Greetings, Dear Ones, It is I, Gabriel.

As we gather this evening, it is very important in these times of our Gathering not only to be conscious of the Beauty and the Energetics that are within the Crucible in which we all gather, but also start to be very conscious of your Light Body as you sit in your Merkaba Vehicle. This is part of who you ARE in that 5th Dimensional sequence.

So, become accustomed to this state of Being.

Take notice often of what that feels like, how it changes the energies of your body, and how you are able to focus very succinctly in that 5th Dimension.

So, take a deep breath…..
Focus your attention in your Sacred Heart center…..

Take another deep breath…….
BE in your Light Body…..
    fully engaged in that Sacred Heart Consciousness…..

Take another deep breath…..
BE in your Merkaba Vehicle…..

As you enter the Crucible,
    one by one, filing in to take your seat……
    for this night's Gathering,

Notice all of the Beings from the Star Gates:
    The Arcturians file in right behind you…..
    The Pleiadians begin to take their seat…..
    And the Sirians have already been seated and awaiting your arrival…..
All of the Masters,
    All of the Archangels,
    And the Lords of Light are present…..

These next few sessions will lift your consciousness in ways you had not anticipated…..

FEEL the Unity in your body…..
    Feel the Unity in the Crucible……

And notice how comfortable you are as you sit in this Gathering
    with all of the Beings that are part of this Crucible…..
You are no longer in awe of everyone who has gathered,
    but you are comfortable as being part of and unified with all that have gathered…..

In this state of consciousness, in this awareness…..
    we will proceed….. with this Gathering,
    each one contributing to the Crucible energetically…..
    filled with the Element of Love…..

Now, be very conscious of your body,
    which you can now do simultaneously.
You no longer lose consciousness,
    but you stay very present in the moment
    and in our meeting.

So let us begin…….