



2020: Call to Action! – *July Class*

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
- July 13th class audio and video links and transcripts
- SAME [Call Details](#) for EACH month AND group calls

2020: Call to Action

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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.

<https://files.constantcontact.com/a1b3299a001/ac967430-2373-4732-9d38-2b637f797f4c.pdf>

- *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

Year-Long Class July 13, 2020

Golden Heart Meditation

[Audio](#)

Transcript:

We're going to start tonight with our meditation, and if we remember correctly we were signing off last time between our Design and our karma. When you're in this meditation, just feel the Golden Heart that is inside your Soul Seed. That's what they're telling me we're going to start with.

Feet flat on the floor. Do that too. Hands on our heart. Let's begin to actually settle. Imagine that you have these areas in your body that you hold tension and we're just going to start from the top and breathe down. Let go of the first section of our tension and then the next section and just feel every time you breathe as if there's another part of you that is dissolving that tension as you move toward the Earth and into your feet. The breath is clearing, grounding, releasing all of our tension.

As we settle, each part of us is responding to the vibration of our Design. Whatever we have in our body that is uncomfortable, is part of the karma. Whatever we have on our mind is part of the karma. Whatever we're dealing with is part of the karma.

Imagine a Golden Heart in our Soul Seed as we breathe and let go of everything but our Design, breathing down into the Earth to ground our intention to be here. The deeper we ground into the Earth, the brighter and bigger the Golden Heart in our Soul Seed becomes. We dissolve all tension, discomfort, any difficulty; we dissolve it through the bottoms of our feet into the Earth and open in a broader, deeper, wider way, that Golden Heart that we carry.

Tonight we're going to be focused on this Golden Heart as a template or a structure of our consciousness that we can carry all the time. That is truly our vibration and responds only to Truth.

In whatever way you like to experience visualization or a sense of Oneness with an idea or a connection, with a picture or memory, grow your heart, your Golden Heart, so that it actually involves and includes your real physical heart. It goes down over your solar plexus and just for a moment feel the three as one in the sacred space that's now a Golden Heart.

The key to bringing the Truth of who we are into our bodies and lives is balancing these three awareness points within us. As they balance, the Golden Heart then moves up and down and to each side at the same time. We can breathe into this Golden Heart, finding new air and breath and oxygen, finding nutrients, minerals, balance points in our body and resolution of issues. The Golden Heart moves over and through our ribs, our heart, now up into our throat, down into our belly.

We want to carry this with us all the time now as an indicator of what Truth is and a way to use our Design in truth from our heart, from our Soul Seed, and from our power center. As we breathe, this beautiful heart moves up into our head, the back of our neck, the back of our head, the top of our head, down through our lower torso and into our legs and feet.

Allow yourself to breathe more deeply down into your belly. Relax every part of you as you breathe. Feel your vibration now, the same as the Golden Heart. Into your crown is pouring the golden substance of source right now, sustaining this heart even more deeply. Feel the source golden light filling up every part of you now, particularly the areas where you are tense or have challenge with. Have the Golden Light move out from your skin, moving through all systems, bringing a sense of joy, expansion, and acknowledgement.

Feel this beautiful source golden light flowing everywhere within you, restoring the honor and the grace that you carry and bring, opening the pathways of your Design into your physical structure and connecting you with the rhythm of creation now, as it flows through you, so that you are one with Creation.

Imagine that the point of the heart at the bottom is right where your feet enter the Earth and the top of the heart surrounds you and moves around your shoulders, so that you're fully within the heart. Imagine that you can project this heart from your Essence, your body, the stability of your cells as an energy, an essence, a picture, a response, an intention.

We're going to open our eyes and begin to send our hearts to each other. The reason that we're doing this is because we want to practice using this heart in the world, because this is what The Ones with No Names are going to be instructing us to bring this evening. We want to imagine that we have this heart all around us and we're going to imprint it into everyone else's heart.

Now let's close our eyes again. Put our hands on our heart, our right hand on our heart and our left hand on our right hand. Let's imagine that all 45 of us are blended in our heart. Breathe in and out of the heart as we actually unify all these hearts right now. Feel the hearts moving all the way through your body and out your back.

One of the things that these 45 hearts are doing is actually removing any calibrations that we have in our hearts; calibrations that define how we love, what love is, where it comes from, how to use it and what it's for.

This evening part of being in the truth is being in the fullness of the heart with no conditions. As we're breathing now into our heart, we're allowing more of each person - the memory of each person's face, the memory of each person's heart - we are allowing that to go deeper now. You don't have to think anything. Just allow the merging to happen inside your heart. Breathe in a rhythm that allows you to enter into your deeper heart.

If you would say out loud:

"I restore the order of love in my heart.

I restore the order of love in my heart.

Order is now restored in my heart.

I am now able to love fully from the Design I chose.

I am now able to love fully from the Design I chose. One more time.

I am now able to love fully from the design I chose.

My love for all beings is now unconditional.

My love for all beings is now unconditional.

My love for all beings is now unconditional.

I remember that I am here to honor life.

I am here to honor life.

I am here to honor life"

Now we'll open our hands out and again look at each other and just send the unconditional heart to everybody. No conditions. Thank you.

Year-Long Class July 13, 2020

Message

[Audio](#)

Transcript:

One of the things that's so important and necessary and helpful and beautiful is that each of you has a very strong structure. You may not think of it the way that we do, but we think of you as having a strong structure, which literally for us means that you are ready to take on the structure of consciousness, as Truth, in your body. This is so that each day you are able to hold the structure as if it was some kind of a William Marshall sword or Golden Heart or an umbrella (if you are Mary Poppins) or some kind of animal, if you have a totem that you can structurize; that you can make a structure of your consciousness, so that it becomes much more elaborate, in one way much more ready to bring together the truth that you carry, and much more able to be active, to be usable for you.

This is because sometimes consciousness is this thing that you sit on a cushion to feel or you send someone some energy around, and it's not necessarily what it is that you carry within you yourself. It's something you're doing or thinking.

What we're endeavoring this year to create inside each of us is this awareness that we are infinite and finite at the same time and that those two things are not separate. Your consciousness is very clearly able to be everywhere at once. As you are looking at the world splitting in half, you want to be everywhere at once because you're not taking sides, one side or the other. You're seeing it all. And if we can say anything to you that you will remember today, it is ***see the whole picture, see the consciousness of everyone and everything at the same moment.***

One of the reasons that the instruction was given in the heart meditation to flow in and through each other, is so that you become used to having this very, very thick, in terms of space, thick space in your body, so that you can move back and forth, from your heart in front to your heart in back. This is so that your heart in front and in back is able to have the same vibration, that you are able to see out your back and see out your front and see out your sides and above and below, all at the same time. This is consciousness in motion and action.

This isn't about meditating and thinking and going someplace and planning something or hoping something happens or dreaming that it will. This is a time, literally, when you must stand in the vibration that you have come to bring or else you will be wobbly. You will have anxiety. You will have distrust and fear and all kinds of things when that stability is not recognized. We're giving you these experiences each month to support this inevitable

(because of course it is) movement in consciousness that also then instructs you and calls you forth and opens you and stabilizes everything; and it does it all at one time.

In years past we've had to give experiences one at a time or we have been able to give you a chunk of this and then a chunk of that and then a chunk of the other. In this particular year you need all the chunks to be together so that your awareness of what's happening is fully conscious (available to you) and also uses all of the aspects of your consciousness so that you're all together within yourself.

Now you're having a lot of karmic visibility, let's say. On the tubes and the media and everything, it is very visible right now. It's going to get more visible. One thing we want to make sure that you understand is that this is not about attaching to someone or something as being good or perfect, or basing your structure on someone else's structure, or believing in something so that it gives you safety or security. This is not about that. This time is not about that.

It's about your consciousness having infinite and finite connection back and forth just like the liquid gold that we use this evening. When you bring liquid gold into your body and your heart is gold and everything inside of you is golden, then you are in this etheric envelope that allows you to respond to the Truth of the source of creation without any figuring out or having to validate or whatever.

Tonight, before you go to sleep, bring in this golden thread of energy, the source of energy. It can be a flood, it can be a waterfall, it can be a stream, whatever you want. Bring it in the top of your head. Bring it in to all the cells of your body. Lay on top of it. Have it flowing over your body, inside your body, all your joints, every rib, every part of you; every organ and cell and system and chakra, everything; all the way through and out the bottoms of your feet. Tonight make yourself that promise. Put a string around your finger so that you can remember.

When you bring it in, in the collective consciousness of our group; when you bring that energy into your being as a solid representation of Oneness and Truth, what you then have is a calibration that's not in your heart about "who do I love and how do I love?" It is a calibration about what is the Design, what is spirit, what is golden light? What makes it possible for Oneness? How does that work in this planetary system? "How do I trust infinitely, eternally and absolutely that I am receiving the guidance of Oneness and nothing else? How do I trust myself implicitly, to bring forth this Truth in my life and in my work and in my art and in my creation and in my loving and whatever it is?"

Bringing the golden energy through your body is going to attune you to the infinite. When you bring it into the body, it becomes finite and the consciousness then begins to vibrate at both places or levels or distinctions, the above and below, at the same time, in the same way.

If you think about how duality works, the only way it can work is if there's separation. If there's no separation, duality isn't really there. It doesn't mean anything and it doesn't do anything. When you bring the infinite energy into your body, which is finite, and you make that marriage, then the trust of the Oneness is in every part of your being. Every aspect of you begins to vibrate as if there's nothing else, and then that goes out into your environment.

It goes out into your world, it goes out into your communities. It goes into your families and into your work and into every breath. Then your consciousness is Oneness and it isn't about believing in Oneness or "I didn't really feel (in the meditation) like everybody's heart entered my heart." Well that's okay, because whatever happened is fine.

It's here anytime you want it. It's not going anywhere because there's no Time, and all the hearts are still connected. That's a Physics principle. We just did that on purpose. When the infinite and finite are in Oneness in your body, through the golden nectar that you're going to bring in tonight before you go to sleep, you're anchoring that in the cells. You're instructing the cells to receive it because you're bringing it and you're in charge. You're asking every vertebra, every organ, every fluid in your body, every place, to remember its wholeness.

A lot of the reason that you have structural challenges in your bodies, environmental challenges or whatever, is because the infinite and the finite have been separated into two categories. "I have to go get my spirit. I have to do whatever I have to do," and now you don't. Now it's all the same. It's all One. We just did that. With this consciousness (of the Oneness with the infinite and the finite unified) comes the awareness of your Design. That awareness, for each of you, is pertinent to where you live, who's in your life, what your choices have been to this point, and how you deeply and authentically want to bring that design into more clarity. **The clarity of your Design is literally about the union of your parts.** The more the parts are unified the more the energy of your consciousness is then available because each of the parts of you is then in relationship with each other part.

Many of you have said for many years, "Well, I don't know how to go to the Swing Between Worlds" or "I don't know how to get my Akashic record" or "I don't know how to connect with The Ones with No Names;" or "I don't know this" or "I don't see that." There has been this very strong sense of discordance between instruction and reception or instruction and activation of what we have instructed. That is literally about duality. It is about the difference between what is existing and what is known.

Now, in literal ways, we are creating a different framework, a different possibility here, where the infinite and the finite are now unified. That's all we needed to do, invite the Source in through everything, and then it happened. One purpose for this particular time that we're in, in other words, this year and date and moment, is to take the structure of consciousness and shake it up. That's what we're seeing. We're seeing the shake-up of the

consciousness of
all life right now.

If you want to be whole and healed and unified and present, you're choosing your design to be stronger than your mind's ideas. You're living in a place inside yourself where your heart is soaring and open and discovering. This is the time for all of that. That's what this time is.

You can congratulate yourself for being here right now because the information that you're carrying in your cellular structure and in the ley lines and the meridians and spiritual connections inside you are all now weaving together, because there's absolutely no separation.

If you think about the world right now (the structure of the world and what's changing and how the signposts and the signals and the stanchions), all these very structured things are basically dissipating. Everything's topsy-turvy and chaotic, really. You realize that that is your key or your request or your permission (however you think about it) to go beyond that chaos, to go beyond what is no longer working structurally and create from the only structure of Integrity that you have. That's your Essence, which has your Design in it. It is your vibration,
is above and below in Union, and has no conditions. It's extremely valuable as a concept. There aren't any conditions anymore. Separation in its definition kept everything apart, and you stop that separation within your own being.

The way that we're doing that is bringing the infinite into the finite tonight. As you do that, you're basically saying: "There's no more separation in me, so I can show up in the world without separation. Then the Golden Heart that I'm showing up with, and as, is able to connect with other hearts." They could be the size of a pea or the size of Mount Rainier. It doesn't matter. Your heart is seeing all of that. It's as big as the Universe, so it doesn't matter how big someone's heart is or how closed, or how they are this or that. No conditions. You're holding your heart, as it is, wherever you go. You don't need to change that because someone understands or doesn't understand.

Because there's no more separation, you are not separating in your perception of what is good or bad or up or down or more excelled or less excelled. There's no conditions anymore. So breathe that for a moment. Feel the golden nectar flowing into the top of your head. Feel it going wherever you need it without condition.

We are like a broken record. We understand that in telling you that your choice to bring together all these aspects is your way home. It's your power. It's your greatest asset. We tell you this all the time and we're hoping tonight that you hear us. Choosing to join everything together within you is the key. Anytime your mind will put a flag up or think this or that, you just bring the infinite energy in more strongly, more deeply, more completely and then you don't have this idea that you're different, it doesn't work for you or there's all these other conditions that have to be met before you can receive it or whatever other bullshit that your

mind puts together for you in those moments; or symptoms from your body: “Oh I have this though, this won't work.” Just start again.

We're here this evening to work with the world, and the easiest way to work with the world is to refine our system. This is so that when we work with the world, we are a refined system of clarity and integrity and we're carrying Truth as a banner. It is not individual Truth right now that is needed. In other words, it's not about what you think is real or true or what people should or shouldn't do. It's not about you deciding what Truth is. Please understand that.

That has been, in a very real way, the antithesis of Oneness. It is the infinite coming into the finite that brings the Truth of Oneness that then speaks or acts through you. Then your destiny, because of the way that that Truth is aligning inside of you, joins with the destiny and joins with the Truth. Everything about you joins with those two elements.

Karma's gone in these moments. Then you bring those two things together. You bring the Truth of Oneness that you're feeling from your body into your awareness. Some of you might just remember it. “I know what it is. I know what the New Earth is. I know what it is to have the Peaceable Kingdom. I know because I can feel it already.” That sense inside you is really, really what you can believe because it doesn't come from outside. You don't have to ask yourself any question about it because it's real and it's there. The Truth comes in through the infinite connecting to the finite and you have that sense of strong either remembrance or affirmation, probably. It could be many other things as well, not limited to that but it is most probably those two elements. The remembrance or the affirmation, and you feel that tonight.

Then the Design; as you bring that through each system and each moment of your being, each breath and all your dreams as you sleep at night, and so forth, the Truth will then open your Design to offer you ways to bring that clarity into the world. Now the important thing about that is that you are not making that determination yourself from either your ego, your karma, or your mind, or your emotion, or your story, or anything else. The vibration that's coming through you is actually the vibration of Oneness that's attuning you to remember the Design that you're carrying here, so that you don't have to worry about what to do in this situation or that situation.

Each and every human being on the planet is being given amazing choices right now about what to do, what to believe, how to act, what's real, what's not real: “Should I picket over here, should I protest over there, should I send a letter, should I speak? What should I do?” Everybody is having this “How do I get involved? How do I help? What do I do?” Each of you has a different tract, or a different pathway. Each of you is going to answer that question for yourself in a different way. What we are here to do with you is provide you with a way to do it that is authentically you, that supports you in ways that you really feel inside are accurate for you. This is so that you are literally, really, really, really connected to the part of you that knows what that Design is and lives it fully and connects deeply through all of those spaces

of intention to affect the world in a positive way. You do this from the part of you that has wisdom beyond your years, beyond your education, beyond anything at all. This is the space of really understanding what it is that you are, why it is that you have come, and what that's about.

If you think about the logical understanding of this group framework, what we are doing is creating One Heart. Now One Heart, in a literal way, would mean (if we're thinking about normal human interaction) that we are able to blend the frequencies that we carry, the energies, and the emotions, and the idea of love, and we are able to feel that from each other. We are able to rest in that and know that we are accepted and understood and it doesn't matter who we are or what our issues are, or whatever.

Nothing matters because there are no conditions on Oneness and we've just experienced that. Also, however, in the One Heart is another very important aspect and that is: because this time is about community, about action that involves many, and about responding to what's happening around us through this One Heart (non-separation), the One Heart synthesizes and weaves together our purposes so that each purpose is finding a fiber in another person or part that's in this class.

You're weaving together in an unconscious way many times right now, so that you can start to activate or heighten your response to this community energy. The reason that this is very, very valuable right now is because none of us is going to do this alone. As you feel the weaving happening, as you're bringing in the golden thread or the golden pillar or the golden nectar, whatever you want to do, the honey of life, as you're bringing it in, you're also unifying with others' Designs, bringing forth clarity about yours more so and fundamentally beginning to respond in the world from this place organically.

Now we want you to understand that word "organically" because it is necessary for you to recognize that as an indicator of the flow or weave of this synthesis that we're speaking of. Yes, fine, plan with others. Fine. However, when the weaving is going and the energy is flowing and the movement is aggregating and coming together, what you will find is that immediately in your consciousness is this very strong awareness that the actions are flowing from you as well as the energy, that the movement of this is about you responding without thinking, without planning, without needing; without the structure of who's in charge and who said that.

It's happening in such a way that the synchronicities, the ways in which things are just flowing together, are accelerating. What you want to do is **stop when it isn't flowing**, realign the infinite with the finite. Go into that One Heart and then open and allow because this time is very much about pre-planned interaction and connection that is not mental. As we open all

of these doorways and gateways together and we're flowing all around, things happen spontaneously without us having to figure it all out anymore. We're able to blend with

others in ways that we weren't sure could happen, particularly because we're not necessarily in physical proximity. The actions and the movements are going to be different than we had anticipated seven months ago.

Each of you has a role to play in the unfolding of the Design for this Earth. You all are Emissaries who came here. You're all here to support the Great Mothers, above and below, without condition. Such a beautiful idea. "I'm not asking anything from you. I'm just here to give whatever it is that unfolds from my presence. I know that you will receive it because my presence is my greatest gift and as you experience my gift everything that you need is received. I didn't know I was going to give that to you. I didn't know I had that to give to you." It is our connection that brings it forth. Think one moment about that. **"My connection to whatever it is, whoever it is, is what brings forth my gift. I cannot anticipate, plan, think it out, figure it out.** That's where I get stuck."

Flowing, opening. Okay. Flowing infinite into finite. Opening the big heart, big Golden Heart, standing in that big Golden Heart; giving your Golden Heart is the activation of the connection with whatever and whoever it is. Then whatever gets received gets acknowledged in some way. Sometimes for some of you it's going to be acknowledgement that you know in your being that it has been received and you don't need anybody else to tell you it's been received. All those days, we already told you: that's all gone, where you need approval from anybody else outside of yourself. This is about *grand autonomy*.

There's nothing you have to do. "You're already receiving the grace and the blessing," Miss Jayn just said. She said to this one, "My last breath; right away, I got the grace and the blessings and I've had them ever since and I'm giving them to you. I am with you. You're with me. We are together. It is all Oneness, as are those grace and blessings."

Each of you has a very special gift to give and the energy of that gift has strength when you are autonomous within it. You're not looking around you, like, "What's going to happen, and who should I listen to, and what's going to come to me now, and should I do this or plan this." All that angst is no longer necessary at all. It's just not necessary.

We started out this evening saying to you that you want to have a strong structure. When you bring this infinite energy into your physical body, which is finite, then you have that structure and you can make of that structure whatever you wish to make of it—the umbrella or the sword or the heart or crystals. It doesn't matter what you make of that structure. You hold that structure very, very tightly, in a sense, as if it has the capacity to represent all of your energy fields, all four of your major fields: your physical body, your emotional body, your mental body and your spiritual body.

Practice grounding it. Practice taking it into the Earth. Practice receiving it at night, lying down in it. Take a bath in it. This is one of those times when your imagination, your capacity to create, the sensuality that you want to feel sometimes, the energies that you want to create, the relationships you want to have; they are all part of this.

This is about every single aspect of you being in harmony as part of the structure of the creative energy that you're carrying around and embodying. Recognize that we are not doing a spiritual practice any longer. We're not practicing anymore. We're at the gates and our presence is needed on the other side of the gate.

That presence can be any way you want it to be. There or no conditions on it. There is nothing you have to do and it's probably nothing that you thought of yet. "How I'm going to do this and how I'm going to live this and who I am and what I'm bringing in." You have no idea, so you throw it all up in the air and you decide, "I don't know!"

"My happiness does not depend on knowing right this moment. My balance, my harmony does not depend on knowing right this moment. In fact, I don't want to make any decisions right this moment. I am going to embody Light, Order, Truth and Union in Oneness in myself as the truth that I carry, so that in that embodiment is the structure of creation itself in my body, in my temple. This is so that I can take this temple anywhere and do anything as long as it comes from the communion and connection with the One Heart."

Your mind will have lots of stipulations. "Well I can't go there. I can't do this." You know, it has so many stipulations, reservations, whatever, contraindications. So we don't go there right now.

You could think about it this way: ***If you're not moving forward, don't move. If it isn't flowing, don't go. If it isn't clear, don't act.*** Be with the momentum that comes automatically with this movement of the structure of Truth and consciousness within yourself, stabilizing how you are now.

We just want to say a few more things and then we'll let you have your break. You each want to have around you pillars of strength and pillars of protection. It is just so that we can assure you and we can assure ourselves and we can assure everything that everything is in Order around you. This is because we are asking you to trust the Infinite. We are asking the Infinite to surround you in protection, and that protection has to do with your having the autonomy to be able to flow in community with life in the midst of chaos.

These Beings that we are going to be instilling for you and with you are very tall, as tall as you want them to be. Very tall, and they stand. They just stand, and they are Guardians, you see. The Guardians are around you so that in your awareness you are in a Pillar of Truth, surrounded by a Pillar of Truth on all sides and your energy field is then able to radiate that far. Then you can radiate it further. As far as you want to radiate it, these beings will be there to hold the circumference. This is because the world is acting erratically. What you want to do is act strategically and your strategic actions want to be well-placed, well-timed and well-done.

Know that we are holding you. We're going to actually give you another message as we are taking you into your final meditation. We want to give you a break but we want to have you understand that when you move, move as a Pillar of Light. You are never alone as a Pillar of Light because as soon as you become a Pillar of Light, all the Pillars of Light around you will be noticeable. You'll begin to feel like there are really a lot of Pillars of Light around you.

When you have structural difficulty in your physical body, stand with your back against a flat surface like a wall, and imagine that Pillar of Light standing there behind you. Begin to use imagination so that the Pillars of Light assist you to transform the karma and embrace the Design.

Year-Long Class July 13, 2020

Taking the Heart into the World Meditation

[Audio:](#)

Transcript:

Perhaps you can feel the excitement we call excitation from the soul, the excitement of realizing that with duality and separation being extinct, we're beginning to create something different, something really different. All of the old ideas you have about how things are going to work, impede your flow. They impede your capacity to move with the energy of your design. When you feel that you are held by some invisible force that won't let you do or go or be or whatever, just realize this is all the way the habits and patterns of your existence on Earth have been for thousands of years. We are really looking at changing this design of the planetary understanding itself, not just your little itty, bitty design. Right? Everybody's design.

Just know that if there's a stuckness, you stop. If there's an ease and grace you go. Around you all the time you know you're safe. What we're endeavoring to show you is that you're used to having safety with the structures you're used to. Now we're giving you these big Beings instead of the structures you're used to for safety, as well as the structure of your own Essence, which is amazingly strong.

If you have karmic conditions physically, if things are going on physically, stand straight and tall against the wall. Feel behind you the Pillar of Light. You can be one of these safety ones or it can be from the Guardians of the Earth, these big ones or they can be someone that you put in around yourself as a pillar behind you. It doesn't matter. It can be an oak tree, whatever.

It doesn't matter.

Blend the structure of that Pillar of Light into your back. You can do it lying down. You can do it on the floor. You could do it in bed. You can do it standing. Begin to recognize that you can transmute the finite with the infinite. You can bring that energy of spirit into the physical body and change it. Everything changes in the body anyway. All the time; it's always changing.

Why aren't you?

So, you go “Okay, I'm not doing what I did. Whatever I'm doing now is going to stop because

it isn't working and I'm going to do something different. I'm just going to keep flowing that golden energy and bringing that Golden Heart out and opening it out. I'm going to allow it to guide me, allow it to connect, so that my gift comes, so that the person or Earth or whomever receives the gift and then I'll know more about how my gift is being presented, received, what it's about.” The pattern that we're talking about here, is that the heart (meditation) that we did tonight started in the Soul Seed. The reason it started in the Soul Seed is because that's where your design is. As it opens out, the design is opening out with it and therefore each part of your essence, all the parts of you, are coming from that core energy of your invincibility, your desire to be here fully and bring the infinite with you.

You're all going to do that in some way or another. You're going to honor life and you are going to bring spirit; Truth in other words, Oneness, Light, all those things.

The only other thing we want to make sure you do, is keep your feet on the ground during the day. When you're walking around doing all this whatever - being and giving and receiving and connecting and receiving all this light and receiving from others and all the receiving from all the dimensions and everything that you're doing - have your feet on the ground.

The bottom of the heart touches the Earth. It can be between your feet. It doesn't matter where it is. It's this idea that you're contained within the Heart of the One or the One Heart. You are contained within this space and place where the consciousness doesn't have duality. That's the key.

If you don't have duality then it stops existing in your environment, in your body, in your karma. It stops. That's how powerful you are, and when it isn't there, guess what's there in its place? The dream is there. The new Earth. The truth between people is there. Listen! Open! Respond! and know that this is about Now. It's about you and it's better than it's ever been because you're going to be fully here and all the gates are now going to open. All right?

We'll just do a very brief meditation to align these parts again, support you in your endeavors this month, and assist to bring forth some awareness within you of how your consciousness is going to touch the Earth and her people.

Bring your hands together in prayer position, whatever is comfortable for you. Imagine that between your palms is the One Heart. The One Heart is going to move through your hands, both hands, up your arms, and take its place right behind your human heart. The One Heart will then come through your arms, into the tops of your shoulders and into your back.

Just let it happen. Don't worry about the vision or should it be this way or that. Just allow it. If we were looking at you, you would have a heart painted on your back. You have still got it between your hands too, in prayer position.

Now bring the heart through your body from your back and down your arms again and into your hands. Breathe a few times so when you're breathing in perhaps for you, you take the heart through your hands and arms into your back, and when you exhale you bring it back into your hands or vice versa. It doesn't matter. You want to begin to feel the One Heart moving through you and you want it to build up in your hands.

Now gently bring your hands apart and imagine at the same time that you're expanding the heart that you're holding. Then continue to expand the heart until you actually see it around the world. The whole planet is inside your heart now and your heart is going through the planet and back into you and back through your back and from your back to the front. Your heart is as big, actually bigger, than the Earth and there's a movement forward and back with the heart.

Now bring your hands to your heart, right hand on top of your chest and then the left hand, and as you do that bring the Earth in. Bring the Earth into your heart. Now dissolve the Earth. Dissolve your heart. Dissolve your body. Just be golden with no form.

All of our gold energy is now going to come together and be one golden light. As we end the call, we will be sending that golden light to each other, seeing only the light. No form. Being only the light, no form.

I am light and light I shall remain. I am light and light I shall remain. I am light and light I shall remain.

Take your light. Shine it bright. Every moment now is about shining your light, feeling golden, and bringing peace.

Year-Long Class July 13, 2020

Video:

Note: The video is all-inclusive and very large. It may take a long time to load on some devices.