

Ascending Masters of Light Level 2 Session #8A 6-25-2023
Welcome & Opening Centering Meditation

Joan: Well, hello everyone. Welcome to our 8th Session of Ascending Masters. We are delighted to have everyone with us.

Melainah: Hi everybody. We are happy to be back. And before we get started, I just wanted to say a Thank You to all of you who sent positive thoughts, prayers, and well wishes, while I was under the weather. And I'm doing much better now. So, Thank you very much!

Joan: OPENING CENTERING MEDITATION

If everybody wants to take a deep breath, we'll start with a Centering Meditation.....

Breathe in Light and exhale Love.....

Breathe in Love and exhale Light.....

Be present in this moment.....

Centered, aware, and present.....

Be aware of yourself standing at the Gates of our Cosmic Light Temple.

Many other Members of the Council have gathered here also,

waiting to enter, until *everyone* has arrived.

There are many conversations taking place.

Everyone is excited to be able to communicate in this casual environment.

Take a deep breath.....

and enjoy the conversations that you are participating in. [Pause]

Feel yourself energetically coming into Unity with *all* of the Council Members..... [Pause]

Another deep breath.....

Now that everyone has arrived, the gates open.

And we can see the brilliant Light streaming from within this magnificent Temple.....

We all proceed to enter into our Temple of Light and take our seats..... [Pause]

AnRaTa moves forward to take center stage

and calls our meeting to begin.....

Take a deep breath..... and let us begin.....