

Unconditional Love: Remembering Who You Are

Cathy: The question that was asked was whether or not one person can really make a difference. This is the perfect day actually to address this question with today being the day between Good Friday and Holy Saturday. The question was put in the context of: we know that people like Jesus and Buddha made a tremendous worldwide impact, but can one of us really make an impact? The answer to that is “yes.” You don’t ever know what’s going to happen with your actions and with your words. You just don’t know what’s going to happen.

Buddha and Jesus did not come to this planet to start a new religion. You look at many of our world figures, and they didn’t originally begin what they were going to do. Look at Mother Teresa. I think you all have probably heard of her. Mother Teresa did not begin to do what she did with the intention in mind of winning the Nobel Peace Prize, and becoming known worldwide. She followed what was within her heart and made changes.

You don’t start a worldwide national order like Mother Teresa, and you don’t start a new religion like Buddha or Jesus. You’re not a worldwide known politician. Can your work make a difference? By going in to help clear the energy of Brussels or Angola, or just around your neighborhood, can that make a difference?

There’s a story, and I’ve heard that it’s probably not true, but it gives you a good example. There’s a story about Winston Churchill when he was a child. He was drowning and a man pulled him out of the water. In appreciation Churchill’s father offered to take the man’s son and have him educated. The man became a bacteriologist and discovered the anti-biotic we all know, penicillin. Later in his life Winston Churchill had severe pneumonia and was saved by doses of penicillin.

Look at an act of saving one person, and it had worldwide consequences. You could go in and do something very delightful and generous with someone, and you don’t know if that changes their life. You may have seen a true story of a young boy, he was in middle school, and he was walking home and he came across another one of his classmates. His classmate had his arms full of things, baseball bat and books, et cetera, and he offered to help him. He said, “Sure,” and he just helped the guy.

The young guy who had everything in his arms, invited the one who helped him to come into his house. The end result was that they became friends. It was only when the two young men were graduating from high school that that young man revealed the truth about that day. He actually had cleaned out his locker that day, because he was going to go home and kill himself. The act of kindness of helping him carry the stuff, and then coming in and just chatting like a friend, saved his life. It changed everything for the teenager and it was such a small act with huge consequences.

When we send light to something or someone, when we make a choice to heal ourselves, when we clear someone else’s space, or go into a room and clear someone

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else's space, you literally do not know what that is going to cause. You don't know if you're going to prevent something. How would anybody ever know that you're going to prevent somebody from killing themselves? How would you ever know that the person you pull out of the pond will result in the discovery of medication that's going to save your life? How do you know these things? You don't know these things.

When you do something of great Love, even when it's a small something of Love, you think it's small, but it has major repercussions. It goes through the generations, literally generations. It goes through the universe. Amma always talks about, that when you heal, you do not realize what all you're doing. You don't realize you are stopping the causing of more pain, by your working at healing yourself. I hope that helps. It doesn't matter how small the act of good you perform.

Cathy: It doesn't matter how little you think your action is. It is not lost in the universe. It is not lost anywhere.

Cathy: And now onto our session...

Cathy: Good morning, this is Dr. Cathy Chapman, and we are here for what is going to be the final discussion of Amma's series on unconditional Love. Not that she's not going to talk about unconditional Love more, but the activity of really focusing on it, and the series that she and Metatron have been giving us. This is the last one.

Last night, when I went to bed, I wasn't sure what we were going to do. I know we were going to do things regarding ourselves, because that was the topic. It is about us coming to know who it is that we truly are. I'm going to make an assumption that I'm very much like the rest of you. What many of you may not realize is that I am very much like the rest of you. People will look at me and the work that I do, and they will have the tendency to believe that I'm different, that I don't have the same challenges necessarily, that I don't have the same insecurities.

I don't have them to a great extent, but I have them. I go through things, just like everybody else goes through things about, "Am I making a difference?" Like where that question came from, "Am I making a difference? Am I really somebody who's good, who's nice?" that sort of thing. "Do I really work from my heart?" We all sometimes go through these things.

This whole session today is based upon changing that lack of knowledge. I would like it to happen just instantly. I'm not going to say it's going to happen instantly, but if it does happen instantly to you, would you please let me know, because I would Love that, and Love to experience that.

I have had many, many changes in myself due to this Encodement work that we've been doing over the last few years. It's changed my life tremendously, and I've received that information from other people, that that's also happened with them. When I woke up this morning, what I found out from Amma is that after she's going

to talk, and Metatron is going to talk, and they're not going to talk a long time, but I don't know if they know what a long time means, since they don't have time.

We're going to work with our genes, our genetic code. There's a field of study that has been coming into prominence called ethnogenetics. In that field, we are discovering through what science is able to see happening in the genes, that what has been said for thousands of years in a spiritual realm, is true on a physical realm. When you think good thoughts, when your heart is filled with gratitude, there are changes in your genetic code. When you are angry, when you are filled with sadness and depression, there are changes in your genetic code.

Now, think about this. When there are changes in your genetic code, that is passed down to your family. It doesn't matter whether you're male or female, that is being passed down to your family. Amma's kind of laughing in the background. She says, "You're stealing my thunder," so she's just doing that with great joy, so I think she wants to come in, and then Metatron wants to come in. Actually, Metatron is going to come in first.

Everybody just says "Heart Source." Good, and I noticed when I was looking at the people who were signed up, there were a couple of people whose names I'm not familiar with. I thank you for coming and joining us. If you don't know what the Heart Source is, we're going to construct it very quickly.

- Go into the front of your heart center.
- Now, go into the back of your heart center.
- Move into the front of your third eye.
- Go into the back of your third eye. Just allow your consciousness to stay in all 4 of those places.
- Now, see a beam of energy, construct a beam of energy from your heart to your third eye,
- from your third eye up to the center of the universe. Don't worry where that is, just set your intention.
- Very good, and down to the center of the earth.

This is where so many of us need to pay attention because we have a difficult time staying grounded because of what's going on in the planet. Sometimes, when I was first doing this, I had to see an angel swinging on the bottom of that line going into the center of the Earth until I got to the center of the earth.

Very good, very good ... This is your Heart Source. I want you to say "chakras spin." Let them spin for a minute or so. Now, just relax. This helps expand your energy, bring more light into your energy field.

Now, to expand your energy even more, there's a very simple trick. I want you to bring to mind something you are so grateful for. Notice the change in your field as you are in that place of gratefulness.

Now, we are all gathered together in a room in the inner plane, and because we've constructed it so often, even those of you who are not familiar with this room are here. In this room, we are all together on a soul level. It has a floor of light below us, a canopy of light above us. There are pillars of light in each corner, and there is a pillar of light in the very center of the room.

In the pillars of light in the corners, there are angels surrounding the room, from pillar to pillar to pillar to pillar to pillar. They go all the way around room. Usually, I call these angels from a particular band, like Michael's band, or Raphael's band. Actually in this, we are having members of the bands of each of the archangels, the major archangels that you may have heard of, and there are archangels that you may not have ever heard of, that I haven't heard of. All of them are gathering.

Now, in the central pillar, are the beings on the other side we so want to work with. Jesus and Buddha are coming in. They seem to always come in together. Mother Mary, Quan Yin, White Buffalo Calf Woman, now Melchizedek, Alton Kamadon, who is someone who was a teacher of mine and left us a number of years ago. You can call in anybody that you wish, to be there in your central pillar.

Your Healing Team is your angels and guides who are going to be right there with you. If you want to call in Kathumi, Djwhal Khul or Lady Portia or any of those others, feel free to call them all in. Now, Amma and Metatron are surrounding this entire room with their energy. It's like the masculine energy is the canopy of light, and the feminine energy is the floor of light. They come up the side, and their energy is melding. It is not lost on me how much this is like the sexual act of making Love. Amma says, "It is the act of creation."

Now, send a beam of energy from your heart to the central pillar. I will do the same. Metatron is going to come in first. Those of you who haven't heard me channel before, many times my voice does not change much at all. It used to, but it doesn't now. Just simply set your intention to give me support during this.

Metatron: Well, Good morning to you, my dear ones and precious ones that are here. This is a worldwide event, did you know that? What you are going to do this morning, yes it has been done in other ways with other people from different techniques, but we're going to do this in our way, not that our way is separate, it's just the way that Amma works. I am Metatron of the Light of God, and I am the masculine energy, as Amma is the feminine energy.

I am the masculine energy overlights, as you would like to say, this planet. Somebody asked, "I thought that was Father God." Let's say in a way that I am Father God. Not many people know that, and they would probably ... Some would rebel, but very much so, I am the masculine energy that is here.

We talk about, what was in our minds, the mind of God, when you were created? There is, when I say a god, I am only talking about the oneness. I'm not talking about the multitudes of gods you have in the Hindu tradition, for instance. The gods that

you have in the Hindu tradition are really no different, in a way, than what in Christianity you have saints. You have special ones that come. They all display aspects of Love.

You may have heard it said that you also are gods, and people see that with a small g, because you represent an aspect of God. Even those of you who, and I believe that is most of you, who are in the Judeo-Christian tradition, you are a little less than God. You have within you the creative power of God.

God, with a capital G, in the Jewish kabbalah is called the Ain Sof, the chaos, in a sense. The undifferentiated God, let's say the oneness; can you even begin to imagine what it must have been like, this is not within time, of there just to be an energy called Love. That's what you call it, this energy of Love, the undifferentiated, pure potentiality of creation. We're getting into a little physics here, or a little philosophy, are we not? The pure potentiality of creation.

This incident, potentiality, wanted to experience something different than itself. How can it experience something different than itself? How can an infinite, all-knowing, all-loving, all-everywhere god, all the omnis, omnipotent, omniscient, how can that god experience anything else? Let's leave that into the area of mystery, because that takes much longer to discuss. Just accept that it is true.

That energy, which is much beyond the energy of myself and of Amma, in a sense it is a God beyond the God beyond the God beyond the God that you know. That energy asks, within itself, let us manifest aspects of ourself that wish to experience differences than what it is experiencing now. There was only Love. How can it experience anything different?

There were, in a sense, volunteers from within the oneness, that were awakened in a way, to a different aspect of itself that says, "I will volunteer." These aspects broke off. This is all a metaphor, but this gives you an idea. It broke off, and you had some of these aspects that broke off, and some actually separated into even more aspects of itself. Some of you may have heard of the concept of twin flame. There are twin flames, but there are also groups that decided to be what is known as monads. It's a large family.

Then, those aspects divided off into smaller families, and those smaller families divided off into souls. That's where you have your soul, and then you have your soul family, which are 11 others, and then you have your monadic family, which are 11 other families. That happened all over the infinity of this universe.

Now, some of these aspects that split off decided that they didn't want to incarnate in a physical form. Those were the ones that you may know as angels, for instance, your encoded technicians, and there are many others, Amma's healing friends. There are those who work with me, my ... I call them creator friends, because we work with the creation in what you call Sacred Geometry, we just call geometry. There's all of this, becoming aware of how to experience Love in various ways.

Here's a question for you. When you find the answer, please let me know. How can an infinite energy, an infinite God, an infinite Love, become more infinite? How can infinity continue to expand? Isn't that contradictory? Isn't it contradictory that something is infinite if it can continue to expand? We'll say yes, it is, and it's a paradox. We will leave that paradox where it is. The Catholics like to call it mystery, so let's leave that mystery there, and know that you who decided to do something very difficult. You decided to forget that you were from the oneness. You decided that you would assist in Love, in expansion, by totally forgetting that you were infinite Love.

Now, you might be bopping yourself on the head and going, "How could I have ever done that? Whatever possessed me to do that?" What possessed you, my dear one, was Love. Actually, it didn't possess you. It is the Love That You Are, that you said, "Yes, I would be delighted to assist infinity to expand, by experiencing not-Love, by experiencing forgetting what Love is."

We're in this group of, I'm going to call you very brave souls, challenging souls, souls that Love adventure. You may think that you are in fear of adventure, but the very fact that you are here upon this planet, and have been here for hundreds of times, proves that you are a soul who Loves adventure. You Love puzzles. You Love experiences of playing different parts within this realm. Every time you come to this physicality, you actually lower your vibration to move into the physical, and you come with a plan of how it is you are going to experience Love in this particular incarnation.

Sometimes, you experience Love by experiencing the absence of Love, or what we often call not-Love. That is the anger and the fear, what you call hatred sometimes. You are seeing upon your planet right now the, shall we call it dialectical pull. I know that's philosophy, but think of dialectic as 2 opposing forces that are similar. It is the dialectical pull between light and dark. It is the pull between religions that process Love, that have within them not-Love.

If you go back and read the scriptures of any major religion, there is always a separateness that is written by the human. If you have not learned as of yet that when you channel information, it comes through your human spirit. If you are not out of the way, that information becomes sullied. You come in, and the human not-Love, experience of not-Love, comes in. Of course, human beings take over certain experiences, and then they go into their fear, and they make that a part of their so-called religion.

Now, I diverted a little bit. Right now, before you incarnated, you agreed ... This was the most difficult part of your agreement, was to forget that you were Love. Amma tells you, "You are Love Incarnate." You hear those words, and you accept that yes, God and the ever-expansive of God is Love, because that is the only energy that there truly is, even though there are the manifestations of not-Love. There is truly just Love, and you sprang from that. You were created from that, therefore you are Love, and you became in a physical body, therefore you were incarnated. That makes you Love Incarnate.

You accept that on a mental level. Is it deep within your heart, my dear ones? Is it deep within your heart? Do you rejoice every day, waking up, stretching and going, “I am Love. I’m going to experience myself as Love today. I am Love”? Those of you who were raised in the Christian tradition, and some of you still adhere to the Christian tradition, what do you think the one you call Jesus, who is with us in the central pillar today, what did he do when he “woke up” in this dark, damp, musty tomb? His life came forth, and he stretched and said, “I am Love.” He believed it totally and fully, for the first time.

Do not think that this man, who was considered a god-man, God and man, did not have doubts in the human aspect, just like you. Just like you. When this one you call Jesus rose from the dead, when there was that dramatic change in his entire cellular crystalline structure, his DNA was changed. Today, we are going to work on changing your DNA.

Does that sound fantastic, marvelous? Are you ready to wake up in the morning, stretching and saying, “I am Love” and sending that energy out into the world? Sometimes, it’s good enough just to send it into your world, is it not? To the little world within your heart and saying to yourself, “I am Love.” When that little aspect of yourself pops up and remembers when someone rejected you, and it goes, “No, I’m not Love,” and you go, “Yes, you are Love.”

When that other aspect of you pops up and says, “Look at this horrible thing I did. That is not Love, I am not-Love,” and you say to that aspect of yourself, “Yes, you are Love, because you were simply experiencing what not-Love was like, and how much you wanted to be the fullness of Love.” Every time you experience not-Love, you made a decision to be fully within yourself as Love. It was an experience. It was doing exactly what you came here to do, to explore what Love is and what Love is not.

Those of you who are in the United States, that country, you know how you have the world as one? It is really ... The earth laughs, the sky laughs, at how there are these aspects of herself, but separate themselves from the other that’s saying, “I am from the United States. I am from Canada. I am from El Salvador. I am from South Africa,” because you are all the same, different manifestations in different ways, different experiences.

In the United States, and those of you in Canada, some of you have been watching, shaking your heads, at what is going on in the United States political system. What you are seeing is the true dichotomy in the political world, of Love and not-Love.

I’m not going to say who is giving the greatest experience of Love and who is giving the greatest experience of not-Love. I’ll let you figure that out yourself, but know that whoever it is that is Love and is not-Love, they are all giving you an example of what Love is, either by saying, “This is what it is,” or by saying, “This is what it is not,” or displaying what it is not. Do you understand what I’m saying? I hope so.

When you see darkness, you see also that that darkness is not light, and you want to know how it may become light. How can I find the light again, from being in the dark? My dear ones, you simply go into your heart. You simply go into your heart.

Now, that is my prelude to today. You may have gathered this is going to be a little bit longer than most of these sessions are. Now, Amma is going to talk to you about it a little bit more. Remember that I am Metatron of the light of God, and I have great Love for you. I enfold you with my energy of Love, no matter what it is you think you are doing, and who it is you think you are, because I do know who you are, and now, Amma.

Amma: Good morning, dear ones. I am Amma, the Divine Mother of the divine mothers, and I am your mother. What I want to share with you, and some of what this one was talking about earlier, you know about Encodements. You know about cells. Encodements are the energetic counterpart to the physical of cells. Encodements, of course, make up cells. You have heard of DNA.

Now, some of you have studied the concept of DNA a little bit more than others, so you know that there are the 2 physical strands, and then there are the 10 crystalline strands. That makes up 12 strands of DNA. What most of you ... In fact, I'm not real sure any of you have heard that these 12 strands, as they are becoming more and more joining in the crystalline, and they are all double helix, as you would say, so you have the 2 strands, which is double helix, then you have 5 more double helixes, which are helixing together. How about that? I make a new word, helixing together as they wound around. Dear ones, what is going to happen is that will go from 12 to 24.

That's the next big manifestation, is 24, because there will be so much energy, so much information contained within that. Stay with the 2 strands right now and just know that the others are there. You may have heard it said that there is active and inactive DNA. You may have heard it said that there is what some are calling junk DNA, which scientists know truly is not junk, but they're not that active.

Now, let's talk about your brain. You notice I'm dropping little pieces here. It is said that people at the most use maybe 4 or 5 percent of their brain. You may have heard 10 percent. Let's leave that to Einstein, and to some of these amazing humans you are seeing, like the 10-year-old this one saw on Facebook, who graduated from high school and was starting college. They use much more of their brains.

Who uses the most of their brain? The ones who use the most of their brain, are the ones who are able to integrate all layers of their brain together. They are able to integrate the triune brain, which is your reptilian, which keeps you breathing, your limbic brain, which is the feeling brain, and your cortex, which is the thinking brain. They are able to integrate that, and the different levels. There's the white matter and the gray matter, and to send out these little connections everywhere, where there's more information coming in, and it's more coordinated.

All of you have the potential to be geniuses. It is how your brains are made, and then what activates everything is this thing called Love; the energy of Love, not the emotion of Love. If I ask you to experience Love for someone, I want you just to pick out someone that's important to you. I want you to get in touch with the Love that you feel for them.

Good, now I am going to ask you to do something a little bit different. I want you to get in touch with the gratitude and appreciation you have for them being part of your life. Did you notice how you expanded even more when you went into that place of gratitude and appreciation? That is because there is a purity of your experience, of gratitude and appreciation. Gratitude and appreciation are words in your English language that have not been sullied by different definitions, whereas your word "Love" has been.

You have the passionate Love, you have the Love as brothers and sisters. You have the Love of giving all of yourself. Those are the different kinds of Love, as you hear from your Greek tradition. When you go into gratitude and appreciation, did you not feel your heart expand even more?

I'm going to ask you to do something that seems rather strange. I want you to go into the back of your heart center. Go deeply into the back of your heart center, until you pass through, it's not a barrier, but it's an opening into the sacred space of yourself. This is your sacred space. There is an altar there. Everybody's altar is different. There's a room. It's an infinite room, that feels like it has boundaries, but it is an infinite room, because you can change it.

Now, what I would like you to do is ask for the representation of your double helix 2-stranded DNA to show up in front of you. Just imagine it in any way you want. It is there. If you can't imagine it, no worries. All of this is going to happen perfectly. Those of you who are clairvoyant are able to see the light shimmering from it. There are some aspects where you will see that there is not light. It is almost like it is darkness. I don't use darkness in the negative sense, I'm just simply using it as the absence of light.

Let's put it in this way, is that you go into a room that is very dark, and you flip the switch, and you turn that on. It becomes alive with light. That happens in your DNA. It happens also in your Encodements, but we're going to work with the Encodement System a little bit later.

Everything that happens to you forms an energy. There is the energy of the event, of itself, and that could be other people's feelings, other people's thoughts, their actions. There's the feelings behind it, the actual emotion that is there, that causes the greatest changes. That comes into your system. It begins to penetrate the outer reaches of your aura. We'll start with the seventh layer, even though there are other layers of the aura. The stronger your, let's say the shell of your egg is, and that seventh layer, the stronger that is, the less effect other people's energy has upon you.

Now, that layer is a semi-permeable layer. The stronger it is, the more it is resistant to low vibration energy. However, being semi-permeable, it accepts and absorbs high vibration energy. If you have a strong outer layer of your aura, if I send you Love, that outer layer will absorb that Love. If you have that strong layer and you have someone else who is angry at you for some reason, let's say you made a mistake and almost hit them on the freeway as you were driving your car, and that person reacted with great anger, because they were in great fear, and that energy comes toward you.

If that outer layer is strong, that energy is repelled. It does not come into your system. However, if that outer layer is weak, that energy of anger, of fear, of whatever it is that they are sending, that energy comes into your energy field. As it comes into your energy field, it makes changes in all the layers. Think of it as layers of water, if you would, and you have something that goes in through those layers of water, and it makes changes until it stops.

Where it stops is in your physical body. It goes into the cellular level. Now, in your cells, many people aren't aware that in your cells is a whole other system. Each cell is its own body, and there's a whole other system within that cell. Those of you who have studied some cellular biology know that there are all kinds of other organs, they call them organelles, and one of those organs is your DNA.

We're going to talk about 2 parts in your cells. You have your mitochondria, which are the powerhouses of your cells, and you have your DNA, which as you know, is your genetic code. Just because you have passed on to you for generations a gene for diabetes, say, or breast cancer, or colon cancer, or pneumonia, that does not mean that you are automatically going to become diabetic, or alcoholic, or have breast cancer. What it means is that in your family line, we're talking genetic family line, something happened.

Something happened; an energy came in which changed that gene. It mutated it into something else. Your science is starting to discover that the emotions that you have are changing your genes. They are discovering that if you want to become pregnant, that it is really best to start purifying yourself a good year beforehand. That doesn't mean just women. It means men and women, because there are changes within the sperm by any drugs that you use, prescription or as they call recreational. There are changes in the ovum and in the sperm. There are changes in the DNA.

There is much of your DNA which is not yet activated. I'm not talking about the DNA of, say, cancer or diabetes. This one that I speak through, she has, from her family, the gene for diabetes. How can she avoid it? One is to do exactly what she has been working on of late, which is to eliminate sugar from her diet, and to eliminate refined foods. The most important thing is to be in her heart, and to be in a place of Love and appreciation of everyone.

But, here's the but; the most important is to be in Love and appreciation of herself. If you wish to avoid having the genes which are the ones that you would rather not have active; diabetes, cancer, alcoholism, any of those that you can imagine in your

family, and you go, "Oh, I don't want that one," the way to avoid that is to be in a place of Love for yourself.

When you are in that place of Love for yourself, you are in that place of Love for others. The way you treat others is a reflection of your Love for yourself. It's not exactly just the way you treat others, it is also the emotion behind the way you treat them. Let's say that you are ... You see someone in the store, and they may have only 1 or 2 things in their shopping cart, and you have 40. With great openness you just say, "Please, go before me."

That has a different energy to it than if you look at that person and you go, "Maybe I'll get something if I let them go before me." It's a different energy. When it's a generosity of heart that just comes, the "reward" ... I'm putting "reward" in quotes, because it's not reward, it's the Love reciprocity, is that that energy of your openness comes back into you.

The more you Love yourself, the more that Love goes out to others, and the more that Love returns to you. That doesn't mean that everybody is going to accept your Love. There will be people who will not, which just gives you the chance to do extra healing, right?

Now, let's go back to where Metatron was talking. You agreed to experience the differences of Love and not-Love. You agreed to come here from a place of absolute unconditional Love, unconditional positive regard, and to come into the place where people may not like you at all. Where you, from your heart, do good things, and people do terrible things to you as a result. Where you begin to doubt whether or not it is even a goodness, if it is even helpful to do good things.

If only you could see the energy that occurs with you, you would know that yes, every action you do from your heart, not from your little ego but from your heart, results in the moving out of Love into this planet, which in itself, because of its high vibration, helps to clear energy in the planet. Now, part of that reason that you forgot of who it is that you are, was so that you could truly experience, for this infinity, what is it like to not know your Love.

My dear ones, it is the time of the fifth dimension. You are moving into a place of ascension. Ascension means that you come to know who it is you truly are. People will ask, "How can I ascend?" Become Love. "But I am already Love." Correct, so now be Love. Know, in the very depths of your being, every cell that you have, every gene that you have, that you are Love. What happens is that you will see aspects, see the double helix in front of you that I had you have there, because you're there in the back of your heart center. That double helix that is there, what I want you to do is I want you to bring that experience of gratitude and appreciation for that person you Love, this person outside of yourself. It's much easier to do it for outside. That's what we're working at changing today.

It doesn't matter if it's your spouse or your partner or your best friend or your child. Move into that place of appreciation. You can bring an event to mind. Move into that place of appreciation. Now, I want you to take a deep breath, and when you exhale, I want you to send from your heart that appreciation to that representation of your genetic code in front of you.

Now, move into appreciation. Do that again, and send the energy of that appreciation out your heart to that double helix again. I am asking all of your Healing Teams, that as you send out that appreciation, that those genes that recognize that you are Love Incarnate, are activated within you. Your Healing Team, which consists of Soul Healing Angels, Encodement technicians, and Amma's healing friends. Some of you have invited others in, which is perfectly fine ... All are doing their job, their job from great Love and appreciation, to change the structure of your genetic code.

I now call upon your Healing Team, to use the process that I have already instructed them to do. It is a complex structure, complex process, to activate within you, which also requires the deactivation of the opposite, I ask them to activate within you the memories of being Love, the memories, the feeling, of being home.

Now, this is a fine balance, because you are human with this body. Some of you who struggle with these emotions of depression and anxiety, the whole purpose of this is not to set a longing into you of being home quickly. It is simply to give you that memory, that no matter where you go or what you do, you are still home. You are definitely walking between 2 worlds, the world of the human illusion and the world of home, where you are enfolded and you are Loved and accepted, totally and completely as you are.

I ask your Encodement team and the rest of your Healing Team to activate within these 2 strands of DNA, a remembrance of you being Love. Now, they are also putting into place a system, which is built into your DNA, by the way, the 2 strands, a system where this information is moving from the double helix into the other 5 double helixes of DNA, to make the 12 strands. That will activate, eventually not immediately, but it is starting to activate the additional 12. You have all of these strands.

I am now asking that your team activate within you the memory of why you chose this lifetime, that you chose this lifetime to experience Love in a particular way. You could call it the purpose of your lifetime, if you want; not the action, the ultimate purpose, which is to experience Love in a particular way.

I'm asking them to make those changes within you. Now, move back into appreciation. Wherever that place of appreciation was, I want you to move back in. I'm asking now that your team activate within you ... When I say activate, in a sense making your genes much more sensitive to the appreciation that you have, the gratitude and appreciation you have. That energy activates your DNA, and I'm talking about, when activating, I'm talking about activating what some of you call higher

sense perception, your clairvoyance, your clairaudience, your clairsentience. Say Heart Source again.

Bring to mind, and then experience the appreciation for someone, something ... Breathe deeply. Now, ask that that memory of who it is you truly are, Love, be activated within your DNA. Allow yourself to experience the changes that are happening within you. Some of you are going to feel a lightness of being, almost as if your body is becoming lighter. That is because your vibration is rising.

One of the things that you can make a choice to do in this lifetime, in this period of ascension, is you can choose to ascend with your body, but still be here upon the earth. You'll experience that lightness within you. You will begin to experience some of what people call the psychic abilities more easily, as in hearing and seeing.

Don't be surprised if you suddenly hear something, and nobody is around. Someone may call your name. You may begin to experience different aromas. When you stay within your Heart Source, and stay in a place of gratitude and appreciation ... Notice I'm using that instead of Love, but it's the same thing, of what I mean ... Be in that place of gratitude and appreciation, you are continuing the process of remembering that you are Love itself, so that when you wake up in the morning, you stretch and you go, "I am Love," just as Jesus knew to the fullness of himself, who he was when he "awakened," I put that in quotes, in the tomb.

After going through the horrors of the crucifixion, as you go through the horrors of your own crucifixion in your own life, where you put to death the little ego, which is the result of so much turmoil in your life, because it is the little ego which sees the actions of someone outside of yourself as being directed to you personally, when actually, the actions of someone outside of yourself, that are shall we call it negative, let's say low vibration, is a result of their fear.

This one I'm speaking through used as an example with someone the other day in a phone conference, the example was if you knew that there was a rattlesnake there, would you not avoid it and give it its space? If you did not know the rattlesnake was there, is it your fault that you got bit by the rattlesnake? You do not always know when someone is very sensitive and hostile and angry, and are like that rattlesnake, feeling rattled, when you had no intention of hurting the rattlesnake.

You do not know what is going on in another person. As you stay more in a gratitude, in that place of gratitude and appreciation, and you stay within your Heart Source, your ability to sense the energy of another grows stronger, and you will know when that other is a rattlesnake ready to strike out at anyone who walks past, because it is fearful and it is afraid, and it is trying to protect itself.

If you can see, experience, know, that when others strike out at you, it is their fear, not of you, it's just their fear. You move into a place of deep appreciation, and you can just bring up whatever it is that you can feel appreciative of. Be in your Heart

Source, and set your intention to dissolve the energy, their energy that came out and struck at you, just as if you were able to immediately neutralize the venom of a snake.

With your Love, with your appreciation, to neutralize the venom of their action, and to know and say within yourself and know within yourself very simply, "That is not who they truly are. They are Love Incarnate. I am Love Incarnate, and I choose not to have that energy, that pain, that wound, those fang marks upon my body, upon my energy, upon my heart."

Dear ones, this is what you do now. We have done the major work. The rest is up to you. Make it a habit to be in your Heart Source at all times, and to be in a place of gratitude and appreciation. Be in that place of gratitude and appreciation so much that you become gratitude and appreciation, no matter what happens to you at all.

The Christian scriptures have a place where it says, "Praise the Lord always and in all things." Be in gratitude and in appreciation, in all ways and in all things. That, my dear ones, will continue the metamorphosis of your genetic code, and enhance the revelation and evolution of the crystalline DNA, which will enhance and bring it out to the other strands that are coming. They're connected, they're already there, they just need to be awakened.

This is really a simple process, is it not? Be in your Heart Source. Be in gratitude and appreciation. Know that you are Love Incarnate, and you can do the simple exercise that I had given you earlier, to see the strands of your DNA in front of you, and to move into appreciation, gather up all of that energy, and breathe it out onto the DNA, and activate it. Your Healing Team will be working with you on this.

That, my dear ones, that simple process we did today is the power of who it is you truly are, and that you are an aspect of myself, an aspect of Metatron, and we ourselves are aspects of the one that you call the God of the gods of the gods, the true energy that we truly do not yet know, you truly do not yet know. You do not need to know, because you are a part of that energy, not apart from, a part of.

Now, Metatron and I, we enfold you in our Love. We are here any time you call upon us. Our blessings, our Love, are with you. I am Amma, the Divine Mother of the divine mothers, and I am your mother, who carries you continually in my womb, nourishing and nurturing you.

Cathy: OK, this is Cathy. How are you all doing? Anybody hearing background noise, if you'll hit star 6.

Female: It was wonderful, Cathy, absolutely wonderful. That was so intense, beautiful, beautiful, beautiful. Thank you, Cathy, wow.

Female: Thank you.

Female: It was wonderful.

Female: Thank you.

Female: That was really, really powerful for me.

Female: I have tears in my eyes.

Female: I will be listening to this one a lot, I think.

Female: I think so.

Female: Thank you so much.

Male: Thank you, Cathy.

Cathy: You're welcome, so those of you who celebrate Easter, enjoy, and remember what Amma said. When you get up in the morning, stretch and go, "I am Love."

Female: Cathy?

Female: I am going to do that, yeah.

Cathy: Did somebody say they had a question?

Kimberly: Yeah, it's me, Kimberly. Hi, Cathy, thank you. If we do the part that you're going to bring out, if we do it often, will it be like a cumulative effect?

Cathy: Yes, it'll enhance the experience. Remember that we have so many layers within us to convince ourselves that we are not-Love. We had to forget everything. It's like ... I think of it in this ... Why this image comes to mind, but any of you who have been to France and seen Napoleon's tomb, he has this ... Napoleon is in this casket that's in a casket that's in a casket that's in a casket that's in a casket, literally. It's a huge building, which is actually very beautiful.

If you're like me and you can sense beings, when you go in, he still has all these people guarding him. There is nobody else in there physically, but ... If you think of how little the first casket must have been, because he wasn't a very big man. He probably wasn't any bigger than me. I'm just barely 5'2". I'm not even 5'2", but anyway, I try to stretch that extra quarter of an inch.

They have all of these caskets, and so what you see on his tomb is this huge casket. Think about the Love that you are, and who it is you truly are, are put in all of these lead-lined ... Think of the strongest thing that you can. That is how important it was to forget.

What happens ... To forget that we are Love. You may notice these children who are coming in now, who know more of who they are as Love. Remember that what you're seeing in the world today, we're getting it big-time in the U.S. with what's going on in our political system, but there was something on Facebook, somebody presented a ... There was what they call a meme, it looks like a little poster, for those of you that aren't on Facebook.

It contained on there what the news media, the different acts of terrorism that the news media has publicized. It has been things like what happened in the U.S., what's happened in Paris, what's happened in Brussels. It's what happens in the Western world, but what they have not covered so much were all the areas of terrorism that occurred in non-Western countries, like in the Middle East and in Africa.

Female: Africa?

Cathy: Yeah, and so what happens is that you see where our media is also, and because of our media, because of the instantaneous communication of Facebook, of Twitter, of people being able to make these videos and just send them off, is that you're seeing how these horrors are going on worldwide. It's not just here.

The light and the dark are being ... It's like the dark is coming up, for us to make a decision of what is dark? What is light? Some people honestly don't know, what is dark and what is light, because of where they are. We have to hold that memory for them, and we're not all going to agree. If we do that within Love and within appreciation, we will find that we will come into accepting of the oneness of all people.

Cathy: It's just an unfolding. Think of it as an unfolding. I'm going to tell you something that's going to seem kind of strange. Don't worry about the rest of the world. Work only upon yourself. Work only upon yourself, and that light will go out. Then, when you're going out into the world and you see something, you just feel motivated from within to smile at someone. When you're filled with light, you smile at everybody. They don't always return the smile. They may think you're kind of crazy, but that's OK.

Female: Isn't that egotistical, not to think about the rest of the world?

Cathy: Why is that egotistical?

Female: It sounds like we don't care.

Cathy: Does it? Think about it, though.

Female: Oh, yeah.

Cathy: It's like a paradox, is it not?

Female: Yeah, so like if you see all these ... Like on the news and stuff, you see all the horrors that are happening, and we're sitting in the break room with all the people in there saying, "Oh, isn't that terrible? Isn't that horrible?" I'm just sitting there like, "So?" It doesn't make me look too good.

Cathy: What you can just do is say, "Let ..." You don't have to say anything, just do. Just send all of those people Love.

Female: Yeah, OK.

Cathy: What it is, is that other people may perceive you to be egotistical because you are working on a different plane here. What I mean by a different plane is, we are living in an illusion. We are totally in an illusion.

Female: Wow.

Cathy: What is really happening is, those people who are doing horrible things, aren't aware that they are Love Incarnate. When we send Love to them, it is being in a place of awakening, helping to awaken for them and give strength, when it's the victims of terror, to give them strength to get through whatever it is.

If it's those who are the perpetrators of terror, it is to send some Love, and hoping that it is reminding them of who it is that they truly are. When you also remember, was it Amma that said, in the Christian scriptures, it says to give praise to God always. I could look that up somewhere.

When I was involved in charismatic renewal, we were taught to praise the Lord, no matter what it was that happened. When you see the terror, it's not something you're going to proclaim, right, because people are going to shoot you.

Female: Yeah.

Cathy: I use that euphemistically and not euphemistically at the same time. If what you do is go into a place of gratitude and appreciate, that there is such a definite difference between the light and the dark, the people make choices to not choose the dark. Yet, when you look in our society, I don't know how it is in Canada, but I look on Facebook, and when you look in our society, here we are telling the kids not to bully each other, and who are the biggest bullies around? It's the adults.

Female: Yep.

Cathy: That is an example of the difference between light and dark. What you are doing is that it's known in science, and they now know that it's something that happens in the brain physiologically, that people who were abused as children, they become the

abusers. You see that in a national situation, that a country that was abused, becomes abusers.

One of the ways you can see that is that ... Oh gosh, I don't want to get into anything political, so we'll try not to think of this as political, but the horrors that were perpetrated upon the Jews, and yes, there were many other millions of people killed besides Jews in the Holocaust, but how the Jews are now treating the Palestinians.

You have those 2 things that are occurring. You see the horrors that were perpetrated upon African Americans in slavery, and remember, whether you agree with Obama or not, Obama's energy is not of the slave energy, because his family never was a slave. Now, Michelle's is, and his girls are, but Obama was not from that energy, which is interesting. That's a whole other talk.

You see what's happening with the African-Americans who are of the slave mentality, of them moving into hatred of whites. You see women who have been abused, being moved into hatred of men. Instead of seeing the difference between dark and light, and choosing to live in light, they instead become more of darkness in a different way.

Our job is to be in that place of gratitude, that this is being revealed to us, and send the energy of gratitude, which is the energy of Love, that's what Amma was trying to tell us ... That's the energy of the purity of Love, out to others. For those from a Christian tradition, that's resurrection energy.

Female: It's like holding the space in Love, right?

Female: Cathy?

Cathy: Yes?

Female: When I was meditating, I was told that ... A guy told me that when I watch the news, when I read the news and I see these horrific things, things that you can't imagine, he said that that's when you call upon the unconditional God and Love energy, "Can you send it to me through you?" You ask God to send it through you, to them, to the victims, to the perpetrators, to everybody involved. I said, "That's hard, for me to include the perpetrators." They said, "That's exactly what you have to do." That's the Love. That is real, true Love. When you put yourself in that place and you experience that, then you bring that energy to the world, that helps change things, not just continue to have to struggle against good and evil, good and evil, this eternal battle.

Cathy: You summarized it perfectly. With that, because it's been an hour and a half, I want to thank you for joining me on this beautiful, beautiful day. I know some of you are in the midst of snow. We happen to be in the midst of beautiful blue skies here in Sedona. My Love and blessings to you, and if you feel moved, please share with me whatever has happened. Did I hear somebody saying they had a comment or question? No? OK, blessings to each one of you.

Female: Blessings, thank you.

Cathy: I have great appreciation for all of you.

Female: Yes, thank you, bye bye.

Female: Thanks, bye.

Cathy: Bye, all.