

John: What we want to do now is talk about the next steps in this process. Of course we always need to remember, regardless of what we're doing, we always start the process with the spinning of our personal Merkaba. And several people have mentioned that tonight, so just a review.

Our first mission is to work with the first time lock and its light templates. We can stabilize the fifth dimension by using the sixth and seventh dimensional energetics, and compressing the light so it can be applied in the fifth dimension. This will assist us in changing our DNA to move forward in this ascension process. Now we will need to use the stabilized fifth dimension, so that the principles of Love and Unity consciousness that it involves, can be used in our daily lives.

You all know, all of these new energies have caused a lot of reaction that are kicking out some old anomalies for us to look at. We have been given many tools over the years that can help with this situation. So let's just have a quick, review.

First, as I mentioned, we set our Merkaba at 100% Light. We use the neutral inner observer, so we can be aware of our thoughts and feelings. And as Nancy said, I think tonight, with no judgment. We need to notice when we are being the light and when we drop below 100%. And through our neutral inner observer, we will have knowledge of what triggers a lowering of those light frequencies. Again, always observing.

You all know I need examples to help understand any situation, so I asked for them and here they are. The situation concerns navigating in everyday life. You might be exposed to a person or group that has no clue, and can trigger you most of the time. So, what's the action plan? Try to plan ahead. If you know you're going to a casino.

- 1) Set your Merkaba.
- 2) Reset your focus in your Sacred heart.
- 3) Watch for those triggers. Be aware of them.
- 4) Observe.
- 5) Avoid topics of dispute. You know, religion, politics, etc. even though it's tempting right now. Observe without reaction or judgment. And as the fifth dimension tells us, we need to operate in the now, no past and no fear in the future.

John: This process should keep you in a good space and assist you in pinpointing problem areas. Now as you know, these new light templates are important because they can alter your thoughts and emotions. They will also enhance your ability to create, and to avoid a negative response through guilt, judgment, victimization or fear that is based in past experiences. These thoughts and emotions are all related to the denser realities, and prohibit you from living in the now of fifth dimension. We need to be in the new emotion that you can create, which is the love expression of joy.

Joan: Well, I was just going to say, when we are able to express our emotions from that more refined range of love and joy, there are no highs or lows in that state of expression just a consistent peace and harmony. It's just a neutral space. And I think many of us have navigated that at one time or another in these various processes that we've done over the years.

One of the things that I frequently hear is; when I get into that neutral zone, where I'm in that higher range. I don't have the highs and the lows. But I don't feel the passion that I used to feel about things. I think that's one of those things that gets lost in the transition, when you're trying to stay in that neutral space and not be reactive, or not be addicted to that emotional high that you used to get sometimes in meditation, or in these states where there was a higher frequency range.

So in these transitional times, you just have to be a little patient and recognize that you are in that neutral position. But it doesn't mean that you can't use your emotions, but they are used differently. They are not from that lower range. They are consistent. So there's no variance in it. So you don't have the lows of depression or have fear or play the victim role, or whatever that lower emotion is. But you consistently stay in that joy of knowing just this beautiful, harmonious state of yourself.

And I think it just takes time and our evolvment. As our consciousness grows, it becomes easier. And the passion is still there, but it is processed differently through the emotions. So this is a point that I wanted to make because I've heard that comment so many times and I've felt that myself.

Joan: When you are in this state of being, where the smile is not only on the outside, but the smile is on the inside, and there is such peace within you notice that. Notice that there's no rigidity or resistance in your body. Because what we are embarking on now is altering the body. We've spent a lot of time altering the consciousness. Now we have to alter the body. So the more times that we can be in that neutral space and there's no resistance or rigidity in the body, the more able we are to maintain that state of joy from that more refined level of our emotions.

John: Thanks. Super. That's a great comment. Now, let's all take a deep breath and help Joan bring forth our dear old friend Master Kuthumi, to discuss more details. Remember when Master Kuthumi is done, we will open the board up for him to answer your questions. And then we'll have a little break and have some other discussions. Let's all sit back, take a deep breath, relax, and welcome Master Kuthumi.