

**[Transcriber's Note – Group questions and comments are abbreviated and summarized.
The channeling from the Council of Twelve is word for word.]**

Council of Twelve channeled through Joan:

1. Imhotep: Is the 3rd Star Tetrahedron holding 8th, 9th, 10th Dimensional Light Templates?

Answer: No. The 3rd Light Template holds the Element of Love and Unity Consciousness.

Imhotep: So, how do we get up to the 9th Dimension?

Answer: Correct. As long as you are in a body, you cannot go forth into other Dimensions. You can have that Consciousness, but you will be hard pressed at this time to maintain that 5th, 6th, 7th Dimension, and occasionally draw from the 9th Dimension. At the 9th Dimension of your physicality, the physical world begins to be brought into nonform. The physical body does not exist in Dimensional states above the 9th Dimension. However, you can, while you are in a body, when you continually raise your Light Frequency and your Light Quotient, have a Consciousness that is drawn from beyond the 9th Dimension.

Imhotep: Is the physical body transforming into a crystalline state and what is that process and how long is that process. Does the body become nonphysical in that aspect?

Answer: In years of your time, while you are in this particular physical body, you will not be able to manifest a body above the 5th Dimension. To maintain the body consciousness and the navigation of the body in the world requires of you constant attention and nurturing. You will be able to enter states of Consciousness and bring the body consciousness, that 5th Dimensional body consciousness, with you through and into the 9th Dimension. As you remember, a while back, the body consciousness is being taught to follow your Soul Consciousness.

Imhotep: But it can't go above the 5th Dimension.

Answer: The body that you are currently using. Now that means it you leave that body and you come into another dimensional type of body, whether it be human or nonhuman, that is different. But we are not here to discuss that. We are here to help you navigate through these dimensional frequencies and actually create a 5th Dimensional body. You are still teetering in that 4th dimension in your physicality. And there are times, when you are in the Crucible, or when you are in meditation, that that body is so Light-filled that it does slip into that 5th Dimensional physical state. But it isn't yet stabilized.

Imhotep: In addition to meditation and letting those Energetics enter into your body and becoming the All That Is, is there any other thing like diet, exercise, etc. that plays a factor to help in your body holding that vibration and even becoming more perfect?

Answer: Yes. And that depends on the individual, the needs of the body of the individual. So, whether that is a change in diet, it is having more exercise, becoming more grounded in the body, it varies from individual to individual. But most importantly, it is raising the Consciousness of the physical body into that 5th, 6th, 7th Dimensional *stable* state of Being. And you will find, when you able to do that, your body is in a state of health and well-being..... [Pause]

Council of Twelve: Would anyone from your Community wish to make a comment?

[6:30] 2. Rosemary: (seated to the left of John in the middle of the 1st section)
I want to express my Gratitude for this opportunity to be here with all of us. So, thank you. My question has to do with our Light Body experience and our Merkaba experience. I am not able to distinguish – I find my consciousness traveling maybe in a dream space, semi-conscious. Am I in a Light Body? Am I in my Merkaba? Should I try to be aware of that functioning? Or is there another conscious traveling that happens without the Light Body and the Merkaba?

Answer: For anyone in a human body, at this time, to travel the Realms of different Dimensional sequences that hold states of Consciousness that are very beneficial, you must be conscious and aware of being in your Light Body. And the Merkaba Vehicle is your Vehicle of Light that takes you into those various Dimensional sequences.
So, yes, when you are aware of traveling, you are in your Light Body.

Council of Twelve: These Sessions are very productive in that it brings a whole different array of understandings and states of Consciousness and the variables in which you, as SoulSpirit, can participate in. As we move through these Teachings, more will be given to you. And a deeper understanding that you do not have at this time will take place.

So, be patient. Practice.

Allow yourself to hold Frequencies of Light, whether it be 130%, 120% -- if that is where you are comfortable in your day-to-day life. That, in itself, is most beneficial, because you have less tendencies in the Presence of that Light to react in ways that are not helpful. You stay more conscious; you stay aware of your choices, of what you are creating in your life.

So, of course, when we all gather in this vast, vast Sacred Crucible, 150% is where we will take you, to explore vaster regions of yourself, as SoulSpirit, who just happens to occupy a physical body.

[11:15] 3. Imhotep: (2nd section on the right)

In Science, matter can be a particle or a wave, depending on the observer. So, our perspective, and we must focus on the Light Body, because that is our true Essence – so, if that is our perspective, and that is who we are, and we know that in Unity Consciousness there is no separation between you and the Creator – we are all one. So, why should there be any degradation or aging, if that is your perspective and you are holding that frequency?

Answer: Well, that is true. However, you are NOT holding that perspective states of Consciousness 100% in every breath that you take.

Imhotep: But we are trying to become more and more at that state. Is that possible?

Answer: Yes, it is. And these Teachings are designed to bring forth those concepts and those Energetics that will help you maintain that state of Consciousness 100% of the time.

Now, that said, you chose, as SoulSpirit, to enter a 3rd dimensional body when you came into the body that you now occupy. You have made tremendous strides in your state of Consciousness, since your arrival in a 3rd dimensional body. You are no longer occupying a 3rd dimensional body. But you are in transition and somewhere between 4th and 5th.

5th is not the end-all, as you well understand. The Light Body Consciousness and Frequencies of Light that are within the Light Body will show you the way into creating a perfect, functional 5th Dimensional body.

Now, that said, that does not mean that the body you now occupy will last for thousands of years. It is not designed, it has never been designed, for longevity. But, it is a learning body, an experiential body. And it can be used for tremendous benefit. And many of you love being in that body. You love the Beauty of the Earth.

And you have come in this body to do service to Gaia, to the Earth, and help raise it to the 12th Dimension. While you occupy a 5th Dimensional body, this will not come to pass, while you reside in a 5th Dimensional body. At some point, you will exit and go Home, as an Ascended Master, outside of the wheel of karma, where you will have choices that you have never thought about while you were in the body.

Imhotep: Isn't our purpose here to bring forth the Kingdom of God on this Planet through our Hearts, through our Energetics?

Answer: Yes! And you are doing that. Think of the Heart opening that has taken place within you personally, for yourself.....

Imhotep: Yes. I can feel that Kingdom. Isn't that my purpose, my Prime Directive, to see that in this life?

Answer: To see it in this life – yes. The Love being exhibited by a greater portion of Humanity. Yes. And you facilitate that for others, sometimes without you being consciously aware that you have done that.

Imhotep: I'm sure all of us are sick and tired of this chaos, this confusion.

Answer: Yes, exactly. However, every person embodied on Planet Earth has a free will choice. And when they choose negativity, their Light is diminished.

Imhotep: So, will there be Divine Justice?

Answer: In this sequence, what is Divine Justice but bringing all those of lesser consciousness, with little Light, fully into the Light of the All That Is? They have [?unlimited?] potentials to achieve that, whether it be in this lifetime or ten lifetimes thereafter – to make choices and come into the Light.

But you and every member of this Crucible carry a Light that is continually transmitted, whether you are conscious or not. And the more you are able to use that Element of Love and Unity and transmit it, the more beneficial that your Presence becomes. Simple things – like saying “Thank you” to someone. Or having compassion for their state of life.

Imhotep: So these things in Revelation....

Answer: They are misunderstood; some of them are misunderstood, yes.

Imhotep: And it talked about that Judgement in Revelation. Is there going to be a turning point? Or is this going to be a slow, slow process, where those of Light and giving continue to just sacrifice themselves to the cruelty of this planet?

Answer: You are NOT sacrificing yourself. It is never desired for sacrifice. It is desired to be who you are at a Spirit level and continually process and transmit the Love and the Light, therefore transmitting that Light.

The Light overcomes the darkness.

And how long in yearly years that will take is unknown.

Imhotep: It might not be a sacrifice. But in this world, it is pain, it is suffering.

Answer: Well, there is pain and suffering on the Earth at this time. So, it is within this Crucible, within this group of individuals that has the opportunity to alleviate and change some of that, not all of it, but some of it.

Imhotep: Well, that's what we're here for.

Answer: That is correct.

[21:41] 4. Kelly: (3rd section to the left of John)

[Kelly was very upset but feeling drawn to speak.] I struggle with trust. My body is currently struggling. I'm confused about what to do to help myself hold the Light, that I know that I access at times, to overcome the lack of trust and the physical deficiencies and to hold the Light, be a part of this Crucible in this new Temple, such that I feel like I am contributing and not bringing it down.

Answer: I know that all members of this Community send you great Love and Light. Allowing yourself to be part of this Crucible and part of this Teaching has purpose, even though you may not see it at this time.

So, our suggestion to you is to go further back in the Teachings that you have received. And there are tools there that you will find that will be very helpful in clearing these distortions. This is not the venue for that at this time. But we highly suggest that you go back to some of the Teachings around the different tools used that remove some of those distortions and work with it from there.

There are also very proficient Beings that might assist you at that psychological level to relieve yourself of these belief systems, because what you believe, you create.

So, please go back into the Teachings, drag out those tools of the 4th, 5th, 6th Creative Energies [Rays of Creation] and work with it energetically as well as conceptually and discover what in your life experience did you accept and now it's time to remove that belief.

Now, if there is anyone else in your community that you have associations with, please contact them and ask their support. Or ask them for energy workers who can help you remove these distortions.

So, we will leave that. I know it's unsolved. But this is not the venue for this particular problem to be solved. It's a longstanding process. It's a longstanding problem within not just this lifetime but previous lifetimes. So, it makes it difficult for you at this time, because everything is surfacing to be cleared and united in your Divinity.