

John:

Now, I have been asked to make a few comments about the importance of all of the group members' participation in tonight's discussion. You probably remember my comments last month that compared some major projects of the last fifty years that required many people to contribute. Without all of those people with different pieces of the puzzle coming together, these projects never would have been accomplished.

This stage of our project, we are still a small group, and we must all participate to reach this seemingly impossible dream. What is very important to note is that we have all come here at this time because of our background with the fall of Atlantis. We are together at this time to assist one another to reverse what took place then and move us all towards the Ascension that we desire.

If one of these groups that had been put together on the first two projects had quit or not spoken up when they had the knowledge to correct an issue, then no one would have gone to the moon or built an invisible plane. These projects were very important, but I don't believe they can hold a candle to this Ascension Project. Therefore, I encourage you all to come out of your shells and understand how important each one of you are to this monumental program.

During our group discussion, we need members of the group who have not spoken to date to come forward. We really need to hear from you so that you can share with us your specific important information that will assist us in reaching our mutual goals. Also, please remember to encourage the new voices to speak up, even though they may find it difficult to voice their opinions.

Now, let's all take a deep breath and assist Joan in bringing forth Yeshua...

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Yeshua:

Greetings, Beloveds, It is I, Yeshua.

I come from the Collective Consciousness of the All That Is. But I also come with my friend, Master Kuthumi. Together, we will be orchestrating several sessions that relate to the changes in the DNA structure of the physical body, because as Master Kuthumi said to you in the last session, your body relates to what we have to say and the energies that we are transmitting, because that imprint is still within our energetic field of having a physical human body on Planet Earth. So, there is a relationship that is had in that energetic.

So, that said, I would to talk to you about these energetics and the Energetic Templates and the importance of these Templates and the building of a frame of reference within your body, within how those energetics are felt in the body. What changes have you noticed in the body? Not necessarily from the point of a healing that took place, although that's important to recognize, but in just your day to day daily living and interaction. What have you noticed about your conscious awareness? What have you noticed about the Love that is always present with you, not just for others in compassion, rather than judgment, but in yourself having that compassion and Love and value for who you are and the struggles that you have gone through to get to this point.

We have sent to you, beforehand, some questions that we would like you to discuss in your group dynamics. I think this is very important, because it's in these discussions, with every member, not just us, not just the Archangels or Kuthumi or myself, but with ALL of you, ALL of us participating in these group discussions, because it stimulates new awareness within everyone. Each one of you contributes something to the mix. And this contribution, I must tell you, is so valuable! It's valuable to us to learn how you use these energetics, how you use the teachings, and what we need to do to make it more palatable, digestible, and integrate it. We learn much from your conversations, just as you learn from each other.

So, it's never a one-way path here, Beloveds, any longer. This is a co-creative series of events.

So, that said, I am not going to take up any more time, because I'm really anxious to hear what you have to say. I will turn it over to John, now, to ask the Questions that we have suggested.

[4:40] **John:** Thank you, Yeshua! What a great intro for this...

As Yeshua said, we're going to open it up for an interactive discussion. And, again, please allow space for some of our new voices to be heard tonight. Just push *6 on your phones and you will be live. Just remember, when you are done, please push *6 again to put yourself back on mute. And you can always come back on with *6, back and forth. So, if you would, that would certainly be great.

So, 1st Question for this evening, and I'm just repeating what you already know, but Question #1 is

With the expanded activation of the 4th and 5th Strands of DNA and the imprints of the activated Light Templates, what have you noticed about your thinking process? How have you used your thoughts to limit a 3rd dimensional thought pattern in times when you would have been in reaction?

We'll do that one first, and then when we're concluded with that one, then I'll ask the other question.

So, we're live and open for discussion, please.....

[5:41] **The group discussion on Question 1** is not transcribed, but the full recording of it is available in the 16C mp3. Part of the discussion was about the balance between the rational mind understanding and experiencing the energetics, especially with respect to whether it's important to know the source from which we are attempting to draw our OverSoul Wisdom and experience, i.e. is it from the Causal Body or does that mental classification not matter?]

[34:13] **John:** OK, let's move on to the 2nd Question. I think everybody's contributed very nicely. But the 2nd Question, just to kind of review it, is

The 8th chakra has descended into your Sacred Heart, and the activated 5th, 6th, and 7th Dimensional Light Templates are present in the Light Packets that we all placed in the 4th and 5th Strands of the DNA as well as in our heart chakras and our Sacred Heart. Now it's a viable Presence of your Higher Self that is now directed by your OverSoul and your Christed OverSoul.

What have you all noticed in how you are willing to value yourself, your contribution to the Earth, and the Imaging that you transmit?

Are you more willing to accept and Love yourself and who you are?

Some comments on that, please.....

[**Group Discussion on Question 2** was not transcribed, but the recording is available in the 16C mp3.]

[69:53] **Joan:**

Well, I think we are about out of time, so what I would like to do is I would like to take this opportunity to thank everyone who contributed, everyone who was here to receive and listen. And we really look forward to doing this again next month. I think it's an awesome experience for every one of us.

So, I think we would be amiss if we didn't have some kind of a closing meditation or a closing prayer. And I would invite anyone in our group who would like to contribute to either the opening or the closing at some point, or any time. You can let me know ahead of time just by emailing me, "I'd like to do this or I'd like to do that in our group discussion." And this makes it more interactive and co-creative, when we all take a responsibility of doing certain things within our group dynamic.

So, what I would like to do now is take the opportunity to call forth Yeshua again to do a closing meditation. So, if you'd just give me a moment.....