



A.L.L.

Newsletter from the Association for Light and Life July 2009

ASSOCIATION FOR LIGHT & LIFE 2008 FINANCIAL REPORT:

Beginning Balance \$5701.28 Jan. 2008
Ending Balance \$4657 December 2008

Member donations:

\$255.00 (\$55.00 deposited in Jan. 2009
Bal. \$4712.00)

Income:

Spiritworks/CD Baby proceeds - \$15.79
Transfer from PayPal - \$19.35
(Spiritworks \$4.40/Refund new web
service order \$14.95)

Expenses:

GoDaddy Web Order - \$64.47
New Web Service - \$14.95

Grants:

\$200.00 - UBtheNews
\$1000.00 - Publication - "Hear the
Voice, the Lessons of Aaron," and
"What Jesus Said: The Teaching of
Christ from the Urantia Papers." Author
Bob Devine.

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If you could only fathom the motives
of your associates, how much better you
would understand them. If you could
only know your fellows, you would
eventually fall in love with them.

Urantia Paper 100, § 4, ¶ 5¶

A Feature Interview with ALL Member Donna D'Ingillo

ALL: Good Morning, Donna. Thank
you for agreeing to be interviewed by
the Association for Light and Life.

ALL exists to support the ministries of
the various people who have reached the
point of wanting to be of service. You,
Donna have been in service for many
years, with many accomplishments,
projects, and publications under your
belt. I'd like to talk about them in a
moment, but first, Donna, tell us a little
about yourself.



Donna D'Ingillo

Q: You were born to Charlotte and Guy D'Ingillo of Buffalo, New York, right?

A: Yes.

Q: You don't mind my asking your age?

A: No, I don't mind. I'm 55 now.

Q: Just coming into your stride.

A: I like to think the best is yet to come.

Q: Do you have siblings?

A: I have an older sister and two younger brothers.

Q: Do you have children?

A: No biological children, but I have raised three children over the course of my life. I found it was a very difficult but rewarding experience to raise step-children and I'm very glad to have had the opportunity to be a parent, even though I didn't have my own.

Q: Tell us a little bit about your upbringing and spiritual orientation.

A: My upbringing was influenced by my mother's explorations into the world of nutrition and alternative medicine and healing -- which, at the time, during the 1960s, very few people were doing or aware of -- and she trained me to understand nutrition.

She had an organic garden that my father constructed and planted. We ate meat grown organically -- free range cows, and chickens from an organic farm. We took vitamins and ate no white bread or sugar, so I learned early on about natural healing and nutrition. Mother found non-traditional doctors who were not as willing to use antibiotics and traditional treatments; she taught me to question the status quo.

At the same time, I was brought up very Christian. We were Lutheran. I went to church every Sunday and to Sunday school every week. I was schooled in catechism and thoroughly indoctrinated into Lutheran dogma. But around the time of my confirmation, at age 13 or 14, I started to question the precepts of Christianity; it didn't resonate. This was when the earliest phase of doubt and questioning of religious authority began to spring forth in my mind.

And the third thread was that I felt I was always being watched. I didn't know by whom, but I felt there were beings that were observing me. I intuitively felt a connection, by psychic phenomenon, between that and God but it was nothing I had ever been taught.

Mother told the story how when I was age 5, we moved into a new home. On moving day, amid the confusion, boxes and activity, I said, "Oh, mommy, I love our new home! I want to thank God for giving it to us." And we all stopped, got down on our knees, and prayed for the new home that to me now indicates a natural inclination of higher mindedness.

But, at about age 8, I was encouraged to cut it off. I was told I had too much imagination, was too emotional, too sensitive, and I needed to be more in the real world, so I shut down those intuitive abilities, and allowed myself to be indoctrinated into the Christian, fear-based mentality that I was a sinner and I would burn in hell.

I was an insecure adolescent and at age 18 or 19 I was agnostic and an emotional wreck.

I was artistically predisposed, but was unable to proceed, as I received no direction, no help from my parents. Salvation came to me at age 21 via the Urantia Book.

Q: How did that come about?

A: I was on a date and we were talking about metaphysics. He told me about the UB and some of the things in it, so I went to the library next day and looked at it. Truth bells rang big time, even on the first page. I took to it like a duck to water. This was in Buffalo. I had been searching since about age 19.

Q: So this was your turning point.

A: It was a turning point. Although it still took time to find emotional stability, the UB was a huge life preserver.

Q: I understand you were married at one time to Michael Painter, an early Teaching Mission proponent from Indianapolis, a teacher base for the Teaching Mission, and that you both T/R'd Teacher Welmek.

A: Yes.

Q: I also understand that you and he founded The Stillness Foundation. Is that correct?

A: Yes.

Q: Tell us about the Stillness Foundation. Are there any others who were involved in its creation or in its furtherance?

A: It was founded by Michael, myself, Marty Risacher -- Marty was an early founding member of the Welmek group,

formed fro a UB study group. And Jim Cleveland was also a founder.

Q: What is its purpose?

A: To teach the practice of stillness, which is to quiet the mind, for Adjuster reception, deeper Father consciousness. The Stillness Foundation was not religiously oriented. It was oriented to God consciousness, to experiential contact with the Thought Adjuster.

Q: Is it still in existence?

A: It is dormant.

Q: Is there a website where we can learn more about it?

A: The Stillness website is no longer active, I believe. The Center for Christ Consciousness (CCC) an organization I founded, carries on the focus of Stillness.

Q: Let's get into your personal ministry. At some point you ventured to California?

A: My move to California was totally guided. I was led by angels to relocate to California. It began with a recurring dream in 1998, for 8 months, to move, to drive to a place that started with the letter C, an area with trees and hills and streams, an affluent area that would be normally unaffordable for me, and Marin County, north of San Francisco, was the place of my dreams.

Q: You stayed with Susan Kimsey in the Bay area for awhile?

A: I stayed there for three months, to get oriented and established.

Q: That must have been a very exciting time for you.

A: It was!

Q: What was going on in your mind at that time?

A: The insights were that I was being prepared for something, and a part of something even bigger than my own efforts. There was more receptivity in California than Indianapolis, which is more conservative, and the concepts -- especially energy work and healing would better be taught in California. That was in the late 1990s.

Q: Is that where you developed the idea for the Center for Christ Consciousness?

A: No, that came later. I moved to California with the idea of furthering the Stillness Foundation.



Donna pictured with Bea Mouganis,
Pittsburgh UB matron, in 1998

Q: You transmitted Welmek with the Marin County group, right?

A: Yes, I started the Welmek group for Marin County in Sept 2000.

Q: Jerry Lane T/Rs for that group now. Did you teach Jerry Lane to T/R?

A: Yes.

Q: I enjoy listening to him. So when did you move to Oakland?

A: I moved to Oakland in 2004.

Q: And then, after awhile, you began to transmit Michael and Nebadonia.

A: I did workshops, but I was not getting a lot of people attracted to what I was doing. The San Francisco Bay area is heavily influenced by eastern religious thought, so the idea of a personal relationship with God has been very hard to attract people to. Most people are more drawn to the impersonal -- Buddhism, Hinduism -- so I was having difficulty teaching making contact with God in the personal life. I did some workshops, but not too successfully. Then, in August 2002, I asked, "WHY ISN'T THIS WORKING?" And Michael said, "Why don't you ask me what I want to do!" Well, okay. What is it! So I did, and he said, "Start your own organization." I asked, "What do I call it?" He responded: "The Center for Christ Consciousness." "Okay," I said.

A few weeks later, at a Stillness training session, Michael came and said, "I want to speak through you. I want my children to come to know me." He gave me instructions. I started T/Ring Michael on Labor Day of 2002. It was the first formal transmission for the CCC.

Q: What did you have in mind for that kind of an organization? Or perhaps I should ask: What did Michael have in mind for that organization?

A: From a material standpoint, it's still growing, but from a spiritual standpoint, he wanted people to come to him, to develop relationship with him, a loving relationship that would foster Adjuster receptivity and help them become more faith-filled in their quest for Father consciousness.

2002 was the time when the presence of the divine feminine energies started to become more pronounced on the planet; the following year, April 2003, Mother started to bring herself into the TR sessions. It was her desire to have her children come to know her.

The whole idea is to foster a person's personal relationship with their divine Parents, in conjunction with having a person quiet their mind and become more attuned to the Father presence within.

Q: Was that what led to the work you got into regarding Generational Healing?

A: Yes, but not exclusively, because I had been doing energy work since 1992 when I became involved with the Teachers, practicing on friends and family, establishing a small clientele base. I knew this was my life's work and San Francisco Bay area is the best area to do energy work and New Thought consciousness on the planet. Initiators of New Thought settled there in the late 60s, the 70's.

Q: You think it evolved from Haight-Ashbury? The Age of Aquarius?

A: I think they were a catalyst, yes. But there were others.

Q: You transmitted an entity named Aurora for awhile. Where did she fit into the picture?

A: Over my history, I have been introduced to a lot of different celestial personalities, personal teachers. Aurora came in 2006-7; she is of an unrevealed order designed specifically to help us with energetic harmonics, to harmonize with others and our Adjusters.

One of the things I was trained in, as a direct answer to prayer in my energy work, is how does our mind work, our consciousness? How does the Adjuster work in our minds? I wanted to know what I must do to reach Adjuster fusion in my human lifetime, and this took me into energy work ... countless hours in Stillness, obtaining information on how the mind works, adjutants, chakras. I started writing about this. Much of this information is on the CCC website.

Over the course of time there came a wealth of information and people with whom to experiment on how to use the flow of love, how to focus energy into an individual to help their minds become more available, amenable, to the love energy within them, so a number of personalities have been presented for me to work with to do this energy work because I am holding the focus for spirit to come into people so they can be re-patterned from Michael and Nebadonia, getting their minds reconfigured, working with the Life Carriers, midwayers, angelic helpers that Michael has provided for this massive upliftment program, so always new personalities are coming on board.

In 1995 or 1996, I started getting leadings about opening the subconscious mind, -- the garbage can of our mind I call it -- to see what is in there. And a couple of years later I was guided to look into the Lucifer Rebellion and then to study with the teachers the direct ramification of the Lucifer Rebellion as it affects us here and now. Then in 2003 or 2004, I started getting information from Monjoronsen about the planetary adjudication that was occurring and how he is helping us inaugurate light and life. At the same time, I started to hear the same words being repeated in my mind: "Generational Healing. Generational Healing."

So for a number of years I amassed information on how our minds worked and what the rebellion did in us; how trauma from the past gets encoded into our DNA, and beginning to see Adam and Eve come into my system and encode new information. I began to see what effects the rebellion did in us genetically, and how our Parents want to cleanse this from our systems.

Q: Have you given workshops? Do you take clients? How does that work?

A: I have a variety of services I provide through the CCC. Generational Healing is one. I write about it on the site. I have done workshops. But people who are interested in this will find me through www.centerforchristconsciousness.org and will either call me up or, when I do workshops, seek me out and I do the Generational Healing sessions with them.

Q: What do you charge?

A: There are different charges for various services. For instance, a "suggested gift" for services rendered is \$500 for GH -- four sessions over a period of time. Also, via the CCC Transformational Clinic, people can stay a week and undergo Generational Healing and repatterning in our Divine Parents and biologic uplifters, Adam & Eve. During that week, they are taught about how our system of consciousness functions and how our divine Parents program our minds, and also provide an environment for people to infuse sessions from different celestials, under the direction of that individual's Thought Adjuster. The week's stay -- as an introductory offer -- is the GIFT of \$750, which includes lodging and food.

Q: Are you planning to do that? Or are you doing it already?

A: I had one last week! It was entirely successful. But the CCC needs more funding so I can provide a space other than my home to conduct the sessions. There is a space on the property where I live, dedicated for healing work, but it is unfurnished. Once we have that little house completed and furnished, it can accommodate up to four people.

Q: I ask this next question because I consider you to be leader who is, simultaneously, a female, and I am intrigued with that combination because so many women don't feel led to take on some of the projects you have. Do you consider yourself to be a leader?

A: I consider myself to be a pioneer, and pioneers are blazing new paths of discovery. Many times they are faced with disbelief and ridicule and doubt. I feel like I am trying to lead people out of

their own evolutionary nature into claiming more of who they are as a divine child of Nebadonia and Michael. So, yes, I do consider myself to be a leader in that respect. But leaders are challenged with many responsibilities and one of the biggest ones is to continue to find new ways to inspire people to want to follow.

Q: You have been leading telephonic groups on prayer or other topics of interest. Is this something you do because you feel compelled to be of service? What motivates you?

A: I feel I am being guided to build small groups of people that will build networks of teamwork and collaboration, which is part of Mother's model of leadership. We have been functioning under hierarchical leadership and this is antithetical to the way the universe functions. It functions in teamwork in a more circular form of energy, where the energy is invested in people in equal levels.

For instance, there might be a group facilitator, but they have no more power than the others. So this is the way of the universe that I feel Mother is guiding me to move others in -- out of the male patriarchal to the spiritized energy of Mother. SHE is the action in the universe. We have both male and female energies that need to be balanced under Her domain.

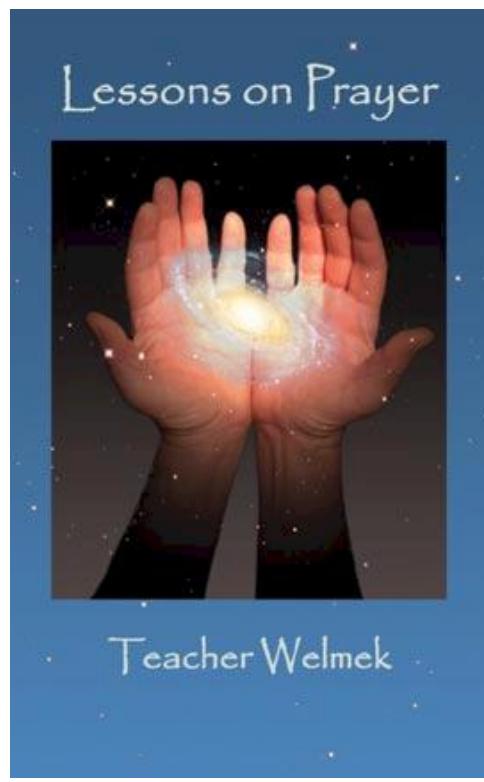
Q: If someone were to say you had an Agenda, what would you tell them your agenda was?

A: To help people establish a loving, intimate, persona relationship with their divine Parents and with their indwelling

Thought Adjusters. It's my agenda to open as many people to God in my human lifetime as possible. And the term "God" I am using as Thought, Word and Action: Thought Adjuster, Michael and Mother.

Q: What tangible works have you created? Books, CDs, websites, that kind of thing?

A: CCC is a website that discusses a wealth of information. I write about the divine operating system, which is how spirit programs our mind; I write about our evolutionary nature, Generational Healing, transformation clinics; I write about who Michael and Nebadonia are, what the Thought Adjuster is; the seven adjutant mind spirits and chakras and how they relate to one another; the stillness practice. All these are on the web site.



Published by Harp of God, 2007

I currently have two books published: "Teach us to love," about developing a personal relationship with God, and the Stillness practice, and healing; and the T/R'd "Welmek, Lessons on Prayer."

I have produced an introductory video on the CCC, which is on U-Tube and on my website. I have produced the CDs "Come into the Stillness"; "The Healing Codes," which is the repatterning of the chakra system into the divine language that renews and repatterns the mind via the chakra system and the adjutants; and the CD called "Experiencing Your Divine Parents" as an introduction to Michael and Nebadonia.

I also produce a twice monthly show on UtopiaRadio.com called "The Heart of Christ Consciousness" where I discuss all of these topics we have been talking about and all of the shows are archived on my website under the Internet broadcast link.

And I also have some webcasts that I have produced on Generational Healing and other topics that are also on the website.

Q: You also do Light Line broadcasts.

A: Yes, but they are archived on the ALL site; I don't have them on my site. Currently they are not being recorded.

I also provide the services of helping people get connected to their spiritual guides, introducing people to their divine Parents, teaching people how to still their minds, and I will do an intuitive reading and spiritual guidance for people, a psychic reading, and the Generational Healing and transformation clinics with the impartation of Divine DNA by Adam and Eve.

Q: Do you have any works in progress?

A: I am going to eventually produce a book on Generational Healing which will include rudimentary things on site, and I will do case studies, etc. I will produce more CDs, but now my objective is to make the Center for Christ Consciousness more visible in the spiritual market place and to position the CCC as a community where like-hearted people can meet and find a place to share their experience and develop their growth. And I will continue the weekly prayer calls, and developing small groups that are experimenting with spiritual energies and personalities.

Q: What do you hope to see in terms of the Center for Christ Consciousness, in the context of the real estate you and your associate Alan have embarked upon?

A: I hope to see more people coming for services so we can continue to build. On the property I share with my creative partner Alan Slocum, we want to build a prototype of a Garden of Eden culture, with an organic garden, and where we can teach the ways of garden culture. People can come for healing, and experience garden culture.

Q: You are still a young woman. What do you see for yourself later in life? Do you have any lifetime goals you would be willing to share with us? How can we help make those goals possible? How can we be of service to you as you seek to serve others?

I need funding! Basically that's what is needed, and, of course, more people to come to partake of the services. I plan to be on the planet for a long time -- for an

extended tour of duty. We have no Garden culture here as set out by Adam and Eve. I think we need people to stay on the planet longer and bring in these cultures and build continuity. We are invited to step up to this level of service and we are in the early phases of this.

Adam and Eve's impartation of divine DNA into us is experimental and feels what they are giving us is going to help prolong my life, and so I am delaying Adjuster fusion until I am ready to leave the planet. This is, of course, a huge faith step on my part.

Q: Is there anything the Association for Light and Life can do?

A: Funding, and getting the word out about the CCC and what is offered here!

Q: Now, Donna, is the time for you to add things you would like to add that I have neglected to ask about.

A: Well, I think we are being given a wonderful and once-in-a-lifetime opportunity to step up and receive from our spiritual Parents a tremendous gift of healing, and to step into our divine inheritance that was always planned for us but that was thwarted because of the Rebellion. This is an unprecedented time in history such that all these things we had hoped for in our hearts are possible. And we are being invited to step up to receive what we wanted to share as a gift. We are all victims of the Lucifer Rebellion but that doesn't mean we need to stay victimized.

We are responsible to claim our healing that our Parents want to share with us, but we have to take that step. It's a faith step. It's not wondering how it will

happen, but knowing that "You love me and You want me to be healed." And there are very few people who are willing to do that yet.

Q: Thank you so much, Donna, for the time and energy you have taken to accommodate this Interview. The Association for Light and Life wants to provide a vehicle through this Newsletter, through which we can share our ministerial yearnings and strivings. Every time we hear of what somebody is doing, it stimulates our own desire to be of service. And so we assist one another.

Any final remarks?

A: I just pray that people go into their hearts more and look deeply into what it is that you want from our Mother and Father and to cast aside resistance, fear, doubt and anxiety and say YES to what they want to provide to you. And whether you receive healing from me at the CCC or other spiritual healers, or even if you do self-healing, that's not important. It is important that we all step up and be repatterned from these deficits that have been around affecting us for 200,000 years.

And if you do that you will have so much more happiness, joy, peace and contentment and have your life pointed in the direction to find out what is in your heart to give back to others and to the planet because that's what I did. I found who I was and what I wanted to do. I am not special. I am just a person who found my voice and my passion, and now I am willing to contribute to planetary upliftment. Each one of us has the capacity to do that in our own unique

way, which I believe is living according to the Father's will.

ALL: Thank you, Donna. Over and out.

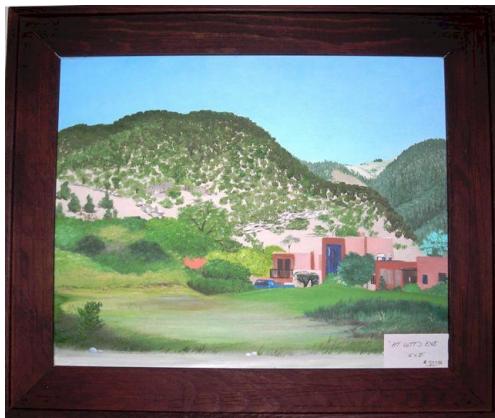
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If any ALL members would like to have their work featured, let ALL Newsletter Editor Gerdean@cableone.net know and we will set it up. We want to get to know more about you and your ministry so that we can help you in your effort to advance toward light and life on Urantia

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ALL RETREAT -- TAOS, NM

Just a reminder to send your registration fee to Rick Giles, ALL acting secretary, to hold your space for the September 18-20 getaway at the San Geronimo Lodge.



At Witt's End, by Miss O'Dell

The Lodge, built in 1925 as the first resort hotel in Taos, is in the style of a grand old lodge, with traditional thick adobe walls, vast common rooms, high vigas ceilings, rambling verandas and winding portals. With over two acres of natural serenity, the property boasts apricot trees on the banks of the Acequia

Madre and an unfettered view of Taos Mountain. Each room has a private bath with hair dryer, telephone with free local calls, wi-fi, clock radio and color cable television. Some rooms have DVD's and you can select free movies from our collection. Each morning a different hot entrée enhances the basic buffet of fresh fruit, coffee, tea, chai, juices, cereals, and breads for toast. With advance notice, special dietary requirements can be met.

Amenities include an open air hot tub (always open) and New Mexico's only chili-pepper shaped swimming pool (open from June through September), a garden setting for weddings or outdoor events, meeting space for groups of 10 to 100, a PC, and a library specializing in southwestern mysteries AND complete concierge service. Plus the magnificent high desert atmosphere that is highly conducive to creativity and Stillness.

The Lodge has several breakout rooms and a large screen LCD projector. The comfortable, art-filled spaces are conducive to hard work infused with creativity. Just two miles from the town of Taos for easy access to the many fine restaurants, galleries, museums and shops, yet out in the peaceful, relaxing, serene countryside, the San Geronimo Lodge offers the best of both worlds -- human and divine.

Let ALL Retreat coordinators know whether you will be driving or flying so we have some idea how to coordinate and facilitate people who will need to be conveyed from ABQ Internat'l Airport to the Lodge outside of Taos, a distance of 150 miles, a 2.5 hour drive.

Google San Geronimo Lodge