perhaps, but for best results and for those specifics as are sought after, this, then, would be the best pathway.

CONDUCTOR: Okay. How is the Channel's physical body at this time, Lama Sing?

LAMA SING: Physical body's expression, then, before you evidences now the effects of adverse thought, the effects of desires not within the Master's boundaries or goals: seeking not, then, that which lies afield; rather, then, straight ahead towards the Master's Light. Do you see? This we have spoken of in past, and we would suggest to you in kindness now: let these efforts, then, be the purposes and goals of others, not thine; for in such workings, we find many can be the times wherein entities are led from their chosen goals to follow that which is from the mindfulness of more excitement or more benefit than to self. Rather, then, not as a device, not as a pathway, not as a key, then, to that unknown, for all these lie within self. Not, then, also as folly or that work afield, but rather, then, that which is of the Master and follows directly to His Light. Do you see?

Yes, we speak about this spherical object and the nonsensical happenstance of thy day, do you see; from your aspect of working alone, not theirs. We do not judge their pathway, but work with His. Do you see? Please, then, to convey to him: this is not a chastisement, merely to clarify that previously given. Do you see?

CONDUCTOR: In other words, you do not want us to do a reading on that ball?

LAMA SING: If it is requested by *this* gathering here before us now, then, it shall be done; if it is requested by others, it cannot, it will not be given.

CONDUCTOR: Okay. Will you give us something for our minds, Lama Sing? Especially for the Channel's mind, so he's satisfied with it, and then I know he won't proceed with it anymore.

LAMA SING: When he arrives back to you, after this journey, he will not be concerned of it again. We can assure you of that.

CONDUCTOR: Okay. [Name 1], do you want to ask about it? Can we ask where it is from, Lama Sing?

LAMA SING: The object is not of God's realm. It is of a physical plane. It matters not whether it be upon your planet or another. It is of physical plane's creation. Do you see?

CONDUCTOR: Will you answer me as to whether it is from a U.F.O. or extraterrestrial object?

LAMA SING: May we ask a question, then? What value is that knowledge to you then?

CONDUCTOR: There is great confusion in the Earth mind it seems, Lama Sing, regarding extraterrestrial crafts and beings; and I am not sure that there shouldn't be some allaying of fears, perhaps, in this regard. I think that this is perhaps the main interest that we, as a group, have is in trying to understand something of this nature, and how it fits into the pattern of life for us, perhaps.

LAMA SING: This has been given in past. We have affirmed the presence of, as you call, other intelligences in thy solar system and beyond. This is not, then, to say that one is the adverse/one is of benefit. It is to say that your plane and its balances, pluses and minuses exist elsewhere, the like. You see? One cannot state that this grouping or that has good or evil. One can only state that they do exist. They are searching; they are seeking like unto self.

Now to state a specific, then, in regard to this entire area: These types of attitudes or questions are not those chosen by these gathered here, do you see, as a purpose for communicating then with the Earth plane. It is to state humbly, then, it can be given; but if it were, then, one seed would spawn many. Do you see? And soon the entire purposes would be lost of our true mission, then, with those of thee serving.

CONDUCTOR: I don't imagine if we promised not to let it go out of this room and either just destroy the tape or put it away somewhere, that you would give us any information?

LAMA SING: Very well, just a moment please, and we will obtain that which your hearts and minds seek now. One moment, please ...

First, we would advise here that much thought exists around this entire topic and the object itself. This is then the result, do you see, of emotions and of the mind's use of emotions to create then. Confusion reigns, then, about the object itself, and its source is even more clouded, then, due to these emotions about it. Do you see? We find here not substantiation as extraterrestrial, but rather, substantiation from thy plane. Do you see?

Seeking further here, then ... Becoming enshrouded, then, with the memories or thoughts yet in the Channel's mind ... difficult, at this time, to convey to you concise definitions here. Still stating then to you that indications are, at this time, not of extraterrestrial origin. Seemingly, then, having to do with something of creativity from thy plane. Do you see? Your planet. Do you see? Involved with this, then, is some aspect of conscious mind clouding here, which still exists about this object, thus causing a compounding of the difficulty here. Do you see? To violate this, then, violates some entities' right of free choice or freewill. And so it becomes increasingly difficult,

then, to serve thee in this question. Do you see?

CONDUCTOR: Okay. We thank you for your information on this, Lama Sing. We will not proceed to do a reading on the ball at all.

Now, from there it has been suggested we do all readings written down by mail from here on in and not see people publicly, unless we choose to or we know the person. Is that a good idea for us?

LAMA SING: Just a moment, please ... Let us, humorously to you, untangle ourselves from the tanglings of that ball object, please ... Yes, we are clear of its *effects* here, as you might call this. This is somewhat similar to grasping an object which has some adherent or adhesive device to its surface; one might try to release it and it becomes difficult. Do you see? So it is that we might speak somewhat easier here at this point. Too much concern over such objects, and such chasings to *extraterrestrials*, as you call them, can become obsessive in its nature, then, and can become a deviate from the Master's true Purpose for all of you. Do you see?

CONDUCTOR: Did the ball affect the Channel's mind in any way?

LAMA SING: Those thoughts, those emanations, then, surrounding the ball, indeed, have had some effect upon him. You see? As we've concerned and spoken to you about previously, you may recall that not the action, not the object, have harm but the thoughts about this, then, when they are intense with emotion as the building material. This, then, has an effect not only upon he, but each of thee. Do you see? So it is that, look not upon this as an evil thing, but rather, then, misguided thought or thought which has gone awry. Do you see? And it is not for we to criticize here, for it is their choosing to follow such pathways.

Now you might state to them that ... these terms: *Please excuse these humble servants on these planes whom would be the ones then to serve thee in honor of those questions. We find this not within our realm of availability or authority to delve into in any depth at this time. Hence, we humbly withdraw, then, from the honor of answering said question.* If you would please convey that to them, then, this should conclude the matter then.

CONDUCTOR: When I was sitting there today, I somehow or another became a bit ...

LAMA SING: [interrupts] Well, the thought of the sorcery or the witchcraftings that entered your mind, entity [Conductor], has some foundation here, but fragmentary we would say. Do you see? Is that adequate to your question?

CONDUCTOR: I think so. I became a little disoriented for a while, like I thought something

strange here, not fearful, but I just wanted to leave.

LAMA SING: As we mentioned to you many times that, if you would but follow then intuitive givings to self, you would prevent thee and the Channel, then, from many situations which you have cause later to wish you would have altered. Do you see?

CONDUCTOR: But you can't always do that, because how can you tell the Channel what he should be doing all the time. He's a man of himself, by himself. He should have his own free choice on things, not just what I think.

LAMA SING: A suggestion, or a reference, then, of your opinion or sensings of that matter, you might find would be considered in good stead.

CONDUCTOR: Okay. Unless there is anything else you have to tell us about the situation or anything, we'll conclude on it.

LAMA SING: We would be most joyous to conclude on that subject.

CONDUCTOR: Okay, as I was asking before about doing our readings written down privately, instead of having people in and out, does that sound like a very good idea?

LAMA SING: Yes, it has from several aspects many benefits to you, and to they the like, do you see. It provides for you, then, to function at opportune moments when self is at high point, and when self has the attitude and outlook best suited for said readings. It also provides for the entities to emanate their thoughts, not only in verbiages, but in writings, which cause them, as we've mentioned, to reconsider their words more carefully. It also has the effect, then, of providing for you an ability to regularly have opportunities for periods of nonservice, which are well needed, then, recreationally, spiritually, and mentally. Do you see?

And it also keeps those, you might call them, *vibrational frequencies* or thoughts, from being absorbed in that which is Divine Self, thy abode. Do you see? Other aspects to be considered here would be the evidential askings, then, and the evidential givings, which cannot be misconstrued by those to follow as having been impromptu urgings from the subject at hand. Also can it be assessed more clearly and with greater *hearing*, you might say, when one hears from a recording, rather than feeling the emotions of the moment and not hearing our works. Do you see?

CONDUCTOR: Probably it would get them to listen to it much better, and over and over, like we ask them to, instead of just the one time that they are sitting here and don't really hear what's being said.

LAMA SING: Yes. There would be, however, those exceptions from time to time, and those whom you would want to have present. Do you see?

NAME 1: Would there be any need for, or advisability for, limiting the number of questions, Lama Sing?

LAMA SING: This has merit moreso in your plane than in ours, for again, the weight of *time*, as you call this, has not the effect upon we as it does on thee. Our many statements of time being nonexistent is referring to your standard of time or your standard of measurement. You see? So from that aspect of a linear time measurement, the subject of limiting questions to this or that number has its merit.

Also, in terms of your limitations, then, we might approach this subject rather delicately. You might try to have them confine their groupings at least of questions to like-unto-like area; that we would not send then the Channel's energy bounding about the universal areas, as the entity [Name 1]'s rabbits. Do you see?

NAME 1: Any thought as to the number of questions? We were thinking of having them state a purpose for the reading in the first place, to clarify in their own thinking why they were asking for a reading. And then, we were casting about for a number of questions that would be reasonable for them to ask.

LAMA SING: Yes, just a moment please. We would like to view this as it would be projected into your future. Just a moment please ... Yes, as we look ahead in your time as it can be anticipated here, it would seem that you have the following reaction here to this approach: You are going to have a grouping of individuals who will not come forth now because of the requirements, those you would not want at any rate, we would believe; for they will not hear with their ears, they will not see with their eyes. They will follow that of their choice at any rate. Do you see? So, in this position, you are eliminating some [quote] "chaff". Do you see?

Here we find, then, also suggesting to you, that in your writings, as we see you intend to send an instructionaire, then, tell them that meditating upon that which they would ask would be the advisable method. And then, after a period of reverent meditation, asking for God to bring it to their awareness that which is of wisdom for them, then, would they please record their questions, hold them for a period of one day's time. Do the same and review their questions as though they were looking at it from God's own position. Do you see? Then, this would provide for the best of all possible reading conditions, as you call it.

Number of questions, then, should not exceed seven, it would seem, for any one reading time.

But this can vary dependent upon the facilities at hand. Some questions we can give very brief answers to. Others require an explanatory period. Do you see? Suggesting, then, this as your consideration: Writing the questions in order of importance, the lesser ones, then, towards the number seven would be the ones that would be the least important. Do you see? Or five, if you wish.

NAME 1: We are beginning to work with [Name 2], and I think, though she admits to being slow to start with, I think there are great possibilities, for which I am grateful.

LAMA SING: Yes, this would seem to be in concurrence here. In regard to the writer entity, then: Comments can be given here in regard to a caution that, you do not become burdensome to he, in that he does have important things in his life to resolve, do you see, and to accomplish, as can be adjudged by the drastic action taken by higher Self here in his lifetime. You see?

NAME 1: We had thought, perhaps, to give him physical readings that he could work with as his time permitted.

LAMA SING: This is very wise, here. Caution also in regard to the dissemination of these readings, please, then: Secure for self that assurance from each entity of the keeping of silence in regard to these words. Do you see?

NAME 1: The physical readings?

LAMA SING: This would apply to *all* readings, for there can be that danger of violation, then, of the unanimity, or of the ... How do you call this, then? ... The aspects of the entities' soul and consciousness that they would not like revealed to others. Do you see?

NAME 1: Anonymity.

LAMA SING: Yes, that's the word ... anonymity, then.

CONDUCTOR: Anything you'd like to say to [Name 3]?

LAMA SING: What would be your observations to this point in regard to your late hour meditative exercise?

NAME 3: I feel that I am progressing slowly.

LAMA SING: Yes, yes, we take a great joyous humor in this, for often it is written that those whom are in great progression cannot see or assess that which has been accomplished. But those

about and around that entity might well harken then unto that which has been done here. It shall be told, it shall come forth, that you can see from where you have come. Do you see?

[some discussion about questions]

LAMA SING: [interrupts] We must share this with you, and we know that we can in your gathering, speak to you when not requested. Is that not so?

CONDUCTOR: Yes definitely.

LAMA SING: In your recording device you will find, as you review, then, some humor in the small comments that seemingly run behind the major course of conversation. Is it not so?

CONDUCTOR: Yes.

LAMA SING: But we might speak to you here, that very much the same occurs here. You see? Here there is a grouping; there, there is a grouping. And they all confer, then, hoping to pass this thought or that, when the proper question is asked. Do you see? So it is likened very much unto your plane. Do you see the humor here?

CONDUCTOR: Yes, when we laugh at your saying, *One moment please*, and we're sitting here, carrying on!

LAMA SING: Yes, but we do have some, you might say, *governings* here that you do not have there at this time. Do you see? Also in some humor, do you see, for it is not permitted that we interfere or violate your right to freely choose.

CONDUCTOR: Sometimes we can't think of the questions that we should be asking, Lama Sing. That's not fair.

LAMA SING: Then we suggest to you this ... if that is a question to us?

CONDUCTOR: Yes.

LAMA SING: In such given situations, then, accept from the grouping a specific topographical area, asking for, *that information, all that can and is able to be given on that topic, as benefits directly those souls present*. This can then be given to some extent without the violation of freedom of choice or freewill. But it cannot be done to a great extent to those not present, since you would have to request this in a topographical way. Do you see?

CONDUCTOR: Okay. Anything you'd like to say to me this evening?

LAMA SING: In what area, please?

CONDUCTOR: We have eight appointments tomorrow; not a very good idea, I take it, right off.

LAMA SING: Well, it won't be too difficult from the viewing of your physical plane. It does not seem to be too stringent, then.

CONDUCTOR: Good. That will set the Channel's mind at rest.

LAMA SING: We would question that comment; but nonetheless, it is given.

NAME 1: Do you have any suggestions or advice, Lama Sing, for any of those present, as regards the meditative periods, or efforts in that regard?

LAMA SING: Growth, as is often known in your minds, commences, then, with the germination of a seed. Such seeds then may lie in fallow then for many days before the first indications of its growth are seen above the surface of the soil. Hence, judge not too quickly what has been in occurrence during this time. More and moreso you will find your abilities expanding through the blessing you have brought unto the Father, through the Master's Way ... that, then, of your evening-tide meditative period is of benefit. Do you see?

Now, in your particular case then, the [Name 1] entity, we find a calming is occurring here. Far less occurrence of interruptive thoughts; a greater ability of concentrated thought. The pattern is broadening. It is as though you are expanding, as though a ray of light expands when it becomes more distant from its source. And this we see as an improvement here quite significantly. Also we note that control of the body's mechanism is improving here. We also see that, in terms of the body's internal workings, much improvement occurring here, and would continue to improve as time passes. So assessment in your particular case is very good. Do you see?

NAME 1: Thank you, Lama Sing.

LAMA SING: Remembering, that you are not asking for *this* or *that*; you are asking for *service*. Very well, entity [Conductor] has upon her mind then, or has had here yet a question in regard to the conditions now prevalent in your physical abode. Yes, we concur with them, and we are pleased that you have gone forward in that regard.

As to the apparatus that the physical body reclines upon ... seems to be adequate here. Wise to place a covering over the object itself, as you have done, as this permits then the physical body

access to receive, then, that needed from the atmosphere about you, so you see, otherwise prevented by the dense material of chemical manufacture which surfaces that object ... or the plastic covering, in other words. Do you see?

As to, then, your planned approach at this time: We suggest that you do make known, then, quite quickly, your whereabouts, as there are several in need, as you would say, *scattered about*, whom have not the wherewithal to contact thee. Do you see? Also, here we would suggest that emphasis of what is intended is stressed then in your writing, as this will *call to arms*, so to speak, others of like mind. Also, you might emphasize to the entity [Name 4] that the time for choosing is near at hand here, and that his service is needed if he is of mind then to be in service in that capacity. It is no less, no more than, if he chooses, nay. Do you see?

CONDUCTOR: He hasn't decided yet, has he?

LAMA SING: He has not, as we assess this.

CONDUCTOR: Okay. A question about the Channel himself ... Is his mind far enough away?

LAMA SING: Yes. We want to take him to just a different place here, at any rate, since we saw the movement, but we'll do that now. Just a moment, please ... Yes, the soul's Consciousness now is in attunement with the conscious mind at the place of records, at this time.

CONDUCTOR: How about the Channel? The statement he made the other day — that I know he feels an awful lot — he said he feels so *empty* inside. Now, I don't really understand it, or what I should be doing about it. Can you give me any advice on that?

LAMA SING: Concern not in that regard. This we find is often the case on those whom are in service to the Master on the Earth plane. For there cannot be in thy plane, at this time, that complete fulfillment as has been known by that soul. Do you see?

CONDUCTOR: Is there anything I can do for him to get him over that kind of a mood or situation or time?

LAMA SING: These will come, these will pass. They shall become more brief as time progresses. There shall be that light which shall come unto thee to guide thee for thy service with him. Herein then is the love of the Master; herein then is the service by the Master to those whom serve.

CONDUCTOR: Usually when kept busy, we don't have this kind of a problem. When he has something to do, constant work to do, he doesn't have a problem with it, because he is always

caught up in something. Or is it the opposite ... too much to do?

LAMA SING: We wish now humbly to give you this small tale: If now we were to take you, any one of you, from your plane and transport you to a distant land wherein upon that land not one could hear, not one could speak, would you not then become saddened after a time without this contact?

CONDUCTOR: Yes.

LAMA SING: And so it is when a soul is in service unto the Christ. There has been known such a fullness — as the speech, the hearing, the seeing of the Master, of the Master's Way, and unto God — that as their indwelling in body on the Earth plane can become similar as unto that tale we have told thee. Although their minds do not recognize this, the soul's Consciousness dwelling within that body, or that emanation, has oftentimes the sensing of great sorrow for that which is not yet recovered. Do you see?

CONDUCTOR: Any more questions? Okay, unless there is something further that you want for any of us to know, we have concluded, Lama Sing, and we thank you for your help.

LAMA SING: We ask your indulgence then, for a brief moment's time, please, that that which is remaining can be given. ...

CONDUCTOR: Oh, I'm sorry, yes.

LAMA SING: It is not for sorrow on thy part. It has not been from thy plane a request, but from here a wish to be given.

CONDUCTOR: We'd love to hear it.

[long pause]



LAMA SING: Coming before you then, soon, the commencement of many things which may appear to you in comparison to be changes, to be advancements, or to be things of difficulty to accept or convey. Astart not your self's mind and look upon them not then as abnormalities of happenstance; but rather, then, the fulfilling and the development of that which is capable through God. We intend to ask for, then, on thy behalf, as is requested of these humble servants, for the Master's Light to provide all that possible unto success of thy endeavors. And unto thee, then, and thy gathering, to call forth in these realms, all whom are with the Master, of the Master,

to serve. Hence, it shall be heretofore many things that shall be in movement, and many things of some change or difficulty for you to understand perhaps. This, then, is merely a comment given to you, that you will not find this to be of start to self. So it has been given then.

[some discussion of the words *start* and *astart*]

LAMA SING: Startling, then. We are near prepared, then, for your request, as previously indicated, for dissertations and following forum or discussion upon topographical areas of disease and disease, and those possible or probable pathways for the remedial actions of same ... and that is near preparation then for giving.

Also in preparation at this time, and we emphasize, again, *at this time*, it is prepared that the Channel can commence, then, those writings as previously given in indications of past readings that might be of service to others. Do you see? In regard to certain areas and aspects of your physical plane, relating perhaps to aspects of the source of energy, or objectivity of matter, the paradoxical emanations from energy releases, and vibrational sources, effects of harmonics in the ranges then of sound, light, and the more solid or dense physical or chemical fields as tie to the emanation of the physical body constructed and maintained, then, by the mindfulness of an entity expressed in your plane ...

These, then, all to be given for the purposes of advancing the entities' awareness of your groupings, that these then might be applied to the great purpose of the Master for each of the lambs on your plane. Is there any question on that regard?

CONDUCTOR: Sounds like a momentous undertaking!

LAMA SING: It is not so difficult, unless one tries to explain it all.

CONDUCTOR: Is this information that is going to be given coming up or something that has already been given?

LAMA SING: Fragmentarily, this has been given and might be gathered to that extent; but, summarily then, it would be reviewed, at the Channel's request, then, if he would but assume a meditative state or one likened unto his present, wherein it can be reviewed at great length with him; that he might return to conscious mindfulness, then, for its transcription. Do you see? This is only if it is his choice, of course. But it is of benefit and has been requested on numerous occasions. And so it has been prepared here and is prepared, then, for giving if he requests it. Do you see?

CONDUCTOR: Lama Sing, do you remember [Name 5]? He asked about a book that he wrote,

and you told him he should send it to a publishing company in Chicago. Recently the book was returned. What was the problem with it? What was the problem with the situation? What went wrong?

LAMA SING: What is the assessment here of error, please? How is there defined, by this action, that error has been committed?

CONDUCTOR: Well, they didn't accept the book for publication where you said he should send it. They returned it.

LAMA SING: They did not accept the Master either, but this did not deter Him from His pathway, you see? Let this child, then, review the Master's workings, and let self be a pattern after this.

CONDUCTOR: What should he do with it now?

LAMA SING: What would the Master do with that which He believed worthy of dissemination?

CONDUCTOR: Should he send it back to the same company?

LAMA SING: Would the Master, then, speak words unto one whom has not heeded them repeatedly? Or would He save His words for one whom might accept them?

CONDUCTOR: Anything you'd like to ask on that [Name 1]?

NAME 1: He was saying that he was going to send an abbreviated form, or some chapters, I think, to Hugh Lynn Cayce for further comment and perhaps advice.

LAMA SING: This seems a wise course, at least for he.

CONDUCTOR: What went wrong with the fact that you said that ... I don't remember exactly who you said would take the book, or just exactly what you said, but he asked for a publishing company to send it to, and you gave him that one. What went wrong?

LAMA SING: In recalling those words given to him, we believe that the organization we referred to was located in the Chicago place, in that general area, and we believe that we stated that there was one entity there that would be receptive towards such writings, and to the extent that we thought this was a *McGraw* or *McGill* ... or that type. Do you see? Something of this nature here, but we would suggest more effort be expended here.

CONDUCTOR: Anything more you'd like to say about it?

LAMA SING: Nothing from here.

CONDUCTOR: Okay. Thank you for all of your help, Lama Sing. You may release the Channel any time that you would like.

LAMA SING: Very well, we are then preparing to recall the Channel unto preparation of releasing same.

CONDUCTOR: We thank you for all of your help.

LAMA SING: Yes, we are awaiting his return to our midst at this time. Yes, we have the Channel, then, in these gatherings, and at this time humbly bow to thee. Our humble thanks and gratitude for this opportunity to have been of some small service unto thee.

Let not your thoughts nor your ideals be diminished one whit then by obstacles of growth and testing placed before self *by* self. Let them rather become stepways unto higher Light.

Very well, with the Master's Love and blessings to thee, humbly we withdraw at this point. God be with thee.

CONDUCTOR: And with thee.



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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.

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:

