

Note: Comments are sometimes shortened and summarized rather than word for word.

John: Now, next we'd like to open this up to the group for a discussion revolving around two specific questions only. And these are ones that Metatron has suggested.

The first topic is about the coherency that you are developing in your mental-emotional body. How have you taken the information and energetics regarding the union of your thoughts and emotions through the Sound currents and witnessing this? It is most evident when you are speaking to someone. Have you noticed it other times? Is there a feeling present when the thought is thought?

[0:50] Hello, this is Sharka. On this topic about the emotions and the thoughts – I have recently observed in myself more authority in saying the truth, like getting to the point. Before I would go around so I would not hurt someone. I have noticed I have found the inner authority to just go ahead and say it. Like immediately the thought with the emotions.

John: Have you heard there is an ad on TV which shows two people conversing, but they are telling the truth, instead of just being flowery. And the comment is, "wouldn't it be nice if everybody spoke truth!"

As a little reminder, the reason that they have come up with these questions this evening, they'd like us to share so everybody in the group can hear what's going on with the rest of the group.

[2:16] Hello, this is Matteo, Toronto. I think I didn't grasp totally this concept of Sound currents through thoughts and emotions yet. Do I need to bring the Sound current from the 5th Dimensional Light Templates? [Joan: no] Or is it the voice that is being produced by the thought and the emotion? Thank you for any clarification.

Joan: Would anybody like to comment on that?

[3:09] Mary: I don't know if this is an answer to the question or just another way in. But I did have an interesting experience a couple of weeks after the conference, where I had family come to visit, including three small children. And I just haven't had that kind of group in my life. And they've all been under a lot of drama and stress; they're kind of plugged in [to 3D]. And the two-year old periodically screamed; it was just something she was dealing with. But there was this calm that kept surprising me and them. Until you said the question, I really hadn't quite put it all together. But there was this vibration that was permeating the field. And even the two-year old who would be squealy would respond. Maybe it was coming from my voice. But I was really surprised at not feeling the fingernail on the chalkboard feeling! And that was really interesting to me. And I think this may be an effect of what we were doing. It would just all calm.

[4:51] Joan: That's right on, from my perspective.

Diana: I have to piggy back on Mary. I also experienced a situation in which I have two young boys staying with me for a period of time due to drama in their life. One of the things that I've noticed is, I cannot raise my voice. I just can't. I think something happened a couple of weeks ago, and my voice became a little bit loud, and I felt it throughout my body – it was so uncomfortable.

But with this particular situation that happened, all of a sudden, out of the blue, up for 48 hours without sleep, and accommodating two young boys and making sure that there is little interruption in the flow of their life, I found myself walking through that situation with ease and grace and Love -- no judgment, and speaking with them in a very calm way, and they responding back in a calm way, which is usually not their modus operandi. And there's a part that is watching all of this take place, while I'm in the midst of it. And I find that very interesting to experience. I hope that's of assistance as well.

John: Perfect. Very well stated and how interesting.....

[7:08] This is Suzy: I'm in a social group of volunteers, and there was an incident that happened about a week ago, where this couple's feelings got very hurt. They ended up quitting our group. It was at a meeting of about 50 people. At the time, it was very traumatic, and yet, I was just in the space of observing what was going on, and I did not allow myself to get sucked into the emotions. And as I looked around, I could tell that other people weren't either. Everyone was going like, "I feel for you but I'm not going there." The situation just got smoothed over so quickly, the rest of the group just gave them their Love and appreciation and have supported them, but they just have refused to quit themselves or get drawn into all the drama. I don't know anything to do with that, because it felt like I was just very calm and one with this group, and it just felt wonderful to observe it and to not have that feeling of the trauma and the anxiety and the drama. In the past I think I would have tapped into all those emotions that have happened to me like that, and they didn't this time.

John: Well, knowing you, I'm sure that they look at you as a leader. And whether you realized it or not, I think you definitely affected everybody in that group, which is wonderful!

[9:15] This is Katie: What I've noticed is that when I'm feeling negative emotions now, instead of immediately bringing in the Colors or Sounds to dissolve them away, instead I'm stopping. And I'm listening to what the emotions have to say. And we sometimes end up in a brief two-way discussion, both in the emotions and in the Love of Sacred Heart. And then, when the emotions have been heard, they instantly change all on their own accord.

[9:57] Joan: I'd just like to make a point about that. You know, we talked about the Sound currents sometime back, that some of them are heard by our human ear, especially when we use our voices. But the majority of these Sound currents, these creative currents are not heard by our human ear. So that's why it's so important to observe what is going on within you. And many of you said it so well, that you just observed, that you remained calm. It wasn't so much in what you said, but in the emotion that was being projected through a Sound Current, even though you couldn't hear it. But it's important for us at this stage to notice these things.

John: Just because of time, let's move on to **the second question**, which is, have you noticed that you are more than your body and more than your genetic lineage of that body? Do you ever recognize that you have a Wisdom far beyond this?

[11:21] Suzy?: I will just respond real quick. For me, it's feels like a knowing that I am so much more than I realized that I was ever before -- like I AM THAT.

[11:40] Matteo: I'll describe my state of consciousness right now in these last couple of weeks. It's present time and very calm constantly. People can yell at me and I don't move. It's like living in a bubble.

The mind creates thoughts that I have an issue with money. So it goes into the future. But when I came back, it's ready to stay for long. I believe I don't yet about reference. I know the space; I can perceive it; but I don't how to use it.

[12:55] Joanne: I think both of these questions are very connected and now I know why I'm answering this second one. The feeling, the Presence of Undifferentiated Light, I experience it as a column that vibrates as me and I arise as a physical Being through or out of or in communion with that. I've always been connecting in with the Earth, with the Christed Grid, but a couple of weeks ago, it actually shifted to the New Earth Paradigm Grid. It was the first time that I experienced receiving back. It wasn't just a giving process; it was a receiving back. I experience it as a longer column of energy.

With the mental-emotional, there's a vibrational resonance, where if an emotion arises or if a thought arises, there is a calibration that happens between the mental-emotional bodies, the Heart and Mind, Universal Mind, that actually creates clarity about what is coming through and the Wisdom. And then, when it is spoken, the resonance not only goes out into the world but it also comes back into me, where I receive that resonance. And it becomes part of that column of Undifferentiated Light and the expansion of All That Is.

And I also noticed, I had an experience of hearing a child cry for quite a long time, and I was drawn to this sound and wondered who am I in relation to this experience. And what opened up was awareness of a new field of consciousness to be able to see whole landscapes now that weren't open before, in terms of injustices. Because of the stability of the Presence within myself, these new landscapes get opened up. That experience relates to these questions in that Sound has now become to different portals of consciousness if we can connect with them.

Joan: Thank you. Very well said.

[15:46] Randall: Every since the conference, where we connected with all those different Beings and made those specific connections to the various Star Families, it's really quite expansive. Those connections are wide open now and lots of communications are going on and are possible. And that kind of goes to the question of are we noticing how big we are. I'm noticing that there's a lot of Beings, and I say Star Family, because they are our family. It's a knowingness that we've led lots of other lives and parallel lives in these different realms. And none of it seems that foreign really. And they're very interested in communicating with all of us. The portals are open. Something did change at the conference. The portals are definitely opened and there's lots of big Beings that want to connect.

[17:28] Cliff: I want to second what Randall said. Since the conference, I've had this sense that all the lines of communication are open. And it's part of what we did opening the axiatonal lines and putting them out into the universe before the conference. So I have that sense that everything is open. I can talk to anybody at any time, any where. Once again I'm in a position where I don't have the words to explain what's going on.

Joan and John: Thanks for sharing, Cliff, and we understood.