

**John:**

Now, let's get started with a short review of last year. 2016 was a big year of change for all of us. It was not only a year of change but a year of opportunities for transformation.

We just want to touch on a few of the key points that were significant to our transformation process:

1. The opening of our Sacred Heart to a more refined level. We created a crucible of a White Star Tetrahedron to hold the Love and Wisdom of the Sacred Heart.
2. We revisited the value of an activated Merkaba Field, spinning it at 100% Light.
3. The retrieval of the 5<sup>th</sup> dimensional Light template of Love and Unity from the time locks was put in play through our embodiment of this template. This helped us tremendously when we were shown the many ways in which we could use the template of Love and Unity in our daily lives.
4. We worked with the Magnetics of the 6<sup>th</sup> dimensional Light template so we had a fuller realization that we continuously draw from the Love and Light of Source through the 10<sup>th</sup> Ray of Creation.
5. The new Magnetics that is now available to us enhance our ability to use the 10<sup>th</sup> Ray of Creation much more proficiently.
6. We created further Unity within the mental-emotional body. We applied the 5<sup>th</sup> dimensional templates to the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays of Creation and used the replacement triangles and tetrahedrons.
7. We learned more about the 7<sup>th</sup> dimensional template. We began to see ourselves as pure creators. We can now start to draw from the beginning consciousness of the 7<sup>th</sup> dimension.

These are only a few of what humanity was gifted with energetically to help us transform our consciousness and navigate in our world in a state of 5<sup>th</sup> dimension. I am sure that you could think of some other key points that you personally received.

**Joan:** I can think of some major upgrades in my awareness that came during this last year:

1. We activated our personal Merkaba field and then added the complete energetics of the Merkaba field by adding the other two Star Tetrahedrons and spinning them on the same axis as our personal Star Tetrahedron. When we merged our two personal tetrahedrons and created our personal Star Tetrahedron, this created Unity in our personal field that we have not had since the fall of consciousness. The 2<sup>nd</sup> Star Tetrahedron of the Merkaba field increased our awareness and consciousness to a new level and brought in a larger functioning Love element. The 3<sup>rd</sup> Star Tetrahedron of the Merkaba field increased the frequencies of Light that could be held consistently within our energetic field. It established a greater Unity within the entire personal system and unified it with Source Energy.

2. A complete understanding of the significance of the Flower of Life was given. The Flower of Life geometry and fuller teaching was so impactful that it changed our consciousness. You could now know yourself within the Unity Consciousness of Source Energy. You could see it, because it was expressed in the geometry and the energy of the geometry. I don't know about you, but I hadn't paid attention to the energy emanating from that geometry. It was quite a wow for me when I paid attention. We were swept into a knowing that had no doubt that we were created perfectly from Source Light. This was precisely replicated when the human body was created in the womb. You consciously knew that you were the physical expression of the Divine Image.

3. It is hard to determine what specific teaching or event was most impactful. All of the teachings were life changing. This year was so precisely guided by the Collective Consciousness. All I can say, that as the teachings progressed in a perfect flow it changed all of us tremendously. We are so grateful!

This first quarter of 2017 is a time of reflection. But most importantly, it is a time to gather all of our gifts, consciously acknowledge them, and use them in our daily life. We urge you to write down some of the beautiful things that you have received in this past transformative year. Write down the changes that you have made because of these new energetics.

Now, let us all get centered and help Joan bring forth the Lords of Light and Lord Melchizedek to guide us. Take a deep breath and center yourself in your Sacred Heart.