

**Logistics from John:**

Now for some announcements.

We will have our last collective discussion call for the year on November 28 and our last teaching session, #19, on December 12.

Registration for Seating the Divine Image, Level 3, 2018 is now open.  
As is registration for the 2018 Crystal Conference.

Please remember when you make room reservations to go through Joanne Pulis, so that we can fill up all the rooms that we have reserved and connect people who need roommates. We encourage everyone to consider sharing rooms so that we can all be located in the Lodge, which we all know is ideal.

**Comments from Joan on Integrating this Material:**

Since our last teaching session, 15, that related to another activation of that 5<sup>th</sup> Strand of DNA, I'd like to make a short comment about these energetics that are coming onto the planet and also that we are receiving from these beautiful Beings of Light that guide and teach us.

I think it is so important that each one of us not only receive and integrate the energies and the concepts that are given to us by the Archangels, Ascended Masters, and Lords of Light, but that we use them in our daily lives, especially in those quiet, contemplative times. By using the energetics in a personal unique way, that assists us in raising our conscious awareness and expanding the frequencies of Light that we are capable of holding consistently in our bodies. This is a really important aspect – keeping those frequencies as high and refined as we possibly can. We must own these teachings by making them ours in our individual, unique way.

We're being asked to be participants in this Ascension process through co-creation. We can only be the co-creators when we use the teaching and energetics for us personally. We have to develop our own system of integrating the energies and applying them in various levels of our body.

We must run the energies of those Light Templates often through our energy system. This is up to us. It takes our awareness of the specific energies that are part of each template, because these energies vary according to the template and according to the complexity of the templates. We have to learn the energetic imprints of them.

Our beloved teachers and guides give us the information and suggestions, but it's up to us to make them part of our energy system and part of our consciousness. Our individual personal use of them really sets them in our body. When our most honored guides lead us in a meditation, they assist us in setting the energies, centering ourselves in them, and to start the process of integration and application. But it's up to us to accomplish it on a personal level. And so, we have to find ways to do our own meditation and how that applies to our unique Divine Image, how we can utilize it in our body and in our consciousness, how we can really learn to FEEL those energies and identify those imprints. In this way, we emanate our unique Christed Energy and we share it with all Humans and also with Mother Earth.

So, I just wanted to plant that awareness in your consciousness. It was an awareness that came to me this week, as I was working with some of these energies. So, I thought I would share them with you!