

## **2024\_03\_10\_AML\_Level 3\_Remembering Ourselves as Soul\_Session 1f**

**Melainah:**

Thank you, Metatron and the entire Council.

Let's continue.

Remembering ourselves as our soul will continue to be our immediate top priority.

In level 2, each transmission was energetically designed to assist us in raising our awareness of ourselves as the soul. They contained specific frequencies and codes that enabled us to raise our frequencies to a level required to release long-veiled memory codes.

Those memory codes once activated, in turn, provided us with more and more remembering of who we are at a soul level.

Metatron just spoke about what occurred in session 12 last year, when we drew the light packets and the associated DNA strands into the Master Packet, which was then drawn into our Soul Star.

We have all seen many times, the graphics showing a body and the placement of the chakras and the Earth and Soul Star. They appear as nice neat little energy bundles.

My personal experience that occurred during that process was seeing my Soul Star expand and expand until it became enormous and equal in size to how I perceive my Toroidal/Unified Field.

Once we concluded level 2, I began searching for something to help me to experience my soul more direct way.

I came up with this very simple exercise, which I now offer to you to try.

If you already have a practice that helps you know your soul, use it. If this does not resonate with you, please create something that does.

For those of you who choose to try it and use it, I can say from my own experience that it has made a tremendous difference in my field, and how I am experiencing myself as my soul and how I now view the world around me.

Before we begin, remember you are already your soul. You have never been nor will you ever be separate from it. Everything thing that you perceive as the authentic you, is from the perspective of your soul.

With the density of the veil, we lost our remembering of who we are as a soul and a spirit.

This entire journey that we have been on together for all these years has been designed to not only lift the veil of forgetfulness but what we as a collective are doing, is dissolving it once and for all.

Again, keep in mind as we do this exercise that your soul is already in place.

This exercise is designed to provide you the opportunity to experience the frequency of your soul, so it is discernible in your field and you can recognize it.

There is a level of wisdom that becomes available in having an experience.

### **Meditation:**

Take a breath.....be aware of yourself in this sacred chamber with all of the refined and divine frequencies embracing you.

Be aware of your unified field and how massive it is.

Visualize your Soul Star, which is your soul, and if it is not already expanded, expand it now so it is many times larger than you.

Very slowly begin to draw down your Soul Star and its frequencies into your unified field. Bring it through your central column and your body as your entire field is embraced with these frequencies.

As it flows through you and fills your field, notice if you can feel the frequencies as you consciously draw them in, bringing them all the way to your Earth Star.

Now, the entirety of “you” is encompassed in the luminous prismatic light and frequencies of your radiant soul.

There is nothing more for you to do, but experience how the frequencies of your luminous soul feels in your body and in your unified field.

Let us sit quietly together for a moment as you experience the unique quality of your own sacred light frequencies.

Take a breath.....

The beauty of this exercise is that you can do this anytime, anywhere.

Do not let the simplicity of this exercise deceive you.

I encourage you to try it several times a day, whenever you have a few quiet minutes. As you practice this, you will become more and more aware of your soul as the completeness of you, anytime you place your attention here.

Whenever I do this exercise, all becomes quiet and calm in my field.

There is a feeling, a quality to *this* silence.

I now understand that this quality is my “I am” presence, which is my soul.

Take a breath.....

I strongly encourage you to sit in the magnificence of who you are as a soul, as often as you can, until we meet again on March 24<sup>th</sup>.

Much love and appreciation to all of the radiant beings who have joined us today.

We look forward with great anticipation to what we will create together this year.

With that, we will close this opening session.

Love and blessings everyone.