



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

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A handy booklet with:

- Course private page: [Yearlong 2020 Course Portal](#)
  - PW: **2020-Action**
- \*REMEMBER your individual Group pages for communication!

\*Note: (Not linked here; they wouldn't be *private*.)

- Group assignment lists and contact emails
- March 9th class audio links and transcripts
- Questions for group discussion

## **2020: Call to Action**

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\*Updated: 3/13/20

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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](mailto: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>

## March 2020 Year-Long Class

### *Introductory Meditation*

[A Synopsis of Our Course to Date]

[AUDIO:](#)

### Transcript

As we begin this meditation we are going to actually be going backwards and forwards in time so that we actually go back to January, to our first class. We begin to move into the Soul Seed and move the Soul Seed up into the Swing Between Worlds. We bring that down, the Swing Between Worlds light, we bring that down, over ourselves. Then we are going to work with the Sacred Space, which is the heart, the Soul Seed and the solar plexus.

Now the most important part of this for you to understand is that in this time of challenge our spiritual energy is what is going to keep us healthy. It is going to actually open energetic pathways in the body so that we keep flowing and we keep open and we keep consciously oriented to the original ideas of creation. This is so that in many, many ways what we are experiencing right now is a foundation. That foundation is something that we carry with us all the time.

The Ones with No Names want you to understand that if you would like to meditate, that's fine, but from now on we are meditating all the time. We are bringing consciousness in and through us all the time. We are using the *golden mantle* all the time everywhere we go. We are covering the earth in it. We are covering each other with it. We are covering ourselves. We are covering everything with this *golden mantle*.

They are going to give you now a meditation that will support you in doing this. Then if you listen to this half-hour meditation, this will bring you up-to-date with what we did in January, what we did in February and where we are right now in terms of our response to the situations that are unfolding on planet earth. All right?

So get comfortable. Put your right hand on your heart and your left hand on your right hand. Take three deep breaths down into the belly at your own pace. So you breathe all the way down into the belly and then exhale all that air right back out. Do that three times.

Now as you return to normal breathing we are going to focus in that place where our ribs come together in the center of our body called the xiphoid process. That space, which I will show you on myself; this is my heart, that space is right here where my ribs come together. We are going to focus right there and put our fingers right into that space and breathe in and out through that space three times. Okay.

We are going to begin to orient ourselves to the place in our body that has our spark of light. You are breathing in to the Soul Seed and then back out and then in and back out. Now the Soul Seed is where our spark of light connects to creation. So what we want to do is breathe in again to that Seed of Light and spend a few moments there feeling the power of that place; feeling its sparkle, its light, maybe messages, information, guidance, purpose, whatever comes while we breathe there. This is because what we want to do is fortify our Soul Seed so it is always open, always flowing and always creating a circle of the Oneness around us. As you breathe in, imagine that you can focus there, expand that and feel more and more comfortable being part of that consciousness.

Now we are going to imagine that with our hands we can open our Soul Seed and start to lift our energy from the Soul Seed up through our body. We are actually going to begin to feel as if we can invite and lift and expand our Soul Seed all the way up over our chest and heart and lungs. Now this is a very important time to be using a spark of light over our lungs, our heart, our throat and way up into the consciousness that actually created us. So we are going to move up. Just begin to feel all that light inside of you lifting up and around you, higher and lighter and freer. Way, way up.

This is your soul energy between your hands. Right? So, as you move up you can actually feel your soul on your skin, feel it in your hair, feel it on your head, feel it touching anyplace in your body that you would like to invite healing or protection or safety or connection. Your soul energy feels very familiar because it is your original vibration. We are moving that up over the top of our head and into the heavens. Right?

As it moves up, feel it lifting. Feel it lifting you as if someone is pulling the top of your head. Lifting, lifting, lifting. You are going to continue to ascend. Your energy is going to continue to go up and what you are going to feel is that right above you is a very big, beautiful diamond. A beautiful diamond called the Swing Between Worlds.

Our spark that we are moving up is connecting to the original design of creation, where we come from. We are moving up into that space and imagine that that crystal in the center of the diamond is the same as your spark. You are going to fit right into the center of this beautiful diamond that has a crystal in the middle. Just imagine that. Feel it. Invite it.

As you ascend into this diamond shape and fit into the center of the crystal, everything opens. All the doorways of your consciousness open and you expand. You are just light. Light is all there is. *I am light and light I shall remain.* Just allow the light to expand in you, around you and through you. This is the place that you come for clarity. Any time there is a question you come to this place for clarity. Continue to breathe the light in and out through your lungs, in and out through your world, in and out through the world. It's all the same! So we are just breathing

light; becoming light, sharing light, spreading it. Just spreading light. That's all we are going to spread. Just light.

As you spread that light and experience that light, expand out into it, immediately now we are going to imagine that from the Source above us is coming this beautiful golden light. The golden light is going to come right in the crown of our head and create a circular space of gold sitting on top of our head. So just imagine that gold pouring down now. It begins to turn in a clockwise direction, and into the golden elixir is the beauty, the consciousness, and the Truth of creation. We feel that right in the top of our head in our crown. We feel it in our pituitary and our pineal glands. So those glands we are going to strengthen now with the golden light. We are going to feel that golden light coming in and down and through. It is coming all the way down now, over the top, the back, the sides of our head, all over our face, down into our neck and throat. The golden energy is going to create like a mantle over our shoulders.

What happens as we create that mantle is that the energy is now flowing over our body. It is flowing all over our consciousness now as if every part of our self is actually receiving golden light. So every single cell is responding to that golden light because every single cell has a spiritual part or component. It vibrates much more strongly when it has spiritual connection and is aware of its origin. We are activating our self, activating our light, activating creation and opening every part of us to create a consciousness of Truth in this moment flowing down over our bodies and out through the bottoms of our feet. So the mantle is just going to completely cover all of our body as it flows down.

For just a moment let's imagine or feel or sense that this *golden mantle* is calling forth calmness, peace, health, wellbeing, the promise of a vital life, and the connection with the strength in our body that we need at this point in our evolution, very strongly.

Every time we breathe that golden light goes deeper and deeper into the organs of our body, into all of our systems as it is making its way down through our legs and into the earth through our feet. We feel connected to that one source of Truth, which is Light and Oneness.

The golden light now is flowing down through our legs, through our knees, our calves, our shins, our ankles; right down through the bottoms of our feet into the center of the earth. With the connection now we have strength also from the Mother Earth stabilizing our body, creating more and more energy and life. Our feet are fitting into a very beautiful rock or crystal with our name on it now. We again fit our feet into that very special place, making the connection between heaven and earth.

It is very important now that the heaven and earth connection stay strong so that each of you are a vessel, each of us is a vessel, through which heaven's sourcing flows. So that is the downward motion of the energy from above and now we will begin to bring the energy of the

earth up through the bottoms of our feet. With that energy comes vitality and minerals and balance that only the Great Mother can provide us. This is her body she is sharing with us, the grace of her creation, which is us. We are breathing that in now as if we can draw up the life force and minerals from the center of the earth from our rock or crystal and bring that right up into the center of our body, right back to the Soul Seed.

Just imagine that or draw it, feel it, whatever it is that will help you to navigate the above and the below. Feel it coming up into the marrow of your bone, strengthening your legs, strengthening every part of you all the way up over your hips and through your hips and inside right back to where we started with the Seed of Light.

Now the Seed of Light that is in the center is going to spiral in a clockwise direction, so from left to center to right and back to the middle, just opening in a concentric circle. The Seed of Light is going to move up and down as the circle gets bigger so that it makes a nice big circle as it finishes that includes the high heart, which is right above your physical heart and your solar plexus, which is just around your belly. You are going to have that energy spiraling and it's kind of like a looping movement. So for me it is from left to right, so you are going to see it backwards if you are looking. You want to imagine that this small Seed of Light energy is now growing bigger and bigger until it is a nice big ball. It is going to go from the top of the heart to the bottom of the belly. Then you are going to hold that there, that concentration of the Sacred Space, which is made up of these three very important spaces in your body.

If there is any part of your Sacred Space that feels stronger than the rest, or if there is a place, maybe your heart, that would like attention or your solar plexus, you can place your hands on any of these places to assist in bringing the clarity and the strength to that particular place. You just hold those places, one after the other.

We started with the Seed of Light. You can start with your heart or you can start with your solar plexus. You want to feel the strength of your Sacred Space because this is your spiritual center point or the amazing grace that you have to live in harmony and peace. It comes from these three energy centers being balanced or living from harmony.

You have essence in the middle in your Soul Seed which is what you could think of as your blueprint or your purpose or your pattern of vibration. Your solar plexus is the place where the power to actualize that purpose happens and is held in your abdominal brain. Then your heart mediates those two and assists you to connect with all life.

Experience this circle starting wherever you want to start including the other two points so that you have one big circle spinning in a clockwise direction sending your essence out to the world. This is the energy that you have come to bring. It's the Truth that you carry in vibration, in essence and it gives you the freedom to trust the moment.

These three places, when they are in one vibration, powerfully create a way for you to bring your truth, to live it fully and to be very comfortable in your physical body and in your environment and in the world around you.

Now imagine that your Sacred Space and the circle that you are creating is moving out into the world. You are actually going to imagine this swirling motion. First you actually want to bring all of that light and energy around yourself so that you are in a golden vortex of consciously oriented Soul Seed energy that has the power to make for you a container. This container is going to offer you a viable way to move in the world with safety, consciously working to send energy out versus taking it in.

So you are going to actually be creating a vessel where the light that gets sent out, the *golden mantle*, all that this is combining to offer, is bringing you a vibration of light that is, let us just say, different than vibrations that are now very rampant in your societies. Very high vibration to hold that space for you as a container.

Practice right now just bringing that around yourself. See it as if it is a circle, and every single degree on that circle has the ray of the gold touching it, creating a wave around that for at least twelve times. Now let's imagine that the circle of this light is coming around us every degree from one to three hundred and sixty. All around. Just imagine that with your mind, or use your arms, however you can draw or imagine this. You can go to sleep in it. You can walk in the world in it. This is your work now, focused on creating a container for yourself and others of vibrational balance.

Just take your time. We are going to do it twelve times so you have twelve circles. Particularly be aware of the circle that you are creating behind you so that it is very strong. Now take a read of that. Feel it. Sense it. Touch it. This is your golden bubble. You put this on before you go outside into the world. Go to sleep in it. Connect in through this golden bubble to the world around you. For right now it is between you and the world around you.

From the golden bubble, you are going to keep that in place, at least twelve rotations that strengthen it. Then you want to extend the golden energy but keep your bubble in place. Just send it out like a *golden mantle* everywhere you want. So, for one moment now, we are going to feel into those people in our lives who we would like to send this *golden mantle* to; family, friends, lovers, whomever. It doesn't matter. Workers, peers, teachers, students, children, dogs. It doesn't matter. Send it now, this *golden mantle*. You have yours around yourself and then you are just going to send one, like a container as if you could have everything we just did for the past moments. It is all like a movable capsule, and you place it around everyone you want to place it around right now. Alright? Imagine that. All of your loved ones that you know right now. Just put them in the capsule.

Now we are going to take this *golden mantle* capsule and put it around the whole earth. So everyone is going to imagine the same thing, which is that the capsule is big enough to completely hold the earth in the balance of the golden harmony of creation.

We will imagine that we are having the beautiful globe and the gold is going all around. We are going to hold the gold around the golden globe. We are going to hold it for a full moment now. Imagine it and focus your best to put around the earth this *golden mantle* of health and harmony and wellbeing.

Now imagine that the golden light becomes a capsule around the earth. It stays in place. It doesn't go anywhere. It doesn't move. It is just there. As we go forward with this evening the golden capsule is always there. Every time you think of any part of the world, the gold is around them. Anytime you think of going any where or doing anything the gold is around you, the gold is around the earth, the gold is around every person, every situation, every animal, every part of life. Everything is golden. It is encapsulated in gold. The gold holds the integrity of the consciousness of Truth, which is what is very badly needed right now. We are spreading the Truth, holding the Truth; the Truth of the Light and the Oneness.

From this moment on anytime there is a question, you are not sure, there is something confusing or even frightening for you, the antidote is golden light. Coming to the Swing Between Worlds you will find clarity. Bringing that clarity down around your life, your body, your experience will bring that clarity and the *golden mantle* so that you are available to the world to bring your truth to assist in this time of great need.

The other thing that we wish to say for you is that we are always with you, and so it would be best for you to also honor that around your being are many, many angels of Light with consciousness to support transformation of any experience. Remember, as long as we are still in the free-will experiment, which we are right now, your choice is to ask for assistance. Ask. Ask for what you need. Ask for anything that would support you or anyone else. Ask for it. Ask for the presence. Ask us to come. Ask us to be there. Ask us to raise the vibration. Ask us to open Light, the flow of Light, the amount of Light more fully. You would say be pro-active for yourself, for your benefit, for the benefit of those you love and those you don't know yet who you will come to love. Everyone actually, just opening Light for everyone.

And so it is.

## March 9, 2020 Action Year-Long Class

### *Message from The Nameless Ones*

#### [AUDIO:](#)

#### **Transcript:**

I am going to just put my hands on my heart and invite The Ones with No Names to come and give us their message for March. This message is about bringing our Truth into the world, ways to do that and how we might feel more comfortable showing up with our Truth.

We are here with you and we would like to welcome you to this place and say that we are very glad that you have come. We are in the throes of a very challenging time and it is offering an opportunity for each of you to make a decision about whether you are insulated against or opening toward. You know, that sense of do I protect or do I offer Light out.

It is interesting that we are also talking about how to offer your Truth this month because your Truth, no matter what it is and how it unfolds for you, is literally golden light in expression. Right? So every time that you think about being involved in the world or life, whether you are in one room for a few weeks or are moving across countries or walking downtown, in the woods, or wherever, it doesn't matter. You are really making a decision about whether you are inner or outer, whether you are holding yourself tightly or whether you are expanding your wisdom and Truth.

In this particular month (we are talking now about the next thirty days or so) your questions about your safety, your health and the safety and health of your families are decisions that you need to make that would not normally be a challenge, or not even normally be a decision. These are going to be for you what you could think of as "up." They are very much up for you. We want you to understand that we are now in a time also when there are many waves riding through the world that have different vibrations attached to them or attuned to them.

We could think of a virus as a wave that has a certain vibration attached to it. What we think of as consciousness and as vibration, and what we think of as dis-ease and think of as health, they all have a particular vibration. What we did this evening is to take you into a different vibration. You have all been there before in some way or another either through your affiliation with the one speaking or with other worlds, or because you have asked for readings or guidance, or have been at the classes or done your own meditations—you have found your own god/goddess

space. You have all had spiritual experience. What we want to do this month is to make our every day, every moment a spiritual experience.

Instead of separating your life into segments or separating your experiences into different modules—well, I do this over here but I don't do that over there, it is time for everything to be the same vibration. That vibration is intended now to be a spiritual, original kind of vibration that has its own wave of congruence and that transforms other waves into congruence.

You can think of situations where you have lived where someone has come in and been very peaceful or calm and transformed a situation by their presence. That is your job now. Everywhere. Everywhere you go, everyone you see, everything you do. That is your job. It is not just your job because it sounds good to be someone who brings calmness or peace or health or wellbeing or balance. That's fine, you know. It is now mandatory, is it not?

We are doing our best to prepare you for this, have been for months now, to say for you this is the time where the rubber meets the road. For you to be healthy your vibration is necessarily congruent with Truth or Light or creation or spirit. However you personally want to translate that sentence, do that. Translate it. What are you here for? You are here right now on this planet to bring something that the planet needs. The mother needs it. The children need it. The parents need it. The friends need it. The lovers need it. Everybody needs it.

It isn't that you go and try to find it. It isn't that you believe that you are so invincible that you go into the middle of someplace where you would not normally go. What we are suggesting is that first of all make decisions about what you do and where you go from the Swing Between Worlds, which is where you designed this life experience. So if you go up there and ask the questions, it's like you are in an interview with us again. You're saying and we are saying to you ah, not so good an idea. You have this or this or this. Choose this. You see?

In other words if you want guidance about what to do and what not to do, where to go and what you should or should not be exposed to or connected with or whatever, the Swing Between Worlds is where your design is. It is where the information is that tells you specifically about what is important for you right now to pay attention to, to avoid, to call in, to move around, whatever it might be.

This time is a time of very strong asking and listening. You cannot ask from your mind because your mind is influenced by too many factors now, too much information. You have too much information and you don't know any of it. You don't really know how each of those pieces of information is impacting you or those you love. There is only one way to find that out and it's from your design, because your design is going to give you perspective and initiate you into

where you are going and why you are going there and what that will be for, how that will work for you.

If you don't understand what we are saying about the interview, read *I Remember Union*. The interview with Jesus of the Christ, with Mary of the Magdalene, and with Judas of Iscariot. They sought to bring a certain thing to earth and we assisted them to do so and we assisted you each to do so, as well. So ultimately of course, it would be absolutely amazing for you to remember your whole interview. What are you going to do and when are you going to do it? Where are you going to do it and what's it going to be about? That's the Truth that we are endeavoring to elicit now so that you have a sense of what this is really about for you in this time, in this life, with the purpose that you have.

All the questions that we have asked you to look at are about making that clearer for yourself. In effect, so that you can be more clear also about your design. Well, oh, I chose it that way. I don't have to compare myself to anyone because I have a vibration that is absolutely different and that's what I'm going to do.

So you have this feeling that you are now ready to learn all of it, and it is a cram course because we only have a few more months of this free-will experiment that is fashioned the way it was fashioned when you were born in this incarnation. And so you have this opportunity now to recognize that you are here for a purpose and that purpose ultimately has to do with bringing grace, Light, love, Truth, and so forth. You are going to all do it in a different way; some of you very vocally, some of you very quietly, some of you silently through energy, through endeavors. It doesn't matter what. There is no right or wrong anymore about anything. You are beginning to realize that. Each of you is beginning to realize it doesn't matter how it started. It doesn't matter what happened. What matters is right now. No blame. No sides. No against. Just for. This is an opportunity to understand what it is like to cooperate on so many levels that you have never even thought about cooperating—caring and kindness.

As you come together with your own vibration the first thing is the clarity, and you lift up. Right before you go to bed tonight take your Soul Seed energy and rev it up, rev it up, rev it up. Bring it up over your face, up above your head and then down over your whole body, because when you do that you bring the Soul Seed and the spark of Light from the Swing Between Worlds together over you and you can do it as a golden mantle, whatever. Go to sleep that way.

If you have a challenge getting answers, then ask the question, go to sleep and write it in the morning. Or do a kind of all right, I have three choices. I can go yes, I can go maybe, or no—yes

or no or maybe. All right. So yes is over here. No is here. Maybe is there. Or vice versa. It doesn't matter. [One is on the left, one in the center, and one is on the right.]

Then you are in these places of yes, no or maybe. Should I do this? If it is maybe, then you can say *should I do it next week* or *should I do it tomorrow* or *should I do it today*? Then you have three more choices, you see. Always, make three choices because it is much easier that way, because you don't have to be so decisive to say yes or no immediately. Ask more questions if you don't have the full answer and until you have the full answer.

If you are in line with the Swing and your Soul Seed and your golden mantle and your Truth, and going down to the earth, and have the core of the earth and the structure of the heaven on earth energy moving up and down through your body, your mind will not be in charge any longer. If there is anything that you want to be aware of it is when your mind is in charge and stop it, because it cannot help you anymore in these situations. It doesn't know enough. It doesn't know whether you ought to sit in that corner or that corner or not go into that restaurant at all. Your mind doesn't know that. Your being does.

You have this opportunity to utilize Light and Truth in a high vibration and resonance to find out what your Truth is or your design—how it is going to support you in bringing your Truth.

First of all, your Truth is: What do I do, when do I do it, how do I do it and how is it best for me to proceed? That's the Truth that you are first going to figure out because that is what you actually have to figure out. So the first thing will be that. Then the second thing is, all right, I'm going to go there. What am I bringing? Okay, I'm bringing Light. I'm bringing love. I'm bringing kindness, compassion, or cooperation. What else am I bringing? Who am I in that moment that brings what I am uniquely here to bring? How do I bring that here now? What is it that is so imperative for me to bring that I came to earth now to bring it?

You can see how, if you think about this even logically, actually, there has to be some amazing purpose for you to be in the bubble of consciousness that you are in right now in the world that is not manifesting. Wow. Why am I here? What am I bringing? Why is it needed? I guess I better start. Maybe I start in my home and I just send something, and yet I no longer am self-absorbed because being self-absorbed has not worked. So I stop being self-absorbed. **I stop worrying about what I can't do and I start thinking about what I came to do.**

Every time you focus on what you came to do, you elevate your consciousness. You will expand your aura. Joy will arise within your sacred space, the three spaces and points that are of ultimate importance right now to have open. Then those will flow out and extend. This is so

that what is happening is that the viability of your consciousness is powering your experience. It is as if you are breathing in the bubble of pure oxygen, pure creation. That is not different. Pure oxygen and pure creation are the same thing. There is nothing different about that.

We are endeavoring to the greatest of our capacity to give you information that will provide you with Truth so that you have ammunition—you have something to counter the experiences on earth right now. We are endeavoring to provide you with a graceful and integrated connection with all life so that you are not afraid because you know you are bringing the antidote to fear.

We began this discussion by saying that there are waves. All of these waves are intersecting and the challenge is for each of you, which wave am I going to hold, which wave is going to be the strongest, and how do I hold it in every situation? And so you practice it. The easiest way to practice it is right before you go to bed and right before you wake up and step up out of bed. Right before you do that, right before, you go and take that alpha leap into sleep. Be in the place where the gold is revving up your system, expanding your lungs, expanding your consciousness, opening you out, bringing for you an opportunity that has deep Truth and that organizes itself in a way that offers you a deep and relevant capacity so that you feel powerful. You feel imbued with all the Light of the whole universe, The Light Magnificent. Call on William Marshal and the Light Magnificent and shine it everywhere around you.

Whatever it is that you relate with, find helpful or auspicious or that you send consciousness to or feel comfortable with or speak to, receive from, any of these spaces, call on them. If your mind is strongly moving you away from God's calmness, Goddess's energy, from feeling of Oneness, from interconnection, just stop. So you are now going to have this, like a ribbon around your finger, reminding you if I go down that road with my mind, I come back to Truth. If I go down that road with my fear I come back to Truth. If I hear something that upsets me, I come back to Truth.

The Truth is going to not just set you free in that old framework that is spoken about. It is going to actually align you with the divine design to assist you in everything that you are doing and everywhere you are going and whatever it is that is most important for you at that moment.

Each of you will have a different focal point, a different way of being, a different response. That's fine as long as the wave of that response is congruent with creation, which means you are in touch with your spark, with the Swing, with Light, with gold. However you translate that for yourself. This is not about having to do it in a certain way.

You can start at the top and bring that down. You can start in the earth and bring that up. Start in the Sacred Space in any of those points. You could start with your mind, quieting it, bringing up your Soul Seed energy and just saying, *it's okay, it's okay, yeah, it's okay.*

You want to assure and reassure continually so that you settle and relax and allow. It doesn't really matter what you think is wrong with you or what you think you cannot do or what you think has not worked. Those patterns will no longer have a sway over you because the consciousness of the Truth that you are bringing is stronger than those patterns. So you actually bring those patterns that have become entrenched in your body or your mind or your emotion and the golden light and the wave of the congruence dissipates them.

Focus the golden light if you have a challenge physically, anywhere in your body that you have that challenge, use the energy of the gold to move the rays of the gold into the area and massage it as if you could actually feel the cells responding to the spiritual energy that you are providing.

Every cell has a physical part, an emotional, a mental and a spiritual part. The spiritual part gets excited when we are talking like this, when we are meditating and we are loving and when we are open and have a kindness directed at us. What we want to do every moment is to realize that to vibrate at the rate of speed of spirit brings the physical, emotional and mental levels into a higher state of frequency. In order to be healthy and well now that is what you need. You need a higher state of frequency.

What we would like to leave you with this evening is the idea that you can get clarity from the Swing to know your design and help you to make decisions about anything you want. It doesn't have to be just some very high-minded what's my purpose, you know. It can be anything. What do you need to know to keep you and your family well? What do you need to know? How do you need to be? Go into the Swing Between Worlds. Ask. Hear. Listen. If you are not sure, ask for three different questions that you would like an opinion on or you would like your design to show you or you would like The Ones to interview with you about. Feel them.

So you are feeling like okay, this is something I don't know. Then there is this, then there's this. Three things, right? So each one of those things, if you pay attention to how it feels to be in the vibration of that choice, then immediately you will ask, is it none of those? Maybe it is none of those. Maybe it has to be just this one. Maybe I take a little bit from each one of the others and make a different road for myself. You see? You have this opportunity. All right.

Then you bring all that down through the body, you create the golden capsule and go out into the world in the capsule. You continue to pivot the capsule around you so that the consciousness of that is always within your grasp. You always know, okay, I can feel myself in the capsule. Then you are breathing out and in and it is as if the capsule is where your oxygen gets inhaled and exhaled from. So you are actually in this container where the air is always pure because it is always the Truth, always opening to that Truth.

Remember to ground your feet so you are the vessel of heaven and earth. Do that whenever you want. In the beginning, at the end. It doesn't matter, just so you do that. Just remember that the consciousness that you are bringing is clarifying everything about you. It's not just do I get a dis-ease or a virus or a this or that. That's not what this is about. This time is about do I step into my fullness of being and remember why I am here alive in this moment at this time? This is so that you have a bigger sense of your destiny, of your clarity, of your way of being so you can begin to bring that wherever you go in whatever way you choose.

We are with you and at the same time we request that you receive us by connecting to us, asking for our presence or asking us to assist with something, because with the free-will the asking is necessary. We are there, but you may not know it unless you make a statement, ask for something, connect in. That kind of thing is the easiest way.

The golden globe of the mantle is extremely imperative now. If you think about this as a way of holding steady, holding everything steady so that it doesn't escalate or enlarge, but holding it steady. You can do sections of the world. You can do different states, provinces, countries, oceans. It doesn't matter. Hold it steady. Whatever your focus is, it's fine. Just hold it steady so that the golden energy permeates the duality, the separation, the fear and the waves that are not truly aligned with life. That's the issue here. **We only want to hold the waves that are congruent with life so that the other waves dissipate, are no longer viable.**

*So we say for you go forth in peace, provide in each moment the understanding that you need from the wisdom that you have and all will be well for you. Whatever your choices, whatever your destiny, you will be clear about it, strong within it and comfortable with it.*

And so it is.

## **March Action 2020 Year-Long Class**

### ***Meditation to Enhance and Enlarge***

**[AUDIO:](#)**

**Transcript:**

It is always good when you are relaxing to take those three deep breaths, way down into the belly, blowing it up like it is a balloon. Then resting as you exhale. At your own pace, taking those three breaths.

For this meditation we want to drop our consciousness into the Sacred Space. So just as we are taking these breaths, imagining that this whole space that we are breathing in and out, the abdominal area, that whole space coming up into the Soul Seed and the heart is where we are going to focus in March.

Now this is for bringing the destiny into the present moment. So if you want to create the golden mantle or the golden container that is the first meditation that we did. This meditation is to basically work with our destiny. So we are going to bring every ounce of focus right now down into the Sacred Space, as if it is a big beach ball right down there in those three centers: the heart, the Soul Seed and the solar plexus. Three circles inside a larger circle.

Imagine that all three of these circles are now opening and green is flowing from the heart and a beautiful pink is flowing from the Soul Seed and a bright sunshine yellow is flowing from the solar plexus. The green and the pink and the gold are becoming woven together, flowing into each other. As you breathe into this beautiful space you imagine or sense or feel that in the center there is this beautiful arrangement of interconnection. Maybe the gold is outside and the pink and the yellow are flowing together and then the green is inside, the pink is outside and the gold is outside. It doesn't matter, because each of these three spaces is now going to become one-energy. If the color is not as clear for you then feel the essence of heart, purpose and power.

Imagine that you are building the center section of your body so that the strength of this area is growing in each moment, combining the will, combining the purpose, your stamina, innate wisdom and Truth all together in one place.

Maybe you want to put your hands there and feel that whole area under the palms. You are breathing this beautiful combination of colors, energy and strength deeper and deeper into all your organs, opening out that place so that the power within you touches your destiny and the love that you carry.

Now all of the color and the movement and the union of those three essences come to a very strong circle. As you are focused on that area again, there is a clockwise circle that is moving in and out from the tiniest little place in the center all the way out to the edges of the circle and back in again. It's an in and out movement compressing to the center, moving out to the sides. This is where your destiny is now going to be focused. No longer in the head, no longer thinking. Thinking with the abdominal brain only and moving the in and out of your Sacred Space so that these three powerful centers are to work in the same way at the same time for the same purpose.

This is where the destiny now begins to solidify in these spaces. What you want to remember is that the energy in and out is taking your consciousness past the boundary of your own ideas and your own special Sacred Space into the Sacred Spaces of all others. Just moving out in every direction, moving out as if everything that you are is now available to everything that is. That is moving this consciousness in direct ways that will allow for each and every part of you to start expressing. This is the time when you will begin to do new things, when old ideas and desires or yearnings begin to come to the surface and be expressed or shown to others or created or sustained or expanded.

This is the time to think out of the box, out of the mind, out of what people are telling you is possible or not possible right now. This is really the creative time when the momentum of your heart, your Soul Seed and your solar plexus move aside obstacles and begin to empower you to bring forth that which has not yet been seen or known in the same way that you will bring it. This is the time when, as you are focusing in the center, the movement in and out begins to create a wave that we were talking about before. This wave is creative. It is your destiny flowing out.

You've gone up. You've asked for what it is and you are bringing it down now and you are growing it in the middle of your being. As you grow it, it begins to strengthen. Anything you focus on is going to strengthen. That's why you want to focus on congruent waves, not incongruent waves. That's why you want to focus on bringing gold around those you love, around holding spaces, around taking from the center of your being in every direction the gratitude and the grace of the destiny that you've brought.

Everything becomes now fluid. So anytime you feel stuck create the movement in the body. Move. Move this energy. Combine the colors. Change the colors. Orient them to however you want them to be.

As the spin occurs, feel it expanding out all over the universe, sending it out everywhere that is and feel it connecting to something or someone. Just for a moment expand the center spaces in your body either by breathing bigger or holding your arms where your hands are in the center on one of your centers or one of these places. Breathe the color in and out. Send a color somewhere. Begin to feel that what's inside of you, what has been waiting to be released or expressed is now ready to unfold, ready to expand, to be made real, to be seen and heard and experienced.

As you focus on the Sacred Space and the three areas become one, they will intertwine and not come undone again and that is your intention in this month of March! Focus on unifying those three points so that they always work as the three-in-one together. As they do work as one then they grow. They expand. They become the vessel through which your life is lived.

This month focus on those three as one. Feel them growing and expanding. Draw them if you don't feel them. Touch them if you are having challenges. Draw colors, flow with it, feel into it, experiment, expand it out. Anytime you start to think about something that isn't happy focus on the three-in-one. As it grows, it will incorporate other centers in your body to expand your vital life force even stronger and more wide and beautiful.

It will also begin to make a pathway so what you want to experience is that right out in front of you is a road. So as these three-in-one energies expand they are going to flow down the road right in front of you, and the road is going to have information on it. It is going to have directions. It is going to have ideas. Answers.

The mind is no longer in charge of anything on this planet and you now know that that is true. We've been saying it a long time but now you know it is true. Nobody on this planet can use their mind right now because it doesn't give any answers. We are in a new time now. Everything is different. Your pathway is going to be clearer when the three-in-one is your main point of focus.

So every day, first of all, create your golden capsule. Bring it all together so that you are feeling as if you have the consciousness of creation around you. Then focus on the three areas, have them growing, have them guiding and leading you. Some of you will want to write what you're seeing, what you are feeling, what you are remembering, what your design is saying, and what the clarity that you received was. You bring it down. Any clarity that you receive, bring it down into the Sacred Space, because then it is going to grow. It is going to grow into what you were clear about. It is going to manifest it.

And so you bring the golden light all the way through into the earth, back up, and then you are in the Sacred Space. Grow it because as you grow it, the components, the different aspects of your design will start to become more clear. You have some pieces of it. You don't have all of it yet. None of you have all of it yet, and you want it now because you need it now because it is your path. It is the way forward for you, just for you. It's what makes the most sense. It is what is the most clear. It is what is the most imperative but also the most powerful.

So we are flowing and moving and opening and very strong in consciousness, and then we flow out and we flow out. Then as we flow out there is this deepening sense that everything that we came for is becoming much more clear. The components are much more available and there isn't anything outside of us that is impinging or restricting us because we are feeling how open and graceful we are, and how we can bring forth whatever we need in that moment.

Make sure that you ground whatever you receive. Write it, speak it into a recorder, or make a picture of it. Do something so that it becomes recorded. Then always ask that it be also recorded simultaneously in the Akashic record so that everything that is experienced is given credence in the annals of consciousness. If you just think it, it isn't in the annals of consciousness. Right? So you want to make sure that you are clearly aligning with that structure.

Remember that when you are concerned about others that you put the golden container around them. Worry will not assist them. The golden container will do exactly what you want it to do. If you are very concerned, send it many times. Keep it there. Keep it there. Keep it there.

Nighttime is very important because when you go to sleep at night the veils are very thin. You have much more opportunity to affect others' fields, others' energies because they are softer. It is tonight the full moon. It is tonight a very beautiful luminous opportunity to spin consciousness everywhere at one time. In the light of the moon everything is brighter.

Ask for the pathway that is easiest, clearest, and most doable for you now. Build your muscle of fortitude and of consciousness slowly but consistently. Do your best to understand how you process invisible, spiritual energy. Do your best to connect with the vital forces of life inside you. Do your best to remember what you chose, what your destiny is and how you are going to accomplish that.

This is your time to be clear about all of that. Mercury is no longer retrograde. Everything is now more clear. Claim that clarity. Design your lives by your own deep intentions. Make it clear what you want, how you want to be. Be a creator. There are no more victims now. Create what

you want. Stand in it. Align with it. Trust it for it is your greatest asset and your most profound power.

We will be with you, as we always are, and assist you in any way that we can. Open a channel with us every day. When you wake up in the morning say *Ones with No Names, Council of Light, great masters, Light Magnificent, creative capacity, ingenuity, Soul Seed energy, Sacred Space, be with me. Be open. Flow out and assist and support me in every way that you can so that together we bring to this planet the Light of all being, which is Oneness.*

We take just another moment to give you our gratitude for your attention, your commitment, and the power that you bring to this planet to assist in supporting life and honoring that above all else.

And so it is.

***Link to Hightail March video:***

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

***March questions to ponder and discuss in groups:***

**How do I extend my Truth into the world?**

*What energetic actions as well as physical actions do I take?*

*Am I an energetic actor or a physical actor? Or both?*

We want to serve the world. We don't want to sit on our hands any longer. We begin creating action and consciousness together in various ways. It can be an energetic action but it is necessary to work as a team, to work as a consciousness.