

[Transcriber's Note: As always, group conversation and sharing may be edited or summarized rather than word for word. The audio contains the full conversation.]

**Melainah:**

Everyone take a breath and let's be in appreciation.....

And we'll open our discussion and Q&A

Realize we have brought all those Energetics of these past 4 sessions into present time.

Let's try to hold those Frequencies throughout our Discussion.

**Kelly:** I will only share that I'm extremely emotional, ever since about 6:00 this morning. And I'm having a great difficulty just holding myself.

**Melainah:** Just breathe..... And be embraced by the Community. This is what our Community is about and all the tremendous Gifts that we have received in the midst of this great loss.

**DiAna:** Ever since the 7-7-7 Gate, the Codes that are coming through me have expanded my Consciousness in ways I can't explain. Sometimes I sit back and marvel, because I have no idea until things are completed as to what these Codes are going to look like. And with the 8-8 Lion's Gate, it really kind of hit home as it can be for whomever wishes to utilize them as a type of visual representation of a *minute* aspect -- and I say minute because I don't think there's a physical visual that could encompass all – but a minute portion aspect of these Codes that we have been so blessed to receive.

And I had no idea that these Codes were going to go in this direction. I had other plans! [Laughter] "No! We've got something else for you!"

And with these Codes, what Melainah has said, I am in such -- I've used the word Gratitude so many times during the day – but to recognize the Gifts that are being bestowed upon us and to gather together the Truth of who we ARE. Yeah, I break down in tears, many times, for that moment or moments that it comes into my body to feel. And then when I add some of the Codes, I'm just blown away. I am absolutely blown away.

That 8-8 piece that we received is so beyond what I can even – it's not even imagining that I can – I'm trying to find words: it's beyond beyond.

And for me, again, I always give Gratitude to Joan AND John and Melainah for taking up this mantle for us, so that we may truly be who we truly ARE in this physicality, as well as to pave the way for others in many, many futures to come.

[6:33] **Suzy:** I do have a question about the Seed Crystals, as we were drawing our Light and Sound Codes through our 3<sup>rd</sup> Eye and Seed Crystals and Infinity Symbol. Are the Seed Crystals in the 3<sup>rd</sup> Eye and in the Pineal area? Are there two areas?

**Joan:** Well, to me the Seed Crystals are all encompassing within your head and brain. And they bring a different coherence to the function of the brain, as they are activated and upgraded continually, so that 3<sup>rd</sup> Eye and the Pineal Center is your visionary center, where you begin to be very telepathic. Your gifts of the Holy Spirit – clairaudience, clairsentience, and so on. But it enlightens all of those Crystals in this whole area, including the lobes of the brain that serve different purposes for the physical, but entirely different purposes at a spiritual level. So every upgrade enlightens that whole area more and more. So, those Seed Crystals are everywhere in that whole center, that whole circumference of your head. That's the way I see them.

**Melainah:** At this stage of where we are, I now see each one of those Seed Crystals as massive Light. So that massive Light is just radiating. And we are on the threshold. And we think that this is probably some of the things that will happen next year: activating all the Crystalline pieces that are in our physicality, that again will upgrade the body to a whole another Frequency as part of the alchemizing that will go into effect.

We have a few more pieces to put in play before we end this year's series.

**Suzy:** I had a minor stroke at the end of June and I have a hard time projecting my voice.

**Melainah:** Joan and I were just talking a little while ago that now with these Frequencies, it's how she and I communicate now. We're just now beginning to find the words to articulate it. So, yes, we are still using our voice, but it is the Sound Frequencies now. We are actually communicating in Frequencies. So because of the limitations of the body right now, we still have to use our physical voice. But we are beginning now to make that shift that our communications are occurring with our voice, but it is now the Frequencies are coming in a conscious way that she and I are beginning to recognize and we expect that all of you will be, too.

**Joan:** For us it's like you hear it, what the person is saying. And then it's through the ears that that hearing mechanism and those Sound Codes get integrated into our physicality, but also into your Consciousness at a different level. So, it's through the voice, the Sound Codes that then come in through the ears and begin to alchemize the body. This came from a conversation where we were trying to figure out what happens when we talk, because she has a stream of Consciousness that is different than mine. And she receives in her own right massive amounts of information that are needed. It was actually an amazing awareness this morning, because we hadn't really thought about it.

[12:06] **Melainah:** Because it's becoming conscious for us now. That's the difference. We get to hear with those multi-layered aspects of our senses. There is just so much going on in our bodies and our Fields and we're just now moving into a place where we can have that awareness of it. And even to be able to talk about. Thanks for bringing that up!

**Jody:** I was under a tremendous amount of pressure and stress towards the beginning of this month. The more I tapped into that 8<sup>th</sup> Dimension from the Conference and reactivated everything. And that to me was a huge upgrade. The rest of the classes have been – I just kept going back into what I saw. I wasn't remembering consciously. Then I learned to allow my Higher Self to show me where the everything was. This was a real change in my communication with my Higher Self. When I got into the world of 3d4d, it took me into a downward spiral real fast. I had to get back out of there. And I used the 8-8 Portal to help me do that.

**Linda:** I can't create maps in my brain. And I always look for shortcuts in getting things done. My frequency level is up and down and I looked for a way to stabilize this at a high level. Through the Center of my Being, I have a direct connection to God. What I'm doing is letting this Divine Energy flow through my center core of my body all the time in a spiral. I breathe into the spiral and let it expand so the Energy flows out through my physical body at 150% Light. This has stabilized my Frequency level. Is this a shortcut? Is it valid? Is it real?

**Joan:** Well, I'm going to say one thing about that. Kuthumi said to me a long, long time ago: "You cannot with your rational mind understand the fullness of these Energetics". So, it is in *allowing* yourself to experience them, which from listening to you, is what you're doing.

You don't have to make a map. You don't have to do anything but receive these Energetics and then begin to integrate and remove anything that interferes with that communication. And once you receive the Energetics and begin to integrate it, you know without a shadow of a doubt and you understand at a level that the rational mind could never understand.

So, I don't think you have an issue. I don't think you're trying to shortcut. It's very apparent that it's the Energetic experience that you need and you are doing just that. So, don't second guess yourself! There is no shortcut in that part of it. But as far as having a mind map, a road map – not necessary. It's part of the rational mind trying to understand what's going on here.

[22:14] **Cathy Mann:** I have two things to share.

I tend to feel things in my body. I don't see these things and that's usually frustrating to me. The lesson where we were feeling the Energies throughout our bodies, into our shoulders, down our hands – I'm an Energy healer and I have never felt so much Energy coming through my hands. And it was there in the most powerful, powerful way. And I felt like our Light is helping the Worlds. And this Energy that I am feeling is so overwhelming to my body that I can send it to everybody on this Planet right now and help raise the Energies of the world. And as I'm saying this, my hands are buzzing.

I've been exhausted when I do my lessons. It takes twice as long to go through and review a lesson as to have a lesson, because it's so rich and so beautiful.

The other thing I wanted to share was the fact that "OK, so I'm greeting these wonderful Lions and I haven't a clue who's standing in front of me, but I'm just saying OK you're there and thank you". And the same thing with the Elders going around. When they requested chairs to sit with us at the end of that lesson on 8-8, I felt as though they have known me and we have been good friends for a long, long time. But I'm not remembering those things now. But I know that we are connected. And I am so grateful that they're willing to say, "We Love you and we want to spend more time with you".

**Melainah:** And in those Gifts and in their Presence, part of what was embedded in those Gifts were the Codes of Remembering, because all of that was to help stimulate and awaken deeply, deeply buried Memory Codes from ancient of ancient times.

**Cathy:** Yes, before Atlantis, loooooong before Atlantis.

**Melainah:** Yeah, we're going way back, Sister. So, we are on the track.

**Joan:** Here again it's in the experience! Don't get hung up in understanding. It's in the experience. And everybody is different; it's unique in how they experience.

**Melainah:** It's all about the Energetics, which the rational mind cannot really contemplate.

**Joan:** Sometimes you just say, "Take a rest".

[26:36] **Sandee:** Cathy, thank you for that, because I was listening to that 8-8 Portal Opening in session 10 and sat down with watercolors. And when we all entered the Crucible and they said to stand, I saw all of us, and I couldn't really portray it in watercolor. But, as I was relistening and reviewing, the watercolors were happening. I saw all of us together in our Light Bodies, our primary Code Colors. We're all very huge Beings, very tall. We were all standing straight. And so that's where that watercolor painting that I shared in our facebook site came from. It was a very good experience. It was really heartwarming and it was fun to be together in our Crucible with Everyone. And this was before the Lions came in. It was just nice to see everyone in their primary Code Colors and Frequencies.

**Melainah:** Is that the one you posted? It's perfect. You translated it to those watercolors. DiAna translates it through her Graphics and those Codes. So, we're all learning in different ways to express it, which I think is the Beauty of our Community and our Collective, because we all are different. We have different Streams, so we translate it differently. But those Energetics, the way they hit us is unique to your Soul. They did not share that Blessing until two days before we recorded it. And, I have to tell you, when they came through, I wept, because it just touched my Heart and my Soul at such a level. It's that Love and that acceptance and that acknowledgement.

**Sandee:** Remembering that we are all these beautiful Beings that are so filled with colorful Lights. And the watercolors I was testing out -- they have a shine in them.

**Melainah:** Illuminosity!

**Sandee:** It was a great way to review. And I had been seeing us that way before and remembering when we were given our Primary Color Code and our Sound Frequencies and the stepping up of the octave of our Sound Frequency and the Spiritual Name that this Soul-Spirit has. It all just came together. I can see it all. We all have that.

**Melainah:** We're already into the Flow of it, but we are the precipice of something really huge here. And Joan and I continue to be astounded.

**Sandee:** In reviewing the 8<sup>th</sup> Dimensional Crystalline Heart, and the 8<sup>th</sup> Dimensional, this is just a feeling that I have for it – to me it's not only in the Chakra, Our Soul-Spirit, our SoulStar – it's our OverSoul. It's huge. And those are things that are coming in for me. And it has to do with all of us in our Light Beings and in our Colors when we gather together in our Crucible. It was just so special. We're so special. [Laughter] We're just incredible Beings and we're all together. And we're going on this Path that's unbelievable to me. And I'm going to throw it out there: it keeps coming back to me that we're experiencing and integrating the beginnings of an experience of the Monad.

**Melainah:** There's so much coming.

**Sandee:** And that's what I was feeling, that it's coming, that we're on the tip of it. That painting was rough, but that's who we are. I remember us. Thank you to everyone.