

Color as Tools for Healing

A Commentary

by Lama Sing™ & Al Miner

The Color Project (Incomplete) – Reading #1

CHANNEL: This is November 17, 2000. This is a request for a topical research reading, a very special request for all of the members of the Prayer Group, called the Watch, led by Gisela Moeller, and Elna Rae and Nancy backing her up as needed.

I don't recall exactly when you gave us the information, Lama Sing, but I suspect it's well over a year ago. You suggested that if we all held colored bits of cloth that had been circulated among all the members of our grouping, that there would be special meaning or purpose, special works, that might be empowered because of our doing that. At the time, I must admit I thought it was an intimidating, if not overwhelming, task. But Christine and Gisela went out and got the bolts of cloth, sent them, actually, all over Europe and the United States. And each person who wanted to, got to hold each of the three colors.

And I have the little swatches in my hand, as does Susan, right now. And we have red, green, and blue. I don't know how you two managed to pull this incredible logistical accomplishment off, but I salute you, Christine and Gisela, and indeed, everyone who requested to receive the cloth and who held it in prayer and meditation, as Susan and I did. And as I hold these color swatches in my hand this evening, I think of all of you and I remember how blessed I am to be a part of your number. And Susan and I often, often, use these cloths in every meditation and prayer work we do. And for each reading I put them usually on my chest and think of each of you as I do.

Well, obviously, I'm deeply touched and inspired by this, and I thank you all for giving me this little personal part...Susan and I both...this little personal part of your energy which you imparted to this cloth.

One last little addendum. Susan and I each cut the corners off of our three cloths, just a small bit, and we put those little corners of these swatches in a locket that we each wear all day around our neck. And it really helps us to feel connected with you, and I think it empowers us.

And so, Father, we ask now that You would guide us to that information which You know to be the very highest and best, perhaps looking into the hearts and minds of all those who have lovingly and prayerfully held these bolts of cloth from which these little swatches came. And I want

to thank each of you, Susan and I want to thank each of you, so much for your dedication to the Prayer Watch and to the needs of others. Thank you. And thank You, Father. Amen.

LAMA SING: Yes, we have the Channel then and, as well, those intents and purposes as are a part of the request, and those loving hearts and minds as are embraced by that as given above. As we commence herein, let us come together in this joyful prayer.

We sing out to Thee, O Father-Mother-God, in the knowledge that Thou heareth our words. So as we know that our words are heard, do we know, as well, that You can see our joy. Our joy is the offering of all that we are and do in Thy name. And so as we offer ourselves unto the needs and wants of others, it is from the wellspring of our own joy, our love, our forgiveness, our compassion, that we offer same in answer to these calls. We thank Thee, O Father-Mother-God, for the many-fold gifts of opportunity that Thou hast brought before us here and our colleagues in the Earth who are a part of The Watch. So as they have kept this watch, they have done so at the side of their Elder Brother. And in return, He has offered to each of them the reflection of His healing grace, His love, compassion, and wisdom...and most of all, His brotherhood. So then is the greater given from all of we because He has gifted it and opened it, that we might see and know of its presence.

Here are we, then, O Lord God, asking ever, let us be that instrument of blessing to those in need. Let Thy healing grace flow through us, every one. Open our hearts, that we might in the process be purified and filled with joy, that all limitation shall fall away. And in the place of same, righteousness shall prevail. Each hand and heart which has held these small bits of fabric in the Earth, look upon them, Lord God. Bless them for their faith and their honor to Your name and work. And to those who are in need and lost in the illusion of their own separateness, we are here. If you are willing, greater than your need is now before you. We thank You, Lord God, for this continued opportunity of joyful service in Your name through this, our Channel and his mate Susan in the Earth. Amen.



It is good to remember, dear friends, often, that the bit of cloth or cloths that you hold in your hands or carry about with you or lay upon someone in need...as does Robin and many of the others of you...that this has a connection to all of the others who have also

held same, placed it upon their bodies, held it against their hearts, wrapped it over shoulder, head, and so forth, who have, in essence, bathed the cloth and themselves with the mutuality of the energies flowing into and out of same.

Then, as you would now hold this trio of cloths, swatches, if you will, think of yourselves as actually embracing the spirits of your brothers and sisters who have also done the same.

We note and concur with the Channel's opening comments, wherein this was a challenging task. And to thee, Christine, and to you, Gisela, and the others of you too numerous to name here: Well done. As you have intended to make this a passable way of working, and you empowered the grouping by initiating the dispatchment of the three bolts of cloth, so then must you each be greatly empowered, because of your love and service unto God and all those who seek to serve with and through you.

It is not to imply that yours are the greater blessings, for God loves all Children equally. It is to imply, if not to state explicitly, that yours is the greater claiming and, therefore, you are of some wonder and joy. You are of some specialness, as you call it in the Earth, for your willingness to claim and to act, and to be determined and deliberate in your desire to serve your brothers and sisters. This work called The Watch, other works, as each might and have, over the course of the past Earth months, used these bits of cloth. All of this and the greater is a duality of blessing to all of them and, certainly, to both of you. When you hold the cloths, it is, indeed, as given, as holding a bit of the energies, all of them, which have gone before and have also held these cloths in their own prayers and meditation.

The Channel oftentimes speaks in terms of energies, and does so with deliberateness and some authority, rightfully so. And it is true, you could define from one perspective all of existence as a form of energy. Some more active, some less so. And our point in bringing this forth at this moment is, perhaps, apparent to many of you. You have not only taken an object or objects three and absorbed and felt the connection with all those who had gone before, by placing your energies into and around, with intent and literal action, these bits of cloth. You connected yourselves to all those who subsequently held the cloth after it passed from your hands.

Connections of energy are profound. They begin with the spiritual pattern and the intent, the mental purpose, the ideal held in the emotive self or heart. And these expressions of self, along with the physical...which becomes the instrument to hold, to caress, to embrace the cloths with your beingness...all of this is a part of the energizing, not just the cloths, but the thought of them and the thought of all those who have held and would subsequently hold these cloths...again, once they left your possession.

Now they are dispersed, and many of you have been using them. You can expand upon this. You can explore it. You can do group works. You can apply the varying colors for varying purposes unto which thou art guided.

Many might ask, "What are the directions? What are the best of all methods for which colors and when?" Some might ask, "Can I take my swatches, color swatches, and literally apply them upon those who are in need, dis-eased, or imbalanced? And will that help, and how? Can they be cleaned, washed? Or will the energies dissipate if and when that is done? Should I carry them on my person, or may I leave them in some sacred space within my abode or so as I determine, until next I need them?"

These and many other questions, to be sure, might come forth. And we shall, in this gathering, attempt to address many of them, humbly. But do remember this, dear friends. The greatest of all guidance comes from within self, from the God-center within you. Those of you who are familiar with the entity called Peter, and those of you who are not, might be mindful that in times of need he goes within himself, guided by friends, by colleagues, to find what they call the golden Christ Light within. And you have this same Light, each of you. And the empowerment of it, and the projection of it unto the color swatches and unto all of your grouping, is a very empowering...we'll call it...thing to behold.

If you apply your cloth unto the body, the physical temple in which another lives, can it contribute to the balancing of those energies within such an entity in need? Of course. Remember this. The cloth is the instrument, the symbol. You and the others doeth the work. How? By the presence of the spirit of God within you. The cloth is a tangible expression of all that you believe, each one of you, and you as the individual practitioner. And so you can think of this and use it. And according to your faith, your belief, so is it done unto you and through you.

The miracles are the gift, as we might call it, of your oneness with God. When you, as a grouping, as a part of The Watch, are invited to participate in the needs of someone outside of your grouping or within it and, what you call in the Earth, a miracle occurs...that is the joy, the wonder, the cause for rejoicing, which affirms your oneness with God and one another. The color swatches, then, are not only symbolic of this, but they are a literal, tangible part of same. So when you apply these to the needs or wants of others, to correct a condition of dis-ease, we might humbly suggest the following.

As you meditate and pray preparatory to serving another or serving a certain work...this could be self, a family member, a prayer request, or what-not...then feel whether or not it is the highest and best to take all three cloths and apply them to the entity or to the work at hand. Sometimes you may feel that one or the other of the three colors is most appropriately suitable for you and your work, with that need or that entity. Do not hesitate,

dear friends, but have confidence and joy in your own guidance. Use that swatch, and it alone, or two, or all three, as you feel is appropriate. Here is why:

Some of you may feel to apply the red cloth to a certain work or an energy imparts a certain vibrational frequency, a certain energy, a certain emotive strength, a certain channeled flow of energies from the eternal presence of God. It may be that you feel the energy has a powerful need for what is typified in the color red, or green, or blue. And as you follow that guidance for yourself, you will, undoubtedly, be the channel through which that which you were guided to do shall flow.

And if another chooses a differing color, then know this: theirs is the best position to supply that work or that entity with those specific energies. Does this make any one of you more talented, more blessed, or whatever, than the other? Does this make one work and one colored cloth more important than the others? You know the answer to this to be “no”. But it does honor, does it not, the uniqueness and beauty of each individual Child of God.

When you pray and hold these cloths...and now, because you have empowered your grouping so profoundly, even without them, there is the capacity to draw upon the loving intent of every member of the grouping...holding the cloth, or using the cloth or color swatches, as they are often referred to, simply as an augmentation, an amplification, to that wonderful power.

Now, you find a need. It's not convenient, or there isn't sufficient time for you to communicate that need to the grouping, to send an electronic mail to Gisela, or to telephone or write. The need is immediate. Here the profound blessing of the work which Christine and Gisela facilitated for you comes to the fore.

Pick up those bits of cloth. Hold them between the palms of your hand. Take a moment. Offer your prayer or affirmation. Bring your hands and the cloths within them to your forehead, and state, “I call upon you, my brothers and sisters. Join me now. Help me to empower this need, this work, this individual, now. I ask this in the spirit of the Master, The Christ, and your dedication to His work.” Then spend a few moments and let the guidance flow. We tell you, you will bring to the forefront the power of your entire grouping. And you will do so just so as you might have by dispatching electronic mail to Gisela, and her having dispersed it to your entire grouping.

Indeed, some of you may become so adept at this that others of your grouping may see you, may know you are using their spirits, their energies, and will turn to open themselves, to give to you. Some might even say so. Some might write or call you and state, “Have you done a special work of late? Did you call upon us?” See?

You can cleanse the cloths. You can't wash the energy from them, because the connection is with you. The cloth was and is as a messenger, a ... Zachary calls it here "a fabric spiritual cell phone". No wires, no connections that are visible.

You can hold the cloth or fold it and carry it on your person, your body. And in a short time, variable, it will feel just the same, perhaps even a bit brighter and cleaner. (Humor intended there, see?)

When using the cloth on someone's physical body, hold your prayer and your intent for them. Ask them, "Do you believe that you can be healed?" They will answer "yes"...or they wouldn't be there. Ask them, "Do you believe that I (offer them your name) can be the instrument through which your healing shall flow?" Once they have affirmed this, offer a prayer to connect yourself to the grouping and to God. Why not just to God? You certainly can do this. But why not also to your brothers and sisters who are in oneness with you in this beautiful work? It does not minimize your honor and love for God, does it? In fact, when two or more come together to offer praise, to express their love and joy to Father-Mother-God, isn't that amplified? Of course.

Do that. Take a few moments, and then choose and follow the guidance as given. Place the cloth where you know best to place it. You may be guided to move it about. But when you locate the cloth, put the palm of your hand over it, or both. Best to put the right-hand palm on the cloth, and the left atop that, the right hand. Or both in conjuncture. See? But the energies flow down through the body and will be most concentrated outward from the palms. And so you have noted so often, the Master blessing and gesturing to the flock with outstretched hands, palms pointed at those He loves. You will feel the interaction of the energies. You may become more sensitive to the nature of the disease.

One of the three colors will probably be the predominantly best for you and that, quote, "patient", end quote, or that work. Don't be afraid to select it, and don't be afraid to change it. In fact, don't be afraid at all. (Humor intended.) But go forth, and be a true child of God. Try what you are guided to try. Experiment, and come to know yourself, your own guidance, and your own place of power, in the process of so doing. See?

Some will find that the green cloth has particular, as is apparent by the color, healing qualities that relate strongly to the physical body. That is the important issue at hand for placing your hands over the color swatches. You may wish to begin with all three of them on or about the body, or placed over the work at hand.

Now we have repeatedly referred to "the work at hand". This could be a prayer request, a photograph, a personal written or inscribed letter (you can heal through the connection to the handwriting, see?), a bit of personal effect from an entity for whom you are about to pray, and on and on. See? Or you can write their name on a bit of paper and place the

cloths atop it. You will find, many of you, some surprise at the results. Now, that's what we mean by those comments. See? "Whatever the work is at hand."

Now, you would feel a relationship between the entity's condition of dis-ease and the source or, very importantly ... and, trusted scribe Nancy, underscore this ... (A moment, please...very well.) Take that as a bit of humor then, dear Nancy, for there are those who have come forward here to point out that if that's the case, then nearly all of this needs to be underscored. Very humorous indeed.

When you place this on the entity, to recapitulate this once again, you will feel the relationship between the entity's dis-ease and the nature of it. This can be expressed to you in terms of spirit, mind, heart/emotion and, of course, physical body as the manifestation of the result. You will *feel* the essence of that which is the best path for you to proceed. You may wish to use one particular color. You may wish to think of that color, to consider what it means to you, recognizing that the entity has said, "Yea, I believe." Have they not?

And as you contemplate all this, you may well see that the root position of dis-ease stems from spiritual essences. Something, perhaps, from past life that is distorting the perfect image of the spirit of that entity and causing it to be less than it is as its potential to be manifested. Consequently, you may choose, as so many do, hold blue synonymous with spirit and past, and that beyond the Earth. Some of you may feel an emotional pain, struggle, wound, past or present, is the contributing factor for perpetuating the condition of dis-ease. And so you might associate this with the heart, or with the emotive which is oft connotated by the color red.

Similarly, you may find that the condition is a series of events and happenstance, or may be not so very clear to you in that moment...which, incidentally, generally would come from the subject, the patient, or the work before you, not being utterly relaxed. Do all that you can to accomplish that, so that the discernment can be made easily.

Remember, no healing work is done by the healers themselves. It is done in conjunction with the one in need or the work at hand. The healer and the patient alike become the channels of blessing for that healing work. See?

Many of you already know this, but it is important as a precursive discussion, perhaps, to encourage each person coming to you for healing work that they, once they request it of you, become a part of your work to heal them. Not just by following instructions, perhaps for diet, perhaps for some other physical rote or dogma or schedule, some soaks or packs. But they, their spirit, their mind, their heart, are the gateways through which their healing will pass. You are similar to the apparati used to assist thy neighbor's automobile when the storage battery has lost its electrical charge. You are like those, we believe you call them, starter cables or jumper cables. You are going to connect to their battery and

help to re-charge it, and help to get their spirit, mind, and emotions free, that they can get, in effect, moving again.

But they have the battery. They are the vehicle. And they have asked of you. And so the Law is upheld. But it becomes a work of mutuality, not a work of separateness. And those who come to you sighing, moaning, or lamenting, and state "Heal me." ... tell them, "We shall heal you. And that 'we' includes God, and you, and I, and untold numbers of others who are a part of this one work called The Prayer Watch, and others, to be sure." See?

You can find that anomalies of energy transfluxions or fluctuations...the transfluxion is our word for the shifting from one...if you would see this as matrixes or grids which are layer upon layer of grid which, if you turned the body sideways and tried to look, you'd see these many-fold vertical lines. That's hypothetical, of course, but graphic.

Now you look at the front of them, and you see that certain energies are transformed from or moved, shifted, from one plane of the grids or meridians to another. You can use the color swatches and your own energies to balance those grids of energies, often referred to as chi (key), or chi (chee) by some. This energy, then, is the life-force following the path of mandate, and that mandate comes about through the imposition of past lives, habits, karma, choices, and all that sort. It is also the impact of the environ, and on and on.

You might find that aligning the bits of cloth in a curious pattern on the body is what's needed to cause a shifting back to the appropriate grid plane. And that would not necessarily always be thought of, dear friends, as lateral, looking from the side, but of a universal intersect and, thus, viewable from all positions. So it is good for you to study the work at hand or the entity before you. Your hands, again, are good sensing mechanisms, and the bit of cloth beneath your hands can amplify that.

Example here. Put the blue cloth down, if you believe that to be of a spiritual causal force. You choose, see? Put your palm over it. You might want to place this at some juncture where the energy moves intensely. These would be the great joints, the shoulders, the elbows, the wrists, the head-neck juncture at the superior cervical, knees, ankles, surprisingly. Energy is intensified when it has to accelerate to flow through confined spaces. Most of your engineering friends would support that, we should think...eh wot, James?

And here we would find the color cloth can help you when placed on these areas, and you can feel by placing the cloth there, your palm upon it, and then you can improvise from here. Put both hands...or try this little exercise: consider your solar plexi to be physical energy. Consider your heart area (and this may be a bit too close to be definitive, so modify as is your need). Then, your heart area to be the emotive, the solar plexi the physical, and perhaps the forehead or top of head to be spiritual. Right hand, palm down on

the bit of colored cloth on the energy intersect...let's say knee, ankle, or such. Then place your left hand's palm, with your eyes closed for the moment, over your solar plexi. If this is the area of most intensity of the three, you will feel pulsing energy, noteworthy heat, and so forth. Now try the heart center. And lastly, the head. One of these three should be maximized.

Now you can, if you have used all three bits of fabric to start with, start by removing one of the colors. Let's say you remove the green. Now you feel the solar plexi, the heart, and the forehead. Which one of these? See? Make a mental note that with all three it was here, with only these two it was here. Now remove the second colored swatch and repeat the process. Which of these three areas seems to have the greatest impact? You see? Now you know where the causal forces are that are supporting the condition of disease, and you can direct your focus there. You can, of course, move the swatches and repeat this on different parts of the body, and discern, actually, where the energy intersection is blocked or diverted into a different grid or plane...and so on and so forth.

You can also, then, work upon the musculature, if you are, quote, "skilled demon-chasers", end quote, as given in the Borderland works, with a note of loving humor. That's massotherapists to those who don't know this. See?

And you can manipulate the musculature, which tends to impact the neurological and, thus, the meridians or intersects. Thereafter, if you are familiar with the energy flow patterns of the body, you can add ... Yes, we are telling that. Many gathered here, with a note of loving humor. Your guides, counsels, those you are going to serve. Zachary states, "a good example of Earthly orderly chaos." Humor intended.

Now, if you use acupressure, or even acupuncture, this is a methodology which can be an adjunct to your discernment, particularly if you find someone who is difficult to assess. You can use the other methods which are typical of such works, but this is a good tool to add to your intentions to serve others. Recognizing...yes...and you can move these colored swatches all about the body. You can obtain simple charts of the Eastern movement of the chis, the meridians, and such...the chi energy, singular. And you can, in a matter of just a few days, actually a few hours, learn enough to know where to allow yourself to be guided to place the color swatches and to apply your own energies. You could do either one or the other, of course. You can place the color swatch on your person, and use your hands as the instruments. Do be flexible here. See?

Now then, again, you could place these at the primary intersects, and you will find that simply balancing energies which are transposed or mis-positioned, misaligned, and on and on, can bring about very swift relief to a physical body in pain, or one which has blockages or such. See?

Now then, shifting to the next level, we have so many wonderful beings here offering counsel. Unfortunately, many of them all at once...with a note of loving humor. Zachary and several others are attempting to bring order here. But note this: We rejoice. We celebrate your presence and your love for those you are guiding in the Earth whom you know are going to hear these works, and your love for those in need. And we see the many beautiful souls who are on the outer periphery, smiling, nodding. For this is a worthy work, in the overall sense and specifically. And do forgive us. We mean our comments with loving humor, and that alone. Well, yes, maybe just a whit of a request for more order...humor intended. Now then, back to the discourse, if you please.

Taking the cloths and applying the same principles, recognizing, for example, that this dis-ease has a predicative root which stems from emotion, typified by our example using the heart. You can now begin the same process of applying this to that chakra or energy center. We shan't belabor this, for there is more to be given and time runs short here.

Do the same things, as given. Experiment, explore. But you can help to counterpoint the energies which are misdirected. Perhaps someone is feeling guilty, perhaps someone feels unloved. Perhaps they hunger for recognition. Perhaps they have great needs for their inner child...and on and on.

Now, one or more or all of the color swatches can be a transference of energy catalytically. Why is that? Well, just so as you know scientifically in the Earth that it is the wavelengths of color that are absorbed by the cloth and pigments and chemicals and such, that are the reason you see the different colors, for example, and we trust we have that correctly. That's a generality. Not too many physicists here today. Most all are beautiful healing spirits of light. Not to imply that physicists can't be, but they love to be about things of physics. See? More humor intended. See?

Thus, the correlation between what you feel and your following your guidance and the use of one or more of the colors may bring the counterpoint to the imbalanced energies which are typically focused at the heart center and being felt as emotion...suppressed or unknown may be the case here. You might be able to bring these forth. As our sister Lois might, with her works, and Selina, and you, Robin, and each of you, so many of you, in your own unique ways. This can be an adjunct. See?

Now we could do the same at the forehead, the head center. Here you may actually want to work as much with the crown chakra, since this is the vertical alignment and general pathway topping the body, worn like a spiritual cap of sorts, and from which the fount of energy can and does flow, and where the sustenance of the spiritual cloak is so oft seen to spear forth, to cycle, and such.

Here is an interesting point. You may also want to work in conjunction with the crown chakra with the soles of the feet. That is the entry point, see? for this particular type of

cycle of energy. There are other cycles of energy which are down-flowing, as well as upward-moving. See? Prayer predicates some of this, and you can initiate it.

Nonetheless, the point is, here, you can help the entity to release or heal past memories by understanding them, learning forgiveness, and on and on. We think that you will know what is meant here. Experiment with all three cloths. You use the same procedures as given. But this time focus, as you should have with the solar plexi and heart center, on your own forehead, putting your palm of hand on your forehead and then, perhaps, moving to any other part of the body, as you are guided.

Overall, we should think at this point you will have a general grasp of how these bits of cloth can be used in wondrous ways to augment, to assist you, to help guide you, and to become as catalysts for healing works for those in need and those works *of* need.

Now, being mindful of the latter, you can be praying for a thing, an event, a situation as the Middle East, as opposed to one individual, or even several. Here you are praying for a mindset, which the Channel spoke of as a foundational work. We would, indeed, underscore this.

The color swatches, your prayer works, then, can move from the differing centers, and you can concentrate your prayers at those centers which correspond to theirs. See? In other words, their thoughts and anger and all that sort have correlation to the energy centers. The energy centers are portals of entry and exit. They may or may not be open. But if their leaders will show to them the million requests of prayer light, perhaps this will do the trick.

Even so, when one falls or stumbles or has a moment of remorse or openness or compassion, your prayer work, your healing work, will be there. Remember, Kendall, how we spoke of it circling around and about, over and over again, eternally if need be, indestructible, always waiting, like a good patient. Humor intended there. "Inside joke," Zachary states, "between us and Kendall." See? Just yesterday, we believe.

So we take the cloths now, and we recognize that we have worked with them. You could have some of the wondrous oils of healing balm nature upon the body of the entity you have used these on, as Robin does. And you'll need to cleanse them, literally, so they don't stick too much together. More humor intended here. "Got to lighten this up a bit," Zachary states. "Too much technical stuff can weary one."

But you can also cleanse the cloths in differing ways. Here there are many techniques. There is the earth purification, which amounts to finding dry sand or even soil, if you prefer it, though there may be a transference of coloration here. So you might need to layer

this with something impenetrable. But the earth will purify. Water purifies and ionizes. You purify and ionize.

You can select an altar, a place of sacredness. If you haven't already, you should. It's good for you. And whenever in that place or at that altar, or it can be a box or a book or anything which symbolizes to you a certain sanctuary of holiness. Place the cloths here, and let this be the center or symbol of your prayer works often, your meditation, and on and on. And your spirit connecting with the eternal will, we guarantee you ... Zachary's comment is very humorous and should be passed on to the Earth. He commented immediately after our statement, "we guarantee you": would we place that in writing? Indeed, we'll need a bit of cooperation from Susan or the Channel to do so, but yes, we guarantee you in writing that your energies in connection and oneness with God can neutralize and purify and re-charge the cloths, reconnect them to all your brothers and sisters. As Zachary states, "Just a piece of cake."

Now, here are several other works we might offer for you all to consider, since you have united yourselves so resplendently. Why don't you consider a certain day where one of the colors is used by all of you for a certain prayer work? Or for a work for self? Why not, on the first Tuesday of each Earth month, take the red cloth. And everyone hold it, pray often, meditate, put it over the heart center, and state, "*Lord God, help us, each one, and me (stating your name), to love myself as You love me.*" Powerful...wonderful. Just see what happens if all of you do this on the first Tuesday of each month.

The second Tuesday, take the green cloth. Let's put that over the solar plexi. See? Do the same thing, only this time your prayer would be, "*Lord God, help us to heal that within and without as has a need, now. And help me to heal my needs. I (state your name) ask it of Thee.*" See?

Third Tuesday (Tuesday is arbitrary, by the way. You could make it any day you wish, of course, or two days, or even twenty.) Third Tuesday, in our example, do the same now with the blue cloth, and put it on the forehead or crown chakra. And ask this: "*Lord God, awaken the spirit of truth within and about us. Help us to claim our eternal oneness with Thee and one another. And help Thou me (state your name) to claim all that I can be, and open myself for even greater in Your name.*" Pray, meditate, five, ten, fifteen Earth minutes, as oft as you wish. But pick a day and do it together, as a group. See?

Of course you knew this. It's right from the schedule and definition of the Course In Onenessⁱⁱ, isn't it?

The fourth week, take all three cloths. Meditate. (That would be a Tuesday, as well... humor, see?). Place it on the solar plexi. Then on the heart center. Then on the forehead or crown chakra. And you come up with your own prayer for your grouping and for yourself. And add this as the conclusion: "*Lord God, all that Thou hast given unto we as*

a grouping and I (state your name) as your Child eternal, do I now pray for, on behalf of all those who are in need in the Earth and beyond, now.” That is your fourth week work as a grouping.

But remember, you begin it by placing all three colors...solar plexi, heart, forehead or crown...choosing your prayer for the group and yourself first. Nice bit of work. Lovely. Do share your experiences. They'll have meaning.

You can take one of the colored cloths and place it in one place where you sleep. You can place another at another point, in that room somewhere in your bed clothing, or whatsoever. And you can find that, by positioning these so that you are at the approximate epicenter, they can have an impact upon you. They can help to increase your dream activity and clarity. They can help you as a grouping to begin to receive more and more guidance as a group. And you will empower yourselves as a grouping, because the cloths are connecting you all. It is a simple matter, not too mysterious (perhaps just a little, but not too much so).

Energy is energy. When you move into the sleep state, there are certain, we'll call them fields of energy, that are ever-present around you during the Earth day, and some are importantly so, see? which begin to moderate. And other energies take their place, usually at a more considerable distance from the physical body. Therefore, many times, unless the entity is in a current state of activity astrally or etherically, or in some other form, or in the midst of an interactive or, as you call it, lucid dream state...with these exceptions, you would generally find the energy fields around a slumbering entity to be at a considerable distance from their physical body, comparatively speaking. Therefore, these bits of cloth placed out at intersects about the room do have a certain polarity. And they do and will have an impact upon the sleeping entity in very beneficial ways.

They also sustain the prayer work during sleep, and actually can assist you, as a practitioner of God's healing grace, to go to the entity in need during sleep. And actually, literally, provide them with the healing embrace of God in your own uniqueness or according to that which is your guidance. You may simply find yourself stroking the forehead of someone, or holding their hand, or walking with them, talking with them. Or you may have your hands somewhere on their physical body, or somewhere in their mind or memory or spirit.

It is a vast area to explore. So much of this has such majesty, all because two beautiful souls took our suggestions in a time past and brought them into reality. Who are you, dear friends, to do less than this?

Here is our promise to you. If you believe, and if you apply that belief and you open yourself, many, many wonderful things lie ahead for all of you. These are merely a modicum of the potentials that are now awaiting you all. All these months such power, such

wonder, such a connective light has been at your disposal. We commend those of you, heartily, who have used same. And we encourage you to do all the greater. But be mindful once again of this truth: You are the power, because the spirit of God is within you. The Father doeth the work through you, with you.

And the Master will come, and others as well, and stand with you, and place His hands upon yours as you seek to answer a call. Doubt it not. But also see these beautiful little bits of fabric as so special, so beautiful, because they are imbued with the love of your brothers and sisters and their love, mutually, of God.

We thank those who have come forward here in answer to the request. And, perhaps in future, as is permitted, we might be able to provide opportunity for the others of you to speak. But go with those who are before you in this grouping and beyond. They are ready to work with you. Give to them in the same way as you would have given here, through us and through these, our channels of blessing in the Earth.

To all of you, dear friends, remember: You are preparing. You are preparing The Way. It begins with self.

Fare thee well then for the present, dear friends.



For information on additional topical readings and other services, please write to:
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SPECIAL NOTICE: This material has been prepared specifically for use as research information only. In readings where such is pertinent, application of the material should be attempted only under the guidance of an appropriately accredited practitioner.

ⁱ The Borderland Works. Following a night of horrific lucid dreaming, and after giving a reading the next day, Al was met on his path on the “way back to his body” by a large group of individuals, who we later came to know had escaped from the Shadowland. What followed was a gripping recounting of events that explained Al’s dream and led to the series, The Borderland Project, that continues to this day. It is an incredible look into those forces that seek to hold us in our illusions of finiteness, and, through that explanation, offers us new hope for how to break the hold, the spell of the illusion.

ⁱⁱ The Course in Claiming Oneness to Make the Way Passable – A 12-month course given by Lama Sing in the year 2000, of which it is said “holds the keys that can set you free.”