



2020: Call to Action! - *February 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
- February 10th class audio links and transcripts
- Questions for group discussion

2020: Call to Action

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*Updated: 2/20/20

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Misc. Information

- All class and *group meeting calls will utilize the *same* call details.

*Note: For a group call (you know your dates) a password will not be necessary.

<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

FYI- Here again is a link to the CC email with links private page and call details:

<https://myemail.constantcontact.com/Your-unique-details-for-course-Zoom-meeting-calls.html?soid=1102356560666&aid=yL8HgMfg2d0>

Year-Long Class-February 10, 2020
Opening Heart Meditation – [AUDIO](#)

Transcript

As we put our hands on our heart we are going to focus right now on our connection to the deepest part of our heart and soul. We place our right hand on our heart and our left hand on our right hand. Begin to acknowledge that right now you are in a place of total receptivity. There is no condition on that receptivity. There is nothing that you have to think about. You are able to open deeply into that space and every part of you is available right now.

You have all the answers to the questions that you have been asking. There is within you a wellspring of wisdom, and as we breathe deeply into our hearts the heart responds by opening and allowing us entry into our deepest knowledge.

Imagine a doorway opening in your heart. You are going to walk a few steps down into the deeper parts, recesses of your heart. Imagine that you have opened a doorway and are taking a few breaths and going down some stairs into this chamber of your heart. As you look around in the chamber you see that there is a very bright light and the light is beckoning you to go toward it and so you do go toward the beautiful light.

In that light there is a beautiful seat, a special throne for you to sit on and so you sit down in the recesses of your heart with the brilliant light shining upon you. All around you are windows, glass, and translucent panels of light. They are providing you with a view of your own wisdom and truth. As you sit deep in your heart, open to see, you are given in each of these panels as you look around, the truth of what you bring, who you are and why you are here. You see the pictures or feel the energies of the actions or the individuals or the environments that you have come to bestow your gifts upon. You feel more and more as if what you are seeing is who you are. What you are feeling is the kindness and compassion that you are giving and receiving in the world, and you are receiving the honoring of all of the aspects of you.

For a few moments we are going to open to see who we are through these pictures and images, and memories and aspirations. Also the truth that others have brought us about ourselves; what they say and what they know about us that we have to acknowledge as part of our wisdom. We look deeply into ourselves, the self that is reflected in this deep place of wisdom. These windows and panels of light are moving around us so that we see more and more of our past, present and future.

We see where we've come from, and what we've learned and how we've expanded. We are aware of our aspirations and the parts of us that are ready to bring to the world what we chose

to bring. We are letting these images flow around and through us, deepening our connection in a timeless way to what is being offered from us and through us. We can feel our calling, what we're moving toward, what is being called forth from us. There is a deeper calling now from our soul that we are also seeing reflected in the panels and windows of our deep heart.

We see the diamond of our integration, the diamond of our calling. Imagining we can go right through the center of the diamond in a golden circle and feel the connection to our soul and its purpose. Through the portal of our soul we see new images, have awarenesses of more of what we are and bring and our Seed of Light, the center of our body, and the portal in the Swing Between Worlds. This diamond now comes together in a very strong and beautiful way so that we feel that we are everywhere at once. We see the whole universe through the swing and we feel our connection through our own Seed of Light.

There is no limit or boundary to where we can go, what we can see, and what we can accomplish because we are everywhere and everything is clearer and clearer now. The beautiful light that we are within, as it brightens now more, fills us with the light that is carried from the golden source ray of Truth and Light and Order. The golden mantle is now all around us and within us, spreading to the divinity that is the essence of our creation and flows through each of us to bring a deep honoring of what is possible now.

In these moments there is a truth also that this golden mantle is deepening our body wisdom, our emotional wisdom, our mental capacity and our spiritual connections. The golden mantle is forging for us a way into the world that we've never had before. Right in front of us any obstacle is being removed. Patterns that we've carried are no longer valid. Ways forward are being opened for us—possibilities, opportunities, clarifications, and limitless beingness.

So, just for a moment, imagine that in front of you is this golden pathway. It is moving in a circle. So anywhere you look, any idea you have, any place you go, this golden pathway is there already for you waiting, providing you with an opportunity to utilize these pathways. This is so that there is a freedom that you have now that you have never experienced before in this lifetime.

Feel the golden pathway as a circle around you, like a vortex, that is offering you an opportunity to rest in the movement of creation as it comes around you and sustains and supports you. As we commune this evening, allow that golden pathway of the circle of life to move around you in a circle of clockwise energy that keeps you open. This circle supports you in receiving everything you need without limitation and that offers you alternatives to your normal thinking patterns, emotional responses or physical inhibitions.

So we open, we expand, we allow, and then we can connect more fully than ever before. Connecting with each other is our first step to expanding into action what we each bring. We

trust each other and share from these deep parts to lay a foundation for our new life, our new world, and our new states of being.

So imagine that this golden circle is around you now as we open our eyes and connect in with each other.

Year-Long Class-February 10, 2020

TNO Message – [AUDIO:](#)

Transcript:

This month is about choosing the harmony of your own integrity, recognizing that what you carry is all you need, and realizing that everything that you have ever wanted is woven into the texture of your Sacred Space. The Divinity that you carry, the Truth of that Oneness is accessible to you in every moment.

The topic tonight is about Truth. If you think about Truth from a logical viewpoint, you are thinking about everything that is right. Truth is always the right thing, the right words, the right energies. What we would like to understand together this evening is that there is just one Truth and that includes everyone's truth.

If you are thinking about a normal truth, everyone's truth would not fit into that definition or into that space. So, as we think about truth, we want to understand that it is a vibration that individuals hold and experience and simultaneously are oriented with the creative Truth, so that a personal truth and creative Truth are essentially vibrating at the same rate of speed. They are not the same ideations but they are vibrationally identical.

That is an idea that perhaps you might want to work with a little bit. You know, like how would that work? How would each of all these individuals on the planet have a vibration that would orient itself to creation in a way that would allow each and every person to fit and to come together. This would happen in some way that would align and open and experience, in a lot of consciousness points, that everyone had a particular way of being that would then dovetail or unify as that one vibration.

If we think about the Swing Between Worlds as a portal where people go in and out—into a lifetime, come out of a lifetime, and then you have this capacity to see everything. So you know everything and you are there. Now that spark or that small Seed inside of the center of your

body is not just a reflective point of that larger dimension. It is the connection to that larger dimension.

That is why last month, the first time that we were together, we literally gave you the experience of moving from your Seed into the larger capacity and then back to your Seed. The golden mantle is giving you the opportunity to have everything at one time. In other words, if you are having the golden mantle come down it is stimulating the Soul Seed, and if you are stimulating the Soul Seed, the golden mantle opens.

What you want to remember as you go forward in this time is that **the mantle and the Seed and the golden energy and the Truth are the same.** You could just say they are synonymous. That would also mean that because they are synonymous that when you are standing next to someone or when you are involved with a particular project or you are intending to vision together or whatever, that that Truth of that vibration and that synonymousness of all of these aspects is actually Oneness.

So being in Truth in the vibration of your Seed of Light, connecting into ultimate creation and being in the space of Truth is the experience of Oneness. Because this is the case, because this is the actuality, then there are many ways, many, many ways to approach being in Truth, being in Oneness, being in the heart, being in the Seed, being in the Swing. You can enter this kaleidoscope of consciousness through any of those doorways. If you are one who is very visual, you can see this huge chrySTALLIS, this diamond in the sky, and the portal and souls moving in and out. You can go stand there and look all around. That's great. If you are not that visual or you are visual differently then you can apply your particular understanding or experience in whatever way works for you.

You may put your fingertips in the Seed of Light and breathe into that space. You can go in or may go into the heart as we did this evening and find a place; a throne, a golden chamber, a space where there are all of the images or pictures. Sometimes going into a picture that was before acknowledged, or held, or structured, a memory or a knowing or a connection, will allow you then to have access to some other place inside your consciousness.

If you don't have that viewpoint, maybe it is a feeling you have, a feeling of being at one with the earth or a tree or a flower or an animal or the sun or the moon or a rainbow or a crystal. It doesn't matter what your entry point is. You all have an entry point. Of course, we are here with very strong intentions to have you find that entry point, because that's where the harvest is reaped through your consciousness. The gifts that you have are directly related to your access point.

If you know that your access point is a sword of light or a rainbow or a lion or the ocean or whatever it might be, go there. Find the entry point in the feeling state, in the knowing state, in

the perception state. If it is more mental, if it is more wise, if it is more spiritual, it is more emotional, it's more feeling, it's more subtle body, whatever it is, access it that way. To put a limit on it or to understand it in a way that has a condition is not acceptable any more because it is not applicable any more.

You see, we are at a place or a point in our evolution together as humanity and the species and the evolution of the critical mass that we have to find our way. We have to. It's not about maybe I will, maybe I won't. Well, I do you know, 33% but I can't do the other two-thirds. It's not about that any longer. **It's what is the pathway for you and finding that pathway and knowing that the only thing that stops you in the resistance in the mind to finding it.**

The truth is really, in this particular month, the question is *why am I where I am? Why did I choose what I chose to be where I am? What is the foundation that now I can open to or the understanding or the experience or the memory or what it is that I can open to that will take apart that resistance and give me the truth of that one self or that one point that includes everything?*

Because we are streamlining now. Remember, that all of the understandings that you have brought are being given to you in ways that offer you new solutions to everything in your life. In our experience of humanity most people are saying, *well, this is good and that's good and that's good. If it only wasn't for that thing or that condition or that person or that whatever.* There is always this thing of well, there's just one thing that doesn't work, you know.

We want you to understand that that limitation is no longer accessible as a story or an underlying energy field that has impact on your forward motion because there is nothing impeding your forward motion any more and we will explain that.

Okay, so the duality that we are experiencing on the planet has to do with the separation of the two sides of duality itself. We've talked about that a lot. Every time someone takes sides, they are adding impetus to the separation and the disjointedness that is now occurring on the planet and there is more division. So every time you take a side you are creating more division on the planet. That division that is being created is being created so that when the coming apart occurs, which we are seeing in several months now, that coming apart then leaves everything up in the air. It is almost as if as the coming apart occurs, the structures no longer serve humanity as structures of security or reference points for "truth." Right?

So when you are looking at one of your resistance points as actual when it isn't actual, you are going in one of those two directions and you are becoming more disjointed. The more disjointed the world becomes the more there will be a gap between your inherent Truth and the experiences that are being given to you from that disjointed perception of the world.

If you think about the fact that you are now going to provide yourself with a very clearly determined Pathway of Truth, and that it is the only way forward, you stay in the center of creation. Creation and the one vibration of Truth, the one vibration of heart and soul, and union and Oneness, all that becomes the center place from which you build your awareness. This is the place from which you have your experience and from which the Truth begins to give you a step-by-step process that responds to your original vibration. It responds to the characteristics of your consciousness in terms of what you are here to bring from the Truth.

Finding your Truth provides you with ways to use it. Using your Truth provides you with ways to experience Oneness. Experiencing Oneness provides you with the absolute expansion of interaction and interconnection with those who are looking for Truth. So all of this step-by-step process then provides you not just with an idea of coming together with more harmony inside and feeling more of this or that. It's a step that provides a capacity that you have longed to demonstrate and that your body has longed to reside within as a vibrational context for you—harmony and peace and balance and the systems communicating and the hormonal things working better and hearing being more acute. You know, all the things that stop working as we stop receiving the vibration of Oneness.

Living in duality takes everything apart and living in an experience of Truth brings everything together. It doesn't really have to do with rocket science. It has to do with vibrational equivalency. If everything is discordant, nothing is blending into harmony and that is very natural to understand; congruent and incongruent energies. You do not have to believe anything to be in harmony with Truth. You don't have to stand up for something with a picket sign or a big *this is who I am and you have to believe this*.

No, it is not about your making a statement, visible, audible, palpable about what is real and what everybody has to belong to. It's that you trust your own vision or sense or capacity or feeling or memory or knowing or whatever. Whatever works for you, you trust that. You enter into the pathway of the golden energy. You feel it, see it or know it. From that you then open a wider gateway and that wider gateway gives you images or sensations or invites you into something or provides you with answers.

The answers that you are all seeking and the questions that we're asking you are the same thing. As you answer those questions through the Truth of your knowing that's when you will relax for the first time in your physical body. Because until you know all those answers for yourself and acknowledge that those answers have always been there and that your Truth is walking them into being, you will be searching for something. You know, that one thing that you want to heal or the one thing that doesn't work and that's done. It's done. That is no longer the pathway of any of you.

So rest in the belly, in the Soul Seed and in the heart. That's called the Sacred Space. The solar plexus is the bottom of the Sacred Space and the high heart is the top. It's like a basketball depending on how big or small you are. It is a basketball in the center of your body. That is where you want to rest now because your Truth is woven in all those places.

The first thing is to rest in the belly and in the Soul Seed and in the heart at the same time, and we will do that as a meditation near the end of our program this evening. Then you want to rest in that space on more of a daily basis, maybe even an hourly basis for those of you who really like to follow assignments to the nth degree. Every moment that you think about it, what's my belly doing? What's my Soul Seed doing? What's my heart doing? How do I feel within my whole essence of my Sacred Space that I am communicating in these deep places with myself to vibrate as Truth so that the Truth I carry is strong enough to align me with divine Truth, to provide me with that Oneness experience?

Now we are going to make a statement and we want you to remember this statement; maybe even write it down. We will have Susan maybe put it in bold and underline it when she is doing the transcription

When you are in Oneness with yourself you are in Oneness with Truth and Creation. When your belly, and your soul and your heart are in Oneness you are in Truth and Oneness with everything else. That's what we want you to understand. You don't have to go out into the world and find Oneness with everything first. You don't have to try to fix anything outside yourself. In fact, last time we said don't fix anything anymore. **This isn't about going around and trying to figure things out. It's about being in the wholeness of your own integrity.**

We are very clear with you about this because if you spend a lot of time trying to do better things, be a better person, fix relationships, whatever, the energy goes into the duality that no longer serves creation in terms of choice, free-will choice.

You want right now to provide yourself with a new recipe, new ingredients, new outcomes, and the outcomes don't have the limitation and conditions that the other recipes had, you know. So it's much easier to succeed at these recipes because they are much more fundamental. They don't need you to know all of the ins and outs of all the stuff that you think you have to know to survive, succeed or have this resplendent understanding of Truth.

The belly is the power to act in the world from your potential. Right? So the belly wants always to be open and expanded. Anytime you are afraid or feeling limited or doubtful your belly is closed. Right away the autonomy of this aspect of Oneness, when the three of these parts are in harmony in the Sacred Space, is that the belly is open. You want your belly to have the energy of a lion with a roar and an open mouth, you know. The lion is open. It is a Leo energy.

Here I am and I always want to be known and seen and understood as sunshine. Open, beautiful energy. All right?

The Soul Seed wants to be seen as a vortex that takes you home to the Swing Between Worlds, which is the Portal of Creation in all dimensions. Everything goes in and out of that portal. It's a symmetry that doesn't have ideas. It doesn't have separations. It doesn't have logistics. It has the force of the momentum of the spark of light that you are, that you carry inside and that you are using to Divinity's upliftment. You are uplifting Divinity from your own Truth, your own spark and that's how that huge chrySTALLIS activates the force within you. It is the spark that aligns you with the Oneness that's the Truth. There is no time there. No distance. No credentials are necessary. This is your entry into that space. The Akashic record of the knowing, or the wisdom, anything you want to know is right there in the Soul Seed.

The deep heart, the toroidal space of the heart, is where there is absolutely no separation in any point that pertains to life. So when the three of these aspects are ignited then the vibration that you are empowered to bring through the mathematics and geometrics (algebraic and geometric), and the sacred geometry of all this through that energy of the solar plexus, spark of light and Seed in the heart/Soul Seed area and then the depth of the toroidal space of that heart in connection is what provides the vibration that aligns you with Truth and takes you forward.

Now seeing it all and knowing it's all around you already is what we did in this first meditation this evening. We took you to a place where you already know it. It's already there. You're not creating these spaces. You are acknowledging that they exist, returning to them and expanding your relationship with them. An entry point into any of these three points or aspects, entering into the three-in-one via any of these conduits will, in the unfolding, bring you the Truth of the whole thing, you see. You don't have to worry *well I don't know if I can get there that way, I might have to do this*. Fine.

One of the things that we want you to understand, very definitely and very deeply, is that we are at a precipice here. You can look around in the ways in which you are perceiving this reality that is the illusion of all that is happening around you. You can look at that and can realize everything is shutting down in some way or another. Nothing is working in the way that it used to work and even if it didn't work well it worked better than it is working now and we are at this place. It's like log jams and more and more individuals are jamming the logs, jamming the circuits in different ways.

One can react to that and respond to that and understand that things are not working well or one can go into the vibration of one's own Truth and hold that space. As one would hold that space, more of the connections with other aspects of the Sacred Space and the prolific energy

of creation and the Truth and all that, more of that comes into your vessel. If and when you choose to come into that vessel of Oneness then the log jams no longer affect you. The energy of integration is strengthened and there is no excuse for not doing that, really. You might have one but it is not valid and we want you to know it is not valid, whatever your reservations, whatever your restrictions, whatever you are waiting for, it no longer is valid.

If you know that you have a challenge seeing, then feel. Feel what is closest to you that you care about. Make a connection with something and hold that feeling as long as you can. When something comes in and disturbs you go back to feeling the connection. Feel it when you are washing the dishes or when you are taking walk or even when you are driving your car. Don't worry about having to meditate or do this or that or it's not going to work. Take all conditions off the table here. We cannot stress enough that this is the time to receive the Truth from the vibration of your own essence so that whatever is going on in the world no longer affects you in an adversarial or reactive way. **This is because if you are reacting you are part of the disjointedness that is separating consciousness rather than the energy that is bringing it together.**

So the truth that you want to honor and relate with comes from the union of the three places inside your body that are in close proximity and have different functions but gather together in a way that offers you Truth. Now this essence of Truth that you walk around with as it grows and displaces any segregation, separation, disjointedness, reactivity or whatever, provides you with stability. This stability that it provides you with is unwavering because it is not dependent upon things in the world going a certain way or providing a certain condition for you for whatever. This is because the conditions are disappearing, the conditions you used to need to have to make a sense of your own personality or your story or your relationship with this, that or the other.

Nothing really is the same anymore and that means that the mind doesn't have the same capacity to stop you from living your Truth. Whatever patterns you grew up with, whatever you have come to believe no longer is valid because the essence of the Truth within you establishes a new record of consciousness. It opens you in different ways.

Now that is a pathway. As those three-in-one energies are weaving they come together in this very beautiful interconnected way. Then they flow out from there in a way that you can walk on top of as if the pathway of the golden vehicle and your vessel are unified as you unfold this design. Even if you are not getting a lot of pictures about how it is going to work and who you are and what you bring, you are going to have the vibration of the pathway beneath you to acknowledge with you that you are on a different road. This will actually accelerate the ways in which your consciousness can live in Truth on this planet. It is going to give you an opportunity

to really understand that everything that you have ever desired or yearned for is part of the path you are now walking.

So you will receive signposts. You will receive messages. You will receive validation and accordance and understanding that *yeah, this is really where I am, what I came for and now it is manifesting*. So the manifestation is as much a part of the unfolding of the design of all of this as it is something that you are trying to actualize. To say that differently, as the Truth comes together manifestation is instantaneous because there is no time in it, there is no distance in it and there's no condition from which it will appear or will not appear.

The questions we are asking you have to do specifically with what you've already put together, how you put that together, what that looks like and feels like and where that is going to take you—what that is going to actually make possible for you right now. Another way to say that would be that the three-in-one, the belly, the Soul Seed and the heart have contained within them the actualization potential that you came to bring. When you weave these together they actually open a new space inside of you, new meaning freshly recognized. Not new in the sense of hasn't been there before. This is about recognizing that what is happening is opening doorways for you that you have known would be there but didn't either know how to open, didn't trust would be there in the same way that you were hoping or that there was some condition of time or relevance or something that would then open that for you. So the signs that you have been waiting for are going to unfold as a result of the vibration you are carrying.

The other way to do this if you are visually feeling challenged, have an ideation that you cannot see or don't know or whatever, is to start on one of the three places. Put your hands on one of the three places. You could start with your heart. Okay. I put my right hand on my heart, my left hand on my right hand and I am going to sit with my heart for a moment and feel what is in there. I'm not going to put anything in there or try harder. I'm just going to sit there and feel my heart. So feel your heart first. If it's your soul, feel your soul first and if you have the strength of an open solar plexus and you have lots of guts and empowerment and you are ready, put your hand on your belly. It doesn't matter, but wherever you put it receive the vibration of that space. It could be a warmth. It could be a feeling. It could be a knowing. It could be a memory. It could be a connection with a loving feeling that you have or cherishing something or acknowledging something. It doesn't matter what it is because it will provide you, each of you, with a different sensation.

This is the power of this, you see. It isn't one thing that you are trying to attain that is the same as everybody else's and you can't attain it because you're not that person or you haven't had the experience or you don't know enough. That is bull shit really.

So you are going to come to the place where you feel the most comfortable and start there. You are going to put your hands there if this is your way to do it, and not sense it or imagine it, or feel it. Put your hand wherever it is on your body of these three powerful places and feel that. Then go to the next place, up or down, however it is and feel the same energy coming down from the first place into the second space to make a connection. Then receive the energy of the second space so that you can differentiate between the first space and the second space.

One might be a different color, a different sensation, a different texture. Maybe it has a different essence. Maybe it has a different message or a signpost or elicits a different memory. It doesn't matter what it is. It is your key to unlocking your own Divinity.

The first space provides you with a foundation. The second space receives the foundation and then gives you more foundation or more essential expansion. Then the third space provides you with the same kind of continuum—more expansion, deeper resonance and acknowledgement. So the first space provides you with a connection to the vibration of the essence that it offers. The second space receives the first essence, gives you the second essence. The third space receives the first and second essence and gives you a third essence. Then take that third essence. Let's say you are in your belly, number three, right? Take that essence back up to your Soul Seed. Feel it. Completely feel it. Then go back or return to your heart and feel those other two essences coming into your heart.

That might take you ten minutes, and in that ten minutes you are going to make connection between these three powerful energy centers and the capacities that each one has. You are going to weave them together. You are going to expand your whole Sacred Space so that the vibration of your Truth is magnified and multiplied exponentially. That three-in-one space then transmits that energy into the focal point of the portal in the Swing Between Worlds and that then brings the information into your consciousness. The how, what, where, when, who, all that. That comes from your pattern that is locked into your Soul Seed and yet is created and sustained through the Swing Between Worlds. That is your big pattern and your small spark opens to that big pattern and then you have a confluence of energies flowing back and forth and that is what February is about. Opening to the wisdom, the essence, the Truth, the capacity and the foundation of all of the universal worlds being opened into your being through the portal of your own choice so long ago.

Your capacity is unlimited and this month you want to experience that. You want this to be the biggest, best, most profound month of your life. That is your intention. I get it. I get it all. This is my month to get it and next month I am going to start expressing that, but right now I am just going to get that. I'm going to really get it and if I can't answer questions, I'll stop asking them. I go into the vibration and I choose to be there.

This month is about choosing the harmony of your own integrity, recognizing that what you carry is all you need, and realizing that everything that you have ever wanted is woven into the texture of your Sacred Space, and that the Divinity that you carry, the Truth of that Oneness is accessible to you in every moment.

The other thing, the last thing that we want to say for you is that you really want this month to be about making the choice to be here in this Oneness versus anywhere else. So this is more meditation or more focus or more walks in the woods or more looking out the window when you are doing dishes, feeling Oneness with whatever is out there. Whatever your Oneness intention is, however you experience it best, this is what you do. If you like variation then you make sure you are looking at all these different trees and pets and animals. You are holding beautiful crystals in your hand or you are lying on the ground or doing whatever it is that brings that experience of the vibration of Oneness into your body, mind, heart, world, consciousness, relationships, whatever it is.

As the world comes apart you are coming together. As the world is disjointed you are more unified. This essential nature that you have that is grounding is extremely important this time, this month, because as the quaking of the earth is experienced you want to be a solid being foundationed in a way that does not come apart. In the moments of trial or stress find something to look at. Find something to remember. Find something to connect with and say *my three-in-one, three-in-one within me is in union now and I live the Divine Truth of being in this moment. I live the Divine Truth of being in this moment.*

Now we are preparing you. We are preparing you in the best way we can so that what you are responding to, no matter what happens in the world, is your Divine Truth. This is where your answers will come from, your answers as to how to stay solid, safe, secure, trusting and trustworthy. How you hold that space regardless of what happens around you.

You are each beacons of light, you know, and you want to shine more brightly than you have ever shone before because the world needs your light. The more you shine your light and the steadier it is the less disruptive will be the world around you. As that extends and expands you will find very literally that you are beginning to heal everything. Everything in your world is being healed from the Light of the Truth and Union that you bring.

So recognize that. It is yours to do because you chose it and you would not have chosen it if you couldn't access it because you are all pretty brilliant, you know. You choose what it is that is honoring of who you are and where you are going and how you are being. In each of the moments that you are preparing for your unifying experience the thing that you would like to have around your shoulders is the golden mantle. Anytime there is a disruption in any energy field you are either watching on the media or listening to or experiencing in encounters that

you are having, bring the golden mantle around your shoulders. Once it is firmly around your shoulders, you put it around the shoulders of someone else. It is just like on the airplane. You put your oxygen mask on first before you help others. Well, same thing here. Put your golden mantle on first for yourself. Prepare yourself to hold the stability of the earth and world around you. Always know that your golden mantle is there to protect the consciousness of the Light that you carry. Then the resonance you send out will be one of harmony so that those around you can accept and trust that what you bring will also support and uplift them. As mistrust grows, then being trusted is valuable and helpful, healing, and supportive.

We have gone on for a long time so we will end our discussion at the moment and please be with this golden mantle right now as we move into the next part of our program so that you can feel the energy together of what that brings to each of you individually and to the course of consciousness that we are sharing now.

Year-Long Class-February 10, 2020

TNO Meditation- [AUDIO](#):

Transcript:

The first thing that we would like to recommend for each of you in this meditation is that you first feel the golden mantle around your shoulders and that you feel that there is a golden halo around your head and that you are in a strong environment of golden light.

If you open your eyes you see gold. If you close your eyes you see gold. If you are feeling into each area of your body it is all golden. Everything that is golden is supporting you in your breath, in the energy, in your consciousness. It's all supporting you completely, this golden energy.

And anyone that supports you in any dimension or sphere is part of your golden light. All of your benefactors, the people that have loved you unconditionally, the animals that have loved you, the friends, the loved ones. Everyone and everything is now golden.

Every time you breathe within you, you realize that the golden energy is weaving a strong pattern of health and wellbeing and strength and that is infinitely available all the time. There is nothing missing from you anymore. If you need a hormone, if you need a supplement, if you need healing, if you need balance, if you need anything, it is there right now. This is because it is part of the golden mineral balance on every level that Truth brings to you and this part of your essence. So it is a celebration of your life and the energies that are connected to you in every moment, always.

There is no more duality, so you are resting in this understanding of Oneness, receiving the gold and resting. The golden mantle is now going to relax your shoulders, and as we breathe deeply into the belly, relax our minds, our thoughts, our ideas, our concerns and questions. Everything gets released as we breathe down into the belly as if we are blowing up a balloon. The belly expands as we breathe in, filling up our lungs like a container and then relaxing and breathing completely out, all the way back down into our belly.

At our own pace we will do this several more times, just breathing in deep, deep in the belly, opening up the belly, opening up the place where the air rests in the power center, filling our lungs all the way up to our collar bone and then letting all of that go, exhaling all the air in the balloon.

Breathing again when you are ready, dropping down in the belly, opening up the lungs, breathing in the air and then letting go. Letting it all back out. Every little bit of air, let it all out. Then return to gentle breathing.

Let's focus first on the belly now, the openness of the belly. Imagine that you are breathing again, just in your mind, and as you are breathing your belly is opening. It becomes a pathway where the power center of your solar plexus, the yellow sun of the energy of your power, your personal power is shining on the world. The power of your belly is opening to let out the Divinity that you carry in every direction, just like the rays of the sun, shine everywhere it wants. This power in the belly has to do with the purpose of how that power will be used and where it will be used and what it will affect. While you may or may not know that right this moment, what you are focused on is that each part of the sun's rays is touching everywhere on the earth.

As you breathe, you are generating more and more energy for the sun rays in your belly to continue to shower or shine on the world around you. Every time you have a thought, regardless of what that thought is, you shower your light on that thought or on that person or image or idea so that in the general vicinity of your belly is a shining star that doesn't quit. It is an enduring awareness that knows its place in the solar system and generates heat and light and warmth and resonance.

This is the way it is now. Your belly generates life and anytime you feel your belly contracting you go right down into that space again and you say *nope. You're opening up now. Let's shine. Let's be resplendent in the balance of our belly. Let's bring that out into the world.* And you just shine it out because you can.

You can follow the pathway of the energy of your belly anywhere you want. Wherever it goes you can follow it and see how the sunshine illuminates whatever is happening, whomever is there and whatever transpires. It is being illuminated from the essence of your true beingness.

And so then we are moving up to the Soul Seed, a spark of light that is connecting deeply into the chamber of your essence in a way that allows for you to feel the Oneness with yourself, with your beingness. And it is an inner sensation in the beginning, of feeling at home, resting in the strength of your inner knowing, opening to pathways of purpose that you are already aware of. If you are acting in the world already from your soul what does that look like? What makes you happy? What makes you confident that your soul message is strong within you? What do you care deeply about that you cannot let go of regardless of what happens? What brings you the confidence? What feedback have you gotten? What images emerge? What are the deep connections in your soul to others?

Those kinds of inner connections will start to surface. Those questions will be answered automatically. It is not something you have to ask yourself. It is something that your soul provides for you. It is a place of rest, reconnection, stabilization, where your essential nature becomes much more honored within your own vessel. This is the place of Oneness where you know that all souls are already joined and you can rest in that Oneness. The spark grows as you pay attention to it and it now emits a light that is very bright, sparkly, maybe effervescent, maybe like a twinkling star that you see in the sky at night. This is your essence sparkling brilliantly, long-lastingly, confidently, essentially; your spark of Divinity being acknowledged and expanded.

Now we shift to the third point of the sacred space, which is the heart. We enter into that deep heart space again that we began with this evening. This is where there is a light deep inside our heart. We sit again in the enthronement of our own heart's essence. Here we feel the interconnection with everything that is. There is a brightness here that is different than any other brightness because this reflects the brightness of heart, which is the heart One, which has a sensation in it of interconnection without separation. This is the safe place where we create together the deepest harmony possible where Oneness is deeply held as a sacred trust, and we can dissolve here into the safety of the heart because there is no opposition here, no difference here. This is truly Oneness.

In the Divinity of our heart we are going to expand this place, this openness that we just created again and again, this feeling of expansion, and we are going to bring the spark of light from our Soul Seed into our heart. So you can imagine that in any way that you wish to. One way would be that you are on that beautiful throne of gold with the golden mantle and the light of all creation is around you. Right in front of you comes the spark of your soul's intention for this lifetime and the purpose and power of that presence. You get to actually see what that spark looks like or how it feels, or what changes in your heart when your soul comes to call or to join.

So open your heart, feel your Soul Seed, the diamond of your crystal spark coming. Just join that together in some way. Let it fit together. Put the diamond in your heart, surround it in gold with a nice green emerald center and breathe into your heart the essence of your soul. Let them join in a way that supports both, acknowledges everything and supports that interconnection. Every time you do this it will be easier and stronger and more collaborative.

Now imagine bringing up the sun from your solar plexus, the power of your action. Surround your heart and your soul with the sunshine, with this radiant feeling of always shining your light out through the power of the essence that you carry to affect everything in the world. As that encompasses everything in the world around you, just see everything melting into one bright light, one force of creation and one ultimate truth. Each of you has one affirmation. *My essence is ultimate truth. My essence is ultimate truth. I shine the light of my heart, my soul, and my power as one truth aligned with divine Truth. That is what I am doing.*

Then the lights, all of the lights that you are, all of the essences that you are carrying, the three spaces dissolve into one huge bright, brilliant light and there is only light. Light is all there is. The light is within you and the light is around you and the light comes from you and it's all the same. As you dissolve you are home and you are free and you are in Oneness and creating Oneness and receiving Oneness, again, all at the same time.

The light that you are can be directed, grounded, shared, deeply integrated, given and received without limitation. So as you dissolve into the Oneness each day, (that is recommended each day) allow the light to go where it wants. Follow it in your awareness and let it guide you. Let it deepen every part of your life and show you the way. Respond to it as a teacher or a guide for that is what it is. It is the Oneness of you providing you with you.

Remember to begin with the all and end with the all so the all is all there is. Deepen your freedom this month so that you are actually free because when you are free, of course, there is truly no limitation in any area of your experience.

Just for a moment imagine that all of your awareness is flying around the universe gathering more light, touching into each other's lights, perhaps, bringing healing to those you care about and opening spaces for interconnection everywhere for everything. As you gather more light you send more light and there is more light.

And so it is. Light is all there is.

Year-Long Class-February 10, 2020

Sharing- Transcript:

We are going to open up for a little bit of sharing. Any kind of sharing that you would like to be involved in for yourself or for each other or with each other. I'm going to keep everybody muted because there are so many of us. If you would like to share just unmute yourself. All right?

Lori: Flo had asked me to speak a little bit tonight about things that have come up for me since the last time we all met. One of the things that I will say, it partially has to do indirectly with The Nameless Ones and so we also wanted to say this. I am going to say that part now first to Flo.

I have been hearing The Nameless Ones in my head since I was about 26 years old and when I was in a year-long group with Flo we met once a month for a year for a weekend. At one point I was in the middle of processing and I heard them in my ear and I thought I was making it up because I am good at copying people's accents. They had more of an accent when they first started so I looked up at Flo, because I was on the ground, and I said I think I hear them in my head. And she said if you have an affinity towards The Nameless Ones they are always there for you. All you have to do is ask. And so Flo asked me to also remind all of you that you all have a connection with The Nameless Ones, obviously, from your different ways of coming towards Flo and The Nameless Ones over the years in your own special ways. So they are all there for you to help you with the questions that they give us each month and they are definitely a source of helping you to remember what you know. We wanted to remind you of that.

The second part of it is that I had done my questions and shared them with the group and then on Friday the team leaders met. I was telling them just an offhand story about my questions and how I had this volume, pages of answers that I got, and I mentioned that I got them from The Nameless Ones, which wasn't true. I will tell you that part of the story because it ties into all of you. Basically, I woke up like two days later with The Nameless Ones in my head saying, you know, you've got to write to the group and explain that that wasn't correct. You didn't get your answers from The Nameless Ones.

So, just as an explanation to all of you, I call my, what people call their higher selves or their divine self, I call it my Oneself. I made up the word and I always have defined it as the part of you that is one with one. They said they wanted me to clarify myself with the team leaders and say that I had gotten the answers not from The Nameless Ones, who are listening in and there, but I had gotten them from my Oneself. And I said, well, that's fine but why do I have to tell the group? What is so important about all this? And what they told me we thought I would be telling to the whole group because you all have a Oneself. You all have it, whatever you call it. It is there for you.

What they wanted to correct me on is that they said you've always, for a few years I've been saying this. I have this Oneself, the part of me that is one with one. And they were like that is completely a not correct definition. You don't have a part of yourself that is one with one. You are one with one. You have... a hundred parts of you is your Oneself and then you happen to have this little added one percent on top of the one hundred percent so you are like a 101% being and only that one percent is your incarnated personality and form of Lori Blackwell, in my case, but one hundred parts of me is my Oneself. So when I say that my Oneself is the part of me that is one with one, that's completely inaccurate. One hundred parts of me is one with one and I have this little incarnated form called Lori Blackwell personality that comes along for the ride that has to remember who I really am and so all of you have a Oneself that they were saying it is important for us to remember at this time that the answers to all these questions, your Oneself knows the answer down to the tiniest detail down to the tiniest caveat about you. It knows your whole history. It knows your plans. It designs your life in this life. This is why I am here. This is what you are going to be doing. It knows your whole story line and so for us to walk around as if we are somehow groping in the dark. I mean where one hundred parts of ourselves knows the answers to these questions and they were saying at this point, The Nameless Ones had talked to our group about in June things are going to shift. That is part of being in this solid space. If you know that a hundred parts of you already is fine with everything that is happening, already knows everything that is going to happen, is comfortable with the role you are playing because you picked it. You designed it. You know exactly what to do so they said it is important for us to own that now. Each of us, we each have a Oneself that knows exactly why we are here and even today I got an extra part of it which was that.

First of all, I don't have a Oneself. I am my Oneself. And secondly what I got today was that if I really am my Oneself, the hundred parts of me, well then, why am I, okay, so the Lori Blackwell part of me is running around full time, 24/7, since I met Flo and ten years before that, trying to get myself to the proper alignment, vibration, you know, clear myself, heal myself, and if I really already am my Oneself, my one golden self, then why am I trying so hard in the 3-D realm. Can I just relax knowing that I got this because my one hundred parts got this? Maybe the Lori Blackwell, little 0.1% of the 101 does not have a clue and is working overtime to heal my body, heal my mind, heal my emotions, get myself all set up and all stressed out that I'm not going to make it in time. *Laughter*, you know for June.

My Oneself is Lori, I got this. I got this. I designed this. We planned this. We have already been through it. It is already completed so what are you worrying about? So I guess we can just all relax because we all have this. I don't know. That's all I have to say. Deep within the recesses of my own mind.

Flo: Thank you Lori. We had a team leader meeting on Friday and it seems that some of the team members, some of all of us, are still kind of looking at the questions as something that we don't quite know yet. I think what Lori is saying, or what I feel Lori is saying, is we all have those answers and knowing that we have them and honoring that we have them and then shifting the pattern of not knowing ourselves, what we are creating, and how we are creating it and why we are creating it is part of, in a sense, eliminating the resistance to knowing because we all show up with some kind of a story about why things don't work or how we should, as Lori said, be better or do this or that. I always remember what John Henry says is that all we need to do is stop, go into the heart and the answers are right there. We don't have to try to be better or anything because it is all there within us. So that is the message that we are going to have this evening, as well as that we are supposedly, from our intention, acknowledging that this is our time to actually uncover all that for ourselves. So no matter how we are doing that and what that feels like each of us is in the middle of that process of disclosure and it is disclosure to ourselves. It is actually seeing ourselves in the mirror of our Truth. So that is what we are going to be talking about this evening.

Does anyone else want to share anything about anything?

Jenna: I'm really grateful for this time with all of you. I've been homebound for 2 weeks with acute adrenal fatigue and it is just wonderful to connect out with a spiritual intentional community as I am moving through what small-self would call a healing crisis. It's kind of scary being a very active person but I am really exploring my own inner and some other realms, it seems. There are some revelations coming through there. You know, we talk about what is our Truth. I had seen that in the email and _____ (s/I "goddess rouge") it came right away and she was the light that I saw in my heart and I do see me as her very often figuring out my aspects of her that I'm going to be sharing through music and healing and some other endeavors. I think part of what I am supposed to do is eventually awaken in awareness to these other realms through music and arts and ceremonial sharing and things. I am making sense of it as we go but I thought that was very, very interesting. One other thing when I was thinking about you know, what is my Truth, I saw a sword in my heart, which speaks to many lifetimes of grief and unrequited love and loss and things that I'm in the process of healing and releasing now. I saw that sword. It sort of like it turned bluish-silver and there were DNA spirals in it and it started to transmute into I don't know. Maybe deeper wisdom and more gifts to share out. It seems that that is a path I have walked to become more able to hold this space for people in the work I do. It is like a wisdom and a deepening in the heart space from where I began many lifetimes ago. But I have never seen imagery like that with the sword dissolve and began to integrate into the heart space. So I will be listening to that meditation again. Thank you very much for sharing.

Flo: Thank you Jen.

Anyaa: This is Anyaa. I don't know that you can see me. I am sitting in my home. I have a fire going here in the mountains. It is cold and rainy, just above freezing and let's see I had a couple of thoughts. One, I wanted to just give you all encouragement if you are not participating in using the Magdalene essences, the flower essences. I really encourage you to check it out on the next phone call, which I think is in a couple days. It is on the 12th I believe.

Flo: It is Wednesday. Uh huh.

A: Wednesday. Yeah. It is just, you know, the combination of working with the essences and working with the golden mantle have really, it's had a stabilizing effect, and just kind of a sense of, how do I want to say it. You know, we just finished watching all eight of the Harry Potter series again and he was given the cloak of invisibility very early on, which he was able to use and I think of the cloak of invisibility when I think of this golden cape. You know, it is just like. I don't go out into the world much. I live in the mountains, it is pretty remote here, but I feel like even when I go to Asheville, which is very busy, I can put on my golden cloak and I always bring something to offer. You know, there is this sense of having this quality to offer to others, whether it's someone in need of healing or a word or a hug or whatever or just energy. It is something that is with me that I can receive from and I can also transmit. So. But the flower essences have really enhanced my experience too. I am just really loving them.

Flo: Thank you Anyaa. Yeah, so we are having a call on Wednesday if anyone wants to participate in the essences that has not done so. It is at 2:00 and 8:00 and it is the same channel that you are on, the same Zoom numbers, you know, the link. The same one that we are on right now if you are interested at 2:00 and 8:00. Mary Magdalene has commissioned Nancy, who on my screen is at the top next to Melinda, Nancy and I to bring these essences from the south of France and they are quite amazing. So if you would like to join our launch on Wednesday you will learn about them and then be able to take some of them if you'd like.

All right. Anyone else want to share before we hear from The Nameless Ones.

Margaret: Hi Flo. Can you hear me?

Flo: Yes. I can.

Margaret: I just wanted to say I appreciated how you opened up the evening. I am just being receptive how it just opens up all the doors. I think it opens up the way to the pathway, the golden trail, to just receive and then the knowing of what to do naturally comes and the understanding and I think the wisdom. So anyways, just that thought.

Flo: Thank you Margaret. Nice to hear from Texas. Anyone else? Okay.

Link to Hightail video:

You may view or download "Zoom_0.mp4" video from [HERE](#):

February questions to ponder and discuss in groups:

How do I make my Truth evident in everything I do?

What is my Truth? What am I to do with this, specifically? Where do I take it? Who do I talk to? How does it work? Where do I live? What is my family situation? What have I already created in my world?

Part of my Truth (and what I am here to heal, support, abolish or work with) is how my Truth affects those I am with. Why am I with them? What am I supposed to be bringing from my Truth to them and then to the world? How do I live the Truth through my vibration? How do I hold steady in who I am and in my destiny?