

## Ascending Masters of Light Level 1

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**January 9, 2022.....Session 1:** The Council of 12 introduced themselves to our group. 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 Joan discussed the Merkaba components. Melainah and Joan led us in the upgrade process that was needed. The rotational spin of our Merkaba field was accelerated from 135% to 140%. This increased our Light Body energy substantially.

**January 23, 2022.....Session 2:** Second Merkaba upgrade. The Council informed us that the center of the 1<sup>st</sup> 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 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.

The presence of the Holy Spirit fills our Soul expression in the Divine Image and Similitude of the Source of our Being. It is the pure form of the Divine Image with no gender restrictions or distortions. It is manifested through the Consciousness of the Sacred Heart Center.

The Consciousness of our Sacred Heart Center is enhanced and influenced by the Energetic Spin of the White Star Tetrahedron and the Purple Star Tetrahedron, where they spin in unison on the same axis as the 1<sup>st</sup> Tetrahedron. So, all is functioning within that Merkaba Vehicle and within the Unified Field, in complete Unity. We increased the Light frequency of the White Star Tetrahedron and the Deep Purple Star Tetrahedron to 140% Light. We then increased our Merkaba field to 150% Light.

Under the direction of the Council of 12, the Four Archangels and all of the beings who have been with us in our crucible began the delivery of our Crucible to the far reaches of the Cosmos and given to the Master Beings that were recruited for the reconstruction and upgrade of the crucible that has served us well.

**February 20, 2022.....Session 3:** We upgraded of the 1<sup>st</sup> Triad to enable us to access a different Sacred Heart Consciousness. Under the direction of the Council of 12, we brought our Prime Directive into the chakras of the 1<sup>st</sup> Triad. This enabled us to have a refined function of our heart center. This shows us that we have value and a consciousness that is beyond any egoic influence. The Council of 12 impressed upon us the significant gift of our Prime Directive.

We traveled in our upgraded Merkaba Vehicle that was spinning at a 150% Light, We traveled through far distant galaxies and force fields. We exited our Merkaba vehicle and one by one, we were escorted by two Archangels into the new Cosmic Light Crucible and took our seat, emitting 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.

**March 6, 2022.....Session 4:** Community Call. We were given a Group Service Project by the Council of 12 to transmit the Element of Love and Light to all beings on Earth who will 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 are more powerful that we know.

## **Melainah: Sessions 5 through 11**

### **March 20, 2022.....Session 5**

**Ceremony unveiling and introduction to our new sacred crucible..... It is called “Sacred Celestial Cosmic Diamond Light, Crystalline Temple of Illumination and Acceleration.”**

This Temple of Light which has been created from the most refined and complex energetics possible, has been instrumental in assisting us to receive, hold and integrate all the upgrades and expanded light teachings we received throughout the year.

### **April 3, 2022.....Session 6**

The Council of 12 spoke to us, clarifying all of the upgrades we had done to the Merkaba which provided more light for our Lightbody. Melainah guided everyone into the new Crucible where we were led to experience a state of consciousness that we had yet to experience.

### **May 15, 2022.....Session 7**

This session began with a brief review of the highlights of some of the things we had accomplished since 2016.

The Council of 12 then spoke about the upgrades to the 1<sup>st</sup> Triad. They then proceeded 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.

### **June 12, 2022.....Session 8**

**This was a complex and integrated session where much occurred on multiple levels.**

The League of Michael and Gabriel continued the upgrade to the 2<sup>nd</sup> Triad by the spin and drawing from the other triads into the 2<sup>nd</sup> Triad. This was an expansive upgrade and activation.

The Council of 12 then came forth to transmit energetic holograms from the creative realms of source. We then began the weaving of the 1<sup>st</sup> & 2<sup>nd</sup> Triads.

Next Joan & Melainah spoke about dark imprints and that now was the time to reframe our perspective.

That discussion was followed 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. Then we visited the future. The future version of ourselves gifted us with crystallized rays of healing light.

We are encouraged to revisit this extensive session from time to time.

### **June 26, 2022.....Session 9**

This Session opened with a discussion about the special dispensation given in clearing the dark implants. This was followed by a group discussion

The Council of 12's teaching was about upgrading the 3rd & 4<sup>th</sup> Triads and silencing the rational mind.

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 in to the Triads to create a level of unity in the Mental/Emotional bodies.

### **July 17, 2022.....Session 10**

In this session, Joan gave us information on the many types of Light configurations that are now available for us to draw from.

The Council of 12 came forth and we upgraded the 3<sup>rd</sup> Triad.

In this important and in-depth sessions, we received the beautiful Prism of Light from the Creative Realms. The council gave us a lot of valuable information. This is another session where we were asked to review.

### **August 7, 2022.....Session 11**

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 12 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 session that incorporated many components. We were encouraged to review this session thoroughly.

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 during our conference.

**August 21.....Session 12:** 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 12 then spoke to us about the Epi kinetic and Eka Bodies and the need for change in our physical body's system. They also spoke of the Epigenetic body which is the sub-function of the Epi kinetic body. They then led us in a procedure to release old traumatic patterns.

**September 18.....Session 13:** This session was a community 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 are wonderful nuggets of wisdom that were discovered within the individuals of our group.

**September 25.....Session 14:** 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 part of our Light Body. We were told how important it was to change our belief and perceptions of 3<sup>rd</sup> dimension. 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 the limitation of 3<sup>rd</sup> dimension and create the Light frequencies that

are needed. El Morya then led us in a practice exercise to upgrade our Higher Mind.

**October 9.....Session 15:** Master Kuthumi presented teachings that were 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 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. We will be able to use this unlimited creative force when our state of consciousness is prepared. We are now being prepared. This was the last teaching session of Level 1. We were asked to take time to prepare ourselves for the upcoming 2022 Light Conference.