

***Message Seven: "Enlightened Illumination"***

*Received at TOSA ranch by  
Sri Ram Kaa through Kira Raa  
April 30, 2005*

**Special Note Regarding The April 30th Monthly Message:**

We are delighted that this month we were all gifted with the first "public" appearance of the group of Ascended Energies who initially presented themselves to us as the "Tribe of Twelve". Since their first lesson which was given directly to Sri Ram Kaa during December 2004 at the Tropic of Cancer, their rare "appearance" has always heralded especially powerful lessons. As you read this insightful and thought provoking discourse you will learn more about this energy as they describe themselves during the lesson.

As you read this month's message you will immediately note the intensity and extensive content delivered. We encourage you to print this lesson, read it slowly, and perhaps only one section at a time. The audio or video of this lesson also offers an especially connective energy that cannot sufficiently be translated on the written page. Due to the syntax of the T12, along with the intensive content, a full team of transcribers was needed to bring this discourse to the written page. Enjoy, breathe and Know how truly loved you are!

With great gratitude for your being-ness,  
Sri Ram Kaa and Kira Raa

Yes we are here! Good afternoon and welcome. Yes, it is a most profound afternoon for we are in a one ship of understanding the enlightened illumination. You say, "My goodness this sounds like a play on words. What is enlightened illumination?" And so we wish to speak to you today about the one ship of the enlightened illumination.

***In the one ship of the enlightened illumination one is able to walk  
into the truth of what it means to lift beyond.***

To ascend within as you go about, as you are, as you be, as you do. It is important to recognize that in a time of most powerful concern and in a time of most powerful Divine connectivity it is most imperative for you to remember in this moment all that has gone before you and to recognize it for what it is.

***It is all that has gone before you. It is not you.***

There are many who sit on the Temple steps who say to themselves "Why me? Why not me? How come? Why not?"

**The Truth of One-Ship and Star Connectivity**

It is time for you to recognize the understanding of the truth of one ship. Within the understanding of the enlightened illumination and in order to step into the activated process of star connectivity which we will offer to you today, there is a process. It is a very powerful process when you step into the activated portal of star connectivity and the recognition of holding of this state. You must declare: "I will stay in this beingness. I will not move from it. I will not go back into illusion." Instead, you have indeed been in a process of trust, trial, and understanding-ness.

Many of you have been *hoping for faith*. You have been looking at things and saying "I hope, I wish, I pray". Hope. Wish. Pray. These are all of third dimensional understandings. To hope, to wish, to pray is to say "Within my own understanding I still feel there is not enough so I hope, I wish, I pray".

***You must enter into your own consciousness of understanding to be able  
to lift above that which is the hope, the wish, the pray.***



There is much more to it than you may look at; so stop looking. It is important for you to give yourself the opportunity to open the pathway to truth. There is only one way to open the pathway to truth; it exists in your heart. It exists in the understanding that you are indeed in the trust of knowing the pathway to truth. In the pathway to truth and in the pathway to trust, you are able to take forward from yourself all of the energetic remnants that offer you connection to third dimensional experience and to properly place them in perspective so that you offer to yourself the gift of Divine enlightened upliftment, illumination, beingness, one ship, and understanding.

## The Time of Divine Astrological Connectivity and Activation Process

You are in a Divine time. For those of you that like word astrological, you like this word astrological? You are at a Divine astrological time and so we offer you energy of connection during this time of Galactic Astrological connectivity. This begins, or should we say for you, has begun. It is already in process now and it will continue very powerfully for the next two weeks. For some of you, you will be in resistance during this two week period because of the most profound energetics that are happening with you.

We wish for you to take in a process that may assist you if you choose to understand and take it in. Begin by bringing your energy to the soles of your feet. As you bring your energy to the soles of your feet, at the soles of your feet in the center are two very profound charkas. These two charkas open up doorways by your allowing them to open in a swirling motion. If you take the opportunity to place the feet flat on the floor while you do this it will help to energize them. When you do this process consistently it will energize your activation.

Dearest ones you must understand that your earth that you walk on, that this planet that you are here with now, will begin shaking and quaking in a most profound way in a very short time. As the shaking and quaking continue, if your feet are grounded into the shaking and quaking you will indeed do this with it. You must allow the charkas of the feet to support you and suspend you in a lifting energy. It is time for you to be supported by the lifting and the truth of the light of the love, rather than to walk so firmly on the earth that you cannot get out of the mud, as they say.

## Walking through the Mud and the River of Denial

When you walk through mud often times you become stuck. Often times you walk slower. Your attention goes into the mud it does not go into your heart. At that moment all you think about is getting out of the mud and how will I ever clean these shoes. It is important to pay attention, that there is no need to be stuck in the mud. This is why we begin with the feet. Many, many, many on the planet now are in what we call denial, and this is not a river in Egypt. (Much laughter)

They are in great denial, and as they are in great denial it is on the banks of all rivers where we find mud. Is it not? So when you come out of the river of denial, you will find the mud at first. You have a choice. The mud has been around for a long time, a very long time. You are at the time where the mud no longer serves you. Many have done mud bath, no? Yes, wallow in the mud, play in the mud, and this is good thing.

***When you give yourself the opportunity to rid yourself of the toxicity of the mud then you come through into clarity and you are able to be present with the understanding of why you are in it to begin with.***

While you are in the mud your focus is only on the mud. Many are in the mud now. Many are in the mud now, and many are in denial.

*You must ask yourself, where are you?  
You must open your heart with your truth.  
Where is your level of discernment?  
Where is your judgment?*

There are many who use judgment as their way to stay in the mud. "This is good mud", they declare. "I heard it will pull toxins from me. I heard being in mud good thing. To be cool in the sun. I will stay in the mud. I will package the mud and sell it for money." (much laughter)

This is third dimensional experience. Yes! So as you package the mud ask yourself truly where is the abundance coming from? Open up yourself the gift of moving out of the mud and into the purity of illumination.

## Consciousness Activation and the Great Trinity

We wish for you to remember that many of you have been activated. Many of you are activating, and many of you have said, “I wish not to activate. I wish to stay in density a little longer.” We wish for you to recognize that this does indeed form a trinity, does it not? The activated, the activating and those who are not activating at all form a perfection of trinity. It is a perfection of three.

You are at the time of great trinity on the planet. The power of trinity is most prevalent to you now. All is coming to come to pass in perfection. It is not just the black and the white. It is not just the light and the dark, it is the trinity. There is always the death within. One must find the point in space to come home to. You may have the box around you but if you do not have the point of origin how do you get there? We draw your attention to your point of origin. This is indeed where the ascended heart begins for it takes you into the point of origin, the point of understanding.

## The Metronian Expansion and the T-12

Each of you now serves a great purpose in the Metronian expansion on the planet. What is “Metronian expansion”? It comes from the energy of the Metatron who is here with us today. Let us assure those of you that have been here before, you say “oh my goodness, who is talking?” It is indeed many who speak as one for you today. You wish for understanding? We give this to you now.

***We are indeed an energy stream of what we have been referring to as called T-12. Which is a group of twelve Ascended energies that have come together through the Archangelic realm to be able to bring to you greater ascended energy on the planet now.***

We are also here with your Archangel Zadkiel, Archangel Uriel, Metatron and the Ascended masters El Moyra and Saint Germaine. This is why some of you say, “What voice is this, I do not know this voice? What energy is this, I am not sure of this energy.” It is time for you, Dearest Ones, to be present with the full universal spectrum of this energy.

***You must give yourself the gift of complete heart opening.***

In a multidimensional experience you must experience more than one energy communicating to you in this moment. Yes. There are many colors as there are many lights. There are many points as there are many stars. There are many, many, many expressions, understandings, beings, knowings, doings. Yes.

## The Power to Lift

We offer to you the Metronian experience and we offer you the opening of the charkas on the feet. In the power of the opening of the charkas on the feet you give yourself the gift of your own device of lift. You know how to lift. Some of you will lift in ways that others will find unbelievable. Some of you will lift in ways that others will say, “How are you lifting?” Some of you will lift in ways that others say, “Are you lifted at all? I don’t get it.” Some will look at you and say, “What is all this lift about? Come into the mud with me. It is safe in the mud. We can have a good time in mud, and we can come out of denial and go into mud.” Yes, remember this.

***There is great power in the ability to lift.***

We offer to each of you a simple process. Take your time and place your feet firmly on this beautiful planet, honoring this vessel that you are walking in now and then take off your shoes. Remove your socks; do not care about the cold. You will not freeze. As you walk on the earth with each step you say, “Thank you”. With each step you say, “I love you”. With each step you say, “I am so grateful that you have given me the opportunity for this experience of density”. We encourage you to do this process when you are most in the mud.

***For when you are most in the mud the easiest way to walk out is with gratitude and true recognition of that which is happening around you.***

There is much mud coming, Dear Children. There will be much rain that will make even areas that do not have mud more muddy and in those areas there will be many branches of *denial*. So as the Nile becomes larger, and as the mud becomes easier to find, give yourself the gift of the energization of the chakras on the feet that you may walk with great clarity, appreciation, love and respect for yourself and



for those around you. As you do this give yourself the lift.

## The Return of the Lotus

For some of you will instantly feel the lotus below your feet. Walk on the petals of the lotus. There are many reasons that flower petals were often strewn before those considered to be on enlightened path. You are all on enlightened path.

***You have already been there. You came in that way.  
What you seek has already been found.  
It is simply time for you to claim it with absolute knowingness.***

And so scatter your flower petals before your feet and know that you deserve it. Know that you deserve it! As you do this, let the flowers take you through the mud. You are at the time of the return of the flowers. Are you not? Very quickly the return of the flowers will be abundant here and in many places. With each opening remember that it is the gift again to lift ever further. That all came out of the mud and when you see that birthing from mud, be ever more grateful for the recognition and the understanding of the truth. As you move forward and activate these powerful chakras of the feet, you activate them so that you no longer leave your mark on the earth. You walk with healing energy. With each step you empower the earth to be in wholeness. You empower the gift of the earth with each step when you remember what gravity is here for; to give you connection to this planet. And it too is an illusion. You are not bound here. You are indeed a visitor. You are a traveler.

***You are a refraction of a great being of light that has traveled a great distance and  
has activated an Ascended chakra within the Heart to be able to give yourself  
the jet propulsion to come back into your own wholeness.***

As you do that, you walk with remembrance and Divine connectivity. As you walk with healing energy in every step, all that you seek shall effortlessly be before you.

## True Manifestation

We wish to talk to you about the power of true manifestation. In the power of true manifestation all of your needs are already met. In the power of true manifestation all of your needs are not met. Have you not manifested in this world right now all that is in front of you? Do not doubt what a powerful manifestor you are. Some of you have already connected with the gift of the word and the gift of the lack of the word and the gift of **manifesting** in that abundant stream.

We wish to remind you that if you bring yourself back into the energetic stream at the time when the feminine energy was in balance, at the time when the Goddess energy was most balanced on this planet, there was no need for the word. Communication was pure, it was of integrity and there was no need to use a word.

***In the declaration of the word and specifically the written word the confusion  
and the dogma was laid down and you are now at the time of the  
resurrection beyond the dogma.***

It is not a dogma. Indeed, it is time to recognize that as you move forward, as you give yourself the gift of the release of the word, you receive energy through the truth of being.

Bring all your attention now to the area just above your third eye, to the area where your star consciousness is most prevalent. As you go there now you are receiving much more than these words can offer you. *You are seeing, you are knowing, you are connecting, you are being! This is the true communication. Truly we could all sit here in that manner now and have a complete dialogue, a complete understanding, and complete being-ness.*

This is the truth of where you are. This is the truth of who you are. As you move into this area bring your attention now to those precious sole chakras, the ones on your feet. Feel the connection of that energy lifting up evermore, giving that chakra some more power.

***You are freeing yourself from any illusion.  
You are walking out of denial into the truth.***



You are saying goodbye to mud for it does not serve you, it is not part of who you are. It is only part of where you've been. Each of you is self-transforming as you move into the Metronian Experience.

## The Time of the Trinity and Metronian Connection

As you have moved forward; as you have called in, or as you are calling in, or as you have chosen not to call in, remember it is a trinity. You have brought in the Ascended heart charka, as you have allowed yourself to anchor the root of heart energy, as you have cleared your throat, and there are many throats still needing clearing, as you have brought in the truth of your beingness and you have brought in reconnection to oneness, as you have allowed the exploded crown to offer a greater connection to yourself, from there you move into fifth dimensional completeness. This is the enlightened illumination that we speak of for you today.

***You cannot move into enlightened illumination if you choose to anchor within dimensional density.***

Dimensional density can be quite wondrous. Can it not? All that you see around you is a beautiful gift, if you let it be. This is the power of manifestation that we spoke of.

***If you let it be, it is; and if you choose for it not to be it is too.***

It is important to recognize that the patterning, habits, and movement around you now is open to the Metronian connection. The Metronian comes in through Metatron and brings forth to you great golden and white streams of pure Divine connection. As you bring these energies into your heart they accelerate the opening of the Ascended root, the heart. They open ever further the exploded crown chakra. As you open the exploded crown the pillars of light that you see before you will crystallize into the balance, the perfection of the oneness.

***The masculine and the feminine becomes the one. Each of you is the one. Each of you is this power. Each of you is this stream of light. Each of you is one.***

Some of you judge and say, "I know I am one". Then we ask you to allow the judgment to go and simply be the one. Simply **be** it. Allow yourself to move forward. As you do, give yourself the energy and the opportunity to look at stones with love. Look at any boulders in your way as opportunities to rub the mud off of them. For when you do indeed pick up a stone from the mud oftentimes it is most brilliant. It is most beautiful. You run it under water and say, "Oh my goodness I had no idea". Know this! You will be picking up many stones and some of them may look like people!

Many of you will say, "Oh my goodness I had no idea". Yet you must know this. Each is a bright, bright pearl. Each has magnificent color. Each is worthy. Each must be. All six billion, for there are no exceptions, you must know this.

***All six billion are in Divine perfection. All six billion are here as part of your stream. You are not separate. It is time for you to make your decision.***

## The Twelve Torches and the Word

As you embrace the Metronian escalation, and begin to lift out of the exploded crown energy; before you stands twelve torches of light. Allow yourself to find the torch that is the torch of you, the torch of your true soul. Decide now how you wish to carry it. Some will carry it back into density. Some will anchor it for those coming out. What is your choice?

***It is the time of your choice and you know this.***

It is also your time to remember that oftentimes the word can be most confusing, and this is why you must trust your heart. There will be many confusing words coming out from many different belief systems and many different patterns. There will be some very soon that will be very vocal. That will tell you why you are absolutely insane, and why you are absolutely not correct. They will come out in great judgment about all others if they do not understand, (adhere to), their way.

This too is in perfection for it will bring many to their truth. They will be able to make a decision based upon this being in front of them. Be careful Dearest Ones not to judge when this is before you.



## The Gift of Supreme Clarity

Pay attention if you must to media, and if you feel so-called pay no attention. It is important for you to make your decision now. You will either decide to continue to be engaged or you will not be engaged. Do not be on the fence with this one. It will bring great chaotic energy into your life. If you wish to truly unplug from chaotic energy, do it now. Either go deep into it or unplug from it. We are offering to you the gift of supreme clarity.

You may experiment and say, “I will for one week not be involved in media”. We offer to you the opportunity to unplug from the newspaper, TV, radio, and all that gives you information that is asking you to judge another. Does not this information ask you to judge?

“This one killed this one.” *Make a judgment.*

“This war.” *Make a judgment.*

“These people.” *Make a judgment.*

“This experience.” *Make a judgment.*

There is not even one piece of information that comes to you from the media that does not ask you to make a judgment, even if it is subliminal. What would your week be like without judgment, and without judgment from other *stimulus* coming into you? What would your week be like if the only judgment you had to deal with was that you bring up within yourself? What if you spent a week looking at just the judgments that are still there?

Give yourself this opportunity and as you do you make your decision. Know that all decisions here are perfect. There is no better way. There is no right way. There is no wrong way. ***There is only way.*** So you decide which way. Perhaps after your experiment you say, “Too much for me, I must be involved”. Then we ask that you be very involved. Read it all. Listen to it all, and bring your heart to it all as you do. However you express through your heart is indeed in perfection. If after a week you say, “I choose to continue in this new pattern”. Then choose to continue that way. There will always be those that will bring the news to you. We can assure you. You will not ever not hear it.

There are many who wish to talk about it. There are many who spend their lives obsessed with the news of others. There are many who spend their lives obsessed with judgment. You must understand that the gift of this, is that they offer an opportunity for the density to be very, very real. Do they not? They hold very firm anchors in density! What a blessing. Bless them for their judgment. Bless them for their commitment for the choice that they have made to stay in density. For as they anchor density firmly, they offer for you a greater opportunity to activate your lift, to no longer walk on the planet. To simply be here as one who is a custodian, a guardian. One who loves. One who sees the truth. One who understands.

## The Time of the Trinity and Planetary Change

Know that all paths are perfect. We wish to remind you that it is a trinity. It is not just those who stay in density. It is not just those who choose galactic upliftment. There are also many who you have yet to see, and some of you have, who are in this with you. Those who are prepared very soon to make themselves known to you with absolutely knowingness. You are at that time on this planet, which will be in this year, what you call calendar year, it will challenge all and the denial will become greater and the mud will appear in areas that you say, “How could mud be there, it didn’t even rain?”

This new interaction will bring up greater questions and it will offer polarization energy. As will the shattering of the planet. When we offer you this you must understand you are constantly being bombarded now with many different energies of upliftment. Many of you are feeling this. This is why we talk to you about the galactic astrological perfection of this moment right now.

Many of you feel what is coming here. There are many different energies that are working from many different areas of what you call galaxies right now. Some of these energies as they bombard the Earth offset others that are trying to be tracked. And so you are caught, as they say, in a magnificent magnet. As this magnificent magnet destabilizes, it destabilizes because of your truth, because of your light.

If you take two magnets and you bring them together on reverse poles, what happens? They repel. This is correct. If you take two magnets and they come together, it is only from within the center that you can separate them.



***You must understand that you are in the greatest position to affect the truth of energetic shift of any, and you have great support.***

You must have the two poles and you must have the third, the trinity to come in and offer you the opportunity to create the opening of the Divine portal, of Divine understanding, in order to step into ascended energy. You are currently with-in a seven-year period, and many of you know how short that is. Many of you know how perfect that is. We do not wish for you to run out and say, “Oh, my goodness must pack up now and what do I take?”

## The Seven Year Re-Alignment

It is important for you to know you are in a seven-year period of energetic realignment. Where do you choose to align your energy? It does not matter where as long as you make the choice.

***It is those who are without choice that will find the greatest chaos.***

Give yourself the gift of choice. This is why we offer you the opportunity, and the process today of activating the powerful charkas on the feet, of bringing the flowers in, of allowing yourself to walk with healing energy. Walk without an imprint on the earth, and look at the judgment with in yourself by removing the external judgments that are asked upon you all the time. *For truly the only judgment left is the one within.*

***In the truth of the ascended root chakra there cannot be judgment.  
There can only be lift. There can only be opening. There can only be Divine oneness.  
You are Divine oneness.***

Now those of you who are ready to lift through the exploded crown charka, we wish to offer our congratulations.

## The Gift of Tone

For many years you have had many on the planet that have said you must do things this way. You must do must do things this way. You must sit this way, chant this way, do this way, be this way. This is why the gift of great tone has come back into the planet now.

***You will find tone escalating in many forms. It will escalate in voice, it will escalate in instrument, it will escalate from the planet itself.***

This is part of what is coming up. Many say this planet is humming at a different rate. Yes, it is and it will continue to hum. Move forward with great humming, with the understanding of toning, and with the upliftment of this challenge, you must release more word and go into more tone. Many say, “I am embarrassed to do this. My tone does not sound right.” There is no right or wrong tone. All tone is in perfection. What ever your vocal cords emit while you still have cords to work with, what ever you may offer has tone, whether it comes from an instrument or whether that instrument is you it is all in Divine order.

***It is the toning that will lift you out of the exploded crown.  
You cannot think your way out of it.***

You cannot take the brain with you. The brain was not meant to come with you. When you pack your bags the brain won't be in it, (Much laughter), and no matter what you wear it will be in style. (More laughter) It is important to recognize this. It is important to know your truth. You cannot lift out of the exploded crown charka until you have fully integrated the ascended heart, released the throat into the truth charka and you are beaming with the love of one who has said, “Yes” to a greater dimensional beingness. Do not be afraid. Many are afraid to move into other dimensional beingnesses. Many see what comes in and say, “This is too weird for me, too scary”, and this is ok. That too is a choice, is it not? As you enter into the Metronian upliftment we encourage you to take this cycle of time and to energize the soles of your feet with every step. Train yourself to say thank you with every step. Train yourself to offer healing with every step, and to be present. Know that you will be called to make many judgments in just the next few weeks. Pay attention to how these judgments come up for you. Pay attention to who you are judging especially if it is yourself.

***The truth of your soul has no judgment and wishes to free you  
from the chain of judgment here in this realm.***



If that is too challenging then go into judgment and do it well. Be a good judger, if you must. This too is in perfection.

## The Time of Rapid Escalation and Manifestation

The Metronian experience is on the planet now and there are many who are here guiding this of what you call United States. This in and of itself is very funny to us for they are very un-united states. (Laughter) However, in this sphere in what you call United States it is the Saint Germain and the Zadkiel that govern this area of the country. The Zadkiel is etherically, if you wish to make this word, over the Cuban area now to be able to call forth a pillar of quiet deflective light. This is why you will have more of us speaking than just one for there many who have now been called to action.

***You are in the time of rapid escalation. This is not the time of inaction unless your inaction is your action. So be clear. Be clear on what your action is.***

We wish to also remind you of the manifestation. You can indeed live without what you call the staples of life here. In your consciousness of density you believe you must go to store and buy food or you must grow it from ground. In the truth of your oneness, if you hold out your hand what you want will be placed in it. This is already done in many places in the world. It is not talked about and the way to do it has not been revealed, until the time that it was necessary. If your heart is pure all that you desire all the water you wish to drink, all of the safety that you crave, you already know how to bring into presence.

This is why we offer you the gift of the energization of the soles of the feet. It begins there. All of you can create the bread. All of you. You must know this. All of you. When your mind steps in and says, "Impossible, malarkey, cannot be done!" This is when we invite you remember the Holly Schmolly. You remember the Holly Schmolly? (See the November 30 discourse) Very good! Yes, if you do not know the Holly Schmolly you find someone who does and say, "Teach me the Holly Schmolly". (Laughter) It is important. There was more than just fun in the Holly Schmolly. There is an energization and a direction.

***If you do the Holly Smolly by taking the energy of the ascended heart in combination with the exploded crown and focus those two streams into the center of the hands of the Holly Smolly you can manifest whatever you wish to manifest.***

## Harnessing The Divine Integrity of Love

This manifestation ability will be as long as it has the Divine integrity of love with it. Divine integrity of love is the key if you are looking for the key for the lock. If your intent is to manifest that which will only help you and not have help on another perspective, that is not the Divine integrity of love.

***It is of the Divine integrity of love to manifest manna to keep yourself able to manifest more, yes. It is not the Divine of love to manifest a million dollars to pay off your bills.***

You must understand this too. In the flow of true manifestation there are no longer the bills. There is no longer the debt. The debt is a reflection of the consciousness that you hold. And you must ask yourself if you say, "I am a highly conscious being why do I have debt?" We ask you to look at where you are judging, because the debt is a great gift of third dimensional density to offer you freedom from judgment. If you have debt be grateful, for it means that you have been supported enough, you have been given resources enough to create debt. You must understand this. Do not dispel it, love it!

So many say, "I want to be credit free. They own me if I have credit. I must be credit free. I must unplug." Yes, do as you are guided and you must bless the credit for without it you could not come to the recognition.

***Without the debt, there is no gratitude. Love the debt and it will dispel.***

You are able to manifest beyond it once you love it. Once you understand it. No matter what your consciousness you always have gifts in the third dimensional realm reminding you of the truth, even when you cannot be true to you. The greatest fallacy that we offer is usually the one we tell ourselves. The delusion we give ourselves. And so we offer you today this gift of freeing yourself from that. Get out of the one. Are you in denial? Then go visit the pyramid while you're there! (Much laughter)

Have fun, and if you wish to come out of denial walk through the mud. Let it go and if you must simply give away the shoes that





waddled in the mud rather than worry about how to clean them, this too is a great gift. Sometimes the best thing we can do is to give away everything that no longer serves the truth of who we are. In the great love that you hold for this planet and that is held for you, oftentimes if you do not give it away, it will get away on its own! Will it not? Know that too is a gift.

## Embracing the Dimension Shift

You are at the time of the Metronian expansion. We wish to bring you there and if you offer yourself this gift you will lift there very quickly and very effortlessly. We have much to reveal to you about the seventh, ninth and eleventh dimension. So you must give yourself the opportunity to be in the fifth now. Energetically we do not wish to over bombard your energy fields, but to gently love them.

***We have come today to introduce, to open, to heal, to be, to give, to serve, to remember, to know, and to be present with the release of all that has kept you in the mud and so that you may know the true joy of where you are as a collective group. This is a time of great joy, have no fear. Have no fear! Only your fear will keep you in fear.***

Sometimes you are afraid of not being afraid. Remember this. You will be called to judge very soon. You must release all that feels like judgment within yourself. Know that we honor each decision as we invite you to honor the decision of all. Many of you here, many of you will have many new coming in and many leaving very quickly, and you will say, "Why is everything shifting just when I thought it was stable?" It is shifting because it must, and it is nothing you did. Simply say:

***"I will be in flow. I will accept. I will continue. I will persevere. I know why I am here and when I don't remember why I am here I will walk with each step saying thank you. I will take off the shoes and the socks and I will reconnect with the gift of this planet and I will say thank you. Thank you. Thank you. I love you. And I will let that energy of love radiate in as it radiated out and I will open up my ascended heart evermore and bring that energy into the ascended crown knowing the perfection of everything."***

Yes, you are divinely loved! You are here for a reason, and we are glad you are here. We are glad each of you is here. You are not complete yet, and some of you are complete soon. Some of you have friends who have recently completed. For you are all going home to wholeness and how you go is still up to you. You have choice and your choice is glorious when it comes from your heart. It is your time. We love you dearly.

***You indeed are at a time of momentous shift and change.***

***If there is only one thing you want to remember from today it is the time to trust implicitly that what you already know is true. Remember that only you can decide not to trust it. No one can take away your trust but you. Know that we love you dearly. Know that the time of the Metronian upliftment is upon you.***

***Know that you have choice. Know that for each one of you that steps into the enlightened illumination you bring with you 100,000 others. Do not ever forget this. Each that steps into the truth of their knowingness brings a 100,000 with them.***

***If you wish to truly serve the planet just be in your truth. Be in your perfection.  
Many blessings.***