

**Fireside Chats for April 2020**  
**The Ones With No Names**  
***Opening Your Heart's Codes Instruction***  
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Put your right hand on your heart. As you put your right hand on your heart, you want to be aware that you are asking your heart to speak to your life. We will write these for you and transcribe this for you. You want to be saying these sentences. When you put your right hand on our heart, you are saying to your heart, **I bring my heart to my life** because your right side is your form, the masculine, and the action. **You put your right hand right on your heart to activate the heart in your life. I open my heart to my life. My heart is activating my life**, that's the consciousness with which you put your hand on your heart. My heart now is where I act from...I make that commitment to myself because it's time to make that commitment, but also because making that commitment changes my life.

Alright, left hand on the right hand is, I bring my spirit, feminine energy, I bring left side, my left hand on my right, **I bring my spirit to my heart and to my life**. Right now these are the precursors to opening the code, you are going to do this every time you open your code.

If you cannot do it for some reason physically, you do it energetically. If you are standing in front of someone and you don't want to hold this or let it show, just imagine as you are standing there, that your right hand is on your heart and your left hand is on your right hand. And in that promise, the heart relaxes. The one John Henry speaks many, many times about the threads of the heart. In his definition of what it means to be in the heart, he makes it clear that this is not a spiritual practice where one has to be more loving or thinking about love or trying this or trying or that, or being good, because the heart has the combination of love in it already. You do not have to put it there through you mind. In fact your mind cannot put it there!

We are simplifying everything now, referencing the heart as the most powerful organ in our consciousness, the place of our inception, and where we carry the code of Oneness.

Imagine as your hands are on your heart that your breath is now your focus. Beginning in the center of your heart, send your breath out through your hands and then breathe back in through your hands. So the Breath is originating in the heart, going out to whatever is in front of you and then coming back into your heart so that there is a circle of breath continually suffusing your heart field.

Breath in and fill your heart, breathe out from your heart through your hands to whatever is out in front of you, and then draw the energy that you just sent out back into your heart. So the image is that it is an oval or circle moving the breath from inside out and from outside in.

You want to feel that as a rhythm. You may even feel that you want to, as you sit, put your weight on your coccyx and move back and forth. This is a rhythm of breath through the heart.

You want to make the circle very distinct so that every time you breathe you are able to follow a path from your heart to whatever is in front of you, and from whatever is in front of you back into your heart. And you want to start with your heart — the breath breathing into your heart first and after a while it won't matter where the breath comes from because it will just be completing a circle wherever it is connected.

In the center of your heart where you are breathing, imagine a triad, three points in a triangle. The top of the pyramid or the triangle is the great Mother of Sophia and you can imagine if you want that there is a cobalt blue ball sitting at the top of that pyramid. The pyramid is probably about 3 inches wide, a little guy in there in your heart. The ball on the top is the Great Mother and her color is cobalt blue. She is right there and when you call her she comes in immediately, as a sense or awareness or a memory. It doesn't matter how she comes. And you are still breathing out in front of you to something that you are sending to — it doesn't matter if you know what it is yet. In front of you are making a circle of life with life, so don't worry.

Just notice how the circle changes when the pyramid is entering consciously. And then dependent upon your karma, actions, genetics and so forth, one of the angles of the pyramid or the triangle will have your mother in a ball of Light. The other third point will have the Great Mother of the Earth in a ball of Light in a corner of that triangle. The opposite corner from the Great Mother of the Earth is of course the Great Mother above.

We are just going to do 3 points even though the triangle can have 4. We are going to do 3, like a triad. All of the work we are doing is about the triad right now. So imagine these two points, these two circles and add the colors that you are given for each point, each feminine point. And thank each point, as you get it, honor it, feel into it, whatever is healing for you let it heal. Don't worry about the thoughts, the ideas...let it go and come into that second point of unconditionality.

Now, it's very important that you have three — 'I love you' messages from each of the feminine points in your triangle. Start wherever you want and hear the words, 'I love you' from each of these feminine aspects in your heart. Start wherever you want and are guided to start. Open your ears and hear.

In the triangle these three stones move closer together so they fit into a one-inch pyramid and become the core of your heart energy now. From that core they are going to open your heart. So you will begin to feel a clockwise movement in your heart that you are not doing, that is going to open you to your code, so relax with your hands on your heart and receive this. The movement will reach out further and further, your hands may come off of your heart, you may extend them out, you may feel growing energy and awareness inside. Just let go into whatever happens.

Be aware that there is no boundary to the field of your heart now. All of the fields of the heart are now in Oneness with each other. There is no separation between us now. The mind is quiet. The essence is on.

Now open to all of the Light in the universe as if all of the Light in the universe is right now visible, audible and palpable for you. Now open to all of it as big as you can open with that intention - ***I open to the whole universe.***

Now imagine that with your hands, your arms you can bring the whole universe right into that one-inch triangle pyramid inside your heart and put it back in—the whole universe—put it right back in to that one triangle of Mother energy. See it being compacted in there, smaller and smaller and smaller. The whole universe is now going to fit into that one-inch triangle.

Your whole heart now responds to this because it can, and because the whole universe is now being placed in your heart, in the center of your heart field in a way that unifies it, puts it together differently. That unifying will go on for the next 3-days at which time your codes will be set.

It will be helpful for you in the evenings, as you are doing whatever you do and before bed as you are going into sleep, that you put your hands on your heart to affect the unification in a stronger way. It is going to happen regardless, and if you assist with the compacting of it, then there will be what you can think of it as more conscious, that's all. It will happen anyway, you can't do it wrong, so don't worry.

As this energy is compacting inside you, it's like you are having a microdot with all of the codes of the universe being imprinted on that microdot. So it is happening inside of this tiny little space that we have called a triangle, but as you know everything goes through it, through those three points back and forth. This is because you are breathing back and forth through the center of those three points, which is smaller and smaller and more defined and stronger at the same time.

The more that you focus in your heart, the more conscious you will be of what happens, and the more that you are conscious of what happens, the more you will understand how the codes work.

Be prepared to think less, to feel more, but without emotion. See feeling is not emotion. **So you are feeling because feeling is the way Union responds to its own honoring.** So you will be unifying and honoring with many beings.

Now our last point to you is that it is not your job to determine what is happening in someone else's codes as it refers to or is seen as their response or reaction. You will know when you have touched codes with another heart because your heart will tell you and you do not need to validate it with anyone else. The time of receiving and needing outer validation is over. That is very good news.

So we are with you in this process. We would ordain with you that this is holy and sacred and that together we are changing the current frequency and vibration inter-dimensionally

in the place of your abode, where you live we are changing it. You may want to draw your triangle, you may want to feel it more, you may want to hear again the words of love from your mothers. You may write about your experience. There are no conditions now. It is not that you can't do it again and again and honor it in whatever way you wish.

The secret is that the point in your heart where you determine your triangle is housed is where your seat of consciousness lies. When you apply awareness to that and spark that, it opens your connection to everything and brings all that is into that point of awareness.

This is this breath of the circle, moving in and out of your body, (what the one speaking likes to call the bellows breath) in and out. This is the periphery energy. This is going out as far as you can and coming in as deep as you can so there is this rhythm of breath, of spirit, of life, moving in and out of your heart. This is connecting you with the Divine and with the sacredness of the Earth and with the consciousness of human that comes from your Mother and elevating your Mother's consciousness to the Divine.

Human and Divine— saying 'yes' you are human and 'yes,' you are Divine. That is what you are hearing also from the Great Mother Sophia and the Great Mother of the Earth—you are Divine. Energy that flows from you in your Divinity activates Divinity, represents it, and acknowledges that it is there, and you share it. Three days and then watch out, because the clarity is amazing.

The loop strengthens and you feel alive in some ways for the very first time because this is what we are doing. We are enlivening this planet...not with survival, but with the creative capacity to live Oneness in form as the expression of Truth. Be well. Be safe. Remember and Receive.

We speak to you this evening from a different point that has activated other sources, some of which you may be aware. Many of these sources wish to speak their gratitude for you and the ways in which you have come forth, slaying the dragons that have been obstacles to your happiness and recognizing that the One heart is the only choice we can now make.

So in that gratitude and in that Light, we will bid you well and hold you steady because of course we can, so we will...we will hold you steady.