

Greetings, Beloveds, It is I, Metatron, who comes in the expression of an individual, but, as you, we are Collective Consciousness creating and emanating in the world of form.

We have spent many sessions talking about the mental-emotional body. I want to impress upon you how valuable this body is, how important this body is in creating on Earth in a body. Every experience that is had in a body on Earth is created by the individual's mental-emotional body. You are that powerful! And in times past, when you operated in separation, you did not know this, because this body was very fragmented and splintered, and you could only use it to express separation.

Over the last year, together we have upgraded the mental-emotional body, so that it functions in a multi-dimensional energetic expression. It is your creative expression as the individual, as the Divine Individual. And it impacts the collective consciousness of the collectiveness of humans, because it creates an electro-magnetic field. When you use your mental-emotional body consciously, and it is functioning coherently, this is an enormous expression of your Divine individually, not separation, but the Divine Individuality expressing its creativity. You are no longer expressing a fragmented form of your individuality.

When you retrieved the Light Templates from the time locks and began to hold those templates in your body, you changed your entire ability to embrace more refined frequencies of Light. You added another dimension to your crystalline Light Body and activated another level of your Light Body. This enables you to function more fully from your Light Body as a multi-dimensional Christed Being.

Take note of what I have just said to you: you added another dimension to your Light Body. You added, you activated another level of your Light Body. Recognize that you function more fully from your Light Body as a multi-dimensional Christed Being. Recognize that! Take note! How will you know, if you don't notice.

The thoughts that you think and the emotions that you use are now expressed from your Christed Mind, because they are drawn from Universal Mind, brought through your

Higher Mind as you express yourself on Earth. You have taken many steps to altering your neurology, your physiology, and your psychology.

One of the most important steps you took, quite some time ago, was changing your belief system about YOU, changing your thought patterns, changing the way you chose more precisely your emotions. Now you are capable of processing complex thought, because the electrical system within your body has been upgraded. Your ability to use complex thought alters the physiology of the body, because all of the communication channels are open and transmitting precisely.

All of your cells have begun to recognize Light as nutrition. They create a different chemical and hormonal response in your body. You don't have that flight or fight syndrome right in the forefront. It doesn't exist anymore in your body. You have begun to replicate at a cellular level your perfection. The 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> Dimensional Light Templates have been invaluable to you in this process, because you brought them into your physical body. And you began to hold them stably.

You desired to help humanity and Earth evolve. To accomplish this, you had to create your own individual evolution within yourself, before you could reflect it. Each one of you was unique in this process, and you expressed your Divine Individuality. You were very, very tenacious in altering your field of expression. You are altering the electro-magnetic field of your body as well as changing it for the Earth.

Let me explain what an immense difference that you have created in this field. As you all know, thoughts are electrical and emotions are magnetic. This is what has created that field in the 3<sup>rd</sup> and 4<sup>th</sup> dimensional state of humanity on Earth. Much has changed as many started creating from that very basic 5<sup>th</sup> Dimensional Template. The electrical energy has changed. It is drawn from a different source of energy, not just Earth energy – it is drawn from Source Energy that comes into use only when the consciousness of you as the individual has been upgraded, but more importantly, when the physical body has been prepared.

You have assisted in that preparation in many ways. When you chose thoughts and you realized that you had choice in that matter, you chose them consciously, and a lot began to happen in the body. The energies of the body were enhanced substantially through

the axialtonal lines and the axial spin points in the meridian system. This alone brought a different level of electrical currents to the body, into the body.

The chemicals that were produced in the body were energized by these electrical energies. The chemicals began to support the continual health and well-being of the body, so it could remain a functioning vehicle for you to use. Every decision that you have made in regards to what thoughts you would consistently think contributed to a more coherent and expansive functioning of the body.

I invite you to review all of the ways, the changes that you have created in the body over the last few years. How about that functioning of a valuable balance of the production of ATP and ADP in the cells! This chemical adaptation has a more refined electrical component as well as a reformulated magnetic component. There is much for you to contemplate in just changes you have already made. We ask you to do so in the coming days.

One Magnetic Template that was retrieved from the time locks is now held in your body. This has changed the entire complexity of your personal electro-magnetic field and will greatly assist Earth in the alteration of its electro-magnetic field.

You do not consider that what you have retrieved out of those time locks was just one Light Template. There are many, many Light Templates that relate to that 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> Dimensions.

The ones you have retrieved have been a very powerful influence on you, personally and Collectively. How you hold the Templates precisely in form changes your entire evolutionary process. Source Magnetics changes your ability to hold consistently more refined Light frequencies in your body. These Magnetics amplify what you already have available to you. They then contribute more Light frequencies to what you already have created.

You remember that you have the ability to create Light from within you. You can create adaptations to the Undifferentiated Light and Love of Source Energy. So, when these Magnetics are in play, you create Light in your body, you create Light in your field from

the resources that are part of your energy makeup. But because of the Presence of the Magnetics, it is amplified so more Light is infused into your energetic system.

These frequencies that emanate from Source and from you are important, immense frequencies that enable you to express yourself as a Christed Being on all levels, especially at the physical level. You then begin to express yourself through your mental-emotional body as the Christed Being that you are, transforming the mental-emotional body into a Christed vehicle.

In the coming next two years of Earth time, you will make a huge difference in the way Earth is able to reflect the Christed Image that is contained in its Christed Matrix. You have begun to use the Christed Matrix that is within your Sacred Heart and you have opened many channels to express yourself as that Divine Image.

These are things that needed to be said, so that you could be aware of what is occurring at this very moment. Transformation is very real and is accelerating in every present moment of your life.

So I would now like to open to you a platform for communication, for you to express yourself, for you to ask any questions about the topics that have been presented in the last few sessions. It is important that we stay present in the evolution of your mental-emotional body, present in the use of the templates that you have recovered, making them usable in every moment of your day.