

Joan: Well, hello, everyone, this is Joan.

John: And, of course, this is John. Well, I say of course – well thanks for being here. And I'm happy to be here. And we also have Melainah with us this morning.

Melainah: Hey, everybody, we are just so excited to get started today

Joan: Well, Melainah will be our co-host from here on in. So, we're quite pleased about that. These Energetics just take more than one. And, eventually, you're going to be asked to participate, too!

Melainah: Your preparation begins today!

Joan: The Council have been talking to us since late summer, so it took a while.

Melainah: Still is. We're still adjusting. [Laughter]

### **John Introduction and Announcements:**

Welcome to the Ascending Masters of Light, January 9, 2022.

Oh, let's hope it's a better year! And, of course, this is Session 1.

We hope everybody is excited and it seems that you are.

And we, of course, are all excited to be part of the series!

Before we get started, we have a couple of announcements that we need to make:

Our new website will be up and running today.

Our webmaster will be posting the session on our private pages,  
as he has this last year.

This takes the burden off Joan, as it is a lot more complex with video.

He should have the audio and video posted by late Monday following a session.  
Of course, the transcripts will follow when Katie has them finished.

We have a new private facebook page. It's called Ascending Masters of Light.  
Invitations to join this facebook page have been sent to every registered member.  
You must reply "Yes" that you want to join to this invitation  
to be a member of the facebook.

We highly recommend that each of you respond,  
as this will be a valuable communication channel for the membership.

We also have a new email address: [ascendinglightmasters@gmail.com](mailto:ascendinglightmasters@gmail.com).  
We will still, of course, have our joanandjohnwalker.com email address.  
Please use the new one, so that Melainah can also reply where necessary.

We will send out to you in an email the dates of the upcoming sessions  
for January, February, and March.

We will always meet on Sundays at 1:00 PM Central Time.

So that's all the new stuff. We appreciate you all and look forward to a wonderful life  
and an improvement over 2021.

**Joan Comments:**

[3:03] Well, I have a few comments that I want to talk to you about. We feel that it's really, really important that we talk to you about what will be asked of you during the course of these Teachings.

These sessions are unlike anything that any of us have experienced in this life before.

The first six sessions are important foundational steps. They have been orchestrated precisely and carefully to bring each of us into new Light Frequencies of 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, and beginning stages of the 9<sup>th</sup> Dimension. These foundational Energetics are key to preparing us to embody whole new states of Consciousness.

So, this will demand of us a level of practice in order to integrate the vast Collective Energies that are streaming continually through us and through our personal Field. And that practice will demand of you that you do so daily, especially in these six foundational processes. You cannot rely on a brief review before a new session. It will take dedication to practice the Energetic processes.

We suggest that if at all possible that you make a commitment to attend every session live. If that is not possible, then, when the audio part of the Session is posted on Mondays, usually late Monday following the session, then please take time to listen, so that the Crucible stays a very coherent Vessel. It will become even more important as we move forward.

You will not be able to rely on just reviewing the transcripts. These Energetics are so massive that there are things carried on the Sound Waves and the Currents of the Sound of the audio files, especially when it comes to various upgrades and processes.

Daily attention and contemplation of how to apply and integrate them personally is required on a daily basis. These foundations are not just for our group and our Crucible. They are for you individually. It will be very easy to get lost in the Energetics, if you get too far behind. Trust me on that!

This is not to make you doubt your normal way of review. It just takes a change in the way you process the sessions. You are well prepared for this next step. And we know that you take it seriously, or you wouldn't be here. We just want you to get all that you can from this series. It's really not so much a life altering series, but a Soul Ascension series.

Please, now, take a deep breath.....

Be very centered in the moment..... Very present, individually and Collectively.....

Now welcome the Four Archangels of Light: Archangel Michael, Archangel Gabriel, Archangel Uriel, and Archangel Raphael.