

[Note from transcriber: sometimes I couldn't get what the callers said word for word and had to summarize their comments.]

**JOHN:** Let's get started to open the phone lines to have you share with all of us what your experiences have been over the last couple of weeks.....

**JOAN:** I think it's important that we discuss as a group what your impressions have been energetically. There wasn't a lot of rational mind concepts given in the last session. It was an energetic imprint that was given, massive energetic imprint. So, this is something new. Generally we are given the concepts and then the energetics. So, I think, my personal opinion is, I think it's giving us an opportunity to be more cognizant of our energetic field and energy of any kind.

**CALLER 1:** Hello, it's Lucia, Chicago. I would like to share, it's an amazing time, and after we are situated with the four Triads, I believe that our ability to be stable in present moment absolutely amazing. And even I believe it's hard to make yourself upset. So for me, it's an amazing time, absolutely stable, absolutely when you know everything and the answer before you even ask the question. It's amazing. But, I believe that I'm not rational. But I have a question about the components of the 4th Triad. Is it the Crown, Soul Star, 8<sup>th</sup> Chakra?

**JOAN:** It is the 3<sup>rd</sup> Triad that you're speaking of. So, actually, we are not going to have basic question and answer this session..... This little session here..... it's just about voicing what's happening to you in those last two weeks and your energetic impressions, which you have done very succinctly.

**CALLER 1:** It's an amazing situation right now. I'm certain, capable, and really happy – really, really happy at the present moment. I cannot even say enough.

**CALLER 2:** Hi, this is ?Janet? from Vancouver. I've really noticed there is a fullness that's in the upper realms, the upper chakras. And there's a fullness in my head. The way that it's actually manifesting in my life is it feels like a portal that's opening into, through me and in my life. So there's not a lot of ups and downs emotionally. There is a lot of stability and there is..... I really noticed that old patterns where I would have before criticized myself or been judgmental or whatever those things are..... It may flit in, but then there's a brand new energy that comes through that offers a completely different perspective and alternative that's happening. So, I'm just being really present with it. My life is very quiet right now, and very internal and still, and on my own, which I feel is..... I do go out in the world, though, so it helps me to really see me with me and then me in relation, that I'm noticing. So, I'm very curious..... like I'm just receiving it right now rather than trying to make anything happen with it.

[6:03] **JOAN:** That's a great attitude.

**CALLER 3:** Hi, this is Sharka. I have a similar experience as the last caller. I have noticed a different change in my consciousness again. And I knew that it's like a deeper Unity, and then understanding and practicing Unity. And then I ask a question, "What is that new thing?", because I know that I wanted to experience more Unity before. Now the answer came, or the actual experience of empathy. And with that, and I know that I'm a compassionate person, but empathy is something different that I probably didn't practice before that much, because I saw the difference with also that judgment. With the empathy, there is no room for judgment. [Joan: Right!] Very, very refreshing, because I've been trying to eliminate judgment for a long, long time. And I know I made progress. However, this was just so big, this experience that I want to practice now more, because I don't want to have any judgment. And I know I need to seed it within me more deeply, but it was a very clear experience.

**JOAN:** Wonderful! Wonderful!

[7:40] **CALLER 4:** Hi, this is Linley from the mountains. I just wanted to say that so much has happened and heightened in my reality as a result of activating the 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> chakras. I'm trying to find words for all of it. But I spent part of the last two weeks helping a 99 year old woman stay on the planet and holding sacred space for her. During that time period, I was listening to the recordings of the Crystal Conference and working with the Blue Star Tetrahedron and the 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> chakras. And my communications with this woman, who speaks very little English, was so intense. We were doing, I can't even explain it, but we were communicating in a nonverbal way that truly had to do with those higher chakras. I was seeing what she was seeing, and I was sensing what she was sensing. And it was such a loving experience for us both. It was just different. It was more intense than anything else I've experienced when working with others.

And then I went to my sister's house afterwards to kind of lay low and think about whatever. And I ended up being very, very sick. In that illness, which I don't know if it was just the body's way of dealing with all that was going on or a cleansing. But there was such, I'm trying to find the words – I'm very visual, so I see things. All the ancestors, known and unknown, came to support me. All of the energetic Beings that I work with in a shamanic practice came to be with me. And my beautiful sister was picking up on elements of Beings that work with me and was working with me energetically. And I feel as if it was the further opening of these chakras that allowed this experience to take place the way it did and in such a profound..... I'm still processing..... in such a profound way. But it was kind of walking in between these spaces that we don't normally walk between, or that I walk between when I do ceremony.

But there was no need for ceremony. It was immediate and instantaneous. So, as the shaman, not having to do some of the ritualized things that one usually has to do was just so beautiful and so marvelous. You know, all I can say is “thank you!”

Yeah! It was a Wow – a big Wow!

JOAN: Beautiful! Thank you for sharing!

**[11:11] CALLER 5:** Hi, this is Beth in Switzerland. What I've noticed is really a much more refined frequency in my whole field and a sense, a higher sense of Joy. And I've noticed the interaction is quite different. I ended up, because of a variety of reasons, with a group last weekend. And somebody had a physical breakdown and needed to be helicoptered to the hospital. And somehow, all of that just unfolded, everything in its place, at the right time, going to the hospital. It was just..... everything in time. It was really amazing. And I had a very high feeling of “everything's going to be OK”. And everything was OK. So, I'm feeling this, and I've actually realized that sometimes illness opens us up to other possibilities. I'm very aware of that. But I've also noticed with my frequency the way it is right now, that I personally haven't been sick. I've been surrounded by people with flu and everything, but for the moment, I'm still just bouncing at a higher space. But, I'm also..... it's interesting to me that as we develop all these new tools, just as the previous caller said, sometimes illness will open up a new space for us. So, it's not a judgment around that. It's just an awareness. So that's what I would like to share.

**JOAN:** Oh, well thank you, Beth. That was wonderful. Yes, I think it's just a whole new world that's opening up to us. So, I thank you for sharing.

**[13:20] CALLER 6:** Hi there, this Suzy from Oregon. I've been feeling a big shift in that my Crown feels like it has literally opened up from that 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> chakra Fourth Triad. It feels like I'm more calm in my space. And I had an incident come up this week, or a challenge. We had a little problem with our heat pump and this technician ended up yelling into my face that I did something wrong, and that I know that I did not do. And I stood there as he's blasting at me, and I just..... my Heart just opened up: “God, this guy is so tired. He's just exhausted from all the overwork he's been doing.” And he's yelling at me. And instead of going into the victimhood/victimization and feeling bad and like, “oh my God, I must have done something!”, I just was really in a different space and calm. And he ended up, it took him a little while, but he calmed down and then everything was fine. He never apologized, but still, I was really amazed how well I held my space, my quietness and calm and ease, and the compassion for this guy.

**JOAN:** Wonderful! And you had no need to be defensive either. How great is that! Thank you for sharing, Suzy!

**[15:09] CALLER 7:** Hey, this is Joe. You know, I just would describe energetically what I've been experiencing since we've started on this 4<sup>th</sup> Triad. And my Crown was already open and receiving extraordinary amounts of Light. Now it's almost like a turbo charger at times. And compressing the Light in just really..... I can feel the Light being compressed. It has a denseness to it and being poured into the brain, into the pineal, and all through the body. And another thing that I've experienced is I'm starting to feel energy, I'm starting to feel a current of energy come up from the Earth through my feet. I can feel it physically. So very significant energy running through the body right now. And that's somewhat of an experience.

**JOAN:** Wow! Beautiful!

**JOHN:** Talk about Lightening up your life!

**JOAN:** You know when the Lords of Light activated that 4<sup>th</sup> Triad, we anchored that into the Earth, into the Christed Matrix, so it doesn't surprise me that you're feeling that wonderful, powerful energy from the Earth. Thank you for sharing, Joe.

**CALLER 7:** Yeah, and I focus on that a lot, too, giving it to the Earth. Big time.

**[16:53] CALLER 8:** Hello, Good Evening, Matteo from Toronto. I'm experiencing more or less what other students just shared. And so the only thing I would want to share is I was sitting in the chair, it was a good day. I put my attention on the 4<sup>th</sup> chakra, on the 4<sup>th</sup> Triad, and suddenly I felt like superman. My chest expanded and my muscle in my chest expanded, and I had so much energy: my arms, like closing my fist and opening up. I felt this power. The air came in easily and my upper chest expanded and I felt like superman. And as it was going on, I thought about flying out the window..... When I put my attention there, I felt this surge of energy and that's how my body experienced it. I tried it after an hour and it didn't happen. So, it depends..... I think I was in a very good space and very present. So that was my experience.

**JOAN:** Thank you for sharing!

**[18:22] CALLER 9:** Hi, this is JoAnn from New York. I've been experiencing massive amounts of energy, but, contrary to what I've had in the past, this is not unsettled, and it's very even. And, the first time it actually felt like the atmosphere around me was actually vibrating. But, like I said, it wasn't unsettling -- very comfortable. And I've been in a few situations these past few days that normally would have made me, at the very least, hesitant if not downright avoiding it. But I went into it without any hesitation, without any planned thoughts or strategy to deal with it, and the words I needed just came. It was unbelievable. And the person that I talked to is someone that most people run from, and she just didn't have any reply at all [Laughter]. It was kind of funny! I just sailed through it. And after it was over I thought, "How in the world did that even happen?"

**JOAN:** I just think that we are developing this massive Unified Field, and it extends in ways that we don't fully understand now. But the Light that we are capable of emanating is unbelievable.

**JOHN:** I think we all need to do what you do, and that is be very quiet and observe and listen to what's going on. And you did a real job of that during that conversation. That's pretty neat.

**JOAN:** Thank you for sharing!

**[20:24] CALLER 10:** This is Terry from South Carolina. I had a really interesting experience. I received a check in the mail Saturday, and I've been waiting almost a year to get it. And the bank wasn't open, so I just put it in an envelope, 'cause I had some errands to run. And I was going to put it in the night deposit. And I couldn't find it anywhere. Katie had shared Hector Garcia's book with us, and he had etherically put money in his bank account that showed up. And I thought, "You know what, why not me!" And I searched my car top to bottom, couldn't find it anywhere. But something..... I just asked and I kind of knew it was going to be somewhere. And today, my other car, I went to put my sunshades in it, and I looked in the side little panel, and there was the envelope with the check. I hadn't even been in that car!

**JOAN:** Oh my word! Oh my word!

**CALLER 10:** I know! It's amazing! Anyways..... life's good here!

**JOAN:** Well, thank you for sharing, Terry!

**JOHN:** Yes, that's terrific!

Well, thank you, everybody, for sharing. That's what we were looking for and the feedback that we needed.