

**[Logistics note: Our class scheduled for July 31 has been moved to August 7]**

**[Note:** Discussions are sometimes summarized and edited a little for better readability.]

**From Audio A, starting at 10:00 minutes in**

**John: Itinerary for this class**

John's Review of previous Session

Joan announcements

Group Discussion

Opening Meditation with the Leagues of Michael and League of Gabriel – through Joan

[Joan: They are with us, surrounding us with their Light and their Energy]

Joan summary of the many different types of Light we have been receiving

Council of Twelve Teaching, including Light Prism techniques – through Joan

**Joan** referring to the wrong zoom link in the email sent out.

The solution is to go to Facebook and look for the correct link there in a post from Kimberly.

Well! We're all together and that's all that matters!

We figured it out; we fixed it; and let's get on a roll here...

First of all, a couple of announcements:

Under the direction of the Council that suggested to us that we put off the next Teaching Session to August 7, a week later than originally set, because they feel like...

First of all, what is being given to us today is quite complex and extensive. So, it will take a little bit for us to use it and start integrating it energetically.

Secondly, the next Session is going to be two distinct Teaching Sessions: the upgrade of the 4<sup>th</sup> Triad, because it is such a complex energetic Triad that they are going to divide it into two different Teaching Sessions. This will prepare us for the eventual opening of the 5<sup>th</sup> Triad!

So, a lot is happening in our Fields and in our Consciousness. They are pushing this Ascension process full force now. And, as you can see, sometimes there are a few distortions along the way, but we are above that, and we have a lot of great Light Beings behind us, because this needs to be put in play in this group's Fields, because we are setting the Template for the children coming in in the next generations.

I know we all take this very, very seriously.

B: Announcements and Group Discussion

**From Audio B: Group Discussion**

**Joan:** Everybody take a deep breath...

I would like to open this for a discussion from the Community about the last session. It was kind of extensive Session, too, as all of these are, because they're pushing us to the max. So, if anybody has any questions or comments would be welcome.

**Colleen:** You said that it's for the children coming in the next generation. Would that be our grandchildren or our great-great grandchildren?

**Joan:** All of it, because this is going to affect Beings coming into a physical form in a human form backwards and forwards, just like that lineage function. When we change a part of our lineage, it affects those Souls in the past and in our future, because we still don't get that there is no past and there is no future. It's simultaneous. But, yes, it affects everything.

**Kelly:** I don't even remember our last call! I did it! But the one I really resonated with was the Golden Liquid Light one, so I keep redoing that one.

**Joan:** That's a good one to redo. I think these things are something you're going to have to listen to; you're going to have to read the transcripts; and you're going to have to practice. It's not about, "OK we did that; we're going to move on to the next thing". Uh-uh! [No!]

It's all interwoven. Everything that we've ever learned is being brought in and interwoven in these upgrades. So, it's going to take longer periods, I think, until we get accustomed to it and our Consciousness and our Energetics are more stabilized, before we will be able to have a quick turn-around, because this is too massive right now. And they have told us, early on before these Sessions started, that this first year was all about upgrading everything that we've ever known. Boy, they were not kidding!

**Rosemary:** I was working on the lineage in my meditations, both with the genetic biological lineage and then the Soul lineage, because I realized those other incarnations are not necessarily this biological genetics. Is it the same effect on our biological lineage and our Soul lineage. For instance, if I have a life in Africa.....

**Joan:** That's two different things. Your Soul lineage or your Spirit lineage is a more refined iteration, because you are a Soul-Spirit. You are made in the perfection of Prime Creator. That physical lineage is the genetic, physical lineage. And you use different... Sometimes you reincarnate in the same lineage, time after time, or for a certain amount of time, for experiences... Sometimes different ones. So, the genetic lineage is about your body.

B: Announcements and Group Discussion

[4:25] **Rosemary, cont'd:** That's the one that we are affecting through this?

**Joan:** Right, because we're healing the mental-emotional body. And so many of the patternings that we inherited, responses, emotional fractures, or thought patterns – we're taught to think a certain way in our family. Or to do things a certain way... This is the way we've always done it. Anymore that's not the case. Because we've done it doesn't make it what you should do right now.

So, yeah, there's two different things.

**Rosemary:** I'm happy to say that I really do feel my mental-emotional body in a much more complete and robust form than ever before. So, that is exciting.

I realize that the spiritual lineage is different, but I was wondering if we were also affecting those lifetimes by this work?

**Joan:** I think that's a total choice of the Spirit that uses the Soul to incarnate. It's not that we don't have an affect on that, because by affecting the different physical lineages, that does affect the purpose of an incarnation, the purpose of using a specific Soul. So, that's how we do affect it in some way, because we're affecting all the genetics of humans. And there are so many different genetic lineages.

**Rosemary:** Very cool! Thank you

**Joan:** It IS very cool!

[6:22] **Randy:** I have an observation and maybe a question. Back a Session or two ago, when we were revisiting creating Golden Liquid Light and the Nectar, I noticed that the process was different than what we originally did years ago, where we brought the Light in, bouncing it back and forth Pineal to Medulla, compressing it. There wasn't any talk of that anymore. I feel that bringing in the White Star Tetrahedron in, the Light, the Blue Star Tetrahedron, it was either upgraded or a different process.

**Joan:** A lot has happened since Mastering Alchemy days, many years ago. And so, our state of Consciousness is totally different. And our capabilities of using certain Energetic processes is much upgraded. And every time we get an upgrade, it applies to these Triads in some way.

That 2<sup>nd</sup> Triad really has more of an autonomic function. You used all those three chakras, and the minute you have an intention to create, they automatically start spinning. And then you have this magnificent Light now that isn't outside of your body in the Creative Realms, but it's in the 11<sup>th</sup> Chakra of your system. So, a much different Energetic Field that you're operating in.

B: Announcements and Group Discussion

[8:42] **Randy, cont'd:** Right, I didn't question it too much. It felt more autonomic like you didn't have to go through that process. Just bring it down, have the Intention, then it's happening.

**Joan:** Right. And you don't even have to bring it down. It's in your Field, that Undifferentiated Light is in your 11<sup>th</sup> Chakra.

So, in the next few Sessions, we're going to merge all of that Triad system into one Unified Field, so that it functions and you don't have to go anywhere. You just have the Intention to use that 2<sup>nd</sup> Triad for whatever the creation is.

**Randy:** Amazing! Works for me. Less to remember....

**Joan:** Exactly! You don't have to look it up! [Laughter 😊]

[9:40] **Vera** clarified that the July 31 session had been moved to August 7.

My cognitive function has declined. To comprehend all these things, I have to re-listen three times. Is this normal or not? Any suggestions for how I could improve it? I'm taking a brain boost, but it doesn't seem to be working. Or maybe the material is too complex for my body to comprehend. I'm really having difficulties to accommodate and take whatever the Teachings are in the last two sessions.

**Joan:** Yes, and they realize that. We're all struggling with it, to remember it. So, to listen again and again. But to practice is really important. All of these things are geared to upgrade our brain, so the brain can accommodate. The body is having a hard time. The physical brain is having a hard time.

So, it's common. And everybody struggles in different ways with this material. But the only way to get past that is to be very tenacious about it and practice. And it's going to take a lot of your physical time, I can tell you that, because I spend, you have no idea, just to prepare for a class. It requires a lot of each one of us.

[11:33] **Charlotte:** I have a comment on that. Add more water. Your brain runs on the electricity of water. Most people are dehydrated.

Many times people aren't breathing. When you're trying to do something and you're not breathing, then your body takes the oxygen out of the water and then you become further dehydrated. And brain is like the old-fashioned battery: if it doesn't have the water, it doesn't make the connections.

B: Announcements and Group Discussion

[12:15] **Kelly:** And I would add to that using electrolytes.

**Charlotte, cont'd:** That and then because we are basically shifting from a carbon base to a silicon base, basically from metal wiring to fiber-optics, you have to put in more silicon.

And so, you have to get those vegetables in there that have the silicon.

And you'll notice it, because your brain is 90% water. You can't be making brain cells that look like raisins and think they're going to be functioning very well.

**Joan:** Well, your whole body....

**Charlotte:** Well yeah! With what we're all trying to do, your body's going to decide where it needs the water. It may not go to the brain. The body has to make sure the rest of it has it in that ratioing of balance. To upgrade a certain part, some of the other pieces have to be upgraded first. And that's exactly what we're doing with our Triads. So that we can go to the 5<sup>th</sup> one, we have to have all the rest of them balanced and in synch at the same level. And that's why some days you go, "No, this is not functioning well!"

**Joan:** Some days you have to take a day off.

**Charlotte:** And I tell people, log your food, log your water. I know just basics. You take your weight and you divide it in half and that's how many minimal ounces of water you need. If it's hot and you're out and active, you get dehydrated and you need more than the minimal if you're going to upgrade. And so, water is key.

**Joan:** And I think the breath is very important also.

**Charlotte:** Whenever we get intense, we hold our breath! And that doesn't work.

[14:51] **Kazuko:** And yes, the electrolytes Kelly talked about. I use Himalayan Crystal Salt. It's very good. It gives me electrolytes. I put it in water and drink a glass of this salty water. This really works for me. It gives me energy right away.

[15:31] **Jana:** We're creating completely new relationships with our bodies. And everything that's old has got to go. We can't process through our logical, rational mind any more. But there needs to be a way to just let that go and allow the new way of being to settle in and find its harmony and balance. For me, that comes through the feeling state. It's hard to put language to it, but I can feel my Soul-Spirit in my body now. And it's so much more simplicity and clarity. And I know that my dream state now is very sweet. I don't know exactly everything that's going on when I'm asleep, but the feeling stays. It's just sublime. It connects me with that vaster part of me, which is just a quiet Joy. It just feels like Home. I think offering that in each moment that we're alive and breathing now is doing a lot for humanity and the Earth. Even our sense of tracking energy has to shift also, although some of us are very good with that. Everything's in a state of flux right now. I think about enjoying it.

**Joan:** Yeah, it's amazing.

B: Announcements and Group Discussion

[17:39] **Kathleen McG:** I wanted to add something about the brain. I think brain food is really, really important. I agree with what everyone else has said about that.

What I discovered this morning – I was having a lot of trouble sustaining the different forms of Liquid Light. And this morning I was also in a lot of physical pain, which gets my attention and gets me to sit on my cushion and do the work. What I found were anomalies in the 2<sup>nd</sup> Triad preventing me from getting it up to 100%.

So, I almost had to go back to the anomaly class [#8]. And I took those Crystal Bars from my Future Self and she cleared them all out, especially in the Medulla Oblongata and that was where there was pain. And then there was pain in my root chakra. And so both of those spots, as soon as I could get it up to 100%, I could clear it out of my lower chakras. But there had been a program in my brain saying, “Oh no, you’re not going to get any higher than....” It was really interesting to see what was there to keep me from that.

So now I know how the anomalies work. Vera, I really encourage you – don’t feel like it has to be linear. I jump around. I do some classes and then go back and then go back to what we just did. I too forget things. We’re doing such big work it’s hard to hold on to the cognitive function for the details.

But I had this big aha this morning about clearing the potential to make the Light, clearing what was blocking me from that. And then I could download it. It was really huge; it was a huge shift.

**Jana:** In our Ascension process, I think in Theosophy, they call those “Ring Pass Not’s”, what you’ve just described. It’s like our Ascension is becoming more vast and coherent, and then we bump our heads on what’s in the way of that. I think that’s an on-going process, as I understand.

And it’s all Energetic. So, we have to just discern. It’s very organic, the process of navigating with our cognition and our feeling states and our physicals, right now.

**Kathleen:** I had a healer one time say that when you are clearing anything, also clear [using computers as a metaphor] the auto-reinstall program! Because the anomalies are that tricky. As Kelly talked about a while ago, you pull something out and there’s another program that comes right in, if we don’t fill it with Light right away, that re-installs. We have to be really mindful of our creative power to absolutely know even about something that would reinstall and block.

Is that kind of what you were saying, Jana?

B: Announcements and Group Discussion

[21:45] **Jana:** It's that Intention. We always have to not let ourselves off the hook, so to speak. We have to be vigilant and discerning about what's going on. And in Yoga tradition, they call those samskaras, those Energetic bits and pieces like the Ring-Pass-Not's, that kind of fall under your radar -- your default way of living. I like the bowling alley one: you throw the ball and some of the pins fall down and then you've got this sweeper come down and clear out the rest, to give yourself a clean slate all the time. It's like a perpetual experience.

**Joan:** Another thing about that is to also, when you remove something, fill the void with Light, the Liquid Light or the Nectar, wherever it's appropriate, to fill that void, so that it doesn't automatically reinstall.

**Jana:** I can't count the number of times a day that I say Kuthumi's Prayer. But a vast number of times a day I'm in the Energetics of Kuthumi's Prayer. I find that very effective.

**Joan:** It's an awesome Prayer. And it's a great reminder of who you ARE.