

Even after I organized and typed up the information on the Light Packets and DNA from our Teachings, with a lot of input from Joan, including answering specific questions, my conscious mind remains overwhelmed with all this information. Just reading the summary simply overwhelmed me again and wasn't useful.

For me, it is appropriate to consciously understand some of the interrelationships of all these attention points, so I can consciously and more precisely participate in my transformation. As I worked with the material in the summary, I found I could use a zigzag pattern of looking at the information from different viewpoints and all their many interrelationships. And this worked for me! It really helped.

I'm sharing below what I did in case it helps anyone else.
Or inspires others to share with the group their methods that they have found useful.

So here is the type of zigzag approach I found that actually helped me start to integrate and use this information and these specific attention points in a useful way:

(1) I started by reviewing the info in the summary on the 3rd Strand, which seems to be where the Ego comes from and which is what we are all clearing at this point, now that the first two Strands have been sealed away by M. Kuthumi. The Soul also infuses this 3rd Strand, so I assume that is the level where we are trying to unify Ego and Soul.

(2) Then I reviewed the 4th Strand information, because that Strand relates to the Soul's purpose in this incarnation and bridges us into higher states of consciousness, where we can reclaim our Soul Wisdom. It bridges our physical genetic lineage and our Spiritual Lineage.

(3) And then I reviewed the 1st Light Packet, which was placed in this 4th Strand (as well as in the Heart).

This Light Packet holds the Element of Love and provides stability.

Its effects on the 4th Strand were that

- It augments our self-Love;

- It helps us retrieve our SoulSpirit memory codes, the Wisdom of our Soul, and

- It uplifts the physical body into 5D.

(4) So I paused here and used these as my attention points to integrate all of this into me experientially and from the Higher Mind. This was all I could work with at this point.

And then I continued on later..... on the other side 😊

(5) Then the next step for me was to check out the 5th Strand of DNA, because it works with the 4th Strand.

(6) And then I reviewed the 2nd Light Packet, which was placed in this 5th Strand (as well as in the 8th chakra Higher Mind relating to form as it was present in the Sacred Heart).

The 5th Strand of DNA and the 2nd Light Packet together open up worlds of transformation, because the Magnetics are changed to Like attracting Like, which draws to us our Divine Image, and the body realizes that at a Spirit level we are a Christed vehicle.

(7) And once this was a little bit integrated, I moved on to looking at the effects of the 1st Light Packet in the Heart, which augments our self-Love with the Undifferentiated Light.

(8) And then to look at the 2nd Light Packet in the 8th chakra/Sacred Heart.

Wow – so much there to integrate and activate!

The Union of the Higher Heart and Higher Mind.

Higher levels of the Etheric Body and the Mental-Emotional body.

More access for me to use the Higher Mind

and for the OverSoul to use a higher level of the Mental-Emotional body,

etc, etc, etc.....

(9) And then eventually to look at..... well I don't know yet what order to look at the information, as I haven't integrated well enough what I've already looked at.

So far, I've only looked at the 3rd/4th/5th Strands of DNA, the 1st & 2nd Light Packets, and their placement in the 4th and 5th Strands, and their placement in the Heart and in the 8th chakra/Sacred Heart – and tried to let all the multi-dimensional inter-relationships integrate into me experientially.

There are three different points of view, all inter-relating, that we can play with: The four Light Packets, Strands 3,4,5,6,&7 of the DNA, and the chakras that the Light Packets were put into.

And if this zigzag approach helps anyone else, I'm sure each person will have their own particular pattern of zigzagging this information and these Energetics together.