

Fireside Chat April 22, 2020
The Ones With No Names and The Galactic Federation
Aboard the ship "Unity"

As we hold the Truth in our heart and breathe that, there is nothing else, just the heart and the Truth. And as we listen and as we live 'The Ones With No Names' (TOWNN) are requesting that we remember that the heart and Truth are the same thing. Anytime you have a question about what the Truth is or how to respond to something in the world, it is helpful if you put your hands on your heart, feel your heart and find the Truth there, because that's where it is.

We are here with you and we would like to welcome this place for you and for us, so that the place is the same in all dimensions. We invite all beings who would like to speak to this time and this place to do so. We also open in direct ways to the Truth as it is seen and experienced in each of us, throughout the time and space that we are here. We also open to the destiny that we have each chosen and the ways that those destinies are now weaving together in different ways than we had anticipated, and yet in ways that we need to understand.

The first thing that we would like to say for you this evening is that around you now there is a spiritual society, spiritual community, a spiritual group. And as we are talking this evening, it would be very helpful for you to connect in with them through your back first. Then, feel them at the sides of your bodies and your shoulders. At the end, feel them in the middle of your body, with this spiritual group that has come specifically to work with you.

As we look out at all of the faces and the energies, we recognize that tonight there is an anticipation. There is also what you could think of as a sparking of light around each of you to work with that 12-feet that we began with the 1st of April, that understanding that we have 12-feet of spiritual energy that we can always work with, and move around and actually enable our consciousness to remember. In that 12-foot span now comes this community of spirits that are dedicated to you. They can be your benefactors, or they can be those beings who you know very well who are in body or just out of body or experiencing different realms. It does not matter where any point of light or love comes from. It is now around you.

As we are speaking, it would be very helpful for you to recognize the vibration of your own spiritual community, your own spiritual society—the ones who are dedicated to your life and your understanding and your awareness. As you feel them, there is a richness and a ripening in your field and this evening is about that. It is about strengthening each of your fields. We are moving into a time of distress, let's put it that way. The distress is going to be because the polarities are deepening and the movements to each side are strengthening.

Those who are in neutral spaces, as we have advised each of you to be, and walking very deliberately in the center of consciousness, are very much there to hold the space when these two sides pull apart so far that there is no middle ground possible for them in their mind. We have to in some ways bolster up this consciousness so that they come into this space with us to

learn and grow what's it like to live in balance and harmony, and supporting and honoring all life. The choices that we have talked about making this month and next month specifically have to do with honoring life.

Each of you as you are feeling your spiritual society begin to feel also that you are taking that clear understanding of life and its value, its honorable qualities, and that you are here to support that and support those and bring that to the moment. This is because this time there is so much in your awareness about a virus, or about separation, or about rulings, or about who is doing what about whom. If you would hold, in this next week, very, very diligently, be diligent—the honoring of life, and then feel how you have been cherished and brought to the moment of this full integration now in your body, in your emotion, in your mind and spirit through the choices that you have made many, many moons ago to be here right now.

So honoring life is the passkey. It is the place that you open in yourself that allows for the Truth to be born over and over again. You want that Truth to be born so that you are clear that your affinity and dedication to life, the energy that you carry in your heart, the life you live and the choices that you are making are all congruent. There is not an up and down, in and out, maybe or maybe not! It is all valued at the quality of life and of course now it is very clear— it is more clear what life is because now people are thinking about the end of life. They are thinking about whether they go and buy something in the store and whether that will in some way endanger their life. Whether that is accurate or not is beside the point, because the point is that life is up.

What we want to understand about that is that it is bringing to the awareness of the people that it is time to choose life. We have been saying and all these beings that we are associated with are saying, this is the choice point and that is what we are choosing. It is not that you are choosing light over dark. It's not that you are choosing good over bad. It is that you are honoring the creation of the Divine Masculine, which is the form, and the Divine Feminine, which is the substance. The two together create the Union and the harmony and the Truth that is the Oneness. It is not about thinking very involved, intricate, complicated steps. It is not about deciding that you have to do this or the other thing or figure out something. It is so simple right now and the simplicity has to do specifically with this idea of life.

If you look at some of the decisions that are being made in the world they are very blatantly, very transparently dishonoring life. And so instead of having reactions to what they are doing or not doing, what we are doing is holding that affinity for life, the quality of the sacredness of being. We are holding that so strongly that we are communicating that in a nonverbal way— there are no prophets here. So in a nonverbal way so that we can actualize here specifically a wave toward creation that allows each person to understand more deeply why they are here, how they can support life, and how they can strengthen their life force, which of course is another whole thing here. Strengthening your life force is a part of why you are dedicated to life within yourself so that you can support your own safety and healing in this time. So honoring your own life is honoring life, and honoring all life is part of being right now.

We have given you many different ways to strengthen the calling within you for peace and for clarity. We have given you many different ways in which the consciousness of your being can restore itself in this time. Last time we talked about that very beautiful triangle with the Mother, the sacred Mother Sophia. She has this dark blue color. Then you have your Mother on one corner of this triangle and the Great Mother Earth on the other corner of the triangle.

We will combine this in a meditation before each of you go, so you have access to this if you were not part of the process before. We will take you out to your twelve feet so that you have that consciousness to restore your own. We will understand also that through the center of the heart through this very beautiful triangle is the Union of the masculine and the feminine.

As we have said, and we will refer to the experience that we gave, that when children are conceived and there is not love between the parents, the masculine and the feminine in that honoring, there is in the seed of the child a missing piece, a missing point. Each of us, each of you, each of All of us are going to then feel again this coming together of the masculine and the feminine because much of what you are going to face now in the next 3 to 4 months is this feeling of everything out of control. It is going to be more intense, as we can see it now, and it is going to be a little bit more unruly. It is not going to be quite as, because people are still refined, even though they are frightened, they are refined, when they are not refined anymore the fright is going to come out even more.

Each of you then can hold a different field and send that field, as Jaclyn was saying, people will receive the field that you send. You send the Golden Mantle to those people because that mantle is the area in consciousness where Oneness is experienced, and it doesn't have to have the beliefs associated with it or time or anything. It is this overall consciousness place that offers the dilemmas that humans have some resolution, some clarity and some peace, so it is a very important process.

This evening we would like to introduce to you this idea that we can lift, and in lifting we can enter The Galactic Federation spaceship. As we lift into that space, we are in Divine Union immediately. And we all thought, we had this little discussion (we didn't let the one speaking know until just a few minutes ago) about what is the best way for you to have a tool that you can use that is going to provide you with a safe place, the clarity of Truth, bringing together different worlds simultaneously, jogging your memory of what Oneness really is, understanding with you that all of you can be together safely on the ship, and also to have this sense of dimensional frequency exchange.

We are actually moving up and down all the time as we think. When you meditate, the idea is that you are lifting into consciousness, because you are in a state where the principle focus is not form, it is more essence. So in that lifting there is then space for the clarity of your spiritual level to be heard or experienced. However, there is a way into the field of the consciousness of Union without meditation, without trying to get into some state, whatever, it is just there.

We want to impress upon you now that it is time for you to learn to step into Union instantaneously, without condition. You know that it has to quiet or you have to be alone or you have to have been alone for half an hour or all the things that happen in the mind. You can go like this—snap your fingers—and you are there. The thing about Divine Union, which is really very cool (as you would say), is that there is no separation there and there has never been separation there. It is not like people are learning or beings that are there are learning to cooperate or to like each other or to come together. That is not necessary.

On the ships that The Galactic Federation in their honoring of life are moving through and with and are a part of, there is an agreement that all of the beings that exist in that space are totally in alignment with their own Truth and purpose. As each of you are actually. Because they are in alignment with their Truth and purpose they don't need anything from each other, they share but they don't need. It is a very interdependent and yet very autonomous and self-sufficient system.

The other thing that is very interesting is that because Union is the substance through which they are moving and living, then it is agreed upon for them as you might agree tonight that air is your substance. You have air as your substance, and everyone knows that air has to be there for everything to continue. And the more oxygen you have in the air the better particularly now, and you want to really think about oxygen now. This idea is the same in the unified fields that we will be entering with the exception that the unified field energy doesn't diminish, doesn't change. It's not comparable to Earth where if you run up a big hill, you have to stop and hope you catch that breath.

The Union is constant. When you enter into that space it is as if literally the consciousness that is there is what you have been waiting for, longing for, praying for and how you remember creation, inside. This idea that you can lift into the ship or into a space that is always there in your consciousness is what you want to think about and focus on this evening.

This is where you can say to yourself, I have the control of what I am experiencing every moment and I can move into the space anytime I want to do that. And when I do that, all I do is breathe into it—one breath and I am there. This is not about me trying harder. It is not about me doing this or that. It is my gift from my spiritual dedication team that we are going to go together this evening, into a space where we will then be honoring each other. We will honor all of the spaces inside the body that have questions or feel separate or challenged or tired or feel whatever. We will be renewed from the spaces of unity that are clarifying for you as you experience this.

And then, of course from that moment on, that one breath that you take you then lift into that space. You do it all the time because you can, and because there is no entry fee, there is no vibrational equivalency, like if you don't have this you can't do that. There are no conditions in other words. Part of this for you is that you are in an unconditional space, and because of that you become unconditional. That is a very cool thing because literally when you are

unconditional everybody loves you, and you love everybody else. It's just that way. And so you don't have to go over and over and over what happened before if it didn't feel good.

You can step into what feels good and know that the people that you recognize and know and love and come together with, whether they are new or old or whatever, it doesn't matter in terms of knowing them in your mind. You realize on the ship that you know everyone and everyone knows you, because there is no time and it is similar to experiences you have had. Some of you have had this experience, perhaps all of you have had the experience, of coming into groups like this one, sometimes in person and doing these different things together, events or experiences. You realize very soon, early on, that the rules of society do not apply. We are thinking that the one speaking should have a sign—*the rules of society do not apply here*, as soon as people walk in the door, because if you come into the heart and soul, you remember each other. You know that you are in that space with each other because you are there and you promised to be there.

You promised to be there and that is why you are here now. You can take anyone you want up into the ship. You can call all kinds of people together and you can live together. You can have times when you do that. You can do that in family situations or in a process like this one. Because moving into that space then becomes a balm of healing, it becomes something you specifically understand is the greatest gift you can receive. There is nothing better than walking around in Union and knowing that everyone else is doing that as well. The thing that happens when you are in Union, which is very amazing and profound, is that you immediately understand that everyone is moving to the rhythm of their own drummer, but the rhythm of their own drummer is in alliance and interconnection with everyone else's movements.

So many times in the world you are looking at something and saying to yourself, why is it so challenging? Why does it feel like I start out and I do this and it seems good and then I hit the wall or then someone comes and their rhythms are all out of order, and everything is not working. There is no common sense, and what do I do? When you are coming into this place of Union in a very deliberate kind of delineated way, there is a rhythm of creation and Order that you remember, that everyone remembers. Then they work together in creating whatever is happening from that same combined and unified rhythm. Not only are you experiencing Oneness and Truth and Order and Light and everything, you are having this rhythm of creation as well.

The society of spirits around you that you know very specifically and will come to know more specifically, these are beings that want to accompany you onto the ship this evening. They want to be with you when you open to the grace of creation, to celebrate with you in that way.

This is very important because it is a ground setting vibration for you and you do not ever need to leave it. You can make a determination that this is your new ground. This is your new spirit. This is your whatever you want to call it, and no one and nothing can take it away from you. This is yours to have and to hold.

As we think about this time, we also see that there is a tremendous pressure being applied in different ways to structure a normalcy or an abnormal normalcy. There is this energy coming that is undecided, unclear, and sometimes of choosing pathways that we in our discussion this evening in terms of what is important would not balance in that way or not be able to adjust to that scale with us because they are not on the same page or mind frame. You want to remember that the world is learning this place. The way they are trying to find it is different than the way we are actually finding it, because there is not a lot of instruction in terms of how to lift into Truth, stay there, carry it, share it, live it and be it.

Because of that and because there is no confinement possible with energy, (you can't confine it) we are suggesting that there be lots of interrelationships in the field of this Union that we are connecting through. This is so that you can feel inside yourself that you can invite anyone, from anytime. It is so beautiful to invite those who you have lost, you are missing or you would like to have future conversations with or those individuals who for some reason did not understand something that happened or that you would like to create a balance with. It is not fixing anything. It is not changing it. It is lifting everything up to this level of Union and then seeing it from that perspective. Always seeing that the consciousness that you have is about Oneness, and that choice then allows for life to come together and enhance every single person in single situation.

So you can bring all the first responders on the whole planet up into the ship with you. You can bring all the children, all the dolphins, all the whales, all the polar bears, the Earth herself, on this Earth day, this honoring of life. And it becomes extremely necessary you see as you are looking at the world to say: I see the duality. I see what is happening. I see who is in control, who wants to be in control and who is not in control. I have compassion and I have understanding and I am going to lift this whole thing up. I am going to take everything up, taking it high, taking it up into that space because I can, but also because when I do that I am acting in a way that has power in it—that makes a difference. That is actually an action I can take now wherever I am and in whatever situation. Whatever is asking me to respond to it, whatever I am caring about and moving toward, that is the amazing process that is now available to each and every one of us and anyone we tell about this.

We talk a lot about a new beginning and a new earth, and a new consciousness, and new everything. We talk a lot about it. Everyone is talking about that. But no one really knows how that is going to work, or how long it is going to take, because at this time we still have choice happening. It is not going to be the same; we want you to very much understand this. As we move from the Free-will experiment to the Free-heart experience, we are basically moving away from our old ability to choose in the way we chose.

In the interim time in April and May, we are moving to a place where the consciousness is expanding beyond what you are used to in your 12-foot circle. And in your 12-foot circle, you are lifting one breath up into the ship and you are staying there as you sleep, as you dream, as you wake, and with whatever you are doing. That moment of ahhhhh is what you continually

are choosing and then that becomes the vibration that you are living and you don't make choices after that. I want to say this very clearly so you understand it's importance.

Right now you can do anything you want to choose something. These choices are constant. The fact that a lot of times the choices are debilitating—there are so many to make, so much weight on this one or that one, it is like *oh my goodness*. So now you are making a choice for life. In that choice life is going to show you a different vibration that you can live in from now on that opens everything of its own volition without you having to choose it. It becomes this opportunity for you to actually be in an alignment with creation and be creation in action and in motion. You are actually being this creative unified field and from that there is a kind of a multidisciplinary – or hugely effective wide, large area of consciousness that is constantly forging patterns of union with you. What you “do” is the result of the marriage with the invisible, with your pattern and your design, with Union itself and with the forward movement of evolution and the fulfillment of this promise and the dream that we are moving toward, in this particular 21st century. We are moving in that direction.

This is the year when everything what we can think of as, we are seeing pieces of wood, long stakes coming up and hitting each other. As they hit each other there are shards and breakages, and areas that are no longer strong. As this is happening, the plates of the planet are perhaps colliding—collisions after collision after collision. Sometimes it is just will. Sometimes it is just a collision of beliefs or defamation, or all these different ways people collide.

When you lift out of that arena, you also lift out of that vibration. One of the things that seems very important for you right now is to understand that you want to lift out of the vibration of that collision. You do not want to be there, and you don't want your families there. This is not where you want to be living. As you come together in your own being with this vibration and rhythm of creation and know who you are, and know what your next step is because you are part of the language of creation, you actually begin to feel that you are structuring your consciousness so that the foundation of who you are is able to be expressed without effort.

We are moving into this effortless place this evening because that is what the Galactic Federation offers. They offer presence and they don't need anything from you and you really don't need anything from them. When you come into relationship with them in this sensate kind of way that we will be working with this evening, recognition is the most evidenced result of that meeting. Then, a resting into that, because every part of you that you bring now to the table comes through the doorway and lifts up into this station of consciousness.

Every time you bring something and go up into that space having been in the 3D world that you are in right now, there will be a resting period. It can be an instant or it can be 5 minutes, or it can be 5 hours or 5 days. It doesn't even matter, but this feeling of *I will rest till I get it again, till I have it, till I feel it, till I know it—until I can bring it back with me and walk around with it and then carry it again into the ethers and back up. This is so that there is this feeling that what I am doing is being entrained into the consciousness of my origin so that consciousness continues to flow through me and be with me and guides me no matter whatever else is happening.*

And you will find that there are much less beliefs that you have and much less control that you need, and much less need to know everything or to figure it out or to be always like a dog with a bone, it is buried somewhere and you've got to find it, and where is it, what should I do and who is going to be there when I find it, and how much of it should I eat, all those kinds of things and the questions that you have.

When you go into this place of union, you are basically home and you are still in the body. It doesn't take a long time, in other words, you breathe one breath and you are there. The spiritual society is around you in your 12-feet. That is going to help you to hold all of that energy and to feel it and then to connect with it. Then we are just going to leave you there. We are not going to come back and have a conversation afterwards because it will be important for each of you in some way to stay in the field of that and hold that field and carry that field with you wherever you go.

We are going to have some instructions from the Galactic Federation for you and then we will make a new recording for the meditation so that you may then use the meditation without having to listen to this huge explanation. But hopefully we have answered some questions, about what is happening and what your course of action might be best to have and to work with.

Share this with anyone you feel to share it with so you can go to the ship together. You do not have to be in physical proximity. It is a matter of consciousness. So as you are entering into this field of the consciousness of union, all others will be entering it as well. You will find those with whom the energy is compatible now and you will find that there can be conversation, there can be action. There can be discussion. It is a very alive place, it is very busy, particularly now.

They will tell you, they actually want to tell you, I will say that this energy that we are sharing has to do literally with your soul (that's why we are here), and that soul energy moving in a consciousness of its own evolutionary track is the coming together with that ordination that is possible from these very lovely beings

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It is that you know, and it is that we know, and it is that we are, and it is that we have always been. We want you to grasp that your physical safety now comes from your spiritual safety. Process that for a moment please, your physical safety now comes from your spiritual safety.

Not that you spirit is unsafe that is not what we are inferring. It is more that the spiritual safety is the way that your mind holds its connection to the Divine, to the One, Oneness. And so if your spiritual safety is set, in other words you are in your own place in the universe with us and we are all in union together, then your body feels safe, your body is safe. Your body is part of a

texture of creation that is bigger than any thought, any point of agreement, any decision that you have ever made is much bigger, it is a much bigger way of being.

We have no hierarchy and yet we have stations. When you come to be with us you will be at particular stations. The stations have to do with what you can think of as climate, it is the easiest way for us to explain for you this.

Think about for a moment your ocean bottom, the bottom of your ocean, it doesn't matter which ocean, think about any one you want. When you think about it, you realize that on the bottom of the ocean is a different landscape, sometimes bumpy, sometimes cave-y, sometimes prickly, sometimes hard with shells, sometimes softer. The stations in our craft are similar in the energy of them. Some are very soft places, some are more solid, and some have more of a wave motion. Some have more of the consciousness of vision so you can actually see the world from the windows. You can look at what it is that the world is doing. You can send rays of light from up with us in different ways than you would from your own mind. You can relate into and in terms of consciousness—helping people to grow, to expand, helping them to stop something they are doing by allowing them to feel the balance, so they make a choice for life.

There is in each of you a calling to act right now, act, right now act, right now. In our landscape, in our ship we want to provide you with wherever you are going to be most comfortable. Then you can go more to this or that or the other, you can stay deeply down into the landscape or you can fly up to the surface or swim if you want, you can do whatever you want. It is like heaven perhaps in your mind. You create a reality and the reality is there. You can be with others in that reality and because it is union there is no competition there, no one is saying for this or that, that it is not good, and so forth.

Everyone is being themselves, and in being themselves they are comfortable, and in being comfortable in Union there is a very wide space of rest. It has come to our attention and being with the Ones that speak to you and so forth, that there is a tension in you. You may not be aware of this, but is a tension that is being caused by the planet obviously, and it is being magnified by that tension. We want to remove you from the tension, and in some ways we have to move you from the tension if we are going to assist you in honoring the pathway that we have all seen and know, which is that we are coming together no matter what the stationary proclamations are in your societies, we are coming together. We have to come together because it is the time of coming together. There is no one political person or no one anti or pro person, there are no persons who can stop this coming together. This is instinctual, deep inside. We are coming together.

And if we can come together, together, in this way that we do not have time, we do not have distance, and we do not have hierarchy. Everyone is coming. No one is left out. We begin to feel what it would be like should the world adopt this choice. Many of you have been to work with us before, so this is very good, because you can help the ones who have not.

In the circle of this reference field that we are creating this evening, each of you has a way of bumping up against another, which is good, and then you have your spiritual workers around you, so you are all making this amazing mosaic of consciousness and it is all growing as we speak and we are going to lift everything together into the ship. Then we are going to let you stay there for a little while in whatever way you wish. We will give you instruction. We want you to understand the value of coming to live with us, as a choice point now, because when you make the choice now, it stays with you. It develops in you and it guides you.

This is the time of empowerment for the inner guidance to strengthen and become the pillar of your own essence so you can walk in the world and everyone knows that you are in touch with the above and in touch with the below. The triangle in your heart is opening and opening and opening and everything is flowing through and you are in Light from the very first moment without separation.

Now you are going to have a choice to come this evening to join us. There is nothing to fear actually. It is a very nice experience and it is going to be something that changes your life in the way that you might wish it to. And it is also something that will empower the spiritual realm of safety in and among your people, so that they are physically safer.

One way to think about that would be if you were sending this golden mantle or you were bringing people up into the ship of Union or if you were expanding the Truth from your heart and sending out this beautiful triangle of light to everyone. However it is that you feel your purpose and intention would best serve, no matter what that is you are doing, we wanted you to understand perhaps because you don't. We want you to get this so strongly that tears form in your eyes—that by coming to the place where it all began, holding counsel there with each other, with yourself, with whomever, strengthening the spiritual safety on the planet strengthens your fellow people, your people. It strengthens them, strengthens their body, makes them safer, makes them healthier, makes them able to stand in any place and be safe so that they can continue to love, share life, be alive. It is not clear to most of the population on this planet how the connection between you alters your figures of death.

It is not clear, because so many don't remember that there can be no separation. When you build your spiritual muscle of safety, you save people's lives. The destiny that you have chosen is to save people's lives. You have an opportunity to nurture the aliveness everywhere, celebrate it, have joy with it, move in and out of it in whatever way you would like and know that it is the ground from which everything else will flow. You don't have to do a million things right now to help bring people to balance and health. Just come home and bring everybody with you!

When you walk around in the world, have that vibration and share that vibration. Imagine that person who is standing on that curb, giving you your groceries that they are up there with you in the safe place of Oneness. Nobody is left out of this because it is impossible. Include those who you are made aware of so that you immediately understand that whoever you are looking at, whatever is happening around your field is yours to bring home. It is yours to bring safety to,

not as a responsibility, as a gift. It is a gift to be able to bestow on someone else the Truth of Union.

We are grateful for your intention to hear the words, the voices that we are speaking through, one voice. We have called you home and we are glad that you have come. Prepare yourselves now and we will go to the ship.

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We would like to invite you to feel your full body right now. You can start at your feet and feel your feet and go up into your head or start at head and go down to your feet. You always want to start by feeling your body. You can take breath up and down the channels of your body, you can imagine light flowing through you, just feel your entire body. If it is appropriate for you to relax different parts do that. Breathe nice and deeply and just be in a state of recognizing that you have a body.

Be aware of as many parts of your body as you can be aware of in one moment. Now imagine that there is a very easy way for you to take the top of your head and the bottom of your feet and squeeze them together, so that you become a ball of light. So you take all the body parts and you just realize, well they are just made of water and stuff anyway, so I am going to compact them. I am going to come into the center of my body from both directions and just have a nice circle there. And that circle is a very bright brilliant circle of consciousness and that is you.

Just squeeze yourself into that ball now. That ball can go anywhere and do anything. It is your essence, and if you want to see it as a color pulsing luminous, it doesn't matter, it is just a ball, it is you and it is your essence.

What you are going to do is take that essence and lift it up to about 12-feet. When you lift it up you are going to be on the ship.

Being on the ship means that you are breathing differently than you breathed before and that your light, your essence light is beginning to become form again, becoming a body again. And all you are doing is feeling the Oneness, nothing else right now. You might see something; you are focus on transforming your Light into a body, in a unified place that is different than any other place that you could form your body.

You begin to be aware that as Union is entering your body, your body is changing, and you feel that change, whether you identify it or not, that is not as important as that you feel it. When you breathe in Union, when you live in Union, when you relate in Union, when you move and walk and live in Union, anything that has been separate in your body returns to its original state

of Oneness. This is the safety we have been speaking about. It is bringing each of the qualities of wellbeing and health, balance and function into order. Feel with us the new order of your body. We are not giving you much instruction because we want you to experience it in your own way.

The light that was in the ball and the center of your body is now dissipating into every cell of your body and your body is now becoming Light as it becomes unified. There is only peace here. There is only Oneness. There is only joy, cooperation, excitement, and creating together.

So now imagine that you are in your full body, and your light body is very bright. You weigh exactly what you want to weigh, by the way, you look exactly as you want to look. All the aging from the world tension is gone and you are home.

And now see around you your spiritual society and the individuals and group energies that are around you for the purpose of being benefactors—offering you light and cherishing wisdom. They are holding the attention of creation around you in this 12-foot ball that we spoke about before. As you look around there are these big beautiful balls of light and all kinds of beings from all dimensions assisting in creating this field of Union of which you are a part.

And in your heart is this beautiful triangle, 3 points, different colors in each corner like small stones and you feel the light flowing through there to each person in the circle. It doesn't matter if you know them or not, just be there, there are no conditions. Feel the light coming back into your own heart, feel it as a wave in and out and now everything dissolves. All the circles dissolve, all the bodies dissolve. The light and triangle—everything dissolves and there is just a state of being in Union.

Every time you dissolve everything, as we just did, one or more parts of you will give up control, will give up ideas, beliefs and let you rest. Rest here as long as you can, rest here every day. Every night as you go to sleep, rest here. When you are holding your children, your loved ones, your animals, enfold them in this feeling. When you are seeing the faces of others that you love on the screens that you are watching.

Imagine their society of spirits around them holding them tightly—holding them and all of you together in your 12-foot circles, and then see it all dissolve into One. Just before you are hanging up or whatever you are doing, just see it all dissolve and then sit, as we would recommend now that you do. Just sit in this field and feel what it has to offer you, but also what does it make clear? What does it bring to you? What does it forgive for you? What does it create, what does it allow, what does it resolve?

Just being with it, seeing what surfaces, seeing how it unfolds for you becomes very much a way for you to remember home and to visit and to live here and to represent it. Your choice is to represent spiritual safety so that you honor and support life and make it easier and more healthy for all of those on your planet to make also a clear choice to come home and to be here in the restfulness of Oneness.

Just remember that you can move and transfigure from form, into light into form, into light as many times as you want to. When you form one ball of light from the above and below, from the top of your heads and bottoms of your feet, coming towards the center, you are reaffirming the love and light of your original conception of light. You are honoring and resolving any other lifetime including this one, where there was a lack of honoring, love or light at the moment of your conception. When you become light at the center of your body and dissolve yourself, you are starting again, every time.

Just in case it has not been clear for you, when you go to the light from the form, lift the 12-feet and come into our space, you again immediately will begin to be form because we will relate as form at least initially. Every time you do that your body will be healthier—watch it happen. Having Oneness suffusing your body is the ultimate in healing and balance.

Before we end, let's look around in the ship. All you have to do is take your ball of light up there, 12-feet or so, and you are there. Just one step. You will be aware immediately that there is more light around you. It is a different quality of light than your incandescent lights, your earthly lights. You realize you are breathing differently, there is excitement and you have nothing to do and nothing to prove. As we are closing let us imagine together that we are holding our arms out around the waists of the person around our left and right. Sometimes the individuals you are holding are not human and that is alright. I as the voice, the voice not that you hear physically, that you hear mentally, I am not human.

Many of you are not human. We have come here for purpose. Let us remember what it is and get going. It is time for the planet to heal and for all the people, for all of life forms to heal. You have asked how we would do this, what would be the way to do this and now you know and so we begin. And for now, that is all, listen, look, hear, feel, know and be. It is time