

JOHN: Thank you, Gabriel. We so appreciate your Presence and thoughts. It is great to always have you with us for your guidance.

To get started tonight, let's do a little review of our last session:

Master Kuthumi has taught us that it is through our experience that we know. Kuthumi suggested that to assist our knowing of this material that we continue to apply the creative principles of the Rays of Creation through practical applications. The expansion of the use of the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays also helps us to use the new energetics templates that are available to us, so that our creations are very precise.

In our last session, I went over my personal process as a demo. I started with three triangles and then added a fourth triangle that then formed a tetrahedron. The fourth triangle held the special tools that I felt could assist in this creation.

We must start with the problem areas, so that we can form replacements. Once complete, I used the Violet Flame Clearing Technique to remove the problem areas. This keeps me focused on my replacement creation and keeps me out of judgment. Because my issue was very layered, Kuthumi suggested that it would help if I created the more complex geometry of the tetrahedron. The tetrahedron created an environment that could greatly influence the original three triangles.

From my tool Box, I first used some color codes to infuse the fourth triangle – Yellow and Blue. I then used some properties of the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays to establish a feeling of unlimited possibilities. Finally, I used some of the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> Dimensional Templates to stabilize and replicate this creation precisely.

Tonight, let's move on to our next step, which is to work further with unifying the mental-emotional body. These sessions are not a review of the information about the Rays of Creation that was presented some time ago. We are now embarking on a process of expanding our knowledge and use of these creative Rays to increase our consciousness and bring more coherence into our mental-emotional body and bring it into a unified state of functioning. The mental-emotional body is a very important energetic body, because it is the physical way that you create your life experience in a body. The expansion of the use of the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays also helps us to use the new energetic Templates that are available to us, so that our creations are very precise.

Now tonight, let's move on to our next step, which is to work with further unifying the mental-emotional body. Creating coherence in the mental-emotional body is accomplished by being precise and focused with our thoughts and emotions during our creative process. When you use geometric configurations, you can focus your thoughts and emotions consistently. Geometric configurations begin the process of bringing coherency within the mental-emotional body. We must have coherency within this very valuable creative body, so that it cannot be disturbed by the fallen templates of 3<sup>rd</sup> dimension that still reside in the collective consciousness of humanity.

We now have the resources of the 5<sup>th</sup> Dimensional Template of Love and Unity Consciousness, as well as the Magnetics of one of the 6<sup>th</sup> Dimensional Templates and also one Template of the 7<sup>th</sup> Dimension. This increases your ability to have a more refined state of consciousness and therefore expands our ability to use the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays, which applies to form and increases our ability to create in form.

The energy and influence of the 5<sup>th</sup> Ray of Creation loosens your present electrical-magnetic field in preparation for your creation, which may alter the present electrical-magnetic field, depending on your creation. The 5<sup>th</sup> Ray energies begin to open you to new possibilities. It also shows you where there are anomalies in your ability to create. Some of these anomalies are drawn from past experiences that create doubt or create a possibility of failure. When you draw from past fallen experiences, you limit your ability to stay focused and confident. It puts stress on the body and creates flight hormones that cause you to abandon your creative process. All of this happens under the influence of the energies of the 5<sup>th</sup> Ray.

The 5<sup>th</sup> Ray also shows you alternative and more refined emotions rather than emotions that limit you. Emotions bond very quickly now to thought and produce a manifested experience, so it is important to be aware of what you are feeling. You have within you the beginning stages of the first 5<sup>th</sup> Dimensional Template of Love and Unity. You are beginning to get glimpses of yourselves as Love.

This 5<sup>th</sup> Dimensional Template helps you realize how you can use the Element of Love to create. This thought alone gives you confidence in your ability to create and starts to dismantle doubt. All this happens under the influence of the 5<sup>th</sup> Ray of Creation and the Templates of the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> Dimension. These energetics show you precisely where you have operated previously and what is needed to remove the 3<sup>rd</sup> dimensional templates.

Next, let's proceed to the use of the 6<sup>th</sup> Ray of Creation. The energetic influence of the 6<sup>th</sup> Ray of Creation and the Love and Unity of the 5<sup>th</sup> Dimensional Light Template of Love and Unity Consciousness shows you the unlimited potential of ways that you can create. Sometimes this can be overwhelming because of all the variables and options that are available. This is where you must choose only a few of these possibilities. Choose wisely from the wisdom of your Soul, that you have access to in the Presence of Love and Unity Consciousness. You have full command over your creations through the stability of Love, because you are That.

The 6<sup>th</sup> Ray brings this into your awareness as well as your experience of yourself as Love. This practice begins with seeing yourself as Love. The Magnetics that were recovered now further influence the 6<sup>th</sup> Ray of Creation, by influencing you to draw to yourself consistently Source Magnetics, which are Love. It is this Magnetic influence that let's you BE Love.

Now, let's move on to the Tetrahedron, which creates an electro-magnetic field of Love by using the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays. We can use the new Templates through the 6<sup>th</sup> Ray, which opens you to multiple results. You have confidence that you have the correct tools necessary to create the desired outcome. You must always see yourselves as pure Love.

Now, we go back to the Tetrahedron, which you use to create the electrical and then the magnetic components to assist in the creative process. Using the Magnetics of the 10<sup>th</sup> Ray which comes directly from Source, you realize that you are One with Source Energy: Love! Love is the key to a successful creation.

You all know me and my use of examples for clarification. So here goes. In looking for an example, we came up with a major and complicated issue: relationships!

Now we know that this could take years to cover the entire subject, but we weren't going to skip such an important item, just because of its complexity. It is also super important to all of us. We are, however, only going to cover one important aspect, and that is the communication piece. We chose this, because we feel that this is a major key to a harmonious relationship.

Let's lay out some general facts that have to do with how you could react to another person's comments. Some basic good principles to consider are these:

1. Be aware – pay attention
2. Listen: Remember the one mouth/two ears principle!
3. Consider the other person's background
4. Ask yourself: Does this affect my life???
5. Is it important to me?
6. Work on understanding the other person
7. Your first action is – no action
8. Remember your Inner observer
9. Old Principle – Don't put your mouth in motion until you have started your brain and, most importantly, your Higher Mind

Remember, Love is an energetic of who you are. Recognize that any other thought that is in opposition to this comes from your rational mind and fallen ego.

The next step is to put together some triangles of the issues and then create replacement. We take the example of two people who are having a conversation and trying to communicate effectively. They have difficulty because of a difference of opinion.

So our first triangle could look like this:

The middle would be misunderstanding

The bottom could be unfiltered response

The two other sides could be not paying attention and being self centered.

The replacement triangle could have

A center of empathetic

A bottom of filtered response

The two other sides could be concerned and paying attention

The second triangle could be like this:

Middle – conflict

Bottom – don't listen

Other two sides – need to be right and interrupting

The replacement triangle could look like this:

Middle – ease and grace

Bottom – listen

Other two sides – open minded and caring

The third triangle could be like this:

Center – hostile judgment

Bottom – the individual is not important

Other two sides – self-centered and indifference

The replacement triangle could be like this:

Center – compassion

Bottom – value of the individual

Other two sides – engaged and considerate

The final triangle in our new geometry could be infused with the following tools:

1. Green Color code – this is a code of Love and works with your mental-emotional body
2. The next Color Code could be yellow, because it propels you into a state of Christ Consciousness, which we know contains Love and helps you to stay aware of your thoughts.
3. We then used the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Rays, because they were created together and provide fluidity and stability. They also all incorporate Love and provide great power to create
4. I next used the four Light Templates that we unlocked in Hot Springs. They allow us to stabilize and replicate our creations precisely and manifest them in our 5<sup>th</sup> dimensional life experience. They also provide the beginning access to 7<sup>th</sup> dimensional concepts. You can compress these energetics and make them applicable in the 5<sup>th</sup> Dimension. The most important time lock retrieval was the Magnetic Template. This provides continual access to the perfect Source Magnetics, so we always reflect it in our creations, through the 10<sup>th</sup> Ray of Creation.

So, now that our tetrahedron composed of these four triangles is complete, reflect on all the energies that it produces for you and assists you taking that first step in improving your communication skills.

As Kuthumi has said, we must spend time with this geometry at least twice a day. He also said that you only have to spend five minutes at a time.

Now, let's take a deep breath and assist Joan in bringing forth Metatron for some additional clarification.