<u>A – John Intro:</u>

Welcome back to Seating of the Divine, Level 4, Session 10, August 20, 2019.

This evening we will review some of the most recent material about the DNA Strands. According to Lord Metatron and Master Kuthumi, we still don't have a complete energetic integration of this material.

And they feel that is a must before the Conference.

And, talking about the Conference, the Early Bird special will end on Sunday, August 25, and the regular registration will close on September 15.

Now, get your calendars out so that you can get the latest schedule:

- 1. Our next session will take place on Sunday, August 25, at 1pm CDT.
- 2. Our sessions on September 10 and September 17 will take place at our regular time.

Tonight we will start with an Opening Meditation and a short Review. Next, Master Kuthumi will join us to clarify some of the previous information that he feels we do not have full usability of yet.

And then he will have a Q&A.

After the Q&A, he will lead us in an Energy Meditation to close the evening.

<u>C – John Review:</u>

Master Kuthumi opened the last session by explaining that, because we have had limited access to the Soul Wisdom within the 3rd Strand of DNA, that it is now time in our Ascension process that the Knowledge and Energetics of a Light Packet be placed the 3rd Strand of DNA. This would be invaluable.

He next explained to us what the 3rd and 4th Light Packets do, as well as the 4th Strand of DNA.

Our body had to be altered so that its function is united and coherent. The body could then position its consciousness into the beginning stages of 5th Dimension.

The next major key for us to understand is that many of us have physical anomalies that stem from our lineage and have already manifested.

He explained to us NOT TO WORRY. We have all the tools and the Light Energies to eliminate them.

What was beautiful to me was the fact that he explained that once these had been removed, they don't come back. IS THAT GREAT OR WHAT!!!!!