

TEAM Earth Call December 19th
The Great Mother Speaks: The Breath of Oneness
Through Flo Avevia Magdalena
Transcribed by Neerja Bhatia

[For those of you who have not been part of the call before, we've been meeting since February, working with the core of the earth and the substance that's held there, and the individuals and terrestrial and extraterrestrial beings who are gathering there. We are very much attuned to that energy and if you would like to listen to some of those calls they are on our Soul Support Systems website menu, under 'Call Materials'. They have all been transcribed and are available for listening. If you would like to donate anything for that work, we would appreciate receiving it.]

As we put our hands on our hearts, we ask the Great Mother of the earth to speak to us tonight. She would like for us all to imagine that our feet are down inside her core. There is a crystal or stone that has our name on it that we can place our feet into that actually has our footprints already there. We can settle into her as we listen and feel as if we belong to both worlds, the above and below—in this case the earth plane and the source of nurturance from the earth herself. She would like for us to imagine that we are standing in a circle and that within the circle is the fire of light. The city of the earth, the city of light and all around us and behind us are other individuals meeting us here, not for the first time. And our consciousness is joining together as is the intention to be in Oneness for all time.]

“All of the people on the planet who no longer feel cherished are those that I commission each of you to find and release from the prison of their own mind.” *The Great Mother*

I welcome you to this place to be again in this heart that beats within you and underneath your feet. I have a rhythm that is part of your heart, your heart's beat, and that rhythm and your heart and my rhythm have always been one. There is no way for them to be different, because you derive your heart beat from mine. In this time of direct opposition, one side standing contrary to the other, it is the intent of each of you to be in the rhythm of the earth heart that will allow for your presence here on my body, to bring balance and peace, and to afford us the opportunity to gather together in that heart and create a non-contrary world — a world that does not have contrariness in it, which would be extremely beneficial for all forms of life within and around my body, and of course, your body.

I have never been separate from you because it is not possible for us to be separate. Where you walk, I walk with you. Where you breathe, the air comes from my body. As we begin together again, to deeply come into the fold of our own unity, it is then possible to return to the garden and for the garden to again bloom. Perhaps as importantly, to bloom in balance so that inside each heart, the balance that is seen on earth in my body is felt inside the body. ***We want to begin every day together with the one breath of heart, earth, and heaven.*** We then bring the heart, earth, and heaven breath to the world through our exhalation.

So we Inhale into the earth, just as you have done with your feet in your magic place, where you have all power to spring into action. And bring all of dimension with you, to bring up into heaven, breathing up and down. Then, breathing out and letting the earth and her people (of which I do not consider you.) You are not the people. You are the Emissaries. The Emissaries breathe out and the people are benefited because the breath of harmony and balance is being shared.

Each of you has this capacity to share the heart/spirit wonderful breath and to do that every day as a matter of course. This is because there is no way for you to understand if you do not breathe the breath of life, because the breath of life is outside of the mental body. When one breathes the breath of life, one is in the consciousness of One, of heart. So the mental body cannot display itself as erratically and foundationally and intensely as it normally would because you are outside of its realm. You are in the realm of creation and coordination with all life. It is very important now for us to have a heart sharing—have a breath sharing, have your feet really deep in the earth core, so that your core is stronger, because I am the strongest core that you know, probably that you will ever know. If your core and my core are married together in this heart, then your strength is assured. I also carry the four parts of creation that many of you have learned—Order, Light, Truth and Union.

Order is the primary energy of the earth, of your bodies, and of your systems. If your systems are not compromised you are completely strong, ever full of the wisdom of all dimensions and carrying that everywhere you go. If you are not connected to the core of my body, you are not connected to the core of your body and then it is out of order. Your health depends on it, your wealth, your happiness all depends on being in your own body, in your own core. You are connected to what is stabilizing that core and respecting it and honoring it as you do already, so that my body and your body are the same. We are one. My minerals bring the constitution for you of deep reverence for life. All of the Accolades of Order in all dimensions respond when there is a cherished recognition of life's importance and also the relevance of honoring life to every decision and choice you make. (Down to my tiniest creature please. Down to the finest, finest filament of silk, honoring and asking, asking about the appropriateness, the ways in which you might choose to honor the relationship that you have with life.)

You have come this evening for something and you might in this moment ask yourself what you have come for? Why are you here? What do you seek? What are you ready for and how can I help? Much of what I bring you, you already have and you already know. You may have not put it together in the same way as I will speak it, but you know it. You know it very clearly. That's why you are here actually, because we would together make a solid team and go forth as a field of integration that will assist to bring peace to your earth surface and restore the strength of the above from the below.

You might be confused about that a bit, you think that because of all of the changes on my surface that my core must be affected by it, but my core has been what you think of as shored up by many, many beings from many, many interplanetary spaces and stations. These beings have taken up residence where your feet are now in this container that we have created. It is very full here, very busy and very bustling and very important. This is because every single person who is here, every single being that is here. Every single energy that is here has come specifically to assist in the great transition, the Great Alignment.

What is on the surface is not me trying to balance myself. It is the pole reaction, the poles reacting to the contrariness on the surface of the planet, the surface of my body. The contrariness is shaking up this container to the point that the sloshing is moving from side to side. The ocean spills over, the wind spills over, the mud spills over and there is no real awareness that human choice has a part to play in the sloshing. Therefore, when we are coming to a place together where we breathe in this One Heart and we acknowledge that this One Heart is the formula for peace, then we breathe it and we share it. We write about it, connect with it and take it to many countries and many places. In our thoughts, in our visions or with our steps, we go or we align or connect in whatever way it might be, because we are part of this team, this Emissary team that understands the power of wisdom.

What you are seeking, you have already. I am reminding you of it, I am speaking of it in certain words that take the peripheral understanding that you have and bring it more fully into focus. I am ready to align with you in every moment so that the indication from above to below, below to above stays constant.

You have on your planet this thing called 'rebar'. It is used to stabilize concrete, to bring form and structure to this fluid cement before it hardens so it knows where to go and how to be formed. What I want you to understand is that when we breathe heart, earth, heavens, heart, and then exhale, it is like you yourself, being a piece of rebar into the heaven and earth spheres holding the form of Truth, emanating Light and creating Union. So the rebar is the Order, the heart energy is the Light, standing in above and below is Truth, and breathing out is Unity.

As we all do this over and over again, we acknowledge together that there is no difference between your breath and my breath, between your breath and the other person next to you's breath. It's not any different. We are all equal in this particular endeavor. My presence is bigger and broader and more used to holding consonant energy in magnificent places and multitudinous places—that's what you are learning to do. You are learning to have awareness of more than one place, more than one time, more than one body, more than one life, more than one intention.

You are here in a very real way to manifest multiple dimensions through your own consciousness. This is so that you are not limited to any one area, thought, body, consciousness, or whatever. You are expanding it – breathing down from the heart, breathing up and back into the heart. So then it's up into the heavens and back into the heart and out – it's the down, up, back in and out. We will do that in a few minutes, but I want you to understand why we are doing it, what it helps to align, what it helps to bring forth and why if we do it together it creates a wave that then moves out into the world. It is actually something we can measure. We can measure the way the breath moves in terms of distance, velocity, intensity, height and depth, and how collaborative we feel. Therefore, after sending the breath because each of you will experience that the benefits of this are many.

The first one is that you will feel connected to me, the earth body which will stabilize your fluids, your field, your circuits, your systems, cells, hormones, mental capacity, and vision – all those things. This is stabilizing you in the form you are in, as if you are taking mega-vitamins that have been prescribed. This is because the mineral and hormonal balance, the pressures of different things in your body, your age and all those things have been completely evaluated. You are being given a new birth pill – for a new birth. That is the stability energy that will be available when you do this breath. And then of course, you will have more guidance from awareness that you carry above in your energies, above your heart, so that you will then be receiving information, visions, guidance, and so forth from above because you are breathing up there as well.

When you breathe out, it's as if your hearts are melding together – we will practice this for some moments near the end of my talk because I want your hearts to meld together. I want you to feel what it feels like when your hearts meld. Once you have felt that you will never want to be without that feeling and that experience. And so you will generate it. You will go around generating it. It isn't just a smile from your face or a soft presence or your shoulders being relaxed. It is that the heart threads, heart fibers, are merging as if they are melting into the same fabric. Then you stop separating from anyone else, even yourself. You feel how comfortable you are being in Oneness all the time, even with strangers and enemies so claimed before. Everything merges together and there is no distinction from one to the other because it is all about Oneness, it is all about there being no distinction.

When you walk around like this, you meet other people walking around like this. You begin to take it upon yourself and share this, really sharing, really sharing, not just a little bit but really saying, *okay, let's do this, let's really be what the One heart says, so that we are melded and we don't have to separate anymore, it's all okay.* Then the shifts and the changes, the promises, the intentions, the hopes, the faith that you have, the generative energy, clarity – all spills out. Because again, I will say you are out of the mental state, which inhibits the expression of true Union because the mental state does not understand true Union. *It is not a deficit, it is just an omission.* The heart is what understands true Union.

I am here to describe this for you because I care that you do not suffer any longer about any object, experience, family, dimension, relationship, or health. I don't want you to suffer anymore. It is painful to watch those you love suffer. And I love each of you because you are my own, and we give each other identify. We are nothing without the other.

And it isn't that suffering is a choice. It is that suffering is the absence of the One heart. Therefore, if we were to breathe together and feel the One heart, and you were to honor yourself by allowing the One heart to be your ultimate choice every moment, you would soon discover that there is no other way forward that makes any sense or that is easier than what we are already going to be doing.

When substance restores you, the feminine substance of the heart restores you. Then there is no more suffering, because *suffering is the absence of the restoration of the experience and wisdom of Oneness.* Suffering is cordoning yourself off so that you do not feel aligned with or belonging to or cherished. **All of the people on the planet who no longer feel cherished are those that I commission each of you to find and release from the prison of their own mind.**

Together we can make a difference in the caliber of life people live, the lengths of their lives, the quality of their lives, and the substance of their lives. I want you to understand very clearly when you breathe down into my body, you are breathing right into the core. There is fire there and you are breathing into the fire. I have a fire always burning, I don't need any charcoal or paper or wood, or twigs – it is the eternal flame. This is where everyone gets the idea of the eternal flame from – the eternal flame is here and your feet are in it really, and that's melting away your pain as you listen, perhaps you will notice that.

Anytime you have pain, put your feet down into the fire and let the fire burn away the pain and burn away any ideas from your mental state, your mental body, that you don't deserve that relief or that for some reason there is an indication that you aren't ready to be healed or you have to suffer more. So, we are going to put the feet in the fire so that we deliver that truth of Oneness right away and the body can feel that and become alive through the fire. The fire comes up through your body, all the way up through your body, and when it comes up to your heart, then the heart and the fire and my energies are unified within your body. You lift all of that into the heavens. There is a lot of light there – you are opening up to the sky of light, the heaven of light, the promise of heaven, all that's there.

Then when you are still breathing in, because you are having a big breath, all of that heaven energy is coming down to your heart, and then you are going to exhale it back out, right out straight from your heart to every other heart on the planet. If somebody is near you, you can sit across from them and practice while we are speaking, breathe that energy in and out. What becomes important is that you have long inhalations and long exhalations – that all of the components of heaven and earth be in each breath and that you practice that until that is the case. Then you carry that breath with you everywhere

you go until you remember. And when you don't remember, you remember that you don't remember and then you will remember. And everything is in perfect divine order so breathing is all you have to do.

As you listen let your pain be absorbed by the fire, send it down through your feet. You might hold on to a little bit of pain, a little bit of self-righteousness, or being right or not quite yet or have to wait for "xyz"; all that stuff. I am just going to encourage you to wing it and let it go now, because holding it only harms you, harming only happens when you hold it. You are done with that aren't you, aren't you done with all that? There is no reason right now to hold anything, so when something comes in you let it go with that breath and return whatever it is with that breath from the heart. Everything you do now is unified through the alignment of heaven and earth and through the choice to be in an environment with yourself that no longer separates from absolutely anything else.

There is a design on the planet now that includes what you could think of as the sources and the unification — like a quantum space of unification. It's a mass movement of a wave of consciousness that is now available for you to pick up and go with, run with, flow with and open out to. All of us tonight are going to do that. We are going to flow this energy out and connect into the resources of this universe that are waiting for us.

And it's magic, very much like Cinderella in a coach with white horses and a beautiful tiara and a fairy God Mother. Nothing is going to turn into a pumpkin this time. As you are very well aware, these are the end times! This is what you have been waiting for! That is why you came here. This is what you know in your heart. And so your choice (I don't have to mince my words, so I will say it directly) must be to honor what you already know to do and to be, you already know this. And whatever part of you is holding out, wanting to be distinguished, wanting to be whatever, let it dissolve and melt so that when we meld our hearts there is only purity there, only the intention, through the One Heart to bring balance to this planet. To me balance and peace is the same thing— we have balance, we have peace.

My resources are always available where the heart energy resides. It is why in many cultures there is a word for me, the "Pachamama". There is word for me, there is an honoring of me, there is a questing to speak to me and a balance that I will convey to assist with decisions and choices that then support and uphold life.

It is not a religion to talk to me. It is common sense. Before you go anywhere or do anything on foot or in your vehicles, or on a bicycle or on a sled, or skis, or flippers, talk to me. Prepare the way with me for your safety, for the acknowledgement of conditions that might be in affect wherever you are. For the responsiveness to conditions that you are unaware of — talk to me, listen to that part of you that wants to assure you of the balance in and out, within and without, that is possible and is now becoming necessary. Before you leave that space that you call home, when you venture out or when you are in a situation, ask me, relate to my body as an extension of your own, because I have always related to you as an extension of my own.

So we make a vow together, hand on heart, make a vow together to listen to each other – to have a communication between what our hearts want to convey, one to the other. That's where you ask from. You don't ask from your mental level anymore, you ask from your basic heart space because that is where I answer from. It is quite rare I speak as such with words so the mind understands, because I usually speak only from the beauty of the flower, or the rising of the moon, or the calling of the bird you see. That is my language. That's how you know that we are unified in this heart. My rhythm and your

rhythm are the same. You know when to open your eyes and look because there is something to behold. You know when to open your heart because you know there is something to be heard.

You understand that the language is ancient and that you have procured this and adapted it and caught it and understood it many times, in many ways, from many lifetimes of immersion in my heart. Why would you care about me and or want to be with me this evening if you did not know me so intimately and know that we are cut from the same cloth? We are destined for the same outcome and reality. And so, we make a vow this evening— anyone who hears this or wants to hear it or is coming from anytime is part of the vow that we will walk in the same rhythm. When you walk you will know I am walking with you.

This one speaking likes to think of me as if I am stone, ancient rock with the feminine body. And yet, when I touch her, when I stroke her, my hands are like feathers and silk, very soft, because the strength is stone and the heart is silk. And so, imagine now that I am stroking your head, just as your mother would, should she be here now in this energy of the rhythm of balance that we are creating together. Feel me stroking your face and your hair, your shoulders, your neck or back. Rest in my awareness in the rhythm that we carry together knowing it is why we are here really to again express with each other what it is like to cherish.

Instructions for the Heart/Heaven Breath

Let us begin with our breathing – what you would like to do perhaps is to take a few deep breaths, normal, as deep as you can into your bellies. Hold the breath for a few seconds— stillness is that important point. Breathe out only when you need to breath out, otherwise hold your breath to gather the velocity of your breath so that it will be stronger as you go forward here. Breathing in and around your lungs, your heart, you are breathing your heart. Your focus is to go down into the core of the earth and touch the place of the fire with your breath. That takes your breath all the way up into the heavens and then back to your heart. You want to do that 3 or 4 times or maybe even more. However you want to, how many times.

Then when you breathe out, there is that very strong sensation that something has been added to your breath that isn't from your own body alone. When you are breathing down and up and then back into your heart, as you have originated from the same point of the heart, then you exhale. It is as if the breath has magnified tenfold in intensity and intent. And you go with that the same way – it is not that you are holding your breath; it's that your breath is going out and becoming extremely diffused out there. It's just going, going, going, and you wait until it comes back. It's not like I am going to take a breath in, I am going to take a breath out, then I am going to take a breath in and then I am going to take a breath out.

When you are exhaling you are becoming part of my rhythm, the rhythm that supports life on planet earth — the air that qualifies as the purest, fullest consciousness available in this place, now. So, the breath may go and go and climb and open and magnify and expand and you go with it. And then when you are ready again you collect it, just breathe back in to your heart, focus down, focus up, back to your heart and again send it out. This process becomes such that as you are unfolding it in your intent, you actually become aware of how big your field, your hugeness is, how big all of this is from each of you.

We will do this for a few moments, so you can just in your own way, your own level, and your own understanding, open it and practice it. Don't worry if you get confused, start again — heart, earth,

heaven, heart, earth again, world out. Earth is fire, earth is all of you – you can say people if you want. As you do this, you will begin to understand that your hearts are melding together, because when you do this breath, your frequency, your vibration, the essence of who you are and how you are vibrating in the world becomes the same as everyone else who is doing the same thing.

As you are doing that you become aware that your breaths are synchronizing with the other breaths of the other people. It becomes a way for you to if you are leading classes or play shop things – all of the things you do. You start with the breath to synchronize the hearts in the room or wherever you are. It becomes natural for you from now on to want to be in my rhythm with me as I want to be in your rhythm with you. It becomes natural that you want to be in rhythm with everyone. Because you have released your pain down through your body and your feet into the fire, and chosen not to have pain any longer of any kind, it doesn't matter where it has come from, who it is associated with, what's it from, what the etiology, it doesn't matter, none of that matters. This is because you have chosen not to have pain. You have chosen not to separate from any other living being. When anything happens that would have caused you pain before, it is no longer causing you pain because you have chosen not to have pain. So you breathe the breath of melding, and everyone and everything melds. Therefore, you are teaching each person how to come into that heart of Oneness.

Utilizing the Heaven/Heart Breath

The magnification of this is exponential, so that you would then find as you are working with one or two people that it is magnified five to ten times. So if you are in a place, you know you like these places, Starbucks, maybe some place like that, Howard Johnson's used to be now Starbucks, you are sitting at a table with another intimate person that you feel comfortable sharing this with. You realize all around you there is this receptivity now. People in your proximity are beginning to respond. You feel your heart swelling with the amplitude of many hearts now having the same rhythm, beating the same way. Each of you has this dispensing objective to relay this so that everyone has the benefit of it. And you do not have permission. You do not have permission to exclude any living being. It is not up to you for that deciding, for you to decide, it is not up to you. Life is life, there is no compromise about it- life is life.

When you are with life you are supporting it. You are standing for that life as you stand for your own. This is the new vow you are making tonight. You are no longer separate from any living thing because that is the cause of all the pain and all the suffering. We will not do that anymore. We will not allow ourselves that permission because it has not been granted us. We understand the power of moving together and aligning fully in the rhythm that brings us as One. It is the only truth and therefore it is the only way.

Let's do our little breath and I will leave you to it. I will lead you in one breath and I will leave you alone to do the practice for a few moments and then we will feel our hearts melding together at the same time. We will come forward from there and align with each other in different ways. Let us for now just begin to breathe – I'd like to encourage rocking as well, because I always rock when I breathe. You know when I rock, when I breathe it is what carries the tides, raises the moon and sets the sun and brings the seasons. It is all because I am rocking. So you may want to rock with me. Just know it is all going to be okay. We are going to make it that way because we can. And it is up to us to do it.

Practicing the Breath

Alright, you have your hands on your heart and you have this rocking back and forth. If you close your eyes, no one will see you. Just rocking back and forth, begin to feel me underneath your feet – feel the fire beneath your feet. It is a healthy beautiful fire, but it doesn't harm you. It is not about harming or burning, It is about releasing and melting and that is all it is about.

Imagine above you, whatever you want to see as your own source or heaven or light or whatever is there for you, it doesn't matter what you think about it as, it is a source of light there above you. So you are being sure of where you're going to go when you raise your breath there and you have a way of knowing these things, before you start. You can see the distance between the core of the earth and the center of heaven, and you are in the middle and your heart is very open and you are rocking.

You are going to take a deep breath from your belly and bring it to your heart. Then see it dropping down to the fire and then moving up to the heavens and then coming back to your heart, and then you are exhaling. If your breath isn't that long, it is okay. Just imagine the focus is the same regardless of how many times you are breathing until you are doing it with one breath. I will say one more time for you this: You are rocking, take a nice big abdominal breath, and fill your lungs all the way up. As you fill your lungs to the upper lobes, you are actually moving over your heart, and then you drop the breath down to the earth, to the center core, into the fire. Feel the fire propelling you right up to the heavens and then you come back to the heart and then you exhale. Practice that for a few moments on your own.

Wherever you are in your breath, come to a still-point. By that I mean that you breathe in and hold your breath and just be. In the still-point are all the other still-points. They are going to merge with your still-point, which is the rhythm of your own heart, and breathe when you want to and go back to your still-point and that is fine.

While you are in the still-point, everything is still. You can feel more and more the expansion and the intensifying of these other beings that are with you. You can feel how we are bringing together all of these different breaths, different bodies, different rhythms, different ages and sex, groups and locations into One heart beating in the rhythm that is creation in all its many forms.

Now actually feel like your heart is melting into a pot, a beautiful golden pot that is in the middle of all of us, wherever we are. We are all around this big golden pot, letting our hearts melt into this pot, all of us are melting at the same time, the same way, for the same reason and purpose. So every time you are in still-point, your heart is melting more into the pot. Then you can breathe and then go back to the melting still-point in the pot.

The melting pot is also a symbol for melting away differences, challenges and disharmonies, and bringing balance. You may use this idea wherever you are when you need to have the experience of, or want to create the experience of the One Heart. Imagine the melting pot. You don't have to bring it forth if there is conflict like *oh, we should do this thing*, you can just do it yourself and the hearts of the people will begin to respond. That's the Starbuck idea. You are sitting there and creating this larger container all the time where the life force is flowing in and out. You are actually beginning to have with each person a different relationship because it is no longer stranger and stranger, because it cannot be any longer stranger and stranger. For now we will just know that every time we remember, we will do the breath of the rhythm, becoming One with heaven and earth. We will let our pain go everyday if it

arises, it goes back down and it gets melted away. What takes the place of the pain is the melting of the hearts. So we have what you think of as a literal replacement. So the replacement for pain is the melting of the hearts, the release of the pain is the melting of the habit.

You have the rhythm with me every time you breathe in this way because as one rhythm we have power to affect all life. This is because we are all connected to all life, and I am connected to all that is. Together you and I, and you and we, will find a way to bring infinite balance to the earth and her people and my body and my heart and all hearts.

I want to say, I am very honored to have had this opportunity to speak with you and to have you listen so carefully and adeptly and deeply. It is my honor and privilege to return again and again to give you my perception of the way it is and to invite you to join me in ways that will honor and bring life to all beings.

May you in this season of lights, see light in each person as well as in each Christmas tree and store front and window. Look for the light in each person and honor it and you will be well honored in return. Know that I walk with you in each moment because we cannot be separate. I pledge for you my strength and my presence regardless of the situation or the event, what is happening doesn't preclude my presence, whatever it is. Also know that I can stabilize you, I can help you to be strong, I can give you fortitude and courage. I can acknowledge your strengths and help you to bare them more strongly into the world and come forth more clearly with others. There is no range that is outside my domain and so I invite you to a partnership with me so that together we may bring new ways of being to the people so that they will remember. I leave you with the heart breath, the fire, the melding and the Truth.

And so it is.