



2020: Call to Action! – June *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
- June 8th class audio and video links and transcripts
- SAME [Call Details](#) for EACH month AND group calls

2020: Call to Action

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Misc. Information

- All class and *group meeting calls will utilize the *same* [call details](#).

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

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- *Please* connect with *everyone* in the course on the private page via the *Comment section.
- *Please* connect with everyone in your group on your group's private page via the *Comment section.
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*Note: This is *not* the best place to get in touch with Melinda for tech-type support.

(Instead) Email: melinda@soulsupportsystems.org

Year-Long Class June 8, 2020

Intro Meditation and Message

[Audio](#)

Transcript:

We will put our right hand on our heart and our left hand on top of our right hand. We are doing this literally, to bring our left and right sides together. It's a way to step out of duality immediately, just by putting our hands on our heart. We are joining our left side, which is our feminine side, and our right side, which is our masculine side, and we are joining them in the heart, and one on top of the other. This is so that as we breathe and focus, all worlds come together in the center of our Being.

We are breathing into the heart through the hands, and breathing from the hands into each other hand, and then breathing from the heart into the hands and arms. It is like a circle moving in and out and through. The heart becomes a generator, where the Light that we envision and carry can ground and expand.

In this time of great turbulence, this is the place of rest. This is where we rest and where duality ceases, because it does not exist here at all. Being in this place in a deep and truthful way is the answer to how we live in duality. It's the way that we factor in all of the pros and cons and find the medium place, the balance point. This is because the heart has no judgment, is unable to separate, and does not define itself through duality.

If we are in a situation, or read about a situation, or hear about a situation that has duality within it, coming to the central place of our own heart will guide us in responding to that duality. It is not a "head" thing at all. It's always the heart that beats in the rhythm of Oneness. Always!

The heart sends out rays of compassion, enfolds duality within that ray of compassion and dissolves it. As it dissolves it, the duality that is receiving the ray is affected in a positive way. In other words, it is affected in a heart-felt way, so that its response through duality is lessened.

Each of you is in a situation where you look at your world from a different perspective. The challenges that you face, each of you, the experiences that you have, are made from the deep patterns within you that balance your design with your karma. If you are responding in a confused, unhappy, separating, unsure, incompatible, not-sensitive, angry, you know, any way you want, you are in the karma. All you need to do is breathe into the heart, because that is where your design is, and your design has in it everything you need. But it is not something that your mind can extrapolate or understand, because as we said last time, duality has been with you for a very, very long while.

Now, from your heart, open your hands, each one. Feel the field that you create with your hands. Imagine it going around you in a circle. Then bring it down from above, just imagining that within the circle of your heart there is a connection to the above. That is going to come down, as if you have a vessel that is now going to be filled with Light, and the Light moves through your entire body into the Earth. The current of the Earth's life force moves up through your body, through your feet, up into your legs and back up to Source. There is a movement back and forth within you of the grace of Creation, which is now taking the place of duality.

Breathe the Light into every cell in your body and every part of your organism. Grow it inside you. Since you are each attuned to the Golden Ray, bring the Golden Ray in and through your body, through Source and through the Earth, up and down, imagining or sensing or feeling that the Golden Light is all there is; and you settle there. The Golden Ray does not have questions. It knows the sense and awareness of Being, which is the antidote to duality.

The one speaking has asked us specifically this evening to make things clear for you and we are doing our best to do that, which literally means that you are balancing your design and your karma, as is everyone on the planet right now. Reactivity, reactions, responses, patterns, challenges, identities, are your karma. What inspires you, what you care about enough to act for that from your heart (not in reaction but as an expression of the grace of Creation), your purpose, your connectivity, your wisdom: All of these things, are your design.

Where we were looking this past month, at each of the things that you find dualism within, we were looking at your karma. That's why we wanted to look at the patterns, why we wanted to see what they were and what the response was for you, and how you would wiggle your way out of them, and how you would aspire to understand the greater relevance of your life.

We could say that very clearly for you. What is the greater relevance of your life? What are you stuck on and working with and wanting to do and not sure about? Those things may not be that important. Are they really relevant? Whether you have this or that or don't have this or that? What is the thrust of the consciousness that you carry? What is it about?

Each of you has a design that can be expressed in three ways. You have what you could think of as the three-in-one, which is your design, which has aspects that fully respond to your heart. ***"My design fully responds to my heart."*** That is an affirmation that you can say if you're not sure about that, you know; until you feel it in your body.

As you relate to the wisdom in your design, the three branches of your particular way of expressing the grace of Creation become more clear. Part of the karma is what you can think of as competition or not being good enough, worthiness, or fear of annihilation, fear of betrayal, fear of disapproval, not being loved. All those things. You could say "Well, that's my personality." Whatever. But it isn't. It's your karma. It's what you brought in to heal, to shift, to transform.

If you look at your reality as if each part of it has a clue, (that of course is what we were doing in the past month) what are the clues to release the patterns that you hold that identify you, since even the atoms in your body believe what you believe with your mind. That's kind of scary, isn't it? Even the atoms of your body are part of your karma. They listen to your mind. They create accordingly.

This is a very wise moment for each of you right now to say to yourself: ***"The atoms of my body are clear. I carry no patterns of my Ancestors, my karma or my identity."*** You might want to say those things out loud so that the vibration of the words is felt in the cells of your body and into the atoms of your consciousness and constitution.

We are looking at a tremendous amount of karma being played out on the screen of your life. There are many, many screens that are being played out. The thing about your political leadership, actors, actresses, writers, creators of all the software and the things that you are now utilizing; the thing about these individuals is that they are showing you their karma. That's all they're doing. Recognize that by showing you their karma, they are exposing how they are programming the very atoms of their body and the destruction that they are setting forth, whether they are physical or not physical, or from here or from anywhere. It doesn't really matter, because it is One Universe.

As you are seeing in the world, those individuals who have been asking the question: "How do I release the karma I carry and care more for others than I do for myself; to show the service of my heart, to be present in ways that reveal the power of Truth, the power of Light and the power of Connection," are being given a way to do that. They are doing that through these walking mechanisms that you are engaging in: Walking here and there together, in your heart, in your mind or in your body. It doesn't really matter. You are part of a wave and what has been necessary on the planet is that there be a large enough wave to move the karma into resolution.

This is not about you looking at the world events: "Yes, no, maybe, good, bad, upset, interfering with this or that. What's in the middle of the road? What should I choose?" It's not about any of that. All you have to do is say: ***"Am I looking at the design, or am I looking at karma,*** with each person, each action, each everything."

It is so simple. We have been endeavoring to make it very simple for you, as you are aware. We are doing better, but the thing that you also want to understand is that if you make it simple, then you are less confused, which means that the karma is not as strong in you or in what you are viewing.

For example: You are looking at something and you are finding that it is untenable or inhumane, those kinds of things; then immediately, as you see it as karma, you take a breath. Put your hands on your heart. Okay. ***"What does my heart want to do right now?"*** This is not a mental idea or exercise. "Well, I think I'll do this and I think I'll do that, and I know these meditations, and I know how Light works." It's not about any of that anymore.

Even if you are using a spiritual principle to support and assist in these different ways, it does not touch the moment as deeply as you will touch the moment when you recognize that you are now addressing large scale karma that is choosing to be resolved. This is because it is now visible, audible and palpable. You can feel this karma. When each person goes into their own heart, they go into their own design, then they have an idea which of the three aspects of their purpose is speaking to them in that moment, or which two or which three are speaking to them in that moment.

Each of you has a tertiary tree, with these three aspects on the tree. What we would like you to do in this upcoming time is to beg, borrow or steal the consciousness of the three aspects of your tertiary tree so that you get to know who you are. "What are my three?" They could be characteristics. They could be essences. They could be purposes, in terms of bringing this aspect or supporting that one or creating this one. There are myriad ways in which each of you will find your truth.

If you look at everything in your life that doesn't work, put it on one side of the paper. You all have notebooks now. You have all been working with your notebooks. If you put everything on one side of the paper that doesn't work, and then just make one of those lines to the center and then another line, like a triangle without a bottom. Then just put in the middle of the paper, or on the left side, *My Karma*. Then look at it. Look at the things that you are writing down, the things that bother you, the things you are reacting to, the things that don't work for you or that you can't have or, well, it doesn't matter what it is, does it? It becomes quite funny actually, because then you are looking at it as if it has no power really, because you've already gotten to the bottom of it, and now you are sifting through.

As you sift through, things separate, and as they separate, the karma separates. You see what instituted this and what brought that and why that is still there and what that resolution brings for this other part. It just becomes almost as if you are separating the wheat from the chaff. What you are left with are the jewels that you will then work with on these three different purpose points to activate, because this year is about Activation. It's not about trying harder or being more spiritual. It's about activating the three points of your Purpose.

If you look at the world, you see that there are acts occurring that are antithetical to life. This is our whole thing: Honor life at this time, in this middle of the year of 2020. The idea becomes literally that everything that is happening is happening for the purpose of revelation. We are in the time of revelation. Not *Revelations*, necessarily, but revelation.

Everything that has been hidden is coming out. If you're not concerned about legalities and other things; you haven't done anything really bad, and you've been just kind of jogging along doing the normal human thing, and you have some challenges but you are a pretty good egg, what starts to happen is that those places of discernment that are needed to assist you to move those times and responses and activities out of your field, are made aware to you. This is so you can say, "Yeah, I get that. I did that. I was that. I was at that." Not in judgment, and not in repressing your joy. Rather, it is about recognizing that you don't have anything to hide

anymore, so it's all coming out. You can acknowledge it, be free of it, understand its relationship with everything else and then jump into that place where all that you are living is your design.

We want you to understand literally now, literally, that we are in this place where the left and the right are pulling apart. We've talked about this for a long time. Left and right, pulling apart, pulling apart, pulling apart. You can see it, right? So as it pulls apart, it's as if the center place, where life happens actually, where decisions are made and choices and love; these things are in the center. Because if you are in the very far left or very far right and you think you are right, either left or right, you think you are correct, then there is not a nest there. There is no resting there. There is no ease there. There is no grace there. There's no love there. There is no compassion, kindness, greatness there. If you cannot be in the center, where the heart is, where the life force of honoring life is, and there is some extreme judgment against, you know, against, against, against; what starts to happen is that you relate to the opposite more than you relate to the positive, of yourself. You relate to what isn't working more than you relate to the necessity of your design being expressed. You're tied to whatever you resist. You are tied to whatever you negate. Understand that.

Why we say: "Walk in the middle," is not because it is safer in the middle than it is on either side, for your own bodily whatever. It's because that's where the change occurs. That's where the comfort is. That's where the sourcing of the new available world challenge is. Taking away what doesn't work and bringing forth Light and compassion and kindness and sharing and cooperation and all these things. They come from the center. They come from where the grass grows, because it hasn't been trampled, and you must understand this. It's like your duality is so strong that you are always feeling that there is an opposite instead of a union. And yes, of course, there are opposites, yet if you focus on them, worry about them, fight them, you're tied to them and you are not building this place of the New Earth, the new Beingness.

We felt to speak to you immediately about this. This is because it seems as if it might be what you could think of as mandatory, or something that is honoring of you in your endeavors to take off some of the stress. This is to allow you to look at whatever you look at, whatever station you serve or whatever download you use or whatever. Realize: Yes, stuff is happening. There are last ditch efforts to monopolize everything, and that is all karma. It's part of free-will. Karma is part of free-will. When we enter into the free-heart experience, it is a different ballgame. It is different rules, different ways of being.

We want to give a voice, another voice, a chance to express here. It is very interesting. A very strong voice wants to speak to you. This is what she wants to say to you:

Firstly, please feel me. Feel my Light, my Presence. I want each of you to feel as if your body is opening and you are flying and floating. I want to relieve what you carry as a burden. If you, in your mind, could imagine me, I have given each of you a balloon and you can put everything in the balloon that you no longer want and I will take the strings of the balloon, all of you, I can do this for all of you. I will take the string of your balloon and I will fly your balloon into the

Universe and open it out so that all of its contents spill, because I want you to know one thing that I have discovered in my six weeks of being spirit.

Please listen to me. There is nothing to be afraid of. Every time that you feel fear, remember, fear is not real, and you and I have great teachers in the Ones who are speaking to us, and what I have learned is that there is nothing to fear. I am proving that for this one here speaking, and this one is Flo, and I am proving it for many of you. I am doing my best to serve each of you because I can do that, as John Henry would say, but I am also aware that we are walking this together. I have really not left you. It is partly because I do not want to and partly also because I cannot.

It feels as if I have been given a great assignment; to hold your hands and your hearts together, so that we are not struggling so much and that, somehow, there is a weave for us that shines in the Light of The All That Is. I have been endeavoring to give this one information about what I see and how I see it and what is happening. I want you to understand also, each of you, that fear is the thing that the world offers you most easily from the time you are very little.

As I am looking at the world, which I can do in the blink of my eye, I see that you are coming to a place where you have a question or where something doesn't match your intention. In that moment, because the design these Ones are speaking of is not clear for you, there is the karma, in their words. I am looking now for you. The karma catches up with you when the design is not strong.

When you are aware that you are ready for something, and you are looking forward, and you have energy, and you are going, and then there is something that changes, the karma interrupts the design. You are then wondering what will happen and then, most times, fear is there and then fear stops the design. What I have learned by looking at the patterns that each of you has, is that it is when you are interfered with or when your mind interferes, that there is no longer a resting of your heart in this flow of Becoming. You are then unable to create.

I always used mind maps and I put everything on paper first. What I am realizing now is that it was preparing me to hold all of you as circles on a piece of paper. Well really, like circles in the infinite expanse of Being.

It is very easy for me to bring Light to you and for me to be around you in Light. My heart wants that. When I say that, I mean inside of me there is an Essence and the Essence has not gone away. It's still there, and the Essence speaks, and when it speaks, it speaks in texture. Words are difficult because we are in two different fields of perspective, but my heart Essence has not changed. It is part of my design that continues from life to life and I want you to understand that when you are in your heart Essence, then you have the power of your destiny and your design and your purpose. But you also have the power of the Universe, the power of Everything That Is. I use so much power to spark my connection with each of you, instantaneously. You come and ask or you are praying or you are meditating or you are requesting, and I'm right there.

I am still processing or finding out about how the mind that I have and the awareness that I have and the design that I chose, are working together, because they are, but I don't know how yet. They are giving me perspective to see many places or points at the same time. I was trying this morning to describe for the one Flo, Miss Flo, how does it all come together. I gave her an example of it being a panel. Like a panel. I don't know how to say. It's like a rectangle, but it is moving and the sides move in and the rectangle is replaced by another one, and so I finally was able to show her enough so she recognized that that is what happens in each moment. Each moment is this rectangle, and then the energy comes in, and when it comes in, it changes the panel, the rectangle, and as it comes in, it is always bringing new advice or new potential, new ways. The flowing of the moment and being in the design and the openness of all of this is what I want you to understand, how it works. You don't have to die to get it, and if you get it now, then you can flow in your life as if you are creating from the richness of the fabric of your design, which always has many people in it. I am seeing now that many of you will come together and make a new world. Yeah? Everything here is for that purpose.

As they were saying for you in the moment before, if you come to a place in yourself where you realize that whatever you are afraid of or will happen or don't want or those things that impinge on your self-reliance, self-confidence, self-authority, you know all those things, then immediately you are lost. It is not as if (if) you don't do something about those things that they will win or something will happen and you will be lost again. It is that the wisdom to balance the karmic input from all of these beings that you are relating to in the world, comes only from one place. I saw that, near when I was dying. I saw how my heart could expand so big that the whole Universe could fit inside of it, and that I wasn't supposed to choose anything. I was supposed to *be* all of it.

I realized that if each of you chooses the same thing, even in your physical body, now where you are, whatever location, you will be able to see what I see because there is no rule that says you cannot. There is no way that you want to choose to be limited, and I don't have any real way to convince you, except to tell you, as I see it, what the truth is, and to know that each of you has a kernel of truth that fits into each other's kernels of truth, to create the One Truth. I want very much to draw that in your mind, so that you see your kernel and, right now, you see its color and its shape and its texture, and you choose it.

You can, from your heart's Essence, open to everything and be everything and you will see more and more. As you open, you will be having first, the first sensation besides grace, which is always there as you make transition, there are many points of Light that are sparkling. Some are brighter. Some are not. Some are more dim. Some are smaller. Some are bigger, and you see all of them as you are making your way; but there is always this big, bright Light. You know, a big bright Light, and as you are seeing all the Lights, when you go into the Big Light all sides of you are gathering the pinpoints of Light and you take them all with you when you go. That is what you could think of as a, well it is not really a stipulation, but that is the word that I think I would use for you: "Stipulation." So it is stipulated that you then, as you are making transition, that you are lifting all of those you love with you. You are igniting their Lights. You are opening their

flames and you are drawing them into the Oneness with you.

Those of you who are able to feel me, as I was making my patterns of the voyage that I was on, were able to realize that I was also bestowing upon you the same Light I was receiving. It is the greatest gift of those passing to bestow Light on those remaining. I wanted this evening, because we are at a crossroads. We see that in our vision of the world as we look at you all. This is your choice point. It's deep. Deep.

Letting your Light shine in the very darkness that you perceive, is your greatest gift, because in my experience now, I have seen that Light. Actually, it's Everything. There is nothing else. There is nothing to worry about because there is Light. Focusing on the Light, asking for the Light, living the Light, bringing the Light through your body, bringing Order to everything in your world; That's the greatest gift. That's what it is about, because Light extinguishes karma. I'm seeing it all the time.

Someone will be at a crossroad. They will be doing these different things in their life, blah, blah, blah. Then the Light will come. Sometimes I bring it. Sometimes I share it. Sometimes I hold it. Sometimes I do all these different things; but the Light is there. When the Light is there, it is as if the pieces become untangled and then, when they become untangled, they can be seen. Then the Light is there shining through and everything is translucent and open; and it goes away so that every single one of you is then more seasoned. You are like: "I'm not afraid of anything. I'm not worried about anything because the Light is always there and Miss Jayn is always there and I'm never alone; and it doesn't matter if I know who Miss Jayn is or not, because Miss Jayn's Light is powerful and strong. Clear."

I'm saying that about myself, but it is true because I have been given permission. You might ask why I was given permission to enlighten your world. Of course, I asked as well: "Why, how, what is this?" I was told deep, no words, just knowing, that each of you has chosen to be Light, to bring Light, to share Light, to hold Light, and to transform everything into Light.

That is why we can do this together from different places, of course, yes. But I will again surround you with Light and then you can feel me. Then, when you want to feel me, you can ask for me and you will feel the same thing you feel now. Then you will know I am there and then we can begin. It is my greatest honor to remember each of you in the way that I saw you, heard you, felt you. In some way I hope to prove to you that there is no death, because then, of course, there is no grief. Then, of course, there is joy.

Feel me! We are experimenting with this new way of communication. So feel me. Think of one person or situation that you would like me to support you with, right now. Think about that for me, please. It is okay to have more than one. I am seeing many, each of you having many, but that is all right. Go ahead.

What I am seeing is that all of your confusions and your challenges and your family disagreements and the ways in which everything has been ordained, I see it all as a big mind

map. All of you are connected. All of your challenges are connected. All of the ways in which you are challenged, are connected. We see everything in one big ball of the Light. Then everything actually comes together in that Light and is healed in that Light because all of us are generating the power to heal through that Light.

Hold the big circle of Light with all of us in it, every Universe, every space, every person, every Being, as One Light. Rest in that Light so that you no longer react to any separation, anything human that happens, that doesn't feel divine. If you feel the wholeness of the One Light, everything in it resolves.

I thank all of you for listening to my heart-felt intentions for you because you are my world still and I am in yours. Therefore, we are all blessed.

Year-Long Class June 8, 2020

Second part

[AUDIO:](#)

Transcript

There is only one thing to remember. Inside of your Soul Seed, which is where your ribs come together in the center of your chest, is your design. It is printed out there on a scroll, and there are three key points to your design. Each of you has access to that design through your Soul Seed.

When we talk about resting in the vibration of the heart, the literal idea about that is that your heart is the mediator in your body between the above and the below. It is the place in you where your consciousness has the ability to steady you, so that you can receive your design.

Magdalene talks about this as a place of honoring. Let's just say we have the heart and we have the soul. Where the heart and the soul meet, where they touch...if you think about your actual, physical heart. Right underneath that is your Soul Seed. Right! If you think about those two places, where they touch is called the *place of honoring*.

Once you are in your heart, your honoring place starts to kick in. It gets activated, and from the honoring comes the plan for how to honor, how to be, how to bring everything that you have been working with, and on, into perspective. Remember, it's all there. You already have it.

It's just that it has not been your focus because your life pattern and karma have been your focus. Now you are going to stop focusing on your karma, and begin to live your design.

The first time you have a reaction, after this call, identify it as a karmic point that is now made clear. Breathe a nice breath, and let it settle and be replaced by the honoring. If you think about it, the real, true reason that you don't resolve things is because you don't honor them. If they are upsetting, why honor them? Somebody is being you-know-what, why honor them? How could you honor them?

Resting in the heart is the first thing. Then, realizing that when you rest in the heart, you are settling down into your *place of honoring*. Your *place of honoring* opens you to life differently and settles you into your Soul Seed, where your design is imprinted. You can get your design by going to your Akashic records. There is a chapter in *Sunlight on Water* about how to do that. The one speaking will send it to you if you choose to have it. That is not a big deal. This is different. This is not observing it, reading in a record and traveling all over the place to find it. This is knowing it is inside already and you are going to tap it.

Now the way to understand the design, which is in three parts, is to recognize that there is a theme to your life. The theme has never gone away. It doesn't want to go away. It has power to activate you. It has power to move you. It has power to unleash lots of catalytic energy just for you to wake up. That theme is what you could think of as the primary sentence or intent or affirmation of your life. For all of you, it is the same. The number one theme is: "***I honor life.***"

Now feel that! Okay. "***The central theme of my existence is to honor life.***" That immediately brings you to the edge of the Universe, looking at what the world is creating.

The next thing is: "What am I going to dive into? Because I honor life, I want to support the world, the Earth, the creatures, the people, the equality, the balance, the harmony, the resonance. I want to do that. That is who I am." That is a big load off your chest, off your mind, off your heart; off everything, because, yeah: "That is the theme of my life I want to honor."

You go into your heart and rest there. Right hand, left hand. You know how to do that. You rest there and then you are going to settle in the *place of honoring*. We did that tonight but we did not label it. When you listen to the meditation again, just settle down in there; the *place of honoring*.

That place of honoring has inside it your theme for your life, which is: That you are going to, on some level, in some way, take that honoring of life into some area of endeavor so that you can

demonstrate that principle that you stand for, that you came back for, that you exist for. That is first. Take that apart. What does that theme lead you to do or be? To read? To say? It's how you love. It's how you share. It's how you create. It's all about that vibration of honoring.

Settle that, right away. Like: "Oh, got that. Got that!" That's covered, because that is just the nuts and bolts of everything.

Secondly, there is a place inside of you that wants to express something, that wants to be seen and heard, and that has, perhaps, experienced what that provides. Or, as Miss Jayn would say, has been too afraid to express it or acknowledge it. What she was saying was: "This is the step number two: Whatever you are afraid to do or be is what you are here to do or be, because that is the part that wants to be seen and heard." There is something that you want to express in the honoring of life in wherever that honoring of life takes you. That honoring of life is going to take you somewhere—into some kind of relationship with the world, the Earth, the creatures, the ocean—whatever it is that you want to honor. It is going to take you into that vibration and space.

You go into that space and then you realize that there is something that you want to be heard or seen or acknowledged for bridging. Not acknowledged in karma, but acknowledged in design.

Then the third part of your expression of this lifetime is the vision of what your energy, in activation, provides the world. What is the result of your being alive, coming back here at this time in the drama? This is the largest drama that we have seen in 2000 years. The whole world is turning upside down and there are many more of you doing it now than did it then. What is the vision? You have already had it, so it is going to grow now. Do not worry about your purpose.

All that stuff is karma. Worrying about what it is, how you are going to do it, and if it is going to work: That's karma. That's done. We are not in free-will anymore. We are in free-heart. Right? Very soon it is coming. You can feel it turning over. Everything is turning over, like the soil turning over. You have got to turn the soil over to grow the good crop.

Each of you, don't worry. Feel the theme. Feel the life. Bring the life. Then bring the honoring. Feel the honoring. Then feel how that honoring wants to express. It will show you how it wants to express. It is not a mental idea.

You can't right now sit here and think, "Gee, how will I express my honoring?" It doesn't work anymore to do it that way. The reason you are all in knots sometimes is because you are trying

to do it in a way that doesn't work anymore. There is no way to do it that way anymore; so stop trying to do it the old way. If it doesn't feel good, don't do it. Stop! Rest!

Heart honoring. Expression. Action through vision. You are only acting through what your vision gives you, and your vision only gives it to you from the activation of your honoring, which is connected to the soul resting in the heart. Step by step. Heart equals rest. Rest equals honoring. Honoring equals activating your soul design in expression and then in vision. Seeing it. How you want to express it is going to then offer you the vision of how you do that.

If you are already going to the end, go back. You cannot vision it right now. You are not in the correct place to vision it. All right?

As you re-listen to the first long meditation and channeling, it is all right there. We took you through it, step-by-step. Just listen, and open and respond to what is there. You don't have to make up anything new or try harder, because it is already okay.

Now, Miss Jayn wants very much to assist you with this, so she is going to be prodding you. She has got a very sharp prodder, so you are going to feel like you are being prodded. You want to honor her and yourself and life by going for it this time. No excuses. You don't know how. You don't have time. You've never been able to.... blah, blah, blah, blah, blah, blah. No more duality, because that is all duality. It's very boring, very old, and very unusable right now.

Get on this track and fly home with Miss Jayn and see it as it is.
So it is.

Link to Hightail JUNE 8th Videos:

You may view or download June "Zoom_0.mp4" and "Zoom_1.mp4" videos from [HERE](#):

Please NOTE: The videos are too large for website restrictions.