

Joan: Well, Good Morning, Everyone,
Welcome to our second day of our 2022 Conference.

Let us get started.
We're going to start off our morning with a little Centering Meditation.

So, if you get kind of centered in your seat...
And take a deep breath...
And be very present in this moment.... but very alert and conscious.....

Notice how you are still seated in our Cosmic Light Crucible,
with all the Illustrious Beings of Light that are part of our Community.
This includes each one of you!

Feel the warmth of the Light that is now emanating from within this massive Crucible.

Take note that you are in your Light Body and holding a frequency of 150%.....

A deep breath.....
Present in the moment.....

OK!