

Greetings, Beloveds, It is I, Gabriel.

If you would take a deep breath, and breathe in Love. And as you exhale, exhale Light. Now breathe in Light and exhale Love, becoming very, very centered in your Sacred Heart.

See yourself in the middle of the Luminous White Star Tetrahedron, fully conscious of yourself, fully conscious of the Wisdom of your Sacred Heart. In this center of consciousness, you are fully connected, you are fully One with the Source of your Being. The Love that is present is exponential, transforming. The Knowing of Self from the Element of Love overtakes any disruption that might interfere with this zone of pure Love. The comfort that is given in this space is of great significance. The Peace that results from this comfort nourishes you at every level, nourishes your mind, your body, your Soul. And your Spirit is fully capable, now, of being present within your body.

To assist your SoulSpirit to become very integrated within your physicality, take a deep breath and activate your Merkaba Vehicle at 100% Light, so the Presence of your SoulSpirit, your Spirit, is felt intimately, and the zone within this center is comfortable for the Spirit to dwell. The Wisdom that is now available is extensive, and the Love can never be diminished in this frequency range of pure Love. There is Unity here, there is Love.

You are pure Spirit in form.....

[Pause]

Take a deep breath now, become very centered in this holy sacred space that you have created, and shift your attention point back to this meeting.