



## 2020: Call to Action! – *May Class*

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A handy booklet with:

- Course private page: [Yearlong 2020 Course Portal](#)
    - PW: **2020-Action**
  - \*REMEMBER your individual Group pages for communication!
- \*Note: (Not linked here; they wouldn't be *private*.)
- Group assignment lists and contact emails
  - May 11th class audio and video links and transcripts
  - SAME [Call Details](#) for EACH month AND group calls

## **2020: Call to Action**

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**Updated: 5/16/20**

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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.

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- *Please* connect with *everyone* in the course on the private page via the \*Comment section.
- *Please* connect with everyone in your group on your group's private page via the \*Comment section.
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\*Note: This is *not* the best place to get in touch with Melinda for tech-type support.

(Instead) Email: [melinda@soulsupportsystems.org](mailto:melinda@soulsupportsystems.org)

## May Year Long Class Golden Wave Meditation

[AUDIO:](#)

### Transcript

All right. So let's put our hands on our heart; right hand on our heart and left hand on our right hand.

Tonight the Galactic Federation want very much to bring us to the ship and they want to do that in a way that is going to support us in every minute, every moment. One of the reasons that we are meeting tonight, of course, is because of the challenges that we are facing with this beautiful virus, beautiful popping red virus that we are holding as light, which we are infusing with Truth and disbanding and dissolving in the ethers as much as possible to allow us to be fully present with each other and with life itself.

Just for a moment breathe life from the Golden Mantel above us, way, way, way up in the sky, this beautiful Golden Mantel. And let's bring that Golden Mantel down around ourselves. So we are breathing that in and we are breathing it into every cell of our body and the Golden Mantel comes down and through us in waves. So we are just feeling this coming down all the way through to the bottoms of our feet and then another wave to our ankles and then another wave to our calves and allowing the Golden Mantel to completely fill every space within us.

Breathing up into the Golden Mantel and then allowing it to come down in waves to completely fill our body from the bottoms of our feet to the top of our head. And the wave has a rhythm

and the rhythm is of the Earth Mother, so we are joining the above and the below literally in a horizontal and vertical way. Feeling as if this Golden Mantel is a circle around us, twelve feet. It fills our bodies, our souls, and our hearts with wisdom, clarity and Truth.

All that is able to exist in this space with us is Truth, and that is Oneness that is felt in our heart. As The Ones said last time this is how we stay safe, vibrating at a rate of speed of Truth and heart, Oneness and Light. This is truly all there is. So each of us is pledging this evening that we are at One with the field of Union and as such are an *Instrument of Peace*, a vessel only of Oneness and that everything in our life unfolds from this vibration. We are in a nondual place because that is the place of harmony and peace and nonduality.

This amazing grace comes to us from the source of the gold, the Golden Energy of Oneness and provides us with a strong, wise container to work from, to live from and to create from. So feel the Golden Mantel now right at the top of your head in your crown, receiving the sourcing of your own wisdom and Truth from that Golden Mantel now. Feel that flowing down over you. So now it's not just the Golden Mantel, it is also your own wisdom flowing over you and within you.

A very quick way to align your own energy system is to feel the Golden Mantel connected into the crown of your head and flowing over you every moment. Do this particularly when experiences call you away from your heart, away from your wisdom or away from life itself into concern or worry or challenge or fear. This is the antidote to fear and increases the capacity to live the way that you want to live from the places within yourself that have the power to generate the life force within you.

So as we speak and share this evening and listen and co-create, we will be in this place together of the golden light. Now we will imagine that we are sharing the golden light between us. There are almost sixty of us now so we will share the light, feel the light moving and weaving between us all.

Let's open our eyes and look at each other and send out the golden light to each other.

Thank you all.

## Year Long Class May Message: Recognizing, Discerning and Immersing

[AUDIO:](#)

### Transcript

First of all, it would be helpful if you understood that there are principles involved in the end of duality. These principles that have to do specifically with nonduality and duality itself need to be understood fully so we wanted to bring these to you.

We were going to do this as part of our gathering because the gathering would have amplified each of your responses and understandings. Also, being in a cohesive field would have helped you to make the changes in your own perception and awareness more easily and more permanently, in a sense.

We are going to do this in stages so that you can integrate what we say and use it and we are going to do this in increments of seven days. Since some of you will not get this information until the third or fourth day and some of you will not start to do it until the third or fourth day, we suggest that you spend seven days doing each of these three increments in your own way.

So whenever you start mark on your calendar day one, and then count to seven and then the next day is number one of the second increment, then you go to seven and then the same with the third particular increment. You start at one and go to seven, so it is a twenty-one-day process. When you finish with the twenty-one days you can start again or you can just integrate what has occurred. The increments that have to do with consciousness, as it pertains to nonduality, have to do with the death of duality itself.

During the first seven days what would be very helpful for you is to have a little notebook and to write down or make some kind of note every time you catch yourself in a dualistic ideation response or plan. Anytime that you are anticipating something and finding immediately that there is a kind of balance point that comes from your mind, *well, you can't do that or it's not time for that or you have this disease or you have this diagnosis or you don't have the energy for that* or whatever your mind might say, that you write that down so that you begin to understand the patterns of your dualistic energy system.

How have you taken what you have been given, spoon-fed and inculcated from the time that you are in utero, actually, or over many other lifetimes. As we have said before, dualism has been here for several thousand years in the Patriarchy and before that in many ways in the Matriarchy. This is because there all kinds of energies that have to do with competition and separation and so forth.

The idea of being born separates you from god/spirit/goddess/source/whatever and is carried in the cells as a separation. It is your eternal grief and you all carry it and you all express it in different ways. So the fact that you have grief about anything is magnified by something that is grieving for you or you are grieving for and so the grief is ancient. It goes back to the very, very beginning of the first separation from your spirit.

This time is about understanding that grief, recognizing that it is about separation and beginning to, in that first seven days, find the patterns about how you separate.

Now many of you have been with us for a long, long time and you realize that we have been forever saying for you that it is not about separation. It is about Union, and that separation is an illusion. Many of you have worked very diligently to take that concept of separation and to ameliorate it, to dissolve it, to go beyond it or even to go within it and find Union inside it. Not separating from separation but joining with separation and realizing that separation is separation. Plus, plus, plus equals plus, you know. Equals one.

As you understand that we are going to take apart duality, the first seven days is recognition; recognizing how you are dualistically living your life. It can be in any way at all, very minute, and because you are focusing on that you will then begin to feel that you are being given revelations inside spaces where you are attenuating your duality, calling it something else, pretending it is something else, unifying with something sometimes and then realizing, well, I really didn't do it enough or long enough or whatever. Then that becomes dualistic because it is yes and no and maybe and separation and *is it enough*, and all of those conditions are dualism.

Anytime you don't think you are doing something you should be doing, that's dualistic because you have something you are trying to attain, some place you are trying to go, something you are trying to fix. So you have a condition and you want something else—so that is two things.

It is not about organizing your understanding in a way that allows you to think about yourself as being wrong. It is not what we are talking about. We are talking about the recognition that in this particular lifetime right now, you understand more than you have ever understood in any other lifetime in relationship to what we could think of as your species. This is because literally even two thousand years ago when many of you were flying around as angels or helping one of the major players or being a major player in consciousness, the world was different than it is now. It wasn't yet the end of duality and now it is.

What that really means for you is that this is your time to, you could think of it as perhaps, meeting the wall. Finding that which is pressing back so hard at you that you have to stop and say *I cannot do it the way I've been doing it*. Then recognizing that as that experience happens, where the energy of that duality is recognized, it begins to heal. Not because you are sending healing to it, rather because calling duality out lessens its impact. It takes away the fortification

of that as being real or true and allows that second phase of the eighth, ninth, tenth, eleventh, twelfth, thirteenth, fourteenth day, you know, the second week, to come in as not just recognition of duality but resonance with how duality brings you everything that you receive.

In other words, if you have patterns and the patterns are dualistic because they are human and you have been used to them and living them and working with them as human, what begins to happen right away as you look at the patterns is that you don't need them anymore. They begin to resolve and when they begin to resolve they make a bridge between what you know is true and what you've lived before as truth.

So there is a very distinct difference and the easiest way for you to do this is for the first seven days to just recognize what is going on. Watch yourself. Notice. Witness. Don't judge. Just witness. What am I doing that is causing me this pain, this symptom, this challenge, this grief, this misunderstanding, this judgment of whatever it is I am judging or feeling not so good about or labeling? Many of you are labeling things and when you label them, they become extremely dualistic because they are separate from you but they are real in your mind. They keep things going separately within your body, within your psyche, within your consciousness.

So the healing that we are going to do for those of you would like to have human, physical healing, cellular healing, is to take you up on the ship afterwards. Those of you who are recognizing that you have judgment, we are going to take you up to the ship, you see. We are going to bring you into unity as a foil for your dualism. Whatever your dualism is, it doesn't matter what it is. It is so important that you understand it doesn't matter how you separate. It just matters that you do and that you don't have to anymore.

Now logistically we would like to think of all of you and do think of all of you as the primary motivators of Truth on this planet; one section of the Army of Consciousness that is moving toward that unified experience, because the unified experience is what is actually going to bring the spread of the Golden Mantle around this planet.

You have opportunities to enlist the support of others for bringing balance, to honor Truth over untruth, so that you are standing for something. You have opportunity to look at what is being spoon-fed to you and wonder about its honesty. There are many, many different points of view about what the real reality is that is going on right now on planet Earth, depending on who you talk to and when you talk to them and how you speak to them and what they've read or heard or think.

And so the end of duality for you means that when you're are perceiving these things that you are saying to yourself, *is this dualistic? Is this one thing against another? Is it just a higher caliber of that? Or a lower caliber of that? What is it that is really going on here?* So then you

*say wait a minute. If I'm going to support nonduality I recognize my tendencies to be dualistic in my own responses or my own actions and I write that down.*

Then on the night of the seventh day, the morning of the eighth morning of the first section of the second segment, you can recognize, okay, so what did I learn? And what you probably will learn is that you care about certain things. When those certain things become subjects you move to try to assist in changing something or learning something or accentuating a change or a healing or whatever and that's the moment when you go into the caring and the Oneness at the same time.

**Caring does not mean that you move against what you don't believe is accurate. Caring means that your heart is guiding you to hold Oneness so that it is available in that situation to that person in a way that they have not yet had the privilege or honor of experiencing it.**

What happens in the first seven days is that you recognize how you separate and that could be for very good causes. *I'm against this because it's not fair or it's not good or it's not healthy or whatever* and that's fine. Yet you see what duality does is convince you that there is a right and a wrong. It convinces you that there is a good and a bad, and anytime you are doing any of that you are on one side or the other of an equation and out of the center where balance exists. It's not good or bad. It's out of alignment with truth because Truth is in the center of the Oneness... being. That's what it is. It's in your heart. Your heart knows.

So if your heart is guiding you towards something, feel what it is guiding you toward. Lift it all up into a unified place so that your response becomes the new way, the new earth, the new consciousness where it is all balanced through the choice to honor the light within whatever it might be.

The second week is about recognizing that you can be a bridge between what was, in that dualistic space, and what for you becomes the Truth of your existence. So it is not about acting that way as much in the second week as it is about noticing it. Then you have your dualistic patterns and so during the second week you are saying, *okay, instead of going into that dualistic pattern, I'm going to go up into the ship or I'm going to hug my angel or hug my dog or take a walk or be choosing balance in some way.*

This is because the literal challenge for you in a dualistic world once you recognize your own dualism is finding a bridge out of it and it takes concerted, conscious intention. This is because it has been something that has been so natural for you that you may not understand exactly how much it is woven into the texture of your being.

So the second week is about taking it apart a little bit more, adding more union, experiencing perhaps the underlying initiative or intention or reason for the duality. Why am I against? Why

am I for? What is it here that is pulling me apart? Why aren't things working in the way I thought they would? Or want them to? That second week is more about discernment.

Discern how things are matching or not matching. Going up to the ship or being in the embrace of light or bringing in the Golden Mantle or grounding more or opening more some place within you in that second week where you are actively utilizing Union as a way to respond to the dualism, inside. This is about noticing, witnessing and recognizing what was already recognized in a way that has to do with more with what we could call solution. The solution is basically dissolving into Oneness more and more of the time. That's how that is going to be sorted out, actually.

Then the third week is immersion. It's really dissolving into Oneness so much that that is what starts to happen for you. This is taking us now into the beginning of June and June is the month when this all is going to unravel a bit more than it has already. So to be in peace in all experience. Holding the space of that for your life and for the world is what happens in that third week because that's your job. That's why you came. It's what you are here for, how you weave it all together.

It's not a question. *Am I going to get there? When will I get there? What will it look like?* It is much more about being in that space where whatever you discovered in the first seven days has no more power over your inner state. This is so that you actually begin to feel like this Golden Mantle is not a meditation. It is not any longer a wave that comes down and fills every cell in every organ and every system. It's the being-ness of every breath you take, of every place you go, every word you speak. It is very important that you recognize that free-will choice in the next three weeks. Then we begin the free-heart experience, which is a totally different vibration.

So if things are crashing down and you are noticing they are crashing down, you are there holding space where the intention for your beingness is to hold whatever is coming apart so that it comes together differently.

Many of you are grieving the dissolving of people, jobs, and systems already. It's very close to home and even though we have been telling you this for months now, it doesn't sink in until it happens to you. So we can say for you this—that every time you experience that dissolution of something that you have held as a structure of stability, that there is another structure of stability. But right now, because we are still in free-will, you must choose it. You must choose another space to stabilize you and to be with you and to unify with you in that way because you are still powered by your free-will. Until the middle of June that is the frame, the increments that we are working toward, so that we are in that framework of openness no matter what

happens by the middle of June when things begin to get more unruly and chaotic and challenging.

So if you have your primary focus as body, then your body wants to melt into your spirit. Okay, so the two opposite levels, the highest vibration and the most dense vibration want to become one. So in the dualism of thinking about body things, whatever the body thing is, resonate with the body thing for a moment or so and then resonate with your spirit and bring them together. So that the high vibration that you carry, and you all have it, you all carry it, you are all part of it, comes into the vibration of the density of your body cells and influences and raises the vibration of those cells.

If we can say anything to you about that, from our perspective, your body is your vessel. Your spirit is your capacity. So you bring your capacity into your vessel and you marry the two together. You unify them and you do not ever think about your body again without your spirit. Why would you? Why have you?

So, as it comes together, that is the union that takes you onto the ship. Now we say the ship because the ship is a “place.” It is a vibration. It is a force and it has within it the capacity to hold you in a way that is beyond time, beyond space and beyond a station or separation because there is none that exists there.

So we say dissolve. Right? Dissolve everything together. If your mind is your Achilles heel, your mind is all over the place, doesn't respond, doesn't like this, won't meditate, doesn't like to visualize, tells you that you cannot do things, gives you a diagnosis about your brain or your thoughts or whatever, so then your spirit and your mind need to unify, you see. If your emotion is all angry, pissed off about everything, marry your emotion and your spirit. And if it is your body and your emotion, do your body first. Then do your emotion, then do your mind and then you are in your spirit anyway. Your emotion is right next to your body, so your body is first, then your emotion, then your mind, then your spirit. Just go from the densest to the least dense. Right?

You are going to unify these things. You can do it during the first week once you have organized yourself around whatever it is that your particular duality is and you realize it. Say *I realize it and I am going to work with it*. You can. The second week you are really going to work with it and the third week you are going to dissolve it all into Oneness. Practice. Practice.

Again, we said this for you on the last Fireside Chat, the last one on April 29. Please all of you listen to that, look at that if you haven't done so already. Very important information for you.

In that space you can dissolve. The one speaking here likes this idea. You are the ocean. So feel that for a moment. *I am the ocean*. Just say *I am the ocean; I am the ocean*. Okay, the current of

the ocean is flowing. *I am the current of the ocean. I am flowing. I am the frond of seaweed that is moved by the flowing water in the ocean. So I am the water. I am the molecule of each aspect of the ocean that comprises the ocean, so I am the molecule. I am the ocean. I am the water. I am the salt. I am the wave, the currents, the seaweed, and I am the shore. I am flowing into the shore. I am all of it. Okay?*

So that feeling is one way to feel Oneness. Another way is to be in the bathtub and feel like you are dissolving and you are dissolving and the water is dissolving and you are dissolving because you are water and it is all dissolving and it is all moving.

Maybe you would rather be the wind. Maybe you would rather be the air. Maybe you would rather be the sun. it doesn't matter. You see, when you unify with something you become its essence and by becoming its essence you are no longer held in the same patterns that you had before.

So this is really time to figure out how duality works. How does *your* duality work? How are you formulating duality and what is it time for you now to do instead? To be instead?

All right. The twenty-one days is a consciousness place with mile markers and signposts. You are going to pay attention to those because that is going to really make it necessary for you to honor that what you are seeing around you is just an extension of the duality that you've always had being reflected to you by others so that you can hold them in non-dualism, as well.

Maybe that fourth week, until the eighth of June or whenever it is that we are meeting again, you are holding the world that is in dualism so that it can feel more union.

We want to make it simple, direct and effective. There aren't a lot of words that we need to say to you because you do understand this. You know it's time. You cannot do this anymore. You don't want to do it. Some of the anger that you are feeling is because it's enough. It's just over with and it's time to acknowledge that you are not doing something wrong. You are doing what is happening. As it doesn't happen anymore you want to replace what isn't happening with something that has value and Truth in it rather than dissipating and falling apart and not knowing how to proceed, which is what will happen and is happening to many, many, many hundreds of thousands of souls.

We are at a crossroads. The choices that you are making right now are the ones that will provide you with stability going forward and with an understanding of what it is that actually it is your time for. This is because one of the things we want to work with you on in June is your individual purposes, the clarity that you will want to have going forward building this new world. What is your part in that?

If you are in duality you don't even actually think you have a part in it because there is some part of you holding you back, telling you that you can't, or it won't, or it's going to take money or it's going to take time, or it's going to take love. It's going to take something, you know.

Just for a moment imagine if you were to jump over the next month, five, six, seven weeks and holding that space of Divine energy, pure consciousness, the openness of being in alignment and Truth, walking around holding that space, emanating that Light. You see that's what is happening. It's not up for grabs or if you do this or that or the other thing, maybe or maybe not. It's going to happen and you are either going to be there on the crest of the wave or trying to swim frantically into shore. What do you want to be? How do you want to be? It's a choice. Still your choice.

So get that little notebook. You want to write with a pencil, that's always our instruction. *I just had this thought and it was dualistic and it was about x, y, z.* Every time you write it down and bring it to your awareness you can feel, as you do this more and more, that you are having an alternative thought. You are having a perception that isn't quite that. If there are people conspiring against you or if there are these things happening or you are not feeling this or that or the other, that is dualistic, as well.

And so immediately you begin to say, *what am I creating? How is the dualism in me creating the dualism in my life?* Because it is. It always will. That is what creation is when one is in dualism. You are seeing outside what you are feeling inside. Right?

Now it is as if you have all the power to change, shift or open anything you want, from the realization and the recognition of how you've created whatever it is through the dualism. And, of course, what will show up for you is *what have I created out of the Unity.* Then you will be able to see the difference. *Wow, from the Unity, I created this, and this, and this, and this,* and this and that's what comes more and more in the second week. The realizations. You know, the discernment of who you are and why you are where you are and what you've come from and how you have gotten here. Each week becomes more of a celebration, more of an acknowledgement of the consciousness that is Truth.

What you want to do, if you can, is meet with your Teams closer to the end of these weeks so that you have revelations to share and you can feel that you are doing your work with yourself at the end of this time without hitting the wall. You see, you have to work right now on understanding as much as you can as the consciousness of human is hitting the wall so that you don't hit the wall as hard, or at all.

We will now take you into a meditation of Union. So prepare in whatever way you would like to for that.

## May Year Long Class Unity Meditation

[AUDIO](#)

### Transcript:

The first place that you want to feel when we go into Union is your heart. That is why we have you placing your right hand on your heart and your left hand on your right hand. We went over in each of the Fireside Chats the importance of the heart and your hand positions and what that is saying to your body. So you may want to listen and read those to support whatever information and guidance you might wish to have supported in the next three weeks or four weeks.

When your heart is fully open your shoulders relax and then the energy of the Golden Mantle can come down around your body more fully. So those of you who requested healing work, acknowledgement of your trauma, of the deep separation that you are feeling, we imagine you in the center of the circle as we are all holding a field of Light and Oneness. Anyone, perhaps all of us, would like to be in the center! And so we could all imagine that around us are these twenty to thirty feet tall beings holding everyone in this group inside of a magnetized field of alignment. Let yourself move forward and back, either on your spine, if you are sitting, moving forward and back or imagining that if you are lying down.

So each of us is held. The field around and through us is being woven by Light and there is no separation. What we are feeling together is the wave of life and it is safe to dissolve into this wave.

Each of you is held in your Divinity right now, fully cherished by all that creation holds and is. Let go into the field and be held. Let anything that you think dissolve. No thoughts are necessary. No beliefs are necessary. No positions or stance, for or against, are any longer necessary. None are necessary. When you feel that you have let go, let go more. Feel creation moving you forward and backward, aligning you in ways that bring the Truth through your body.

Acknowledge that you carry wisdom and that you now know exactly who you are and you receive that acknowledgement fully from all of the beings around you that exist in any level; the people, the angels, the Ones, the Light, the Federation, the Brotherhoods and the Sisterhoods and the Councils. Every place and point of life cherishes you and honors you right now.

Let that in. Let in the Light. Rest in the Light.

Now feel arms, beautiful, strong arms lifting you gently higher and higher and lighter and freer, and as you lift up you become expanded. Your Light expands and you are one with everyone

else's Light and all of the Lights are joining into a mantle of Light and you are completely immersed in this Light, shining your Light, sharing your Light, joining your Light.

All of our Lights now are expanding, even further out, connecting with every single Light, every single point of being in any dimension. All of the Lights, as they expand, surround the earth, creating a mantle of Light and in the circle of this Light the earth receives deep healing. Everyone and everything, whether it is giving or receiving the Light, is feeling Union, Oneness, Truth and Order.

We acknowledge that this Order and Light and Truth and Union is creation, is surrounding our earth, the earth, is created and sustained in every part of the universe and that Light is all there is. And we are at peace in this knowing. And we rest here for as long as we can and we create this again and again as a way to live, as a way to act, as a way to be.

Anytime that you would like to receive healing, place yourself in the center of a circle surrounded by beings of Light. Move back and forth with the rhythm of creation. Let the Light shine into every cell of your body, honoring your Divinity, and breathe that Divinity, accept it, and honor it so that you may live it.

And so it is.

You are Light and Light you shall remain. You are Light and Light you shall remain. You are Light and Light you shall remain.

Our spirit surrounds you in each moment. Remember, for it is so and now it will be so even more.

***Link to Hightail MAY 11<sup>th</sup> Video:***

***You may view or download April "Zoom\_0.mp4" \*video from [HERE](#):***

*Please* NOTE: The videos are too large for website restrictions. If video doesn't load right away, click the "<" and ">" until you see the video.