

It is I, Gabriel,

I am honored to be with you this evening, to lead this meditation.

So if you would take a deep breath.....
And be in the center of your Sacred Heart.....
 Breathing in Light... Exhaling Love....
 Breathing in Love... Exhaling Light....
 Another Breath.... Another exhale.....

Begin to know yourself in your Light Body,
 Be in your Light Body.....

Notice the Sacred Imprints within that Light Body –
 the beautiful Sacred Name of the ALL THAT IS:
 the YOD.. the HEH.. the VAV.. the HEH.....

Notice that your Light Garment is brilliantly reflecting your Christed Light.....

Now, enter your Merkaba Vehicle,
 in full conscious awareness of who YOU ARE
 as a Christed Being.....
And give the command for your Light Vehicle to activate.....

Notice your environment.....
Notice the Light... that is within that beautiful Vehicle of Light...
 and how it nurtures you...
FEEL that in your Light Body.....

Notice how it creates an equilibrium within your full Energetic system.....
that is also reflected in your physical body—
 in every chakra...
 in all of the Triads that are spinning... completely in a Unified Field of Light.....

Your Heart is open and responsive to the Light that you are taking in.....

You are calm and alert..... present... and very conscious.....

All parts of you are completely unified... and harmoniously functioning.....

[5:03] Take another deep breath.....
And be very present in this moment.....

Joined completely and unified in your Crucible,
in the Light Crucible of every member of Seating of the Divine
and every member of the Crucible – all beautiful Beings
of Arcturus,
the Pleiades,
the Sirians,
the Archangels,
the great Ascended Masters,
the Lords of Light,
and the Elohim
All joined in Unity in this beautiful Crucible.....

So now, we are ready to begin...

Let us welcome Lord Metatron, Lord Michael, Lord Melchizedek, and Archangel Uriel.....