

Transmuting Separation in the Core of the Earth

The TEAM Earth Calls

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Brought from
The Ones With No Names

Through Flo Aeveia Magdalena

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Introduction from Flo Aeveia:

For tonight's call we are working with the center core of the earth and the transmutation that is happening there. As we are breathing into our hands and into our bodies we will begin the journey to the core of the earth and The Ones With No Names (TOWNN) will take us there. Let's just imagine that we can bring in Order, Light, Truth and Union around us as pillars. Order on the left side near our left foot and Light on the right side near the outside of our right foot. Truth is a little bit on the left in front of us, and Union is a little bit on the right in front of us. We will imagine that these four pillars are containing a container to be within. Order is near our left foot, Light is near our right foot outside our feet. Call in those essences. Truth is in front of us on the left and Union is a little in front of us on the right.

As we stand in these pillars we create Union through the mechanisms of Order, Light and Truth carrying that into every relationship, every space within which we walk. Every intention that we have is grounded through these four elements of creation that are always within and without. Just breathing into the space now that was created by the pillars we will begin our meditation and our message from TOWNN.

We would like to welcome you to this place and say that we are very glad that you have come. As you understand we are making a journey this evening that is going to create the foundation not just for us above and below in this earth realm and not just in the core of the earth but in all of those realms at the same time. One of the things that seems important for you to understand right now is that the Union that is happening in the core, and on the earth and in the elemental energies of transcendence in the dimensions, is all specific to a motion of integration which is happening in the etheric levels of all of these aspects. That's in the core of the earth, on the surface of the earth, and in the dimensions around the earth.

All of these elements or aspects or levels are in accordance with each other. They are ready to unify, and in a sense stratify the consciousness so it always unfolds the rhythm of creation itself. That is why calling in Order and Light, Truth and Union is a way to establish your frequency in this mix. This is so you show up, you are heard, you are seen, and you are felt. You are able to acknowledge that whatever it is that you are working with, wherever it is that you are going, or whatever it is that is happening is aligned with the creative aspects that are assisting to support the integration of these levels. In some ways you can say it is a fingerprint or a signature, and when I get that fingerprint and signature aligned, then I am given access. I gain access and I am open into spaces that are ready to not just support me and honor me and feel my presence, but also where I can fit in and begin to establish a support system for everything that is happening, not just to get support but to give it simultaneously.

The first part that we have worked with before is your heart rhythm. Let's just take a minute for right now and just feel how the heart rhythm establishes in you a connection to earth automatically. This is not your heart beat, it is a rhythm of your heart – feel as you ask for that

rhythm what happens in your consciousness – just ask your heart rhythm to become present in your awareness.

The thing about the heart rhythm is that it actually makes the mind less busy, opens pathways to other understandings, and allows your body to return to Order automatically. Anytime you feel a little bit out of order, you can do your heart rhythm, and ask for it again. It will be reminding you of what it is — a rhythm or a syncopation or a beat or frequency or numbers — 1, 2, 3, 4; 1,2,3,4. How it appears to you and is experienced by you is extremely important because it is what is missing in the body language of your consciousness. If you don't know what your heart rhythm is then it is more challenging to align with all the forces that are around you, all the beings that you are connected to or want to be connected to and with nature herself.

The heart rhythm is the establishment of your own connection to all that is. In that heart rhythm we are actually going to descend and imagine that we are in a tube and can go right through the structure of the earth in these tubes. All of us have these tubes, probably looks like these movies you have seen about travel between dimensions. We are just going to go each in our individual tube and experience our heart rhythm and descend into the center of the earth. However you want to do that. You can feel that, you can see it, you can imagine it.

What we want to experience when we get there is what we have been seeing every single month — that there are beings there of all sorts, from all places and they are creating a community of committees.

They are establishing what their jobs are; how they can best affect the gravitational pull of the earth and stabilize that; how they can call forth the energies of creation and establish those more fully in the center and core of the earth; how all of the parameters of consciousness that people are working and endeavoring to expand into and align with can be settled in the earth; how the communication can be established between these different dimensions starting with what's at the core of the earth.

We have promised to talk with you this evening about transmutation, which is what is happening in this core center. The first thing that is going to be transmuted is you. What we want to do now is imagine that we can step out of our capsule. Our capsule delivers us to the core and we open the doorway of our capsule, however you see it, and we step out. As you step out of the capsule, all around you are others stepping out of theirs— not just our group, but all others, and there are beings that have already stepped out. There are beings that are aligned there and cohesively working to stratify and support, and in some ways make firm all that is happening in this core energy field of the earth, which is extremely expansive.

Those of you who have the vision to see what is here, you can see that there are many, many leagues of people — eons and eons worth. There are many, many celebrating, many, many coming together in ways that have accordance with the birth of the earth, have accordance with the way that the earth has established itself to the point, and the promise that the

emissaries who came to earth have given to the earth that we will return during these critical times and support her.

We will establish in her core our presence, our heart rhythm, so that she knows we are with her but also she knows we are present in her heart rhythm. As you are looking out of this core energy field what is happening in this space is that your presence steps into the core. The energy of that core comes up through the center of your body – let's feel that for just a moment...You step out of your capsule and imagine you feel planted on the earth. There is a teal blue light coming from the core of the earth, which comes up through your feet and to your ankles and calves and lower legs and your knees and then your thighs. And all the way up to your hips, teal blue, beautiful blue – almost an iridescent color is coming up now through your belly. It is just moving. You don't have to think about it or do anything. It is coming up your chest, your back, flowing over your shoulders down your arms into your hands, up your neck, up your back, the throat too, in the front and into the head. The light is coming right out the top of your head like a spout.

This teal blue energy is now your energy. It is the energy that you carry to ground you to the earth, when you walk on the earth, when you have alliance with the earth. It is the energy when you meditate with the earth involved with that, when you ground outside, placing your feet shoulder width apart, when you sit on the earth, and when you lie on the earth. All of these activities that have earth connection will now have this teal blue energy associated with them.

These activities become the heart rhythm of your body, connecting to the earth and the response of the earth is to give you this energy with the teal blue energy as a combination of the blue energy and the green energy—the blue energy around the earth and the green energy of the earth. And for the transmutation of your own energy system to happen, the heart rhythm is the key to that. If you can't feel it, don't understand it, don't know what it is, it's okay. You just say, *I offer my heart rhythm and I will understand it and experience it, as it is mine to do—because it is mine. It is my signature and I will find it and I will feel it*, and don't worry if you don't, it will happen, sometimes when you least expect it.

The teal blue energy in its unification is the transmutation that first happens in your own body – because it needs to happen in your own body first so you can actually see around you what is happening in that transmutation with others, with the earth herself and with the consciousness that is being imbued within her source light, and her source light is a dark blue. Her source light is Sophia. It is the feminine energy of the alliance with creation that creates substance, the fluid of being, the energies of that consciousness.

As you relate in each moment to your own evolution, you see from this moment on that the earth is key to that evolution. This is because her presence and your presence with her is the key that allows for you to know that the evolution of this earth is happening. If you look at the earth from anywhere else, from above ground and just kind of feel into who she is and what is happening and how that works, the missing ingredient is your vibration in her core to notice

actually what is transpiring. It doesn't compute to see it as a separate entity from yourself, it only computes when you are part of the computer, when you are in that process and you are touching the keyboard. You are touching it in the rhythm of your heart and the earth is fulfilling your promise to her and her promise to you by providing you with that teal blue energy that allows the earth and the heavens and the surrounding dimensions to meet inside you. Then, as that happens, you realize that the dark blue, the cobalt blue energy in the night sky and the beautiful Sophia energy is around the core right now. It has come to dwell there right now.

For you each, the heart rhythm first, the coming down into, semantically, the core of the earth, saying, *I am here and I am ready*, and then the earth fills you with the teal energy. When that happens there is a change. It begins to transmute any separation that you have about anything because when the earth is unified with you, you are home and you are open to her ministrations. You are also ready to in a sense encapsulate your consciousness and hers as One.

The important thing about that is the more individuals that are present in the center simultaneously, (human individuals) and the more extraterrestrial beings simultaneously in the core, create this critical mass energy. This has to do with transmuting separation and aligning also with different identities of these different aspects of creation, different beings from different places, different energies, and they all begin to merge together.

In the core here what we have is what we said in the Valentine Day's call, it is a celebration of union. It is a celebration where everyone begins to know each other. All planetary and extra-planetary consciousness merges together. It isn't about knowing what is being said necessarily, it isn't about seeing it necessarily. It is much more about feeling it and knowing it—knowing it's time, knowing you are being directed to this in a very direct way, a very clear way. It is your heart's greatest yearning, this longing.

It doesn't have to do with liking people on planet Earth. This is a very different matrix because the matrix of transmutation has no thought in it. It doesn't have an idea in it – *oh I am going to do this so this happens*. It is: *I am in my heart rhythm joining with all life because I can and because as my heart rhythm is my signature, I don't have to do anything else. I don't have to know anything else. I don't have to believe anything else*. I can just show up in that and then the foundation of all of that, that I carry, is accorded by the Earth.

It is a kind of library card as we are saying in other dimensions. Your vibration, your essence is your library card, same thing. In this instance, however, it has to do with your heart rhythm because inside your heart, the rhythm that you carry is the foundation of your commitment to Earth. It is like the signature of who you are and how it unfolds and what that provides and what it makes possible, and also what it opens doorways for. When the heart rhythm is felt and the Earth energy gives you that teal experience of color and sensation and union, then when you look out you begin to feel and know things that are not necessarily linear.

Now that has to do in a very primary way with you remembering all that you are, remembering all that you carry, remembering what is there without thinking about what it is. This is because

thinking may, because it deals with the past of all the understandings, not have all the relevance of the present in it or of course not have the future in it. The importance of this time is that to stabilize Earth with all of the dichotomy and diversity challenges that are happening, the core has to be reinforced. It is not an idea. It is a stability that is required so that as all of the upheaval on the surface of the Earth is organizing its own stance against or for something, that in the core of the Earth there is this very strong glue and very strong presence of light, and very strong observation of what is happening and how to stabilize what is happening in accordance with the design that is in your heart rhythm and the heart rhythms of each other.

This is not about trusting each other as much as it is about knowing that trust is already there. It is not about making something happen or not happen. It is much more about being present with what is—that the stability comes when the Union is recognized, and it is recognized through the energy of your own awareness of being in your own heart rhythm which is the same thing. As you experience being in the core of the Earth the heart rhythm reveals to you your pattern, your pathway, your level of observation. What are you here to see first – not a level that is higher or lower, but level of attunement that will provide you with another level of attunement, and so forth and so on.

As the attunement happens so does the transmutation. Our advice is to completely disregard your literal, familial, relational energetic kinds of things that you are trying to fix and resolve and hold out to and completely go to the core of the Earth and feel where it has already happened. Feel where it is already vibrating at a rate of speed that has unification as a fundamental result of Order, Light and Truth. This is about transmuting ideas, thoughts, and beliefs, and landing in a place where there is revolution and revelation happening and organizing yourself so that that revolution and revelation is foremost in your mind, in your awareness and in your activities.

Another way to say that is that the core of the Earth is an example of how you can bring peace to Earth, peace to everybody that you care about and peace to the levels of ordination on Earth that will bring order here more distinctly in terms of crops, floods, fires, wars, raging things. All that happens in the core of the Earth stabilizes those outer environmental responses to instability. All of those things are a result of instability and that makes perfect sense – things are out of order. The order is not going to come right now from the heavens raining down some kind of solution. It is going to come from the dimensions joining together to come into the Earth and use all of the force of their awareness — not physical force, not energetic force but awareness force in the center to create this core in a way that allows for movement at the same time it allows for cooperation and the commitment that all of the heart rhythms together make that possible.

Everyone that's in the core with you, everyone that is establishing that space, everyone that is opening that dimension is extremely committed to sharing that heart rhythm that they carry with everybody else, the whole ball of wax. As you relate in each moment to who you are and you relate to that more fully in every second, what starts to happen then is that there is an

awareness that this is all there is, this is the key to establishing everything that peace is in every dimension and in every way.

The ultimate space for you right now is to acknowledge that in the promise of your life is the promise of peace. In the promise of the commitment that you have made to establish over and over again an alignment with more and more of all of those elements of creation Order, Truth, Light and Union, and in the enveloping of that experience where your heart rhythms now merge as one rhythm, the song of the Earth can be heard.

When you transmute your energy into the teal energy, then you are much more, we use to talk about it in the Model of Cooperation, you are with the *fiber of being*. In the *fiber of being* creatures address you differently, they see you differently, they acknowledge you differently. When that *fiber of being* and the heart rhythms are joining together into one heart rhythm then the immediate energy response is Oneness. It isn't about thinking what it is, it isn't about trying harder to be whatever it is, it is being in the heart rhythm knowing as the rotation of the pillar in the core of the Earth is moving and you look into your awareness you will see there is a maypole pillar with streamers coming out. Each of you is now taking up a streamer and there are a million energies here, sometimes human, sometimes others, and everything is spinning clockwise to stabilize and send out the heart rhythm. As it joins it connects to the magma, it connects to the core energy, it connects to the structure of the Earth herself. It begins to move through the dimensions of that matter, so it goes through the rock and stratifications, and it is moving up into the Earth. The first thing that happens and that gets transmuted is the soil and the plants, and that comes from the devas and the wonderful fairies and the earthworms and those ones who connect in and create committees to form cooperation for the beautification and foundational balance and order of the planet.

As you begin to spin together with others the heart rhythm then is expanded out through all of the layers of Earth and is received by the surface of the Earth. We will talk about it the next time because there is transformation on the surface — the surface of the Earth gets transformed. The reason that it gets transformed is because the core energy is then available on the surface. So this is going to take almost 30 days to do, just as we are seeing it.

It's not only that we are doing this, other things are happening simultaneously. There are many factors involved. This is our particular cornerstone to provide. And again, as many people as you can enlist to support this, it then makes transmutation something that you are doing on an every breath basis so there is nothing left out of this. Then the heart rhythm begins to establish itself much more fully and then everything around you is in that heart rhythm. So you are transmuting not just what you recognize as yourself, not just what you recognize as the union within the core of the Earth, and not just what you recognize as moving through the firmaments of the Earth structure. You also begin to see that the relationships that you want to affect are transmuting because the energy is aligning with the movement of creation itself, which is from the inside out— coming from the core into all of those frameworks.

What you want to remember about all of this transmutation is that it is based on your heart rhythm. It connects with the Earth and brings the teal energy through you, basically a Heaven on Earth in your body. The core energy of the Earth is also surrounded by the Great Mother because the Great Mother of the Earth and the Great Mother of Sophia are now joining together in a vibration that allows transmutation outside of time and this is why it is working, because it is not linear.

It is not, *Okay I see that and I don't see that – it's, I am this and this is what is happening in the core which is then happening in every level around the core because it has to.* It is a microcosmic/macroc cosmic process. The commitment that you are making by taking your heart rhythm down through your cylinder and opening out the door and walking around and exploring the commitment here in the center also opens you to relationship with beings that are not of this planetary configuration. For many of you this is going to be an extremely enlightening process because you know your origin is outside of ideas and thoughts and yet your origin is something that you may not clearly yet fully comprehend.

So if you were to for example even 2 or 3 times a week imagine going down in your cylinder, opening the door and stepping out, seeing what's there and feeling what's there and knowing that you are committed to that process, you will immediately have sensations of being in a creative environment that is unified with you automatically without having to think about how, what, when, where, who – just there. And in that unified space, there is a commitment to you and to what you brought. In other words it is two ways and this is something that is always understood. The coming together with this energy and bringing what you have as a gift as a presence and receiving that is simultaneous.

Sometimes the time lag of taking something into an environment and waiting for something to happen takes a mental process that misses the exchange because the exchange is so instantaneous. As you relate in each moment to the core, the first thing you do is put your feet on the Earth, feel your heart rhythm and surrender to that rhythm. Then what comes up through the body is the energy of this teal color, and then the color surrounds you and then surrounding that is this dark blue energy of the Sophia.

The first thing that you are going to start to feel is that there is an environmental connection that supports you in Heaven and Earth, in your body, in the core and that all of those places are now the same. As they are the same, they open your awareness, they open ideas, they open consciousness and that's when you begin to see other lights, other elements, other aspects, other beings. You may feel them before you see them or you may know something is familiar, maybe not see it but know that what is feeling for you familiar is also feeling like grace, or peace or connection or joy or celebration or longing or a reciprocal feeling like something is connecting and even if you don't know what it is, it supports your life force.

The other thing that is happening as you are bringing your heart rhythm and connecting with the core of the Earth is that you are being supported in your life force, the teal energy is accelerating your life force. It is giving you more va va va vroom, that energy of vitality. The

other thing that is happening is a coordination. Each of you brings a set of principle aspects or intentions or gifts or capacities, the principle ones that you bring. And when you are in that field with all of these beings there will be an aggregation, a coming together of those similar credentials or classifications or capacities or skills or intentions or longings, doesn't matter what it is, you so what you will also feel is some kind of deep comradery going on.

The important thing here is to not try to understand it with your mind: what would that look like, I have never done that before and how long it will take and all those kinds of things, because the linear assessments of the efficacy of what we are speaking of basically is zero. There is zero efficacy understanding in the mind about what we are speaking right now. When you are in that volume of energy and the energy of the consciousness is really strong for you and you know something is happening, that's all you need. You don't need to know what it is.

And yet, as the capacity for you to hold these charges of energy grows, the aggregations, o becomes more relevant to your life, they become more connected to where you are in your process. So you get an idea: *Okay, there is something here supporting me in this particular project or this particular relationship or this particular longing. When I am in the core of the Earth and I long for peace, or Heaven on Earth or beauty or balance or no war, no famine or no pestilence or whatever it might be, I can feel like this is magnifying. It is growing.* There are more and more magnifications happening, which must mean that it is growing, this intention for the balancing of all aspects of planetary existence.

You start to feel like you are being moved a bit towards something that aligns with you, towards something that feels comfortable, or settling or that there is a strong capacity for in your intention. You begin to recognize that you are ready to provide more and more assessment capacity within you. In other words, letting go of that assessment capacity brings it towards you because when it is not mental, then it can be absolute, it can be awareness, and it can remind you or be remembered inside of you as Truth, as a space of knowing.

The aggregation is really important because it magnifies what you care about, guides you to understand what it is that you are there for in the beginning, in the first place. This assures you that there are more and more beings entering the core every second, every millisecond. Also, this celebration that is happening is because of the union that is being created through the threshold that is occupying the space of the core but actually is larger than the Earth herself, micro/macro.

As you go forward in this next month what becomes really interesting for you, when you remember, what you understand and work with is this deep capacity to join with others that you don't even see or know necessarily, but you have the same fibers, the same conscious awareness and of course the same intention. So, you spin and you work and you move and you open. As you do that you begin to establish an even greater sensitivity, a greater awareness of people even on the planet vibrationally who you pass and you say, *I feel that person again, I think I felt them in the core with me, I don't have to know them* – what's happening is that what's occurring in the center of the Earth is beginning to happen on the surface of the Earth

and that's much more refined in the capacity and much more expanded by a month's time from now. However, you will understand it as it unfolds and progresses because you will have a sense that the transmutation is actually working.

You can focus on anything you want in the core, you can focus on transmuting anything. That is absolutely fine to do. You can understand that in this core energy of transmutation are the fires of creation, the actual energy that creates the lava, the volcanoes, the hurricane, the tornadoes, the wind sheers – what creates the force on the planet is what is being refined in the core. As it is being refined in the core is refined on the surface. You can go into the core with an idea to assist or stop the fires or bring more water or move the water where it is most needed, beginning to look at the globe as if it is just a kind of malleable board of light and energy that you can move any way you want.

You can move this and this and shift this and that, and begin to establish a resonance with how balance feels on the planet when you think about a certain place or condition. *What is it that I can then do or activate to make a supporting process occur there?* And you are in the center of the Earth when you ask the question not on the surface, because the surface does not yet have the answer. The core is what will bring that transformation to the surface.

When you go down into the tube and down into the core, open the door, stand out, feel what you care about. Feel what it is that is drawing you to do that in the first place. Why go to the core, why feel the heart rhythm, why connect with all beings? What's important about it for you, what's driving you to do that? What memory do you have about a promise you made to do that as an Emissary coming here at the very beginning of the Free Will Experiment. Standing on the edge of the Universe creating this formation of alignment and stepping into that again and saying, *Here I am, feel my heart rhythm, know me again – I have returned, I have come to serve you.* And in turn I learn to balance energies, so may I at that time both bring that balance to the Earth core and to the Earth herself and subsequently to the people. This is the time of deep connection with the Great Mother of the Earth and the Great Mother Sophia and in doing that making connection on the surface second not first this time.

Also happening in the core of the Earth are alliances between different dimensions, different cultures, sects, different extraterrestrial cultures, different time periods, and parallel periods where you can go into the future, you can go into the past. You can align things so they come together in a way that they have not been able to do on the surface.

You could imagine if you thought about it as a microcosm that the core of the Earth is a cell and from that cell there is this intention to balance the rest of the organism by giving the cell a message, perhaps a formula or a healing mixture or tincture. You are giving some kind of a way of being that the cell would find more amenable, maybe giving some nutrients that it didn't have, or balancing it in a way metabolically.

As you think about the core, you think *everything here is going to be adjusted and balanced, and as it is adjusted and balanced, we are going to take it into the whole organism.* The whole

organism is going to respond from what is happening in the core. You think about it more or less as being in the core is primary to the healing of every condition on planet Earth. And because it is primary, because you know that that's where the stability enters the picture and provides the balance, then by going there, you are reiterating your commitment to that outcome. This is not a long process. This is going into the core for as long as you want to go, whenever you want to go. You can spend the whole night when you go to sleep – go down in the tube, open the door, see what happens right when you come back in the morning.

It is about familiarity, it is about comfort, it is about exchange, it is about accordance, it is about alignment and it is about standing in truth together without your own idea of what that is so that Truth can be unified in one place and establish a strong foundation. This is so nothing else can affect that because the Truth of awareness with the big T of truth is not refutable, there is nothing that does not know it actually. Carrying that big T of truth without thought of what that means, no translation of it, no over here and not over here – that duality gone and just unification invites all kinds of experiences, agreements and awarenesses in the core and that starts to build.

What you are going to feel over the next 20 some days is this feeling of alignment occurring. For about 27 days this alignment is occurring inside. Of course what that is going to provide for you is a more stable body, physical body – a more stable connection with your own core, because your core and the core of the teal energy are unifying. It also brings stability to you because what you are doing is bringing stability. It is not about can I do this or should I do this here, it is happening as you unify with the core. And the stability, as you know, moves in a clockwise direction in you just as it does in the Earth.

So this clockwise direction is happening in you and in the Earth, and the clockwise direction is always taking it into the environment. Your focus this particular month is not on the environment, but it does not mean it is not affected by what you are doing. It is almost as if you will wake up in a few days and realize — something is stabilizing in my environment and it is because I am doing the core work that I know to do and the effects of that are beginning to move out from me in this way of the ripple of concentricity and I don't have to think anymore about working out balance because what's inside me, what I am connected to through my feet, the greatness of Mothers in this instance and the alignment of the awareness of who I am is all the same thing. It is all easy, it is all foundationed, it is all aligned.

This provides you with a settling, a settling in, a settling down, a settling around, a feeling that you are being held and that there is nothing you have to do. You are connecting in this way and you don't have to do anything because the connection is automatic when your heart rhythm is present. It just allows you to relax and begin to feel like everything is taken care of, that the core work you are doing is affecting everything you would wish to affect or have it affect if you were thinking about it. The relaxation is truly a letting go because there is nothing else you want to do right now except help this planet find her balance that is so affected by human action and counteract that action with your action.

Legions of us all, all beings, meeting in the core are counteracting the treachery and trauma on the surface and it is the only thing right now that will. If you affect the core through your intention to support, take in whatever you want to balance, when something on the planet that is affecting you that you love to assist with, take that into the core and feel all those that you aggregate with and come together with you in a group, larger and larger and larger, holding a field in the center which is then going to align and balance the surface much more directly than just anyone of us affecting the surface by a thought or sending an energy. You see it is going to be magnified a million times in the core.

Those of you who draw, who love to make pictures, go to the core and draw pictures. Who is there, what is there, what is happening? How does it feel, what colors are there? What sensations, how does it formulate in your awareness? What are your dreams like when you do this? What is it like to walk on the surface of the Earth knowing that your feet are now walking actually in the core—that you have taken all of this distance and condensed it, so whenever you walk, whenever you talk, whenever you feel, you are in the Earth doing that. You are in the Earth aligning that and you are creating strong foundation that has absolutely no duality, di this di that, it doesn't have two, it doesn't have a dyad in it in the same way. It has a unifying factor in it in a very direct and clear way. There aren't any twos in it, it is just the one. If you are healing something, take it in, take it down, feel it there, open the teal energy to any part of your body that you wish, and trust that when you are in alignment with your energy up and down in consciousness, everything around you will be in that alignment as well.

Meditation for Transmutation in the Core of the earth

Just for a moment, imagine that as you are standing in the core that you can see each other as well. Not just on the computer screen, knowing each other what you look like, but find each other in the core. Imagine that you are there, that you are hugging each other and acknowledging each other and remembering each other and finding each other in some way.

Notice who else is there that may not be on this call with us but you know is in the core with you, always has been, and always will be because you share a soul family or you share a heart connection or you share some relationship or something lovely. As that feeling of community grows, soul family, notice there are other people there that you know that you didn't see previously. Then imagine that more and more people are coming that you didn't know, that you have been in work with before and in community with before, and see how easy it is to expand your own awareness of the beings that are already there.

Even if at this moment they are not conscious of it, welcome them and feel them there with you in the *heart of the one* as we say. This is because as you feel one person you will feel another and another and another. As you feel groups of people, you will feel other groups of people and you will begin to remember all of the beings that have touched you and you have touched them. As you see them, you see around them more clusters of people or beings, sometimes not human, and then you see around them are more clusters of individual points of

light in different forms. And as far as you can see now the energy is growing, the people are coming, the energy is expanding. The beings are showing up in many, many spaces of consciousness and form and you are no longer afraid of them. You might be a bit curious but you are not afraid because you are all here for the same purpose and you can feel how your heart is growing, and now you send out your signal, you send out your heart rhythm, just be aware of it. That's all you need to do is send it out.

Then you hear all of the heart rhythms making a song—a Song of Light and Oneness. And this is what you carry around with you, what you remind yourself to remember and bring forth. The more you listen, the clearer the song will be getting, the more the song will play in your awareness, and the more your heart will sing with it. Like joining all kinds of instruments and playing when you've never practiced before but you have the same rhythm and you join the instruments in that rhythm and it makes one sound. The sound of Oneness, which of course is peace, so as it expands, the bigger the volume of the song of the heart, the more stable the planet becomes because it is all about sound—the sound of your heart beating to the rhythm of your being.

So be aware of the teal energy in your body right now, the awareness of the song beginning to be heard, the sense that when you see one person, you will see many and then you will see more and more and then you will know more and then you will be more connected.

The last thing that we will say for you is that as this gathering grows and the celebration extends into more and more realms, you will have the feeling that you are joining in some way. Sometimes it might feel like you are holding hands or holding each others' back or the close hugs you can have facing inward in a circle. However you perceive it, you will realize that you are turning a pillar in the center of the Earth, together. So when you are going to sleep at night, or when you are just sitting, imagine the pillar turning in a clockwise direction, being held by trillions of points of light and consciousness at the same rhythm, with the same song in the one heart stabilizing life, because that is what this is about. It is about stabilizing life. And what that feels like in the heart is JOY. It is what you have been waiting for, and it happens most profoundly when it is a result of the co-creation of your intention to be in Oneness.

Those of you who are scientific may want to keep notes, watch what happens, feel into different situations that you are aware of, planetary ones mostly this month, and feel the commitment held by so many and the good sense of joining a cause that is for the good of all, and welcome each other without reservation in the core because you are creating this new world together, and it is why you came.

Know that we are there with you, we are here with you, we are everywhere with you as is all light. We will join you in your heart, in your rhythm in each moment, in each hour in each day, and carry with you this torch of light for the good of all. So of course there is much gratitude and acknowledgement and it would be very nice for you to keep some records of what happens because this is your ultimate destiny, to stabilize life for the highest good of all beings, and so it is.