

Glossary

Words from the Lama Sing Readings

If you are looking for a word or phrase that is not in this Glossary, please contact us for clarification and so that it can be included.

ADEPT — One who has knowledge of and has begun the practice his true and complete nature.

ANGELIC HOST — Souls who did not partake of the flesh body but, rather, through their ability to release their thought, encompassed the entire activity and know the end of time, know the outcome, and remain in the etheric to help and to guide.

AWAKENING

The return by one in the realm of Earth or adjacent realms to the *full knowing of the Truth of his/her divine nature*, as intended and fashioned by the Creator, to *BE Free*, followed by the expression and experience of Freedom,

BALANCING FORCES

Those forces that seek to dominate, to perpetuate fear, anger, envy, greed, hatred, guilt, hopelessness, unworthiness, and so on.

BAND OF BRETHERN

A group of individuals who grew out of the Oneness Group who rededicated themselves as a force in their prayer work.

BEAUTIFUL DREAMERS

A vast number of souls who, having decided that finiteness was going awry of the original intent, decided to not continue their journey in finiteness. They chose, instead, to enter a sort of perpetual meditation in orbs of their individual exquisite light, awaiting the time when the Light would return. In all his journeys, Al had never seen anything like this. So taken was he when he came upon these millions and millions of sleeping souls that he poignantly shared his experience, and the Band of Brethren got to work praying for them. The souls began to stir. When all awakened and learned of the group who had prayed for them, they asked to be included as emissaries in all the

group's future prayer work. The term 'Beautiful Dreamers' was coined by Susan as a term of endearment.

BEGINNING, IN THE

"In the moment of God's joy of creating the uniqueness of you, you were not a physical form. You were the thought of God and, as such, could be called an energy. This is an energy that flows from God eternally.

BODHI

From the start, Al returned from the readings with recall of his experiences in the Light and with God and others, but with little to no recall of what was given in the readings themselves. In 1990, with the advent of the Peter Project, Al began to remember, not only his experiences, but also what Lama Sing had been recounting, often in even greater detail. This became true for all readings other than personal. The more he recalled, the more he felt the urge to focus on God, the Light, and Consciousness, which he did for almost 3 decades. In 2005, Al decided to focus nearly entirely on this, thus ending readings given for individuals. Simultaneously, he began to probe for the answer to why he could reach such a state in the readings wherein he could answer any question on any topic, yet was incapable of reaching this state in meditation. In his final year, Al realized that the effort all these 44 years to relate his non-finite experiences back to finiteness had taken away from the very Consciousness he was intending. So he began devotedly meditating a new way rather than follow the path that had been prescribed in the 3-years-long hypnosis sessions. Finally, in the last five readings of his life, Al reached his goal: He was able to set aside the path he'd been programmed to follow and, instead, meditated his way to Lama Sing and the group who were waiting for him, and the All he had been enjoying for 45 years. We needed a word to reference this accomplishment and coined the word 'Bodhi' to mean Al's awakened state of Consciousness.

BORDERLAND PROJECT

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. Having watched Al move back and forth from finiteness to beyond, this group came to ask Al for help to escape the eons hold on them by the darkness. What followed was a gripping recounting of events that explained Al's dream and led to the The Borderland Project. It is a fascinating study of the forces that seek to hold us in our illusions of finiteness and offers hope for how to break ~~the hold,~~ the spell of the illusion.

BRIDGE OF LIGHT

In a reading within the 'Peter Project in 2000, it was requested of those following the Peter journey to envision, and literally create through mind and intention, a 'Bridge of Light.' This was the work of a group who used the power of group prayer to manifest a bridge to span the realms of shadow between the Earth and the realms beyond. Prior to this Bridge, it was not uncommon for one transitioning from finite life to infinite life beyond to become lured off their path of light and into The Shadowlands, the Sea of Faces, and lesser realms. Those leaving Earth in the process you-called death who choose to use the Bridge move more-or-less unimpeded now.

CHANNEL

'Channel' is the title used by Lama Sing in place of 'Al' because to use the name Al could call him back from that consciousness. Being a channel "goes beyond the body. It goes beyond training. It goes beyond study. It goes beyond many aspects of what you would seek to use as definition in the Earth plane. It has to do with the experiences of each of these entities, whether in previous walks in the Earth plane or in certain activities in other realms beyond the Earth." — LAMA SING 19830307 GX-GreatMasters

CHRIST CONSCIOUSNESS *

Christ is a state of being, a state of mind, a state of consciousness, an expression of God that is eternal and gives life, provides the Way, offers the keys"

"So it is that the Spirit of the Christ is available unto all entities. The Christ Consciousness is that awareness which is universal and lacks not in terms of the limitation of time nor that of the physical or material plane." — LAMA SING 19830307 GX-GreatMasters

***Jesus and Christ Consciousness:** "Jesus the man had, through the cumulative experiences of incarnations in Earth and involvements in other realms, so merged His awareness as a soul with that of the Christ Consciousness that they were as One, and are at this time." — LAMA SING 19750630 SJ-ComingOfLight

CHRIST SPIRIT

"The 'Christ Spirit' is that infinite, eternal essence that is the continuity of God's intent borne in each of His children. That Spirit that is the Christ can be found in the hearts, minds, and teachings of many currently as well as historically. The Christ is a Principle.

It is a spirit. It is the life; the Master has brought this Christ Consciousness into oneness with Himself, and thus He has become the Christ. And is the Christ. See? Just so many stumble over this.” — LAMA SING

LAMA SING: When the Master walked the Earth, He saw as you saw, but his *Knowing* was Unlimited. It was the Unlimited Knowing that empowered Him to See, with greater clarity, the fullness of the Truth that was before him. You can do this now. Do those things as suggested: go forth and let the Peace and the Love of the Christ Spirit awaken your Christ Consciousness. See it within you in the center of your Being. For if you have Joy at the heart of Self, where your life force is One with God, it will flow to the without, and all that you deal with will be under your control in terms of its impact upon you. 20171222

CIRCLE/SACRED CIRCLE

A small group that formed around these readings, that often at twilight lifts one another by name in love and prayer. (Also called ‘Band of Brethren’ when the work of the Sacred Circle morphed to a much broader work together — welcoming the Promise and the opportunity of Freedom for all.)

COLORS

In the readings given by the Elders in the book *When Comes the Call*, and all throughout the readings, the word ‘colors’ is used to denote all the essences of God as the Word ~~going forth~~ expressed.

THE COMING

“There will be the coming of that which is believed in each land and each peoples, and this will be the opportunity for peace to be established and for more peoples to find themselves dwelling within a precious gift.” — LAMA SING

Other terms used by Lama Sing for ‘The Coming’ are ‘The Promise,’ the Return.

COUNCIL

“There is a Council that is most often, if not always, presided over by the Master, Jesus (or Yeshua, if you prefer), and this Council is intending to lovingly guide any or all who come unto it seeking. In order to reach this Council, which exists in the purity of Consciousness, one must release all.” — LAMA SING

COURSE IN ONENESS/IN MASTERY

A 12-month course given by the Lama Sing group in the year 2000, which Lama Sing said 'holds the keys that can set you free.'

DARKNESS

NOTE: Lama Sing and Al Miner refer to two kinds of Darkness:

(1) "As the readings often point to, before there was the Light there was only God. God embraced us within His cloak of living Darkness, which contained the sum of all potential. Our only experience was knowing our oneness with our Creator. There was no separateness. ... This Living Darkness knows me intimately and embraces me with unlimited love and profound peace. There is no judgement, no 'finger-wagging for something done or not done. I surrender myself in joyful wonder as I move deep into His Love. And, from this, the reading begins. An important point to share, here, is that during the course of the reading I am taken into the Light and immediately realize that the Darkness and the Light are One, the same Source, the same Creator." — AL MINER [from 'The Darkness and The Light,' 20160109

(2) "The darkness is not, as such, empowered externally. It is empowered through habit, through judgment, through fear — through those things which one would not wish to have directed at them personally. And yet so many contribute and nourish the darkness by holding such thoughts. Free yourselves from that, and claim the peace and joy that is the Christ Light within you, and you will feel the Promise of Freedom that is near upon you." — LAMA SING 20171213

DISCARNATES

Those souls in finiteness who are without physical body. They have departed one realm but have not yet chosen to incarnate in another. Although the assigned guides never leave their side, the discarnate, not open to their guides, wanders alone or in groups. They seek to quench former habits or find their way until such time as they weary of their experience and call out. The guides use this call to make themselves known to the discarnate and immediately illuminate the path.

EVIL

There is no such thing as evil or opposition and, yet, in some realms, as that one called the Earth realm, this is a definition used to provide reference to that which is not wanted. 20171221

IN THE EARTH

This term is used when Lama Sing is referring to living *within the consciousness of Earth, within finite experience*, rather than on the consciousness of Earth. It is similar to our use of the term 'in Heaven' rather than 'on Heaven.'

EGO

"Ego then a mechanism which is, as clearly defined, one of the greatest social and economic barriers ever created. For the need for an entity to be comparatively measured in terms of their worth, in terms of their necessities of life, in terms of their value to self and others, has created an environment which then must lead to war, must lead to pestilence, and must lead to a cleansing of some sort here and there, to permit souls to return again and again to cleanse self of memories of a certain incarnation to the great detail that they have. And to return with only the effects and influences, thus, to progress.

"Ego, then, having builded some love, some lust, and some desires which are so strongly carnal so as to make for the loss of the spiritual accord previously present. Even those who were yet retaining the oneness with God fell prey to the defense mechanism, felt necessary to deal with others whom had categorically established ego as a prime requisite." — LAMA SING

END OF DAYS

"Those who seek will find, through the spirit, the perfect pattern. And that perfect pattern which is held to shall mark the *end of days*.

"The perfect pattern is the accomplishment of that which breaks free from limitation and/or, as you would understand it, definition. And the *end of days* is the end of demarcating, so to say, or compartmentalizing one's nature. It has been given, also, as you will recall, that each day is a new gift, a new journey, a new opportunity. In that sense, then, the *end of days* is the completion of that journey. And there is naught but the joy, the peace of the elimination of the (quote) "days" (end quote).

"It is the movement of spirit into flesh and flesh into spirit ... that there becomes no delineation that is separate from the other. For as those souls moved into finiteness at the onset, they did not do so as limited expressions in houses of flesh; they did so in the fullness of their nature; and thereafter began to misuse this because of various factions and such which are generally know. See?

“The End of Days is the end of limitation and the beginning of the unlimited nature over which the Christ Spirit will preside and give opportunity for that which might follow.” — LAMA SING 20060308

ELDERS

A group of entities who, when they saw brethren being trapped in the illusions early in the creation of finiteness, went into that creation. They would have been trapped themselves had they not been offered rescue by still others who went in for them. These rescued ones, then:

- because of their loving intent, which caused them to endure great hardship,
 - because of their experience in finiteness,
 - because of their choice to be freed in the face of incredible odds and potential loss,
 - because of their will and determination to return to their Divine Completeness,
 - and because of their eons of subsequent service to God ...
- came to be known reverently throughout Consciousness as the Elders.

ENERGY

“In the moment of God’s joy of creating the uniqueness of you, you were not a physical form, but you were the thought of God and, as such, could be called an energy. This is an energy that is eternal, for it is of God and flows from God eternally. Wheresoever you might be dwelling in the present, whether in finite form or elsewhere, that energy is constantly yours.” — LAMA SING

FATHER

Father is used as a term of endearment for the Creator, Source, God, the Alpha and Omega, and so much more. We are asked to not stumble over the word since there are no words, much less a single word, that could be chosen to truly define the Creator because God cannot be defined.

FEMININE ENERGY

“To hear the words ‘awaken the Principles Feminine within you now,’ if you are in a female body — perhaps your reaction will be one of joy, for this should be easy. Conversely, if you are in a male body and you’ve heard these words, you might have a reaction, a little struggle. If you’ve had either of those reactions, then you have no idea, none, of that which we are speaking. Polarities: male-female, positive-negative, light-darkness, on and on. The collage of those sensory reactions and evaluations, the spontaneity of your current reaction to outside stimulus, all are conditioned by these.

“The Feminine is not weak and submissive. The Feminine is the Earth. It is that which gives rise to each plant in its season, each fruit in its time. To be in a male body is not to be apart from this spirit. Neither to be in a feminine body guarantees you that you are a part of it. (Some humor should be found here ... prayerfully.) We are talking about the polarities that comprise the beauty of Consciousness Itself. And what is collectively called the Feminine as one such has been depleted so heavily over the past centuries or so in and about the Earth.” — LAMA SING

FREE-BORNE

“... free-borne because they are not tied; they are gifts that are given from those who pray freely, and given in the sense of having been borne from the Sea of Love within the pray-ers.” — LAMA SING

FREEDOM

“Freedom, meaning that you are as you were in the state of Being when God spoke the Word, and they were created.” — LAMA SING

FRIEND

Al coined aspects of their soul that is expressed in finiteness their ‘friend.’ This term of endearment for the *body/emotion/mind* connotes the Spirit’s ‘observer’ point of view, versus merely the experiences of the finite.

“If you look upon your finite self, your friend, as it has become known, do so with love. Look upon yourselves lovingly. And as you do, Father’s love will pour through you to embrace your friend. Your friend has committed no error, no wrong. Nothing is judged against them. They are, as you can see here from the purity of Consciousness, just as pure as anyone that you can see among the multitudes here.

“We all love you. Will you not love your friend, as do we? As does God? Will you not come to this level of Loving Neutrality and reach out to cleanse your friend of any limitation, by way of loving them to the center of their being where you will make Oneness with the God within them? So doing, they will become a light, as we described, in the darkness of illusion.” — LAMA SING

GUARDIANS

The warrior priests who ever kept the watch over the Essene community, fiercely adept when a situation called for them to be, yet so kind and compassionate it was said that one loving look from any one of them could melt the hardest heart.

GRACE

“When one arrives at the midpoint between what we have described as the extremes of the Law or Laws, they have then arrived at the point of Grace. Grace is the ability to comprehend, to understand, and to accept the existence of the extreme; and to neither be tempted by nor misled by either of these; but to find the purpose for their existence, to understand their nature and to in essence forgive self and others as applies to the extremes.” — LAMA SING 19860204 GLP-01UniversalLaws

GREAT MASTERS

“The best terminology is that which is understood by the seeker. If you comprehend the term the Great Masters, then sobeit. We see them as souls whom have completed the cycle of Consciousness and are Complete. We see masters whom are on this pathway. We see students, if you would call them such. We see them in all level of expression and experience. But within each, the Great Master exists. We might call them, indeed, the Brotherhood, the Brotherhood of the Light. We would choose these terms if we were to entitle them. Though again, we submit, yours may be the better.” — LAMA SING 19830307 GX-GreatMasters

“So we find entities whom may — through a karmic choice, a karmic opportunity, or yes indeed a karmic link — will associate with a Great Master. And they will move throughout time, space, and existence, as you understand these terms, to be a part of that work because it is a destined choice called destiny. And they will serve as a part of a large soul grouping, generally, which then moves throughout experiences attempting, as well, to bring light to others.

“And the grouping then grows as each, as you call them, follower, becomes a teacher. And each teacher then teaches others whom become as disciples. And each disciple then becomes a teacher. And each previous teacher becomes a master. And then each master elevates the teachers. And the teachers become masters. And the master becomes a Great Master, free of that bond of the incarnative cycle but yet following in the same soul grouping. Then where is the original Great Master? Yet among them, for it is written:

There is none greater or lesser. All are equal.

The work of the Great Master is to elevate all to recognize and accept this, that all might be teachers and all might be students. That is the joy of existence. See?" — LAMA SING
19830307 GX-GreatMasters

"There is the need to pass through all levels of consciousness. Each level of consciousness is generally associated not only with a feeling, with an awareness, with a color, with a vibration or sound, until one has transcended the entire spectrum of consciousness and experience.

"Now mind thee, some souls do this in what you would call an instant. Others may use thousands of incarnations to do the same. This makes not one greater than the other; but you would designate them as Great Masters if, in your time frame, your realm of consciousness, you would see that they have attained this. Then you would recognize that their greatness is in the level of acceptance. Not that they as an entity are great, but that great is their faith, their acceptance, their belief. The term master, then, is applied to the mastering of one's own limitation." — LAMA SING 19830307 GX-GreatMasters

"The mission of all of these will be essentially synonymous, that is, to the extent that each is contributing towards the seeker — the disciples, as called in the Eastern — that which they are willing to receive in a manner which they are willing to accept it. So we would state, in the overview, the answer to the question for each will be basically the same. That each is serving the light, is serving their choice of karma, or is fulfilling a position on the wheel of life which radiates about the universe and which has as its focal point or fulcrum, God." — LAMA SING 19830307 GX-GreatMasters

GREAT WHITE BROTHERHOOD

"... the Brotherhood of Light, which has come to be known as the White Light or the White Brotherhood or the Souls of Light.

"It is not to state that these are a brotherhood in the sense of a limiting or finite grouping, as the term implies in the Earth. And yet they are, in the sense that they are only those whom are willing to truly be at One with God and to allow God's Will to direct and to be their purpose in existence. These were generally comprised, and still are, of those souls whom — in those early times mentioned above in this information —

whom entered the Earth and departed same, not involving self in the karmic cycle of incarnations, but making the choice to assist in this way in accordance with the Will of God.

“The Brotherhood, then, is not a race of people whom are all to appear white. They are not a brotherhood in the sense that they are male only. They are not a brotherhood in the sense that they exclude anyone. But they are a kindred soul grouping choosing to serve in this pathway as it involves the Earth.” — LAMA SING 19830307 GX-GreatMasters

HOLY SPIRIT

“The Holy Spirit of God is the manifestation of His presence in an awareness which is invisibly felt throughout all matter and frequently is culminated into a being-like form in moments to bestow great honor or joys upon a grouping or individual, in a manner which can be conceived of by those who cannot at the moment comprehend the infinite portion of this. Do you see? In other words, He has expressed Himself in a term or form, which you can comprehend.” — LAMA SING

JESUS - “The man Jesus, as He was called, is an entity, a total being, expressed as a man in the Earth.

KARMA

“Understand that karma is an opportunity. It is not a debt, not a burden, not a punishment, not a guilt. None of these viewpoints apply to karma. Karma is the opportunity to continually strive for perfection in your balance with all existence. Using varying methods, using varying influences, using varying incarnations and various associations, you will gradually purify the drosses from the precious metal within just as one removes the dross in smelting a precious ore. The fire symbolically purges the metal. The experience and the emotion of the experience is the substance of which mind buildeth, and that is the fire of life. It purges. — LAMA SING 19830307

KNOWING

“The Knowing is the ability of self to set aside that which is doubt, which is apprehension or the fear of being possibly wrong or misguided, and to be in a state of that Peace we spoke of that involves a sense of exhilaration within.” — LAMA SING

KUNDALINI

“... the creative force or power which is at the seat of the kundalini — which is the reproductive center of the body physical, symbolically and literally — that one draws

energy in to the bodily form and the spheres of consciousness surrounding same from all the elemental forces about self. And that where these are controlled by the will, the emotion, or desire, then these can go awry and create a state of dis-ease in the physical form. Where these are governed by the pattern pure from the spiritual self and where the purpose and the goal are established in accordance with same, then the path is as the ancient stream, deep and precise, moving with rhythmic pattern towards its destination.” — LAMA SING 19831208

LOVING NEUTRALITY

“This is a pathway to God’s Peace and Love and, therefore, a path beyond anything that seeks to hold you.” — LAMA SING

HOLY MAIDENS

Abigail, Andra, Editha, Mary, Hannah, Kelleth, Little Mary, Rachel, Revkah, Sarah, Sophie, Zephora.

“The Holy Maidens are those who were with Mary when they were determining which of the young maidens would be the Mother, the vehicle, provide the vehicle for Jesus to enter.” — LAMA SING

HOMELAND

“That which was originally called by Susahn [Susan Miner] the ‘Heart Realm’ to symbolize the brothers and sisters who intended to bring the very heart of God’s Love as an offering to those in Earth willing to receive it — and then perhaps aptly retitled by she as the ‘Homeland,’ to symbolize the consciousness of being Home with Father, a consciousness being sustained by these same brothers and sisters. The Homeland is a part of the Path.” — LAMA SING

I AM

“The more you can hold the I AM as a form of empowerment and claiming, the greater is the energy that is set free to move into Consciousness, into mass-mind thought, and to reveal the truth of what is. This is possible because you, all of you, are in physical form. You have passed through the gates of finiteness and claimed Consciousness while yet in finite form. And it is that claiming of Consciousness that is the I AM statement that empowers to the next level. When sufficient claim the I AM, there will be a light that appears, and it will appear for those of the faithful within and without. Of this, we are told.

“So encourage one another to claim, to affirm. Even if it is some variant of the I AM, claim Who and What you are. You are not just a journeyer who has come upon a physical form, moved into it, and is experiencing for no reason. You, all of you, have chosen it knowing the challenges, knowing the opportunities, knowing all of it far better than it is known in the Earth.

“For you have known it from on high, and you accepted those challenges and moved into the finite, releasing, in the knowing that, as you journeyed, no matter what the challenge that would come to you, the Truth burns brightly within you as the very Life Force of God. As you claim that Light, His Life Force shineth from you. And wherever mass mind is seeking to color with illusion, the Light of your truth, all of you, will shine upon that intent and reveal it to be just what it is.” — LAMA SING

THE LIGHT

“As has been seen in the Earth plane oft' times — many times seen in glimmering, other times in great brightness of those presences of God that one can describe as the Light, or that which is called the Christ Consciousness within each and every entity upon the Earth plane.

“This then personifies in an entity that which is thus called that of the Christ, is that extension, that portion of God's very Love brought onto thy plane. This is our Master. This is the entity then that we follow on this plane. And that is the Spirit of God that unites you all.” — LAMA SING 19750630 SJ-ComingOfLight PAGE 1

LINE OF LIGHT

“It is difficult, we comprehend, while in the Earth — and in other realms, similarly, are there difficulties — to perceive the nature of interactions between self and others ... interactions between yourself and other events, other groups, other cultures, and so on and so forth. As you encounter these all throughout your life's journey, there is a connection of sorts, which the Channel has referred to as Lines of Light. Perhaps, as you acknowledge that you do have Lines of Light connection you and others whom you have interacted with, and are interacting with, that this shall have meaning and treating understanding as we proceed.

“It is the nature of those connections between individuals, groups, classes, masses, and so forth, that interactions endure ... that thoughts and emotions empower them, not only in the current lifetime, but beyond same.” — LAMA SING

“At first consideration, now think of the Line of Light in the typical of the Earth plane, as such, perhaps, a conduit of some sort that would carry energies to and fro. But in

truth, it has no dimensions in the sense of its parameters. And it is such that it is a living energy, mind you, that can be spoken to, interacted with, because it is something shared by two who are, of course, under the Master's love and guidance." — LAMA SING

LOVING NEUTRALITY

"God's Spirit is the epitome of Loving Neutrality, a father-mother who knows that their children learn through doing, through experiencing, through interacting. It is so beautiful, so wonderful. When you know it and claim it, then you will see these deceptions, these veils, these buffers, these illusions, that the shadowy forces try to impart." — LAMA SING

LUCID DREAMING

"Lucid dreaming is the command of one's spirit and one's mind to an equal level of vibration from whence one can perceive or see. ...

"There is ... a cloak of separateness through which the self passes when entering into the dream state. ... Lucid dreaming is one's approach to the veil and then the passing through it, either knowingly passing through it or becoming aware that you have passed through it after you have so done. The desired action here would be to become accomplished at this, that you could intentionally enter into a state of restfulness, a quieting of the body, of the conscious mind, of the emotions from whence thee can go from this certain level to that certain level. Then, through the experiencing and developing of that pathway, to become as a tunnel of light, a pathway, a shaft, a conduit, a line of light, a filament, a cord. ... Then, as you do this, the veil becomes permeable ..." — LAMA SING 19851106 GM-LucidDreams

MAIDENS

There were thirty-six 'maidens,' young girls, chosen of all the Essene children to undergo intense training and even scrutiny. It was known that, of these thirty-six, twelve (the Essene sacred number) would be chosen, from whom that One would be ultimately chosen who would carry the Christ Child. The twenty-four would be prepared to step in, then, should any harm befall any one or all of the Twelve.

All were given according to the highest and best that could be given, in order to attend to the Christ Child and to all those children who would follow. Of the 24 remaining, once Mary was chosen, it was given to Eloise to join the other eleven so that the number twelve would remain as Mary took on the task of becoming the Holy Mother. Often,

when the Maidens are spoken of, this can include not only the Twelve but the remaining Maidens, each of whom was considered 'Holy.'

"... the healing grace that flows from the maidens is the feminine energy, which carries with it only the cradle of love and no judgement. ... These maidens encircling us are pure love. They give the love of God freely, for that is their choice to so do. And they are utterly free in God's name to gift anyone who is willing to receive." — LAMA SING

MARK OF THE CHRIST

"Those who are known, unknown, and yet to be discovered who carry the joy, the wonder, of the Master's mark; those who choose and are therefore chosen; those who hold a love of the Christ within their being with all that they are." — LAMA SING

MEDIAN POINT

is a demarcation point that is between expression and non-expression of the Consciousness of Being." —Lama Sing

NATHANAEL/KARSTEN – Karsten is a beloved and devoted member of the group who has long followed the Lama Sing work and is a dear friend of Al. He was known as Nathanael in the times of Jesus. He very often meditates in the Homeland, beginning at the "circular benches."

ONENESS GROUP —A group of individuals who, for many years, have followed the works of Al Miner and Lama Sing, working together to apply the works, and being as a family through personal challenging times as well as times of wonder.

OPPOSING FORCES —Those brothers and sisters seen and unseen who are among the forces that seek to dominate and to perpetuate the limitations of finiteness.

PEACE — "Peace in the terminology of the realm called Earth probably has a meaning, generally speaking, as the absence of all things. In other words, there are no thoughts, there are no sounds, there are no distractions; there is nothing but the beauty of the Silence. Peace as it is known here is the Presence of everything.

"When one enters into Peace at spiritual levels, they are filled with the Knowing of all that is, for the Peace that we have spoken of here is that which our Brother, the Master, has offered to you as a gift. Peace is one and the same as the Spirit of God, oft referred to as the Holy Spirit by those who refer to the Trinity of God.

“So, when you seek to find Peace, you will first find Silence as this is defined, generally speaking, in the Earth. And then you will find yourself. If you dwell in the Silence sufficiently and allow yourself the freedom to move, there will be the Knowing of Peace. And the Holy Spirit will envelop you and lift you up higher and higher in terms of a proximity of Oneness with God.” — LAMA SING

PRAYER — “It is as an energy, a light that is there waiting for that moment when it can be used, when it can be accepted, when it can be applied.” — LAMA SING

THE PROMISE — “All of the energies of Consciousness, all of the energies of life itself, are at a highpoint, a high tide as mentioned previously, and that has the potential to cleanse what was and leave the opening for what might be. But as with any such beautiful, heightened cycles of energies, there will be the movement of these energies into other courses, other expressions. And it will not be, as such, an *ending* in the manner as often referred to, but a choice of whether to remain in the finite or move into the infinite, or to change the way one remains in the finite, that the greater joy and happiness of all can begin to be woven into a time of profound peace. All of this and greater is the potential that awaits humankind. See?” — LAMA SING

“The Promise is the hopefulness of the Children of God who are not bound by finiteness, by limitation, and they remain waiting to serve, waiting to bring, with the Master, the beauty of the Promise into the Earth once again. It is not a mandate. It is an offering, and that offering is nearly upon you once again. And, hence, the reference to: *He comes.*” — LAMA SING

“The Promise is bringing a light to show you these choices within. It is not a light that seeks to vanquish, to conquer, or to create a kingdom in the Earth. It is a light that comes from the very love within existence itself. And in the Promise is woven all potential. And this quite simply means there is no mandate; there is only a magnificent offering: That all might choose to know themselves and, in the knowing of self, know one another.” — LAMA SING

“The Promise’s purpose is to afford those who have begun the journey of return unto Oneness and Awakening, and to offer them according to His Promise that He would return, that opportunity to find through the increased energies of purity, that they could claim that Freedom within themselves and bring it forth as a living essence that would

shine forth to all who would wish to partake of it. And, thus, they would bear the Light of the Christ Consciousness.” — LAMA SING

PURE CONSCIOUSNESS and PURE POTENTIAL

“The Word of God.” — LAMA SING

QUOTE/END QUOTE

Other than for conversation, quotation marks are only used when Lama Sing uses those words to indicate they want the word or term in quotes.

REALITY

Lama Sing:

- “If we think in terms of reality as it is perceived, then it depends upon the perceiver’s ability to perceive in order to come to a true resolution of definition.”
- “Reality will always be that which you are willing to accept.”
- “Reality is experiential.”
- “It is the Free Will assessment of that entity who is experiencing or perceiving. When those experiences and perceptions are shared with two or more, new characteristics begin to take place. Creation literally begins. And the agreed-upon thing becomes made manifest. This is the most simplistic level of expression of truth that we have before us in the moment to give to you.”
- “The Earth is a thoughtform. The experiences therein are just that, the experiencing of a combined and agreed-upon thoughtform. This is real as reality is agreed upon in the three-dimensional sense.” 19981009 GL-NatureOfReality

SACRED EXPERIENCE

“There are those experiences that are called Sacred. And they are called Sacred because those involved have brought the Spirit of God to the forefront of the experience. Doing so not only invokes that Peace, but makes the way passable for God’s Love to flow to all involved and particularly to that one claiming same. This, then, is a Holy experience. Make yourself a part of many such experiences by claiming God’s Peace as your own to direct, according to your right as His Child, and you will feel the rush of that Peace, followed by the warm bathing of Father’s Love.” — LAMA SING

SANCTUARY

A gathering place of consciousness where discarnates can go or be taken to, to heal from guilt and forgive themselves for transgressions against others in order to move on. Originally, the Sanctuary was ‘built,’ created, during the Borderland Project for those

leaving the Shadowland who were too fearful to go further, because they had been told and believed that the Light destroys the darkness.

SEA OF FACES

“Remember, they are very familiar with the Earth. It is who and what they are. It is their realm of expression. These shadowy forces cannot move up to the higher realms, and this creates the Sea of Faces: the limited realms beyond the finite, the incarnate, expression of the Earth.” — LAMA SING

In the early 1990s, the Al Miner / Lama Sing readings coined the term ‘Sea of Faces.’ If one is moving toward God on their line of light, having departed their life on Earth, and from off to the side someone or something calls to them — for example, an old friend with whom perhaps they used to share drinks at happy hour, a former neighbor who apparently is sitting on a porch on their beloved neighborhood street, a nemesis with whom an old grudge was never finished, the memory of an event that has caused anguishing guilt, or sorrow, or hatred, or a desire for revenge or to conquer a fear, or even an event where love was not completed — the ‘departee’ might think about pausing the journey, just for a bit, to participate in the call. And as easily and smoothly as that, one can be tempted, lured, to a consciousness built around that habit, desire, fear, regret, love, etc.

Not until something in essence shakes them from their dream — which could be boredom, longing, perhaps a memory, or a prayer — do they realize that they have been dwelling in this realm by their choosing, sometimes for a very long time by our measure. When they call out from this, those who have been unseen, in attendance throughout the duration, can then make themselves known and usher the caller back to this one’s path of light and the level of life of their choosing.

SEE

“When we use the word see, we are not referring to physical sight. We are referring to all sight, which can include, of course, literal seeing of the aura, the energy fields, and such. But perhaps even more important than this is the capacity to feel it, to know it, and to do so to such an affinity — without claiming it, without sharing in it — that you can not only identify it but take command over it.” — LAMA SING

SHADOWLAND

The Shadowland is the name given by Al to that realm of consciousness that lives in the shadow of the Earth, wherein dwell those discarnates whose lives are dominated by fear and utter hopelessness, out of which is born heinous aggression.

UNIVERSAL LAW

“The Law is not as such a written thing, a physical or material thing. It is the Living Spirit of God ever reaching out to you, ever seeking to embrace you and to have you embrace it. The Law is a part of self. It is that from whence existence is drawn. See? ... This is so important — that the Law is Love. The Law is God. God’s Love of all that exists is Universal Law. It is His Law expressed through you. See?” — LAMA SING
19860204 GLP-01UniversalLaws

VEIL

A neutral area of separation that preserves the integrity, the intent, and the purpose, of the realms expressed on either side of it.

The WATCH

In a meditation, Al saw the Master at Gethsemane, who turned to Al and asked, “Will you help me keep the watch?” Al knew He was asking for help with all those who come to Him in prayer. So Al established ‘The Watch,’ a prayer group with members throughout the world, resulting in countless miracles. The ‘Prayer Watch’ began as a phone chain, then fax and phone, then email. It is currently active and available through the Lama Sing website.

WAVES OF LIGHT

In a work reading on January 11, 2000, it was given that there would be *seven great cycles of energy, seven great waves of light*, preparatory to The Way:

“It was at 2:01 a.m. Eastern Standard Time, January 11, two-ought-ought-ought, when those forces entered their major convergence and will remain to an approximate time, 2018. It is a transformation which is preparatory to those works which lie ahead. Several other cycles will also enter, in the times ahead, and will each manifest in a different form of uniqueness. They are preparatory for a greater shift in consciousness which is being prepared, even as we speak. You could adjudge this as the first of seven steps to the kingdom of the throne of God.” — LAMA SING

The following is an outline of the dates of the Waves. If one looks at the Waves that have already entered and then traces events that have occurred in and around that Wave, individually and globally, one can see a definite pattern of movement as these continued to build and mingle with each other, and make their mark upon the Earth. Meditating, contemplating, and praying on these, as well as being mindful of them in daily life, has led to remarkable occurrences and growth, so it is being reported.

One - The Wave of Awakening: Entered Jan 11, 2000

Its gift - Self-Awareness

Two - The Wave of Love & Compassion: Entered March 18, 2001

Its gift - Forgiveness

Three - The Wave of Joyful Expectancy: Entered August 22, 2002

Its gift - Hope

Four - The Wave of Golden Silence: Entered November 27, 2003

Its gift - Peace and Joy of God, the fulcrum between the finite and the infinite.

Five - The Wave of Sacred Truth: Entered February 18, 2005

Its gift - Truth

Six - The Wave of Christ Consciousness, April 8, 2007

Its gift - Universal Consciousness, the manifestation of Sacred Truth

Seven - The Wave of Oneness, sometime around the end of 2012

Its gift - The Christ with the Father as manifested in and about the Earth

WHITE BROTHERHOOD

It is not to state that these are a brotherhood in the sense of a limiting or finite grouping, as the term implies in the Earth. And yet they are, in the sense that they are only those whom are willing to truly be at One with God and to allow God's Will to direct and to be their purpose in existence. These were generally comprised, and still are, of those souls whom — in those early times mentioned above in this information — whom entered the Earth and departed same, not involving self in the karmic cycle of incarnations, but making the choice to assist in this way in accordance with the Will of God.

The Brotherhood, then, is not a race of people whom are all to appear white. They are not a brotherhood in the sense that they are male only. They are not a brotherhood in the sense that they exclude anyone. But they are a kindred soul grouping choosing to serve in this pathway as it involves the Earth. — LAMA SING 19830307

THE WORD

“As you journeyed forth from Father, you realized the potential in the vastness of the sea of Consciousness that is defined colloquially as Father’s Word going forth. You are not separate from Father’s Word while you are dwelling in a physical form in the Earth. That is your (quote) “Friend” (end quote), which is, in essence, that part of you that has chosen to move into finite expression in order to build understanding and/or to contribute in some way.” — LAMA SING

WORLD BETWEEN WORLDS

In a meditation in 2006, with the intent to know and even experience what those do in the process we call death, Susan travelled the distance of her silver cord, looking back along the way, as those who are ‘dying’ do, to her life in finiteness — saying goodbye to those she loved and to all that might hold her back, and looking forward in a sort of mini life review – until she could go no further. Here, she hovered in the Silence; here, she Knew the Love of God as she’d not known before, unaware of time. When the memory of her physical self returned, she realized she was in a ‘world between worlds,’ neither fully physical nor fully free of the physical. Later, Lama Sing told her she had discovered the edge of the ‘Homeland,’ where the Council meets.