

[1:49] Greetings, It is I, Gabriel.

I am delighted to be with everyone in our Crucible at this time, at the present moment.

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

Let go of the thoughts and events of the day...

Be very present in your Sacred Heart...

Very present in this moment.....

Now breathe in Light... and as you exhale, exhale Love.....

And breathe in Love... and exhale Light.....

Breathe in Light... and exhale Love.....

Bring into your conscious awareness of the Beauty of the Light Vehicle that you ARE...

And recognize, as you use your creative Energy,

every breath that you take with Intention, every exhale that follows the inhale,  
has an impact on the Earth and humanity.

Recognize that as you breathe in Love, the Undifferentiated Love,

that you can transmit through your physicality, because you are Divine,  
influences everyone within any proximity of who you ARE at that vaster level.

The Love that you emanate from your physicality impacts the Earth, impacts humanity,  
impacts YOU at that more refined level.

And when you share the Light that flows through you with Intention, as you exhale,  
recognize that it is always in the Love that you ARE.....

Now, take a deep breath.

In that recognition, recognize the Beauty of YOU...

Recognize yourself as Light Body...

Influencing the physical body moment by moment – as you breathe.....

Now, begin to FEEL in that body the expansiveness of your SoulSpirit  
within the Light Body.....

Recognize that it influences –

that SoulSpirit in the Light body begins to influence the physical body.

First it influences the Etheric Body.

And then finally it impacts the denser physical expression,  
the vehicle that you are presently using.....

And how it elevates it energetically into a different frequency range,  
just by being conscious of your SoulSpirit.....

See how luminous you ARE at this very moment..... [Short Pause]

[8:42]

Take another deep breath.....

Recognize the entire Collective of our Crucible..... [Short Pause]

The Light in the Crucible is luminous.....

with your Presence and the Presence of all members of our Community.....

So now we are ready..... for you to begin a discussion.....

So, let us begin,

so that the human part of this beautiful Crucible can begin to converse  
and to add to the Crucible from the human perspective.....