

Joan's Intro & Announcements:

Good Evening, everyone, this is Joan. John won't be joining us this evening. He's just not feeling very well. He's sorry to have missed you all. But next time hopefully he'll be able to join us.

We still need volunteers for our Sunday, September 20, Grid Masters also. We also need someone for December. If anyone would like to volunteer to facilitate either in September or December, please send us an email.

Our class schedule is revised for September and October. Please mark your calendars!

September 8 Teaching Session
September 20 Grid Master Service Project
September 27 Pre-Conference Prep Call [?noon CDT?]
October 2-4 Light Conference begins at 10am CDT
No Sessions for two weeks

October 18 Grid Masters Service Project
October 20 Community Call
No Teaching until November 10

We are very excited about what we can create together in our October Light Conference. If you have not registered but plan to attend, please register soon. We would like to have all the registrations in by September 25. This is to help us have a correct membership list, so you get any email communications promptly that have to be sent out.

Since tonight is not only a Community Call, but it's kind of a Teaching review as well as a Question and Answer, if needed, we just want to touch on a few review points from the last two Teaching sessions that were very extensive, in my opinion, and very layered. They were important Teachings. And each Teaching between now and the Conference is a step-by-step building process in our Consciousness and in our awareness of certain concepts. Our Teachers have taken great care this year, and they have given us a LOT of layered material to process. And they are very well aware of that. The last Melainah and I spoke with them, they said that they have pushed us quite a bit this year, but they felt that we were up to it, that all of us together in this Conference could accomplish something really spectacular.

So, I'm just going to talk a little bit about the last two Teaching Sessions.

[3:10] John's Review of the previous two Teaching Sessions:

The first one was about Unity Consciousness, and Lord Michael spoke to us about that and the Consciousness at our Spirit level. He wanted us to fully understand that we are the producers of our life experience. From our Soul level, we are the director. And from the body level, we are the actor. We play roles in each embodiment. Sometimes they are masculine roles, sometimes they are feminine. And attached to that gender are roles such as mother, father, son, daughter, student, teacher, healer – many roles that we all have played in the course of a sequence of time.

Lord Michael said that when we reach a state of Unity Consciousness in a gendered body and honor the gendered body through the roles that we came here to play, we do so from the awareness of an Androgyne state of Consciousness. So that was mainly what that Teaching was all about – to help us realize that at a certain state of Unity Consciousness, that we can be in a gendered body and really use that gendered body. But we do so from a different state of Consciousness and a different state of awareness, so that we realize that at that Spirit level we are more of an Androgyne, which is possessing both masculine and feminine qualities.

He informed us that we create much more proficiently because of our Unity State of Consciousness. There is no polarity in the Realm of Source. Polarity is something related to 3rd dimensional humans. It is related to Earth. It is a way in which to create individuality and also to provide a testing ground in how we have created and how to change our creations.

He also said that in our Sacred Herat Center is a beautiful Cosmic Womb. In this womb there is no gender. There is only Unity Consciousness. There is no polarity of good/bad, darkness or Light, because in that Center there is only pure Light.

When we can live in Unity Consciousness, we honor the gendered body as an individual. And we can create many things on this Earth plane. In the near future, we will know ourselves in Unity with the Divine, and with the All That Is. And that's it's coming soon. I think we have all had times where we feel that, or we know that specifically.

And then in our last session, which was a huge session, Archangel Gabriel led us in an upgraded Merkaba activation. This set the Energetics for Archangel Uriel to come to talk to us about Light Bodies and importance of feeding and nourishing our Light Body daily.

He spoke about how our SoulSpirit uses the Light Body Consciousness to enlighten and uplift the consciousness of matter of the physical body. Through the interface of our Spirit, our I AM Presence, the Soul begins to remember its Source origination. Our Light Body holds the entire Consciousness of its Unity with the Source of the All That Is.

Review, cont'd:

Uriel spoke to us about how the various Light body activations must occur slowly and precisely, so as not to further damage the mental-emotional body's 3rd dimensional fracture. He said that we are being prepared to use many more levels of the YOD Spectrum Energies to further nourish the Light Body, so it can be expanded. He spoke to us about when the SoulSpirit merges more fully, the perfection of our Spirit directs our Soul effectively.

When we have both the Wisdom of the Soul experience but also have the Consciousness as well as the Creative Light of Spirit, that helps us create our life experience in the highest iteration of our Divinity.

He spoke of the Light Garment and said that this Garment is an Energetic Web of various Light iterations. The Fire Letters that are imprinted within the Light Garment contain a vast array of Source Creative Energetics that continually infuse the Light Garment.

Uriel told us that the Light Garment is not a physical garment. It is an Energetic Web of various Light iterations of Source. The Light Garment is a protective mechanism for the Light Body, so it cannot be contaminated by any fallen Energies of lower dimensions or energetics of human choice that could contaminate it, or by any outside influences or polarizations. Because, as you remember, we have to be in at least the mid range of 5th Dimension to be able to activate and hold the Light Body.

The Light Garment, which is infused with the Divine Names of Source, provides the information that this Garment belongs to the All That Is, to the Source of our Being. This also signifies that the Light Body belongs to Source.

The Garment belongs to Source.

The Light Body belongs to Source.

It is an emanation of pure Light in perfect Unity.

Finally, we are led to the Temple of transparency by An Ra Ta. And this was a beautiful meditation that brought us into the awareness, through the Light Body into the physicality of who we are ARE, at a SoulSpirit level. The Energetics within the Temple of Transparency were amazing. It took us into another state and a level of Consciousness, providing a state of Consciousness that will begin to resonate within our SoulSpirit and will begin to resonate within our physical body, when we can interface that and begin for it to take place. But that's going to take about six months.

Some of the levels of distortion and amnesia of the Consciousness our Soul are wiped away through the vast Energetics of the Light that are given within this beautiful Temple.

Group Discussion and Metatron Q&A:

[Most comments and questions are highly abbreviated and summarized, but they can be heard in full in the recording. Metatron's comments and answers are word for word.]

[10:52] Joan: So, I'd like to invite everyone to participate in the conversation tonight about these vast Teachings that we've been receiving – how they have affected your day to day life, how they've affected you at a consciousness level, and also at an energetic level.

If needed, of course, Lord Metatron, anytime we gather is here. You just know that. So he'll stand ready to answer any questions that you might have. But I want you to keep in mind that perhaps maybe the Community may have some input about your questions. So we'd like to give opportunities to have that part of our conversation. And then, if needed, to get Metatron's input.

So, let's begin!

Take a deep breath, and if you want to have a comment or ask a question, just press *6 to unmute yourself, and then mute yourself back with *6, so there's not a lot of background noise.

So, let's begin.....

1. [12:21] Mary Ann: That was an amazing session in the Temple of Transparency! I have a question about the Merkaba Field Vehicle. When are we in it? I know it's for traveling. And now we are using it to nourish the Light Body. But do we take our Merkaba into the Crucible? Are we always in our Merkaba?

And **Joe** added a question/comment about the fact we dock our Merkaba when we arrive at the Sirius Star Gate rather than take our Merkaba into the Temple of Transparency. He requested an explanation of why this difference between that and being in our Merkaba in our Crucible.

Joan: Anyone want to comment on that? [Long Silence]

Well, let's invite Metatron to make a comment on it, and then we can discuss it further if you'd like. What do you think?.....

OK.....

Give me a minute and let me get centered here quickly.....

1. [16:53] Metatron: Greetings, It is I, Metatron. Very good question! And I'm happy to expand on that and to clarify some of the confusion here.

First of all, let me say this. You are very well aware of that the Merkaba function is expanding. As your Consciousness can receive this expansion, more is given. And I think you all realize that.

Yes, it is a Vehicle of Light. But it is a multi-dimensional Vehicle. It has MANY Dimensions within it. So that's what makes it such an expansive Vehicle.

As you sit in your body now, you aren't fully integrated in that at all Dimensions. There is a Dimension that allows you to take your body and move it in different Dimensional sequences, but also in different physical realities. But you're not there yet.

So, this Vehicle provides that Energetic space for you to dock at Sirius, to go to various Star Gates. It enhances your ability to receive and also to give at that multi-dimensional level, while you are in the Merkaba Vehicle.

So, that is why you take your Merkaba Vehicle, your personal Vehicle, into the Crucible. And within that Crucible, as you join all the other Realms -- the Master Realm, the Angelic Realm, the various Star Gates, the Lords of Light -- then a massive Vortex of Energy is configured, a multi-dimensional Energetic space that you meet in, that upgrades your Consciousness. But it upgrades your ability to be in multi-dimensional sequences simultaneously.

So, as you draw from the Energies of the Lords of Light, or you draw from an Archangel or a Master, you raise your personal Consciousness level to meet that Teacher at a certain level. And the fact that you are in a Unity Consciousness space, in Unity within the Crucible with all members present, you are able to seek a level of Consciousness that you cannot hold personally on your own.

And I'm sure you have been aware of that. We have spoken of that before in a few of the Conferences, not to have unexpected expectations that you could hold the same vibration and frequency that you do as you gather in a Conference -- because, as you go into your daily life, into your individual life expression, you are no longer in that Energetic space. So, that, and you may not necessarily, unless you intend and take the Energetic steps to be in your Merkaba Vehicle, you are not... you don't necessarily have access, say, to 7th or 8th Dimension on a consistent basis, as you create your life experience.

So, are there any comments or further questions on that?

2. [21:40] Joe: What exactly is the Light Body?
Is the Etheric Body is becoming the Light Body?

Metatron: That is a correct statement. You have to develop an interface between your physical body and that Etheric Body, a very strong interface at that higher Dimensional, mid 5th and above level of Consciousness, before that Light Body can be fully activated and usable. Now, only pieces and parts are activated and usable.

So, that's the Beauty of the Light Garment, because that's one of your interfaces between your physical body and your Etheric Body. So when you are in your Light Body, (and you have two activations of Light Body), you interface through the Light Garment with the Light Body. Do you understand that?

Joe: I think so, but I'll want to listen to that one more time, though.

Metatron: OK, well. When you are in your Light Body and with your Light Garment, that Web of Energetics is the interface between your physicality and your Light Body, because that Etheric Body is changing. And the Etheric Body and the space between your physical and your Etheric body is becoming nonexistent.

And as you fully activate a Light Body, the interface between the physical body and the Light Body, that Morphic Field lessens, so there is a direct interface. Right now there isn't. The interface is the Light Garment. Do you see that?

Joe: Yep , I understand that.

Joe: So, when we go to Sirius, and we dock our Merkaba at the Star Gate, which part of us is it that continues on?

Metatron: Your SoulSpirit.

And because the Temple of Transparency changes the SoulSpirit... because this is a nonphysical Realm, Sirius is. It's a much different frequency range and Dimensional frequency than the Earth. So you enter that -- you can enter it in your Light Body also -- at that SoulSpirit level. And you interface within that Temple of Transparency at a much different frequency, especially if you are in your Light Body, because you can interface. You can feel in that guided meditation through Archangel Uriel in the last session, you could feel the Energetics within that Temple had become much more refined. Could you not?

Joe: Oh absolutely, yes.

2 cont'd [25:47] Metatron: Yes!

So that's the reason, because you had more Unity between your Soul and Spirit. The Soul--Spirit interface was much more direct, because of the Unity Consciousness that you were led to develop and your understanding about the Fire Letters and the Source Energy.

And then, when you entered in your Light Body, with your Light Garment, that also enabled you to receive more amplified and refined frequencies within it. But you will also notice, when you left that Temple, that the frequency dropped until you got into your Merkaba Vehicle. And then when you got into your day to day life, you could remember the Beauty and the refinement of that Temple, but it wasn't the same as being there.

These are very good questions and I'm glad this came up.

Metatron: So now, let's have a little more discussion within the group. I think this is.... These questions that you're able to ask helps us give you more information on certain specific topics that you have been wondering about. So never, you know, hold back in these Community discussions where I'm available, so that you can ask those questions and we can talk more about it.

3. [27:56] Sharka: The Sacred Heart is in the Light Body. In a later class, we were guided to be in the Heart Center. To me, it was like getting closer with our Light Body to our physical body. Was that part of the Light Body becoming the Etheric Body?

Metatron: Well, yes, it was beginning, as your Consciousness and the Dimensional frequencies that you can access, that your physical Heart, that center where you hold Love for yourself and Love for others begins to expand. And there again, the Morphic Field between the Sacred Heart and the physical Heart is lessened. So, the interface is of a much different frequency.

Sharka: Does it have anything to do with that Light Body becoming that Etheric Body?

Metatron: The Light Body doesn't become.... it interfaces with the Etheric Body to bring the Consciousness into the physical body, the physical body's consciousness. So, it is one of those chakras that is in the Etheric but interfaces when you have/are able to access the Consciousness in the frequency range, then you begin to interface it – you interface with that Etheric Body or parts of the Light Body more proficiently.

4. [30:57] Jana: Should we just be giving our attention and our focus to our Energetic reality at this point and just allow the physical body to do what it needs to do to integrate into coherence? What percentage would be beneficial to be paying attention to supporting and assisting the body consciousness, so that it is freed up to follow our Consciousness? You know, like using supplements and other things that could up-regulate the body.

Metatron: OK, now, let's clarify this right now. First of all, this whole year's Teaching was set at the very beginning, and many of you probably missed it, that these Teachings -- we have spent a lot of time, several years, working with the physical body's consciousness -- but these Teachings were specifically related to SoulSpirit and the Energetics. So, you are right, you should be paying attention to your Energetics. And when they drop, what causes them to drop, and how quickly you respond to that and immediately begin to take steps to amplify them.

Now, that said, it doesn't mean that you cannot have, always have the attention in the back of your mind, that you want the body... You have to talk to the body occasionally and have your body follow your Consciousness: "Follow me!" And have that intention always. And then the body starts to respond. As you know, when you ask about a certain supplement or you ask about a certain -- what would you need -- a certain part of the body, the body, if you listen, will respond. So, it's the same thing with this. You just have that intention. Or you just say, "Hey, body, pay attention to this; follow me."

The focus is on the Energetics and your SoulSpirit communication channel between your consciousness, the SoulSpirit consciousness, and then the body consciousness follows that and begins to transform.

Jana: So our sovereignty in the body, then, is just happening.

Metatron: Yes, as you work with, when you fall out of a certain frequency range that you have developed, it always is related in some way to a trigger that's related to the mental-emotional body.

Jana: And still we all have come in with a 3rd dimensional physicality. And so, even though we've used the Rays, we've done a lot of clearing, etc, there's still depths and levels, are there not, that are falling away?

Metatron: Yes, absolutely. Depending on your experience in life and what you have allowed in your space that will distort a stable frequency bandwidth of 5th, 6th, 7th Dimension. And this is where we're pushing you to go -- to be able to hold not only 5th, and 6th, but 7th Dimensional Consciousness consistently. So, if you pay attention, you know immediately when you've fallen below that mid range of 5th Dimension. You know it. It shifts.

Jana: Yes, that's very clear these days!

5. [35:58] Kimberly: Doing the [Merkaba] process that Gabriel gave us, is it necessary to do each of those steps, or is there a timeframe where all you have to do is put attention there and command it to activate in its Unity?

Metatron: Well, the answer to that is yes and no. It depends on your state of Consciousness and your state of awareness at any given time. So, as you know, once you activate your Merkaba Vehicle of Light, it is always operating. But the level at which it's operating, that's why Archangel Gabriel led you in this step to step, because sometimes what you're able to maintain consistently and stably within that Merkaba Field varies.

So, from time to time, when you are interfacing in that Merkaba Vehicle and feeding your Light Body, you want it at the highest most refined frequency range that you can get it. So that means just reflecting on your Unity and your Androgyne position as both masculine/feminine in Unity with your Divinity – that's that 1st Star Tetrahedron. The Beauty of that White luminous [2nd] Star Tetrahedron, which in fact brings Unity Consciousness into the picture. You don't have to go through the step by step activation, because you've already done that, but just reflect on the different Star Tetrahedrons and the purpose. What that brings energetically to you personally in your Light Body, but in your physical body, also. So that 3rd Star Tetrahedron is all about the Source Energy, the Creative Realm of Source that leads you more into a Consciousness of a Quantum Field.

So, keeping all of that in mind, as you're doing that mediation and as you're drawing from these Energies within the Merkaba Vehicle, or the Merkaba Light Vehicle, to feed the Light Body, and reflecting on those and putting yourself in close proximity with the function of each of these Star Tetrahedrons, then that wipes away any kind of a distortion that you might have accumulated in your day to day life, in regards to gender, in regards to Unity, in regards to accessing the Void, the Creative Void, where the Creation is limitless. So does that answer your question?

Kimberly: Yes. So the caveat to that is paying attention throughout the day, not only morning doing meditation and paying attention and experiencing those Fields and Energetics. Throughout the day to maintain that Light and Love, you would need to identify and put attention on that a couple of times throughout the day.

Metatron: Of course, especially when something triggers you. The minute it triggers you, you've got to pay attention, so that your frequency doesn't drop. Because that's when you choose: "I could think this or I could feel that, but I choose not to, because I know that such and such." So, yes, you're absolutely right.

6. [40:57] Sharka: I have been reviewing the lessons from the beginning, including creating by using a cube, which fits around the Star Tetrahedron. Is it still recommended to create with the cube?

Metatron: The cube relates to creating form in form. And this is not what we're doing right now. It's not that it doesn't have a valid exploration. But this is about SoulSpirit, Unity Consciousness. So concentrate ... If you're going to review during the three months of down time, you can look into that, explore that. But for this year's Teaching, I want you, because it is so layered and so energetically potent, I want you to concentrate your review on each and every session, re-listening to it, reviewing it from time to time. So concentrate on 2020's Teachings and the Light Conference. This will benefit you greatly.

Sharka: Do you recommend not to do this?

Metatron: Not right now. If you want to do it in your off time, do it. It's not that it's not beneficial, but it distracts you from what's going on now.

Metatron: So, I really would like to hear some comments from the Crucible, on your experience and on what you've noticed.

7. [43:28] Kathleen: I find that during these very polarized times, the Merkaba is a wonderful place to step into to feel immediate balance. And I have found the Joy that comes from this connection. I have been working through a personal issue with a family member. After being in the Temple of Transparency, I felt so guided to fully open my Heart to her and bring to closure this issue, at least on my part. I feel it was a direct correlation from feeling the purity of those Energies running through my physical body. It's like I'm cleaning up loose ends, so there's no unhealed thing in my world.

Is that a function of the Temple of Transparency? It feels like it's a beautiful opportunity to be purified of karma.

Metatron: Yes. It will bring up the distortions and where they are. All is transparent within that Temple.

And, so in your experience, would you say that you used that YOD Spectrum of Forgiveness, once you became aware of that you needed to clean up something?

Kathleen: Yes, yes.

7 cont'd. [46:21] Metatron: Yes, so that Temple brought all of that to the forefront of your consciousness. And that's the Beauty of using the Temple of Transparency. It has many uses. But that is one of them.

So when you go there and you ask to have everything divulged that is holding you back, be prepared – because some of it you may not be ready to let go of!

Kathleen: So we shouldn't say everything!?

Metatron: Probably you should be specific.

Metatron: So, let's have some other comments on that from the Crucible.....

8. [47:13] Suzy: We've been told not to go into the Temple of Transparency without being guided. [Metatron: Correct]. Do we need to listen to the recording to go there or can we just ask to be taken there in our own Merkaba?

Metatron: There is a protocol in using your Light Vehicle to go to any Star Gate. It's just like on Earth. You don't go to someone's house unannounced. You call first. "I'd like to come by. Would you mind? Would this time be convenient?"

You see?

So there is a protocol, a common courtesy protocol. So you ask An Ra Ta, you can ask the Council that oversees that Star Gate, if you would be received, if you could come in your Merkaba Vehicle and dock on Sirius and be escorted to the Temple of Transparency. Always following that protocol, because it's common courtesy for an interdimensional traveler to always ask. And it will never be denied.

So, when you dock, be aware, someone will come to greet you. It may not be An Ra Ta, it may be Un La Ta, or it may be Archangel Zadkiel, or another member of the Council that you had not known before. But you will be met, greeted, and taken to the Temple.

Metatron: You see, these are very productive comments and conversations. So let's continue for a little while longer.

9. [50:00] Rosemary: I find that this conversation is very beneficial, very clarifying. My experience in the last days has been similar to what Kathleen said about the clearing up any old business. The metaphor that keeps coming to me is that we're preparing for a new operating system, like on a computer. So we're getting all of our data files and folders in order, so that we can just bring in a new operating system.

Metatron: Correct! You are so right. I like that analogy, because it brings it to the present moment. It brings it into the physicality.

Rosemary: I assume that will be part of the upcoming Conference, then?

Metatron: Yes.

Rosemary: In my meditations, when I'm finding myself with lots of Energy, I like to ground. What is the updated grounding process? We were told at one time not to put anything into the center of the Earth and the Christed Matrix. And then on certain occasions we have been bringing things in and grounding them into the center of the Earth. So, for our daily practice, what would be the best system to use?

Metatron: To ground into that Earth Star.

And you are right. On a day to day basis, you should not put anything...

It wouldn't be allowed. That Christed Matrix in the center of the Earth is very protected. It's a 12th Dimensional Vortex of Energy. So, it's very well protected.

So, when you are guided to ground certain things, when they say in the center of the Earth, they didn't say the Christed Matrix. So that's probably... I don't know the specific instances that you're talking about, but it probably relates to dispersing it into the Elemental Community. But there are specific reasons why you're guided to ground it into the Earth, to ground it into the Inner Earth Communities, to share it with the Inner Earth Communities, to share with the Elemental Communities. But you are always specifically guided at certain intervals to very rarely -- if you will think back on that -- very rare occasions do we say put this in the Christed Matrix -- very rare, few and far between.

Rosemary: Into the center of the Earth is probably what they said, not into the Christed Matrix.

Metatron: Correct. That feels really....

You can draw from it, of course. But putting anything in it -- no.

10. [54:39] DiAna: The Unity of Soul and Spirit is one of the things in the forefront of my personal space, having a better perspective of myself in this present time moment and Soul iterations, maybe being aware of how this merging of these Soul iterations and my Self – what might be some of the noticings that I should pay attention to as to how that might be occurring in my space? Or is it such an individualized process?

Metatron: Yes. OK. It's very personal, DiAna. It's your Journey into Spirit.

Now, as you know, the Spirit of you is always unified with the Source of your Being. It can never be separated, can never be contaminated. You are a pure part of Source in Spirit.

When you were able, when you had the understanding and consciousness to begin to merge that Soul, the Wisdom of all the Souls' experiences in not just human lifetimes but other lifetimes where there was some sort of form... When that Soul experience and Wisdom had reached a pinnacle of being able to transmit the Wisdom of those experiences at specific times to the individual, then this merging of Soul and Spirit. And not only do you have the experience of the Soul, and sometimes the Soul experienced great difficulties in a life experience, great distortions, where they fell in consciousness...

The Spirit doesn't know any of that, doesn't experience any of that. It's pure Light. So when you merge Soul and Spirit, you are merging that part of yourself that is always Divine. And it begins to interface with the Soul experience, to bring it into a much different frequency range, where in that merged state, it begins to transmit to the Soul.

So the Soul then transmits to the physical body, in ways that upgrade the physical body and the life experience through the Wisdom that it has gained. Maybe in a lifetime that Soul experienced a great fall in consciousness. But it also experienced a life as a teacher, a very evolved Being of Light. So, that Spirit can interface with that part of the Soul that experienced that very evolved Light and begin to bring it into the consciousness of the individual in the body and the body's consciousness.

I know that's a little confusing, but do you understand?

DiAna: Actually, it is not, it is not. I understand... I understand.

Metatron: Anyone else have a comment to make on that particular SoulSpirit interface? I think that was a very good question and it's something to contemplate, to think about, and to think about your interface with your SoulSpirit.

11. [60:48] Jana: I think the interface with Soul and Spirit at this point is one of a profound feeling and sense of being Home. It's such a huge, vast, simplicity and complex at the same time of just knowing that everything that you have been guiding us through the Teachings has been an unfolding of who we ARE. So each day brings that continuation of coherence that.... it just feels like Home because there was never really anything to attain that we are not. It's just a continual revealing of who we are. It's difficult to put words to that. The feeling of coming Home, being in a state of Home. Words fail me.

Metatron: Thank you. Very good comment.

What that is doing, that higher level of merged Consciousness in the SoulSpirit begins to wipe away the amnesia happened when you entered a 3rd dimensional body; begins, through that interface, begins to change that, alter that.

12. [63:18] Kathy: This dialogue has been very enlightening. Regarding the SoulSpirit, I've become aware of... I'm thinking of the blueprint. And how the blueprint seems to be vibrant and ever changing.

Metatron: Of course! There's a blueprint of your Consciousness, your SoulSpirit Consciousness, and there's a blueprint of your physicality and how you function in that physical world.

Now, eventually the one blueprint overlays the other. It was vice versa when you were in the 3rd dimension, but now that that SoulSpirit is more integrated, that blueprint now overlays and removes the distortion and the limitations of the consciousness of that 3rd dimensional body.

Kathy: It seems magical and wise and glowing. And I was also aware of the Elements and how they play. It was almost like the mapping took in Elements of water and air and earth and fire.

Metatron: Absolutely! Isn't your body part of those Elements?

13. [65:24] Suzy: Ever since we started working with the solar center, where we anchored the SoulSpirit [Metatron: solar plexus], I felt that elevated sense of connection, of Unity Consciousness, of 5th, 6th, and 7th Dimensional, like it just expands when I focus there. [Metatron: Right] It's like being in a totally different space every time I focus there. [Metatron: yes] Serene, like Home. Very calm place where I feel like I can just connect to whatever it is I'm wanting to focus on more.

13 cont'd. [66:39] Metatron: Yes. You did a lot of work around that center, on the solar plexus, empowering yourself. And when you merge that solar plexus with the throat chakra, where you merged your will at the moment of your creation with the Will of the All That Is at that Spirit level, then that power that you hold in that center can be divinely guided.

Suzy: Is this another place where we can ask our Higher Self, SoulSpirit to guide us?

Metatron: Of course!

14. [67:46] Kimberly: On the same subject, if the Spirit and Soul were severely damaged, can it be repaired? Can it actually merge into wholeness?

Metatron: First let me make a correction here, Dear One. You are confused. The SoulSpirit, as it sits in a merged state, can never be damaged. Your Spirit is you emanated from the Source of All That Is, the moment Source created you in the perfection, reflection, and similitude of Source Energy. Your Spirit can never be damaged. It is always in Unity Consciousness with the Source, its Source.

Now the Soul can have damage, can have major distortions and imprints through a horrific experience in a lifetime. And yes, that damage is repaired through the interface of that Spirit and through the Teachings and through the Energetic work that you all in this Crucible have been doing. All the imprints, the distortions, the traumatic events that happened that causes a Soul imprint or a Soul overlay of that distortion is removed through these Teaching sequences and through that merging where the perfection of Spirit then interfaces with that damaged part of your Soul and helps alter and heal that, so that there is nothing but perfection in that SoulSpirit interface.

Do you see that?

Kimberly: Yes, yes, that clarifies a lot. Thank you!

Metatron: You are very welcome. And that is a very good point. Thank you for making it.

[70:25] Metatron: Now, I think that we are coming to the end of our time here. So I would like to invite anyone else who hasn't spoken up and has something that they would like to say or contribute. Please do so now.

[71:22] Metatron: So, is everyone comfortable enough? No outstanding questions? No outstanding clarifications that need to be made?

And, if that's the case,
I would like you to join with me now in your Crucible,
in your Sacred Heart...
and be in Gratitude.....
for all that has been accomplished through the interface within this Crucible
over this last year.

You have come far, Beloveds. You are dedicated Beings of Light.
And much has transpired that will change the Ascension process for each one of you.

The trajectory of your Ascension not only is on point,
but it is a very direct, direct trajectory.

So be in gratitude for all the Teaching, all the Energetics,
and the interface and the Love and the Grace that has been bestowed on you
from the Realms of Source...
from the Realms of the All That Is.....

And with that, we will close this session and this discussion.
I think it was a very good discussion and we will have more of these hopefully.

So with that, we close this Community Call.
Blessings, Beloveds, Blessings!