

This information is drawn from sections 8C (channeled through Joan from the League of Gabriel & League of Michael) and 8D (channeled through Joan from the Council of Twelve).

0. As SoulSpirit in your Light Body, in your spinning Merkaba,

Become aware of the upgraded Light Frequency of the 1st Triad spinning at 100% Light and the spinning of the 2nd Triad, also upgraded to 100% Light.

(These two Triads are interacting and projecting Energetics into your entire system: SoulSpirit, Light Body, physical body.)

The spinning of the 1st & 2nd Triad sets off the spinning of the 3rd and 4th Triads, so the whole Unified Field is spinning to provide the necessary Energetics.

1. Set the Intention to create Golden Liquid Light from the Undifferentiated Light of Source by weaving specific Attention Points from various Triads together in the 2nd Triad.

2. Interweave the Undifferentiated Light from the 4th Triad and direct it into

The 3rd Eye – the All-Seeing Eye of the All That Is

The Pineal – your personal 3rd Eye Center

The Medulla Oblongata – connected to the Throat Chakra

3. Draw from the Sacred Heart Center of the 1st Triad

the Energetics and Consciousness of the White Star Tetrahedron

(that contains the Energetics of Consciousness of the 5th Element of Love and Unity that is a necessary Element in creating in 5th Dimension)

into the 2nd Triad, 3rd Eye (which is the All-Seeing Eye of the All That Is)

4. Draw from the Sacred Heart of the 1st Triad the Eternal Magenta Flame

into the 2nd Triad Pineal. (The Pineal is your personal 3rd Eye Center.)

(This brightly burning Flame is considered a pilot Light of the Energetic system that ignites various states of Light that will be used in the creation.)

(This Flame was merged with the Eternal Flame that burns within your Sacred Heart, providing the Energetics and Magenta Color Code to create & manifest with precision.)

5. From the Sacred Heart Center of the 1st Triad

Interweave the Sapphire Blue Star Tetrahedron into the 2nd Triad.

(This Blue Star Tetrahedron holds the **unlocked 5th-6th-7th Dimensional Light Templates**, allowing stability in the 5th Dimension, equilibrium in your emotions (through the 6th Dimension Light Template, affecting your mind and thought into 7th Dimensional coherency and consistency, and contains the **5th Element of Love and Unity** required for 5th Dimensional creation.

(This Star Tetrahedron also contains an Energetic that provides Unity between the All-Seeing Eye of Source & the All That is

with the Pineal which contains your personal All-Seeing Eye.)

6. Now bring forth from the 1st Triad the Energetics of the **Throat Chakra**
which is connected to the recently upgraded **Medulla Oblongata** in the 2nd Triad.

(The Medulla is the Mouth of God, the Voice of the All That Is.

The Medulla Center is the repository for the Creative Voice of All That Is

creating the **Sound Currents** that will manifest through your voice through the Throat.

As your voice in the Throat Chakra connects with the Medulla Voice of the All That Is,
your creation in form becomes very powerful
because of the Sound Currents generated.

The Medulla also affects the functioning of the upgrades of the physical brain so
it can process the refined complexities of the Energetic Dimensional Frequencies.)

7. Be aware the Centers of the 2nd Triad (3rd Eye, Pineal, Medulla Oblongata) now contain

- The Undifferentiated Light of Source from the 4th Triad;
- The Magenta Flame burning brightly in the Pineal
- the Magenta Color Code
within the Sacred Heart, the 3rd Eye of the All That Is, and your 3rd Eye Pineal.
This Magenta Color Code reflects into the Medulla Oblongata.
- The Energetics of the White Star Tetrahedron into the 3rd Eye of All That Is.
- The Sapphire Blue Star Tetrahedron
with the 5th Element of Love and Unity
and the 5th-6th-7th Dimensional Light Templates from the unlocked Time Locks
- Your voice from the Throat Chakra connected to the Voice of God in the Medulla
which creates the Sound Currents necessary for powerful for manifestation

8. Now direct the spinning to begin in its upgraded version in the 2nd Triad.

As you spin and you spin these vortexes,

that compresses the Differentiated Light that you have just created
and compresses it with your Intention into a Golden Liquid Light.

[or into a Golden Nectar Light when that is the Intention that has been set].

Feel the shift as the Light comes into a form of fluidity.....

For the Golden Liquid Light, with your Intention,

Bring it into your blood as it pumps through your physical heart,

through every artery, every vein, and merges with the blood in that Liquid light.

Any carbon-based cell that it is transmitted to is eliminated and overshadowed

by the Liquid Light to eliminate it, so that the body functions more coherently.

The blood carries the life-giving Energy for every cell, every organ of the body.

It relates to the bone structure where the red blood cells are created.

So, now, it is all filled with the Living Light of the All That Is, functioning, transmitting,

overshadowing any carbon-based element, bringing it into the full expression of Liquid Light, the Living Light, the Undifferentiated Light of the All That Is.

9. Now repeat this entire process (Steps 2-8) with a different Intention for viscous Light:

Set the Intention to create **Golden Nectar Light** from the Undifferentiated Light of Source by weaving specific Attention Points from various Triads together in the 2nd Triad.

The Golden Nectar Light is viscous and works on the cells of the body.

It changes the way thought is thought

to be in coherency with 5th-6th-7th Dimension,

because of the Presence of the unlocked 5th-6th-7th Dimensional Light Templates,

because of the Presence of this beautiful Golden Light

in the neurons (the cells) of the brain and all parts of your neurology.

The emotions that are created through the thoughts

are also created in coherency and equilibrium,

so they can be manifested accurately in 5th Dimension.

The Presence of the 5th Element of Love ensure that

those creations are in full alignment with your Divinity.

10. Now, the entire system is spinning in this magnificent Golden Christed Light.

Notice the shift that is occurring in your body in this moment

in the Presence of the Golden Liquid Light and the Presence of the Golden Nectar Light.

This is the empowerment of the Christed Light,

which you were created with,

to enable you to manifest in the Earthly realm what was needed at any given time,

with accuracy and the full use of ALL of the Elements:

the Element of Love, Fire, Water, Air, and Earth.