

1. We come together because we have each had physical human bodies on Earth. Therefore, your bodies can hear us and receive the energetics along you're your understanding it emotionally and receiving it through your emotions.

It is most important for you to pay attention to the energetics you feel in your body
as you listen to us,
as you live your daily life,
and as you continuing raising yourself.

Notice the difference between the energetics when we come to you merged
versus when the Triad or Lord Metatron comes to you.

2. Light Body and DNA Activation, Time Locks, and 5th/6th/7th Dimensional Templates:

In the beginning Light Body work in 2014, you received only a partial activation,
because you had not yet retrieved the 5th, 6th, and 7th Dimensional Light Templates
from the Time Locks,
and these are necessary for the DNA and Light Body activation.

Likewise when you first received the Light Packets in 2016, they weren't activated,
because they also require the opening of the Time Locks you did in 2016 & 2017.

The opening of the Time Locks & retrieval of the 5th, 6th, and 7th Dimensional Templates
allows a further level of activation of the DNA Strands and of the Light Body.
These energetics also add to the energetic Light Frequencies of the 14-chakra system.

3. Descension of the 8th chakra into the Sacred Heart was a HUGE event.

The 8th chakra holds Universal Mind [pertaining to physicality].

With it in the body, the body can access a new, higher level of consciousness,
creating a viable usability of the Higher Mind,
and the brain can process some information drawn from the Universal Mind.

This enables the individual OverSoul and the Christed OverSoul to direct the process
to engage the 4th and 5th Strands of DNA and affect all levels of Light Body activation.

4. The Blue Star Tetrahedron was placed and spun to create a rotation
in every chakra in 2016

This created a higher Light Frequency and more refined vibration in the chakras.

It brought Unity to the entire 14-chakra system,
because the lower 7 chakras could be brought up to the same frequency/vibration
as the upper 7 chakras.

Since the 8th chakra had begun its descent into the body,
there was no further need for the Blue Star Tetrahedron to bridge
the 7 lower and the 7 upper chakras.

Just recently this descension became stabilized with the 8th chakra in the Sacred Heart,
allowing activation of more Templates in the DNA structure.
by placing the retrieved Light Templates within particular Light Packets
then placing the Light Packets in specific DNA Strands and chakras.

5. 4th Strand of DNA and Heart chakra:

One of the Light Packets was placed in that 4th Strand of DNA and in your Heart chakra. This Light Packet contained the 5th Dimensional Light Template and relates to your physicality, providing stability in the way you perceive your life experience.

The 4th Strand of DNA bridges the physical genetic lineage as well as the spiritual lineage. This assists in the transformation of the body into a 5D vehicle and Light Body. This requires Knowing of Self as a SoulSpirit and requires developing communication channels through the Higher Self into physicality. Direction is given by your OverSoul and your Christed OverSoul.

With the 4th Strand of DNA activation, the memory codes of you as a Christed SoulSpirit are awakened, because of the Presence of the 5th Dimensional Light Packet placed within that 4th Strand of DNA. Memory codes are more accessible and can be drawn from the Causal Body more easily.

This Light Packet set the 5D energy of Love and Unity in this 4th Strand of DNA. In this Unity, there is no separation between Soul, Spirit, and you in a physical body.

This Light Packet was also placed in the Heart chakra to stimulate the Self-Love that is unified with the Undifferentiated Love Light of Source. This begins building a large image of Self in the 5th Dimension in your body.

You no longer need full conscious awareness of past life events or experiences. But you MUST begin to fully access the memory of the Soul experience which is not limited by time or dimension. This memory is without judgment of any kind and brings the Wisdom necessary to direct you in your transformation process.

6. 5th Strand of DNA:

A Light Packet was also placed in the 5th Strand of DNA. This Packet contains not only a 5D Template but also 6D and 7D Templates. These Templates allow the body to begin to realize the consciousness that it is a Christed Vessel. A new magnetic field is constructed that continually draws to you your likeness as a Christed Being. The memory codes and magnetics relating to this thought are now available both in your consciousness as well as in your physical body.

7. Light Packet in the 8th chakra:

A 5th Dimensional Light Packet was also placed in the 8th chakra,
now in the body in the Sacred Heart.

This provides the consciousness to Know Yourself from an elevated perspective,
as SoulSpirit occupying a physical body,
while you are aware that at a Collective level, you are pure vast, vast Spirit.
You are assisted in this Knowing, because you are drawing from that 7D Light Template,
which brings to you the frequencies of pure Spirit.

The 5D Light Packet in the 8th chakra
also allows you to use the retrieved Light Templates stably and coherently
and the body begins to communicate coherent Light energy.

8. Body relaxation and dropping of more density due to 5th Strand of DNA & 8th chakra:

Because you can draw Light Templates from the 5th, 6th, and 7th Dimensions,
and place them in Light Packets in the 5th Strand of DNA and 8th chakra,
the body begins to shed some of the rigidity and density of the 3rd dimension.

As the body relaxes and drops more density,
it creates the communication necessary through the glandular and nervous systems
to create Unity in both systems
and allow more communication throughout the entire body.

9. Specific Exercises to Practice that Kuthumi and Yeshua did not mention specifically:

[01. Not mentioned by Kuthumi and Yeshua]

Feel the Presence of the Light Packet with the 5th Dimensional Light Template
placed in the 4th Strand of DNA.

Notice you have more access to your memory codes of you as a Christed SoulSpirit
and can more easily draw memories of your Soul experience from the Causal Body.
Notice there is no separation between Soul, Spirit, and you in a physical body
because of the Presence of Unity from that 5D Template.

[02. Also not mentioned by Kuthumi and Yeshua]

Feel the Presence of the Light Packet with the 5th Dimensional Light Template
placed in your Heart chakra.

Notice how it stimulates your Self-Love
that is unified with the Undifferentiated Love and Light of Source.

10. Specific Exercises to Practice that Kuthumi and Yeshua did mention specifically:

- a. Take a breath and feel the Presence of the Light Packet placed in the 5th Strand of DNA containing not only 5D but also 6D and 7D Light Templates.

Notice the difference in the consciousness of the body.

Feel the dynamic Light energy that is available in the body.

Notice as the memory codes and magnetics allow both your body and your consciousness to realize you are a Christed Being of Light and the body is a Christed vessel.

- b. Feel the Light Packet with a 5D Light Template in the 8th chakra in your Sacred Heart. Notice how you Know Yourself as SoulSpirit occupying a physical body, and as vast, vast pure Spirit at the Collective level.

Breathe this in and feel it in your body.

Take in the massiveness of that thought

and feel the emotion welling up in your emotional body.

Perceive the coherent Light Energy you are now emanating.

- c. Feel the relaxation in your body as it begins to shed the density and rigidity of 3D because of the activation of the 5D/6D/7D Light Templates in the Light Packets in the 5th Strand of DNA and the 8th chakra.

Feel the calmness, Love, Unity, purity as the body is relaxed in the Presence of the frequencies of these light Packets.

Feel the relaxation of the body: what a relief!!!!!!

- d. Review briefly the portions of the 2014 Light Body activations that relate to the first four levels of Light Body activation.

The crucial step here is to feel the energetics and changes in the body (while allowing the rational mind to put some of the information in order).

- e. Be Kind to yourself.

Love yourself.

Value your journey of transformation.

REST often.