

**Joan:**

So, the first thing we need to do is get into our Crucible.

So, if you take a deep breath.....

a couple of deep breaths....

And center yourself.....

Kind of still your mind from the great conversation we've just had.....

Now set your Merkaba Frequency at 150% Light.....

Be aware of yourself as your brilliant Light Body.....

Travel now into the Cosmic Realms to our Crucible,  
our Light Temple Crucible Vortex.....

And we all begin to gather at the base of the steps.....

Now, as you ascend each step, be in a state of Gratitude.....

First, Gratitude for yourself.....

And the next step, for your Sacred Journey.....

Be in Gratitude for this Community.....

Be in Gratitude for all the Guides and Teachers of Light.....

    magnificent Beings who have been with us for a very long time.....

Be in Gratitude for the opportunity we have been given to make a difference.....

Now, pass through the doors into the Light Temple.....

And, as you cross the Crystalline Bridge,  
smell the fragrance of flowers.....

Enter the Grand Gathering Chamber, and take your seat.....

As you settle, find your still point.....

Now welcome the League of Gabriel and the League of Michael.....

Take a deep breath.....

Be present in the moment.....

**Opening Meditation from League of Gabriel and League of Michael – through Joan:**

[3:23] We ARE the League of Gabriel and the League of Michael.  
And we are here to support you in this evolutionary process of your Ascension  
into another level of Mastery of Light.  
We are delighted to be with you.  
Know that we never leave you unattended.

There are many things that will happen along the way: distortions in the technical,  
all the technical things that you use to communicate, especially in meeting times.  
In your daily life, things in your house break down.  
Some things need repairing. Some things need upgrading.

Your body is in a vast state of upgrade.  
Be gentle, Beloveds, with your body.  
Be gentle with yourself.  
Rest often.

Now..... view us encircling you, interwoven circle between both Leagues,  
encircling your whole Community,  
encircling you individually.

Feel the Golden Christed Light begin to emanate through every part of your body.

You have chosen, a while back of your time,  
to put your steps in the Realm of Christ Consciousness.  
You have chosen the Path of Christ Consciousness,  
because you ARE a Christed Being of Light.

And we were here and will continue to be with you as long as you are in this body  
to reflect to you your Christed nature and your Christed Light.  
As you reflect back into our Community, we reflect to you in its perfection.

Now, take a deep breath.....  
Be very present in the moment.....  
And we will begin.....