

[1:56] Greetings, It is I, Gabriel.

I am delighted to be here with each and every one of you today, as we gather in our beautiful Crucible of Light. All are in attendance here to support each other in this important time of Ascension.

So, if you will take a deep breath.....

And let go of the thoughts and the events of the day,
And just be very present in this very moment,
 united in the Crucible,
 in your Light Body,
 in your Merkaba field...
 also centered in your Sacred Heart Consciousness.

Be in a very neutral state.....
 calm.....
 present.....
 aware.....

Be aware of how the Element of Love has encased you on all levels.....
FEEL the dynamics and Presence of the Divine.....

You are coming to be aware that yes,
 It does give you such a feeling of support and Love in your emotions.....
But it is also a very dynamic Force
 that has become impregnated in your very Being.....

You still have a little ways [to go] to being thoroughly aware and encased in this Energy
 and all of the different ways you can use it.

But, for the most part, each and every one of you has moved out of the awareness of Love strictly from an emotional state of Being,
 realizing that there is sooooo much more to it,
 and it is an integral part of you –
 your physical as well as your mental-emotional state.....

It has expanded your consciousness dramatically – of yourself.
And you are beginning to be more aware of some aspects of your Light Body.....

So, take another deep breath.....

And let us begin this meeting.....