

March 11, 1986

ATTUNEMENT
Voyagers Questions & Comments
and Suggestions by Al Miner

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Report #2

Dear Voyagers,

Here in Report #2 I again find "good for all" material in the correspondance that you have sent me. In the possibility that some of this information might be of assistance to you, I urge you to read it over and consider it's application in your own efforts.

Thanks to your correspondance, I have discovered what appears to be several instances wherein "common contacts" have been made by Voyagers at some geographic distance to one another. I will be observing this closely, and will report any further evidence of this as I find it.

#108

I waited until evening to listen to the second tape, I wanted to tell you my reaction; tears just kept coming. This is the second time this has happened since we started with the project. They are tears of joy, perhaps also cleansing.

AM

#108 also reported that she had asked for help in dealing with several people whom she has had prolonged conflict with. She reported that her results thereafter were "feelings of being free and joyful", and that this uplifting feeling was sustained thereafter.

Many of us have emotion buried deep within and may not even be aware of the fact that it is there; until something like the experience #108 reported comes along to trigger it's release. So I would concur with #108 that it was indeed a cleansing or healing.

When a person has strong emotional feelings towards us, and especially if they are negative emotions, our reaction to those emotions tends to fuel them. Often even if OUR emotions are very positive. I have found that a very good way to deal with such a situation is to move to a level of perspective that has non-involvement. Then if you feel that you want to pray for that person, do so from that higher level rather than from an earth level. You may find that you are less encumbered and have more "power" at higher levels.

#145

I feel I do not accomplish anything in meditation. Although I can relax my physical body, I find it difficult to calm and quiet my conscious mind; it just seems to "leap-frog" with thoughts and goes from one tangent off to another. How can I better achieve the meditative state? Do you see that progress has been made? Are there other blocks that I have that you could speak to me on?

Are there any guidances or comments that you can give on growth and development of the channeling Work that #144 and I are involved in? Do you have any comments as to my personal role in same?

AM

I have had so many who have asked essentially this same question, that I feel it is worthy of comment in greater detail than I have intended these Reports to contain. So I will try to have this in-depth commentary ready for the next mailing. Meanwhile, try this; first think of your conscious mind as an ally to this Work. Understand that when it is totally idle, it assumes it must be bed-time. So the

subliminal activities likened unto the dream state begin... right? You consciously review and possibly re-live the most outstanding activities of the day, or turn to the most important problems or thoughts motivating you at this time. This is actually a GOOD process, you just need to know that you are doing this, and then direct the thought into the vein of Work you wish to do. Finish the current thought, and then chose the next focal point in accordance with your goal.

Regarding the second question, ALWAYS ask through your own channel as to what needs to be done, and how best to do it. Of course, a major purpose for this entire Voyager project is to improve the ability of us all to be better and clearer channels, and the exercises we are doing and the information we are sharing should contribute greatly to your goals.

Your role in that Work should, in my opinion, emerge rather than be planned. The establishment of "Standard Operating Procedures" is often the simultaneous establishment of "Standard Limitations". Be ready to grow with the Work, and remember that YOU will grow individually just as the Channel (#144) does. The secret being to harmonize your growth into a mutually joyful experience. It may not always be easy to do, because the different rates of growth and acceptance we each have. Patience and a willingness to examine ourselves honestly are important factors in the success of such efforts. In many ways, yours is the more difficult position in the Work.

#114

The trust I have had so much trouble achieving is now beginning to emerge more and more fully each day.

AM

I refer you back to Report #1, where this comment now indicates that significant progress has been made by #114.

#120

Since the project began I have been sick. I wonder whether this will have any effect in preventing me from fulfilling the goals of the project? Does the female menstrual-cycle have any additional effect besides the lunar effect?

AM

While glandular activity may have a profound effect upon the physical body, I doubt that it would have any limiting effect upon the mental or spiritual beyond that of influences perpetuated through the emotions. I know of instances where certain glands have been surgically removed, and the readings have commented that the person could still, in spite of this, attain full spiritual growth.

Regarding the correlation between the menstrual and the lunar cycles; I would suspect that this coinciding in a certain manner could cause a very strong menstrual cycle. Beyond that, I would see no real limiting effect in any way, to the purposes of the project. Being a regular function of the female body, there may be potential value in a study of such as correlates with phases of the lunar cycles. However, I find myself ill-equipped for such a study, and thus leave it for you to do.

Curiously to me, I slipped off into a light meditative state as I wrote the above, and received this information:

"The menstrual cycle can make a female body somewhat more receptive. This slightly increased receptivity can be augmented by the lunar phase so that said female body, emotion, mind and spirit can become the moreso influenced by Forces at those respective levels. Hence, the greater than normal manifestation of attitudes and mannerisms unlike the entity in the normal state can result from such conjunctions. As one becomes aware of such, it can be as a tool useful in understanding self better, and so contributing to the growth of same."

#137

Can you give us some perspective about our brothers in the inner earth? Is there any connection with them in regard to our current project? When considering the concept of genetic cell memory... what is our responsibility to the physical form? Is all memory retained until natural decomposition? Is cremation not respecting the physical form, and the consciousness of each cell?

AM

I am aware of several theories relative to your question and am not certain which of these you are referring to. However, it appears clear in the readings given to date, that the project and our efforts in it will be contributive to our brothers in all realms.

Although this latter aspect of your question stretches the scope of this project somewhat, I feel it is foundationally important to you, and thus I offer this perspective. Nothing can be destroyed, only altered in its expression. So the cell which has our memory, even tho it may be cremated along with the rest of the physical body, may in fact be liberated by this act. In either case, whether natural decomposition or cremation, the end result is essentially the same. Matter is returned unto Nature (one of the purest of God's Expressions in earth) to continue its evolutionary journey. Many past and present cultures believe that cremation is the only way that our Spirit can truly be freed from the earth. So obviously the decision as to whether cremation is good or bad, or whether it's a transgression or an act of ultimate freedom; is a personal one. Remembering that "mind is the builder".

#104

Reports a very beautiful experience wherein she received a healing, and asks "have any of the other Voyagers mentioned similar experiences?"

AM

Yes, a significant number have reported healings to themselves or having been involved in healings for others during the course of the project to date.

#138

I did have some difficulties with Lama Sings' discussion of Chakras. As he described them, they were not where I knew them to be."

AM

Well, wait until you hear reading #V-106. No doubt there will be even more questions after that! Or perhaps it will clear up all of your questions. I hope that the later is true.

#119

On Feb. 15th I received two immense cuts on the bottom of my left foot from a seashell while walking on a beach... after cleaning the wound with seawater, I held the wounds... and meditated, then walked 1.5 miles back to where my boat was, in order to go home. During the walk I had absolutely no pain, and the wounds didn't bleed again. A doctor later acknowledged that both wounds were totally disinfected, requiring no treatment.

AM

A beautiful example of applying Universal Laws in daily life.

#139

Most importantly I can now go into meditation so much more easily, and stay for as long as it takes. That sounds small, but believe me, for me it's huge!

AM

I'd say that's a "huge" accomplishment for any of us.

#108

Earlier this Voyager had reported her efforts to heal a very intense close personal relationship. She now reports, "in a recent meeting, I was amazed at myself at how calm and detached I was... felt no anger... I felt as if she was a little girl. Earlier, in asking for a solution to this situation, I had received this guidance, 'don't let either accusing or defending thought enter your mind about the situation'. It has been much better ever since."

AM

If we can just remember to have faith in our Guidance, and to follow it, such beautiful miracles will become commonplace.

#131

...and my love of God, and perhaps more importantly, my capacity to love God has become boundless.

AM

This is a feeling that I know many can relate to. I believe it to be a clear and distinct indicator of one's movement along the spiritual path. That perhaps being an obvious comment. But of perhaps less obvious nature is the profound change that this will have upon your entire life. You begin to feel and see the results of that "capacity to love God", reaching into all that you are and all that you do.

#136

I'm not sure if I go into a true meditative state, but I am working hard at it.

AM

A little further on, #136 stated, "on Feb. 27... I saw the face of my niece, real close... an Angel was kneeling, and children were around, and they were all looking upward."

What is true meditation anyway? Judging from your reports, I have little doubt of the fact that you are indeed reaching true meditative states, and perhaps much deeper than you and the others around you realize.

#118

The one problem I have is meditating. I am not sure what to expect or experience, but keep on trying. I have difficulty visualizing, there seems to be a "block". It's as though I am looking at a dark screen and can't start the movie.

AM

#118 went on to list experiences from Feb. 9 to March 2 wherein he listed repeatedly meditational experiences where he had seen people and had experiences; each of which had it's own specific message for him. I find it curious that on the one hand we think that we are getting nothing; and on the other we are having such voluminous experiences to report.

Here are some summary comments on the meditational experiences you sent me. It appears that you are following a pathway that is a continual evolvment, so consistant in it's nature that you are probably not able to clearly see that you are growing or expanding. I'd like to also point out that in your last meditation, where a woman appeared to you and said to follow her, and that you said it "was so real I actually opened my eyes to follow her".....I think what is being pointed out to you is... to follow the guidance you are getting.... and to literally open your eyes. Not physically, but spiritually. You're judging and evaluating much of this on the basis of physical senses and reason. It's important to release those and to perceive in the non-physical sense. We'll get into that more as we move along in the project, so don't worry about it if you don't understand what I am saying.

One very important comment about #118's experiences; he reported a dream which had startling similarity to an experience reported by Voyager #127. Though they experienced the events about 5 days apart, they used exactly the same terminology to describe the focal point of their experience. That was, "a large freighter type ship"... and the rest of their experiences were very similar as well.

AGAIN, #118 and #144 both had nearly identical meditations regarding a woman directing them. Both in very nearly identical ways!

May I remind you that this is the same #118 who reported, "the problem I have is meditating...", I can hardly wait to see what he does when he feels he is truely meditating! Yes, I will be watching for more such experiences, not only with #118, but for all of us.

#139

HERE'S ANOTHER...."I turned on tape #V-104 very low, more so I'd hear the voce rather than the words - a kind of cosmic lullabye." (NOTE: have you tried this yet? It was in Report #1 as well.) "And during the first part, all of a sudden the song we sang as children... years ago... 'We Are Climbing Jacob's Ladder' flooded my being, and as my soul sang it, I climbed right up so easily, seemingly beyond the top, and opened into the words, 'Rise, Shine, Give God Glory' repeated over and over with the music in my heart and being. I felt as pure energy expanding into joy and oh, such openness and clarity as I can hardly describe, and even now some of that feeling is still here (as I write this). This occured Feb. 19.

AM

JACOB is the spirit Guide or Teacher for #104! Well #104, where were you on the evening of Feb. 19th at 2AM ??? Do let us know your experiences on that date, or anything which is familiar to the above.

More on this as I receive it.

#144

Has had a number of very involved experiences regarding levels, layers, lights, centers and different vibrations and energies. In many of these, there has been the common thread of a female entity present.

AM

From this I would conclude that they are trying to guide you to be more open or receptive at the feminine level (#144 is a male). Or as we think of the feminine; more open, receptive or yielding aspects of self. Because I have personal knowledge of #144, this is very understandable to me. He uses creative abilities continually in his life work. But perhaps as he enters into the meditative states, he begins to use more of his thinking or reasoning self, i.e. yin & yang Forces. At any rate, this is how I see these meditations, and my encouragement to you.

The last meditation that #144 reported involved flying through the air astride a long wide board. Generally my understanding of such events is that the action of flying has to do with moving out-of-body, or in "astral realms". This would seem to be a correlation and support to yielding in the manner described above, since in this meditation #144 reported also that he essentially was not in control of the event.

#144

He received very specific information on a unique building design.

AM

Because the information that #144 received seemed so detailed and unique; you'll find a copy of it included with this report.

I would be interested to learn of any of others whom have received technical information during the course of the project. Several of my own meditations have also included very technical information.

#117

I... have not had a decent meditation since the end of Feb. and feel loss and lonely... The feeling of disconnection is more that I wish to deal with...

AM

Up to the end of Feb. #117 reported excellent results and joyous experiences. What has happened here are the same experiences several of the other Voyagers, as well as my own. I am quite familiar with what #117 expressed above, as it occurs often upon return from a particularly "high" meditational experience. We could call it the "Welcome Back to Earth Syndrome".

Since we were guided to move to ever higher levels in conjunction with the filling of the moon, we were essentially moving away from earth consciousness and into realms of infinite beauty. Around the end of Feb., the time approximate of #117's experiences above, we were guided to bring this consciousness back into the earth, culminating with the next new moon. Thus the events described by #117 clearly indicate her preferred realm of existence! It is a very valuable opportunity, albeit an unpleasant one at the onset. It is also very easily remedied.

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First of all, #117, remember that nothing has in fact changed from the full moon to the present; except our thought-awareness. We still have the same beauty available to us, and in realizing that, an opportunity to never again be apart from It. Time is a finite aspect. Work back to the last time of joy in your meditations, think of yourself embracing that joy, literally, and then slowly move back to consciousness; opening your eyes to find that you are embracing yourself. Repeat this as necessary to completely bring the feeling back to mind, and to the present.

At the same time, beginning this evening March 12, I will try to "see" you in my meditations, and hold a thought of prayer around you. I ask that the other Voyagers do the same, holding only the thought of "#117" in prayer knowing that she will be known in other realms by her full identity.

Well, that's it for this report, more to follow later. As you have time, please try to send me a few lines very briefly reporting your experiences during the first phase of the project.

Many Blessings,

Al Miner

P.S. See reverse of this page for #144's drawing.

ENERGY EFFICIENT BUILDING

FROM VOYAGER PROJECT
COMFORT PRINCIPLE BASED ON
MOVEMENT OF AIR CURRENTS

MAR 05 RECD

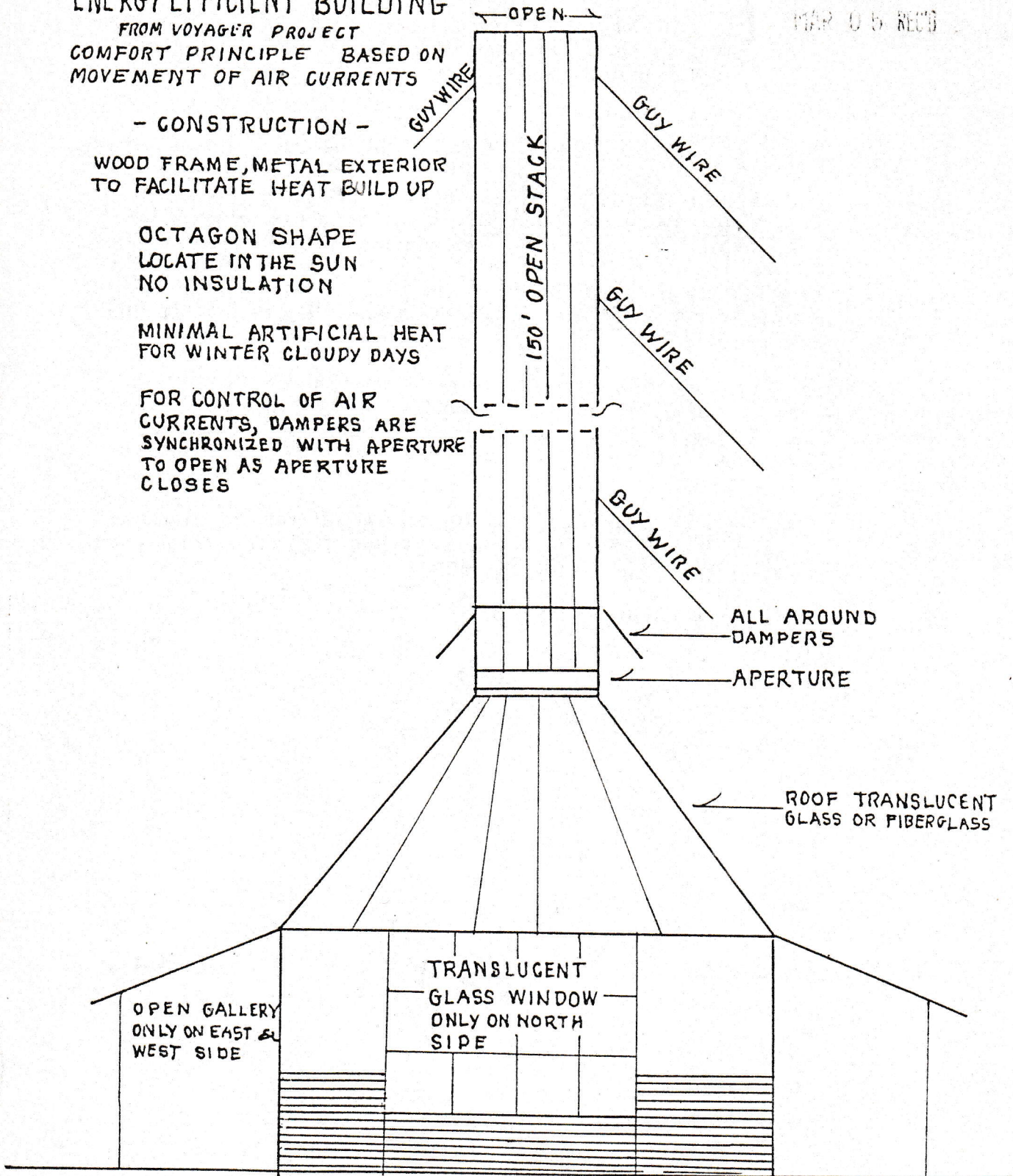
- CONSTRUCTION -

WOOD FRAME, METAL EXTERIOR
TO FACILITATE HEAT BUILD UP

OCTAGON SHAPE
LOCATE IN THE SUN
NO INSULATION

MINIMAL ARTIFICIAL HEAT
FOR WINTER CLOUDY DAYS

FOR CONTROL OF AIR
CURRENTS, DAMPERS ARE
SYNCHRONIZED WITH APERTURE
TO OPEN AS APERTURE
CLOSES



INDIVIDUALLY CONTROLLED LOUVERS
ALL AROUND BLDG.

RECEIVED BY # 144