

PREPARING *for* ASCENSION

An Interactive Study Course



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An Interactive Study Course

Mary Mageau

Preparing For Ascension

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If you find information here that doesn't ring true to you, feel free to disregard it. *Whatever crosses your path should be measured in terms of how much you are drawn to it, because intuitively you will know and feel if it is meant for you.* If your guidance or the promptings of your Higher Self tells you that a particular chapter is not of benefit, simply move on. But also remember that an article in this e-Book that does not resonate with you could well be an eye-opener for someone else.

Editors Note:

This edition of "Preparing for Ascension" study course has been lovingly edited and brought to you by ["Center for Heart Conscious Living"](http://CenterforHeartConsciousLiving.com); kathydobson.com

Other than making it easier for online eyes to read there is not a thing that has been changed or added to.

The message resonates with my soul and so I pass it on to others who also resonate and draw this to them.

Not only is it filled with mind expanding material but there are practical exercises you can employ to make you more conscious of your own journey...to put you in control; to empower you.

I am always searching for material that resonates strongly with my mission and purpose and whenever I find something with that extra special message/voice that I know has an audience waiting, I gather it up to pass it on.

As you can clearly see, this book is free to pass on to whomever your heart desires to give it to. If you sense a hunger in someone then freely offer what has been freely given to you.

Love truly does make the world go round.

In service, with a grateful, loving heart,



Kathy 

Preparing For Ascension (A Study Course)

Part 1, Have You Chosen Ascension?

Without a doubt we are living in turbulent times. People no longer believe that our major institutions: banks, churches, governments and multi-national industries always have our best interests at heart. Many of these are crumbling from within as secrecy, self-service, corruption and greed comes into public awareness. Signs abound all around us of major changes within our planetary societies. Society is slowly discovering that making money and amassing material possessions doesn't offer any form of deep satisfaction. People sense that the elected leaders of our governments do not always reflect our genuine concerns.

For far too long the churches have divided us from one another while our patriarchal religions have failed to acknowledge the special talents and gifts of women and minorities.

Nearly everyone is re-evaluating their careers, relationships and life styles and making major changes in these areas. *Time seems to accelerate ever faster*, as our planet exhibits erratic weather patterns and temperature changes, major volcanic activity, fires and global warming. *What is causing this chaos that compels us to re-assess our lives and to strike out in new directions as never before?*

We are in the throes of an immense shift as *Planet Earth and all life forms upon her, (plants, animals and humans) are making their Ascension - the transition into a higher density or dimension, together with its accompanying state of expanded consciousness.*

Embrace these changes and go with the flow, as a wonderful world awaits those of us who choose to make this journey. In our near future we will usher in a golden age of peace. Together we will create a world of greater abundance for all in a more loving, less competitive and less materialistic society. Once again we will resume our caretaker stewardship of Planet Earth.

This glorious new age will occur for our planet and for all of her inhabitants who have consciously chosen to participate and who have prepared themselves for the shift.

We are all responding to the Divine Plan orchestrated by the Creator of All That Is, for the earth and all upon her to change from

a third dimensional life environment, through the fourth dimension and into a fifth dimensional one. *But in order to evolve, all current life forms must change physically, mentally, emotionally and spiritually.* We must readjust our thought processes, letting go of old limiting belief systems while embracing a new reality which requires us to take back our personal power, **(a fearless state, which assumes full responsibility for the results of each of our thoughts, words and actions).**

All our present jobs, relationships, possessions, etc. must be relinquished if these do not support a new non-competitive and lovingly co-operative mode of being. In addition we must release deeply held and painful old emotional issues and baggage if we wish to support a higher state of consciousness.

This journey into the higher dimensions is known as the Ascension, (the rapture, or by whatever name you choose to call it). While the process affects our spiritual, emotional and mental states, our bodies are also readjusting to higher vibrations that accompany the expansion of our consciousness.

During our sleep times we are slowly changing from a carbon-based body with two strands of DNA into a crystalline-organic structure accessing many more strands.

And not only are we humans making this biological change, all other life forms (plants, animals and the Earth herself) are changing as is our entire Milky Way Galaxy.

The pressures exerted on the earth by human activity and the Photon Belt has caused weather anomalies: climate change, global warming, polar melting and a reduction in earth's magnetic field intensity. Planet Earth is reacting and the changes to her 'heart-beat,' (the Schumann Resonance Cavity Level), are being carefully studied by government bodies, universities and scientific organizations, particularly in the United States where NASA is involved. Mal McClure, editor of the magazine Being Now, explains this further. "There is a multi-layered complex of charged particles encircling the Earth known as the ionosphere, which reflects low frequency radio signals.

The conductivity of the ionosphere is constantly changing in response to the effects of the sun and its various outputs of flares, sunspots, and waves of many frequencies. At these low frequencies, the Earth itself has greater conductivity, and thus a situation exists where there are two concentric spherical conductive surfaces, the earth and the ionosphere, forming a closed volume or cavity known as the Schumann Resonance Cavity.

A significant part of this research delves into the 'heart-beat' of Earth which is known to have been vibrating at a constant 7.83 Hertz (cycles per second) for many thousands of years.

However, this has been rising since 1980 and, although it regularly varies in frequency, is now hovering around 12 - 13 Hz. *This fact contributes markedly to the perception of a 24 hour day being somewhere nearer 16 hours."*

Accompanying these changes to our DNA structure is a fact, now well documented by our scientists, which is not being disclosed at this time to the general public.

While Earth's pulse rate is rising, her magnetic field strength is declining. Because our solar system is now passing through the Photon Belt, Earth's rotation is slowing.

When our Earth finally stops its rotation and the Schumann Cavity Resonance level reaches a steady 13 Hz or cycles per second, we will arrive at a zero point magnetic field. The Earth's rotation on her axis will come to a halt and will begin rotating again in the opposite direction. This will produce a reversal in magnetic fields, together with a consciousness shift that will lift all life forms into a higher dimension.

Not everyone however is experiencing these changes concurrently and many people inhabiting Earth are still in the early stages of even sensing these changes. *In order to move comfortably through these accelerations we must all lift our consciousness to embrace higher levels of truth, spirituality, thought and action, in order to embody more strands of DNA.*

Ascension is a word that signifies one's evolution into higher states of being and consciousness, during the unique window of opportunity offered at this time. Yet there are also many persons who have freely chosen not to make the ascension journey now. Some wish to experience more learning at a third dimensional level and are not yet ready to evolve.

All those who choose to remain at a third dimensional consciousness level will be leaving the earth plane, via the normal death process, before the Earth makes her Ascension.

There is no judgment made regarding this choice as the Creator of All That Is, loves, respects and honors the free will of all. Eventually these souls will accept the challenge at some future time and we will lovingly greet them when they arrive.

Ascension is not for the chosen few. It is offered to everyone regardless of colour, class or creed. The only requirements for Ascension are: a strong intention to make your ascension, the manifestation of day to day living in unconditional love, some form of service to humanity and an acknowledgement of God or our Great Creator, by whatever name or means one wishes to use. *Since Ascension is a graduation, this twenty-first century civilization functions as our final exam and a filter.*

Our present time exists to sort out those people who are ready for Ascension and those who are not. People not ready or able to pass this final exam are those who are too distracted by the money, things, dramas and games of the modern world to listen to the Ascension summons from within.

To hear about the Ascension, or pick up a book on spirituality, to begin to pray or practice meditation, indicates that an individual is passing through the filter.

Now is the time for an end to the false and crushing dramas of power and control over others and the constant self-seeking of inflated egos. There is no middle ground, for either one chooses to commit totally to the light and its corresponding action or one continues to cling to money, material comforts, false truths and the selfish abuse of Earth's precious resources.

The world is not ending as some prophets of doom and gloom would have us believe. Instead a mighty light and a glorious new age is emerging as has never before been seen on Planet Earth.

The time grows short, so be about your preparations and live in joy as the great awakening of humanity is here.

Preparing for Ascension, (A Study Course)

Part 2, The Great Cycles of Time

Throughout our entire earthly history, several past civilizations - among them the Mayan, Egyptian and Hindu priests and seers left records indicating the different celestial *cycles* that will converge and renew themselves on the 21st December solstice, 2012. Prophecies have also pointed to a period of chaos and confusion in the transition leading up to the confluence of cycles in 2012.

This situation is understandable as the old cycles are now drawing to a close and many agendas of the 'Old Reality' are rushing toward their resolution.

Truths held in secret and former ways of wielding power are either moving into open disclosure or are bubbling up to the surface - demanding our attention for acknowledgement, resolution and change. Everything around us seems to be heightening and escalating.

The first cycles of time were plotted by the ancient Maya through their grand 5,125 year Mayan calendar cycle. This mighty wheel of time consisted of five interwoven cycles, moving from the macro downward to the micro. Its first cycle breaks the 5,125 years into 13 parts.

Within each of these smaller 13 parts another 20 part division occurs to produce each of the Mayan 'years.' A Mayan year consists of 18 months of 20 days each. *On 21 December, 2012 all five of these cycles reset to zero for the first time in 5,125 of the calendar years, leading to the new Mayan date of 0.0.0.0.0.*

The Maya understood and tracked even more cycles than these five - they produced seventeen different calendar cycles in all, some spanning more than 10 million years. They have always guarded their special distinction which has identified them throughout history as, 'The Great Keepers of Time.'

The early Egyptians also measured a cycle known as the solar precession through their records and calculations left within the largest of the Giza pyramids. In each of our earthly years, 365 $\frac{1}{4}$ days are required for our planet to complete one entire orbit or revolution around our solar sun. In doing so the earth passes through the 12 houses or signs of the zodiac, depending on which particular constellation is visible in the heavens at that time.

In a galactic year of approximately 25,920 years our solar system nestled in a spiral arm of the Milky Way Galaxy makes one complete revolution around our magnificent central sun, residing at our galactic center.

And as our precession cycle (which was also identified by Plato) makes one galactic orbital journey, our solar system also passes through 12 astrological ages.

We are currently exiting from the 2,160 year Age of Pisces and entering into the Age of Aquarius. Of interest, the 21 December 2012 also marks the exact transition into the 2,160 year Age of Aquarius.

The Hindu religious priesthood plotted vast cosmic cycles known as the out-breath and in-breath of Brahma, (God). Recorded in the Dharma Shastras, a cosmic cycle was viewed as one of the infinitely recurring periods of the universe, which included its creation, evolution and dissolution.

These vast cycles were measured in periods of progressive ages called Yugas. The names ascribed to the four divisions within an out-breath and in-breath are known as: Satya, Treta, Dvapara and Kali.

Each division repeated itself in that order, with the Satya Yuga being the longest and the Kali Yuga, the shortest. The comparison of these ages with various cycles in our twenty four day can also be made: Satya Yuga being morning until noon, the period of greatest enlightenment, Treta Yuga, afternoon, Dvapara evening and Kali Yuga, the darkest part of the night.

Humanity is now experiencing the Kali Yuga.

These four Yugas equal one Mahayuga which equates to 4,320,000 of our solar years. Within a solar year reckoning, the Satya Yuga period lasts 1,728,000 years, Treta Yuga, 1,296,000 years, Dvapara Yuga, 864,000 years and Kali Yuga, 432,000 years. A dissolution called laya occurs at the end of each Mahayuga, when the physical world is destroyed by flood and fire. Each destructive period is followed by another creation, evolution and dissolution.

After 36,000 of these dissolutions and creations a total universal annihilation or Mahapralaya manifests when all three worlds of time, form and space are withdrawn back into God then a totally new universe issues forth again. One 'lifetime' of Brahma, or the

Universe, continues for a period of 309,173,760,000,000 years. We experience these great cycles again and again, forever and ever.

As the great cycles of time all overlap one another to intersect at a specific date in 2012, *our perception of linear time suggests that time, as we presently experience it, is also speeding up.*

Many people now comment on the fact that they can no longer fit everything into a day. The only way we can counteract our seeming loss of linear time is by attempting to live more fully in the present moment. Our past is over and gone forever and our future has not manifested yet.

The 'now' moment is the only one available to us. Only when we are fully engaged in the present moment can we offer ourselves to whatever we are doing. Whether it lies in creating something beautiful, writing, solving a fascinating puzzle or talking to a loved one, our attention, integrity and energy is focused in that moment and on the task at hand.

Even duties we don't enjoy can become infused with the light of being present. Remaining focused in the midst of activity invites the world and its experiences into our lives and lends greater meaning to the simple daily chores we must all do.

Our whole concept of time will also become more fluid if we can learn to measure its progress in terms of completion of projects and goals, rather than by counting off minutes and hours determined by the artificial system of a ticking clock.

There are many events presently driving this acceleration and all the other changes. Within the great precessional cycle lies a 2,000 year period when our solar system passes through a band of extremely high energy.

We are now immersed within the Photon Belt (named the Manasic Radiation by our astronomers), a period of intense light we first entered in the late 1990s and in which we will remain for a 2,000 year period. Other celestial events: eclipses, solstices, equinoxes, super novas and the opening of vortex gateways through particular planetary alignments, also allow higher refined energy to enter.

The arrival of the Eye of Isis, a band of energy that sources directly from the Great Creator, has made its appearance to allow powerful energies to reach us immediately without having to move through any gateway.

During this remarkable time the energies from the Photon Belt are triggering a complete reordering of life as we know it. This occurs because photon light energy has the capacity to lift all of life into a higher frequency dimension as it carries the seeds for the enlightenment of all.

The atomic structures within the cells of our bodies are slowly re-tuning themselves to match these rising frequencies. We are shifting from our third dimensional organic carbon body (from one that matches the atomic frequency and spin of carbon) to a fifth or higher dimensional crystalline organic body or light body (to one that matches the atomic frequency and spin of crystal).

So too the bodies of animals, plant life and all upon and within the earth are making this transition, as is our galaxy and the entire universe.

Presently we are all headed onward as we complete an old cycle and embark upon a fulfilling new era of peace and love. Many of us are aware of our alignment with the solar and galactic centres arriving in our near future, but almost none of us are aware of our alignment with the cosmic centre.

The energies coming through all of these intersecting gateways have never been seen on this planet before and the transformation that will occur as a result of this is unimaginable. Unimaginable ... The transition will be graceful and easy for those who have made their preparation, because our bodies have been designed to successfully meet this event. But preparation is essential because as Lord Metatron has told us, 'There will be no free ride.'

Those who acknowledge their Creator, who have cleared all the old negative energetic programming from their past and present lives, who are working to rejuvenate their bodies and are willing to embrace a future of peace, unconditional love and cooperation – only they will withstand the energies of that moment. *So let us begin our preparations now for this wondrous event that awaits us all.*

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An Optional Tool for Growth

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For those who are working seriously toward their personal preparation for ascension, may I also suggest that you include the

option of journaling. I will post questions, concepts and ideas at the end of each chapter for your personal consideration.

If you have a notebook you may decide to write down the thoughts and responses that emerge from your deeper reflection.

There is something about putting pen to paper that opens our channels to inner knowing.

You should keep the journal for your eyes only. Find an attractive blank notebook you could decorate with some individual touches. Enjoy using your creativity and know that this tool will bear fruit, as you begin to script your destiny. The *awareness* that results from the effort of journaling can become a formidable agent for transformation.

Preparing For Ascension (A Study Course)

Part 3, Living in Unconditional Love

'It is love that makes the world go round,' and we know that we are most fully human when we love deeply.

The early Greeks spoke to us of two different kinds of love: eros and agape. Eros includes friendship, romantic love or erotic love for another. *Eros proceeds from the emotions and is always determined by the object. Agape is the love for one's neighbour* and since one's neighbour is each and every other man, woman or child, all distractions are fully removed from the object.

This form of love is different from friendship, romantic or erotic love in that *it is not emotionally based*.

It is universal and is non-judgmental.

Agape makes every human exalted regardless of our differences or shortcomings. Agape also makes every other human worthy of our regard and respect, including their individual values and principles. Through agape we transcend all our differences: moral, spiritual and physical.

We have all been told, 'You must love your neighbour as yourself,' yet we witness the fact that our societies, families, communities, business, churches, governments and individuals seem unable to operate without criticism and prejudice.

If this is so, what are the causes existing within our mass consciousness that makes agape so difficult to manifest and achieve?

For innumerable generations of human history we have all been eager participants in a drama that has presented us with a pattern of polarity. We have broken everything down into what is good – what is bad and what is right – what is wrong.

This polarity consciousness has resulted in much of the conflict and suffering that exists between males and females, members of the various races, the wealthy and poor, the strong and weak. Hierarchies have also been formed creating further degrees of separation, (good, better, best) where particular persons or events

were rigorously judged within this context.

Duality has manifested everywhere – from our two party systems of government to its counterpart within our own DNA (an intertwined double helix) and in the dual hemispherical functions of our right and left brain.

Not only has polarity consciousness kept us from uniting and accepting one another as equals, we have energetically passed this thought form on to our children, contaminating successive generations for eons of time.

Within a polarity (or duality) consciousness we judge everything - every single event that occurs, often in a narrow and negative way.

This has become so ingrained at the roots of our daily existence that we live this pattern without consciously thinking about its implications.

So how can humanity transcend this limiting pattern of duality consciousness?

As Albert Einstein delighted in reminding his associates, it is impossible to solve problems at the level of their creation. What is needed is not more intelligence and information but rather an increased awareness or consciousness. This is simply another way of expressing one of creation's universal truths: what you see depends on from where you are looking.

A problem persists as long as the person experiencing it continues to cling only to his or her existing viewpoint.

There is no area of conflict on our world today, be it personal, national or global, that is not rooted in this simple principle. One faction wages war against the other or one individual encounters difficulties with another because of differences in the points from which they view their situation.

There is no objective right or wrong, there is only perception.

The solution does not lie in compromise, for compromise can cripple the spirit and lead to a lack of justice. Compromise can also result in mutual dissatisfaction and lingering resentment.

Resolving all issues caused by viewing them within duality consciousness requires that all parties let go of their personal viewpoints, expressed as their belief systems. Only then can they rise above the level of conflict to meet in a new field, where both are seeing in a new way.

It is the same with problems encountered on an individual level. The only solution is to let go of your viewpoint that holds you captive.

This will happen when an individual can detach themselves from their personality level where everything is seen in terms of: I, Me and Myself.

Step away from difficult situations by standing outside of them in a non-emotional and non-personal way. View them by first suspending the tendency to judge everything.

Say nothing to another to try to change that person. Do not attempt to impose your ideas or practices upon them. *By simply being what you desire to be, you give others permission to do the same.*

Live the new example by moving into a space where no matter what is happening we know in our hearts that the Divine Plan of perfect love over-rides everything and that *a higher purpose lies in every moment*. If we could all achieve this level of consciousness then slowly a global revolution of social values would emerge like a butterfly from its cocoon.

A higher state of unity consciousness would become the balm that would heal our differences and unite us. But only within a new mode of perception can the seeds of a genuine unconditional love take root and grow.

What does unconditional love require us to do and how can we manifest and practice it? Before we can truly begin to love one another *we must first learn to love ourselves*.

We must be willing to accept *all parts of ourselves*, both our attractive qualities and what we perceive as our negative or shadow selves. It is only the fact that that we remain our own harshest critic, that causes us to be critical of others.

Much negative baggage and insecurity accompanies all of us throughout our lives and the conditions we impose upon our loving others are all operating from fear. It is our emotional body that

harbours the fears that prevent us from relating in an unconditional manner.

There is the fear of disapproval, of not being liked, the fear of learning that we may appear to be worthless. All of these subtle dramas go on behind the scenes both in one's mind and in one's emotional body when we relate and pass judgment upon one another. And when we judge others it is usually done to make ourselves feel better.

How then can we move forward then into the practice of unconditional love?

- Are we kind and respectful towards others regardless of how they look, dress, speak, behave or present themselves? We don't have to like or associate with people we find offensive, but we must show them respect. Mother Teresa expressed this so well when she often said, 'There goes God in another of His distressing disguises.'
- Do we require others to believe what we believe or are we willing to let them live out their own truth?
- Do we encourage others to find their truth, in their own hearts, without telling them what to believe or how they should live?
- Do we acknowledge and respect the spark of Divinity within others (the individual particle of the Great Creator known as their souls) no matter how unloving their actions may be?
- Can we rise above what is commonly thought to be good and bad?
- Can we remain a detached observer from our centre of balance, without becoming emotionally involved with the dramas, those highs and lows playing out on the periphery?

If we can remove ourselves from the paradigm of duality consciousness and stop judging everything, we will gradually shift into a state of unity consciousness.

The beauty of this entire process is: that as we desire not to judge others while holding to the goal of achieving unconditional love, our intention will set the universal flow to achieve this very thing.

Thus it is almost enough, that in our desire to be loving toward others, this very aspiration will express the loving being that we are.

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Questions For Your Journal

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1. Can you recall a recent incident when you passed judgment on another in a negative way?
 - a. Write down an example.
 - b. How did it make you feel?
2. What negative traits did your Father present for your growth?
3. What positive traits did he mirror?
4. What negative traits did your Mother present for your growth?
5. What positive traits did she display?
6. What negative traits does your spouse/partner mirror to you?
7. What positive traits does your spouse/partner display?

Many of us have had relationships with each other, spanning a very long period of time and across many locations within time. Before we incarnated in this lifetime we chose to experience situations where we were most out of balance.

We selected our parents, spouses, friends etc. who agreed to play a role in our lives that was designed to teach us something, in order to promote our highest growth and good.

We have many 'relatives' in our primary and secondary soul groups, and out of service to one another's explorations within various life themes, we have all taken on different roles with regard to one another.

If a particular life stream decides it wants to explore the theme of forgiveness (for example), someone in their soul group has to provide them with behaviours to forgive.

This is all done out of love, but *when we don't remember the contracts we have made with each other, we tend to feel like we are victims.* However once we 'get it,' we can move forward with ease and grace.

Preparing For Ascension (A Study Course)

Part 4, Through Forgiveness To Compassion

Throughout our lives many persons, events and circumstances bring pain and suffering to us. We often carry deeply buried memories of these happenings, unable to process or release them. Occasionally they flood to the surface of our remembering, yet we often repress and bury them once again.

Forgiveness is one of the great spiritual gifts that enables us to disengage ourselves from the sorrows of our past.

It helps to soften our hearts as we release the barriers to kindness and compassion. Forgiveness can be developed through repeated practice and when used effectively, it will change the dynamic of a situation or relationship into one that is more neutral and loving.

Before we can practice forgiveness we must be clear about its meaning. Forgiveness never condones or justifies harmful actions.

When you decide to forgive someone you can also affirm that, 'Never again will I knowingly allow this to happen.' Also it may not be necessary to seek out or dialogue with those who harmed you physically, mentally or emotionally.

Instead you may decide never to see them again. *Forgiveness is an act of the heart, a movement to let go of the pain, resentment or outrage that has burdened you for so long.*

It acknowledges that no matter how strongly you may have suffered evil or pain at the hand of another, you will never leave another out of your heart. And we must all remember that we have harmed others as well.

Forgiveness is a process and if the personal wounding is deep enough, the work of forgiveness may take years to achieve. But in the end if we let ourselves feel the pain we are carrying and then clear this, it will come as a relief and a release for our hearts. And how much should we be prepared to forgive?

It's so simple – *just forgive everyone everything.*

Our well-being is also due to a harmonious flow of energy

between our physical, spiritual, emotional and mental selves. If this flow becomes out of balance for any reason, the body and mind will act against each other instead of working together in a cooperative partnership.

Ongoing stress, sadness, anxiety or fear can overwhelm our thought processes causing traumatic energy to be channeled into our bodies.

The body then responds by attempting to dispel the energy that has burdened it by expressing the physical symptoms of illness, extreme fatigue or disease. In some cases these symptoms will run their natural course and recovery will come about. With more severe symptoms, health and wellness will only be restored by a treatment that acknowledges all the underlying causes as well as the physical manifestations of energy that must be cleared.

Over the course of our lives the many ailments we experience can indicate that the body is processing and clearing this unhealthy energy. Swollen glands may signal that someone is going through a period of emotional clearing. Even a pimple can indicate that the body is ridding itself of toxins and old energy.

In the long tradition of Chinese medicine, it is understood that intense emotions are held in the body's organs. Grief lies in the lungs, anger inhabits the liver, fretfulness lingers in the heart, worry settles in the stomach and the kidneys harbour fear.

Particular symptoms and illnesses represent the body's attempts to clear emotional energy. Coughs or bronchitis could signal that the physical self is clearing away grief. Loss of appetite may suggest that worry is being addressed.

While severe physical symptoms should be monitored by a doctor or a qualified naturopath, the following exercises can also be helpful in achieving a self-healing.

The healing may require more than one session to remove the experience, but with each successive replay of the original conflict, its strength will weaken.

The episodes of replay will occur further and further apart and eventually the painful memory will disappear altogether.

Four Steps to Achieving a Personal Healing

- Sit quietly and acknowledge the experience completely. Own it, without judging it, whether you are responsible for it or not.
- Next bring the incident into your mind and heart while feeling all the emotions connected with the incident. Let it replay fully.
- **Formulate** a focused thought intention such as, 'This experience no longer. experience no longer serves me and I now formally release it.' You may choose to speak this audibly.
- Transmute the experience by requesting that its negative energy be neutralized and returned to the universe as pure energy.

If it becomes necessary to perform a more radical visualization to remove a very deep, painful experience, the following procedure may also be of help.

- Sit quietly again and visualize the person or object you wish to remove facing you.
- See a silver chord emerge from your naval (solar plexus) stretching out and binding itself around the person or object facing you.
- Visualize yourself holding a scissors, deliberately cutting the silver chord as you watch the chord sever completely and the ends fall apart.
- As you see the person or object begin to back away from you and disappear, say three times, 'I release you lovingly in perfect ways.'

A Healing Exercise for Very Busy People

- Take a deep and deliberate inbreath, holding this for a moment while saying to yourself, 'I Accept.'
- Exhale gently then say, 'I Release.'

Another quick way to feel absolutely wonderful is to experience a big, loud belly laugh. Seek out funny stories, anecdotes and light hearted friends who will bring joy and humour into your life.

Your body just loves the feeling of relief and the uplift that laughter can bring.

When forgiveness becomes our natural state of being and we have cleared past sorrows, we will be ready to move forward into the state of compassion.

Many dictionaries define compassion as 'a feeling of pity or sympathy.' This definition reflects the kind of compassion that both ourselves and our society have been taught to express.

Having pity for someone however can become an active form of judgment. This will happen if we witness the suffering or pain of another and then judge this experience to be bad or negative.

This form of compassion views the suffering person as a victim and often tries to step in or stop any experiences of pain. It also provokes pity for those who are in pain or who have suffered. When we make judgments and evoke pity we are establishing the state of victimhood by placing both ourselves and others in a position where we are unable to learn from, to clear, heal and balance this experience.

An important aspect of one's personal character development could also be lost, together with the strength that may have been gained by moving through the full experience.

Despite the fact that our world presents many aspects that are dark, ugly and painful, we can still draw value from these experiences as a learning opportunity. When we witness these events, in a non-judgmental way, we see what we are up against.

We can then choose to do something positive about them. But if we remain in the state of victimhood, we acknowledge that we are not powerful and are unable to create a different experience that will heal and balance this latest painful creation. We neutralize and diminish our power to create something better.

By consciously evoking highest compassion (the state of non-judgment and non-pity) we will find the inner strength to create more beneficial outcomes to our distressing situations.

Throughout our entire earthly history the question of the existence of good and evil in the universe has always posed a deep dilemma. *How can evil exist if all has come forth from the loving essence of our Great Creator?*

Surprising as it may seem there is no evil in the universe, only the results of foolish and mistaken choices which we ourselves have

freely made. Our Great Creator doesn't start or support wars, deliberately create poverty or cause pain and suffering. Only we do. And so it must be our own flawed perceptions and actions that have created our dilemma of good and evil.

And so if we choose to remain non-judgmental of *all* experiences, *allowing and loving them unconditionally*, little by little we will move into a space in which we realize that forgiveness is unnecessary.

In highest compassion, the need for forgiveness ceases to exist because we are here to learn, to experience everything and then create the solutions individually and collectively to the problems and difficulties that beset us. Only when a deeply infected wound is opened, drained, cleaned and treated will it finally heal. Only when we allow ourselves to actively experience and understand the results of our unpleasant actions and situations will we be able to free ourselves from them.

The Dalai Lama has shared a simple spiritual practice that would increase love and compassion in the world and requested that in turn, we practice and share this material with others.

1. Spend five minutes at the beginning of each day remembering that we all want the same things, (to be happy and loved) and that we are all connected to one another.
2. Spend five minutes breathing in – cherishing yourself, then breathing out – cherishing others. If you think of people you have difficulty with, extend your cherishing to them anyway.
3. During the day extend that attitude to everyone you meet. Practice cherishing the simplest person, (clerks, attendants, etc.) as well as the important people in your life. Cherish those you like and dislike.
4. Continue this practice no matter what happens and what anyone does to you.

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Questions For Your Journal

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Others can tap into our emotional bodies via energy cords they plug into our solar plexus. These cords enable others to drain us emotionally by disempowering us or by inducing anger, fear and guilt.

You've all heard the sayings, 'She really pushes my hot buttons,' or 'He knows just how to jerk me around.'

1. Examine your major relationships and determine who has tapped into or who may be syphoning off your emotional energy? Write down some specifics.
2. Whose energy are you tapped into and dependent on? List them.
3. Do any family members, spouses or friends try to control and manipulate you? Name them and how they do so.
4. Am I ready to allow relationships with people I have outgrown, come to an end? How did I remove myself from the relationship?
5. If it isn't possible to end an outgrown relationship how can I move it to a higher level? List several ways you could achieve this.
6. Can I freely love and bless others by allowing them to walk their own path, as I follow my path to a new level of awareness?
7. Are there any individuals that you have had to forgive for negative experiences they caused you? Write down the person's name and detail the experience/s.
8. Did you cause grief or pain to another that required their forgiveness? List one or more specific incidences.
9. Are you able to verbally express an apology or say, 'I'm sorry,' to another person when you have done wrong to them?

Forgiveness will erase or break energy cords you have attached to another's solar plexus or cords they have attached to you.

Before ascension, all cords must be severed to enable us to proceed to the next higher dimension. Old energetic connections that could impede our spiritual journey must also be cleared.

Call upon your guardian angels or spiritual guides to help you with this work. My greatest helper is Archangel Michael, whose specialty (among so many others) lies in severing energetic cords and attachments.

The angels and our spiritual guides stand eager and ready to assist us,

but they will not interfere as we must initiate this process. All that is required is our invitation, requesting their help.

Preparing For Ascension (A Study Course)

Part 5, Our Multi-dimensional Selves

It seems to be a human requirement that we spend much of our time nurturing and nourishing our physical bodies. Perhaps this is so because our physical body is the one we most clearly perceive with our five external senses. This body roots us into the physical world and dominates our perceptions when we are alive.

It is the most limited body with the most solid definition. Yet we must possess a physical body in order to develop spiritually and ultimately realize enlightenment.

But we are so much more than just a physical body. *We are in fact a combination of four different bodies, one that is physical and three that are energetic. The latter three are known as the mental, emotional and spiritual bodies.* All these bodies are four different sheaths composed of four distinct vibrations of matter that surround each life stream. They provide the necessary vehicles for the personal entity's journey through time and space.

The mental, emotional and spiritual bodies are located only in subtle matter – that is matter that has a vibratory frequency that lies beyond our physical sensory perceptions.

They are composed of fields of energy moving around and through our physical bodies. The sum of these various energetic layers is also known as our aura.

Our mental body is the energy field in which we store all of our core beliefs about ourselves, about others and the universe. It assists us to process information, solve problems and generate higher abstract thought. This is where mundane thoughts, analytical reason, logic and everyday memories are produced.

Whereas positive feelings like love tend to make ourselves accept and connect with other things and people, the mind always keeps us separate.

This happens because it compares and contrasts the current situation with memories from previous experiences, trying to find a pattern or label with which to classify the situation.

This means that the thoughts of our lower mind lie always in the

past and always create separation.

When we clear our negative thoughts and limiting understandings we shift our external perceptions, allowing for greater clarity and love to infuse our being. And then when the mental body is fully cleared, we can link to our heart centre (or chakra) and begin to follow our higher self rather than our ego.

Our emotional body is the centre of our feelings and emotions - love and hate, attraction and repulsion. With the mind it gives us desire and imagination. It is the location for sensual enjoyment and aesthetic appreciation. When we sleep we interpret astral perceptions received by our astral senses as dreams.

The emotional body holds all the memories and experiences we have ever encountered.

We often refer to its sum total as our 'emotional baggage.' In Jungian typology the emotional body corresponds to our feeling faculty. In popular speech the emotional body is referred to as the 'heart' and the mental body as the 'head.'

These labels correspond to the location of the different energy centres predominant in each of these two bodies.

Our spiritual body is our soul link to the universe. When this body is purified from *limiting beliefs and perceptions* we can more fully connect to the Divine Will and to unity consciousness.

This body organizes and vitalizes the physical body and acts as a bridge between the physical, mental and emotional energies, by way of the chakra centres and the median connections. This is the body that acupuncture, healing, homoeopathy, yoga and meditation directly acts upon.

Often identified as our 'body double or etheric double' ***the spiritual body holds the blueprint for our ascended or glorified body – the one we will inhabit when we have evolved into full consciousness or enlightenment.***

Often our three non-physical (or etheric) bodies are described by clairvoyants as being of a blue or violet colour, consisting of a matrix or network of lines of energetic force.

The emotional body is known to be composed of ever-changing swirls of colour. Because of the vibratory nature of light from which

all creation is expressed, certain colours and shapes represent the predominant emotional characteristics of each particular person.

An angry or aggressive person will have much dirty red in his or her aura, an intellectual person will project a large quantity of yellow, a spiritual person blue or violet, and so on.

The higher self is a term used and understood by many different schools of spiritual teaching. The lower self, or ego personality, is not our true self because the ego is trapped by a plethora of its own desires, wants, needs, likes and dislikes.

As soon as an ego based person achieves its immediate desire or acquires an object, a new one springs forth in a never ending sequence.

Ultimately however the ego personality must be understood to be the illusion that it actually is. By engaging in spiritual practices such as meditation, study and prayer, a person is enabled to transcend his/her ego personality and begin to realize their higher self. And when your personality is fully developed, evolved and integrated it becomes your higher self and functions as the instrument through which your soul can then fulfill its goals.

Contact with our higher self demonstrated by:

- A growing sense of responsibility and purpose for living
- A willingness to accept responsibility for all of one's thoughts, word and actions.
- A desire to openly practice forgiveness
- Making choices that lead to a growth in wisdom, inner peace and gratitude.
- Practicing spiritual will and genuine service
- Reflecting joy, harmony and unconditional love

We can draw our higher self to us through the following exercise. Sit quietly and relax with several deep gentle breaths. Release unnecessary thoughts and identify with the higher self by visualizing or imagining a bright column of healing light that comes from above your head (where the higher self is located).

See this enter your body and move downward radiating outward

and bathing every organ and cell in your body with white light. Then see it continue down into the earth under your feet, grounding you into the planet.

Now call lovingly to your higher self, inviting it to come forward and to co-create with you. Ask it to fulfill your life, to become your ultimate coach and partner in order to express its qualities. Your higher self loves you truthfully and totally and will reply to your request. But you must first begin this process through your desire and conscious invitation.

It is the task of your personality self to become aware of the higher self, thereby achieving the state of higher consciousness.

This is a major goal of spiritual development and self-realization.

The soul is not the same as the higher self since both are energetically different. Your soul has been directly created by God, it holds a particle/s of God's energy and it lives in a dimension of light and vibration that is much closer to this Divine Source.

Your soul is radiantly beautiful, it is filled with light and goodness and it loves and nurtures you totally and unconditionally. It is infused with spirit, which is the consciousness that gives life to your soul, just as your soul permeates and gives life to you.

Your soul is the link between spirit and your higher self. It is the intelligence that directs the building of your physical, mental, emotional and spiritual bodies. It contains and sustains your essence between life times and holds all the patterns that created you in this lifetime. It actively guides you on your journey through life.

This guidance manifests itself in many subtle ways: as the still, small voice within (conscience) or it may communicate directly by vivid images or pictures, through flashes of insight and feelings and as intuition or direct knowingness.

The soul lives in a very high spiritual dimension and brings the light and energy of this dimension to you.

Your soul knows the complete divine plan for humanity and all life and it knows the part that you are to play in that plan.

And as you consciously connect with your soul and continually draw it into your life, your soul begins to put more attention and energy into you. At that point your spiritual growth is accelerated rapidly.

As your soul sends its light downward, it experiences itself through your earth consciousness. Your soul can then fulfill its higher purpose – that of mastering and bringing its light into the world of form and matter in which you live. And as you blend with your soul and radiate its energy in your daily life, you serve humanity in a valuable way.

You become a distributor of soul energy. You will then emanate love, light, beauty and joy to others.

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Questions For Your Journal

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Physical body care:

1. Do you drink 8 – 10 glasses of clean water daily and regularly eat live foods, (fresh fruit and vegetables)?
2. Does your body receive enough sleep and do you exercise regularly by walking, dancing, playing a sport or engaging in Tai Chi, Qigong or Yoga to maintain a supple body?

Mental body care:

1. Do you carefully monitor all the inputs from all forms of media, removing yourself from those that carry low vibrational or negative energy?
2. Are you watching your words, eliminating gossip and low frequency language by replacing these with positive words of empowerment?

Emotional body care:

1. Are your relationships loving, positive and peaceful?
2. Can you appreciate and love others by allowing them to follow their own truth as you express your truth?

Spiritual body care:

1. Do you pray or practice some form of meditation?
2. Do you make time for spiritual reading or study?

Preparing For Ascension (A Study Course)

Part 6, The Chakra System

We must all access the life force fully and completely to maximize its benefits to our daily existence. The chakra system is the vehicle that has been beautifully designed to fulfil this function.

Our chakra system also functions as our portal to interdimensional consciousness.

We currently live in a universe propelled by electro-magnetic energy and governed by its laws. All life forms within the universe reflect this. Our stars and planets (geo- magnetic life forms) all have a north pole and a south pole with magnetic lines of force flowing between them.

Our human bodies (bio-magnetic life forms) also conform to this bipolar magnetic field, with the top of our head reflecting our north pole and the soles of our feet acting as our south pole.

In a third dimensional representation, these lines of force, moving between our head and feet completely encompass the body within an etheric structure known as a tube torus.

Imagine this donut shaped energetic field extending all around your body. It is called your aura. Have you noticed that when meeting another person for the first time you may be instinctively drawn to them? This could be evidence that both of your auras are vibrating in sympathetic resonance.

The old saying, 'We're on the same wave length,' holds more truth than we have believed. The same would be true when the presence of another makes you feel uneasy or uncomfortable. Perhaps the magnetic energies in your auras are repelling each other.

At the centre of each bi-polar magnetic field is a magnetic core running from north to south. In the case of a simple bar magnet it is a magnetized piece of metal. In the case of the bio-magnetic human body, it is a channel only observable in subtle matter, called the pranic tube. Within this core, the life force is carried to sustain each individual creation during its existence.

Every spiritual tradition identifies and acknowledges the life force,

that great field of potential that gives rise to and sustains each and everything in existence, from moment to moment.

In Chinese spiritual teaching this life force is called chi, while the Japanese and Koreans identify it as ki. In the Indian and Tibetan traditions it is known as prana. The Christian may name this force, grace while practitioners of the new spirituality call it, the light. To the scientist it is recognized as the sub-atomic or quantum field of energy.

Chakra is a Sanskrit word that translates as 'a spinning disc' or 'a wheel.' It is one of many names for what is perceived to be a bio-physical connection to our soul or spirit.

These energy connections or chakras exist as the soul is immersed in the physical body and mingles throughout. Presently we have seven of these energetic connections that are woven into our body's meridian centers, with some lying along the spine.

These centres are similar to the junction box found in the electrical system of a home or an office. Here special locations step-down the main current entering the house, directing it safely to specific areas. Likewise our physical body is controlled through a vastly complicated neuro-electrical circuitry, with a number of locations where these circuits converge.

Each of these locations is monitored through a special mini neuro-computer connected through the central nervous system to the brain. These specific locations are called chakras and each fulfils a number of different functions.

There are also various ductless glands associated with the functioning of each chakra point. And since the vibratory field of light also activates colour and tone, each of the chakra centres produces its own specific colour and sound.

The Individual Chakras

1. RED, (ovaries/testes) the root chakra links you to the physical world and serves as the foundation to build and evolve your personality. Just as the electrician grounds the junction box with a copper grounding wire, so too this chakra grounds us here on earth. When this chakra is balanced and functioning properly you will have more vitality, courage and self-confidence. It will help you to release old survival and scarcity issues as you tap into your treasure chest of abundance.

2. ORANGE, (adrenals) the pro-creative sacral or navel chakra is the center for sexual energy and creativity, balancing the free giving and receiving of feelings and emotions in all your relationships. When this chakra is in balance you are no longer plagued by self-doubt, addictions or sexual issues. Gradually the old self-limiting thought patterns of the sub-conscious mind are replaced with self-confidence and emotional stability.

3. YELLOW, (liver/spleen) the solar plexus chakra is where your honor, integrity and power originate. It is the essence of who you are, the seat of your physical/mental self. When this chakra begins to spin in harmony, knowledge turns to wisdom and clarity of thought. You regain self-control and become the master of your desires. The activation of your Solar Power Centre (solar plexus, heart and thymus) begins at this point.

4. GREEN, (thymus) the heart chakra is the center of the system, the gateway to the higher chakras which connect you to the soul self and spirit self. As you balance the energies of the heart, mind and emotions (the love and life force energy centres of the body) you will tap into the unconditional love force of the God Mind. Known also as the great transformer, this chakra generates the ability to love freely without fear or self-consciousness.

5. BLUE, (thyroid) the throat chakra is where feelings and emotions are transformed into expressions. This chakra centre helps you find the balance between silence and speech and assists you to say what you honestly feel. When you begin to use the language of Love/Light and soul talk, you will always speak your highest truth and become expressive and creative in your speech and writing. You will become proficient in manifesting your vision for the future.

6. INDIGO, (pituitary) the 'Third Eye' between the eyebrows above the nose, connects you to your spiritual being and invites intuition and awareness into your daily life. This chakra opens the door to your inner senses. You will move through the whispers of intuition into a 'knowing' that you are being inspired and guided by spirit.

7. VIOLET, (pineal) the crown chakra connects you to your total being with the awareness that you, the universe and the Great Creator are all one. When the crown chakra is activated, the pathway opens to your spiritual self where the wisdom, gifts and treasures, stored within your Divine I AM Presence, will be available to you. You will live and radiate the Love/Light/Truth of Creation

and will be showered with an ever increasing flow of God Consciousness.

During this year I was guided to write another E-book entitled, 'Our Chakra System – A Portal to Interdimensional Consciousness.' This 28 page book is available through the link below. Each of the chakras is discussed in greater detail, together with accompanying questions for your reflection or journaling. Please feel free to download, print, save and share this material with friends, as the book carries no copyright restriction or cost.

http://www.thecominggoldenage.com/Preparing_For_Ascension.htm

Preparing For Ascension (A Study Course)

Part 7, Light Body Our Destiny

As was noted before, our entire Milky Way galaxy makes one complete revolution around its central sun. This great cycle, known as the solar precession, takes approximately 26,000 years to complete. We also know that early Egyptian astronomers were able to forecast past and future solar precession dates from records they left in the pyramid of Giza.

Within this great precession cycle is a 2,000 year period when our solar system passes through a band of extremely high energy. This band has been referred to as the Manasic Radiation or the Photon Belt. It is a period of intense light that we have now entered that will lift all life forms within it into a new and higher vibration. It carries the seeds for the potential enlightenment of all beings as the atomic structures within the very cells of our bodies, are tuning themselves to match the rising frequencies.

We are shifting from a third dimensional organic carbon based body (from one that matches the atomic spin and vibrational frequency of carbon) to a fifth or higher dimensional organic crystalline body (to one that matches the atomic spin and vibrational frequency of crystal). So too the bodies of animals, plant life and all upon and within the earth are making this transition with us, as is our entire galaxy.

Our light bodies are also being activated as these new energies recalibrate our dormant DNA strands that contain the blueprint for ourselves as fully conscious beings. Currently most of humanity has only two functioning strands of DNA, intertwined into a double helix.

This portion of our DNA structure contains information pertaining to our biology - such as our individual features and the genetic information passed on through our family lines, eg: a paternal grandfather's tendency toward arthritis, or a mother's genes for musical talent. These two strands also hold the genetic codes for our physical evolution. But there is another part of our DNA structure that has to do with the spiritual component of the human being, one that science has not presently considered.

If one is persuaded that the human being consists of a soul

imbedded within a biological body, then it should logically follow that the genetic links within each individual would also contain spiritual information. But why are we unaware of this information and what has become of it?

The Manipulation of Our DNA

Many of these spiritual elements were deliberately turned off in our ancient history because there was a struggle to control this aspect of a human being.

Very dark energy, extra-terrestrial forces, who were also genetic engineers, desired to keep the development of humankind firmly under their power and control. They achieved this through the use of genetic manipulation, and by creating fear and domination. This event occurred in Atlantis, over 200,000 years ago, when the human DNA molecule was breached.

When these dark forces unraveled and reprogrammed our DNA, they were able to shut down and isolate many of its strands, thus our human DNA was reduced to only a double helix.

This manipulation and disconnection of our original DNA resulted in a 'veil' being placed between our five physical senses and our spiritual awareness. However there was a promise given from the higher realms. At some time in our future, we would be allowed to develop again according to the divine blueprint of the original plan. In the meantime humanity had to undergo a long and painful period of spiritual development.

Those guiding our spiritual heritage have sent representatives to assist us to elevate our thoughts and desires, so as to grow spiritually and regain our lost abilities. These advanced souls include the prophets, Jesus Christ, Mohammed, the Buddha, Archangel Michael and many others.

The fully conscious human being has twelve strands of functional DNA. Beyond our double helix are ten additional dormant soul strands. When these are finally activated, we will experience a total expansion of our consciousness and full access to our light bodies.

Originally there were over 2,000 particles in our DNA that allowed these higher spiritual abilities to function. All strands are not positioned within the physical part of our biology either, as many reside on the plane inhabited by our higher mind.

Our individual souls are so much greater than what we can perceive with our five physical senses, because these lofty abilities are not all found within our physical bodies. Instead they are accessed on a higher spiritual plane or vibration and not in the denser physical levels of gasses and solids.

The recoding of our DNA is happening automatically as we all begin to transition the photon belt. Presently our solar sun steps down these powerful energies as they emanate from the centre of the universe. And like the workings of a giant clock, the planets have found the positions that allow these higher and finer energies to reach us.

On the surface of our Earth, many energy vortexes and star gates are being opened by awakened humans who gather during important events: eclipses, equinoxes, solstices etc. Through focused thought intention, they anchor and ground the incoming energies. The source of this mighty and uplifting energy that is pouring downwards to us, comes from "All That Is," the Great Creator, God Itself.

Activating Our Light Bodies

Already many individuals have moved beyond their double helix by working upward toward the full twelve strands that mark their next level of achievement. Many of them are assisting others to recode and activate their added DNA strands.

Individuals can also begin to help themselves to turn on the inactive aspects of their DNA in order to experience a higher state of consciousness. Adopting greater compassion and unconditional love in our daily lives begins the reclaiming of the light codes needed for our advancement.

These codes cover a wide range of spiritual abilities and cluster around: peace, unity, cooperation, integrity, truthfulness and cultivating a sense of beauty. Others influence our abilities toward achieving telepathy, stronger intuition, physic gifts and *an immortal physical body*.

The latter code will allow us, in future, to inhabit a body of light that will look youthful and beautiful and will not deteriorate or die. The light body can be regenerated so that injuries and scars are changed through the consciousness that controls and inhabits these bodies.

When we can conceive of living in a body halfway between the

physical realm and light, where it does not decay but instead becomes a shimmering mass – that is the blueprint for the immortal physical body that will come into being.

This *light body* is the reconciliation between the soul and the dense physical body, between the spiritual and the physical, between heaven and earth. It is the fully energetic, perfect container for our evolving souls as it allows for the total use of all our spiritual skills and abilities. This light body, (the Adam Kadmon body), is our true destiny.

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Tools for Light Body Activation

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Instead of including questions for your journaling, I have suggested the following exercise. The portal between the physical body and the realms of energy and light is the body's endocrine or hormonal system. Through this portal, transmissions from our light bodies are mediated into physical chemical messages. These then enter the blood stream as hormones, which regulate the life force energy distribution and functioning of our physical bodies.

Light energy from higher dimensions first enters the body at the pineal gland.

This small gland located in the brain is the crucial portal for the reception of higher vibrations of light. It is shaped somewhat like a pineapple and has a lens covering its front.

Our pituitary gland, or master gland, then directs the light energy to the various ductless glands of the endocrine system throughout the body.

A good way to balance the physical body and to activate the light body is to work with the breath and the energy of the thymus gland or 'high heart.' Within the heart chakra, energy emissions are experienced in their essence as unconditional love. Because the heart chakra also acts as the master chakra for the lungs, the act of breathing also serves to activate the thymus.

When you breathe deeply, as in meditation, the heart energy flows smoothly to produce that sense of calm and relaxation. And when

you breathe while focusing on the heart chakra, you will flood your system with the light energy of unconditional love.

The thymus is a ductless gland associated with the functioning of the heart chakra and also has much to do with telepathy. It is available to anyone that knows what it is and how to open it. It is located in the middle of the chest above the heart.

To open your thymus, look at your chest area just above the heart and take several gentle, focused breaths directed at that space. You will notice that you are breathing differently than you were a few moments before.

To activate the thymus gland first remove your wrist watch, jewelry, and glasses. Hold the back straight, your head looking straight ahead and your feet flat on the floor. Place your hands on your knees, open with the palms facing down on your knees. Close your eyes. Visualize your throat centre as a high blue and spinning rapidly. Then picture your heart centre as high green spinning less quickly than your throat chakra. As they both spin a little faster see them expanding.

Continue until they are large enough to touch one another. When they touch the spin ceases.

When this happens raise the palms of your hands upward to cover these two centres of your body. It doesn't matter which hand is used, just so one is over the throat centre and one over the heart centre. Slide your hands together, then flatten them both parallel to the thymus centre.

Keep them held tightly together and say aloud, 'Separate.....Spin' Then it is done. Finish the activation by tapping firmly on that area of the chest. It does not have to be hard, but tap until it becomes tender. Then let it rest and tap the area once again. You have opened a portal here at the thymus that will allow you to receive certain information.

This portal also lets all higher entities know that you are working for the light. It becomes your signature throughout the higher realms.

Preparing For Ascension (A Study Course)

Part 8, Recoding Our DNA

As the process of rebuilding our light bodies continues we will slowly begin to notice the effects of becoming fully conscious or multi-dimensional. When our 12 strands of DNA have finally been re-fused, reconnected and activated, we will experience life within the consciousness of multi-dimensionality.

At this level of being we could live in a third or fourth dimension, while retaining fully conscious connections and relationships with beings in the higher realms. We will no longer be cut off from other dimensions as we presently are, and we will operate from a state of heart-centred compassion (Christ consciousness).

This will happen regardless of which dimension we find ourselves inhabiting. *Eventually we will learn how to live successfully in a galactic society and ultimately in a universal society.*

At the present time many humans have two active strands of DNA, represented by an intertwined double helix. Some persons have developed and integrated three or more strands and a large number of new babies presently being born (the indigo and crystal children) have many strands of active DNA.

Each of the 12 DNA strands represents one of the twelve aspects of multi-dimensional consciousness. *Three DNA strands govern the physical body, another three are concerned with the emotional body, another three with the mental body and the remaining three with the spiritual body.*

All these aspects are represented in our bodies as new neural pathways to the brain and they are connected and nourished through the endocrine system of ductless glands. These glands work in tandem with the energy vortexes within our bodies known as the chakras. And so, when our neural pathways are working freely with our chakra and endocrine systems, they become the conduit to the higher realms, resulting in our experience of multi-dimensional consciousness.

The DNA Strands and Endocrine Glands

Each of the following twelve DNA strands represents one of the twelve aspects of multi- dimensional consciousness.

Strand 1: Courage to move ahead and integrate our fears

Strand 2: Ability to focus on something and follow it to completion

Strand 3: Maintaining gender balance between male/female power

Strand 4: Balance between our energy field and the physical body

Strand 5: Living peacefully in a state of acceptance

Strand 6: Strength to stand in one's truth, regardless of the outcome

Strand 7: Ability to accept both our dark and light sides

Strand 8: Ability to hold personal boundaries regardless of outcomes

Strand 9: Ability to accept and live within a diverse community

Strand 10: Ability to tune into and listen to one's soul or higher self

Strand 11: Power to envision, create and manifest these visions in 3D

Strand 12: Ability to be accepting, kind and appreciate the value in all things

The Endocrine Glands

Hypothalamus – I translate what I believe

Pineal – I see or envision what I receive

Pituitary – I hear what I receive

Thyroid – I speak what I receive

Thymus – I clear and transmute what I receive

Heart – I feel what I receive

Gonads – I create and manifest what I receive

Adrenals – I hold true to what I receive

In our recoding process, each DNA strand must be individually reconnected to each gland. When each strand is also fused again with one of the twelve crown chakra crystals and then activated, the circuit is complete.

The DNA upgrade needed to sustain full consciousness and communication with the higher realms will begin to function. The light from the Photon Belt entering through our pituitary and pineal glands is primarily driving this recoding process. It is also being enhanced by a medical team of angelic and extraterrestrial beings, assigned to each of us individually, who carefully supervise and direct us through this process.

We are also being reconnected very slowly otherwise our physical bodies and our nervous systems could 'burn out' and we would not survive intact. We can actively co-operate in this process by trying to reach some understanding about what is happening to us.

Our ability to interact with and absorb the new frequencies of light into our physical bodies, will determine how we progress in this next step of our physical and spiritual evolution.

By carefully observing our belief systems and our actions, while using emotion and will as the fuel to advance spiritually, we will change and clear many undesirable old thought forms and patterns that no longer serve us.

Be wary of those who offer techniques to hasten or unduly advance your DNA recoding – particularly if these carry a large price tag.

Many higher beings, angelic guides and masters are actively involved with us at this time. They are assisting each of us in this recoding process to 'stay over our feet' and not try to rush ahead. It is occurring in exactly the right time frame, regardless of how we might try to interfere.

This scenario is immense and includes our entire Milky Way Galaxy. It is happening in response to the Divine Plan for our universe, initiated by the Creator of All That Is. So relax and go with the flow, allowing all of it to manifest in its own good time. Enjoy the ride.

The final results will be awesome and will usher all of us into a multi- dimensional experience of living with compassion, in Heaven on Earth.

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Tools For Light Body Activation

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Instead of including questions for your journaling, I wish to suggest the following exercise to open the pineal gland (channeled from Ashtar through Janisel Rohs).

As was previously noted, the portal between the physical body and the realms of energy and light is the body's endocrine or hormonal system.

Through this portal, transmissions from our light bodies are mediated into physical chemical messages. These then enter the blood stream as hormones, which regulate the life force energy distribution, and the functioning of our physical bodies.

Light energy from higher dimensions first enters the body at the pineal gland. This small gland located in the brain, is the crucial portal for the reception of higher vibrations of light. It is shaped somewhat like a pineapple and has a lens covering its front.

Our pituitary gland, or master gland, then directs the light energy to the various ductless glands of the endocrine system throughout the body.

Ashtar: 'Now, take a deep breath. You don't have to put your feet on the floor and you don't have to drink any water. I would like you to close your eyes and I want you to imagine a point in your brain. You are going to find a point right here [top of head] where there's a little indentation, and put your right index finger on it, pointing down into your head.

Then you are to lay your left index finger on top of your left ear [pointing to head]. Now, if you were able to push those fingers in until the tips of them touched, that's the point of your brain that I want you to be focusing on when you close your eyes. Can you figure that point out without having to touch yourself while you're doing it?

OK, close your eyes. For those of you that wear glasses, you may wish to remove them for comfort's sake. With your inner-sight, focus on that point within your brain. And as you are focusing on it, expand it.

Expand it to the size of your thumb. You will feel a 'stretch'. This is good. Now I wish for you to expand it twice more that size.

Now, let's make it a colour. Let's turn it a blue, the blue of the oceans of this planet from OUR point of view onboard ship. Crystal blue, almost what you would see as azure.

Now, put it in motion. 'What' motion is yours to pick. You may rotate it, you may spin it, make it move fast or make it move slowly. It's completely up to you. The point is to put it in gear. It's time for it to be used. It's time for the exercises to begin.

Now, when you 'feel' the energetics of this sphere at its limit, raise your hand ... when it's in its perfected state, to you. The colour is the way you wish, the size is the way you wish, the motion is the way you wish. It is individual for each of you. Now, with your eyes closed, snap your jaw open and shut quickly.

For those of you that felt nothing, you have not had the pop yet. Now this pop is activating what you refer to as your pineal gland, which has had a veil coating on it for your entire life here.

Essentially, what you've just done is you have unleashed your pineal gland and all the beauty that that entails. That is one communications device that all human beings have implanted in them at the point of conception. And it's not a communication device in order to contact 'us' specifically.

It is the centre of your brain that controls telepathy.

This exercise can be done by anyone as it is efficient on 'all,' even the non-believers. It will achieve the possibility of group mind when the veil has been removed.

Preparing For Ascension (A Study Course)

Part 9, The Seven Rays

We live in a world of astonishing variety, and yet there are no two of us (including identical twins) who are exactly alike. While we all share the same basic human body design, each of us is totally unique. We can be recognized and differentiated as 'ourselves' by others.

In addition to our individual appearance, we possess unique talents and abilities that are ours alone to develop, share and enjoy. So often the source of the variation found within the human race is attributed to an individual's personal DNA structure. However there is another avenue that contributes to our seemingly infinite human variation that is little understood today. This source is known as the seven rays of life.

We all exist under the rulership of the seven rays and the powerful forces within them act as a catalyst and a guide toward the unfolding of our individual life plan.

The seven rays are the first differentiation of God the Great Creator, in manifestation. They provide for the entire expression of God in created and manifested form. In the bible the seven rays are referred to as 'the seven spirits before the throne.'

In his writings the great Tibetan spiritual teacher, Djwhal Kuhl, has divided the seven rays into two categories. The first three are identified as the rays of aspect and the remaining four are called the rays of attribute.

The Rays of Aspect

Ray 1 - Qualities: Ray of natural service, protection, power and initiative

Exemplars: Rulers, executives, military defenders, government leaders

Ray 2 - Qualities: Ray of illumination and perception

Exemplars: Teachers, students, writers, speakers, media development persons

Ray 3 - Qualities: Ray of depth of thought and abstraction

Exemplars: Arbiters, peacemakers, mathematicians

and philosophers

The Rays of Attribute

Ray 4 - Qualities: Ray of artistic development

Exemplars: Artists, musicians, architects, writers, dancers and designers

Ray 5 - Qualities: Ray of truth and scientific development

Exemplars: Scientists, inventors, doctors, surgeons, psychologists and sociologists

Ray 6 - Qualities: Ray of devotional worship and ministry

Exemplars: Priests, ministers, spiritual directors and healers

Ray 7 - Qualities: Ray of culture, diplomacy and ceremonial order

Exemplars: Diplomats, organizers of festivals, rituals, theatricals and international public productions

Ray one carries the energies of will, power and drive. This dynamic energy breaks down the old in order to make way for the new. In whatever area they are working first ray people will always function as a spearhead or a pathfinder. They are those born to lead and are found among commanders, presidents, prime ministers and high ranking military men.

Even outstanding sports persons, policemen and police women are often of the first ray. Courage, steadfastness, fearlessness and an ability to handle people are their great strengths. Their weaknesses include pride, ambition, hardness and a desire to control people and events.

Winston Churchill, John Kennedy and Mahatma Ghandi exemplified first ray energy.

The second ray embodies the qualities of wisdom and a deep desire for truth. People on this ray are considerate, compassionate, friendly and responsible. A second ray person will often be a teacher or writer, a second ray mind would be receptive while a second ray emotional body is peaceful, stable and mature.

Undesirable qualities in a second ray person would include the acquisition of knowledge for selfish purposes.

These persons could become suspicious and show contempt for the mental limitations of others.

Jesus Christ, his Mother Mary and the Buddha were second ray spiritual teachers.

The third ray of active intelligence is the ray of the abstract thinker, the philosopher or metaphysician. These people are idealistic dreamers and theorists who view each side of a question in a clear manner. Their great virtue is perseverance – holding on to something until it is completed.

These souls are logical, independent, highly organized and clear minded. Those of a lesser aspect of the third ray could display intellectual pride, coldness and a tendency to isolation. Plato and Thomas Edison were most likely third ray people.

Harmony through conflict is the description accorded to the fourth ray, the ray of struggle. This ray is connected to and manifests through the emotional body and possesses a reflective quality.

The fourth ray is the ray of the arts and our most beautiful music, painting, architecture and sculpture have enriched us through higher aspects practiced by fourth ray people.

Fourth ray people are devoted to aesthetics and they hold strong affections and exhibit empathy. Their opposite traits include self-obsession and depression. Beethoven, Michelangelo, Shakespeare and Leonardo da Vinci exemplified higher aspects of the fourth ray.

The fifth ray of concrete mind is the ray of science and research and thus finds its greatest expression through the mental body. A person working with this ray has a keen intellect and enjoys problem solving and accuracy of detail.

A fifth ray person is characterized by openness. They will probe the essence of each learning experience and enjoy seeking knowledge and factual information. New thought is a particular strength of the fifth ray. So is balance and integration within the psyche.

Difficulties of the fifth ray can lead to harsh criticism, narrow minded arrogance and lack of sympathy. Louis Pasteur, Marie Curie and Albert Einstein are fifth ray examples.

The sixth ray of devotion, worship and ministry is exemplified by preachers, orators and writers of spiritual or religious books. Manifesting through the spiritual body these persons are gentle, contemplative and adept at practicing prayer and meditation.

A sixth ray person is loving, tender and reverent while lower aspects of the sixth ray could include sectarianism, prejudice and superstition. Mahatma Ghandi, Saint Theresa of Avila, Deepak Chopra and the Dalai Lama are outstanding examples of sixth ray people.

Ceremonial order and diplomacy together with the structuring of society mark a person working with the seventh ray. These people delight in the ordering of power through ceremony, processions, shows, reviews of troops, rules of precedence and genealogical trees.

Seventh ray people are also determined to do and say the correct thing at the right moment hence they are usually a social success. They observe rules and ritual and frequently lead disciplined lives.

The ranks of international diplomats all include seventh ray people. Notable among them was the UN Secretary General, Kofi Annan and Nelson Mandela. In our contemporary world, creative teams of seventh ray people frequently join together to mount international spectacles, such as the opening and closing ceremonies of the Olympic Games and global New Year's Eve telecasts.

Each of us living today expresses a composite of several different rays. The soul ray will remain the same throughout all of one's different lives, while the remainder of the rays will vary within a person from lifetime to lifetime.

Persons with a second, fourth and sixth ray structure tend to be more introverted, reflective and spiritually focused.

People on a first, third, fifth and seventh ray combination, are generally more extroverted and focused on form at the concrete world level. The physical body's particular ray also determines the features of that physical body. A first and third or fifth ray body will be strong and physically well developed. A fourth and sixth ray body will be more refined and aesthetic in appearance.

In addition the rays also determine the quality of one's emotional body and greatly affect the nature of one's mind. Since the rays predispose a person to certain strengths and weaknesses, some knowledge and deep study of the rays should form a part of the curriculum of psychology. However there is no general grasp of the rays today because there is so little understanding of the soul.

In the coming new age, a more spiritual transpersonal psychology will become the norm and this deeper knowledge will be able to be

accessed by all. Also a series of new rays are gradually making their presence felt. We will be accessing and working with these in the future.

Two Case Studies

Martha Graham achieved international acclaim in the field of contemporary dance and choreography. Her impact on dance was staggering and often compared to that of Picasso's painting, Stravinsky's music and Frank Lloyd Wright's architecture. She collaborated with well-known composers, artists and sculptors to bring her new ground-breaking ballets into concrete form. Her belief in the body's ability to express its inner senses through pure movement was pivotal in her desire to dedicate her life entirely to dance.

She exemplifies qualities of the second, fourth and seventh rays and chose to manifest her soul purpose primarily through the vehicles of her emotional and physical bodies. Martha Graham shares these inspiring words with us.

'I am a dancer. I believe we learn by practice. Whether it means to learn to dance by practicing dancing or learn to live by practicing living, the principles are the same. In each it is the performance of a dedicated and precise set of acts, physical or intellectual, from which comes the shape of achievement, a sense of one's being, a satisfaction of spirit. One becomes in some area an athlete of God. Practice means to perform over and over again in the face of all obstacles some act of vision, of desire or of faith.

It is practice that is the means of inviting the perfections we all desire.'

Wolfgang Amadeus Mozart never needs an introduction as everyone instantly recognizes the name, Mozart. His achievements as a composer, conductor and performer and his glorious music will live on forever.

According to Dr Joshua David Stone, Mozart had a soul ray, a personality, a mental and emotional body that were all of the fourth ray in that particular incarnation. Mozart was already traveling, performing and composing by age five.

He never struggled with revising his music but effortlessly copied it out as a completed production directly from his inner auditory imagination.

Despite his great popularity and the fame accorded him in his lifetime, he died penniless in Vienna in 1791 and was buried in an unmarked, common pauper's grave.

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Questions for your Journal

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Take a few quiet moments to examine your present life from the viewpoint of its different strengths, weaknesses, directions and achievements. What have your special passions and contributions been? Now ask yourself the following questions:

- With my brief knowledge of the rays what could my personal soul purpose be?
- Is there a particular ray of aspect that seems to underpin my overall life plan?
- Am I reflecting a particular ray of attribute through my work?
- Has my predominant talent or gift been developed through my physical, mental, emotional or spiritual body, or from several of these working together?
- How can I use my knowledge of the seven rays to further my development?

Preparing For Ascension (A Study Course)

Part 10, Religion and Spirituality

'Understanding the power of beliefs and the power of the mind, both individually and en-masse, is the most pressing and crucial issue for humankind to grasp.'

***The path to Empowerment, by Barbara
Marciniak***

We are living in a time of shifting paradigms. Many of the established religions and churches are currently witnessing an erosion of their membership, as people look elsewhere for answers to their contemporary problems. Pamela Richardson suggests that, 'Churches are empty for a simple reason.

Informed people know that God operates an open, real-time, 24/7 free communication service across the entire cosmos. No elaborate buildings, man-made beliefs, rituals, hymns or fancy dress are required for access.'

While the traditional religions continue to lament their decline, the roots and branches of a vibrant new spirituality are forming everywhere.

Another soul pathway is being chosen and experienced by many persons world-wide.

This new spirituality is expressing itself in the following ways: caring more actively for the environment, exploring Eastern religions and the practice of meditation, espousing social justice concerns, balancing male and female energies in all aspects of decision making, seeking a more abundant economic system for all, and employing peaceful negotiation as a counter-balance to warfare.

The new spirituality is growing steadily and powerfully today as our established cultural, political and economic systems all appear to fail us. Because our contemporary experiences of alienation are so overwhelming, a deep desire for a strong personal connection to a sacred presence within us and to nature itself is driving these changes forward.

History reveals that during times of great change people head for the two extremes: either seeking the security of religious

fundamentalism or a deeply personal spiritual experience.

Without membership lists or even a coherent philosophy or dogma, it is difficult to define or measure the new spiritual movement. But in every city, many who seek greater insight and personal growth now cluster around metaphysical bookstores and internet websites, a spiritual teacher or an education/meditation centre.

This new spirituality is in a class by itself. Unlike most established religions it has no holy text, central organization, formally constituted clergy, no geographic centre, creed or dogma.

It is a free flowing spiritual movement, a network of believers and practitioners who share somewhat similar beliefs and practices. Book and magazine publishers and a plethora of web sites take the place of a central organization. Seminars, conventions, books, informal study, prayer and meditation groups all replace traditional sermons and religious services.

These new practices are often freely grafted onto whatever formal religious faith is still adhered to by re-focusing on the simple but profound truths that are commonly held, while pruning away the man-made dogmas, cultural symbols, beliefs and rules that divide and separate us. Many old outmoded teachings are already being discarded.

The love-based empowering religious beliefs will be retained while the fear-based controlling concepts will fall by the wayside. In future, the religions that survive are those that are willing to expand their philosophy and theology to incorporate the higher Creator truths. But before considering this further, let us first define a religionist and then a spiritualist.

A religionist is a person who follows a codified doctrine or dogma in blind faith without questioning it. The religionist also obeys a set of rules or a text (the Bible, Torah, Koran etc.) to guide one's every move.

In the world of a religionist, the Creator is viewed as an all-powerful male being, singular in itself, one who rules over human awareness and watches every move to judge the worthiness of each participant. Those who are designated to speak for this power determine that which is right or wrong.

The religionists believe that the Creator will do everything for them and if they give their best, their reward will be to ascend into heaven where joy and beauty abound.

A spiritualist is one who realizes that human society is in a constant state of evolutionary change, thus he or she must continue to resolve the possibilities that every new opportunity brings. *As each life experience contains a learning lesson, the self-imposed beliefs of others must not be allowed to dissuade the potentiality of one's evolution.*

To the spiritualist, the Creator is the Omni Presence of all light in creation and is held within each human and all things that exist. It's not enough to know that God is in everything, but that God is everything.

In order to return to the fullness of the Creator's Light, the learning of all lessons must be experienced with every possible encounter met and completed. Each one must develop fully and evolve through the awakening of the love essence within.

The religionist believes in the 'Spirit of One,' the acceptance of a fixed belief as the universal ideal for all. Against the walls of established dogma new experiences, awareness and teachings frequently collide thus new insights are excluded. While these people worship, study and strengthen their minds, obedience to the rules and defense of the walls becomes their purpose.

Militancy is their virtue and evangelizing for converts their activity. Fear and prejudice against others frequently results. The motto of the religionist may be, 'Only we have the truth.'

The spiritualist believes in the 'Oneness of Spirit.' The new spirituality is the opposite of established religion in that it is holistic rather than dualistic, incarnational rather than transcendental, inclusive rather than patriarchal, and democratic rather than hierarchical.

Since each human soul is known to be a particle of the Creator's Light we must return to a remembering that all was brought to life in love.

One believes and knows that separation from the Creator's essence is only an illusion. We then understand that we have never left the Creator's Light because we are that very Light ourselves.

The spiritualist will not impose a set of beliefs upon another as it is believed that the Creator wishes to experience infinite variations on the theme of spirituality. The motto of the spiritualist may well be, 'Let all the flowers bloom in their individual truth and beauty.'

The Buddhist concept of the Middle Path is very consistent with the new spirituality that is emerging today. *The middle path* is inclusive of the opposites without being controlled by one or the other. It *values both the extremes, positive and negative.*

The new spirituality that is seeking to manifest is a challenge to the consciousness of people who are caught up either in the old religious dichotomies, or in reactions against the old style religions.

The traditional religious dichotomies describe reality in terms of right and wrong, good and evil, with specific belief systems clearly defining which is which. Those who take the opposite stance of discrediting these views, maintain that there are no such objective standards, or at least not in the way they are traditionally defined.

Instead the new spirituality avoids any judging of opposites and finds value in all expressions of life. It understands that whatever exists is part of the whole, and therefore is meaningful in terms of potential learning for us humans.

Much of what people see as wrong or evil is a great challenge to our selfishness and ignorance, urging us toward compassion and understanding. It is not a matter of identifying what is wrong and trying to eradicate it, but to discover what the lessons are and then learn from them. Then through our learning we are capable of expanding our consciousness and being of greater service to others.

The Great Creator, our Father/Mother God, does not care which religion we practice or what we espouse as our personal beliefs. *We are known to God only by our radiance, and by the love/light we freely give forth.* This is determined by our love for the Supreme

Being, our desire to personally know the Creator, an acceptance of the intrinsic goodness of humankind, and the priceless values of love, harmony and service to others.

In our daily lives many of us freely assume our own co-creative powers and honor our own creations by choosing to experience different journeys on the Earth plane. And within the great Creator's light of which we are all a part, and there is only the unity of love, then we might perceive this experience as a matrix in space and time wherein humanity is encouraged to experience and play out every possibility.

A new sense of responsible freedom will emerge as we acknowledge the Creator's respect for the free will decisions of all its creations. And so the choice of the religionist is one journey and the choice of the spiritualist is another.

In our Father's house there are many mansions and the focus and experiences of either journey can be freely chosen for the particular growth possibilities each provides. Neither one journey is better than the other as all paths hold the potential to lead us to the fullness of the Creator's light and love.

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Questions For Your Journal

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1. Do I manifest ways of acting or presenting myself that foster a deliberate sense of separation between me and others persons or groups of people? Name several.
2. What beliefs do I hold that feed my sense of separation? Where did they come from: family, church, friends, the media, or others? Write down my findings.
3. While I am not required to 'like' or choose to associate with everyone I meet, am I able to respect these persons by extending kindness and courtesy to them?
4. Am I able to see the good in those around me while allowing them to choose and follow their own path?
5. Am I able to set my personal boundaries by not allowing others to deter me from following my own path?

Preparing For Ascension (A Study Course)

Part 11, The Power of Our Mind

In these current times many wonderful avenues of learning and information are making themselves freely available to us. New ideas about personal growth and dynamic forms of spiritual development can now be accessed through a plethora of seminars, workshops, classes, books, magazines, CDs and the internet.

Seek out these new opportunities and be prepared to step away from your traditional comfort zone, as many of these new practices will contribute beneficially and positively to the raising of your consciousness.

Greater knowledge and positive experience begets a growing awareness, which always leads into an expanded state of consciousness.

So many times we've all experienced an urge to take a different pathway or to select another track on which to move ahead in our lives. Equally we may wonder how a beneficial future experience, one that we truly desire, can actually be attained. We know that energy always follows thought and that every intentionally focused thought, results in its manifestation at some future time.

Our quantum universe allows for multiple parallel realities to exist simultaneously, to accommodate our various individual thought selections. And every time we formulate a clearly focused thought intention, we select that particular pathway or probability field which we will then experience.

We are constantly interacting with probability fields whether or not we are aware of them. When we become clear about the end results we prefer to experience, our thoughts will immediately interact with the energies that are already in motion.

Perhaps there is a difficult experience unfolding for you and if so, you can interact in an instant to initiate the vision of a different outcome. *You are never without power in any moment.* Remember too that if a strong emotion accompanies your thought, its results will return to you more quickly.

Through the process of Master Minding you can take the conscious steps to deliberately select more of what you want and choose to

experience.

Master Minding is not about striving for perfection in each moment but it's about fine tuning the future you want to experience by using your power of thought. What course do you want to manifest in the immediate future? You choose and create it by 'seeing' a different outcome.

The 'how' of this will reveal itself either as an inspired action to take, or will arrive as something different from what you initially thought would occur. Think of all your future realities as one immensely shimmering, dancing probability field. If you sense a glimmer of a future you do not want to happen, recognize that you are part of this field, make a conscious decision not to experience it, and know that you can successfully co-create a different outcome.

An interesting example of this process comes from the Louisa Rhines collection, *Hidden Channels of the Mind*. In it a seasoned soldier of WWI noticed that every time one of his buddies reported having a hunch that his 'number was up,' he was unfortunately proved to be correct. Usually he was seriously wounded or killed shortly thereafter. When this soldier had a foreboding that he was in for a hit he worked hard to shake the feeling.

Try as he might was unable to shake it off so he began to readjust his thoughts about the probable event. He tells us, "I began to hope in my mind that I would not be crippled so as to be a burden to anyone. Over and over I mentally rejected wounds to this and that part of my body, until finally I settled for a flesh wound in the back of my left shoulder."

Two days later the soldier sighted a small knoll he had been ordered to take and recognized that this was the place where 'it' would happen. Shortly after the battle began he took a hit. A piece of shrapnel had made a severe cut in the back of his left shoulder.

Since we have been given the power to actually co-create and influence our own existence, *why do we so often fail to achieve the results that we desire?* Is it the structure and formulation of our thoughts themselves that are the major contributing factor?

How many times have you or others hoped for, wished for, wanted or needed something and still have never received it?

I wish I could find a loving partner – I hope that I'll earn a better income – I want an interesting, more rewarding job – or I need a holiday but can't afford the time right now.

By simply thinking or verbally expressing these sorts of thoughts, we command into our lives the experiences of hoping, wishing, wanting or needing.

If we wish we could earn more money, the creativity of our quantum selves and our thoughts will remove money in order to give us the experience of wishing for more money. Instead **we must command changes** to our reality that relate to what we are actually being, rather than to what we are wishing for.

If there is something we would like to experience don't want it, simply choose it. We can turn the situation around by thinking in the most positive way. ***Be sure to preface your request with the words, 'for my highest good and the highest good of all.'***

Also ask or command within a specific time frame so that results will be manifested when you need them.

Such words as: now, by the end of the month, at the beginning of next year, etc. should always frame the request.

To give added impetus, visualize your receipt of the request while feeling the positive emotions that will accompany it. *Consciously use strong, active verbs* and use each command after careful consideration.

We can all create the best and most positive outcomes for ourselves and others. Within our quantum universe we have been given the powerful gift of free will which allows us become a co-creator.

Now we must develop the spiritual maturity and wisdom to proactively take charge of our lives and our world. We must hold our most positive vision and focus on the highest goal so as to interact more powerfully with the future that we choose to experience.

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Questions For Your Journal

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List several things or events that you wanted but that never

seemed to materialize. Select one or two probable futures and bring these into manifestation by using a positive more focused command. Write down the date you made the request and the date on which you received the results.

Be sure that it is always for your highest good and that of others. Also keep your requests reasonable for choosing something 'totally over the moon' may not be desirable or achievable for you to experience.

Preparing For Ascension (A Study Course)

Part 12, Our Magnificent Purpose

*"We are the bees of the invisible
We madly gather the honey of the visible
To store it in the great golden hive
Of the invisible"
(Rainer Maria Rilke)*

An amazing truth occurs to those known as quantum physicists, in that nature's invisible energy: photons, electrons and atoms move through space in waves, just the way that we would visualize a wave in the ocean. They all move that way until someone observes them.

But when someone watches, the wave collapses and a particle, the smallest bit of matter, appears to pop out of nothing. Only when the electron or photon is observed does this occur. If no one is watching the wave form exists, until someone looks and then the particle exists.

Physicist John Wheeler states that it is only the presence of conscious observers in the form of ourselves that have collapsed the wave function and made the universe exist. *Without the observer there can be nothing.*

The collapse of the wave function happens to atoms, electrons and photons, the smallest building blocks of matter.

Within us the wave function of atoms, electrons and photons collapses whenever we watch, observe or meditate. Science says that the electron waves on earth collapse because the entire universe is looking. Stephen Hawking then makes the startling statement that there must actually be something outside the universe to look at the universe which collapses its wave functions.

You look at yourself, the universe looks at you, - but who is looking at the universe?

In 1957 at Long Island's Brookhaven National Laboratory what could be the most unheralded event of the previous century occurred.

Two Chinese Nobel Prize physicists, Tsung Dao Lee and Chen Ning Yong together with their nuclear physicist partner, Madame Chien-Shiung Wu, proved that consciousness exists in matter.

This exceptional team proved that radioactive cobalt can distinguish left from right. In the emission of its electrons the cobalt appears to be able to make a choice between which direction it will take.

The conclusion suggests that there may well be a universal mind pervading all sub-atomic particles from deep within all matter.

We have also learned that when scientists perform experiments at the microcosmic level, their thoughts and presence in the lab influence the experiment. If they intended a positive result to the experiment and were present during it, this is the result they achieved. When they did the exact experiment again, and wished for a negative result, the result was negative.

Thus it seems that awareness (consciousness) directs thought and thought directs life-energy. *Today our theoretical physicists all believe that the universe is both conscious and supremely intelligent and that our thoughts and observations can influence its unfolding.* We are not all here by chance and there is a magnificent intelligence overseeing and interpenetrating all of existence.

Theorists and scientists also suggest that the entire cosmos is an integrated system that is deeply and totally unified in some mysterious way. Immense levels of energy flow constantly through the universe and continuously regenerate it.

As physicist Brian Swimme describes it, *"The universe emerges out of an all-nourishing abyss not only 15 billion years ago, but in every moment."*

Thus everything in the universe is a flowing movement that arises with everything else, moment by moment, in a process of continual regeneration. What's more, the cosmos itself may be a hologram, such that each part of the flow as it continually recreates itself, contains in miniature the whole expanding picture.

If the cosmos is a hologram, and most contemporary scientists now think that it is, all is within all - the totality is present within each part and within each part fully connected to the whole.

Contemporary scientific study and research is also supporting this concept. Rupert Sheldrake, an English biologist and Matthew Fox, a lecturer in science and spirituality both agree that in our current

millennium we need a fresh vision - that of a new animism.

Animism is the belief that the entire universe itself and all natural objects within it contain some form of a soul, therefore everything manifests some degree of consciousness.

This new idea is sweeping our world, together with its accompanying sense of the holistic unity and grandeur of all creation. A new theory is also being developed that will unite science and religion with the sacredness of material creation. It is their present separation that underlies our current crisis of spirituality, of right living and our current ecological deprivation.

When our cosmos blossomed into existence from a small pinpoint some 15 billion years ago, it emerged out of an infinitely deep domain of Prime Creator God's vast intelligence, creativity and energy.

This ultimate, generative ground of our being provides the nutrients and light of the life force that continually sustains all of us and our cosmos as a unified organism. So self-reflective and co-conscious is our universe in all of its parts, that at a certain level of evolution, its organisms can achieve awareness of the universe and even add their productions to the mind of the whole.

As we become aware of our participation in the immensity of consciousness, we begin to realize that each human body-mind is constructed so as to have the capacity to receive from the pulses of the universe, the knowledge and power to co-partner creation in each moment.

Our individual response to this truth must first begin with our acknowledgement of the Great Creator (Father/Mother God). Knowing that we are all part of this loving entity brings the realization that *we are also all connected to one another*. A different outlook then ensures, one in which we grasp the understanding of everyone's place that exists alongside each of us.

We are then responsible for one another because every one of our thoughts and actions will impact upon the whole. Knowing that we are all one and are inter-connected should elicit a feeling of love and appreciation for all of life.

Our guides refer to this form of knowing as 'oneness of beingness.' It isn't a warm, fuzzy feel-good mode of living but *an absolute knowing that we are all one light, one race and one global family*. And as there is only one Great Creator source it seems arrogant to presume that God does not speak to every gathering or unique

spiritual path, race, country or language appropriate to their particular understanding.

Our differences are territorial and political rather than spiritual – for we are all made in a similar likeness. Anything that divides us is someone's fearful attempt to control the small view they hold of our Great Creator.

The new spirituality believes and teaches that Prime Creator (God) exists eternally as a singular disembodied entity – all intelligent, all powerful and all loving. But in order to evolve and experience everything, Prime Creator poured forth individuated sparks or particles of its essence.

Within each of us is one individuated Creator spark, known as our soul. All humans are created in equal magnificence as radiant Divine expressions of God, the universal creative force.

As extensions of our Creator we are born of the light and this supreme universal light is within us all.

Our Great Creator then commanded each of us to go forth to create and experience all that we could ever envisage. And so it is that each one of us represents a portion of the Great Creator, an aspect to realize his potential, just as every aspect of life is an aspect of the Great Creator being expressed and experienced.

God says,

"This is the hidden purpose of my/our will: to create new worlds of experience that stimulate our continuing evolution. Without you I am unable to evolve – without me you are unable to exist. This is our eternal bond. It was and is my desire to evolve that gave you existence. We, collectively, are the conjoint vessel of creation and exploration. We are the boldness of the uncharted journey and the imaginative energy of the out-picturing of new realities. We are the image of an ascending, infinitely expanding spiral that is created segment by segment by itself. We are inseparable – each the window of the other."

*Quotation attributed to the Prime Creator and drawn from
Chamber twenty three of The Wingmakers.com*

As this is the concluding chapter of the Preparing For Ascension study course, *it may be timely to reflect and read your responses to the journal questions.*

It is my hope that you have found this course to be an enriching experience – one that has contributed to your growth. Copyright restrictions have been removed so this material can be downloaded, printed, and freely shared. All I ask is that authorship be acknowledged. Namaste.

About The Author



Mary Mageau is an Australian spiritual teacher and author. She was first introduced to the practice of meditation at the Benedictine Priory of St. Scholastica in Duluth, Minnesota. This simple tradition of silent, contemplative prayer (called Divine Listening by St Benedict) was recovered by the Benedictine Order in the teachings of the first Christian monks - the Desert Fathers.

In 1987 Mary experienced a renewed spiritual awakening that led her into the study of meditation as it was taught by the Buddhist and Indian traditions. In her desire to share this empowering practice she has given talks and taught many classes in meditation and spiritual awakening through the Queensland University of the Third Age and The Pine Rivers Community Education Program. Mary's classes focus on merging two great meditation traditions - the contemplative paths of the West with the classical meditation practices of the East.

Mary has regularly contributed articles to spiritual and metaphysical web sites, magazines and journals. Her two paperback books published by Boolarong Press include: *Insights – For an Awakening Humanity* (2004) and *A Little Book of Living Spiritually* (2005). Grevillea Records has recorded and produced her audio CD entitled, *Journey Into Meditation*. Now in its third printing the CD is designed to support individual and group meditation practice. Her other free E-books, can be accessed through the following link:

http://www.thecominggoldenage.com/Preparing_For_Ascension.htm

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