

## Ascending Masters of Light Level 3 Session 4 May 5, 2024

### Hello and Welcome Sessions 4a & 4b

Joan:

Well hello, everyone. Welcome to session 4 of Ascending Masters. We are excited to be with everyone. Melainah, do you want to say hello?

Melainah: Hello everyone, and happy 5-5 portal day.

Joan: Yup, that's what's going on. Wow. Okay, well I don't really have any announcements. We're going to take a little sabbatical here for about a month until, what is it?

Melainah: June the 9th.

Joan:

Okay. Anybody else have anything that they need to talk about? All right. Melainah, do you want to get us started?

### New Frequencies in Light Temple Session 4b

Melainah:

So let's gather in our Cosmic crystalline Temple of Light. And please acknowledge all of the non-physical members who are present today. Bring your Light frequency into coherence with the increase and the frequencies of the Light Temple that have occurred; preparing us for this session.

So from the center of who you are, with your in-breath, inhale the essence of balance. Hold, and release that essence into your Unified field as you exhale. Inhale the essence of harmony. Hold it. And release the essence of harmony into your Unified field. And once more, inhale the frequency of balance, and exhale. Inhale the frequency of harmony and exhale.

Balance and harmony are two key Light frequencies that you are encouraged to remember and keep in present time. Both will provide support as we continue this Ascension process for the remainder of this year. And in maintaining alignment with the established protocols, please receive this invitation to be in receptive mode for all that will be offered throughout

this session. So with balance and harmony, and in appreciation, we will open our session.