



2020: Call to Action! - *January Class*

A handy booklet with:

- Group assignment list and contact emails
- January 6th class transcripts
- Questions for group discussion

2020: Call to Action

Yearlong Course GROUPS List

*Updated: 1/14/20

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Misc. Information

- All class and *group meeting calls will utilize the *same* call details.

*Note: For a group call (you know your dates) a password will not be necessary.

<https://files.constantcontact.com/a1b3299a001/ac967430-2373-4732-9d38-2b637f797f4c.pdf>

- *Please* connect with *everyone* in the course on the private page via the *Comment section.

*Note: This is not the best place to get in touch with Melinda for tech-type support.

Email: melinda@soulsupportsystems.org

FYI- Here again is a link to the CC email private page with call details:

<https://conta.cc/2rYotOc>

January 6th Transcripts

Year-Long Class-January 6th, 2020

Heart Centering Meditation ([Audio](#))

(In the recordings what I will do is send them to Melinda and she will send you videos of everything that happens tonight. We are going to do a very special process, which you might want to redo, at some point. That will give you an opportunity to be able to refresh this energy anytime that you wish over the next month or even for the rest of your life.)

I am also going to use my little, trustee recorder here and just record the sections that you might want to listen to again; Instructions, The Nameless Ones speaking and so forth.)

We are going to start with a heart meditation, so what I would like you to do is let's place our hands on our hearts. Our right hand goes on our heart and our left hand goes on our right hand. Right hand on the heart. Left hand on the right hand.

Close your eyes. Let's take three nice deep breaths to come into this moment.

Now underneath your hands is this beautiful, generating heart energy that is connected to every living being on this planet and in that heart space is the union that we all wish for to share our lives in harmony and peace. So we will start each of our classes in this place because this is the voice that we really want to hear throughout the cells of our body, throughout the experiences of life so that in each moment this vibration of Oneness and interconnection is completely unified through our intention that it be so.

We can place our mind here. We can place our thoughts here but we can also just be here without any agendas, without any ideas about what we should feel and we allow what is within us to begin to flow out, to fill our hands with warmth, to generate a very strong pulse of Oneness. Just to let it happen because it will if our mind is not in the way.

What we are going to imagine now is that from our heart are threads that are moving in each direction, making a circle, the left and the right at the same time and inside the circle is a field of light that we are creating together that allows us to fully interweave ourselves, our lives, our purposes, our intentions.

The Ones with No Names are very clear that we do not have to do our lives alone anymore, that it is time now for us to join in the way that we have joined in other lifetimes, where the community is strong and the heart is clear and the intention is held by all.

So we can imagine or feel or sense that in a circle of interconnection we are weaving a basket to hold each of us for the rest of our lives. This is not just for the month or for the year. This is creating our future now through the integration of all of our intentions into one heart.

So the one heart pulses back and forth. It moves out and it moves back in. Whatever is shining from you will return to you. Whatever opens out from the essence inside you will gather strength from those around you. Tonight one of the ideas that we are working with is that we are not alone and there is no other, and so each of us is weaving a stronger capacity to feel that wholeness all the time.

And so we rest in this as we begin to share and connect and listen. You can have an awareness of the heart bringing in light and sending light out, just as a matter of course; not something that you have to direct from your mind. Just sensing it, knowing it, remembering it and co-creating it.

Please keep your hands there if you would like to. You don't need to as we go on with the evening but if you want to remember once in a while that the heart is capturing and recording and listening and expanding, you might put your hands back on your heart and see how it feels as the evening progresses.

I'd like to thank you all for taking this plunge with me. It feels like Armageddon of the spirit in some way. It feels like it is a "do or die" for many of us. We have been waiting a long time and The Ones with No Names are very clear that it is time to act. They have, in my experience with them, never really talked about what we *have* to do because of free-will but they are talking about that now. They are talking about that we have to do it. It is an imperative and I appreciate you are being in this imperative with me in whatever way that you can or choose.

Each of us will do this in our way. It is not all of us going to be out structuring new world systems, you know, by being visible and carrying flags, banners or hearts someplace. It is that each of us has a design and tonight we are going to open the Seed of Light, which is where the design is held. It is where it is nurtured and hatched, actually and this process is extremely valuable because the way that we open the soul and the connection with the soul is our blueprint. It is what guides us in the way that nothing else can because it is a direct link to what we chose before we came.

If we think about the free will as a rubber band, we can go in and out, however we want to go. What is happening now in the system of consciousness is that the whole rubber band is expanding out and we are all going to drop into the center of consciousness and have to have a

ground to work from. This is because if we don't, then we are going to be looking for the old structure and not able to create, or sustain or live in a new structure. Each of us has a place or a piece of the puzzle to live and work with and bring to others and that is what we are going to be focusing on for our time together.

One of the most important parts for our integration is the community. So we will be breaking out into groups of seven or eight depending on when you signed up, and you will have a Team Leader, which we will talk about in a few minutes. The idea is that we have questions to answer. We have ideas that we have to understand and work with and we have to reveal these to ourselves. No one can reveal them unto us. We have to reveal them ourselves. We have to know who we are, why we are here and what this is going to all be about. Each of us is going to have this opportunity to spark the Soul Seed first. That is what we are going to do first and we are going to connect it to the Swing Between Worlds.

The Seed of Light is right here where my ribs come together in the center of my body. We are going to focus on that place and open that place with the help of The Ones with No Names. Then, if you could think about carrying that Soul Seed light up into this place called the Swing Between Worlds what you have then is a diamond shape, the Swing Between Worlds. If you could think of a vortex or a portal, that is where that is. It is up in the heavens and we are going to connect tonight that space inside us with the space of our Origin.

We are thinking about connecting the above and the below in our body, because part of what happens as we live more and more in duality is that we begin to believe that heaven is up there and hell is down here or somewhere near here. As we live we are walking this pathway that has no real direction to it and we don't understand that it's all inside us, the spark is inside us because we need to carry it with us. Right? As we get clearer and clearer about that this whole structure of the world, it's as if the vision starts to open and we begin to see again, to see the Truth.

Now last year we worked a lot with the hypothalamus. I want to just speak to you about that because it is extremely important and The Ones may bring that in as we are working tonight.

The hypothalamus is a very small little gland but it has a very big job. Apparently, when we are born the hypothalamus takes a little snapshot of how much light is in the room when we are born. In other words, who are we with? Who was there? How much light did they carry? Not the incandescent light but how much light do people actually remember and bring and hold?

What you are really going to be working with tonight is shining the hypothalamus light through your third eye so you start to see again. This is because in order to see the future you

have to have light and the light that we carry is in the hypothalamus. If you carry that light and send it through the third eye you then begin to get a vision. The vision is always in front of you. It is not behind you or around you. It is the direction that the lineage of your pathway or your feet will take you if you walk straight. It's right there because the future comes from the right. The past holds the left and then you are right in the center between those two. Then what you are actually receiving from the future is the guidance and the information. What you are receiving from the past is the strength and stamina, karma and the energy of intention because that is your free will. Right?

Then you have the Free Heart Experience coming from the right. You have the Free-will Experiment coming from the left, instead of the free-will experiment being right in front of us. Okay, this is the only thing we can choose. That's moving off to the left as the polarities change. As the energy comes apart what starts to happen is that these two sides become balanced. We walk or move through them into the future, and in that sense we are carrying all of the consciousness in any lifetime and every lifetime with us. This is the idea that we are working with for the whole year, but particularly for this evening.

All right. I would like to just introduce a couple of people to you. Over here, this is Melinda. Many of you are working with Melinda a lot on the Ps & Qs of all of this. Dotting the i's and crossing the t's. She is the point person that will be answering all of your emails, helping you to navigate systems and working to understand how the principles of our literal world fit in with our consciousness spaces.

Jayn is our Education Coordinator and she and I have worked a lot on the curriculum for this year. I want to thank Jayn for her years of service from 1988, I think, so that you just know who Jayn is. She is going to be one of the Team Leaders that we will see later. Some of you will be working with Jayn.

Then we have Shoes. This is goody-two Shoes and she is also going to be a Team Leader so you will have the opportunity to work with Shoes.

Then we have Don over here. All these people are facilitators of our work. This is Don. He is with his lady in Arizona and he lives in the cold Connecticut at the moment, I think. Thanks for being here Don, nice to see you.

We have Lori and Lori has been with us since 1987 or 1988. She is one of the Team Leaders, as well.

Then we have Joy, and Joy is the other Team Leader. Hi Joy. I think I have you muted and you are saying whatever you are saying and we are not hearing you but that is okay. Thank you.

Introduction and Overview of the Soul Seed ([Audio](#))

We are feeling each of you so strongly in your intention to throw off your shackles and slay your dragons and move forward with the intention of this lifetime. Just know that we are feeling that. Whatever the area of your focus might be, health or wealth or challenges in any particular way, this is the time to move through them because they no longer have power over you. You haven't chosen them any longer.

That is why we want you, still in the window that we have in these few days, to create in writing whatever it is you would wish to change in your record or create in your record or declare or claim in your record, your Akashic record. This is so that you have the sense of starting again, that you are open to all that is and will always be open to all that is, instead of what was. Right?

So we are here now to honor our bodies, our hearts, our souls, our sacred spaces, the hypothalamus, the light and the clarity that each of you has access to from this moment on. You don't have to believe that sentence for it to work for you either, you know. Just remember that what your mind believes is not necessarily the truth, and that we are going to battle you every step of the way about what you think is true if it isn't true. We are going to spark that for you so that you have continual ponderings about what might be actual versus what might be illusory.

The idea for this whole course is that when the de-structuring of consciousness around you occurs, it provides you with a very, very potent capacity to define a moment in any way you want to define it. What we mean by that is when things start to fall apart around you, you can see that as an opportunity or as detriment for your own life or situation.

One of the things that becomes very important for you is to recognize that you have now choice that is different from free-will choice. It is the ability to move into your heart, to free up what was held in a belief system or through some kind of structure and move it out of that into a way in which you can say for yourself *I am now the creator. I am now choosing whatever it is that I would like to choose in this moment regardless of what I see, hear, feel, or even know about what's happening. Because as I see something I might believe a certain thing about it and it is not necessarily the Truth.*

If you recognize now that the choice that you truly have is to always create on the level, always create in the stamina and structure of strength, always to know that you are upheld by the basket of consciousness that is woven every moment between you, that you are held by all of the benefactors who care for you, who come for you from so many places, so many times, in so many ways; that you are not alone struggling as a human being.

Each of you might want to write down a sentence. *I am no longer struggling on planet Earth as a human being. I am done with doing that because it doesn't work really well, because it isolates me and because it gives me my mind recording over and over again about what isn't working and what I need to do that is different but I don't know how to do it.* You know, that kind of thing.

Write it down. You see, writing it down makes it legitimate in the eyes of spirit because it is not just a thought that you have. You know, God forbid that every thought that you had was acted on. Right? So you want to write it with intention. *I am ready to claim that I no longer live from my belief system alone.*

As we are moving forward with this evening we want you to understand that we are in the middle of a return-to-heart. The Great Mother says that the planet is warming because the hearts of humans are so cold. So we are going to warm the hearts and bring peace and solace and rain and coolness to many places on the earth that are so deeply affected as we sit here speaking together right now.

To restructure your consciousness takes intention and it also takes what you might think of as a process. So we are going to start with the process that The One speaking spoke about, which is going into the Seed of Light inside your body. That is your spark and that spark has, as part of its consciousness, the level of representation that you need to have the power to move your life forward. The power to move your life forward comes from the spark of light inside of you. It does not come from your pocketbook or your marriage or your job or your bank account or your education or who your family is or anything else.

The spark that you carry has enough power in it to give you the responses and the actions that are needed and necessary to fulfill your potential. How could it be otherwise? If you don't have enough oomph to move your soul forward then you are not going to fulfill what you came to fulfill. So this is like an arithmetic equation. You have what you need. It just needs to be liberated, expanded a bit, and directed.

So get excited about the fact that you can direct it. Even if you don't think you can, even if your mind does not go there, even if you don't visualize, none of that is important. It is resistance and you don't need resistance right now. Right?

The Seed of Light is where we are going to focus. Some of you will want to put your fingertips into that space, so why don't you practice right now? You go around the sides of your ribs until you get to your sternum. Then at the base of the sternum there is a little point called the xiphoid process, if you know where that is in science and biology. Then you put your fingers in there.

Some of you are going to have huge experiences with light and color and drama and lots of action, like a movie. Some of you are going to have a feeling that perhaps you've touched something that might be a little different than normal, mental ideas. Some of you may go very, very deep into quietness, into steadiness, into not doing, not feeling anything. Some of you may get words or messages or pictures that are very quiet but very reassuring. For some of you it will be that you are doing the exercise and you hope it works and that's okay. We are going to invite lots of helpers as we proceed so it won't be so bad, you know?

As you are pressing in on the Soul Seed we are going to open it for you. We are going to imagine that we have these forty-three sets of hands and that we are going to work with each of you and we are going to open that space.

What happens when you open the space of the Soul Seed is that the light comes out and you can actually feel it between your hands and we want you each to do that. So you put your fingers into the Soul Seed. We will instruct you in a few minutes. Then you are going to open your hands and just have them about six inches apart so that you feel, so what am I bringing out here? What am I actually able to experience myself?

So you move your hands in and out towards each other very gently so that you begin to feel what your soul feels like. This is a very important part because as you recognize that your soul has an essence you can carry that essence, feel that essence and use that essence every single moment of your life. And because you can use it every single moment of your life, then you are able to actually feel when your soul is opening and when it's closing, when it is extending out and connecting with someone and when it is not. When the avenues of your worldly experience are drying up for some reason, it doesn't matter why actually, ever, then you fill up that space with your Soul Seed energy— the power to move forward in the way that you want to move forward. This power begins to open as you experience your soul. You will then feel as if what's happening is that the energy is opening out and going home.

It is going to go way out, it's going to go way up and it's going to go into the Swing Between Worlds, which is this portal from which you came to this earth. This is going to renew and put together again, re-member all of the consciousness that you were going to bring here.

After this experience you are going to be given some questions that will relate to *what did I learn and how can I do this again and learn it again or learn more or connect more*, because actually as we open all of these pathways, everything you've ever done is part of your intention for this lifetime. Whatever you learned, whatever you did, whomever you were with, however it worked was about being together in this time in this way. This is so the consciousness is there for you to understand and utilize. So nothing gets lost and yet nothing

that is not light is being generated now. This is the light generator. The soul is the light generator for you.

As you bring this up you want to imagine also that there is light in the center of your head, in this little gland, the hypothalamus, that all of these places in the brain are lighting up with your soul light. Then you go way up as we will direct you to come into that Seed of Light in the sky, which is called the Swing Between Worlds, and then we will keep you there for a little while. Then we will bring that energy back down so that it surrounds you completely. We will have you perhaps touch some parts of your body and ground that in.

Then we will have a break so that you can rest and put together some beverages or whatever you need. Then we will come back and give you some information and instruction for the rest of the month. At that point, then of course you will break into your small groups and meet your co-conspirators here and you will also then begin to have some dialogue about who you are and we will go into that in a bit.

CIRCUITRY ALIGNMENT ([Audio](#))

This is the Circuitry Alignment. We are going to start with breathing from the top of our head all the way down through the bottoms of our feet. So if you can lie flat on a surface that is best. If you need a pillow, that's okay. You want to make sure you are warm, undisturbed, and that you can truly relax.

You want to hold the space for yourself that gives you this opportunity to restore all that you are now so that you are available to use all that you are now in any way that you choose to. There are no more limits.

As you are resting in whatever way you are able, you are breathing deeply and inviting all of The Ones who you know are your benefactors from any time or place to surround you right now. You are calling forth more and more of who you are every time you breathe, using your breath to settle and relax.

Now place your fingertips on your Seed of Light, where your ribs come together in the center of your body. With several fingers of both hands, press in and begin to breathe in and out of your Soul Seed. You want to imagine or sense or feel that as you breathe in and out of your Soul Seed you are opening a door, a gateway, a portal. As it opens just very gently begin to move your fingers, keeping that portal open. Move your fingers so that your hands are just a little bit apart. Just as you were pressing in and out, now you are going to press back and forth with your fingers so that your palms are moving closer to each other and then further apart and you are going to focus on what is in between your hands.

What you focus on will make it grow, so just focus on your palms and what is between your palms. As you move your hands in and out (closer and further apart), the sensation of the soul energy will get stronger. As it gets stronger it will move further and further out because it needs room to expand. As it expands it is going to start to lift, higher and lighter and freer. As your Soul Seed energy expands, it moves up around your temples, and you begin to feel that the light from your Soul Seed is sparking the light in your hypothalamus and vice versa, back and forth.

Wait just a moment now and feel the light. Imagine it. Sense it. Each of you will have a different response. It's fine. You can even say *I am activating the light in my hypothalamus. I'm expanding who I am to return to what I know.* As that light expands it is going to flow out your third eye and up into your crown, just as it moves, then above your head. It is going to just keep expanding. So just take your arms up as far as you can, very slowly, following, actually this pattern that your Soul Seed is instructing.

Imagine that right in front of you, right above you, right there out in front and above a little bit is the Swing Between Worlds, You are going to go right through that portal, right through the diamond, right through the center of that diamond with your awareness. Your awareness is going to go right up there.

The portal is golden, a golden circle, emerald green and gold. As you go through the portal you become gold. You are just gold light. That is all there is and that is all you are— gold light. You feel that expansion of that light as you go out, opening that space more and more so that the whole universe is open to you now. There is no limit. There is no boundary. Everywhere there is golden light and you are golden light and we are all golden light and there is only that Oneness.

We are asking for each of you that you receive this golden light authentically, clearly, deeply, that it remove any blinders that you have, any closed energy centers that you have, any limits to what you perceive; that now is the time for you to know what you know, remember what it is that you have come to bring. The golden energy and the texture of the gold is what magnifies that. It is what makes that more palpable so that you can actually feel it and know it. So we are gathering lots of golden light, lots of golden energy all around each of you for the purpose of bringing together all that you are right now.

Around you in the golden light are all of your helpers. The sacred ones, the angels, the collectives of consciousness from all Federations, Council of Light, the Monad and the Sophia, all of the ascended masters and the avatars, the souls of the animals, all of the souls that have been brought home, the souls of the people, those you love, have loved, will love. Everything is around you right now — everything — because you are in the place of creation.

With your heart open and your soul flying, look and see, feel and know, and gather your awareness for your return home. So just returning to who is there, what it's like, how it feels, where you are going, what you are doing, who you know. All those spaces. Gather them now together because we are going to forge pathways back into your body.

We want all of those helpers, all the ones you cherish and trust, all the ones that gather Truth for you, that feel strongly about you or are there to support and guide you. Feel them all coming. It doesn't matter whether you can see them or not. Ask them to come. Ask them to surround you now and always in this very strong intention that you are choosing to join with life, to fully bring your potential and purpose into the world, and to do it with a light heart. Call them in. Gather them around you.

Perhaps imagine hugging them and loving them and feeling equal to them now in partnership. No distance. No hierarchy. This is the time we walked together as one. The earth is demanding that that happen now.

Imagine that in the gathering there is a moving now and the moving is in a counter-clockwise direction above your head because it is gathering. It is going to gather all of these beings into a column of light that is swirling like a vortex. Imagine now or sense or feel that this gathering vortex is going to come right in the top of your head. All of these beings are now going to unify. Their energies are going to acclimate to each other. They are going to have celebrations together. There is going to be joy now. There is lightness entering your field from the Truth of Creation calling forth the intention for you to delight in this experience of Truth in your body. This is so that you can come home in the body and bring the spiral of this vortex and the Swing Between Worlds right down with you.

We are just bringing this into the crown. So you can bring the diamond of creation. You can bring these beings and they are all swirling together. All of them moving together. Moving down into the top of your head. You just allow this entering into every cell of your body now. As you breathe you will breathe in this golden nectar of connection with all life and those that are here specifically to support this life for you.

This is about drenching yourself in gold. It is about imbuing it and imbibing in it and feeling it and creating in every cell the joy of the spark of light and life again. Recognizing how being separate creates dis-ease and aging. Connection with everything is now beginning to plump up your cells and move life through.

It is going to start at the top of your head now and flow right down over your face and your ears, the back of your head. It is going to flow in and the first place that you want to ground it is in your cheekbones. Let it all flow in through the top of your head and over your face and then take the palms of your hands and push up into the cheekbones. Just put your hands over your face so that the bottom of your hand is on your jaw, the top of your fingers is on your forehead. Bring this in as if your hands are melting the gold into your face.

Then place your hands on your shoulders so that your palms are touching the tops of your shoulders. You can do one at a time if it is easier for you. Relaxing your shoulders is key to introducing golden energy into your body because if it stops at your shoulders you won't get much of it in your body and then your soul will be wondering where you are.

The strength and the responsibility that you have in the shoulders is held now by spirit, by the golden light, spirit. It is not necessary for you to feel responsible in the way that you have before. So let the shoulders relax and let the gold flow down now into the upper back and chest. Placing your hands on your heart again and imagining that when you place your hands on your heart, your hands are also going all the way through your body and touching your back, reducing any stress that you carry in your body because it is no longer necessary for you to have stress.

Now place your hands on your belly whatever way you want to. Cover as much territory as you want and bring the gold into your belly. As it goes through your heart, your Soul Seed and into your belly and down your back the hands that are in front of your body are also now touching the back of your body. So you are strengthening and straightening your spine, feeling the warmth of the gold relieving any dis-ease in your back.

Recognize that you do not need to carry any condition or diagnosis that you have ever had in any lifetime. It's over now. It's over. You are creating a new vehicle here. What you have to choose is what kind of vehicle are your creating? What do you want to bring?

There is a place that you want to put your hands where the legs join your body near your pubic bone, with your index finger and third finger there, and then your palm and the heel of your hand back towards your hips. That will bring this golden energy down the rest of your torso and into your legs and then into the earth. Every time you breathe the golden light is entering all of your cells now. The golden light is the combination of all of those who have chosen to walk with you in this lifetime and in all lifetimes. They are all here now. Everything is coming together. It's not this or that. It's all of it.

You can melt into this. This is where we are going. This is what Oneness is. No time. No way to separate. Bringing now the golden light down through your legs, imagining this, whatever your position of your body at the moment. Just imagining that it is coming out through your feet, this golden light, and that the earth is right there too. Feel that, as well, into her core so it is flowing right from your feet into her core.

Then the roundness of this vertical experience brings us right back up to the Swing Between Worlds. What you want to do every day, no matter what you plan of action is for that day, is just feel the circle. It's always a circle and remember when you make it a line nothing works. When you make it a circle, everything is there. It's time you know. You all have been beating around the bush for a long time.

The roundness of this is flowing all around your body. It is coming down through your body, down into the core of the earth, and then around again up into the Swing Between Worlds and then around to the earth. What you are feeling now is that you're cradled inside a container that has within it the capacity to hold you. So your body is now relaxing into this container. Your aura is growing to the twelve feet that it needs to be. Your energy systems are flowing and opening with each other and the systems are beginning to cooperate again.

As you lie in the golden circle or sit in the golden circle breathe the golden light in and out. It is up and down and all around, and in and out, and nothing is there except the golden feeling of Oneness that offers you this opportunity to remember the Truth of how it all works.

This is also where peace is experienced because when the golden light is really strong and you are feeling that golden light everywhere around you, you are creating heaven on earth in that space. It's very literally understandable then and every part of you can celebrate because there is really nowhere else to go right now, except home.

You are home in your body. You are home in the Swing Between Worlds and you are home in your Seed of Light. That is the three-in-one; your body, your origin and your spark.

Very gently now bring your fingertips back to your Seed of Light where your ribs come together in the center of your body and pour a whole bunch of gold into that space. Imagine that all of the gold around you continues to infuse and imbue this golden light into the center of your body again and again. Every time you breathe more is coming in, more is balancing. If there is a place you want to send it, a particular energy that you want to experience or you are not sure about part of your health or wellbeing, just send the gold right there now. Feel the structure of that gold replacing any dis-ease.

The gold is around you. The gold is within you. The gold is above you and below you and you are all set.

Year-long Class January 2020

*Groups and other Notes

Note: There is an updated list for groups listed above.

What I would like to do is to spotlight your team leaders and tell you who you will be with so at least you will know who your team leaders are. I am going to start with Don.

In Don's group is Carol Ward who is from the UK. She may or may not be able to be on the calls. She usually listens. Nancy Sinchak, Nancy Strachan, Linda Burns, Marty Skopp, Anyaa McAndrew, Neerja Bhatia, and William Ligon. He will be in touch with you all sooner or later.

Jayn is in Santa Fe at the moment and sometimes in Seattle so I tried to do the best I could putting everybody in the same time zone. So Stacy Hentschel is with Jayn, Rene Cornwell, Sharron Clark, Mary Sise, Mary Ann Maldonado, Ellie Eckert and Angelica Christy. I think you are all either in California or in Santa Fe or Arizona or somewhere out there so I think it would be easier for you guys to come together. Thanks, Jayn.

Then we have Lori. In Lori's group is Amanda Reno, Alexa Major, Joy McFarland, Lexi Stead, Dorothy Stone, Raphael Weisman and Margaret Joseph.

Joy has Melinda Dement, Karin Eggit, Janet Nicholson, Raine Harrison, Aita Susi, Karen Dare, Cynthia Juarez and Aurora Youngs.

Shoes' group is Kristin Moquin, Lauren Liberti, Jaclyn Chisolm, Sue Pichini, Charlotte Roucher, Susan Quinn, Karen Wilson and Roslyn McGrath.

I think Roslyn is on too, so Roslyn will be in your group, Shoes. I think there are eight people in each group.

I just wanted to give you a chance to get some feedback. If you have any questions or if you want to share anything we have a few minutes. I think we can see each other pretty well. You can find your people if you are looking and that's good.

Melinda: Could I just do very, very basic housekeeping?

Flo: Sure.

Melinda: I surmise that everyone who made it to the call tonight received some type of the call details, which has a link to the private page with the password included there and after each class, not later than the following day, the relative things will be there. We are trying to streamline the videos going in and out for me anyway so that you be somewhat self-responsible for getting yourself there and finding the materials. Of course we have all of your emails and we will be able to communicate in any fashion. Don't hesitate to contact me if you have questions or feel lost in these mundane details and we will take care of it.

There is also a comment section on that page and it would be a nice place, I think, to interact with the entire group. And we can, in putting request, if we can have a section for each group to also interact. So feedback will be helpful and we will make it light and fun and support each other on our journey. Thank you.

Flo: Sometimes I forgot to use my little recorder. I think I got the Circuitry Alignment okay. It's all been videoed so it will be something you can look at whenever you want to. We will send out whatever files I can find here. I am sure they will all work perfectly because Melinda knows how to put that up for you in each way.

What we are going to do in the next month is take apart our lives a little bit and look at what we actually have created, spend time in gratitude for what we have and ask questions about what is happening, why is it happening, and what is it offering us? What is it teaching us?

One of the things that The Nameless Ones really are very clear about is that when duality stops we don't have any outer teachers any more. The people that are teaching us to be kind or patient or loving or whatever they are teaching us, are going to go away as teachers. As we come into more of our own power and consciousness we are going to have this capacity to not need teachers any more. So that is what the celebration is about really! The golden energy creates in us this capacity to live in Oneness. In order for that to make sense to us we have to unpack what's inside so that we can actually look at that and see what is it there for. What has it brought us? Then bring gold into it and then activate for ourselves this experience of joy that they are so clearly telling us is there.

Now we are all in duality at the moment. I mean I am saying that kind of broadly. I hope that everybody understands we are in duality and so this structure that we have, as it goes away, we have to create something else. There is nothing else if we don't create something else, right? So we all have this opportunity. I trust that each of us in our groups and in the larger class here are going to find some answers and really start to move together in a way that is

going to offer new pathways, new channels, new opportunities for all of us as we get the solutions and the answers.

The Nameless Ones want us to work on our soul this month. Then they are going to work with us on our essence and our vibration so that we get really strong and anything that happens around us is not going to affect us in the way it always has. By the time that we reach April and May what they are predicting is that the outer world is going to be less and less coherent so what we want to do is become more and more coherent. That's our job really, as souls of light in this pathway.

In May they would like us to get together and actually have a group gathering so I am looking for a place, if anybody knows of a place. Someplace warm and easy to get to and doable financially for everybody so that we can actually work together and build more teams and then know more about who we are and why we are here and how to go into the world in this way.

For me it is two things. It is stabilizing my field so that it is unreactive 100 percent, so I have to work about 50 percent on that one. I don't know what my big picture is. I don't know how the rest of you feel. I mean I have glimpses of it but I don't know what it is and I want to find it out. What did I really come here for? What is my ultimate destiny? What is it? I want to figure out what that is and I haven't been able to do that by myself. So that is another reason why it feels like we are here together to help each other and to reflect that and to mirror that for each other in a balanced, clear completely partnership way. You know, all of us in this together.

Thank you all. Can you all smile at me? Thank you all. This has been really cool. I will hopefully work out all the ins and outs for next time. I don't know if we can, actually, with this many people.

Now I am going to send you out your list and email addresses for your partners in crime here and then they are going to send you questions, as well. Okay? Then you work on those questions by yourself for a week or so and then work with them with your group and you meet as a group at least once. All of you at one time. This is not about individual stuff. It is more about bringing everything together so that you recognize how working with a team really works, really will open things in ways that we haven't experienced before while living in duality. All right?

Good nights and "Thank You's" given and received all around.

Your Personal Questions for Group Discussion:

- 1) Why did you come here now?
- 2) What are your primary and secondary learnings?
- 3) What do you bring that no one else brings?
- 4) What are you ready to embrace?
- 5) What are you ready to release?
- 6) What is it time for, for you? Delve deeply here!