

Fireside Chats for April 2020
The Ones With No Names
Your 3-fold Incarnative Triad Meditation

April 8, 2020

You want to have your feet on the floor or you may want to lay down, however you want to meditate. The Most important part right now for you is to recognize and call in the helpers that you have. Call in all your guides and all of the beings that you pray to and that you espouse affiliation with. Call in all beings that have helped you and shown up for you or intimated that they were caring about your destiny. You want to call forth those you feel most aligned with, those that can be benefactors from this lifetime or another lifetime or individuals who have made transition into other dimensions but are cherishing you. Call in any benefactor that has unconditionally loved you. You want to pack your auditorium, each of you with the most amazing grace possible. Call them around you, feel their being next to you, however they show up, have them show up. Request their presence.

We are there for all of you, so you can also call on us – the Galactic Federation, the Council of Light, the White Brotherhood, anyone, anything. Call everything in and around you. Take nice deep breaths, three breaths down into your belly so that you come down more into your core, away from your head. It would be helpful if you were to say out loud, ‘I now choose to begin again.’ Then say out loud if you would, ‘In the center of my being I am one with creation. In the center of my being I am one with creation.’

Now imagine that you are standing at a doorway or gateway or a portal. Make it the first thing that comes to your mind, the first vision you get. That is your portal, your opening, and through the opening you see yourself looking back at you.

You see a being that is grounded with feet on the earth, you see what you are wearing, how your hair is fixed, what Jewelry or clothing you have on; however you see yourself. Now say out loud, please - ‘I see myself clearly. I see myself clearly.’ Now focus on your Sacred Space, which is your heart (physical), and your high heart (etheric), so those two heart areas are felt as one. The Soul Seed, where your ribs come together at the xiphoid process, and down into your solar plexus. It is a big ball; the three points are inside this ball. [The heart is at the top and the Soul Seed is in the middle and the solar plexus is at the bottom.]

As you focus on the ball, see the three points and be aware of the point that is the brightest and focus there. As you focus, feel the expansion of that center. As you focus it’s getting bigger and brighter, expanding way beyond your body, way out into that 12-foot field around you. Please say now, ‘I feel the rhythm of my pulse – I feel the rhythm of my pulse – I continue to discern this first place of expansion.’

Look at your body again and notice which space wants next to be focused upon and focus there. You want to encourage this space to open broadly as the first space opened, and say out loud, 'I open to the rhythm of who I am' – 'I open this space to the rhythm of who I am.' It will feel different than your first place. It might need encouragement and support. If you want to encourage, ask out loud for what you want. Speak to the space. Tell it that you trust it and invite it in all its glory to open.

If your second space needs support, your first space can come around and lift it and open it. Just imagine there is actually an ability for you to have the second space open as broadly and in an expanded way, just as the first space. Join their forces together. Now focus on your third space, inviting that space to expand, and bring all three of the spaces together. That will expand your third space as well. Feel one rhythm with those three spaces. Rest in that expansion, feel the glory of the power of the grace of that Oneness!

Now notice that this beautiful ball is lifting up through your upper chest and moving right up the top of your head into the universe. We are going to take that right above our heads into the Akashic records. We are going to float up there with this beautiful ball of light. Just imagine you are standing in front of your record which is on a big pedestal, a Huge book, open to the date of April 8, 2020. Your name is written there - notice that. The first thing that you are going to write and say is, 'I am One with my Light' – write it in the air. 'I am One with my Light.'

Now let the wisdom of that statement and the connection with the Truth of that pervade your being for a moment, 'I am One with my Light'. 'I am ready to begin', second sentence, 'I am ready to begin my life's full purpose and destiny.'

Now around you are the Great Mother and the Great Father and the Divine feminine and the Divine Masculine and Divine Union. The Light of the Goldness of Creation and that Gold is around your circle now. It is like a mantel around you. All you see is Light and all you know is Light. Light is all there is.

Because you are bringing your purpose and beginning your alignment with Truth, you are now going to begin to bring that light down through your physical body. The Light is going to come down into its original container in your Sacred Space, so just watch that happen. It is going to happen on its own, because by affirming your destiny you are now activating that. It is going to come down around you. It is going to quiet your mind and open your awareness and connection to your right brain. This is so you can create more and balance you with all that is as it comes down through you, touching your crown, 3rd eye and your throat and settling again in your heart, Soul Seed and solar plexus.

In your awareness just be conscious of the fact that there is a ball of you still in the Akashic records and there is a ball in your body, and one does not take away the other. You always have that bubble now and it feels sometimes like it is on top of your head. It's keeping you light and open and fresh.

Now your focus goes again to your heart and a circle there, which includes the Soul Seed and the solar plexus. This circle is going to start to move down into the core of the earth so you feel that movement and it's generating its own currents so it's moving in its own way. It is moving all down into the core of the earth. You recognize where you are because you come here when you ground to the core of the earth in any one of our meditations. This is where your feet belong and they settle easily and you are One with the Great Mother.

You are delivering this beautiful circle of Light to the Mother. It's coming right down through your legs and feet into the core of the earth and settling there right on that beautiful stone or crystal that has your name on it. It's right there and it's going to stay there now. It's going to anchor you. It is going to connect you to the Great Mother of the Earth and be in Oneness with you right there.

Heaven and earth are your anchors now. Anytime you think about the above you've got that circle there and you know it's right there and you can feel it. Even while you are down in the core of the earth with your feet firmly planted you can feel this circle at the top of your head in the Ethers above you. It is another connection. You are connected now. All you have to do is think up or down and you are in. There is nothing you have to do now to be in - you are in.

Now, leaving the ball of light in the core of the earth, you feel that 3rd circle, which is in the center of your body, returning to its original place. So now you are going to end up with 3 circles, with 3 aspects in each circle, which is the completion of this incarnated triad. It is returning home now into your heart, Soul Seed and solar plexus. Now you are going to bring the below, the above, and the center into one big sphere, one big circle as you step through the portal and merge with the image of yourself that you have been working with. It is all now one light.

And your last sentence will be, 'I now live the balance of my Light in integrity and Truth. I now live the balance of my Light in integrity and Truth.'

Now as you are opening your eyes to come again into the material world as it is, you are bringing something new. So look around you with new eyes and see Light in everything you behold. The frequency that you now carry is different, and it is your intention to live it fully now. It is your intention to live this vibration that you are - live it fully now. You do not need to understand it for its power to be made known to you and other. So rest in this, rest in this frequency of your rhythm as much as you can. This will restore balance to your system, heighten immunity, create stability and expand your life force.

And now in gratitude we thank the helpers, the guides, all beings that have accompanied us on our journey, and we feel the gratitude come back at us from them for choosing to live in Light.

