

JOHN: Thank you, Gabriel, for that wonderful meditation. It put us all in a perfect place for the evening. Thank you so much!

Now, as you all know, there was a tremendous amount of information that was given to us in our last session. We think that it is important that we continually present practical applications that can be helpful in applying this information in our daily lives. Our ability to make practical applications assists us to create our daily life experience very consciously. This is how we change our daily lives to reflect our Divinity and create a harmonious physical experience.

This evening, Master Kuthumi has asked that I give you some practical applications on creating more precisely with the triangle, now by expanding that geometry into a tetrahedron. I will use my personal process as an example and will use the process that I started last month.

When I reviewed my first triangle of creation, I discovered that I had not given this whole project enough details. Once I took a second look, it was apparent that I needed to go back to my original triangle to better identify the basic causes of this problem area.

It is important to know that this is a living energetic configuration and needs to be reviewed often. Don't be afraid to add on as you take a second or third look at your triangles.

As you may remember, my first triangle was based on the task of losing 10 pounds, but I had done very little in defining the causes of my current condition and what was at the root of this issue. Again, Master Kuthumi has asked me to get very personal with my process, so that it could assist you in your creations.

My original triangle had at the center weight gain. The base was unbalanced diet, the sides were high carb intake and high sugar intake. But!!!! This did not get at the core of the problem – which was the why!!!!

I had to form a couple of extra triangles that centered around stress eating due to events in my life and limited physical activity. Once I got to this point, I used the Violet Flame to extinguish these old patterns and sent them back to Source.

It is important here to determine the core issues that limit you in achieving and manifesting what is needed. This is the first step. This does not mean that you continually focus on the problem. But, you must focus on the problem area long enough in order to dissect it and determine what the thoughts and emotions are that you create that manifest this condition. You can clear a pattern time and time again with the Violet Flame or some other clearing technique and then find that it reappears again and again. This is because you re-create it, due to the fractures in your mental-emotional body, which does not allow your thoughts and emotions to be changed from your core issue. You have to get to the root that causes the pattern.

This takes time and effort. It is often painful emotionally, especially if it relates to family and genetic lineage patterns or to the continual shame and blame by parents and teachers. Or in my case old age!!!!!!

When you have spent time finding a root of your negative pattern, then it is time to create your replacement patterns that you can use every time you notice that you have fallen into the old programming. Also, note that most often you will uncover one layer at a time. At a later date, your Higher Self that is directed by your Soul's Wisdom will encourage you to take another look. By then, you will have created confidence in your ability to create and manifest differently.

In my process, I took another look at my pattern to see where another strand of my thoughts or beliefs might be present. I discovered that I needed more triangles to adequately describe my pattern of losing weight and then gaining it again. I made several triangles and then settled on one that best described all the other ones. I then created a replacement pattern by creating three new triangles to turn the negatives into positives.

Because Master Kuthumi had recommended a more complex geometry, I laid out these three triangles and then put those together with another triangle that was filled with all the tools that I had decided to use to make this new creation. I then had a tetrahedron composed of four triangles.

The first triangle was built around the theme of Ideal Body Weight. The base was Lightness of Being and the two sides were Love of Self and Value of my Body.

The second triangle had a theme of Create Physical Health. The first side was a shared side with my first triangle which was Value of my Body. The base of this second triangle was Exercise. On one side I put Golf because this is something I love to do. And not only does it provide me with exercise, but it also gives me a sense of well-being because of the beautiful outdoor locations. This is my story and I'm sticking with it. On the other side of this second triangle I put Walking.

The theme of my third triangle was Weight Loss. The first side of this triangle was Eliminate Sugar. The base of this triangle is A Balanced Diet, and the third side of the triangle is Reduce Carbs.

I then put the three triangles together with a fourth triangle that was made up of the tools I needed to use to bring this creation into form. When you put together these four triangles, you make a tetrahedron. A tetrahedron was needed because the issue was more complicated than I thought at first and therefore needed a more complex geometry.

Using one triangle to hold the applicable tools that I wanted to use in my manifestation, I created an environment in the tetrahedron that would greatly influence the other three energetics. These tools provide stabilized energetics that could be replicated daily in my manifestation. In effect, I am compressing the higher and more refined energetics of the tools and making them usable in my tetrahedron geometry, thus stabilizing my creation and allowing me to manifest it every day with precision.

Please remember that each creation is different, so you should only use what is needed for your project. It may be as easy as one triangle and some additional tools, or it could be a more complex configuration like my tetrahedron.

The advantage of a tetrahedron allows you to access multiple dimensional frequencies. It also allows you to access all the tools that you have acquired over the years, as they are needed in different applications. Here is where you use your mastery and choose what is needed in the moment.

Now, you can't create these geometries and think that your process is finished. It takes your attention and intention daily. We suggest that each morning you review your geometry to see if it is what is needed at the present time or whether it needs to be

altered. Each evening, review your day and see what successes you have had during that day.

Remember, this is not a judgment session. Judgment only hinders your creation, because you are only reflecting on what is wrong and judging yourself as incompetent.

It might even be helpful to create some affirmations that you could also focus on. This helps you to change your self-talk and inner dialogue. When you are tempted to think or say something negative, choose your affirmation instead.

Now, let's talk about what tools you might need to bring this new creation into form. I have started on a Tool Box that I will send to you all as soon as it progresses to a point that it can be useful. This will be part of what I am calling A Manual for Creating. A few of the categories are Geometries, Color Codes, Rays, and Dimensions. This will be a good source of information that you can use to bring your creations into form without some serious homework.

Let me explain what I did with my creation. My first step was to infuse this fourth triangle with some Color Codes. I started with Yellow, because I needed clarity of thought and to help me stay focused on what I wanted to manifest. Next, I used the Blue Color Code, because it shifts my emotions and brings my emotional body into a harmonious functioning by raising my emotions to a more stable frequency range. The Blue Color Code helped me stay out of self-judgment and to feel competent that I could create what I needed.

For my next tool, I went to the Rays for assistance. Remember that all the Rays work together. I started with the 4th Ray, because it contains the energy of the 1st Ray of Creation, which is the Element of Love, and it also contains the perfected blueprint of my SoulSpirit. I immersed myself into my Sacred Heart with the White Star Tetrahedron, so that there was no blame or guilt.

I also used the 5th Ray to assist with the clearing and dismantling of the old pattern. The 5th Ray of Creation contains not only 1st Ray energies but also the 2nd and 3rd Ray energies. The disassembling process also loosens and changes the electromagnetic field that holds the pattern in play. This allowed me to see some alternative options.

Then it was time for the 6th Ray to create the replacement pattern. The 6th Ray also contains the first three Rays of Creation. It provides a lot of energy as well as many options to create and provided me with a feeling of unlimited potential.

Master Kuthumi reminded us that the unlocking of the four time locks that we accomplished during the Crystal Conference last spring was a very important event. The four Light Templates that were retrieved are now very instrumental in creating and manifesting with all the Rays of Creation. These templates have provided us with precise and stabilized energetics that reflect our Divinity as creators. They allow us to stabilize and replicate our creations precisely and manifest them in our 5th dimensional life expression. They also provide the beginning access to 7th dimensional concepts. You can compress the 7th dimensional energies and make them applicable in 5th dimension.

The most important time lock retrieval was the Magnetic Template. This provides continual access to the perfect Source Magnetism, so we always reflect it in our creations through the 10th Ray of Creation. These four Light Templates were always part of the original Rays of Creation. We didn't have access to them, because of the time locks that were put in place as humanity fell in consciousness. We also had to be able to maintain a consistent level of 5th dimensional consciousness.

As you can see, there is a lot to consider now. It will take time to integrate all of the possibilities that are available to create with. What is needed now is to allow yourself that time and do not push for more. We are not capable in adding these extensive energetics quickly, and if we try to rush, we will only hinder ourselves and cause great frustration.

Allow yourself to receive the concepts and energetics. Take them in, contemplate them, and just hold them in your field. The Archangels and masters will guide us and tell us step by step how to use and make any applications in our creations. I am sure that Lord Metatron and Master Kuthumi will have something to say about them tonight.

Before we get into the channeling, please make note that our next live session will be held October 17, 2017.

Now, let's all take a deep breath and assist Joan in bringing forth the Collective Consciousness for tonight's teaching.

