

JOAN: And center yourself in your Sacred Heart, being aware of yourself in your Merkaba field at 100% Light. Now, let us welcome Gabriel.

GABRIEL:

Greetings, Beloveds, It is I, Gabriel.

I AM part of the Collective Consciousness of this gathering.

I AM pure Light, as are you.

This Collective Consciousness emanates pure Source Light, pure Source Love.

In this state of Being, for it is a state of Being, you are able to maintain a consciousness of not just 5th Dimension but of a multi-dimensional level, accessing 6th and 7th Dimensions, and holding a coherency within your energetic field of that 5th Dimensional Template of Love and Unity.

When we gather in this environment, the Light that is expressed is of great magnitude.

Feel the energy that emanates from the Collective Consciousness of this gathering.

Begin to know it intimately; feel it in your emotions as well as know it in your mind.

For this is who you are, Beloveds.

[Short Pause]

When you are tempted to be anything other than this state of Being, all that is needed is a breath, and the Harmony returns of this unified state of yourself. And you begin to feel and emanate the Love that you are.

So, each time that you might be triggered in life events, take a pause, take a deep breath, and allow the Presence of Love and Unity.

Now, Beloveds, in this Unity, let us take a portion of our consciousness and focus on our meeting.