

**John:**

Well, welcome again, everybody. We're so pleased to be with you and be able to offer this what's going to be an absolutely wonderful few weeks. You know, there have been so many great changes that have been taking place on our beloved planet. And many changes have occurred within each and every one of us. And I know we're all aware of that.

We are going to begin to create a most important foundation for this teaching by creating a crucible of Love in our Sacred Heart. Now Jeshua, as we spoke to him today, has told us how important this group is and how important a key role that you are going to play in this process. We're all involved in a very important step for the evolution of humanity. So give yourself a little pat in the back, because you have been selected and you volunteered.

Now, let's begin with a little centering meditation from Archangel Gabriel, and we'll get it set in the right energy. Joan.....

**Joan:**

OK, if you'll give me a minute.....

Everybody take a deep breath, and as you exhale, just begin to relax, let go of all of the thoughts and events of the day. . . . .

**Archangel Gabriel through Joan:**

Greetings, it is I, Gabriel.

I am delighted to participate in this Collective Consciousness that is gathering for a very important task of setting the Unity of the Divine Masculine and Feminine within the physical world through your individual bodies and through your individual expressions as Christed Beings. And I am here with you now to tell you how elated and how joyful all of we Archangels are at the opportunity that has been laid before all of us. For as you know, there is no separation between our realm, between the Master realm, and between you and us. We are all a vast Collective of Source. We were all created in that Divine Image. And it is now time for the Earth, as that beautiful Christed planet, to reclaim that template. And you are here to assist in this with us, and we are delighted to be co-creating with you.

I am here also to announce that Jeshua and Master Kuthumi are overseeing these sessions of teachings, as world teachers, emanating from the 2<sup>nd</sup> Ray of Wisdom and Love, so that this template can be seated very precisely.

So if you will now join with us by taking a deep breath, centering yourself in your Heart, in your Sacred Heart, in the energies of your Heart chakra, and breathe in Love, that is emanating from the Godhead – that Undifferentiated Love and Light that is magnificently radiant and luminous. It is pouring into you. So breathe it in; become very centered in this energy.

We will be building a very precise crucible of transformation within the Sacred Heart and within the Element of Love. So this entire session will revolve around creating that crucible and seating it within the Sacred Heart.

So as you receive and draw in that Undifferentiated Light, do so with intention to flood your entire Being with that Undifferentiated Love. For you are That; you were created in that Image.

It is important at this time to recognize that, know from the wisdom of your SoulSpirit, that you are that Divine Essence. And as such, you will be a prime player in creating another aspect of Unity on the Earth plane.

So just sit with us for a moment longer, basking in that beautiful, luminous Light, in that wonderfully comforting and expansive Love of Prime Creator.

[Pause]

Now as you are centered and seated in that most holy part of your Being, your Sacred Heart, take a portion of your consciousness and focus on what is about to be presented.

## **Presentation from John and Joan**

**John:** [8:41]

Thank you, Gabriel. As always, we appreciate your Presence and your Guidance and the Love that you give to all of us. Thank you so much!

Now, we are here to explore and create together a seating of the Divine Feminine and Masculine template on Earth. We are here to bring Unity within the Masculine and Feminine expression as Divine Beings. We think it would be helpful to have an understanding of how the split in the Masculine and Feminine occurred and is in direct relationship to the fall of consciousness. So a little history is appropriate.

Our Earth is approximately 3 billion years old, as we know time. There were many universes in existence way before Earth was created. In general terms, many of these systems began to create energetic misalignments. Many of these had actually begun to have a fall similar to what happened on our planet many eons later.

Now around our sector of this universe, energetics employed by many creator gods were beginning to mutate away from their original schematic. And many Beings were created from these energies. There was much division within many of these groups of Beings, who had some semblance of form. Many wars were waged because of this division. And because great technologies had been developed, there was disruption within several solar systems. Now many planets were totally destroyed or were made uninhabitable.

And, of course, because of these major issues, many great Beings of the Godhead gathered to create a solution. It was decided that many selected creator gods and Lords of Light would create a planet that had form with the perfected Christed Matrix as the master plan. This was meant to create a planet in full alignment with the original intention of Source. And here we were.....

All was in perfection for oh a short time of about 2 billion years, again as we know time. Earth continued to take on more mass so that many more Beings could experiment with form and individuality. These experimentations were always directed through the Element of Love and Unity.

Now the original forms were established in what was known as a 12<sup>th</sup> dimensional energy level. The human existing at the time was a translucent form, very light and airy – pretty cool, huh! [chuckle]

Many came from the far reaches of creation to experience this new process. Many solar systems and galaxies were able to draw from these perfected energies of Earth and began to create again without any deviance from the original schematic.

I hope this shows you how important it is on what we do on Earth today and it's noticed everywhere. Now many anomalies and variances were diminished or eliminated after their creators were exposed to Earth's new energies. The original 12<sup>th</sup> dimensional body form was developed as a crystalline Life form that you probably know of as the Adam Kadmon body type.

Now, unfortunately the great decline began about a billion years ago and of course was very gradual. Without getting into all of the details, what happened was that some creators did not follow that original blueprint, because they wanted to experiment with quicker ways to create and also see how dense that they could make a form and still maintain a 12<sup>th</sup> dimensional frequency template. This again created mutations. These mutations continued to exist and create more of their own.

Now, due to these changes, there was a decline in consciousness from the 12<sup>th</sup> dimension down to the 8<sup>th</sup>. And when changes were created that caused further density, humanity's consciousness fell below 7<sup>th</sup> dimension, and the Christed Matrix cannot be sustained because of this increased density and had to be removed.

Now at that time, great Earth cataclysms began to take place which affected all parts of the Earth. The tectonic plates of the Earth opened and some continents, such as Atlantis, disappeared. At that time, it looked as if the Earth would cease to exist. But a great Lord of Light named Sanat Kumara – please remember his name because if it wasn't for him, we wouldn't be here!

Now he pleaded for a reprieve and it was granted. He stated that due to his great Love of Earth that he could save it and assist in its rebuilding until we could again reclaim our Christed Image.

Now in order for that stability to take place in the tectonic plates deep within the Earth, the Lords of Light suspended Earth in 3<sup>rd</sup> dimension, and this stopped the great cataclysm. This dimension had many downsides to it, even though it was stable. And we all know, 3<sup>rd</sup> dimension is based in separation and survival. And of course the fear of survival was also a main part of this template, which became part of humanity's, all of us, our DNA.

Now the Elementals were given the task of creating a way, as I put it, to put Humpty Dumpty back together again. To operate at this level, a new carbon-based form had to be developed. And it was. Now this may be a shock to some of you but, humph, not me – women were selected to be in charge, as they have always been the core of the family and specialized in nurturing, which was desperately needed at the time. In order to ensure the survival of our species, the feminist body took a dominant role.

The matriarchal archetype that was put in place carried the knowledge and wisdom to achieve what was needed at that time. Unfortunately this matriarchal system also began to create dominance over the males. Males were not taught skills or allowed to be part of spiritual circles and ceremonies. They were considered “lower than” and used only for tasks that required physical strength and for regeneration. Males in this type of environment thought that women had magical powers, and they were often fearful of women.

This system continued for thousands of years until finally the masculine energy, through physical domination, reversed the leadership role. A new period started, that still exists today, of dominance and power over by the masculine or patriarchal system. But as we all know, that's changing.

Now, you know, Joan, I think it's important to note here that when that dense form of a body was put into place, it was a very primitive form. The separation was extensive. Parts of the brain were closed off, so our thinking was not coherent, nor could we communicate adequately in relationships or could our neurological system communicate adequately with all parts of the body.

The brain itself became divided by the corpus callosum, that spiny ridge that separates the left and right brain, so that one side of the brain related to a masculine expression and the other side to a more feminine expression. The two sides did not communicate with each other, so the masculine and feminine unity was even more divided.

**Joan:**

I think it's also important to note that the mental-emotional body was split, so we could not make proper use of our thoughts and our emotions to create consciously, because that's how we create in form, is through our thoughts and our emotions. And when that body is split, we often are unconscious about what we are creating. The cells also could not receive adequate energy to maintain health and wellbeing of the body. So the body aged and died.

The most devastating of all of these changes was that the Heart was closed and we could not access the Element of Love. Our life experience became very, very painful and full of fear. This one closure caused the four chakras above the Heart to also become closed. There was no communication with the Mind of Source, because we saw only ourselves as separate from.

The Crown was closed and we could not receive adequate amounts of Undifferentiated Light and Love, and our creative energetic source in the Pineal did not function at an energetic level, but only at a limited, physical level. The throat was closed, so we were unable not only to speak our Truth but to align ourselves with the Will of Source, with that original schematic, for the purpose of creating. There was such division that it caused continuous friction within the Heart and within the lower chakras that are related to our physical form and how we experience physical life.

**John's Meditation on Compassion for yourself:** [19:08]

Oh, great points, Joan! Thank you.

You know, humanity has played in separation, pain, and misery long enough. You know I think we're all ready to reclaim ourselves as Christed Beings.

I invite you to join with us in having compassion for ourselves for the journey that we have taken so that we can overcome the depths of separation and reclaim our Christed nature. Through compassion, we open our Hearts.

As proof of forward motion, remember that the 5<sup>th</sup> dimension was opened to us and the Christed Matrix was returned to us. Why? Well, because of all of you. You know we've shown that there is forward movement. The reason that the Christed Matrix was removed before was because the spiral was going down. Now it's going the other way. And we've shown over the last 300 years that we are making changes -- you know: equal opportunity, right to vote, all those things that we've accomplished along the way. Our Friends now feel that we deserve these new energies to help us continue.

Be proud of what you have accomplished, because it has been tremendous.

Now, let's take a little bit of time here and just take a deep breath again and be centered. And just a short meditation here:

Deep breath.....

Now let's just take a moment here together to acknowledge our compassion and Love for ourselves:

Center yourself in your Sacred Heart.

Take a deep breath, and as you breathe in, breathe in Love.

And as you exhale, exhale Light.

Feel the Love that's in your Heart.

You have already established this Love with Archangel Gabriel a few minutes ago.

Now, feel the energy of that Love.

Feel how beautifully coherent it is, calming, and harmonious.

Now make a commitment to yourself to have compassion for you and the journey that you've taken in this lifetime.

Notice how you've had to navigate through some very dense times that caused you pain and misery.

And notice how the Presence of Love brings forth your compassion for yourself, forgiving yourself, empowering yourself, through the courage that it's taken to navigate through all the rough times.

Acknowledge the grief that you've had and sometimes felt, or the anger that frustrated you.

Now notice that all of this is being washed away by the compassion you are showing yourself, as you seat yourself in your Presence in your Sacred Heart. See the Love that is filling you up and renewing your Spirit.

Just sit here for a moment with this and feel that release.

Now there is only Love and compassion that remains.....

How beautiful! [Pause]

Now take another deep breath.

Now remember, when our Hearts are open and receptive, we are able to create a sacred vessel of the Sacred Heart and receive the Holy Spirit, which is the perfect Divine Image of Source. It is completely balanced, having both Divine Feminine and Divine Masculine qualities. The Holy Spirit creates within Unity and Love. When we experience our Holy Spirit, we begin to know ourselves as Divine.

Now, let's all take a deep breath and relax, so that Joan can bring forth Jeshua to share with us more details.

Now after the channeling, Jeshua has asked us all to join him for a discussion of the subject that's been presented. We encourage you to participate, so as a Collective group we can all contribute and create together.

Thank you.



**Jeshua through Joan:** [22:54]

Greetings, Beloveds, it is I, Jeshua.

We have gathered together in this Collective Consciousness to seat and bring unification into the Divine Masculine/Feminine expression on Earth. It is you, Beloveds, that will facilitate the beginnings of this return. For you have the bodies and you have worked very diligently for quite some time to refine and clear your bodies so that they will be that Holy receptacle to house your Divine Expression that is very balanced and potent and powerful.

We in the outer realms, or in the more refined realms of nonphysical forms of creation, are gathered with you, as you have gathered to be of service and to create this receptacle. The foundation of this seating, as you well know, is the crucible that is held within the Sacred Heart. That crucible is not just a cup or a container; it is an energetic source of transformation. It is not passive or static; it is very, very active and energetically potent. This crucible is key in this seating, because it holds the Element of Love. And it holds the unification that that Love brings into the realm of form. This sacred crucible is held within your Sacred Heart.

Now, I would like to remind you, Beloveds, that that Sacred Heart too is not a place but it is a state of consciousness. So therefore, it is very active; it is very creative; and it is very, very potent. This Sacred Heart is part of who you are. And your Sacred Heart within the body has its Presence in the Heart of the body, in the Heart of the chakra system, the energetic system of who you are as you are embodied in a body. But it is much vaster than just these locations. It is as vast as you are. The consciousness of this Sacred Heart is vast, as are you at a SoulSpirit level.

Connect with me now, just for a minute here, and step into the vastness of your Being, into that sacred vessel that is dynamic.....fluid.....active.....  
Become aware of the vastness of who you are, divine creator.  
Recognize it at this moment so that you have a frame of reference as we explore this unification process.

Now, this crucible that I've spoken of earlier is the alchemical holder of this transformational process. And the flame within your Heart, within your Sacred Heart, and the flame within your Pineal center are united within this crucible. And through that fire element, through the flame, this alchemical crucible begins its transformational process. It is a very active process. And these beautiful flames, the blue flame in the Pineal joined with the blue flame in the Heart is very dynamic and powerful. It provides the energetic impetus for you to create the transformations within yourself and within the realm of form, seating the Holiness of the Divine Masculine and Feminine template that is in relationship to the Image of Prime Creator, having both qualities and attributes fully merged in that creative expression.

Let us discuss the Presence of the Holy Spirit and how that Holy Spirit of Source comes into the body with the Sacred Heart. The Sacred Heart holds that space for that Divine Essence to enter into the body. And as it begins to come in, it appears that it has some feminine aspects, because of the fluidity and the Love Element that it brings. But that Divine Feminine also is merged with the Divine Masculine, so there is power and there is certainty and there is knowledge. There is a Knowing, a direct Knowing of yourself through the Presence of the Holy Spirit, as that Divine Being that just happens to be using a physical vehicle.

The Presence of the Holy Spirit and that state of consciousness that is drawn from the Sacred Heart allows those embodied, using the bodily form, to experience life in form, to have experiences that verify and continually show you the wisdom and knowledge that you hold at a Spirit level. And you create that experience according to that Image.

So there are three very important factors here that we will continually refer to in the course of this teaching:

One is the Presence of the Holy Spirit, bringing in that Element of Love and Unity. Two is that vast consciousness, that Knowing of Self in that vastness of your Being.

And the third one is that sacred crucible of alchemical transformation. This transformation includes the transformation of the physical body, transforming it into a more Light-oriented expression, transforming it into a more multidimensional vehicle, where your SoulSpirit can express itself at any time in the perfection and vastness of its Essence.

So every part of this teaching is geared to who you are as a Divine Being, not just holding that masculine/feminine template of Unity, the Divine, but the Divine that you are, that Divine Essence that is vast. And you will begin to see that vastness of your Being at that SoulSpirit level. You can already feel it. It is very expansive.

The consciousness of your body is being altered. Your physiology is changing and being altered substantially. Your psychology is being altered substantially, so that you can recognize that vastness. The mental-emotional body comes into a more unified expression, so that it can begin to create from the vastness of your Spirit. The neurology of the body is being altered substantially. And we will also work with that corpus callosum a little more, to open up and unify both sides of the brain, so the neurology of the body functions in its Holiness, to achieve the communication within the physiology of the body, so it doesn't have to die and wither away, that it can regenerate itself from a cellular level.

There is so much to this teaching, and this particular aspect that we will be focusing on is the unification within the body of the Divine Masculine/Feminine qualities. We will show you how that gets split on a regular basis and how you, as the Divine Essence, will begin to transform that split and bring Unity through your body by creating more effectively and precisely with those qualities that are within you, both the Divine Masculine and the Divine Feminine.

So we are very excited about the potential for this gathering in the coming weeks. And now, Beloveds, I invite you to communicate with me now, so that we can begin to create a cohesiveness within our group, within our Collective Consciousness, so there is no division whatsoever in any part of this Collective Consciousness. There is only trust and Love and Unity.

So speak with me; tell me what is in your Heart; and ask your questions as they relate to what I have said to you this evening, to what has been the concepts that have been presented, so that we might expand on them in ways that are needed by you – because this is a co-creative event. [36:25]

### **Questions and Answers with Jeshua**

(Questions may be summarized for brevity and often hello's and thank you's are omitted; otherwise the answers from Jeshua are word for word)

#### **Question 1** [36:30]

Hello, thank you Joan, John, and Jeshua.....

I'm focusing my attention on my Sacred Heart, I feel the energies shifting, and I feel the Presence of you, but there is nothing in the Sacred Heart. You express and use so many words about this beautiful place, this spot, but if I put my attention there, there is nothing is happening.

My first question – what am I supposed to be feeling? What is supposed to happen if I put my attention right now in my Heart?

#### **Jeshua:** [37:37]

When you began this conversation with me, you said, “I feel the Love, I feel your Presence.” This is the first step. It's not about thinking about a place, but it is feeling that Element of Love, not only for me, Beloved, but for you, because you and I are the same. I walked the Earth just as you walk the Earth now. So this unification process starts in that Element of Love that you feel. Don't look beyond that feeling – embrace it.

#### **Question continued** [38:28]

Thank you.

The second question is about creating.....

I have such a hard time to move forward in my life..... the struggle, the money.....

I'm trying to teach and nobody's coming to my courses.

I focus my Heart on what I want to do, and I let go, because if I'm thinking too much, I create something negative. It's about knowing this, not about thinking all the time what I'm supposed to do. And you told me I need to take action, because the body and the Heart need to move. So I focus in my Heart, “how do I want to do this?” So I create a website and prepare for a class, study, create pictures, newsletters, so people can see what I am doing.

Can you please tell me if there's any mistakes in the mechanics. Is it the mechanics or the believing that I'm not going to be able to succeed?

**Jeshua:** [41:22]

You have to look at your belief. You are doing all of the mechanical process correctly. So you're putting movement, you're putting action, you have an intention – these are all important elements. But at the core of your Being, in that Love that you feel with me right now, can you see how valuable what you have to offer is? And do you believe that you are a wonderful teacher and have so much to offer? Do you believe that you are successful, not that you will be? If you continually say “will be,” it remains in your future.

**Question continued** [42:26]

There is an image on my part that developed that's always crushing what I am right now, so every time I think I'm a spiritual teacher ..... this image..... my family doesn't recognize what I am ..... this image comes up in my brain and pushes me down. I feel the power of my seven years of studying Mastering Alchemy; I feel I'm different from others. But there is this image that says “no, you are a bad guy.” I don't believe I can throw away this old image or assimilate it. What I've learned in my past is that instead of destroying it, I can integrate it into what I am now. But why am I not integrating it? Maybe I can take that good part, leave the bad from my past, and integrate it into my new me now.

**Jeshua:** [44:36]

You have to resolve the situation through Love in yourself, loving yourself, valuing yourself, regardless of what the past experience showed you, what you are today and what you think about yourself is the only thing that is valid. And see yourself drawing from that Love all that is needed, that students will come, many will come, that will benefit from all of your experiences. And yes, that self judgment is very tied to your lack.

**Question continued:**

OK, self judgment and Love. I'm going to work with these tools in the next week. Thank you very much.

**Jeshua:**

You're welcome

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**Question 2:** [45:33]

Hello. [Jeshua: Hello]

I received some new healing modality so the people to help them to heal themselves. The healing modality, it's like Love and Light, the particles of the Love and the frequency of Light, and I know the name is the system of the Liquid Consciousness.

Can I know more about this healing modality, what I am carrying inside of me? I see amazing results. The colors go through my hands into the organs of people and I see the Liquid Light staying inside the organs and system of the physical body of the people. Then about 15 minutes later I see only Liquid Light, Undifferentiated Light inside them, the body.

**Jeshua:** [47:40]

This modality is that Element of Love, and it is the compression of that Element of Love that you emanate, and that compression compresses it, the Undifferentiated Love and Light, into a form that can be assimilated by the body through the Liquid Love and Light. It becomes liquid and it then flows through all of the fluids of the body, generating, like itself, that Undifferentiated Love. Disease is nothing more than a form of separation. It is an obstruction in the flow of Love within the body that allows for health, wellbeing, and regeneration. So when that Light, that Undifferentiated Light and Love, which is unified, is compressed in such a manner that it is made usable by the physicality through the blood of the body and through all of the chemicals and the fluids of the body, then healing transpires because of the Presence of Love. And you are the facilitator for that to be expressed, and the success of that emanates in the ability of the individuals receiving that raw energy of Love that is undifferentiated. Their ability to receive it, use it, and therefore change the dis-ease in the body so that only health and wellbeing remain. This is the power of the Element of Love.

**Question continued** [49:57]

Thank you, and another question.

I see many people who through my work it looks like their vibration of the initiation of the people through the voice. And they can use the same thing and I see they can heal themselves and can heal others, to help heal others. So it's like a connection from one to another.

**Jeshua:** [50:26]

That is correct, because everyone is part of a massive Collective Consciousness, and as each individual heals and transmits that Love, all are healed. So this Collective that has gathered this evening in that Undifferentiated Love, activating that crucible, that alchemical crucible in the Sacred Heart, has begun this vast unification process within the Masculine/Feminine template of the human form and begins to emanate that Undifferentiated Love that causes the division that has been present for eons of time, since the fall of consciousness, to be repaired, unified, and expressed in the Divinity from which it emanated.

Thank you, Beloved, for being a part of this series.

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**Question 3:** [51:50]

Hello, I have a question about the Holy Spirit. I had thought that the Holy Spirit was the Divine Feminine aspect of God, and I've heard the Holy Spirit referred to as Shekinah. So my question is, I just want to clarify – you said that the Holy Spirit was the balance of the Masculine and the Feminine. And then I'm wondering who Shekinah is.

**Jeshua:** [52:19]

The Shekinah is that holy template of the expression, one expression, of Prime Creator, which is that feminine expression. But in the divinity of the Sacred Heart, of the Holy Spirit, it can never be separated totally. That is the perspective of 3<sup>rd</sup>/4<sup>th</sup> dimension, because that's all that consciousness would allow. But as we move into this more 5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup> dimensional focus, we ask you to begin to see that that Divine Essence of Prime Creator always functions in Unity and Love and can never be separated in any way.

So when that Holy Spirit Shekinah enters into the Sacred Heart, enters into your Being, it begins to enter in that feminine aspect, but along with that feminine is merged the masculine, so that it expresses itself as Prime Creator expresses in the creation – in perfection. And this is what we are here to accomplish the beginning stages of at this time. So when you step out of 3<sup>rd</sup> and 4<sup>th</sup> dimensional concepts, you begin to see that all parts of Creator operate in that Undifferentiated Love, Light, and Unity. Undifferentiated means not separate in any way and totally unlimited. Does that help you understand?

**Question, cont'd**

Yes, it makes it very clear and I am glad to have that clarity, the understanding, the correcting of my misunderstanding, because as I would be bringing in the Holy Spirit and Shekinah, I was wondering what happened to the masculine.

**Jeshua:**

Yes, it was there all along. It's the perception of the fallen consciousness that we are altering -- you, everyone participating, are altering that at this moment.

.....  
**Jeshua:** [55:06]

Beloveds, it is so important for you to recognize that you are an integral part of this process and this unification starts with you from the vastness of your Being. So anytime there is a comment that you wish to make.....

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**Question 4:** [55:28]

Hello, and I would love to make a simple comment and be part of the co-creation [Jeshua: yes, please!].

I'm a great thinker and in order to counteract that, I've been working and playing with being a feeler and an experiencer. And I'm very blessed to work with children all day long, and I believe that I teach most what I need to learn. And I have found myself recently teaching these little children about being connected with each other, not separated [Jeshua: yes!]. And so I'm feeling happy to do that; I've been really successful with the little boys and girls. They're about 7 and 8 years old. And my simple steps are just to feel all day long that these little children are connected and that we can feel each other's Love and help each other and notice each other. And my classroom has the best and most level of all, I think. So I'm having some quiet success there.

And the other small step that I take on my way is, as I drive to work each morning, I drive through a lot of beautiful countryside, and I just say "thank you" to the Elements. I just say, "I'm so grateful for the flowers right now and all the blooming trees." And I have the sense, the feeling that everybody on the freeway with me gets to share in that Love that I'm just feeling on my way to work. And I just felt happier and happier and happier doing that and more and more connected. So I just wanted to share those little baby steps and those things also take me away from thinking too much.



**Jeshua:** [57:27]

Yes! We thank you very much. It is that Love that you are emanating that changes everything and helps others to feel their connectedness, their Unity, their Oneness. So thank you, dear One, for expressing that and emanating it every single day.



**Question 5:** [57:51]

Yeshua, could you lead us in an exercise now that may approach a deeper, more intimate level of approach that we may dissolve the separation that might be existing in our DNA at this time?

**Jeshua:**

Yes, I would be delighted!

So everybody get centered and take a deep breath.....

Now, as you sit in your Sacred Heart, in the consciousness of the vastness of your Being, gather your Love and your Light and emanate it into the first four strands of your physical DNA.

And that beautiful laser-like Love and Light that is unified, undifferentiated begins to dismiss and eliminate those residuals in the first four strands of the DNA that relate to any fear of limitation, so that all that remains is that Love that fills those DNA strands with confidence, certainty, and value. There is Unity within those four strands that relate to the physicality but also relate to your Spirit and the vastness of who you are.

Now this laser that you are using, this laser Light, is gentle and calm and has an Ease to it that very gently removes those residual anomalies from the DNA.

View it, feel it, experience it within the very fabric of your physicality.

**Assignment 1 from Jeshua:** [60:24]

Now, I ask you in the coming week, every other day, not every day, but every other day, go to those four strands with that laser Light that emanates from you, and very gently and compassionately move the laser through the 1<sup>st</sup>, the 2<sup>nd</sup>, the 3<sup>rd</sup>, and the 4<sup>th</sup> strand, very easily, gently, and compassionately. This will only take a few moments.

This laser that emanates from you, the power of you as a creator, is very, very powerful. So we do not want to eliminate any of those strands. They are all necessary for you to navigate the Earth as a Divine Being. So be gentle and be cautious in that you have always that gentleness. So a minute, two minutes every other day in the coming week is all that is needed.

And then begin to notice as you navigate in your daily life how some of that fear and some of that unworthiness has begun to shift. And it is replaced with the confidence and with the Love that you ARE.

**Assignment 2 from Jeshua:** [62:15]

In the coming days, sit briefly every morning before you start your day, and recognize the vastness of your Being, from your SoulSpirit. And that Sacred Heart of yours holds the vastness of your Spirit, because it too is unlimited. And that crucible that we are creating together, that alchemical crucible, allows us this transformation within the DNA and within all parts of us to achieve the transformation and the reclamation of our Christed Light Bodies, very specifically, but yet with gentleness, compassion, and Love..... with Ease and Grace, recognizing every day the vastness of your Being. This in itself creates confidence and more awareness.

So I ask you, even if it's for moments at the beginning of the day, to place your attention in that vastness, in that crucible, in that alchemical crucible of Love and transformation. It is when you notice and you feel that the courage that you begin to build frames of reference for yourself and know through that experience that you ARE Light.

Thank you, Beloved, for asking for this intervention that I have helped you to create in this moment.

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**Question 6:** [64:22]

Hello Jeshua,

I do energy work and people will often ask me to send them energy, so now what I've been doing lately is explaining that they have their own power and maybe they should go to their Heart center and ask the Universe for whatever they need. I was wondering is this a .....

**Jeshua:** [64:50]

It's a good educational tool, but sometimes people do not have the consciousness that you have, and they feel like you aren't willing to help. So here is what you do, is you take a portion of their physicality and you connect it into their Sacred Heart and into the vastness of their Being, where they can then begin to recognize that they possess a vast resource for healing. And that is through the Love in their Sacred Heart.

So there has to be a little direction here, and you might even ask them to participate with you in going to their Heart and to tapping into that vast well of their Sacredness, into that Undifferentiated Love and Light. And have them feel it and go there everyday, so that in the Presence of that Love, they are healed.

.....  
**Jeshua:** [66:16]

Sometimes people need to be shown very specifically, because they cannot get past the limitations of their unworthiness.

.....  
**Question 7:** [1:06:31]

Yes, this is a comment. I wanted to acknowledge the Presence of all of you, Joan and John and Jeshua and Master Kuthumi. This was a very powerful experience for me, especially, John, when you brought in the concept of compassion and extending compassion to all of those on this journey through the fall of consciousness that we've been players in. So I was not only looking at myself with compassion, but I found it extended to all of the players in this drama. And it was hugely freeing and expansive. And I've been sitting here since that point with a beautiful fire in my Heart, and my hands are just electric. And then all the energetics that were brought through through Jeshua. I just want to acknowledge how powerful this was for me and thank all of us, all of us in this Collective, for being here and doing this.

**Jeshua:** [67:22]

Thank you, Beloved, for understanding how important that compassion piece was. Many can have compassion for others, but how many times do you allow yourself to have compassion for you? So here is a great foundation that we were all building, not only in the Undifferentiated Love and Light and creating this crucible, this alchemical crucible, but it is in that compassion that we are able to step forth and create the changes that are needed and the unification that is needed. Thank you for your comment.

.....

**John:** [1:08:21]

Well, I'm afraid we're out of this time this evening, so Jeshua, all we can say is, "Thank You so much for all this wonderful energy and your Love. We are most appreciative."

We look forward to seeing everybody next week.

**Request from John and Joan for prayer to be emailed to them**

Again we would to do something a little different to end with.

We're going to do Master Kuthumi's prayer, but we invite everybody in this group this evening to send us an email if you have a favorite prayer. If you do, just send us an email and then we'd like to have you lead that prayer next week. Again, another way for the interactive to keep going. So that's a request we have. Of course we would still love to have all the feedback that you all have. That's the only way that we can, you know, direct our attention and our message to the people that are here as this wonderful group.

Let's just say Master Kuthumi's prayer, and we will sign off!

**Joan:**

For those of you who know this prayer, join with us. And I am going to put that on our website along with the Points to Ponder this week and the recording, so that any of you who would like to have this prayer that don't/aren't familiar with it can have it, because it's a wonderful, wonderful prayer. And it is also encoded in Light. So let us say this together.

**Master Kuthumi's Prayer** [1:10:07]

I Am Light

I AM light,  
Glowing Light  
Radiating Light,  
Intensified Light.  
God consumes my darkness,  
Transmuting it into Light.

This day I AM a focus of the Central Sun.  
Flowing through me is a crystal river,  
A living fountain of Light  
That can never be qualified  
By human thought and feeling.

I AM an outpost of the Divine.  
Such darkness as has used me is swallowed up  
By the mighty river of Light that I AM.

I AM, I AM, I AM Light!  
I live, I live, I live in Light!  
I AM Light's fullest dimension  
I AM Light's purest intention  
I AM Light, Light, Light!  
Flooding the world everywhere I move  
Blessing, strengthening and conveying  
The purpose of the Kingdom of Heaven.

**Joan:**

We thank you all for joining with us this evening.

And we will send you out an email, everyone of you, when that is posted on the website – tonight’s recording – so that you can access it.

And you will have to access it through a user password, which we will give to you in that email.

So thank you again, and we look forward to co-creating with you in the coming weeks.

**John:** Have a great evening. Blessings!

[1:12:09]