

JOAN: Well, good evening everyone. It's such a wonderful opportunity to gather together in this beautiful, beautiful collective energy. This is Joan.....

JOHN: And this is John, and Miss Joan has a couple of subjects she'd like to discuss.

JOAN: Well, there are two things. This is all just logistics things. First of all, I want to tell you how wonderful it is that everybody is using (that uses Facebook) is using our group page and communicating and voicing what is going on. And then if they have difficulties, they're putting that on there, too. So, I just, I am so enthusiastic about what we are creating here on all levels. So thank you for participating.

The other thing I would like to mention, I think there's been some difficulty over the last week... this technology thing is just – gets out of hand sometimes [Laughter], but it's so beneficial. Anyway, on the website, on our website, you can access your private page, your member page, through the teleconference or the teleseminar tab on our website. If you just click on Seating the Divine, the log-in and user name will come up. So it's easier than having to remember, get the link and type it in and all that mess. So you can just go there and access your page.

So that's all I had to say!

JOHN: That was very good. I'm sure it was helpful to everybody. [Laughter again]

So to get started, let's talk about the agenda for tonight. First, we're going to start off with a centering meditation from Archangel Gabriel. It is always wonderful and he certainly sets the stage for us. Then we'll have a discussion period where you can make your comments about your experiences with all the concepts and the energetics of the last session. So, we want you to be very open and understanding when you do mention these things and talk about these things, it helps people in the entire group.

Now, just a reminder, remember that when we're on the air and we're talking about comments, remember to hit *6 on your phone and then the number 1 to be put in the queue. And that's where I will get you and bring you up and let you know when you're on the air, when it's your turn.

Now, understand these sessions are co-creative sessions, where we begin to experience Unity consciousness, and that really kind of blends in with what Joan was talking about the Facebook page. That's real Unity when everybody gets on there.

Now also, this is not like any other teaching that we've all participated in before. So, do be patient as the foundations are built. And it's very important, they have told us, that you not judge the process or judge yourselves.

Now, if you remember the last session, we began to work with the Sapphire Blue Star Tetrahedron on a physical level. And under Master Kuthumi's guidance, we will expand this experience even more.

Now, following our interaction time, our comment time, Master Kuthumi will take any questions that you might have about the last session. Master Kuthumi will then present the final portion of merging the Sapphire Blue Star Tetrahedron with the remaining three physical chakras. Now this is meant to create Unity within the fourteen-chakra system and expand the Unified Field. When he is finished, our session will be ended. We encourage you to remain in these energies after the class for as long as you care to. And please take note here, if you have a pencil and a piece of paper, our next session will take place on February 2, at our regular time, 8pm CST.

So, let's get started. And if you'll please take a deep breath..... and assist Joan in bringing forth Archangel Gabriel for our centering meditation. Thank you.

Archangel Gabriel Centering Meditation, through Joan:

[5:14] Greetings, Beloveds! It is I, Gabriel.

This is a very beautiful gathering of Light Beings, who have gathered with intention and purpose and open hearts. And we would like you to see that. See the beauty of what you are creating together with us, as co-creators in this collective consciousness. So, as always, let us get centered so that we are functioning in that Unity of co-creators of the Divine Image in form on Earth.

Focus your attention in your Sacred Heart and breathe in Love..... and exhale Light. Breathe in Light..... and exhale Love. And breathe in Love..... and exhale Light.....

This is the process that you will use as you transmit not only Divine Light and Love, but as you transmit into the collective consciousness the Divine Image, as you express it in your body and you emanate it from your Unified Field. So it is with your breath -- just breathe. And with your intention, you constantly emanate these frequencies, because we gather together to create the Divine Image in form, as part of that vast collective consciousness.

All of these things, Beloveds, are held in your Sacred Heart, in that vast White luminous Star Tetrahedron. And it pulses and vibrates and spins continually, just as your Unified Field, every Triad, all parts of you emanating, functioning as the Divine Image. Feel the presence of the Divine within you.....

You are no longer a separate Being, looking to the outside for the Divine to come. That was all an illusion as you played the game of separation. But now, you are in a different state of consciousness, and you realize that you are not only a Being of Light, but you are Divine.....

Sit with me for a moment longer in this beautiful energy that you are emanating, each one of you as an individual putting your individual Image into this collective consciousness of all of us who have gathered together at this time. Be in this energy. Take it in..... [Pause]

You are creating a frame of reference here, dear Ones, so that when you are not physically connected in these gatherings is of no matter, because you are always connected in this beautiful collective consciousness that we have created together: the Archangels, the Ascended Masters, each and every one of you. We created this in last session, so that we had a Crucible, a container, in the physical realm, from which, in which we meet. And it has no limitations, dear Ones..... Time, space does not affect the presence of each and every one of us in this collective consciousness at any time. All that is required is you draw attention to it.....

So now, let us begin our conversation.

[14:20] **JOHN**: OK, we would love to hear your comments now, please. Again, this is something that will help everyone.

[The comments from the participants were not transcribed but are on the recording]

[44:22] **JOAN**: OK, let's take a deep breath and I will bring forth Master Kuthumi so that he can speak to you a little bit, and then take any more questions that you might have....

MASTER KUTHUMI, through Joan:

Greetings, Beloveds! It is I, Kuthumi.

Well, I have been very patiently waiting, and listening to your conversation. And I am impressed. You took it in last session, and you took it very seriously. You used the energetics. You worked with those first four chakras. And you altered the frequency range of your body's energy. And you began to feel that. And even though some of you experienced letting go of a few fragments here and there, or your attention was drawn to some anomaly that you weren't aware of, and you took care of it immediately. And then there was this wonderful, massive Light that began to shine within you, that's been there all along. But you hadn't noticed.

So I want to say to each of you, we are so pleased that you have gathered with us in community, that you have taken it seriously, and that you have communicated with each other on a physical level. But you also are so immersed in this collective consciousness. So when one of you feels that Light emanating from the very core of your Being -- sees it, knows it as yours, that you don't have to look outside any longer, it's been there all along and you're beginning to see it -- each one of you as you see it, it's like lighting up a string of lights. One sees it and immediately all these lights light up in the Collective. Each one of you begins to see it. This is the value of joining together in a Collective where there is conversation, there is community, so that you begin to impact and hold your Light, and it is magnified by every individual that gathers in this group.

You are also beginning to see that we Masters, the Archangels, are not way above you, out there somewhere, that we are very much here with you in this Collective, that we aren't separate, and that we communicate to you in one way or another, however that is applicable to your individual expression. And this will grow more and more as we meet, because now the coherence of the energies of this Collective has taken hold.

So I would like, before we do the energy work and a bit of teaching that I would like to bring to you, I would like to take about twenty minutes and have a short question and answer period for anyone who would like to ask a question about the teachings thus far -- we've only had one session -- or about your experience that you weren't clear on. Now, let me say this about that. You are the only one that had this experience. It's valuable to share it, because others have had similar experiences. However, you're the only one that can see the value in the experience that you had. You do not need me to verify it. You're the one that takes it in and verifies it. But I am happy to expand on it in any way I can, or if you do have a question, I will take it now.

[50:45] **Q&A WITH MASTER KUTHUMI:**

[Note – "Hello, hello, can you hear me?" sequences are omitted, and sometimes the questions are summarized a little. (Sometimes the transcriber cannot make out all the words of the question.) Master Kuthumi's answers are transcribed word for word.]

JOHN: OK, now we're on the Q&A and here we go.....

Here's our first one up. You're on with Master Kuthumi.

(1) Hello, Kuthumi, this is Jana. [MK: Yes, Jana]

A couple of evenings ago..... I'm wanting to dance a little with language here, to begin describing some of these experiences of refined consciousness. And it's a little challenging to put into words, but I'm hoping that you'll kind of assist with that and expand on it. In the middle of the night, a couple of nights ago, I won't say I woke up and out of my sleep state and I won't say that I was having a lucid dreaming experience, either, where I became sort of conscious within the sleep state. But it was something other than that – a full awareness, an expansion, and I felt really at total Oneness and Unity in my experience.

And it, how shall I say it, it felt as though I was perceiving my experience from that state of full collective consciousness. And the word “mind-meld” came to me, just as a way of bringing some languaging structure to it. And it was very, very exciting to have that fullness of that experience, where a thought and feeling was so vast and had all of the space and time, I want to say in the world but it was of other than the world. [MK: of the creative realm!] Yes! Could you speak a little bit, expand on that, because I have a sense that as we’re bringing in and spinning this Sapphire Blue Light and integrating that into the White of the Undifferentiated Light and Love and the Christed Golden Light that I’ve been playing with this past week, that the actual, what we’ve labeled as sleep state and waking state, that that actual distinction is dissolving.....

MK: Yes.... yes. First of all, it’s not dissolving – you are becoming engaged in it. And the sleep state is for the body to rest, so the consciousness that is still, has some limitation to it does not interfere with the vast consciousness of who you are. So the difference is that it’s not a dream state anymore; it’s reality! [Jana: yes!] It’s you at that vaster level.

Now, you made a comment about mind-melding. That’s a very beautiful way of expressing that your mind, you as the individual expression, your higher mind, and the Mind of Source that is in the 8th chakra as it relates to form and in the 10th chakra as it relates to All That Is – this is the mind-meld. Do you see that?

Jana: YES!

MK: And I know that hadn’t quite made it fully into your consciousness, so I feel compelled at this moment to tell you this, so that when you experience it again, you know exactly what that is, and you go right into it and experience it – fully.

Jana: Yes! And that’s the blossoming that will just continue to expand.

MK: Exactly.

Jana: Yeah, it’s very exciting. It felt like Home.

MK: Yes, yes! It IS Home! It is the vastness of who you are. You don’t need to go anywhere. It is you.

Jana: Yeah. Thank you.

MK: Beautiful! Thank you!

(2) [56:20] Hello, Kuthumi, this is Vera. [MK: Yes, Vera] That was exciting with the mind-melding

MK: Yes, wasn't it! Now here's a gem, people! Here is the gem – take it in! You are part of this Collective. If that opening was provided for each and every one of you, here's the gem.

Vera: Yes! It's made me remember that space. I want to ask you how could I..... it's beautiful to see all of the color formations in that state, and I wonder if you can assist me in how could I play with that in creating sound with it? I do hear some sound within those formations. There is an urge in me to express it in sound form. That's the way that I validate my experience with the Divine. And I wonder if you could assist with that, if you want to. Otherwise, I'm defaulting, I'm realizing, because of the training of the culture into language structure, which limits me in my expression.

MK: Yes, well, so too, sound is in everything, as you know. It's in every part of creation. The sound that you hear in the physical body is not fully what sound is in the creative realms. So you understand this. Now in terms of these color emanations, the various color codes that carry vast frequencies of Light energy and the color codes, as well as the sound..... there is a lot of that that cannot be heard with the human ear. But it can be known in the consciousness.

And I know this is a little confusing to you, but if you just sit with that a little bit.... But when you do hear the sounds, they are that higher frequency range that can be heard by the human ear or expressed through the voice, but the fullness of that is not heard. So it goes way beyond the sound into the vibration.

Vera: Yes, and it's felt in the body. [MK: Correct, correct] I can feel it in this field and in the body as well. So are you saying it's impossible to because I do..... I find I have a stock in musical creation because I realize this, and I do not want to stop expressing through sound.

MK: No, no.... no, no. That's not what I'm saying. But I'm just saying, in some of these color codes, there is portions of that that are of such a high frequency that the sound cannot be heard. But the sound that you do hear, by all means use, because it lifts the environment to a different vibration.

Vera: Yeah, they are like keys, yes [MK: Yes, yes] So how could I..... if I see a formation , do I just play with sound in my voice or the harp and

MK: Yes, yes, exactly! And feel it in the body. And then the body begins to emanate it.

Vera: Yes, OK, I'm very happy for this and thank you, thank you, Kuthumi, and Joan.

(3) [61:10] Hello, you know, I'm not feeling as light and fluffy as everybody else. I have a 98 year old living with me, that I'm starting to resent, which is no relationship to me, and another person that works out of my house, and I've been trying to being in Love and Light with all that, but I'm not feeling that. Can you help me with something to do about that, or just kick them all out?

MK: You know, you provided a great service for these individuals. And if your reaction is what you have said, and what I can see in your energetic field, it is time to make an alteration. And the important thing here, when you make that correction in your living circumstances, do so from the heart, Beloved. And I know that you try to center yourself every day, so that you can be upbeat and open and kind. But it is wearing on you physically; it is wearing on you mentally and emotionally. And this does not benefit you, nor does it benefit them. So, think about how you can create a change, first of all for yourself and your environment. If this means taking steps kindly, from the heart, to ask them to find other accommodations, then you must do so.

Caller: Thank you.

MK: You're welcome.

(4) [63:37] Hello, this is Beth. [MK: Yes, Beth.] Hi. I'd like to just go back to mind-melding and sound. I appreciate.....

MK: Yes, that was a very interesting conversation, isn't it?

Beth: Definitely. First of all, well I'll go to mind-melding first because it's something that I think I've become more and more aware of, and that is that we tap into, I guess it's a matrix. [MK: Yes] And with our intention, we can amplify a lot of peace in the world, but of course that starts with peace within, peace with our environment, and so on. And doing that a little bit more with purpose, let's put it that way [MK: Yes], so that we somehow amplify those vibrations that are going out.

I mean, there's lots and lots of groups, initiatives, and so on, that are trying to help create our world in such a way that it is much more mindful, more love-filled, and compassionate.

And then just to side-step just a little bit to the vibration level and sound, I've been singing over the last ten years with a very small group of people, like once a month, where we actually do tap into some very creative singing, without words, and we do try to reach those kinds of heights. Could never put a word on it, but somehow we touch the spheres [MK: Sure, yes, it's just....].

So just saying that I think being a little bit mindful in how we approach that, whether it's dealing with, you know, some of these issues like Syria and so on, or other you know places in the world that require peace, but doing it from a really more intention level, let's put it like that. So I don't know if you could amplify on that a bit.

MK: Well, you said quite a few different things, so where do you want me to direct my comments?

Beth: [Laughter] Well, that's a good one. Well right now, let's say we tap into groups or purposes. For instance, there's somebody who's going to be singing in, you know, to try to have a large group that's going to tap into peace around Syria, coming up I think on the first of February somewhere. So just that sort of thing, let's put it that way.

MK: Yes, first of all, it starts with the individual, you as a creator. So when you work with sound or you work with color, you work with vibration, you work with Light, and you impact your physicality, you impact the coherency of the Light that you're able to hold within your body. That impacts the entire collective consciousness of humanity and beyond, into all the creative realms. So it starts with you. When you alter you and emanate another frequency, then you join in a group, and together you expand that frequency, as we are doing this evening. Then as it impacts into the collective consciousness of humanity and the realms of creation, it impacts it with more force and with a greater level of vibration.

The sound emanates. It's a nonphysical expression of a Divine force that goes through the ethers and has no limitations of time or space. So as you gather in this group, singing, toning, voicing, with the intention of that sound carrying vibrations of peace, harmony, joy, and you direct it into an area of the world that is in conflict, it has a huge impact on that environment. You may not see it immediately, but that sound current is continually there, vibrating in that level of peace and harmony. Do you see now?

Beth: Yes, thank you so much!

MK: You are welcome.

Beth: Could I ask one more thing? [MK: Yes] If we project, you know what we're working on now, which is the Blue Star Tetrahedron, if we project that also into that group consciousness, will that help amplify?

MK: Yes, of course, because the Sapphire Blue Star Tetrahedron carries a massive frequency of Light that has a far-reaching not only frequency range but vibration. And it uplifts and expands the consciousness. That's why we have begun to integrate it into the body, so that it alters the consciousness of the body.

Beth: Thank you so much.

MK: You are very welcome.

We will take one more question and then we must move on.

(5) [70:55]. I already asked a question and the question was about the gems and the pearls. So I ask a question so I was able to understand what is gems and pearls. And I would like to share that I am very focused when I do work lately. I can work for hours and not moving from the task, and that is incredible for me, because I was always somebody that moved from what has to be done..... [MK: Yes]

Second of all, I already have experience with somebody yelling at me for some reason, and I usually have a little reaction before. And I can stop now; I don't have to have that reaction.....

And third of all, I am experiencing these energies kind of like fresh water, so fresh. And I experience after we brought Spirit into the body, this raising of frequency of my body, and that's something very ?nice? for me, because I always come from the perspective that I am a creator.

So now I would like to know if it's possible to understand the difference between this energy frequency that's raised and with the Spirit coming. And also we are using the Star Tetrahedron to amplify the Light Body. So there are references for me to understand – is this rise of frequencies because of the body having the Spirit coming in or is it because also the Light Body is spinning. Maybe..... it's a plurality that I have. Thank you.

MK: Thank you for asking that question. First of all, I'm delighted that you see the gems in your life. Secondly, it is because the Spirit has descended into the body. However, as we have said, it cannot reside there 100% of the time, because of the frequency range of the physicality. So it exits into that vaster state of you in the nonphysical realms. So there is this ascension and descension.

What we are doing now with the Blue Star Tetrahedron is we are raising the frequency and the vibration of the body, the coherence of the body to hold a vaster Light, so that the Spirit then can reside in the body in greater lengths and not exit into the vaster portion of yourself. So this is what you are doing with this Star Tetrahedron, creating a much different frequency in the chakra system, in the physical chakra system, and also creating coherence and Unity within the fourteen-chakra system, so that you begin to realize your Unity consciousness with the All That Is. You begin to realize just how vast a Being that you are, without limit.

So this is what we are in the process of creating together for you to experience in the body. It does amplify the Light Body; it does help you use the Light Body in a much different way. You just got the foundational concepts of the Light Body. You activated it at a very basic level. And now we are taking steps so that you will actually be able to use the Light Body in a more expansive way. But we first have to take care of a few basic energetic things relating to the physicality and the Unity consciousness piece.

But thank you very much. That was good questions and good comments!

[76:17] **TEACHINGS AND ENERGETICS WITH MASTER KUTHUMI:**

Now, dear Ones, I would like to continue speaking to you about the value of you and the importance of Unity consciousness, that has been so elusive in humanity for a very long time. When you played the separation game, lifetime after lifetime, you had no consciousness about the vastness of who you are.

You always looked outside of your body. You were taught, you were told, you were programmed, “the body was bad, you need to get out of it; the ego is bad.” This is incorrect; it’s from that separated, dense consciousness. And what you are doing now is you are altering all of that, bringing it back into the fullness, the full expression, of the vastness of your Being – full consciousness. You are altering the body. And you now see the body is not bad; it is a very valuable vehicle for you to navigate the beautiful, beautiful Christed Earth. And because you are realizing that, you are expanding the Christed Matrix in your heart, you are expanding it in the Earth.

And no longer do you think of yourself so much as separate. You communicate with the Archangels; you communicate with we Masters; you access the Lords of Light, the Elohim, vast regions of the creative realms.

So tonight, we are going to focus on the remaining three upper chakras of the seven-chakra system that pertain to the body. And we are going to merge the Sapphire Blue Star Tetrahedron into those remaining three chakras, so that the entire seven chakras are functioning in a very refined frequency range. A massive vibration into the body is being created.

These chakras are no longer spinning disks, small disks that reside in the middle of the body. But they now operate in full Unity in this massive swirling vortex of energy. There is no separation between the 1st, the 2nd, the 3rd, and the so on. The energies are all unified, spinning and spinning, completely within you, around your body, within your body, extending into the Unified Field and beyond, impacting the mental-emotional body so that it has more Unity in its function.

The Blue – there is a Blue; you know of the Blue Code. The Blue, the Sapphire Blue holds more of that Blue Code at a very refined level, a more extensive level. Where it wasn’t very far reaching before, now it’s a very extensive Blue Code.

And it impacts the emotions, because the emotions are a very valuable part of your creative mechanism. So they must be kept at that higher frequency range. And this Sapphire Blue Code bonds with those emotions, lifting them into a compatible frequency range.

The mental body is very clear, because the mind is open. That higher mind functions coherently, and most of your waking time and in your rest time, it is merged with the Mind of Source.

[82:06] So, as you see, let's get quiet and go into the center of your heart. Now see the 1st chakra, spinning brilliantly with that Sapphire Blue Star Tetrahedron, as is the 2nd chakra, spinning coherently along with the 1st. And the 3rd is spinning at a very refined frequency, so the will, your will, is no longer about dominance over or ego-based. It is refined, coherent. And the 4th chakra – oh that beautiful physical heart of yours. That chakra is spinning and spinning, filled with that Sapphire Blue Star Tetrahedron. And those four chakras are spinning in this massive vortex.

Take in these energies. See what's happening in your body; feel what's happening in your energetics of your body; feel the coherence, the Light.....

Now, let us move that Sapphire Blue Star Tetrahedron into the throat chakra and begin to spin with the throat chakra, creating a more massive vortex for that throat chakra to function in, creating a more refined frequency within the throat chakra. It affects the glandular system in that area and helps you to maintain health and well-being of the body, because they are functioning more coherently and creating the proper chemicals and hormones that are needed for the body. Your will and Divine Will are no longer separate. They are One. And the Will is to be the Divine Image that you are.

See that chakra spinning -- beautiful, beautiful spin. And it is now part of this massive vortex of energy that is emanating in your body.....

Now move that Star Tetrahedron into the 3rd Eye, and notice how engaged it is immediately. It begins to spin at a different frequency. Now notice what is happening: the pineal is affected, the medulla oblongata, that entire 2nd Triad is emanating a resonant frequency of that Blue Star Tetrahedron.

Massive energies coming into play here, affecting the neurology of the body, affecting the brain, affecting the pineal and your ability to create Light within the body, opening the channels of that medulla oblongata even further, that open the opportunity to know the vastness of your Being more intimately..... spinning, spinning, all these massive vortices..... spinning in unison, coherency beyond your expectation.....

Now extend that into the crown, and it immediately comes into resonance with the vibration and the frequency of the other chakras that are spinning and spinning..... The opening in the crown is expanded. Here again, the brain is enlightened..... It is able to carry more communication from the vaster realms of you..... All of the lobes are affected, the lobes of the brain..... The left and the right brain are merged..... in this spinning, spinning vortex of energy.....

No longer is your concept of the chakra system a linear concept. It's broader. You see there is no limitation in its expression. It is within you, around you, within the Unified Field and beyond. You are that vast, Beloveds!

There is no longer a bridge between the first seven chakras and the next seven, for it is not needed. The entire fourteen chakras are coming into coherent expression. Here too, it is not limited to a linear concept but is much broader than that, extending far into the creative realms, in Unity.... beautiful vortex of massive Light energy that you are creating from within you, because you are a Divine creator. You can now emanate that continually, consistently, for you have no limit.

And when you emanate these types of frequency ranges, separation consciousness begins to drop away..... What a beautiful expression you are creating of yourself, individually and collectively. The brilliance cannot be spoken of adequately that you are emanating at this very moment. The luminosity is extensive.....

[Long Pause]

[96:46] Now, come back to your heart center, Beloveds, come back to that physical heart and look within it. Feel the Love, the appreciation for yourself, as you reside in this beautiful body of yours. See the difference in its coherency and notice how much more and how easily you can value yourself.....

Now, extend that out into the Holiness of your Sacred Heart..... into the Divine Spirit that you are..... Begin to see that luminous White Star Tetrahedron that is the vaster aspect of that Sacred Heart, that holds all color, all sound, all Light, all Love..... That Blue Star Tetrahedron also merges into the Sacred Heart and becomes One at that vaster level of you..... [Pause]

Here is where you start to realize you are the Holy Spirit -- you are That. It was only in your separation that you looked upon the Holy Spirit as separate from you..... And now you have come Home, in that Sacred Heart to the Unity of who you are, the Love that you are, the Divine that you are.....

[Long Pause]

[102:56] As we sit together in this Holy Crucible, we are all altered, for eternity..... We all emanate a much more refined frequency of Light, of the Divine Image..... [Pause]

Blessings, Beloveds, Blessings!

[Long Pause as we continue to sit in this space together]

[111:13]