



2020: Call to Action! – *April 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
- April 13th class audio and video links and transcripts
- SAME [Call Details](#) for EACH month AND group calls

2020: Call to Action

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Updated: 4/19/20

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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

April 2020 Year-Long Class

Introductory Meditation

[AUDIO:](#)

Transcript

This is the meditation now for bringing the awareness of our light into the focus of our light. So this is not about bringing light in consciously through the mind's focus. It's about allowing the connection that is there to be recognized.

Let's imagine that we are either sitting nice and tall with our feet on the Earth or we are lying down flat. Before we start the meditation, we actually recognize that there is a ball of light above our head, about three feet. It's always there. For a minute we just look at it. What does that ball of light look like?

As we focus on that light, we notice that it is moving. It's alive. It's weaving and expanding, and every original spiritual point of origination is in our light; pulsing, expanding, very, very alive. Then we notice that down in the core of the Earth where our feet are grounded deeply, always, no matter what we are doing, there is another ball of light. It is very alive as well, and our feet are being bathed in that light. We can feel the rhythm of the Earth in the bottoms of our feet, and feel the rhythm of the Great Mother of the Earth. We are aware of both of those circles at the same time. They are interdependent, always with us.

Now we are aware that the light above us is moving toward the light below us. We will offer you an opportunity to experience each of the points that we have described. The first point that was described for you is this right/left brain connection. You feel the light coming from above you settling in the center of your brain, in your crown, and then beginning to flow so that there are two circles side-by-side that the light is flowing through; into and through, back again and

into and through. You spend some moments there because it feels so good to have the light balancing your brain.

And the light, as you do this daily, will stay there as long as it needs to stay there before it begins to move down the column of your spine, touching every part of you on the way, relaxing and enlightening every cell of your body as it moves. It is relaxing your jaw and opening the spaces of your nasal cavities—just the light and oxygen doing its work very, very organically here. Not thinking about it. Just watching it happen, feeling it happen. It is a whole column of light and it includes every part of you as it moves down into your high heart now.

Your heart opens wider than it has ever opened. It has no object. It is just love. Unconfined, deeply expansive. The light is straightening your spinal column in the back of your neck at the same time, because when your heart opens your throat and your neck relax. Your shoulders drop because having your heart closed raises the shoulders and creates tension in the neck and jaw.

You realize you are not going to focus on what is wrong. You are going to allow the body to absorb, respond to and connect to the light. As the light moves through your heart, at the very base of your heart and at the top of your Seed of Light is the *Point of Honoring*. Here you feel all of the honor that creation has for you. Just you. Creation is honoring you. The light is honoring you. And the light opens your Seed of Light as it moves down very organically to your true purpose and the alliances that you have—spaces of creation in your future. You may or may not tonight see what is there, but it will unfold and open as you do this everyday as a commitment to yourself and to your end times.

Where your Soul Seed and your solar plexus connect is your place of *Self-Actualization*. It's the power to bring all of you into the world. And so you are there with that place recognizing it, feeling something very new in your body—the power of you flowing through every aspect. No definition...just everything being responded to from the power of you.

Then as the light moves down, every part of the separation that occurs from fear or grief or worry or concern just dissolves as light fills the belly. The light touches that point with the spleen chakra where there is the beginnings of digesting and balancing absolutely everything in your environment, in your body, in your life, in your psyche. Everything balancing. This light is opening the vitality to be and create everything that you have come to be and create.

The light is moving down to the root center, dissolving into the Earth, opening to fortify your alliance with heaven and Earth, opening to your sexuality, your life force, your real aliveness now as light. It is lighting your fire from within, flowing down into the core of the Earth now again, and anchoring everything that has happened, everything that has been opened. Everything that has been clarified is now grounded.

Organs and systems in your body, when you do this meditation, will focus you in different ways. Know that this is your end of pain and suffering, on any level, in any way, from any time. Now when you look at your body it is fully encompassed, contained in Light above, below and within.

You watch the flow of that Light, the luster of it, the vibration of it, the pulsing. Feel the color, feel the warmth or the temperature. Watch pain dissolve. Know that you are no longer separate from your light in any way and so you are free; free to dissolve and be. Then in the final moment just dissolve into Light and just be one ball of Light.

Now, know that all of our Lights from all dimensions are merging and feel the power of One Light. Know that we are part of that One Light; all of your guides, the ascended ones, avatars, groups of Light are all part of your Light, part of the One Light. We are all One Light and now we are in Oneness. Oneness is what your body, mind, emotion and spirit long for. You do not have to understand it to experience it and to be it. Understanding will come from being it.

We pledge our presence and support for each of you in the coming time and honor your commitment to yourself and to the One.

Gently now expand your Light so that it fills in all the spaces around you. So the environment that you are sitting or lying in, the other rooms adjacent to where you are, the trees, the stars, the sky, the wind, the rain, whatever is around you, fill that with this Light. Send it everywhere now and imagine all of the Lights meeting each other now, again as One Light.

If you would say out loud, *I am light and light I shall remain, I am light and light I shall remain, I am light and light I shall remain. Light is all there is. Light is all there is. Light is all there is.*

So as we open our eyes now we are going to only see Light and only carry that Light with us and just represent that Light as the true way of being.

**April, 2020 Action Year-Long Class
Message from The Nameless Ones**

[AUDIO:](#)

Let's put our hand on our heart together.

Well 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 middle of a huge transition, as you are knowing. We are also recognizing that for each of you this is going to be experienced differently because each of you is in a sphere of Light and consciousness and karma that is distinctly your own. That is the way in which your process has evolved, the ducks have lined up in a row or not, and where your consciousness is ready to take a leap or it is going step-by-step.

This is about your choice at this point to remedy or rectify any part of you that would have a question about the fullness of your own integrity. To say that in a different way it is a time to look in the mirror. It is the time to understand yourself, time to look at what is lost and what is opening and also a time to recognize that the only structure of stability that you have is your own core. Your core is connected to the Earth and to the heavens and it is a pillar of Light that never changes and that is not identifiable by x-ray or even MRIs or any of those things. It is the column of Light that is the integrity of the Truth that you carry. It is ineffable and is broadly characterized as spiritual.

However, this evening we would just like to call it Original. It is your Original grace. Each of you has, in the next month, a true choice to make. This is not about maybe. This is a true choice and this true choice has to do specifically with Light. Being Light. Calling forth Light. Sending Light out. Standing in Light. Opening unto Light. Recognizing the Light. This is what this choice is about.

It's not instead of the dark. It's not trying to weigh the options that you might have. It's literally about recognizing yourself as Light. It is a very different thing. As you recognize that you are Light and that there is no way around that, there is then that fusion, that interconnection as Light with Light that catalyzes your core to ramp up its velocity, to fill in the blanks in its column— meaning discs, vertebrae, structure, conditions of this, that and the other thing. Whatever. This is a ramping up of Light so that it actually clarifies what is in the core and in the pillar and helps it to become more structurally sound.

Now this is a very, what you could think of as integrous choice, because it doesn't have to do with what you believe. That is extremely important for you to understand because if you don't believe a certain thing then the structure of separation, dualism is that it isn't part of who you are. You want Light to be part of who you are. You want it to embody all that you are. You want to be originating and remembering and recognizing the Light and you want to be using the Light all the time. This is like the manual for thirty-day survival here into May. This is it. Light.

Now that is because as the world is separating it's channels of power and control, as there are places in between what you could think of as the logistics of the world, there is space there. There is space between people and space between activities. There is space between occupations and the ways in which food is delivered and the way it is consumed and what you are consuming and when you are consuming and everything is very different.

So the spacing is allowing room for Light. If you think about Light as being autonomous in that you are not making it. All right? You are connecting to it. You are not making it. It is not something that you are going to make. It's autonomous. Right? It doesn't have the capacity to be diminished. If you don't feel it, it is something in your own mind. It is not the diminishing of Light. So the Light is always there for you in any way that you choose to open unto it, receive it, recognize it, or remember it. That's the Truth.

Because there is this autonomous clear beautiful Light that can fill up all the spaces that are now being provided on the planet, **Light will restructure form**. Light will add consciousness to form, add energy and awareness and grace and all kinds of other things. Light will add those things.

So instead of you thinking I should do this for this person, and that for this person and this for this and that for this, you say to yourself, wait a minute. I don't have to do any of that. I've never had to do any of it actually, but I don't have to do it now. What I have to do now is choose it. Foundational bottom line, just choose it because the consciousness of Light knows what to do. It knows what to do much better than you know what to do. You know, it's just the way it is. That's not good or bad. It just is. Right?

So this time, when you choose Light, because we are getting near the end times they call them, it is basically the restructuring of consciousness. The closer we get to that space the brighter and clearer you want your awareness of Light to be. Separation and grief and pain and lessons and learning and families and health and all these things are waves that you are being requested to activate Light.

There is not a different formula, result or healing process or whatever, you could think of as a balm for this or this or that or the other. It's only Light now. It is only Light. So that would mean, okay, this person could be benefited by sweetness, wellness, maybe understanding. Maybe

grace. Maybe kindness. Maybe compassion. Maybe whatever. But you see now, because of the intensity of need, because of the structure of consciousness itself, taking itself apart and moving itself around, and because of the literal life and death process that individuals are in, and because of the constraints, restraints, constrictions, and fear on the planet, it is much more helpful for you to be dispensing Light. It is more about recognizing and remembering and opening unto it and feeling it yourself and bringing it down your column, then it is to try to discern what is needed over there. And what is needed over there? What should I do here? How should I work there?

So Light is the antidote to fear. Light is the antidote to grief. Light is the antidote to illness, everything. Everything that happens on this planet from now on actually, but particularly in the next several months and particularly in the next thirty days is Light. Light is the answer.

Now you may or may not understand what Light is and it isn't actually important that you understand what Light is. It is only important that you feel it and when you feel it, you will remember it. And when you remember it you will recognize it. When you recognize it, you are home.

This is a time of coming home as Light into Light being Light and then everything dissolving into Light. The meditation that we began with this evening, very simple meditation. Extremely simple meditation. If you are having a challenge putting your energy someplace, put your hands there first. Feel whatever is in there and then grow that. You know, this is a very, very simple time and it is simple because it is facing so much complexity.

The universe is saying let's relax. Let's simplify. Let's listen. Let's respond through a part of us that already knows. We don't need to come up with anything. We don't need to try harder. We don't need to have some kind of a challenge breaker here.

Now your system is giving you a message. If the message is physical, then your pillar focus is physical. If it's mental, your spiritual pillar focus is mental and same for emotion, same for spirit. So if you are in this whole unified system of *oh, my goodness, I'm holding all of it. How does it balance?* Then what you bring down your pillar is spiritual acumen. You bring down that spiritual connection to Light. It's not that the Light differentiates. It's that you focus it in a particular way so that the Light applies to what it actually being requested to apply to.

So if it is a physical thing, you are bringing that physical energy down into your body. You are focused on allowing that connection to occur. It's not a different amount of Light. It's not a different Light if it was mental, emotional, or spiritual. It's that your body is asking for the Light in a certain way or your mind or emotion or spirit is. As we said in the very beginning, it's about who you are, what your consciousness is right now, how your karma is playing out, what your design is, what your purpose is, what your relationships are, where you live; all kinds of things.

Now you have all made choices. It doesn't mean you can't change the choices but you've all made choices about where you live, the structure of what you live in, the people who are with you or not, the area, the consciousness of the area, the understanding. It's all in the mix, in the formula for this time and it is a very intense time.

So the structure of Light inside you, wherever you want it to be or wherever it is being requested, is the formula for you for the next thirty days. We will give you some affirmations of each of the four bodies when we do the meditation so that you can actually recognize which of those affirmations are yours to focus on first. And it's not that you won't focus on one, two, three or four, it's just that you will start with one. When that is healing from Light then you will have another one come, and another one come, and another one come so that by the time we have a month, we have had maybe a week for each level or however many days you need.

Now the importance of Light for you is this. It doesn't have any limitations or constrictions so it is not just, *well I'm not going to have as much Light as this other person or I'm not going to have as much Light here as I have there because _____*, and so you can fill in the blank. But basically anything you fill in the blank in with is inaccurate.

Of course, one of the first things about being at the end times is that you have nothing to lose now. It is all being lost anyway, right? So you have nothing to lose, except what you don't want, what you don't need, and what isn't true, so you don't want it anyway.

Dissolving into the Light as we did this evening, however you can dissolve in the Light, is the key. The more you dissolve in the Light the Lighter you get. The Lighter you get the less distinction you have in the circuits of the mind and brain that identify things through perception, through what you believe your reality to be from your belief system. All those things just dissolve. If you understand that the dissolution is the key to the restructuring of everything then it recognizes itself within you as an amazing expansion that literally will open all the doors that you want to have open.

So this isn't a time for you to try harder to open doors or to fix things. It isn't that time and we have been sharing with you... that if you go into duality to fix duality you become part of duality. So we don't do that anymore. We haven't done that now for this whole year. We are not going into duality. We don't want to do that. We are beyond duality now so we don't thing about any of those things because they are not really relevant to where we are.

Each of you is in this place where consciousness is sparking the integrity of your whole essence and being. Consciousness. Consciousness is structured from the Light body of creation so when you say *I am using my consciousness*; you are using the Light body of creation. What that means for you in a kind of literal way is that **when you are in the place of dissolution you are a fabric in the consciousness of Light**. You are supporting each moment in a way that allows for that

Light to instruct that moment to give it relevance, focus, awareness, whatever it is that is needed and you don't have to do it anymore.

Those of you who have these conditions that you think you have about ADD and I can't do this and that at the same time, blah, blah, that's all gone now because Light is in charge. Light is guiding and directing you. You do not have to do this in the old way. You can't do it in the old way. Of course, the power of this time is that nothing can be done in the old way. In a few weeks that is going to be even more structured into your consciousness that everything is absolutely different.

By the way, it doesn't matter why this is happening because individuals who might be planning something nefarious will think it is going their way. And individuals who are thinking that this is the most amazing opportunity for Light and creation and grace and all that, it is going their way, as well. Those two spheres are going to separate more and more. So just be in the sphere you are in. Don't worry about any other sphere. Don't worry about what is going on. Bring in your Light. Stand in your Light. Hold your Light. Carry it.

Now if you have physical things happening, probably the Light from the top of your head, let's say your eighth chakra, your transpersonal point, that point three feet above your head or so, that part is blocked and you are not getting the spiritual energy into your body. The easiest way of looking at that is challenge with your spine. But it is not the only way to look at it because of course it could also be a challenge with organs and with assimilation and circulation and all kinds of other things.

The first thing is to open that transpersonal point so we will do that in our meditation. That's the dissolution of all consciousness so that it can flow into you, so everything dissolves. This is so that you can have this integrity and awareness flowing into you all the time, coming out the bottoms of your feet, connecting in with the Earth and that place in the core with your name on it. So you belong both places; above and below. Then you belong in the structure of your spinal column, your core, so that that Light can get through.

So you bring that Light down from the top of your head into the top of your head all the way through your spine. If you have a spine challenge, you have a back challenge, you have a lung challenge, it doesn't matter what it is. The Light is going to seep into everything. Absolutely everything. In between everything. One way to think about it is that because everything is distinct right now and there is so much space, that what is outside of you as more space is also inside of you as more space.

Therefore, you can bring in that Light and have more space for it to get internally organized and rested and settled into those places so that you become a streamer of Light. Any part of you can be a receptacle of Light. You can be the part that wants to invite the Light or the part that

wants to receive the Light. So you are just opening the channel and watching this happen because if it is your body then you know there is a symptom or some kind of an indication and that is what is calling the Light. So you just say okay and you lay down flat on the floor, flat on the Earth, flat on the ground, flat on the floor. Flat.

If you have something physical going on be as flat as possible so that when the Light comes in it can go straight down. No chins up and shoulders up and all this because then the flow of the energy gets stuck. You are in a place now where that is a daily practice and it is not a meditation. ***It's a clarification of your intention for surviving in this time. I am Light and Light I shall remain. That is how you survive this time. I am Light and Light I shall remain. Light is all the way through me. Light is extended past me, outside of me, from me and through me and Light is where I come from. Light is all there is.*** And that's it.

Now if you have a mind that just won't stop with its questions or its challenges or its self-doubt or its feeling like whatever it is feeling like, bring the Light down and flow it in a figure-8 between your left and your right brain. So if you get your body sorted out in seven days, then do your brain for seven days. It just comes straight in, right into the center of your head and flows one way or the other. It doesn't matter and makes a figure-8 so that the Light is going between both sides of your brain. That's mind.

If it's emotional bring it down into your gut and down into your belly into your solar plexus and hold it there. Just like we just did. Dissolve everything. If it is fear, it is belly. And if it is fear then the connection with Light wants to be strengthened. That's all. Because when you are in Light you are not afraid because you are part of everything. And being part of everything is extremely important because if you are part of everything you know what is going to happen before it happens. You are safe. You are moving in ways that you understand validate your Truth, your existence, and your connection. It's not a problem.

Each of you has a pattern with a design, with a purpose and with a power. And so as you work with the Light, the pattern, the power and the purpose—all those things are going to become clearer to you because each of the levels that are enlightened lend grace, information and consciousness to the next level. If there is a reason that your body was not feeling whole then that will become part of your mental process that you go back and forth with this beautiful figure-8 eternal energy that can clarify the mind. If it's clarified the mind and not the belly the belly will tell you and you will go down and you will acknowledge that the belly wants to be enlightened. And if you have shame, if you have the sense of not being enough, unworthiness, you are carrying something from another lifetime, there is some kind of a challenge with being aligned with creation and connection because of some belief system or you don't feel like you are good enough to do that or whatever, sometimes that's a spiritual energy mis-match. It

comes from a memory or some kind of an ideation and so you can go up to the Akashic Records and re-write it to assist with your spiritual energy.

You will not know which level to address first until you open to the Light and the Light will show you. And again, you might think, *oh, it got to be my spirit* because blah, blah or *it's got to be this*. Don't worry. You don't have to pre-guess it, try to figure it out, prove anything to anyone. Nobody cares, you know. You've got this, you've got that. Nobody cares really. That's for you to know who you are, to stand in your Light and to be part of a consciousness that has absolute integrity. No question about the integrity. Nobody is questioning your integrity and you don't need to question your own.

Things are getting really simple now! The simplest way for each of you to restore your full Light-body to live in a fullness of Light consciousness, and to do so right now when the world is changing and de-structuring, is the greatest gift that you could offer yourself. Just to restructure you as Light as everything around you is restructuring in whatever way it is. **So you open your consciousness to the idea that Light is the healing mechanism through which this time will be balanced.**

So you are sending Light, breathing Light, being Light, connecting to Light and knowing that this is the process through which this new Earth, new world, new consciousness is being born. There will come a time in thirty days, forty days, fifty days, sixty days where you will be, you could think of it as adding your piece of the puzzle or opening unto your design or looking at what it is you are here to "do." That's not now.

Now is affirming and shoring up the structure so that you feel safe, creative, more conscious and in the realm of creation all the time as an essence. Not as a focus point, not I've got to do this or that, just being. Listening. Receiving. Breathing and being.

No matter whether you are working on your physical body, your mental or emotional body or your spiritual body there are two places that you want to stay connected. One is above in your chakra above your head, three feet above your head. You want to check in there every once in a while every day. And you want to check down in the core of the Earth where your feet are every day. You want to make sure that these innervation places that have the ability to hold consciousness through you and into you and open unto you are open.

So the above one is flowing down into you. You are flowing down into the Earth onto that rock or crystal where your feet are and your footprints are. You are down in there and you are in that core and when you are in that core you realize, ah, still connected to the circle above me. The circle above and below me are activated at the same time in the same way because they hold for me the Keys to the Kingdom. They hold for me what it is like to be in balance in all ways and not worry about it. Because they are in that balance point and because I'm breathing Light

throughout my body, up and down, then I'm working on all of these levels that have asked me to work on them. I'm balancing those places in consciousness that I came into this world to balance.

When we say end times, it's not the destruction of the planet. It's the end of the learning of the lessons. It is the end of the feeling of separation. It's the ending of disconnection from your wisdom. It's the ending of fear and attachment and taking oneself too seriously or worrying too much, having anxiety about things that you can't control. *This is all about ending that stuff through the choice to embody the original balance of all that is.* It cannot get more simple.

Now the other thing some of you are really, really picky, you know about things. The other thing is if you have something going on like a condition, a mental attitude, an emotional pain, it doesn't matter what it is, write it on a piece of paper. Collect them all day long. Whatever. Whatever is on your mind, just collect it in a bowl or something, in a bowl that is fire proof. Collect all that stuff. Write it down and collect it. Don't think about. Don't worry. Just collect it on a piece of paper. Maybe you want to take a whole piece of paper and cut it up into little strips or something. Put it in a fire proof bowl and then at the end of the day set fire to it and go to sleep because every day of the next thirty days or so is an opportunity for you to soar, to fly, to stop being whatever you're being. We won't label it, but whatever it is, your being just stops being that to be who you really are, what you really came for and to spread that Light just through every moment that you can.

You are all at that end place and it's inspiring if you look at it that way. *Oh, I'm carrying this, I don't want to carry this. I'm going to put it on a piece of paper and burn it.* If there is something really important you want to burn, burn it, just one at a time if you want to do that. Take all day and do it because you may not have anything else to do anyway all day.

You're purging. You're releasing. You're allowing. You're recognizing. You're acknowledging what your human destiny learning and balance points are. What am I here to learn? What am I here to teach? You're actually looking at what it is that has represented you—the pain, the challenge, that's part of your MO. Do you want it? Do you want it? If you don't want it, end it. Write it on a piece of paper, throw it in the dish, or whatever, the fireplace. Whatever you want to do and burn it.

See the thing about this time is that nothing is sticking. It's almost as if the human psyche is releasing so much trauma from so many lifetimes and so much space that the only way through this is to be a constant representative of the Truth of the Oneness of Light. It's all that will endure through the fire that is happening, the burning up that's happening. The Light endures the fire and the strength of the Light is recognized as power and Truth, strength, clarity, honesty, and presence. Everything that the world's leaders are not showing! And so each of you

is becoming a world leader as you stand in the Light of this Truth. Wherever you go there is an acknowledgement that that is who you are, that is what you bring and its broadcasting peace to the masses...whoever the masses are in your area of the world.

We are not endeavoring this evening to castigate anyone. There is no blame here, no judgment. Whatever is up is up and whatever is ending is ending and the only constant is Light and you have it. You have access to more of the understanding, actual remembrance of it. You have access to that. It's giving yourself the choice to look at what's there that gives you more access. Your Light isn't getting dimmer because you have pain or anxiety or whatever you might have. It's that your focus is going on whatever it is going on and that, in your perception or imagination or experience, is recorded as if you have less in this area or in that area or whatever.

We will just say it one more time, that to access your Light now is the key to the revelations that you came here to discover. The great wisdoms that each of you are bringing are much more available when the Light of your consciousness is displaying them and you are opening to the realization that they've always been there. Always been there. No question about that.

In this way now you are going to walk in a very, very straight upright way. You are going to be aware of how your head is, how your shoulders are, how you are walking. You're going to lay down for at least twenty minutes a day on a flat surface. If your back is bothering you, bend a knee up or something, but lay flat because the Light needs to come straight down through you. If you don't know what it is like to stand up straight, stand against the wall and realize how unstraight you are.

When you are bringing Light through the other thing that comes through of its own accord is oxygen. You need oxygen right now to heal the wounds of this society. The oxygen comes in when the fear diminishes, when the breathing is bigger or the lungs are open and the Light is filling you up. It is a balance point for the system to have enough oxygen.

The Light also will clear your third eye. It will allow you to see things that you have intuited but have not quite understood yet for yourself. For yourself this is. The questions that you have right now that need to be answered. So that opens for you in your third eye. As the Light comes down it opens your high heart, not because you are trying to do it in meditation, because it happens as the Light descends through the column of your body. It comes down into the heart and connects the high heart with the physical heart so that in an etheric way the love that is there is released. It is not focused on a person. It is not compartmentalized. It is not conditional.

The Light then goes down and at the bottom of the heart, the top of the Soul Seed, right there at the xiphoid process that Mary Magdalene talks about, is a point of honoring, honoring others. Deep honor. That opens. The bottom of the Soul Seed, the top of the solar plexus, the

power of your Self-actualization opens like a POOF, so you begin to feel the power that you brought onto this planet, why you brought it and what it is for; your design.

Then the Light goes down to the bottom of the spleen, the sacral chakra on top of the root chakra, and opens your vital life force, opens the quality so that you digest everything well. Fortifies the physical body. Holds its essence in Truth. Then as your Light comes down through your root and down through that little place between your feet, into the core of the Earth, you connect with the minerals of the mother, her breath. So you revitalize your system and the subatomic substrate of your consciousness and your physicality. So if your bones are brittle because you don't have those minerals, then that helps with that, as well. It helps strengthen your body, your very marrow.

When you are lying flat, this is coming down, opening these different centers that have to do in a directional sense, with the balancing of your entirety, all your systems, all your levels.

So the Light that you are focused on right now is the answer to how you stay sane, clear, joyous, healthy and connected. In a time when everything has space in between it, you are connecting more because you have absolute space to do that. So it is very beautiful.

Just know that this is your time to spend with yourself to meet the awareness that you carry, so that from now on you don't just carry it or hope you have it. You are that awareness and every part of you knows it and connects together. It is joyous and then expands beyond belief.

You are right there in that place of recognition and opening to the Light. Just say *I open to my Light and it flows through me easily, deeply and completely*. Something like that and then woosh, there it goes. And you just watch it because it is not about your mind deciding. It's about the Light initiating. That is what the secret of this is. We're not saying it is a secret because you shouldn't share it. Obviously, if you want to share it, obviously share it. That's fine. It's just that it is so simple that everyone thinks it has to be much more complicated. There must be something else you are supposed to do. We are at the end times. What should we do? Run around. You know, we should be doing something.

What you are actually doing is facing yourself. Facing everything about yourself without judgment, without the need to negate yourself because of this, that or the other. This sense of oh, wow, what an opportunity. It's now and I'm going to do it. Then all of you are doing it. There is a wave of people on the planet doing it. Many other people are doing this. Coming to the end of their own time of separation and that is exhilarating in and of itself because that knocks pain and sorrow and grief and anxiety and worry. It knocks it right out because Light is powerful, because it is real, it's true and it's original and it's what you are.

All right. So please acknowledge your Light. Be aware of the places in your body and your psyche where the Light is instructing and guiding you. Listen. Follow the pathway of Light and learn and remember. Put things together differently because you can now. Everything is falling away. Find your core. Bring it through you. Invite it. Have fun with it and acknowledge that this is your time and all is well.

And so it is.

April 2020 Year-Long Class Meditation Practice

Please note: This meditation is at the end of the Message audio (linked above.)

Transcript:

We will start by putting our right hand on our heart, our left hand on our right hand. We want to breathe way down into our belly. Nice deep breaths so that we actually go into our abdominal brain. What we want to start with tonight is igniting our abdominal brain. That means that we are sending our attention to the solar plexus as we breathe and feeling it getting a stronger sensation, as if we are actually igniting a spark of our self-actualization through our breath and our thought/intention.

Since the solar plexus is the bottom of our Sacred Space, we are going to then take the energy of the solar plexus and create a big circle with the solar plexus at the bottom and the heart at the top of that circle, and inside is the Soul Seed. So that light from the solar plexus is going to spark, create a big ball of light in those three centers in the middle of the body, and begin to touch into the heart now at the top of the circle. As you have your hands there feel the warmth and expansion that is possible in your heart.

Again, your heart does not need you to add anything to it or determine its spirituality because it is all right in your heart. So as your hands are there, feel your heart extending out in warmth and clarity right through your hands, pouring light into the circle that you've created with your solar plexus at the bottom and your heart at the top.

Be with the intention that the light from the solar plexus and the light from the heart is now equal. Now between those two we feel the Soul Seed pulsing as well. The heart and the solar plexus encourage the Soul Seed to magnify, expand, extend. Now you are experiencing, in whatever way for yourself that these three centers that comprise the Sacred Space are extending now throughout your body. The Soul Seed energy flows out your arms and legs and feet and toes and fingertips and the top of your head, out your back and front, and sides. As

everything extends and expands there is only Light now. Only Light! The Light is expanding so much that it is flying around like a firefly, joining with everyone else's Light that is with us this evening—feeling an amazing resonance with life—feeling the grace and upliftment of what our connection to Light brings us. And we just dissolve into the Light now.

Feel the pulse of that Light. It has a rhythm. It is connected with Order and Light and Truth and being and Union. Your Light is now joining with every other Light on the planet. There is only One Light and because there is only One Light, and because all of us are part of that Light and we are all dissolving, we are able to focus that Light, that One Light.

Wherever we want to focus it we experience what it is like to have all Light be One Light. As part of that Light we make an intention that that Light enfold this planet, this universe, all universes, all life and all beings, and all time, so that we are a wave, a particle of a wave. *We are wave instead of form so we are able to be in creation and manifest whatever we want from the quantum place of Light.*

Now we are going to take the expansion of that Light and bring it right back into our heart, our Soul Seed and our solar plexus. So all the Light in the universe now comes to seed our own Sacred Space, making an intention that it comes home again and is the ground from which we act, from which we intend and create. We intend that from this moment *we are in Oneness with all that is. We can be in our own sacred space and in Oneness at the same time. We are Light and Light we shall remain. We are part of the rhythm of creation and there is no separation. We deeply allow that to be true because it is our choice and we are ready.*

As we are ending the meditation bring the Light down through your body into the core of the Earth and ground it there on that crystal or beautiful stone that has your name on it with your footprints. Bring your feet into the core of the Earth and stabilize your rock or crystal with your own big, bright, white Light.

You have a big, beautiful round ball of Light down at your feet in the core of the Earth. You have a big beautiful crystal ball of Light in the middle of your body. They exist at the same time. Now you are going to imagine that you lift right up into creation, to the source energy where the Akashic Records are. There is another ball of light up there that has your name on it. You have an Akashic Record and you have connections upstairs and those connections are in your big, beautiful ball of Light.

We are aware that Oneness is everywhere. It is up and down and above and below and within and without. As we prepare to enter into the world in whatever conscious way we do so, we enter first as a ball of Light. We enter first as an aspect of Truth and we are a bearer and bringer of Light, an Emissary of Light. And our light continues to flow out, expand in every direction and bring the Accordance of Oneness that we have chosen to bring and to live. Allow now those

waves of Oneness to flow over you, within you, everywhere so that the intention that you have is carried on the wave of your breath, the circulation of your blood, the substance of your body, and the deep awareness and clarity of your soul.

The Light fills in anything; any gap, any challenge, any question with the integrity of wholeness and Oneness and we rest in that always now because we can. The Truth is clearer to us now and we are able to embody it fully. Feel around you the support of the Light. Feel the container of your full energy as Light in all dimensions. Feel how it feels to be part of the wholeness and we give gratitude that that is so. We feel the honor of being part of the One and living as part of the One. As we take some breaths to join each other in a more mundane and material way, bring the Light that you are carrying out through your breath, out through your eyes and through your words as we share and connect.

April 2020 Year-Long Class Sharing

Transcript:

I was looking this evening at our class subject I guess we will call it. I am going to read it first because it is pretty fascinating to me. I was telling the team leaders, we met a little earlier, when I do a course like this I set out, many times, a whole year's information of what each class will be. I just do that from The Ones with No Names and then Melinda writes it up and we put it on the web site. I didn't know what tonight's was so I went into look. Tonight's talk is about preparing for disintegration on planet Earth.

How do we prepare our body/emotion/mind and spirit for a totally different vibrational experience on the planet? How do we hold our vibration when the vibration we are used to from the world around us changes so dramatically? How do we stand when everything falls apart? How do we hold the intention of consciousness then?

This is what The Nameless Ones will be talking about and I wanted to make sure that you are getting what you need. I know we have a lot of information. We are doing our best to put it in digestible chunks for you in different ways, but if there is anything that we can do to support you in integrating this information we would like to do that. Please let us know what that is. You can do that out to your team leader or to me or to Melinda, just so we can help to make it easier for you to utilize the information that is coming.

I did write in the notice I just sent out to you about tonight that we are having three more Fireside Chats on Wednesday evenings with The Ones with No Names. The last two have been phenomenal. The one last week was just amazing. I did a little bit of that meditation tonight that they took us on

Wednesday night. That one was about, and I really want you to listen to it because I think it is imperative, actually.

That one was about how when our parents come together and join in our conception if we are not conceived in a sacred union with light and with love, there is a part of us that is not connected to the Light. Let's put it that way. So, there is a little part that has self-doubt, is separate and does not quite gel or get it. So what The Nameless Ones did on Wednesday night was to take us through a rejoining with the sacred Union so that we have the power of that trust and Union inside of us so that when we go into the world and look at the world and act in the world and live that we have the power of that sacred Union to work from. That is available on our web site under Fireside Chats and you can listen to that.

Okay does anyone have anything to discuss? I think it would be good if we raised our hand, if anybody wants to say something, share anything, offer anything. Is that Jennifer. Hi Jennifer.

J: For me this could not have come at a better time. I've had a lot of up-leveling and shifting around. My old fears are radiating out and the twelve-foot bubble has been incredible. I've been fielding a lot of dragon fire power with all that too, which is kind of great. _____ (going forth or forced) into doing that but I don't feel like I am the same person now that I was when we started this call as of this new light that you are bringing. This really solidified something for me. It really clicked. Like all right. We are here now. We are in it. This is it. It's for real. So that is what I'm feeling. It's really powerful. Thank you. I just wanted to say that. Thank you.

F: Okay. Anybody else? Looking for hands. Ah, Margaret.

M: Hi. So um I was having a hard time getting on the internet tonight and I was fiddling with it and I finally got on and you were already into the meditation and so I was anyways and then I did not even know if this was the right time, is it the right day because anyways and as soon as I got on it was like this intense light from the group energy already. It was like significant. It was like it just drew me right in and I just was surprisingly profound so anyways thank you so much for that. And I will look forward to looking at that Fireside Chat or that union. I think that sounds very interesting. I look forward to that piece.

F: Thank you Margaret. How are things at work?

M: Well, I must say it is very intense and like today I was thinking, you know, because you are always concerned with bringing the light wherever you go and that is my intention but it is just stressful in so many ways, even for me, and I know for me the patients and the staff and just the movement of it and um so it's and I always think like in one sense I may be like on somewhat of the first line but I always am so conscious of those other individuals like in New York, where there is actually the coronavirus going on or that intensity going on how much support they really need because it can be very, you know, its just you have to be on and then on some more. You just do. So

my compassion goes out for them and just love and support and you know how important it is to just be steady with all that. So anyways its, yeah.

F: All right. Well I'm glad you are doing well sweetie.

M: I am.

F: Okay. Thanks for sharing. Did I miss any hands? Okay. So I guess you are all doing okay then, right? Okay. I just want to give you a chance to talk if you want to share anything or ask a question or have a focus of some kind. Okay, Susan, hi.

S: I just have been watching the things on earth unfold around us and thinking about the message that they have been giving us. They told us, I think they told us that anything not based in one of the four pillars of creation was going to crumble. It feels that is really exactly what is happening on a lot of levels and I wonder how deep we are into this. Are we in the middle of this? I appreciate being part of the class and getting this information to help keep myself grounded and feeling safe because it's so challenging now to see the people suffering in so many different ways, even the ones that are not ill.

F: Right. Thanks Susan. I am sure they are going to have some answers. I always pray they are going to have answers, you know. That's my like oh, okay, you're going to be here right? You're going to do this. Okay. Anybody else before we start with our message. Okay. All right. We will do another recording here.

: Flo, I think Angelica is raising her hand for a question.

A: What I was going to share was it has been a profound time and I don't know what I would have done without this group and the messages. It's like even when you know you came for this transitional time, you know you came to do this specifically, this shift on the planet, it's still not like this easy ride through and it's like one day I'm like Yes, I've got this completely and then next day, I'm like okay, just what came up. So it has been an interesting, um, it feels like everything is so fast, like I always thought things were moving fast before this year but it is moving like super-fast, like catching in the moment what is going on really behind the scenes, like you know, just like any upset about something or annoyance, it's like okay, why did I write that script, like why did I call that person into my life because I had something to teach and they had something to teach me. Now it's not my business if they don't learn from me but it's like, oh, I get it. Bless you. Thank you. Move on. And I think the hardest part has been healing all the family type of drama, especially because I have so many siblings and I healed with both parents just in like just in total difference of just adoring them from being rebellious and wounded. You know, done that and then had to deal with my siblings and the lack of appreciation and my attempts through my whole lifetime to be kind to them only to have backlash all the time. And it was really nice to give myself permission to love them but to be in, not to be in their field ever again and it was like there was a guilt part that comes in like oh,

I should keep trying. I should keep trying and it's like I got the vision when I was doing a meditation was like wait a minute. That is like saying if you are living with an alcoholic that you should keep coming back and trying to fix something because it's like no. It's enough, this is, you know, it took someone else to see from the outside and say they are abusive. They are absolutely abusive. But to be able to love them and let them go and not need to fix anything, not need to hope they will see a different way, um was actually really liberating.

F: Must have been liberating.

A: And that just happened. Yeah. It just happened recently and its like wow, I'm not in charge of helping them awaken. I'm not in charge of showing them kindness. That's not my job. Like who do I think I am to make that my job? You know. So it is not an easy energy that we are going through but it is profoundly beautiful and I did try to find the Fireside Chats. I did listen to them in person but I wanted to go back and for some reason I am not finding them on the web site so I am curious where they are.

F: We will make sure you can find them. Okay?

A: Thank you.

F: So okay. Myra has her hand raised.

M: Myra here. I just want to present something really quickly here and that is in hearing the messages and going over the January and February messages I realize today that I have been in a state of shock, a little bit of shock. And this has been a time that I have been soaring and flying and feeling a lot of excitement but I realize the shock comes from all the messages that I received decades ago. I was told often that the way was prepared and that I wouldn't understand from the mental what I was being given but I would in time and when that time came that there would be others and I have been sitting all day in this, the shock is not unpleasant, it's just that I realize a little bit of me is just witnessing, I guess. Deeply aware that it is really happening and there is a little bit reaction to that. And I just want, I want my own self to be very aware that that is going on and to put it out there for all of us for some reason. This is what I offer so I am sharing that piece.

F: Thank you Myra. Welcome to the class. Okay we had one more person with her hand up. Let's see. Okay I think it is Stacy. Is that you?

S: Can you hear me?

F: Yeah.

S: Okay great. It's interesting. When I got off the phone after you were talking and I've been feeling this on and off. It's like a deep sense of grief and sadness and also what's coming to me is like a type of death. Um. So I just want to address that and speak that. It just feels like a dying. Not like I'm

dying but a dying. Um so there is something there I just wanted to presents out in the field if they want to address that. If it's pertinent.

F: So okay, we are going to have to go just a little fast here. Okay. Great sharing. Elizabeth.

E: I would just like to share this with the group from a Webinar last night from David Spangler, one of the original founders of Findhorn and I'm not saying it exactly quoting the way he did but a lady had asked him a question about however we want to call it, the new world, the apocalypse, or whatever. The time that possibly we are in now. And he asked her why are you afraid of dying? Are you afraid of this happening and she said oh, no, I've been waiting for this time. This is what this is all about or whatever and David said from John, who he channels, he says apocalypse is easy. Death is the easy way out. If you want a new world _____ your transformation and make your choices daily the way you want to shape and see the future of this new world and so I just wanted to share that.

F: Thank you. Lori?

L: Hi everyone. What I'm wanting to share is there has been a convergence of these different thought leaders, mystic spiritual leaders coming together with a really beautiful vision of the connected universe one infinite creator, and it comes from Hawaii with Essene Heaven and he is offering a course on his new physics that underlies, you know, Oneness. Then you have Steven Greer with Close Encounters of the Fifth kind and it is the application of the Oneness and how all, you know, he has a protocol for meditation to commune and telepathically connect with extraterrestrials through the Oneness so there has been this like synergy of different facets and angles, you know, coming together to articulate you know. Then the third one I will just bring up because it is very relevant to what the topic is and what people are talking about and _____ right here, the transfiguration of the world and this is somebody Gordon Davidson if anyone knows of him, but his path was he was Peace Corp in India. He went to Findhorn. He met his wife. They created the Center for Spiritual Living and visionary leadership and he, this is a channeled book from 2014 and it's almost like a master, like, read this as cliff notes here of what his master teacher brought through and it is also channeled through his work of putting his own spirituality into practice. So, somehow just in the last four or five days all of those kind of coalesced as you know, little guideposts for this time.

F: Awesome. Thank you, Lori. Okay. So I think we should probably get the message for tonight.

Link to Hightail April video:

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