

Fireside Chats for April 2020
The Ones With No Names
Your 12-foot Spiritual Sphere

April 8, 2020

Igniting the Light of Your Inception and Creation

Received through Flo Aeveia Magdalena

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Welcome to the Fireside Chat! This is a gift from The Nameless Ones for us during this time of great challenge. A lot of what we have been individually experiencing as we manifest our own Divinity is being reflected to us by those who are endeavoring to do the same. Holding this Divinity for them is extremely important at this time.

I am going to give you a message from them and then we will have a little break and then if you have any questions or anything you would like to discuss with them, we will do that.

Let's start our second Fireside Chat by putting our hands on our heart. The way we do that is with our right hand on our heart and our left hand on our right hand. That will bring us all into the same field so that as we listen to the message, we are on the same page and we can feel the connection that we have to the Divinity within us and to the Divinity of all that is.

Let's take a couple of nice deep breaths. You can take a breath right into your heart from above, so it comes in on top of your head as a breath, right down into your heart, inhaling that way. We were taught last week to exhale out in a circle around us, so we are bringing the Divinity in the top of our head through our body, into our heart and then around into the world. As I begin the channeling we can each do that as long as we would like to do that and then, just relax and listen.

We are here with you and we would like to welcome you to this place and say that we are very glad that you have come. We are as you know in the midst of great turmoil. We could think of the turmoil in three different ways:

- We could think of it as an inner turmoil
- We could think of it as a world, outer turmoil with the people and the experiences
- We could think of it as a universal turmoil
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If we delineated either one of these three, we would be accurate. So what we then see is that the turmoil exists in all three of those levels, all three of those dynamics. That is why at this time it requires each person to make a very clear core energy decision, and that decision isn't: I will be nice, I will be kind, I will help. That decision is: I am Light, and Light I shall remain. I am always going to be Light and I come from Light and I bring Light. This decision and choice to be

Light is more of a knowing and a memory and a choice and an intention than it is a spiritual premise, it is not something that we aspire to it is something we already are. It doesn't matter what we believe about anything else, religion or society or social things, or education or the importance of this, that or the other. The concept of being Light is not just central to our being; it is where our being is born from.

This one was speaking this evening with another person helping to heal someone that she knows very closely. What she determined from the perspective of her vision and awareness was that when this being was conceived, the male and female energies coming together did not love each other. So not only was there this absence of the compassionate heart of One, but there is a void where the coming together of the parents in a state other than the heart has affected for over 30, almost 40 years, the ability of the organism to function as Light.

The one speaking very much wanted me/us/all of us to talk about this because she was aware that many of us are not born from the Light and love of parents that are joined in a sacred heart. And so she requested that this evening we deal with this and work with this. Of course which we will, we always do what we are asked! And also that it be something that you use for the foundation of your time now in this body, in this life, in this particular evolutionary dilemma. This is so that no matter where the levels are matching and meeting in you, that we now create the foundation so that your body and heart and solar plexus, particularly your abdominal brain and the places in you where your consciousness wants to grow and learn, are all wrapped in Light, and are all imbued with Light and held in Light, and opened out from Light.

That is really the crux of the situation here because if the nucleus of the first cell is not based in Light, then what happens from that multiplication and expansion of the cellular matrixes that are formed from the sperm and the egg is that there is like a rote process. It is instinctual, it is genetics and so forth, and yet the spark is not as complete or opened as could it be. What is interesting to us because there is no time, it is always possible to redefine that, to re-instill that Light, and to open that Light and to fortify all of your circuitry, all of the leylines and the energy systems within you. It is possible to understand that as you remember Light as your Origin, then we can bring that Light of Origin into that first point of conception and you can feel that again in a concentric circle coming out from the middle of your being. Each of you will determine when we are about ready to do this process, where it is in your Central Channel and where it is in your Sacred Space that you would like to enter the Light tonight so that you may then have this experience of being enLightened from the core of your being.

Some of you will feel as if your heart has always ached and nothing that you have done has taken away the ache. Some of you will feel that no matter what has happened for you, you have never felt as powerful as you know you are...that right there in your abdominal brain, in the middle of your belly, in your solar plexus there is this, if not a hole, at least there is a little pin prick of doubt, self-doubt. Some of you may actually feel in between your heart and your solar plexus, where we contain the Soul Seed, that in there not only is there doubt, but there is perhaps not a lack of purpose, but lack of defining that purpose or understanding that purpose or fully embodying that purpose.

These three areas are the central areas of consciousness that the Light works with to create a stabilization in your field, the field of energy that you carry. This field goes out as we discussed last week, about 12-feet – this spiritual envelope that you carry as you work in the world. What you want to understand is that whatever the “symptom” or area that doesn’t quite feel whole to you, is the area where the inception of Light and the placement of new Light now will assist you to define yourself differently. This will assist you to open to be able to crest that wave so you can see what’s coming and know where you are and feel the resonance of your Light fully in your being, not just in your body, in your being. This would mean in all that you are related to, all that you endeavor to create, all that you feel deeply is yours to do, or wish was yours to do. You have this feeling constantly that the Light is endeavoring to assist in a way that you might not have thought about before. It’s not necessarily thinking about your self as Light or endeavoring to put the Light in, in the very beginning where it may not have been catalyzed, which is what we are really saying. If your parents were not in heart, then it didn’t catalyze Light because it was based in different part of the body than the heart.

What we are going to do is catalyze that this evening, so that all of you begins to resonate with Light differently. Not as an idea, rather as a way to embody the Light as if it is your origin and your friend. You will embody it as if it has the capacity to shine on you in ways that offer you vision, clarity, a pathway to walk through and understanding of all there is and those kinds of ideas. At the same time, you will replay and register differently the very essential vibration of your being. It isn’t by bringing the Light into your heart, or into your soul, or into the solar plexus right now that will do that. It is realizing that the Light of your Origin is everywhere! It is as if Light does not have just one place of Origin, it does not have one place of expression. It is in the eyes of everyone here this evening. It’s in the hearts of all the beings. It’s in the playfulness of a child and the spunkiness of an animal and the beauty of a flower. Light is everywhere.

If one is not born as a Light being from the vibration of the physical body being conceived as Light, then Light is sought and many times not totally found – there is a little gap. If you have ever experienced a gap, if you have ever experienced that you were really close to something but it wasn’t quite there, or you weren’t able to fully embrace something or except it, or that your Light is confined to certain ideas or certain beliefs, or certain avatars, or certain sacred symbols, or sacred beings, or certain ascended masters, or angelic realms or whatever it is, that is your story. If your Light is connected to those things and not to other things and if the idea of Light has what you can think of as definition, then what we want to do this evening is erase the definitions. If you think about the act of making love as the coming together of the substance from the feminine and the form from the masculine, and that when those two spaces meet they create Divine Union, you then realize that if the Divine Union is missing from that initial moment of inception, that it will be sought after for the rest of that organisms’ life.

They will call it different things, they will address it differently, they will think of it differently. There is all this different consciousness. What we want to do this evening is to focus on that Divine Union and then bring it from the place of its unification all the way out so that it actually

waves through your body system and you feel that Divinity in yourself. You feel as if everything that you are, everything that you are about, and all that you will accomplish will be held in this Divine fragrance and frequency. It's the union of the masculine and the feminine in the Divine nature carried out and expressed in the human nature and then given as a gift to the progeny, to the child that is going to be born. That is the three-in-one – that three-in-one stabilization factor of your being. It's your origin, it's your connection it's the origination of everything that has ever been. It's the Light of that Oneness. It's all of those beautiful things.

As we think about the definition of where we are in the evolution of humanity, we are at a crossroads. We have spoken about it before and now this is the choice. Making the choice then affirms that we are Light. Oneness and truth affirms the original design of the universe, which is the sacred marriage. It defines that in your vibration through your choice. So the first thing we will do this evening is that you each make that choice that we are the progeny of Divine Union. The Sacred Masculine and The Sacred Feminine are coming together regardless of our family stories or our genetics. We are coming together in a perfect way, NOW.

That will allow us to experience that as we make that choice, the Divine Masculine and Feminine will come around us. Perhaps what you could think of as enclosing us in a very beautiful container. It will come, this beautiful energy, right down into the center of our core, because it will penetrate through the 12-feet of our spiritual level and come right into the original context of our creative essence as a human being or as a spiritual being. As it comes in, then it actually is going to make alignment inside between these three special areas of concentration. For you each, there will be 3 things that occur. The first thing is that you will feel your heart and notice that what's being brought forth or compacted in it is going to feel like being shored up. It will come in and will actually recalibrate your heart so that the Divine Union is felt in your heart. It is not necessarily from any anatomical or biological person or persons. It's as if we are this evening being given an opportunity to transcend that genetic and biological code and ask for and receive the benefit of the original matrix of creation itself within our heart. That will be the first thing that we are focused on and working with.

The second thing that will happen is that our Soul Seed will spark. This is because when the heart opens the soul then is a mediator to bring the invisible, inaudible and not necessarily palpable creative ideas, essences, expressions, mission statements, blueprints and all the things that each of you is here to bring and aspire to and also represent.

The heart catalyzes that soul so that the two work together. The vision and the palpable, feeling sense of the soul of what you are actually here for and how that works, starts to ignite. Igniting the Soul Seed is the way that you have your actual spiritual intention fulfilled. This is how you do what you are here to do in a way that allows that purpose to guide you, direct you, affirm you and accord you. The soul validates you and that validation is extremely important, because the context for your birth was or could be, let us just say, outside to some degree of that holy moment of sanctity. And you know it is all what you can think of as discernment. It is not good or bad, it is not like, my parents didn't do this...my parents did do this. We are talking much more biologically, spiritually, atomically and consciously now for you.

Because your self-doubt comes from somewhere – the ability of your ego to override your wisdom comes from somewhere. Yes, it is karma and yes, it is connected to parents and grandparents, and all of your lineage. And yet you come here this evening for a purpose. That purpose is to acknowledge that there are things happening that are out of your control and that it is time to control what you can control. It is time for you to be a part of what you want to be consciously, and to align everything in a row, your ducks in a row. This is so that you can experience the powerful understandings that come from the wise ones of your life and you can embrace those and use them. These are not as ideologies, not as principles that perhaps work sometimes, but as a way of saying ‘yes’ to yourself this evening and of opening to the graciousness of your own intention for being here. This is so that by the time we are developing a connection to the solar plexus, which is the abdominal brain, we empower the power center of the self to actualize the self.

To be fully present, the heart is open, the soul is open and then the solar plexus provides the basis and the foundation for you to move forward in the world with everything you have. And it’s certainly time for that. Each of you has a symptom of, ‘well my belly is a little tight sometimes, or my heart closes when I really want it open, or it has not stayed open and I thought it would,’ it doesn’t matter what it is. That’s what we really want to embrace with you this evening. It doesn’t matter what your symptom is. It doesn’t matter what you think, what you have and didn’t have, and what you are ready for and what you are not ready for. None of that matters anymore, because we are at the door, we are at the door to awakening.

Each of you has a choice to awaken. You may say, ‘well I didn’t do that, and I haven’t had that,’ and that is not actually relevant this evening. Because what is relevant is that each of you make a choice, step through a doorway and see yourself as you really are. When we step through the doorway you are going to see an image of yourself in front of you. You are going to see 3 bright Lights, one in your heart, one in your Soul Seed, which is where your ribs come together right underneath your heart, and then one in your solar plexus, right around the area of your umbilicus, your belly button.

You’re going to have these 3 sparks, and the first thing you are going to do when you come through the doorway is evaluate which one is the brightest. We will start with that one, and then we’ll activate that bright part, the part that is the highest frequency for you to see and we will accelerate that frequency. We are going to call in all your guides and all the beings and everything, because you want to awaken. The other thing is that it is time to put the pain aside – physical pain, emotional, mental or spiritual pain, it doesn’t matter what kind it is.

Some people think you cannot heal this, and so forth. We are going to take all the conditions off, because we are in April 2020, and the conditions don’t matter anymore. It’s time for action. It’s time to move our clarity into our place so that we know who we are and we gather all of our spunk and courage and awareness and we move forward. Moving forward will look different for each of you. It is not that you have to do x, y or z. It’s that you will carry in you the spark ready to be ignited, and when you ignite it, it will open everything in your awareness, because it can.

So, your initial spark will be brighter, whichever one of the three. You want to pay attention to that. Please don't think you already know which one is brighter – go into this with a sense of discovery, curiosity, an all right, let me see here. Have fun with yourself. Have this sense of being a child in innocence and seeing what design you actually put in place. What part of you is strongest? What part of you is the noblest or the most compassionate? Which part of you is the leader or guider for the other two?

That's really important and it doesn't matter which one it is. Some of you will think, my heart is the best – we don't know that yet. So this is like one of those scavenger hunts. You're looking for a clue. The first thing you are going to do is see which one is the brightest. You are not going to know that right now. It will be helpful for you to just listen to it and not worry about what it is, where it is, and if you have it or if it will go or not go – everything that your mind might be already doing. Stay here with us in the moment, so then we will go through the door. The brightest one will then be instructed to get bigger. You are going to give it all your attention. So the brightest one becomes the guide for the other two. That will actually mean that as you are looking at yourself you are going to be sparking all of your 7 chakras as well. You are going to be sparking Light around yourself. So you want to notice what color is that Light, how does that look, how does that feel, because tonight you are going to be able to diagram your magnificence. That's what you will be doing.

You are going to be able to see it and draw it and carry it with you, because this is the imprint that comes from the sacred marriage of the Divine. As you step through that portal and look at yourself, you will see...what does my Divine look like? What does it feel like? Even though you are looking, if you want to look at it as in a mirror or just see yourself in front of you, then immediately, *I am activating this amazing part of me, and see what happens, because I don't know what's going to happen. So I am going to be innocent and available.* As that opens and as you see it there is a second area that opens above or below or whatever around that one. As that opens, you watch that one, and then as the third one opens you watch that one. As they all three are open together, that is the Sacred Marriage. That's what happens when substance, which is the fluids of the universe, which is the feminine – the life force inside everything, ignites the physicality, the body, the structure.

You start to feel more alive. You have so much energy pouring out of you. You can see it, feel it and know it. Your life force energy is again ignited just as it was at the first inception point that you were created from. You now know this is the choice to be in Lightness, that is all that is, to be oriented as the Lightness of the fullest consciousness possible.

Now this is an important time for this choice. This is because we are finding as we look at the structure of the world that more and more things are being dispensed with, sometimes good things are being dispensed with, sometimes other things are being put in place. There is a very interesting power grab going on in the planet. Very easy to see this, feel it and know it. That is happening while everyone is preoccupied with survival.

What you want to understand is that Light is the antithesis of the need to focus on death. Light is where you go when you create and when you open and when you connect, when you love and when you share, and when you cooperate. This is because sharing and cooperating and being in a place of comradeship and unification is only possible actually because each and every one is Light and there is no difference, there is no other. You are trained, brought up and inculcated with this idea that there is another. You have to keep that other somewhere at a distance, close or far, and you wonder if you can trust them. And there are so many things that you have been taught that have no idea about Truth.

What you are doing now is important because of where the tension is in the crux of the choice you face. This choice is balancing between creating a new earth, a new world, a new community, a new life, a new heart, a new way of being here, or fighting with the structure of the way things are, the way things were, and the way things will be and figuring this and that out. Also, you are balancing that with fear or the lack of information or not having the proper distance between you and something else, or whatever it is that is preoccupying many of the points of consciousness on this planet. The choice is to recognize that you are creating the reality that you are experiencing. That's the way the rule is. You are the creator. Your choice is the most power thing that you have. What you choose to focus on, what your choice is about, what you believe and how you act, that's your power.

Together this evening we want to use this community and the field that we have created in every single one of our experiences, in the last, oh long time, forty years. We want to recognize that we are in a new place. We have not been here before anywhere in the human story, really, because the consciousness of free will is not going to go on for another 100 years the way it did from 1918 to now, or from whenever that virus was or this virus was or that virus was...It is not going to go on. The choice point that we have is literally about creating in a way that the soul holds the destiny instead of the mind, instead of the status quo, or the ways in which the world defines what happens.

We are out in a whole different land right now and we want to live in this land because in this land is where the connection happens. It is where the magic is and the potential and the momentum and the opportunity. Each of you has this amazing opportunity now to use this opportunity, to say, 'Lets' go! Let's do this!' Some of you are impatient to get going. So we will. Make sure you understand that we are creating a new foundation. After we have these 3 points sparking out and aligning in these beautiful ways with our own essence (because our essence is in a Soul Seed), as the heart opens and the essence opens, our soul gives us permission to see the full blueprint more and more as we go through from today on.

We see the blueprint more clearly. The solar plexus empowers us to do that in a powerful way that offers consciousness to the world. So now as that opens, we need to ground it in 2 places – above and below. So we will be taking that up again to forge that original design with the hologram, where the design of the universe is stored in the Akashic record, in the annals of consciousness. So we go up there because we want to say, 'Here I am and I am fully here now, and I want that to be in the record. I want that to be recorded in the record, and I want it to be

in my consciousness space so anytime I close my eyes and I feel the Light of Origin, however that looks to me is fine,' however you imagine that or picture it. 'I want it to come down around me again, and I want to go up into it again. I want to have conversations, communication and connection to this above place of my original inception.'

'I am one with the Divine, and I am Divine, and there is no other way about that.' Then that Divinity comes down. We take the three Lights and make ONE big Light. We go up to the big Light above us and bring that Light down, very slowly, all the way through each of the 7 centers inside our bodies. We come back to the original three points as this big huge ball, and then we take that to the earth. We imagine we are standing on the ball, crystal or stone with your name on it. Your footprints are there. You step your heel in there and hold space. Then everything that you are becomes Light because you have the Light above that comes down and the Light within that comes in and down. Then you go down into the core of the earth and there is another ball of Light - those three Lights become one Light – remember the three-in-one concept. Anytime you are doing anything spiritual, you want to do the three-in-one. You want to understand that you are a being. The earth and the universe are different. They are a different vibration and a different extension of creation. So if you are breathing all the way to the edge of the Universe and breathing all the way back into the center of your body, that is the three-in-one.

If you are going above and then coming to the center, and then going down to the core of the earth, that's the three-in-one. Anytime you have the three-in-one concept, you have the Light of Divinity in a vibrational way. You have it in a conscious way. In other words, it will give you some kind of indication. You also have what you could think of as a vibrational equivalency so that those 3 points coming into one makes an explosion. That explosion takes you out so that you are not just your mind, you are not just your hereditary. You are not just your genetics, you are not just your blood type or how much education you have, or how much money you now have in the bank.

You see, this is the time to use the universal connection as a way to manifest everything that is you so it can express you, you can express you, you can take you into every situation. By doing that you are providing for spirit, for creation a channel and a vessel so you bring that into the world more fully. That will look different as we said for everyone here, so it doesn't matter what it looks like for you. Each of you is part of this big holographic design. You will put your piece in, your piece. The image that we have for you is a huge stain glass circle comprised of many different pieces of different sizes, shapes and thicknesses.

When you activate your piece of the hologram, those pieces around you also get activated. Then you have a group, you have a committee, a family, or you have whatever you have. And you are not alone. You are understood, and the vibration is consistent throughout all of the levels within you and you are able to relax into it.

Our objective this evening in discussing some of these matters with you is very specific. First of all, we want to erase the pain of memory that you carry. This is because any painful memory

that you carry is a vibration that is derived from the sense of not belonging, of not having the oneness quotient instilled in you from that first instance. It is having space between you and others or between you and love, or between you and however you would determine fulfillment. And we want that pain for you to be erased, wherever it comes from, and there is no blame here. It is not about blame. It is not about looking to see what was there. It is just realizing that, Okay, here we are. We have an opportunity this evening, a very rare opportunity.

Another part of erasing pain for yourself is that you erase it for your family. You erase it for your siblings, your grandparents and your grandchildren. You erase it. This is because if you don't have it anymore and it has been established through all of these very credible places of origin, human origin, you change the dynamic of your own encounters with everything, including creation, and everything around it changes as well.

It is very important for some of you to change what you know exists as pain in those you love, and in those you came from, and in those you gave birth to. This is an opportunity. There is a Buddhist philosophy. A woman comes to the Buddha and says, *I lost my child, my child died - take away my sorrow, take this away from me I can't stand this.* And the Buddha told her that this is part of being human. And she said, *No, no this is not true. It can't be true. It is too much!* And the Buddha said to her *Go, find anyone in the villages who has not experienced loss. And if you find one person, come back to me and let me know.*

So the end of the freewill experiment means the end of ignorance. The end of not knowing the Truth about what it means to not be here as Divine beings. We are suggesting that by erasing the pain in yourself, you also erase it in those you love and in those you know and eventually in this whole species. We erase it.

It will take time for that. It will take the awareness of many, many beings to foretell this place in consciousness. It will be foretold, it has been foretold and we are foretelling now. So you will erase your pain in your heart, in your mind and in your spirit. Number one. The second thing is as the Light comes, as it is generated, then that generation extends beyond the boundaries of your 12-feet. It extends as far as your Light extends now and is magnified by the orientation of the three-in-one adding to that expansion.

So your Light is going to expand. So we erase the pain and expand the Light. That offers you the power to walk among the people in whatever way, whatever time is appropriate. Feel that: I walk among the people. I walk among the people and I carry the heart that is absolutely open – no pain. I carry the Light that instills, represents and remembers Divinity and I walk with the power of the one: One heart, One soul, One being. I walk with the power of the One so that everyone knows that this is the true way to go. I don't espouse anything. I don't teach or preach. I am the One. So the Divine flows through my heart. I walk among people as the flow-er of energy that allows for each person to feel as Truth and Light.

Many of you have taken vows in many lifetimes. You've taken vows of chastity and money. All these different vows, things for the church and not for the church, it doesn't matter. Human

history and herstory has been incredibly interesting with all the vow taking. What we are doing, what we are not doing, what is okay, what is not okay. It is so amazing. When you clear the pain from your heart you are going to clear your vows, the ones that you made in many lifetimes that you have carried and have not been able to ditch. This is because the heart does not need vows, oaths taken for or against something. So what's really important here is that you recognize that you are not any longer a normal human being if you ever were, and not being normal in this instance means, Divinely, prophetically, Truthfully in alignment with the Truth.

The Truth is everyone is ONE. So when the heart has no pain, it has no division. It has no calibration, no separation in it. It is just there, and what it knows to do is to transform anything that is dualistic in nature and bring it powerfully forward to be decimated. Anything that is dualistic is not going to last now. You are seeing a lot of dualism and it seems it can be taking over, but it can't, because it is not the Truth. So the more you are honoring and carrying and representing the Truth, the more challenging it is for those who are fighting that Truth to do so. It doesn't take a weapon on your part or anger or fear or any of those things. What it will take is for each of you to stand in the Truth and do it together in whatever way you want to do it together. This is one way to do that together. Friendship is one way to do that together. You can think of many ways with families and many more.

It is an interesting crux that humanity is on. It is a crux. You have these two sticks and one is on top of the other one, making an x. If you are standing in the middle, you have to be careful so you don't dislodge the top stick, because then it won't be a crux anymore. You will be thrown off in a direction you might not have chosen to go. Being in the center is of paramount importance right now. It means not too far left and not too far right. It really means being in those 3 centers that we have been speaking about so that those Lights are so strong right now that they hold you. They hold the integrity of creation in your being, no matter what is happening around you.

You are in a place in your evolution where the choice to be in the center of your being will allow you then the grace, the openness and the freedom to move about and express that in dynamic ways that are helpful, necessary. It will soon be mandatory that you are standing in that as everything falls apart around you, which it is doing already. It's just happening, it's just happening, and it is good that it is happening, the falling apart.

The other thing we want to say before we lead you on this journey is that once you have ignited and integrated your three places, it is then clear to you what the three-in-one is. You have that vibration and you are making an intention to hold that vibration and lead that vibration. When you have that you can send it to those you care about, to those you are discerning will benefit. You can send it anyplace, anytime and in any way you want. Because it is the Light of creation, when you bring the 3 into 1, it is the Light of creation. It's who you are but also what is. It's the truth of what is. You are actually substituting the Truth of what is for whatever was there before. You just have the Truth of what is.

You can send that in a ball of Light or a stream or laser or cloud, it doesn't matter. Send it to people. Send it, share it, ground it, expand it. This is a powerful way to replace the lack or absence of Light. Anybody on the planet who is searching is searching for only one thing, and that's the Light of their own Divinity. This is because without that everyone is wondering around without a home, without a base, without Truth and without connection. That's sad and scary and it is unnecessary.

We have one more week before we see each other again, so we would recommend that you discover and are curious about your three spaces. When you are looking at someone or talking or thinking about something, touch into those 3 places. Connect to them and take note of what's happening in them. Pay attention to them and learn and be guided by them. When something is very deeply upsetting to you for whatever reason, no matter what it is, go to those 3 places and ignite them again. Hold that space together and send that wherever you want to send it, or hold it for yourself or go up and go back down to the core of the earth. Do this so that you cement that more strongly within yourself.

We would recommend that you use this. We are going to ask you next week what happened. It isn't that we want to quiz you. We want you to understand that if you want to provide for yourselves the highest outcome for you, for your family and for those you love, for those in your community, for earth, for all the people who are dealing with crisis in his world, it is time for you to act. You have this very necessary consciousness. It's being requested all over the place in many more ways than you can imagine. It is being requested.

We would invite you because we are still in free will to use your free will to help them, whoever they are, because it is just an extension of who you are, it is the same. And when you do that your Light grows. The more people you touch with your Light, the bigger and brighter your Light gets. The more range you have, the more expanse, the more consciousness you have, the more awareness.

We are inviting you onto the Light team to provide everything that you can provide as much as you can, as many ways as you can. You do not need to be meditating to do this. You don't even have to be sitting still. You don't have to be focusing only on one thing to the detriment or the relevance of everything else. Just be and emanate – just acknowledge that as you emanate, everything comes into harmony and balance around you and within you.

Emanation is a very interesting word. Emanating literally means, I see my Light. I know I have my Light and I am using my Light. That is what emanating means. It is very simple. All of you know how to emanate. So you can send thoughts of Light, balls of Light, you can send lasers of Light, all kinds of Light balms. And when you are seeing flowers, when you are seeing trees, when you are seeing Light in the sky, the sun, seeing other human beings and animals, and so forth, just know and experience them as Light. That will then help you emanate even more strongly.

Everything is Light. Everything is Light. And then it feels like home again, more so. And the Light beings will come around you then more, because what you pay attention to grows. It is a very, very simple metaphysical principle – pay attention to something and you give it energy and focus and it is going to grow. The more you focus on your Light the more your light will grow. The more your Light grows, the more light comes toward you and accelerates that. Then we have what is called the Army of the Heart. Bathing Light in every moment with everyone, because that's the truth