

Megan

A Commentary
by Lama Sing™ & Al Miner

T2 – Reading #3

[Note from Susan: This was the first reading after the “death” of Al’s and Susan’s Daughter, Megan, at age 28. She herself gave much of the reading. There will be numerous footnotes throughout this transcript to add to the flavor and understanding of what is being given. It is so amazing to me (Susan) that Al was able to put aside his profound emotion in order to do this reading, a testimony to his connection and to his faith.]

AL MINER/CHANNEL: This is November 3, 2017.

Sweet Father, I ask that You assist my Friend¹ in Earth. Embrace him, that his thoughts and emotions, etcetera, be held in abeyance that the work that we are about to do can flow completely and joyfully. I, Father, am Your son; I am Spirit. And we seek to know whatever is possible about our beloved daughter, Megan, and any other comments that You see that would be of value to us, and perhaps to the group and others. I wish to thank those who came to lift her up and who put the smile on her face². We love you all. We cherish you for walking with us every step of the way. And to our Brother, our Brother Jesus ... whatsoever you call upon me [to do], you know I will answer. And Lama Sing and all of you with him, thank you. We love You, Father. Amen.



LAMA SING: Yes, we have the Channel, then, and as well, thee, Susahn. And we are one. As we commence with this work, which we do in Your name, Father, let us offer this prayer of peace and joy to all who are willing to receive same. And we do this side-by-side with the Master, the Christ. [silent prayer]



There is no thing within or without that can limit you or take away your peace and joy, because

¹ Friend - Al and Susan began calling their physical body their “Friend”, a term of endearment for the body, to connote the “observer” point of view from Spirit versus the experiences in the physical.

² The smile - When Megan was found the following morning after a minor car accident, her eyes were open and she bore an ever-so-slight smile.

yours is the power of a Child of God. Should you choose to allow them to take portions of this, do so only as a gift to them, not as an opening that they may dwell within your life, your consciousness. Hallow the thoughts that you hold within, knowing that these are the creative potential of your own Spirit, which dwells and gives life to your Friend, your body in the physical of the Earth. And the more so you can do this, the greater shall be your peace and joy.

And now, we gather about the Master as He gives of His Love to all of Consciousness. If you are ready and willing, open yourself, as He begins to give this now ...

Thank you, dear Brother, Master, for this precious gift that you give of yourself to all of us. We shall bear it forth henceforth as an offering to all whom we encounter in word, thought, and deed. So be it.



There are shifting energies that are taking place all about the realms of consciousness that have definition. These shifting energies are the result of the Waves of Father's Love and Light that are flowing throughout all of Consciousness as an offering, that those who are willing and who claim Him as their own might rise up according to their choices and their intent.



And so, as we are gathered here in the knowledge of one such who has departed from the finiteness of the Earth, we celebrate her here in the Glory of God's Light and the purification of His Love and Peace, which envelop her utterly in this moment and henceforth.

She was lifted up out of the Friend, the physical body, by two angels, as our brother has recounted [to Susan]: the first, being Teresa³, the *personal* (you might call it) angel to her; and Aolea [soul mate to the Christ, never apart we are told], who claims Susahn as Her ward. And so, how fitting that these two might bring the glory of God to her, that all that was is dissipated, merely to remain as though they are pages in a book that can be reviewed should they be of import or value to so do and/or as they might contribute to the future works that are among the choices that she is facing at present.

Here are messages:

MEGAN: All that was is no more. I am Free. And the joy and beauty, the wonder of it all, exceeds my most fond dreams while in the physical of the Earth. And I wish to communicate this to you, my sweet mother and father (both of you), that you would know that nothing remains but the purity of my own Spirit and my Oneness with our Father.

³ Teresa - When Meg was about 8, she awoke to see a figure lying beside her. When asked about this on her behalf in a reading, we were told that it was Teresa, one of her "assigned" angels who would remain with her throughout what was called "the Truth of childhood". This, evidently (our understanding), is common: angels serve as a sort of heavenly protection until the personality can begin to make choices, at which point the guides take over the "assignment".

It has been said that there are many challenges to be faced when one departs from the Earth. Because of my faith and the life within, which came over a period of experiences that some of us — you, my dear mother and I, especially — shared, these things⁴ have enabled my Freedom to be immediate.

You could ask, where am I at present and what am I about? Where I am is in the Kingdoms of our Father. I have not paused to dwell in any of the realms of finiteness⁵, though the three of us blessed them as we passed through them to Here ... near to the Homeland [see [Glossary](#)] but a step or two (as you would call it) away — in the purity of Consciousness.

I am here because Aolea and Teresa have encouraged me to renew my Spirit and to Know mySelf as my Lord God knows me ... in other words, the *purity* of my Being as a Child of our Father.

Of course, I can communicate and serve in many different ways. And as you would seek me, my sweet mother, I will attempt to reach to you if you will reach to me. Do you understand?

SUSAN: I do.

MEGAN: Then, through your understanding and your faith, it is done.

I have walked with Jesus and Mary through many different beautiful experiences⁶, and I have visited the Homeland and smiled and had a bit of laughter that my father (the Channel) tried to explain; his words, although they were effective, could never completely describe to you all the magnificence Here.

⁴ Things enabled immediate Freedom - Meg began transcribing the readings at age 12. She used the readings to help her navigate her difficult life of depression, suicidal obsessions, drugs and alcohol dependency, and her self-imposed shame of needing multiple prescribed medications to assist her. But through the readings, she gained a deep love of God and a wisdom far beyond her years, which now we learn aided her to claim Freedom.

⁵ Realms of finiteness - Meg is referring to, which she learned in the readings, how one on their path of light in the process called death can be lured off to lesser realms built around habits - desire, fear, regret, drugs, alcohol, power, anger, etc. Meg went through a particularly difficult time in March of 2017 when her most powerful prescription med had been mistakenly halved. Most all know that sudden reduction in such medications can result in suicide. By the time Megan had discovered what had happened by reading the prescription bottle and finally reaching her psychiatrist for help, she had returned to deep depression and large quantities of alcohol after more than three years of sobriety. She wrote a suicide note during that time, but said, "Mom and Dad, I will NOT trap myself in the shadows." So she was steeling herself for the afterlife in the event that she followed through on her suicidal thoughts. Once her meds were straightened out, her depression greatly healed in one regard but, in another, she was dealing with new depression over having returned to alcohol dependency. In tribute to her legacy: Not many people knew she was going through this dark time, which she said was the most difficult of all. For example, she showed up every day to work and, we're told by her firm, always with her bright light, excellence in her job, and fun-loving spirit.

⁶ Many beautiful experiences - It has only been a week since Megan's passing, yet she is speaking of already having had multitudinal experiences, which should be a confirmation of the illusion called time.

I sat on the ledge where the retaining pool of water can be found, gathered with the Maidens [see Glossary] and Mary. We remembered many past experiences that we have shared. And I looked back over my Friend's journey and saw how many times She [Mary] reached out to me and helped, giving me visions that inspired, and helped me to return from the leap⁷ that I had planned to make.

In the nature of experiences in finiteness, this past journey has opened understandings that many who work with those who are being challenged by limitations, by fears, by doubts, and by habits, are now far better (quote) "equipped" (end quote) for having observed and experienced along with me (my Friend, that is).

When it was said to my father asking (that is, my Earthly dad) that no more could be given because it was sacred⁸, I was a part of that sacredness that could not be revealed. For had it been, it would have violated Universal Law and, of course, my own uniqueness. And isn't that wonderful! How much and how dedicated these — who are *without limit, nothing limits them* — and yet they honor the tiniest of things that occur in the Earth and other realms. Their sweet love of all of us is beyond word. But then, I know that all of you will taste that sweetness in a time ahead, once again, as you have tasted it in past.

I have met and embraced many whom I have loved in the finiteness of Earth, and I know that you shall, all of you, do much the same. I shan't recount them because, no doubt, there would be insufficient time, their number is so great. So, my gratitude to those who assisted my Friend, called Megan in the Earth, during her times of challenge, during her times of feeling empty and alone ... and you know who you are. Do not allow my crossing to be anything other than a grand celebration, for *I am Free*, and surrounded, *bathed*, in Love and Peace.

I have asked permission to speak these words to one very dear to me: Jackson⁹, I will always love you, and I await your return here. And we will do another dance or two, as we have in past. I could go on thanking ... my sister and brother-in-law, and my brother and sister-in-law, and on and on. Consider it done.

The Spirit that has awakened within my Friend is Me. That Awakening came through a process

⁷ The Leap - Prior to finally getting prolonged medical and medicinal help, Meg reached a point of such depression in 2012 that she climbed to the outside of her 13-story apt balcony. She spent over an hour trying to leap but she said "something" kept calling her back.

⁸ The sacred could not be revealed - Al and Susan had asked for more information about the purpose of Al's "death", his "passing" in July, and his subsequent return.

⁹ Jackson - Jackson and Megan had a father-daughter/brother-sister/deep friendship, having met in AA when both were in serious trouble. They saved each other's lives in different ways over the years and had many fun times together, from racing cars to skydiving to horseback riding and many talks over meals. At the time of this reading, he is missing her deeply.

of believing and having faith in our Brother Jesus and His intentions [the Promise and coming Return], and our Sister Mary and the Maidens and their loving service; and of course, overall, the Sweet Peace that flows from God always as an offering to everyone.

My dad has said to you of the Waves of Light [see Glossary] that are preceding the return of the Promise, the Promise that Jesus (Yeshua, if you prefer) made some time ago. Many of you were there. Some of you stood as you watched His last hours in body slip away until the heavens opened and received Him. And yet, you endured, and you remembered His words and His teachings, and you carried them forward, embracing them deep within your soul. Now is the time for you to bring those forth and *live* them, for He is nigh to you.

Thank you so very much for the gifts all of you have given to my Friend Megan (meaning my physical body, of course). And I wish to thank the Lama Sing group and Lama Sing for their love and the opportunity to bring their messages into the world through transcribing them.

How am I to communicate to you the Glory that is here? When next you pray and meditate, reach out into the wonder of God's Silent Love and *feel* it.

Thank you.

To you, my dearest mother in the Earth realm: My love for you is unending, as is my gratitude for your patience and endurance with the machinations of my Friend's journey. (That given with considerable humor here.) Remember, all of you: How can you tell if one believes in God and holds Him before them? By the joy that they bear. Be ever joyful, dear brothers and sisters, and all of us here will be with you in that.

[At this very moment, a chime from a device in the room sounded! It has been left in the recording.]

LAMA SING: If there is no further question or comment, we will conclude. If you have question or comment, do bring them forth. We await your decision ...

[pause]

... knowing this shan't be your last opportunity.

SUSAN: I am filled with gratitude for the opportunity to have ... been your mother, dear sister; and filled with gratitude for Aolea's and Teresa's coming, and that my dear mate was able to see that to tell it to me. I am assuming that was what awoke you and placed the smile, gentle though it was, on your face. And this brings me such joy for you to know that you did such a wondrous job, were joyful, and gave so much to so many while enduring challenge. I know that you know, now, how much you are loved and how much you gave to so many. I also wish to thank all of

you for the continued wonder that we share in these times and those that are forthcoming. I offer this on behalf of my beloved mate, as well.

LAMA SING: She wishes us to tell you that the love that was expressed for her/to her is the reflection of their own souls, their own beauty. And her Friend called Megan was able to bring her Spirit into body to help them to realize the goodness of laughter and joy, and to *be beautiful* in their own unique ways. Their love is a gift to all of creation, including her. Again, her gratitude to you all.



There will be increasing energies as the Waves of Light are becoming more and more beautifully present. And so, it is good for all to look within to strengthen your faith and your peace, your love of God and, in the knowing of that love, to set yourselves free. And so, you have seen her be an example of this in spite of the burdens, the challenges, the (quote) “demons” (end quote), which brings a bit of humor to her now for they are *illusions* (as she would communicate to you) and have only the power that one gives to them. But enough on this.

And so we shall conclude, giving thanks to all who came forward to make this communication possible. And we will tell you that it is no small number that lined the pathway of Light between here and our brother in the Earth, that the communication could be as clear and complete as it has been. We thank our brother and you, Susahn, for your faith. And that applies to all of you, of course, but in this work, the foundation of it is based on utter faith and trust in God.

So then, fare thee well for the present, sweet sisters and brothers.

SUSAN: (whispering) Fare well.



AL: (gathering his ability to speak, very quickly after the conclusion of the reading) I was ... I was ... I was ... As I asked, I was cloaked and taken into Consciousness, so I could only see the lights and things like that. You Know? But she is *beautiful!* Her light is ... sparkles with a myriad of colors.



From Meg's Notes and journal

January 18, 2016 at 9:17:31 AM EST

Hi Mama! Will you pass this along to the group?

Hi Everyone,

I just wanted to thank you all for the outpouring of love and support for [Name] recently, and also for myself throughout the years. I know that the steady flow of your prayers and light ultimately led me back to oneness with God and all of you, which I now know will continue to strengthen through time. The proof of your unconditional love and unending prayers through the darkest moments in my life are what I believe will allow [Name] to walk free from the turmoil that he might face. How wonderful it is to know that we have each other to lean on, not just in troubling moments, but to walk through, and share, life together.

September 28, 2016 at 10:17:17 PM EDT

Wow. I really felt this one. The opening prayer in regards to the feminine energy, which I think explains the rapidity and/or depth of affinity we may feel for others - I have been experiencing this so much lately. I feel so drawn to people, and am so connected, so fast! I fall in love with their energy and just become enveloped in their spirit. That is, of course, once I allow myself to open up and receive, and that takes a while.

On Saturday before I went to work, I was watching a movie called the Painted Veil (interesting, huh). It was quite a sad love story, but of course, has a somewhat promising ending. It made me think that we're never apart from each other, and that we can always remain connected, but I was mourning that separation. In a way, it's the perceived separation from God, because we are of God, and God is what connects us all. I think I was mourning the feminine energy that wants to express love and connect people to each other and through God, but how its seemingly so difficult at times.

And Arn. Wow. I've never heard his story but of course, that touched me. It made me so grateful for my guides who somehow managed to get to me while I was on the balcony, otherwise I may have been in Arn's position. It makes me want to help all those who are in a similar trap. I don't mean here on Earth, I want to help those in the shadows. I know how the darkness can seem comforting, but I know even more so how the light can overpower anything in a blissful embrace.

Date: March 17, 2017 at 8:05:07 PM EDT

"Wow!! This reading was awesome and so easy to understand everything now. I never have a problem leaving movies or books unfinished. I think this life has been a great movie, but I'd love the choice to go see other ones too. And now I'm not afraid anymore. Now I know when my time comes that I'll be ready to exit, and always have been!"

April 10, 2017

(I asked her if I could share this email to us and this is what I got:)

Sure, I don't have any problem with the group reading that. I'd love to share my light :) Last night was awesome. I was in the space with Lama Sing and the gang for awhile. Way longer than ever before. I sat on the back stairs and watched the clouds. I love the pinkish/orange glow they get from the city lights. The guys beside me weren't home so I turned on music and sang my heart out like I used to do when I was young. I can't remember the last time I sang like that. An awesome, awesome night. Did you guys do another reading last night? Just wondering if you were in the same space as me.

(Here's what she had written earlier:)

I had a little bit of difficulty understanding exactly what was going on, but even when that happens I'm lucky enough to still be able to get lost in the wonder of just experiencing the reading and being a part of these works. I've been thinking lately that it might be good to start a journal again, particularly because I find it hard to pray "all the way". I start and then get distracted and don't "finish". Tonight after finishing the reading, (per usual) I was overcome with gratitude for my involvement with the readings and exposure to things not many people get to experience. I was almost immediately driven to write my first entry that I want to share with you. The first page of my (very pretty) journal says "How blessed I truly am..." It's going to be my book of blessings, and if I only see those blessings after I transcribe a reading...then that will be more than enough.

How blessed I truly am to have the exposure to something bigger, something beyond what you can see, something that relies on true faith. How blessed I am that my faith is never questioned, that though my dedication may waver...that though I allow myself to dance in the dazzling finiteness, my reliance on and faith in God never diminishes. How am I so lucky? I was fortunate to grow up with parents that lived this...lived in this world of unlimited beauty that parallels reality, yet it was never forced upon me, not even slightly sold to me in the hopes that I might adopt their beliefs. How blessed I truly am that my receptiveness has allowed me to comprehend a consciousness that others only dream of. How blessed I am to be able to lose myself in the unlimited, unending possibilities of realms of God's creation. I hope that I will be able to gift this to others as it has been gifted to me, that my faith is strong enough to lend to others when they are engrossed in doubt. That my persistent battle with light and dark can illustrate the sheer strength of my Father's protection of me. That though I flirt with "good and bad", with finite and infinite, with eternal and trivial, with humility and vanity, with love and competition...how blessed I truly am to be carried on the wings of angels to my Father's side, back to my center with the Universe.

How blessed I truly am.

I'm so grateful for my most recent battle with...darkness. Luckily it was short-lived, but intense enough to completely but realistically renew my faith. I wrote two suicide letters in this book. I tore them out a few weeks ago and burned them without reading them. I don't think I want to see the evidence of my thoughts when I'm in a space like that. I burned the darkness...the self-confinement to sadness and now my book of blessings has been born!

A note from Susan about Megan's ashes:

To honor Megan's championship with darkness, I asked friends of Megan and friends of the work if they would like to, in Megan's name, bring light to the world. More than 50 people from all over the world took part. Her light is under a tree by an elementary school, in a prison, at Patagonia, the Niagara Falls on both sides, flown to a shinto temple on a small island in Japan and prayed over by the priest, walked to the hill atop the cemetery at Snowmass and prayed over by the Abbey priest, in the meditation garden at ARE and in numerous meditation and prayer gardens, a river and a temple in India and many rivers and streams on different continents, the Alps, Sao Paolo, New York City, Sedona, Hawaii, Chile, Germany, Ireland, on and on. I didn't at the time have this and subsequent information from Lama Sing about Megan Adelle's purpose. I just felt guided to do this. Now it feels like through her and the love of these kind people, the prayer work of Our Lady and the Holy Maidens is truly scattered around the world.

Editor's Notes

Lama Sing Readings

Lama Sing: *Lama Sing* is a title taken by a group from beyond Earth, or from Universal Consciousness, who connected to us in the the Earth through the trance channel Al Miner. Although Lama Sing sometimes appears to be an individual, we are told by them that Lama Sing: "... should not be thought of just as an individual in its present use or connotation, but rather as a group or purpose ..."

Depending upon the topic, the Lama Sing group could be a handful of entities or a very large number. Throughout the readings, the Lama Sing group deferred to each other, just as we do when in a conversation; the language changed somewhat as different ones came forward to speak. The language sometimes changes, even in a single paragraph, from an archaic form of speech to a more modern one, or from the singular to the plural.

Language: Lama Sing's use of words — such as *ye, thee, whom, we they, he* — is often contrary to modern conventional usage, but the meaning will be clear. It has been decided to keep the text verbatim, including the use of word forms that may be considered ancient or antiquated.

Channel: The title *Channel* is used by Lama Sing in place of *Al*, because to use the name Al could serve to call him from that consciousness to which he is taken that prevents his personal involvement and influence in what is given in the reading.

Dis-ease: The word *dis-ease* is used by Lama Sing to mean not only illness but "first and foremost, a lack of ease in spirit, mind, and/or emotion which are then precipitated into the physical body." — Lama Sing

Earth: When referring to life on Earth, Lama Sing uses the term *in the Earth*. This is because Lama Sing is referring to living within the consciousness of Earth, a finite experience rather like living within the consciousness of Heaven, versus *on* Heaven.

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

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