

Dear Voyagers,

The following questions and comments are presented essentially in the order that I received them. You will note that the voyager code number preceeds their respective comments, and where appropriate, is followed by my comments indicated by the initials AM.

#103

Best method of meditation is with others with whom there are soul ties.

AM

Some people will find an affinity to meditating with a group of other people, while others prefer to meditate alone, or with one or two "special people". Our Ideal might well be to strive for successful meditation regardless of the environment we are in. I have found some of my best meditations to be those where I had least expected good results. Do experiment! There are risks involved with meditating in a group, though probably slight if the group is well chosen. These risks are the possible absorption of another's thoughts, emotions or problems. Just being aware of this, will likely prevent it from causing problems. I also call your attention to the Voyager readings which comment on this very thoroughly.

#103, 105

I find that covering my eyes improves my meditation.

AM

For many years I would cover my eyes before doing a reading. The primary reason being the increased sensitivity of one's senses during the early stages of meditation, and consequently lighting changes in the room became very distracting. I could often see people moving about the room even with my eyes closed. After a time, even with a double folded towel over my eyes, I could still see movement in the room. Then I realized that this was simply an initial stage of "moving" from the physical realm to another. After that, I learned to close an inner curtain somewhere in my physical or mental bodies, after which, I had no more visual distractions. The same can be true of all of our senses, and rather than become frustrated by their nagging, work with them and develop your own technique to move beyond them. Remember to let your thinking be unlimited, create what you need to go beyond the physical.... if that is your goal.

#127

In the midst of a very impressive meditation, this Voyager saw the words, "THE LAST TESTAMENT" in red letters against a yellow background, and upon awakening had several thoughts about this. One of them was, "I also thought about the term, 'last will and testament', for a person to bequeath their possessions at death."

AM

Before you go on to read my comments, think about what you would conclude from such a message..... My thoughts are that in view of the impressive nature of the mediation, this message clearly states the need to give up something that is in some form, a limitation. Since I know this Voyager, I realize that this is necessary in order for his spiritual growth to unfold, as HE sees it (I'm not implying that he is wrong in his perception, only pointing out that it is his).

Here's an opportunity for me to pass on something to you that may be helpful. In every growth situation..... something is lost! Believe that, because it's true. You can't gain something "new" or recover something "old", without making room for it within yourself, or your life, or both. Many people, upon reaching a great height of "Spiritual Awareness", will abruptly abandon their entire quest. Don't you know of at least one? I know of a number of such individuals. Some who reached levels of fame, and others who didn't.

JOYOUS SORROW! That's what I'll call it, as there is present both an indescribable joy knowing no bounds.... and yet within self, at some level very near to the heart-emotion center, is sadness. The sadness of leaving ones childhood of consciousness to begin a new journey of unparalleled joy. The two emotions struggle against one another, with you as the battle-ground. Even those with cast-iron emotions will crumble before this experience. Why? Because in order to gain something, you must lose something. In this case we are losing the right to believe in our Illusion. We no longer belong, nor are we likely to be accepted by those with whom we have built our lives to date.....just because the illusion is relinquished by the action of your search. You can't have both; reality and illusion, truth and non-truth, wisdom and ignorance.....can you?

Well the truth is, you can. But never in the same way as before. Once you step across that threshold of higher consciousness you are no longer a participant, but an observer. You can remember what it was like to be a part of the illusion, and thus keep some semblance of continuity with that which you love which is still in the illusion. But in time, even the memory may fade. And perpetuation of the illusion for the sake of memories of joy becomes a burden difficult to endure. After all, you still remember the JOY of having gone beyond the illusion, and then there's the continual question running through your mind..... "what if I were to truly let go?"

Letting go, and abandoning are very different. Letting go is to allow to grow. Abandoning is "to give up completely" (Webster's New World Dictionary). Too often, we cling to that which we love, stifling it, choking it, possibly even destroying it because we cling so desperately. And so go many marriages, right?

A truly spiritual being loves all things for the Presence of God therein. They cling to none, but allow the thing it's freedom, and insure their own freedom by so doing.

Recognize that I am speaking of the higher self here, not to be confused with living a physical life of responsibility for what we do and don't do. Irresponsibility is not a spiritual trait.

So to briefly state the above. Know that as you grow, you will change. There will be, through that growth, a loss or change of our previous attitudes. Build upon the past. Don't abandon it... find the good in it, your lessons, the gifts you can give to others yet in the illusion, and find that as you do your growth is actually increased. Do Our Father's Work where you are. Don't think that just because you

are now enlightened, you must go off to do some Work. Start where you are, and see the beauty of such attunement as you apply it in the familiar, that would have otherwise gone unnoticed. You probably won't be called to do Works elsewhere if you aren't ready, and even if you were, who wants to experiment in front an audience of strangers? See? (Now how could I resist adding that last "see?")

#130

Reports that when meditation is good, feels as tho "I am falling off the chair".

AM

Try meditating lying down, or at least reclined in a secure chair. Not that I am afraid of you falling off your chair (tho I have know people to do that!), but rather that you are probably trying to "leave your body consciousness" and can't because the survival force within won't allow it. Why? Because the effort to sustain your body in a rigid form exceeds the acceptable limit, and presents a potential threat to your well-being. You may be limiting your progression simply by the chair you are sitting in.

#101

Ringin in ears and sounds like bells chiming.

AM

Celestial music. There are many wonderful sounds to be heard if you can go slowly, and stop at a level where they are the more predominant vibration. #101 is very new to meditation, and this is a remarkable achievement which many strive for, and often for years at that. Excellent accomplishments #101.

Do you remember your first metaphysical experience? As I pointed out above, #101 is very new at all this, at least in this lifetime. She wrote further, "I'm not sure of my limitations.... just started in all of this about May '85... I can't feel any limitations... doors just keep opening, and they are so beautiful....".

Beginnings are beautiful. Our best perspective is often at the beginning, because our reference point is so clear in our minds. Savor new experiences, they have profound Power.

#117

I keep falling asleep when I try to quiet my mind during meditation. Also, I like to cover myself (with a blanket or such) and find this helps my meditation.

AM

Some of you will associate the fact that #117 is covering herself, with the act of falling asleep. This might be true to some extent, as we subconsciously know that covering ourself is associated with sleep. But if you haven't tried covering yourself before meditation, do so. It does often help. Don't be too warm, but for most it's better to be a little warm than a little cold. Be comfortable enough so that your mind won't be distracted by external needs. (I'll be sending you more on this entire topic as we move along.)

One of the earliest metaphysical phenomena I can recall is the action of "falling asleep". As a child, I would delight in allowing myself to slip into a sleep-state, only to grab hold of my body at the last possible moment, and pull myself back. I can still remember the

fascination I had with the feeling of having moved some great distance, and how, once returned to my body, I occasionally felt upside down in it. Of course I told no one about this, thinking it was just a game, of questionable nature which I alone played. Sometimes I felt myself lift up, and go places. Real places! I delighted in these experiences, and the occasional people I would meet along the way. It gives one a feeling of never being alone and a sense of completeness, knowing that such pleasant experiences lie just beneath our eyelids!

So I encourage you to continue to explore the "just before sleep" realms often, even tho 3 out of 4 times you may just fall asleep. That one time will be worth it, and the more you practice, the better you will become at controlling it. Remember how Edgar Cayce would fall asleep if not caught at just the right moment? You could do worse.

#112

Mentioned he was involved in a Healing once and didn't know how well it went, only that the patient lived.....

AM

Well,..... I guess if the patient lived it was their choice...I wouldn't blame myself if I were you. Seriously tho, what a beautiful way to think of our part in doing His Work. #112 also said, "I hope we don't have to chant, but I will if we're told to". With a willing attitude like that you can't miss #112. I wonder if I am that willing to do what I am asked, when I don't like it.....?

#145

When I meditate, it seems that my body is in unusual positions, which of course it is not.

AM

Here again, when we move beyond our physical consciousness, we lose sight of the limitations of our being. Thus we can't relate to very common things such as where our hands and feet are and the like. This is a good sign of progress. I would suggest again that meditation be done occasionally in the prone position. You may find accelerated results, although it appears that you are doing quite well already.

#122

In my own channeling,... I wait for a "nudge" to let me know an answer is present.

AM

Being sufficiently relaxed so as to detect a subtle change in the energy, or life force, is a great accomplishment. It places you at the point of perception of guidance from any level, and in any form. #122's method? Patience, and dedication over many years. Uses spontaneous prayer, reads the question, and then WAITS! Upon feeling the "nudge", he knows the answer is present, and he then simply writes it down. He watches himself do this, rather than doing it.

Another interesting comment made by #122, was his statement of limitations (on the questionnaire) he felt he needs to improve. He feels he needs more "Balance," and that "one side of me complains, (my spiritual program in life) is running counter to my 'freedom'." Or, if I might paraphrase his comments, that living a spiritual life is limiting his physical joy.

That needn't be so. In fact, living a life which is guided by spiritual Truths should produce a life which is in TOTAL, joyful. If your spiritual and physical lives seem to be in conflict, that is, that one seems to limit the joys of the other, then something is wrong. It may be as simple as not accepting change or growth. Or it may be a slightly misunderstood Universal Law, and thus it is being applied wrong. If we understand and try to live the Universal Laws, they insure our joy. Remember tho, that we must be at least willing to release or "hold openly" our illusions, or there won't be room for the Truths to really become a living part of us. And that will almost certainly result in conflict.

#114

Also mentions her limitation as being, "my 'war' within self on the question of freedom and bending my will to the will of the Source totally. This involves the question of trust as well. I want to achieve trust, ultimate unlimited trust of self....."

AM

Similar to #122 above, #114 is in the age-old struggle between the self, and the SELF. The trick seems to be, avoiding any potential threat to either aspect of our being. We can't ignore any of these feelings, they won't go away but rather retreat to emerge again later. And then perhaps at a time which might cause an even greater crisis. Better to accept their presence, and deal with them right now, where you are.

An opposite of Trust is doubt. Doubt is the absence of faith. I believe that true faith can only evolve through the application of Truth in our daily lives. No separation, no walls demarcating the boundary of one or the other. A total blending of all of these into one. How? A little here, a little there. In each day, add one Truth to your actions. Then look at the results. Repeat this as often as you must to really see how living this truth does free ALL aspects of self. Not just the spiritual, or the mental, but the physical and emotive also.

We are responsible for our intent, and our best effort in applying this intent. Failure is nothing more than success in an unplanned direction. The only real wisdom one can attain, comes from the use of knowledge in experiences. No experience, no wisdom gained. Wrong experiences don't take away wisdom, they give it. Such experiences build trust don't they? Knowing which decisions not to make, gives us greater faith in the ones we do make. At least it narrows the field some!

#137

Made this statement regarding her limitation; "Continually keeping before me that there are no limitations unless I create them. Knowing there is no 'right' way to meditate - whatever is my way is perfect for me."

AM

Or, the only true limitation is the concept of limitation? We cannot comprehend the infinite, and so we use limitation to create the finite which enables understanding through definable limits.

#111

Generally I use the T.M. technique which consists of silently repeating a single word or mantram over and over in my head. Within 10 to 20 minutes I reach a very peaceful state. I become numb and can't tell

where parts of my body are. Often I feel as if I am on the ceiling. Guided group meditations are the best for me of late.

AM

Again, the loss of body consciousness indicates good movement. Perhaps if guided by another once you have reached that depth, you might attain even more.

Very often, being guided in meditation by another in whom you have faith will bring significant results. When compared to self-induced meditations, the advantage is the ability to fully release your thoughts, turning them over to your guide. You can make comments and not have to think about them, knowing that when you are done, your guide will recall them (or you can tape record them and both be free) and you can discuss them from two perspectives. This is a good procedure to follow when you have a specific objective for your meditation. Don't use this exclusively though, leave some "open time" for guidance in areas of need which you might have no awareness of.

#109

Are there specific breathing techniques I should use? I feel as though we are being protected during our meditations, are we?

AM

Regarding your question about breathing techniques, you will find some suggestions on this in reading #V-105. Yes, according to the information we have been given in the Voyager readings, we are being "watched over" during this project, and apparently beyond.

#XXX Several had this question.

What if we don't meet two entities during a day? Are these people, or spiritual beings we are looking for?

AM

If you don't meet two entities each day, don't worry about it but do what you can when you can. These are PHYSICAL entities, as you will note in V-105.

#108

I found that listening to selected parts of V-101 while meditating helped me significantly.

AM

Very interesting, did you see or feel anyone present with you? This might be an interesting experiment for us all. Perhaps having the volume down low enough so we can't quite hear the words, but feel the presence?

#137

I have consistently seen 12 or 13 steps. Even after the more specific discussion and instructions..... I continued beyond the 7th step to the twelfth and as usual, "looked out" to the thirteenth step, and then descended.

AM

After having heard V-105, you probably have the answer already, but in the chance that you don't, here are my feelings about this.

There are perhaps an infinite number of steps that we might see and experience. Possibly as many as we need. But your situation seems to fit the V-105 comments about the second phase of the project, wherein we will essentially repeat the New Moon to New Moon meditation, this time at a more mental level. I would conclude that

you were already past the physical levels and into the mental. The 12th step would have placed you at about the 5th Chakra of the mental body, speaking from a logical level of reason. So I feel that the most important work for you was to release something of a mental-emotional nature. The "peering unto the 13th step" is an encouragement to release the present and go on. All of this seems to be supported by your earlier comments to me, about being "unlimited". Because you believe it, it is so, and thus you have rather dramatically jumped ahead to where your greatest need is.

#106

In my 2/15 meditation; I was aware of others in all realms.... aware consciously of Chakras for the first time!

AM

Here is an experienced Voyager who has made some very significant achievements as the result of his dedication and the combined efforts of the the Voyager group. Now only one step away from the ability of perceiving these energy centers in others, he has added a very beautiful "tool" in his chosen Work as a Healer.

#110 Questions.

When should active techniques (i.e. out-of -body exercises) and passive techniques be used? What is the role of actively opening yourself and actively closing yourself after a meditation exercise? Should a person who is trying to grow psychically try to walk around "open" all the time? What is the role of being open and closed in psychic perceptions?

AM

Whether we use active or passive techniques to accomplish our goals is of little importance, except to the individual. What works best for you is what should be used. You will find that for certain types of goals, a specific method generally works best. But just when you think you have it all down "pat", an exception will wander in, and you'll have to re-think your entire structure and thus it is in danger of collapse at that point. Avoid the potential of becoming rigid due to familiarity or knowledge. If one "way" seems to be working best for you, use it. But be open to change, as it will surely come along; if it doesn't, it's very likely you have become stationary. But that will become evident in other ways, you will become "bored" with your meditations and possibly your life in general. Change provides the spark which makes life brilliant. I see growth as being impossible without change of some kind, or at some level.

Actively opening and closing yourself before and after metaphysical activities is like defining the boundaries of you. Like saying, "from here on is my domain, don't anyone violate this space without checking with me first!" Universal Law assures your right of free will. Thus the act of opening and closing self is affirming the existence of that law, and making it known that you claim your rights therein. I am not implying that if you don't do this your rights will be violated, for you are really making this affirmation to yourself. You have absolute control over yourself. No one can violate this unless you forget that you have this right, and thus abandon it for the will of another.

It's also a very good idea to go through some action of closing and/or cleansing yourself after any Work done for others. Simply because your will has granted some latitude to whatever forces may be present and influencing the person for whom you have Worked. It's really not as complicated nor fearful as it may seem, and after a time, it all becomes more or less automatic. V-105 covers this somewhat, and I feel certain that future Voyager readings will give more in this area.

Following that same general theme, I don't recommend walking around psychically open in order to further your psychic abilities. We must often step back from all of this, and renew our perspective. These are generally uncharted realms, and we are explorers therein so why take unnecessary risks? While I will always be among the first to say that True Faith will preserve us no matter what we encounter, still, how many of us really know the depth and strength of our faith? Better to discover this in a gentle loving way, than to race headlong into life saying, "here I am, bring on the experiences!" For someone who is well experienced in controlling or dealing with the energies they might encounter, walking around "open" presents no real problem and affords them great opportunity and insight. But even these entities know when to "shut down". Remember, energy flows in both directions.... unless you are consciously in control of it, filtering what is coming in and what is going out and thus avoiding any vulnerability. It's easy to do once you get the idea behind it, but even then there can be surprises; remember Jesus saying something like, "who has stolen my virtue (energy)?"

At the risk of possibly further complicating a matter which is basically simple when you understand it, you CAN be open on some levels and not others, and you can be open in a non-reactive mode, merely as an observer. In that way you can decide when to become active in what you are perceiving, and when it is wise to stay the observer. Unfortunately it would require a volume of explanation approaching book-size for me to convey this to you, so this will have to do for now.

#110 also asked, "how do you function in Realms of Light?" Generally you don't unless you have attained the awareness of that level. If you have, then you need to learn the accepted reality of that level, and function within those boundaries. Sometimes you can't because the vibrations are too low; other times you can't because... you're right, the vibes are too high. If a "Guide" is with you, and you are aware of their presence, they can help. They have means (if THEY are aware enough) by which they can Work in these realms without violating Universal Law. Here again, this topic is extremely vast and my answer is rather like stalking an elephant with a fly-swatter.

#105

I have a blockage..... between the third and fourth chakras, causing me some physical discomfort....?

AM

With the information in reading #V-105 you probably have discovered the reason for this block and hopefully resolved it by now. It would appear that the block represents a major limitation in your life, judging

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from the pain involved. There is no need for the pain, except to get our attention. From it's position, I would say that there is some activity in your life that doesn't conform to your spiritual path and thus is causing conflict within. Ask to be shown what this is, and then to be given a means by which you can either eliminate it, or convert some aspect of it to conform to your spiritual plan. Remember you have the power to change anything, so long as you mind the Law. Since it appears to be of emotive content, try lying down during meditation with your head to the WEST which should make the cause very clear. Then, during your very next meditation, lie with your head to the NORTH, for guidance on how to resolve the situation and release the block.

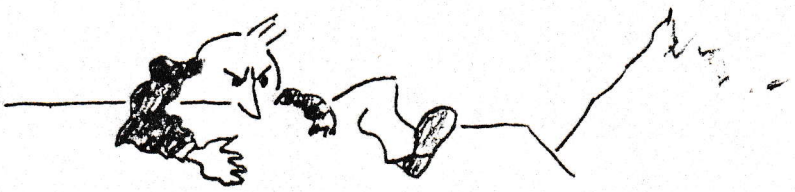
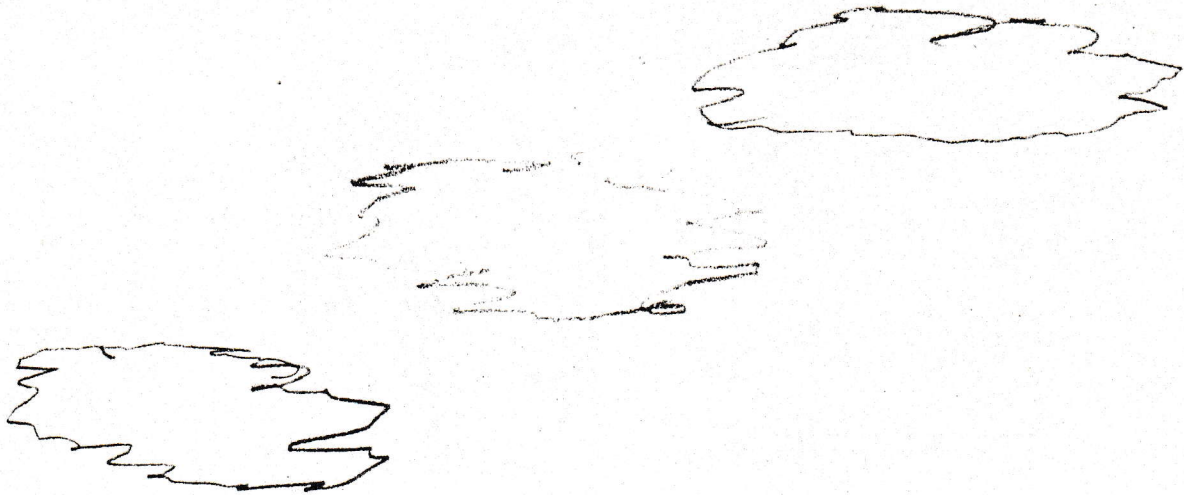
This concludes our first collective report, which I feel contains some very interesting experiences and comments of value to us all. My thanks to those who have shared these with us and to those of you who sent in material that may not appear in this report; it is of great value in keeping me appraised of your position and movement. Items which appear herein are those which I feel will best contribute to the growth of all.

Some of you have submitted questions which are excellent, but are outside of the project theme. We can't answer questions on other topics at this time because of the physical constraints of time. The dreams which have been submitted are also helpful in equating your individual position, but generally are not sufficiently contributive to the other Voyagers so as to be included in this report.

Finally, if you will turn this page over, you'll find a very appropriate cartoon sent by Voyager #104.

Many Blessings,

Al Miner



#104

bet how many stairs did hama Sing tell them to climb