

If you will take a deep breath now and center yourself in your Sacred Heart, that beautiful Luminous White Star Tetrahedron that is within the first sphere of your Merkaba field.

The illumination of that White Star Tetrahedron is quite expansive. Feel your consciousness begin to expand, to be 100% Light. Feel the peacefulness of that environment, as you sit in your Sacred Heart consciousness, in that 100% Light. Feel the Presence of Source..... [Short Pause]

Now place your attention on your mental-emotional body, as functioning within that Unified Field of Light. Your mental-emotional body is part of you; it is an expression of your individuality, of your creativeness. So see it within the sphere of that Unified Field of Light, where Source energy abounds. Love is unlimited. Your mind is aligned perfectly with your Higher Mind, Universal Mind, Christed Mind.

And as the Christed Mind, it is pure Love. Within that Unity Sphere, the emotions are there -- present, unified with the mind. And because they are unified with the mind, they are expressed from the consciousness of the Christed Mind. And in the consciousness of the Christed Mind, the emotions are also pure Love. So when they are felt, the higher aspect of the emotions are felt -- of Joy, Harmony, Peace, Sovereignty.

Create now within that Sphere of Unity, a unified expression of your mental-emotional body, functioning in Christ Consciousness very coherently. Thoughts are always accompanied by the emotion of Love and Unity. The mental-emotional body is expressed through Unity Consciousness and the Consciousness of the Love that you are -- never again to express separateness, but only to express your Divine individual expression as Source Energy.

So when you are in your Merkaba field, which now operates almost instantaneously by just directing your attention to it, you will see it operating in its unified expression. And within that Merkaba field and that unified expression of you is also the expression of your mental-emotional body that is operating in unified consciousness with your Sacred Heart and your Christ Consciousness. Recognize that your mental-emotional body is not separate from you, but it is a unified expression of you as the Divine Image. And therefore, it operates in a Unified Field of complete coherency. Your thought and your emotion operate as One.

Pay attention in the coming weeks to the thoughts that are thought and the feelings that accompany them. When you create negative thoughts, which you can choose to do, there's always the presence of a negative emotion. When you create as Love with Christed thoughts, there is always an emotion that is present, for you have created a coherent, unified expression of yourself and your mental-emotional body in this Unified Field of your Merkaba. So that 100% Light Imaging is constantly influencing every physical part of you – every cell, every molecule. It is influencing your mental-emotional body and creates a coherent expression of you as Divine.

It must be recognized in order for you to know your experience intimately. In meditation such as this, it's very easily recognized. But I ask you to take it out into the world with you and to observe the thoughts and emotions that you have in this coherent field on a consistent basis. Notice how the emotion is present with every thought, where sometimes there was a lag time. That lag time is no longer there, because you are unified in your expression. You are being influenced continually by the Flower of the Life, the spheres within spheres, the masculine-feminine Unity of expression of the Divine, and the Spheres around your Merkaba field that hold stably your Christ Consciousness.

[11:44] So this Unified Field has been expanded exponentially in this field of Light and within the Flower of Life -- the Flower of Life that your physical body emanated from, the Flower of Life from which all Source Energy expresses itself.....

Take a deep breath. Be yourself in the vastness of this Unified Field of Source energy. For truly, Beloveds, you are That! [Short Pause]

We will close our session together, Beloveds, and are eternally joined in the vastness of the Unity of our Source energy, expressing ourself individually and collectively, raising humanity into full Christ Consciousness.

Blessings! [14:04]