

Glossary for Actualizing Consciousness

If you are looking for a word or phrase that is not in this Glossary, please contact Susan so it can be included.

Actualize

To realize in action or make real, to describe or portray realistically, to become actual, to realize

The **ADEPT** / see also Master/Adept

“An adept is an entity whom has knowledge of and has begun the practice thereof in order to gain a perspective of his true and complete nature ... and if truly aware of his own adeptness, or hers, might gradually move into a way of life which is moreso demonstrative of that consciousness.

“That entity, in the stages of adeptness, yet might struggle with this or that as an illusion or limitation, but more oft than not, not out of necessity, but out of choice, that there might be the better understanding at the physical level, the emotional level, and somewhat the mental level, of the opportunities or challenges that face their brethren.”

“The adept generally chooses a certain form of limitation in order that the consciousness remains sufficiently in the Earth that the expression of those energies and that consciousness needed most in Earth would be provided a pathway.” — Lama Sing

Al Miner

Al Miner had a chance hypnosis session in 1973 twenty-nine years following a near-death experience (NDE) he had in 1944 as a young boy. The session triggered his reconnection to the other side, and began his tenure as trance channel for the Lama Sing readings.

All In

“In the incarnation as the man called Jesus, He was and is *all in*. There is your reference. The guideline to live by to be *all in* is a matter of personal choice. You can't say, 'I'm all in,' and then, in the next day, act in anger towards another. ... If you wish to be Utterly Free, then what is to be held in reservation? What would you hold in abeyance if you truly wish to be totally Free, knowing that anything that is of a finite nature that you cling to holds a part of you within it. If you are experiencing the *all in* phenomena, (as it might be called), there are no disruptions that can take a part of you into their embrace. See?

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AWAKENING

The return by one in the realm of Earth or adjacent realms to the *full knowing of the Truth of their divine nature*, as intended and fashioned by the Creator, to *BE Free*, followed by the expression and experience of Freedom. (See HOLY SPIRIT)

In remembering each member of your circle, it is more than just a beautiful work. It is a gift

unto Consciousness, and it is being reciprocated to you. The Awakening — it is growing. And Consciousness is shifting as It is invited to be a part of your realm of expression. — Lama Sing

There must be that which awakens, in order for the Truth to be known. There must be the summoning, before the banquet can begin. There is always the call, before the work is done.
— Lama Sing

“So, there is a council here who has advised: Think ye not of a temple in the sense of stone or the materials of the Earth, but think ye of a Temple that exists beyond limitation, and that this is that which shall be constructed as the “third temple,” and it could be said of Solomon or of the ... listen carefully ... son of man. And as this is builded, then these who believe unto same and build within themselves that pathway of awakening shall, indeed, be those who shall know Him and that He shall awaken in the completeness of that term.” — Lama Sing

BALANCING FORCES

Those forces that seek to dominate, to perpetuate the mass-mind belief in and experience of fear, anger, envy, greed, hatred, guilt, hopelessness, unworthiness, and so on.

In the BEGINNING

“In the moment of God’s joy of creating the Uniqueness of You, You were not a physical form. You were the thought of God and, as such, could be called an energy. This is an energy that flows from God eternally.” — Lama Sing

“In the very beginning, there was the Knowing. The Knowing was One with all. And as the Knowing expanded, it grew into the expression of that which became known later as Consciousness. But not before our Father spoke the Word.” — The Elders

“In the beginning was the Word, and the Word was with God. The Word is with thee now. The Christ is the Word, and thou art the Word. Thee and the Christ are one.” — Lama Sing

BEING

“Teaching is formal, whereas BEing is the Truth, it is not formal, it is utterly Free. And BEing is, as given, could be considered the higher form, if not highest form of teaching, which is by example. You are moving forward in profound balance, and the profoundness of that balance is difficult, if at all possible, to be put into a state of imbalance. Therefore, you can pass through limitation and opposition without any *resistance*, so to say. The doing of this does not necessarily mean the you would disrupt that which opposes you but only in a state of peaceful offering would you move through it.” — Lama Sing

“To BE is to simply realize you are without limit.”

BODY PHYSICAL/BODY SPIRITUAL

“The *Spiritual body* has no confines in the sense of its nature, of its effectiveness, of its Consciousness, of its awareness, its Knowledge, its Wisdom, creative ability, and so on; conversely, the *physical body* is limited — in its ability to communicate, to express, to experience through travel, through encounters, in terms of its senses, in terms of its knowledge to that which has been gleaned and taught consciously, and so forth.

“Then the question (and, perhaps, purpose for your life) might well be: Why is there a difference? Why does this beautiful body, which exists by God's Word, express in a finite or limited form? And, why can we not join these two forms into one beautiful being? Well, dear friends, once you arrive at that point (that question, asked within yourself), you are beginning to prepare yourself to truly receive God.” — Lama Sing

The BONFIRE OF CONSCIOUSNESS

Is an allegory defined by a Lama Sing discussion group, to mean both:

- a mutually agreed on gathering "place" in Consciousness beyond the perimeters of definition, aka the finiteness of all structure, sometimes referred to as the 7 Realms; and
- the intent of a new mutual agreement beyond mass-mind to put Consciousness first in the expression and experience of life in Earth, collectively to be the David for the Friend to the Goliath of the illusions of finiteness. Thus amassing this as a new, dominant agreement, a new reality, or 'realm,' within mass-mind.

While this new reality of *living* Masterfully is clearly for those participating in its creation, with no intent to influence others, it is an offering to any and all others who would choose to Awaken and Live their full potential, without any limitation, while yet incarnate.

The BRIDGE OF LIGHT

In a reading within the Peter Project in 2000, it was requested of those following the Peter journey to envision, and literally create through mind and intention, a “Bridge of Light.” This was the work of a group who used the power of group prayer and intent to manifest a bridge to span the realms of shadow between the Earth and the realms beyond.

According to Lama Sing, prior to this Bridge, it was not uncommon for one transitioning from finite life to infinite life beyond to become lured off their path of light and into the Shadowlands, the Sea of Faces, and lesser realms. Now, those leaving in the process called death who choose to use the Bridge move more-or-less unimpeded.

CHALLENGE

“Though the way may be hard, the path difficult, it is the journey's end that one does well to ever hold in mind and heart. And if at the end, there is the opportunity to serve but one, all that has been endured is purposeful and righteous for that one.” — Lama Sing

“Stand as though He stands beside you. Let not that which challenges body, mind, heart, or

spirit have anything but a blessing from you.” — Lama Sing

“In the daily life, live in a state of peace and joyful love for all that is, and set aside those things that call to thee from the Earth that seek your energy to support them that the shadows of illusion can seem to be that which is and occlude the rod of truth that is within each of you.”
— Lama Sing

The CHANNEL

“Channel” is the title used by Lama Sing in place of his name, Al, because to use the name could call him back from that Consciousness from which the readings were given to his finite form, awareness, perspectives, and influence.

CHILD OF GOD

“You are an eternal Child of God, blessed to have the Grace of God before you. And as you claim this, you have the right, if you have claimed Freedom, to walk away (figuratively speaking) from any type of limitation that seeks to impose itself upon you.” — Lama Sing

CHOICE

“Put the cart before the horse and you may just as likely drive off a cliff as drive down the path. Put things in their rightful perspective. Use the tools you have. And the most profound one is this lifetime. Let it be an implement of service in the garden, which is the Earth, with yourself as a representative of the great Gardener to whom all the garden belongs.”
— Lama Sing

“The nature of choice is gifted by the utter Freedom of God in order that each one of His Children may come to understand and know themselves and, by the nature of their[“
— Lama Sing

CHRIST CONSCIOUSNESS *

“Christ is a state of being, a state of Mind, a state of Consciousness, an expression of God that is Eternal and gives life, provides the Way, offers the keys.” — Lama Sing

“The Spirit of the Christ is available unto all entities. The Christ Consciousness is that Awareness which is Universal, and lacks not in terms of the limitation of time nor that of the physical or material plane.” — Lama Sing

“And that is your objective – that, spiritually, your Light should shine as does His. Your potential being that Light, and being One with God.” — Lama Sing

“The Christ is that light of potential within each of you which is called by the name which is yours in this incarnation. Whether you be Christ John or Christ Sarah or Christ Walter, and on and on. That same light of God which is the Master, which is The Christ, is within you.”
— Lama Sing

***Jesus and Christ Consciousness:**

“Jesus the man had, through the cumulative experiences of incarnations in Earth and involvements in other realms, so merged His awareness as a soul with that of the Christ Consciousness that they were as One, and are at this time.” — Lama Sing

“The Christ is the potential, the promise, the hope, the light, the way. You are the Christ. Will you accept that? If you will, then, you are. But you cannot accept it with word alone nor with sacrifice nor penance nor fasting, or by wearing a certain symbol or by speaking certain words. You must live the very thought. “ — Lama Sing

CHRIST SPIRIT

“The ‘Christ Spirit’ is that infinite, eternal essence that is the continuity of God’s intent borne in each of His Children. That Spirit that is the Christ can be found in the hearts, minds, and teachings of many currently as well as historically. The Christ is a Principle. It is a spirit. It is the life; the Master has brought this Christ Consciousness into Oneness with Himself, and thus He has become the Christ. And is the Christ. See? Just so many stumble over this.”

— Lama Sing

“When the Master walked the Earth, He saw as you saw, but his *Knowing* was Unlimited. It was the Unlimited Knowing that empowered Him to See, with greater clarity, the fullness of the Truth that was before him. You can do this now. Go forth and let the Peace and the Love of the Christ Spirit awaken your Christ Consciousness. See it within you in the center of your Being. For if you have Joy at the heart of Self, where your life force is One with God, it will flow to the without, and all that you deal with will be under your control in terms of its impact upon you.” — Lama Sing

CLAIMING

“As one assesses the choices made, and finds from these, learning, growth and potential, there is always that which awaits thee, which calls to thee: claim me, know me, take me unto Thy being. For in the presence of all experience, is also the presence of the promise of God.”

— Lama Sing

“What is Claiming? Claiming is living what you believe. To expect, rather than to lament and deny. To claim abundance, and thus honor God and open self that it might flow to and through you. The little self and great Self can no longer be, for that implies division. In Claiming, they are united into Oneness.” — Lama Sing

“The Master, as might be expected to follow the pattern of the Earth, should have been seen in a duality, and yet there was none, there is none, there shall not be any. For He has claimed. You must *choose*, and all else will follow. See?” — Lama Sing

"You are not the sum of those experiences in that singular journey of life. You are the sum of God within you, simply on a journey, experiencing. When you realize this and claim it, then, it is true."

The **COLOR**

In the readings given by the Elders in the book *WHEN COMES THE CALL*, and throughout the *Consciousness Readings*, the word "Color" is used to denote the sum-essences of God as the Word expressed and all potential.

COMPLETENESS

"I shall not doubt God's powers. I shall know of His presence at all times, for I am He, and together we are One." — Lama Sing

"Completeness, then, is the unification of that one with God. You see, this is of the Master's teachings to you. It is not that God dwells then, on yon mountaintop nor does he sit then beyond thy sight. He is ever present and as a part of thee, always, for you are of God. So you cannot be separated from God; you can only in your mind, have the lack of acceptance of His being." — Lama Sing

"You are Complete when you have that which is the sum of Yourself held with an embrace of Love. When you believe in Yourself to be a Child of God and you know that you are constantly the recipient of His Love and His gift of Peace and Free Will choice, then you become Complete because the realization of these *aspects* (if we might call them such) brings to you a state of *BBeing that is without limit*.

"Those things which are contemplated as alternatives can become, as such, items that the mind carries with it, so that when you move through your daily life in a journey, so to say, these items are like burdens that are carried by yourself traveling through that day; but when you release these and see Yourself in an attitude of Love and Peace, then that Completeness is assured." — Lama Sing

"If the self in the Earth is willing to accept the Spirit fully, there is the movement to the center of the self in the Earth, where the purity of the Spirit is Complete." — Lama Sing

CONSCIOUSNESS

"Consciousness *in the Earth* could be defined as the sum of one's known experiences that are reflected by events outside of self; Consciousness *in the spiritual sense* is the sum of all potential that that spiritual Consciousness is seeking and is open to and, thus, can be the vessel through which this is *experienced* / through the *expression* of it flowing through that soul, that being." — Lama Sing

"The ultimate **C**onsciousness, or Universal Awareness, or the summit unto the throne of God ... these things, you see, cannot be accomplished unless one *Knows Sacred Truth*."

— Lama Sing

“For Consciousness is God. God is Consciousness.” — Lama Sing

“Consciousness is oneness with God and thereof no thing is impossible and yet no thing in the limited sense is present.” — Lama Sing

“Consciousness *knows*, and Knowing does not require thinking, contemplation in the sense of evaluating, adjudicating, and all that sort. Consciousness *Knows*. When you are Consciousness in the Earth, you are the Christ in a manner of speaking.” — Lama Sing

“Capital C Consciousness is that which includes all that is. It is that which is the foundation of all being, all existence. It is that which is the potential of all that can be and, in fact, all that will be, for the potential of Consciousness is from whence Creation flows.” — Lama Sing

“Consciousness is not confined nor limited. You don’t find it by following a rote or dogma; you find it by freeing yourself from rote and dogma.” — Lama Sing

“Consciousness is perceived as moving at a certain pace, yet it has expanded before it can be thought.” — Lama Sing

“Consciousness is all that is. But, in its pure form, it cannot manifest without invitation where it is not intended to be. But when you manifest a work that is reaching out with goodness according to the Law, the Law will respond. And Consciousness *is* the Law.” — Lama Sing

The simplicity of Consciousness is such that it cannot, in finiteness, be grasped without definition. Therefore, definition is given because it is known by those who are Free to be of value for those who are seeking Freedom.” — Lama Sing

“Exploring the nature of Consciousness is best done through the experiencing of it. If it is sought after through the intellect, it may be of diminishing result because the nature of consciousness involved in the intellect requires definition. ” — Lama Sing

“You end up being an expression of that level of Consciousness, and as you continue to build and claim that expression of Consciousness, it is strengthened and it flowers, it blooms, it expands Itself. Consciousness, remember, is the Word of God, and as you are in this very pure level of Consciousness flowing with the Word of God. ” — Lama Sing

“Consciousness contains all that is. If you send forth a blessing, all of Consciousness feels it and reverberates that blessing.” — Lama Sing

The COUNCIL

“Oft called the Brotherhood.” — Lama Sing

COURSE IN ONENESS/IN MASTERY

A 12-month course given by the Lama Sing group in the year 2000, which Lama Sing said “holds the keys that can set you Free.”

DARKNESS/darkness

Lama Sing and Al Miner refer to two kinds of darkness/Darkness:

“As the readings often point to, before there was the Light there was only God. God embraced us within His cloak of living Darkness, which contained the sum of all potential. Our only experience was knowing our Oneness with our Creator. There was no separateness. ... This Living Darkness knows me intimately and embraces me with unlimited Love and profound Peace. There is no judgement, no ‘finger-wagging for something done or not done. I surrender myself in joyful wonder as I move deep into His Love. And, from this, the reading begins. An important point to share, here, is that during the course of the reading I am taken into the Light and immediately realize that the Darkness and the Light are One, the same Source, the same Creator.” — Al Miner

“The darkness is not, as such, empowered externally. It is empowered through habit, through judgment, through fear — through those things which one would not wish to have directed at them personally. And yet so many contribute and nourish the darkness by holding such thoughts. Free yourselves from that, and claim the Peace and joy that is the Christ Light within you, and you will feel the Promise of Freedom that is near upon you.” — Lama Sing

“The misnomer is to think in terms of Darkness as evil. And those Forces that have fallen prey to habit and to the familiar invoke the power of Darkness, believing that it is, in a singular sense, in opposition to the Light, when indeed, they are brethren, kindred souls.” — Lama Sing

DEATH

Many in the Earth assume that death will set them free from suffering, but Lama Sing has said death is no guarantee of such freedom, and other masters have said that what we believe in that moment of transition becomes what we will experience next. What beliefs are carried in the heart that are bound in finiteness, definitions, mores, experiences, expectations, judgments? What “facts” have become second nature, subconsciously held in the mind?

“Death is a progression until the soul remembers its True Heritage.” — Al Miner

“Time is not a measurement Here. It is a guideline that *you* use in in the journey throughout finiteness, perhaps because without that you would become, indeed, lost.” — Lama Sing

“When Jesus walked on the Earth, He made Himself One with all that was. He was able, through His Love and, His Oneness with God, to unify with whatsoever was before Him, including the process called death.” — Lama Sing

“There are many beautiful souls “working” here (*working* being in quotes) to reach out along the lines of light to gift them with the love and blessings of the Christ Spirit, and to offer the love that is uniquely theirs in addition to all else. These lines of light are intended to touch those who have shied away from claiming, who have denied themselves the right to move on to the perfection of their divine nature for reasons that are well known to many of you in the Earth and require no detailed recounting. Some of them are here not knowing that they are here. They are in the daze, the fog, of their habit that took their physical life from them. Others are here through some abrupt action not of their own hand or choice but something that was, at the soul level, accepted. But for varying reasons once again they have moved into the shadows because they know not as you do.

“When we find those who are maintaining Lines of Light with these souls, we join with them and add our love and the love pouring into the realms of consciousness by the Christ. And we place the light before them. And as this light is seen by them, they realize that they are not in the Earth in physical form any longer. Many will turn around (so to say) to look, to see, “Where am I? What is this? Am I alive?” And the light remains beautifully soft, warm, pulsing in a very gentle way that matches their own vibration ... that is to say, the soul in the shadows’ vibration. And then, through the lines of light, they will hear, they will feel, they will know, a call. And it is quite simply: *Thou art loved. Thou art forgiven. Come. Be free. No judgment, only love awaits you. Come into the light, and we will carry you to a joy that is beyond your potential to measure. Where you are now offers you nothing but the sameness of what has been. You did not error, you have no thing to make amends for. Hold no judgment against another who has been left behind but look at yourself, if you will, as we offer you this light of Seeing.*” — Lama Sing

DEFINITION

“That which is defined is, by definition, confined, limited. Think about that.” — Al Miner

When the word *definition* is used in the Al Miner / Lama Sing work, it most always refers to finiteness. (see *Finiteness*)

DISCARNATES

Those souls in finiteness who are without physical body. They have departed one realm but have not yet chosen to incarnate in another. Although the assigned guides never leave their side, the discarnate, not open to their guides, wanders, often seeking to quench former habits, until such time as they weary of their experience and call out. The guides use this call to make themselves known to the discarnate and immediately illuminate the path.

DIS-EASE

“The entire body participates in the thought process. This is why bodies become dis-eased, at least in part, see ... the mechanism by way of which such is possible.” — Lama Sing

“If you have some little dis-ease, you can treat it in varying ways: You can believe it away; you can call upon those whose prayer is noteworthy and, together, you can set the dis-ease free and replace it with that which is Truth, called ease. But what you should not do is dwell upon it!”
— Lama Sing

“So, what is the nature of dis-ease, then, in such a situation? It is, quite simply, a matter of choice. If you chose to accept the fullness of an incarnation in the Earth, you would have chosen it knowing all of the factors, all of the aspects, that are involved in such an incarnation ... you have chosen it knowing the conditions that are prevalent therein.” — Lama Sing

“So we come to the point of an individual who is Awakened, and who is in the process of, or has completed the process of, claiming themselves to be Free. The possibilities for such a soul to choose, or to manifest, are almost unending, as we see them from here. Many of you, however, in the Earth, see these from a different perspective. You see them from within a small container of potentials. You see that dis-ease must be conquered in this way or that, or it has not been conquered.” — Lama Sing

In the EARTH

This term is used when Lama Sing is referring to living *within the consciousness of Earth, within finite experience*, rather than on the consciousness of Earth. It is similar to our use of the term “in Heaven” rather than “on Heaven.”

EGO

“Ego then a mechanism which is, as clearly defined, one of the greatest social and economic barriers ever created. For the need for an entity to be comparatively measured in terms of their worth, in terms of their necessities of life, in terms of their value to self and others, has created an environment which then must lead to war, must lead to pestilence, and must lead to a cleansing of some sort here and there, to permit souls to return again and again to cleanse self of memories of a certain incarnation to the great detail that they have. And to return with only the effects and influences, thus, to progress.

“Ego, then, having builded some love, some lust, and some desires which are so strongly carnal so as to make for the loss of the spiritual accord previously present. Even those who were yet retaining the Oneness with God fell prey to the defense mechanism, felt necessary to deal with others whom had categorically established ego as a prime requisite.” — Lama Sing

The ELDERS

A group who saw brethren being trapped in the illusions early in the creation of finiteness and went into that creation to rescue them. They would have been trapped themselves had they not been offered rescue by still others who went in for them. These rescued ones:

- because of their loving intent, which caused them to endure great hardship,
- because of their experience in finiteness,
- because of their choice to be freed in the face of incredible odds and potential loss,

- because of their will and determination to return to their Divine Completeness,
- and because of their eons of subsequent service to God ...
came to be known reverently throughout Consciousness as the Elders.

Elders Readings — The Elders as a group participated in many readings, some referring to Lama Sing himself as an Elder. Their story. is told in a series of readings compiled into a book titled WHEN COMES THE CALL, the LOC Community Deep Dive: Back to Love — The History and Future of Humankind It is also your story.

The **ELEMENTS** (referring to that term as used in the Elders Readings)

The free will congregation of like-thought of groups of entities creating a place, a realm, in which to dwell is held sacred by the Father, fully embraced by the Interbetween/River of Light and cannot be violated, literally can not be, for they are “protected” by Elements of the Father and by His Law.

“Yet did the death-thing provide an opportunity for events to occur and to withdraw from those experiences, and move off into the Elements and the River of life, and be renewed and, thus, they would return.” — Lama Sing

EMOTION

“Spirit is the pattern, mind is the builder, emotion is the substance of which mind builds.”
— Lama Sing

“Emotion exists as a potential and as a tool on virtually all levels, all realms of expression.”
— Lama Sing

“The emotions are powerful. They are a literal energy, which you control — you can send them forth, or send them within.” — Lama Sing

“In your thoughts, in your attitudes, those things which thou thinketh and believe and hold in your heart, they *are* you. Spirit is the pattern, mind is the builder, and the physical is the result. This has been given through Edgar oftentimes, and elsewhere to be sure. Let’s expand on that just a bit. Not only is the physical the result; but through habit, through conditioning, and through the evolution of familiarity if not fondness with a certain way of thinking and acting, so do you become this in your mental body, in your emotional being and body. And while your spirit is ever at its highest level of expression, One with God, this aspect of your being is limited by the attitude, the thought. What you believe, *what thou thinketh in thine heart, so art thou*. See? It is inescapable.” — Lama Sing

END OF DAYS

“Those who seek will find, through the spirit, the perfect pattern. And that perfect pattern which is held to shall mark the *end of days*.”

“The perfect pattern is the accomplishment of that which breaks free from limitation and/or, as you would understand it, definition. And the *end of days* is the end of demarcating, so to say, or compartmentalizing one’s nature. It is the movement of spirit into flesh and flesh into spirit, that there becomes no delineation that is separate from the other. For as those souls moved into finiteness at the onset, they did not do so as limited expressions in houses of flesh; they did so in the fullness of their nature; and thereafter began to misuse this because of various factions and such which are generally known. See? The End of Days is the end of limitation and the beginning of the unlimited nature over which the Christ Spirit will preside and give opportunity for that which might follow.” — Lama Sing

EQUALITY

“No soul, as we perceive God and creation, is greater or lesser than any other soul. This we have before us in Universal Consciousness. Therefore, we must conclude that if this is so, all souls are equal, whether angel or that which is called the soul of man, or other such.

“If we should find this is not so, then we shall conclude at that point all such works, for we would find there would be no truth in any such that we have done to date or that we might perpetuate henceforth. We would at that point immediately conclude all works and disband our grouping and depart.

“For you see, if there is not Truth in this that we have before us, then we must humbly conclude that Truth does not exist. And if there is not equality in our One God, then what purpose for existence? If there can be a hierarchy where God would view one greater than the other, we do not believe in this god, and we would depart to seek out what we know there to be as the One True God. See?” — Lama Sing

EVIL

“There is no such thing as evil or opposition and, yet, in some realms, as that one called the Earth realm, this is a definition used to provide reference to that which is not wanted.”
— Lama Sing

“We shall accept your terminology in the use of *evil*, as we know you use it in the context of mankind’s present awareness. However between us, we know there is no such thing, do we not?” — Lama Sing

“All things are of God. The force as called "demonic" relate to polarity and to activities which are relegated by a defining and delineating point of view as negative. There are in effect forces, which are detrimental or negative or evil to your intent. These are the collective thoughts and attitudes, which exist in a realm, which has been agreed upon to function within said thoughts and attitudes.

All things are of God. The creation of an evil force is the result of the thoughts and attitudes of individual souls or entities traversing their own experiences. These forces have no greater or

lesser effect upon any soul than that entity expressed through that soul is willing to accept. See?" — Lama Sing

"Man is never separated from God, they only think it so. So it might be that whatsoever man thinketh to separate he from his God might be thought of as... my such terms... sin or evil. The greatest sin in the Earth plane is merely an opportunity for one or more entities to experience; and if by that experience they learn the greater value of the meaning of eternal love, or grace, or compassion, then how can one state that the experience is evil, if the result is of such beauty. See?" — Lama Sing

"Remember, there can be no wrong. There can be a myriad of choices and reactions and all that sort but, when you see with your true Sight and hear with your true ability to Know, then, you will see these things for what they are: the paths of the quests of the Children of God." — Lama Sing

"The manifestation of the power of the thought that is collective and given life by those who are in the Earth is the force that you are dealing with. And it is not just a force that encircles the Earth as the Channel (and others) so often view it. It is like an ocean of thought. Therefore, the beautiful Earth and all those forces within and upon it are a part of this sea of energy. And so, you have learned that if the energy is all about you, then, you can create yourself as lovingly neutral by your claiming of Oneness with the Father and bringing forth the Father's Light from within you to such a brilliance that you become neutral. In other words, you do not contribute to the energy nor take from it [...]" — Lama Sing

"Be of a nature that sees all things in the light of Truth, that the souls who have journeyed into the Earth and who are experiencing conflict or creating it... Those who are lost in the shadows of their own illusions and habits are no different than the brightest of all who might stand before you in the Earth. Whether adjudged saint or sinner, they are loved equally by the Creator, for they are the Creator's expressions." — Lama Sing

"When there are references to the *anti-Christ*, it is – in the clearest sense – not a personage. Again, it is not a counterpoint to Jesus. It is, rather, the collective merging of habit and intentions of many, many souls who have chosen a pathway (as we described earlier) that is of competition, of conflict. It is not to be adjudged in a sense as wrong; it is merely their choice. But this is a force to be dealt with." — Lama Sing

The **Devil** — "My! My! We certainly are in the midst of a topic on this one, we can see! For it has brought much conversing to these realms, oft times, this [Devil's] triangle, named after the non-existent gentleman in his red-colored suit. We assure you he does not exist in that triangular geographic area anymore than he exists elsewhere, save for those thoughts of mankind that create these attitudes, you see. With that matter cleared we can proceed with your question then." — Lama Sing

[In answer to a question about the *Devil's Triangle*, What would you call that topic, so that we might ask for it sometime?] “We would call this *The Red-Coated Gentleman's Geometric Pattern*. Do you see? [Laughter] — Lama Sing

FINITENESS / see also NUTSHELL

That which solid or of some element of form; that which is defined, confined by definitions and/or thought-forms of that definition; can mean Earth, can mean anything structured, anything mandated by conditions and boundaries. The concepts/realities of matter, energy, space, time, are finite elements. The physical world and that which it needs to sustain itself.

“To bring into finiteness in the form of creating initially, any single soul could create easily, perhaps some would argue, all too easily. And that initial creativity brought on a sense of competitiveness. After a time, then, with the passage of many events and the realizations and discoveries during the early Atlantean times, the hierarchy of the realms of expression took on new form under God's Law, and the realm of the Earth became, as such, unto itself.”

— Lama Sing

“Finiteness is a speck in the All, where the Children explore the “impossibility” of conditions.”

— Susan Miner

“So then, we have a pathway which became an entanglement. The projection from a finite level then began. And a series of projections, so to say, took place which became as a maze of sorts in an experiential process of awareness. And as the finiteness became more intense, the awareness was narrowed and focused, and narrowed and focused, until some souls had so intensely and so finitely focused themselves that their Consciousness only remained at the level of Earth — that they existed as that thing.

“In order, then, to assist their brethren to Free themselves, more souls entered. Twin souls became a part of the activity, hovering over their counterpart. Soul mates literally bombarded the existence with vibrational frequencies, seeking to raise the consciousness from the realm of creativity; yet knowing intuitively that the Universal Law, the Law of Creation, ensures nothing could be destroyed — no matter can be destroyed; it can evolve, it can move of its own choice.; but a soul cannot destroy matter, it cannot uncreate, it can cause its own creation to reflect inwardly but it can't destroy — in other words, it couldn't violate the right of Free Will of other souls. Another way of stating this is that it couldn't interfere with that which had been the creation of another soul. See?” — Lama Sing

“There is the presence of a portal, if you will, a passageway which has been titled ‘the tunnel,’ which has to do with movement from one consciousness into others, from one realm to others. As you pass through these varying levels of consciousness, moving away from the finiteness of the physical body, you will encounter many things which, by your sensory perception, including the physical senses but not limited thereto, which your consciousness will interpret

based upon your present frame of reference, your understanding, and those things which ye have come to believe in.” — Lama Sing

FREEDOM / FREE WILL

“Freedom, meaning that you are as you were in the state of Being when God spoke the Word and they were created.” — Lama Sing

“You will come to a point at some juncture in your journeys throughout the varying expressions of consciousness where you will see Freedom for what it is: You will know it to be the Glory of God that bears your name.” — Lama Sing

“Freedom. Freedom is that state of Knowing wherefrom there are no boundaries, no limits, no definitions, save those which are willfully chosen.” — Lama Sing

“Then why should I, in my journey in this lifetime in the Earth, seek Freedom? You would seek Freedom because, spiritually, you know the Truth of what Freedom really is. You know within yourself that Freedom is the realization that you can discern the Truth from illusion.” — Lama Sing

“Freedom is known to varying degrees by the nature of the individuals who are seeking to know it. In some realms of expression which are the choices of those Children of God – who are, by their divine nature, Free – those choices carry them into definition that is believed and loved and, therefore, it *is*. And it becomes that which confines them, for it is in the confining, which results in definition or form, that they engage in those activities that build understanding of the true breadth and depth of their Freedom.” — Lama Sing

“Freedom is not an illusive quality to be sought after. It is already preserved within each soul.” — Lama Sing

“Freedom is the nature involved in making choices; when a choice is made based upon conditioned response, the Freedom involved is relative to the definition of the confines.” — Lama Sing

“Sustenance of all things in the Earth realm is interdependent upon one another and upon the realm itself. To break Free from this is no small issue, because the multitude who are present love the realm called Earth and their choices.” — Lama Sing

“In the confines of structure comes the feeling of familiarity, comfort, the ability to know through definition; without these confines or structures, many would feel, quite literally, lost.” — Lama Sing

“We have, perhaps to the point of weariness, encouraged you to remember that you have the right of choice.” — Lama Sing

"You *can* attain Utter Freedom. When you reach the point of Utter Freedom, it is probable that you would choose not to violate the love of the choices of the others around you. If a group reaches Total Freedom, it is possible that they can create an environment that can exist within the embrace of the realm of Earth, yet not violate the love of others. It does seem unlikely to most all, and yet it is possible." — Lama Sing

"The greatest of all Choice and way of life is to claim your Freedom as a Child of God as it was given to you when you first Awakened, to laugh at the beauty and wonder that God placed before you in that moment of your Birth." — Lama Sing

"So, then, would it be believed that there is a little Freedom over here and another little Freedom over there, and on and on ... that one can be Free in this way but not that?"
— Lama Sing

"The true Life lies beyond that portal." — Lama Sing

"Utter Freedom is seen by many in your group as only being attained after the transition from the finite body." — Lama Sing

"You are facing an opportunity to not only set yourselves Free – *not being bound to the limitations so familiar* – but to contribute to the overall consciousness of your realm, which has a domino effect upon associated realms." — Lama Sing

"You would love – utterly – the realm of Earth if you were totally, utterly Free. You would love every aspect of it. You would see no good or bad, only[...]" "only the beauty of the opportunity from Utter Freedom to willingly express the choice to experience." — Lama Sing

"You are responsible for your life. And if you are responsible for it, that simply points out very clearly that no one else, unless you accept it, can have an impact upon you. You have the right of free will. That is the most powerful and most precious of God's gifts to you." — Lama Sing

The **FRIEND**

Al's term of endearment for the body/emotion/mind and the spirit that guides within. He came up with this term from Consciousness looking back at his incarnation and appreciating that experience, intent, and purpose. Spirit in this context could be: that which dreams, wills, listens, exercises faith, has the desire for goodness, is reaching for itSelf, that which guided itself to "Living Mastery" even when the little-mind was unclear as to the goal and means. In this group we are in the process of Knowing our utterly limitless Self and Freeing It from within and with the Friend.

GOD the FATHER

"Perhaps the choice we're being called to make now would be to be One with that person and their spirit and hear from that Oneness. Then, they could even use a word like **Papa** and mean

it all rolled into one, as portrayed in the book and movie *The Shack* I and Lama Sing often use the term *Father*. We mean no reference to gender or human form. We use it interchangeably with *God* and *Lord God*. For us, it's a term of endearment and deep respect for our Greatest Love." — Al Miner

"Some think the use of *Father* is sexist at a time when women are continuing to seek equal status in today's society, and I do empathize with this. Some prefer the use of *Mother* or *Mother-Father* but others cringe at it this, too, because it feels New-Agey or contrived. Others feel that the use of any term that personalizes Source carries the connotation of being human rather than divine, which then could also evoke the old image of a big guy sitting on a cloud with a scroll and pen in hand marking us humans for Judgment Day. And still others are repulsed by the use of the word *God* because it evokes religiosity. You could go on and on with any term you'd use — Allah. Abba. Alas, what's a person to do when talking about the *Topic*?" — Al Miner

"What shall *you* be called? Shall you be called Human? Woman? Man? Child of God? Child of the Creator? Creation of the Consciousness of Life itself? An evolutionary position? What? Perhaps, by your given name in the present? Any of these and many more might be the truth for you. Would you not think it to be so, as well, for the Father? That each of His Children might, from their uniqueness, see their Creator, their God, their Father, their Source, their Oneness, the well-spring of Life? What you choose to speak when you reach out with hope, when you call out in despair, when you strive to give love, when you wish to express gratitude? Would it not be known that thy Creator knoweth this before it can be spoken? Thus, has it magnitude what name might be applied? It *does* have magnitude; it is very important for that one who knoweth their Creator in a state of intimacy and love that has always been theirs. Then, that name which they use is sacred.' — Lama Sing

"The difficulty here in your comprehending this topic is that the implication of the three expressions of God — God the Father, the Spirit, and the Son, the Christ — is that those expressions, in and of themselves, tend to demarcate, and therefore to separate into individual aspects. However, God is unlimited, as of course you know, and therefore an expression of God would be based upon the perceiver's interpretation of that point of view rather than God Himself. See? The latter not meant to imply a gender in the male-female, for God is the Father-Mother-God, after all, and not just one, but all of those aspects combined." — Lama Sing

"Do not become discouraged. Do not permit negative thoughts to dwell within you. Tip thy head and tap them from your ear, allow them to drain away. Face God in thy mind and the Christ Principle in thy heart. Do these things in and of friendship. Use God as thy neighbor, and fear Him not but welcome Him into thy being. — Lama Sing

God and The River of Light

"If you were to think of all that is as a functioning Body, and that Body is called God, and flowing from the Body are sounds and colors, energies, and all sorts of essences that have little

description — they are fragrances, they are sounds, and they are energies that will stimulate you in ways that are profoundly unique. This Body is not defined in the sense of a physical body in the finiteness of the Earth, but a Body meant in terms of the collectiveness of Being. As that Body is realized, and as you come to know that you are a part of this Body, then there is the awakening of the potential ... not just for you as you have discovered it, but all of the Body is awakened when one part is awakened. When one part of the Body finds joy, that joy is offered to the entirety of the Body because it is Complete.

“The Body which we are using in this analogy is unlimited. It has no barriers, no boundaries. It has nothing that It seeks to do. It is, simply, *Being*. And its *Being* is the gifting to Its Children with the opportunity to Know themselves, and to Know God and each other.

“Flowing along all throughout the Body is the River of Light. This River of Light nourishes all aspects of the Body, so that each part of the body is energized with the love and grace of the Body's greater Being. And you can find yourself focused on one part of the Body, and say, “Here is God,” and you would be correct. But there is more, you see, because what you focused on is only a part of the Body in its Completeness.

“So, as we shift now to the Completeness of God, we must shift to the entirety of existence. No matter what we would be looking at — a bit of stone, a beautiful flower, an insect, a bird, a droplet of water, a beautiful child at play in a sandbox, a fine voice singing out in a concert, a man whittling in his rocking chair on a step, and on and on — the existence of you and the existence of God are inseparable.” — Lama Sing

GRACE

“There is found, then, a force which transcends all: and that is called Grace” — Lama Sing

“The capacity to raise thy thought to a point wherein in a moment, in an instant, thou art aware of thy perfect nature — the Knowledge of this plus the knowledge of Earthly activities imparted the aspect of forgiveness: And Grace as a giant spiritual eraser might erase misconceptions, judgments, guilts. No one becomes a master without acquiring Grace, for they are synonymous — the Grace of God is the Word of God.” — Lama Sing

“Grace is the ability for one to learn from their experiences; Grace is also the opportunity to avoid self-judgment as the result of a finite view; Grace is the expression of God's Love actively participating in your lives, in your experiences.”

— Lama Sing

“Say, in the Law of Grace, ‘All that is, is restored to you.’ And the sight of that, which is an illusion unto one of righteousness, heals them. The connection is not between the one of righteousness and the dis-ease, for the dis-ease is meaningless. It is very important to understand this. To one awakening Consciousness, see it as the colors/the sound, behind the living curtains of Consciousness, knowing that you are not a part of it unless you wish to be; knowing that it lives because its existence has been permitted.” — Lama Sing

HABIT

“Those whom are reluctant to release the past or to allow themselves to make change because of clinging to the familiar may have some considerable difficulty; those whom are open and loving and joyful and have their faith in that which is Eternal, not that which is finite, will find the way a glorious one.” — Lama Sing

“Limitation is moreso that image of habitual thinking of rote, of dogma, than it is reality. More entities dwell in self-imposed imprisonment in their lives in the Earth and other realms than shall ever be physically imprisoned in all of the times and half-times of existence.”

— Lama Sing

“When you claim your Spiritual Self it is like stepping outside of a path of choice and habit that *is* the Earth. This means that even self must, at times, be released.” — Lama Sing

“Eliminate fear and doubt and apprehension. Do this by recognizing that bonding to things and to the familiar promotes fear, simply because such bonding then requires a continual flow of your energy in order to sustain that which has been and that which is familiar to you.”

— Lama Sing

“You are Free and you do not see it, you do not recognize your Freedom. You are unlimited, and you are clinging to that which you know, that which is familiar, because of doubts of the unknown. This is a tendency in the Earth, which we see and know and understand, often. And the answer is almost always the same: You are the one who has the power to make change in your life.” — Lama Sing

“Do this then, do not labor from the physical, neither be pensive in thought or in reflection, rather do this: Go forth and find your shining Spirit standing on this Bridge of Light — for you are Here at our sides, and your brilliance is no less than the greatest Here. Go *from* the Spiritual and come *back to your body*. Set aside the old ways, set aside the familiar in the sense that it now can take — *they*, collectively — their rightful positions as step-stones for you. And use this as a springboard, and find your Spirit. *Dwell* therein.” — Lama Sing

“It could be said that fear and love are bedfellows, perhaps positioned in a sense of polarity at opposite extremes. It is said that Love knows no fear because Love is God. Therefore, could fear be considered the absence of God? Not truly, for all things are of God. Fear is the mechanism of contrast. Doubt and frustration, anger, are qualities of such emotion as is love and fear that are tools for the growth of self. Does self wish truly to be One with God? Sufficient so as to release these things which are as familiarities of life in the earth? Then so be it. Release them. As simple as that.” — Lama Sing

“The power of God’s Promise has no limit, and your body could literally fly, soar through the treetops, if you would believe it to be so. Couldn’t you venture forth and stand and be seen, as having chosen to explore that which is unexplored? To reveal that which is unrevealed? To

bring the Promise into manifestation? There can be the Forerunner and much can be foretold and prophesied, and is so being done. Who shall hear it? And who shall answer? That is the next measure before you all.” — Lama Sing

“It’s not so much what you do, but what you hold in your heart and mind. If you call your Spirit, your Spirit *is* answering. But then if you go off into life and pick up the mantle of habit, and act as though your Spirit hasn’t answered you, then you’ll have to pause and do whatever — whether that’s to pray, using prayer beads or any such — whatever it takes to re-open yourself to Know it. It is the habit to not Listen, the habit to not Believe.” — Lama Sing
“It is difficult to concentrate on building a spiritual awareness if that concentration is conditioned by the expectations of others, or the world itself, or by habit or whatnot.”
— Lama Sing

HEALING

“Physical healing is generally the byproduct of the pattern, the emotional imbalances and those thoughts and/or attitudes which are creating or allowing the imbalance to occur.”
— Lama Sing

“This reaching for higher awareness, this desire to bring peace among thy brethren, this wish to eliminate disease and the desire to feed the hungries of your world, this, indeed, is within your grasp. You cannot comprehend at this moment, perhaps, the entire meaning or method by which this will be accomplished; but, have faith. When you weaken, review many past times of great testing and gain strength from these words. Remember, you are upon a path of righteousness and God will direct you through all harm.” — Lama Sing 19740114

“In reality, there is no need for any of this, as it is only created as tools or guidelines for you to continue your progress. If you had a somewhat clearer picture, perhaps you would see that you do not even need these things. It is as though one whom is an expert carpenter may build a magnificent house without a single plan, whereas we whom are still striving perhaps need many plans. Do you see? The rays, the levels, the chakras, all these things ... they are a part of our need to express our levels and our progressions, do you see?” — Lama Sing 19740211

HERE THERE /here there

In Living Masterfully, where one is accepting the Free nature that they *are*, “Here” is a reference to this unbound limitlessness in which they Consciously dwell; whereas “there” is the consciousness of limitation.

In other words (pun intended), when one is within finiteness striving for, reaching for Spirit, it is common to refer to It as “there” and “here” as meaning life in Earth. But in this group, these terms are reversed: Here is Consciousness, unbound, Free.

HOLY SPIRIT

“It is differentiated (for purposes of understanding) from God in that It is will in action; it is God’s living breath; it is that which nourishes and continues, in a uniform sense, Existence.

Compared to the Christ/the Christ spirit, the Christ is the very active. It might be thought of (using the term "It" in a collective sense) as the Universal Awareness, the Universal Active Consciousness; whereas the Spirit of God, or the Holy Ghost, is that which is the order in God's Awareness as He contributes to your existence and your opportunities. Functioning in harmony with all living things is functioning in the Spirit of God. See?" — Lama Sing

"Is the manifestation of His presence in an Awareness which is invisibly felt throughout all matter and frequently is culminated into a being-like form in moments to bestow great honor or joys upon a grouping or individual in a manner which can be conceived." — Lama Sing

"The Holy Spirit is that which is your essence as God's expression or Child. And therefore, you are *connected* to God by way of the Holy Spirit, in a manner of speaking. See? The receipt of the Holy Spirit is as a question implying that the Holy Spirit is not present in the first place, and that's not correct, humbly given. But the Awakening of the Holy Spirit within provides for an exceptional enlightenment of mind, of spirit, and of body, which literally has no limitation." — Lama Sing

"The Holy Spirit is, as such, the breath and expression of God as is manifested in what we would call expression itself." — Lama Sing

"You might consider that the Holy Spirit is, in a manner of speaking, a thought-form, the thought of God. ... When a soul reaches a certain point in the culminative sense of achievement, then they can be thought of as dwelling in the Holy Spirit. In other words, the Holy Spirit is a part of your spirit, your soul, your essence. For you are an expression, and therefore that expression supports your life, provides your existence, and forms the silver thread which connects you to God. The Holy Spirit is that which is your essence as God's expression or child. And therefore you are connected to God by way of the Holy Spirit, in a manner of speaking. See? The Awakening of the Holy Spirit within provides for an exceptional enlightenment of mind, of spirit, and of body, which literally has no limitation." — Lama Sing

The HOMELAND

"The Homeland, the Heart Realm, is where the brothers and sisters and the Word of God exchange joy and love with one another in various forms of expression." — Lama Sing

"That which was originally called by Susahn the Heart Realm to symbolize the brothers and sisters who intended to bring the very heart of God's Love as an offering to those in Earth willing to receive it – and then perhaps aptly retitled by she as the Homeland, to symbolize the consciousness of being Home with Father, a consciousness being sustained by these same brothers and sisters. The Homeland is a part of the Path." — Lama Sing

"The Homeland, as it is referred to, is not a place in the nomenclature of the Earth. It is not a realm; it is a state of Consciousness. As one who has accomplished, through meditation, the ability to reach the level of Consciousness called the Homeland, then from here they bring the

potentials, the possibilities back to the Earth as gifts. They are not gifts in the sense that you would hand someone a package. They are gifts in terms of BEing. You end up BEing an expression of that level of Consciousness. And as you continue to build and claim that expression of Consciousness, it is strengthened and it ... Zachary states that it flowers, it blooms, it expands Itself. Consciousness, remember, is the Word of God; and as you are in this very pure level of Consciousness called the Homeland, you are flowing with the Word of God. And you can call upon the potentials that are therein, and they will manifest for you joyfully And you will find yourself wanting to gift them in return. Which is the true foundation for Freedom. Is it not?" — Lama Sing

I AM

"The more you can hold the I AM as a form of empowerment and claiming, the greater is the energy that is set Free to move into Consciousness, into mass-mind thought, and to reveal the Truth of what is. This is possible because you, all of you, are in physical form. You have passed through the gates of finiteness and claimed Consciousness while yet in finite form. And it is that claiming of Consciousness, that is the I AM statement, that empowers to the next level. When sufficient claim the I AM, there will be a light that appears, and it will appear for those of the faithful within and without. Of this, we are told.

"So encourage one another to claim, to affirm. Even if it is some variant of the I AM, claim Who and What you are. You are not just a journeyer who has come upon a physical form, moved into it, and is experiencing for no reason. You, all of you, have chosen it knowing the challenges, knowing the opportunities, knowing all of it far better than it is known in the Earth.

"For you have known it from on high, and you accepted those challenges and moved into the finite, releasing, in the knowing that, as you journeyed, no matter what the challenge that would come to you, the Truth burns brightly within you as the very Life Force of God. As you claim that Light, His Life Force shineth from you. And wherever mass-mind is seeking to color with illusion, the Light of your truth, all of you, will shine upon that intent and reveal it to be just what it is." — Lama Sing

"Say to yourself: I Am. I Am the Light of God brought forth in this uniqueness, that God's glory can be known clearly and completely through Me. Believe this. Know it. Live it. "
— Lama Sing

ILLUSION

"When one is in the midst of what can be called an illusion, it is difficult to see anything outside of that as being real. In other words, the illusion becomes reality, and reality becomes the illusion. In many respects this may seem paradoxical, and indeed from a finite perspective we would concur to considerable degree. But then, remember that there is the polarity, the balance of the soul, to be considered. And such balance requires in essence a reflection, that the

soul might know by experience, that the soul might project and receive through that which is called life.” — Lama Sing

“You are born of God. And in that, you can never — see, never — be separate from Him. The illusion that strives to separate you from God has many faces, many facets, but it is not to be considered in the sense of having any power. Only as you would give it such, can it endure.” — Lama Sing

“In the movement of the Children of God in the creation of the gift of Earth for Father, that separateness as it was created, was one of the first illusions created. For it was intended to preserve the *secrecy*, if you will, of that gift intended to be, ultimately, given to God, which built the foundation for illusion. And upon that foundation, illusion continues to function and flow and expand. See?” — Lama Sing

“Now then, come forward, won't you, and be as you are encouraged to be: *Be the son or daughter of God.*” — Lama Sing

“Be mindful not to rely upon what you see, or hear, for illusions can be presented to the sight, and misleading sounds can be given to the hearing. But the Spirit is ever True.” — Lama Sing

IMPOSSIBILITY

“The impossible is always possible when one believes that the possible is possible. But when one believes that the possible is impossible, what possibility is there of anything being possible?” — Zachary

“The presence of Jesus is the magic of Freedom. We say *magic* because it appears to be an impossibility, therefore, it must be magic. Jesus is the reflection of God within the seeker. Jesus is the Son of God; the seeker is the son or daughter of God. As the seeker opens to ask, they are one.” — Lama Sing

“So if you see someone with dis-ease, they are experiencing an impossibility. But because they are Children of God, they have the power to create a lifetime wherein the impossible becomes possible and manifests. But here, beyond the finite, such a thing cannot be found; you cannot find something that is (quote) “imperfect” such as dis-ease implies. So when we say it is impossible, we are striving to tell you that this is a well person who is accepting the illusion of not being well. That illusion perhaps ... (very well, we were going to use the word unfortunately, and we were asked not to use that word, so...) it would appear that mass-mind thought nourishes the claiming of a lack of perfection. See?”

The **INTERBETWEEN** / see also RIVER OF LIGHT

“What the Channel calls the Interbetween is the fine-tuning of the accomplishment of being able to move into an out of the River of Life. And as one reaches such a level of attunement, then they are capable of moving, as he has described it, laterally moreso than up, down, right,

left and that sort of thing. Noting that right and left are lateral, but this *lateral* is different. How so? It is without direction because, as the Channel has moved into the River of Life, he does so without moving up or down or in any direction. But he Opens himself.

“So, as you would Open yourself, you would find that the River of Life will fill you. See? *Fill* you! And what are you filled with? The beautiful energy of God that is gentle, peaceful, loving, calm, quiet, embracing, all of these things, and far more.” — Lama Sing

“If you were to think of all that is as a functioning Body, and that Body is called God, and flowing from the Body are sounds and colors, energies, and all sorts of essences that have little description — they are fragrances, they are sounds, and they are energies that will stimulate you in ways that are profoundly unique. And this Body is not defined in the sense of a physical body in the finiteness of the Earth, but a Body meant in terms of the collectiveness of Being. As that Body is realized, and as you come to know that you are a part of this Body, then there is the awakening of the potential; not just for you as you have discovered it, but all of the Body is awakened when one part is awakened. When one part of the Body finds joy, that joy is offered to the entirety of the Body because it is Complete.

“The Body which we are using in this analogy is Unlimited. It has no barriers, no boundaries. It has nothing that it seeks to do. It is, simply, BEing. And its BEing is the gifting of its Children with the opportunity to Know themselves, and to Know God and each other.

“Flowing along all throughout the Body is the River of Light. This River of Light nourishes all aspects of the Body, so that each part of the body is energized with the Love and Grace of the Body's greater Being. You can find yourself focused on one part of the Body, and say, ‘Here is God,’ and you would be correct. But there is more, you see, because what you focused on is only a part of the Body in its Completeness.

“So, as we shift now to the Completeness of God, we must shift to the entirety of existence: No matter what we would be looking at — a bit of stone, a beautiful flower, an insect, a bird, a droplet of water, a beautiful child at play in a sandbox, a fine voice singing out in a concert, a man whittling in his rocking chair on a step, and on and on — the existence of You and the existence of God are inseparable.

“In the movement of the Children of God in the creation of the gift of Earth for Father, that separateness as it was created, was one of the first illusions created. For it was intended to preserve the *secrecy*, if you will, of that *gift* intended to be, ultimately, given to God, which built the foundation for illusion. And upon that foundation, illusion continues to function and flow and expand. See?” — Lama Sing

JESUS

“In the experience of the Master in His Father's House [I.e. ‘Money Changers’], it is the removal of that which defiles the perfect nature of the House. And He used the action that

would speak to the level of the defamation of the House. If you can take this attitude towards that which is within your domain that you feel is a transgression against the purity and the sacredness of your world, your life, then you will be gifting all of Consciousness.

“Jesus is the perfect example of Loving Neutrality and Authority in one, and these are supported by Compassion and His healing Grace. The depths of His Love is beyond measure, for it is Father’s Love expressed through Him.” — Lama Sing

“The man Jesus, as He was called, is an entity — a *total Being* — expressed as a man in the Earth.” — Lama Sing

“We know so many of you are dedicated to serving Him, to following in His footsteps, to being and doing as the words which are the remnants of His teachings guide you to do. But this you have done, have you not? Might you now walk with Him?” — Lama Sing

JOY

“Just as prayer creates what could be called an orb, or a circumference, around you that is likened unto a field of energy, so too does a joyful way of living, a joyful attitude, do very much the same thing. Joy allows the opening within self of the creative flow, and that creative flow is ever One with God. And therefore, all that you do bears the Mark of His Spirit and the essence of the Christ so as to be, indeed, a light among those things which are your activities in the Earth. No matter how you are challenged, nor that which seems to burden or limit, claim your right to be joyful inwardly and express same outwardly.” — Lama Sing

“The power that the Master used so often was joy. The Word of God is borne on the wings of joyous laughter.” — Lama Sing

“Never take yourself too seriously, for that just closes the portal, boxing up laughter. Laughter is joy. God is joy unlimited. Laughter and joy, then, can be thought of as unifying self to God’s Word.” — Lama Sing

JOYFUL EXPECTANCY

“There is the Understanding that a concept, which they considered a living thing, becomes empowered with a great Force, called Joyful Expectancy. A concept is as a blueprint, a pattern. As more and more behold it and take it within themselves, it moves inalterably to become a reality. It is the expectancy of the concept's manifestation that is a key to empowering and awakening. It is our prayer, humbly, that we presented this in a manner that has stirred something with you — the Expectant Child.” — Lama Sing

JUDGMENT

Of Others — “When you truly seek to enlighten yourself, you will hear many things and you will see many deeds. Some you will find comfort in, others you will say, “I cannot accept this.”

Do not become embroiled in these ways; but accept that which is comfortable to you and leave lay aside that which you cannot accept.” — Lama Sing

Of Self — “Do not fall prey to judging yourself. It is not in the moment that you hold a little thought here or have a little emotion there, but when you come to rest and you move into Oneness with God within you, Free yourself, that you and your Creator can celebrate the beauty of your Uniqueness and the Uniqueness of all of your brethren.” — Lama Sing

KARMA

“Understand that karma is an opportunity. It is not a debt, not a burden, not a punishment, not a guilt. None of these viewpoints apply to karma. Karma is the opportunity to continually strive for perfection in your balance with all existence.” — Lama Sing

“As long as you treat karma as an obstacle to your progression it must be removed. Must it not? As long as you now anticipate a repayment of karmic debt, there is need for further growth. Do you see?” — Lama Sing

“The experiences on the Earth plane offer one of the greatest honors to each of you, as you have here the opportunity to use that which is given. Karmic ties have their influence here. Though we hasten to add that karma is neither bad nor good; it simply exists, it is the force of being that continues to urge and prod you towards the balancing with events past and those planned for future. One has the insistence of being met. It can be placed aside for a period of time; but it must be understood within thy being. It does not mean that for a karmic action in a past lifetime one must live an entire lifetime, for time is not of a significance that you purport it to be on your plane. It is rather that you progress — in one, two or twenty lifetimes — until your mind and heart are merged in the understanding of the completeness of that karmic action. Once this is accomplished — and it may be so in one day’s existence or one hundred thousand days, your choice, you see — then the karmic pattern is balanced and you will choose to go on.” — Lama Sing

“Each entity has their free will; and if they feel the weight of this karmic debt most heavily, they may, indeed, go forth in great sacrifice in a future existence. But remember well that these existences are followed each by long periods of review wherein each of you will assess and determine how you progress at that time, and in relationship to others you will also determine what contributions you might make.” — Lama Sing

KNOWING /knowing

“The Knowing is the ability of self to set aside that which is doubt, which is apprehension or the fear of being possibly wrong or misguided; and to be in a state of that Peace that involves a sense of exhilaration within.” — Lama Sing

“There is the knowing mentally that a certain thing is so in the Earth and agreed upon, and that is so because it is agreed upon. In the spiritual sense, the same is true. Two or more entities

can gather and build a thought-form. Each can contribute to it from their Uniqueness. Each can agree to the other's thoughts or ideas. And that thought-form is now their reality. The more they empower that thought, the more powerful is it. The more they know that thought, and know that one another know the thought, the greater is its power. Knowing that you are a Child of God, is to open yourself to being a Child of God. When two or four or twenty of you come together and Know that you are Children of God, the empowerment to all involved is amplified, greater than the number of participants" — Lama Sing

"In the Earth there are those events which appear to be paramount. So that birth and transition (or as you call it "death" in the Earth) are not given a lot of thought, nor are they intended to be, except when it is appropriate. So you could call this a passive knowing. You could call this a knowing which is vacant, but it is there and it is known by all. Eternal Knowing is the claiming of the sum and substance of your soul's experiences to the current point. You can even go beyond this and Know from Universal Consciousness. So the point here is, there is actually an expanse through Knowing that is perhaps almost incomprehensible to most entities. To Know a thing is to be One with it. Knowing makes the connection. In all of this, see, you are asking to Know." — Lama Sing

LAMA SING

Lama Sing is both a group and an individual. The Lama Sing name represents a group from the infinite side and is the name of the channel or spokesperson for this group. Al Miner was the channel and spokesperson for the finite side.

"The source known as Lama Sing is a teacher to the Channel. The Channel has functioned with this source in previous life experiences not limited to the Earth or physical planes. Though the name has been an individual soul's name in past, it should not be thought of just as an individual in its present use or connotation, but rather as a group or purpose, as though one were speaking to a consciousness comprised of collective aspects." — Lama Sing

The LAMA SING COUNCIL

"There are never less than twelve, including Lama Sing, though this number may vary upwards considerably as others are called forward when needed. [click for more info]

"Except for the information not permissible for the minds of man or that which would violate Free Will, there is no question which would not be answered, for it is their purpose, their chosen pathway of progression to aid and assist us in the Earth plane towards the understanding of our Oneness with God." — Lama Sing

LIFE

"The finiteness of this realm called Earth brings with it inherently a number of, we shall call them, challenges. These challenges reflect back to you in an amplified sort of way any of your strengths and/or weaknesses. And it is this one particular, per-haps curious, aspect of the Earth plane that makes it so productive and, therefore, so desirable for many souls to promote their own growth and evolution. Keep yourselves open. Observe yourself as you observe

others. Ask here and there, 'Why am I doing this? Is it robotic or conditioned, or have I chosen what I am now doing?' Knowing which of the two gives you control over them. When you have not identified prevailing forces, they have control over you." — Lama Sing

"Let there not be that chamber within your life into which you place your faith; but, rather, let life itself be the chamber of your faith." — Lama Sing

"It is a glorious honor, a blessing, a privilege, to be in the Earth. It is a wondrous opportunity to become aware of what you already are." — Lama Sing

Put the cart before the horse and you may just as likely drive off a cliff as drive down the path. Put things in their rightful perspective. Use the tools you have. And the most profound one is this lifetime. Let it be an implement of service in the garden, which is the Earth, with yourself as a representative of the great Gardener to whom all the garden belongs." — Lama Sing

"The reality of the Earth is profound, it is meaningful. If it were not, then what purpose would be the opportunity? If you cannot test the mettle of your spirit through "real experiences and opportunities" how can the outcome be assessed in any degree of meaningful-ness? See?" — Lama Sing

"Growth is not intended to be one of intense purification but, rather, to gently, to lovingly, apply the Law of Grace and to allow this Grace to transcend the need for the actual experiencing and to quickly, easily and beautifully build understanding." — Lama Sing

"The expression of self in the Earth is almost momentary in the perspective of your eternal nature and, therefore, should be considered periodically here and there throughout the day from that perspective, placing it perhaps (as the result) of this into its rightful position. For if too much intensity, too great a concern, is raised over the physical body, then, this is likened unto the tail wagging the dog or the cart before the horse." — Lama Sing

"The finiteness of this realm called Earth brings with it inherently a number of, we shall call them, challenges. These challenges reflect back to you in an amplified sort of way any of your strengths and/or weaknesses. And it is this one particular, perhaps curious, aspect of the Earth plane that makes it so productive and, therefore, so desirable for many souls to promote their own growth and evolution." — Lama Sing

"Life is Eternal but does not totally revolve around the Earth plane. This is merely one facet as with a gem that reflects and amplifies the Light which is within." — Lama Sing

The **LIGHT**

"As has been seen in the Earth plane oft' times — many times seen in glimmering, other times in great brightness of those presences of God that one can describe as the Light, or that which

is called the Christ Consciousness within each and every entity upon the Earth plane — this then personifies in an entity.

“That which is, thus, called that of the Christ is that extension, that portion of God's very Love brought onto thy plane. This is our Master. This is the entity then that we follow on this plane. And that is the Spirit of God that unites you all.” — Lama Sing

LIMITATION

“All of life is guidance. All of life is growth. To believe that you are apart from God one moment and with Him the next is your limitation, not God's.” — Lama Sing

“What you call three dimensional form is the lack of movement of the potentials of Father's Word, in the general sense.” — Lama Sing

LINES OF LIGHT

“The nature of interactions between self and others, interactions between yourself and other events, other groupings, other cultures, and so on and so forth — as you encounter these all throughout your life's journey, there is a connection of sorts, lines of light connecting you and others whom you have interacted with and are interacting with. It is the nature of those connections between individuals, groups, classes, masses, and so forth, that interactions endure, that thoughts and emotions empower them, not only in the current lifetime, but beyond same.” — Lama Sing

“Who would care anyway if one little old soul over there in the corner of consciousness breaks Free and finds themselves to be, indeed, a Child of God? It's the lines of light. These are the Love Lines that connect God to everything that is. These are the sources through which God's constant presence flows and gives the potential for being to all that is. And so, this certainly gives rise to justification for celebration by everyone, by all of Consciousness. See?”
— Lama Sing

LIVING MASTERFULLY

“This is an offering to you all:

The Kingdom of God is before you. Do you wish to seek it? Do you wish to ask? In the Law Universal that embraces the Earth and keeps it from destroying itself, keeps it in a state of potential, you must seek. You must believe. You must set yourself Free. All of these *musts* are meant with the gentle love and compassion of He, Himself. But if you do not See them in the strength of the words that we have used, given to you, will they simply pass you by without such inference, such great emphasis? The emphasis is only present if you are truly seeking; if you are not, well then, do these things if you wish and if not, that's just fine and you will continue on the wheel of life — free to choose as you wish, free to be limited or unlimited as you choose or submit your choice to others. But look you carefully: Here is the time in the Earth that has been prophesied. And *you have asked. And it is being answered.*” — Lama Sing

“We commend those who are a part of this Group who are gathered about these works presently, and those who may follow. Your dedication and your faith will bring to you the Awakening of your Knowing, of your Seeing. As this is accomplished, you will become Free.

“You, as the Eternal Creation of God, as you gather this Knowing of your Self and Awaken, become a Light for others. It’s true, you may not see this from your perception, but then again you may. The greatest Knowing of this will appear first within you. Be ever vigilant for the shift within, for this will be the indication that you are Awakening, and Knowing, and Seeing.”
— Lama Sing

“That which you choose and build becomes a part of mass-mind thought. The greater are the number of those who contribute to this intent/this thought, the more does its presence have (quote) “the right of manifestation” under Universal Law. It is the gift of an intent that you are building, and that cannot be usurped by mass-mind thought. For again, Universal Law preserves the right of Free Will choice. You are building this intent as a benevolent gift. This, then, conforms perfectly to Universal Law. So the path continues to expand as you continue to choose it and intend it. It is a beautiful work that you do. Perhaps difficult to comprehend in the moment, but we can assure you that you will know it and it’s value and the gifts that you have given in those days which lie ahead.

“As the wonder of that choice and the intent that goes before it moves before you, be Free in your interpretation, in your assessment, in your expectation, in your Knowing. For as you begin that journey of your choice and intent, there will be a reaction. You, in your Uniqueness, are impervious to the reaction as you set yourself Free. But if you cling to this little facet here or that little loved aspect there of finiteness, then the challenges, the resistance, the balancing forces, will surely focus upon that, and if possible your journey will be impeded by it. And though you are impervious, your choice to cling to something limited may have the effect, just so, of limiting you.” — Lama Sing

“The gift of Freedom is the right of choice. The right of choice is invoked by realizing you have the Authority to choose. As you exercise the right of choice, then place before this an intent that is summoned forth from the Center of your Being, where you and God are One.”
— Lama Sing

“How can thee become the total being? By first recognizing that you *are* such and that you are moving towards this, even now by asking the question.” — Lama Sing

“This leads us to some complex areas which we won’t delve into with depth here or finiteness except to state that all things are possible and that you are unlimited. See? In the initial involvement with the creation of the Earth there were souls of great illumination involved in the actual creation with God. This is not to say that they and not God created, for all creation is done in and of God. There are not exceptions to this. It is God’s power that is used or misused

for creation or destruction, albeit nothing can be eternally destroyed. It can be transformed; it can be metamorphosed, and such as this. See?" — Lama Sing

"Two or more people thinking and believing and accepting and truly having faith that a certain thing is desired and is the objective is the beginning of making it real. Before you had automobiles it was a thought-form. That thought-form was fathered, builded and shared and it became, as such, an invention." — Lama Sing

"Your nature to be limited is dissipating rapidly. The potential for you to accomplish all manner of work, as the Master has told you, increases daily. Even as we speak, it is beyond your comprehension. When one is in harmony, they are unlimited; when one has strong personal needs, those needs can limit. The key to unlimited potential is BEing Unlimited. That simple." — Lama Sing

"Why do you limit your Father? Do not assume blame for this, for we speak these words in kindness, seeking only to show you your greater powers of the Creator within you. Your goal is the freedom from bondage of mankind's limitations, the ability to soar on high with the beautiful animals of your skies, the ability to dive to thy ocean's depths with the animals therein dwelling, the ability to communicate with nature, and lastly, but most importantly to communicate with thy brethren. This, my friends, is within your grasp. It is the necessity of reaching for that which seems to be beyond grasping, do you see, the realization, truly, within the fiber of your being, the true and final acceptance that you are truly Children of God and that He shall not rest until you are at oneness with Him." — Lama Sing

LOVE

LOVING NEUTRALITY

"This is a pathway to God's Peace and Love and, therefore, a path beyond anything that seeks to hold you." — Lama Sing

"God's Spirit is the epitome of Loving Neutrality, a Father-Mother who knows that their Children learn through doing, through experiencing, through interacting. It is so beautiful, so wonderful." — Lama Sing

"The state of being wherefrom one can be a channel, be a servant, be a worker, or simply be. It is that state of the Eternal nature of your Being. It is the primal expression of each Soul. And at the *core* of the Soul, so to speak, lies this endless potential, the Loving Neutrality, which enables all the potentiality of God to have a pathway." — Lama Sing

"It is *from* the state of Nothingness and Allness that anything is possible, for the flow of non-existence is paralleled by all of existence. Therefore, the Loving Neutrality and the loving involvement, as it might be called, are polarized positions. What's beautiful about this is that

when one can bring these two potentialities together, they can be made manifest in the each, such as the man called Jesus; and any work, anything, is possible unto them. For you could say, as a little analogy, 'Unto any work which they encounter, they have an inexhaustible, unlimited supply of creative materials to fulfill the need, to answer the call. This is inexhaustible. It has all potency. See?' — Lama Sing

"The Nothingness of potential creativity, the Loving Neutrality of God all about."
— Lama Sing

"When you are about to act or interact, you can shift to the Loving Neutrality and connect to anything, anyone, anywhere. What you do with this, and the degree to which you use it, should be a part of your ideal." — Lama Sing

"You do not resolve any issue in the Earth or any other realm by denying its presence or its existence. Denial often gives power to elemental forces. For whether one affirms or denies the presence of some certain way or expression in the Earth, that expression, if it is in the Earth, is a part of someone's thought-form. Oft-times it is collectively the thought-form of many.

"If you affirm that it is present as a thought-form, and you give it none of your emotion, either in the negative or positive polarized sense, what have you done? You've placed it midstream between. You've neutralized it. It's at the point where it is equidistant between positive and negative. It is in a neutral radionic zone. You have stripped it of its potential power to affect or influence you. And yet, you have not in any sense interfered with the free will of others whom would seek to perpetuate it. Loving Neutrality, the yielding, passive nature of the East, call it what you might. See?" — Lama Sing

"The process of accomplishing a Loving Neutrality is not easily or idly accomplished, save for those occasions when an entity is so jolted or so startled by a current event or happenstance that it suspends the normal id or ego or self in terms of consciousness, to allow the Greater Consciousness to more or less link up with the higher Self and that which is abundantly available to same." — Lama Sing

"As we consider that there are all of these energy fields, all of these influences, which are actually, perhaps, best defined as thought-forms, then this first procedure or step is to move beyond these, or to move into a state of what could be called Loving Neutrality, a sort of passiveness. That, while there is the awareness that these are present, you have placed yourself at a point of Consciousness wherefrom these do not have direct influence or bearing upon you." — Lama Sing

The **MARK OF THE CHRIST**

"Those who choose are therefore chosen. Those who hold a love of the Christ within their being with all that they are." — Lama Sing

MASS-MIND

As used by Lama Sing is the body of all thought and intention of everyone who has ever incarnated, the disparate and power of the mass power of accumulation in which all incarnates exist. It is such that the Original Free Will of each, according to Lama Sing and the Elders, has become conditional rather than Free. It is not to say that these conditions, this conglomerate, is good or bad; it is only to say it, eons ago, outgrew its Goliath body and continues to amass itself and its effects exponentially.

“We love you. Your Creator loves you. Here, in the Consciousness of the All, there is only Love. The truth is that's all there is everywhere. But the wonderful gift of Free Will that Father gives from the wellspring of His Love for you grants you the right to move into an experience of your creation along with the combined choices of others to experience the depth and breadth of all that is. The imposition is that this is the prime quest. Is it?” — Lama Sing

“The thought-forms of limitation that exist in the world around you are mutations upon the Truth. When you have set yourself Free, you will see these as a collage of individual or collective choices, but you will know the beauty of the creative potential of God that has given these Children the right to create and to manifest this creation.” — Lama Sing

“It is possible to attain Utter Freedom while yet in physical form in the realm called Earth. It is possible if one believes. The believing comes from the (capital K) Knowing, the (capital F) Feeling, the (capital S) Seeing, and so forth. What would you do with that Freedom?”
— Lama Sing

“An adept begins the principles of exploration by studying those things that are wrong; a master never does this, for there is no wrong.” — Lama Sing

MASTER / ADEPT

“The adept soul knows that they are adept first and foremost; the master soul *is* a master soul — Knowing, believing, practicing and all that sort are not considerations. If you are a fish in water, why would you ask to be a fish in water?” — Lama Sing

“If you believe that you must work at it, then your belief makes it so. But if you *Know* – see – that you *are* it, then you will *be* it; and the fruits will fall from the tree according to the tree, not according to what passes by the tree.” — Lama Sing

“And so it was that he did rebuke them stating that, ‘Lift thine spirits unto God's pathway,’ then, and not treading upon the familiar pathways of mankind's dilemma..” — Lama Sing

“Keep your faith. And do not think of surrendering to God's will. Think of uniting with it, bringing your will to His and making them One. The Father is offering it to you at the first moment of your effort. See?” — Lama Sing

“If you claim command of your life, your destiny, then it is yours to command within the parameters of your will and service as these are aligned with or given to the Father. But where you are willing to release and to be open, then your will is the Father’s, and the Father’s yours. The sense of separation grows dim; the sense of oneness becomes luminous.” — Lama Sing

The **MEDIAN POINT**

“This is a demarcation point that is between expression and non-expression of the Consciousness of Being.” — Lama Sing

“The Median Point ... It is just beyond the realms of definition.” — Lama Sing

“When there were references to what we have called the Median Point, this is that point of intersect where the Universal Law applications that are dominant in the Earth (and that is *lovingly* dominant, to keep the Earth in harmony), the Median Point then is the point beyond which Freedom exists, that there is no need for any burden, or limitation, unless it is chosen for the joy of it.” — Lama Sing

MEMORY

A distinctly finite element; Consciousness is All-Knowing, always always present; It has no need for memory, which is why there is no time. Incarnates use memory to relate in/as finite consciousness because, having forgotten Mind, it can only relate using mind.

“Pull to the forefront your memory of being Awakened: in that moment as you claimed Consciousness as a gift from God, and with exuberant joy, looked about in wonder at your brothers and sisters, and you celebrated with them the incredible beauty of the potential of Father’s Word. This celebration should be with you each and every day of your journey in the Earth, for it continues as you continue.” — Lama Sing

MERKABA

“The MerKaBa is not a structure. It is a state of being.” — Lama Sing

“The MerKaBa is the pathway, it is the attainment of spiritual Oneness and not-beingness that expands a portal through the Law. The Law becomes the parameters of the MerKaBa.”
— Lama Sing

“For the most part, the MerKaBa is a vehicle of movement gained through the adeptship or the discipleship or the practice of one’s spiritual elevation and cleansing.” — Lama Sing

MIND / mind

“The Mind is like, some would say here, a gigantic tablet. Upon that tablet are inscribed all of the experiences – the thoughts, the emotions, all that has gone before throughout all of c/ Consciousness. Yet, as great as this tablet is, and as sizable as all of that recorded upon it might be perceived to be, a great area upon the tablet remains, waiting to be inscribed.”

— Lama Sing

“It is said that the flesh is weak and the spirit is willing. In some, that which is the *mind* has taken command over the sum of expression in the finite realm. But the Spirit within bears the flame of Father's gift of uniqueness in each—victim and perpetrator, alike. It is difficult for most to comprehend that which we are giving but the spirit knoweth it to be truth. The righteousness of Free Will Choice has been a powerful gift and as it has been used and directed in varying ways in lifetime after lifetime in the Earth.” — Lama Sing

“Our answer is no, mind does not exist Here in Consciousness in the sense that you define mind in the Earth.” — Lama Sing

“If you do a work from mind/have an intent from mind/the plan from mind, where do you draw those forces that the mind uses to develop that intent? From whence cometh these, if not from the subconscious, from the memories, from the emotions, and all that sort? Go, first, within, *past* the mind, reminding you that the mind is the *instrument* of Spirit.” — 20160131 MZ

The **NO-PLACE**

“There was created that place called the Earth, which many of the brethren referred to as the *No-Place* because they could not believe, in the Consciousness of their Freedom, that anywhere could be so finite that it would be, as such: a place where souls could journey and *leave behind* their Oneness with God, or the *Knowing of it!* And yet, here was that realm, called Earth.” — Lama Sing

The **NUTSHELL**

A term coined by Susan Miner: “The sum total of all finite experience/creation/expression; occurring within lifetimes; Earth and the ‘infinite’ space surrounding and within her; all seven realms and each realm’s sub-realms, sub sub-realms; the conditions that define one realm from another, protected by Universal Law in their desire for autonomy and non-interference — the immensity of its structure and historical progression from realm to realm, all wrapped up. In a nutshell, Finiteness, created by children of God. Compared to the Ever-Expanding Limitless All of God in which the Nutshell exists; where Universal Laws are non-existent for there is nothing to protect, nothing to sustain; creations and all dwell in Utter Freedom.

The **OBSERVER**

The observer in finiteness sees what’s happening in/to self and offers another level of finite thought-based commentary; whereas, the Observer in the Consciousness perspective that which remains forever Silent, pure, God being Lovingly Neutral.

ONENESS WITH GOD

“We shall not be complete until we are all one with God. For is that not God's desire?”
— Lama Sing

"If this room was filled with entities who could not view with their eyes and, indeed, your entire world was filled with those who had no vision and you were the only one who suddenly could see, how would you explain it to your neighbors? Ponder this thought one moment. You cannot say to them, "Oh, look," for he cannot; or, "See, here," for he cannot; or, "Did you note the sunrise?" for he did not. This is paramount to the awakening within you all. It is the necessity of reaching for that which seems to be beyond grasping, do you see, the realization truly within the fiber of your being, the true and final acceptance that you are truly children of God and that He shall not rest until you are at Oneness with Him." — Lama Sing

"Can you not see in this the movement of the entirety of the Earth, speaking of the Earth as a level of consciousness? That it is like a great orb of energy which was cast forth into darkness and has reached the pinnacle, the apex, of its highest point or furthest point of movement, and is now beginning its return back to where it came from." — Lama Sing

The **OPPOSING FORCES**

Those brothers and sisters seen and unseen who are among the forces that seek to dominate and to perpetuate the limitations of finiteness.

PAIN

"Pain is not necessary. It is a function of the Earth, a by-product of finiteness. See?"
— Lama Sing

PEACE

"Peace in the terminology of the realm called Earth probably has a meaning, generally speaking, as the absence of all things. In other words, there are no thoughts, there are no sounds, there are no distractions; there is nothing but the beauty of the Silence. Peace as it is known here is the Presence of everything.

"When one enters into Peace at spiritual levels, they are filled with the Knowing of all that is ... one and the same as the Spirit of God, oft referred to as the Holy Spirit by those who refer to the Trinity of God.

"So, when you seek to find Peace, you will first find Silence as this is defined, generally speaking, in the Earth. And then you will find yourSelf. If you dwell in the Silence sufficiently and allow yourself the freedom to move, there will be the Knowing of Peace. And the Holy Spirit will envelop you and lift you up higher and higher in terms of a proximity of Oneness with God." — Lama Sing

PERFECTION

"The finiteness of this realm called Earth brings with it inherently a number of, we shall call them, challenges. These challenges reflect back to you in an amplified sort of way any of your strengths and/or weaknesses. And it is this one particular, perhaps curious, aspect of the Earth plane that makes it so productive and, therefore, so desirable for many souls to promote

their own growth and evolution. Keep yourselves open. Observe yourself as you observe others. Ask here and there, 'Why am I doing this? Is it robotic or conditioned, or have I chosen what I am now doing?' Knowing which of the two gives you control over them. When you have not identified prevailing forces, they have control over you." — Lama Sing

PETER PROJECT

"The Peter Project is a 194-reading series about the story of one man's incredible life and journey *after he died* as given by Lama Sing. "As you consider what we are about to give, we humbly suggest that you read not only with the mind, but also with the heart. For what is contained is intended to inspire, and lead you to the recognition of your own potential, as it always has been, and ever shall be." — Lama Sing

By divine pre-agreement, in service particularly to those of us yet in physical body, Peter slowed his progression in realms beyond what most of us call death to give us a front row seat as he explores a multitude of experiences. These are examples of what could await anyone in their progression in realms beyond death, until one remembers, breaks free of progressive paths, and returns to their True Heritage .

PRAYER

"It is as an energy, a light that is there waiting for that moment when it can be used, when it can be accepted, when it can be applied." — Lama Sing

"Any single mind that opens itself to be a channel of blessings makes a contribution to the mass-mind thought insofar as that mind is willing to be just that, a channel, and not to transfer as a part of that work, its own intent, its own desire, its own judgment or assessment of what's needed here." — Lama Sing

"The Father's Spirit is perfect, and It surrounds those who are seeking, and the action of your prayer lives on in this Spirit of our Father around those for whom you have prayed *forever*. And, in a moment of darkness, if they reach out from the darkness of their own doubt or sadness, Father's Spirit bears your gift to them as fresh as fruit taken from the vine in that moment. For, you are the living gift that Father has given unto the Earth and, as you call this gift forth, He bears it unto those who are in need." — Lama Sing

Free-Borne Prayer — This comes out of Al's intent to not see anything as in need of being fixed, just wanting to love and let God direct that.

"As you hold the Light and as you exercise your choice, your free-will use of the power of the I Am, and your regular gift of prayer and love without limitation — free-borne, as was given previously, borne of the Love of God within you and freely given forth from you — this not only has a cleansing effect to the energy of your own Uniqueness, which could be thought of as the aura around you, but it goes forth offering fruit after its own kind: Peace and the healing Grace and Love of God." — Lama Sing

“Free-borne because they are not tied; they are gifts that are given from those who pray freely, and given in the sense of having been borne from the Sea of Love within the pray-ers.”
— Lama Sing

“By your love and by the use of your right of choice and by the affirmation using the I Am, the energy that comes forth from you comes from the core of your Being, which is God, and shineth forth in all directions omnipotently. It is omnipresent. And your guides are receiving these energies just as all others, as they are willing, can do the same. This is a beautiful thing to realize, for it means that your guides can reach out with you to assist others who are in need. Whether it is one who has asked for prayer or those who know not to ask for prayer, the free-borne prayer is ever offered; the I Am is the power that can set them Free. Remember, as you journey forth each day, you have the power of God within you. You are the master of it, and it is God’s intent to be so: That you have the right of choice and, thereby, you can direct it, whether openly as free-borne, or directly as a dedicated prayer unto a request given to you.”
— Lama Sing

“Prayer is considered Lovingly Neutral, unless you put an intent that violates Universal Law in front of it. So, with sufficient prayer to touch these who are not believing, we know they will awaken and ask, “What is this? Where am I?” and we will celebrate you for the gift you have given. And when you cross over, there will be great joy, and you will get to see those and embrace them ... the very ones that your free-borne prayer has touched or has been used to gift another. And as you send the power of the *I Am* and whatsoever proclamation you attach to that out into the Consciousness of the Earth and beyond, you are contributing just so in the same way.” — Lama Sing

Prayer for Peace (see also PEACE)

“Any prayer for peace must be first preceded by an intent to arrive at a state of Peace within self. Then, there must come about a state of being, that one can reach such a state desirous of peace that there is naught but Peace. True Peace is a state of Being, in which there is no question of *What shall the outcome be?*” — Lama Sing

“True Peace is a state of Being that has no emotion in the sense of ones assessment or judgment that this is right and this is awry. True Peace is a state of Being that knows Love to be the core, the essence, of all that exists and that Love is God and God is Love. The practitioner who truly desires to offer Peace, having attained a state of Peace beforehand, the completeness of the Peace of God is *Utter.*” — Lama Sing

Prayer with Respect to the New Reality Free from Limitation This Group Is Creating

“The power of prayer, then, could be associated with the completeness of conviction, the belief, the faith, of the entity whom is doing the praying (or, in this case, entities, as ye are a group, see?) comparatively speaking, as might be assessed to the intensity, power, or density of the thought-form which is in existence unto which the prayer is directed.

“Perhaps a clearer way of expressing this to you would be simply this: If the thought-form has been around for quite some time and if the entity or entities whom are contributing life to it are comfortable or familiar with it, then it will take an equal power as that present power of the thought-form, to make a difference.” — Lama Sing

Prayer vs Blessing

“A blessing from the Christ lives in the flow of life, itself, which is to say *it is unending*. Those who journey with the Master add to this, not that there is the need but, rather, because it brings joy to the Master and those who participate with Him. And so it is said often here, join with us and the Master as He offers His blessing. For, your Uniqueness will be as a beautiful fabric woven in with the Christ, Himself, to be borne on the wings of life, giving birth all throughout c/Consciousness where it is sought.

“When the Master goes to prayer, He does so in the Uniqueness of His Eternal nature. It is often for the purpose of a certain work, a special need, which can be even the voice of one who calls out to Him. In other instances, it is to give to that which is in the broader sense calling out in the general sense. And so it is that prayer (in the explanation as we might give it here) is moreso intended unto a work, unto a need, unto a call; it is not to suggest that there is limitation to prayer but, rather, that it moreso in that sense a loving response.

“The *blessing* is an eternal gift that is offered (in your terms) openhandedly in the Spirit of the Complete Love of the Christ. It is borne on the wings of Father’s Grace, and the forgiveness and Love that is the Christ Spirit. It touches all who are open and willing to receive it. The *prayer* (in a manner that might be stated as comparatively) reaches to those who have called out for it, but does not end there. It remains for any others who may call out in days or times ahead, as you measure those. Both are done in the same loving grace and oneness with all that is, which is a hallmark of the Christ. See?” — Lama Sing

The Lama Sing PROJECTS AND SERIES

Series are — readings of 3 or more in number, sometimes more than 40, on a specific topic of interest.

Projects are — readings on a specific topic of interest in which members and groups had the opportunity to ask the Lama Sing g group questions about that topic and /or to ask follow-up questions to Lama Sing commentary. These projects typically ran for a year, with a reading per month, transcript and recording sent each month to the participants. Some projects overlapped others; the “Peter Project” spanned more that 20 years for 194 readings.

The PROMISE

“All of the energies of c/Consciousness, all of the energies of life itself, are at a highpoint, a high tide as mentioned previously, and that has the potential to cleanse what was and leave the opening for what might be. But as with any such beautiful, heightened cycles of energies,

there will be the movement of these energies into other courses, other expressions. And it will not be, as such, an *ending* in the manner as often referred to, but a choice of whether to remain in the finite or move into the infinite, or to change the way one remains in the finite, that the greater joy and happiness of all can begin to be woven into a time of profound peace. All of this and greater is the potential that awaits humankind. See?" — Lama Sing

"The Promise is the hopefulness of the Children of God who are not bound by finiteness, by limitation, and they remain waiting to serve, waiting to bring, with the Master, the beauty of the Promise into the Earth once again. It is not a mandate. It is an offering, and that offering is nearly upon you once again. And, hence, the reference to: *He comes.*" — Lama Sing

"The Promise is bringing a light to show you these choices within. It is not a light that seeks to vanquish, to conquer, or to create a kingdom in the Earth. It is a light that comes from the very love within existence itself. And in the Promise is woven all potential. And this quite simply means there is no mandate; there is only a magnificent offering: That all might choose to know themselves and, in the knowing of self, know one another." — Lama Sing

"The Promise's purpose is to afford those who have begun the journey of return unto Oneness and Awakening, and to offer them according to His Promise that He would return, that opportunity to find through the increased energies of purity, that they could claim that Freedom within themselves and bring it forth as a living essence that would shine forth to all who would wish to partake of it. And, thus, they would bear the Light of the Christ Consciousness." — Lama Sing

"You are The Promise. Very simple. When you awaken to the fact that you are The Promise, you begin the process of empowerment, and the claiming of your spirit-mind, or eternal Consciousness."

PURE CONSCIOUSNESS / PURE POTENTIAL

"The Word of God." — Lama Sing

"What if you were to *truly believe* you are the creator?" — Lama Sing

REALITY

"If we think in terms of reality as it is perceived, then it depends upon the perceiver's ability to perceive in order to come to a true resolution of definition. Reality will always be that which you are willing to accept. Reality is experiential. It is the Free Will assessment of that entity who is experiencing or perceiving. When those experiences and perceptions are shared with two or more, new characteristics begin to take place, creation literally begins, and the agreed-upon thing becomes made manifest. This is the most simplistic level of expression of truth that we have before us in the moment to give to you.

“The Earth is a thought-form. The experiences therein are just that, the experiencing of a combined and agreed-upon thought-form. This is real as reality is agreed upon in the three-dimensional sense.” — Lama Sing

REALMS OF CONSCIOUSNESS / Realms of Definition

Realms of Consciousness — when referring to Consciousness are simply gatherings of entities to a shared joy, a shared creation, a shared curiosity. There are no conditions for its sustenance, no mandates for its existence. There is no structure to maintain, nor “hierarchy of progression or ‘fall’ from one to another.

Realms in Finiteness, also known as the 7 Realms — are also gatherings of entities to shared intent, but these intents are considered inviolate from outside influence, each guaranteed its right to exist as its unique thought-form, characteristics if you will, by Father’s Love and “protection” of Free Will through Universal Law. Each finite realm has its own agreed-to conditions. For instance, in a meditation, Al once attempted to visit Realm 5 and was essentially turned away, he said he felt because he couldn’t understand it and they did not want his un-understanding to come into its expression.

When Al did readings, for many years he went through the levels of structure to beyond the Median Point, beyond all finite impression/expression/influence into the Purity of the All, of Consciousness, where he would meet up with Lama Sing and whoever else would be joining in with that reading (including the requestor/s’ guides). At this point, until later in his tenure, Al would sort of “hand off” his body to Lama Sing and go off for his own journeys in Consciousness — note, not to realms of finiteness, but in Consciousness.

Beginning around 1990, with the Peter Project, Al would often hang around with Lama Sing and those giving the reading, as long as it wasn’t a personal reading given for an individual; he never stayed long around those. Beginning around 2000, Al’s ‘journey to Consciousness’ went from 45-15 minutes to “get out” to 5-3 min. Beginning in 2017, he began bypassing all of the structured realms and left via the Interbetween/River of Light. About a month prior to his passing (without realizing what he was doing), he broke the binds of intense hypnotic suggestion under which he’d been able *and assured* he could be an absolutely pure channel for Consciousness to flow to others requesting readings; no longer carrying the responsibility to others *for* that purity but doing this only for himself at this point, his shift to his *beloved Pure Consciousness and his place in the embrace of the Heart of God* became instantaneous. He was Free.

REVERSAL/a flip of perspective FOR ACTUALIZING CONSCIOUSNESS

This is a reversal of the current common practice in a moment of need or in meditation or in prayer to reach for the highest and best, the Power, claim it/apply it as adeptly as possible; Masterful Living is to begin in Consciousness, as the Utter acceptance and claiming of Consciousness, and allow that to expand outward from BEing the Grace of God into the expression of current incarnation. The Masterful *doing, effects, and result* will occur as a natural product of BEing Conscious.

“One first detects the presence of some difficulty. Then once this has been recognized, the mind controls this and can turn it off, in that sense. If it is required back again for your white-coated gentlemen’s analysis, turn it on. See? Though we would find in a general sense, many would find the cause and the effects both may vanish. Especially if this is done in that prayerful state with God. See?” — Lama Sing

“Listen to these words, for they are an answer to a question you shall ask in a time ahead: If a man be in darkness and takes him twenty steps, the first step shall be the beginning, the last step shall be the ending. But they shall blend themselves into completeness, that none but self can know one from the other. Then, as each step causes the rise, there is the removal of a force. That force is the limitation, the step is Truth. Stand first upon the apex and then, upon the outer, begin in the outer the journey and conclude on the apex.” — Lama Sing

“You are in command of your destiny. No one else. No addiction, no habit. You. You have great power and a very strong capacity in your will. You are simply functioning at the present time in a state of illusion, believing that what has been and what is familiar is the most joyful for you, but how can you know this to be true until you have passed through that Veil and seen what exists on the Other side? There are many more joys than you can imagine, and many more benefits than you can conceive for claiming your own personal power and directing your life and all of the activities within it towards goals of your choice.” — Lama Sing

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and his righteousness, and all these things will be given to you as well.” — Matthew 6: 31-33

REINCARNATION

“As one is incarnated in the Earth and accomplishes much, even the soul itself can consider this the best of all and fall into a habit pattern of repetitively incarnating into the Earth. And because what is beyond the Earth is unknown and, thus, is not definite and does not convey to them a sense of security or accomplishment, it is avoided.” — Lama Sing

The **RIVER OF LIGHT**/ also known as The **INTERBETWEEN** / see also God

“The River of Life, which is also called the River of Light, is a blessing to all. It is that which gives the existence of **Consciousness** to each individual and sustains it for them.

“The River is **Consciousness**. It is the purest form of God's expression that you could find. The reason we say this is because it sustains all that is. It moves between the realms and nourishes each realm, regardless of what its nature is. It makes no judgments, has nothing to bring as its intent, but loves and gives its grace to all that is.” — Lama Sing

“The River of Life nourishes the Earth and all within and upon it as it embraces it within Its Being. The River of Life moves, then, on and on, and each expression, each summarial decision or choice — that means, each group of choices that have formulated a structure, a state of being — is nourished by God: *The River of Life*. And as such, then, this is a blessing that is constantly in motion and constantly moving to embrace that which is anew. In other words, as you make choices continually, day after day, and you join with others to bring these choices into a state of being — which is, unto itself, unique — then, the River of Life gives the energy, which nurtures this new concept, this new state of being, if you will.” — Lama Sing

The **SACRED PLACE WITHIN**

“Your life force, in other words, God’s intent that is You. If you do not recognize that this is the Center of who and what You are — and do so in the fullness of loving that Center and Knowing that it is righteous because God has placed this here — it would be difficult for you to truly set yourself Free.” — Lama Sing

The **SEA OF FACES**

In the early 1990s, the Al Miner/Lama Sing readings coined the term “Sea of Faces.” The conditions for this term/this experience dramatically changed with the creation of, as called, “Bridge of Light.” (see also BRIDGE OF LIGHT)

“The experience of the Sea of Faces can occur/this ‘place’ can be encountered when, moving toward God on one’s Line of Light, having departed their life on Earth, from off to the side someone or something calls to them — for example, an old friend with whom perhaps they used to share drinks at happy hour, a former neighbor who apparently is sitting on a porch on their beloved neighborhood street, a nemesis with whom an old grudge was never finished, the memory of an event that has caused anguishing guilt, or sorrow, or hatred, or a desire for revenge or to conquer a fear, or even an event where love was not completed — the ‘departee’ might pause the journey, just for a bit, to participate in the call. And as easily and smoothly as that, one could be tempted, lured, to a consciousness built around that habit, desire, fear, regret, love, etc.

“Not until something in essence shakes them from their dream of experience — which could be boredom, longing, perhaps a memory, or a prayer — do they realize that they have been dwelling in this realm, by their choosing, sometimes for a very long time by finite measure. When they call out from this, literally or in heart, those who have been unseen in attendance throughout the duration can then make themselves known and usher the caller back to this one’s path of light and the level of life of their choosing.” — Al Miner

“The Sea of Faces, generally, denotes differing types of emotional focal points that are predominantly held by the entities therein. Some might be, as you say in the Earth, fear-based, some might be need-based, others might be guilt-based, and so on and so forth, generally spanning the full array of known emotional definitions and quite a number that aren’t widely known in the Earth.” — Al Miner

The SECOND COMING

“There will be the coming of that which is believed in each land and each peoples, and this will be the opportunity for Peace to be established and for more peoples to find themselves dwelling within a precious gift.” — Lama Sing

“A promise by the Christ, a promise by God, has no qualifier. You see? You can't take a promise of God and say, ‘Well, I'll decide this and you decide that.’ This is an absolute. The Promise is absolute. The Christ has promised to come to bring you Home. If you do not wish to come Home, that is your right, for ‘the Kingdom of God is truly within you,’ so sayeth He.”
— Lama Sing

“As you stand at the threshold of that which can be called the entrée of the Christ, remember this: You are His sister and brother. He comes not to take you away from that which you love, but to enhance you; that what you love becomes the greater and greater and that all of that which is a part of your life is Free. How can this be? It can be if you choose it.” — Lama Sing

“The Second Coming is a gift to you, to all. It is not something to be chosen by one or a handful, or a number, any number; it is a promise, a promise given by the Christ. You are a part of this Promise, if you have chosen to be a part of it; if you are not choosing to be a part of it, you are still a part of it because it is the Promise of the Christ!

“This may sound like (what you call) double-speak, double-talk, but we assure you, it's very simple, very straightforward, which is why we said at the onset, there is no question here. For, a promise by the Christ, a promise by God, has no qualifier. You see? You can't take a promise of God and say, “Well, I'll decide this and you decide that.” This is an absolute. The Promise is absolute:

“The Christ has promised to come to bring you Home.

“If you do not wish to come Home, that is your right, for ‘the Kingdom of God is truly within you,’ so sayeth He. But we ask you in this very moment, bring Him forth, bring Him forth for us to behold Him. You see? When the Second Coming is full and complete, and the choices and decisions have been made lovingly and completely, you could answer our request because you could be manifested in the form of God ... in the Uniqueness that thou art, yes, yet one with Father. And, therefore, you could BE that which would be brought forth as God. See?”
— Lama Sing

SEE

“When we use the word See, we are not referring to physical sight. We are referring to all Sight, which can include, of course, literal seeing of the aura, the energy fields, and such; but perhaps even more important than this is the capacity to feel it, to Know it, and to do so to such an affinity that you can not only identify it but take command over it.” — Lama Sing

SELAH

“Our works and His works shall bear the same name — Selah. Holy unto God. See?”
— Lama Sing

“Selah, Selah! Glory unto God.” — Lama Sing

“Selah! It is the statement of acknowledging the sacredness of God and the Christ as One. When the Master calls out in this way, He is summoning that which is sacred. And as you in your group, would call out in the same way, you are calling forth that which is sacred from within yourself, which is as to say, the beautiful Uniqueness of You, as God has created You.”
— Lama Sing

SELF / self

“You have a spiritual Self, as well as the self which is in the Earth. These two form the halves of the MerKaBa that they were talking about ... the spiritual Self, when unified with the mental, emotional and physical, in ways which are passive, can be remarkably profound.”
— Lama Sing

“There are those forces that are *always* at the ready that can be (quote) “called” (end-quote). One must *know* the nature of themSelves in order to *issue* that call. The relationship between Self and those forces is Eternal; the memory of them is often not so clear.” — Lama Sing

“Do as best you can to avoid accepting the familiar, the habit. Don’t take the self who was present just before this; take the Self that has emerged, the one who is *in* Love with BEing Free and beautiful. Remember? Begin with Self as that thing which is seen as just beautiful. Thou art a Master in the realm of Earth. It remains for you to See and Claim this. Being a Master does not mean a certain thing. It means that inwardly, one has claimed their Freedom and right as a Child of God.” — Lama Sing

“BE Free and Be, as the Master gave it, unburdened, that you can seek and knock and ask that it can be given to you.” — Lama Sing

The SHADOWLAND

The Shadowland is the name given by AI to that realm of consciousness that used to in the shadow of the Earth wherein those discarnates dwelled whose lives were dominated through and by the use of fear and reminders of guilt, revenge, and hopelessness. Often, these entities used whatever means they could within Universal Law to dominate, control, and grow their numbers by measures to influence others. During a focused work using these readings, the Shadowland was dissipated. While many of those entities still roam about, influencing people who and to give up their right of Free Will through habits and willful choice the power they once yielded has been greatly reduced because they no longer gather in such huge numbers, seeking to hide from the Light as individuals and in small groups.

SPIRIT / spirit

“The *true form* is your immutable Uniqueness, the beauty that is the resonance of Father's Word expressed as you. This is the true form in its purest sense, the form which is defined by many references, many sources and indeed many holy writings, refers to Spirit.” — Lama Sing

SURRENDER

“By surrender we do not mean that you are abandoning anything; we are simply intending that you are, at the highest level, to know and Be this, as it is within you.” — 20160131 MZ

THOUGHT-FORM/thought-form

“For the most part, habits are replaced by habits. If you find a habit within your life pattern that doesn't please you or doesn't conform to your spiritual intent and/or goal, then what would you rather have in its place? Give that the greater energy, the greater focus, and affirm it repeatedly throughout the Earth day.” — Lama Sing

“Oft-times one soul may have greater awareness than another and hence does not choose to occupy a body in the Earth plane, giving this privilege to one who has greater need of this, you see; and may continue to have their learning and knowledge gained in different manners, such as the existence in other planes. A description of one such plane is one where you dwell as a thought-form. Recognizing the difficulty of this topic's comprehension, might I explain to you that your present plane is indeed a thought-plane. Since you conceived of this plane and believe it to be of a physical nature, you have most curiously limited yourselves to the boundaries of your past generations' thought, you see. The Plane I speak of as a Thought-plane has not these limitations.” — 19740107 GL

“Consider that similar thoughts coming from another source will follow these back to you. This is why it is so important to think in terms of goodness and what self would have for self in dealing with others.” — Lama Sing

“The perfect state of mind is one that does not have fear, but has faith. Eliminate fear and build faith. Know that your thought is having effect. The Knowing enriches, increases, and assures result. Do not concern of the result. Do not attempt to control the result, but rather *Know* that it has its rightful effect.” — Lama Sing

Sacred UNIQUENESS

“When you look into the looking glass, think of Father loving You, that one that You see in the looking glass. Think of how much Father must have wanted You to be to call You forth and make You his own, to give You life itself and the profound treasure chest that You carry within You.” — Lama Sing

“Your Uniqueness, your God-Spirit within.” — Lama Sing

“*Being* is that state of Father’s thought of you at the first moment of your awakening. Reach for this state of being, which is your true Uniqueness.” — Lama Sing

“Truth is the banner of God’s Light, which is your Life, Itself. You already know You are unique and, therefore, Truth as You perceive it, shall also be perceived in its own Uniqueness.” — Lama Sing

“Don’t cover up the beauty of that within you by what you see outwardly, no matter how good, how righteous, how purposeful you see it. It must, in order to be right for you, increase the song in your heart. In other words, test it to see, does it bring gladness to your heart? That is the message, that is the purpose, for one’s life.” — Lama Sing

UNIVERSAL LAW

“The Law is not as such a written thing, a physical or material thing. It is the Living Spirit of God ever reaching out to you, ever seeking to embrace you and to have you embrace it. The Law is a part of self. It is that from whence existence is drawn. See? ... This is so important — that the Law is Love. The Law is God. God’s Love of all that exists is Universal Law. It is His Law expressed through you. See?” — Lama Sing

Universal Law as relates to Masterful Living

“Universal Law is Father. Father is Love. You cannot violate Father's Love by claiming that which He gives to you. Those who wish to claim a journey in the manner in which they are pursuing it have that right; but those who claim Freedom and follow in the footsteps of the Master have *their* right. Insofar as one honors the Law and the right of their brethren, then, the Law assures them that they are honored equally. It is curious, indeed, that this is even questioned. For, Truth is that which is within and, as you set this Truth free, you begin to become it.” — Lama Sing

“Consider, for a moment, that you are in the embrace of Father completely and utterly, that there is no thing that separates you, and that there is only your oneness ... Would you think, in such an environment, that there would be need for governing law? See? In the environment of finiteness, order manifests with the choices. In other words, Father's Word invokes harmony. This is not to imply that the choices of His children must do this or that, but that the environ in which the expressions are evolving or experiencing have a governing structure. That is defined as Universal Law. Of course, the expression of Universal Law is needed where there is the expression into finiteness or definition. The expression of Universal Law is Free, as a part of Father's Word. It is not to imply that it is not present, but it requires no reference **Here**, for the harmony is in the state of Oneness with Father. And therefore, there is naught to govern **Here** ... beyond the need for Universal Law to mandate.

“Were there not the presence of the Law, it is very probable that the expression which is called Earth would have long since passed and have returned into its originating forces. The Law is that which sustains the opportunity of the Children of God to journey into finiteness and to

experience and express. It does not mandate to them in the literal sense, but it is that within which you dwell, see?" — Lama Sing

"Universal Law is God's Love expressed, and it is an expression of God's Law that brings the state of BEing into manifestation. Those who are as the Master, the Christ, can manifest this state of BEing when asked. If you dedicate yourselves unto that as given, and move into that state of BEing, then this is possible for you, as well, for you are His sisters and brothers, do you see? And equally loved by God." — Lama Sing

"As one finds the force of Universal Law, one discovers a vast array of potential. And when one learns to apply this Universal Law, they can, in essence, control good and evil; not in the sense that you would see one command them but, rather, in the sense that one can control their effect or impact upon themselves and upon others." — Lama Sing

The **VEIL**

A neutral area of separation that preserves, through Universal Law, the integrity, the intent, and the purpose, of the realms expressed on either side of it.

"Understand the nature of reality (as it is expressed beyond Earth) that definition, perimeters, and limitations are not of the same nature as you find in the three dimensional. When you approach other dimensions and other expressions of consciousness, there are aspects here which are (in a manner of speaking) approaching infinity, and the capacity to comprehend something which is infinite from the finite, at the onset, suggests an impossibility.

"And yet, as you take this into the finite, you can perceive it more or less piece-meal, portions at a time, to build a collage of understanding that is gained through the definition and through the assessment according to perimeters. Witness then the structures that have been worked upon by many, explored, defined, examined, and yes, lived. Examples here: seven levels of expression and the veils of separateness between them, each successive veil portending the greater willingness to be open and receptive and the less limited is the spirit or soul who passes through these (progressing from one to seven, suggesting an outward movement). See?" — Lama Sing

The **WATCH**

In a meditation, Al saw the Master at Gethsemane, who turned to Al and asked, "Will you help me keep the watch?" Al knew He was asking for help with all those who come to Him in prayer. So Al established 'The Watch,' a prayer group with members throughout the world, resulting in countless miracles. The 'Prayer Watch' began as a phone chain, then fax and phone, then email. It is currently active and available through the Lama Sing website.

The **WAVES OF LIGHT**

In a work reading on January 11, 2000, it was given that there would be *seven great cycles of energy, seven great waves of light*, preparatory to The Way:

“It was at 2:01 a.m. Eastern Standard Time, January 11, two-ought-ought-ought, when those forces entered their major convergence and will remain to an approximate time, 2018. It is a transformation which is preparatory to those works which lie ahead. Several other cycles will also enter, in the times ahead, and will each manifest in a different form of uniqueness. They are preparatory for a greater shift in consciousness which is being prepared, even as we speak. You could adjudge this as the first of seven steps to the kingdom of the throne of God.”
— Lama Sing

The following is an outline of the dates of the Waves. If one looks at the Waves that have already entered and then traces events that have occurred in and around that Wave, individually and globally, one can see a definite pattern of movement as these continued to build and mingle with each other, and make their mark upon the Earth. Meditating, contemplating, and praying on these, as well as being mindful of them in daily life, has led to remarkable occurrences and growth, so it is being reported.

- One - **The Wave of Awakening:** Entered Jan 11, 2000
Its gift - Self-Awareness
- Two - **The Wave of Love & Compassion:** Entered March 18, 2001
Its gift - Forgiveness
- Three - **The Wave of Joyful Expectancy:** Entered August 22, 2002
Its gift - Hope
- Four - **The Wave of Golden Silence:** Entered November 27, 2003
Its gift - Peace and Joy of God, the fulcrum between the finite and the infinite
- Five - **The Wave of Sacred Truth:** Entered February 18, 2005
Its gift - Truth
- Six - **The Wave of Christ Consciousness,** April 8, 2007
Its gift - Universal Consciousness, the manifestation of Sacred Truth
- Seven - **The Wave of Oneness,** sometime around the end of 2012
Its gift - The Christ with the Father as manifested in and about the Earth

“If you ask, ‘Is the Seventh Wave complete within and upon the Earth?’ we would answer (as all have here), no. It will be complete when He enters. The Master, the Christ shall bring the great completion of the light into the Earth.” — Lama Sing

God’s WILL

“As you seek oneness with Father, you do not give up or relinquish your uniqueness or your free will. You, rather, affirm that you are of Father and, therefore, you and He are one. But, the free will power of humankind is such that the illusion of separateness prevails oftentimes, if you choose, and if you choose in a manner that is without fear or doubt or hesitation ... In other words, you free your self from these things that are so familiar of the Earth; not denying them, not destroying them, abolishing them, but *freeing your self from them.* ...

“You bear within you the Will of God. It is the Will of God that gives you life. He has willed you and we, each of us, to be. And that has come from His love within, and that love is the life-force. And one can look upon their uniqueness and see the life-force and the light of Father ever there as that part of them (individually speaking, that is) that is unique and beautiful.

“When we affirm in this manner, *Father, guide us in accordance with Thy Will and purposes as apply to this work, or as are chosen by this or these entities unto whom we seek to serve*, the affirmation provides a (quote) “surety” of clarity of the pathway between we and Father and the recipients or purposes of the works which we are about. While we might be seen or read as submitting ourselves unto Father's Will, we are, rather, claiming Father' Will within and without. The claiming of it is the empowering act that makes the way open and passable and provides us the capacity, and others with us, to be of service in His Name.” — Lama Sing

THE WORD

“As you journeyed forth from Father, you realized the potential in the vastness of the sea of Consciousness that is defined colloquially as Father's Word going forth. You are not separate from Father's Word while you are dwelling in a physical form in the Earth. That is your (quote) 'Friend' (end quote), which is, in essence, that part of you that has chosen to move into finite expression in order to build understanding and/or to contribute in some way.”
— Lama Sing

INDEX

ACTUALIZE

The ADEPT / see also Master / Adept

AL MINER

AWAKENING

BALANCING FORCES

In the BEGINNING

BEING

BODY PHYSICAL / BODY SPIRITUAL

The BONFIRE OF CONSCIOUSNESS

The BRIDGE OF LIGHT

CHALLENGE

The CHANNEL

CHRIST CONSCIOUSNESS

CHRIST SPIRIT

CLAIMING

The COLOR

COMPLETENESS

CONSCIOUSNESS

The COUNCIL

COURSE IN ONENESS / IN MASTERY

DARKNESS / darkness

DEATH

DEFINITION

DISCARNATES

DIS-EASE

In the EARTH

EGO

The ELDERS

The ELEMENTS

EMOTION

END OF DAYS

EQUALITY

EVIL

FINITENESS / see also NUTSHELL

FREEDOM

FREE WILL

The FRIEND

GOD the FATHER
GRACE

HABIT
HERE THERE / here there
HOLY SPIRIT
The HOMELAND

I AM
ILLUSION
IMPOSSIBILITY
The INTERBETWEEN / see also RIVER OF LIGHT

JESUS
JOY
JOYFUL EXPECTANCY
JUDGMENT

KARMA
KNOWING / knowing

LAMA SING
The LAMA SING COUNCIL
The LIGHT
LIFE
LINES OF LIGHT
LIVING MASTERFULLY
LOVING NEUTRALITY

The MARK OF THE CHRIST
MASS-MIND
MASTER / ADEPT
The MEDIAN POINT
MEMORY
MERKABA MIND / mind

The NO-PLACE
The NUTSHELL

The OBSERVER
ONENESS WITH GOD
The OPPOSING FORCES

PAIN
PEACE
PETER PROJECT

PRAYER

The Lama Sing PROJECTS AND SERIES

The PROMISE

PURE CONSCIOUSNESS / PURE POTENTIAL

REALITY

REALMS OF CONSCIOUSNESS / a flip of perspective

REINCARNATION

The RIVER OF LIGHT / see also INTERBETWEEN / see also GOD

The SEA OF FACES

The SACRED PLACE WITHIN

The SECOND COMING

SEE

SELAH

SELF / self

The SHADOWLAND

SPIRIT / spirit

THOUGHT-FORM / thought-form

Sacred UNIQUENESS

UNIVERSAL LAW

The VEIL

The WATCH

The WAVES OF LIGHT

God'

The WORD