

[From the transcriber]

**Outline of the Major Topics in each of our 15 Sessions in 2022 -- from the Review Below:**

1. January 9, 2022..... Session 1: First Merkaba Upgrade to 140% Light
2. January 23, 2022..... Session 2: Second Merkaba Upgrade to 150%  
Start of Crucible Reconstruction.
3. February 20, 2022..... Session 3: Upgrade of the 1<sup>st</sup> Triad  
Visit to give our Gifts to the new Cosmic Crucible
4. March 6, 2022..... Session 4: Community Call and Group Service Project.
5. March 20, 2022..... Session 5: Ceremony Unveiling and Introduction to  
our new Sacred Crucible described as the  
“Sacred Celestial Cosmic Diamond Light, Crystalline Temple of Illumination & Acceleration”
6. April 3, 2022..... Session 6: New level of Consciousness in the new Crucible
7. May 15, 2022..... Session 7: 2<sup>nd</sup> Triad Upgrade and Use of the Golden Nectar
8. June 12, 2022..... Session 8: Upgrade by Weaving together the Triads  
Important Process to transform dark implants
9. June 26, 2022..... Session 9: Upgrade of 3<sup>rd</sup> and 4<sup>th</sup> Triads  
Weaving together our Energetic Components
10. July 17, 2022..... Session 10: Upgrade of 3<sup>rd</sup> Triad; Prism of Light  
The many types of Light Configurations
11. August 7, 2022..... Session 11: Neurons, Deca-Delta Manifold in the 4<sup>th</sup> Triad  
Sirian 8-8 Portal Holographic Imprint in 2<sup>nd</sup> Triad
12. August 21, 2022..... Session 12: Epi-Kinetic, Epi-Genetic, and Eka Bodies  
Procedure to release old traumatic patterns
13. September 18, 2022.... Session 13: Review and Discussion of Sessions 10, 11, & 12
14. September 25, 2022..... Session 14: El Morya Hologram and the Epi-Kinetic and Eka Bodies  
Exercise to upgrade and use the Higher Mind
15. October 9, 2022..... Session 15: An Addition to Master Kuthumi’s Prayer  
5<sup>th</sup> Element New Name & Upgraded Understanding  
Daily Exercise using 5<sup>th</sup> Element and Higher Mind to  
create our 5<sup>th</sup> Dimensional Body by the end of 2023

**From Joan:**

Now, we'd like to start reviewing everything, every Teaching segment, briefly.

When Melainah and I were creating this, it was just amazing to me how much we did cover. We took it a segment at a time, so I kind of just assumed that it was no big deal.

But it was a big deal!

And Melainah and I are here to attest that we spent many hours  
in contemplation and receiving the information.

After a Session is done, you kind of forget what went into the prep part of it.

**1. January 9, 2022.....Session 1: First Merkaba Upgrade to 140% Light**

The Council of Twelve introduced themselves to us for the first time in our group.

And they said that new communication channels were being opened  
to facilitate the transfer of more refined Light Codes, Geometries, and Frequencies  
from the Multi-Dimensional Realms.

Melainah and I discussed the Merkaba components.

We led the Group in the upgrade process that was needed.

We increased the rotational spin of our Merkaba Field from 135% to 140%.

This increased our Light Body Energy substantially.

It's hard to realize that it was really a stretch for us in the beginning to hold that 100% Light.

And now here we are at 150% and sometimes more!

**2. January 23, 2022.....Session 2: Second Merkaba Upgrade to 150%  
Start of Crucible Reconstruction.**

The Council informed us that the Center of the 1<sup>st</sup> Star Tetrahedron of our Merkaba Field  
is now called the Inner Sanctum,

where the Holy Spirit Shekinah begins to manifest.

Through the influence of the spinning White Star Tetrahedron  
that carries the unlocked Light Template of Unity and Love,  
the spinning two tetrahedrons are merged.

They become one stable spinning Star Tetrahedron that is not gender related.

It is a state of Consciousness of Prime Creator  
that is represented by the Holy Spirit Shekinah.

As the Presence of the Holy Spirit fills your Soul expression in the Divine Image and Similitude  
of the Source of your Being,  
the pure form of the Divine Image, with no gender restrictions or distortions,  
is manifested through the Consciousness of the Sacred Heart Center.

**Session 2, cont'd:**

[4:15] The Consciousness of our Sacred Heart Center is enhanced and influenced by the Energetic Spin of the White Star Tetrahedron as well as the Purple Star Tetrahedron, where they spin in unison on the same axis as the 1<sup>st</sup> Star Tetrahedron. So, all is functioning within that Merkaba Vehicle, within the Unified Field and in complete Unity.

We increased the Light frequency of the White Star Tetrahedron and the Deep Purple Star Tetrahedron to 140% Light. And then we then increased our Merkaba Field to 150% Light.

Under the direction of the Council of Twelve, the Four Archangels and all the Beings who have been with us in our Crucible began the delivery of our Crucible to the far reaches of the Cosmos and it was given to the Master Beings who were recruited for the reconstruction and upgrade of the Crucible that served us very well for over five years.

**3. February 20, 2022.....Session 3: Upgrade of the 1<sup>st</sup> Triad  
Visit to give our Gifts to the new Cosmic Crucible**

Upgrade of the 1<sup>st</sup> Triad to enable us to access a different Sacred Heart Consciousness.

Under the direction of the Council of Twelve, we brought our Prime Directive into the Chakras of the 1<sup>st</sup> Triad. That was a Biggie!

This enabled us to have a refined function of our Sacred Heart.

This shows us that we have value and a Consciousness that is beyond the egoic influence. The Council of Twelve impressed upon us the significant Gift of our Prime Directive.

We then traveled in our upgraded Merkaba Vehicle that was spinning at 150% Light. And we traveled through far distant Galaxies and Force Fields. We exited our Merkaba Vehicle, one by one, and we were escorted by two Archangels into the new Cosmic Light Crucible, and we took our seat, emanating our personal Light Codes and Frequencies that were woven into the Crystalline Plasmic Matrix of our new Cosmic Crucible.

We then returned to our Merkaba Vehicle that was set at 150% Light to return to our Galaxy and Star Gate.

**4. March 6, 2022....Session 4: Community Call and Group Service Project.**

[7:22] This was a Community Call, but it was a little different.  
We were given a Group Service Project by the Council of Twelve  
to transmit the Element of Love and Light to all Beings on Earth who would receive it.  
They said to continue transmitting the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> Dimensional Light Templates,  
because we have more Power than we know.

**From Melainah:**

**5. March 20, 2022.....Session 5: Ceremony, Unveiling, and Introduction to  
our new Sacred Crucible which has been described as the  
“Sacred Celestial Cosmic Diamond Light, Crystalline Temple of Illumination & Acceleration”**

So, those words and that description are Light encoded, filled with Energetics.  
And as we were introduced to the new Sacred Temple  
and all the magnificent possibilities that it has,  
it was just really a glimpse into what it really will become for us.  
There is so much more!  
And I can tell you that they are already excited to share with you next March  
other things that are occurring with our Sacred Light Temple.

We were told that this Light Temple, this Temple of Light,  
had been created from the most refined and complex Energetics possible  
and would be instrumental in assisting us to receive, hold, and integrate  
all the Upgrades and expanded Light Teachings we would receive throughout the year.  
And, of course, we had no idea of the extent of what those activations would be until now!

**6. April 3, 2022.....Session 6: Experiencing new level of Consciousness in the new Crucible**

The Council of Twelve spoke to us then about clarifying all of the Upgrades  
we had done to the Merkaba,  
which provided more Light for our Light Body.

And they went through each segment of those Upgrades, one by one.  
And that was a very intensive upgrade to all of that.  
And it prepared us again to raising our frequencies to move through and integrate  
all of the things that would be coming throughout the year.

[Melainah then guided everyone into the new Crucible  
where we were led to experience a state of Consciousness that we had yet to experience.]

**7. May 15, 2022.....Session 7: 2<sup>nd</sup> Triad Upgrade and Use of the Golden Nectar**

[10:23] This Session began with a brief review of the highlights of some of the things we had accomplished since 2016. The Council of Twelve then spoke about the Upgrades to the 1<sup>st</sup> Triad. And then they began to proceed to guide us in upgrading the 2<sup>nd</sup> Triad. Next, they talked with us about upgrading the body to a 5<sup>th</sup> Dimensional state and to use the 2<sup>nd</sup> Triad to help our cellular system repair itself by using the Golden Nectar.

**8. June 12, 2022.....Session 8: Upgrade by Weaving together the Triads  
Important Process to transform dark implants**

This was a very complex and integrated Session where much occurred on multiple levels. The League of Michael and the League of Gabriel continued the Upgrade to the 2<sup>nd</sup> Triad by the spinning and the drawing from the other Triads *into* the 2<sup>nd</sup> Triad.

This was an expansive Upgrade and Activation. The Council of Twelve then came forth to transmit Energetic Holograms from the Creative Realms of Source. We then began Weaving the 1<sup>st</sup> & 2<sup>nd</sup> Triads.

That was followed by a discussion with Joan and I about dark imprints and that now was the time to reframe our perspective. We followed that discussion by the Process to transform the dark implants and we were assisted by the 12<sup>th</sup> Dimensional Elemental Beings. We visited the past to the point of origin of the first implants and imprints. And then we visited the future. The future version of ourselves gifted us with Crystalline Rays of Healing Light. So, we encourage you to revisit this extensive Session from time to time.

**9. June 26, 2022.....Session 9: Upgrade of 3<sup>rd</sup> and 4<sup>th</sup> Triads  
Weaving together our Energetic Components**

This Session opened with a discussion about the special Dispensation we had been given in clearing the dark implants.

And when we had gone into the future, we were told however far in the future we had to go, had we not been given those Crystalline Healing Rays, it would have taken us that long in our incarnation to clear those implants.

We had a group discussion after that.

And then the Council of Twelve's Teaching was about upgrading the 3<sup>rd</sup> & the 4<sup>th</sup> Triads and silencing the rational mind – which I think most of us struggle with from time to time.

**Session 9, cont'd:**

They guided us on using the Undifferentiated Light of Source and bringing it *into* the Triads.

The Seed Crystals, the Pineal, the Medulla Oblongata, and the Arc of the Covenant  
were put in play and woven into the Triads  
to create a level of Unity in the mental-emotional bodies.

And that was a very important and profound Session  
and most of you really felt the effects of all those activations in that 2<sup>nd</sup> Triad.

**10. July 17, 2022.....Session 10: Upgrade of 3<sup>rd</sup> Triad; Prism of Light  
The many types of Light Configurations**

[14:02] Joan gave us information on the many types of Light Configurations  
that are now available for us to draw from.

And the Council of Twelve came forth and we upgraded the 3<sup>rd</sup> Triad.

In this important and in-depth Session,  
we received the beautiful Prism of Light from the Creative Realms.

The Council gave us a lot of valuable information.

And this is another Session that we suggest you review during our down time.

**11. August 7, 2022.....Session 11: Neurons, Deca-Delta Manifold in the 4<sup>th</sup> Triad  
Sirian 8-8 Portal Holographic Imprint in 2<sup>nd</sup> Triad**

We began this segment with information on the neurons of the brain  
and the reprogramming that is occurring with all the Light Codes we have received.

The Teaching from the Council of Twelve was about anchoring the new monitoring system  
that had been placed in our Field called the Deca-Delta Manifold.

This was a multi-layered Teaching incorporating many, many components,  
and another that we encourage you to review.

Next, An Ra Ta joined us and the 8 Sirian Lions  
and spoke about the 8-8 Portal.

We were gifted with specific Streams of Light-Coded Energetics,  
created for our group.

The White Sirian Lions then transmitted the Holographic Imprint of the 8-8 Template  
into our 2<sup>nd</sup> Triad, which was activated then during our Conference.

From Joan:

**12. August 21, 2022.....Session Twelve: Epi-Kinetic, Epi-Genetic, and Eka Bodies  
Procedure to release old traumatic Patterns**

[15:45] Melainah led us in an energetically upgraded version of Master Kuthumi's Prayer.  
This brought the Prayer into the present time  
that matches the frequency of where we are now.

Melainah then talked about how we are not our bodies.

The Council of Twelve then spoke to us about the Epi-Kinetic and the Eka Bodies  
and the need for change in our physical body's system.  
They also spoke of the Epi-Genetic Body which is a sub-function of the Epi-Kinetic body.

They then led us in a Procedure to release old traumatic patterns.

This Session again –

There's not one Session that wasn't a really important Session,  
in the way in which the Council organized these activations and the concepts  
that bring us into a fuller understanding of our origination and who we are.

So, again – review is very necessary in our down time.

**13. September 18, 2022.....Session 13: Review and Group Discussion on Sessions 10, 11, 12**

This Session was a Community Call as well as a Question-and-Answer Session.

We covered the 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> Teaching Sessions.

You were encouraged to respond to any questions  
from the experience and Wisdom of the group.

There were some *wonderful* nuggets of Wisdom that were discovered  
within the individuals of our Group. Amazing!

This is so important for you to realize:

When you know something, it's coming from your Inner Wisdom.

Share it when you have the opportunity!

when we have a Question and Answer that you know very well what that answer is  
from parts of your Inner Self and the Wisdom of who you are.

**14. September 25, 2022.....Session 14: Master El Morya Massive Holographic Transmission  
Info on using the Epi-Kinetic and Eka Bodies  
Exercise to upgrade and use the Higher Mind**

[18:18] So, they were pushing us pretty hard. Some months we had two Sessions.

Master El Morya was present to present concepts

of the Quadratic Configuration of the Holographic parts of this Session.

He told us that the Epi-Kinetic Body and the Eka Body were Sacred Bodies

that are a part of our Light Body.

We were told how important it was to change our belief & our perceptions of 3<sup>rd</sup> dimension.

That 3<sup>rd</sup> dimensional paradigm has many tentacles to it

and our old beliefs and perceptions – and many of those you know do not work now –

But every once in a while, they sneak up on us, when we're not expecting it.

So, it's important that we pay attention.

He spoke about the importance of aligning our Higher Mind

with the Higher Creative Mind of Source and using the 3<sup>rd</sup> Triad.

El Morya said that for us to use the Epi-Kinetic Body and the Eka Body,

we must move beyond any limitation of 3<sup>rd</sup> dimension

and create the Light frequencies that are needed.

And I think that we're doing that very slowly, as we upgrade our frequencies

and try to maintain those higher levels on a more consistent basis.

El Morya then led us in a Practice Exercise to upgrade our Higher Mind.

**15. October 9, 2022...Session 15: M. Kuthumi gave an addition to Master Kuthumi's Prayer  
5<sup>th</sup> Element of Love New Name, Upgraded Understanding  
Daily Exercise using 5<sup>th</sup> Element and Higher Mind  
to create our 5<sup>th</sup> Dimensional Body by the end of 2023**

That was our last Session of the year before the Conference.

Master Kuthumi presented Teachings that are an adjunct

to the massive Holograph that was presented by Master El Morya in Session 14.

He presented a statement to be added to Kuthumi's Prayer.

Master Kuthumi gave us an uncomplicated version of the 5<sup>th</sup> Element of Love

that was stepped down from the 1<sup>st</sup> Ray of Creation, through the 2<sup>nd</sup> Ray of Creation,

and is now to be called the Massive Creative Consciousness of Source.

That might be important for us to review, also!

And that statement, if you are not presently using it to maybe consider using it,

because it's just a statement about I AM and who you ARE.

We will be able to use this Unlimited Creative Force

when our state of Consciousness is prepared – And we are now being prepared.

**Session 15, cont'd: Master Kuthumi's Daily Exercise to create our 5<sup>th</sup> Dimensional Body**

[Master Kuthumi strongly suggested that we do DAILY the short Exercise  
that he presented at the very end of this Session.]

It doesn't take long at all.

We use our Higher Mind, our Soul-Spirit, our Sacred Heart Center,  
the 2<sup>nd</sup> Triad Complex, the Undifferentiated Light,  
and the 5<sup>th</sup> Element Massive Creative Consciousness of Source  
to differentiate the Undifferentiated Light from our 11<sup>th</sup> Chakra  
to match a specific Intention to bring our physical body into a 5<sup>th</sup> Dimensional state.

He said that if we do this *daily*,  
we could create our 5<sup>th</sup> Dimensional Bodies by the end of 2023.]