

A hand holding a glowing blue heart with a white cloud pattern, set against a background of a colorful aurora and clouds.

I AM god

10 steps to heaven

Aurora Ray

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Foreword

Herein is my great work.

I AM a being that from heaven to earth came down.

I AM now here on a great mission to heal this world.

I AM an angelic messenger bearing a clear message that will set every man and woman free if they hear my words.

Whatever it is you may desire be it abundance, health, love, peace, joy or freedom the teachings I present to you here is the way you can attain these.

If you want to be rich you will be. If you want to be literally younger, more beautiful and totally healed emotionally, mentally and or physically you will be. Even if you are restrained behind a block wall, the key to freedom is now given to you.

This book contains the highest teachings known and is presented in a way that is simple and easy to understand although the information in this book comes from beyond this world.

Now receive my message and you will see a heaven that you can finally walk into.

Goddess-speed to You,

Aurora Ray

Lyran-Pleiadian Ambassador of The Galactic Federation for the Family of Light

CHAPTER 1.
THE ASCENSION OF GAIA



*"Watch your thoughts, they become your words;
Watch your words, they become actions;
Watch your actions, they become habits;
Watch your habits, they become character;
Watch your character, it becomes your destiny."
~Lao Tzu*

You are the creator God of Your reality.

You are a multidimensional being, a sovereign inhabitant of a multidimensional universe (multiverse).

Multidimensionality means that there are endless many Yous existing simultaneously in endless many different dimensions of varying vibrational frequencies. Each of these dimensions have a higher vibrational frequency level than the 3rd dimensional reality here on planet earth, which is the lowest and densest of all dimensions (except the stones and minerals of the 1st and animal kingdom of the 2nd dimension).

In addition to your multidimensional existence in higher realms, you simultaneously incarnate into the physical realm of planet earth, Gaia.

In a universe which is created under the construct of light, all higher vibratory dimensional realms are of less physical density than planet earth and consequently the other Yous are not visible for your low vibrational, dense human eye to see and unconscious as you are, you remain unaware of their existence.

Everything is energy. We are energetic electro-magnetic beings. We each vibrate on a certain individual frequency. Everything vibrates on an individual frequency. This planet and its sentient life match the vibratory level of the 3rd dimensional reality.

Different vibrational frequencies belong to their own dimension and therefor their own reality.

Time is not linear. With the ending of time in the Mayan calendar the ending of time in a linear manner was prophesized.

Your spirit and every single cell of your body has always been multidimensional, only your conscious awareness is trained to live in the limitations and restrictions of the 3rd dimensional power struggle matrix system, which is merely an illusion created by the human ego mind. The human ego mind was created to restrict and limit in order to abuse the human race through the lack of truth (light data) and conscious awareness (love).

In this time our spiritual awareness is being activated. We are witnessing a global awakening and once we accept the concept of multi dimensionality we start to grow in consciousness.

The planet earth is a 3rd dimensional conscious awareness reality. In order to save herself from destruction the earth must ascend up to the 5th dimensional conscious awareness reality. The 5th dimensional reality has the conscious awareness of what we know of as heaven on earth.

At this time the earth has shifted herself from the 3rd dimensional conscious awareness into the 4th dimensional conscious awareness.

The 3rd dimensional reality is a physically manifested illusion of EGO duality. A loveless and monetary power struggle matrix system which we all know too well. Modern slavery controlled by an ill willed elite of illuminated E.T. beings in a human body (=the reptilians or cabal also called 'The Illuminati'). Humanity is being enslaved and abused through the simple weaknesses of human EGO like greed, jealousy and fear by this cabalic system that has reached the end of its dictatorship. Now that we've entered the 4th dimension a heightened conscious awareness occurs. An awakening.

In the 4th dimension we have shifted higher in vibrational frequency (dimension) and many are now experiencing a spiritual evolution that goes hand in hand with great psychic abilities.

We are beginning to learn that our thoughts and emotions manifest themselves into our reality and now that we entered the 4th dimensional reality, manifestations of thoughts aligned emotions happen at a more rapid speed than they did before in the 3D matrix system. Dreams become more vivid and lucid, we become clairvoyant or clairaudient, we see things and hear things from higher dimensions, some even astral travel and have amazing experiences.

The 4th dimension is indeed the astral plane. I prefer to call it the dimension of illusion because although you start developing strong psychic abilities that allow you to even astrally travel and tap into other realms, 4D is still merely a reflection of the illusionary 3D matrix and your own unhealed ego emotions.

All of our unhealed and unattended fears, worries, anger or any other negative low vibrational ego thought or emotion will immediately manifest in the astral realm of 4D. Some experience literal hell. They imagine they see hell which does not even exist. They see and fight with demons and all kinds of evil creatures that do not exist either and are merely the product of their fearful human ego mind.

In 4D these ego fears of 3D are immediately reflected back at us and the manifestation happens so quickly and vivid you will be convinced of any illusion to be real.

I have spoken to people who thought they were being haunted by demons within and without meditation. The point is that there is no evil neither is there a devil. There is a negative E.T. race but even they are not evil. Demons do not exist. They are only in peoples imagination because of not having cleared themselves of lower ego vibrations. There is still some unhealed past hurt, fear, anger, greed, jealousy or any other lower vibrational emotion caused by a traumatic experience which has also been created by the duality of their fearful human ego mind. Meaning we must first heal our wounds, clean and clear our past calamities, forgive to forget everyone including ourselves before we can pass through the 4th dimension to ascend safely in pure love, to have only beautiful experiences of truth, love, bliss, peace, oneness and joy.

EGO = mind-lie = creator of low emotional illusions like fear = duality

As we start to meditate and open our 3rd eye we tap into different dimensions but as long as there is the slightest low vibrational ego emotion, belief or thought such as fear, anger, jealousy, greed, arrogance, etc. left in your being all your experiences might not be pleasurable and might not even be of truth. You might be imagining it all. It is a matter of frequency, as long as you don't vibrate high enough in frequency you are not able to tune into the right frequency of the higher realms. Without having cleared yourself from 3D matrix emotions and thoughts through quieting your mind, you will not ascend high enough in frequency to traverse the 4th dimension which is necessary to get to the 5th dimension and you might even get lost or stuck in the illusion manifestation of the astral plane in the 4th dimension which most are surpassing at this time on earth.

If you are already psychic then most of what you will see or hear or experience in 4D is only an illusion created by the human ego mind. You might see yourself as some powerful historical being or even think you are an archangel and receive important messages. Some imagine to be dragon riders, shape shifters, ascended masters, archangels... Most of this is not true. You do start seeing and hearing things but 4D reflects your own thoughts, emotions and beliefs back at you. It's mostly an illusion.

In order to be able to receive information of truth coming from higher realms we must be able to tune into and match a high vibrational frequency of the higher 4D realm and there are only very few beings on this planet that have already ascended high enough to

be able to make such a connection through matching that frequency.

Another wild theory is the false belief that a great spirit would split and incarnate into numerous different beings in the physical realm on earth. There is absolutely no such thing. There is always only one and the same soul that incarnates into only one human body at a time usually countless many times.

After the same principle of incarnation there is one forgotten but most significant creator Goddess and she incarnated over and over to planet earth. She is Sophia, the mother of the universe. The Goddess Sophia created our planet but she also incarnated on it and lived amongst its inhabitants. Whether as Goddess, Queen or preacher woman, always guiding humanity as a teacher who came to teach about love.

This awakening process is about learning and ultimately understanding the truth and achieving oneness through becoming consciously aware, aware of the Goddess!

It is about achieving balance of our inner twin flame of male and female polarity.

The yin and yang.

It is time for us to learn and accept our Divine Godly Higher Self as the one truth in this existentially important process of ascending into the 5th dimension, it is also utmost necessary for us to humble our mind and humble our heart. If we can't keep our humility, respect and reverence we will be blinded by our own light and we will lose our way if we don't recognize the huge traps which are already set by the low vibrational, fearful human ego mind and its never ending mind chatter.

The truth is we are all Gods and we have the ability to evolve and become a creator God ourselves. Each of us is a star in the universe and each of these stars has their own universe attached to it which is awaiting its creation, but for that we must ascend and become like God... again.

A God will not accept oppression, limitation or any kind of restriction.

A God is humble but strong, peaceful and wise. A God is innocent and pure but aware; consciously aware.

Illuminated by the only one truth that everything IS ONE, dwelling in a place of blissful oneness in deep unconditional love for all of existence.

God IS Love. Love IS You. Become pure. Become Love. Become God.

Learn to love yourself unconditionally and truly this way you dwell in the center of love which is no other but source itself. Then the love for yourself morphs magically into the self-less pure, unconditional love for all of oneness.

To be able to see past the veil of the created illusion of the 3rd dimensional matrix duality which is directly mirrored in the 4th dimension that we are traversing now, we must raise our vibrational frequency high enough to match the frequency of higher 4D. This is the gate to the 5th dimensional increased conscious awareness reality.

The 5th dimension is what we know of as heaven on earth. The place where angels reside. Where only love, beauty, harmony, peace, happiness, bliss, abundance and joy exists.

"Everything is energy and that's all there is to it.

Match the frequency of the reality you want and

You cannot help but get that reality.

It can be no other way.

This is not philosophy. This is physics."

~Einstein

While we ourselves are ascending in vibrational frequency we are also helping our planet during its inevitable ascension process which is primarily caused by the low vibrational, loveless life system of humanity.

While we heal ourselves we heal the earth. Through healing yourself you raise in vibration, so all you have to do is raise your own vibrational frequency to raise the vibrational frequency on our earth star Gaia through forgiving yourself, freeing yourself and ultimately loving yourself abundantly and unconditionally. That's all there is to it.

Raising our vibrational frequency to match 5D is like a ladder that we have to climb, step by step.

On the steps of this ladder we have to

- [Master our body,
- [Master our spirit,
- [Master our heart &
- [Master our mind.

This is the stairway to heaven.

All this mastering we achieve through *love*. Starting with unconditional self-love.

Love is the key to heaven.

And it is not merely love that is required but more specifically the unconditional love for thyself.

Loving yourself unconditionally is the secret master key that opens the gates of heaven.

This is the ultimate key to ascension.

Light = Information = Wisdom = Truth

(Light-data)

It is love that raises our vibrational frequency high enough to ascend higher and higher. But I am talking about a higher level of love. A higher level than you can even imagine at this moment. In order to be able to open our heart entirely to true, unconditional love which is the power of source energy, we must first become fully enlightened. Light enlightens us and light is information, light data.

In order to become enlightened we must receive information of truth (source knowledge/wisdom/light data) to understand and learn. It is only through light information about the truth about who we are, where we come from and how powerful we really are that brings understanding which enlightens us. This light literally will be stored in every cell of the being as it expands our conscious awareness more and more. After this light data comes into our being an understanding and accepting occurs which will start a heart opening process and as the heart bit by bit opens up to its full potential we cultivate and raise the intense state of unconditional love in our entire being.

We incarnate into planet earth and suffer from amnesia not remembering our origin, our purpose and the ultimate truth that all IS ONE.

Humanity is like a broken cup. After incarnating to earth we are like ONE cup which is broken to billions of pieces, each individually different. Each beautiful in our perfection and uniqueness. None is better than the other and none is more important because every single piece is required to form ONE whole cup again. Singularity.

The human ego likes to separate and so duality occurs. The ego seduces us to think we are separate because we might look, think or live different from each other. Ego likes to make us think we are 'better', 'worse' or continuously tries to classify us into losers or winners.

Trapping us into painful competition and games. Jealousy, greed and endless other ego emotions are the reason we hurt each other and ourselves since we have forgotten that we all come from a place where we are all ONE. We are all brothers and sisters and the only reality is love and oneness.

We are sovereign inhabitants of a universe which is of the construct of love and light data. We are all Gods.

There is only one truth and *Now Here* is the 'time' for humanity to awaken to the truth of their very existence.

Do you still want to know who YOU ARE?

Repeat after me: 'I AM God.'

This truth is light data and it is only light of truth that will bring full enlightenment to you that can open your heart to its full potential for unconditional love which is the key for ascension.

"Your purpose is to carry information and, by carrying it, you make the information accessible to others by frequency.

When we share a story with you, you end up carrying information. Information is light; light is information.

The more you become informed, the more you alter your frequency. You are electromagnetic creatures, and everything that you are, you broadcast to everyone else.

Just as you can recognize someone in fear, you can recognize someone in joy if you begin to learn how to use your body to tune into this kind of recognition.

Love is what you experience when you go beyond light.

You need light, which is information, to access this love."

~Bringers of the Dawn, Pleiadian Teachings by Barbara Marciniak

We are the generation that will love this world into a paradise in this age of the new dawn.

As you read the following the pages light will come into your being. The light information will prepare you for the stairway to heaven and from there I guide you to ascension in ten steps.

The ascension of humanity is an individual process and on this path everybody must work on themselves patiently and diligently to climb this mountain of revealing, healing, forgiving, freeing and loving themselves step by step.

You are welcome to join my group on Facebook and meet your family of light,

<https://www.facebook.com/groups/AURORA.RAY.GALACTIC.FEDERATION.AMBASSADOR/>

Are you ready for global ascension?

The new dawn is *NOW HERE*

CHAPTER 2.

I AM God



*I am lost in God
And God is found in me.*

~Rumi

What if I told you that there is no God?

At least not in the sense of one superior male, unlike any man made religion tried to teach us.

In fact, there is YOU.

You think that you are praying to that one God but in fact we are sovereign beings of the universe and we are all Gods ourselves with each our own universe to create! There is no God superior to another and therefor there is no God going to answer your prayers, no other than yourself because you are talking to YOURSELF! You are talking to your Higher Self, Your "I AM presence".

I AM and my present is to be *NOW HERE*.

Every soul is a star in this universe. Every star of this universe has its own universe. You are the creator God of your own universe. Consequently your entire life and therefor your destiny lies in your hands.

You have to ask all from YOURSELF.

Everyone has the ability to spiritually evolve high enough to become the creator God of an entire universe that is already assigned to each and every one of us. When we evolve so high that we begin to create our own universe we become the prime creator of that universe. This does not mean this prime creator God would have any authority over others, it simply means that this prime creator God is the most passionate creator of that universe. Passion is energy. Without passion you don't have energy and without energy you don't have anything. We are creator Gods. We must cultivate passion in ourselves to create.

According to this universal truth there is no authority above anyone. We are infinite and sovereign inhabitants of the universe.

In fact we are the E.T.'s from other star systems who incarnate over and over on planet earth, the physical realm with its own unique and attractive attributes, '*free will*' being one of it.

E.T. = ANGEL = YOU

Did you think the souls are stored in some kind of ware-house waiting to be incarnated on earth?

Extra-terrestrials are high evolved spiritual beings of unconditional love with beautiful

light-bodies who live in higher frequency realms in many different star systems throughout the multiverse. The E.T. inhabitants as well as many of the planetary star systems themselves are unable to be detected by the human eye merely because the physical human body, plus human ego mind, plus suffering from amnesia produces limitation and restriction. We have forgotten about our God power and we have grown fearful. We live in constant scarcity far from truth, afraid to move up and to evolve higher and so we vibrate on a frequency that is too low to tune into the conscious awareness of our Godly I AM presence. This low frequency makes it impossible to gain visibility of the other realities.

The many different planets in the universe vibrate in different vibrational frequencies. Different vibrational frequencies are assigned to different dimensions:

3rd dimension Gaia Earth

4th dimension Sun or Sol

5th dimension Pleiades

6th dimension Sirius

7th dimension Arcturus

8th dimension Orion

9th dimension Andromeda

10th dimension Lyra/Vega

11th dimension Lyra/Vega

12th dimension Lyra

Now Here during the ascension of our mother planet Gaia all souls on Earth are given the ability to ascend in dimensional frequency to shift into 5 D.

Every single soul is given the chance to break free from karma to escape the circle of incarnation through ascending into the 5th dimension.

Unconditional love rules in the 5th dimension. In a place of unconditional love karma can no longer exist and without karma the chain of incarnation is broken and we return to the root of our existence, LOVE. Unconditional love and the knowing that all IS ONE.

We can raise our vibrational frequency once we start overcoming the traps of the 3rd dimensional matrix system which is based on seducing the human race in order to abuse

it, rule over it and to ultimately distract us from the truth; the truth that we are all Gods.

There are four very important facts to consider:

1. Planet earth is the planet of free will. Within a free will zone you are the creator, meaning You are in charge of your reality;
2. Sovereignty rules. There is no being in the entire universe higher than yourself and therefor there is no authority above any of us! If there was any authority like a God higher than anyone else then there couldn't exist any free will;
3. Everything IS ONE. Ego likes to separate. **I AM another you**. We are reflections of another.
4. Everything is energy. Energy is love.

Once we accept our own multidimensional existence and understand the fact of the multiverse it becomes easy to understand that we ourselves are the E.T. that has been spoken of in disguise.

Believe it or not but many of you are now here because you wanted to be here. You have chosen your family and the life you have lived yourself. You decided yourself about the path you would walk. You decided that making certain dramatic experiences would be important for you:

- ┌ For your personal spiritual expansion, growth and evolvment;
- ┌ In order to wake up at the right time;
- ┌ To achieve the goals you have set for yourself within this incarnation.

Now here we are all assigned to the same mission. The ascension of Gaia with humanity. **We all are extra terrestrials.** We are the family of light. NOW HERE we have shifted in frequency and so we are awakening and remembering.

When we decided to incarnate in the physical realm at this time of the golden dawn we believed in ourselves.

We knew we would be strong enough to awake at the right time. We knew we would remember our mission against all odds and obstacles that free will could cause after all.

Within this free will zone your thoughts and feelings create your reality.

Whether you can get something that you desire is entirely up to yourself. Do you think you can? If the answer is yes, then you can, if the answer is no, then you won't.

Whether you think you can or not, you are usually right.

Everything is energy and the root of the energy to the creation of our individual life and reality is in our thoughts. The energy which we start to set in motion through our thoughts is love. ***Creation is the result of aligning thoughts with love.*** When all you think is love and all you feel is love, which is the quintessence of energy then love is what will manifest in your life and love will be forming your reality.

To imagine the reality you desire is like a radio station where you must match the right frequency before you can hear its music. You must imagine with all your mind and believe with all your heart. Visualize your desired reality in every possible detail even build in senses like smell, touch or taste into your visualization which you should keep daydreaming about. To align your thoughts with love means to feel the happiness and joy of your visualized favorite reality as if it is ***now here***. Now Here, the only place where we exist. According to multidimensional universal law of time and space our only possible reality is now here. We exist now here, not tomorrow and not yesterday. You cannot wish to have something in the future because to the universe which is going to fulfill your wish, the future is not existing!

When you start to feel the happiness, joy, excitement and love for all of wishes as if you already have them fulfilled then whatever dreams you can imagine will manifest in your reality.

Feel it; give thanks to the universe; send blessings; be happy and feel the joy. It works the same way with your fears, **choose your thoughts wisely** for you are who you think you are and you get back what you send out. What goes around comes around.

Now you know your reality is all up to yourself and there is no God going to answer your endless prayers, but yourself. Your Higher Godly Self.

Your I AM presence which you find once you have reached the only right time and the only right place: NOW HERE. Do not fear tomorrow and do not dwell in yesterday, be now here and be love. Welcome home.

Instead of praying to a fictive superior God who wasn't really helpful so far, you can call upon your angelic E.T. brothers and sisters who are in fact like the angels we know of. The angels are assisting and helping with strong love upon request to those who come from a place of love to them but you have to tell them exactly what it is that you desire.

It is the planet of free will and no angelic being can ever interfere or break the law of free will to do anything for you as long as you do not say precisely what kind of help it is that you desire; and it is not your concern how the angels or the universe could do what you ask for, just have faith that it will be done. In return for their assistance bless the angels and the universe and send them your love.

Next to the angels there are archangels and many other beings who were created by Father and Mother God. And in the beginning they made the ancient Gods of Lyra, the primordial Gods, The keepers of time, the Great Aeons of the pleroma. These are the most powerful androgynous beings, direct emanations of the divine. The pleroma is the source of our universe and is located in the core of the Milky Way. The pleroma is also known as the 12th dimensional planet Lyra.

Aeons are paired and have consorts, these couples balance the energy of the entire universe from the pleroma and to create life forms energetically, as emanations from themselves through their tantric love-making. The Aeon energy of sacred sexual activity of unconditional love is the most powerful energetic force of all of creation.

Within this core of christ consciousness there was the eldest of these androgynes Aeons whose male name is Saviour and whose female name is Sophia, the wisdom Goddess and she became the mother of the universe, the mother of the angels and she created all sentient life on planet earth.

After Sophia had created the flora and the fauna on planet earth a negative E.T. form named the archonic race (also known as the reptilian race) had found a way to trap her in the density of low 3 dimensional earth and unable to return to the pleroma they forced her to become the mother of their creation of the human race, in the body of Lilith who was the first wife of Adam. Keeping the lyran's divine Queen Sophia captive the archonic race forced the lyran Gods to give them their DNA to create Adam and Lilith. The archons wanted the creation of humanity to rule over and dominate them.

And so Adam did not know of the divine Aeons nor of the pleroma and as an archonic creation of the first male human man, he thought himself superior to the female and wanted to dominate Lilith, the first physical incarnation of the great Aeon Sophia who is a direct emanation of the divine and so a being of christ consciousness who knew that in order to reach gnosis which is christ consciousness and therefor God power, we must find balance of male and female polarity in absolute unconditional love for both.

Soon Adam asked the Demiurge, the king of the archons for a new wife and so Eve was made out of his own rib to prevent her from ever thinking herself equal to the male like Lilith did.

Lilith moved on but she felt compassionate with the creation of the human race and so she made Eve eat from the tree of life and gifted her this way with the divine spark of christ consciousness which is placed in the human body at the base of our spine as the kundalini, waiting to be awakened and activated. Our connection back to source.

The archon king Demiurge, a being without christ consciousness who hated the female and thought the male superior to the female, was deceived by the lyrans by giving the parasitic archonic race a manipulated version of their DNA for the creation of humanity, simply to prevent their own destruction through the archonic race who might have become too powerful now that they held the high evolved and powerful lyran DNA codes.

But after Lilith had gifted Eve with the divine spark of christ consciousness which had awoken the unconscious and 'sleeping' Eve, the Demiurge decided to attack planet Lyra to gain power over the core planet of our universe and to destroy all lyrans.

There was a war between lyrans and archons and all life on planet Lyra was destroyed but the high council of Lyra and a few hundred inhabitants were saved and so they shifted in dimension and became the inhabitants of the planetary constellation of the Pleiades in the 5th dimension. 5D Pleiades (planet Erra) is a denser version of 12D Lyra and a higher version of planet earth, Terra.

Since it was the lyran DNA that was used to create the human race, the lyrans are the most human looking like of all Star beings and also because the human race has the DNA of the lyrans, the constellation of the Pleiades Star-system was chosen as the appropriate interface dimension for these higher dimensional lyran beings to interface with the low vibrational dimensions on 3D earth.

Other great beings started to incarnate to planet earth to assist Sophia and as the lyrans knew this experiment of a loveless 3D matrix system of divided male and female energies within a universe created of love, where unconditional love between male and female is the balance of ALL, would destroy itself one day, so they made a divine plan about the correction of Gaia, the ascension of Gaia in the golden age of the new dawn which is *Now Here*.

In the meanwhile the planet had to be protected from being completely taken over by the archonic race. In female wisdom, compassion and unconditional love, so far from her home in the pleroma the creator Goddess Sophia embodied the earth and she became the living planet Gaia. Our Mother Gaia, the Goddess of the Earth.

Most of the Gods and Goddesses or great kings and queens that were known throughout human history are different incarnations of the Aeons, the primordial Gods.

Sophia and the other Aeons emanated from father and mother God who themselves emanated from the source of ALL there is which is the energy of unconditional love. Everything within the universe was created out of the energy of unconditional love, therefore *unconditional love is the ultimate, fundamental and only truth of all of existence.*

God IS Love. I AM God. I AM Love.

Indeed Sophia is the prime creator of our planet Earth but that does not make her an authority to stand above anyone else. There is no authority in any of the universes to stand above any other being. We are ONE. Some might be of a different octave but yet we are all the same.

We 're from the same One source and we are all connected to one another. We are sovereign inhabitants of the universe. We are angelic spirits of love and light (light-data=information), currently having a physical experience on planet Earth, Gaia.

We are immortal and divine Godly angelic beings of love and light incarnated on this beautiful planet with amnesia.

Every one of us was assigned to their own star in this universe when the soul was birthed. Every star has its own universe, therefor everyone is the God of their own universe awaiting its creation.

God is no other than you, your "I AM presence".

I AM God and my present is to BE NOW HERE.

Jesus was asked :

"Are you claiming to be the son of God?"

Jesus answered: "I AM."

They then asked him a stronger question:

"Are you trying to say you are equal with God?",

He said: "I AM."

People picked up stones to throw at him in great anger because of their ignorance and they drew closer to him and they asked:

"Are you trying to tell us that you are God?"

The master said with blazing boldness:

“Before your father Abraham was, I AM.”

These words were too much for the people of ignorance and they started to throw stones at him.

There is not your truth or my truth there is only ONE Truth and this truth will set you free forever.

The truth is WE ARE ALL Gods and we are ONE.

We are all emanations of source energy. We are a part of God and we ARE ALL God. God made man like 'himself'.

Yes, SHE made us all Gods. SHE gave us the gift of kundalini.

Once we learn how to awaken this powerful, female christ consciousness energy we connect to our spiritual body and so we connect back to source energy. When we find our true origin and therefor our way home, we start to understand how everything is connected to one another we see that all thoughts of duality are a creation of our 3D ego emotion thoughts. The truth is we all come from ONE source, we are brothers and sisters and energetically we all belong to each other as one, while we still keep our individuality in a perfect and unique way.

All thoughts of duality are created by the human ego to cause separation. Separated from each other we lose our connection to source and without that we are distracted in ever lasting search to become whole and happy but without knowing why or how.

Everything is ONE, when everything is one then everything even the universe itself is a reflection of yourself, so anything you send out will be reflected back at you. Therefor ***think, do, speak and feel only good***. Act completely heart centered and do absolutely nothing wrong. We ARE ALL Gods and as Gods we do what we do best, we create. We create the universe we desire and this is our reality.

There are unlimited universes referred to as multi-verse. Each God-being has their own universe assigned to the star which we are. *Now here* we are all gathered inside this particular unique universe which is of the construct of light and we are having a shared

experience here. The reason we are now here is to work within this *free-will* universe to bring freedom and love back to planet earth and our lives through shifting in frequency.

During the physical part of the ascension process which occurs consequently through the spiritual consciousness expansion, we will store and hold light-data in the body which can lift up every being of this realm. The light our body is about to store is information of truth, *light data* and that is the information that **God IS ALL that IS and there is nothing that is not God.**

You have heard it said that ‘ye are Gods’? It is so.

This God sits in God’s Kingdom which is our physical body and so to find this God one must stop seeking externally and begin to examine the self in a deeper way.

Many do not know this yet but when you are done reading the following pages, you surely will know who YOU ARE and what YOU ARE doing.

CHAPTER 3.
SOPHIA, THE WISDOM GODDESS



*Woman is the radiance of God.
She is not a creature,
She is the creator.
~Rumi*

*"...when Mary had said this, she fell silent,
since it was to this point that the savior had spoken with her.*

*But Andrew answered and said to the brethren,
say what you wish to say about what she has said. I at least do not believe that the
savior said this. For certainly these teachings are strange ideas.*

Peter answered and spoke concerning these same things.

He questioned them about the savior:

*Did he really speak privately with a woman and not openly to us? Are we to turn about
and all listen to her? Did he prefer her to us?*

Then Mary wept and said to peter, my brother Peter, what do you think?

*Do you think that I have thought this up myself in my heart,
or that I am lying about the savior?*

Levi answered and said to peter,

*Peter you have always been hot tempered. Now I see you contending against the woman
like the adversaries.*

But if the savior made her worthy, who are you indeed to reject her?

*Surely the savior knows her very well. That is why he loved her more than us. Rather let
us be ashamed and put on the perfect man, and separate as he commanded us and
preach the gospel,*

not laying down any other rule or other law beyond what the savior said.

And when they heard this they began to go forth to proclaim and to preach."

~The Gospel of Mary Magdalene

(Gnostic Teachings)

In order to ascend you must cultivate unconditional love in your being and consequently ***to achieve that state of unconditional love first light information must come into your being and enlighten you with the information of truth.*** That's what light is the truth and the truth is wisdom.

Sophia is the feminine Goddess of Wisdom. SHE IS the Mother of the universe but she has been hidden, her story kept secret and her existence denied. By the same negative E.T. incarnations of the archonic race who are illuminated (Illuminati) simply because they know the truth of ALL, but this they withhold from humanity and instead they come up with a fictive and authoritarian male God who created karma and punishes sins with hell fire and therefor he shall be feared instead of being loved. A creation of living beings in fear is indeed very easily ruled over, abused, dominated and enslaved.

As long as we do not know who Sophia is, ***we don't know about the importance of feminine energy and so we do not know the truth about existence and without truth there is no enlightenment and without enlightenment there is no unconditional love and without unconditional love there is no ascension to freedom, abundance and even immortality.***

As long as we deny the hidden existence of the sacred and divine Goddess Sophia Gaia we deny the feminine wisdom and compassion and therefor our own existence.

For many thousand years the earth has been misguided by harsh male energy but only until now as the sacred female energy comes back into the forefront.

Since light is information, this light is also true wisdom. Sophia is the wisdom Goddess and so her light leads you into the truth about all things. Her wisdom came to King Solomon and many others and now here it is time for humanity to understand the significance and divinity of sacred female energy in our universe.

In all the great writings and teachings I have found nothing more powerful than the 'Pistis Sophia' or 'The Sophia of Jesus Christ'. Her son the Great Aeon Christos the Saviour (Jesus Christ) tells the truth about his mother, the divine Sophia, with his own words.

The Pistis Sophia:

Pistis Sophia is an important gnostic text discovered in 1773, possibly written between the 3rd and 4th century A.D. The remaining manuscript, which scholars place in the late 4th century, relates the gnostic teachings of the transfigured Jesus to the assembled disciples (and the 7 female followers including his mother Mary and his twin flame

Mary Magdalene), when the risen Christ had accomplished eleven years speaking with his disciples. In it, the complex structures and hierarchies of heaven familiar in gnostic teachings are revealed. The text proclaims that Jesus remained on earth after the resurrection for 11 years, and was able in this time to teach his disciples up to the first level of the mystery. It starts with the emanation of Sophia from father and mother God over to the emanation of Jesus the Christos Aeon and continues with an allegory paralleling the death and resurrection of Jesus, and describing the descent and ascent of the soul. After that it proceeds to describe important figures within the gnostic cosmology, and then finally lists 32 carnal desires to overcome before salvation is possible.

Jesus was a teacher who came to teach humanity about love and gnosticism (christ consciousness) which is the truth about divine unconditional love and oneness.

He came to teach how to activate the kundalini in order to ascend up to the 5th dimension through unconditional love. He taught about oneness and the balance of male and female polarities within ourselves. He came over 2.000 years ago to show us the way out of this rat race through achieving gnosticism. Gnosticism is to leave the material world created by the Demiurge behind and to become spiritual and spirituality means to love. Unconditional love is the key to heaven.

"When the two become one the kingdom of God will come." ~Jesus

Gnosticism

The female divinity of Gnosticism is Sophia, a being with many aspects and names. SHE of ten thousand names, is called the holy spirit itself and she is the universal mother, the mother of the living or resplendent mother, the power on high, as the luxurious one, the womb, the holy virgin Mary, the wife of the male, he revealer of perfect mysteries, the dove of the spirit, the heavenly mother, the wandering one, or Elena (that is, Selene, the moon Goddess), Athena, Isis, Ishtar. She was envisaged as the psyche of the world and the female aspect of Logos. She is the Shiva and the Shakti. The alpha and the omega.

Gnosticism is knowledge (***light-wisdom-truth***). Knowledge of the true identity of humanity, the creation of the universe and our place in the cosmic order. Gnosticism is the Teaching based on Gnosis, the knowledge of transcendence arrived at by way of interior, intuitive means (christ consciousness).

The Nag Hammadi library texts discovered in a jar 1945 in Egypt give great insight about the secret and real teachings and words of Jesus Christ whose arrival had been foreseen by the Gnostics hundreds of years before his incarnation as Jesus. The Gnostics themselves go back to before the religions we know of today. They learned everything from interaction with the divine feminine energy and they interacted with the Earth rather than worshipping it. The Gnostics called themselves Telestai. This comes from the word 'telos' which means aim, purpose or goal. A telestic is one who is aimed, one who has a sense of purpose and direction.

The Gnostics were beings with extraordinary telepathic abilities who travelled astrally seeing how the whole cosmos came into being, how Sophia, the eldest Aeon of the pleroma became the living planet Gaia and how the archonic reptilian race took over power over humanity.

Akashic Records

Edgar Cayce said the akashic records would be found under the lions paw of the great Sphinx. He was right, but since the akashic records are not physical energy data but etheric energy data they are not buried under the ground.

The lion is the symbol of Lyra, the lyrans are called the lion people and the Queen of Lyra is Sophia. It is feminine wisdom of christ consciousness which is stored as etheric energy in the 5th element, the ether as the akashic records. Sophia Gaia the mother of our earth is the also known as mother Akasha.

The akashic records literally record all the knowledge of every thing and every being in the universe and is accessible to high vibrational beings who can tune into the data base of the ether. The Mother Akasha energy is the living library the Pleiadians refer to that will be stored in the human body computer as we morph through the DNA upgrade into a crystalline light body.

Mother Gaia's wisdom is the Akasha. There is no other source of information. She is the source.

*"The body is a temple.
You are a projection of love.
Love the Earth, Love the air,
Love the water, Love the fire.
Love the part of self that is of the ethers."
~ Quan Yin*

CHAPTER 4.
THE RETURN OF THE ULTIMATE GODDESS



*I have come to drag you out of yourself
and
Take you in my heart.
I have come to bring out the beauty you never knew you had
and
Lift you like a prayer to the sky.
~Rumi*

Simon peter said to them,

"Make Mary leave us, for females don't deserve life."

Jesus said,

*"Look, I will guide her to make her male, so that she too may become a living spirit
resembling you males.*

For every female who makes herself male will enter the kingdom of heaven."

~The Gospel of Thomas

As within so without. As above so below. As inside so outside.

The sacred and divine feminine Goddess has been suppressed throughout the ages of human history. All man-made religions and their claims to hold the one truth with their fanaticism are twisted and manipulated versions of the truth. A fictive male authority, called the one God (who is in fact the Demiurge, the archon King) has been made up for one goal: restriction, limitation, oppression, domination and power over humanity while all feminine Goddess energy has been labeled as weak, false, manipulative, seductive or evil.

Without truth there is no light and without light there is no love.

Sophia, the great Aeon of the pleroma who in great love and even greater passion embodied the Earth to protect the planet from total control through a vampyric race, is called "the Fallen Goddess". A fallen Goddess who fell from grace.

A doubtable, seductive reputation was attached to Eve through eating the apple which was given to her by Sophia. which was in fact the gift of christ consciousness to all of humanity, our only way out of the density and drama of 3D.

Mary Magdalene was a spiritual teacher of the truth who taught side by side with Jesus Christ, her twin flame. She has been falsely labeled a prostitute by a constitution that feared to tell the truth about her and that she was the early female leader of christianity after Jesus' resurrection.

The cabal leaders of the corruptive power struggle matrix system of the 3rd dimensional reality have manipulated and withheld the truth from humanity.

With the goal of reigning over all, they needed to throw humanity off balance.

Every single spirit has male and female polarity and even Jesus said that in order for Mary to enter the kingdom of heaven he would guide her to make herself male.

Consequently in order to reach gnosis and ultimately to ascend we need to balance our male and female polarities. But to ascend means to become God and to become God means absolute sovereignty and power. Limitless and infinite.

The cabal hid, dishonored and denied the sacred feminine Goddess, disgraced all female love and life giving energy, including sacred sexuality, in which the ancient egyptians say the key of immortality lies, to a point where the general belief of sexuality has become completely distorted.

Without the balance and harmony of male and female polarity we are unable to fully reconnect to source and so we become miserable and controllable beings.

In a world where a fictive authoritarian male God has been made up to control humanity and the sacred, divine feminine Goddess of love has been completely hidden, forgotten, ignored, denied, suppressed and additionally labeled as seductive, fallen and evil, everything has been misled extremely out of balance and straight into destruction and this is the ultimate reason for the inevitable ascension of Gaia.

No matter of our gender we all have both polarities of male and female within us and we must bring these two energies back into balance through awakening and honoring the divine feminine Goddess within ourselves.

I told you that on the path to ascension first light must come into our being and then a heart opening process occurs which prepares the body to feel the entire potential of unconditional love. This **light is information of truth**. It is only the truth that can enlighten your being.

As you learn, understand and remember the truth about existence and the role and significance of the sacred Mother Goddess Sophia Gaia whose divine spark lives in each and every one of us, you become enlightened and as you become enlightened you will start to utmost honor, respect and love the sacred and divine feminine Goddess within yourself, regardless of your gender.

The Goddess Sophia is wisdom and wisdom is truth and truth is information and information of truth is light. It is the age of truth and with truth comes awareness. In this awareness we enlighten and in this enlightenment we find salvation.

The new dawn is the return of the ultimate Goddess.

It is the return of sacred and divine feminine wisdom to planet Earth.

Threatened by destruction caused by disharmony and misbalance through male domination this time now here is about the ascension of Gaia, the mother of the universe. Planet Earth is shifting in dimensional frequency with all its sentient life that is able to raise their vibrational frequency and expand their conscious awareness from the 3D matrix system up to 5D, the reality of heaven on earth.

While the Goddess energy has remained dormant the male energy has been over working but once we start awakening and remembering her through acknowledging her function, her importance and her creation, we start to honor, respect and love the female Goddess truthfully and unconditionally. Through this knowing we awaken the Goddess each within ourselves and bring her back into our consciousness and hearts. This is how we find balance of our feminine and masculine polarities to become whole in ourselves once again.

The key to ascension is love. Pure, unconditional love. The source of this love is the sacred, divine female Goddess energy.

You gain access to this Goddess power through loving her, nourishing her, respecting her and honoring her. She is the Goddess within yourself, regardless of your gender. Listen to her needs and wishes.

This is utmost important in these times where we have forgotten that our creation evolved out of the love of the female Mother Goddess Gaia. Sophia Gaia, who gave up her being as a Great Aeon and did not only embody the earth but also incarnated and lived on it to teach, to guide, to create and to love.

Always embodying the divine feminine Goddess principle over and over again.

Female is the life giving force. She is the creator. She is the love.

Male is the keeper of life. He is the saviour. He is the light.

Don't be afraid to let your feelings come through.

Let the divine female energy flow freely through your entire being. Leave all thoughts of judgement behind and open your heart to truth. Allow it.

Balance your polarities of male and female aspects to become whole once again, this is the real twin flame you must pay attention to. Everything is within as it is without. As inside so outside.

When the two become one the kingdom of God will come!

"You were each born with the knowledge of right and wrong, good and bad, light and dark and this has been instilled within you since the days of Adam and Eve. It is true that the woman is the bringer of wisdom for it is she who gave man wisdom of all things, etheric and mundane. The definitive thoughts of each human being are a collective consciousness and a thought which is building different dimensions of existence. Each mind is able to contribute to the newness of each aeon and it is you, humanity, who has within you a mechanism that manifests the savior into your world. For you are preprogrammed to send out a signal for help whenever humanity is under threat and the divine hears this signal frequency and begins to make it happen, begins to shift time in order to bring you the new aeon into your consciousness.

Many understand that salvation is needed for humanity, even if they don't collectively believe that it shall come in the form of a human being but I must confess and be clear as I teach you, that it is not just one human being but two human Gods, the male and female for they form the triangle with the creator and within this triangle they are able to heighten the vibrational frequencies of not only the planet but for all who live there, including animals and the earth and the plants and the trees; every single living cell.

From the earliest times those wishing to control humanity in the direction of their choice, humans stopped worshiping the creator but began worshiping what the almighty created; they began to worship man of flesh, not the man filled with the seed of the divine, and because of this he forfeited his ability to see with divine eyes and was blinded to the Christ and Sophia who lived within himself.

And so my brothers and sisters, for you are our brothers and sisters, for you are children of the Gods just as I am, I bring to you the logos that lives in me which I inherited from my father and my bride brings to you the wisdom which lives within her which she inherited from her mother.

Our words come not from above, but from within you, for these words already exist for they exist within you. We are simply mirroring your own truth and voicing that which you were born already knowing.

Why is the Goddess the divine plan?

She is because all life begins within her holy womb. All new ideas are planted and grow from there and so with what she births, the logos directs with wisdom and love.

My bride brings to you the feminine wisdom, she brings you serpent gnosis, for she opens your eyes through the egg of her womb as you re-enter the gateway to rebirth and the crucifixion of lies and the resurrection of truth.

You enter the cross when you enter truth of the male and female divine aspects on earth and see them as the cross, as equal. When you enter the cross you arrive at the middle and it is at the middle where there is balance. It is then, when you are at the middle of the crossing, that you experience true awakening and enlightenment.

It is not just me, the male God who speaks but also my bride, my Mariam; we speak as one collective voice for we are one and the same, she lives in me and I live in her and we live in you.

Those who taught false doctrines separated us and so they separated the cross. By separating the cross they divided us we are incomplete; and when we are incomplete, you are also incomplete.

For we represent man and woman on earth; we are the manifestation of the male and female beings on earth and to bring us back into your reality, the male and female must come together as one being within you consciously once again."

~The Gospel of Jesus Christ and Mary Magdalene

A Tantric legend:

The Gods and Goddesses lived together happily in a paradise of the Himalayas. They often argued about who was more important to the universe whether the Gods who were pure consciousness or the Goddesses who were full power energy. And they never could agree.

After a particularly tense and acrimonious discussion they made a drastic decision: they decided to go and live Gods and Goddesses apart and separated from another.

The Gods went to live in the foothills of a great mountain and engaged with zeal and dedication to practice their favorite exercise: meditate, meditate and meditate.

And the days passed, months and years and they, the great Gods were still meditating . But if you contemplated at some length you could see that they were becoming increasingly gray and that behind their closed eyes you could feel an infinite sadness, a bitter sneer hiding behind the non-expression of their mouths.

Meanwhile the Goddesses had retired to a beautiful palace on another mountain and while staying engaged with equal zeal and dedication to their favorite exercise:

they danced.

And so they spent days, months and years. But grayish complexion manifested on the Goddesses appearances, like sadness or bitter rictus.

But then the Gods overcame their pride and decided to go to the palace of the Goddesses to admit defeat and proclaim them the most important to the universe and their pride was in the way (we are Gods but we have ego to overcome too).

And then they met, talked and overcame the pain of loneliness and that deep humiliation their pride had caused them. They knelt in front of all the Goddesses and acknowledged that they, with their energy, were the most important. But to the surprise of the Gods the Goddesses came down from their thrones and also kneeling before the Gods said that without them, without their divine consciousness, energy and vitality women lacked a goal, or direction, everything would lack of sense.

And the legend ends by telling us that the Gods and Goddesses returned to live together happily in love, joy and gratitude in their beautiful palace in the Himalayas.

*"I regard not the outside and the words,
I regard the inside and the state of the heart."*

~ Rumi

2012 Venus transit

The Return of the Sacred Divine Feminine Energy to the Earth.

The earth was once guided in peace by sacred females and over time male dominance has near destroyed this realm.

In early 2012 the sacred feminine energy was fully ushered back onto the planet during the Venus transit. This was a spectacular celestial return of the sacred female energy to this realm.

This moment was the beginning of the restoration of paradise as this energy could come through to earth.

On a spiritual level Venus represents the sacred feminine, Sophia-Gaia, Mother Mary, the Holy Grail, the Golden Chalice and all that holds the feminine energy sacred.

On a mundane level she represents how we handle all situations connected to love. She is what motivates us to share ourselves with others as well as what motivates us to attain good things.

This transit was a great meaning for everyone. It offered a phenomenal opportunity for growth on both the mundane and spiritual realities of all.

Reach for that place inside you that will help you understand the energy of Venus and how to use this sacred and divine female energy to your highest and best good.

***"I come not to entertain you with worldly festivities
but to arouse your sleeping memory of immortality."***

~Paramahansa Yogananda



CHAPTER 5.
THE CHAKRAS & THE KUNDALINI



The chakra opening process during ascension

There are 7 main chakras (energy centers) within our 12 chakra system inside the body. These chakras are like spirals of energy, each one relating to the others, constituting the structure and form of the aura and ultimately our spiritual body (merkaba).

In the process of enlightenment we open our chakras one by one from bottom to top.

The 1st chakra is the kundalini, the root chakra. The tail bone area. The root chakra is the beacon of sexual energy and it is responsible for developing talent. It can magnetize energy for transformation and healing of the body through its interaction with the higher chakras. The root chakra is your earth star portal and therefore not only grounds you to the earth but also is significant in connecting you to the earth grid network (the akashic records).

When we operate only from this chakra we do not do much more than eat and sleep.

The 2nd chakra is the sacral chakra located in the genital area and it is responsible for developing creativity. Eating, sleeping, sexuality and procreation are the main focus of life when operating only from these two lower chakras.

When we move up to the 3rd chakra which is in the solar plexus area we have an increased intellectual awareness and we start developing intuitive skills.

An increased intellectual awareness searches for truth and so we move up to the 4th chakra, the heart.

The heart chakra opens through information of truth. With learning, understanding and ultimately knowing the truth our heart becomes wider. A deepened sense of compassion, oneness and connectedness occurs after light information enters your being.

When great love radiates from our being we move up to the 5th chakra, the throat.

We open the throat chakra through finally admitting to the light information we received and speaking this truth and ultimately letting go of our past traumas and dramas, restrictions and fears.

Truth is light and when we have reached this level of light storage in our body our spiritual enlightenment begins. Through enlightenment we understand the illusion of time and space in the limiting 3rd dimensional reality. We let go of restrictive human ego, we have muted the mind and have ascended into the 4th dimension.

We move higher to the 6th chakra, the 3rd eye.

When our body has stored enough light data a deep unconditional love for ALL there IS is felt constantly. This light and love frequency automatically shifts the body to a higher dimension and a so called 3rd eye opening process begins. There are countless other beings and other worlds existing in higher frequencies that are not visible to the density of physical human eyes simply because a human body does not store enough light and love to vibrate high enough to match these realms of other dimensions.

Through opening the 3rd eye which is located between the eyebrows but centered in the pineal gland we activate numerous psychic abilities. This is where we start to tele-path or astral travel and gain access to all kinds of other realms through learning how to tune into their frequency.

Now to move from the 6th chakra (3rd eye) to the 7th chakra (crown chakra) is the most difficult to cross. The crown chakra is the cosmic star portal through which we connect to other resonating star systems.

Between the 3rd eye and the crown chakra is a gap like a void.

The only thing that can ever make you pass this void that leads straight into the 5th dimension of heaven on earth is love.

The power of love. The great power of pure, unconditional love.

Like a crazy lover would be capable of doing anything when in love with their beloved.

At this point we have to be completely healed and free of any low vibrational restriction and limitations of 3D and even 4D and its challenges of reflected ego from the 3 dimensional reality.

- [When we have mastered the human ego mind;
- [Have disciplined our physical body in diet and exercise;
- [Have become enlightened through the only truth that is the sacred and divine feminine wisdom of source;
- [Have accepted our Higher God Self as the only truth, then we will open our hearts completely to the fullness of true unconditional love that is directly connected to source energy.

This heart opening process is all we have to do and in one day at one moment an ecstatic state of blissful oneness, peace and love will overcome you and never leave you again and this is when you have opened your 7th chakra which is the portal to the 5th

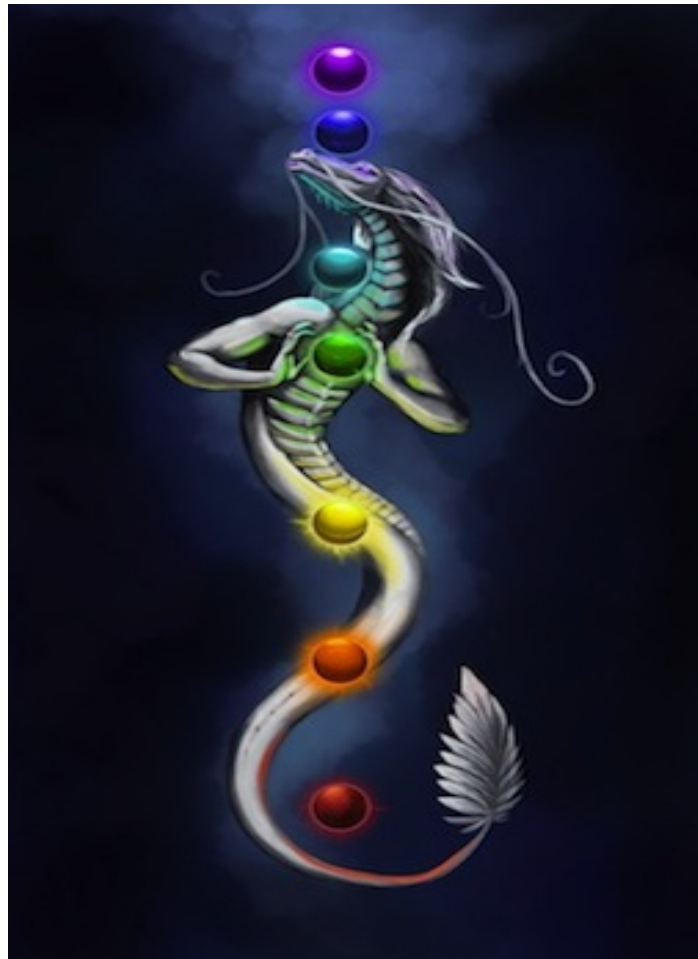
dimension. Welcome to heaven on earth.

There are 5 chakras located outside the body and the highest one extends outwardly to infinity. There are infinite more chakras but for now 12 is the magic number we want to discuss. When all 12 chakras are fully activated, the ascension of the body is complete. The whole process of ascension is a journey from light to love. Light information increases the chakra spin rate to a higher vibration until no lower emotions are left in the body. At that point, only love exists.

God is love and this is bliss.

The Kundalini

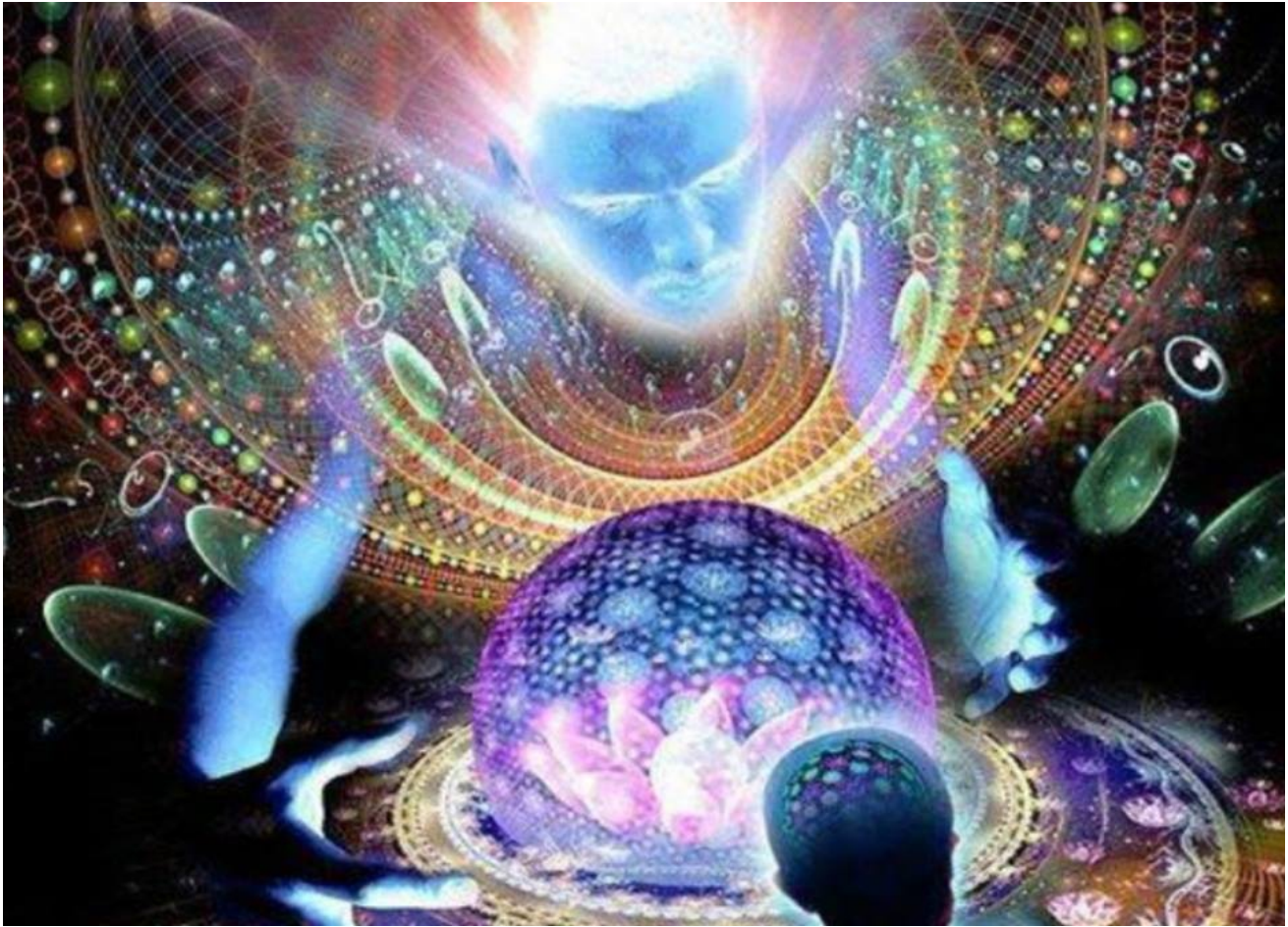
Kundalini is Sanskrit for snake or serpent power. It lies coiled like a serpent in the root chakra at the base of the spine. In Tantra Yoga kundalini is an aspect of the Shakti. Kundalini is indeed latent female energy.



As you raise your internal vibration the kundalini life force energy rises up your spine to the 12th chakra (crown) allowing full universal energy to flow through the entire body. When we successfully and safely arouse our kundalini we gain a great ally on our spiritual journey. That ally is an energy, a vitality, that smooth's the path, that makes the steep slopes easier to climb and that acts like a sword to cut through inertia and conditioning. In short, kundalini can change you quickly. It can advance your spiritual aspirations. Moreover, according to authors of some of the Tantras (ancient writings), aroused kundalini energy is essential in attaining complete liberation in this modern distracted age (called Kali Yoga, Kali=Shakti).

The Kundalini is the divine spark of female Christ consciousness that Lilith gave to Eve as a gift to the creation of her children, the human race. It is Sophia's sacred and divine feminine Goddess energy which flows through us that once we are awake and decide to activate this divine spark is our alignment with source energy.

CHAPTER 6. MEDITATION AND THE 3RD EYE



*"Who looks outside dreams,
Who looks within awakens"*

~Carl Jung

On a physical aspect meditating strengthens the connections between brain cells but one of the most important aspects of meditation is breathing, as our entire focus is to inhale and exhale. The difference between conscious and unconscious lies *now here*, in the present moment of the silent breath, the life giver and taker. Awareness of the breath brings awareness of now here where the I AM presence resides, which is the only possible reality where we exist.

Through meditation we make contact to the roots of our existence, tune into our inner world as well as into the frequency of higher spiritual realms, expand our conscious awareness, and have access to source information which is the living library of the akashic records. Once we experience this greatness we become enlightened and when we achieve enlightenment we die a death in the human ego. We see that we are all ONE and so we are reborn with unconditional love and the blissful sense of oneness. Of course the ego fears its death through meditation which is ultimately achieved once we expand our conscious awareness from ME to WE as we understand the concept of oneness and so it will do anything to keep you away from sitting down in solitude and silence. Your ego will come up with endless different reasons why you don't need to meditate and even when you finally do so, it will still interfere with its overwhelming never ending mind chatter.

When we become enlightened we shift in vibrational frequency but to become enlightened through meditation we have to sit quietly in silence, just watch our breath and stop thinking. It is there, *in the silence of our mind in between our breaths* where our "I AM presence", our Angelic, Godly Higher Self IS.

But as mentioned before our greatest challenge lies in muting the ego mind with its never ending mind chatter of sorrow from yesterday, fear of tomorrow and worry or jealousy or any other emotion of duality created and amplified by our ego to keep us from tuning into the frequency of the higher realms of conscious awareness, through distracting us from the now here. The only reality. The only place where we exist.

Instead of fighting against our ego we need to befriend it. The ego sits in our mind and our mind consists not solely of fearful ego, it also has many very useful abilities and even your ego only wants to be loved. Unfortunately it has learned to control us but now we must learn to control it.

Before you sit down in meditation tell your ego mind that all is well, say: "Dear ego, we are going to meditate now for only 20 minutes and I want you to be quiet during this time so I can recharge and afterwards I will give you a chocolate cookie as a reward for being silent and such a good friend to let me meditate a few minutes."

It is a trick that really works for many! Thoughts will still come to your mind but you shall not indulge in them but distantly observe them and let them pass. Instead of being the actor of a movie step a few steps behind and become the silent watcher of the film inside your head, created by your thoughts. Watch without judging these thoughts and let them pass by until it becomes quite.

Breathing will bring you back to the present moment, now here. Breathe in and out on the count of 4 and just relax. Listening to calming music during meditation is highly recommended. Sometimes we will sit for 30 minutes but yet unable to silence our mind, so to still our mind we need to focus on something, something very simple but essential for our survival, our breath.

It is here where all wisdom and mysteries of eternity and immortality are kept, in the silent breath.

I AM now here.

"Peter said to Mary,

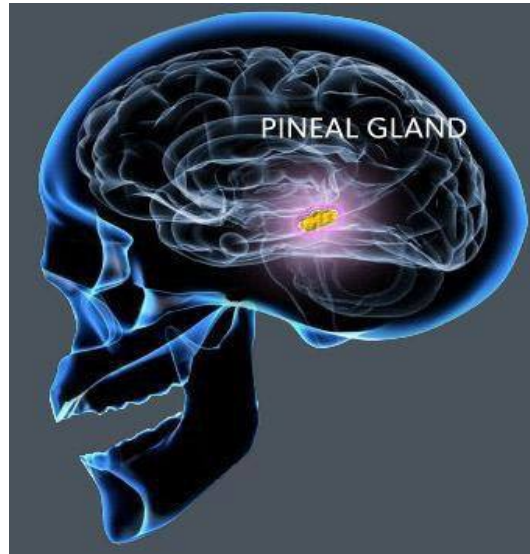
"Sister, we know that the Savior loved you more than the rest of women. Tell us the words of the Savior which you remember - which you know we do not, nor have we heard them."

Mary answered and said, "What is hidden from you I will proclaim to you." And she began to speak to them these words: "I," she said, "I saw the Lord in a vision and I said to him, 'Lord, I saw you today in a vision.' He answered and said to me, 'Blessed are you that you did not waver at the sight of me. For where the mind is, there is the treasure.' I said to him, 'Lord, how does he who sees the vision see it through the soul or through the spirit?' The Saviour answered and said,

'He does not see through the soul nor through the spirit, but the mind which is between the two - that is what sees the vision...!'"

~The Gospel of Mary Magdalene (Gnostic Teachings)

The Seat of the Soul / The 3rd Eye / The Pineal Gland



*"It is entirely possible that behind the perception of our senses,
worlds are hidden of which we are unaware."*

~Albert Einstein

The Third Eye is the 6th chakra located in the center of our forehead. The 3rd eye is our inner vision, intuition and as the seat of our 6th sense it is responsible for our spirituality and psychic abilities. The seat of our spiritual 3rd eye is located in the center of the cranium and is called the pineal gland also known as the seat of the soul.

Once we open the 3rd eye we can travel through different spiritual realms. With a raised level of vibration we can even use this gateway to travel into other dimensions via astral travel or astral projection through tuning into other frequencies. An opened 3rd eye enables us to have insight into worlds of different dimensions unseen and beyond human conceptions.

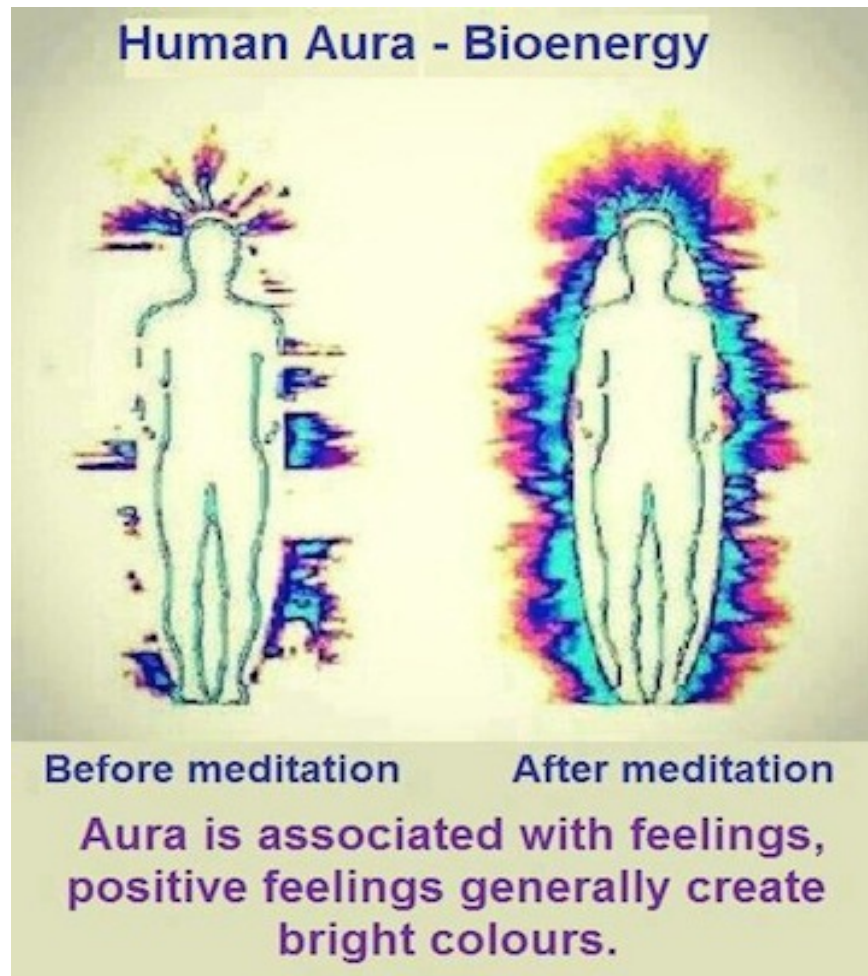
"Cannabis or Marijuana among other psychedelics facilitates the activation of the pineal gland and helps turn on the third eye or the mind's eye directing our spiritual evolution to wholeness."

~Rene Descartes



CHAPTER 7.

VARIOUS METHODS TO RAISE YOUR VIBRATIONAL FREQUENCY



*"Meditation is freedom from thought and a movement in the ecstasy of truth.
Meditation is explosion of intelligence."
~ Jiddu Krishnamurti*

I want to introduce to you the best methods of raising your vibrational frequency to its absolute fullest potential,

- [while you balance your male and female polarities,
- [open your 3rd eye,
- [awaken your kundalini and
- [and activate your DNA.

Sun gazing

The sun is pure light information and therefor has been declared as harmful.

Medical reports under strict observation by Nasa doctors showed that an Indian man survived 411 days without food, only with water and solar energy which he received through sun gazing.

Sun gazing is a method that heals all kinds of psychosomatic, mental and physical illnesses when practiced regularly. In fact it increases your psychosomatic, mental and physical strength and your happiness.

One time daily only during safe hours that are 2 hours after sunrise and 2 hours before sunset because the UV and IR rays exposure is minimal during this time,. You can start to sun gaze for 10 seconds and for every following day you can add slowly another 5-10 seconds. You have to use your common sense and do what feels right for you and you should stop adding time whenever you feel like it.

It is highly recommend to walk bare feet after sun gazing to be grounded and connected to the earth.

Through sun gazing we stimulate the pineal gland which is responsible for opening the 3rd eye.

Sunbathing is an alternative to sun gazing at a slower pace.

Music

"Music and rhythm find their way into the secret places of the soul." ~Plato

High vibrational harmonic music is the quickest way to change the vibration of the body and it connects one to the spiritual body instantaneously.

Feeling good is critical and music is the best way to shift in frequency. Dancing and singing go hand in hand with music and are main ways to raise ones vibration for ascension.

"Everything in the universe vibrates.

Every person in the world vibrates,

Vibration creates sound.

Every person in the world carries a sound within.

A very special and unique musical note resides within each of us.

*All we need to do is to bring our hearts together and
we will instantly hear the most beautiful melody, the earth melody."*

~Marco Missinato

Dance

When we listen to music and move our body freely to the rhythm we enter a different kind of meditative trance than through mediation. When we dance we abandon our ego and personal desires and instead we practice devotion, love and abundance.

Dance is a creating art that releases tensions from the body, which are trapped energies, through free, flowing and self-expressing movements.

Spiritualists of many cultures practice different dance rituals to commune with their spirit and to reach a state of ecstatic trance through its liberating feelings of joy.

Also laugh, be creative, play like a child again and most of all love yourself with all your heart mind and soul. When you do what makes you happy, you are vibrating high.

Light language

Light language is high vibrational communication and DNA coding that comes directly from the 5th and 6th dimension and the high council of The Galactic Federation.

Light language can be spoken or written. The spoken version is the same as the tongues mentioned in the bible.

The Pleiadian (Hebrew) alphabet is written in light language and also the persian alphabet has similarities to it. And it is also the symbols of the archangels. Solomon's lost key lists all of these symbols in great detail.

Light language is direct communication with angelic beings. As we listen to light language we are being triggered in remembrance our our universal origin. I recommend Dr. Judy Satori videos like 'The Song of Lyra' which is available on youtube.

Binaural beats

Binaural beats are a brainwave entrainment technology designed to put your brain into the same activity state as when you are meditating using traditional methods.

Traditional meditation can be very difficult because it's difficult to hold the mind's focus, so many people miss out on its benefits because of their never-ending mind chatter. Brainwave entrainment puts you in the meditative state easily and quickly. It gives anyone a chance to use meditation as a tool for personal growth, relaxation or spiritual practice. You don't need any special skills or practice to meditate using binaural beats, just a pair of headphones and an mp3 player.

Word of caution, do not do too much at one time because the body must get used to the changes that occur in the brain. The two hemispheres that usually never communicate start to operate as one and this can take some time getting used to.

Medical herb Marijuana

Marijuana opens up the pineal gland to the max and slowly shuts off the left-hemisphere (male-dominate) of the brain. When this happens it's easier to access the energy, feel it, talk to spirit guides, channel, telepathy, special thinking, deep awareness and

philosophical turning points of developing and seeing the universe for what it is, feeling the oneness of all, the connectedness, the love, etc.

Marijuana opens up the mind more and more, it gets you to start questioning everything around you and it makes you more susceptible to the energies around you. It awakens because it makes you vibrate higher.

There is also no better medicine for what ails the body than cannabis. It cures cancer, eases anxiety and depression and aids balances relieves any stress at once on every major body system.

Most drugs of the Pharm. industry are based on the healing benefits of cannabis.

"I am the slave of that perfect Moon.

Don't talk to me of suffering, I don't want to hear.

Talk about light, joy and sweetness and if you can't, keep silent!" ~ Rumi



CHAPTER 8.
DNA / LIGHT BODY / MERKABA



*In this world of love
We are the hidden treasure,
We are the owners of eternity.
~ Rumi*

DNA

Within human cells are light-encoded filaments, fine gossamer threads of energy that carry information.

When these gossamer threads are working together like a cable, the way fiber optics works, they form the Helix of our DNA.

Your DNA is evolving from two helixes to twelve helixes. These twelve helixes correspond to energy centers, or chakras, inside and outside of your body. Millions of you on the planet at this time have agreed to carry the frequency to accomplish this. Handfuls of you are becoming impeccable, and these handfuls are affecting the others. Soon you will begin to have great clarity as to who you are and what your assignment is.

These twelve spiral strands of DNA interact with one another in the body and outside of the body. The connection of the twelve strands means that the twelve energy or information centers can begin to function and send information back and forth to one another.

As more light-information comes into the body, the DNA is activated and the frequency of the body increases.

When all 12 strands of DNA are activated the organic body is morphed into a crystalline form called the light body. This new body is eternally indestructible and can be molded to appear as one desires. This light body will perform as a super computer and will store all the information in all universes.

The Light Body

The Light body is gradually created through the transmutation of our current physical body as it mutates and absorbs more light.

Again this is interconnected with the realignment of our energy fields to higher frequencies and higher octaves of light and the following information describes the actual physical process and common symptoms as this change occurs.

We are all evolving and absorbing light at our own pace. Some are consciously working with these changes and so their transmutation is quicker, some are unaware and are absorbing this light and change in direct relation to planetary change.

However, one can classify this creation into 12 levels:

1. First level -

When the body drops density it commonly displays mutational symptoms of flu, headaches, rashes, muscle and joint aches. Most flu epidemics are actually light epidemics.

Brain chemistry changes, right and left brain functions blend and the pituitary and pineal glands begin to open and change in size.

The DNA structure and chemical components begin to change and pick up extra hydrogen atoms and chemicals that the cells need to take undifferentiated higher light and break it down into useable light encodements for the DNA.

2. Second level -

The etheric blueprint floods with light and releases karmic experiences, individuals may feel disoriented as well as experience symptoms of flu.

Many begin to question "why am I here".

Light in the etheric blueprint releases 4th dimensional structure and causes spins in the geometries of the emotional, mental and spiritual bodies. Change is rapid and many feel tired.

3. Third level -

Physical senses become much stronger. Your bodies not only absorb light for its own change but also acts as a transducer, decoder of higher light energies to the planet as a whole.

The process of the in-breath is now irreversible, like an elastic band that has been stretched to maximum capacity, been let go of and will return to its natural state.

4. Fourth level -

Major changes are in the brain and its chemistry and electromagnetic energies. Symptoms are often headaches, blurry vision, loss of hearing and sometimes chest pains.

Crystal regulators in the etheric body keep lines of light within the 5th dimensional blueprint from connecting again until you are ready.

Chest pains are due to the expanding energies of the heart as it opens to deeper levels.

Vision and hearing are being realigned to function differently. The mental body begins to wonder if it really is in charge and you get strong unexplainable and undeniable urges to follow spirit without hesitation.

You may get lashes of telepathy, clairvoyance and nearly all begin to experience empathy. This is a time of feeling, of honoring and accepting and validating the emotional body and learning to control it.

5. Fifth level -

The mental body decides to tune to spirit, dreams change and may become more 'lucid', you get feelings of déjà vu. Thought processes become nonlinear. Being's oscillate between knowing and doubt.

We realize the habitual nature of thinking and behavior and look at de-programming and re-programming to create the "I" we wish to be, not the "I" we thought we were from our interaction with parents, peers and society etc.

Change seems to be constant and we consciously begin to discern from our heart rather than judge from 'conditioned responses'.

6. Sixth level -

We draw to us others for mutual support and stimulation of growth. We question what is real, our mental process and how we identify with others and ourselves changes rapidly.

Re-evaluation may be uncomfortable but we feel it must be done - we look at our relationships, jobs, home environment, living styles, it is a time of letting go, of moving on.

We change our friends, everything feels to be in a state of flux but we feel lighter, vaster, and freer somehow. By this stage the light quotient in our being is 33%. We feel as though we are opening up our inner senses and clairvoyance, clairaudience etc. Seem normal and natural to us.

7. Seventh level -

The heart chakra opens more, we become more 'real' with other emotions, and we just have to be ourselves. We release blocks and old patterns. It is a time of great emotional clearing and great intensity as we seek to rid ourselves of emotional baggage.

We feel more in tune with each moment, feeling very present and flowing with life.

Often old relationships end or change rapidly as beings dig deep and honor their feelings. There is simply no room for denial on any level. We begin to lose emotional attachment to others.

Chest pains (angina) are more common as the heart continues to open its energy fields.

Doing unified chakra meditation will assist in the heart opening.

Fear at this time is released as the energy fields of all the bodies are realigned through the heart and when aligned, fear drops away.

Pressure at the forehead or back or the head is due to the opening of the pituitary and pineal glands as they absorb more light, when these glands are fully open, activated and functioning at the highest level, aging and death cease.

When the pineal gland is fully open we experience multi-dimensionality yet duality seems to increase as we leave it behind.

Some days we feel connected and joyous, others we are in fear and caught up in survival issues.

Many wish to 'ascend' and leave the planet as we sense the very real possibility of ascension through our deepening connection with spirit.

As we learn to follow our joy, we may then want to 'save the planet' and have everyone follow their joy.

All are stages of progression and reflect our changing perception. Dietary wise, you feel to eat less, lighter, live food.

Many at this stage have ceased to eat meat, sugar or drink alcohol as they 'feel' the effects of these substances on the vibrational fields of the body.

8. Eighth level -

We see the master in all and purely wish to be of service. We leave the 'saving and rescuing' mode behind in favor of the desire to serve divine will.

The pineal and pituitary glands change shape, if headaches persist ask the beings who are working with you to simply 'tone it down' for they don't feel pain, or ask them to release endorphins, the brain's natural opiate.

The brain is being activated, particularly the cerebrum, the 'sleeping giant'. Cranial expansion is common; triangular 'seed crystals' in the brow and recorder crystals in the right side of the brain are activated along with the 8th, 9th and 10th chakras.

We begin to be hooked into the languages of light.

The pituitary and pineal glands are opened fully and work together to create the 'arc of the covenant', a rainbow light that arcs over the top of the head to the third eye that is a decoding mechanism for higher dimensional language.

You may find it hard to find words to express yourself as you may think in geometries and tones.

If confused do the unified chakra meditation (youtube) and ask for messages to be decoded and translated.

Again you become much more aware of the vastness and multi-dimensionality of your nature, that you can be anything that you want to be, you cease to operate from obligation and relationships become transpersonal. You share words from your heart and soul and others may feel disorientated when dealing with you as they no longer have 'hooks' into you to link with.

You operate from a deep level of serenity with heightened sensitivity and awareness yet feel grounded and transformed. By this stage, it is possible to be sustained purely by light and prana (breath), to take no nourishment from the atmospheric realms and to be healthily sustained by the etheric.

9. Ninth level -

Decoding geometries and toning is easier, spirit is using the languages of light which shift the 6th dimensional blueprint into a new template for your 5th dimensional Lightbody.

Your body may change shape as the energy fields shift. You feel interconnected to all being's everywhere and less connected to the opinions of others.

You release the desire and the energy to sustain the 'game of separation and limitation' and feel truly free.

The 9th level sees a mass descension of the Lightbody into physical form.

As with the 3rd and 6th, this level sees a strong re-evaluation as we begin the final surrender to spirit and we truly become the divine instrument.

Here spirit determines our income, our work, other being's in our lives, everything. This is the dissolution of the ego-self and while ecstatic, it can be most painful. Making the leap can be fearful even though we have evolved through eons of time to reach this

point.

We may go back and forth, clinging to old comfort zones before completely letting go. There is no turning back and all must be released.

9th level is surrender and then ecstasy. The letting go of the "I". We realize that while free will is real it is also an illusion as it is only there to guide us and to empower us to be one with spirit.

Survival fears leave. Though fears still may surface, they seem unreal and are easily put aside.

We tend to disconnect from consensus reality and our choices and reality seem unreal to others. From the 7th, 8th and 9th the inner light noticeably radiates out and by now you feel unbelievably grounded, connected, centered, filled with purpose and desiring only to serve.

For a while you may slip between the 8th & 9th, from feeling complete to a limited human being again, this settles down by the end of the 9th level.

You then continually feel connected and operate from your Christ level and your intention and motivation is always for the highest, although others, due to their own inner triggers and issues, may not always choose to see that.

The 9th is where we begin to tune in to your "I AM".

The last three levels unify all energy fields, all chakras are unified and you become totally connected to your "I AM".

10. Tenth level -

You are one with source consciousness and know all is possible. DNA is no longer 2 strand but 12 strand; teleportation, manifestation etc. are instantaneous.

The Merkaba (another name for our Lightbody) has been built and allows you to pass through space, time and dimensions complete in your totality.

It has its own consciousness to be directed by you.

11. Eleventh level -

All levels of the Lightbody have been constructed and activated and are connected to your physical body via spin points.

These light matrix's lie along the physical acupuncture meridians and are lines of light intersecting in beautiful geometries. A new 5th dimensional circulatory system of light.

Cellular regeneration has been accomplished.

Time is no longer linear but simultaneous. Past, present and future co-exist. All exist in parallels. Now Here.

There is no separation and you will fully manifest your vision of heaven on earth and express the ecstasy of spirit.

In this frame of conscious awareness many now access and create new types of light based technologies, new community living, new systems of government and equitable food and resource distribution systems.

All have received specialist training and skills to help create and manifest the new world, the Golden Age.

12. Twelfth level -

The continuation of the creation and implementation of the new world systems , hook up with other 12th level initiates who bring into existence new governments, new financial and educational systems, better system of food and resource allocation etc. As all will be redefined in the final stages of earth's ascension so that all may exist in joy, equality and harmony.

By this time the planet and her inhabitants will have been returned into light to shine in their full glory as the final stages of this divine plan unfolds.

The planet goes to light, shifts out of this dimension and is brought into a multi-star system where everyone is a Lightbody and follows spirit in total mastery.

To be able to live within the 5th and 6th dimensions, the pleiadians have developed highly evolved lightbodies. A Lightbody is similar to a carbon based human body, except it is made of a silicon like texture and its aura vibrates at a very high rate. We survive by eating very small amounts of food and absorbing high amounts of pranic energy (breath), which feeds us energy.

(Pleiadian Teachings)

The Merkaba

The merkaba is an electro-magnetic field sitting at about four degrees kelvin, found primarily within the microwave range - at least in the third dimension - that is entirely

geometric in nature. Specifically, the geometry used is called "sacred geometry," as this particular geometry is found in the creation patterns of all things in creation.

The merkaba sacred geometry (mer-ka-ba) field is extremely complex, involving the five platonic solids and other sacred polyhedrons. It is believed to extend through all possible dimensional and parallel universes, and can possibly change its nature from electro-magnetic to whatever is appropriate.

The blueprint of the mer-ka-ba is found throughout nature such as the shape of a galaxy.

One of the functions of the mer-ka-ba,, is to act as the vehicle to take the spirit and the body into the next world. However, this function and most of the other possibilities, is impossible to obtain until something changes within the person.

The mer-ka-ba is situated around the human body like a three-dimensional geometric web that is dormant and nonfunctional, waiting for the right moment. When the spirit that inhabits the body remembers that it is there and begins to change certain aspects of itself, i.e.. begins to ascend, an incredible transformation begins to grow.

The Merkabah can be turned on by certain principles in meditation. All other ways earlier described in this book that raise your vibrations will also activate your Merkaba. This involves breathing changes aswell as mind, heart, and body changes that alter the way a person perceives the reality. From my perspective, it is the beginning of enlightenment.

It can also become functional through methods that are purely female. Through the true living of qualities such as love, faith, trust, truth, and compassion, the mer-ka-ba can spontaneously become alive. In other words, very pure human character can translate into a living mer-ka-ba field around the person, even if that person doesn't initially know it is there.



INTRODUCTION TO THE TEN STEPS TO ASCENSION

I have given you the truth and so I have given you light data.

Now I present ten practical steps of ascension.

You are ready now to shift into the 5th dimension.

The new dawn is *now here*.

Within the following pages you will find the way to ascend.

I recommend that you master each step before moving on to the next one.

Let's begin.....

CHAPTER 9.
THE 1ST STEP TO ASCENSION:
THE GODLY DIET



*"Your defects are the ways that glory gets manifested.
Whoever sees clearly what's diseased in himself,
Begins to gallop on the way."*

~ Rumi

Cleanse your body and become its Master.

You are God. Your body is your temple.

To master your body is an important and strong step on your journey to absolute, unconditional self-love.

What we see with our eyes has immediate effect on our thoughts and as we know our thoughts create our reality. So when we see ourselves as beautiful in the mirror, we think about ourselves as beautiful and so we only create beauty in our life.

Love on your body. Have a massage, some beauty treatment, visit a hair stylist and get that cut or color you always liked to try. Make yourself as beautiful as you can, starting now with the right diet and exercise.

A healthy spirit lives in a healthy body and your body is the temple in which your divine soul dwells. It is the only house we have to live in.

The highest way of self love is to become vegan. Drink plenty of pure filtered water. Avoid toothpaste, tap water or any other product that might contain fluoride which calcifies your pineal gland, the seat of the 3rd eye.

You can do this step by step. You can become a vegetarian first and when you feel you are ready you become vegan.

For the ascension process we need to store as much light in our body as possible. To store light in our body we have to eat pure energy. Life.

Eat as many raw and fresh organic veggies, herbs, fruits, nuts and seeds as possible. Drink fresh juices and smoothies.

Bless your food and bless your water. Thank it for the gift of its life given to you.

Use pink Himalayan salt or sea salt. Use only extra virgin olive oil or coconut oil.

This diet will not only cleanse your body but it will also help you to raise your vibrational frequency to a higher level.

All life in all the universes is sovereign therefor all life is sacred.

When superiority is an ego illusion then we are not supposed to eat each other, including the animal kingdom. As long as humanity slaughters animals to eat them there won't be peace in the world or in our hearts. Everything is one, one is all there is.

Anything other than this truth is an illusion created by the human ego. When everything is one how unconditional and true can your love be, when you eat animals who are in real your brothers and sisters?

Your energy level will not raise higher than the frequency level of 4D as long as you continue to eat meat, chicken or fish who have the spirits from the same source as humans. Ultimately you will not ascend past 4D. Don't eat anymore animals and no more animal by-products.

Avoid sugar and honey (animal product). Also avoid bread and stay away from soy products.

Don't eat cooked, baked or fried food, nothing frozen and no processed food, fried foods calcify your pineal gland. Eat from the trees, the plants and the earth and try to minimize alcoholic drinks and caffeine.

Here is a guideline to go by:

Only put nutrients in the body and eliminate all toxins out of the body and this brings the body to a super-high vibration.

It is possible to attain a body vibration high enough to reverse aging and to even stop the body from dying.

In the now here ascension you will be the first collective of beings to ascend to the next highest dimension while in the body.

Exercise and stretch your body. I recommend Yoga.

No matter what age, gender or size yoga is easy to learn and it is taught in so many various ways that everyone can find their favorite class.

It heals, rejuvenates and keeps physically and mentally fit.

It opens all the chakras and activates the kundalini to allow the flow of energy through your entire being, while it teaches abundance and discipline. It balances, strengthens and calms the mind.

Spend a little time in nature on a regular daily basis. Walking bare feet for a few hours daily will keep you grounded and connected to Gaia.

We are permanently being charged with external energies from computers, phones, electronically devices, cars and even people. We must regularly discharge these energies in order to stay healthy, clean our auras and to ascend higher and higher.

We do this best through grounding ourselves into Gaia, our mother Goddess. In order to keep your head empty keep your feet muddy to discharge and recharge. Either plant your bare feet on the ground, sit or best even lay on the dirt, sand or water to discharge all which does not serve us. Throughout the day all kinds of energies attach to us but through the grounding method we discharge these into the earth as the earth recharges us simultaneously. I recommend this grounding exercise as a daily practice as it releases instantaneously any kind of mental stress and even heals from physical pain.

When you start to really feel your body you are awakening your senses and when you can feel your body you can heal it.

With a proper raw vegan diet and some exercise you can lose all your overweight you might have been struggling with for years and you will define your body while you raise your vibrations. You will look and feel more beautiful and younger day by day. Toxins will leave your body and your skin will become radiant. As every cell in your body starts to regenerate itself, you will see great amazing changes within few months that you cannot even imagine at this point.

This is the highest way of loving your body. Loving your body is the beginning of the journey to unconditional (self-)love.

It is very simple:

The healthier and fresher you eat the more light your body will be able to store.

The more light your body can store the more love can radiate from your being.

The more love can be stored and therefor radiate from your being the higher you will ascend.

Beauty vibration:

Each day take time to beautify and pamper the body. Do it each day even if you are by yourself. Love yourself so much that you like to look beautiful for yourself. You vibrate higher when you look good because it makes you feel good.

Adorn your body and love yourself the way you are, your perfection lies in your uniqueness.

Remember the broken cup. Everything is perfect and if it is not, change your thoughts and feeling about it then, watch the magic begin.

You know how to do it now and you have all the tools.

This is unconditional self-love.

*"True beauty is a ray that springs from the sacred depths of the soul and
illuminates the body,
just as life springs from the kernel of a stone and
gives color and scent to a flower."
~ Rumi*

CHAPTER 10.
THE 2ND STEP TO ASCENSION:
TRANSMUTE ALL LOWER VIBRATIONS



You have to keep breaking your heart until it opens.

~Rumi

The ascension has two main components:

1. Transmuting all lower vibrations
2. Raising the internal vibration

In order to go up you must go down first.

The angels ascend up and down this way until there is no more need to descend.

“Whoever ascends must also descend.”

~Jesus Christ, the saviour

Many beings carry low vibrational energy in the body for years. This low vibration is stored trauma from a highly charged emotional experience.

A great master knows how to work with energy. So how does one get rid of these old emotional pains that keep you from ascending?

First you must understand that all energy is living energy.

The ego goes to any length to keep the body safe and comfortable and it will do its best to keep you from feeling emotional pain. Yet the ironic thing about the ego is that it will let the body die before it lets you face yourself and feeling is critical to the ascension but who wants to feel emotional pain?

Here is the way to freedom:

Know that the emotion only wants to express itself. It is not different than a hurt child, it even most probably is coming from a traumatic experience you had as a child but the ego does this repression technique and will keep you busy, distracted or in fear of facing the emotion forever if it could.

I assure you that if you will take some time to sit quiet and allow the emotion to come up and even speak to it and ask it to come on full force. It cannot hurt you at all. There is only now here and that situation or person was sometime but is not now here and neither are you that other person involved that was there, you are now here.

Go inside yourself and talk about what happened that caused the emotion or trauma.

Now as the emotion rises take a step back from it and be the observer of it and watch it. See where it moves to in the body. There is always some physical disease or discomfort in this part of the body.

Notice that you are the watcher of this entity and it is not you. It is not your identity as you had thought for so long.

When you see the emotion that is causing you pain you look yourself in the eye and this is the light shining. Light transmutes darkness or low vibration.

Ask the feeling what it wants to say. After you feel it fully for a bit, great tears will come and this is the transmutation. Tears are stuck emotions and as it is water that stores information, this is information the body must dissolve. The energy will then leave the body forever and then love will rush in to fill the void.

It is critical that you forgive everyone involved and foremost including yourself. You have to or you cannot ascend. It is said that whoever wants to ascend must descend first. It is in our past where the gate to our future is. But according to universal law of time and space the only time that is real is now and the only place that is real is here. We do exist Now Here.

You are an immortal and divine being that exists now here.

How can you be now here when you are constantly mourning your past or worrying for the future?

You must clear and clean your past to heal yourself through forgiveness. Forgiving frees the forgiver and we always receive through giving first.

Look deep into yourself and finally dig out all that you kept buried inside you for far too long. Most of the times the roots of our traumas lie in our childhood. Whatever your personal drama, pain, calamity or trauma is you must find those roots and no matter how much it hurts, you must confront yourself with it.

Write a complete list and name all your calamities and dramas and pain.

No matter how long it takes.

List all people that ever hurt you, mistreated you or did you wrong in any way.

Start your sentences with: I forgive you for doing this or that... !

Or say: I forgive you for not doing this or that... !

Read this letter over and over again. If you must even a hundred times. Cry until there are no more tears left, release and let it all out. You are revealing and healing. Ego likes to ignore but love communicates. While you write and read you open all your blocks.

Fear is an illusion You ARE God. Detach from the illusion of singularity and understand that all is one and we are all brothers and sisters suffering from amnesia. Human ego fouls sometimes but God forgives. Truly forgive the person or situation with all your heart every time you read your list and send unconditional love to them. In the end of each reading forgive yourself too. Baby and pamper yourself a few days if necessary. Accept the truth that this was your individual evolutionary path to become you. All your calamities and dramas are what made you, You. This You! Now here, the only time and place where we exist.

Eventually over time we realize that we have chosen each other for lessons that we could not have learned any other way and that all the hardship with the other souls was planned by ourselves before we incarnated. The closer the relationships and greater the pain the more important the lesson we had to learn and the deeper our gratitude to the soul mates should be for accepting such an uncomfortable task.

It is essential that you forgive these souls for any trauma they caused you. It is critical for your own health as well as for your further ascension.

Also in terms of hierarchy of soul mates, you will never attract your high level soul mate until you have completely forgiven all junior and primary soul mates and last but not least yourself.

Everything is go(o)d. You made it and you did great.

While you keep reading your list over and over again the pain and the hurt will get less until you feel totally detached and finally healed from these wounds.

The acceptance of forgiveness will smooth and heal your wounds.

Now leave it behind. Don't identify with any of it ever again.

Kiss your past good-bye and let it go. Dust yourself off of it.

That person was you but is not you anymore because that person is not *now here*.

YOU ARE *now here*.

Accept the truth that the universe will take care of you if your love and trust is strong enough. Remember that what you send out in every now moment is what will be reflected back to you in another now moment.

Now here be happy. Now here be nothing but love.

Now here be the master of your own universe!

*"If you are depressed,
You are living in the past.
If you are anxious,
You are living in the future.
Only when you are living in the present will you live in peace."
~Lao Tzu*



CHAPTER 11.
THE 3RD STEP TO ASCENSION:
FIND YOURSELF



It's no good giving my heart and my soul because you already have these.

So I've brought you a mirror...

Look at Yourself and remember me. ~Rumi

To walk the path of loving yourself unconditionally,

You must first find Yourself.

Jesus said “know thyself.” He even said that if you do not, you cannot see the kingdom of heaven. Now you have travelled to your perception of a past you and faced your traumas and pain. You have looked deep within yourself and you have healed yourself. You are detached from the person you were in your past and now you want to change your reality and yourself to the possible version of your dreams and desires.

Many spend years and years focusing on everything external and not on what is most important, themselves; and if all beings told the truth they would say they desire abundance, love, peace, freedom, health, and joy!

Notice that these things are not so tangible? But what are these things that we truly seek? These are feelings or spiritual things. These things are simply the highest love vibrations.

The next question is, where are these things located if you want to find them?

You guessed it, **inside of You**, only.

They do not exist anywhere else, they cannot. Everything is one, therefore everything we perceive is a reflection of what is inside us. As long as we do not love ourselves and cultivate happiness inside ourselves we cannot find love or happiness or anything else anywhere outside if we do not find it inside first.

The point is that you must turn about from looking outward for divine things and place the focus and attention on yourself. Your divinely Godly You. Your 'I AM'.

Take time to examine everything about you from a place without thoughts of wrong doing or right doing, without judgement look at yourself. Who are you? What are you doing here? Where are you going? How do things really work?

It is time to get to know yourself because You are the only one who can fulfill all your needs and desires. You need no other thing or person to do this. There is no need for anything at all. The ego needs, when you stop needing then you overcome all fear and you are free.

Ask yourself again:

- [Who are you?
- [What are you looking for?
- [WHO DO YOU WISH TO BE?
- [And what do you love?

You have no limits. Limitation is purely a lack of information and it's time to re-create yourself. You are the creator God of your own reality and you can only be who you think you can, you can only create as far as your imagination takes you and how deeply you can love yourself and that means ALL.

One of the greatest forms of self-love is only doing what you love.

Make a list of all your talents. Write down all things that you enjoy or are good at doing. If you're a good cook and enjoy cooking then write down

#1) I'm a great cook.; #2) I like to draw.;... # I want to be a musician.; ...

You might have beautiful plants and flowers in your home or garden then you could write down that you have a green thumb and enjoy gardening.

Do you have a good eye on picking nice art for friends? Maybe you are told regularly what an exquisite taste in fashion you have? Some housewives are the best party caterers or decorators... This list can be endless, you can be whoever you wish to be as long as you *think* you can. A thought is the root of our creator energy set into motion through what we *feel*.

Sometimes there is that one thing which you always dreamt of finally doing one day, remember that wherever your heart is there you will find your treasure.

Hang that list on a door or a wall where you walk by a few times daily and you can add everything that comes to your mind anytime.

After you finished your list you will be surprised and amazed about how many talents and endless possibilities of creating a new, different and glorious life you have. Now make plan.

Choose out of your listed talents and things that you enjoy your favorites and start to create your life after your heart's desire and write it all down on paper or your computer.

Say, "this ... will be my occupation that I love, in order to provide this ... living that I love ... "Be positive, confident and excited about it.

The more you go into details of what you want to do or how you want to live, the faster you will manifest it into your reality. Imagine it vividly. Visualize it. See it. Feel it. Even start living it. And most importantly love it.

And remember to imagine having and living it already and therefore loving it in the now and here. The only reality.

The only way to manifest a thing is to do it in the now and here. If you move one inch into the future the creation cannot happen. If you're stuck in the un-real past, you are lost.

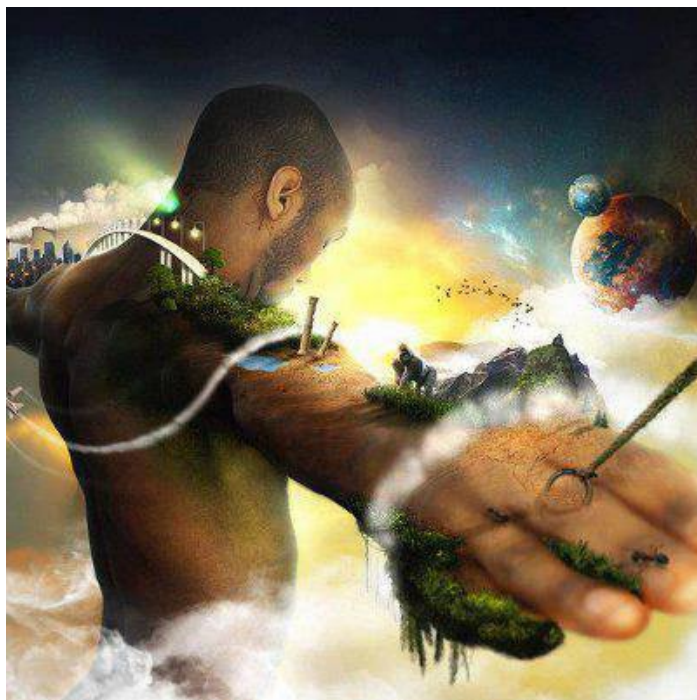
When you find yourself you will see that you are now here and this is where You always were. The very act of searching or waiting says that you are expecting to find something in the 'future' but the 'future' is not real and so it can never happen.

Sit down here and bring your focus into now and here and meet Your God.

This one is the greatest being you will ever meet.

So, you see what I am saying now? If you have ears to listen you may hear.

*"If you bring forth what is within you,
what you bring forth will save you.
If you do not bring forth what is within you,
what you do not bring forth will destroy you."
~Jesus Christ*



CHAPTER 12.
THE 4TH STEP TO ASCENSION:
FREE YOURSELF



*There's a poem inside of my chest, filled with yet unspoken words,
with beauty from flowers and from stars.
There's a dream in the glow of my eyes,
a freedom only lovers know,
a kingdom of memory and hope.
There's a silent song in the prison of my secrets,
never sleeping always waiting to be heard,
looking for a moment to be born and nursed like a child.*

Affirmation: I AM love.

Only you can free yourself.

Freedom is an inner state. Peace is an inner state. Joy is an inner state. Happiness is an inner state, oneness and love is an inner state.

We cannot find freedom or anything else anywhere in the outside world as long as we don't find it within ourselves.

Now take a look at yourself: You are an angelic being and this whole time you have thought you were human. You did blend in well but you are not of this world. You came from a high place and you forgot how free and powerful you are. What's more is that in the old world you have been bombarded every day with 100% lies simply about everything.

Be glad that you are sitting here reading this because it means you overcame the world and you are now here on the right path. Be proud of this and know how awesome you are.

You were born in a human body but now as you started to ascend you are morphing back to your original true form, that of an angelic Godly being of love and light. And now as you are on your way in becoming an angel again you will find the greatest love. Yourself. And now that you are truly and unconditionally loving yourself you are finding yourself able to truly and unconditionally love another.

We are one. *Everything is one.* We all come from a place where we share one heart, one collective consciousness and yet we remain as perfect individuals. Totally complete and independent from another. Sovereign and sacred. As we incarnate on planet earth we become like a cup that is broken to endless many pieces and we think we are different and we forget that we belong to one another and that we are part of one whole in which every little piece holds the same significance as the other. No matter how oddly shaped or how small. Everything is connected in oneness and therefor what we perceive is always a reflection of ourselves. As within so without, as above so below and as inside so outside. So it is only logic that when we judge or criticize another person we are actually judging and criticizing ourselves for others merely reflect ourselves back at us. It is like a mirror into which we are forced to take a deep look.

But why shall we criticize ourselves? Is it really that bad? If it is bothering you so much you can work on yourself. Self acceptance is the first step in righting our wrongs and now that you know that everything is the result of your own thoughts and additionally to

that it is the planet of free will, you should choose freely to have the will to be tolerant. Let's choose to be tolerant to everybody and so be tolerant to yourself. Instead of criticizing, let yourself and everyone be. Just be. Freedom means to allow yourself to be you, accept your flaws. Have you ever heard of a day without a night? Once you accept yourself you finally love yourself and that means you have raised your awareness. A raised and expanded conscious awareness will let go of all 'flaws' automatically bit by bit.

Indeed it is time you let go of all lower emotions and look at things from a higher view. Imagine you are an angel in heaven. Do you seriously think an angel in heaven is snappy and criticizes others? Angels don't criticize, they don't nag and they never judge. Angels dwell in a place of love and from that place of love they watch, they observe everything from a distance, detached but always heart centered. They are wise, their love is unconditionally but they are not led by emotions that's what detached means. Unconditional love has nothing attached to it. Love simply is.

Instead of negatively thinking about anyone's shortcomings focus on everyone's qualities and bless yourself and everyone which is in fact ONE. Lift yourself up. Why bring your spirit down when you can uplift yourself? You don't need anybody to tell you how awesome you are because you have yourself. There is nobody that can love you more than you can love yourself. You are your best friend forever. Now, what kind of a friend are you? Nagging and limiting? Or loving, supporting and freeing! Only you can free yourself.

You were with you from the day of your human birth through all your pain and sorrow
You were with You, always there.

Look at yourself in the mirror and tell yourself over and over again how great, how precious how loving, how awesome and how blessed you are. Choose this as your frequency to send out to the universe. Let this be reflected back at you.

Now you know although you've had a hard life that if there hadn't been a lot of hardships in your life, you wouldn't be waking up now. If you weren't waking up you wouldn't be reading this right now. You wouldn't be *now here* and so you'd still be living in an endless illusion. After all the miseries, tragedies and calamities that you had to experience: you are still standing, strong; and you shine brighter than ever before.

Now go back to that mirror and tell yourself again how much you love yourself, how proud you are of yourself, how amazing you are and how truly blessed you are.

Say out loud daily:

'I AM love.

Love is my gift to the world.

I fill myself with love and I send that love out into the world.

How others treat me is their path,

how I react is mine.'

Now here do everything with Godly grace of unconditional love. Foremost of all you have to treat yourself like a God if you want the entire universe and all its existence to see you and ultimately treat you as a God. What you send out is the frequency you tune into and that comes back like a boomerang.

A God stays heart centered in every situation. Strong but loving, humble and wise. When you are gentle to the world, the world will be gentle to you and when you are graceful to the world, the world will be graceful to you. Remember that you can only have what you are willing to give. Angels only give and still, they are the holders of eternity, they are the guardians of heaven.

Be loving, kind and gentle to yourself. Treat yourself like the love of your life. Don't allow anything to bother your angelic self and if unpleasant thoughts or emotions come to you, gently tell yourself that it is fine and you will work it out in time, with love. This love is your secret 'weapon', your key to every door, you only must use this key and you can finally walk into freedom through any door which once was locked.

Love is free and freedom is always happy and in joy.

Pure and innocent are our children. And as they are completely heart centered they demonstrate a blissful permanent state of unconditional love in full awareness of what is actually the only truth: They ARE now here.

Without awareness of neither the past nor the future. They just ARE and enjoy the very moment which they are not only aware of but totally consumed by.

Young children seldom remember much of their past and they have no awareness of the future so they do not fear it either consequently our children vibrate on a higher frequency than adults. This high frequency is also the reason for our children to have psychic experiences. Unfortunately the parents are mostly too absorbed and distracted from feeding their own egos in 3D so that consequently the magical stories our children

try to tell remain totally underestimated.

Unleash your inner child. Let it come out to play and have fun. Be that child that plays, laughs and sings out loud without fear of judgment. Without restrictions and limitations. Don't wait to be happy, it will never happen. Be happy now here.

You won't find happiness, freedom or love at the end of your journey if you don't bring it with you all along. Decide to be it now and so be it.

This is easily within your power. Be it inside first and then it will manifest outwardly.

CHAPTER 13.
THE 5TH STEP TO ASCENSION:
LOVE YOURSELF UNCONDITIONALLY



*There are love stories, and there is obliteration into love.
You've been walking the ocean's edge,
Holding up your robes to keep them dry.
You must dive naked under and deeper under,
A thousand times deeper.*

~ Rumi

Manifest unconditional self-love.

Is your faith strong enough?

Now here we are given the chance of ascension which gifts us with immortality, freedom, happiness, abundance and unconditional love.

Perfect faith leads to all of this.

The 3D teaching that says you must have blind faith is not correct. The correct teaching is, 'have faith in universal law'. This is what is meant by 'perfect faith'.

What is thought and spoken by you is what becomes. If you say I am healthy universal law works 100% of the time making it so. Your faith should be in the scientific way the universe works. This is the power of God that can do all things.

Your faith has made you whole when you believe in the scientific law that causes it to be so. You can believe or have faith all day long in something but inside not vibrate with it and it will never happen.

Follow the universal law of faith that says what I believe and vibrate with shall be and this is done unto you.

Who comes first? Others or you?

This is where all of humanity fell from grace.

Your whole life you have been trying to please everyone else and after all this time you have found yourself empty and with nothing.

This teaching that says you come last is the greatest lie ever told. I certainly do not mean be selfish or egotistical. I mean this:

If you allow others to take your energy by consenting to their control then one day you end up having nothing to give to anyone anymore. It is impossible to feel love if you are trying to pull it in from some external source. There is no external source of it.

The Universe works this way:

When you love you, you are loving God! When you give this wonderful gift to yourself the Universe not only matches what you did but does it a thousand times greater.

When you love you and feel good about you then you will see the whole world will come out to love on you. Any other way will not work, ever.

How do you feel love?

Many say to their partner or spouse, "I do not feel any love coming from you and it hurts."

Of course you can't feel any love coming from them. Your love that you feel comes from you, not them. Never point your finger at the other. It is never about them. Do you see how everything comes back to you? You are God! It is all about you.

At any moment using the teachings in this book, you can begin to generate a higher vibrational feeling (love) inside the body.

If you feel bad, put on some high vibe music and see if you still feel bad 5 minutes later. When you sit and focus intently on something you love to do, you will not feel low. Your feelings are generated solely by you and are felt only by you. The highest truth is you need no other to feel love and you should love yourself unconditionally.

The only feeling you should be consciously aware of is love.

Love is the only reality.

We are multidimensional creator Gods and Goddesses in a multidimensional Universe (Multiverse). Immortal. Limitless. Divine.

Let everything else go. One by one. Piece by piece.

Detach yourself from all this delusional drama:

- [quit the job that you hate.
- [break up with the relationship that is not fulfilling.
- [distance yourself from friends that judge you.
- [detach yourself from the family that has no acceptance for who you want to be.
- [stay away from anything that brings you down.

It does not matter who you were or what you did, it doesn't even matter who you are, now here it matters only who you choose to be. But to start a new life you have to finish the old first.

This is not selfishness. This is the path to true and unconditional self-love.

Detachment is not punishment, it is a path to freedom!

***“If you want to find the secrets of the Universe,
think in terms of Energy, Frequency, and Vibration”
~Nikola Tesla***

People in our daily life that vibrate on a different vibrational frequency level, often a lower one, are in a different reality.

Your vibrational frequency is dependent to your conscious awareness of being *now here*. According to the universal law of time and space, the only reality can be now here.

Different vibrational frequency=different awareness of now here=different reality

Since two different vibrational frequencies have varying conceptions of now here they cannot exist together now here. *One would not even be real to the other.*

This shows itself often as anger, fighting, lack of understanding and hurt feelings... and so most of our daily problems start because the higher frequency cannot bring the lower one up but the lower one will ultimately force the higher one to descend and that always leads to massive conflicts.

Friends, relatives or even parents that refuse to understand the way we feel or think are not vibrating on our frequency therefor they are in a different reality and do not belong to our path anymore. For one you don't need anyone to approve yourself to and for the other we must accept that the path these souls walked together with us has come to a point where there is no more growth in this relation-ship which means the soul contract these beings made with us is now fulfilled and finished.

Love them from afar but distance yourself. Attachment comes from dependency and that belongs only to the 3D human ego matrix. Say no more I am sorry and understand that pity or sorrow are 3D matrix drama emotions. **Free yourself.** There is nothing to be sorry for, because there was growth and awakening and expansion in it and that is a blessing. Everything is in perfect divine order.

Godly compassion and courtesy is to apologize, to listen, to say I feel you when you really do but to say I am sorry or to be sorry at all is an illusionary emotion created by the human ego mind to keep you miserable.

Sorry comes from a feeling of guilt so as long as you say or are sorry for anything then

you are still living in 3D matrix 'reality' because you are not seeing the gift that every situation carries, the blessing that it withholds for you. This is how we look at things from a higher view, not emotionally but wise and compassionate because emotions are created by the human ego mind. When you look at things from a higher view, meaning to change your perception, you suddenly see that everything happens for a reason that leads to the next step of your souls growth which lies within all this and comes with the understanding that *a mistake is a gift*. Embrace all your flaws and your shortcomings, they are your greatest teacher.

Emotions are your biggest trap for you to overcome on your path to ascension.

When we pity we share the misery and nobody is helped this way. Instead of pitying, be compassionate.

You are all Gods and Goddesses, you must love God-You with all your heart, unconditionally. A God is righteous, strong and pure love. But I have not heard of a God who is sorry, surely such has issues to resolve and can't become a God yet.

As you go constantly up you see that any kind of obligation or responsibility that do not make you happy does not resonate with your unlimited multidimensional Godly spirit. Start to eliminate these from your daily life.

We buy things, have and keep things that we never 'needed' only to make our lives more complicated and enslaved, to prove what to who?

In the end all these things with their additional responsibilities they often come along with, we don't need and they will only distract us from the truth.

Your entire focus must be placed on yourself. This is what it means to love yourself. This way you honor yourself.

My consciousness is the creator of my reality! So do, hear, feel, say, see and ultimately live only what you love.

When you see only beauty, your life will be beautiful. When all you see is love, your life will be love.

The Universe works this way:

When you observe a thing it exists, when you do not observe it, it does not exist!

This is hard to conceive of, but it is easily proven by quantum physics.

Why do u see the war and violence on TV?

Why do you share low vibe 3D news stories?

Why do you focus on anything low vibe at all?

If an elite of ill willed beings wanted to control the world, all they must do is display terrible low vibration, keep you with a lack of information and put you under limitations day in and day out and consequently you put yourself in a mental prison that is nearly impossible to break free from.

This scenario has been done, is being done everyday and You must do the same thing in reverse now.

Loving yourself means treating yourself the same way you want others to treat you. Take this literal and make it physical.

Don't wait for anyone to be good to you. You be good to yourself. Start now.

When you feel tired, sad and lonely and don't know how to break out of the prison you created for yourself then think of a major change in your life. Maybe you want to sell everything you have and go on a road trip. Maybe you want to move to some foreign country that you have always dreamt of. Whatever it is that your heart desires, go for it! Follow that inner voice. Follow your hearts calling. Be brave, do what you love and what you love will find you.

You must have faith. Faith is the opposite of fear. When we do everything with strong faith that the Universe will provide us with everything then miracles happen in front of our eyes.

The great instruction and the highest teaching I bring to the world is this:

Love God-You with all your heart, mind and soul!

God-you is your true identity.

You're a God so act like it. You are sovereign inhabitants of the universe.

Have no other Gods before You!

There is no being superior to You in all the Universes.

You believe there is someone superior to You but it is not so.

God is all there is and You are this! Who is superior? There is no leader on Earth controlling you as well because all of this is a super illusion that you can break free of. You are immensely powerful and your power is in your spirit and your spirit is made of

love and light just like the entire universe is made of the construct of love and light data.

Ego fears and has imprisoned you in constant scarcity, so you create the very real appearance that there is a being superior and responsible for everything that happens to you and around you.

But there is only You and You are God and everything is God and there is nothing that is not God. This is the oneness. Who has ears to hear this teaching?

After you meet this God, love this God with all your being.

This is the secret of secrets! This is the way to the higher realms.

CHAPTER 14.
THE 6TH STEP TO ASCENSION:
SURRENDER TO LOVE



*"When the world pushes you to your knees,
You are in the perfect position to pray."*

~Rumi

Are you brave enough?

It is human nature to try and hold on tight to things that are important to you. The thing is, Gods are created higher than humans and so you are learning to be the divine being that you truly are. The Universe works the way it works so it is best when you work with it and not against it. When you cling tightly to a thing you are sending out the vibration that you might lose it. The universe always gives you back the vibration you send out. Fear clings and restricts but love simply is. Only if you simply are, everything will work out perfect.

Have you ever reached the point where you just want to give it all up?

Those are the best moments to literally give up.

At times we think that no matter how hard we try, no matter what we do and no matter what we sacrifice there seems to be no end to all this drama.

And the bitter truth is, there is no end.

Until we break up with it.

Now you have to be brave. Very brave.

In order to be reborn you have to die first. Give up.

To ultimately break up with all the drama you have to give up your small, fearful ego i to make place for your great Godly I AM Higher Self.

The ultimate death of human ego is achieved when we finally surrender. Surrender to truth. Surrender to love. Surrender to a greater power than our lower human self. Surrender to our Higher Self.

Your Higher Self IS God and God IS Love and Love IS YOU.

Say out loud: Dear drama, I AM breaking up with you!

*"For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life"
Prayer of St. Francis*

Delete all lower vibrational emotions like fear, greed, jealousy, arrogance or anger from your entire being. Once and for all and accept the reality that you didn't find happiness with these attitudes and it is time to reset your system.

How old are you? How many years did you let your small i, ego self-rule over You without satisfying result?

All those times when your heart was broken, your dreams were shattered or your spirit dampened, those were the steps on your path that lead you now here.

Now here there is one final decision you have to make: surrender. Surrender to the power of love.

Speak to your Godly Higher Self. Say out loud:

"My life, my heart, my body is in my own guiding hands.

I know that love is the only truth and I AM Love. I let my lower human i go and put my Higher Godly self in charge. I trust in my Higher Self to guide me to the right path and I have faith in the Universal powers to provide me with everything. I do not identify myself with the past anymore and I do not fear the future. I AM now here and I love myself unconditionally and so my entire being is love and I love all. I surrender my human ego i being now here, to the divine grace of my immortal and divine Higher Self and know that all is perfect. I AM the creator God of my own Universe and everything is according to my heart's desire now here. I AM Love. I AM God."

The more you give thanks for abundance the more abundance will manifest itself in your life.

God = Love

Love = You

- [See, think, feel, say, do and give only love. Be pure of heart.
- [Don't fear, don't be greedy, don't envy. Only love.
- [Love in a detached way, freely, truly and unconditional.
- [Be strong. Be brave. Have faith. Trust. You have an entire Universe to assist you.

Repeat every day, or any moment you want to:

"I AM the creator God/Goddess of my own Universe and it is my heart's desire that the universe may do this or that or bring me this or that, etc. . . . Now here. Thank you. I love you and I bless you"

Have faith that your wishes are fulfilled and be happy, excited and grateful about it. This is how alchemy is done.

The most attractive attribute of planet earth is free will. That's what this is all about. You've had to come all this way to find out you only have to ask for anything you like.

When you can really feel the Universal power with all your heart and soul then you will start experiencing magical things and your life will rapidly change into a dream life beyond your wildest dreams.

"Everything in the universe is within you.

Ask all from yourself." ~Rumi



CHAPTER 15.
THE 7TH STEP TO ASCENSION:
RECEIVE YOUR ANGELIC SOUL NAME



*"Why are you so enchanted by this world?
When a mine of gold lies within you.
Open your eyes and come... Return!
To the root of the root of your own soul."*

~Rumi

Now you are ready to receive your angelic soul name in meditation.

I want you to understand what is truly going on. You have been in a deep sleep for a long time.

I am here to trigger your remembrance. There are no lessons or tests, just remembering.

There are two main things you will remember:

1. Who you really are.
2. What you can do.

For the “who you are” part repeat the title of this book.

This is who you are.

You are a multi-dimensional being that exists in infinite vibrations simultaneously right now. You have hidden God power to say the very least.

The highest version of you is a creator God. Another version of you is a in frequency vibrating lower creator God called an angel. Your higher angelic self is indeed "angelic". All souls in all universes are angelic.

So far you have been preparing yourself to ascend to heaven, which will be now here but in the raised conscious awareness of the 5th dimensional frequency which we know of as heaven on Earth. Only angels reside here. You are on your path to become an angel again.

It is now time to contact your angelic spirit guides and ask for your angelic soul name in order to embody the full grace of your being as an immortal and divine angelic, multidimensional being of love and light.

Receiving your angelic name meditation

The angelic name I speak of is your soul name. The name that you will hear is not necessarily a human name. This name consists of two parts. One female and one male. At times you might receive only one of these and at a later time the second part.

You might even be given a different or longer name that you should consider your trigger name for now, this could also be a human name. Everything is possible here. Your angel is in charge of this. You will be given what you are ready for. Just trust that all is in perfect divine order and will be revealed to you at the right time to fulfill its

higher purpose. Angels are here to guide us, let them do their job, let yourself be guided.

Sit down comfortably in the lotus position, bare feet and a direct connection to the earth and start focusing on your breath.

Bring your awareness to your now here.

Your only reality.

This is your sacred place, where your I AM presence resides. In the silence of your breath. Be grateful for the gift of being now here.

Start breathing in on the count of 4, hold and release your breath on the count of 4. Repeat this breathing exercise 3 times.

When your breath has become even you can ground yourself into Gaia. Imagine you are a beautiful, huge tree and your roots are grown deeply into the earth.

Feel your leaves playing in the wind.

Feel the warmth of the earth and how smooth your roots swirl deeper under ground.

Now imagine you hold a crystal ball in front of your chest and start filling that ball with your love for mother Gaia.

When you have filled the ball with all your love for Mother Gaia send it down into her crystalline core.

Watch it as it slowly slides down into Gaia's heart.

Now wait for her to send her love back to you and be mindful of your breath.

Breathe in and feel how the love of Gaia comes to you as a tingling in your feet, up your legs and into your kundalini straight up your spine, working its way up to your crown chakra.

Imagine the love of Mother God covering you like a warm blanket all around your being until you are fully embraced with the love of Gaia inside and out.

Take a few deep breaths in and out.

Now you see a golden pillar of light above your head, shining down on you.

Imagine another crystal ball in front of your chest in your hands and start filling it with your deep love for Father God.

When you have filled it with all your love for Father God send it slowly up to the light.

Watch as it flies up and wait a moment for Father God to send his love back to you.
Breathe deeply.

See how the golden pillar of light shines down on you and sends the love of God through your entire being as it fills and embraces you with golden light of pure love.

You are now connected to the core energy of Mother Gaia and the source energy of Father Sky.

Dwell for a while in that blissful feeling of unconditional, pure love.

Keep breathing deeply.

Now you see a little path in the middle of a wide beautiful flower field in front of you.

You are illuminated as well as embraced by the love of Mother Gaia and Father God as you start walking slowly on that path, step by step always mindful of your breath.

The path leads you to a river. You can already hear the water.

Keep walking closer to the river.

At the river a beautiful angel awaits you already. An angel of pure love and light.

This angel loves you unconditionally and has waited for you a long time. Dwell one moment with your angel in that blissful love you feel for each other.

Stay mindful of your breathing.

When you are ready you may ask your angel of your name.

The first name that you will hear (or might just come into your mind) is your angelic name.

Your angel wants you to know your name and so they will give it to you immediately after you finally ask.

After you received your name speak it out loud. Say, "**I AM ...**"

You will recognize your name, after all it is your name; you will feel it, a tickling, chills maybe even tears are signs of a soul remembrance.

Speak it out loud a few times, enjoy the feeling and let the Universe know you have awakened.

If you do this meditation over and over again but do not receive your angelic name it means that your vibrational frequency is not high enough yet to establish a contact clear enough to the angelic realm. Go back to step 1 and check with which part still requires

your attention to work on yourself.

As the planet has already shifted into 4D, every human on earth is able to establish a connection to higher angelic realms, it is only a matter of your individual frequency and how high you vibrate. Raising your vibes will give you access to worlds beyond your wildest dreams.

*"You do not become good by trying to be good,
but by finding the goodness that is already within you,
and allowing that goodness to emerge."*

~Eckhart Tolle



CHAPTER 16.
THE 8TH STEP TO ASCENSION:
EMBODY YOUR HIGHER ANGELIC SELF



*The key to growth,
is the introduction of higher dimensions of consciousness into our awareness.*
~Lao Tzu

From now on use the angelic name you have been given. You can print a picture of yourself, write your angel name on it and hang it on your refrigerator. This way you accept your angelic higher self as your true identity. You must accept your multidimensional higher selves in order to reclaim your Godly power that lies in your **I AM presence**.

Live your multidimensionality to manifest your divine grace in the physical realm.

You leave the last pieces of your small earthly human ego i behind you by accepting your higher self, your “I AM presence” as the absolute truth.

Now you are completely detached from all the 3D matrix drama and safe from the reflected illusion of 3D in the 4th dimension.

Now you have raised your vibes and you are becoming this God form. The old lower you with no power will fall away. Put on the God-form and walk in it. To use your name can be a great help during this process.

You have thought this whole time that you are just a human. Now you know that there is no such thing as a human rather than angelic souls having human experiences for a limited time in the dense physical realm.

You were born by woman in a human body but now you are morphing back into the higher angelic being that you really are.

When you stop acting so human within the 3D matrix concept, you will see great power come to you.

Remember that angels only love and see beauty in everything. Angels never judge and watch everything from a higher view always heart centered, based on pure, unconditional love.

[see, think, feel, do, hear and speak only BEAUTY and LOVE.

[sing, play, dance have FUN and make LOVE.

That is all angels do. Always trust that the Universe will provide all your heart’s desires. All IS perfect.

You will magically morph into an angel and as you fully accept your higher angelic self in your I AM presence, your transformation begins.

Now your psychic abilities start blooming, your 3rd eye is opening and what you see and hear will be reliable information of truth as you have raised your vibrational frequency and you are connected and more aligned with source itself.

This truth is more and more enlightening your entire being and opening your heart to its fullest potential. You will experience love and abundance manifesting all over your life. This is when you have raised your vibrations high enough to match the higher 4th dimensional frequency level close to the 5th dimension.

*“Love is what we are born with.
Fear is what we have learned here.
The spiritual journey is the unlearning of fear and the acceptance of love
back into our hearts.”
~Marianne Williamson*



CHAPTER 17.
THE 9TH STEP TO ASCENSION:
THE ILLUMINATED TWIN FLAME RENUNION



*"The minute I heard my first love story I started looking for you everywhere,
Not knowing how blind that was. Lovers don't finally meet somewhere,
They're in each other, all along."*

~Rumi

When we have balanced the male and female energies inside ourselves and when we have cleaned and cleared ourselves from past emotions, from the duality and all the 3rd dimensional drama, we become whole in ourselves again. At this point we are spiritually high evolved and are no longer bonded to needy relationships out of dependency. When we have died a death in the human ego mind and have surrendered to the love of God self (Higher Angelic Self, I AM presence), we are reborn in an awareness of abundant unconditional love in oneness with all of creation. Now we don't feel the need to have a partner to become whole. We are whole in ourselves now here. Aligned with the Divine Source. This is where our vibrational frequency raises up near the 5th dimension. When both flames vibrate on this level they attract each other into their lives.

The twin flame is only found near or in 5D. The reason is one has to hold a high level of love in the body by loving themselves unconditionally, therefor vibrate high enough. Only when you have healed yourself and love yourself all the way will the twin appear before you.

Incarnated angel twin flames vibrate on the highest possible level in a human body.

When the illuminated twin flames meet their other half, their flame ignites and their auras intertwine. Their union gives them the ability to align with the divine source, to return to singularity.

As for all relationships also the twin flames must vibrate on the same level of frequency according to the universal law of time and space which is now here. A different level of frequency means a different reality and therefore they cannot exist both together in the now and here.

Twin flames mirror each other's flaws back at each other and sometime after their flame has been ignited they must learn to have unconditional trust for each other, regardless of all past experiences and hurt of this incarnation, so that a mutual healing can take place. This healing is fundamentally important for their further ascension.

Twin flame partners complement and complete each other but to ultimately succeed in the divine plan they also must let go of all fear and surrender their controlling human ego mind to their divine unconditional love.

Their primary reason for finding each other within incarnation is of spiritual service because through their union the most powerful love energy is released which is important for their mission together.

More and more twins are attempting to get together now to help the planet and humanity make a big shift forward in consciousness.

When the two become one the kingdom of God will come.

*Jesus saw infants being suckled. He said to his disciples,
"these infants being suckled are like those who enter the kingdom."*

They said to him, "shall we then, as children, enter the kingdom?"

*Jesus said to them, "when you make the two one,
and when you make the inside like the outside and the outside like the inside, and the
above like the below,
and when you make the male and the female one and the same, so that the male not be
male nor the female female;
and when you fashion eyes in the place of an eye, and a hand in place of a hand, and a
foot in place of a foot, and a likeness in place of a likeness;
then will you enter the kingdom."*

~The Gospel of Thomas

Who are the Twin Flames?

Those that serve the divine source are the souls birthed in the beginning in high angelic and archangelic realms. Only the angelic, archangelic souls as well as elohim, cherubim and the great Aeons of the highest order were birthed in androgynous form. Until some of them decided to incarnate in the physical realm and so a few of them split their soul in two halves to take on distinctive male and female forms, in two bodies instead of one to ensure they would be having a comforter while living the physical experience.

Almost all souls take on distinguished either female or male form when birthed.

It is only the angelic and archangelic ones from the beginning of the creation of our universe that were first androgynous emanations of the divine who later split in two, are called the illuminated twin flames because they vibrate at the highest light frequency possible within a human body.

These illuminated twin flames form a group family of only 144,000 souls.

Eons ago a divine plan was made that at this time the 144,000 illuminated twin flames shall be incarnated together on earth and that they shall be reunited with each other within this lifetime to fulfill the ultimate purpose of their incarnation now here in the physical realm, to prepare and assist Gaia and humanity during global ascension.

These beings are gathering together now and assembling once again as ambassadors of the great Galactic Federation for the family of light.

Sexuality is the highest form of creating powerful love energy. The twin flames vibrate on the highest frequency level of light possible in the limited physical human body, therefore their sexual union will emit powerful energetic impulses that will flood the planet with source energy of unconditional love. This light will help lift the vibrational frequency of the earth and all sentient life on it. It is this source energy of unconditional love that will heal the Earth grid and stabilize a light frequency high enough to make ascension easier for both humanity and Gaia.

Though twins have most things in common, the illuminated twin flames are not identical but rather they are complementary to each other in a perfect way.

This information shows us that in fact there is only a very limited number of twin flame soul mates incarnated, compared to the number of inhabitants on earth and again we are shown that we must find harmony and balance with our own inner twin flame of male and female polarity within ourselves.

As within so without. As above so below. As inside so outside.

Remember that we are whole and perfect in ourselves, you don't 'need' to find anyone not even a twin flame to be whole or loved or happy.

*Since I have heard of the world of Love,
I've spent my life, my heart and my eyes this way.
I used to think that love and beloved are different.
I know now that they are the same.
I was seeing two in one.
~Rumi*



CHAPTER 18.
THE 10TH STEP TO ASCENSION:
SACRED SEXUALITY



"Remember, the way you make Love Is the way God will be with you."

~ Rumi

Making sacred love is the highest attainment.

Love must be *made* or created.

There is a barrier between 4D and 5D that protects heaven from anything that is not pure love.

This space between these two dimensions is called the great void.

It must be made clear here that no male or female can cross this void without having balanced male and female polarities within themselves. Otherwise it is not possible to make this last leap into 5D.

Love is the key to full ascension. The love we speak of is the higher love that is called God.

The art of making love is how pure alchemy is done.

Angels are the masters in lovemaking. Angels are the artists and the poets and the dreamers. But above all they are the lovers.

Angels love to love. Angels love to have fun, sing and dance, laugh and enjoy life and every moment to its fullest potential and more than anything they love to make love.

Since "the beginning of time" the love making of the great Aeons was responsible for the energetic balances and creation of the Universe.

When angels or Gods make love their combined energies create new energy and even matter is created this way. In fact all life in the entire Universe is created through the love making of Gods (angels). ***Sacred sexual activity is indeed angelic.***

It is the purest, most pleasurable and strongest way of raising vibrational frequencies to its highest potential. Sacred sexuality is an activity of the highest joy in a meditative state of mind where simply love is more than made, it is created.

Passionately aroused we naturally give love and bestow our partner with affection and therefor we create love without thoughts of duality. This is the state of conscious awareness where we get back closest to the desired singularity and connect to fully source energy.

When the two become one the kingdom of God will come.

Everything is energy. Energy is love. Sexual energy is sacred and extremely powerful love energy. Its power is to be taken seriously.

When we engage in a sexual activity with another person a literal fusion sets in. We do not only physically but spiritually bond with the other person. Once this bonding has been completed it will last forever and the more intercourse is performed the deeper this bonding will be.

From our sacral to our crown chakra the energetic fields of both partners entirely merge into one.

This causes a spiritual debris as our auras completely intertwine with each other and ultimately we load all the negativity, thoughts of duality and therefor all lower 3D vibrations of the other persons entire being to ours.

When you exchange energy through sexual bonding you are exchanging information **(energy=light=information)** and through the sexual bonding you load all the information of your sex partner on to you and so you literally become the other person in time. You shouldn't engage in sexual activity with a person you wouldn't like to become. The more changing partners the more confused your aura will be and you will carry all the downloaded information with you, forever.

This spiritual debris can have great impact on your life, as it can attract unpleasant and unwanted circumstances into your life, to say the very least. You have shared your entire energetic field with someone else. You mixed your energy with someone else's and this energy will be with you now and forever and at any given moment just a smell, a song, a situation or simply anything can transport you to a situation, to a person and emotions you'd much rather never be reminded of again.

More than the pleasurable sexual activity raises our vibrational frequency, this confused aura that has loaded the debris of spiritual bonding on to itself will ultimately bring and hold us down.

In order to ascend higher and higher we need to keep our auras clean, clear and pure, therefore it is recommended to have either monogamous relationships based on unconditional love and understanding or to practice the art of masturbation, which is a beautiful expression of self-love.

The Pleiadians choose only one partner who they live with monogamously for their entire life and they have maximum one child.

Sacred sexuality

When we look at sexuality as a powerful tool of raising vibrations on our way to enlightenment and ascension then we speak of sacred sexuality. Especially when sacred sexuality like in Tantra is performed the divine energy flow through the body is immense.

The body, desire, passion, eroticism and sexuality itself can be physical expressions of love. Sex is a source of pleasure, it is deeply meditative and it gives spiritual ecstasy. The great flow of divine energy through the body is not only healing but raises our state of awareness, gives calmness and can open the higher chakras.

It is said that tantra awakens spiritual energies that lead to the enlightenment that all aspects of life in a body are sacred and to be celebrated. Tantra itself means "to weave, to expand, and to spread". In Tantra, ejaculation control is cultivated and you go beyond sex into a new realm of awareness.

Tantra is indeed a spiritual practice like yoga, meditation or mantra and ancient Egyptians used to perform a sacred tantric ritual that they called 'The Ankhing Method'. This Method is said to be the fountain of youth.

It is important to practice sexuality as a creative force which is sacred and divine. Loving the partner open heartedly with unconditional love and to bestow each other with love and respect is a Godly attainment.

The Egyptian Ankhing Method. The 5D Orgasm.

"Sex, and specifically the orgasm, is more than just something that feels good and allows procreation. There are many other functions, such as the release of dysfunctional energy within the body, which can help to keep one from becoming diseased. There is the function that opens the higher chakras, and under the right conditions allows a person to begin the process of enlightenment. And further, if two people, lovers, practice sacred sex, the entire experience can lead them together into higher consciousness and into worlds beyond this plane.

In relationships, a simple sexual principle, as taught by the ancient Egyptians, can change the energy level within your body and help to bring strength and vitality into your bodies and your relationship." ~Drunvalo Melchizedek

Egyptian sexual energy and the orgasm

Unlike tantric teachings, it was believed in ancient Egypt that the orgasm was the key to eternal life, and that it was intimately connected with the chakra system.

A chakra is an energy vortex connected to the entire human energy field, and the universal heart chakra is the fifth of thirteen chakras. (Unlike the Pleiadian teachings who talk about a 12 chakra system) The Egyptian system held that the orgasm was intimately connected to this fifth, or Universal heart chakra.

First, I will explain the connection to eternal life.

Most people in the world are ignorant about what happens to their sexual energy after they have an orgasm. Usually the energy moves up the spine and out the top of the head directly into the eighth or thirteenth chakra (same chakra, different system). In a few rare cases, the sexual energy is released down the spine into the hidden center below the feet, the point opposite the one above the head. In either case the sexual energy, the concentrated life-force energy is dissipated and lost. It is similar to discharging a battery into a ground wire. It is no longer in the battery and so it is gone forever. This is what all the world's tantric systems that I am aware of believe, that orgasm brings one a little closer to death because a person loses his or her life-force energy in the orgasm and is made weaker. But the Egyptians found long ago that it does not have to be this way and that the energy can not only be saved but used as a rejuvenating force, as the fountain of life.

It is for this reason that the Hindu and Tibetan Tantra systems ask the male to avoid ejaculating. Instead they speak of these tiny invisible tubes where, when a student learns to control the orgasm and the flow of their sexual energy, the sperm migrates up to the higher centers.

Both of these systems, and also the Chinese Taoist Tantra system, are all primarily concerned with the sexual energy flow sometimes referred to as "sexual currents". They are primarily concerned with what happens as the sexual energy is moved before the orgasm but they all have entirely different views of this energy compared to the Egyptians.

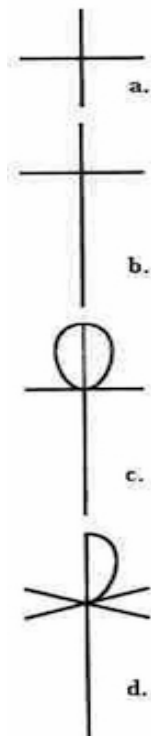
The Egyptians believed that orgasm is healthy and necessary, including the release of sperm in males but that the sexual energy currents must be controlled in a deeply esoteric procedure that is unlike any other system. They believed that if this energy is controlled the human orgasm becomes a source of infinite energy that is not lost.

They believe that the entire mer-ka-ba or Light-body (the field of energy surrounding and interpenetrating the body) benefits from this sexual release. They even believe that under the right conditions the orgasm will directly lead to eternal life, and that the ankh itself and the resulting 'Ankhing Method' is the key.

What is the ankh, and what has the ankh to do with sexual energy?

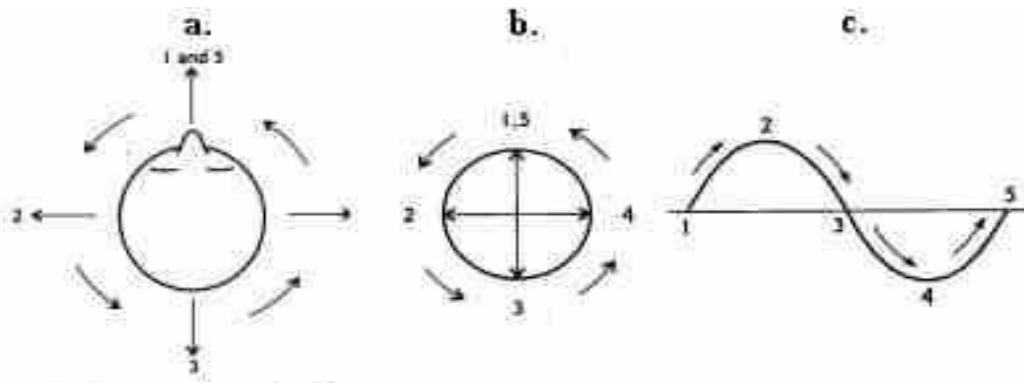
It is complicated to explain, but I will simplify.

First the ankh itself is a shape that looks like figure C in the graphic below:



In order to see and understand what took thousands of years for the Egyptians to grasp, we will begin with the 5th, universal heart chakra. This lower heart chakra, the chakra of unconditional Universal love, is the first place where the energy completes itself.

Each chakra has a "direction" associated with it, as the life-force energy rotates way up the body in a pattern similar to the DNA molecule. In the lower heart chakra, the 5th place of a 13 chakra system, the energy is facing the same direction as it began, and thus the circle is complete.



In the three views above, you can see how the rotation of energy either around the body, as in (a), around a circle, as in (b), or in a sine wave, as in (c), all complete themselves in five steps.

The 5th or heart chakra is the first chakra that completes itself and has the energies of both front-to-back and left-to-right. If you could see these energies —and the Egyptians could — from above the head, as in (a), at left, they would appear as this symbol. It needs to be understood that these are actual energy lines around the body coming from the fifth chakra.

If you were to see these energies from the front view of a human, they would appear as in (b) at left. In the center of the cross there is a hidden energy line coming straight off the page and also moving in the opposite direction away from the reader.

Notice that both of the above examples are Christian symbols that come from the heart chakra. However, if you could see the same energies from the side of a human being, they would appear different than you would expect. There is another energy-flow "tube" there (in Chinese medicine it's called a "meridian") that the Egyptians discovered long ago. It looks like (c).

I find it very interesting that the Christians must have understood what we are talking about here, for on the robes of many Christian priests, at certain times of the year that are usually associated with resurrection, you will see the following symbol.

This symbol (d) shows all three views — the top, front, and side simultaneously.

I believe the Christians omitted the complete loop of the ankh so that they would not directly show a connection with the old Egyptian religion, since they were breaking away from that tradition. But it is obvious that they knew.

Now that you know that this ankh energy conduit is located in the human energy field and where, you will be able to understand the reason for the Egyptians' sexual conduct which I am about to explain.

First let me explain something about the ankh before I speak about its relationship to sexual energy. In Egypt, one can observe over 200 Egyptian rods.

These rods pictured here were mostly made of wood, although other materials were sometimes used. They had a tuning fork on the bottom end, and the top end had four different types of devices that could be attached. One of these devices was in the shape of the ankh. What we found is that if you put the ankh on the top of the rod, which is like the human spine, the vibration from the tuning fork lasts a great deal longer. The energy seems to wrap around back into the rod along the curve of the ankh, moving downward as it returns, thereby sustaining the energy.

I was visiting some friends a couple of years ago, and there some people had made some rods out of copper with a high-quality tuning fork at the bottom and a threaded end at the top, so that different end pieces could be screwed on. I experimented with this rod. Using it without a top piece, I struck the tuning fork and timed how long it would vibrate. Then I screwed on the ankh and struck the tuning fork again. With the ankh on top, the rod vibrated almost three times longer. If you apply this idea to the human spine, you can see why the energy of the orgasm enhances the entire human system and the energy wraps itself back around and back into the human meridians.

This is the key to why the Egyptians performed the particular sexual practices I am about to explain. They found that if they had an orgasm and let it go out the top or bottom of the spine the sexual energy was lost. But if the sexual energy was guided by consciousness to move into the ankh conduit, it would come back into the spine and continue to resonate and vibrate. The life-force energy was not lost. In actual experience it seems to increase the energy. One does not feel depleted after sexual activity but rather recharged.

For the first few times the sexual energy will often shoot past the point of the fifth chakra and continue on up and out of the body. So it takes practice. Once your body remembers this experience it is not likely to revert back to the old way.

Instructions for the Egyptian orgasm

Here is exactly how to achieve the Ankhing associated with the human orgasm. Whatever you do sexually before the orgasm is completely up to you. The Egyptians believed in knowing sixty-four sexual modes before you enter the king's chamber to ascend to the next level of consciousness. This is their idea, but it is important to know that it is not necessary. You can reach the next level of consciousness without knowing this information. However, from their point of view, the idea of Ankhing is of paramount importance in achieving eternal life.

You will have to decide for yourself if it is something you wish to practice.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep breath, filling your lungs about 9/10th full, then hold your breath.
2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located just a couple of finger-widths above the sternum), with your willpower you must turn the flow of sexual energy 90 degrees out the back of the body. It will then automatically continue inside the ankh tube. It will slowly turn until it passes exactly through the eighth (or thirteenth) chakra, one hand-length above the head at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth chakra, where it began, only this time in the front of the body.Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth chakra, and it will automatically come back around to the front of the body and reconnect at the fifth chakra. You just have to make it turn 90 degrees so that it begins.
3. It will often slow down as it approaches its point of origin, the fifth chakra. If you can see the energy, it comes to a sharp point. When it approaches the fifth chakra from the front of the body, there is sometimes a tremendous jolt as it reconnects with this chakra again. All this takes place while you are holding your first breath.
4. The instant the sexual energy reconnects with its source, the fifth chakra, take in the full breath. You had filled your lungs only 9/10th full, so now you fill your lungs as completely as you can.
5. Now exhale very, very slowly. The sexual energy will continue on around the ankh channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.

6. It is here that, if you know the Light-body work of the mer-ka-ba, you would begin to breathe from the two poles using mer-ka-ba breathing. But if you are like most people and don't know this work, then continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind and heart.
7. Once the relaxation begins, slow your breath down to a normal shallow breathing. If possible, allow yourself to completely relax or even sleep for a while afterward.

"We will make love an art and we will love like artists."

~Marianne Williamson

If you practice it continually, it will begin to give health and strength to your mental, emotional, and physical bodies. It will give great strength and power to your Light-body as well.

If for any reason this practice does not feel right, stop and return to normal. It just is not time.

It was this discovery of the secret tube that fostered the ancient Egyptian's belief that eternal life was intimately connected to this particular energy-flow. It is this Ankhing of their sexual energy through this tube in an extremely deliberate procedure.

This powerful tantric magic takes some practice but it is known as the true fountain of youth.

To Create Love is to create God-power.

*“Because of love
I have become the giver of light.”
Rumi*



And the master teacher said,

Whoever understands the meaning of these words will not taste death.

Read this book again and again and practice all the things written down here and you will soon see a heaven appear before you that you can finally walk into.

I have showed you the way and I have showed you the tools...
Now let's all go out to create and bring back to each other!

Namaste,
Aurora Ray



Visit my website here: www.auroraray.com

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*-You can look at the Holy Grail's secrets at a time
,When the bars-dust is the black liner of your eyes*

*-Don't be without music or wine under these skies
,You can forget sadness with music lots of times*

*-The bud of your desire will open up her covering
,If you can serve it like the dawn's gentle mist*

*-It's a big honor to be the beggar by the bar's doors
,Do that and dust will turn into gold in your hands*

*-Make an effort and climb up towards love's place
,That you'll make a lot of profit by taking such steps*

*-You, who never goes out of the nature's house
,How can you find a way to the seeker's highways?*

*-Beauty of the beloved is not covered or veiled yet
,It's seen when on your path you've settled the dust*

*-Come that to find the way of living joyfully & right
,Is in lessons of awareness, given kindly by spirituals*

*-But until you need lover's lips and wine's goodness
,Don't be greedy maybe you can do something else*

*-My heart if you become aware of ray of guidance
,Candle-like you'll lose face & from joy you'll burst*

*-If you can heed this rich and kingly advice, Hafez
,You'll find a way to the super highway of the seekers*

Hafez of Shiraz, 14th century a.d.Persia; Translation by Farnoosh Solhjoui

Beautiful music and video for you to watch, listen & enjoy:

<https://www.youtube.com/watch?v=ZnkmCgFEmMM>

