

[Note: transcribing informal conversations such as this can be difficult, so sometimes the transcription doesn't come out word for word and occasional comments that didn't reflect the content of the conversation may be omitted.]

Hello, this is Sharka.

Hi Sharka!

Sharka: I would like to share my experience from these last two weeks: what I had originally experienced about different consciousness and also about energetics which were very noticeable this time, by practicing with the 4th Triad. So, I experienced/I felt the energies coming up and down at the same time, very strongly. And the one which was coming down went straight to the Earth. And then at the same time I felt very noticeably the energy coming up. And I interpreted it as surrendering: I was surrendering at that time my ego, my rational mind. So it really helped me to give up that control, which still showed up here and there. And I really worked hard on it, so I hope it's almost gone.

Then I also would like to share the appreciation for making notes almost every day about the experiences. I noticed how beneficial it was for me that I have that reference. So I can remind myself about what I have discovered before, and I can still work with it and make it more part of my consciousness. Like, first I talked about fearlessness, which was a very real experience I had with the first lesson. And then empathy, in the middle lesson we had. And with this lesson, I experienced this surrendering but also a co-operation. It's part of Unity; it's all a necessary part of Unity. So, having those notes helped me to go and refer to it and remind myself, because when I review what I experienced before, I still need to work it into my consciousness more firmly. And so I went to my notes and reminded myself. So I really found it very helpful.

John: That's super! Hang on. And does anybody have a comment about what Sharka has just voiced?

[2:41] Hi, this is Mary. And I just wanted to say, "Thanks, Sharka!" You sound like you've been very diligent with doing the writing. Unfortunately, I have not. I've been unusually busy for me, but I've had a lot of the same experiences that you were talking about. But at the time I experienced them a little differently. I did have some physical stuff. And John, when you ran out the review tonight of what happened, I was going, "Oh! That's all of the Triads coming in!" I have had some headaches and things. But I could feel... it's almost like there's another sense of looking out of my eyes. And as you read it, I was going "Oh wow, that's all of that stuff coming in!" And there was more consciousness there.

Sharka: Thank you for commenting on my experience. And I have to say that I had similar experiences with having difficulties with my body. But I remind myself about that that is what we are doing now – transforming the body. And so it probably was..... But definitely [laughter] challenges in my body.

[4:09] Mary: Yeah, it definitely felt for me like there was very much an awareness that this was density leaving.

Sharka: Yeah, yeah!

Mary: Yeah, yeah! So very helpful.

John: Well, this is a great start. This is exactly what we wanted to have happen! So continue on to see if there is somebody else who would like to make comments.....

[4:28] Yeah, this is Joanne. I'm not sure if we're shifting off, but the body thing is really resonating with me a lot! [Laughter] My body is vibrating so immensely. And for about a week, I kept feeling as if..... I kept getting the information that my brain was morphing, physically morphing. And I've had the experience a couple times with specific interactions with Metatron and [?]. But this was like, "Man, is my blood pressure high? Or you need to look at the physiology!"

And there's also the emotional body. It feels like it is tapping into almost the very core reasons. They were hidden from me until now of why I didn't want to be in my body. So, as this energy is coming into my body, I'm embodying more. And yet it is running into all of these latent pieces. And one day I cried pretty much the whole day. There was no story running. I was just crying. I went, "OK..... something is releasing." So.....

I work with the energies every day. I'm just curious if there is a way to help my body, not that it's separate, but maybe have it a little bit easier! So, anyway, I'll put that out there. Yeah!

John: Does somebody have a comment about that?

[6:11] Mary here. I'm just going to throw another comment out, too, where I have also noticed a lot of emotional releases. But, again, after I go through it, there's a huge wave of energy coming in. And I think it's the Triad stuff. I'm wondering if anybody else is noticing any such releases or if you're also noticing something with those Triads coming in.

Joanne: This is Joanne again. Isn't it like.... for me the way I'm experiencing it is that the Triads are coming in and it's flushing out all of the stuff. It's kind of the experience. And yet, like even sitting here, my whole body is trembling. I don't have a judgment on it. It's just simply OK.... like almost like I'm terrified. It's almost like a terror or a trauma. And I don't have to do anything. I imagine it will flow through like everything does. Sometimes just acknowledging it helps.

Sharka: Yeah, this is Sharka. I just want to say that I experience also this trembling of my body [laughter]. Once I kind of relate it like an old refrigerator buzzing..... my body buzzing.

Suzy: Hi, this is Suzy. I've been feeling very similar things with my body, almost.... well it does like this vibrating. And I've had a lot of things coming up for me in my field and my walking around space that are anomalies that are of the denser variety, that are really coming up to just be put right in my face. So not so fun things are arising for me. And I just had to look at that. That's got to be what it is. I can feel that 4th Triad. The things that are still kind of stuck in my field are just kind of surfacing. Like WOW, here they are! Right here for me to deal me. But I get this real..... I have to allow. I'm hearing "allow, allow, allow, just allow it to go, allow it to come up and let it go."

Is anyone else having those feelings coming up, too, those denser varieties?

Joe: This is Joe. I was going to comment on what Joanne said about helping the body, and I don't know if I can tell you how to help. I've noticed over time that I felt that too, feeling the energy come through and the pressure. For me, I went through this a little while back. It was in the neck. I felt this energy trying to run through my neck and it hurt, because the energy was just so intense and the energy channels weren't open and I just I don't know how to tell you what I did. I just kept allowing but kept working with it and trying to open those channels and then at a later date. Now the energy channels are open and I can feel that current flowing up and down through the neck and the spine and other parts of the body, if that helps. Just try to allow. Maybe just be aware that you're just opening the energy channels, and once they're open and that energy can flow, then it's really going to be a big reward for it.

Joanne: Thank you, Joe. That's really great. As you were talking, I was feeling that another layer of this may be different traumas like Atlantis. It's not time locks. It's kind of layers of blocks, not necessarily from this lifetime either. It's not emotional; I'm not thinking about it. It's almost like a panic, like a panic in the system somewhere. So, that's very helpful. I'm just simply going to allow the energy to not that I haven't been, but I guess, just trust! [laughter] that this too shall pass. It will move through!

Suzy: Joanne, I actually didn't finish. I was feeling it in my back, feeling the pain down the spine, like hot flashes in my back. With the trauma type feelings that I've been going through, it also feels that "allowing" just keeps coming up, to just allow it. Like Joe said, just feel that energy flowing through to release it.

Joanne: Thank you. And all the belief structures that it's brushing up against ("I'm not good enough") for things I thought I had shifted many years ago. But anyway, it's fascinating. It's absolutely magical, really

Suzy: Yeah!

Matteo: This is Matteo from Toronto. I would like to share. I have a curiosity to expand two subjects that we touched: using the Rays and 5th dimensional present time. I shared before the experience I was having. And I start playing with the Color Codes and the throat chakra. And when I start toning, that comes naturally, I brought in the yellow and the red and the blue into the throat one after another. And what I discover is that [with] the red and the yellow my tone of the voice was going down, and [with] the green and the blue the voice was going up, without me doing anything. So that was a pretty cool experience. And I would like to know what can I do with this vibration and Color Codes.

And the second one is the interesting aspect that in this space that I am right now, when I'm able..... I'm able now to see the only thoughts that keep recurring is me talking to somebody. That can be any person, changing during the day. So when I monitor those thoughts, me talking, having a conversation in my head with somebody else, and that I'm able to bring back the mind to the present time -- I don't have any thoughts completely. I can work eight hours a day on my new website without moving. So I would like to know what can I do with that in this space now, when I'm able to bring back the mind.

Mary: Mary here, Matteo. I think those are interesting experiences, especially with the Color Codes. And I even wonder if, like Joe was saying, I also have some throat blockage issues I'm still working with, and it sounds like the Color Codes may be a way to free up the throat specifically with the tone. That's fascinating that you're having that.

Matteo: Yeah, I discovered something that's applicable and that was very cool, because it's an application that we can use. But I don't know what to do with that for now, beside the healing purposes, the Reiki energy work. But yes, so I know that I can do it tomorrow, too.

14:55 Mary: I think we're supposed to be exploring in this and reporting back. Does anybody else have anything similar with the Color Codes and/or the throat chakra?

Sharka: I don't have similar things, but I practice with the Color Codes also, especially at the beginning when they gave it to us. And to my surprise was like that information about solar plexus chakra, that they say it related to desires. And if that was said before, I have never noticed. And since I do have desires which I still want to fulfill, so I put lots of attention on that chakra and I use all the colors always on all those chakras. And this is just what I want to share, that I started to see that there was a need for me to put these colors on that solar plexus chakra and that has something to do with me being able to fulfill those desires which I still have.

Matteo: The interesting thing, I think, since we are the chakras, and the chakra makes the physical body to the etherical. so what they are trying to teach, I believe, that's my understanding, that we direct through the chakra, we can change or modify the body somehow, and through the color codes and some vibration. I want to go and date the beautiful girl and I'm not feeling secure and safe, I bring the yellow and the red and the green to my solar plexus and I change the vibratory rate, I believe. So I feel powerful. I think that's what is the first level. And now we can use the vibration instead of words to change how we feel. I don't know. I want to explore this more. It's fascinating, Yah.

[17:29] Charlotte: This is Charlotte. When it comes to some of the color codes as we're doing more, I studied color therapy. Each of your organs and your systems run on different colors.

Matteo: Correct, yeah.

Charlotte: So you can use those Color Codes if you're trying. I studied because of my kidneys. So, let's say if you're trying to help that particular organ and that system and then there's certain muscles that run off of that system. So when we're trying to upgrade our bodies or heal something, change something, the Color Codes are real important as to how you are applying them to which system you are trying to work with.

Matteo: I was wondering. Which session gave us the information on the Color Codes and the 12 chakras pdf?

Mary: I'm not sure. But I do think it's interesting. I don't know if anybody else wants to join in, too. The Color Codes, bringing this up now, Charlotte, what you just said, since we're now working with this 4th Triad and the ascension of the physical body, that these Color codes are applied to the physical organs. We may want to put attention there, more attention, because it's a way of easing this transition.

Charlotte: And when you switch to the sound, each color has a sound. [Right] And I'll just use orange for an example. The kidney runs on orange and yet it's in the key of D. And so, when you would sing, Matteo, was raising or lowering depending on the color you were using and how it affected your voice in your toning. You will be moving that into the key that matches that color. In the Atlantean healing temples, we would use that to reset the organs to their optimal performance. So if someone came in and you worked with their Color Codes, what they were showing up as, you could then help them to bring it up to the right frequency. It's like having faded orange and you needed to get it up to its full color, because it was not fully functioning at what you wanted. And whenever you came in for a reset, you wanted all of them to be where they needed to be.

Because when I work on bodies, I can see the Color Codes that they need, because if they're missing them, it will show on the wall. If it's only faded, it will show on their body.

Matteo: Yeah, I think that we are opening something new, this conversation about the chakras. I'm still confused about the information about the colors to use in which chakras, the old information like red in the 1st chakra and the new information we just received in January. Can anyone help me?

Sandee: Hi Matteo, this is Sandee. I think that was in our first lesson in Level 2 of Seating the Divine. I printed that out too.

Someone else: I printed it out from the last lesson [January 24].

Matteo: And there is more information there. So I'll check the computer later. It's very fascinating, because we apply these Rays and it's very well explained. So thank you, Joan and John. It was very good.

[22:51] Charlotte: When we were working with our Light bodies and we were using the different meridians as we were establishing that, those also run on different Color Codes, because [that's cool!] matching with whatever..... And a meridian is like a circuit, and that's where the organ is on it and the muscles are on it, and then they run on the different Color Codes, too, and sound. So when you take those 16 meridians and also you can run Some of our chakras are not just one color, because you get your different tones of your colors by mixing your colors. And so, sometimes it like doesn't always assume I'm just going to put orange there. You have that sense that you need to put red there, because that would like brighten up the orange. Or if you want to pale something down, it's the other color mixes that bring that into balance.

Matteo: I would like to ask -- A very smart person that I talk with sometimes told me instead of thinking about the information to feel the chakra. So does anybody pay attention to the chakra, and instead of describing like I do, somebody that can feel the difference between the 1st and 2nd chakras vibratory level, say -- because we are the chakras. So, I'm kind of mental in this lifetime, but I'm moving to the feelings rapidly. But instead of describing, does anybody have experience feeling them?

Charlotte: Yes! And the best way I can describe that is that when you're first starting to feel the vibrational frequency of each color in each chakra, that would be like putting your hand on the cat when it's purring. You can feel the vibration versus hear it. And so each one..... and they change. I always call it the hum. How would the hum of the chakra.... because each one will have a different vibration and it will have a different feeling depending on what emotional feeling you're running.

Matteo: Yeah, because the chakra they are files. Correct me, I'm not an expert. When we are born, the 1st, 2nd, 3rd are fine, but when we grow up, these files are being messed up by the experience of suffering. So we put all negative files that interfere, and so we create these behaviors, and they go off in the 4th ray and they get stuck. So instead of working with [?], we could work with color vibrations directly to the chakra to restore the original file. That's my idea. Would be cool, right! So instead of seeing by triangles, maybe this is even faster working by sound vibration and knowing what the chakras do, because this pdf was great. So I love the explanation, more expansive than the first one.

Thank you very much. This was a nice conversation. Does anybody else want to discuss other things? It was great, thank you!

[26:48] Sandee: Matteo, this is Sandee again. I just wanted to talk about an experience that I had with the Color Codes in a class I was teaching at the horsemanship camp. We were talking about horses' energy and our energy and how they connect sometimes, when we're riding our horse or just being next to them. And this is just an example. So, we were talking about the color yellow, and in a horse that color would manifest as anxiety or panic type of behavior. And we talked about what would calm that down. So I introduced to the students an idea to wash over the head, which is where the anxiety would probably start in that area, and wash that blue color coding over them. And then the students went out to practice with their horses. And I had one student come back to me and tell me how her horse was so anxious with all the other horses in the class while she was riding. And she began to feel that it was a yellow energy that was the anxiety. And washing her horse, washing the blue color over the head of her horse and down the front like a waterfall just calmed down that horse like crazy. She said it was like night and day. And her riding was much more in synch together with her horse. And her horse was calm and able to collect itself together, its energy together, and go ahead smoothly in that lesson. So that's just something that I noticed in practicing with the colors, that it affects not just us but everything around us.

[29:00] Mary: I'm curious, too, if anybody else has noticed, now that we are combining these chakras that are actually merging, that is, there's been a notice of anything with the chakras, any differences?

Matteo: Since we start spinning the 4th triad, I feel very calm, super calm -- don't talk to nobody. I don't know what the state is. That's why I have the curiosity to know what to do in this space now, because some of you are very skillful or connected to the Archangels already. And I don't have that, or maybe I have it, but I'm not aware yet. So what else can we do in this space? Anyways, that's what I experienced with the 4th spinning, and John at the beginning described that calmness, so I totally agree with him.

[30:11] Randy: This is Randy. I'll comment on what you're just saying about how for a while you were just very quiet and not knowing what to do. And I guess that's kind of where I feel that I've been for quite a while, many, many months, where I just feel very quiet and still. In some of the lessons where they are saying write down your experiences and journal and write down your questions, there's just no questions. [laughter] I have no questions. I'm enjoying the stillness and this deepening quiet. And then at the same time I feel deep, it also feels like there's a lightness happening emotionally, where I just feel lighter and happier. It's not like exuberant all the time, but I can definitely get to that space quickly. But most of the time, it's just being quiet and being happy with that and being present. I don't know..... it's just been that space for quite a while. I enjoy it. There's been nothing that's really moved me out of it. [laughter] So that's my comment.

Matteo: Yeah, the spinning is more powerful.

Sharka: This is Sharka again. I would like to comment to what Randy said. Working with those four Triads, I also feel -- I wouldn't describe it as calm or something, but it is actually calm when I was listening to him. I more experience it like more room in that area of the 4th[?] Triad and more aware, definitely more awareness.

And also, I wanted to add something to that experience with the energy coming down and up. With the energy coming down, I also felt like I was being nailed to the Earth, and it was beautiful and pleasant. I cannot almost move, because I was being nailed. So that's what I wanted to say, that then I recalled also that the Lords of Light or Melchizedek mentioned one of the purpose of the 4th Triad is to connect with the Earth, and that's what I believe I experienced. I'm not really connected. I was being nailed right straight to the center of the Earth. It was quite a pleasant experience [laughter].

Joe: This is Joe. I kind of relate to what we're all talking about here. I was reviewing last night, and I went back and I read the transcript of Yeshua's channeling where he was talking about Source Magnetism and the 6th and 7th dimensions and bringing that higher energy in and compressing. And I've been working with this quite a bit, so it didn't seem like new information to me. But I kind of closed my eyes and I had this experience. And I was just more aware of the 7th dimensional energy than I had ever been. And it just really, really was a fine Light, like a fine mist. And I could feel it pulling down into the 6th dimension and then compressing it. And I realized that this is the Light that I've been feeling. And I've been feeling a lot of Light running through the crown, through my brain, through my body, and I realized this is what I've been doing. We've been compressing this Light and bringing it down, and we have the Source Magnetism. The more Light we can pull into our body, the more we pull into our body exponential kind of thing. But when I experienced it last night, it brought in..... I experienced when the 7th dimensional energy was compressed, and it came all the way down into the Sacred Heart, and it was such a much more refined, softer feeling. It helped me take it to another level. So, yeah, this is pretty groovy stuff, what I'm experiencing.

Mary: Joe, which transcript was that? Was that a transcript or which session was it with Yeshua?

Joe: It was in Level 2. I think it was the very first session, the first or second session off Joan and John's website.

John: Well, as the boys used to say, it looks like our time has run out. You guys have done a fantastic job! You've done exactly what Collective Consciousness has asked us to do tonight, and I can't praise you enough, because you've done a great job.

So what we're going to do now though, is we're going to let Joan channel some additional information from the Lords of Light. And let's see what kind of additional information they can give to us, OK?

Now, let's everybody take a nice deep breath and assist Joan in bringing forth the Lords of Light to help us in our next discussion and question and answer session and teaching.