

Beloved  
Mrs. Ballard's

## Round Table Talks

### **HANDS, FINGERNAILS, AND FASHION**

***Q. What about Students that put polish on their fingernails and toenails?***

Mrs. G.W. Ballard: We're here to be clean and not to just humor all these crazy fashions. If a fashion is beautiful and sensible and constructive—all right, take it and go along with it. But are you going to be just “yes people” to every foolish fad that comes along? That's nothing but a racket to sell something more of something else. Heavens to Betsy! In the first place, the hands should not have fingernail polish upon them. Do you know why? The natural currents of energy of the body, the Healing Currents, mark you, from the Higher Mental Body, and the Power with which you do everything with your hands—do things that are constructive—that energy flows forth through the fingers. Now that should be allowed to flow forth freely to bring Its Blessing to life everywhere; and the hands should never be used for anything that does not honor God and produce Blessing for life everywhere—only that which is constructive. And then you put something heavy on the end of it to color it red so it'll do damage.

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***Q. Is it true one will never precipitate if they drink coffee or use nail polish? Someone told me this (laughter) before Daddy Ascended.***

Mrs. G.W. Ballard: I wouldn't use nail polish for this reason. In the first place, it's a heavy substance on the end of the finger. The fingers—the nerve fluid that comes from the brain that pours out through the nerves of the body has Radiation for Healing or Blessing or the use of energy to help and do constructive things that are the action of the physical

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world. That energy should be allowed to flow through the hands without interruption. That's why the hands should be kept clean. As soon as you're through doing dirty work, immediately keep your hands clean; then let that energy flow. But if you put something on the end of the fingers like nail polish and that sort of thing, it just has a heavy substance, cuts down the vibratory action, and the energy doesn't have a chance. It doesn't flow.

And so far as drinking coffee is concerned, if it became necessary for the Great Ones to clothe us in the Power of Precipitation to free maybe many others of the outer world in an hour of crisis, I'm quite sure a little coffee in the body wouldn't prevent it. Not that I particularly want to hang onto the coffee, but you don't realize how All-powerful the "Mighty I AM Presence" and the Ascended Host are. And mankind is so full of little dirty tricks down here. That old human is just like a cornered rat. You blast it in one corner and it'll dash in somewhere else, and you've got to just knock it for a loop completely before you'll ever have peace. Don't give the darn thing so doggone much power. Say, "Shut up and get out of the Universe!" (*applause*) Thank you so much.

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***Q. Is there any reason why we should not wear chains and transparent nail polish?***

Mrs. G.W. Ballard: Well now, chains—you mean around the neck or anything. I've got a few on. I hope I'm not chained to anything except my "Presence." . . .

And transparent nail polish—this is the objection to nail polish. The Radiation of the Light which is the nerve energy in the body goes forth through the hands to heal, to bless, to prosper, and to help you do the things that you do with your hands—playing piano or any of your musical instruments or drawings or cooking or anything else. Whatever you use the hands for, it is the liquid light

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in the nerves which is given you by the Higher Mental Body that is the energy that pours forth by which you do what you want to do with the physical hands. Well, when you put that substance on the nails, you lower the vibratory action because it's a denser substance than your own physical nails and denser than the nerve energy; and I myself never use it. In the first place I feel, when I start to play a harp, if I ever put nail polish on—I did it once or twice, and I felt just like a cat with paper bags tied on its feet. I just got up and took it off.

There's a feeling of freedom in the hand when it's clean. Don't allow your hands to become dirty. If you're in dirty work, all right; but as soon as you're through, wash your hands. And you can't wash your hands too many times in the day. You keep away, you wash off the substance of the hands that you accumulate through work. But keep the hands clean as much of the day as you possibly can.

590915-3

### ***Q. Is it permissible to wear a light pink nail polish?***

Mrs. G.W. Ballard: Well, I would not use nail polish for this reason: The Light Rays from the Higher Mental Body that go forth through the hands are the Radiation of what the "Presence" wants to pour forth through us to enable us to do our work; and I mean by that whatever we have to do with out hands, whether it be sewing or art work or whatever service we give. There's constantly flowing through the fingers the Light Rays from the "Presence"—the Radiation—and also from the Sevenfold Flame of the Seven Mighty Elohim and also from the Heart Flame. Now these Currents of Light are constantly flowing through the outer self. If you put excess substance there, you are cutting down the vibratory action of the flow. I personally have never used it because I can't stand any weight on my fingernails if I'm playing harp. If you're going to play fast enough to

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have good technique and accomplish certain effects, you don't want one bit of extra weight. And what's more, it's a foreign substance; and if the "Presence" wanted us designed like that, It would already enamel our nails with whatever It wants. But the fingers themselves—the hands should be kept very clean, and the hands used for what the Higher Mental Body intends them. And that means a Blessing to everything that is. And let the Life Energy of Perfection flow from the "Mighty I AM Presence" and the Ascended Host to do out here whatever produces Perfection, because someday when you want to precipitate something, the outer use of the hands must be the habit of Purity and Perfection and the Creation of Perfection that blesses all Life. Otherwise you would produce—you would precipitate things that would be very undesirable. So it's just for your own protection! It's another one of just those crazy fashions!

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### ***Q. Is it all right to use nail polish?***

Mrs. G.W. Ballard: No, I wouldn't. These outer world fashions, Precious Ones, are really—well, they're just more vanity than anything else. Anything that you put on your fingernails makes the whole hand feel heavier, and every bit of substance interferes with the very rapid manipulations of your hands; and I certainly wouldn't use it if I played any musical instruments. But why people want to decorate their nails, I don't know! I want people to look decent like an Ascended Master, and I never saw an Ascended Master with nail polish on the fingernails. And they certainly don't let them grow long until they look like the claws of an animal. These things are just more of the hypnotic suggestions of the fashion world that wants to keep mankind's attention on what's wrong, instead of letting it go to the "Presence" and drawing Perfection through us that is ours for Eternity and forever expanding.

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