

**Joe:**

I just want to say a few words before we get started. We traditionally start our Gatherings with a centering meditation. But today's more than a centering meditation. It's key to everything that we do for the remainder of this call.

The good news, and there's a lot of good news today – it's all good news! – is that we have done this hundreds of times. So there is nothing new that we're doing here. All we're going to do is spin our Triads into a luminous 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimensional Unified Field of Light, 133% the speed of Light, just like we've done hundreds of times before.

But this spin motion is key to everything that follows this meditation. So, we're asking that, when the meditation is done, you hold this state. You continue the breathing and continue consciously spinning your Triads for the remainder of this call, as it's very important for what we are about to achieve.

We are setting the foundations of the Energetic and the Unified Wave, creating a Unified Field and coming into a Unified Field of our entire Crucible, stably holding the Energetics of the 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimensional Light Templates within that Unified Field.

So here we go.....

So let us begin with the breath...

And let us take a 4-second inhale..... hold for a second....

followed by an 8-second exhale.....

Now, I'm going to count for three breaths to help you get into the rhythm

and then you can maintain that rhythm on your own without counting.

So here we go – ready?

So inhale 2..3..4.. Hold.. Exhale 2..3..4..5..6..7..8..

Inhale 2..3..4.. Hold.. Exhale 2..3..4..5..6..7..8..

Inhale 2..3..4.. Hold.. Exhale 2..3..4..5..6..7..8..

Now continue that rhythm.

But let your breath propel the spinning of your Triads.

So, let's move our attention to the 4<sup>th</sup> Triad.

Slowly breathe in that rhythm and spin the 4<sup>th</sup> Triad –

the 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> chakra,

with your intention and your breath.

We have a simple intention: to create a Unified Field stably holding the Energetics of those magnificent 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimensional Light Templates within our Unified Field.

[3:16] So let's bring that intention up into the 4<sup>th</sup> Triad.

And as it spins, it begins to draw in that Undifferentiated Light from the 11<sup>th</sup> chakra. Let's apply that Light to our attention, intention, and watch as it seemingly assembles itself into a perfect geometry, a luminous jewel, radiating, sparkling brighter and brighter as we spin with our breathing, faster and faster, becoming pure luminous, radiant Light.

Now, we've done this lots of times and it almost does it by itself.

And the 4<sup>th</sup> Triad begins to merge down into the 3<sup>rd</sup> Triad.....

The 3<sup>rd</sup> Triad merges down into the 2<sup>nd</sup> Triad.....

And then the 2<sup>nd</sup> Triad merges down into the 1<sup>st</sup>, including those first three chakras, Creating a luminous, Unified Field of Light and Love.

Now let's give it a Loving command: Spin – we're already at 100% Light –

Spin at 133% Light.....

Continue the breath.....

Now give your Merkaba a command to activate fully.....

to its fullest Dimension, to its fullest potential.....

And then one more time, be aware in the Sacred Heart....

Be aware of the 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimensional Light Templates in the Sacred Heart fully engulfed in that Diamond, fully engulfing your body,

Yeshua and the Magdalene radiating from the middle,

The Archangels and all the Beings of Light at their appointed positions, the different points of that Diamond.....

We are in our Light Garments, embossed with the Sacred Name of Source:

YOD HEH VAV HEH....

And now, one by one, in our fully activated Merkaba, in our luminous Light Bodies, let's enter our Crucible, one by one.....

Let's acknowledge all the Great Beings of Light who are present with us:

The Lords of Light, The Archangels, The Elohim, The Ascended Masters, The 12<sup>th</sup> Dimensional Elementals,

The Sirian Archangelic League of Light, The Pleiadian Consortium,

We also have the Arcturians, the Andromedans.

And now, all of these Great Beings bow to us as we bow to each other, the ones maintaining a physical Presence on this Planet,

And they adorn us with their appreciation and their admiration:

Job well done, Masters! Job well done!