

Beloved
Mrs. Ballard's

Round Table Talks

STANDING IN CLASS

Q. In our Group Meetings, we used to always stand to give the Outline Decrees. Now some people sit down and some of us stand. We remain seated during the extra Decrees—A, B, C, and D Set.

Mrs. G.W. Ballard: Well, if some of these very positive Decrees that we need—sometimes against war or very vicious conditions in our Nation—then sometimes we all rise and stand on our feet. But in the A, B, C, and D Sets, it's quite all right to be seated because it's easier to read and read correctly sitting down than it is holding your Book while you're standing.

Q. Are we still supposed to stand for the Outline?

Mrs. G.W. Ballard: If there's someone that's incapacitated or has been ill or something, well, then those people can sit—there can always be exceptions. But try to be as obedient as possible to the Regulations we have always had for the Activity from the beginning.

Q. It seems best to be uniform and not some people standing and some people sitting?

Mrs. G.W. Ballard: You're right about that! Whatever you do, you should all do the same thing.

Q. Should the Group Leader indicate when we should stand?

Mrs. G.W. Ballard: Yes! I do!

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STANDING IN FRONT OF A MICROPHONE

Q. Please tell us how far away all Group Leaders should stand from the microphone to receive best results and words do not come like a quacking duck?

Mrs. G.W. Ballard: I know just what you mean. If you get too close, well then, it's very unpleasant. And if you don't get close enough, it's not strong enough to lead for people who are hard of hearing to pick up the sound easily. So usually anywhere from six to eight inches is the general spacing away from the microphone. Some public address systems are very bad. They have a howl sound like a spout down a rain barrel or down a well or something. A howl reverberation is very unpleasant if you release much energy or pressure into it. Try to adjust it. Different peoples' voices sound differently over a microphone because a deep voice will have a rumble and a high voice has a squeaky shrill to it. If you speak in a chest tone instead of a high head tone, it has more reverberation and will carry easier and you don't need to use so much energy and you don't force it.

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SHOES

Q. Now in the early days we were told to wear medium, common-sense heels. So many of the Students are wearing high French heels. Is this varied—is this early instruction out?

Mrs. G.W. Ballard: No! Not by any means! The medium height of common-sense heels keeps the body in much

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more sensible balance than the very high heels. Now I'm on my feet almost all day long, and I wear low heels in the morning or when I'm going to do a lot of walking. . . . But I change the position of the strain on the foot several times a day. You ought to change the shoes you wear, I'd say, at least three times a day so that nothing gets set into a position where the muscles get so hard that accumulation around the joint—or crystals form around the nerves that interfere with the circulation of the foot.

So it depends on the shape of your feet. It depends on the height of your arch, depends on the kind of work you're doing, and depends on what is comfortable at one time. . . . But I do say, those terrible stilt heels—there's nothing constructive about that. You're going to hurt the foot sooner or later if you get into those because they strain the ankles and they'll make your arch fall, and before you get through, you're going to have foot trouble. But a medium high heel, whether it's a French heel or a Cuban heel—sometimes a medium high heel is a very great rest.

And the foot can hurt from a shoe that's too big that lets the whole foot just spread out like that. It can hurt just as bad as one that is too tight that cramps it. There's a right-shaped shoe and lathe for each foot. The people who have long, narrow, slender feet that are quite flexible—can move around in several different styles of shoes and still be comfortable. You can have a short stubby foot; it won't fit into a lathe that is comfortable on a person that's got a long, slender foot. The long, slender foot isn't comfortable in a short, wide lathe. You have to watch that the height

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of the arch—if the shoe fits the arch of the foot. That’s the thing that should govern you in selecting shoes or wearing them.

As I say, when your feet get tired in one kind of a heel or one kind of a shoe, change and put another one on that holds it up and relaxes the part that’s been under strain and helps it to carry the weight more balanced.

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ARMS AND FEET CROSSED

Q. In the Classes and here at the Round Table, so many Students keep their arms and feet crossed. Is it wise and necessary?

Mrs. G.W. Ballard: Well now, Precious Ones, this is the Law. When we are receiving the Ascended Masters’ Radiation, we sit this way—the hands and feet uncrossed—because the Higher Mental Body is pouring Its Flame through us, and the assisting Master is enfolding us and pouring through us also. When you’re in crowds of people—now I’m not speaking of the Student Body—I mean when you’re in the outer world, in business or in conferences or social activities and things like that, it’s quite all right to sit with your hands and feet crossed because you don’t want to take in everything that happens to be in the atmosphere about you; and when you close the hands and the arms and the feet, it just shuts out the surrounding vibratory action.

But many times people do it just to rest the arms and the legs, so don’t be fanatical about it. Ask the “Presence” to help everybody else do what’s right, and you just watch

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what you're doing. The biggest problem you'll ever find in this world or any other is just you to yourself! Don't watch the other fellow! (*applause*) And do you know what, if you mind your own business, you wouldn't even see what the other fellow's doing! (*laughter*) Let's have a good time of this!

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STANDING QUIETLY AT THE END OF CLASS

Mrs. G.W. Ballard: When we stand up at the end to say "God Bless You," don't begin to wiggle around and grab your coats and move your chairs and everything else! If you can't wait thirty seconds or one minute to give gratitude to the Great Ones for all that we've received in a Dictation or in the Class Work of the evening, after the Masters have come from Their High Estate to spend twenty minutes or half an hour or two or three hours with us, if we have to get so restless—wobble-tails, just like a bunch of kids—if we can't be still to the end until the Thought Form is built, and then pour into it the Sacred Fire that makes it Eternal, if we can't wait a few minutes to do that, then don't kick if your Decrees aren't answered.

Its perfectly ridiculous to let those crazy human habits "wobble-tail, wobble-tail"! The old human would disturb you—if the "Presence" was ready to open the Great Central Sun and give you everything there, the old human would have some kind of excuse for doing something to prevent it. *Train that outer self to shut up and sit still* until you get through with it, and I don't care whether

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it's now or three o'clock in the morning. (*applause*) The old human has disturbed you a long time, Precious Ones; and if you are ever going to settle it, you might as well practice now instead of letting it run us. . . .

The Master comes to give His Love and the Power to help protect us and supply us and heal us and help us to help the Nation. And if we can't wait another half minute, or one or two minutes until we get through completing the Form so the Master can take It and put the Sacred Fire into It and then send It forth to fulfill our Calls, if we can't stop and do that, well, let's don't ask the Ascended Masters for anything. I'm not going to ask the "Mighty I AM Presence" and the Ascended Masters for help for anybody that can't honor these Masters that have given us so much, these Great Ascended Beings who have poured Love to us throughout the ages and have drawn us out of the viciousness and clutches of the destructive forces and brought us this far in the Light. And it wouldn't make any difference—if Beloved Saint Germain asked me to stand there and work all night, I'd do it, because if we can't give Him obedience, then we've no right to ask Him for help.

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