

‘Be Love, Be Loved’ Video Contents

[total runtime: 2 hr 22 min]

| Segment | Timing |
|--|-------------------|
| Part 1. AS ABOVE | |
| Destiny of Pleiades and Humanity; Journey of Soul and the Ego | |
| Opening Meditation: The Pleiadian Dance | 0:00:00 - 0:06:24 |
| Universal Principle of Love and Balance | 0:06:25– 0:10:16 |
| <i>The All</i> : Humanity’s Destiny with Pleiades | 0:10:17 – 0:23:13 |
| <i>The One</i> : Reunification with the Soul | 0:23:14 – 0:29:29 |
| Why this workshop now? | 0:29:30 – 0:32:30 |
| Lord Sananda and Lady Nada speak on Ascension to the Soul | 0:32:31 – 0:47:25 |
| Introducing Shamballa of Gobi Desert; Initiation to the Ascended Masters | 0:47:26 – 0:53:44 |
| Meditation: Initiation to the Ascended Masters of Shamballa # | 0:53:45 – 1:07:16 |
| Part 2. SO BELOW | |
| All About Soulmates and Soulmate Reconnections | |
| Lord Melchizedek speaks on Creation as Unified and Diversified Consciousness | 1:07:17 – 1:12:02 |
| Understanding soulmate connections on earth (part 1) | 1:12:03 – 1:32:00 |
| Archetypal Traumas of Non-Love | 1:33:01 - 1:41:13 |
| Healing Practice: “Out of the Shadows, into Love” # Healing archetypal traumas for attracting loving soulmate connections | 1:41:14 – 1:50:01 |
| Understanding soulmate connections on earth (part 2) | 1:50:02- 2:01:00 |
| Meditation on Invoking Soulmate Presence: “My Soul, My Mate” # | 2:01:01 – 2:14:47 |
| Becoming Complete Embodiment of Love Frequency: Is soulmate reunion the only path? | 2:14:48 – 2:21:33 |

denotes energy work