

Transcriber's Note: The channeled parts of this transcription are basically word for word. However, this transcription is a bit rough and our discussion is not always word for word. There were places where I couldn't make out every word of what was said, but the concepts and energetics of what we discussed come through loud and clear. [Most of the transcription was done on a noisy, bumpy plane, in very cramped quarters – so I couldn't go back and forth on the recording and get everything just right.]

[18A 7:45] John Intro to Discussion Point #1: Now, the Lords of Light have suggested that we discuss tonight some of the following issues:

The 3rd dimensional physical body greatly limits the individual's ability to recognize itself as part of Spirit or Source. Source Divine Energy is totally unified in its expression, all the while having many iterations and expressions as creation takes place in form. This is important for everyone to recognize.

Seeds of awareness were planted. And your attention was directed to the Presence of the Holy Spirit and the awareness of the Holy Spirit as you, the Divine Image.

This is not something that you seek out. It is something that you have to get to know through the Presence of the Holy Spirit that IS within you. You are the Holy Spirit exemplifying yourself in an individual form that creates. The Lords of Light are stimulating an awareness of what is now built into your energetic system.

In your Sacred Heart, you also have the Holy Spirit of Christ Consciousness within your Sacred Heart. As you develop this state of consciousness in your awareness, it is present continuously. You are not having to go to it or direct your attention to the Source of it to retrieve it. You ARE totally it.

We would like you to talk about the experiences that you have had since the last call. And we would like you to discuss how you were able to integrate these concepts and energies. What were your experiences???

[18B 00:00] If you would please, let us know what you're thinking.

1. Sharka: [Transcriber couldn't hear a lot of the words through the background noises] I would like to share my experience with the new energies of being unified..... I have noticed it but to describe it would be [?]. All my bodies, including my physical body, I would be totally centered. My alignment is in the center, with me being centered. I'm still working on releasing some of those griefs, which we talked about the last time. And I have noticed that, each time I would have a hard time and I would release it, that it immediately just filled with this tremendous Light.

And that kind of answered my question – I had a question before: how come we're not being guided to acknowledge, release, and replace. I believe it used to be that way. And then this answered my question, I felt like, because there is so much Light, it immediately fills in that hole and replaces whatever.

It crossed my mind, I noticed my body ascending, because it's so much lighter after releasing so much. And then I realized I had released so much that I actually have no reason to put myself down! I just had a beautiful realization of that Lightness of the body.

2. [2:36] Pat: Hello Joan and John and everyone. It's good to speak with you tonight.

And, when I read the channeling, when you sent that out earlier, I thought "Ha, I'm going to see if the Holy Spirit and I can communicate. And it's deeper than me. Let's just simply say, 'Show my myself! Show me myself!' " Not that I would go to it, as was instructed.

But it was as though, when I did that in a very quiet meditation, it was kind of like being in a movie theater, a very old-fashioned movie theater, where they actually had veil-like drapes. And when I said, "Show me myself," the curtains opened, and what I saw kind of looked like vast space. And it moves and it flowed and it had lots of color and lots of Light, like looking through the Hubble telescope at some of that stuff that looks like exquisite artwork. And then it would look like fractals.

And then my rational brain came in, as it does sometimes, and said, "Oh come on! Really! This isn't you.... this is too big.... this isn't you." Then I just asked it to kind of move over and keep track of time for me. It loves to keep track of time.

And I just felt like Holy Spirit and I were together, looking at me, and there was no gender. There was such Lightness, I can kind of relate to what Sharka was saying about a sense of being centered, but yet I didn't really have to work at it. It was there. It was coming to me. And that's what I experienced. When I came back from that, the curtains closed again. But I had sort of a Knowing, as if someone had left a message saying, "You're welcome to come back anytime."

That's what I noticed!

[6:01] 3. Katie: I have also been very affected by the reminder that we are the Holy Spirit and the Holy Spirit is within us. It seemed amazing that we can forget that so much of the time! And I've also found it very effective to focus on the Light Packet with the 5th Dimensional Light Template in the heart chakra. That has been able to, without really having words for it, to go in and heal some of the very deep woundings coming up from Atlantis. And nothing else, none of our other tools were really getting to that. But this Light Packet – the experience is so simple, it's almost you can't describe what it's doing.

And as part of all this, as I put my attention points on the various chakras and Triads and Light Packets, I was thinking at first that since the Crucible meets through the 9th chakra, that that was like a sphere around me. And then I realized that no, that had to be deep within myself, my Sacred Heart Consciousness also, and emanating outward, because in our physicality, we see things as outward.

And then I was focusing on the descension of the 8th chakra and I would assume at least part of the SoulStar into the Sacred Heart space. So, we no longer have a linear lineup of Triads, but instead, it's swirling like a moving tube torus. And so it's beyond the rational mind's ability to actually see or describe, but it's somewhat like the vastness Pat was talking about, where I'm allowing myself to become that vastness in a multi-colored moving geometry beyond any kind of description.

So, I'm wondering if anyone else has been dealing with the tube torus? Or if anyone has found anything very different than what I just described.

4. [9:00] Jody: The tube torus – one of the things that I have noticed in all of the work – sometimes I get into a place of, I want to say almost lackadaisical, but it's not, it's like there's no drama, there's no trauma, there's no reaction, there's nothing. And so sometimes I feel almost like I could be moving in a different direction, get some energy moving.

And the torus has come to my mind lately a LOT. It's like sucking in that energy and allowing it to go over. And what I find is that when I can't quite wrap my rational mind around the work, I have to go back and look at me looking at me, you know that inside inside, observing myself observing myself. And then just feel that torus around me and then just witness it, feel it.

And it allows everything to go into place. It's like locking in the puzzle pieces. And then it's just holding that mastery. And so funny you say that, Katie, because that strength of being creator, being connected to Source and going up into this chakra and that chakra and making sure that this is connected and that's connected and opening up this Packet and that Packet – you know it's like my brain just doesn't get it. And when I immerse myself into the torus, I just let it gyrate all around me, and it's like it puts everything in place.

So thank you, Katie, yes I have noticed myself in there. It's peaceful. It's activating. Source and I can go play. I can go play. I mean it's just like somebody just put a nice soft blanket around me and then gave me a big bear hug.

5. [11:30] Joe: Thanks, Jody – big bear hug to you.

This is really interesting, because the torus has come back into my space recently as well. I played with it for a while and then moved on to other things and then all of a sudden, there it was back. Katie described it real well. And as we bring in Triads, the 4th folds into the 3rd and that folds into the 2nd and into the 1st, and it becomes one Triad. And then it becomes one chakra, because all of the chakras are merged into one. Spinning that at [100%] Light. That Toroidal field is just fast!

I was playing with another member the other night with some of these tools, and we became aware of the cells. We were working with the DNA and the Light Packets. And at each cell of the body was a torus. And the DNA was the center of that torus, the Strands of the DNA. And that was the engine of the torus. And, as we worked with the DNA and activated the Light Packets and activated more Strands of DNA, it vastly enhanced the quality of the torus. I really felt that this was like the mechanism by which we are changing our bodies into 5th Dimensional physical bodies. So, it was very, very powerful.

And one of the things that we could have gone on, but we were playing with the consciousness of the 2nd Light Packet, of the Light Packet that we placed -- I'm sorry but I'm getting confused – the Light Packet that we put in the heart chakra and the 5th Strand of DNA. I think they call it the 2nd Light Packet.

[Transcriber: Joan later clarified in the call that the 1st Light Packet, with the 5th Dimensional Template was placed in the heart chakra and the 4th Strand of DNA. The 2nd Light Packet has the 5th, 6th, and 7th Dimensional Templates and was placed in the 8th chakra, in the body in the area of the thymus/high heart, & into the 5th Strand of DNA.]

And going into that and experiencing the consciousness of that. It has this vast, peaceful, Divine Consciousness. And merging that in with my consciousness, bringing it into the pineal gland, and bringing it into the Light that I'm creating in the pineal gland, and then running that through all the Light Body, through the various layers of the Light Body. And it's potent.

We were doing a lot of stuff with it. We were running it through the jawbones. We found that very powerful. We were working again with creating the ATP [Transcriber: the ATP is the energy source in the cells.] And that kind of felt like that consciousness of that Light Packet had the codes, the knowledge to activate that ATP to a deeper level. And it was just kind of showing up in our space as we were playing with it. So, I think the fact that three of us at least are seeing that, I think it's really, really significant. I know it was very, very powerful in our space. And I'm going to keep playing with it some.

That's what I have to share. Thanks everybody. And I look forward to seeing everybody on the Solstice. We got a preview from Yeshua – and it's going to rock. You want to be there. Don't miss it!

[16:03] Katie: Thanks Jody and Joe for sharing your experiences with the torus. But I also wanted to add – or it's kind of a question here: Weren't we also told that as we run the Golden Nectar Light into the cells that that allows the cells to create the ATP and keep it stable also? So, that would be another part of this 5th Dimensional transformation.

Joan: Anybody like to comment on that? What their remembrance is?

6. Mary: My experience I've been having is that the cells, it's like I have champagne bubble cells. And I think 11:11 may have marked when it started coming on gradually in the body. And there's a very blissful feeling. And it's coming for long periods of time. It's like the sunlight, just the beautiful morning, somehow just starts triggering it. And when all of you guys were talking tonight, everything from the tube torus and then Katie what you just said with the ATP, my cells are responding to what I'm hearing. It's kind of like, "Yeah, yeah, that's it!" But I have not been aware of my cells feeling literally effervescent and filled with Light.

I think, the Nectar – I have played a little bit with the Nectar. I think it was Ask the Archangels where Kuthumi or someone was recommending and went through and they actually said the particles of Light were kind of bumping up against the carbon. So that kind of started me playing with it. So that may be a connection. I just wanted to throw this out, because I'm not sure if one particular thing is causing it.

7. Joan: Well, I think from what they have said, and the guidance that I get for myself personally, when I do my work and my meditation for me, is that when we compress the Light either in the liquid form or in the nectar, or even in the laser, although they haven't wanted to go much into that, because that's a very powerful tool. So they don't really talk about that much.

But it makes it more compatible with the body to make it liquid or to make the nectar, because the nectar then is viscous like the membranes in the cell. So that in itself helps to transform the 3rd dimensional carbon body into more Light, because you are sending Light in a way that the body can receive it and use it.

And I think it was one of the Archangels calls that talked about the Liquid Light and the little carbon particles that just kind of, as that Liquid Light moves through the blood stream, it just absorbs the carbon and it becomes Light. It's like little specks of coal is the way that they described it, where it just fires up and becomes Light. I thought it was just a beautiful expression. I can't remember exactly the words. Yeah, I think really that that is one of the key things in helping the body transform.

Mary: Or it's some combination and I think that Packet of Light – as we put our attention points in these different areas, I'm really feeling something. So, yeah!

Joan: Well that 2nd Packet of Light has the 6th and 7th Dimensional Templates that we retrieved in the last conference. So you're drawing from the vastness of that 7th Dimensional Light Template. So that in itself really, put into the 5th Strand of DNA, it really helps the consciousness, but it also helps the body.

Mary: Well, I like anything that helps the body! Thank you!

8. [21:18] Randall: Hi everybody.

Yeah, I just want to share a little bit, speaking of helping the body. So, my space has been very physical. It's like the body is kind of waking up in consciousness and asserting itself. And so I've been... basically for years I've known that eventually I will probably have to go vegetarian, when I got to a certain point. I didn't want to assert will power. I just figured, well, when the time is right, it will just drop away. So that's when I found over the last two weeks, all of a sudden it was like – no more meat! So, I'm starting down that path of vegetarianism. And it's [?] very quickly. Now I just don't want it. And so it's a real big change for me. So that's been pretty interesting. And I just feel like it's a vibratory thing.

And I guess the other thing I've been noticing is things rising up in my energy field and body – things that were hidden, that need to be looked at, old wounds if you will. Right now a lot of them are just right at the surface that need to be looked at or healed in some way. So, it's been a very physical experience for me. Interesting!

9. [23:18] Hi, this is Pat, again. Hi!

I think maybe I've missed something. I don't know about torus or tube torus. The Taurus I know is a star constellation. So I think I'm missing that. If somebody can catch me up to speed on that.....

Katie: My explanation is super simple, so someone may have a far better one. I can't keep track of this either unless I'm looking at one of the teachers of sacred geometry. But when I'm not doing that, I think of it as donut with a hole in the center. And the energies are constantly swirling in and swirling out. Of course that would be the 3D version of it. And what's really going on is multi-dimensional. Joe and Jody mentioned that the energy is swirling in. From our perspective of the external world, it feels like the energies are swirling in from an external world into our center in a multi-dimensional way and then swirling back out. And it's not something we necessarily have to grasp with the rational mind or be able to visualize, because it is beyond a 3D picture.

But the 3D picture I've been given is of a donut with a hole in the center and that would be our Sacred Heart Consciousness, SoulSpirit, 8th chakra – the Holy Spirit's everywhere, but sparked all by the Holy Spirit. So if that helps....

It's spelled t-o-r-u-s. This isn't the constellation [Taurus].

Pat: Oh! You know, that does help a lot. And I really love donuts. So, thank you! Maybe if I get it together, I'll give up donuts! I'll try and follow Randall's path. I'm trying to go that way.....

10. [26:00] Jody: Were you part of the Alchemy group?

Pat: Yeah, I didn't do the 4th year, but yes, I was. But I don't remember that in the Alchemy group.

Jody: The beginning Level 1, we put together the tube torus. And how we did it is that we were.... I did the teachers' program, so this was one of the three pieces that was essential for Level 1. And that was to be in that tube torus, get it spinning. You take the masculine and the feminine, and you have the third one in the middle, and we start spinning. And then when we come back in together, it's like the hum that starts.

But the piece of the tube torus was when we would take a breath, we would breathe in the prana into our heart center and there was a whole.... it was like starting a motor. We had to get that energy moving. And so the tube torus brought the energy into the center. Then, as it did, it went up, escalated out like a fountain, and came out around us, and then went down below our feet, and then when we breathed in again, we breathed in that energy and we brought it back up. It connects the center column, or the rod of power. And so it was actually one of the three essentials of the Level 1 beginning weekend.

Drunvalo Melchizedek is really big on that personal power field and getting that motion moving. So, if anybody wants to look up online what a tube torus looks like... it's not stationery, but there's a lot of them that are online.

Pat: OK. I do kind of remember the tube thing. I didn't have torus connected to it. But I do kind of remember that. And I'll look that up again. But Love the donut metaphor!

Joe: I'd like to add something to what Katie and Jody said. When we're spinning our Merkaba at [100%] Light, that tube torus is there. [Pat: OOOOH!!] And all we have to do is become aware of it. You don't at that point – if you're spinning that Light, you have a tube torus. Just become aware of it.

Some of us, I think, are drawn to work on a tube torus more than the Merkaba, but really one creates the other. But, if I see my tube torus, my Merkaba is spinning at Light. So you don't have to work directly with the tube torus, I don't think. Just spin at Light and it's there.

Pat: Thank you, thank you!

11. [29:25] Jana: Just to share that my concept of the tube torus is also the Unified Field. Does anybody else have that?

Joe: Yes, yes, absolutely!

Jana: It's just this all encompassing... in that unified expression.

12. Sharka: I was going to add I didn't remember the tube torus also from the Mastering Alchemy, but I found a picture on the internet and it is like a donut! And for me, when it was first brought up tonight, I realized what I have experienced when I was describing my centeredness, that's what it was, the tube torus, with all those bodies around me, and I was like in the center of the donut.

Pat: Thank you, all, very much.

Katie: Yes, and Jana, what you just said about the Unified Field fits in with what Jody said, that it pulls everything together in a way none of us can understand with the rational mind. And so adding that label of Unified Field brings all the concepts we have and understandings and energetics from the vastness of the Unified Field into this, too. So, thank you!

13. [31:01] Sandee: I just wanted to echo Jana's comment about the tube torus being the Unified Field, because that's what I feel. I feel the Unified Field energy activated when I activate the Merkaba or when I check in to find the Merkaba is activated already.

But I also wanted to share with Randall that my body just sort of changed since the end of September, going into vegetarian diet. And it was energizing. My body was welcoming. I used to be vegetarian for about 25 years, raised my kids on that. And interestingly enough, my one daughter who would sneak out to go to McDonald's with her friends is the one who comes back with, "Mom, you've got to try this!" "Oh yeah, this is very familiar!

So, anyway, I'm experiencing this with my body. And it's changing. Someone mentioned the cells feeling like champagne bubbles. But that doesn't always happen to me. But it does feel lighter. And I feel more energy and a big shift, just in my body in itself. So I just thought I'd share that.

14. [33:01] Diana: I'm listening to everyone and my experience lately has been a little bit different. I was sharing on the call the other day with the Light Packet and the 5th Strand of DNA. It seems to be sending codes, instructions to the 4th Strand of my DNA. And what I am noticing is more electricity in my body. The picture that comes is like individual cells are being zapped. And then they're moving; the internal part of the cells are raising its vibration. And there is, I feel quite often this electrical surge all over.

And then once that subsides, there is this lightness. But I feel this electricity. It's quite pronounced sometimes. Sometimes I find I have to kind of physically move in order to temper it a little bit.

And I have tried to focus on the Liquid Light, the viscous Nectar, and somehow or another, that's not coming to play in my consciousness at this point. But for me, it's really the electricity. And the Light Packet in the 5th Strand of DNA just sending out these codes. I'm not quite certain what that is. I don't know if I need to know. But that's what I'm experiencing at this time.

[35:36] John's Intro to Discussion Point #2: Well, just so it doesn't get away from us, the second subject that our dear Friends asked us to discuss was we have talked about the feminine/masculine combination, etc, etc. Of course this is a topic that we'd like to talk about. And that's the Holy Spirit, of course, without having to relate it to a gender Source. To have Source Energy completely functioning within your system and within your total awareness, as you express yourself as the Divine Image, is obviously helpful. This is a practice in which you can start to move away from what is comfortable in the day to day expression of yourself. Notice the difference in these two states.

Now, Lord Metatron will be present to answer any questions, if that is needed. So, if you could chat about that and see what you think about that and tell us your experiences, we would appreciate it.

15. [37:27] Jody: I guess I'm kind of confused as to what is it that we're supposed to be putting our attention on when it comes to gender. Or I guess it's maybe it like not being prejudiced or not being separate. Maybe I'm just not seeing it. Maybe I am there. But I'm not getting what the big deal is. And maybe it's already integrated. Maybe I'm missing the whole concept. If you could speak a little bit of what it is that we're really looking at. Because I am confused about it.

Metatron: It is I, Lord Metatron. What we are hoping to gain from this discussion is your awareness of yourself as that Divine Image, outside of the gender of your body, outside of any concept that you have had of a gender-related Source energy or the Holy Spirit. And just realizing it as Source Energy, that the aspects of Source have iterations that help you relate to Source Energy or the Holy Spirit through a gender type awareness that you have gained in the 3rd dimensional body -- such as Love, Compassion, or from the masculine side, being direct, organization of energies, bringing them into manifestation. But to let all of that go and just be in that Divine Energy of the Holy Spirit. And focus on a practice where you can in your day to day life be that energy without a gender connotation to it.

And that's very difficult in your day to day life when you're in an environment that is so developed according to a gender, not just of the body but the way individuals are supposed to function in the world, according to the gender of their body. And, as you can see in your world, about rights of women, where the men fit into that. And this is all bringing that up to unify it in that 5th Dimensional Energy, but unify it in Love and respect for each individual as they operate in their Divine Image as the Divine individual expression.

So, as you play with these unifying energies, such as the tube torus, and spinning your field, and your Merkaba, and the Light Packets, the cells of the body changing -- as you play with all of this, you become very unified in all parts of yourself, physically, emotionally, mentally, and spiritually. And you are very much in that energy .

From the discussion that you have had this evening, you are in that Divine Energy. You are the Divine Image. And if you will think back to just one year ago, when we began these teachings around the Divine Image, building your chakra system, changing the frequencies that you hold within your body, within your energy field, kind of remember back to that state of consciousness and view where you are at this very moment, knowing yourself as that Divine Image, without having any separation in any part of you, because you are there.

So, we like you to voice what you're seeing and what you're feeling as far as this unified expression of the Holy Spirit that functions within you, that is who you are: a Holy Spirit. So that's what we're trying to get you to voice, because when you voice it or you hear it from one of your other members, one of the other completely unified expressions within your Crucible, when you hear that, your body responds and you feel it within you. So, we would invite you to voice that.

16. [43:53] Katie: For me, life is very much more pleasant when I maintain an awareness of myself not just as the Katie personality but as other personalities I've been on the Earth plane. I either remember or have taken the imprint of people who have been both male and female. So that takes all the charge off the issue of women's rights, men's rights, abuse in either direction, because I've been both. And I'm totally aware that both the women and the men are damaged by what has been this separation.

Now this is a far cry from totally living as the Holy Spirit, knowing I AM the Holy Spirit. I can access something I feel, within me, as Holy Spirit. But it still feels almost separate from me, bigger than me. So this is a merging in me that still needs to occur and is in process of occurring.

Metatron: Yes, you are accurate. The body is not fully transformed so that the environment is conducive to that state 100% of the time. But you're getting glimpses of it. This is the main thing for everyone to understand. You get glimpses of it. You get fleeting awarenesses of it. And you feel it in your quiet time. So we encourage you to also feel it in your day to day life. And this will take some time and some more integration. But look how far you have come in a year.

17. [46:11] Charlotte: For my body, it was easier for me to go into the higher chakras and be with the Lords of Light and be the Lord of Light that I am and with the Elohim. And then now knowing that I have the Unified Field in the upper chakras, to be bringing it into the body, I can only feel like I've got it in now more than I've ever had before. But my body doesn't feel like it can hold it for very long periods of time or that I can emanate it through all the cells.

I'm doing better when I went in Unified Love and Light and sent it through. The Nectar is always running while the [?I am?] Light, running the Love that came out of the 7th Dimensional Template in that last Light Packet helped to open the cells – more have that sparkle to them. Some I think are calling it bubbly. And with that it seems to be able to hold more of all that I AM in my body than I was a few months ago.

Metatron: Of course.... And you are absolutely right. The Love, the Element of Love is essential in all of this, in everything that you do, because that huge step that you are now taking into 5th Dimension is predicated on Love as well as Unity. And there is no separation between Love and Light. The Light of Source and the Love of Source are the same. They're unified.

Charlotte: They're unified, but in our society, we have a tendency to make the female piece more of the emotional loving and the male can be more of the intellectual. But when I run them together, or as I merge that, standing in what I call All of Me, rather than the female part or the male part, but the All of Me piece, running it simultaneously, that seems to send different coding, as Diana was talking about. You can see the programming from the 5th Strand of DNA going to the 4th Strand of DNA, which works with developing the 5th Dimensional body, which I think is why I can feel more of that being more functional than it previously was.

And I can see more of the Light actually come out of my skin, off my hands. And I often notice it off my face than it was previously. More of the Light is emanating out, radiating/emanating. And I keep getting the message to "Use what you know; stay the course," like keep going, because I feel that we've only started developing this.

Metatron: You are very accurate.

18. [50:32] Charmaine: What I've been noticing is an even deeper, more profound sense of quiet, that it feels like a lot of this personality identifications are dissolving. And also, a lot of the need to language things is kind of falling away.

So, there's lots of times when I realize that I'm just sitting somewhere. And for long periods of time there has been no thoughts going through my head. I'm just completely in the present, in the environment, whatever that is. And a part of me will say, "Well, what are you feeling?" And another part says, "Well, you don't need to label it with a word; you just need to feel it and experience it." So because of this, it has been a lot more quiet in my internal space and a lot less need to put things into words. It's more just a state of sort of being, almost like I think maybe an animal would have. But it's very content and peaceful.

19. [52:20] Sharka: What I have noticed, I feel like I'm unified. My masculine and feminine energies are unified. And I can see how women had very strong compassion, but at the same time, they had masculine energies to dominate. All these two fragmented energies eventually created trying to rescue people. And I don't have that urge any more, because of the centeredness I'm in. I just wanted to share that I see the need to rescue is gone in me.

20. [3:28] Joanne: I'm listening to this gorgeous conversation and the beauty of the different experiences. Mine's a little bit different in that during the class, when we were talking about the emergence of the masculine and the feminine, I almost felt a blank, as if that already exists. And what I've noticed that has been occurring is a sense of freedom almost like relief that I can now be myself. So a sense of Home. But I don't have to keep tracking or monitoring girl/boy labeling. The labeling goes away. So this huge sense of freedom and Joy emerges.

And I notice it relationally as well. I was having a conversation with a very powerful, masculine fellow, who some would label as masculine, and he labels himself that way as well. And yet, the energetic within me, who I AM, was very clear to request that that being met that energy, not the labeling or any of those pieces. I'm not sure that made sense. But it's more like there's a magnetic presence that this alignment, this vibrational resonance that I have become. For me, it feels like Home. I'm free now. It certainly requires or asks to be met without parsing it off. So that's one part of my experience.

And then the other pieces: even from the beginning stages of Mastering Alchemy, whenever the Holy Spirit was mentioned, I drew a blank in terms of cognitive ability, cognitive recognition of what the Holy Spirit was. In other areas of my life, whenever I draw a blank, I know that it's not about me causing it in any way, but allowing that the energetic be revealed. So when I read the precursor to this call, the way I'm playing with that is Holy Spirit, "Show me what this is," and allowing that to unfold without delineating it. So, anyway, if this is information, that's great. If not, that is simply my experience of the Inner revealing itself to me in my everyday life.

21. [56:53] Jana: Well, I'd like to share that living these days in that coherence and harmonized states of being that we're experiencing, 5th, 6th, 7th, and the transformation of the carbon into what I think of as prismatic realities, such as how carbon on Earth compressed becomes diamond, you know, Light. And I don't have any concept in those states of being of gender at all. So, if there's something I'm missing here.....? Because it doesn't even enter into my field of awareness from one day to another to genderize anything, really. But the fact that we're all creating our Light Bodies individually here; there's also the Collectiveness aspect of ourselves, which is growing. Could you comment on that, because it would seem that we're actually, what we're living day to day in our bodies now is impacting all of the genderization that's existing in the collective of humanity.

Metatron: Of course it is. And this is why you are seeing so much turmoil in the world today, because the gender, the separation by gender has to fall away. Separation of any kind must fall away in the Presence of that 5th Dimensional state of being.

So, what you are seeing, especially in this group, Dear Ones, is that you are learning more about you as the individual expression of the Divine. But, at the same time, you are learning about yourself from that vaster Collective energy. And this sometimes is where you get overwhelmed or you get into that state of awe, because the energies are quite different in their expression, because of the energetics between just being the individual or being part of that vast Collective Consciousness of the All That Is.

So, when you operate in the world, it is very important, Dear Ones, that you maintain that individual awareness of yourself as the Divine expression in a body, expressing yourself in a world that has form. But you are also learning and integrating that Collective piece, so that you can simultaneously exist in this vast field of consciousness, being in both states at the same time. And very much valuing yourself from that individual standpoint. Not as being separate from it but expressing yourself as Spirit in an individual way.

This is very hard to comprehend right now, because the body, the brain, is still in the stages of developing the processing of such complexities.

Jana: And when neutrality is expressed.

Metatron: Yes, exactly. Complete unified expression operating simultaneously. No need to divide anything.

Jana: This impacts all of the ancestral lineages through our DNA, transmuting, and works, not to speak linearly here, but works backwards in all of the embodiments that we've taken on here on the planet, in all the different forms, and also forward?

Metatron: That is correct, because as new individual expressions come in to the world of form and use genetic lineages, they come in with an upgrade in this type of consciousness. They can come in with a 5th Dimensional Consciousness, because of what you embodied and expanded in your individual expression and your consciousness of the unified part of you, that is totally unified with Collective Consciousness. And that impacts the lineage that you happen to be in in this particular iteration. But it also affects all lineages, because you are a human expression of the Divine.

Jana: And our Seating the Divine Collective ripples out? All of the genetic lineages that each of us – are we like a mosaic, a microcosmic mosaic?

Metatron: Yes! That's a beautiful way to express it. Absolutely!

Can you see the impact that you have on the Earth, on Humanity? Just this small group of individuals, who are altering tremendously the body type and the consciousness. The impact is multi-folded, hundreds-fold, the difference you are making. And you are very diligent in sharing that with the Earth, embedding into the Earth energy, into the Elemental Kingdom to create the environment to sustain it. This is important for you to recognize.

Jana: Yes.....

22. [66:13] Mary: I'm bringing an example, kind of a mundane example. I'm wondering if this is where you are pointing to with this unification, because so many of us feel we don't have gender biases or polarities.

But I've noticed in the last month, I was out shopping. There was fashion and billboards and models. And it was almost black and white to me. It seemed muted in a way. And I started noticing that there was less impact to me than previously, even though I thought in some ways I was impervious to that and I was above that or something. It was almost like a magnetic charge had dropped out of the whole mall for me. Then I kind of reflected back and I think there are other ways where advertising and things, as little as I had in my life, there was still either like an aversion to it, which is a reaction, or a pondering of it. It just was not – there was no hooks, there was no nothing, to the point where I went, "Well, I must have been more entangled with that field than I thought I was, about opinions of models, or what that's all about." It's hard to describe in words, because it was subtle but very vast at the same time. It was very noticeable to me that suddenly gender and what advertising and what things were being done – I didn't have an opinion on it. And I think that's that neutrality.

Metatron: Correct, correct. So, you didn't have a judgment of it; you noticed it and you noticed it how it plays out in the world. But you didn't necessarily want to partake of it.

Mary: It is freeing, too.

Metatron: Yes, absolutely. However, in this transitory time, being in that neutral where you don't care to partake in what is being promoted in the malls, in the media, in the advertising, where at one time, fashion would maybe interest you or cause you to desire something. It has none of that, because you are in that unified state of consciousness, of neutrality.

So, in this transitory time, sometimes you feel like "What's the matter? I have no passion. I have no desire." But just know that you are entering a field that is far beyond that, where eventually you will feel just comfortable within yourself. And there is great Joy in that state of quiet neutrality.

Mary: Yes. And I think I was relinquishing the kind of feeling that it was wrong in some ways; it was like a rejection of it. And the rejection was released and there's the Joy.

Metatron: Correct, perfect, beautiful.

Jana: And I found it [useful?] when you're out in the world to just view things as creative artistry, all the different permutations of creative artistry, which calls for absolutely no space for judgment whatsoever. It's just artistry.

Metatron: Yes. And you can see it as someone's individual expression of themselves, which sometimes can be quite beautiful.

23. [71:16] Jody: It is interesting. I did make a very mental note. And I guess I did a small clearing on my own, just go into meditation, when Hugh Hefner died. It was almost as though I felt a lineage or an era of submission, control, imbalance. And when he left the Earth plane, it felt freeing. It was noticeable in my space.

Now, I'm far from connected from Hugh Hefner or the whole playboy thing, but I still took notice. It still felt like it needed to have a whole bunch of my Love sent into whatever mix felt like it needed rebalancing. So that was very interesting. And so, as a creator, I did.

And I think maybe that's out of everything from this conversation tonight that I've gained ... when something does feel out of balance, I know, because my reference point is of that neutral. It is not gender-specific any more. And there is a noticing that I can put my Love energy in it and I can just be and do and let creator flow through me, let Source flow through me and become Source and freedom. And it's just like "Bham!, Done!"

Metatron: Yes.

24. [73:04] Suzy: I just want to say thank you for that, Jody, for I've also noticed that as well. When I'm in that state of neutrality, that space where I'm noticing myself noticing myself, I am able really be aware when I'm out of balance, when I'm being too assertive or a little too strong or even subservient or too "less than," which has been my pattern.

But I'm feeling that space now, that space of neutrality and balance, centered in the Sacred Heart. I can be aware of it from there, and observe it, but not give it my energy, just allow it to be what it is, and allow it to evolve out, and be fine with whatever transpires, knowing it's things coming up to be released.

25. [74:30] Randall: So, I kind of echo some of what I've heard. Inwardly I don't feel a lot of gender energetic. I feel I'm very blended energetically, male and female, for a long time.

But I do find that there are things that still trigger me. I find that the youth of today are way out ahead of me, where I'm seeing my own children and their friends. The language is shifting. And they seem to adapt very naturally: he and she to terms like it and they. And female with the transgender taking on the masculine he or vice versa. I am challenged by that. It's interesting. The language is changing. And they use that, in front of me anyway. I'm having a little trouble adapting to that. I don't know if it's just tradition or what I'm used to or what.

Metatron: There's huge transition going on in all areas of the physical expression from gender to seeing yourself as the individual, but yet knowing that there is a unification of all taking place. And so, amongst this upheaval that you're seeing everywhere, you will see things going away. And nothing allows you to be comfortable in what you know from previous experiences, because new fields are opening. And as these younger Souls come in, they express themselves uniquely. And so, sometimes, it is difficult for you to understand. But know that they are part of the process of this grand change that is coming on to the Planet.

Randall: I can see it. I've had this conversation with my son, too. I feel like I've got one leg in the old world and 3D and I'm still holding that up. I've got one leg in the New Earth and a leg in the old Earth. Going from what I'm comfortable with and used to, at least in terms of interacting. And then the changes that are happening in the youth are really out in front of us in a lot of ways in this transition to the New Earth.

I guess that's what we signed up for.

Metatron: Yes, you did! And you have contributed greatly to it.

[78:38] Metatron: This discussion this evening has been quite a beautiful expression of each one of you individually, sharing what you feel, what you've experienced, what you know.

The changes that have occurred within you, Beloveds, are vast, extensive. It's important that you also see that. There's so much more to come! You have just begun. And know that that's not always very comfortable for you. But it is so.... you have come such a far way, in just three short years of your time. And you are Divine. And you know that.

So we thank you for your participation with us. And we thank you for contributing as you have so willingly done in these last three conversations that we have organized for you to contribute to. It is gatherings such as this that when you voice and you are present in that great Love that you are, you help each individual within this Crucible understand that in these transitory times that they are contributing, each one of you contributes to that transformation of the consciousness, but more importantly of the physical body.

And you are not alone. And this is the value that can be had from these gatherings, because you feel yourself unified in this Divine Crucible that you have co-created with us. And you will continue to use it every time you gather and benefit from every time you direct your attention to the consciousness that is within that Crucible.

So, we would like to close this session by gathering together Heart to Heart within this vast Crucible of Love that is shared equally with each of you. And realize the Light that you are generating, that each of you individually are contributing to. And for this many, many benefit.

So as we gather in the Love and the Light and the Unity,
the vibration and the frequency of Light that is generated is immense.....

Breathe it in...

Allow yourself to BE that Divine Image, changing the world everywhere you move...
creating that heavenly state of Joy throughout the world.....

Blessings, Beloveds, Blessings!