

## **PART A: MESSAGE FROM THE TRIAD**

Greetings, Beloveds,

It is the Triad: Metatron, Lord Michael, and Lord Melchizedek. We come as a Collective Consciousness in this particular configuration because of the energetics that are needed to bring forth these energetics as well as the concepts of what is needed at this time.

You, Beloveds, are an integral part of this transformation that is occurring within human form. You are the way-showers. We are very pleased at your abilities to stand up to be counted and to, with your intention and your tenacity, to move forth and embody these massive energetic templates that are now being presented to you. It will take several months for us to help you put in place not only the concepts but the energetics of these massive templates. The three Light Templates that you now have in your possession were merged with the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> Dimensional Templates that you retrieved last year and worked with.

The main goal in 2016 was to get that 5<sup>th</sup> Dimensional Light Template very functioning in your body and in your group energy, so that the Unity and the Element of Love was very stable and present within your bodies and within your creativity. And you achieved that, Beloveds -- some of you amongst great challenges. But you stood up, you were counted, and you said, "Yes, we can do this!" You created a coherent Collective Consciousness within your group energy that sustained you through those months.

And then, as you began to work with us in 2017, again you stepped up and you said, "Yes, thank you for this opportunity. We CAN do this!" And again, you stepped up at the conference and you said, "Yes, we agree. Allow us to receive this 7<sup>th</sup> Template and we will hold it, we will honor it, we will create a space for it to exist in our bodies, and we will keep it sacred." So, here we are, Beloveds.

Tonight, we wish to discuss mainly this 5<sup>th</sup> Dimensional Light Template and some of its functioning. Now, understand, it is true that all three of these Dimensional Light Templates function together in one way or another. They draw from each other. And what is present in one is present in another. But, as we begin these teachings, we will focus first in that 5<sup>th</sup> Dimensional Template, because it is the easiest step to take at this time, because your body has now become accustomed to the flow of that 5<sup>th</sup> Dimensional energy. And it IS changing. It is changing at a cellular level, because of the attention that you have put on anchoring that 5<sup>th</sup> Dimensional Template with stability in your body, and into BEING it.

So, we wish now to take it one step further and to explain to you some of the changes that are taking place in this moment.

[6:01] You have a greater awareness of the feelings of energy that flow through your body. And you have trouble articulating it in a language. These are wonderful signs of integration, Beloved.

Your mental and emotional body is becoming unified.

In that now that there has been a descent in the body of that 8<sup>th</sup> chakra, Universal Mind and Christed Mind, there is also the Presence of the OverSoul, which was never able to reside in the body previously in a 3<sup>rd</sup> dimensional body.

So what does that tell you? Your body has changed. It's not completely transformed, but it is changed dramatically at an energetic level.

So, it is paying attention to the feelings that you are sensing in the Presence of these refined energies. Many of you have had the experience where you are having a conversation with someone and a discussion is being had about something relating to the refined energetics. It could be various topics. But all of a sudden you feel a chill move through your body. It is not from an outside source. You call them chill bumps.

Let me explain to you the dynamics of what is occurring in that mental-emotional body, because Universal Mind is present in the body. It has nothing to do with your brain. It has to do with your mind, that Holy Mind of yours. So, as the thought is being expressed/voiced, there is a current/a vibration/a sound current that is put in motion. And in that sound current, the energies arrive. And, as they arrive in the body, through the thought that is being expressed, the feeling immediately is felt. There is no separation in time of the thought and the feeling. It is an immediate response. And it's important that you recognize this.

Always there is a sound present. As you have learned, sound is part of the creative mechanism. You have also learned that the unification of thought and feeling must come about in order to create a multi-dimensional expression, in order to create a 5<sup>th</sup> Dimensional body. It is happening NOW!

So, it's important that we discuss these things with you, because it's important that you take notice of them – how the body thinks, how those feelings arise immediately as the thought is thought, and what the body feels and senses in the Presence of those energetics. And the more that you notice, the more coherence and the more unification is built in that mental-emotional body. You are almost there. We have worked with you very diligently over the last few years of your time in the bringing together and unification of that valuable, valuable body, because it is a part of your creative mechanism as you reside in a body.

[11:10] Secondly is the communication that is now open to you, not just in these vast axiatonal lines that you have so diligently activated and brought on line. But there are these axiatonal lines extending into your body, Beloveds. And they are channels of communication. Now many of you, all of you in fact, listen to your body – what your body needs at any given time. And you honor that. You have been very gentle with yourself. And even though you felt you didn't have time, when the body said "Rest!", you have taken the time to rest the body, so it can adjust to these higher frequency ranges of Light that you are required to hold and to integrate in your body.

The other side of that, dear Ones, is not just to listen but to talk to your body, talk to your cells, talk to your glands, talk to your organs. And direct currents of Light from that 5<sup>th</sup> Dimensional Light Template that you now have in your possession. Direct those Light currents, the Sound vibrations, the Colors into all parts of your body, to upgrade it into that higher vibratory level, to help the body achieve the coherence and the unification that is desired.

So, it is working with this 5<sup>th</sup> Dimensional Light Template that is so important at this time. It's not just something that you have, that you hold, or that you transmit. It's something you use. It brings about further unification; it brings about further communication within the body, so that you can be in that very elevated, refined frequency, conscious at that level, at that cosmic level, but also very conscious of yourself as the individual Christed Image that you ARE, as the creator, the holder, the reflection of the Element of Love and the power of that element to create.

Use it! You are a creator. It's intended for you to use. So, use it for yourself and you will learn so much, not just about you, but about creating, about listening to your body, about talking to your body, reassuring it, helping it maintain the desired frequency range.

Be aware that while you are working with this 5<sup>th</sup> Dimensional Light Template, it is being infused from that 6<sup>th</sup> Dimensional Template, where you have the Magnetics of Source, you have the electrical charges of Source's creative thought. This is a massive Template, also. And those energies flow through the 6<sup>th</sup> into the 5<sup>th</sup>, as you use it. It amplifies and enhances the result.

The 7<sup>th</sup> Dimensional Template very gently begins to infuse you with a Collective Consciousness. So, as you use that 5<sup>th</sup> Dimensional Light Template, there is this continual, gentle flow of Collective Consciousness, that you have access to. The wisdom of who you are becomes more apparent, very slowly.

[16:52] Now this brings up a point that we wish to make. And that point is that as this 7<sup>th</sup> Dimensional Template works, bringing awareness of a more Collective you, you begin to open the channels of your genetic lineage, not the genetic lineage of your body, through those first four strands of your DNA, but your genetic lineage of who you are at that Spirit level. And now you have pathways of communication into different star systems, into Inner Earth communities, into another galaxy that carries a 15<sup>th</sup> Dimensional state of consciousness: the Andromeda.

So, you have a lineage that you aren't even fully aware of. Some of you remember pieces and parts. Those are slowly coming online because of the activation of the Seed Crystals and the Recorder Cell.

There is great wisdom that you came into this body, as limited as it was in 3<sup>rd</sup> dimension, with specific Master implants/imprints within you, within your consciousness. And those imprints not only were from past navigation in different body types, the wisdom that you've acquired over the eons, but they come from you at that Spirit level, at that vast, vast level that is in the realm of Source Energy. As this 7<sup>th</sup> Dimensional Template opens further and more begins to flood in, those awarenesses will come into the forefront of your Holy Universal Mind. And you will start to recognize these imprints.

Now, some of this is already occurring, but you just hadn't paid attention to it. Here again, we take you into conversations that you've had with one another, where you've been discussing energy, you've been discussing certain topics. And all of a sudden you say something in regards to whatever the topic is – it's something that you had not heard before. And you will think to yourself, "Where did that come from?" It didn't come from an Archangel or a Master through a channeled source. It came from you. It came from those imprints.

It's now time to awaken yourself to this vast component of you. And these 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> Dimensional Templates, the energetics that you now have at your disposal, are intended to do just that. So it was very important that we come forth and give you this information, so that you can in the coming weeks and months pay a little more attention and work with this energy.

Don't be concerned about transmitting it out into the world. That happens just by who you are, through your energy field. But be very concerned now with implementing it within yourself, within your consciousness, within all levels of your Being to create the frequencies and vibrations in the body that are required of you to move forward in this service, because – make no mistake – when you take care of you and grow you into this multi-dimensional state, you will change the Earth. You will change humanity, because you will show them how it's done. And you will mirror, you will reflect it, because YOU ARE IT.

**PART B: ENERGY MEDITATION**

[22:38] So, Beloveds, take a deep breath. There is a LOT to absorb here.  
There is a LOT for you to contemplate...

Get very centered in your Heart.....

Now, with your inner eye, the inner senses... of feeling, knowing, seeing...

Begin to look within the sacredness of your Being.

Look within the graciousness of your Sacred Heart

and notice the changes that have occurred there:

the Light that is so brilliant and radiant.

Notice the consciousness,

the pulsating of the massive consciousness of YOU

as a vast, vast Divine Being, Christed Being.....

As you are aware of the sanctity of this Sacred Heart,

Be aware of the sanctity of your body

as the multi-dimensional energies flow consistently through every cell,

every molecule of your body.

The body has changed:

The carbon has been altered.

And in its place is this beautiful, crystalline Light emanation

that is forming as we speak...

You are creating a vehicle to feel and use these vast Light frequencies,

the Sounds, the reflections of the vastness of you

that are woven through the crystalline structure of you as a Light Body...

See the Radiance of yourself;

Listen with that inner knowing ear of yours to the beautiful Sounds

that are intermingled through your crystalline structure...

the luminous Colors.....

For you ARE a Divine Christed Being.

You are a beautiful emanation of Love...

View your Divinity..... isn't it spectacular! [Short Pause]

As you sit here with us now, viewing yourself...

Sit for as long as you like.....

And we will close our meeting at this time.....

Blessings, Beloveds, Blessings!