

**Note:** Questions and comments are not always word for word. Responses from the MMM Triad are word for word. Hello's and Thank You's are often omitted.

**Question 1 – Joe:** Greetings! And do you mind if I humorously address you as the 3M company? [MMM: Absolutely, Wonderful!]

I have been working with the 4<sup>th</sup> Triad and the Arc of the Covenant. You also pointed me to using the Nectar that we create in the 2<sup>nd</sup> Triad to heal the fragmentation in the mental-emotional body. And I've been doing that and it's been working incredibly well.

As I've been drawing in the Undifferentiated Light, I've been visualizing the universal ocean of Light and just bringing in torrential rivers of Light into the 2<sup>nd</sup> Triad and compressing it. When we compress it, it takes a lot of Light to compress this I believe. I run that Nectar different ways, like if I'm triggered, I run that Nectar through the thought that I'm triggered. I either draw the thought into the Nectar or I send the Nectar to the thought or to the cells. I've been able to calm that really quick. I've been using different techniques, to where I'm just really I'm hardly triggered at all now. I bring it into the Sacred Heart flame, which creates a vapor. The vapor then coats all of my cells and it really holds the mental-emotional body very stable. In the Arc of the Covenant, I've been creating Ze'On particles and bringing them into the cells. I visualize them as diamonds into each cell, holding the Christed Consciousness. But I really want to work on that mental-emotional body. I can see where it's going, where we all are in a state of consciousness like Yeshua and Kuthumi held when they walked the Earth, affecting the people and energy around them.

**MMM:** It was very precise. And you are well on your way, all of you are well on your way. You already have seen that you affect the energy in a room, in certain interactions with others. And that is because your mental-emotional body is becoming a much more stable vehicle. And the Light that emanates from you is more amplified.

Now, each of you is an individual. And so your process of using the Light, the Nectar, and helping the neurons, coating the neurons so that the neuron itself becomes a more coherent cell, is important. The only thing for you to remember is now that you have the 8<sup>th</sup> chakra incorporated within the entire chakra system of the body, you have access to your OverSoul, you have access to the Christed OverSoul, and that Christed Mind is very much becoming part of your Higher Mind. So this in itself facilitates the alterations and the coherency in the mental-emotional body.

Yes, you are correct when you say when you are triggered that throws that coherency off balance. But the minute you notice it, and you either to choose differently or you work with the emotion that is predominant in the triggering, you begin to alter the neurons of the brain and the thought – the neurons within the thought that is created in that mental body. It's smoothed out by just noticing it with what you have available to you in your Unified Field and the impressions and the effects of that 4<sup>th</sup> Triad. It immediately smoothes out that triggered emotion to where it is not such a dominant force within your mental-emotional body, so that everything is stable and coherent and non-reactive.

Very good points, Joe! Very good!

**[5:59] Question 2 -- Matteo:** I would like to ask questions related to my state right now. Somebody before shared their experience about they weren't able to be around people. And I found myself being strict in the sense that even close friends or my relationship, I am asking them to leave me alone. The situation is difficult. I'm cutting off even close friendships and my relationship, and I find myself here alone. And I try to explain to them that they don't have a problem; it's me. I cannot be around them. So I am really by myself these days.

And second of all is about my body. I feel strange. I feel something that I cannot explain. So I find myself isolated. But I'm not negative about it. It's just what I'm experiencing. Is there anything you can comment about this?

**MMM:** Well, as I have said, the body is in massive changes, especially since the 4<sup>th</sup> Triad has been activated and you've been working with it. So, for many, it is very challenging in certain interactions. So, you are having to withdraw. And if you have that luxury to withdraw and work with your own energetic field, it doesn't mean that you will understand every nuance of it, but just the fact that you have choice to remove yourself from environments that are toxic to you, now that your body and your field is becoming more refined – you have to nurture that. So if you feel the need to withdraw from any interaction and be quiet and alone, to provide the environment that you personally need for the integration of these massive electro-magnetic impulses that are now bombarding your energetic system. So don't be concerned. This is temporary. It's just in affording the opportunity to integrate what is needed now. And making the choice to remove yourself from toxic environments that do not support a quicker integration of these very refined energies.

Your relationships are changing. We have said this repeatedly. Everyone that is in this Collective Consciousness and creating these vast changes within your energetic system has to be aware that some of their relationships will have to be left behind.

**Matteo:** If I want to have friends, besides my exercises I'm doing, is there anything you can suggest where I can put my attention? The 11<sup>th</sup> chakra? The 9<sup>th</sup> chakra? I understand that you are my friend and I would like to be with you in the way that's always about meditating.....

**MMM:** It's the energy of the 9<sup>th</sup> chakra and the energy of that 4<sup>th</sup> Triad. Yes, just place your attention there.

But I want to make one other comment here. It's not to say that you can't have interactions with others that are not of the same conscious level that you are, as long as the environment is not toxic, that it isn't triggering you, or that it isn't energetically so vastly different that you can't stand to be in it. But it doesn't mean that for brief periods that you can't have a friendly conversation with someone.

So there is a balance that has to be achieved: that aloneness, the integration period, and yet being in the world but not of it. You see?

**[12:00] Question 3 – Joanne:** I'd like to speak about the holograms, the holographic images. The way I'm experiencing it, and it's fairly new, along with the 4<sup>th</sup> Triad, is an anchoring within the pineal, my midbrain, and the Heart. And there's a harmonic resonance between those two, but they're different. There's a different emanation that's happening. The way I'm experiencing it is I feel, there an intuitive knowing, that within each of the holograms, even though there's kind of like a slice or a layering, that there's the wholeness of it as well, and the wholeness of the whole, of the All That Is. And the emanations that I'm experiencing and seeing coming out of me are like 3 dimensional..... I don't know what the shapes are..... octahedrons? But they are clear, prismatic kind of emanations, that are emanating into the world. And through this emanation are the purity of blueprints of templates or codes that are occurring. It's fairly new, so I'm having a bit of a challenge articulating it.

**MMM:** Well, you said it very well, because these things are quite massive in relationship to what you are used to. So there really.... you haven't experienced them long enough to coordinate a way in which to use language to express it. And even that will limit you, because what you see and what you know is vastly different than what language can express. But yes, you are correct, because these holograms and these projections.... the projections are a more massive expression of these immense templates. The holograms bring them down into specific layers that can be made usable at this time, in this particular time sequence, in form. But that does not negate, as you have said, that they hold the entirety of the All That Is or the entire massive projection coming from these various realms.

**Joanne:** OK, so simply just continue playing with it then.

**MMM:** Yes! Experimenting. Allowing.

**[15:23] Question 4 – Sharka:** I want to also talk about these holographics, expand my mind about the information you gave us. I have noticed I am more attracted to that Flower of Life. There was an image which was coming to me and I know that it has more information and interpretation of different functions and consciousness. But to me, it was coming to my attention that Seed of Life, that they represent the six days of creation. And I have noticed that the new information was coming to me that there is a center circle which is the 7<sup>th</sup> circle. And what I know about sacred interpretations in the Bible is that there is also a 7<sup>th</sup> day of creation, which would be the manifestation of it. So, it came to my mind that it represents instant manifestation, how those circles lock into each other and create that center of the six-petaled flower. That once we go through those six steps, that they, at the same time, they create the manifestation. I don't know what to do with it.

**MMM:** Well, I'm very glad that you mentioned that, because the Flower of Life, as we have said, is a huge holographic projection. And it has many layers and very many ways in which to express it in human form. So, our suggestion to you is to play with it. As these things come up, explore them and how that plays into your life experience. It's no accident that you are drawn to that holograph. And as it presents itself, just play with it and what that means to you personally.

Everyone will be different. Everyone is an individual. So those in this Collective group that are drawn to that will have different experiences, because there are different layers of holographs within that vast projection. And it has to do with you as the creator of your reality as a Christed Being. So our suggestion is just be gentle, allow it. And then as each thing comes up, just allow it to be present and contemplate it, play with it, the energies of it, and see how that fits in your life.

**SHARKA:** It did cross my mind that I might be drawn to this interpretation of it, instant manifestation, because this lifetime I have many manifestations, which I used to call miracles. So I felt I might have some understandings about instant manifestation.

**MMM:** Yes! Correct! And we have spoken of that, how these electrical charges emanating from the Arc of the Covenant, through that intercession of the 4<sup>th</sup> Triad, stimulate that Causal Body conscious awareness within the body. So, things are changing. And you are in the process. So, it's not about what you do with it. It's just about accepting it, playing with the energy of it. And you will then, through some experiences that you have, you will understand it.

**SHARKA:** I know my challenge is the rational mind. Would it be recommended for me to compare it with the Bible verses of those six days? I don't want to be led to the rational mind.

**MMM:** It would be recommended that you play with the energies. And one of the comments that was made about that Nectar and applying the Nectar to the neurons of the brain. Revisit that conversation that we just had a few moments ago with Joe Jett. And this will be very helpful to you, because it will give.... you will develop a process to work with that mental-emotional body and get it stabilized, so you won't be bothered by rational mind.

**[21:11] Question 5 – Carolyn:** I have a question about the body consciousness versus our spiritual consciousness. And I think I don't understand about what the body consciousness is, as its own entity, and where or how it doesn't interface well with our spiritual consciousness. My experience is when I have done a lot of meditation work and have had some great breakthroughs or openings, I go through a period where my body becomes quite lethargic for a few days. It's like my body needs the time to catch up with the energetic work that happened? And so I'd like to know how to improve that coherency between my body consciousness and my energetic work that we are doing, that I am doing.

**MMM:** Good question! The body consciousness is the consciousness that is present in a 3<sup>rd</sup> dimensional body that is in transition into 5<sup>th</sup> dimension. So, you're going to have a lot of disconnects. And yes, you're right, because you, at that SoulSpirit level, have a vast consciousness that's available to you that doesn't integrate well into a denser form. Thus, the body itself sometimes has difficulty, as you said, as you have noticed, when you do this energy work, or you do a lot of meditation, that the body is lethargic, because you have set up a frequency and a vibration within the body that is not very compatible. And it takes a while for the body to adjust to it.

Now, that doesn't mean that you stop doing what you're doing! You continue it, and through these various processes: through the 4<sup>th</sup> Triad and taking that 4<sup>th</sup> Triad and merging it with the first three Triads, working with the neurons in the brain. This is really great things that you can do to help the physical body not only come into coherency with the consciousness that you are exemplifying through your Soul, but it begins to alter the body itself.

That's what we're in the process of showing you how to do, so that you are actually altering the frequencies of the body, so that it can accommodate the vastness of who you are at that SoulSpirit level. And the SoulSpirit can enter the body and the body can accommodate it, because you have changed the vibration of the body and you changed the consciousness. And that's done at that cellular level. It's done in the brain, in the neurology, so that the body's brain begins to process the complexity of thought and emotion in the mental-emotional body and in the Higher Mind.

**Carolyn:** OK, Thank you!

I'm very aware that there's a lot of information that has already sifted through.....

Yes, all the pieces of the puzzle are falling together very nicely. Thank you!