

Lama Sing Reading

August 31, 1989

(Name 1) was born February 8, 1987 and her current address is (Street), (City), (State, Zip). This reading is requested for her on the part of her parents, (Name 2) born (Date) and (Name 3), maiden name (Name 3). (Name 3) was born on (Date). In addition to this, (Name 1) has a sister by the name of (Name 4), born April 8, 1984.

And here are the questions submitted for (Name 1):

- 1) What is the mission or purpose of this lifetime for (Name 1) and what did she come back to work through or accomplish?
- 2) How can we, her parents and sister, best help her accomplish her goals in this lifetime?
- 3) Why did (Name 1) choose to be born into our family?
- 4) Has (Name 3), (Name 4), or myself ((Name 2)) known (Name 1) in previous lifetimes or experiences?
- 5) Can you give us information about (Name 1)'s past lives that would be of the most interest to her when she's old enough to listen to this recording? What would be a good age to discuss this recording with her? What would be a good age to let her listen to it?
- 6) What hobbies and sports would (Name 1) most likely enjoy and excel at? (Name 1) seems to have very good coordination with her hands. In other words, she carries quite a wall-up!
- 7) (Name 1) has a difficult time speaking and it is hard for her to make herself understood at times. Do you have any advice or guidance on how we could best help her overcome this situation?
- 8) (Name 1)'s a very headstrong little girl. For example, she currently insists on changing her clothes about 10 times a day. What would be the best way to deal with this? Should we insist on her doing the things our way, with firm discipline, as some are quick to advice us. Or should we let her work through her little phases while offering her gentle guidance? Would a combination of the two methods work best?
- 9) Is there anything that we are not asking that we should be asking? If so, please advice us on what we or (Name 1) need to know. Thank you, (Name 2) and (Name 3).

*And so Father, we present these questions prayerfully now to you.
Asking as we do that you would guide us to the very highest and best
possible information that can be given on (Name 1)'s behalf. And so
Father we now submit these questions to you. Thank you Father, Amen.*

Yes, we have the channel then and as well, those references which apply to the entity (Name 1), now before us. As we commence with these works, we shall first pray in this manner.

Lord God, we know that thou art ever with us in this and all such works. And thus it is our prayer that we might here in accomplish thy will and purpose. We pray further that thou would guide us to provide that information as is of the highest and best purpose of this entity, (Name 1), now before thee Father. And we pray in her name on behalf of all those souls in all realms whom are presently in some need and for whom they are none in joyous prayer. We humbly thank thee Father for this opportunity of joyous service in thy name. Amen.

Here we find that these records indicate the relationship of this soul to the current environ or incarnation is for the purpose or purposes of understanding and learning to live within a spirit of cooperation and equality. In many respects the soul is quite enlightened. In the measure of the spiritual consciousness the soul is markedly advanced in many respects. And yet here we find difficulty with expressing this in terms of relationships with the earth and other such realms. And so it is that the soul continues it's series of sojourns involving the earth for the purpose of exploring, developing, and accepting these qualities.

In terms of cooperation, we are not speaking as much about cooperation in the outer sense of that meaning in the earth, but rather that those qualities which are the nature of the soul might be placed into a completeness, rather than having one predominate over the others. While this is to be sure a part of the nature of all souls whom sojourn in the earth and is by way of their choice a major underlying theme for incarnating in the earth. It is in this soul's case, one of the last remaining, as it might be called, obstacles or opportunities depending upon the view point, which yet needs to be obtained before the soul can move on or move to greater levels of self-expression. It is a paradox of thoughts in view of the illuminated nature of the soul, and yet as the soul has chosen, in earlier times, to be apart of the affairs of the earth. Then this, as one might expect is an important series of accomplishments for the soul to complete in order to fulfill that.

In terms of equality, there is an essence within each soul which strives for balance. In order for balance to be attained, one can greatly enhance the understanding of such by interacting with other souls. And when such souls are expressed in the earth, in a more finite or precise sense, this affords even greater potential in terms of the ability of that soul to truly understand, live and express what is known. For knowledge does not become of value truly to the soul or to the consciousness until it is well seasoned with experience. There after it produces that which is called wisdom and becomes a salient or brilliant aspect of the soul or souls involved.

And so, even though you might find this soul struggling, even rebelling against the norm in the earth, know that ultimately, it is her intent to accomplish these things and more. But, more will be given on this as we proceed along here.

Since this is an inner struggle more so than an outer one, we encourage you in order to best help her accomplish her goals, not to become a part of the conflict or the struggle, but rather, be a part of the solution. To do this, it is advised here, that you always associate with that which is being sought after. In other words, as you see struggles or difficulties, look for the goal or the accomplishment that the entity is reaching towards. Think of the time it takes for you to discover

this. Allow that time to pass. Once you have gained the realization of what it is the entity is attempting to accomplish, then use all manner to enable the pathways to be unobstructed, that she might attain same. For example, there is a tendency to be very deliberate, very fastidious, in terms of the actions, the appearances, the general outward image that is projected to others. Because this has been a mandate upon the entity repeatedly in the past, she is influenced by that and knows not why as yet. And so even though the entity might choose to change the clothing repeatedly, know that the objective here is to find that which is to her liking, to her taste, that this might ultimately, in her mind, present the greatest possible image of acceptability and admirability to others. Perhaps some of the following would be helpful, by way of explanation, enabling you to understand what we are speaking of here.

In the Atlantian times, the entity of course, knew all of you at one point or another. But the predominate work here was involved with the production of energies which would offset those which had gone a rye. In order to produce these energies, the entity and others like her, were intensely trained and conditioned in the use of varying elements and elemental forms for the purpose of providing an environment that was and yet is, conducive to the best of all vibrational frequencies. So that an entity whom was in a state of disease or disarray, when placed within same and provided service by the others whom were later to be thought of as the priests, but actually were practitioners of a known science of a known truth. Then these entities would be, that is the subject or patients, afforded the greatest of all opportunity to eliminate disease by displacement and by subjective influence. So the entity, (Name 1), as called in the present was responsible for the development of that environ most suitable to those whom were to be treated. In order to reach this state of awareness, the entity, went through numerous schedules of training, indoctrination, and ceremony. While these were not as such, mystical in nature, they did delve strongly into the spiritual nature, the eternal nature of forces which prevail in and about all entities. Thus the entity gained understanding in the use of color, sound, as in music, light, crystals, and other therapies which responded in accordance with needs of the sensory of the patient or patients. Here the entity was involved with the mother, now known as (Name 3), to a considerable degree, and to some extent later, with the entity Julie. The affairs of this activity became extremely successful and the process became known as the Temple of Beautification, Edification, and Restoration, colloquially stated here. And so this somewhat three phase approach towards the restoration of those whom were in an image or form less than perfect became one which was threatening to the other cultures or subcultures of the Atlantian time. And so, as the growing concern over this process which liberated those whom were held in a form of bondage by those of authority in these subcultures, it became apparent that a conflict would ultimately arise or ensue between these forces. And so the division became greater and greater, and the entity now known as (Name 2) was one of those whom was a part of the mechanism or conciliatory action which strived to produce a means or grounds where by peace and understanding could breach this chasm. This of course, was to be unsuccessful later. And hostilities were to arise which were a source of frustration and sadness on the part of many. It was this particular condition that brought all of you together repeatedly for the purpose of looking for avenues of solution and for the purpose of preserving the Temples that they would not be destroyed by those whom sought to continue to hold in bondage, others against their will. This set the pattern for the entity (Name 1) to incarnate repeatedly for it stirred within her an

emotion which later needed to be dealt with and that was one of a growing emotional attitude towards those who held or caused the conditions of disease in those whom were their subjects. Repeatedly, having to deal with these, as could be called “things,” in accordance with Edgar's information as given through him earlier. The entity was required, as a part of the process, to attune to them, in order to know the proper therapy and modalities to use for effective elimination of disease.

As a result of this, the entity became steeped with the emotions, the frustrations, and what not of the entities. This led to a growing hostility and ultimately, a form of hatred against the oppressors.

Next, we turn to an incarnation, in the early Egyptian, where in the entity was actually born into a household of servitude. She was forbidden to speak. She was required to anticipate the needs and wants of those whom were in authority and she was required to submit herself to their whims in every regard. This included frequent, note this, changes of attire and the continual provision of those things which suited those in authority, which very often were as casual as the shift of wind. And so the entity experienced this form of bondage for the purpose of gaining a better understanding of the thinking and attitude of those whom were the superiors. This was followed very quickly by the second incarnation again into the Egyptian, wherein she held a status as about thrice removed from the highest level of authority in her realm. This being in the upper Nile. Now the entity was in a position, referring to (Name 1), where she had some authority. This was a difficult life time for her because of the pressures of her family and those in authority. And her growing compassion for those held in bondage for reasons which she knew not and understood even less. As the result of this, the entity, with others, left the environ and traveled to the North wherein she sought to fuel her understanding and knowledge of the nature of life. Using her position of authority, she was able to move to the headwaters near Alexandria. Here she met all manner of wonderment, including entities whom employed by water and land, travels to various other cultures and lands. This was very edifying for her and later was to be a contributing factor to her spiritual illumination. Later, we find the entity involved in that period of time which preceded Jacob's advancement, in terms of his standing and as a support, a friend, a counsel to him. This developed an understanding within her of the potential for transgressing those barriers, whether ethnic, political, theological, or what not and has well prepared the entity for the future opportunity to do just the same.

Then later, in the Greek, a student of art of what could be called architectural design. A very strong fondness for music and dance.

Then later, a return to the land of the Master. During that time when the Expectant Ones called Essenes were preparing for the entry of their Messiah. Here the entity, for reasons again not consciously known, felt compassion for these people and from her station of some wealth in her family, was very supportive and often preserved a sanctuary for these entities as they traveled to and from her lands. And so the entity began the process of demonstrating a spiritual attitude of compassion and a spiritual attitude of intuitive response. And so these qualities, as brilliant gems, in her crown of wisdom are to be marked and noted here. For once they are encouraged to be demonstrated, they will be demonstrated with considerable prowess. There will be the tendency in this entity in the future to repeatedly interact between authority and the underdog. And may constantly have a difficult time finding a mid point, always wanting to bridge and

create understanding and frequently not knowing how to do so. It would be good for the family members then to anticipate this and provide a means wherever possible, of explanation and helping the entity to look for and discover, of her own accord, a means of balancing with same.

There have been numerous other sojourns in the Earth, including several in the Earth proper, including England and France and Rome, Italy and several recent incarnations in the North American as well. There is a strong affinity to the forces of nature, not quite as much as perhaps might be found in the entity (Name 4), but sufficient here. There are also, in this entity's qualities, tendencies towards a high degree of intellect and understanding, which might be beyond the knowledge of the Earth at present, for at least twenty, thirty Earth years. So, in many respects, the entity maybe ahead of her time and not know how to express this.

In accordance with the references given here, we would find that the entity also will be supportive of those whom are innovative, creative, and those whom are often described by some as radical in their thinking. But not from the standpoint that she would wish to be upsetting or unsettling, but rather that she would look for new and creative ideas, new and innovative techniques, for that was among her very first works, as related to the Earth plane.

With regard to providing this information to the entity, you'll have no question in your mind when it is appropriate, as you use the information to help guide the entity, do not make that an issue, but rather listen to your own guidance and observe. Time approximate might be 9 to 11 Earth years, but this depends upon choices yet to be made. It's not important that you withhold this information or that you would indicate it in a veil of secrecy, but rather that you would wish her to know that this has been sought after because of your love for her and your desire for her happiness and joy in this incarnation and throughout eternity. And that you see in the spirit in which we give this information, as a loving support, as encouragement, and as a light intended prayerfully to guide her footsteps to attain her full potential in this and throughout eternity.

There are many attributes that could be explored and encouraged for the entity, but the best of all would be in the present, to help her to understand herself. We give this example in the prayerful intent that his will make our statement clearer. If she wishes to change her clothing ten times each Earth day, take this approach. Join with her, make it a mirthful, light, lark of happiness and as you do, try to be in the spirit in which she is undertaking this. And if she wishes to emulate some entity, some station, some stature, make it a joyous game, something which is shared between you.

Show her colors and work with them and work with them boldly. Whether you do so with paper or with paint or ink or what not, colors are familiar to her. She loves them and will surprise you often with her knowledge of how to use them from the earliest stages onward. Also, music, keep music in the background and encourage her to hum with it or you hum with it and encourage her. Begin with lighthearted children's songs or what not, adding, here and there, such selections from the masters of music as you feel are appropriate and let her choose them. Let her see ballet and opera and symphony, if she likes it, wonderful! If she doesn't, wonderful!

Do not be defensive of your way of life and attempt to convince her of your reasons why, but always show her life open-handedly, as an offering, that she would see life as do each of you... lovingly, gently, and that which is to be chosen by the individual.

Now, with regard to the question about how to provide definition or reference points, which is what should be the definition of discipline for children. Do it together, always try to do things

together with this entity. For example, if something is to be explained to her as being dangerous or ill advised, take the time to, with her, approach it and approach it with caution, and show by example, don't just say to her, "This is forbidden and that's that." Take the time to explain and to demonstrate where possible, of course to a limited degree, the reasons why. Once you gain her respect and her companionship, she will excel.

With regard to the speech, this is clearly indicated here, in the past of the records. The entity has been in a position where her word was suppressed often and has been in positions where her word was law. And if in a moment of anger or frustration, she would lash out at someone of lesser station, the impact of that could be devastating indeed to the entity whom was the recipient. This created an emotional struggle which still exists and there is concern and caution regarding her speech. That is the source of the frustration. A relaxed environ and always patience to listen is strongly encouraged here. This will gradually disappear in time and shouldn't be dwelled upon with any great concern. But have a care to approach it in this manner that this isn't driven more deeply into the entity as a frustration.

The dietary of this entity needs to be watched with some care. There is a bit of hypersensitivity here, in terms of the glandular activities. While some of this has to do with the stage of growth, other aspects have to do with the spiritual, mental, and emotional, which may form a sensitivity in the nervous system and in the autonomic or involuntary. Thus, in the digestive there is a very short span of time between ingestion of food and gastrointestinal activity. To be as simplistic as possible and as straight forward as we can, we are shown here that the entity begins to produce certain digestive enzymes or bile and proto-enzymes which have to do with the neurological system, the glandular activity, which produces an increase in the body's circulation concentrated in the stomach area. This can produce spasms. This can produce residual effects 30-40 minutes later. One of the ways to stabilize this is to use such as steamed or baked root crops, boiled corn, cooked grains, and the avoidance of colorants and dyes, which is a general good guide-line for nearly all entities and especially children, cracked or refined or processed sugars and such as this. Leaf greens in the diet are good of course, should the entity choose them. Prepared gelatin is good and as is sage tea, if she'll take it. But we wouldn't force the entity or coerce her in any sense, but allow her to gradually develop the habits and patterns which are best for her by continually having these available, even if they are not eaten in plentiful quantity. Generally speaking though, we find that the entity has good circulation. But, just that this causes, as a condition, circulation shifts. This is true with most all bodies during the digestion process, but it causes a particularly troublesome side effect in this one.

Lots of warm baths for this entity would be helpful. Make them happy times and times of companionship; songs, singing, music, always the watch word here. They'll relax and inspire.

Good colors for the entity are gold and reddish purples, royal colors generally, vital blues, rose or pink, greens if they're brilliant and such.

The entity will choose colors strongly and will have definite opinions about them. Even though you may find that to be of some slight frustration to you. You would be well advised to allow some latitude on her part. Show by example and by excitement about the example. That's the best way to instruct and guide this entity.

Any form of harsh discipline, strong demanding and unloving discipline will be rebelled against. Course, this is known, given with a note of loving humor.

There's also a sense of ingrained competitiveness, which has largely been due to the past experiences where this was essentially due or required for survival, and we do mean literal survival. And a high degree of secrecy and aloofness was also frequently the experiences that the entity encountered. So these things then when understood can be dealt with by sharing on an equal level. Always attempt to go to her level of consciousness to teach, to guide, and to encourage. Lots of close, loving participation in whatever she chooses to do will be very productive and very contributive to the entity and to the relationship of the entity to the soul grouping in which she now dwells.

Games or playing as it might be called, wherein each of you assumes different roles, and the family might join together in this periodically, where one might be the prince, another might be the magical fairy godmother, and the other might be the spirit of nature or each of you might represent an animal. Just that which is light and spontaneous. Then encourage, that each one would change positions, give different roles to each member of the family, and encourage the entity to think of herself as the equal in the family. That where there is a labor to be done, share that too. Togetherness, oneness, a spirit of cooperation and concern of interests.

Anytime the entity is ignored or set aside, there will be a resurgence of those emotions that are so deep from the past. The entity wants to cooperate and wants to participate and wants to be the equal. She also wants others to cooperate and wants them to attempt to be equal as well. So it will be a strong give and take situation. And woe to those whom don't cooperate, given with humor once again.

And so, dear friend (Name 1), when you do have the opportunity to hear these words, we give these specifically for you. As we view your soul and it's records here, it is likened unto being in the presence of an array of beautiful colored lights and sound. While these might be imitated on the earth, they can never be to the measure of that which we experience as we are before you. There will be many times in your lifetime wherein you will feel frustrated, and you will feel as though you are alone. Do not linger long in that thought, but know that there are many here whom are unseen in your realm, but nonetheless alive, living, whom love you dearly and whom have been served by you through your compassion and your understanding in the past.

You have been, indeed, a great healer in the past, so much so, and so dedicated that it was your downfall. But not because of a misdeed, but because you cared so much that you allowed your concern to become an obstacle to seeing that all souls have beauty within. Only some hide it or bury it more deeply than others. And so, as you meet with frustration in your lifetime present, remember that those are the needs of those souls.

As they learn from those experiences, their soul will learn to sing in the manner as does yours. But if you become a part of that frustration or that challenge, you limit your own ability to perceive your uniqueness. Rather be the example, but never fail to love self, for as one loves themselves selflessly, they are the better equipped to give that love freely and openly to others.

You have come into the earth to give that which is of your gifts. And we have little doubt here, in the present, that you shall do this. We encourage you to further your knowledge and understanding of man's perspective of himself through whatsoever education might be offered thee. And as you do, remember that that too is a stage of growth and development.

As the group soul consciousness of mankind in general begins to know and understand itself and its position in the eternal nature of God and God's many kingdoms, no matter what the earth day might bring to you, know that you have the resources to meet and overcome same. And no matter what thy neighbor nor thy brethren might met out to thee, here again, you already have that needed to answer that and exceed it. But do so by the measure of your own spirit and know that even as we speak here, that you have even greater guidance within your own being. Look for it, listen to it, and know that God loves thee no matter what and always shall. The illusion of the earth is a reality as long as the entities therein except it. Once they realize that there is more and they are more, than that becomes the new reality. A part of your purpose in the earth is to contribute onto the coming time, the new reality.

It has been most joyful and humble to have been with thee. One and all dear friends and as we now prepare to conclude know that we shall oft be with thee wherever you shall be in prayer and in need on behalf of self or another. May you ever know the grace and love of the Father in your heart, mind, and body and may his wisdom ever be that lamp which guides your footsteps. Fare thee well for the present, dear friends.