

JOHN: Well good evening, folks, and welcome back! We so much appreciate you being here this evening, and, as we've just stated, it's going to be very exciting. Miss Joan.....

JOAN: Yes! I just want to make a comment. As I looked at all of the energetics that have been seated within us in the last several weeks, I was amazed at the extensiveness and the impact that they have made on each one of us, individually but yet collectively. I feel this group is so coherent. The energies are just so together. And it's a beautiful thing. It impacts all of our consciousness, not only as a Collective in the same way, but at the individual level, it impacts it just in the perfect way that is necessary for you. And I just think it's so beautiful.

And I'm sure that you can all agree that everyone in this gathering is changed. And it's changed forever, not just for this series. I just think you get a, we all have a much different perspective of ourself and our relationship to Prime Creator, and to all things. So quite beautiful!

JOHN: Now this week has been just super exciting for all of us putting this session together. But, it was explained to us that during last week's and this week's gathering that we're going to be going through basically an Initiation, at an individual as well as a Collective level. So this is what's so exciting to us.

Now the Initiation brings the Unity Template into all parts of our Being, physical and nonphysical. This Unity Template has far reaching implications and is one of the first steps for a major shift for humanity.

And a little editorializing here, but as we were talking to Jeshua and Master Kuthumi, I asked about the group and I asked what they felt about our progress. And they were ecstatic! So, I think from time to time, we need to pat each other on the back and say that we have really have been doing a wonderful service here, all of us. And that total Unity for all of us has just been special. Joan.....

JOAN: Yeah, I'd like to lead everyone in a centering meditation with Archangel Gabriel. So, if you kind of take a deep breath and relax, kind of let go of the thoughts of the day, and just become very, very centered in your Sacred Heart. And give me a moment here.....

[3:14] ARCHANGEL GABRIEL CENTERING MEDIATION, THROUGH JOAN:

Greetings, Beloveds, it is I, Gabriel.

I come with all of the Archangelic Realm. And we come in that radiant, splendorous Light, golden Christed Light, as we meet with you, as we gather with all of you. This is a wonderful gathering of Collective Consciousness of Source.

So as you are centered in your Sacred Heart, notice how your consciousness has been altered substantially, and the expansion of your Sacred Heart has taken place. This Sacred space is a very holy space of your Being, that you can enter into at all times, anytime, be nurtured, verify for yourself what is true, feel the Presence not only of the Holy Spirit but all aspects of Source. For in reality, there is no division. Notice how in this Unified Presence of the All That Is there is balance. Everything has a balance to it.

The Holy Spirit as part of that vast Source of your Being is the interface between the nonphysical realm of Source, of Itself, and your physical ability to receive in the physical realm. So the Presence, when we speak of the Presence of the Holy Spirit, it is that Presence that brings more fully into your body, into your consciousness, the wholeness of Prime Creator. So in tonight's centering meditation, center yourself in this energy, where you have the Presence of the Holy Spirit interfacing a fuller expression of Prime Creator, as it resides within your Sacred Heart and makes it possible for that massive state of consciousness of your Spirit to come into the form of your body, so that you have these massive conscious realizations.

So as we Archangels stream into this sacred vessel of all of this Collective, sit in this golden Christed Light of your Self. For this is the reflection of you, Spirit, unified with the wholeness of your Source, radiating in this brilliant Christed Light.... [Pause]

[8:47] Feel the wholeness and Unity of this sacred space – your Sacred Heart. Feel the wholeness and completeness here. Notice how you are engaging your mental-emotional body, altering it, shifting it, changing it, infusing it with this Christed energy, because of this sacred space that is whole and unified. So when you engage your mental-emotional body, you engage it from this state of consciousness – very important to remember.

You are engaging every part of your physicality, every body, every organ; all of you are engaged in this Christed Consciousness. And you are beginning to experience, not just conceptualize, but experience what Christ Consciousness is..... [Pause]

Now take a deep breath and remain in this state of consciousness, but take a portion of your attention, shift that attention point back into this gathering.....

[12:04] JOHN: Thank you, Gabriel, and all the wonderful friends from the Archangelic Realm that you brought with you this evening. We feel the Love that you give to us and we in return give this back to you and say “thank you!”

Now, during this session, we will be setting a template that will change the Earth. There will be many future teachings, but we have taken the important first step towards that goal. We have built a structure that will hold a more complete and immense state of consciousness that can be brought through the physical body and then into the Earth. This alters the Earth substantially. We are creating an alteration in the physical body that will be integrated throughout the collective consciousness of humanity.

The Collective Consciousness that we are working with from the refined Celestial Realms have assured us that They will be interfacing with us in the coming times. We will continue the expansion of this Unity Template that we have begun to seat in the Earth. The container that we have all created can now hold that vast aspect of Divinity.

This session will follow the same format as our last session. After we have set up this session by presenting some concepts to you, there will be an opportunity for everyone to interface with Jeshua and Master Kuthumi as part of a vaster Celestial Collective. We invite you to talk about your experiences of last session and also ask any questions that you might have. And of course, as always, please keep your comments brief so that everyone in the group who wants to ask a question can.

Then Jeshua and Master Kuthumi will work with seating and expanding the Star Tetrahedron energies into our bodies. At the end of this seating, we will come to a close, so you have an opportunity to absorb and integrate on your own.

We also want to let you know that there will be another session in a month, so we can gather and communicate with this vast Collective what we have had the honor of interfacing with. This will be held on July 15, at 8pm CDT. Again, July 15 at 8.

[14:49] Now for an explanation of what is happening in our mental, emotional, and physical bodies, the Star Tetrahedron that has been placed in our Sacred Heart is an integral part of the emanation of Unity energies at a more refined level. As these energies are brought into the physical realm through the mental-emotional body, they affect the first three chakras exponentially. These energies affect the complex fallen state of consciousness that is seated in the 1st, 2nd, and 3rd chakras. These chakras relate to how we experience physically in a fallen state, and the refined energies of the white luminous Tetrahedron begins to root out and remove the negative implants -- patterns, thought systems, and beliefs that are held in these first three.

In this process, there will be some discomfort that you may feel, either at a mental or an emotional level, or even a physical level. Now tonight's teaching is aimed at relieving some of the tension that may have been created from these discomforts. We are all encouraged to rest in the Sacred Heart in the refined energies of a merged Divine Feminine-Masculine energy. Rest in the Presence of the Undifferentiated Love and Light. Extensive alterations are being made, so always return to the Sacred Heart and immerse yourself in these energies so that all of these necessary changes can be made with Ease and Grace.

These Tetrahedron energies are very transformational energies. As they are brought through the mental-emotional body into the first three chakras, they alter the consciousness of those chakras. Now just a little review and then also basically an explanation of what's going on in all of them.

Let's start with the 1st chakra, and that relates to how we experience life in a body on Earth and how we relate to family and interact with others within various relationships. This chakra, when it is in a fallen state, holds us in the bondage of survival because of the expansive imprint that is held in the memory codes of the human body that relate to the final cataclysm of Earth and the complete fall from consciousness. This energetic template has to be not only altered but removed.

So you can see at this level we are working with the energetics, not just concepts.

Many of you have worked with genetic lineage patterns extensively and have succeeded in altering them substantially. Now, with the infusion of this vast energies from the White Star Tetrahedron, these fallen imprints can be permanently removed. The immense Undifferentiated Love and Light energies, as well as the Unity energetics that were created through the merging of the Divine Feminine and Masculine Template, directly affect genetic lineage patterns of this Collective group.

Now listen very closely – it affects all Souls who will use these particular lineages to come into a physical embodiment in the coming times. It impregnates the consciousness of all those now presently in these lineages with knowledge and a more refined state of consciousness. These energies also affect the Souls of those who used the lineage in previous embodiments, by impregnating their Soul with a more refined state. In the Presence of such refined energies, the separated and unworthy templates are removed and replaced by the Presence of this merged Divine Feminine-Masculine Template, that then brings forth a Unity Consciousness that resonates with Christ Consciousness. What remains is only the sacredness of Life, the holiness and the value of humanity, and the experience that can be had from an individual, creative, physical form. There is honor and value that is present from each individual who is embodied.

Now Joan, would you like to bring us up to date on the second chakra?

JOAN: Yeah! I just think that the last few things that you said were so wonderful, just to know that all of our ancestors are impacted by what we do now, and that future generations benefit also, as well as those who are present. So I think that is just a wonderful thing!

OK, let's explore the second chakra. This chakra relates to your ability to create in a world of form, your sexuality, and your ability to use your emotions appropriately. In the Presence of the extensive energies of this White Star Tetrahedron, you create your thoughts and your emotions in a different and more complete way. Thoughts and emotions are created more appropriately and precisely. They reflect the merged state of the Divine Feminine and Masculine and further reflect and exemplify the vast Image of Source.

This is a huge shift in consciousness. We are able to create precisely what is needed in the moment. This eliminates reaction and the miscreations that take place through reactions.

The sexual union is elevated to a more refined state, where the merging of these vast energies of the Divine Feminine-Masculine Template congregate in the 2nd chakra and are expanded throughout the entire chakra system, all the way through the 14th chakra. The entire physical body is impacted by these explosive energies. All of the division of the gendered feminine-masculine body type begins to heal.

This process begins to remove past memories, anomalies, and frustrations of the various ways in which sexual energies were fragmented through rape, physical/emotional/and energetic abuse of either the masculine or the feminine body. This abuse and pain contributed greatly to the fallen state of consciousness by imprinting the consciousness with these templates that were based in separation and division and unworthiness and fear.

When we imprint them with these new energies, all of the fallen templates are removed as the memory codes of the Divine are brought back into the consciousness of the body through the chakra energetics. Great healing is taking place through the transformed energies of the chakra system. All of the emotions of grief and sorrow are beginning to be healed. You will now know this through the Presence of the Holy Spirit, as you enter into your expanded Sacred Heart. You will feel relief, joy, peace, harmony in a way that you never thought possible. These transformed 2nd chakra energies are then folded into the 1st chakra, so that the energies relating to the fallen template of survival, unworthiness, and fear can be released and removed from the 1st chakra energies.

JOHN: Now, let's take a look at the 3rd chakra and how those individual energies of power and will are transformed in the Presence of the extensive energies of the radiant, luminous White Star Tetrahedron. When your 3rd chakra power center is merged with the Will and Power of Prime Creator, you begin to create a force that changes and transforms all parts of the body and the body's energetic system. This Power that is now available to you is derived from your Divine Imaging. This Image is complete and whole because of the merged state of the Divine Feminine-Masculine Template. It is also through the Presence of the Holy Spirit in the Sacred Heart that you have a complete Knowing of yourself as a powerful creator through using Undifferentiated Love and Light.

It is important to note that your personal power is now united and merged with Source. You begin to coordinate all the extensive functions of the mental-emotional body through all of the creative channels of the physical and nonphysical energies in that body. This allows a very powerful Christed Image to emerge and then be transmitted into the collective consciousness of humanity.

Now during the next five years, we will be observing a major swing in the consciousness of humanity and with the possibility of creating the critical mass that is needed to propel all humans into a 5th dimensional vibration. This critical mass can come to fruition in this next 5-year period. You have long since passed the turning point; there is no possibility of revision of these powerful Christed energies.

We could not be more excited!

Just remember that there was a specific reason why each of you is involved and were chosen for this group. Give yourselves a pat on the back and be in great gratitude.

Now, let's give Joan a moment here and help her bring forth the vast Collective Consciousness that has been guiding us all along. Jeshua and Master Kuthumi, as part of this Collective, will take the lead in these transmissions. Once they are done, our session will be over for the evening, and we will be back with you in a month.

[26:52] CONVERSATION WITH JESHUA AND MASTER KUTHUMI, THROUGH JOAN:

Greetings, Beloved, it is I, Kuthumi. I am taking the lead as bringing through the voice of this massive Collective Consciousness that you are a part of and one with. But it is much easier in these types of formats if one of us comes as an individual to interface with you at a more personal level. So I do that this evening in great Joy. I invite you now to talk about what is happening to you in the last few weeks, to ask any questions relating to those experiences or relating to things about the changes that are being made, so that we can have a very expansive discussion before we enter into a session where we begin to expand the Star Tetrahedron energies. So please, let's now have a conversation.

[28:12] 1st GROUP MEMBER:

Good Evening, I choose two things I would like to say. The first one is that I find myself in a state of not thoughts, and I remember very well that my mind was a thinker, so I always have people or situations on my mind. And lately, this couple of weeks, I see that not at all. Sometimes I use roses, but more or less during the day, it is emptiness, and that's amazing. So, thank you very much. It's great. I know that's super positive because suffering comes from the thoughts that you think. So right now I'm not in thought; it is positive. Yeah, that's amazing – I was a thinker, so I know, I know, I see the difference that is huge, huge, huge.....

One time I was sitting around here and I realized something different tonight. It was like right now, I'm talking to you and I give you, and you are Master Kuthumi and me, and I am talking to a huge Being. So what is that reservation or that fear that I cross over months ago, but why we have fear to talk to you? You know, what is that thing? And a second goal, because I have many questions, how can I communicate with you when I sit down in meditation, a conversation plus questions? Thank you.

MASTER KUTHUMI:

Well, first of all, you have to discover what that fear is. And you can do this through contemplation. And you have many tools to uncover where that fear stems from. And then clear it. And it's just a minor, it's not a major thing here. So it's not a big thing. It's just a little minor blip in the energies.

Secondly, you have made great strides in creating that space of no thought or emptiness. Many people in a lifetime never achieve that.

And it is in that emptiness where that fertility of the Void – you access it. And in that fertility of no thought, when you invite my Presence, and you just sit in that no thought, you will begin to cultivate and hear or know our thoughts exchange. There is an exchange, a knowing of my Presence. And it is at that time, when you can begin to either hear or know that I am present and that I am speaking to you, that the appropriate question will be asked through your Higher Mind, not your rational mind, but your Higher Mind. And we will have a discussion. But it will be not as a discussion that we're having right now. It will come in short communications within your Higher Mind, and within the Knowing -- and the Knowing, yes, like a clairvoyant Knowing. And you will also have this Knowing that you experience in the Sacred Heart.

So this is where you have to be patient with yourself, because that state of communication is right there. You are right there. And the major obstacle that you had to overcome was this chatter in your head of the rational mind. But now that that is quiet, you are primed to develop this communication.

1st Group Member: Thank you very much.

MASTER KUTHUMI: You are very welcome. Thank you for your input.

.....
JOHN: You're on with Master Kuthumi –

[32:50] 2nd GROUP MEMBER:

Hi, this is Andy in Colorado, and I just have a comment to make about the Divine Feminine and the Divine Masculine. Being centered in the state, in the Star Tetrahedron, it's seems like that that is really becoming more centered in my consciousness and in my everyday living, and I just wanted to thank you for providing that to me, for making me aware of that.

MASTER KUTHUMI:

We are delighted! It isn't so much us – you are a part of this Collective Consciousness. And we just engaged you to draw forth these memories and these energetics. This is what is happening in this gathering. It's not just us teaching you; it is gathering in Unity, now that you're conscious of it, and creating the avenue to recover the consciousness. So thank you for noticing. This is a wonderful, wonderful event that is occurring here.

2nd GROUP MEMBER: Thank you!

MASTER KUTHUMI: Thank you for sharing.

.....
JOHN: You're on with Master Kuthumi –

We have a very quiet group this evening, Master Kuthumi.....

[34:15] JOAN: Well, I would like to ask this group if any of you have in the last couple of weeks..... I know some of you voiced that you were having difficulties with your physical body. But have you noticed, especially in this last week, where anomalies in those first three chakras were surfacing? And it may have put you in kind of a quandary of why these things were coming up, because you thought you took care of them. Well, yes, you probably did. But they are now surfacing to energetically be removed permanently.

So, I would like any input that if any of you have experienced such things, or in the mental-emotional body, where your emotions seem to be very rampant, or your thoughts in regards to your Unity Consciousness were more direct.

So I think this would be a great conversation to have for a few minutes.

Any takers?

.....
JOHN: You're on with Master Kuthumi – please

[35:35] 3rd GROUP MEMBER:

Hi Master Kuthumi, hi Joan and John. Since you brought that topic of conversation up, which is interesting, there has been quite a deep grief that has surfaced for me. There was an event that triggered this grief that was deeper and bigger than I've ever experienced before. It still has not completely passed, but I think it has to do with obviously the work that we are doing and clearing the energies of the chakras and especially a lot in my Heart. [MK: yes!] And some eons ago.

MASTER KUTHUMI: Yes! Many lifetimes. That's why it was so intense. All that grief. So be patient with yourself, Beloved, and go to your Sacred Heart, rest, receive the nourishment, the Love, as you go through this energetic release, this energetic clearing. You are welcome! Thank you for your comment.

.....
JOHN: You're on with Master Kuthumi –

[36:52] 4th GROUP MEMBER:

Hi Master Kuthumi, I've been, this week has been very calm and very easy, but energetically, I have no energy. And I don't have, I can't rest, because I worry. So is there something that I can do to help that?

MASTER KUTHUMI:

Well, the body is having a hard time in this clearing and in the receiving of the massive energies that you are receiving. So your inability to rest the body, of course, takes a terrible toll on your physical energy. So as this next session seats a new level and a new clearing in the chakras, you should get some relief in that there will be a certain cleansing. It won't be a difficult cleansing. But it will open pathways within the physicality to make it easier for the body to receive some of these higher energies.

So one of the things you can do, and you know this – there are many things physically that you can do before you enter the sleep state. One of them is do not stimulate your mind by reading something that is very stimulating or thought provoking. Don't listen to or watch programs that are very stimulating. Take about an hour before you go into the rest state to just sit in calm, quiet. Take a hot bath, always relaxes the body.

But it is in the day to day stimulation that sometimes causes unrest in the body. So you should notice a difference in this next week. Here again, all of these symptoms, even though they're uncomfortable, pass. So be patient. Love yourself. Be gentle.

4th GROUP MEMBER: Thank you!

MASTER KUTHUMI: You're welcome

.....
JOHN: You're on with Master Kuthumi –

[39:29] 5th GROUP MEMBER:

About the body – I haven't really noticed anything in the 1st, 2nd, and 3rd chakra, but I have noticed that I'm doing a lot of clearing at the level of the Throat chakra and maybe a little at the level of the Heart chakra. But it's mainly clearing my throat a lot, coughing, pulling at the ears.

And then the other thing that I've noticed is that like last week and the week before during the channeling, for me to integrate it and pull it in, I actually have to be in motion with my body, because the energies are very high. And it's like if my body is too still, the energies get stuck in my body. So while I'm listening, I'm constantly like walking around my room, because the movement of my body helps me pull in the energies and flow them through me.

MASTER KUTHUMI: Wonderful observation! Have you tried dancing!?!

5th GROUP MEMBER: Not while I'm listening on a call! [Laughter]

MASTER KUTHUMI: I love to dance! When I was embodied, I loved to dance.....

5th GROUP MEMBER: Oh really! OK, I think I'll try that. [Laughter]

All right, I'm doing it now!

MASTER KUTHUMI: It does move the energies! And there's such Joy in dancing.

5th GROUP MEMBER: Yeah, the arm movements

MASTER KUTHUMI: Yes!

You know, life can be joyful. [Um huh] So, I think it is wonderful that you had this observation about the movement, because the energies are moving in your body. So, if that helps you integrate them more easily in the body, I think that is a wonderful observation.

And, I have one remark to make about that Throat chakra. [Hmmm]

It's very tied in to the 3rd chakra's power center. [Ah, yeah]

Yeah! [Hmmmmm]

And being able to speak, share, but mostly it's very tied into the will, your will, the Will of Source, all of this merging into this great massive Unified Field of the Divine.

So, wonderful observations!

5th GROUP MEMBER: Thanks, and I'll try dancing now [Laughter]

MASTER KUTHUMI: Yes! I just think people in bodies should dance.

5th GROUP MEMBER: [Laughter] OK, Thanks!

MASTER KUTHUMI: You're welcome!

Anyone else like to venture an observation? Oh, here we go.....

.....
JOHN: You're on with Master Kuthumi –

[42:14] MASTER KUTHUMI: Who are you!?!

6th GROUP MEMBER:

Mary, Master Kuthumi. You know, I'm actually encouraged by what you said about the massive clearing, because I've had some surprise surgery and other physical challenges that inevitably bring up self-doubts and have, you know, put the mental-emotional body and the physical body all together through things. So to hear you describe it tonight was actually very encouraging to me, because I wanted to, of course, feel somehow I hadn't neglected something. And I wondered if you have any other insights or information that would be helpful.

MASTER KUTHUMI:

Well, first of all, you have to understand. You know, human nature, because of the fallen state that you've operated in for so long, always turns it back in on you: you've done something wrong. In this state, because you've operated in that state of fallen consciousness for many years, there was great stress and tension in the body. And that causes, not necessarily disease but a dis-ease in the body that impacts different parts of the body, especially if there is a propensity in the physical genetic lineage of that body towards certain anomalies. It will wear on those parts first, that tension of separation and blame and fear. All of that causes severe tension in the body. So the body wears and ages.

And even though you've done extensive work in reuniting the neurology of the body, the physiology, and the psychology – you've done a great job in that. But the fact remains, how many years previous to that was there tension in the body? And sometimes, the body just needs a little help. It needs an intervention of some sort to make a repair, so that you can go on and continue to clear and unite all parts of yourself..... and invigorate every aspect, infuse it with that Light, so that the body is free to operate without that tension -- and then begins to regenerate itself.

But don't beat yourself up because there was something you did wrong! You didn't! It's just that those pieces and parts were a little worn and they needed a little help. And you provided that. Good for you!

6th GROUP MEMBER: Thank you so much! Yes, that's exactly – I can feel the, I understand the energetics. Thank you so much! WOW!

MASTER KUTHUMI: You are more than welcome! Thank you

6th GROUP MEMBER: I feel like I've gotten a boost.

MASTER KUTHUMI: Will you dance? [Laughter]

6th GROUP MEMBER: Yes! [Laughter] With Charmaine!

MASTER KUTHUMI: Yes! Or dance with me! I would dance. I don't have a body, but oh my..... [Laughter]

6th GROUP MEMBER: Oh, oh, oh..... Oh my, yes!

MASTER KUTHUMI: Thank you!

.....

[45:57] MASTER KUTHUMI: You know, sometimes in this process of change and alteration, we forget to laugh. We forget the Joy and the Beauty of the physicality. So I can't help but remind you of that and kind of be happy and joyful.

.....

JOHN: Oh, we have another caller. You're on with Master Kuthumi –

[46:25] 7th GROUP MEMBER: Hello, Master Kuthumi. I have a question about the Star Tetrahedron. [Yes!] I got a feeling that if I place it on particularly the first three chakras, it would be very healing and clearing. And my question also is, does that apply to all the rest of the chakras, including the nonphysical chakras?

MASTER KUTHUMI: Yes, when you draw that energy out of the Star Tetrahedron, draw those vast energies out and direct them into various chakras with intention, it's very helpful in the healing process -- in any chakra that you direct that energy into. And then don't forget to spiral it all the way through every chakra, from the 14th down to the 1st, anchor it into the Earth, and then spiral it back up again, so that it then infuses all parts of you, physical and nonphysical.

7th GROUP MEMBER: Does the spiraling need to be in any particular direction?
sorry....

MASTER KUTHUMI: Well, most commonly people embodied use that clockwise spiraling.

7th GROUP MEMBER: So, it doesn't matter. [No] I don't need to, I just spiral it. I don't need to think about which direction it's going in.

MASTER KUTHUMI: No! You just, with your intention, spiralling it, spiral it. [OK] Don't get into your rational mind. Get into the energetics of it.

7th GROUP MEMBER: Ah, that's wonderful. Bless you, Kuthumi, thank you very much for your advice.

MASTER KUTHUMI: Thank you.

.....
[48:10] JOHN: We have another caller..... You're on with Master Kuthumi –

8th GROUP MEMBER: Hello, Kuthumi. I would love to dance with you. [Laughter]

MASTER KUTHUMI: I would love that!

8th GROUP MEMBER: Good day. I believe you answered my question, especially with Mary and how the tensions in the body..... I've had a lot of tensions in the body also, and those..... we've done so much clearing, releasing. We're living in the Now, being in the present moment. And yet I find myself leaning forward, bending over, even walking. And I notice that those people around me in town, when I just notice people. Like how do I clear that? How do I bring that straight stability back into my field?

MASTER KUTHUMI: Well, right now there's a lot of energy running through your body. But, it's in that attention piece. You know, we talk about intention and attention. But it's in the attention, and practicing correct posture. When you catch yourself in a seating position where you're humped over, straighten up, straighten that spine, lower the shoulders so the neck is straight, the head is up. No longer do you need to walk in shame! You are a beautiful Being of Light! And it is in that erect posture that you emanate it to all, without fear.

So it is just in noticing, paying attention. And when you notice yourself slumping, or your shoulders get heightened, hiked up where they're off balance, straighten your spine very gently, consciously reminding the body that it is the example of your beautiful Divinity. And it automatically starts to align that spine. So, it's just in noticing and gently bringing it back into that erect posture. And it may take a few weeks for you to get into that habit.

8th GROUP MEMBER: Thank you, thank you very much.

MASTER KUTHUMI: You are welcome!

.....

MASTER KUTHUMI: I will take one more comment, and then we would like to get into this energetic work.

JOHN: OK, caller, you're on with Master Kuthumi –

[50:55] 9th GROUP MEMBER: Hello, Master Kuthumi. This is Pat. I have just felt like I've expanded and grown so much with this class. I no longer feel the separateness between the male, the female. I'm manifesting more than I have. So I'm grateful for all of those things.

But I have one thing that really feels like it keeps me stuck. And that's what I call my monkey brain, the thing that just chatters a lot. And that happens particularly just before I'm trying to fall to sleep. And sleep has been an issue. I've called in Masters and the Archangelic Realm, and things would kind of stop for a while, and it starts again. I would appreciate any comments you have on this issue of mine.

MASTER KUTHUMI: Well, let me ask you this. In your routine, do you take time, an hour before you go into the bedroom or into your bed, to kind of defuse the day – not think about it, not go over every aspect of it. But kind of very gently begin to release those thoughts. Sit for fifteen minutes, thirty minutes, almost like you're going into a meditation, and just release..... With your intention, release all of those thoughts, all of those events. Take a warm bath, and as you sit in that tub, visualize all of that energy flowing out your fingers, flowing out your feet, becoming very relaxed and centered in that space where you can go into the Void. Then enter your bed. But if you're engaged in the television, or you're engaged in reading and thinking, you don't allow yourself to decompress from the chaos of the day. And then it continually runs in your rational mind. So you have to teach the body to disengage.

9th GROUP MEMBER: I will do that. It seems as though I can do that during the day, in kind of a mindful meditation. Let me try it going into the Star Tetrahedron. But perhaps I am just bringing too much of my day to bed with me. Huh?

MASTER KUTHUMI: Yes! Because a lot of times, you do process the day. [Yes] And then as you finally enter some semblance of the sleep space, you still are processing it on an unconscious level. [Um, I'm afraid so] This is an important thing that you do for yourself. Be gentle. It's not a forceful process. It's just a gentle nurturing and letting go, so that you can rest.

9th GROUP MEMBER: Well, I will do that. Thank you so very much. You're welcome to dance with me in my dreams.

MASTER KUTHUMI: I would be delighted. I will be there! It will be so fun.....

Perhaps something like a waltz, so maybe Kuthumi, rather than a [yes] ragtime
[Laughter]

MASTER KUTHUMI: Yes, that would be wonderful.

9th GROUP MEMBER: Thank you, thank you for your gifts, your Love, and all you do!

.....

[55:05] MASTER KUTHUMI:

Now Beloveds, let us work with this beautiful Star Tetrahedron.

Enter your Sacred Heart.

And visualize, notice how large this Star Tetrahedron is, much larger than what it was previously.

Notice the luminosity and the radiance of that Light, clear, beautiful radiant Light, filled with that Undifferentiated Love and Light, powerful, powerful energies of transformation, balanced, whole, complete.

There is an equilibrium that has been established.

And as you integrate this equilibrium, you will not be bothered again by the fear of not being enough, because you know, in the Presence of that Holy Spirit, that you are whole, complete, and unified in every aspect.

Now as we begin to amplify the energies in this Star Tetrahedron, notice how it's beginning to spin.

All of the masculine points, all of the feminine points are merged.

And it spins and it spins and it spins, creating a great amplification of Unity, harmony, yet transformative, massive energies.

Draw the Essence of that Star Tetrahedron, all of those energies, and direct them very precisely into that 1st chakra, transforming all of the imprints, the fallen imprints, beliefs – infusing those imprints with Unity, Undifferentiated Love and that brilliant, luminous Light that emanates from that Star Tetrahedron, opening up that 1st chakra, engaging with the energies of that 1st chakra, spinning it, spinning it, spinning it.

And that Red, that beautiful Red, as emanating from that 1st chakra, is being infused with that luminous Light.

Now there is depth and brilliance to that Red.

Notice how clear it is becoming as it spins.....

brilliant, as it is reflecting the energies coming from that Star Tetrahedron.

More of the vastness of your Spirit are being infused into that 1st chakra..... [Pause]
Allow it to spin and to vibrate, be infused by this luminosity of the energies.

And as it continues to spin, direct your attention to that 2nd chakra.
And direct the Star Tetrahedron energies into the 2nd chakra,
spinning it, spinning it,
infusing it with that luminous Light, with Unity, transformation, Undifferentiated
Love, Undifferentiated Light, expanding exponentially.

Notice that beautiful Orange glow of that 2nd chakra,
and infuse it with that luminous Light, White Light of the Star Tetrahedron.
Notice how clear the Orange becomes, brilliant, radiating,
infused with the clearing that has taken place.....

Notice what you're feeling in your Heart, in your emotions.....
There is Joy, oh such Joy for Life..... Joy for having a body.....
Continue the spinning, the infusion of Light, of that White Light.

Direct your attention to the 3rd chakra and begin to spin it,
beautiful Yellow, spin it, spin it.....
Now infuse this chakra with that beautiful Light, the beautiful energies of the Star
Tetrahedron, infusing it with Undifferentiated Love, Undifferentiated Light, Unity.....
transformation, wholeness, completeness.....
Infuse that chakra with this luminous White Light.

And notice the clearing that has taken place.
How brilliant that Yellow has become, radiant as it clears.

And the power of your will is enforced through the Unity of the Will of all that you
are, as being the Image of Source.
The power to use your Divine Blueprint with great precision.....
Now continue this spinning and the clearing.

Direct your attention to your Heart chakra... Spin that Heart chakra, spin it, spin it.....
And begin to infuse it with the energies of the Star Tetrahedron,
that White luminous Star Tetrahedron, clearing any anomalies, infusing it
with Undifferentiated Love, Undifferentiated Light, transformation, Unity.....

Notice how any doubt cannot exist in this energy.
Notice the Knowing that you have, that you are whole and complete,
and you are the Image of your Divine Source.

And there is only Love..... and completeness..... in this chakra.
Notice how the clearing has created a brilliance in that chakra,
brilliant green, clear, radiant.....

As you are infused in all of these four chakras with this beautiful, luminous White
Light of the Star Tetrahedron energy,
it begins to align all parts of your physicality into an energetic stability, harmony.
An equilibrium has been established through these radiant energies.....

And as you love Life and you now experience Life from a different state of
consciousness, the body relaxes in this energy.
There is a relief that is taking place in every muscle in the body.
All tension drops away.
And there is only beautiful, vibrant Light, White Light.

There is Unity being established energetically at a physical level.
There is a massive clearing of all the fallen energies that were imprinted in these
chakras, so that the human form can resurrect into its original template,
as a vehicle to experience a Christ Consciousness in a body..... [Pause]

Notice the calmness and the harmony in your physical body..... [Pause]

Notice how that energy of those first four chakras begins to unite,
and the spiralling of each chakra begins to rise up and fold into the next,
the 1st into the 2nd into the 3rd into the Heart,
and then spirals up that central channel, up through the 14th chakra,
bringing Unity into all parts of your energetic system.....

Now spiral that energy from the vastness of your Being,
from the vastness of who you are at a Spirit level,
united within these energies of this White Star Tetrahedron.

Spiral it down through the 14th chakra..... the 13th, the 12th,
gathering more momentum through that Undifferentiated Love and Light in the
11th

down into the 10th chakra, through universal-through the Mind of Source,

down into the 9th, where you gather more momentum with the support of the Lords
of Light, the Elohim, the Archangels, the Ascended Masters.....

There is Unity there that you established many months ago.....
gathering momentum.....

Down through that sapphire Blue Star Tetrahedron, the 4th Eye.....
into the 8th chakra, Universal Mind, the Mind of Source as it pertains to the physical realms.....

Down through the Crown.

And the Crown explodes! in this vibrant Light,
opens wider than you've ever seen it to receive these massive energies.....
through the Pineal, where that flame in the Pineal is ignited..... even further.....

For it is the alchemical process between the Pineal and the Heart chakra that fuels
this transformation in this blessed Crucible of the Sacred Heart,
so that all of this clearing and the transformation occurs with great Ease.....

Now down into the Heart.

And in this Heart chakra, you also engage the Throat and the Thymus.....
Back through all of the 3rd and the 2nd and the 1st chakra,
that are spinning brilliantly, radiantly,
because of the Presence of that energy of the White Star Tetrahedron in the Sacred
Heart.....

Your physical life is now being directed from the Sacred Heart, through your
SoulSpirit, through the energies of your Light Body,
that crystalline Light emanating from your Light Body.
Your whole life experience is altered, because it is being directed through these vast
energies of your Divine Blueprint as the Image of Source.
All is unified.....

Now, as you spiral all of that energy through those first four chakras,
allow it to enter into the Earth.....
engaging all of the Elemental Kingdom, radiating this transformative Light,
engaging the Elementals with great Love and appreciation.....
Anchor it in the Earth Star,
into that massive Tetrahedron of Christ Consciousness that was placed there.

And notice how this Star Tetrahedron of Christ Consciousness of the Earth is being
infused by your Light,
your individual Light that you have created in these last few minutes.....

And you are very lovingly infusing this Christed Template,
this Christed vehicle the Star Tetrahedron –
you are infusing it with this massive Light of Collective Consciousness,
of all Christed Beings..... [Pause]

You are providing an opportunity for the Elementals to engage more fully with that
Christed Consciousness of the Star Tetrahedron in the Earth.... [Pause]

Now, direct your consciousness and your attention back into the Sacred Heart,
back into that beautiful, holy receptacle,
and merge into that vast Collective Consciousness through the Holy Spirit
into that massive Collective Consciousness of your Source..... [Pause]

Rest in this holy Crucible.....
Rest..... Revitalize..... Rest.....

We will ask you to sit in this very holy space, in this holy Crucible,
for ten minutes longer....

And revisit, Beloveds, often.....