

Ascending Masters of Light Level 1 Session 2 01-23-2022
B: The Four Archangels Opening Meditation: Importance of Attention Points

Joan: OK, If everyone would get centered in their Sacred Heart.
Take a deep breath..... and be present as a Collective.....
And welcome the beautiful Four Archangels!

The Four Archangels [through Joan]:

We are the Four Archangels who have been with you for some time now.
And we are delighted to be with you as you travel through this series of Teachings
to become more masterful, aware,
and to change your physical body and bring it into 5th Dimension.
This is so important as we help you set the foundations for the coming Teachings.

As always, we come in that Quadratic Configuration to hold those Energetics
stably and consistently within your Crucible and within your Energetic Fields.
There's no limitation to our Presence and our ability
to hold these very refined Energetics.

So now, if you will, as you were directed by Joan to
Center yourself in your Sacred Heart.....

Notice the beautiful luminous Light that surrounds you at this time in your Light Body,
for you ARE that Quadratic Emanation of Divine Light.....

Feel these Energies begin to accelerate within your Light Body.....
Notice how your Consciousness is very aware and alert.....
functioning not only in 5th Dimension...
but now able to function in the 6th and 7th Dimensions.....

As you pay attention to these levels of Consciousness within your Light Body.....
Be aware that the consistency and the stableness of these frequencies
are forever with you.

It only takes a slight Attention Point at any given time.....
It doesn't matter if you are in a meditative state
or you are fully participating in the physical world,
experiencing it to your fullest as a Great Being of Light.
It just takes a shift to bring forth a slight change in your Field just by attention.....

And, as we move forward in these Teachings,
you will become more aware of the value of Attention Points.

So we leave you with that awareness, that consistency, the Knowing of yourself as Light.
Take a deep breath..... Be present and aware.....
And let us begin our Session.....