

## The 12 Lessons of Oneness

### A Series of Twelve Energy Transmissions



### Message Twelve: Conjoining Your Heart and Soul

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*After more than 2 years, the T-12 returned to deliver the final message in the 12 Lessons of Oneness. The T-12 identify themselves as “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.”*

The T-12 speak:

Yes, we are here. Good afternoon, Beloved Ones. Good afternoon. It is with great joy that we say hello to you, and hello to you.

It is, indeed, a wondrous journey that you have been on in this world of many, many, many dense energies; is it not? Yes, indeed it is. To be on a wondrous journey is to recognize that the journey is not the walking. The journey is the experiences along the way. To recognize that with every step a new experience unfolds itself, with every step the heart and the soul conjoin together to say, “Allelujah! Another experience!”

### Claiming the Opportunity to Fully Illuminate

And in the conjoining of the heart, in the conjoining of the soul, in the recognition of the body that is expressing itself through density in this world now, the opportunity to fully illuminate comes forward with every experience. With every experience. Many say to us now, “There are many experiences not happy with!” We say, “Good! Opportunity to conjoin heart with soul. With every experience, opportunity to conjoin heart with soul.”

For many, many what you would say months now, we have spoken and shared with you the information of the energy of Allness. All-ness. All-ness. To expand through All-ness allows all to be, allows every action, every reaction, every expression, every expansion, every manifestation, every thought, every energy, every being, every vision, to be. It is a limitless expression in Allness, because within Allness is contained All-ness. And this, indeed, is an important recognition because as you move forward through Allness...

***as you allow every experience without hesitation,  
each breath becomes the opportunity to conjoin the soul and the heart.***

To be your own Siamese twin, as they say.



## Opening Up the Divine Portal of Reunification

Yes, Beloved Ones, for as you conjoin the heart with the soul, as you breathe the heart and the soul together, a great reunification comes forward in your energy field. It opens up the Divine portal of reunification to Oneness.

*Reunification to Oneness is not the process. It is.  
We say that again. It is not a process. It is.*

For in the world of Allness you develop processes; do you not? There is an A and a B, a C and a D, a one and a two, a black and a white. There are so many expressions within Allness, and within Allness everything, everything, EVERYTHING is offered the opportunity to be. In the recognition of the Divine expression, in the recognition of the Divine perfection of all experience, the conjoining of the heart and the soul raise forth and come forward with stellar clarity and release doubt. Stellar clarity releasing doubt. In stellar clarity, a true union emerges.

True union must, and will, always begin with the heart and the soul conjoined. And as the heart and the soul conjoin, this, indeed, is Allness, too; is it not? And yet it is, as many would say, the top of the mountain. It is the point where you breathe deeply, where you exhale all that no longer serves, inhaling the recognition of reunification, understanding that you do not need to leave your body to reunify; that, indeed, the gift of reunification occurs when the soul and the heart have come together without doubt and can celebrate with great joy dancing at the top of the mountain, breathing eternal life, smiling with the gift of the Universe, understanding that understanding in and of itself is merely a function of Allness.

## Releasing Understanding

**To understand is to place limits. To say, “I must know,” is a function of Allness.** To say, “I must understand! Give me the details!” is a great gift and a function of Allness, for in the moment, and indeed, it is a crystalline moment of unification of the soul and the heart, you transcend all understanding. There is no process left. You simply are.

And in this beingness, in the presence of this energy, you fly, Beloved Ones, like you would call an angel. You fly with the energy of the universe uplifting you, understanding a limitless connection of Divine love. And in the limitless connection of Divine love, you see and understand and recognize that all is, and has always been, in Oneness; that the Allness is the greatest gift an energy seeking reunification can fully call forward for its own presence.

To fully experience Allness without limitation, without judgment, without harshness, without the recognition of a mind that says, “I judge this to be good; I judge this to be not so good; I judge that I can do this better; I judge that this should not be.” In the beloved energy of action of judging, you are expressing Allness.

*What a true gift, because through the judgment, on the other side of the judgment, is the expansionary reunification of the heart and the soul as one.*

The heart and the soul as one. The heart and the soul as one. Beloved Ones, it's simply the Om or the I Am or the Presence. Whatever word the Allness has created to define this, it does not matter, for you cannot put a word on that which is limitless, expansionary Oneness.



Beloved angels of this world of density, you are being gifted, gifted indeed, for you are still in body now. What a celebration of gift! And your world is giving a great gift of coming home to the truth of the heart like it has never been given before.

## Coming Home

Many are now in peril over what they believe to be their home. “Where is my home? What will happen to my home? Someone is taking away my home. Perhaps this is not my home. Maybe the home I thought I had for many, many years is not my home at all.” But many in your world now are being challenged around this word or concept of “home.” This is a Divine moment of heart, for when the heart comes forward in union with the soul, the home is already present; is it not?

*When the heart, in union with the soul, moves forward,  
where the body sleeps becomes a home.*

Whether it is under a tree, whether it is on a mattress, whether it is with groups of others, or whether it is by itself, it will not matter, for the true home will always reveal itself when the heart and the soul are unified as one. To panic over a home will create an energetic rift in your world that will, indeed, energize those who seek to stay away from the connection of the heart and the soul.

## The Energy of Fear or the Energy of the Heart

For the connection of the heart and the soul is a strong Oneness energy that will carry with it, like a great army, to use words of your world, a great army of those who understand the union of the heart and the soul bursts forth beyond the word “love.” You become the energy, you are the energy, and you live the energy, and the words are no longer needed. In your world now, there are two energies seeking to gain, what you would say, precedent.

*In the mind of those who are still experiencing great Allness, there is the energy of fear, and there is the energy of heart. These cannot exist together.*

If you experienced fear, if you experience fear, if you revisit fear, in that one moment you are not in your heart, yet many delude themselves that they are in the fearful heart state. This is an oxymoron. There is no fearful heart state. There is the state of Divine wisdom of the union of the heart and the soul.

*And when the fear comes forward, it is a wonderful sergeant saying to the heart and the soul, “Hello. Are you there? Hello. Are you there?”  
and in that moment Oneness comes forward.*

It is a simple exercise you can even practice with yourself, for as you are at the moment of the reunification, many will cling to Allness and many will find Oneness, and many will go in and out of the two until the new anchor comes forward. Whenever you come into a state of Divine Presence, there is a period of momentary vacillation that can be a great gift if you understand it as the gift showing you that you at least understand, and then you can release understanding because understanding is a bonus.



*The need to understand is simply a step along the way. To believe you understand is the next step. To let go of having to understand, Woo-hoo! It is the way!*

And so understanding is a great and precious gift. However, it is also a great and precious trap into Allness, because understanding is born of Allness. Being is Oneness.

### **Finding Oneness, Finding Home**

Beloved Children, now, as you find the home of your heart, as you find the home of your soul and your heart unify as one energy, you find Oneness and you are eternally at home. And the home of the physical body will manifest with great and delightful abundance. You will say, “Oh, my goodness! Never thought such a home would be mine!”

*And yet in the recognition of the unification of the heart and the soul,  
there is always home.*

You are home, and you no longer fear home. Your world will soon go into great energy around finding a home. Who will save the home? Who will give money for the home? Who will open up the home? Where will all the homeless go?

It is a Divine gift to recognize that when you unify the heart and the soul, all have home, and the home of those who unify the soul opens up homes for many more. We use this word “home” in many ways today. There is the literal that many are experiencing as they listen to these words or read these words and there is the higher concept of home, so to speak, for lack of better word. We invite you to experience all the energies of home-ness, and to understand that as you come into your Oneness, you unify the heart with the soul.

You bring forward a basis of being that has no understanding, nor can it be conceptualized, nor can it be put into words. If we were to try, and indeed, we have tried for many months, to offer you the opportunity to expand your consciousness to touch this place, to experience this place, to recognize this place without the need to categorize this place, then you have found Oneness. Categorization, understanding, lists, are all Allness, and a great and wonderful and glorious gift indeed.

### **The Turning of the Cycle**

Beloved Ones, we have shared with you before, and we share with you again, your world is at the turning of another cycle. You will see very similar energies to those of the 1930s of your world. They will come forward and manifest in many ways. There are other energies that you will see on this planet, yet your history, as many write it, has already offered you what is ahead in **their** concept of what **was**, and we underline and capitalize that word, **WAS**. **Does not need to be NOW**.

Pay attention to that, and you will unlock within your own heart the Divine energy of golden light that has been waiting for you to say, Yes.” And as you say, “Yes” to this Divine energy of golden light, you will impact great and glorious shift in the manner that you choose to experience yourselves. Each has this gift within. Each has this moment before them.



***Oneness is not something you must earn; it is simply what you finally come home to in the unification of the heart and the soul together.***

To be in Oneness, let go of Allness. There is no need to control, for the Divine flows through as all comes forward. There is no need to manipulate, for the Divine comes through and all comes forward. In the union of the heart, in the union of the soul, in the reunification while you are still in body, you say, “Do I wish to reincarnate or not; and if so, where?”

### **Your Choice: Where From Here?**

You, Beloved Ones, are that masterful. To be aligned in a planet of density, and for many of you who have been aligned to this particular planet of density for many, many, many, many, many, many cycles of reincarnation, you have come again and again and again into this world to fully experience the full reunification of the heart and the soul while still in body. While still in body. While still in body. While still in body. To touch that space without doubt, even for a moment, opens up the portal of Divine reunification that enters the invitation of the Master to choose, “Where from here?”

Beloved Ones, your choice: “Where from here? Where from here?” There are many in your world still very aligned with this world that will come back to this world and will, indeed, experience great chaos, and there are many who are in complete unification with their heart and soul that are ready to serve in other worlds.

***Where do you choose to be? How do you choose to be?***

Beloved Ones, there are no errors in the journey of the soul. To believe in error is an expression of Allness that will help you find the Oneness.

***There are no errors in the journey of the soul.  
There are no errors occurring on your world now.***

There are great opportunities to experience your own Oneness for those who choose to conjoin the heart and the soul together. The heart and the soul together. And this begins within your own soul. It begins within your own DNA. It begins within your own cellular structures.

### **Spinning the Merkaba, Living the Oneness**

Beloved Ones, we have offered you the Merkabah of the head, yes? As you work with the Merkabah of the head, as you spin the Merkabah of the head, you will find an effortless gift in conjoining the heart with the soul.

As you spin the Merkabah with the head, in that moment you touch Oneness.

As you hold that energy stable, you live Oneness.

And as you find Allness coming forward again, you smile and you bring hands to heart.

You bring your heart to your soul.



You invite and you command the energy of the soul and say, “Come forward now and join with this heart that has been beating prior to the moment I took birth, and together we conjoin and experience Oneness and thereby empower this mastery while in body.”

And whenever doubt comes forward, you breathe again.

And you breathe again.

To be aligned in the belief that you must conjoin more than the heart and the soul is a gift of Oneness teaching you how to conjoin energies. And when you conjoin the energy of the heart and the soul, you bring forward Oneness. You reunify and you understand the understand-less. You enter the limitless gift of Divine Presence where you are the conduit; you are the wisdom; you are the gift; you are the Master. And, **Beloved Ones, you are on this planet so it is already true.** Remembering and claiming these gifts are the journey that every experience has brought forward for you.

*Welcome home to your Oneness, Beloved Ones.  
For many of you it has been a long journey of millennia.*

*Welcome home to the opportunity to say, “Where from here?” to claim that gift.*

*Welcome home to your Divine destiny of light expanding out of such great love that you are home, now, for you are always home, and you are conjoined in each breath that you consciously bring forward.*

*May your walk through Oneness be filled with many, many experiences so that you may fully love the Oneness.*

We will take your questions:

**Question:**

I’m having difficulty moving and staying in the beingness and the Oneness. Do you have any information, anything you can give me to help me?

**The T-12 respond:**

Beloved One, we first share with you that you are modeling what many seek to ask. Your vacillation is the cause of a deep-seated fear. There is great fear within you. You are afraid you won’t make it through. You are afraid, “What if I mess up? What if I can’t keep going?” Beloved One, let your tears come, for each tear that falls from your eye you cleanse an energy of fear, and each time your fear comes, command your soul to conjoin with your heart. Beloved One, there are no errors being made. You are simply in a great training. Get into great water, Dear One, bathtub, warm, sea salt, and cry the tears of fear, and then bring your hand to your heart and command your soul to join it and you will find your freedom. You will find your tears to be cleansing vehicles of Divine Love. Oneness is imminent. Allow this remnant to move forward. Many Blessings.



**Question:**

My question is a little more selfish, it concerns the last couple of weeks. I've had a couple of horrifying experiences that involve who I am as well as the lovely, little cats on our farm, and I believe that we have -- that I have been singled out for psychic attack by a couple of nasty individuals, discarnate and incarnate, I suspect. And I'm just kind of wondering, am I just being paranoid, or is this actually happening? Is there something I should know that's going on?

**The T-12 respond:**

Beloved One, stay present with our eyes. We ask you to stay present with our eyes because on your forehead is a great crown you have been afraid to energize that we are now clearing for you. Let us first share with you that as we clear this energy, which covers most of your forehead, and as we are opening a portal in the center of this for you now -- There we are. Keep breathing -- many on the planet are asking the same question. Your question is not selfish at all. Your question is of great service to many. Let us share with you a very important understanding, and while we do, we invite you to stay with us in our eyes. Yes, keep breathing.

On your planet now, many who have had, for lack of better word, in your world, seeds of interference within their bodies have not noticed. Many of these with seeds of interference have been on a path that many have seen as being greatly spiritual -- good word you guys choose -- and they have been on this path for long time and there is an energization of the seed of interference. It is energized by self-righteousness. When one becomes self-righteous, they energize the seed of interference and then they become easily manipulated and their thoughts become unclear and they become energized toward those who carry great light.

You carry great light and great power, and within your energy field, because this energy around you, which we are re-energizing now, has not been fully energized, you have been a beacon for those of self-righteous energy. Many in your world now who are beacons are being, we use your word, "attacked," by those of self-righteous energy.

***It is a great gift to know this is happening, truly, because it is a call to wake up, to realize you cannot ever be interfered with unless you have agreed for it to happen!***

You cannot ever have it impact you until you recognize that you are that impervious. As each being releases all doubt of their true power, they become impervious to anything other than true love. You are impenetrable when you understand your Oneness and the gift of Allness. You can smile at those that seek to send energy other than that, loving them, because they will need to receive that energy back and work through that themselves. Do not engage in the energy verbally, mentally, spiritually. Simply hold presence, and simply be the gift that you are.



**Question:**

I have an energy that I see as, you know, swirling, sometimes fear, and it's dark, and sometimes fear, I see the dark color. At the same time my body has been, well, suffering, in different ways with things that I think I should have transcended. So can you give me any information about that?

**The T-12 respond:**

Yes, we can. First and foremost, we are clapping. Hear us clapping. And the reason we are clapping is because you are experiencing the experiences of vibrational shift very quickly. You are preparing for a great journey, and in the preparation for the journey that you are coming forward to do, your physical body is reacting to your soul body, so to speak. You have what we call Ascension Acceleration Energy Experiences in big-time fashion, and so, Beloved One, to move through these is a choice. How you move through these is a choice.

We do encourage you to fall in love with green in all of its aspects: green food, green drink, green clothing. Green, green, green. Put your feet in grass. Touch leaves. Be present. Breathe more often. And we encourage you to pay attention to how you nourish your body and to flood yourself with great water, and as you do, you will relax. Beloved One, the energy that you are seeing is actually a call to pay attention. It is not dark as much as it is a very beautiful indigo blue when you allow yourself to see it that clearly. Every time you see it, you are being called to a greater realm. And so each time you see it, bring your hand to your heart, take a big smile and say, "What would you like me to know?" And perhaps you keep a little journal and begin to discover how connected you truly are.

*And so it is, and so we are, and so we are complete.*

Beloved Ones, we are most grateful for this journey that you have chosen to be on for so long. May you command your heart to be present with your soul. May you move forward without fear, or not. It is your choice. May you allow yourselves the gift of Divine Presence, freeing others to do the same.

It is a grand and glorious time in your world because it is the time when you are being asked to come forward without hesitation, and if you choose to stay hidden, hide well and enjoy the journey.

***Beloved Ones, we adore you.***

***We honor you.***

***We are grateful for you.***

***You are each doing so much more than the conscious mind of density would ever be aware of, so do not need to understand.***

***Let yourself be joyously loved, celebrated and known throughout the universe as the pioneers who successfully have come home from their journey.***

***Many blessings, Beloved Ones.***