

[Note: The conversations may be slightly edited or summarized for ease in reading.]

[2:15] Joan: OK. I don't have anything to say right now.

I would like, as we open this communication within the group, if you have questions, to of course bring those up.

And anyone within the group itself, if you have the answer, please respond, because you are part of this conversation. And you may have a mastery piece that someone doesn't have. Or you have an opinion about it or how you experienced it. So, this is a very valuable learning curve where you interact.

Now, if there's still questions, of course the Council would be present or a Stream of Consciousness within the Council would be very present to address those, so that it all is smoothed out and functioning before this session ends, because they are very valuable pieces of our process, our Ascension process.

So, OK, let's get started. Open it up!

Margaret: I think Melainah covered what I was going to ask, but I'm going to say it just to get clarification. The implants, when we did that releasing and clearing and then the healing, that was for the ones that were opened up as we hit frequencies. And so, my question was, well I know we're going to go get higher frequencies, and there could be more then.

Melainah: Of course. And they're anticipating that. And they've already said that it may be a year before we do this again. But they will monitor us as a group. And as they see these things beginning to come up in our spaces and creating things, then they will address us and we will come together as a group and then redo this, do this again. So, they're on top of it. We're getting all the support in the systems that we can possibly receive in order to move forward and maintain this quick pace at these really high frequencies.

Cathy Mann from Virginia Beach: I was somewhat frustrated by the fact that I have a really tough time hearing everything that's being said. And, so I count very much on the transcripts that come out. And, yes, I assumed that I was getting things, but I have a need to hear every single word, because every single word is so carefully stated. The things that we were given are so rich. And I am incredibly grateful for the people who are and have been doing those transcripts, because I also found, as I was doing this, that so much information is being given to us so fast that as I was reading it, it took me at least twice as long to read it as to hear it, because there is so much that's being said.

Cathy Mann, cont'd: And, I felt like I was a week behind. And on the other hand, I felt like yeah, OK, you forced me to listen to this as best as I could during that first eight days. And I am incredibly grateful for everything that is being given and I could hardly believe the fact we were given as much as we were all at once. It really is such a compliment to us. And I thank every single one of you for being part of this group.

[7:16] Melainah: Thank you. And absolutely thank everyone who contributes. But your Presence and what you have been able to do by showing up and making this commitment.

And I can tell you, it's not going to let up. And Joan and I keep saying, "oh my gosh, oh my gosh!"

We're not only preparing for like this class, this segment. But for the past week, they've been talking to me nonstop about the Conference. So, I'm already there. And then they have this project they want you to do, which is going to take quite a bit of coordination. So, there's so much and we feel like we're juggling so much. It's just like "Wait! wait!" Because it takes time.....

And you can't rush it, but yet, we're on a fast pace. And that's why you just have to go with the flow, trust that process, understand that you're getting the Energetics of it. And then like you, when you go back and read it or listen to it again, then you pick up the things that you didn't pick up that first pass, because they're soooo layered.

And now that we're going through and we've had a few months to work with this, I mean you can tell. Now that we're going back and upgrading all of these things that we ARE. Look how multi-layered what we had already received was. And now we're elevating all of that into these higher Frequency ranges. And it's just incredible!

[9:01] Lee Ann: When we you touched on the imprints in the last class, I didn't see or feel anything. And I looked at it etherically. And I thought, "Well, what am I missing? Did I dodge that arrow or whatever?" And so, I just want to encourage people that if you didn't see or feel or hear anything, just go through the process and practice it. And I just said, "Anything that's not congruent with me that I'm not aware of, I just let it go."

And I also want to reaffirm what Cathy said about hearing it, because every time I listen to it, I go "Where was I when that was said the first time? I know I was there!" And then when you get the transcript and you read it, you go, "Huh!" [Loud Laughter] And sometimes I just sit with the transcript and re-listen to it again, because that is really anchoring two forms of learning – the audio and the visual.

[10:30] Lee Ann, cont'd: So, my main thing was sometimes when you don't see or feel something, you just think you likely missed it. And I don't really want to hold on to missing something negative, but I didn't want to, "Oh, I missed it, I'm not good enough" – those stupid pictures.

Joan: You're past that.

Melainah: And, also, that means we had already been through the process before we even got to removing the implants. So, you were already in that flow..... Energetics, which were extremely high.

And then you go into this and holding all of it. I mean, Joan and I find that when we get together and we're discussing what's going to happen in the class, we're all operating again in that high Frequency and then within that the Energetics of our Light Temple Vortex, which, remember, amplifies everything. And Joan and I can have a conversation and it sounds good. We hang up the phone and the next thing is, "Well, what did we say?" [More Laughter!] Because it's hard to hold that Frequency. And then when you step out of it and then get distracted by whatever: "What did we say!?!"

We record everything for that reason, because we lose those details. And, because the frequencies are so high, we can't remember them. There's just no way, because you don't walk around in the 5th-6th-7th-pushing 8th Dimensional space 24/7. So, good point!

Joan: Well, the thing that I have found out, as I'm very clairsentient..... So, when I do my morning meditation, that's when they choose to download a boatload. And if I don't take the time, it's forcing me to journal, because within a couple of hours, I don't remember what they told me. So, they have to repeat it. Or, if I sit at the computer, they'll say it again, and then I can type it or I can take a piece of paper and write it.

So, it's very difficult in this environment to hold on to it. So that's why recordings, having the transcripts are so valuable. But you know, one thing about that, if somebody, if you question it, if you've reviewed it enough or you've integrated parts of it, it'll come to you. You'll know it immediately.

So, that's what I have found out. I don't have to remember exactly what they said at a particular time. If somebody asks me, like Kimberly asked me something the other day. And it's kind of well, "Yeah, and it's whatever it was."

So, it's in there. It's just sometime there's a gap between your brain functioning and your more spiritual aspect of you – your higher brain, your Higher Mind.

[14:02] Jana: I'm finding that the understanding aspect is really showing up now in the last two weeks, since this last session. You're talking about the gap between what the brain synapses can do physically and where we are in our Knowing. And our Awareness is just profound now. It's just so clear and precise. And down in the world, it's the days of transparency, right, so everything is like coming up to be healed. I look at it that way.

But, the understanding is just so vast that I feel as though that Knowing is coming from that vaster Understanding of our Future Self or whatever, as we're calling it. That's really, really been a noticeable shift that I've noticed since the last session.

[15:19] Kazuko: I just had to say a comment. I really want to express my gratitude to all the Teachers of Light, and Joan and John and Melainah, and Katriana-Katie for those wonderful transcripts that really helps and I see that everybody was talking about.

After I listened to the last part of that last session about imprints removal, I did it maybe twice or three times. But, the third time, I felt really relaxed after listening to it. And my whole body was really relaxed. Especially I felt that the mental-emotional body – I felt it like physically the Energy was like a flowing-through in the center part of my body, like the Energy that's flowing. And I got clearing or cleansing. And I never felt that before, that experience. So, that was really, really nice.

And it made me feel very relaxed. So, I was talking to my husband about mundane things, but I was feeling that at the same time, and then whatever he was saying didn't bother me! [Laughter!] Like I don't want to get out of this space. I didn't want to go there. Kind of like, "OK, everything is fine." And I was still feeling really nice Energy flow. So, that was so nice. So, thank you!

And I have a question. Joan confirmed to me. The Third Eye is the All-Seeing Eye of Source? Right? And the Pineal is our personal 3rd Eye, which contains our personal All-Seeing Eye. Is that correct? And so, I always thought the 3rd Eye was a chakra in the center, but now it's the All-Seeing Eye. I heard Joan saying Eye of Horus. Is it the same as the Eye of Horus? So, it's older terminology? I don't want to get too much into the rational mind, but I just want to get some clarification.

And another question is the Seed Crystals are in a triangle, Pyramid-shaped Seed Crystals in the center of the head. That's what I learned a while back. So, 3rd Eye, Pineal – is it all in the same place as the Seed Crystals? Also, the All-Seeing Eye of Source. And then inside it's a personal All-Seeing Eye, which is my 3rd [Eye]. So, are the Seed Crystals also in the Pineal area?

[19:25] Joan:

Well, that will be clarified in this Teaching today, because they are going to talk about that. But the Eye of Horus and the 3rd Eye are the same thing. It's just the perspective from a different culture. And before, it sat in front of this part of your head, but now it is within. And in this session today, all that will be explained.

[20:02] Anne-Marie: I have a question about the imprints. I decided that I want to go not just in this lifetime but return to before Atlantis, where I believe the imprints started coming in. And I did some clearing every day, and I was just thinking if I was taking too much of a big bite.

Melainah: No, I mean actually that's what we did. Well, that's what we did when we went down that pathway to our past. You were directed to that point before ANY implants were put into place. And, for most of us, that was before Atlantis.

[20:58] Kelly in Oregon: So, I don't know if I have a question, but a comment that may lead to a question.

I have been clearing implants for at least a couple of years, now, working with a person locally, a Theta Healer. It's been pretty amazing. What happened for me during that meditation where we went down the corridor to clear more implants is for me it felt like all it did was piss them off. They just really clamped down on my head. There were a lot of them around my head. And I ended up working with my local healer to remove whatever it was that had come up. And she told me eight more lifetimes had opened up with all these implants. And we went in and removed them. And I felt like a new person afterwards.

And then as soon as that was done, it was like some trauma that I had pushed into the back of my whatever from my younger years in this lifetime all of a sudden came up like a tornado – unexpected. I didn't quite know how to deal with it. Poor Debbi had to help me figure out how to deal with it. She was quite wonderful and calming down that awareness and feelings that were locked in my body from teenage-hood.

So, I'm a little nervous to go back down that corridor. The second time I tried to do the meditation – "alright, let's go clear some more, because I'm sure there's more in there" – and I went completely out. I couldn't even hold it. I didn't hear one word as soon as Melainah got us past the gate, I was gone. "Well, that's not very helpful!" But the first time I did it, I was 100% there.

So, I'm saying all this because I'm not sure what to think, what to feel, and what to do. I'm just going along.

[23:06] Melainah:

Well, I think that's all fabulous, though, because it brought up more things for you to look at, to be aware of, to clear. And, whether you were unconscious or not, your Intention is there. That Intention is set. OK? So, you were doing what you need to do.

Again, trust your process, what you need to do. And, if it brought those things up for you, remember that Liquid Light. Just bring that right in and fill up those spaces – every time. Fill them up! Yes – you released a lot in a lot of your spaces.

For me, I had tons of physical reactions to these classes, between the activation of that 2nd Triad, all of that – I've had headaches since we had that class. I've had severe nausea. So, it responds differently in our bodies. For you, you're still clearing more of your emotional field. OK? And me, it hit slap in my physical body.

And so, let your process be what it is. You've got to learn to be gentle with yourself. Joan and I, we had a conversation with the Council earlier this week. And one of the things they said is we have yet to learn how to value and Love ourselves. OK?

And so, this is what all of this is about – to get us all to that place where we can Know our own Magnificence.

Kelly: I think a part of me is a little afraid of what else is going to come up.

Melainah: But see, that's where that tweaking comes, right? And so, it's tweaked it. So, think what this magnificent gift we were given to be able to transmute these things once and for all. And just embrace it.

There are times you just have to step into the fire and face your dragons – you know what I'm saying? And stare them down and deal with it. And we're given the opportunity. And you are a big, powerful Being, Kelly. And so you ?lessen? yourself. You know, we all Love you. We can all see who you ARE at that Spirit level. You know. It's time for you to embrace who you ARE.

Kelly: I do believe I do. The thing is I now am recognizing how many lifetimes I chose to come and do the hardest kind of lifetime you could do.

Melainah: You know why that is?

Kelly: Yeah, I kind of have a sense. But

Melainah: That's because you're a big Being! And you said, "I ?can? do this."

[25:58] Kelly, cont'd: Believe me, I'm more than aware of that. [Melainah: OK] It's like this poor little lifetime is trying to bring all of that together and feel all of the trauma and all the stuff that's happened over so many lifetimes all in this one little lifetime in this tiny little body. It's like I kind of wish I had been born a 6' guy with 200 pounds. I feel like I could handle it a lot better. That might not be true, but sometimes I feel that way.

Melainah: Because you're the big Being that you ARE regardless of that body you're in. And you're more than capable of doing it or you would not have been given the task.

Kelly: Yeah. Thank you so much for having a chat.

[26:41] Cathy: Are we supposed to remember and go through all those specific things?

Melainah: Heck No!!!! Not unless you want to.....

Cathy: Because, at times it seems to me that I remember a long time ago I was working with somebody and I was aware everybody was going through all kinds of stuff. And my sense was I wasn't there when they were all doing that and maybe I did something absolutely dreadful, awful, terrible – but that is not who I AM now.

Joan: Right! You've got it! It's already done. You already did it.

Cathy: And I don't have to know all those things.

Melainah: No! Just let it go. Let the imprints GO..... once and for all.

[27:40] Joan: I have something I think I would add to that. And that is that there is such a thing in your body in relation to traumas in this life or events in this life that we regret. We all have those. And so, you have cellular memory there. But I also think you have cellular memory from past incarnations of things that weren't resolved, that are going to be resolved in this lifetime.

So, when you work with that 2nd Triad, I cannot stress that enough. And you create the Liquid Light and you put it through your blood system to remove all the carbon-based energy that is surfacing. And the minute that Light hits the carbon, it's like Light hitting a coal. It lights up. It changes the coal. So, it's invaluable in that process. You don't have to know what it is. But to continually create this Liquid and this Nectar Light to relieve whatever is surfacing in your body in those memory codes, in that cellular memory, so that you bring the cells up to the current Light-imbued state.

So, it can be used for that with your Intention. But, it can also be used to heal parts of your body. I had a urinary tract infection. I chose to work with that 2nd Triad. And within a week with that and an herbal preparation I took, it was gone. I never had to go to the doctor.

So, it's invaluable in so many aspects of our healing process and our awakening process at a cellular level. But you don't have to process the pain & misery. You already did that.