

ITEMS TO FOCUS ON AND PRACTICE from Session 12 on 08-08-17

1. Quiet brings balance. Rest in what you know.

The time is now to take quiet, down time.

- a. to allow the body to accommodate the massive influx of Light Templates and
- b. to realize who you are at that Masterful level and get in touch with your Master Imprints.

2. Play with the Light Templates and how they relate to you personally.

It is very important to focus on you personally at this point, not just on the Collective Consciousness.

3. Look at the effects that you have created on your DNA structure.

- a. Remember where you placed those 7 Packets of Light, both in the first three strands of DNA and in various chakras.
- b. Observe the changes occurring in those first three strands of DNA, in your chakra system, in your ability to hold the very coherent stable expression of you, personally, as that Christed Being.

4. This is a time of reflection and how you can begin to create differently or more precisely.

5. Be in a receptive mode to the energetics infusing the Earth, especially in this time between the partial lunar eclipse of 8-7, the Lion's Gate of 8-8, and the full solar eclipse of 8-21 and beyond. Do this daily:

- a. Open your 14-chakra system and use the energetics infusing the Earth to very, very gently create higher frequency and vibrations within your body and chakra system so your body is receptive to these higher frequencies with ease and less trauma.
- b. Spin all four Triads. Create a massive spiral of Light energy with the intention to receive the Light that is emanating from these vast regions of the Cosmos.
- c. Open your crown and see the massive opening in your crown, which is needed to continually keep receiving these new Light Templates being broadcast.

6. Use the alignment with Sirius that is part of the Lion's Gate energy to more easily remember who you are at that vaster level. The Sirians and especially the Sirian Archangelic League are very present in your Crucible to assist you with this.

7. Notice the frequencies within the Sound Template of the name of AN RA TA.

8. A STREAMLINED WAY TO USE THESE HIGHER LIGHT ENERGETICS TO CLEAR AND FREE OLD PATTERNS AND THOUGHTS AND EMOTIONS VERY SIMPLY.

It is not a long process. The change may happen instantaneously or in a few hours.

Streamlined Clearing Method from Metatron:

- a. Recognize these old patterns, thoughts, emotions.
- b. With you intention, release them by simply saying
"I now eliminate all thought patterns, all lower emotions that no longer serve me as a Being of Light."
- c. Receive the Christed Light into your mental-emotional body [see g below]
- d. FEEL the change that is taking place

Additions to Clearing Method from An Ra Ta:

- f. Consciously use the Element of Love.
- g. Consciously draw on the influx of great Christed Light from the central suns of the Pleiades and the Sirian Star Gates when you are receiving the Christed Light [in c above]