

Greetings. It is I. Metatron. I am very pleased with the way in which this dolphin swim progressed.

Many things were put into play within these individuals that were chosen and called forth to do this rudimentary seating of Sirian energy, as well as the energetics of the Ancient Ones. There were many fundamental frequencies that were taken in by these individuals, that was taken in by the presence of these whales and dolphins, that they are yet to discover.

The beauty of all of it was that as they were taking it in, it was put into the Crucible, because they are part of the Crucible that was created.

It was immediately transmitted into that Crucible, because the pathway has been opened by all members of that Crucible to use the pathway very proficiently. So it was not that they had to sit in a meditative state, direct the energies, direct the concepts into the crucible. It automatically got transferred. So as it did, it immediately, as the various members used the Crucible, they too then, received these fundamental embedding of the Sirian energy of the Ancient Ones energy, and a more profound connection with the physical aspects, through the whales and the dolphins. Even though they were not physically present, they received in kind, through the Crucible.

So you will find, as we go forth, with these teachings and with various activities, such as the Crystal conference coming up, that this Crucible will be invaluable to these individuals, because - not only do they continually receive at that higher octave, or that more refined octave - instead of it dissipating because of their environment, or different environments that they are exposed to, or through some of the forgetfulness of the physical body that still is troublesome - that each and every time they enter the Crucible, they are refreshed and remember exactly, those concepts, those energetics that are needed. So they are constantly being revitalized continually. So it's a beautiful sphere of energetics that is continually operating within them and within this Crucible. So, that said, let us have a discussion.

Melainah: On Thursday, and the group was on the boat, and as we were going through the end of the day I'd see these - it was like snowflakes of energetics coming through the Crucible. So does that pertain entirely to that Ancient Sirian energy, or was there other things in the energetics that were flowing into the Crucible at that time?

Metatron: No. It pertained to all of it. It pertained to what these individuals were receiving. So not only were you seeing the dispersement into these individuals, you were seeing what they were gathering in the water. And there was this ascension. So you had a descension and an ascension that met and merged with the Crucible but within these individuals, but within every member.

John: So whether they were there or not.

Metatron: Correct. Because the imprint of time-space convergence in that vortex that you visited, every individual was imprinted with it, so there was that limitation of time-space that now is beginning to be removed, because they physically visited that vortex and opened themselves up to all time-space convergence within their body. And that was transmitted into the Crucible for all to share.

So the time-space continuum is still very present in the Earth. However, in these individuals, it begins to break down that limitation.

Melainah: And I guess one of the beauties of the experience with the dolphins - being in the water with them, because you are in present time. Nothing else exists. [Exactly.] So they got to experience that physically. [Exactly.]

I also saw the energetic ring that was put in place on Monday that by the end of the week, now encircles our Crucible. Can you tell us more about the significance of that fire on water (?) ring that now exists?

Metatron: Oh, this was very significant as you well know, because it added a piece to the Elemental community so that they could share in these energetics of what was being brought forth through the human.

The other part of that is, this piece of time-space continuum converging on Earth and the beginnings of the breakdown of the limitations of time-space as it is held in the Earth, in the planet itself. This is a crucial step that these individuals facilitated for the Elementals, the elements of Earth, to begin to utilize that creative element and create in form without the complete limitation of time-space. And it will then enable the Elementals to begin to create from that format as we move forward to raise up - not only the human, but the planet itself.

So the environment of Earth changes as the environment that is created within the individuals as humans is altered. So that specific - you had the fire, the passion, the impetus of Creation, the massiveness of the creative momentum. And then you had the tempering of that, as well as the power of the water element. But you also had the presence of the air. And you had the presence of the Earth itself. So all elements were engaged and imprinted, with that time-space continuum converging in form, without limitation of that.

John: Just a curiosity - knowing what the Elementals, knowing something, a little of what the Elementals are capable of doing, but what could we pay attention to in the future that we could actually visualize and see what they've started to do?

Metatron: Notice this. It will be easier - not every moment, but overall, much easier to stay in the Present moment. You have been experiencing this in increments for the last few years - that it's hard to remember what happened a few hours ago specifically, unless it is relevant to what is happening in the Present moment. And it is very hard to focus on the future unless it relates to the Present. Do you get that? [That's tricky. I'm going to write this down for when we play this back.]

So if it relates to something you are creating in the Present moment and you have to plan a specific date that has not yet occurred, it is very easy to manage the time, the space. If it is in a far distance and doesn't really relate specifically to something that you have to do currently or within a short period, then it becomes very difficult to manage.

When you become aware of this, it also becomes much easier for you to specifically focus your attention in the Present and function in the Present more consciously and create more consciously in the Present. The more that you notice and are aware of the Present, which at first will become a very profound experience, the more you realize the importance of the Present Moment in the development of how you operate in form on Earth very precisely. And it becomes a much easier way in which you create your life experience.

John: So our upcoming conference falls right into that?

Metatron: It falls right into that. And the other thing is then you don't fall so easily back into a 3rd dimensional or 4th dimensional pattern. You can stay very specifically in the Present. So this - this piece is very important. And every member of Seating the Divine is affected, if they will pay attention, if they will take this in - whether they were here in the waters with the whales and the dolphins or not.

They are imprinted through the Crucible. So it is important for them to recognize this and to pay attention daily, to what's going on in the Present moment, and how they can utilize the past and the future, converging it into the Present for their creation. And they can only do that if something from the past - not way in the past, such as a pattern or an anomaly - but recent past that is relevant to the present, and the same for the future.

Melainah: So that energetic ring of fire on the water is going to stay in place there?

Metatron: Absolutely. It's needed. It's needed in the Crucible for the individual creation through the elements, because their bodies are made up of the elements. And it is needed for a continual stream between that Crucible, between those individuals within the Crucible, and the Elemental community.

This plays into - receive the Heart of the Mother, so that you can begin to communicate more precisely with Gaia, through the Heart. So the Heart of Gaia, the Heart of you, the Sacred heart, are united. However, there is the Heart of the All That Is, that is not understood, that is always accessible and is part of that continual flow of the Heart of the Mother. And the Heart of the Mother is part of the Source.

Melainah: As humans, we always have to take it in increments.

Metatron: Yes, exactly. And this is what is happening now. So be gentle. Be aware. Receive continually. It doesn't all fall in place in an instant.

Melainah: The potentiality is closer than it's ever been. [Absolutely.]

John: And we can very easily get hung up in that Now.

Metatron: Yes. The Now is what is using what you have received, what you are now aware. As you become aware of that and you use it consciously, more is given continually. There is a continual creative flow that is established - within you, within your Crucible, within the Earth.

Melainah: That's an important thing to recognize - that we've talked about the Present moment for years, but now we really have to be consciously in that Present moment, instead of saying, okay, what's next? What's next? Because if you're doing that, then you're not in the Present moment, you can't receive it in the Present moment. You can't create a Present moment if you're always waiting to what's the next thing, and looking for what's next.

Metatron: Exactly. And this is where some of these individuals within Seating of the Divine have great trouble - because they receive something that is so exciting to them - instead of staying in that and receiving to its fullness and using it day in and day out - they're too anxious to jump in, what's next? What's in the future? That may be six months down the way. And that's too far in the future to be relevant to the Present, so it cannot imprint you in the way that is needed because you haven't built the foundation.

Melainah: That's key to being able to create specifically at 5th dimensional space. [Exactly.] Right here. Create from your Now place in the moment.

Metatron: And this will continue on in each dimension that you have access to and can become familiar with. All of it is relegated on Present moment experience - never ever, ever in the future and never ever from the past.

You cannot enter 7th dimension from any place but the Present moment, engaged completely in that Present moment consciousness, because it takes the 5th dimension complete integration to access 6th or 7th. And once that's engaged in its full integrity, you can flow easily between 5th 6th and 7th.

John: You do realize how hard that is for an individual...

Metatron: Absolutely. Absolutely. So focus now in the Now, in the Present, on the 5th dimension, and every aspect of it. Now, the beauty of these Light templates of the conferences, from the Time locks that were opened and those templates that were recovered. When you are in the Present moment and in a 5th dimension, you can draw from that 7th dimensional template, bringing it through the 6th, into the 5th, to be experienced. However, the experience is in the 5th dimension. It is not in the 6th or the 7th.

It is like when you bring light into the body and you liquefy it in the pineal. It is compressed, but it is made usable in whatever dimension you function in in the Present moment - consistently. So if you waver between 4th and 5th, that light comes in at the 4th dimension, so that it is imprinted more fully into the physical. And raises you up to be able to sustain the Presence in the Now, in the 5th dimension.

So it is with these Light templates when they are compressed and brought into the body. They are brought into the body at the 5th dimension. And you can't fully use them unless you are Present in the 5th dimension in the Now.

Melainah: That's an important point, a really important point. We have the concepts but sometimes we have to be in a place where we can hear it just that precisely and that clearly, which I think we have moved to. [Yes.] And I think too - well the dolphins and the whales hold a 5th dimensional space for us to play in. [Yes.] The individuals that are here are encompassed in that 5th dimensional space their entire time here.

Metatron: Correct. So, going back to that. If the individual is so engaged with what's next? What's in that 7th dimension? I want to know more about that. And they draw it in and they aren't capable of holding it, they aren't capable of compressing it, bringing it into the body in that 5th dimensional state, it comes in in a very erratic way. And then they wonder why they can't hold onto what they have heard in a transmission from one of the Beings of Light. Or what they have read in the transcription because they are not paying attention to that compression mechanism that is required to receive it and use it in the Present.

This is important now. And they can now understand that because of what took place in this time-space convergence that is imprinted within them now.

John: How can we best communicate that to them? Through this recording? This is very important.

Metatron: Through this recording and through the transcriptions that must be posted as soon as possible. This is a teaching that has to be given as soon as possible so that it can be integrated before our next meeting of Seating the Divine.

Melainah: So the imprint is already in place.

Metatron: It is in place.

Melainah: This is the explanation of it, that information.

Metatron: And the acknowledgment in the Heart of every individual. This will set a template in itself, a Light template in itself, that will dwell in every individual of Seating of the Divine. And it will change the progression of the conference in June. We can give you much more if these individuals will do their diligence and really hear and receive what I have given you in this Present moment.

I will end this discussion in saying to all of these glorious Beings of Light of Seating of the Divine, "You are profoundly different, we feel such Love for you in the Heart of the Mother. For many of you, the journey has not been easy in the last several years of your time. But you have received each and every teaching to the best of your ability. And you have continued through all the obstacles with tenacity to continue year after year after year. We honor you and we support you. And we appreciate what you do. You do what we cannot. Blessings.