

Fireside Chat for April 29, 2020

The Ones With No Names

Being the Stillpoint: Message & Meditation

We are going to put our hands on our hearts, our right hand on our heart and our left hand on our right hand. Breathing down into our bellies with our in-breath and fully letting out the air from the deepest parts of our belly... In the moment that we are in, we want to go to the still-point of all creation. Imagine that we are bringing from all sides of creation, all sides of consciousness, the energy and pulse of life, and bringing that right down into our heart. Every time we exhale, we are going back out to creation and bringing in the pulse of the stillness of being into the center of our heart.

The still-point reflects for each of us the grace and the understanding of this lifetime. It feels extremely important for her, for us, for all of us, to know where we are, to know how we are evolving and where we are in the schematic of consciousness. The easiest way to determine that is to bring creation into the center of the being, and breathe back out to that, and feel the stillness of creation moving into the frame of your essence.

In this particular time where the boundaries are very loose, open, transparent and non-rigid, it is imperative for you to know where you are, and for you to choose where you want to be. Also, to acknowledge that wherever you are, is fine and wherever your consciousness is landing is a moment of restoration—a moment of resting in the pulse of creation itself. The stillpoint that you are bringing in and out is the accumulation or sustenance of being. It is coming in and out because your being needs that sustenance at a time when the Earth and her people are in desperate situations of duality and dichotomy.

For each individual to feel the resonance of their own essence requests and requires that the place of stillness be accessible to you. This is so that you understand what stillness is, what creation is, what your essence is, know the difference and can recognize that in this particular time the foundation of your alignment is the trajectory of creation in movement through you into the Earth. If we are moving back and forth in creation, bringing creation into our being, we are bringing the space of stillness, which is like the eye of the hurricane.

There are all kinds of things around you to plan and decide and work with and on. In the center there is a place of grace, a place of constellations of awareness, and ways in which in the stillness, the accumulation or full consciousness of creation downloads into you. When that happens, it is as if creation has come through your central channel into your legs and feet and aligned you with the movement of creation. So we have movement and stillness.

Think about, look at and reflect on this particular time of transmutation, transformation, transcendence, ascension, and opening—whatever you want to call this time. The guardians that you wish to have with you are with you to support choice, to support intention, and to be clearly relevant to you in this moment. In other words, paying attention to what is needed and helping to create sustenance and awareness of that so you can plan and choose wisely, all of those things, has to do with your presence. Your presence has to do with how you calibrate your essence in relationship to the above and the below.

If we think about the below tonight, as if the commitment of the below is to horizontally with people that you care about and live with and are working through and meeting and having to relate with, we think about that as the below. Bringing this consciousness from above as a wave of motion, settling it, and sitting with it and resting it in the heart and letting it flow out to the world is part of how your sustenance can be created in such a way that it stays stable. It stays centered and opens to the flow of energy without flowing with that energy alone.

In other words you can flow with it as long as you are in the middle with the capsule that is still, because the stillness and the motion must now be identically resonating universally, vibrating and clarifying for you who you are in each moment, so that as you are moving and in that stillness, your essence is guiding your ship. It is moving you into whatever spaces of consciousness, the intention and choice in that moment will provide for you or open unto you.

We want to talk a little about this because the semantics are changing in this universe and what you can think of as the way it has always been is no longer the way it is. If there is any kind of rigidity about thinking what is most important for you in an old way, then the focus of that will basically move you out of the moment. Then the consciousness of the moment will not be as strongly and innately, clearly a choice for you in that millisecond. It is very clear that as things are flowing and moving around you, that the stability from the above to the below of the central channel and the stillness is where the indicator of consciousness is meant to be now.

So it is not your vision, it is not what you hear, and it is not what you are seeing on the television. It is not even what you are feeling from people around you, the level of fear or discomfort. It is the inside nucleus of the Truth that you carry, that has the stillness in it, has the space of creation in it that is going to open onto this moment for you. It will provide you with a way to be there that has all of the consciousness of creation and none of the limitation of manifestation, or being in the physical body, or looking at the mundane or working on the segments of your experience.

If you want to create something now you create it from stillness. If you want to intend something, you intend it from stillness. If you want to see something you go into stillness first, because the stillness has as its core the relevant vibration of what is being transmuted and transformed without the process itself being encumbered by thought, perception, or ideation. This is because any thought, perception or ideation in most times is dualistic or it has subject/object, or it has some place to go or something to do.

In this particular time, the next month or so, it is very clear that whatever you are counting on, whatever you need to feel safe, whatever you have come to feel is relevant to you as an identity, whomever you love and have relationships and agreements with, all of these dynamics and environmental connections and relations with animals, all kinds of things, are now going to disengage, disintegrate to integrate differently, open unto different calibrations of creation. In other words expand beyond what we thought the moment could contain. If we are in the moment, in containment, then in that moment we are unable to know the truth and this time is none other than knowing the Truth. It is the big flag and the big energy is this knowing the Truth.

Your consciousness is here now because you are ready to step into that void space and fill it with creative energy, with light, with consciousness, with Order, Light, Truth and Union—the building blocks of creation, in a different way. This is a time to go into a meditation or an awareness point or to sit under a tree, or to hug your loved one, your animal, or plants and just be. The being is now going to expand the capacity of your consciousness to define itself without the need to do so, and without the understanding you normally have about how that works, why that works and why you need it to work.

If we could say to you a formula that would allow for you to fully understand this time, it is that you have no anchors, no tension, no stress; no constriction. There is no limitation and there is no way that your consciousness cannot show up in this moment in its fullness, because once all of that extraneous energy is removed then the core energy from that stillness will expand to its fullest capacity. We have been discussing with many of you over the last four or five months, the necessity to live from your soul, to have your heart and soul connected, and to be working from your Sacred Space—the solar plexus at the bottom, the high heart at the top and Soul Seed in the middle. We have instructed you to use the 12-feet of energy as magnetism to carry spiritual consciousness and connect with all other beings 12-feet.

We have given you this understanding that nothing will be the same. Everything is de-structuring and that is the plan, it is not a reaction. And it is not Democratic or Republican. It is the Universal plan that you all know inside of yourself that this is the time for the de-structuring of consciousness that does not honor life and that honors the possessions or the greed of the money, or the position or the power more than the heart.

This is not something you have to concern yourself with. This will be taken care of. This de-structuring and restructuring is organic. It is in every cell and in every being that this is now happening, as it happens you can watch the environment sing that this is so. Every cell and every atom is alive now in a different way all around us in this environment. As you begin to think about being human, thinking about your security, your safety, your immune system, all these different things, recognize that going into stillness, even for a millisecond, consciously, rebuilds every cell in your body to vibrate with the creative instinct that made you.

This brings you (that millisecond of silence and still-point) to an organic awareness of how the God, Goddess, source energy of all, however you think about that, it doesn't matter, that all-ness, that source-ness is what you then feel in that millisecond. This is so that you are part of that

design, you are not trying to achieve it, reach it, understand it or in any way legislate it, about how it is and what it is. It is not about that anymore.

As you proceed now, the center of the cell, when the still-point is actualized from intention, from choice, moves as a wave through all of your life systems, reigniting the life force inside of you so that the consciousness is able to flow in a way that opens the design for you and allows all of the pieces of your consciousness to be part of that alignment.

You are each in a very unique place right now. This is the crucible, being right in the center of the movement back and forth, like a seesaw. You want to understand that *being still* allows you to have balance on both sides, on all sides, just being alive in this way that the point of integrity is not an idea, it is not a thought. It is a way of being that is then incorporated in your consciousness so deeply that every single part of you then becomes consonant, resonant with that wave of congruence. This is so that your immune system regardless of what supplements you are taking, is optimally charged with life itself—this sensation that the consciousness is so aware that it is speaking to itself through its own mechanisms that the mind does not have to orchestrate.

If you think about holistic health, the wellness of the four bodies—the mind, emotion, spirit and body and all, if you think about all those things, the rule used to be that the mind would orchestrate the functioning of the body—what you believed would have great impact on how your body functioned. If you believed in the fear thing or a scare thing your body would constrict, because it was responding to you as an organism that had the wherewithal to instruct it.

What is happening now is out of that realm and ballpark. It is the consciousness now that the body wants to listen to, that the body longs to listen to, and that the consciousness is ready to work from in a deeply resonant way so that you can go to sleep. You can allow your body and your awareness to work together without so much effort, without trying to heal this part and that part or the other part—everything being at 6's and 7's.

You are in this ultimate place now, and you want to understand that, step into it, gravitate around and through it. You want to claim it, be it, and open out all of that grace in a way that has no limitation, because there is none. If you can think about around you what you thought was steady, strong, dependable... it is going away. And you can either float away with that, lose your ground and understanding and have reaction, or choose to be part of the breath of life, bringing in and out that consciousness of the Truth of Being, feeling inside you that sense of grace that has no boundary—allowing that to flow in and out of your being, and not just as a meditation. This is not something you want to do when you want to stop for a few moments. This is a constant sense that the thinking mind is no longer necessary.

What comes from that then is the knowing, and the knowing begins to expand. It begins to set in new sign posts, new goal posts probably, but sign posts—things that you know your consciousness is ready to embrace. These are ways in which you know that the fortification of your consciousness is ready to be seen and felt and known and heard and demonstrated. Think about it this way. You have a design and the design is inside of you...it is engraved and imprinted. It doesn't

go away, and there is nothing you can do about it, it is just there. You go into that space and the design has the goal post in its sights, knows exactly where it is going, why it is going there and how it is going there. When the mind is missing and the essence is uplifted to become the voice or the instigator or the power, the being relaxes to allow that fortification to begin to lay foundation in the Earth, on the Earth, through the Earth.

Each of you wants to understand, this is not a choice any longer about whether you are going to do this or not. We very rarely have said things like this, as you who have not heard us for a while will be surprised. This is mandatory for your health wellbeing, safety, grace, comfort and expansion. It is trusting your essence to allow in a way that is absolute, that you trust the unfolding of everything about yourself, everything about what you have already chosen and where that is.

When you are in the still-point (that is just breathing in and allowing before you breathe out), it is not hard, complicated or difficult. It's breathing into no-thing, in the center of your body, in your heart and your Soul Seed. It doesn't matter where you breathe, wherever you want to breathe. It doesn't matter where you breathe. You breathe in and you STOP, and then you breathe back out and you are taking yourself **out** as you exhale.

What is happening is that there is this amazing flow where the feeling inside of you is that you are part of the universe in a way you have never experienced before. And because there is no ego, no reference system, no perception or ideation in the still-point, because it is pure no-thingness, you are then taking that no-thingness from the center **out**. You can think of it as waves or increments out. And then as it touches the edges, then creation comes back into you as part of the stillness, imparting to you, giving for you, assisting you, and supporting you in recognizing the vibration that is essentially the same as the essence you are carrying. This is what you could think of as a reflection of the Truth that you know and are.

As you understand this time you want to be very clear about where you are, how you are grounding, where the openness is supporting movement in the world, in the below, (this is as we spoke about it horizontally into the world) and how you are doing that, but you are not thinking it. There is no question from the mind. What should I be doing now?

What is happening is that the essential nature is bringing that life force in and opening it back out. As it happens, it is igniting the very structure of your consciousness so that it lives beyond the moment. It lives in a way that does not have boundary or ideation or even identify anymore. You are walking around now as an essence without identity. Because you are consciously opening those frameworks what begins to happen immediately is that the doors open for you because they are the doors in your design, and the doors in your design have a calibration. They have a way of supporting you because it is your yearning that is being expressed and reflected.

If you think about duality, the way duality works is that your essence is trying or endeavoring or planning to express or to gain momentum or to manifest something, or to feel something or not feel something, to be something or not be something. And that's the model of duality.

What is happening as the de-structuring is occurring is that there is no model now. There is no way you can do reaction now in the old way.

It is time for you, because of the way it is constructed now, to weave the understanding that you are carrying with the still-point of creation, with the momentum that has no boundaries. This is so you can accentuate, accelerate and consciously expand who and what you are without thinking about it or planning it or deciding anything or needing anything. The foundation of this particular time in human evolution is that we are right up against the end of the Free-will experiment.

We are right up against May and June and July when the boundaries are invisible but very strong and profound, the boundaries of duality. They are invisible, but you can see them played out all the time.

What happens as the Free-will choice is moving to the Free-heart experience is that each individual is going to have to come to a place in themselves where the grace of their heart inspires the magnificence of their being. That's the plan. So as you understand that plan, as you being to realize *I cannot do anything like I did it before, I actually don't need to do that. I am being given options to do something different*, what occurs is that the outer structure no longer has viability. So you are moving your own awareness and the non-dual into a framework where it abuts, presses against and then assists in de-structuring the duality.

This is not because you are picketing or fighting or pledging this against that or all of the anti-kinds of energy. Rather, because the energy of Truth is unstoppable. You are using it in your unique way as part of your design and essence to go right through that which seems to be so powerful, that has held the structure of this continent, this world, Earth, this whole structure for a long time. For thousands of years duality has been in force.

This is a big deal because every single part of you that has ever been alive in any incarnation remembers duality as the way it is. So you are not only having the structure of now to deal with, you are having the consciousness of human to deal with. That is why we have been instructing you so diligently to recognize that de-structuring is a good thing, and that we are moving into a time when the primary aim of life is to celebrate itself.

You are in a very unique position here, because you are hearing and have been hearing (some of you for many years) that there is a promise that there will be peace on this planet. That is what we are approaching. And before we get there, there is chaos, there is disorder, there is choice making, there is all kinds of up in the air...this and that, and that's okay.

You are forging a path and you continue to forge that path and it creates a stabilization. The most important thing right now (and we will be very clear with you about this) is that you stabilize your body in that stillpoint so that every cell receives the message of its own Divinity. That's your best immune system right now.

So that Divinity then expands and it sparks a light in every cell, the remembrance of Oneness in every cell. Then every cell sparks everything else and all the organs and all the systems and you

are alive in Light. And that's what you want. You want that aliveness in Light. And then inside the Design starts to expand in you because you don't any longer have a duality that tells you you can't or won't or there is not enough or no time. It is all gone. All you have is the Truth, and the Truth is that everything is Light and everything is Oneness and we are moving very swiftly into unification. It is the design. It is in everything, everyone. It's there. Whether it is activated or not, believed or not, is beside the point.

Each of you has the capacity when you're in still-point to relax so fully that the still-point becomes the whole field in which you are contained. So what happens is that your consciousness starts to grow and expand on its own and all you are doing is witnessing it, you don't need to do anything for that to occur.

The stabilization of you in this moment is a given, provided that you decide that this place of neutrality, this place that is in the center of being is requesting, sometimes demanding, but suggesting in any rate, that you pay attention to that. Sit in that, respond to it, receive from it so that every part of you, every atom says *yes, absolutely yes*.

Now as this happens it expands this whole container. It is in the middle of your being first, wherever you want it first, your Soul Seed, heart, solar plexus—Sacred Space—someplace in the core. You want your breath in your core. As it opens it is going to actually create these waves and these waves are going to take you out. As you go out, as we said, you are pressing against any structure that limits you, on any level, from anytime. You go out, out and out until there is nothing at all but pure being.

You could think of it as, and this would be nice for you to do, an opportunity to be the wind, to be the sun, to be the butterfly, to be the air, to be the ocean, the wave, the particle, whatever. To be everything at once without needing to define any part of that as good/bad, right/wrong, up/down, it doesn't matter anymore. As you open, expand and are in that beingness, that's the same energy that the Galactic Federation invited you to join last week where there is nothing but Union, nothing but Union.

Feel that for a moment. Imagine that you have opened the stillpoint inside your body. It has expanded. There are no walls, so your body is dissolving and there is no body anymore anyway, and you are One with everything. And when you are One with everything you are part of the Federation. You are part of the Galactic Force.

This force that you are a part of, this Oneness army, this force, the Warriors of the One; it is our time. This is what we are doing here. This is why we came and this is why the understanding of that fluidity of being is not just helpful, it's necessary, because it actually fulfills for you what you have been searching for and longing for and hoping for.

As we expand tonight together in this field, in honor of all of those we love, all of those we have lost and yet now found in this Oneness, every living being from any dimension, in any space moving around in consciousness for the direct purpose of feeling Oneness. This is because it is

the Oneness that pushes against the duality, because the duality cannot survive when the Oneness is in its critical mass form. The critical mass of Oneness is much more powerful than a planet with duality because it is not confined to this planet, so it is more powerful. It needs to come in while we have Free-will choice with human beings so that the force of that builds, the wave opens, and the consciousness expands.

You are in this place where the awareness comes around and through and opens because it can, but because that is what it's for. As it opens out and expands more and more, the awareness that you are carrying and sharing and the *army of this oneness* becomes this place where duality has to...it's like an Armageddon for duality. It's against something it cannot defeat. And duality is really interesting because the separation in duality, the objectification, the subject/object, the way that things are done on the planet where there is always a self to compensate or not compensate for, there is always something that has to be adjusted because there is a self. This idea of no self, of pure awareness, connection, openness, that availability, viability of being, that is magnificent, absolutely magnificent. And that is the promise. That it is your turn. It is yours. You don't have to do anything to get it.

Just remember because we are at this place of reckoning, in a sense again, and because the Free-will experiment is pushing against the Free-heart experience, so that duality is kind of in the middle of that. We have the Freewill, which is the choice, and then we have the duality. Then on the other side of that, in 2021 or thereabouts, depending on how everything unfolds, we have this Free-heart experience. It is gradual. It is grassroots. It comes from the hearts of the people. The hearts of people stop being afraid. They come together in whatever way is comfortable for them. They open out to everything all the time. They imagine the destiny of being, rather than a particular ideation that someone has to have to survive or live or whatever, succeed.

This is a time of absolute reflection on the no-thing, on being in Union or Oneness or openness, or stillness, however you think about it, because it is actually the same. If you have a practice or an intention that you would like to use—you would like to go into stillness in a certain way or hold fields, or to extend into Oneness and feel the wind and be the wind...accept that as you determine the intention you become the essence of what you are intending, instantaneously. Then we also throw out time. We don't need time anymore to do something, get somewhere or accomplish something.

This is really about what you could think of in many cultures and spiritual practices as Enlightenment, this idea of awareness being all there is, everything is awareness. As we are sipping that cup and drinking that drink, and holding that essence and being that force, only Oneness is there, because actually that's all there is. We want you to understand this because if you are attached to anything right now, anything, it will disappear, de-nature, de-structure, do something—it will not be the way it was. Your essence is the only thing that is shaping your reality, not anything external anymore. It can't shape your essence anymore, can't interfere with or impact your essence anymore in the same way.

When you are moving in and out, becoming the wind and feeling Oneness, going up on the ship, opening out, however you want to do this (all totally up to you), we will take you up to the ship in case you didn't do that last week. We will open up and do a little exercise here, but whatever you end up wanting to do, feeling comfortable with, whatever one of these practices or focus points that you end up with will be perfect for you. There's no one way.

You can lie in the bathtub and become the water that becomes the water that becomes the water until you're lying in all the water that there is. And then because you're so much water, you just dissolve into the water and all there is, is water.

You can climb a mountain and feel your breath and connect your breath in with the molecules and the atoms under your feet. You can feel how Oneness would be experienced just by air or just by expansion. There's so many ways you can play with this and have fun with this, and provide yourself this design, understanding and acceptance...in other words, understanding and accepting that you have a design inside of you that you don't have to worry about.

Allowing the design to open and lead you and guide you. Then breathing in and out of the universe so that the Oneness and the understanding becomes more solid, and that takes you out on a road, a path in front of you that will align you with everything that is, because that's the idea you know. We are One with everything that is. There's no time, there's no distance, there's no requirement. And we are not just talking to some of you, we are talking to all of you. You are all ready for this now. You are ready.

You have had things taken away from you—people, jobs, all kinds of things taken away from you. All these different rules and structures you know are put in place but a lot of things were taken away in their stead. The more independent you are in the awareness of your own consciousness, the more strong and steady you are. Then, the more as things unfold you're ready to stand in the grace of your own becoming and shine that out and open that in ways that provide a beacon for others, for the rest of the world, for whomever is around you. You become that beacon, and that's part of your design. So you all do it in a different way, which is part of the grace in action.

We want you to understand that you have benefactors. You have a spiritual Society. You have beings around you all the time to assist you—you are not alone. They are within that 12-foot radius that we spoke about the first week of April. We spoke with you about that coming together in that 12-foot sphere is your spiritual society, they are in there; everything you need is already in place.

We spoke to you about the light within your belly, that the light within your belly opens out and brings life from all time and all space and fills any self-doubt, any lack of confidence. We spoke about how the grace that you carry is now going to forge a new world- is forging a new world. And we offer you the presence of the Source itself, right this minute, so that you feel held, connected, deeply cherished, deeply seen, and deeply known. This is for you what you could think of as your graduation into Light and there is not one thing you have to do. Breathing, breathing

will do it. Breathing will bring you home because home is inside and creative energies at the same moment, so you're in both places at once.

Around you also in a large circle right now are large tall beings, very tall beings, 20-foot tall beings. Because one thing that seems evident to us as we look for each of you is that there is protection offered to you. Subtle, strong at the same time—subtle and strong is this feeling of being held. So as we are going into a very short meditation now we will have that sense of being held outside the 12- feet, inside the 12-feet, inside the kernel of the core within you. This core is opening to everything that you are and being, and so aware and alive inside you that you are really at peace.

Because it's all there and there's nothing you have to do, it will come, the future will come because it's designed into the framework of others' actualizations. Where you used to think that you had to do something yourself to succeed, you thought you had to have what you had to have in order to have things work. The biggest difference now is that as you let go and flow in this stream of being and others do the same, that's what creates the future. It's the community together that creates the future. None of you does it alone and none of you has to do it alone.

This is the time when everything flows into the moment of birth to provide this Gateway for the alignment of Truth in form. And it is glorious. It's what you've waited for, what you've longed for, and yearned for and worked for. And so we want to thank you for your work, for the intentions that you held for the grace that comes with each of you in whatever way you bring it. You are all amazingly beautiful, deeply sincere, and in an ultimate way connected in the most definite and clear way to Light and therefore to life. We have watched each of you. We have held you, we have cherished you, and sometimes you have known it and sometimes you have not. But now you will know it. You will now know who you are without the you. You will now celebrate all. You will celebrate your life in a way that has no restriction because Joy is not contained. When Joy is present it is absolute. You cannot have a partial Joy, so this is about celebrating life and living the Joy and its fullest experience.

Still-point Meditation

All right so we will lead you on a meditation that you can practice this still-point. So put your hand on your heart, your right hand and then your left hand on your right. Imagine that you are breathing into your heart. You're seeing something the size of a walnut, it's probably like a round Golden Circle or a nugget, something like that, about the size of a walnut, and you're going to breathe into that. And then when you exhale, you're going to imagine (not that you have to do with your hands), but everything in your heart or where you were just breathing is going to go out in every direction.

So it's as if the breath has every single strand of consciousness in it that you have, and it's going out to touch the full circle of creation, every time you exhale. And then when you inhale back into that Golden Nugget, you're bringing all of the consciousness of creation that you just touched back into your heart. You are going to breathe like the bellows, in and out at your own pace...

Just notice if you're exhaling this way or that way and just start again so that you're inhaling into the center and exhaling out to Creation. The creation is everywhere in the circle and then you are breathing back in.

Do that a few times and the walnut, the Golden Nugget is hollow, so when you breathe into it there's nothing there, it is like a place of Destiny that's waiting for you to imprint it. It's just a void and you breathe into that void...

Now notice as you breathe, that this rhythm is opening the walnut that is the size of a golf ball, then a racket ball, and then a tennis ball. It's just getting bigger as you do it. (It may take you three days to have it be the size of a baseball. It doesn't matter.) It's going to keep getting bigger until the circle of your stillness goes out to the 12-feet that you started with for your spiritual level of attainment, this level that you carry all the time, your spiritual level, 12-feet out.

So the stillpoint is going to fill your entire spiritual realm now. So you're going to be breathing from the edge of that 12-feet out to the universe and then back into that 12-feet. In another words it starts small and then it gets bigger, and as it gets bigger you start to feel as if everything that might be a boundary or perception of limitation is absolutely gone. Let's do that together just for another moment or so...

Now be aware of your 12-foot circle, just the edges of that, and imagine that as you breathe now in this particular breath you're going to go all the way out to the edge of your 12-feet—it's like a golden hula hoop, it's huge and the edges are gold...

And now you are aware that all of your circles are touching each other. As you go out to your spiritual acumen, so is everyone else, and you're beginning to create this dodecahedron and larger and larger elements of consciousness are starting to happen, and there's all kinds of geometric formations occurring. And we are beginning in this way, right now, to create the force that we spoke of, this love Army that moves this Consciousness into Duality and dissipates it.

And so in this next part of your life, use this, this idea that all of the circles are joining and moving, and there is no separation anywhere and everything is always fluidly expanding into states of being that provide the Truth for everyone at the same moment.

So feel the motion of your circle moving your sphere, touching others. Begin to feel what's being exchanged inside you. What is being exchanged through the circles without words? What are you growing into, what's expanding, what's opening?

Now just be aware of the nothing... And as you are aware of the nothing, the no-thing, your awareness expands and you are everything. When you are no thing you are everything, and being everything together takes us to the ship, to the Unity, the Unity ship.

All around you as you were in the awareness of the Oneness of all there is, flying all over the place, there are these beings that are holding the intention for your safety and well-being, guiding

you, so that you don't have to worry about your direction in the old way. Allowing for the Truth to now live inside you and open out from you...

Notice now that when you check into your heart center, just as an exercise of curiosity, that your heart is open—open to life and Light and Truth and Order, feeling Union and being in Oneness, it's just all there.

What we are celebrating together, right now, is the Ease and Grace that we can experience just by breathing together. Just by opening to the all that is, this huge Universe responds and fills us with joy, celebration, and a sense of Order...everything's alright.

Now imagine opening your arms to hold your own Circle...holding everything that you have just felt, and then bringing it around yourself in a hug or a in a circle, into your Sacred Space or your Soul Seed or wherever, and just bring it all around and in and through you. Bring it home... and rest and relax there now.

Remember if anything becomes difficult, STOP, breathe into your Golden Nugget, expand to the creation and immediately the duality will cease, because if anything's hard for you it's duality because Oneness isn't hard. So if there's a difficulty, just breathe and go: *Okay, well I'm into duality, so I'll click myself out. I'll come back to the way of being that I know is me, I know is all, I know is One, and I'll rest there.*

So remember that you are blessed, and honored, and cherished. Remember that there is no way that you are not held, because you are held in every way. And what's very beautiful right now is that you are holding yourself and that's all that you need. You see it's no longer about anything else.

It's about knowing that this is your time and your way and the way. And so you can trust completely in your essence, marrying and merging and Unifying with other essences, so that you see the new world and you see the new heart and you know that you are part of what created it.

We give you our blessings, we give you our love, and we honor each of your journeys to this point, to this place, to this time, and stand with you as you open unto the Truth of all that is. And so it is.