

Beloved
Mrs. Ballard's

Round Table Talks

REGARDING HUMMING

Q. Is it true that in singing, humming is destructive?

Mrs. G.W. Ballard: Yes!

Q. Is it true that this opens one to the psychic forces?

Mrs. G.W. Ballard: Yes, and Beloved Saint Germain said in the very beginning of this Work, don't let anybody get into the habit of humming because you can hypnotize a person through humming. There's not one good thing about hypnotism. It's the psychic force's way of controlling the minds of mankind through the feeling, through the emotional body. When you hum, the vibratory action remains in the emotional body for forty-eight hours; and if during that time you pass in the atmosphere of other destructive forces, it's just like a whirlwind. It sucks in and keeps building and building until it crashes in the outer. You have an accident or ill health or disaster or something else. Don't let anybody hum in the Groups.

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