

Good Evening, everyone, this is Joan.

And this is John. Welcome to the Seating of the Divine, Level 2, Session 4: March 14, 2017.

We are so pleased to have you back with us tonight, and to let you know that there's going to be some changes in our process. This is being put in place to assist the group to better build an improved Collective participation from which to co-create for everybody.

We'll start, of course, with our centering meditation from Archangel Gabriel, our lovely friend. And then we'll talk about our upcoming June Crystal Conference.

Now tonight there will be a big group conversation, but that will be facilitated by Cliff Hudson and Jana Stewart, which we are most appreciative of. Again, this will be followed by a review of our last session, and a channeling from the Lords of Light, with a short Q&A segment, and ending with an energy guided segment led by one of the Lords of Light.

So, let's all take a deep breath and get started with our centering meditation from our dear friend Archangel Gabriel.

[1:19 Gabriel Centering Meditation]

It is I, Gabriel.

As we gather together in this beautiful Collective Consciousness, let us begin by centering ourselves in the Sacred Heart, that massive energetic vortice that is pure Undifferentiated Love, that holds the Wisdom of Spirit.

As you focus your attention in the consciousness of the Sacred Heart,
begin to activate your Merkaba field..... activate it at 100% Light.....
for this is a reflection of who you are: pure Divine Light.

Recognize the beauty of your individual Soul.....
Recognize the profoundness of Spirit.....
that part of you that is pure Spirit, Collective Consciousness.....

Sit in the vibration of your Spirit, of the Collective Consciousness of the All That Is.....
being the I AM THAT I AM.....
Notice the brilliance, the luminosity of the environment that you are creating together,
in Unity..... [Pause]

Continue to be in that luminous Light field of your Merkaba vehicle, as we gather to
explore more of who we are.
Begin to bring your attention back to this present moment and to this gathering.