

LMN Q&A. Sep 7 2025

Hello everyone, so glad you made it. It's nice to see you again. By a show of hands, how many of you have questions for tonight? Great.

Let's have a protocol question right here. How are you most comfortable doing this? Would you like to decide in advance right now who asks what when, or would you like to jump in like we've always done? Why don't we all set our questions now? Because I think they would hear them and see what they choose to answer. Okay, well then let's do that.

Why don't I start with you guys the way you're lined up on my screen? Okay, and I'll just say your name out. You can say your question. When we get to the end, we'll bring them in.

Okay, Renee, you're first on my screen. Sometimes it's difficult for me to determine what is an ego-based decision and what is more of a life path, essence, heart-based decision. And I'd like clarification on how of those two things.

Ms. Bubbles over there, Patricia. How do I get off the family identity loop? So that is my identity when I'm around family and also the family's identity of me as opposed to who I am in my authentic self, when I haven't got any- Labels and expectations. Pressure or expectations.

Thank you. Margaret. When we're doing the snapshot memory, things that we do for healing and we clear the stuck emotions and then we rewrite the memory, does this mean that we're actually rewriting history? And how does this tie into linear time or non-linear time? The next question is from Songbird in Australia who's teaching and it is, and I'm quoting her on here.

Body pain has been huge in legs and joints. I feel like this is the new energies in my body forever illuminating where I am to work on myself. I use color and sound and light.

My question is, do earthing mats help or simply the same thing happens spending time outside with shoes off? Any insights I will welcome. And then the question from Richard in you is, how much of the outer world are we actually responsible for creating? We are non-polluters and yet earth, sky and water are polluted. We make order out of chaos and yet chaos still exists.

We monitor our speech and thoughts and feelings after our past, create new infrastructure within ourselves, focus on beauty, harmony, philanthropy, what might be called humanitarianism. And yet there are still barbaric people whose self-concern overrides life harmony. These words don't beautifully express our question but at least hint at it.

And we're all light or we're built on light molecules. Everything is energy. And Lady Master Natasha said that we would, I would learn, understand how to heal myself.

And I don't know how to do that. And I think a lot of us listening to people through the different times probably have a lot of the same questions. How do we heal ourselves and move that energy around? So that's my question.

Betty? Yeah, my question is along similar veins like with the stuck emotions because I do the Ashaya's Ascension meditation and the way they believe to get rid of stuck emotions and our grooves that we've accumulated in our lives is by experiencing the emotion like through our meditation. And then by experiencing it, we get rid of it and we're healed that way. Because to them, to us, like rummaging through all our old memories and recreating things that have long passed, they said, it's like sorting through garbage.

Why sort through all the garbage, just get rid of it. You experience the emotion and then get rid of it. So then when I tried doing the stuck emotion thing, I know there's still some emotions attached to some things in my past, but I was wondering if I could still get there through Ascension techniques or whether I needed to do the stuck emotions because it's really hard for me to imagine.

I intellectually can imagine, oh, instead of this happening, this happens. But to really feel that and incorporate that and really, really believe it, I'm really having trouble with that. So I'm wondering if I could accomplish the same thing by just continuing with my Ascension or whether I really need to work on the technique that she gave us for stuck emotions.

Great, I'm gonna address a little bit of that right now. Because we have an emotional body and because we have a mental body, each one has its own job. So the mental body is the remembering and the emotional body is the feeling.

And the stuck emotions are not attached to thought forms. So they are simply a shock value that has left an imprint on us. And so you talked about the grooves and these are like the grooves.

And in the stuck emotion technique with colors, there's no re-experiencing the emotions. And that is because in my training, you've already been through them once. Why do you wanna live through them again? Which is what you were saying.

Yeah, so maybe I was misinterpreting what was said. Yeah, so you're really just addressing like a pattern that exists, that energy flows through when a certain memory is activated, whether you remember the memory or not. So they're stuck.

So it's just like peeling off wallpaper on a wall or something. You wanna get to the beautiful place that's unmarred, untainted. Does that make any sense? Yeah.

So there is a philosophy where, it is a philosophy and it isn't. When you get ready to create something, yes, we want that vital energy. Yes, we want that voltage, that electrical charge.

Yes, we want that, I know this is so. And yes, sometimes the stuck emotions get in the way of knowing it's so. So in that case, the colors do neutralize the emotions.

It doesn't mean you can never have them back. You can always recreate them, but it gets them out of the way so the energy can flow into manifestation without being tainted. Does that help at all? Yeah.

Yeah, okay. And I'm sure she can address your other techniques and what you're doing because I know it's very, very powerful. I know that because of the reading she gives you.

Yeah. Okay, thank you. Judy.

Yeah, my question is around what the Council of Eight would give us as a focus for the next three or four months, considering what might happen on the planet in that time span and how we could best live our lives fully during that time. Excellent, great. Thank you.

You're next on my screen, Aussie Rose. My first question, what is the true origin of our souls? Second one is, what is the composition of the soul? And the third one, how does that relate to our current interaction? Following on from that, when does the soul enter a body? And I'm not just talking about a human body, I mean animals as well and plants, insects, the whole spectrum. And when does the spirit, what part does the spirit play in the body? When does that actually take on the body or go, they come like that, whatever.

So that's that one. Can you explain the nature of time from a multi-dimensional perspective and how we can work with it consciously now? And the next one, how do we heal the collective wounds of separation and fear while honoring our individual journeys? And the next one, what universal laws govern the evolution of consciousness across the galaxies? So the next one, are there benevolent star nations currently assisting Earth's transition and how can we connect with them? Okay, now I've also had a personal event that threw me completely that I'd just like some illumination on. That four or five weeks ago, it suddenly hit me that when we've evolved and I've done all this lovely dubby stuff, way back as a soul, being a spirit, being whatever, I guess the end result is that we all join with Source again and the understanding that I've received is that being reconnected with Source is blissful.

And I don't mind a bit of blissful every now and then, believe me, I don't mind it at all. But all the time, mate, boring. And I cannot, do not do boring.

So this hit me like a ton of hot bricks. I was in despair for, you know, our days about all my life, I have reached, I have moved, I have gravitated toward ascension consciousness as I now know it. I didn't know it way back then, but that's what I understand it now.

And I thought, I don't wanna be in bliss all the time. That just would not work for me because what do you do all day? Or what do you do? I don't mean all day, because I know time is non-existent in the big out there. I mean, I'm a doing person, I'm a productive person.

Just being there in bliss, sorry, no. And it's taken me ages to try and come to terms with this as my whole life, this lifetime, in being a seeker, if you like, being a waste. You know, if I say, no, no, no, no, thanks, a bit of bliss, yeah, but not too much.

Just, you know, I like a little bit of drama, a little bit of excitement, a little bit of happy joy, you know, all this kind of thing. So I thought, well, how do I stop this from happening? Oh my God, you have no idea, it was a nightmare. And I still don't have any answers.

So I just thought that I'd throw it out there on the table and say, what? And that's all I'm going to do today. I totally get you there in all of that. My son, my oldest son will tell me, mom, your life doesn't work for me because I'm into tranquil, I'm into all the things that would drive you buggy, you know, I just want to sit and read and I could do it forever.

And he's like, no, he likes the danger, he likes the challenge, he likes the this, he likes the that, you know, I get that dichotomy. Okay, it'd be a great thing to be addressed. Anything else? Or dare I ask? Look, that's the important things.

Next time you see this wonderful and very precious invitation from Lady Master Natasha and the Council of Eight to give them questions, I'll save the rest to later. Tanya. Same as Jan, how do we heal ourselves? Thank you.

And I'm talking on the physical level, I'm not talking about, you know. Me too, physical healing. So let's get ready to hear what they have to say.

Thank you all for these fantastic questions. Do hydrate if you haven't already, get comfortable, stay excited and do your breathing. Blessings under the heart, the mind, and the soul of your beings.

I am Lady Master Natasha. Beloved ones, it is with the greatest of joy that we the Council of Eight interact with your beings in this manner. For where there is an asking, there is a manifesting, yes? Where there is a desire to know, there is knowledge that comes forth.

Where there is the energy and the wisdom to create, that which seeks to become, becomes. Well, you see, beloveds, you are still, for the most part, unaware of yourself as the kingdom that comes. You are the one who holds the thought forms that creates what is.

And yet, creating what is seems to be a conundrum. It seems to be, how do I do the math one, two, three and come up with the result I want every single time? Because you think of creation as numerical and mathematical and always the same, the same amount, the same sum. This might be so, beloveds, if you are living and working within the realm completely of what you call sacred geometry, what you call the energies of life, the platonic solids, as it were.

When thoughts and feelings and knowings and energies mesh within this format, results are harmonious. Results are as you are seeking them to be. So what does this mean specifically in the world that you are living in this moment? For you are in a form, you can touch it, you can breathe with it, you can speak through it, you can see through it, you can smell with it, you can hear with it.

You are a form that has its reality. And you are the maker of the form, so to speak, by your thoughts and feelings and foods, et cetera, that has your own reality. And the genetics that determine the form that you are do not always mesh with you, the one that is living inside your form.

So the creation or the taking care of or the altering or the shifting of the form in which you live is not just relegated to what goes in the mouth of the form, it is relegated to everything about life. And on your planet, there are many who are not aware of what harmony in the platonic solids, what some of you might relate to as sulfageocodes, what some of you might relate to as feng shui, what some of you might relate to as the mathematics of the ages. Life is all that you could ask of it when you are at harmony with what we are going to call the harmonics of the universe, yes, that is one of the grand secrets of spiritual mysteries.

Let us give you a tiny example, let's do that, of lifestyle that supports the physical health, healing of the self, et cetera. And this is a very large topic, but we will see how it progresses in this interaction. When the one to whom we speak took a job teaching fourth grade in a private school, she went to observe the teacher whose room she would be taking over, whose classroom, because the teacher was leaving to give birth to a child.

When the one to whom we speak went into the room, the rows of desks were all straight rows, three straight rows. The teacher's desk was at the front. The beautiful view of outdoors, there was a wall of windows, was covered up.

So the children would not by any means get distracted by looking at nature or what was outside of the classroom. Within 10 minutes of sitting near the teacher's desk in this room lit by fluorescent lighting, no fresh air, she was finding it hard to stay awake. She was observing and she knows she was being observed as well.

And yet she could barely keep her eyes open, she just wanted to lay down and take a nap. Why is that? Not because the teaching was boring, it's because the energy of the room, the feng shui of the room, the disharmony, the disruption of the energies in the room made it humanly difficult to focus and to pay attention. It was tiring to the physical self.

When she became the teacher of that class, she changed all of the energy. The windows were all open. The room was put in a harmonious flow of energy.

You call it feng shui. She brought essential oils in a diffuser into the room. She brought in comfortable seating.

She took out all the fluorescent lighting and put in full spectrum lighting. She made sure there was air circulation. She paid attention to the needs of the physical form in terms of what allowed energy to circulate, what allowed the physical form to blossom.

Children had the freedom to use an essential oil on a cotton ball on their desk if they needed those frequencies. Within a short time of being there, one of the students had written a compliment to the teacher saying that before she came, by 10 o'clock in the morning, that child was ready to go home. But since the one through whom we speak appeared and changed things, she now has energy all day long.

This is a tiny example of how a person gets sick and how a person stays well. It is about the energies and the use of the energies in terms of what is, let us use the word sacred to life. Yes, you use sacred geometry in that form.

When children are born, if they were born into this harmony, the birth process would be so different and the imprint on the physical form would be so different and the same is true, beloveds, when a spirit leaves the physical form. There is an energy that is harmonious and an energy that is disharmonious. There's an energy that supports and an energy that destroys.

There's an energy that is status quo as it were. Your planet has done an exceptional job of hosting humanity that keeps trying to disrupt the beneficial frequencies and energies that mother earth herself supplies. So yes, innovative companies like Irving Metz create the kind

of energy you would have if you were not condemned as it were to live in four walls that had 90 degree corners that stopped the energy flow.

If you were not condemned to live in a false system of airflow called heating and air conditioning, if you were not in a home that emanates toxicity from dusts falling from the ceiling, from paint emanations, from electrical currents going through the walls, from electromagnetic pollution, there are so many things in the physical world that create either death or health. You know already of course that food is one of those things. How you eat is one of those things.

How you sleep, what direction you sleep is one of those things. How you overdo the physical system or underdo the physical system. Balance and harmony and knowledge, the book of how to take care of self should be read to every newborn as it were so that in its consciousness, it would have the tendency towards the kind of life and life creation on planet earth that supports life, that supports the physical self, that helps the body regain what it requires.

Now in the arena of regaining this, you are learning something called clearing stuck emotions. Can stuck emotions play a part in your illness? Absolutely. Can freeing yourself from these stuck emotions play a part in your wellness? Absolutely.

But it requires sometimes the detective side of yourself. We share another example for you of the one through whom we speak. She learned of a technique that would take away belly fat as it were and take away whatever the fat that gets into a human body that the person owning the body doesn't want and can't get rid of.

So she put herself on a very strict team that included almost all of what we spoke of as it were. As she did and she stayed with this routine, six weeks to two months as it were, the body, because her goal was, I'm going to finally have a way to rid excess fat, to get rid of belly fat. That was what was on the mind.

That is what all the atoms and molecules of the body could feel and understand. That was the goal. And she was laser focused on the goal.

And she did all the actions that she knew of, minus exercise for the body was dealing with some of its own repair and could not do the exercise to create the energies and the burning of fat as it were. And the day came when she was able to go, her first appointment, she was so pleased with herself for finally taking advantage of something the medical world was offering and being brave enough to go as it were and not chicken out as it were, only to find out that it was not exactly as advertised. So it wasn't that, oh yes, all your belly fat can disappear.

It was the most you will notice is 18%, which is not much if you're trying to get rid of something that's truly disturbed you. So she had to contemplate what this journey was about because once she learned that door was really closed and she thought it was open, she felt like giving up. That's it, there is no solution.

I'm just going to do whatever I'm going to do and forget about trying. So she began to put on weight, the fat began to come back and that's when the aha happened. It's not, how do I get rid of this? It's why do I think I need this? That was the question she had to ask.

Why do I think I need fat? The mind was just focused on let's get rid of it, but it comes back, why? Not because of giving up, not because of all the other things. Why did she give up? Because the body wanted the fat and she never asked the question, what happens if I get rid of the belly fat? The answer was a no had she ever asked. She did ask eventually and discovered it was a no and it went all the way back to the body farm experience in her life because if you had this extra fat on you, if she'd had fat on the beautiful body she had at that time in the body farm, she would not have been selected in the prime of her youth to have her body bought and purchased by someone who had ruined their own.

The heads are taken and swapped onto the bodies, one body and another body. And then she had a body that was impossible to restore to health. It was past the point of restoration, but had she had fat of some sort, she would not have had that experience.

So this was a protective element for her farm. So we say to you, gods and goddesses that you are, if you are working on something in yourself and it doesn't seem to be getting any better, then you must ask yourself, at least this among other questions, you must ask yourself, why do I need this? Do I need this? What happens if I don't have this?

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