

So now, Dear Ones.....

Take a deep breath, become very centered..... in this moment,  
And let us guide you in an energetic seeding within your body.

Direct your attention to your physical body.....

Become the observer.....

And stand in front of your body.....

What do you see? [Short Pause]

Be calm, still, and neutral as you observe your human vehicle that you have been using  
for many years.....

Be in a 5<sup>th</sup> Dimensional state of consciousness.....

Now, what do you see? [Short Pause]

Is it different from the first time we asked you to look at your body? [Short Pause]

What is your state of consciousness in this moment? [Short Pause]

Feel the Love that is in your Heart as you observe your beautiful body.....

It has served you well... and provided many extensive experiences.....

There is a thin White Garment that covers your body now.....

And it is one with it.....

You're seeing your Light Body as it is unified with your physical body.....

Notice how the body is no longer dense..... but seems to be a very light form.....

Listen for the direction of your OverSoul...

that wise Spirit of you,

All channels of communication are open to you now.

Begin to train yourself to receive this communication.....

Have no preconceived opinions,

but just sit quietly and open yourself to where it leads you..... [Short Pause]

This communication may not be in a formal language.

It may come in tele-thought projections,

which surfaces as Knowings or Feelings.....

Are there Colors?

Notice the vast ranges of Color.....



Notice how the energy of your body and the field around it changes,  
as you unbridle your consciousness  
and allow all possibilities to be shown to you..... [Short Pause]

All systems of the body are flooded with brilliant Christed Light..... [Short Pause]

You are now seeing yourself for the first time as the Divine Christed Image in a body,  
creating in a world of form..... [Short Pause]

Sit in this space with us and enjoy the Beauty of what you are beholding! [Pause]

Blessings, Beloveds, Blessings!