

This is an experiential project.

19860130 MA01 Attunement

Attunement

A Commentary
by Lama Sing™ & Al Miner

Project; Attunement Reading #1; MA [101]

AL MINER/CHANNEL: This is January 30, 1986. This reading is code number V-101. This reading is the first of a series which we will request as a group for Voyager Project Number One. The title of this project is “Attunement,” and we ask the following questions on behalf of all of the participants who have come together to share this experience. I might mention that, instead of a birth date as would normally be given for a reading request, we might give the starting date, which is February 9, 1986.

We request that you would give us an opening prayer and an overview of the project. I believe that I speak for all of the participants and, as well, for myself, when I say that we are all very excited about the project and that, as always, we ask that God bless and surround with great joy and abundance those of our brethren in the unseen realms and of course we, as always, include a prayer for any soul in any realm who might presently be in some need.

And so, we ask now, Father, that You would guide us that this experience be the very best and highest in accordance with Your purposes and goals, and that You guide us to understand at all levels the information that will be given to us.

*I offer a special **prayer of thanks and blessing** for the souls or entities who I know have gathered to provide this information, and we wish to recognize their presence and to ask that they be blessed with the abundance that they have so lovingly and freely continued to give us here in the Earth.*

*So, **thank You, Father**, and in the name of The Christ we ask that You now guide us. Amen.*

C: Note Al's gratitude.



LAMA SING:

...And we ask that each of you would now look into your hearts and find that which has stirred, **that which has moved within you and has summoned you unto this call and this work**. We can now tell you that as you have turned to this call and **become a part of it**, that the calling is not only from we, **but from He who is greater than we gathered**.

C: The call you hear unto this work is a call from the Christ.

... **purpose beyond same is the illumination of your soul**. For **with each work that you perform, your soul will be blessed with additional light**, with the additional presence of the Master. For **it is He and not we here who has called you**.

C: Exercises of Illumination. Any experience of the Inner Light. Remember it. Get into it. Reflector Exercise. Can bring it down the body. Can become a column of Light.

... **that which thou art truly within shall begin to emerge**

... **thou art much more complete and thus more brilliant and joyful in all aspects of your being.** It is not we who shall do this, but thee and those who serve thee and the Master.

We shall act herein as messengers, not only from these certain realms of consciousness or acceptance, but from those which are well distant and those of thine own (that being the Earth) and others of which ye know not in the present.

And so it is that again **each experience in the Earth is a reference point for the soul...**

...**your soul is about to do certain works here.** ... We shall intend through these works to give unto you an **essence of faith** and to **awaken the spirit of the highest and best within you.** ...but are not intended ...to usurp **your oneness with God** or to deter you from **direct communication with Him.**

C: Their point is to enhance our awareness of our Oneness with God and our direct communication with God.

Let Thy name and the banner of The Christ surround each of these individuals and the group, and let it be known that we are intact in this pledge and in this work. Let those come unto us and the work whom would shoulder this banner ...

C: They are putting out a call for spiritual helpers in this work.

As ye have heard these words, dear friends, take them unto your spirit and ever be comforted, guided, and protected by them. Meet any challenge within self so as ye might **meet those challenges about thee in the confident knowledge and wisdom that this as a Truth goes before thee.**

C: This prayer goes before us. It helps make the way passible.

...It is the **right of each soul to seek its own need and its own purpose.** If you allow another entity to claim that right, then you have given the most precious gift idly away. Call that right back unto self. **Identify your goal, your purpose, and record it,** lest it not be lost in the influence or intentions of the daily activity. **Hold that intent ever before you** in times of challenge and/or opportunity, and know that so as you do, all those forces which are His shall be with thee in your right to so do. See?

C: Figure out your personal ideal, purpose and goals. Your intent goes before you. If you hold awareness of the Inner Light and carry that with you, then you are meditating without ceasing.

We shall now bless each one of you, individually, in the name of our greater brother, and in accordance with our Father's law. **Feel now as we reach out to touch you.**

C: Read the prayers aloud and feel the Presence of the Master as you experience the prayer. this Presence is the same as the Inner Light.

Attunement Exercises

A Commentary
by Lama Sing™ & Al Miner

Member-Interactive – Attunement #2 [102]



Lama Sing: Prayer

- *... bind us in a brotherhood of joyfulness unto this mutual work and service, endowing in each the awakening of the uniqueness of the individual spirit and the harmony as is present ever in the spirit of The Christ.*

Opening Comments

- ...each of you has here one or more gathered, in essence, to work with not only you but the entire grouping.
- ...you already have all that it is for which you seek.
 - The greater work then might clearly be identified as one of discovery of that which already is possessed. And thus the term “recovery” might well apply here.
 - And thus here are thee, dear friends, clearly close in your own acceptance in a oneness with God,

Moving Through Influences

- ... one of the first activities, the experience of **moving through certain influences** which are continually affecting the Earth plane.
 - (new moon to full moon)... we called thee to do a work.
- We encourage you then to begin in the normal practice and/or understanding of your own personal meditative techniques.
 - wherein you are feeling yourself beginning, at the base of the spine, a certain awakening, a certain awareness.

- The Channel's participation in the project in every aspect along with you will enable us to, in essence, be in closer contact... likened unto a conduit from one realm to another, through which ... might the more easily pass and do certain works.
 - Thus, be conscious not only in the normal sense, as ye would in meditation, but be perceptive to what you might sense beyond that, both physically through the senses physical, and intuitively through the spiritual senses.

Finishing First Cycle

- When we reach the full moon [2/24 Saturday] we shall have reached what you will think of as the higher glandular centers or chakras, and thereafter we shall draw certain forces and do certain works following the descent then back into the Earth to the next new moon. Wherefrom we shall draw forces from beyond self back into the Earth.
- consciously see yourself listening to at least two entities every Earth day, until you hear from us and receive the information again, or next.

Cover Letter 2/11

Al: "It would appear that the magnitude of the Project as it is being dealt with on other realms is awesome."

Exhibit A & B Nostalgia

Reading 103

- *Lama Sing prayer:* In this prayer, Father, we also thank Thee for those messengers of Thy word whom are also present here, and we ask that as we return the Channel unto the Earth for his participation in the meditational work, may these loving messengers, each one, go unto one of the members and bring Thy blessing and Thy word directly unto they... Why sit in chair

Preparing for Meditation:

- Know the word of God to be within each of you, and when spoken it is that which can command all forces to be in allegiance with that work which ye seek to perform in His name.
 - And as ye summon forth that presence, then do so with honor and with forthrightness, in the knowledge and belief that it is thy right to so do.
- We shall guide him (Al) and each of you unto a certain realm wherefrom thy greatest need can be answered.
 - prepare yourselves and enter a meditational time wherein you can repeat this in the consciousness of your own mind. This you may do now as you first hear this, or at any time when there is the

need. For this is not a gift given which endures only one usage, but this, you see, we give as a **living gift of blessing.**

- And so then now guide yourself to know that point of joyful silence wherein all things can be known and all works can be performed.

Meditational Interlude [2 minutes]

- As you have now moved through those spheres which ever are the envelopment of thy existence, each of you shall have gained some further understanding of the nature of these. And as ye know of them, they become then stepping stones from whence ye can move even further.
 - Each then—both in the sense of the symbolic and in the sense generally of the literal—is likened unto a level or a strata which surrounds you and each entity in the Earth.
- And these levels then are correlated with the movement of your consciousness throughout the first exercise, established in coincidence with the movement of the lunar force.
- During the course of the meditation, there was the presence of those forces from here and beyond, with each of you. Some of these are yet in the Earth even as we speak, others have gone forth and returned to their certain realms to do further works or to bring balance to you. And yet others remain here to contribute to that which we are now giving.
- Then, think again from that point of view about moving beyond. And, as ye encounter the first envelopment or layer and the familiarity beckons unto thee, lovingly, gently, heed not that call but go on. And when the second is approached in a like manner, do thou the same. And so on with the third and the fourth. Whereupon reaching this point, we shall rest

Summary

- In the spirit of self, there is a sanctuary. A garden-like place with a temple and a repository of records. In this place, this sanctuary, you can find all that you would wish to know of the experiences of self in the past, in the present, and as for the intents, purposes, and potentials for the future. Even with some can the future itself be found.
 - When we shall later go beyond this place, we shall learn that there are other realms wherefrom just so similar knowledge, similar wisdom, can be gained.
 - The first step-stones of your conscious movement will deal with great and beautiful creative forces as they are ever manifested in and through you as a part of the Earth.
 - While these might be related by some to be thought of as the first, the second, the third glandular centers, they are more so likened from this perspective as the first, second, and third chakras.

- For in the procedures which we shall suggest to you in the next Earth day or two, we shall be dealing with them not as physical beings, finite in our essence, but as spiritual beings, the very life force of your current incarnation.
 - There shall be the precipitated effect from the experience which shall have, more or less sympathetically, a resonance and an effect in the glandular centers. This should, for most, cause a gentle change in the habit pattern, the attitude, the desires, and what not.
 - Do not look for this to be given in just the context of a sensory message from the visual, the auditory, or what not. But feel and know with all of your being, to the inclusion certainly of your physical senses, but also to the inclusion of your non-physical senses.
- Gently, but with consciousness ... that is decisiveness ... draw down into self the very highest and best as you have attained in your most recent meditation, and feel as though thou art allowing this pure energy, this light of truth, to flow through you, that it might create and inspire yet many others with whom you shall meet and interact. Think of self continually now as a channel of blessings.

Reading 104

- Lama Sing prayer “...*guide us to know, to understand, and then to apply that knowledge as it might become, through experience, wisdom.*”
- we haven't given any strong conditions or any specific guidelines for your meditation. We intend to continue in that vein for some brief time yet.

Steps Exercise

- When you have reached the first quarter, and in that period about midway between it (the first quarter) and the full moon, (Friday 2/16 – Saturday 2/24) we ask that you add this to your meditation.
 - After you have prepared yourself in the normal manner, strive to envision or to feel or sense yourself standing before a series of steps.
 - Then as you do, imagine yourself rising up these steps.
 - **You determine—that is, your experience—let this determine the number of steps.**
 - And feel yourself moving up them. Use the imagination or whatever you must to experience this.
 - Take careful notes from your meditation as to the **number of steps** and any details as there might be relevant to this activity.
 - If and when you reach the top of the steps, then pause and allow yourself to be as open as you can, remembering that any thoughts, any emotions or attitudes, which might be brought to you in the form of thought-forms or visions, may have relevance and should be noted after the meditation in your journal.

Instructions Moving Forward

- Continue with this exercise (if you would call it such) with the steps until the full moon. This would be approximately the 24th—23rd, 24th, 25th—in there.
 - Then, we will have given additional instructions, and these will become much more controlled,
 - for at that point we shall be endeavoring to bring certain forces back down into the Earth from a position of greater perception, greater attunement.

Summary

- In the first gathering, the assembly was in great number—that being approximately the 9th and 10th February, 19 and 80 and 6. **Here then do we find that as much was gained in these realms, and perhaps more so than was gained in yours.**
 - ...[later] we had asked the Channel ...to begin a reading and then we'd release him and then ask him to re-commence the reading after his participation in meditation. This enabled us to use him, almost literally, as a channel of blessings to reach all of you.
 - Even if you were closed (to use Earth colloquial terms), there was a pathway open through the physical communication.
 - More specifically, your energies upon the documents you've exchanged back and forth so as to have provided a pathway.
 - Each of you was given certain blessings by those whom were sent in your name, and each of you should begin to feel by this time some impact, some effect, from this—in some more profound, in others more bold, in yet others very subtle, very gentle, very soft,
- But greater than this perhaps, is the formation of a connective link between realms here and beyond this from whence we now speak, and yours.
 - And so then the bond is complete between each of you to do those works which are the very best and highest
 - in accordance with the Father's will,
 - in accordance with your free will, and
 - in accordance with your individual and group soul purpose.
 - For know that each of ye, as individuals and as a part of a greater grouping of souls, are represented here always.

Closing

- Continue to observe in your daily life those about you. You will recall, we asked for you to look for two entities each Earth day and to listen, to observe.
 - If you are responding in your interactions with others at the emotive or ego level, it is very difficult for you to detect the presence of an appeal, prayerfully or whatsoever, for assistance. And thus your opportunity to be a channel of blessings has been at least greatly minimized, for the clarity of the request cannot be seen before you.
- ⇒ Thus a healing performed between two entities at such a level also is a healing contributed to the Earth and every single soul, every single entity whom is therein or upon same.

Final Instructions (Steps Exercise)

- ...when you envision these steps we've just spoken of...consider that you must make some effort, consciously, to arrive at the level of attunement for which this first phase, this first aspect of the experience, is intended to accomplish.
 - The lunar movement functions upon you and many aspects of your consciousness, in spite of what you might do or not do. So you are in essence obtaining a free movement, a free ride (in Earth terms), to this heightened position.
- **From there you must begin a few days before the full moon—three, four, five, or even at the first quarter you can begin.** The actual date's not critical here but **begin to make a conscious effort to rise from that position so that when you reach the full moon date you are making a conscious effort, already conditioned by several repetitions, and thus some power behind your thought-form.**
- you can continue this to strengthen it, and that we recommend. In other words, from approximately the 24th on to the 27th or thereabouts, continue this.
- Those of you whom are meditating with another entity, we'd recommend here that you strive to align the males to the north and the females to the south, so that the females are facing north and the males are facing south.
- Remember, exercise...a regular schedule of dietary intake
- Relax. Don't be anticipatory of what you're going to see, what you're going to experience. Just that action alone can create an obstacle, don't you see?
- using music, be certain that it is soft enough