

[Note: Comments are sometimes edited for clarity.]

Joan: And let us start off this morning with a check-in, as we did yesterday. It was a *wonderful* conversation that we had as a group, and a lot of people put forth very valuable information as to how they were doing with these Energetics.

Yesterday, we had more activations!

So, we'd like to hear from all of you.

But we'd like to hear from some of you that we hadn't heard from yet about what's going on, and how yesterday's activations have helped you integrate a whole new perspective of yourself, as well as how your body is adjusting to these Energetics.

Melainah: Well, I probably will, but let's see where the questions go first, if anybody has any comments or questions.

Charlotte: With all the stuff we did in our brain yesterday, the way I can describe my previous brain was more like the pinball machine, with the flippers going and all the bells and the whistles. And I was always chasing the ball trying to figure out and keep it rolling.

After yesterday, everything is calm and smoooooth, and quiet. My brain's running really fast, but it's so smooth. It's kind of like if you've ever gone on a real bumpy road and all of a sudden you hit smooth pavement, and it's real smooth. And the wheels kind of have a different hum to them. I can feel that hum they were talking about. I can't quite hear it. This is what I've noticed so far.

You don't want to leave it. So, I'm going to have to figure out how to live from here but still do your everyday life, whatever that's going to look like.

And then this morning, when I woke up, my whole surroundings had the feeling like you walked into your bedroom in your parents' house after you haven't lived there for a while. And you have all this stuff that are like souvenirs and awards....

And it doesn't have the same meaning! Nothing is the same. Nothing has the same meaning, completely different perspective.

And I can see that when we're moving at that real fast speed, it just doesn't take much. But it's like the feeling of being on a motorcycle, where you just lean a little bit one way or the other, and you can change your direction and flow. It doesn't take much effort at all. Right now, I feel like we have all the Energy we can possibly use. It's just a matter of what we choose to use. And what are we choosing?

Melainah: Yeah, that's what it comes down to exactly. Beautiful!

Joan: Thank you! It was very well said. I couldn't have said it better myself.

Charlotte: This is going to be fun to really create and live from this space.

Melainah: Yeah. Well, that's our goal. It's where we're being moved to.

Yeah. You stated it beautifully.

[4:21] **Imhotep:** Greetings! Yesterday I talked about the Nothingness. And there was a meditative state [Friday morning] where the Torus was folding in on itself, for you to know yourself in the purest sense. And then yesterday, the Torus moved back out in your eyes, and you became Light. So, from the darkness you became Light. And there was just this Glowingness and Seed Crystals in the head. You could just feel the glowing in all parts of the brain, in those sections on the side that you talked about [Temporal Lobes]. And then your Light was coming through your 3rd Eye. And so, it was just this Glowing and this Being of Light. And so, now you see yourself as pure Love and Light, your brain just glowing and the Seed Crystals. So, that was my experience.

[6:11] **Jana:** So yesterday, as we were moving through the progressions, I found myself just in a really quiet Joy of sublime Gratitude for the Deca-Delta Manifold that's now in place regulating our system. And really all of the contributions that we've gathered up this year.

I found myself [in?] I'll assume it's the Epi-Kinetic Body and whatever stage of our Etheric Body is capable of being a Ka Body, at this point.

Many places that I have physically been to, Sacred Sites and Ley Lines, and so on, through this lifetime, and having gone to those and feeling at home there through all different points of my life -- they all converged! There was like a Convergence into a Singularity of One Point, so that that notion of having experiences just sort of dropped away. It disengaged. And what came in in totality was the Presence of what I can only imagine is our Christed Soul-Spirit, at this point being engaged with us. And in our brains and our neurology at this point.

So, all of these different points that I had visited, I was experiencing those simultaneously. And it was actually an awareness of my Attention Points, kind of putting them into a sequence. But, in fact, they don't belong in any time sequence. They just converge.

That sort of quiet Joy of Integration was just felt so that I had to tone. Most of that session, I was here in my private space toning and feeling the depth and the Joy of it all. So, I wanted to share that.

[9:07] **Maria:** I wanted to share about the huge impact of whatever is happening through the Teachings on my emotional inner states. It was usually has been very wobbly and unstable.

So, I noticed after the pre-Conference call, at the busy grocery store, I forgot my wallet, my cell phone, basically everything. I went back home and several hours later I noticed that. I just told myself, "OK, everything will be OK. Whatever needs to happen." Obviously, the clerks took care of the things; nothing got lost. I considered that was the miracle. But what I noticed about myself that I was in a very calm and composed state, without rushing, which is not like me at all.

[10:19] **Maria, cont'd:** What happened yesterday, I got tested. I needed to finish a project before midnight and I needed to print something. And my printer broke. It took me about 5 hours to figure out everything on my own, because I couldn't get any technical help. And I did it!

So I hardly had any sleep. I was wondering what's happening with me that I am so calm and composed and persevering and not being angry and worrying. And I attribute this all to what we are going through. And I am very grateful.

Melainah: Did anyone notice that today's your birthday, Maria?

Joan: Yeah! Happy Birthday! What a great day to have a birthday!

Maria: Yes, and this is a very lucky day: 13 is my favorite day.

Melainah: 13 is a very Sacred Number. Beautiful.

[11:40] **Mark:** I have always in recent times thought that this was a difficult Planet on which I was living. I came here with a mission. I know the mission. I've been following my life, and so on. But it's always been a little difficult.

After yesterday, I came away with the impression that if I can live like this, I would be willing to stay on this Planet as long as necessary. It's just like it's a full, different, very easy lifetime. That was a big change for me, instead of wanting to go and finish up and leave: "OK, I can stay here, I can feel good about it." So, thank you, thank you, everyone.

Joan: That's terrific!

Melainah: Yeah, absolutely! And every one of you make a big difference here.

Joan: Yes, absolutely

Melainah: And are needed.

Joan: Yes! Yes!

[12:51] **Rosemary:** I just wanted to share that all of the experiences yesterday are just still settling in and integrating. But the one that I really feel the most is around this 7th Dimensional Template, I guess, in the 2nd Triad, and how I really feel that structure there. And it's such clarity, kind of like your [Zoom] background, Melainah. It's just this Diamond-shaped clarity, which hasn't left me.

And also the Luminous Being – I feel her Presence with me.

And last night I decided to go back to the Crucible and sit. And when I got there, it seemed like it was a big, gala celebration. All the Beings were there. There was all this excitement! And I went to visit every group: the Arcturians and the Pleiadians and even the Lyrans [pronounced "lie rans"] and Andromedans. I was just so excited.

And I really found my Guide was with me, reminding me to keep spinning, because I could feel myself slowing down. And I would stop and rest. And then, "No, I'm not done yet; I have to move around and really enjoy that atmosphere."

I had never felt so honored in my whole life..... It was a most amazing experience.

[14:38] **Sharon:** I have more of a question. I had an experience that I don't quite understand. We were integrating something, and I'm very visual, and there was a sphere full of triangles, just a sphere of triangles. And inside of it was a ballerina, luminescent just like your [Zoom] background, Melainah -- spinning, spinning, spinning, spinning. And she jumped out of that sphere and came into my Crown Chakra all the way into my Energetic Column. I've had experiences before when I was integrating Earth lifetimes, Cosmic lifetimes, Angelic aspects. But it's been years since I've integrated anything like that. The closest I can get is it's some kind of aspect of Divinity, but I don't know. And then when I was listening to the recording, it says we're not ready to integrate that yet! But, I did it. So, I'm just curious if anyone has any thoughts on what that was.....

Melainah: I would say it's a higher aspect of yourself that you were receiving.

Joan: Yup

Sharon: And there are many Higher Selves? Is that right?

Melainah: Well, there's many Dimensional aspects of ourselves. And each Dimension contains a lot of octaves. So, there's something supposedly – you know, all these numbers are subjective, of course. With each Dimension or Realm that we access, there's supposedly like eight octaves held in that. And as we grow and expand, we have access to those higher and higher frequencies of us.

And then having the opportunity to go into that 8th Dimensional Realm and then to receive that Luminous Field, which is an 8th Dimensional aspect of ourselves, opens up a whole new frequency and platform for us that we have not had access to since the fall of consciousness. So, that's very, very big.

And, I'm like you. I'm visual. I see things. But that's what I was seeing when you were describing it. I was just seeing a higher aspect of *you* coming in. Because we have to use our own filters. And so we see what's familiar to us. That's what I saw when you were saying it.

Becky: I totally with Melainah there, because I was thinking myself that that's your Higher Self into you. That's exactly what I thought as well. So thank you, Melainah, for saying that.

Charlotte: This is for Sharon's question. The grid that you saw around you is one of the grids that are around the Earth, the triangular one. It's part of the Crystalline Grid structure. And that ballerina that's spinning, that's part of your Higher Self, bringing yourself so you can sustain that ability to spin with such grace as a ballerina.

[18:27] **Melainah:** And also, remember -- now what we know about the geometries -- we play in really simple geometries. But where we're going, the Fields we're in are actually created and supported by these hyper-geometries. And we'll talk a little bit about some of this. This is not my forte or Joan's! But we'll mention a few as we get into next year. It will help you -- at least it helps us, gives us a little bit of framework of what we're doing from that geometric position.

But these really brilliant mathematicians are discovering geometries like you would not even believe. I mean, they're so complex and interwoven. And much beyond my ability to comprehend. But, I know it's there; I know it's real; and it's all part of what we build for ourselves in our Field, as we expand and integrate these Energetics.

[19:39] **Kathleen Br:** So yesterday, I felt there was a clarity that I hadn't felt in the past. It was kind of like my brain had been cleared out of the cobwebs. And so that was really a beautiful experience to feel that. Even though it's in the brain..... I could feel that kind of clarity and Wisdom coming through.

The other thing is interesting. I have a candle lit, and I created this altar with a lot of pictures. I think Pat and Andy said they did that. So, I've done that and I have a candle there. And I neglected to remember I had the candle there, because it had gone really dim. Later, around 9:30, it had really grown quite a degree. And it reminded me. And I could feel the Sacredness of my Light Being that was with me.

It was just beautiful, because I also was aware of -- I, too, went back to the space and had a celebration. But then I had [?one?] here as well, with all of my Loved Ones. It was really touching; it was really beautiful.

And I'm also happy to be living again. You know, you kind of go through, it's like when you're doing this work and sometimes you get like, "OK, I've been here; I've done enough and what else is there?" But I felt a renewed Hope and Joy, actually, to be here and to shine the Light and to express myself. So, thank you very much.

Melainah: It opens up a lot of possibilities and potential, doesn't it. [Kathleen: Yes, it does!] Positive. And so it gives you something to look forward to. And that's what I liked about that 8th Dimensional Realm so much. I go back and it refreshes me; I get a boost.

And one thing I will say about the 8th Dimensional Realm is that while we're together in this group and in our Crucible, and we have the support and the Energetics of our entire Community, we're able to hold these frequencies for ourselves much more vividly. But once our Conference is over, and we step back for a few days, it can be a little harder, because then your every day life comes back in. So that's why -- Just take the time and go back through. And that's one of the reasons that I like to go back and sit in that 8th Dimensional Realm. It gives me another Energetic shot and it reminds me that there is so much more -- that potential is and what that Beauty is. [Joan: Right!]

[22:35] **Randy:** I have a comment and a question.

The work where we were at the end, when we were in the 2nd Triad, and the higher octave activation of the Seed Crystals – that was very powerful. And as they came out of it, you know, walking around space – it was..... Normally I have a certain Sound and a Hum. But a really Harmonic Hum, a buzz almost, that I was walking around with for most of the evening, just this really strong harmonic buzz that felt real good.

The question is it seemed like we did a whole lot of upgrades and work in that 2nd Triad in a short period of time. And I don't know if we could recap that a little bit. And maybe you're going to do that later – but it just seemed like we went through a lot. I remember something about a tetrahedral structure that was being installed, and it sounded like a pyramidal capstone type of Energetic that was being installed in our 2nd Triad.

There was a lot!

[24:14] **Joan summarizing the work we have done on the 2nd Triad:**

I don't want to go into it too much, because we will be talking more about that, when we meet December 4. But there was a lot going on in that 2nd Triad!

And when we were first given that, it was kind of a mystery to us.

It took a while for the information to come through

and the Energetics to amp up to where we could really use it.

And the first thing was to compress the Light and make it liquid,

so we could change our blood and the carbon base that was in the blood.

And for me, that was just such an awesome thing that I could do!

And then to use that in the liquids of the body.

And then we went to the Golden Nectar for the neurology of the body.

And so, then that was kind of left. And a lot of us didn't focus on that.

But that was such an impression on me that I continued to periodically use it.

But, anyway, that Triad is such a *profound* Energetic resource.

It is part of what makes us Creators.

It is the Center from which we create.

And if you remember, years ago we activated that Magenta Flame in the Heart

and merged with the Magenta Flame in the Pineal,

so that your Higher Heart and your Sacred Heart would use its Energy

to influence thought and the brain.

And we didn't really understand that: "Well, merge that Flame there and merge there....."

And so, we did it. And that was left.

And as we have evolved, we are now coming to the realization that that Center,

that Triadic Center, is such an important Center

for us as physical Creators of form within form!

And that's what is transpiring. We are layering it, bringing in the layers of *us*.

And each Triad has its own value, its own profound use.

But that one they are really focusing on to get us really using that Center as Creators.

[27:37] **Linda:** I have a couple of things.

One thing – I’m blown away, as usual. The most profound thought that I came away with from the last two days is that within a couple of years, we’re going to be like fully ascended Masters in a human form! But look how many of us there are. And that’s just our group. There are other groups like us around the world. It’s like there is this tailor-made group of Beings that are in service to this entire Planet and Universe. And it’s like putting all the pieces and parts together. There’s no way we could ever do that. They’re doing it for us!

And I just keep reminding myself – it doesn’t matter if I understand how the car is made; it matters that I know how to turn on the engine. So don’t worry about the pieces and parts. If they don’t fit or you don’t understand – it will come to you in Divine Right Timing, if and when you need it. If not, you just automatically know how to do it.

And I’ve realized that right now I’m growing into myself, because I’ve been dimensionally jumping for a long time without any kind of real balance to it. No, there was definitely a balance. It was definitely balanced along our lines, but without a level of control.

And I’m realizing now that it’s like, “OK”. And I’ve been telling myself for about the past six to eight months that I need to stop jumping and I just need to follow the curves, the spiral.
[Joan Laughter.....]

Joan: I Love it! And I’ll tell you why, Linda.

A long time ago, when you came to my house for a series of Teachings, Master Kuthumi said to you -- you asked him what your purpose was and all these travels that you were doing, which is great! And he looked at you and he said, “Pick one and take your seat.” And you’ve chosen one.

Thank you for taking you seat, Linda!

[Linda Laughter.....]

Linda: Oh, thank you! I don’t know.... yeah!

I actually don’t remember that statement, but it does make sense.

Joan: I remember! Because I have laughed about that for so long, as you have jumped from here to here to here to here..... But that’s just who you are. And you’ve had to experience it all. So, good for you!

Linda: And you know, I get something from everything. But I have to say that this is my King Pin. This is the one that I actually chose to continue on with, which is so bizarre, because I am not scientific, by no stretch of the imagination. And yet here I am with people that love to follow how it works, putting it together exactly the way.....

It’s just fascinating. It’s like, “Oh no, I can’t do that.” I just have to experience it.

And I’ve spent the last couple of years experiencing 5th Dimensional living, so to speak.

And not experiencing it and having the opposite experience because my Energy level couldn’t be there at the time. So now, I’m catching up to myself and I’m thrilled about that – I really am.

[31:56] **Joan:** Thank you for your comments. They're great! Loved it! [Laughter]

Linda, cont'd: And the other thing, and I just wanted to say thank you to everyone, because it's not a faint-of-Heart thing. We're all really dedicated to this. I'm so appreciative of being with such a group. I mean really. I am beyond blown away by the level of commitment that I see around me in this group. It's just amazing to me.

Yesterday I had a really bizarre experience.

I certainly would be open to ideas and thoughts on it, because it's weird.

It was on break and I was playing my Gong outside.

And I recently got a "Sun Gong" also.

And I've been musing about wanting to communicate with the Sun through vibration.

I'm out there and I'm playing both gongs at the same time and I'm experiencing their connection to the musicality of it. Like they're playing with each other. I'm not touching one and yet it's responding very quietly to the sound coming from the other one.

And I'm watching this and my brain is going, "So, seriously, who came up with the idea this is part of the sun? So, I'm supposed to just believe this? How does this work?"

I'm just continuing to play on my deck, where I have my mini-Crucible, a circle, dedicated to the Elementals. So there's a lot of Elementals there and some really old people representing ancient civilizations. I have a little ET. I've got people, Beings....
Because of the eclipse I had put out large bottles of water to receive the Energy.

[Also the easiest way to get your Vitamin D from water exposed to the Sun]

I look at this one glass bottle and I see the swirling Fire. My deck had caught on Fire. The sun going through the water and igniting a dry leaf!..... What the heck!
I extinguished it, easily.

But – what on Earth happened?

The Elementals responding to my question about the Gong?
Or something else.....?

But in general, I'm just plain grateful. So there you go.....

Joan: Well, I think that's something you have to determine for you, what the message was. But I thank you for sharing.

[36:26] **Kelly:** Thank you, Linda, so much for sharing what you shared. To me, the Fire was you focused the Energy of the Sun with the water. I thought it was kind of interesting. But you were calling to the Sun and it just focused by going through the water.

I just wanted to quickly share that yesterday's second session was so big, I could barely not fall out of my chair! Literally. It reminded me when we used to go to some of Jim Self's Conferences and he would throw so much at us so often and so fast that there were so many times when I literally could barely stay in my chair. And I haven't experienced that with Joan and John's work since we started. But yesterday afternoon one was like that. It was hard for me to hold the Energy.

Yet afterwards, Debbi and I had some errands to run. And then we just felt like having an afternoon out. We haven't done that together since covid started.... just hanging out and actually enjoying hanging out together.

I bring that up because I didn't put two and two together until Charlotte shared what she shared. And then it was like, "Oh yeah! It was pleasant! It was easy!"

So, I just wanted to share that by Charlotte sharing what she shared, I was able to understand what I was experiencing.

And then I also appreciated what Mark said, because one of the things that I got in the meditation was that I heard for myself something like, "I'm not ready to go Home yet! I'm just barely getting started with what I came here to do!" There was a little piece of me that was a little bit stressed that I was going to be called Home before it was time. And when Mark said what he said, it made me feel like, "OK, I don't have to go Home just yet, if it's not time to leave here. I can just bring that Energy here." So.....

[39:08] **John C:** I have a question. Previously, we opened the Time Locks for 5th, 6th, and 7th, which allows humanity the chance to elevate to those different Dimensions. But yesterday, we individually unlocked Time Locks for ourselves, but it was mentioned that this was a service aspect.

And so, I'm wondering if all of humanity has to individually have their own Time Lock unlocked? Or did we, as individuals, unlock the 8th Dimension for humanity? Does that make sense?

Melainah: It does make sense.

Each Time Lock right now is for you. Will it ultimately impact humanity? Absolutely. And you'll hear more about that as we go through. We're not done yet. We still have more to cover today, OK?

[40:27] **Melainah, cont'd re John's question:** Everything is building on each other, but most of humanity can't even reach 5th Dimensional status and hold that vibration. But what we're doing is creating the Pathway through our service. And that is our service. But right now, you're holding those 8th Dimensional frequencies for *you*. And it's going to take a while to be able to hold those stably in our Fields. And as humanity steps up.....

And again, we're not done yet. There's more coming today.
We're just going to help all of these things going forward. But it all takes time.

Joan: Does that answer your question, John.

John C: No, but it was pretty good. [Laughter]

Joan: Well, you know what we do for us eventually, because we're opening that Pathway, affects it all – the entire Earth and all humans and who knows what!

Melainah: And humanity's not ready for those 8th Dimensional frequencies yet.

Joan: No!

John: No, I know that. OK

Melainah: It starts with you.

Joan: Yup. You can't give what you don't have. So, it's about getting..... And that is in opposition to that 3rd dimensional paradigm which is "We have to give! We have to give!" But you have to receive. And if you don't receive for *you*, because *you* are needed, then you can't give what you don't have.

[42:34] **Sharka:** I would like to share something which happened Friday afternoon. The city was cutting down the tree right in front of the house. And I was disappointed with myself that I got myself distracted. I could hear the lesson but I would hear this loud noise from outside. So I thought, "Well, I will have to review my lesson to get the information", because I felt like I couldn't follow.

But after that on Friday afternoon and all Saturday, I have noticed that something has happened with me. That I was like sitting in a Cube of Light, where I could hear everything from outside. But, also, I could be quiet myself.

And I was still sitting in the Cube of Light. And the Light was very soft, very beautiful. And I feel like I have control of what is happening outside of me and what I am choosing to listen to.

And I'm still in it! And I'm in this Cube.

I also can see and experience the Seed Crystals – they are part of this soft Light. So, this is what I wanted to share. Thank you.

Joan: This has been a great conversation. Thank you, everybody, for what you contributed.