

# **The Ascension STUDY GUIDE and The Personal Ascension Program**

Written by: Master Tony

Last updated: January 2012 [Version 1]

The information presented in the Ascension Study Guide serves as the official advice to humanity from the Celestial Council. This study guide was written as an educational tool and for personal use only. This document may be freely redistributed electronically without permission, but cannot be reproduced or sold. Permission is required to reproduce this study guide in other languages and formats including, audio, visual, books, periodicals, print or electronic. This document was written and formatted in English [Australia].

## Welcome Message

This study guide has been written to introduce the concept of “Ascension” to the public. This document will describe a number of topics including planetary ascension, the Law of One, new Earth, the multidimensional universe, and the human energy body. A personal ascension program for both adults and children has been included.

Let me introduce myself? In the new age community, I am known as a “Lightworker,” or what your mainstream religions would call a high-ranking angel. I volunteered to incarnate on Earth from the higher dimensions (or what you call the Angelic Realm) to help prepare humanity for ascension. As a messenger and teacher of divinity, it is my mission to provide my spiritual service to you for free. I am required to provide you with information about the upcoming planetary event, and with any luck, inspire you to undertake the personal ascension program. So, consider this study guide as my official advice to each one of you. Please read this document, study it, or delete it! The choice is yours!

So, what is Ascension? Ascension is plural for “Planetary Ascension” and “Personal Ascension.”

Let me explain?

Our Milky Way galaxy revolves around the universe like a cosmic clock, which consists of a number of interconnected cycles of time. There are twelve major cycles and these are divided into twelve minor cycles. When our galaxy fully completes orbiting all these precessional cycles after some 16 billion years, this is called a grand cycle. This is what is happening now. For us on Earth, the end of the grand cycle will coincide with the completion of the 26,000-year minor cycle, known as the “Precession of the Equinoxes.” All these cycles of time are converging back to their original start position to reboot or reset – this is zero time, which is the start of the next grand cycle. That natural process allows the entire galaxy to progressively evolve and spiral from one level within the universe to the next. These levels are called “Dimensions.” You can visualise these dimensions as each of the primary colours in the visible light spectrum (beyond gamma). Each of the primary colours (ROY-G-BIV) has their own density, frequency, and wavelength. As you move up the light spectrum or from one colour to the next, the frequency increases. Before any planet can naturally shift upwards to the next dimension, the frequency of the planet must firstly be compatible with this new area of the universe.

When the solar system orbits through the universe, different sources of cosmic energy have been responsible for the gradual increase to the planets frequency. This process is called “Planetary Ascension,” and Earth has been undergoing ascension for decades. Earth and our neighbours are currently positioned in the 3<sup>rd</sup> dimension, or the yellow colour of the visible light spectrum. When our solar system completes the grand cycle, it will eclipse the upper dimensional plane and that event will catapult Earth and our solar system into the 4<sup>th</sup> dimension, or the green colour in the light spectra. This event is called a “Planetary Shift.” This event can be visualised as two gigantic spheres or balls eclipsing each other. Each sphere represents a dimension. Visualise the top part of the yellow sphere or third dimension intersecting the bottom part of a green sphere or fourth dimension. This intersection is called a dimensional shift, which means the entire solar system will shift to the fourth dimension. The term planetary shift refers to a planetary object such as Earth ascending to the fourth dimension. Ascension means to evolve, progress, and move up to the next dimensional level. Earth is ascending from the 3<sup>rd</sup> dimension to the 4<sup>th</sup> dimension.

It is highly expected that the planetary shift will occur sometime between the 22<sup>nd</sup> September 2012 equinox and before the 21<sup>st</sup> December 2012 solstice. The planetary shift will occur without warning, and the event will be spontaneous. Earth and the entire solar system will literally shift into the 4<sup>th</sup> dimension. Earth changes have been occurring, but they are a natural part of the planetary ascension process, and the doomsday predictions surrounding 2012 such as comets, asteroids, and polar reversals will not happen.

The planetary shift does not signal the end of the planet – it is the completion of the old 3D timeline and the start of the 4D timeline. “New Earth” is the name given to our planet after it ascends into the higher frequency or the 4th dimension. Earth will ascend with or without humanity. This is unconditional, but your ascension is conditional. Currently, our physical bodies or our 3<sup>rd</sup> dimensional body’s are not compatible with the higher frequency or the 4<sup>th</sup> dimension. Therefore, to join the planet and continue living your life in the 4<sup>th</sup> dimension on new Earth, you must complete your personal ascension.

**Continued next page...**

You need to raise or increase the frequency of your body for two reasons, firstly to ensure you are compatible to live on New Earth in the 4<sup>th</sup> dimension, and secondly, to keep you vibrationally anchored to the planet during the planetary shift. To understand this process, you need to perceive the physical body as both a biological body and as an energy body. The first of the human energy bodies is called the ethereal body, which is the invisible clone of your biological body; it is an exact duplicate but has its own specific frequency and wavelength that we cannot physically see in our 3D reality.

The ethereal body is connected to the physical body via the human chakra system. Your ethereal body has its own specific frequency or energy signature, which is determined by the status and health of your seven primary chakras. Each of your primary chakras has a specific frequency, so the overall number of fully functioning chakras determines the energy signature for your invisible or ethereal body. Therefore, when a person's lower chakras are blocked and not fully functioning, they would have a low energy signature. That low frequency is not compatible with the higher frequency to shift and live on new Earth.

More importantly, there is a direct energetic relationship between your ethereal body and your consciousness. Your consciousness is YOU. Your consciousness is your thoughts, beliefs, intelligence, attitudes, and emotions. Your consciousness is energy. It has a frequency. This means that your conscious energy, such as your emotions, feeds directly into your chakra system. It is your conscious energy that causes your chakras to operate at a lower frequency. Therefore, the second major principle that underpins personal ascension involves "expanding your consciousness," which means once you consciously make the choice to release yourself from the 3<sup>rd</sup> dimension and decide you want to live on new Earth, you will need to start making some big changes in your life. Personal ascension uses strategies to heal each of the chakras. Therefore, to release any of the old, dense 3D energy blocking your chakras, you simply need to embrace a completely new way of thinking, beliefs, and attitudes. When you expand your mind, and start thinking and doing things differently, you create new conscious energy, which changes the frequency of your chakras. As a result of this process, you instantly increase the frequency of your energy signature. Personal ascension is simply the upward spiral of healing the chakras to increase the frequency of your ethereal body (energy signature).

Please understand that regardless of your decision to participate in ascension, everyone will ascend at the time of the planetary shift. The people that undertake their personal ascension will consciously experience the planetary shift, and then begin the next chapter of their life on new Earth, which will operate on the principles called Law of One, namely unity, peace, unconditional love, and compassion. Every individual on new Earth will have the same high quality of life, including housing, food, employment, health care, education and recreation & leisure time, and no longer do you have to struggle to exist and survive! The folks, who refuse to participate in personal ascension, will ethereally spin off the planet during the shift and return home to the spirit world. Every living thing on Earth will ascend, but obviously not everyone will decide to ascend to new Earth.

A personal ascension program has been included in this study guide. It consists of 10 activities, which can be completed over approximately 12 weeks. The program was written for people who do not have any previous knowledge about the ascension process. The program has been developed for two different groups, namely for adults and for children under 12 years of age. At the completion of the program, you should have achieved a higher frequency, but you will still need to monitor and manage your mind and body to ensure that you do not lower your energy signature.

Some of you are perhaps sceptical about ascension. You are strongly encouraged right now to use the Internet and research information on Ascension, Planetary Ascension, and Lightworkers. Ascension is real and it is your choice to act upon the information presented in this study guide!

Personal ascension is open to everyone, regardless of your beliefs. Ascension is about free will. This is your spiritual or divine right to decide what course of action you think is best for you. This is why personal ascension is conditional, because your freewill prevents anyone forcing you to accept a new way of living. Each of you has the right to decide what you wish to experience. There are no restrictions or pre selection process and personal ascension certainly cannot be faked. Now is the time to make your decision and begin preparing for your personal ascension. For the people that decide to participate in personal ascension, you have a deadline to start the program no later than the 1<sup>st</sup> June 2012. The reason for this is simple - it takes 3 months to complete the program and another month for the body to finally adjust and find balance.

I would encourage you to please forward this study guide to your friends and family.

Regards,  
Master Tony

## TABLE OF CONTENTS

Preamble.....	5
<b>SECTION 1 - INTRODUCTION TO ASCENSION</b>	
Introduction.....	7
Personal Ascension.....	8
Introduction to the Law of One.....	9
Infinite Consciousness (The Creator).....	10
The Ethereal Body.....	11
<b>SECTION 2 - THE MULTIDIMENSIONAL UNIVERSE</b>	
The Multidimensional Universe.....	13
Dimensions and Densities.....	14
The Space/Time Continuum.....	15
Planetary Ascension.....	16
Planetary Ascension and Earth Changes.....	17
The Planetary Shift and 2012.....	18
Are we ascending to the 4 <sup>th</sup> or 5 <sup>th</sup> Dimension?.....	19
<b>SECTION 3 - THE LAW OF ONE</b>	
The Law of One.....	21
Dimensional Laws for Spiritual Development.....	22
The 3 <sup>rd</sup> Dimensional Law: Service to Self.....	23
Reincarnation.....	24
Freewill.....	26
Understanding the Nature of Angels and the Angelic Realm.....	27
The 4 <sup>th</sup> Dimensional Law: Service to Others.....	30
A Glimpse into Life on New Earth.....	31
<b>SECTION 4 - THE HUMAN ENERGY SYSTEM</b>	
The Human Energy Body.....	34
The Human Chakra System.....	35
Chakras and Healing and Balancing.....	37
Chakras and Energy Signatures.....	38
Chakras and Energy Transference.....	39
Chakras and Personal Ascension.....	42
Chakras and Expanding Your Consciousness.....	43
Chakras and Emotional Healing.....	44
Chakras and Physical Attachments.....	45
Chakras and Ascension Symptoms.....	46
Chakra Consciousness.....	49
<b>SECTION 5 - ADDITIONAL INFORMATION ABOUT ASCENSION</b>	
Christ Consciousness.....	51
Ascension Questionnaire.....	52
Ascension Consciousness Grid.....	53
False Ascension Information.....	54
How Your Body Ascends during a Planetary Shift.....	55
Your Ascension Options.....	57
The Bottom Line.....	58
<b>SECTION 6 – PERSONAL ASCENSION PROGRAM (ADULTS)</b>	
The Personal Ascension Program (Over 12 years of age).....	60
Step 1 - The Ascension Journal.....	61
Step 2 - Your Body and Routine Exercise.....	63
Step 3 - Declare Your Spiritual Intent.....	64
Step 4 - Emotional Healing.....	65
Step 5 - Releasing Your Physical Ego.....	66
Step 6 - Chakra Balancing.....	69
Step 7 - Giving Unconditional Love to Others.....	71
Step 8 - Giving Unconditional Love to Yourself.....	73
Step 9 - Third Eye Activation.....	76
Step 10 - The Ascension Chamber.....	77
Personal Ascension Timetable.....	78
<b>SECTION 7 – PERSONAL ASCENSION PROGRAM (CHILDREN)</b>	
The Personal Ascension Program (Under 12 Years of Age).....	80
Script for Children: Planetary Ascension.....	82
Script for Children: Understanding Chakras.....	83
Script for Children: Life on New Earth.....	84
<b>SECTION 8 – CONCLUSION</b>	
Summary of Ascension Concepts.....	86
Acknowledgements and Final Comments.....	87

## Preamble

By Jingo, Golly, Gosh!

Let me please introduce myself. I am a Lightworker, a Messenger of Truth and Teacher of Divinity, who volunteered to incarnate on Earth to help the Spiritual Hierarchy and Celestial Councils complete the "Christos Awakening Mission," and I am known by what you call the Angelic Realm as "Master Tony."

On Earth today, there are literally millions of spiritual beings known within your new age community as Lightworkers, who volunteered to incarnate on this planet during this lifetime to provide their assistance to Earth and humanity at this special time. These great spiritual beings have come from many different Celestial Councils across the multiverse. These are known as "Starseeds," but we are all essentially "Ascension Angels" and these spiritual beings include spiritual teachers, healers, and other celestial beings from far distant planets, star systems, dimensions, and universes.

My divine mission involves providing you with the following information:

- To help you understand your connection with the Creator,
- To discover and awaken your Christ consciousness (Divinity),
- To inspire you and help you reclaim your divine right to continue with your spiritual evolution,
- To ensure you have the information to complete your personal ascension before the planetary shift.

This is collectively known as "Ascension Consciousness," which refers to your personal understanding and awareness of a) Earth and planetary ascension, b) the mechanics of personal ascension, and c) the spiritual laws that govern the forth dimension.

Please understand that I had a requirement to provide you with only the facts, so you can quickly comprehend, accept, and make your own decision on how you wish to confront this reality. It is for this reason, none of the information presented in this document has been sugar coated, fluffed up, or surrounded in religious, angelic expressions or hyperbole. Much of the information may conflict with your current understanding and beliefs about your physical world.

The goal of the study guide involves expanding your consciousness (open your mind to new thoughts and ways of thinking) and presenting the key information that can motivate you into action. More importantly, the study guide is a spiritual lesson that will help you realise that you are more than just human, but a "spiritual being" having a human experience. More importantly, it is your freewill and divine right to decide what course of action you wish to take.

I would encourage you to firstly read the entire study guide, and then make your decision about participating in the ascension. For the people who have decided to participate in ascension, it is highly recommended that you re-read this document before commencing the personal ascension program.

Note: In regards to the term "Master," this title refers to a spiritual being who has had extensive experience incarnating on different planets across the universe as a messenger and teacher of ascension (lightworker). Likewise, this term also relates to the personal ascension process and refers to a person who has completed their ascension and has mastered their ability to ascend past the lower vibrations and take full control of their mind and body to remain in the higher frequency.

In addition, this study guide was written for "newbies" or "beginners," the people who have no previous knowledge about ascension concepts or have little understanding of the human energy system. It is anticipated that some readers will have a greater understanding of the principles presented in this document.

### IMPORTANT

This study guide presents one possible path for completing personal ascension. It is not the writer's intention to declare that you cannot ascend, because you have decided not to follow these guidelines. Freewill permits you to research and use an alternative ascension program, model, or tool that resonates with you. No spiritual teacher or guru holds the keys to your ascension. You, and only you, know in your heart what is right for you!



# **SECTION ONE**

## **Introduction to Ascension**

## Introduction

The vibratory nature of our solar system is rapidly changing as it draws closer towards the completion of the 26,000-year minor cycle in the procession of the equinox. The density in the nucleus of every atom on the planet has slowly amplified to a higher frequency over the past 60 years. We are now approaching the end of the grand cycle and in the near future; Earth and our neighbours will spiral upward into a new dimension, regardless of humanity's readiness to ascend.

Lets begin with an overview of your divine purpose:

You are a spiritual being, or a soul currently having a human experience. In the beginning, you were a fragment of the Creator/Infinite Consciousness that was broken off eons ago as a soul - as an individual unit of consciousness. You were given a simple mission – go away and experience all the different types of realities & existences known to the universe, learn and advance your knowledge & wisdom and eventually you can return home to rejoin the Creator, after having a complete understanding of "all that is". To do this, you must evolve through a number of dimensions, which are different realities where you can learn and experience yourself in different physical forms. Presently, you are experiencing the 3<sup>rd</sup> dimension as a human being for you're spiritual growth on Earth. However, you have been reincarnating on this planet for thousands of years and selected a wide variety of different life's to advance your consciousness, by experiencing the 3D spiritual lesson of "Duality," where you have emotionally experienced and explored the highs and lows of every different aspect as a human being. After each physical death on Earth, you returned home to the spirit world and begun planning your next incarnation. For many of you, your soul or consciousness has now finished experiencing duality in the 3<sup>rd</sup> dimension – you have nothing else to learn. Life is not defined by physical death, your soul is immortal, incarnations have been all about the spiritual advancement of your consciousness, and now it is time for you to decide to take the next evolutionary step and ascend to the 4<sup>th</sup> dimension. Spiritual ascension refers to "your conscious decision to evolve as a spiritual being and progress to the next dimension to experience a new reality that operates under a different spiritual law to continue your spiritual growth."

Please understand that every soul will ascend at the time of the planetary shift. At the time of this great event, your frequency or energy signature determines your destination.

Humanity only has two (2) options. Firstly, the people that participate in the personal ascension program and achieve a higher frequency will ascend to new Earth in the 4<sup>th</sup> dimension (4D). Alternatively, the folks who decide not to participate in the personal ascension program and choose to remain at the lower frequency will die naturally during the shift and later reincarnate on an alternative 3<sup>rd</sup> dimension (3D) planet in the universe.

To understand personal ascension, you must firstly understand the main concepts that underpin the process. The content of this study guide has been developed on the following principles:

- You are a soul or unit of consciousness interconnected to the universe and the Creator,
- Your body contains your consciousness (this is YOU - thoughts, intelligence, emotions, memories etc),
- Each dimension has different spiritual laws that govern what souls learn and experience,
- To master your 3<sup>rd</sup> dimensional lessons, you have reincarnated on Earth over many lifetimes,
- As a spiritual being, your divine mission is to continually evolve emotionally, mentally and spiritually,
- Your human body consists of two different systems, the biological body and the human energy system, and both bodies interact and sustain each other.

Lastly, the "Law of One" are universal principles that explain the purpose of why we are here, the nature of the universe and the spiritual laws that govern what you experience in each dimension. In addition, the law explains the purpose for your spiritual progress, how spiritual consciousness is interconnected in all things, and teaches the divine truth that every soul is an essence of the Creator.

## Personal Ascension

Planetary ascension is different to personal ascension. Earth has been undergoing planetary ascension for decades, where the planets magnetic fields have slowly adjusted to a higher frequency, which prepares the planet for a planetary shift. Ascension means to “move up, evolve, or progress.” Earth’s ascension is a separate evolutionary process to human souls, but we are all invited to accompany Lady Gaia. The possibility is that you can complete the personal ascension program, before Earth moves into her new home.

Personal ascension is a full mind, body, and spiritual program. From a spiritually perspective, personal ascension means “the conscious decision to evolve as a spiritual being and progress to the next dimension within the universe to experience a higher vibrational state of existence or new reality.” This is your divine mission - to experience different dimensions within the universe and advance your consciousness. Right now, you are invited to release yourself from the lower vibrations of this dense, physical, 3<sup>rd</sup> dimension and choose to rise up to a higher frequency. Ascension is a personal choice. Many people will decline; some will ascend for spiritual reasons, whilst others may wish to experience a new way of living on new Earth.

One of the aims of personal ascension involves increasing the vibrational configuration of your body, to ensure you are compatible to live on Earth’s new frequency and to keep you vibrationally anchored to the planet during the planetary shift. This is called physical ascension. To understand this, you need to perceive the physical body as both biological and as energy. The first of your energy bodies is called the ethereal body, which is the invisible clone of your biological body, it is an exact duplicate, and has its own specific frequency signature, which is determined by the status and health of your seven primary chakras. Each of your primary chakras has a specific frequency, so the overall number of fully functioning chakras determines your energy signature. For example, when the lower chakras are blocked and not fully functioning, you would have a lower energy signature. That lower energy signature is not compatible with new Earth.

Personal ascension is designed to help you gradually raise the frequency of your energy signature. There is a direct energetic relationship between the ethereal body and your consciousness. How does this work? Your thoughts, feelings, beliefs, behaviour, and emotions are commonly known as your consciousness. Your consciousness is YOU. Therefore, your consciousness is simple conscious energy that feeds directly into your chakra system. Currently, your 3D consciousness is not compatible with the higher frequency. The aim of personal ascension involves “expanding your consciousness,” which means once you have consciously decided to release yourself from the 3<sup>rd</sup> dimension or this reality and decide to live on new Earth, you will need to begin making the necessary changes in your life, such as changing your thoughts and emotions to align yourself with new 4D consciousness. As a result of this process (new conscious energy), you automatically begin to increase your energy signature to a higher level. An individual that can achieve the higher frequency and take steps to hold that higher vibration is known as a “Lightworker.”

Personal ascension involves completing a number of activities. These are specific strategies that increase/amplify the frequency of your consciousness, which will automatically raise the frequency of your energy signature. You cannot fake ascension, because a person’s energy signature determines the outcome at the time of the planetary shift. The following table summarises the learning outcomes contained within the personal ascension program. It simply involves using ascension activities to align the four (4) bodies into a unified “MIND/BODY/SPIRIT” body, also known as your “Light Body.”

<b>BODY</b> PHYSICAL ASCENSION	<b>MIND</b> MENTAL ASCENSION	<b>EMOTIONAL</b> EMOTIONAL ASCENSION	<b>SPIRIT</b> SPIRITUAL ASCENSION
<ul style="list-style-type: none"> <li>• The relationship between ethereal body and energy signature,</li> <li>• The use of chakra healing to remove energy blockages,</li> <li>• The use of chakra balancing to align the primary chakras,</li> <li>• Understand the principles of energy transference</li> </ul>	<ul style="list-style-type: none"> <li>• The relationship between consciousness and the ethereal body,</li> <li>• The difference between “Service to Self” and ‘Service to Others”,</li> <li>• Understanding the principles of Unity Consciousness</li> </ul>	<ul style="list-style-type: none"> <li>• The purpose of emotional clearing or karmic cord cutting,</li> <li>• The purpose of releasing the ego from 3D physical attachments,</li> <li>• The principles of Divinity (unconditional love and Compassion)</li> </ul>	<ul style="list-style-type: none"> <li>• The principles of Law of One</li> <li>• The relationship between Individual and Infinite Consciousness</li> <li>• The principles of Christ Consciousness,</li> <li>• The purpose of freewill &amp; reincarnation</li> </ul>



## Introduction to the Law of One

The “Law of One” is the universal law of love, which explains the spiritual and scientific principles of the multiverse (multiple universes). It acknowledges that your soul is a unique portion of the Creator. Our soul is a single unit of consciousness that stems from the creator’s consciousness. This is known as “Infinite consciousness.” All units of consciousness are interconnected to all other types of consciousness. Everything that exists is called the “Creator” (also known as the Source). Infinite consciousness is the universal energy that exists everywhere or “All that is.” The Creator has no gender. Infinite consciousness is neither male nor female. There is no such thing as “God.” This is a human word. The term “God” does not mean a single patriarchal, masculine bearded man that mainstream religions have falsely personified, but represents “Infinite Consciousness.” The Creator represents the life force energy, the infinite intelligence, and the work engine of creation, which is omnipresent and exists on all planes and dimensions throughout the multiverse. The Creator does not have a physical body; rather it is plural and refers to the sum of all units of consciousness in the multiverse (Infinite consciousness). Everything that exists is divine. Everyone is divine. You are Christ!

The Creator is “Omniscience” (all knowing), “Omnipresent” (everywhere all at once), and “Omnipotence” (all powerful). These two concepts “Infinite Consciousness” and the “Individual Consciousness” are the key principles for understanding the Law of One. Firstly, you must realise that all consciousness is equal. We are all fragments of same consciousness, it is original source of consciousness, and each one of us will eventually return home, to this source energy or the Creator. Imagine the source, as one big ball of energy and each particle of light is one soul. You stem from this ball of energy. Your soul is that unit of individual consciousness. “All is one,” means everything that exists, is the source energy – the infinite Creator. All creation is infinite consciousness and a living whole.

Each one of us was given a divine mission – go away and explore ourselves. Learn, grow, and understand everything that has been created and eventually rejoin the Creator after having learnt everything that is infinitely possible to experience and having acquired the highest understanding of creation itself or “All that is.” Your path of evolution is unique to you, but you are not separate from other souls, rather your individuality is your unique story and journey to understand creation. Your mission is achieved by ascending your individual consciousness through each of the dimensions within the universe. To begin your mission, you had to experience a variety of intense 3D lessons on Earth, including selfishness, pain, poverty, love, anger, etc. Earth is a planet to begin evolving your consciousness at the infant level, until you consciously realise this illusion and choose to stop experiencing those dense lessons and decide to continue your spiritually growth beyond this dimension.

Your soul, the non-physical part of you, needs to constantly seek out new experiences to grow, expand, learn, and explore itself. Therefore, the most important principle in the Law of One is the understanding that every soul is currently experiencing and learning different spiritual lessons to your own. Because we are all one, there is no right or wrong. In the spirit world, a souls rank or degree of spiritual advancement has been achieved from their accumulated wisdom within the 3<sup>rd</sup> dimension. Reincarnation has been the tool for spiritual growth. In regards to the Law of One, there is no such thing as sin, judgement, punishment, heaven, or hell. These beliefs were falsely created by humanity. In regards to reincarnation, please understand, when all souls return to the spirit world, they are only respected for their adoration and the difficult lessons they have selected to experience for their own spiritual advancement on the Earth plane. Medieval religion and not Christ, created the notion of judgement and punishment after death, and as a result you have been falsely taught to believe in the concept of the anti Christ. The Law of One only recognises “infinite love” of the Creator, which exists within everyone and everything.

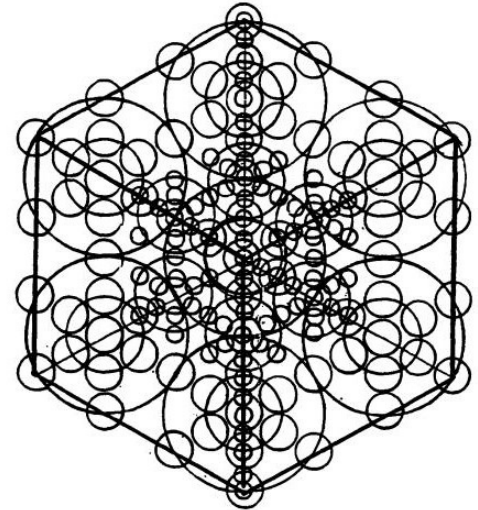
Each time a soul incarnates, it selects a religion that can nourish its spirituality. This is why humans are not godless; you are consciously evolving to once again regain your connection with the Creator. The two key attributes of divinity - unconditional love and compassion are the key qualities and core characteristics that underpin the Law of One. More importantly, Law of One is not a religion, because it is not a man made doctrine, rather it is an universal law that states that you are “Christ.” You do not have to wait for salvation, because you already hold the power to learn, demonstrate, and practice divinity (unconditional love and compassion).

You are an individual unit of consciousness, but we are one! No person can claim to be greater than another. For many souls on the planet, they have now reached the end of their 3D incarnational cycles in duality. They are ready to break free and continue advancing and experiencing the 4<sup>th</sup> dimension. That is the purpose of the Ascension. When ascension is experienced properly, a person is never the same and never sees their reality in the same manner again. From that point on, everything becomes clear and you finally realise you are a spiritual being connected to everything that exists. Materialism, selfishness, and greed become a thing of the past, and you accept the very thing you always wanted - new Earth offers you world peace and unity. To join new humanity, reflect on this question: How much love (your energy, time, wisdom, and being) are you prepared to freely share to help others?

## Infinite Consciousness (The Creator)

This section will now describe “Infinite Consciousness.” Regardless of your personal views, please remember to keep an open mind in regards to the endless explanations to explain “Creation.” Creation is composed of two materials. The first is known as “Consciousness” and the other is “Light.” Consciousness is the basic building block of creation in the cosmos; it is your soul, it is energy and you are a unit of infinite consciousness. Light is the physical manifestation of creation, it exists as both matter and anti matter, which allows consciousness to experience itself in physical or non-physical form. Thus, “Love” (consciousness) and “Light” (matter) are both forms of energy.

All universes are made up of consciousness stemming from a single, supreme source of infinite consciousness, known as the Creator. The “multiverse,” the living cosmos or super universe is shaped as a Metatronic cube (see image on the right), which consists of 12 individual universes interconnected into a spinning spiral, and each physical universe has more than 12 dimensions. The basic gestalt energy or geometric vibration in each physical universe is called the photon. It is the basic particle of light. The different combinations and complex vibrations of photons create atoms, matter, and the physical material that exists within each universe. Infinite consciousness is commonly expressed as “All That Is.”

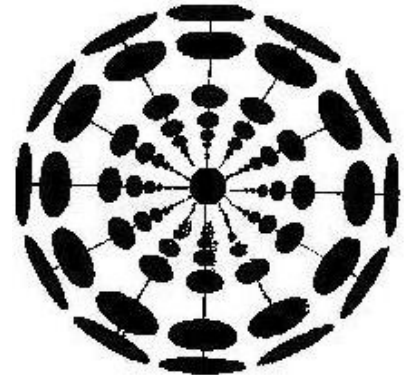


We are composed of both “love and light” or “matter and consciousness.” Matter (solids, liquids and gases) is composed of varying amounts of electromagnetic energy held in a state of tension. Electrical energy and magnetic energy are the two building blocks for creation and the foundation of all existence. We are a single vibrational unit of consciousness that stems from universal energy called “Infinite Consciousness.” In other words, although we are individualised and separate souls, we are connected to this universal energy and thus we are seed/unit of the creator’s consciousness. Therefore, we are all energetically connected to each other, to each universe, other dimensions, planets, atoms and all other units of consciousness.

“All that is” also refers to all the frequencies or dimensions that divide and create the multiverse. The multiverse is itself a living organism, which includes Earth, our universe, other universes, and all the spiritual beings contained within. That is why the Creator or “Oneness” is difficult to describe, because infinite consciousness expresses itself in everything and everywhere and when it all comes together, it is known as the Creator or Source. In order for consciousness to evolve, it must experience itself via a corporeal body consisting of matter. This is called a “sentient being.” Consciousness is the life force energy that allows matter to become sentient. Consciousness is the creator, and matter or light is created by consciousness.

Our consciousness uses a human body to explore and experience itself, but consciousness can also experience itself in different corporeal shapes and forms. Earth is composed of matter. It is a corporeal body. Consciousness can explore and experience itself as a planet. Earth is a living and sentient being, and the name of this soul is “Lady Gaia.” In addition, all living things that originated from naturally occurring processes on the planet, which means they are composed of matter are sentient beings. More importantly, matter does exist beyond our human perception. All living things on Earth (matter) also have an invisible twin of itself, which is composed of anti matter. This is known as the ethereal body (see next page).

**Monadic Universe**



**The Monadic Universe  
consists of 12 individual  
universes & each universe  
has 12 dimensions.**

Please note that the term “Consciousness” does not mean the same as “Human Consciousness.” This refers to our conscious awareness and interaction with our environment using our physical senses and our ability to respond to our physical surroundings. A human existence allows you to experience yourself, so you can acquire and develop new intelligence, thoughts, and emotions during each incarnation. Therefore your “Consciousness” is twofold: it is the total sum of wisdom that you have experienced from all your incarnational lives, and secondly, it allows you to consciously experience yourself in the physical world, thus you are “conscious” or “self aware” of your reality.

## The Ethereal Body

In regards to ascension, one of the most important concepts for you to understand and need to accept, is the fact that everything in your reality is energy. Your soul is energy, all matter is energy, and your physical body is made of electromagnetic energy. YOU are energy. You are a unified energy system. All parts influence each other.

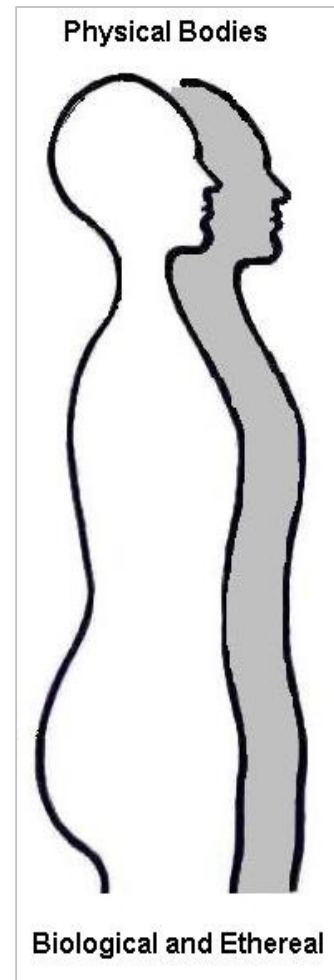
Every living thing has two different types of bodies. The first is the biological body, which is composed of matter such as organs, skeleton, muscle etc. Your biological body contains millions of cells and the chemical processes within these cells generate electromagnetic energy. The interconnection of all this energy creates a full body electrical circuit. This radiates as an electromagnetic field around the biological body, which is known as the human energy body.

The first layer of the human energy body that exists just beyond the biological body is called the "Ethereal Body" (or Etheric). The ethereal body extends about 2-5cm in front and around the biological body. This is your life force body, which maintains, energises, and interacts with the biological body. The ethereal body is your invisible clone and it is an exact duplicate of your biological body. Your ethereal body is still classified as a physical body, but it consists of ethereal or anti matter. Ethereal matter has a higher frequency than physical matter, which means it is still classified as physical, but has a different dimensional frequency and wavelength. Ethereal matter is superimposed over the biological body, but exists in a higher frequency, but occupies and coexists in the same physical space. This is the reason why you cannot see it in our 3<sup>rd</sup> dimensional reality.

The ethereal body radiates its own electromagnetic force field around the physical body known as the "auric field" (aura or auric body). Your ethereal body is made up of tiny particles of electromagnetic energy that radiate as light (anti matter). The human chakra system is the interface between matter (biological) and anti matter (ethereal). Each of the seven primary chakras has their own specific frequency, and the overall health of your chakras determines your frequency pattern or energy signature for your ethereal body. For example, when your lower chakras are blocked or partially blocked, you will have a low frequency signature. In addition, the frequency of your energy signature determines the level of brightness or dimness of your auric field. The various energy blockages, imbalances, and distortions within the ethereal body (chakras) will determine the state of health in your physical body.

Therefore, each of you has a specific energy signature that is determined by the overall condition of the chakra system. Every person is like a radio channel, functioning on a different frequency. The chakras are transformers of energy (input/output), which supports and energies the physical body. Ascension involves clearing and removing blockages or unwanted frequencies from the chakras, and then taking steps to bring the total bodily chakra system into balance. The process of healing each chakra amplifies or increases the frequency of your energy signature. As a result, the old 3D auric field is replaced with a new and higher frequency auric field. As you progress through this study guide, this process will be explained. The most important rule to remember is that there is an energetic relationship between matter (ethereal body) and your consciousness (thoughts, attitudes, feelings, beliefs and emotions).

In regards to planetary ascension, please reflect on the following concept. All living things comprise of matter and radiate an ethereal body. Your ethereal body was created at the time of conception. That life force energy was supplied to us during gestation, from the Earth's biosphere (food, water, etc). As a result, every living thing has an ethereal body and we all connected and anchored to the planets ethereal body. Therefore, energetically speaking, humanity's negative behaviour and actions such as war, pollution, nuclear waste, etc has a direct impact on Lady Gaia life force, because any negative energy stored within our ethereal bodies filters directly into the planets ethereal body. In addition, during the planetary shift, the planets ethereal body and everything ethereally attached will shift to the next dimension. Therefore, physical ascension simply involves increasing your ethereal frequency to ensure you are compatible with the planets ethereal frequency, thus you remain vibrationally anchored to the planets ethereal body.





# **SECTION TWO**

## **The Multidimensional Universe**

## The Multidimensional Universe

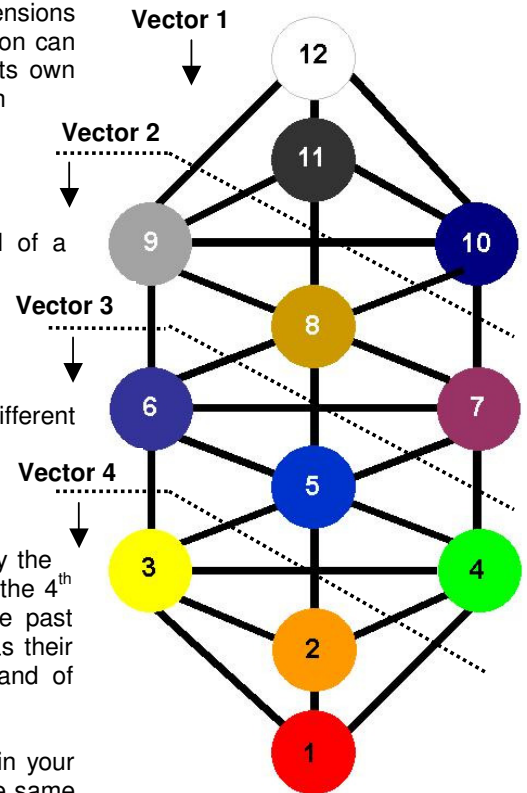
In regards to ascension, this section will briefly outline the structure of the multidimensional universe, which will help you understand the term “Dimension.” Please note: there is no requirement that you need to believe and accept this model for understanding the universe and dimensions.

The structure of our physical universe is geometrically shaped as a tetrahedron, which consists of 12 different layers called “Dimensions.” These dimensions determine what we perceive around us and how we live in it. A dimension can also be called a “plane of existence” or “reality.” Each dimension has its own unique vibrational properties, such as sound and colour. Everything within the universe is composed of vibration and frequency.

The 12 dimensions are divided into dimensional groups called “Vectors.”

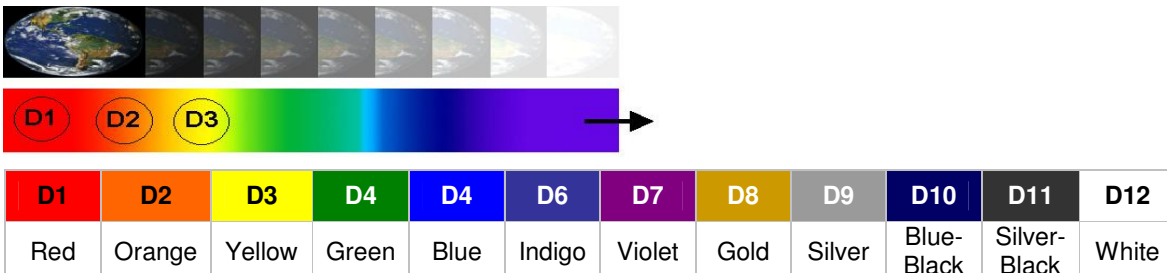
Each vector contains three (3) dimensions. Each vector is composed of a specific grouping of frequencies and wavelengths, which corresponds to a primary colour within the visible light spectrum. Higher dimensions have the highest frequency, because they exist at the top of the visible light spectrum (beyond gamma).

Each dimension is composed of sub atomic particles of light moving at different frequencies and wavelengths. They do not collide or even recognise each other. We exist in the 3<sup>rd</sup> dimension (yellow), which means the other dimensions are invisible to us and undetectable to our human senses. The 12 dimensions coexist in the same physical space, but each dimension is separated by different wavelengths. That is the reason why the other dimensions are invisible to us. The sub atomic particles of light in the 4<sup>th</sup> dimension (green) are flowing past the 3<sup>rd</sup> dimension; they simply slide past each other and do not physically interact. Therefore, each dimension has their own specific properties, namely their own density, wavelength, and band of frequencies.



Consider the following hypothetical. Visualise yourself sitting on a chair in your kitchen. Now imagine there are 12 different versions of you occupying the same room or space, but each version of you has a different primary colour (or frequency). The different versions of you pass through the same space you occupy, but they exist in a different dimension. Each version of you, room or chair has a different wavelength. For example, our 3D reality has the properties (frequency & wavelength) of yellow. Your consciousness is vibrationally attuned to the 3D wavelength, which determines what you physically see and how you interact with objects. The 4<sup>th</sup> dimension has a different set of properties, which corresponds to the next highest colour in the spectrum, hence you cannot see anything from the 4D reality, unless you change the frequency of your body to correspond to the frequency of the 4<sup>th</sup> dimension.

Each dimension has its own specific frequencies and wavelengths. In order to exist and consciously experience the 4<sup>th</sup> dimension, the vibrational frequency for “matter” (liquid, gas, solid) and “consciousness” (you) must correspond to the same properties of that dimension. Life in the universe is not limited to the 3<sup>rd</sup> dimension; it is just that we cannot see the other realities that exist, because those realities have a different frequency and wavelength that do not correspond to our 3D senses. Therefore, our physical existence on Earth is simply one of many infinite realities in the “Multidimensional Universe.”



## Dimensions and Densities

The multidimensional universe has the structure of the visible light spectrum. The visible light spectrum consists of several primary colours, for example red, orange, yellow, green, etc abbreviated as “ROY-G-BIV,” but other colours exist beyond gamma.

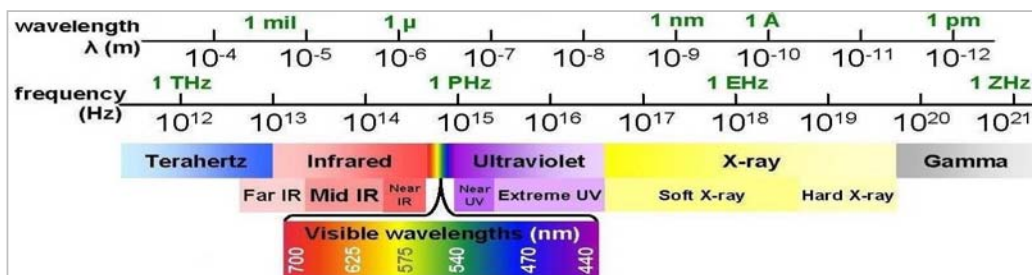
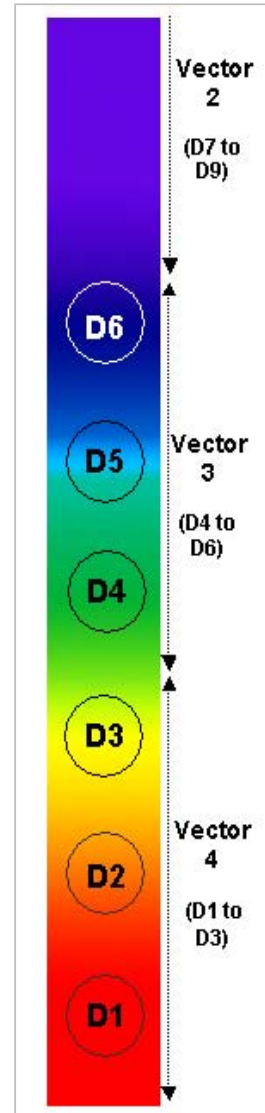
Each primary colour represents a “Dimension,” which has its own specific properties such as density, frequency, and wavelength. For example, the 1<sup>st</sup> Dimension is represented as “Red,” which is located at the bottom of the spectrum. The 2<sup>nd</sup> Dimension is orange and so on.

Between any two dimensions or primary colours, there are 12 overtones (or sub frequency bands). For example, to progress from one primary colour (eg: Red) to the next highest primary colour (eg: Orange), you need to ascend through 12 different shades/overtones of that primary colour before you move into the next highest colour or dimension (or octave). Dimensions are separated by wavelength, like notes on a musical scale. Each tone on the scale sounds different, because of its frequency and wavelength. The frequency pitch for each overtone increases as you move towards the next highest primary colour. Therefore, the term “Density” refers to the grouping of frequencies occupying the space between two primary colours in the visible light spectrum (known as a dimensional frequency band). For example, the 12 sub frequencies or overtones within the 3<sup>rd</sup> dimension (yellow) is collectively known as the 3<sup>rd</sup> density, and the sub density frequencies for each of the 12 overtones within the 4<sup>th</sup> dimension (green) is collectively known as the 4<sup>th</sup> density, etc.

A “Density” is simply a wavelength barrier, which divides primary colours into frequencies groups along the electromagnetic spectrum. For example, all the possible frequencies and sub frequencies (overtones) within the yellow band is collectively known as the 3<sup>rd</sup> density. In regards to ascension, we are energetically moving up from the 3<sup>rd</sup> density or from the upper overtones of the 3D frequency band to the upper overtones of the 4D frequency band or 4<sup>th</sup> density.

The visible light or frequency spectrum is a simple way of dividing the entire universe into dimensions. That is why dimensions coexist in the same geographical space, because each dimension has a different frequency and wavelength. Dimensions are like musical scales – it is a bandwidth of frequencies consisting of 12 overtones or sub frequencies, and each tone on the scale sounds different, because of its wavelength. In addition, the sum of all frequencies in the multiverse (12 universes \* 12 dimensions \* 12 overtones) is collectively known as the “Universal Frequency Matrix” (the Creator). The universe is composed of light, as well as different levels of density. Everything within the universe is composed of vibrational frequency patterns. The dimensions are arranged and grouped according to their vibrational frequencies. Higher dimensions resonate at a higher frequency, and the lower, denser dimensions resonate at a slower vibration.

“Dimension” is simply a reality where spiritual beings of the same frequency & wavelength coexist, interact, and evolve. Our 3D consciousness can only consciously perceive and interact with 3D objects in our universe, because our consciousness is aligned to the 3D frequency & wavelength. To physically interact with another dimension, the frequency of consciousness needs to be aligned to that dimension. After we ascend to the 4D, our perception about our universe will change, because you start to realise that other things do exist in our universe, but it was just that our frequency was incompatible. The visible light or electromagnetic spectrum is the key to understanding the universe, because “space” is separated by frequencies & wavelengths, which is interwoven as different dimensions. To understand dimensions, you really need to understand colour theory, which teaches tonal frequencies and harmonic waves.



## The Space/Time Continuum

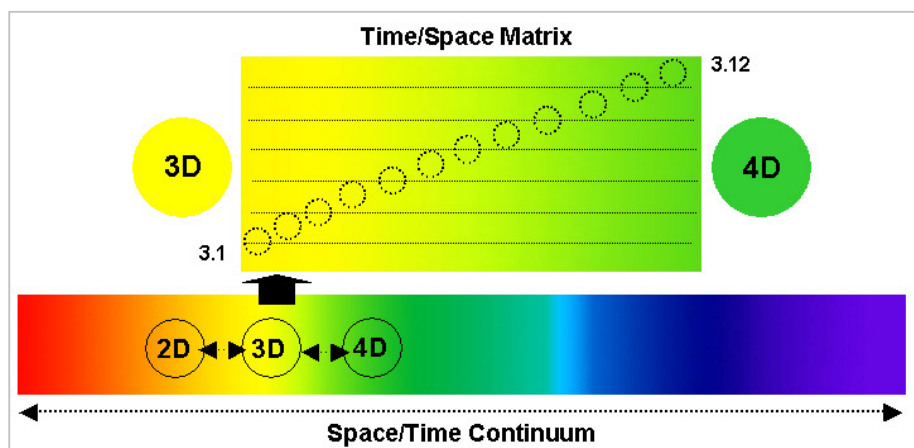
Time and space are aspects of the same mechanism. "Time/Space Matrix" is simply another name for "Density." Therefore, each of the 12 sub frequencies or overtones in the 3<sup>rd</sup> dimension is collectively known as our "Time/space matrix" (or the 3D frequency band). The cycles of time on the cosmic clock allows a planet to gradually spiral through the time/space matrix or through each of the twelve overtones within the dimensional frequency band over eons of years. When the planet reaches the top of the frequency band, it interconnects and overlaps with the above dimensional frequency band (or the next time/space matrix), which creates a natural gateway to that density. This allows a planet and its inhabitants to continue spiralling into the next time/space matrix. There are 12 primary stargates along the universal spectra and each corresponds to the openings that exist between dimensions 1 to 12. The 3<sup>rd</sup> density Earth stargate will connect with the 4<sup>th</sup> density stargate, or the next dimensional frequency band or time/space matrix.

All the twelve "Time/Space Matrices" is collectively known as the "Space/Time Continuum." Visualise the space continuum like a railway track. Each track represents a specific sub frequency or overtone. Simply think of each track having its own "RGB" properties, which equates to specific overtone. Therefore, the entire railway track represents the space continuum (or visible light spectrum), which simply consists of an infinite number of tracks (sub frequencies).

"Time" refers to a specific sub frequency within any given time/space matrix (not linear time such as date & year). Thus, each time/space matrix is simply a grouping of sub frequencies or overtones within the space/time continuum. When humanity refers to the "past or future," it actually refers to a particular sub frequency along the space/time continuum. That sub frequency, overtone, or coordinate has its own specific frequency & wavelength, but when linear time is overlayed, that sub frequency or overtone would correspond to a specific human date & year. Consider the following hypothetical: The year 2011 within our time/space matrix represents a sub frequency or overtone of 3.8, thus assume we shift to the overtone of 3.2. Now, we move into a lower dimensional sub frequency or overtone within the time/space matrix, and from a human perspective, this would reflect a particular date & time in Earth history. Remember, everything in the universe is a vibration or wave occupying the same space, thus time can only be measured as frequency, and hence our universe can be considered timeless, because there are infinite frequencies that exist within the space continuum. Therefore, the Space/Time Continuum is one large universal frequency band or one octave of reality consisting of a number of smaller octaves or sub frequencies grouped into Time/Space Matrices.

Our consciousness exists in the 3<sup>rd</sup> dimension, which is our "Time/Space Matrix" for experiencing ourselves between incarnations. The frequency of our consciousness is vibrationally aligned to the frequency of this dimension or time/space matrix. The frequency of your 3D consciousness is allowing you to have a physical experience on Earth. Therefore, when you undertake ascension, you are changing the frequency of your consciousness, which alters the dimension you can experience. Every spiritual being begins its origins in the lowest time/space matrix, and continues to evolve its consciousness through each time/space matrix to fully experience the entire space/time continuum.

The biggest mistake our world has made about the notion of other life forms in our cosmos, has been interrupting the universe through our 3D frequency. Only a small fraction of what we perceive in our universe exists in the 3D wavelength as visible matter; the rest exists within the space continuum on other frequencies. Every planet scattered amongst the different galaxies has a different frequency within the space/time continuum. Space is separated by frequencies and wavelengths and each wavelength is simply a gateway or door to another dimensional reality. Life on Earth currently exists on one of those frequencies, therefore from a vibrational perspective there are infinite realities existing on other frequencies.



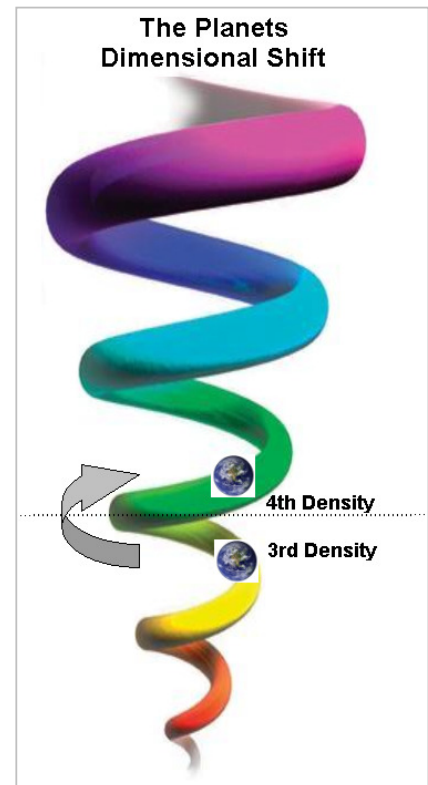
## Planetary Ascension

“Planetary Ascension” refers to the modulation of the planets frequency to a higher level. This process occurs when our Sun receives varying densities of electromagnetic energy from specific locations in the cosmos, as it orbits through the universe on its predestined cycles of time. Our Sun then modulates and transmits packets of frequency across our solar system. The in streaming of electromagnetic energy enters the Earths outer electromagnetic field or magnetosphere, which is the process that gradually increases or modulates the outer frequency. The magnetosphere has a direct frequency relationship with the planets core or inner electromagnetic grid, which must also modulate itself to remain synchronised with the outer frequency. Over decades, this natural symbiotic process has prepared the entire planet for the ascension. The magnetosphere is located in the upper region of the earth’s ionosphere (1,000km above earths surface), which consists of charged particles of photons, and directly controls the planets internal magnetic field.

Our Milky Way galaxy spirals around the universe like a cosmic clock, which consists of a number of interconnected cycles of time. These cycles permit planets to evolve from one density to next. There are 12 dimensions in our universe. Each dimension is divided into twelve major cycles. These major cycles are divided into twelve minor cycles. When all dimensions complete their cycles at the same time, this cosmic synchronisation is collectively known as a grand cycle. At this point, planetary objects in our dimension can energetically shift from one dimension to the next. The major cycles describe the entire galaxy orbiting around the great central sun, known as Alcyone Sun, which is located in the galactic centre of the Pleiadian system. It takes our galaxy some 16 billion years to complete that galactic cycle - a single orbit around the great galactic centre. Each galaxy is connected diagonally with an upper dimensional plane. At the completion of a grand cycle, the lower dimensional plane diagonally eclipses the higher plane, and all planetary objects within that galaxy can shift upward into the next density or time/space matrix within the space/time continuum.

In other words, if you visualise our planet on a kind of railway track or band of energy that moves through space, and comes into direct contact with another band of energy that is vibrating at a higher frequency, a dimensional shift will occur when both bands of energy eventually flow and pass through each other. Now imagine that when these two different frequency bands merge and pass through each other, the people existing on Earth will have the option to switch to the other higher band. That dimensional shift means people can elect to go into the higher dimensional frequency (4<sup>th</sup> density) with the planet, or decide to remain on the lower frequency band (3<sup>rd</sup> density). This grand event literally represents the end of the planets evolution on the 3D timeline and the beginning of the 4D timeline. It represents both a shift in the frequencies for humanities consciousness and the shift to the planets position in the universe to a higher frequency.

The completion of the grand cycle is a major event, because there are number of cycles of time that will converge and will synchronise at the same time. These include a) the solar system completing the minor cycle that takes approximately 26000 years, known as the “Precession of the Equinoxes,” b) the Milky Way galaxy completing the cycle around the major Pleiadian system that takes 230 million years and c) the galaxy completing the cycle around the Great Central Sun, which takes some 16 billion years. When all these precessional cycles are synchronised, it completes the grand cycle (or grand procession). This is what will happen during 2012. All these cycles of time are converging back to the original start position to reset – this is zero time, the beginning of the next grand cycle. Just as Earth is influenced by the electromagnetic energy from the Sun, our Sun is also directly influenced by the high particle electromagnetic energy transmitted from the great central sun. The great central sun transmits pulsating packets of highly concentrated electromagnetic energy across the universe via a chain of interconnected galactic Suns, before finally arriving and entering our solar system. At this point, our Sun modulates and transmits that electromagnetic energy across our solar system. The in streaming of electromagnetic energy or electrical charge on the Earths outer electromagnetic field or magnetosphere is drawn into the planets core. As a result, the core emits radiation at a higher spectrum, because it has modulated the inner planetary frequency grid to a higher level. The entire “galactic energy system” of interconnected Suns operates exactly like the human chakra system. This universal process allows the entire galaxy and all planetary spheres that reside within it, to progressively evolve from one dimension to the next.



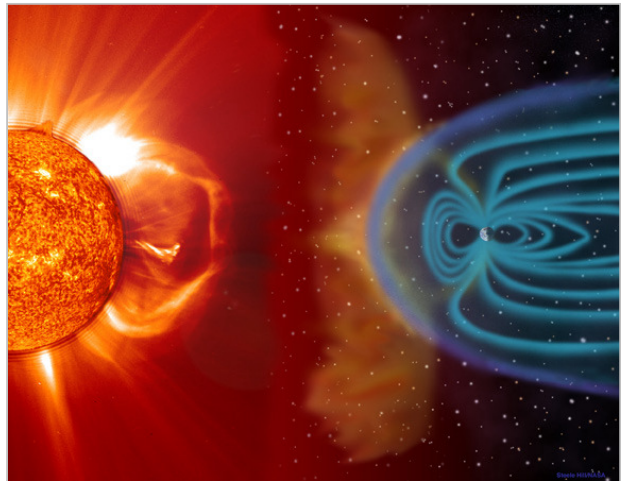


## Planetary Ascension and Earth Changes

Earth has been undergoing planetary ascension for several decades, and currently everything in our solar system is in a major state of flux. Linear time as we know it has been accelerating (or collapsing), as we approach the “zero time”, and then everything will reboot. That signifies the completion of the grand cycle, the beginning of the golden age (new Earth) and the start of Earth’s next grand cycle on the 4D timeline.

Over the past decade, the electromagnetic field in the magnetosphere has continued to realign and find balance - the polarity of the photonic particles in the outer electromagnetic field has changed density. That new frequency of light has energetically filtered into the planets core or inner geomagnetic field. The resonant magnetic wave in the planets core has needed to continuously realign its frequency to remain energetically synchronised with the ongoing frequency changes in the magnetosphere. There is an electromagnetic hydrodynamic relationship between the Earths outer magnetic field, the core, and the rotational spin of the planet. As a result, the atomic structure of everything on the planet has intensified. All geological and biological life forms on the planet, including humans, are experiencing a rise in frequency, as the atoms in our cells and matter are gradually vibrating at faster rates.

Due to the planetary ascension process and the modulation of the magnetosphere to a higher vibrational frequency, the magnetic tone resonance that emanates from the inner core of the planet has gradually changed over the past 60 years (known as the Schumann Resonance). That process has been directly responsible for increasing global temperatures, world wide climatic changes, and the gradual readjustment of the tectonic plates across the planet. The changes to the polarity of inner core mass, generates more heat and that energy is transferred to the tectonic plates. To compensate, the plates must release and realign themselves to the inner electromagnetic energy, which has resulted in the increased activities of earthquakes, tsunamis, global warming, hurricanes, and so on. These Earth changes and the variety of climatic events are quite normal for planetary ascension. Humanity is not responsible for the climatic changes on the planet. Lady Gaia’s and Lightworkers have taken steps to minimise and prevent any of the major Earth changes from happening and to ensure the recalibration process has been done very softly to protect humanity; else, without the Lightworkers on the planet, the energy imbalance would had lead to disastrous pole shifts. In addition, the most noticeable change to the magnetosphere has been the density changes to the photonic particles in our atmosphere. The sky no longer has the old colour of “Deep Ocean Blue” anymore!



Humanity is not responsible for the climatic changes on the planet. Lady Gaia’s and Lightworkers have taken steps to minimise and prevent any of the major Earth changes from happening and to ensure the recalibration process has been done very softly to protect humanity; else, without the Lightworkers on the planet, the energy imbalance would had lead to disastrous pole shifts. In addition, the most noticeable change to the magnetosphere has been the density changes to the photonic particles in our atmosphere. The sky no longer has the old colour of “Deep Ocean Blue” anymore!

The human body and our brain are electromagnetic in nature. Earth has an electromagnetic field, which surrounds us. We are linked electromagnetically to the outer planetary grid. The frequency changes in the magnetosphere have influenced the magnetic energies in the human body. The magnetosphere is the mechanism for what we see around us and how we think. We need this outer magnetic field, so the brain can store & retain knowledge, memories etc. This electromagnetic field acts as an electrical buffer between the time you think of a thought and the time your thoughts are put into action. Therefore, the frequency changes have directly affected our consciousness, mental processes, and the brains electrical transmissions. Our brain keeps adjusting to the frequency changes, but we have been unconsciously aware of the “push and pull” effects that have been occurring from the frequency changes between the planets outer and inner grids, especially over the past five years. Some people may have experienced loss of sleep and/or interrupted sleep patterns, sudden and unexpected periods of extreme fatigue or general weakness, unexplained emotional changes (highs and lows), some degree of depression and the need to dramatically change one’s life. Perhaps the most noticeable change has been to mass consciousness, where parts of humanity are motivated to remove their old paradigms.

In addition, our bodies are ethereally connected to the planet and this has resulted in magnetic field changes to our human energy system (etheral body), which directly influences the biological body. Depending on the health of a person, physical problems will generally manifest in the location of the primary chakras. For example: stomach issues, digestive problems, fluid retention around the abdomen, unexplained pain around the heart, chest or sternum, shoulder, throat and neck stiffness, headaches and migraines, eczema, dry skin, outbursts of body heat, ringing in the ears, and lower body aches and pains.

## The Planetary Shift and 2012

Like all cycles of time, they start at one point and orbit full circle to return to their original position. This is what will happen during 2012. The completion of the grand cycle means our Milky Way galaxy is spiralling back to the original start position to commence the next grand cycle. From a geo-mathematical point of view, ascension operates on base 12. The end of the grand cycle will occur when our solar system enters the 12<sup>th</sup> and final ascension cycle. The 12th wave of the ascension begins in late January 2012 and continues through to mid December 2012. This countdown is also directly aligned to the remaining equinox and solstice dates during 2012, which coincides with the completion of a 26,000-year cycle, known as the procession of the equinoxes.

UTC Dates for Solstices and Equinoxes				
Year	March Equinox	June Solstice	September Equinox	December Solstice
2012	20 Mar	20 June	22 Sep	21 Dec

A “Dimensional shift” refers to the intersection of two-dimensional spheres, which permits the entire solar system to ascend into the next highest dimension or time/space matrix, and the term “Planetary shift” refers to a planetary object (and its inhabitants) ascending to the next highest dimension. It is the dimensional shift that will actually catapult Earth out of the 3<sup>rd</sup> dimension (3<sup>rd</sup> density) into the upper overtones of 4<sup>th</sup> dimension (4<sup>th</sup> density).

When will the dimensional shift occur? Anytime between the 22<sup>nd</sup> September 2012, and the 21<sup>st</sup> December 2012.

However, the timing for a planetary shift is not constrained by linear time, and nor will it occur on a specific cosmological or astrological date. Please understand two important things influence the mechanics for a planetary shift. Firstly, the intersection or the rotational eclipse of the two-dimensional planes automatically creates an energetic gap that acts as a multidimensional gateway, which permits the entire solar system to spiral upwards to the next density. However, Earth and our solar system will continue to remain orbiting the 3D timeline and periodically eclipse the upper dimensional plane for the first few of months of 2013. Each eclipse will trigger a gateway or dimensional opening to the higher galactic plane. That is why you need to appreciate that the planetary shift will be a spontaneous event and will occur without warning, because any of those dimensional eclipses will catapult Earth instantly into the 4<sup>th</sup> density. The folks that wish to join Earth must complete their ascension beforehand, so when the wave of energy hits the planet, they will remain ethereally anchored to the planets ethereal body.

Secondly, the frequency of the planetary grids must also be compatible with the frequency of the 4<sup>th</sup> dimension. When a planetary sphere has not achieved the required frequency, the planet cannot shift across to the next density. During each dimensional eclipse, the planet would essentially bounce out or deflect and return to its normal orbit in the 3D timeline. After the completion of the grand cycle, the two galactic planes will separate and assuming a planet did not ascend would remain on the 3D timeline to complete another 26,000-year cycle. More importantly, after the September 2011 solstice, Earth’s planetary frequency grid officially moved into the higher frequency. Right now, Lady Gaia is now only waiting for humanity to catch up! Without trying to weaken the importance of dates or sound speculative, the remaining equinoxes, solstices and eclipses in 2012 are also extremely powerful dates, each presenting the final codings for ascension, which will continue to raise the vibrational frequency of the planet (and for those people undertaking personal ascension).

It is highly probable that Earth will shift at anytime after the last equinox cycle commences on the 22<sup>nd</sup> September 2012 and before the next solstice commences on the 21<sup>st</sup> December 2012. More importantly, assuming the shift did not occur on and before the “21 December 2012,” this is a warning to humanity that the grand event is still imminent. If you are still here on Earth celebrating New Years Eve (2013), you must understand that any days you enjoy after that winter/summer equinox means that you are still officially on standby. Please remember that the planetary shift does not officially mean the end of the planet; it signifies the end of the 3D timeline and the people that ascend with Earth, will commence their lives on new Earth on the 4D timeline. The later half of 2012 represents the final codings to Earth’s frequency grid and the cosmic activation for the dimensional transition.

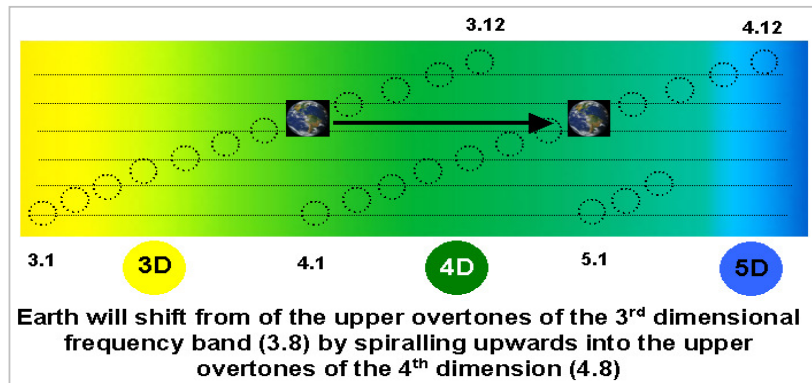
**IMPORTANT**

Please keep an open mind that the planetary shift can happen without warning and there is no precise date when the grand event will occur. Please do not give credence to dates from ancient prophecies and 2012 predictions, because those dates have already been and gone & we are still here! Survival is not the aim of personal ascension.

## Are we ascending to the 4<sup>th</sup> or 5<sup>th</sup> Dimension?

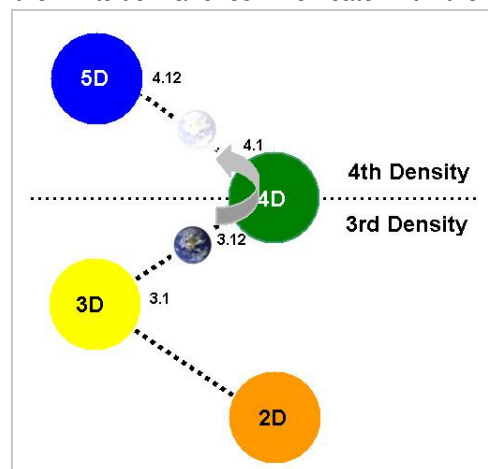
Presently, Earth's vibrational environment already comprises of both 3D and 4D planes of existence. The first dimension is infinite consciousness (energy), which exists everywhere in the universe. The second dimension is where the vibration for new physical worlds (space and energy). Everything that exists physically in the third dimension (time and space) stemmed from the second dimension. The third dimension is where you are consciously experiencing yourself at a physical level. The vibration that exists above the third dimension is called the fourth dimension (time and energy). Energy, space, and motion are all principles of infinite consciousness.

From a spiritual point of view, the 4<sup>th</sup> dimension is the realm of "intuition," also known as the astral plane. The astral plane consists of the first seven layers or overtones of the 4<sup>th</sup> dimensional frequency band, which coexist or overlap with the upper overtones of the 3<sup>rd</sup> dimension (see diagram below).



The astral plane or the lower 4D overtones surrounding Earth are non-physical planes of existences but form part of our physical world in the 3<sup>rd</sup> density. The 4<sup>th</sup> dimension is a non-physical reality; it is where our collective consciousness resides and the place where your thoughts and intentions can manifest. This is where human mythology and cultural beliefs have come from. Within the lower overtones of the 4<sup>th</sup> dimension, this is the realm where conscious energy (thought forms) can influence the body. For example, when you are angry and you walk into a room, people can sense your anger or without noticing, they get angry themselves. Many people already explore the mid overtones of the 4<sup>th</sup> dimension through different states of consciousness, such as astral travel, out of body experiences, past lives therapy and during the night when dreaming. During sleep, we travel in our astral body to various places within the astral realm. In this realm, we experience "nightmares" and disturbing dreams. After we physically die, our consciousness/soul returns to the upper overtones of the 4<sup>th</sup> dimension, commonly known as the spiritual world (a.k.a. heaven). Those of you who use their intuition and communicate with the spiritual world, this is where our Master/Guides and the Angelic realm are located. More importantly, the sum of all our incarnations has meant that we have already explored and experienced everything in both the 3D and 4D realities (not that most of us are conscious of our present astral plane visits and from previous past lives).

In regards to the dimensional shift, the planet will shift out of the 3<sup>rd</sup> density or from the upper overtones of the 3<sup>rd</sup> dimensional frequency band (3.8) into 4<sup>th</sup> density or to the upper overtones of the 4<sup>th</sup> dimension (4.8). This means that we will energetically shift to the upper levels of 4<sup>th</sup> dimension frequency band in the 4<sup>th</sup> density, but we are fact much closer to the 5<sup>th</sup> dimension. After the dimensional shift, Earth's physical environment will comprise of both 4D and 5D planes of existence, which means we will be able to consciously interact with the 5<sup>th</sup> dimension, which permits people to spiritually explore and consciously interact in this reality (this is known as 5D consciousness).



**IMPORTANT**

For ease of understanding and to avoid any confusion, this study guide uses the terms "4<sup>th</sup> Dimension," and "4<sup>th</sup> Density," rather than "5<sup>th</sup> Dimension" to describe the mechanics of ascension.



# **SECTION THREE**

## **The Law of One**

## The Law of One

The following information is a brief summary of the Law of One. The Law of One states that it is the only primary law in the Universe. The Law of One simply acknowledges, "all things are one and all spiritual beings are one," which originated from the "Infinite Creator." In other words, all souls, each universe and everything that exists or the collective consciousness that exists with the multiverse stem from the same conscious energy, known as "Infinite Consciousness." Therefore, the Creator is plural, meaning the totality of all forms and degrees of consciousness on all planes and dimensions throughout the multiverse, which originated from the one single source of energy. Hence, the name "Law of One."

Infinite consciousness divided itself into many parts, but we are all one. Each soul is an individual unit of consciousness (co-creator) is a personification of the Creator. We are responsible for evolving our consciousness through the space-time continuum, so eventually we can return home and rejoin the Creator, but we can only join in solidarity after having learnt "All that is." Every soul is taking the same journey, but each soul has evolved at a different level. The teachings of the "Law of One" describe the spiritual laws that govern our spiritual evolution for each dimension. It is a single philosophical system, which merges cosmology, science, and spiritualism.

The main principles of the Law of One are summarised below:

### 1) **Infinite Consciousness:**

- The Law of One is the universal law that acknowledges that all things that exist (All that is) within the multiverse stem from the one source, known as Infinite Consciousness,
- The Creator can also be called "Infinite Creator, "Supreme Being" and the "Source",
- The Creator is the "Infinite Intelligence" behind creation,
- There is only one supreme consciousness in the multiverse,
- The Creator is Omni-intelligent (All knowing) Omnipresence (everywhere all at once) and Omnipotence (all powerful).

**THE CREATOR = INFINITE CONSCIOUSNESS = INFINITE INTELLIGENCE**

### 2) **Individual Consciousness:**

- Each soul is an individual unit of consciousness that originated from the one source, known as Infinite Consciousness,
- Each soul has a universal kinship with one another, because all things in the universe stem from the same infinite consciousness,
- Each soul has a divine purpose – to evolve and experience all aspects of creation, learn everything that is, and eventually rejoin the creator and become part of infinite consciousness.

**CONSCIOUSNESS = SOUL = DIVINE SPIRITUAL BEING = CO-CREATOR**

### 3) **The Souls Divine Mission:**

- Committed to the Law of One and the desire to evolve into the higher dimensional realms,
- Embody the divine qualities of unity, love, compassion, and respect as part of your being,
- Consciously practice and demonstrate divinity (unconditional love and compassion),
- Respect yourself and others,
- Awareness of the Creator in yourself and others,
- Accept all experiences are lessons for spiritual growth,
- To love, respect and honour all spiritual beings including Earth, nature, and all living things,
- Accept that you are all connected and part of the human family, so what affects one, affects all,
- Accept that each spiritual being has taken a different spiritual path to your own,
- Advance one's own spiritual wisdom,
- Dedicate yourself to the service of others by sharing and teaching your knowledge and wisdom, without hesitation.

**ONLY YOU ARE RESPONSIBLE FOR EVOLVING YOUR CONSCIOUSNESS!**

## Dimensional Laws for Spiritual Development

As a soul, it is your divine mission to evolve your consciousness and to experience everything exists in the universe. To do this, your consciousness must master a range of different spiritual lessons that define each dimension, before you can ascend to the next dimension. Each dimension or reality is a place for experiencing ourselves for evolving our consciousness. Each dimension has a specific “spiritual curriculum” that we must master, before we can graduate. This is known as the “Law of Progress.” All consciousness has a divine purpose to evolve, explore, and ascend through the 12 dimensions. Our human experience is the first path for our spiritual growth and we have scripted and rescripted each lifetime to master those 3D lessons. Your evolutionary path can be pictured as a ladder or spiral of spiritual growth over the entire universal spectra or space/time continuum. When we come to the end of our exploration and have consciously experienced everything that exists or “All that is,” before finally rejoining the octave of infinite knowledge and infinite consciousness.

Your rank or position within the “Hierarchy of Consciousness” (or Spiritual Hierarchy) defines your degree of spiritual development. Your spiritual advancement refers to your level of intelligence, wisdom, and knowledge you have accumulated over many incarnational lifetimes. This hierarchy can be visualised as a spiral consisting of the primary colours that correspond to the visible light spectrum. Your consciousness or soul has a unique frequency signature, which means your position corresponds to a specific colour and overtone within this hierarchy. Each incarnation aims to progress your consciousness to a higher frequency. Your frequency determines what dimension you can consciously experience, so currently, the frequency for your consciousness permits you to only experience the 3<sup>rd</sup> dimension. The ascension program is designed to help raise the frequency of your consciousness, which provides you the opportunity to ascend and consciously experience a higher dimension.

The following table represents the stages of spiritual laws for each dimension. For example, for eons, all human souls, in the form of mass consciousness experienced the 1<sup>st</sup> dimension. Later, we spiritually progressed to the 2<sup>nd</sup> dimension as a basic life form eg: animal, and then graduated into a higher or more intelligent animal, before finally evolving into the 3<sup>rd</sup> dimension to become a self-aware human being. From here, we started the process of experiencing endless incarnational cycles in the 3D time/space continuum to continue our spiritual advancement, until we have the opportunity to graduate or ascend to the next dimension and keep continuing the path of evolving our consciousness.

DIMENSION	SPIRITUAL LAW
8 <sup>th</sup> -12 <sup>th</sup> Dimension	Service to the Cosmos (Infinite Love and Infinite Light)
7 <sup>th</sup> Dimension	Service to All (Universal Love and Universal Light)
6 <sup>th</sup> Dimension	Service to One (Divine Love and Divine Wisdom)
5 <sup>th</sup> Dimension	Service to Love (Unconditional Love and Unconditional Wisdom)
4 <sup>th</sup> Dimension	Service to Others (Unconditional Love, Compassion and Unity)
3 <sup>rd</sup> Dimension	Service to Self (Duality, Ego, Love, Divine Separation and Self Awareness)
2 <sup>nd</sup> Dimension	Service to Growth (Conscious, Sentient, Reproduction and Instinct)
1 <sup>st</sup> Dimension	The Creation of Matter and Individual Consciousness

It should be noted that your household pets are sentient life forms with 2D consciousness (known as elementals), which coexist in the 3D time/space continuum. They have not yet spiritually progressed to the level of 3D consciousness. Elementals are destined to incarnate into 3D life forms (human), so they can explore and experience 3D consciousness. New Earth will have animals and plants, but you need to spiritually understand that elementals are spiritual beings and like humans, they also have their own spiritual path to follow. From a spiritual point of view, household pets selected their owners for a reason. You already know deep within yourselves that they have a soul. Animals do not have an ego; they live on love and instinct. They know no other way. Household pets selected their owners for a spiritual reason - to learn the 3D law of unconditional love and friendship. In other words, you agreed in this incarnation, to spiritually help every household pet you owned to evolve closer to 3D consciousness. More importantly, if you have made the decision to participate in personal ascension, then you have your answer – your household pets will most likely be joining you, but you must prepare yourself in the same manner as you would for friends and family who have decided not to participate in the ascension process.

## The 3<sup>rd</sup> Dimensional Law: Service to Self

“Service to Self” (STS) governs the spiritual path for the 3<sup>rd</sup> dimension. STS is a polarised reality created by the collective consciousness of humanity, which permits souls to reincarnate and explore either positive or negative human experiences. This dimensional law means that humankind collectively created a 3<sup>rd</sup> dimensional negative planet, which is based on the spiritual lesson of “Duality and Ego.”

“Ego” refers to pursuing human activities to support your human existence, such as materialism, wealth, status, sabotage, and power preoccupation (power over others, control & enslavement). Duality was created by humanity. “Duality” means humanity created the polar opposite in human conditions that can be consciously experienced. For example, living standards are polarised between poverty to wealth or public vs. private education. You have been reincarnating to emotionally explore duality or a range of negative & positive human experiences including fear (pain, remorse & guilt), judgment, greed, selfish, love, survival, etc.

Our civilisation existing here right now is the fourth root race that has existed on Earth to learn the same 3D spiritual lessons (Mu, Lemuria, Atlantis & Humanity). Earth has always been used as a planet to seed infant souls. Earth is a school for learning duality and understanding “opposites,” which has helped you fast track your spiritual growth. Reincarnation and freewill have been the tools for 3D spiritual growth. For every fantastic lifetime of love, joy, and happiness, there has been an equally strong and negative emotional experience of devastation, hardship, pain, and suffering. This is the purpose of duality - to fast track spiritual development. There are no such things as Hell, the Devil or Satan; these are false manmade beliefs, which were created for explaining away the unloving attributes of pain, suffering, chaos, and destruction created by our early civilisation (infant souls). Most of humanity thinks we are born; you live, and then die. This is incorrect! As souls, each one of you has had a multitude of different lifetimes on Earth. Before each incarnational cycle, you decide exactly what lessons you want to learn, the basic requirements for your life and the type of polarised experiences you want to explore on Earth.

Reincarnation has helped you master your lessons in duality. You have been killed and killed by others; you have been male and female including a mother, father, son, uncle, grandmother etc. We have been a soldier, warrior, villain, farmer, and artist. We have experienced suffering, disease, illness, poverty, pain, joy, love, freedom, and fear. To learn from all the possible lessons of duality that has been possible on Earth, we have experienced everything different human aspect available on the planet. Today, many souls have now come to the end of their cycle of duality. After thousands of lifetimes, many of you have nothing more to learn on Earth. The major purpose of reincarnation involves the clearing of “uncompleted” life lessons from previous lifetimes. However, after you have mastered your lesson, you do not repeat them in another lifetime. The number of experiences or reincarnated lives is completely a matter of choice for each soul. Some souls may choose to experience several hundred incarnations or others may master that same lesson after five incarnations. There is only one rule – it is all about spiritual development. This is the purpose of your divine mission; you have put yourself through many lifetimes and polarised experiences to acquire and progress your wisdom (intelligence and knowledge) and spiritual self.

Back home, before you incarnated from the spirit world, a group of 6D spiritual advisors helped you decide exactly the lessons you wanted to experience in this lifetime. The term “Heaven & Hell” are human terms – these places do not exist. Between incarnations, all souls return to the “Spirit World,” which is located in the middle level overtones of the 4D. Your spiritual advisors are known as your “Council of Elders,” which includes your best friend you selected to manage your incarnational contract when you arrive on Earth. This spiritual being is known as your “Master” (or primary guide). The Council reviewed your spiritual lessons and further refined those lessons. This is known as your “Incarnational Contract,” which serves the purpose for each incarnation. Your contract also involved the need to teach and/or learn from other individual/s or groups of souls, thus you established mutual contracts with others. Situations/events were formulated, which would be the catalyst to bring the group of souls together to learn these lessons. Once the soul contract was finalised, you then selected the secondary aspects such as the time and place of your birth, your parents, siblings, sexuality, health status, etc and then you finally incarnated into the body during gestation ready to begin a new incarnation. When you were born, you had amnesia (known as the Veil of Forgetfulness). You started your new life without any recollection of previous incarnations or understood the lessons you had to master in this lifetime.

Each spiritual being has taken a different spiritual path to your own. There is no right or wrong. Every good and bad experience has been one step closer to perfection. Your spiritual development are been dependent on your ability to consciously evaluate each human experience, understand those lessons, and accept the consequences of your actions. Else, your soul will replay the same script using different actors during the next lifetime. That’s the purpose of your life lessons – you elect to have certain experiences that enable you to overcome your weaknesses, until you perfect those lessons. Under duality, peace and unity was not the spiritual lesson for you. Duality was designed to allow you (self) to explore polarised experiences. The question now is do you want to remain in duality or graduate and continue your spiritual growth, advancement, and evolution in the 4<sup>th</sup> dimension.

## Reincarnation

Reincarnation is a misunderstood concept. There is a segment within humanity that believes in the concept of “one life and body”, whilst others believe in judgment/punishment, sin and hell. These concepts are false and incorrect. Let's begin with some basic definitions:

- **Soul** - consciousness that chooses to experience itself on the Earth plane in a human body,
- **Reincarnation** - after the death of the physical body, the soul returns home to the spirit world and begins planning for its next incarnational cycle,
- **Incarnation** – the rebirth of the soul on the Earth plane in a human body to continue developing or advancing its consciousness,
- **Spirit World** – located in the mid level overtones of the 4<sup>th</sup> dimension or the upper astral plane around the Earth plane, where your soul or consciousness exists between each incarnational cycle (Note: Heaven is simply another name that refers to a higher dimension).

Many people believe that nothing exists after each lifetime. Reincarnation does exist! It is the tool for developing your consciousness and for learning a polarity of 3D human experiences. Your consciousness is YOU! Reincarnation has defined who you are - your level of intelligence, wisdom, and morality. If you do not accept this, then you do not know who you are! Each soul plans the experiences it needs to learn before it recommences a new incarnational cycle on Earth. In the spirit world, your Council of Elders helped you develop your incarnational contract and mapped out life experiences, lessons and events. According to your level of development, each of you is positioned within the “Hierarchy of Consciousness.” Every soul has a singular and unique frequency (position) that corresponds to a specific colour and overtone. Your rank has nothing to do with power struggle, privileges, or special rights in the spirit world. Your frequency or “soul song” is the result of your personal achievement, selecting difficult incarnational lessons, the number of incarnations, wisdom, and working with individuals on a lower level have contributed to your spiritual development and position in the hierarchy. For example, a high rank means a soul has a higher frequency. Reincarnation aims to increase the vibrational frequency of your consciousness. Your rank is a measure of all your incarnational experiences in the 3<sup>rd</sup> dimension. Thus, you are considered a multidimensional being, because you have experienced many lifetimes on Earth and other 3D planets for your spiritual advancement. Each incarnation is simply a way of exploring a range of frequencies (highly polarised experiences create new wisdom and newer and intense emotions, which generates a higher frequency).

Souls are indigenous to this planet. You could say that your soul – the conscious part of you is eternal and survives beyond death, but the physical body is a vehicle for consciousness to experience itself, hence incarnations are mortal, and this is the reason why souls create a new contract and repeat/learn a new human experience. The number of lifetimes a soul needs is completely a matter of choice. There are no rules! Reincarnation is a tool for spiritual development, because souls cannot fit all the possible lessons and experiences into one lifetime. This life is only one of them! A “souls rank” is characterised by its personal character (emotional maturity and spiritual IQ), wisdom (knowledge and level of intelligence) and moral standards that it has acquired from its accumulated incarnations. For example, celebrities, leaders, & royalty are not occupied by higher ranked souls. Older souls have previously learnt their lessons in power over others, control, and greed from previous lifetimes. In addition, the various religious ceremonies such as canonisation, papacy, clergyman, and ordinations are human belief systems, and those religious titles do not exist in the spirit world. The success of those souls completing their incarnational lessons in those roles would certainly influence their rank or position in the spiritual hierarchy.

Death is a human belief system that has been created to invoke fear and suggests that nothing exists after your life, but ironically, many beliefs support the notion that a “soul goes to heaven.” Yes, there is an afterlife. It is known as the spiritual world. There is no such thing as sin, judgement, punishment, or hell. These are again false manmade beliefs. When you return to the spiritual world, you are not punished for any sin, and a soul certainly does not cease to exist after a person dies. Regardless of what each soul has done on Earth, every soul returns to the spirit world. Souls are only adored for selecting difficult life experiences, because those lessons have helped them to advance their consciousness. From a spiritual viewpoint, sin really means selecting a human experience(s), which lowers the frequency of your energy signature or avoided completing a particular experience during your incarnation, which was designed by you for the purposes of increasing your frequency. More importantly, never mourn the loss of a person, rather celebrate the release of their soul, so they can reincarnate again on Earth and continue their spiritual development. How do you release your fear about death? The more you learn and understand the nature of the spirit world, the more you will realise that your consciousness lives on after death and your evolution continues. You can choose to reincarnate again on Earth, or remain behind and work as a guide to assist your incarnated friends and family on Earth (Service to Others). The physical body dies, not your soul!



Your spiritual contract consists of two components. “Lessons” are new emotional experiences and situations, including those not completed from previous incarnations, which help you increase your wisdom or knowledge (frequency). A “Trial” means you interfered and changed the frequency of someone’s lesson during a previous incarnation from your mental, body, or verbal actions & behaviour, which hurt, harmed, or caused pain to another soul. That experience and situation will continue to be replayed in successive incarnations, until that energy you created between you and that person has been healed. A trial is also known as “Karma.” Karma can only be healed when you consciously realise that you caused the situation, and then forgive your actions, else the same people and situation that caused the pain will be repeated in the next incarnation. Karma is simply emotional energy in action that remains attached to you until healed, which stems from your actions and behaviour that affected the welfare of another soul.

The key principle for “Service to Others,” means dedicating yourself (your soul) to assist other souls with their spiritual advancement, by sharing and teaching any spiritual aspect from your accumulated wisdom. Therefore, your spiritual contract incorporates both “Service to Others” and “Service to Self” components. This is why certain people come into your life and later leave – you have helped them with a specific lesson or visa versa. “Service to Self” refers to ego and duality, which was previously discussed. In addition, “Service to Others” lesson are not restricted to helping human souls. Household pets and/or other domestic animals that have been in your life were for a spiritual reason. They selected you, so you could help them progress from 2D consciousness (instinct) and learn the early lessons in 3D consciousness (love & compassion). Your spiritual service means these souls can progress and eventually one day ascend and reincarnate into a third density body to fully experience 3D consciousness. Every soul has a divine role to assist in the spiritual development of other souls.

When you look back and review all the terrible events in the history of humanity, please understand that all those souls choose to participate in these shocking events. There is no such thing as bad people, villains, or victims – every single soul volunteered to participate in any given human experience for a particular spiritual reason. Every soul agrees to have that situation happen to them. Polarised human experiences help souls evolve. Each soul will select what it wants to experience on Earth during its incarnation. Souls may wish to experience being controlled by another, being abandoned, feeling isolated, being dependent on others or killed. For example, lessons in “Control” could include slavery, marriage with an abusive spouse, or being a member of a military organisation.

You carefully selected the details for your incarnation including your family, sexuality, place of birth, and geographical events, and then established mutual contracts with other souls who would participate in the same human experiences. One soul may undertake a simple lesson, while another will engage in all the possible complexities of the same lesson. The polarisation of emotional experiences simply advances their frequency. On the Earth plane, this concept is very important, because many people often “judge and criticise” others including their friends and family, when those individuals make a bad mistake or suffer, but actually, those human experiences are unique to that person. Those spiritual lessons were selected as pre-incarnational arrangements that they wanted to consciously experience during this lifetime. Compassion means that no person has the right to judge another person’s decisions, choices, and wrongdoings, because you do not know what the spiritual lessons and/or karma that those souls are here to experience.

It is very important before entering the next dimension that you understand and accept the following spiritual concepts:

- Reincarnation is a tool that advances the frequency of your consciousness (soul),
- The frequency of your consciousness determines your rank in the spiritual hierarchy,
- Every human experience, situation, and new emotion helps your consciousness to evolve (new frequency),
- A souls rank or level of spiritual development determines the individuals overall spiritual IQ or knowledge, degree of wisdom (level of intelligence) and degree of morality,
- During each lifetime, every soul has an incarnational contract, which determines what situations happen to them, the people they will learn from, who they will assist and what experiences they wish to emotional learn,
- Every soul can exercise freewill, which changes their incarnational parameters whilst existing on Earth,
- The frequency of the planets consciousness determines the types of soul groups that can reincarnate. For example, Earth can only support physical life forms that can reincarnate in the frequency range from 2D to 4D levels of consciousness,
- Before reincarnating, you carefully select your parents to ensure your souls frequency will be compatible with the frequency of the baby’s ethereal body (energy signature),
- The human conditions that exist on Earth (ego & duality) have been established for the purpose for souls to firstly learn their 3D lessons (Service to Self) and later progress to learn 4D lessons (Service to Others),
- You must never judge another soul's decision and what they wish to experience, because you do not understand the full reasons, why a soul has made that incarnational decision.

## Freewill

In accordance to the Law of One, you have the divine right to experience anything you choose. The Law of Freewill means every individual can consciously decide to participate in any given human experience. In other words, you have the right to do whatever you want, you are the boss of your mind and body, you have the right to feel any emotion and participate in any event, activity or situation, as long as it does not violate the same right of others. You have the right to suffer or feel happy.

Freewill encompasses the complete idea, that whatever it is that you want to pursue, you may do so. You can decide the course of action you wish to take at any point in your human life. The path you choose is what you have decided to experience. You are the boss of your freewill, unless you give it away! From a spiritual perspective, because you are consciousness, your mission involves experiencing yourself in order to evolve. For this reason, freewill is not a spiritual infringement; rather alternative life decisions create new emotions and experiences, which generate new frequencies. This is the aim of your divine mission - to explore all possible 3D emotions and experiences.

Freewill refers to the rational mind deciding to consciously participate or not, in any given human experience eg: responding to someone's questions, having a relationship, etc. Of course, we are not talking about the small day-to-day decisions, like "What will I eat for lunch." These are situational decisions that have little or no influence on your incarnational contract. Freewill means you consciously accept or deny any positive or negative energy from your physical reality. Freewill manifests as a thought and when you take action over your consciousness, you recreate your reality and this brings about a new human experience. Freewill is your divine right to consciously decide what energy you want to accept that you think is best for your life.

Many people often blame others or God for their bad experiences, misadventures, and mistakes. You and only you have been fully responsible for creating your human life. You can choose to experience the infinite possibilities that exist on Earth. Here is the truth – your reality right now was created from your thoughts, beliefs, and actions, and only you can take action to participate, stay, or stop experiencing a particular aspect that you are experiencing in your life.

Freewill is not divine justice. This is intentional – it is about spiritual progression. You have complete control over everything. Until you discover and until you truly believe it, you are not powerless and nor are you a victim. You have the creative potential to stop or undo any situation you are currently experiencing. You are the one that consciously decides to participate or not in any given human experience. No person controls your freewill, unless you consciously give it away. Each person is a master of one's existence.

Before you embarked upon this incarnation, you made mutual contracts with other souls to have them come into your life to assist you at some point during your lifetime. You selected those souls as experts in specific areas of learning. You also researched all the possible things you needed to experience for this incarnation. These situations are called life lessons. Some of the incidents were positive and others were negative. The very purpose you always incarnate has been to commence either new lessons or complete unfinished lessons. When people exercise freewill, they make a choice and decide the course of action they take in any given situation. Every new experience creates new conscious energy (thoughts, feelings, emotions etc) and this vibrationally adds to the uniqueness of your consciousness. Freewill is totally honoured and spiritually respected, because the decisions you make are for the purpose of your higher good – you are 100% responsible for choosing what you want to consciously experience.

Freewill is your divine power. It is your decision to feel fear, love, pain, or hurt. Freewill is also a reflection of something you have manifested. This is not seen as judgment or criticism, but you are living by the law of "service to self." Regardless of what souls planned to experience during this incarnation, everyone has the freedom to change his or her script in any given lifetime.

Your current and past experiences are unique lessons you created for your spiritual growth. More importantly, your thoughts, dreams, and desires are not random or misguided; you have them for a spiritual reason. Those things are what your soul wants you to consciously explore during this lifetime. However, when you decide not to consciously act upon that energy, you have exercised your freewill. In addition, to exercise your freewill and release yourself from any spiritual lesson, you need to consciously declare that you are finished with that human experience (including the emotions you are feeling from that situation) and take the appropriate action to move on.

## Understanding the Nature of Angels and the Angelic Realm

Personal ascension involves the transition from “Dark” (deceptions and lies) to the “Light” (truth), which means removing the cultural illusions that were engineered under the 3D spiritual law of “Duality” and clearing away the misconceptions and myths that have been historically created by humanities past. For this reason, the truth about the “Angelic Realm” was omitted from humanity, which is why “Angels” are greatly misunderstood including their nature and role.

On Earth, Angels can be found in many mainstream religions including Christianity, Judaism, Hinduism, Buddhism, and Islam. However, the term “Angels” and “Archangels” are human concepts. The word “Angel” is a third-dimensional phenomenon exclusive to planet Earth. It is an idea that originated from humanity’s past and at a time when people had little or no understanding of the Law of One. This distortion has become engrained in humanity, as a form of cultural programming. Angels are certainly “Messengers,” but more importantly, they are multidimensional beings of light that serve a far greater function than protectors, guardians, and messengers.

To understand the nature of “Angels,” lets firstly summarise the evolution of the soul.

You are a spiritual being, or a soul currently having a human experience. Presently, you are experiencing the third dimension as a human being for your spiritual growth on Earth. However, you have been reincarnating for thousands of years and selected a wide variety of different life’s to advance your consciousness, by experiencing the 3D spiritual lesson of “Duality,” where you have emotionally experienced and explored the highs and lows of every different aspects as a human being.

All the souls that participate in the reincarnation process on a particular 3D planet create an energetic sphere, home, or family in the upper astral planes around the planet in the fourth dimension. A “Sphere” is simply a dimensional realm, which vibrates at a specific frequency (each dimension has their own unique frequency). This home is commonly known as the “Spirit World.” After each physical death on Earth, you return home to the spirit world and either work as a “guide” for friends and family or begin planning your next incarnation.

Within the spirit world, every soul has a specific rank or position, which refers to your overall level of intelligence, wisdom, and knowledge you have accumulated from many incarnational lifetimes you have had on a 3D planet. The term “Spiritual Hierarchy” refers to your position within the spirit world. This hierarchy can be visualised as a spiral consisting of the primary colours that correspond to the visible light spectrum. Your consciousness or soul has a unique frequency signature, which means your position corresponds to a specific colour and overtone within this hierarchy. This means that you or your soul signature has a unique frequency. Each incarnation aims to advance your consciousness or soul signature to a higher frequency.

The spiritual hierarchy is the home for a wide variety of souls that incarnate on the planet for growth, learning, and for undertaking the role of service to others, but more importantly, it is the anchor point for evolving to the higher dimensions. The spiritual hierarchy around Earth today consists of different classes of souls, namely human and elementals (animals), and most human souls are third dimensional and are here to ascend or raise their frequency to the fourth dimension, however there are souls from higher dimensions including the fifth and sixth dimension and above. There are many souls that actually originated from different galaxies, densities and universes that joined Earths spiritual hierarchy to participate in ascension or assist humanity with ascension. These are called “Starseeds.” “Souls from other spiritual hierarchies” is not absurd. There are an infinite amount of souls and an infinite amount of spiritual hierarchies each following different paths of evolution depending upon the lessons and experiences they have chosen and those souls that have been ready to evolve to the next dimension to continue their spiritual growth came to Earth for that reason.

The highest frequency that you can progress within the spiritual hierarchy is to the level of a fifth dimensional frequency. In the third, fourth and fifth dimension, you evolve your consciousness by experiencing different lessons in a physical body. After you have mastered all those life lessons in the lower dimensions including the fifth dimension, your soul signature finally achieves a higher frequency, which means you can finally graduate and ascend to the sixth dimension. At this point, your soul does not need to experience itself any further in a human body; rather you (or your soul) exclusively exist as a soul. In soul or spirit form, you exist as energy; it is pure consciousness, which rejoins the universal consciousness or “Source,” which means you are free to be everywhere and anywhere at once. Hence, the term “Omni,” this refers to consciousness existing in “many places at once.”

This is the evolutionary process for all souls within every spiritual hierarchy. All souls progress and return to the pure consciousness. Simply visualise this evolution as the upward movement within this spiral of consciousness. When you soul reaches the sixth dimension, your learning has not yet finished. A new law governs your spiritual advancement.

As a soul, you now exist and work together in unity within a single group, or as one large sphere of consciousness, with the shared understanding that you all agree to perform the same task, job description, and role together as one. Within this group, you completely see and feel each other's thoughts, feelings, and motives.

The sixth dimensional spiritual law known as "Divine Wisdom and Divine Love," which means that the group have chosen to all perform the same divine role and work together to guide, protect, and assist the spiritual hierarchy or the souls that are incarnating on a particular planet such as Earth. It is the group's main focus to perform different functional roles and tasks to simply support and help humanity evolve their consciousness. These "higher frequency" souls have themselves completed the very same reincarnation process, which has assisted them to achieve their higher frequency, so in return, their "Service to Others" now involves assisting younger souls (lower frequency souls) with their spiritual progression.

The souls that have evolved and ascend above the planets spiritual hierarchy create for themselves their own home around the spiritual hierarchy to undertake their "contract of service. This sphere, which houses these higher frequency souls or consciousness is known as the "Celestial Council," or sometimes called the "Cosmic Council of Light." Just as there are many spiritual hierarchies across the multiverse, there are just as many Celestial Councils located at around different planets and located at different galaxies, dimensions, and universes beyond the third dimension. Celestial Councils are consciously and energetically connected with a number of spiritual hierarchies in their own particular solar system and galaxy, and they are interconnected with all Celestial Councils across the multiverse – they are linked multi dimensionally with spheres "above & below" outside of their dimension. This interconnected grid, gestalt, or "Metatronic matrix" of spheres (6D to 12D and beyond) represents "Infinite Consciousness."

Each Council represents a single "group complex" or one sphere of consciousness and each Council is responsible to function as the guardians, guides, and protectors for the souls that exist within any spiritual hierarchy. At this special time, Earth has literally several galactic Celestial Councils supporting, protecting, and assisting Earth and the spiritual hierarchy, including incarnated souls on the planet (human & elementals/animals), non incarnated souls and disincarnated souls. This "Family of Light" is also known as the "Confederation of Light," which simply is a galactic cooperative of spiritual beings that operate under the Law of One, who work in service for the Creator and follow one simple rule: "All things, all life, all of the creation is part of one prime consciousness."

From a human perspective, the titles given to souls that have spent many lifetimes incarnating and have evolved to a higher frequency have been termed "Angels." These spiritual beings or "Angels" are without physical form and do not exist on the Earth plane. They are fully integrated and coexist as a unified group consciousness in the higher dimensions. They are androgynous, neither male nor female. They are our Brothers and Sisters, they are "Beings of Light," that exist in a vibration just outside of our own frequency, where they live as a one and assist humanity to spiritually evolve.

Law of One states that there is no separation between you and any other spiritual being. There is no soul greater than another, and no person greater than another. Therefore, the notion of a "Higher Order of Angels" denotes "hierarchy, superiority and rank." So, do "Angels," "Archangels" and the "Angelic Realm/Kingdom" actually exist? NO, they do not! Like the terms "Heaven," and "God," these are all simply human labels, names and descriptions, which implies "separation" or the existence of something superior or "divine entities" greater than us. Any degree of separation is a manifestation of the humanity's ego. When you truly accept and realise that every soul is equal and a divine expression of the Creator, then you do not need to use labels to describe "higher frequency" spiritual beings for the purpose of their identification. You, like every other spiritual being has their own single energetic personality, but all of us are not separate, rather we are "All One." Likewise, Angels do not have wings, feathers, or have grandiose physical forms. Again, these images are a result of humanities misconceptions and the continuing theme that everything "Celestial" should be portrayed as "patriarchal males."

There is both a plural and singular aspect within the higher dimensions. In regards to the singular aspect, when you call or invoke an Angel or Archangel for guidance, healing, and/or support, you are actually calling forward a single energetic expression, an individual fragment, or totem from the source energy to assist you. You are invoking or speaking to an individualised portion of consciousness with a distinct personality that matches your faith and beliefs. The Angelic Realm is simply plural for the Source, or the divine consciousness. This energy is devoid of ego and negative emotions. You may call these beings "Angelic" if you prefer, but their divine role is to support us, and their fundamental purpose is to offer unconditional love at all times.

When you consciously summon an archangel by name, such as Michael, Ariel, or Gabriel, this energy comes to you from the Celestial Council - the group consciousness from around the planet. Their energy can separate and manifest as a distinct personality based on your faith and beliefs, but the energy is truly one and from the same source. They manifest depending on the qualities you request, such as protection, healing, peace, and wisdom.

Please understand that when you call on any higher entity by name, you are not summoning an individual, you are summoning a particular aspect or quality you want from within this one soul, known as the “Source” (or “Oneness.”)

Just like you, and all other souls on this planet, you are simply “Baby Angels,” who are taking the same journey to evolve to a higher frequency. You are destined to work within a 6D group/sphere to assist, protect and guide new and infant souls on a planet, or work independently and incarnate as a “Lightworker” on a planet and become a messenger of truth. A Lightworker is simply a higher frequency soul from a higher dimension, or what you call an “Angel.” It should also be noted, that most lightworkers on Earth are from your “future.” In the past, several groups of human souls previously ascended from Earth, or what humanity would understand as ancient civilisations. In other words, those souls ascended off the 3D timeline (timeline or time/space matrix refers to a cycle you experience for your growth, a.k.a. to expand or advance your consciousness), which humanity is currently experiencing, and shifted to the 4D timeline to continue their spiritual path. Many souls decided to return to Earth and reincarnate on their previous 3D timeline, and help humanity with their ascension, assist old friends who missed the previous ascension “express trains,” and to help Lady Gaia shift to the fourth dimensional timeline.

Ascension requires you to move your thinking and beliefs to fifth dimensional consciousness. It requires you to start thinking that everything is “One.” This Lightworker is not asking you to abandon your faith and beliefs about “God” or “Angels.” Rather, it requires you to accept that different groups that humanity have labelled as angels, guardian angels, ascended masters (eg: Jesus, Buddha, Merlin, Isis, Mary, etc) and archangels do not actually exist as separate individuals. They are “Beings of Light” that are multi-dimensional forms of integrated conscious energy. You are calling forward consciousness that manifests and takes the personality of an entity that is quite capable of interacting with you in the form that you believe. To accept this concept of “Oneness” is frightening for many of you, however it is your freewill to support, agree or deny the truth about the nature of “Angels.” Compassion means that no person can judge you for your beliefs, because you are also responsible for your spiritual growth and you have the divine right and total freedom of choice to follow the any beliefs from the mainstream religions.

In regards to spirit protectors and guardians, a powerful team of spiritual beings constantly surround you. Your own spiritual team consists of your “Master,” (or primary guide). Your Master is your very best friend from within the spiritual hierarchy that you selected to manage your incarnational contract before you came to Earth. Your Master has been with you since birth and always with you night and day. They have many roles, but they really make sure you accomplish the lessons that you agreed to complete, and they watch over you and act as “Spirit Protectors” (known as “Guardian Angels.”) Your “Secondary Guides” include both specialist spiritual beings, and/or departed family/friends who work along side your Master to mainly assist with healing (to give love & support). Every single one of you will have different guides work with you, at different times during your life. Your Master and guides reside from both the spiritual hierarchy and some guides come from the higher dimensions, which may be called the “Angelic realm.” When you invoke the help from your spirit protector, you do not need to know their name. The simple rule to follow: “Give them any name you please.” Your Master or guides will answer your request. This rule also applies to all spiritual beings within the family of light – names and labels are irrelevant, because it is everyone’s divine duty in the higher dimensions to assist.

The last point regards my own personal experience during ascension. At the beginning, I found it difficult to change my old behaviour and “break away from cultural programming,” so this lightworker would like to provide you with the following tip. When I needed help with aura healing, ethereal balancing, protection etc, I found it much easier to summons the help from my brothers and sisters with a divine/angelic name that spiritually resonated with me, for example “A/A Gabriel.” Later, they asked me to remove the formality (don’t need to use a ritual or any complicated prayer), but simply state “Dear Brothers and Sisters, can you please help me with XYZ.” Feel free to use any divine name that gives you that spiritual feeling that you are personally connecting with them and your Creator.

**IMPORTANT**

When you declare your intent to undertake ascension, it will be important for you to invoke and call on the higher dimensions to assist you. For that reason, when you need protection, guidance, healing, etc don’t be concerned about the mechanics of the higher dimensions, you only need to call on an entity, which resonates with your inner being, for example an archangel, guardian angel, guides or your Master. There is no right or wrong. Follow this simple rule: use a name that resonates with you, because you are simply connecting your “Being” and conscious energy with the higher dimensions. In addition, the greatest gift you can give your Brothers & Sisters is your actual personal acknowledgment that they do actually exist and are always helping you. Remember, they are very happy to help you at anytime, but you must have a genuine need for assistance, and secondly, they can not interfere with your life, unless you consciously ask for help, because freewill prevents them from interfering with your incarnation on Earth.

## The 4<sup>th</sup> Dimensional Law: Service to Others

“New Earth” will be a 4<sup>th</sup> dimensional positive planet. The spiritual framework that governs this dimension is called “Service to Others” (STO). The basic principles of Service to Others include:

- Every person is committed to experiencing the same positive reality (frequency) with others,
- Each person is dedicated to their spiritual growth and helping others with their spiritual development,
- Each person seeks to shares information and knowledge freely with others,
- Each person has a complete lack of concern for satisfying their “ego” (materialism, power, judgement, control over others, competition etc),
- Each person acknowledges that every person is a spiritual being on their own path of spiritual growth,
- Each person sees the love in all things and radiates unconditional love and compassion towards others.

New Earth will be founded on the spiritual lesson called “Unity Consciousness.” New humanity will be a brotherhood of man, a united world, and every single person will experience the same living conditions, and everyone demonstrates compassion and equality towards each another. We are moving from “duality, inequality, and diversity,” to “unity, freedom, and solidarity.” New Earth will operate as a worldwide alliance, which functions on love, peace, cooperation, equality, and harmony. New humanity will live as one family. The Confederation of Earth will be a one-world government, consisting of democratic communities, councils, and regions. The new planetary consciousness has only one charter: the common goal and shared understanding that everyone is responsible for managing the welfare of every single person on the planet.

Lady Gaia is shifting into the green ray of the universal spectrum. STO is associated with green, which represents the heart centre. To live on new Earth, you need to move into the higher vibrations of love and compassion and dissociate yourself from the lower vibrations of ego and duality. Unity consciousness means everyone experiences the same positive world and new humanity operates as one. World unity means everyone understands and supports this goal. On new Earth, we are moving from the old 3D vibration of ego & duality consciousness, or “I / Me / My Needs”, to “We / Us” It is a cultural shift, because we stop thinking in terms of “what’s good for me” (self/ego), but rather we function on “what will be good for all of us.”

STO means, “desire to serve all.” Everyone freely volunteers and without hesitation, shares their personal service to help others. The best way of providing your service to others is constantly sharing your being. People work together to find solutions that reflect the highest good for all concerned in every situation. The new Earth paradigm means caring for the welfare of 1) Humanity, 2) Planet, and 3) You. There is no punishment or segregation according to age or racism. It will be a “heart centred” world. You do not have to give unconditional love 24/7, but it does mean that you are prepared to learn and practice divinity, for example you freely volunteer/barter your expertise, knowledge and skills to help the good of all (the desire to serve others/self). All the things we associate with anger, aggression, greed, hate, selfishness, poverty are ego inspired. These 3D experiences and the socio-economic separation amongst humanity will cease. All the 3D things we associate with “power preoccupation” including control, and enslavement will not exist, such as military/armed forces, police, legal/taxation systems, religion or churches, multinational companies, and State or Federal governments. There will be no personal debts, taxes, land ownership, mining, fisheries, deforestation, homelessness, nuclear devices, poor health care, weapons/firearms, copyright restraints, banking and financial sector, etc. World unity is based on solidarity, which means destroying prejudices of sects, elitism, castes, and discrimination.

Our 3D world was designed for you to explore the ego, which has resulted in the establishment of various 3D belief systems and institutions that have been driven by gross materialism, exclusivity, domination, and greed. On new Earth, none of that will exist. There will be no capitalism and commercialism, and no person works to earn a wage, salary, or profit. Wealth will not exist, that is a form of selfishness! Money is a 3D illusion and only served the spiritual purpose for learning duality. On new Earth, there will be no money system, because abundance is a common right and everyone will be entitled to same luxuries. You are freely provided everything to support your basic human needs, without having to buy or pay for things. Everyone is supplied what they want. Why would you want to pay to live on new Earth that you have volunteered to experience? A world without money, impossible you say? Imagine doing your current job without a wage, but your time and labour serves everyone. Trade is based on the free exchange of goods & services without payment. New Earth means living in a positive based society, or UNITY, PEACE and LOVE, and not DUALITY and FEAR. Everyone is equal! You freely give your time and assistance without obligation and you lead without controlling others (no ego). You trust each other utterly and rely on each other to assume the role they volunteered. Every person in the community takes responsibility for the entire welfare of the community. Of course, new Earth does have some elements of duality, rather “positive duality,” for example, different levels in education and training to cater for different age groups, for example children and adults.

## A Glimpse into Life on New Earth

Here is a quick overview of your life on new Earth. New Earth is structured on unity consciousness and the following “Service to Others” principles:

- Every individual has the right to express their freedom of thoughts, without ridicule, judgement or enslavement,
- Every person will be freely provided food, clothing, housing, and education,
- All life forms have a right to exist and no individual can physically, mentally or spiritually harm or injury another,
- All acts of criminality, greed, violence, and aggression will be decided by the members of the community,
- Every person must live in harmony with the environment and not abuse the natural resources of the planet,
- Every person has the right to participate in all choices and possibilities available to the individual or community without restriction,
- Every person takes responsibility for their own behaviour and actions and must take personal responsibility to resolve any conflict and grievance, and accept retribution without fault or blame,
- Each person must not publicly judge or criticise the actions or behaviour of another individual or group,
- Each community is responsible for their own agricultural and cultivation needs,
- All land, property, buildings and infrastructure is the common property of everyone,
- Each person has the right to live anywhere on the planet without restriction,
- Each person must not devote their life to the acquisition of materialism or undertake acts of greed & selfishness,
- New Earth will utilise free energy, sciences, and technology in a manner that advantages all of humanity.

The Confederation of Earth operates on the charter of unity, peace, and love, so the need for establishing formal political and administrative systems to regulate people’s lives will not be required. Instead, new Earth is a one-world alliance, consisting of communities and regions. Each region will establish a local consultative council and/or advisory group, which consists of people who volunteer to manage the welfare of the community at large, but this is not a formal government structure with a formal leadership system. New Earth has no resemblance to your current life in any form, or shape whatsoever.

The greatest change for you will be spiritually accepting that you are all one. New Earth will not have religions, church system, or temples. Humanity only acknowledges and worships the Creator. Each person is taught to seek the Creator through his or her own spiritual development and to learn, demonstrate, and practice divinity. Joy, love, abundance, health, happiness, peace, wisdom, enlightenment are the social values on the New Earth. There, is but one law on New Earth - the law of unconditional love, equality, and faith in the Creator. We are switching from a separation-based societal mindset to a spiritual based society that operates on divinity and unity consciousness. There will be no nationalism and protectionism. There will be no political parties, policymaker, rulers, or leaders; rather the new social system will function on the universal law of one.

You will enjoy a longer life span, because you will experience a relaxed, stress free and healthier lifestyle, the ability to heal, and a dietary shift away from low vibrational items (meat, seafood, alcohol, etc) are the main reasons for longevity. Life spans in the next dimension will actually be tenfold. Please understand that we spiritually respect the integrity of all souls, and for this reason humanity will not be dependent on farming animals as a main food source. Living in the lower vibrations on this 3D Earth, has meant you become tired very easily. On new Earth, you do not require long periods of sleep, because rest is sufficient for re-energising your mind and body.

The old 3D paradigm of greed, ego, material possessions, and building wealth, which determines your rank, elitism, and social status, will not exist. Your new world will not operate on ego consciousness, where one person or group has established themselves as superior over another, or were a person uses their talents for wealth, social prestige or rank. In addition, no systems of power (rules, laws and institutions) will exist that differentiates people based on status, physical attributes or other aspects that separate, judge, disadvantage or create divisions among people. Intellectual property is free for everyone to use. It is for this simple reason that New Earth will not have Christmas, monarchies, religions, taxes, gambling, professional sports, celebrities/movie stars, tabloids, patent & copyright, privacy laws, stock markets, police, military, etc.

### Unity Consciousness

- Humanity living upon Earth operating together in the same positive polarity,
- All people experience the same higher frequency,
- The solidarity of global consciousness working in harmony, unity and collaboration in accordance with the whole,
- The synergetic union of human consciousness in harmonious cooperation,
- Humanity as a collective force living by the Law of One,
- Group consciousness, cooperative, shared materialism, worldwide alliance, and love.

On new Earth, there will be no need to "own" anything personally. Everybody has access to everything. There is no need for personal possessions. Everything belongs to everybody. Everybody contributes their service or time freely to benefit their community. All types of artists freely offer their gifts and talents, because they recognise the joy and happiness they give others. The negativity that is rooted on fear, greed, dishonour, and violence will vanish. The only vibration on new Earth will be love. The Law of Freewill will also continue to apply – it is universal, so you still have the freedom to choose whatever experience you want. You will not have human rights; rather you will have universal rights. There will be no strict laws or rules for living. Peace, respect, self responsibility for one's actions, and accepting everyone as equal, replaces the need for law enforcement agencies and legal institutions.

New Earth will have a worldwide supply system, which consists of immense warehouses located all around the planet, to support multiple communities and larger regions. In addition, each community will establish their own local distribution or supply depots, which operate as both a cooperative to supply local supermarkets. These supply depots will be filled with a huge variety of products and goods including food, clothing, and other essential items that everyone can freely access. Regions may specialise in the production and/or manufacturing of specific products, articles, or materials. The entire race on new Earth is a cooperative. These items will be stored in regional warehouses, which connect to the worldwide supply system. This global logistical system is the common property of everyone. The simple law of "supply and demand" determines how regions measure how much they need to produce at particular times of the year. When you need a particular commodity that your supply depot does not have, it is supplied and transported from another depot or warehouse and delivered to your depot. New Earth does not operate under a commercial system and as such, there will be no competitors, trade restrictions, tariffs, or taxes. New technology and smarter food processing systems will ensure humanity will always have abundance. Everything on new Earth is "unified" including architectural design, cultural values, and social order, clothing products and technology.

Marriage is optional, but the Law of One states every individual has the right to enter into agreement to perform and experience any relationship with another individual (freedom to experience any type of sexuality). To make an agreement, the two individuals must consent; the relationship must be founded on mutual affection, acknowledge the relationship will bring the highest form of happiness and joy to each being and the mutual understanding that they wish to have that experience for a spiritual reason.

Until the age of six (6), the immediate family and/or other members of the family circle are directly responsible for the spiritual development of children. After this, children begin primary education. The role of a teacher is not to fully immerse a child in the teachings of a formal curriculum, but help bring out the wisdom or knowledge that remains latent in the child's soul. School & work hours are based on a 4-day week/6 hour day. The rest is free time, which can be devoted to studying, recreation, community work, and spiritual development.

Every child attends school until the age of 16, at which time they are formally recognised as an adult. At this point, the individual can either enrol into university to commence a tertiary discipline, or undertake a vocational education program. Each community offers a selected range of tertiary and vocational programs based on the industrial requirements and workforce needs of the community and region. This is based on the simple principle that the educational skills of the individuals will benefit the community and/or entire region. For example, the "vocational skills portfolio" has a major benefit for the individual. This system offers them portability, which means they can relocate to another community/region anywhere on the planet that may require the same vocational skills and knowledge. So know matter where a person lives, they understand the importance of their vocational training, because their role within humanity means that they are simply one unit of the whole, and no position is less important than the rest!

Spiritual education for adults will also be very important. The ongoing development of a person's spirituality from early childhood into adulthood, will prepare them for their entire life. People will be encouraged to learn and explore 5D consciousness (Law of Love), which includes advanced spiritism, telepathy, telekinesis, and ethereal healing.

New Earth is much like the third dimension without the concepts of duality, ego, and fear. New humanity will simply operate like the top end of our 3D culture. There will homes, food, education, and jobs for everyone, but you no longer have to focus on survival, because there is no money. Another person cannot rule you, or the old paradigm of "power over others" and "service to self," does not exist, because we are all ONE and work together as a united world. Every individual on new Earth indisputably will have the same high quality of life, including housing, food, employment, health care, education and recreation & leisure time, and no longer do you have to struggle to exist and survive!





# **SECTION FOUR**

## **The Human Energy Body**

## The Human Energy Body

The human body consists of two primary systems. The first is the “biological body,” which consists of muscles, respiratory system, digestive system etc. It is also known as the dense body, because it is composed of solids, liquids, and gases.

The second system is known as the “Human Energy System,” and consists of a finer grade of matter called “anti matter.” You cannot perceive physically this body, because it has a higher frequency and wavelength (beyond the 3<sup>rd</sup> dimension).

The human energy system consists of different layers of energy fields. Our biological body vibrates at the lowest frequency, but as you move beyond the physical body, the layers of the human energy system, progressively increase to the higher frequencies.

The first layer is called ethereal body, which surrounds the biological body. It is a perfect energetic duplicate, invisible clone, and template of the biological body. The ethereal body is responsible for the transport of electromagnetic energy into the physical body. The exchange of frequencies between the physical and ethereal body is done via the primary chakras. When the ethereal body becomes imbalanced, this will directly influence the physical body and manifests as pain, aches, or illnesses.

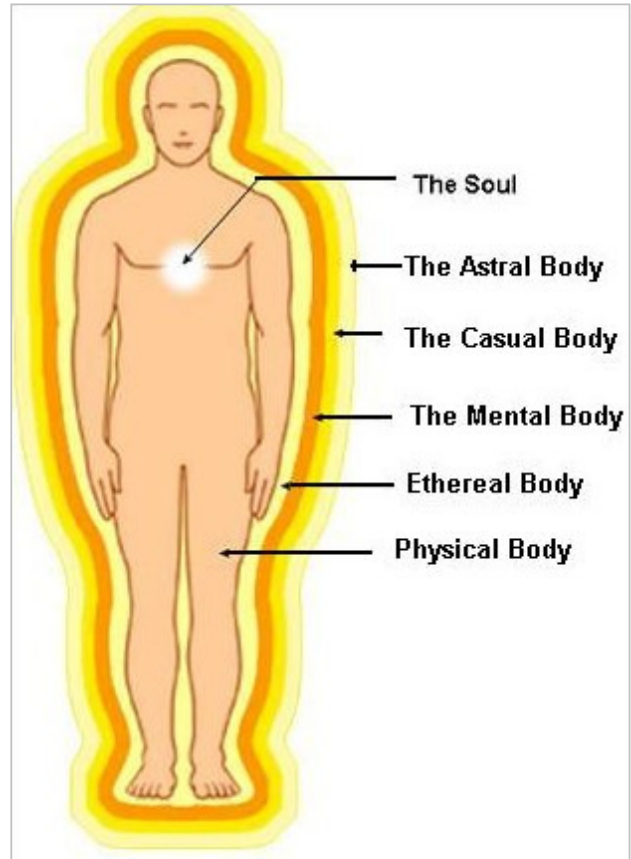
The human energy body consists of four levels:

- The ethereal body
- The astral body
- The mental body
- The casual body

Before continuing, please reread the page titled “The Ethereal Body” (refer to Section One) and feel free to use the Internet to research and gather further information on the “Human Energy Body.”

The following website provides some basic information:

<http://healingyou.eu/HealingyouEnergyHealing.htm>



## The Human Chakra System

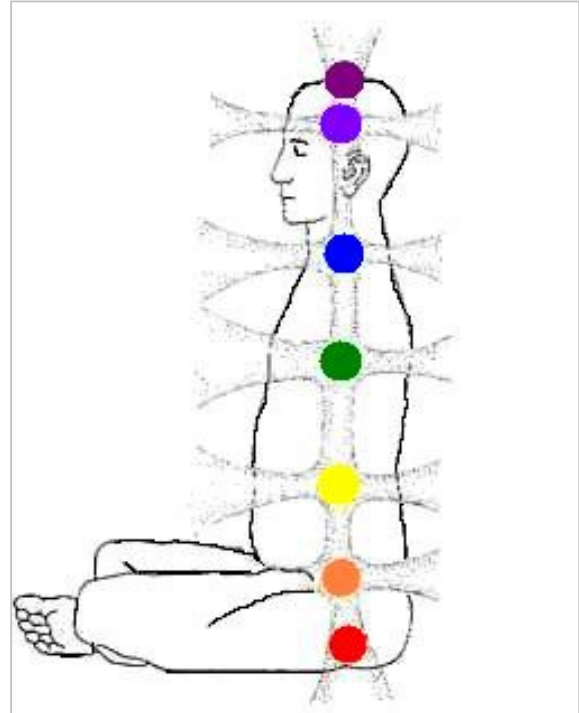
A strong understanding of the chakra system is very important. However, it must be noted that there are various interpretations and models to describe the science of chakras. For this writer, the purpose here is to simply give you a basic understanding of the seven (7) primary chakras, and their role as a frequency interface between your biological body and your ethereal body.

The ethereal body is located approximately 2-5cm in front and around your physical body. It is the life force body, because it provides the biological body with cellular genetic guidance. It is not completely separate but interacts and sustains the life of the biological body. There are specific channels of energy exchange, which allow the flow of energy to move from one system to another. This life force energy, commonly known as "Ka," is supplied to the ethereal body via an ethereal cord that connects to Earth's ethereal body. Without this ethereal cord, the physical body would die.

The electromagnetic energy that flows around the ethereal body is known as "Ka." This bio energy (sub atomic light energy) circulates around the ethereal body, through a number of tiny web-like ducts, pipes, or channels called "Nadis." These nadis lines are an extensive network or transport system that connects the ethereal body with the biological body. Ka energy flows through ethereal matter and provides the power and energy to regenerate the ethereal body.

This bio energy or "Ka" is the fuel for the ethereal body. It consists of high frequency light that keeps the ethereal body alive to sustain and preserve your biological body. The ethereal energy system or nadis lines connect at special energy nodes called "Chakras."

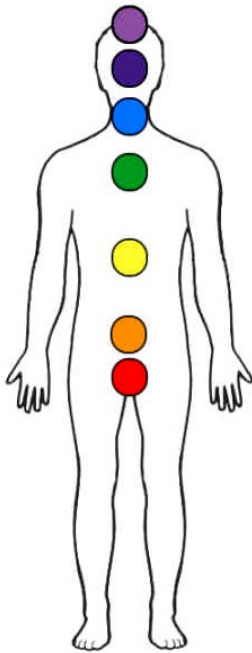
The chakra energy system consists of twelve (12) chakras or energy centres. There are seven (7) primary chakras, which transport electromagnetic energy by entering and exiting your physical body and five (5) external chakras. The chakras act as an energy transformer - Ka energy flows through the various nadis lines and are processed and distributed by chakras after the energy is modulated into a different frequency. This energy is translated into hormonal, physiological, and cellular changes in the biological body.



The chakras are arranged as an ascending column and start at the base of the spine and finish at the skull. The locations of these seven primary chakras have a direct interaction to the biological body including the major nerve plexus and endocrine gland. The seven primary chakras are generally associated with specific colours and each has a specific ascending frequency. In various traditions, chakras are visualised as wheels/lotuses/flowers with a different number of petals/spokes in each chakra.

The chakras could be termed "non physical organs" that operate on specific frequencies and wavelengths, and connect the biological body with the ethereal body. Chakras are more like swirling vortexes of electromagnetic energy. This energy moves through them like water flows down a funnel. By alternately spinning clockwise and counter clockwise, our chakras maintain a dynamic balance between receiving and building energy (done through the clockwise motion) and releasing excess energy (done through the counter clockwise motion).

The chakra system influences your biological body through the endocrine glands. Each chakra is associated with a different endocrine gland. Just as there are seven chakras, there are seven endocrine glands. Both the chakras and the endocrine glands are located along the front of spinal cord. The endocrine glands manufacture hormones and supply them to the bloodstream. When a chakra is damaged, it causes disruption to the function of its associated endocrine gland. Because the activity of the endocrine glands and nerve plexuses are interrelated and interdependent, when an endocrine gland does not function properly, it influences the entire biological body.

**Crown Chakra (Violet)**

Skull - relates to your spirituality, and connection with your higher self.

**Brow Chakra (Indigo)**

Third eye - relates to intuition, wisdom, understanding, and inner vision.

**Throat Chakra (Blue)**

Throat - relates to communication, self-expression, and judgement.

**Heart Chakra (Green)**

Heart - relates to compassion, empathy, friendships, nurturing, love, and healing.

**Solar Plexus Chakra (Yellow)**

Breastbone - relates to personal power, ego, beliefs, fear, and psychic protection.

**Sacral Chakra (Orange)**

Belly button - relates to creativity, emotional balance, sexuality, and relationships.

**Base Chakra (Red)**

Rump - relates to reproduction, ambition, physical needs, and survival.

Chakras are like magnets and that is the main reason for their blockages (energy transference), the lower chakras operate on the lowest frequency, so they automatically pull or attract the denser (heaviest) electromagnetic energy. When the primary chakras are not functioning correctly, the physical body will vibrate at lower frequency. The aim of ascension involves removing energy blockages from the lower three chakras, the activation the upper chakras (above the heart chakra) and balancing the overall chakra system to function at a higher frequency.

Chakra healing is a straightforward process requiring nothing more than your conscious intent and visualisation skills. When you open your chakras, you are essentially "powering up" your ethereal body. Chakra healing removes unwanted frequency, which allows the chakra to function normally. In regards to ascension, chakra healing will involve firstly the activation of the three lower chakras, before we target the upper chakras, else they will not open. After healing each primary chakra, there is a symbiotic frequency increase within the ethereal body. When most of the primary chakras are healed, and the system is realigned and balanced, the flow of Ka energy is naturally restored.

In addition, the activation of the 7<sup>th</sup> chakra (crown chakra) can only occur after the previous six chakras have been balanced. Instantly, like a domino effect the 8<sup>th</sup> and 9<sup>th</sup> chakras will come online. The 8<sup>th</sup> chakra is located about 30cm above the crown chakra, which connects you to the astral plane (higher planes of consciousness), whilst the 9<sup>th</sup> chakra is located below your feet, which connects your ethereal body to the Earth's ethereal body. Your goal during ascension involves achieving a moderate to high frequency, because a higher frequency means your ethereal body will remain firmly anchored to Earth during the planetary shift.

**IMPORTANT**

Please visit and/or download the following chakra resources:

Chakra Chart:

[http://www.heal-thyself.us/chakra\\_chart.html](http://www.heal-thyself.us/chakra_chart.html)

Chakra Information Packet:

<http://bryanbertsch.com:8080/bb/downloads/Chakra%20Information%20Packet.pdf>

Chakra and the Mind/Body Interface:

<http://www.healer.ch/Chakras-e.html>

## Chakras and Healing and Balancing

The chakra system is an energetic organism. The seven (7) primary chakras have their own area of responsibility and each are connected to different parts of the endocrine system. The chakras with the highest frequency are positioned above the heart chakra through to the crown. When the seven primary chakras are functioning normally; they work together as one system. However, when any chakra becomes closed or blocked, the free flowing Ka energy slows down or stops flowing. This immediately affects the activity of the entire chakra system, breaking the electrical circuit and hence, lowers the overall frequency. If the energy is not flowing freely through each chakra, physical problems will develop in that specific location. The status and health of your chakras will indicate physical illness, how you feel, and emotional experiences you have. Prolonged stress, distress, and depression are also major contributors for imbalanced chakras. The following terms are used to describe the health of your chakras:

- A **“Balanced”** chakra means its is fully functioning with no energy blockages or over energised,
- A **“Blocked”** chakra means it is fully or partially closed from unwanted frequency that hinders the natural mechanics of the chakra (the ability to receive & transmit and rotation),
- An **“Overactive”** chakra means the rotation is highly stimulated or active when compared to the other chakras.

There is a difference between healing and balancing chakras. “Chakra Healing” are techniques that aim to remove unwanted energy blockages or frequency (stored in the nadis channels) that hinder the flow of energy (input/output) within a specific chakra. As a result, the chakra is capable of holding more energy and the circuitry connection to the next upper chakra is restored. “Chakra Balancing” is the technique (eg: guided visualisation), which restores their functioning and interconnectivity. This creates a new longitudinal axial current, thus the overall frequency signature within the chakra system increases. Anything that influences the biological body, will manifest instantly within the ethereal body, but any changes to your ethereal body (healing) can take 24 hours, a week or longer to energetically filter and adjust the biological body. Research has found that a person, who regular practices visualisation techniques and can mentally visualise their chakras rotating and flowing naturally, can significantly increase the frequency of their energy signature. Chakras are centres of electromagnetic energy and each chakra has its own specific frequency, so any direct change to one primary chakra changes the frequency sine wave along the entire chakra system. Your energy signature directly corresponds to the overall condition and health of each primary chakra.

You must keep your chakras working at peak efficiency; they need to always work together as a team. Chakra balancing is something that should be done periodically. Chakra balancing is very important for keeping good health. Think of chakra balancing as a sort of “tune up” of the human body. When one chakra begins to function normally, the frequency in the ethereal body increases. Therefore, when all primary chakras are fully functional, the energy system will work together as a complete circuit. For beginners, please do not worry about symbols, sounds, or specific colours. A chakra is only an energy centre, so the power of visualising a constant smooth flow of golden white light energy through them, will purify and stimulate the chakra system. Lastly, each part of the ethereal body has its own specific frequency (low to high), ethereal healing means removing any unwanted or incorrect frequency not belonging to a specific part of the body, in order to restore the original frequency. An understanding of the ethereal frequency map can heal all physical alignments, diseases, and illnesses.

The following table identifies the various strategies to heal the primary chakras, which should be used to develop, modify, and customise the structure of the personal ascension program (step one: heal the base chakra).

CHAKRAS	STRATEGIES FOR HEALING THE PRIMARY CHAKRAS
Crown	Learning & studying new spiritual knowledge, meditation, & the use of affirmations or prayer.
Brow	Meditation, creative arts, colouring & drawing, working with memory recall, hypnosis & guided visualisation techniques and working with intuition & third eye training
Throat	Verbal communication skills, public speaking, debating, listening skills, story telling, singing, humming, chanting and neck, throat & shoulder massages/exercises
Heart	Inner child work, hugging, push ups, personal journaling, deep breathing exercises and skills development in unconditional love and compassion
Solar Plexus	Meditation, stress management, upper stomach exercises, belly dancing, hoola hoops, martial arts, working on shame issues, risk taking, anger management training, self esteem exercises, fear and rejection analysis, and ego detachment exercises
Sacral Plexus	Healthy pleasures and indulgences, emotional release exercises, karmic cord cutting, lower stomach exercises, pelvic exercises and body movement therapy
Base	Physical activities, outdoor activities, massage, grounding exercises, swimming, yoga, walking, sexual touching, & stimulation, and reviewing early childhood memories.

## Chakras and Energy Signatures

Each chakra has a number of incoming nadis channels that are responsible for receiving and transmitting (input/output) electromagnetic energy from that chakra or energy centre. Each chakra simply consists of a bundle of nadis channels that link together and work as one node. As a result of their electromagnetic nature, that node or energy centre creates a rotating vortex, which is projected outwards on both sides of the body (front and rear).

Every person has a unique frequency configuration known as your energy signature. As previously stated, each chakra has a specific frequency, so when one or more chakras are imbalanced or blocked, those chakras influence the overall frequency pattern within the chakra system. When all seven (7) primary chakras return to normal state (active & balanced), they interconnect and work as a single, unified pole or complete circuit. This is known as Kundalini. Therefore, the health and status of the primary chakras determines your overall frequency pattern, commonly known as your energy signature.

Colour	Name	Musical Note	Values in NM (Wavelength)	Values in HZ (Hertz)
7	Crown	B	380-280	179.51 - 243.61
6	Brow	A	430-390	158.63 - 174.90
5	Throat	G	480-460	142.11 - 148.29
4	Heart	F	530-490	128.70 - 139.21
3	Solar Plexus	E	580-550	117.61 - 124.02
2	Sacral Plexus	D	640-590	106.58 - 115.61
1	Base	C	750-650	90.95 - 104.94

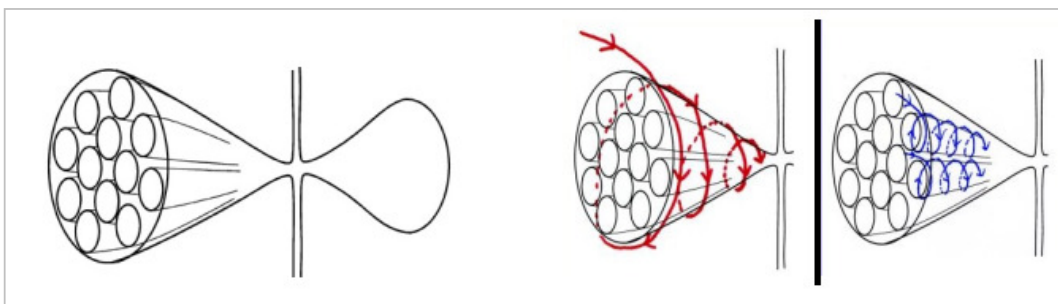
The seven (7) primary chakras can be simply divided into two sections – a south pole and a north pole, for example the base, sacral plexus & solar plexus are located on the south pole, because they have the lowest frequencies. The north pole are the upper chakras, which commence at the heart chakra and ascend to the crown chakra. See table on the left.

Because each chakra is a rotating vortex, they function like a magnet; they attract and pull energy to themselves. In regards to the south pole, the base chakra (red) by default will always attract any energy that “attacks” the chakra system. It will be the first chakra to immediately respond and the first chakra

that will become unbalanced, because the base chakra relates to survival. As a result, this energy instantly blocks the nadis channels, hence the rotation of the chakra slows down or stops, which impacts the connection to the above chakras causing a frequency decrease along the entire chakra circuit. Remember: blockages in the lower chakras cause a low frequency.

The flow of Ka energy from the south pole to the north pole is known as “Kundalini.” The Ka energy released from your base chakra strengthens the upper chakras. When the lower chakras cannot deliver the Ka energy or higher voltage to the above chakras, the entire chakra system will suffer. At this point, the biological body will manifest any energy imbalance, for example aches & pains, alignments, etc. Once the base chakra is healed and balanced, the flow of Ka energy or kundalini rises and the red ray merges into the orange ray. The sacral plexus or navel chakra will integrate both frequencies. After the solar plexus chakra has been healed, the red, orange, and yellow frequencies combine and integrate to create a single south pole circuit. When the kundalini raises and finally enters the heart chakra, the south pole circuit connects to the higher chakras.

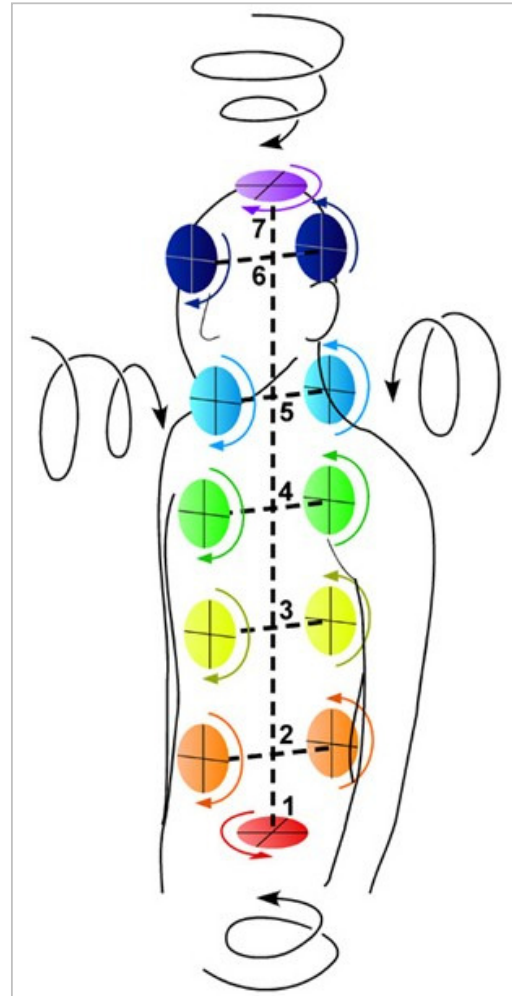
When you bring all seven primary chakras into alignment, the frequency circuits between each chakra interconnects and works together as a team or as one complete circuit. A Kundalini current with a high frequency means Ka energy is naturally flowing along the entire circuit without any frequency distortions. Therefore, the number of active and balanced chakras determines the overall frequency pattern (the frequency of the Kundalini current), which is commonly known as the energy signature for your etheral body.



## Chakras and Energy Transference

Here is a summary of the human chakra system:

- There are seven primary chakras and five external chakras in the human body,
- Each chakra acts as an transponder (input/output),
- Each chakra has their own unique frequency,
- The health of each chakra (the strength or amount of Ka energy that naturally flows through the chakra) and the number of balanced chakras determines the overall frequency or energy signature in the etheral body,
- All chakras are interconnected and work together as one system,
- When all primary chakras are balanced, Ka energy can freely flow from the south pole to the north pole,
- Chakras act as conductors of energy. Each chakra acts as a central processing unit – it modulates the Ka energy it receives and then transfers the new packet of energy to the next chakra,
- The first chakra that receives any energy is always the base chakra, which has the lowest frequency,
- Chakras radiate energy outwards in all directions as a vortex, but the strength of the vortex depends on the health of the chakra (blockages),
- A blocked chakra means it cannot function normally, because unwanted frequency (negative energy) has impeded its properties (rotation),
- An unbalanced chakra means it's operating too fast (over active) or too slow (under active),
- A weak chakra indicates that it has a structural defect, because it has been blocked or has been under active for a long period of time,
- When the base chakra is closed, blocked or unbalanced, the other primary chakras will slow down or stop spinning and the chakra system becomes dysfunctional, thus reducing the overall frequency signature,
- When the physical body is exposed to stress, distress or depression, the base chakra will be the first to react, which causes the imbalance,
- Chakra healing the removal of unwanted frequency and restore the flow of energy to that chakra,
- A balanced chakra means restoring the chakra to its correct frequency, which is done by increasing or decreasing the frequency, which returns the chakra to its normal operational state.



Now, lets discuss energy transference.

There is a direct energetic relationship between “Consciousness” (You) and “Matter” (etheral body). Consciousness and matter are both forms of frequency. How we think and feel generates electrical impulses, which travel from the brain down to the spine. The frequency nature of that electrical energy changes the electromagnetic nature of the chakras, which influences the overall frequency of your etheral body. Consciousness is YOU – it is your thoughts, emotions, intelligence, beliefs, and attitudes. Since consciousness originates as brain wave energy and the etheral body is energy, both forms of vibrational frequency are interconnected. This frequency can be positive or negative.

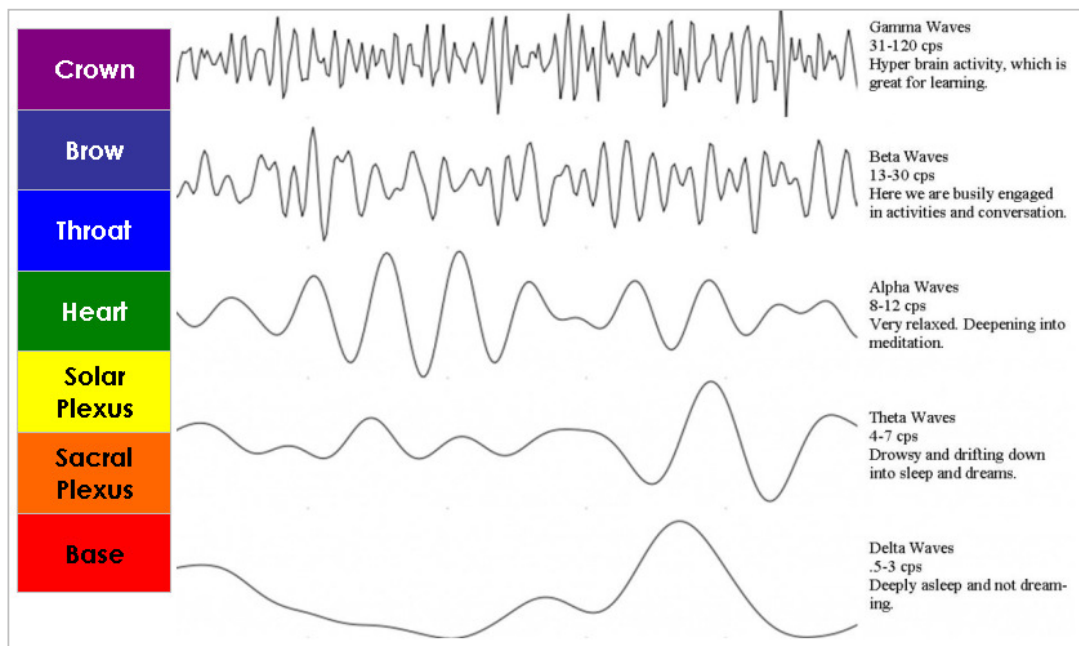
Chakra blockages are directly caused from the exchange of energy transmitted by your consciousness (conscious energy). This is called “energy transference,” which refers to the exchange or transfer of conscious energy (your thoughts, emotions, etc) between the biological body and the etheral body.

Transference is simply the manipulation of your ethereal body from conscious energy (yours & other people) and from within your reality. The vibrational frequency of conscious energy corresponds to the frequency of the lower chakras. Energy transference means that there is a direct energetic relationship between the frequency of your consciousness and the frequency of your ethereal body. When you understand this energetic relationship, you can take steps to change your conscious energy (thoughts, beliefs, etc), which automatically changes the frequency of your ethereal body. In other words, your mind and body are interconnected. Energy transference is the principle behind chakra healing. Here are some examples of energy transference:

- From your own mind or conscious energy (thoughts, emotions, attitude, feelings, behaviour, etc)
- From another persons conscious energy such as their emotions, words, actions and behaviour
- From cultural transference (unconscious energy) eg: belief systems, physical attachments, media, etc

Your conscious energy is simply brain wave energy. Your emotions and thoughts are polarised – they have either a negative or a positive vibration. “Negative transference” means that negative thoughts and emotions will instantly be pulled into the south pole, whilst “Positive transference” means positive thoughts such as love and compassion will transmute or remove negative energy from the south pole. This duality is the basis for understanding how energy can heal your chakras. Negative transference is inharmonious “thoughts,” which creates an imbalance in the functioning of the lower chakras. Positive transference refers to conscious energy that is positive in nature, which removes the negative distortions in the chakras, to restore the frequency to those chakras. When you manifest negative thoughts and emotions, this energy is transported down the spine to the south pole of the chakra system, which directly filters into the base chakra and this energy instantly changes the frequency of the base chakra. Your personality, lifestyle habits, thoughts, and beliefs are vibrational in nature, and because chakras have their own unique frequency, this energetically means your consciousness currently determines the overall frequency of your ethereal body. For example, a person whose character can be described as highly emotional means that they have a over active or dominant sacral plexus (orange) chakra, because their character continually feeds that chakra with negatively charged emotional energy. As a result, the physical body will express where that frequency is mostly active and their physical health is a direct manifestation of the status of those lower chakras.

Negative transference means you unconsciously filter negative energy into the south pole and that is expressed outwardly in your physical health, behaviour, and emotional state, creating a negative feedback loop. This conscious energy keeps feeding the south pole to remain working in constant negative polarity.



Conscious awareness of your thoughts and emotions can speed up the process to resolve the imbalance. The above diagram shows the different brain wave frequencies that are energetically linked to the primary chakras. When a person thinks and behaves from their heart centre, they are consciously transferring the higher frequency (Hz) into the chakra system. Remember, a high-energy signature means blockages in the lower chakras dissolve, because the lower vibrational energy is not compatible with the higher frequency energy flowing through the chakras. Therefore, to achieve a higher frequency, your energy signature is dependent on the progressive activation of each of the seven primary chakras. You can take simple yet powerful steps to change your frequency by thinking positively. To ascend, you need to learn how to master your conscious energy and avoid negative transference. Positive transference can drastically alter your frequency. Your energy signature will spiral to higher frequency when you expand your consciousness by thinking and acting positively (love and compassion).



**Consider the following example:**

Jack and Jill have a major verbal disagreement. Jill walks off and naturally becomes very upset and distraught. Her body begins to shake; she starts crying and generally, she feels very distressed over the whole incident.

Because of Jill's emotional state, anxiety, and stress, her mind instantly transmits an electrical signal through the whole central nervous system. Her endocrine glands react and other biological changes take place. This emotional energy travels down the central nervous system to the base of the spine. At this point, this energy is transferred through the nadis channels into the chakra system. This negative energy now enters the first energy centre - the base chakra (located at the base of the spine). The base chakra instantly responds. Depending on the state of Jill's base chakra, this emotional energy changes the frequency of the base chakra. We understand that any frequency imbalance refers to a decrease in the quality of energy flowing through the chakra.

As soon as Jill's base chakra becomes distorted, the upward flow of energy to the next chakra is directly impacted, and so on. Within a short period, the entire chakra system is influenced from this imbalance. Using the table below, lets begin at the base chakra and move upwards, to observe how this blockage will influence Jill's physical body:

CHAKRA	STRATEGIES FOR HEALING PRIMARY CHAKRAS
Crown	Her immune system is suppressed, making her more vulnerable to colds/flu's and her headaches have now escalated into migraine headaches. Any prolonged stress will mean Jill would be more vulnerable to long-term illnesses, premature aging, heart disease, ulcers, and cancer.
Brow	Jill's mental abilities become imbalanced and she starts to have problems concentrating. She begins suffering from headaches and the inability to focus on everyday issues.
Throat	Jill now suffers from feelings of alienation and has low self-esteem. She has no interest in wanting to interact with people or speak to friends and family about her problem
Heart	Jill's blood pressure rises and her pancreas releases more of the hormone glucagons and less insulin, as a result of the decreased insulin, her blood sugar levels rise
Solar Plexus	Jill's sleeping patterns become altered and begins to suffer insomnia
Sacral Plexus	Jill's loses interest in emotional closeness and intimacy
Base	Jill loses interest in eating and exercise and suffers from fatigue and physical exhaustion

The energy blockage in the base chakra is the main problem. To heal this chakra, the negative emotional energy must be replaced with positive energy. Of course, had Jack apologised for his actions, his conscious energy or positive transference (forgiveness) would instantly help Jill's chakra system heal and naturally return to normal state. Likewise, negative transference can also create karmic cords (this will be explained later). In regards to Jill, she must take conscious steps to heal the negative transference from her body. You can visualise this negative energy as black sticky syrup, which impedes the nadis channels and prevents the chakras from rotating. Chakra healing simply involves the removal of negative energy, by modulating "dark" energy into "light" (negative into positive frequency). For many people, damaged chakras and permanent blockages are caused from childhood traumas, cultural conditioning, bad habits, and lifestyle choices and from physical and emotional injuries.

The key to healing the biological body is the ethereal body. All illnesses and diseases is simply an incorrect frequency operating at a specific location in the ethereal body. This is why physical illnesses are a projection of one's own psychological thinking, behaviour, and ego. Once you recognise that you are unconsciously projecting negative energy into your ethereal body, you can repolarise your mental thoughts into a positive state of mind, and this will automatically change the frequency or energy signature within the ethereal body. This is the key to understanding energy transference – once you control your thoughts, ego and mind, and begin to think positively, you literally pump up that polarised energy out of the central nervous system into the ethereal body, which raises the frequency of the energy signature. Remember this basic rule for ascension, when you expand your consciousness (shift your conscious energy from negative to positive), you expand the frequency of your energy signature.

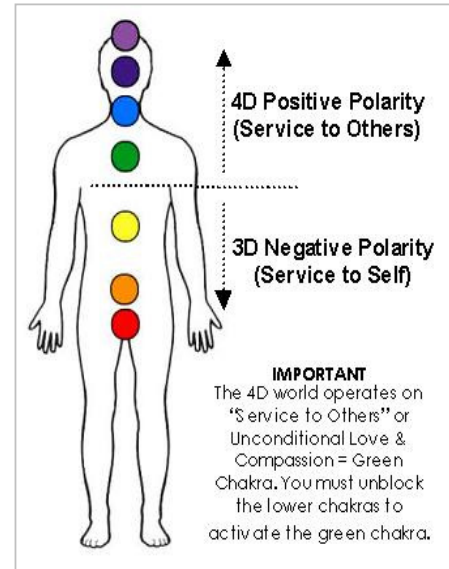
**IMPORTANT**

The Rule for Energy Transference:  
**What you feed will grow, what you starve will fester and die!**

## Chakras and Personal Ascension

In regards to personal ascension, your primary goal involves a) healing and balancing the lower chakras, b) aligning the chakras, c) the activation and balancing of the upper chakras, and lastly d) strengthening the auric field. After steps are taken to heal and balance the lower chakras, you increase the kundalini current. A stronger kundalini current means a higher ethereal frequency. This frequency expansion starts the process of altering the biological body. Presently, the number of activated chakras determines the overall frequency of your energy signature. This frequency configuration can be classified as either a positive polarity or negative polarity:

- **Negative polarity** means the south-pole or the three lower chakras are not aligned (overactive & unbalanced). These people would have a “moderate to low” energy signature, because their consciousness is heavily focused on feeding the two “plexus” chakras and those chakra defects include ego/self-interests, no remorse for one’s actions, unloving attitudes and a lack of compassion towards others. These individuals are called “Darkworkers.”
- **Positive polarity** means the north-pole or upper chakras are aligned. These people would have a “high to very high” energy signature, because their consciousness is focused on “seeing love in all things” and they would demonstrate their green ray frequency through their actions & words. These individuals are called “Lightworkers.” They will easily ascend to new Earth.



In regards to ascension, Lady Gaia is shifting into the green band of the universal spectra. The frequency of the 4<sup>th</sup> dimension corresponds directly to the frequency of your heart chakra. For an individual to ascend to new Earth, they need to demonstrate the qualities of unconditional love and compassion (4D Law: Service to Others). The heart chakra is a frequency bridge to the higher chakras, because they have the higher frequencies. That is the reason why the personal ascension program has been designed to firstly heal the lower chakras before opening the heart chakra. You cannot bypass the heart chakra to open the higher chakras. When you achieve a higher frequency, you begin to have a deeper emotional understanding of oneself and others. For the majority of humanity, they function at the negative polarity level or “Service to Self” mode. For many, the red/orange/yellow/blue chakras and not the heart chakra are the most active and dominant energy centres. Anger and hatred, irrational behaviour, unloving attitudes, unable to give/receive love, judging others, critical of others and intolerance to opposing viewpoints are all classic signs of heart chakra defects, which is easily observed in humanity’s low energy signature.

Ascension means we are moving from “Service to Self” to “Service to Others.” The activation of your green ray certifies your ascension to new Earth. That is the reason why the heart based qualities of “love and compassion” are the most important attribute for ascension and why healing the lower chakras is your first priority.

Our thoughts, attitudes, beliefs, and “unloving” emotions cause the lower chakras to be overcharged, closed, and blocked. To energetically heal the imbalances in the lower chakras, we must remove two major types of “energy attachments,” namely old emotions and the ego’s relationship to manmade/physical objects & beliefs. An attachment is negative energy that energetically targets the two lower plexus chakras, or visualise an attachment as unwanted frequency blocking those chakras. After we have healed the south pole, we can then start working on the north pole. However, the process of opening the heart chakra can be very painful to both your ego and physical body. When you undertake ascension, the lower frequency or the denser 3D energy that resides in the lower chakras must be eliminated slowly, so the body can gradually adjust and function at a higher frequency. Likewise, your conscious energy or how you think and feel generates frequency. You are the boss of your energy (frequency), so you must begin to master your own thoughts, actions, and intentions. Right now, your frequency is defined by your thoughts, attitudes, and belief systems. You must be prepared to take charge of your ascension process and consciously transmute the lower 3D energy to achieve a 4D energy signature. At the time of the planetary shift, your frequency will determine what dimension you are destined to experience.

### IMPORTANT

To ascend, you must heal or clear out “51% >” of the negative frequency from the three (3) lower chakras, and attune your energy signature to the 4<sup>th</sup> dimensional frequencies (4D frequencies commence at the heart chakra).

## Chakras and Expanding Your Consciousness

There is a direct energetic relationship between “consciousness and matter.” How does this work? Your thoughts, intelligence, beliefs, behaviour, and emotions are collectively known as your consciousness (YOU). Your consciousness is energy that feeds directly into the chakra system. Therefore, your energy signature and status of your chakras is a direct result of your consciousness. For most of humanity, their 3D consciousness is not compatible with the higher frequency (you are not yet thinking & acting 4<sup>th</sup> dimensionally).

The most important principle that underpins personal ascension involves “expanding your consciousness,” which means once you have consciously decided to release yourself from the 3rd dimension, you will take steps to modify your life and change your thought structure from the old “duality & ego” based thinking to “unity consciousness.” Right now, your thoughts, beliefs, feelings, and emotions make up your consciousness are aligned to the frequency of the 3<sup>rd</sup> dimension. You are still thinking and doing things that are 3D in nature. When you shift your consciousness, you literally increase your ethereal frequency. Therefore, “expanding your consciousness” is simply repolarising your conscious energy to produce a positive / high frequency.

Consider the following examples: a) When you find ways to demonstrate compassion, you have expanded your consciousness, because that one step is something you have never done before – you are doing something that is aligned to new Earth. When you consciously decide to move away from your old and “regular habits”, those new ways of thinking and doing things generate a new and higher frequency and b) When you make changes to your home environment and stop worrying about your material things and personal possessions, you have expanded your consciousness. On new Earth, you understand everyone will be entitled to the same luxuries. That one step creates new conscious energy, because you understand and have embraced unity consciousness.

Each step means you are shifting away from your old 3D thoughts & beliefs towards the principles of new Earth. Each step removes an energy blockage from your chakras. Each step increases your ethereal frequency. Personal ascension is simply the expansion of your consciousness. This means changing your thoughts, attitudes, & beliefs and removing other blockages from your 3D reality to generate a higher frequency. The ascension program is designed to use strategies, which will help you shift or expand your way of thinking away from your 3D mindset, but those strategies are actually healing your lower chakras. For example, when you decide to undertake karmic cord cutting, you understand that you are taking steps to remove the energy blockages from the sacral plexus chakra. Therefore, the very act of consciously deciding to carry out this task means you “understand and are totally self-aware” that you must complete this activity to lift your frequency. As a result, you have now “expanded your consciousness.” Your intent to shift to new Earth means you become more conscious of your energy signature, and become more dedicated to do whatever is necessary to remove those blockages. Hence, the term “Ascension” (progress/move upwards) because every step you consciously undertake raises your energy signature.

That is why expanding your consciousness is critical to ascension, because your 3D consciousness is currently out of alignment with the 4<sup>th</sup> dimensional frequency. Therefore, you must firstly set your conscious intent to manifest your new energy signature and then take full control of your consciousness during the ascension program. Remember, your new frequency must be aligned to the heart chakra and to manifest your new 4D/5D consciousness, you must be willing to accept the principles of unity consciousness.

In regards to consciousness, the most important concepts to remember are:

- Your body contains your consciousness (this is YOU - thoughts, intelligence, emotions, memories etc),
- Your energy signature is the result of your consciousness,
- The frequency of your consciousness is aligned to the frequency of this dimension or time/space reality,
- Shifting the frequency of your consciousness alters the version of reality you can consciously experience,
- To shift the frequency of your consciousness, you must change your existing attitude & change your perception about what human experience you want and then take steps to make it happen,
- Only you are responsible for changing the frequency of your consciousness.

### Expanding Your Consciousness

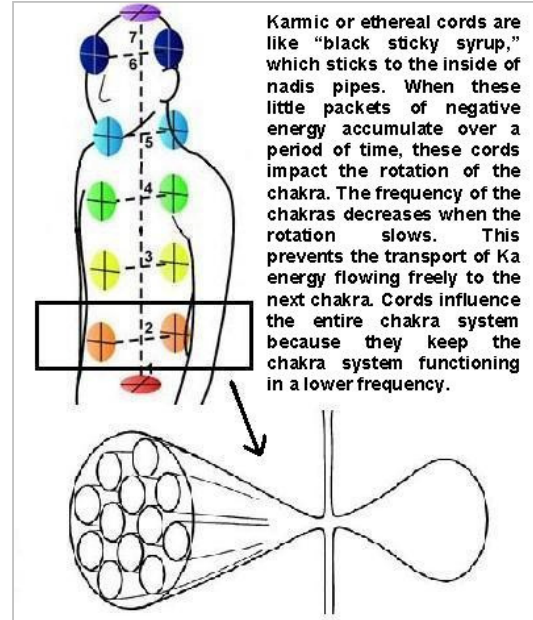
- This means you are consciously aware of the need to increase the frequency of your energy signature, AND
- Will complete the initial steps & take action to release or remove anything that's causing blockages in the lower chakras, which will help your frequency to spiral higher, AND
- Monitoring negative transference including your thinking & behaviour and the other things in your life that may energetically risk or impact the chakras, AND
- Learning to consciously manage positive transference and keep doing the higher vibrational things to protect and keep lifting or amplifying the frequency of your energy signature.



## Chakras and Emotional Healing

To heal the energetic imbalances in the sacral plexus (orange) chakra, you will be required to heal or release old emotional baggage including resentments, unfinished business and old grudges you are still holding onto against other people. Remember, the sacral plexus relates to “emotional attachments and relationships.” This healing process is called “Emotional Clearing” and the most common approach is known as “Karmic Cord Cutting.” The ascension program contains the instructions for conducting this activity.

A karmic cord is your emotional energy connected to a person, place, thing, or traumatic event, which was created from something you emotional experienced at some point during your life. For example, a cord is created when you have a personal conflict with a person. In this case, this negative cord represents both your “memory” and the “emotional experience” (pain, anger, guilt, fear, resentment, etc) that was created in your mind from that incident. Since the sacral plexus relates to emotions, this chakra is an energetic storehouse of negative emotions you are holding onto. A karmic cord is a mental connection that keeps the emotional attachment (incident/situation) alive. Most cords are positive and stem from happy memories, but negative cords are created from experiencing a hurtful or harmful situation. A cord is simply conscious energy that resides within the etheral body. For example, each time you verbally abuse someone, an etheral cord is automatically created. That conscious energy consists of very heavy and dense emotions, which is sent from your mind down the spine to your sacral plexus. You have now created a permanent emotional attachment to a person, event, or issue, which remains energetically connected to your etheral body.



“Karma” is an energetic attachment between you and another person that has not yet been emotionally healed, which may have been carried over from a previous lifetime into this incarnation. That incident has been repeated in this lifetime, until you consciously heal that energy and release that cord. Karma is not about punishment; it is about healing your actions. It is important to release bad memories and emotional pain, guilt, resentment and anger that you are holding onto. To lift your vibrational frequency, you must clearout the energy of guilt & harm that you have caused to others. The quality needed to release karmic cords requires positive energy. Forgiveness heals karma. Forgiveness means removing resentment, you placed on others. You must forgive the people you have “hurt/harmed/abused physically and verbally” and forgive people that have done the same to you during this lifetime. They are the people who you had major disagreements, arguments, physical and emotional abuse or conflicts, such as siblings, friends, ex-partners, work colleagues, family members etc.

Negative energy can only be dissolved or transmuted by positive energy. Forgiveness is the purest form of unconditional love. You will need to stop taking ownership of that bad memory and let it go! It does not matter that your choices or actions (or theirs) were right or wrong. You must demonstrate forgiveness. All these people came into your life for an incarnational reason. They volunteered to assist you at some point in your life. You need to acknowledge those individuals for their spiritual service, regardless of the outcome. When you undertake the ascension program, karmic cord cutting does not require you to literally contact those people, rather it uses a visualisation exercise to energetically release the emotional attachment to that person. Your failure to clear out karma from your etheral body will keep your energy signature low. This is why you must confront your bad memories and detach the emotional energy from those negative experiences. Your suffering means you believe your actions did not create the problem. Personal ascension requires to you to be brave, to step up and demonstrate your divinity by using karmic cord cutting to forgive yourself and others.

Karmic cord cutting technique is a powerful tool for letting go of pain, guilt, and hurt from any type of relationship. Since the release of energy is directly related to past memories and emotional pain, you can expect to experience a range of emotions such crying, laughing, a burst of anger, joy, etc. This part of the ascension program will be difficult. It will be painful, because your emotions and ego will resist. Lastly, karmic cords do have different properties. The number and thickness depends on the number of incidents and the degree of emotional pain that you experienced with a particular person. The rule for cord cutting requires you to mentally release three (3) issues or etheral strands at a time, wait a couple of days for your etheral body to heal and rebalance, and then you can begin the next set of cord cutting.

## Chakras and Physical Attachments

To heal the energetic imbalances in the solar plexus (yellow) chakra, you will be required to release yourself from physical/manmade attachments from within your 3D reality. Blockages and/or over stimulation often manifest with the preoccupation towards materialism, greed, selfishness, power over others, social status, and cultural belief systems. Remember, the solar plexus relates to “physical attachments, ego, fear, and beliefs.” In regards to healing this chakra, you need to understand how the mechanics of negative transference directly influences this chakra. Negative transference means that you are not self aware that energy from within your 3D life manipulates your energy signature. This ethereal energy is known as physical attachments, which is divided into cultural belief systems and the human ego.

A “**Belief System**” is your conscious energy (usually emotionally) attached to something within your culture that you perceive to be real. Belief systems are an illusion. They are non-physical and imaginary. The importance and value you have consciously invested into something can mean something completely different to someone else. The beliefs that you may think are important to your life may not culturally exist in someone’s culture. The reason for this: beliefs are vibrational in nature and they only exist in your physical world, because of cultural transference. Cultural transference means that your conscious energy continues to support and accept that a particular social belief system is “true.” Therefore, you have consciously assigned that belief to have some kind of significance to your life. Often you are unconsciously manipulated by your reality to keep your mind thinking about that belief. Therefore, the sum of the conscious energy from your society continues to feed that belief system, which keeps it alive and active within your culture. When people begin to starve their support and detach their conscious energy from accepting the importance of that belief, the less that belief system remains embedded within your culture, and eventually that belief will die out, because it has lost its cultural significance to you and others.

The “**Human Ego**” means how much of your conscious energy are you are investing to support & maintain your human survival. Ego is associated with pursuing human activities to support your existence and assure your future, for example, materialism, wealth, status, and power/control. The ego is a subclass of cultural transference, the product of human existence, but separate to your consciousness. When the ego becomes conflicted and cannot make sense of the world, it responds with a defence mechanism, which is often emotionally expressed in your behaviour as fear, anger, and denial. The human ego is also related to selfishness – making decisions for personal gain & believing your status, decisions, actions, and self-interests are more important for maintaining your position in the world, which results in the complete disregard to the welfare and/or social & ethical concerns for others. For example, your ego has made you believe that materialism and wealth are necessary to your survival. This illusion has falsely taught you that your life is a competition against other people to maintain your basic human needs and your personal worth as a human is a measure of your performance against others eg: career achievements, social rank or celebrity status gives you a particular cultural standing. Likewise, your reality has been designed to keep feeding your mind with “fear” and to keep you focused on “survival.” eg: “If I don’t pay my mortgage, the bank will repossess my house” or “I save my money, because there will be no old age pension in the next 20 years”.

Attachments are vibrational in nature and have been purposely designed to energetically increase the flow of energy to the solar plexus. Your emotional energy is heavily connected to many types of attachments (possessions, beliefs, etc) within your 3D reality. Many people have energetically invested much of themselves to create and guarantee their long-term security to support themselves and their families and have a strong emotional connection to these attachments to maintain their survival and welfare. During ascension, you must detach yourself from the things that keep binding you to your 3D life. Attachment means fear and resisting a new way of living. Why is detachment hard to do? Your ego has entrapped your emotions. When you try to remove these physical items and beliefs from your life, your emotions automatically react and create a fear-based response. This emotional reaction gives you the feeling that you cannot live and survive in this world or exist without your material possessions, etc. The heavy emotions of fear and anger have energetically attached, built up, and have blocked the solar plexus. When you try to release your ego from an attachment, you trigger those heavy emotions, thus creating a feedback loop that feeds the lower chakras. Fear and anger is a normal response when the ego is energetically starved. Remember when you fully embrace and change your mindset about the concept of survival, welfare, and security and understand that new Earth provides everyone with the same things (abundance for all). You will not manifest fear and anger when you take steps to release your dependency to your old 3D attachments. Only then do you stop worrying about survival, or stop thinking about worse case scenarios, such as “What happens if I lose my job, get sick, injured, after I retire?” Ascension represents the conscious battle that must be fought between your consciousness (soul) and your ego (3D survival). Your ego is your comfort zone, its seductive; gives you security, and has been the sturdiest part of your life. The dominance of the ego personality will stop people from achieving their ascension, because they will resist releasing their old ways of thinking and doing things to accept change. A higher frequency means consciousness without ego.

## Chakras and Ascension Symptoms

Personal ascension is designed to help you gradually raise the frequency of your energy signature. During this process, you will experience a number of different physical, emotion, and mental symptoms. These symptoms directly relate to frequency expansion. During ascension, you will experience two different types of frequency changes to the body and both are interwoven. The first frequency change occurs after healing, balancing, and aligning each of the primary chakras, which increases the frequency of the kundalini circuit. The second frequency change is caused from the in streaming of high frequency astral energy entering the ethereal body via the auric field.

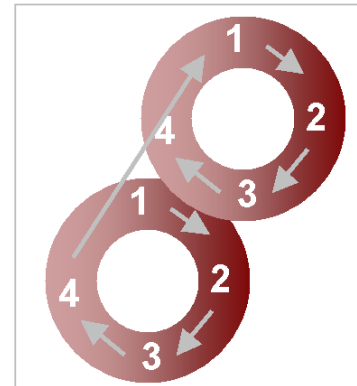
Each time there is a frequency expansion in the ethereal body, you will experience a series of ascension symptoms within the biological body. More importantly, ascension symptoms are a clear sign that you are transforming and spiralling to a higher frequency.

Here is a summary to help you understand the two types of frequency expansion cycles that will change the energy signature in the ethereal body during the ascension program:

1. Frequency expansion is similar to a domino effect. After releasing the energetic blockages in the lower chakras, the vibrational nature of the lower chakras begin to function normally, or when light has been turned on, the chakra circuitry (intake/outtake or receive/transmit) automatically changes the nature of the connectivity to the next chakra, thus restoring the circuitry system along the chakra system to its original frequency. The rule to remember, the process of healing, balancing, and aligning each primary chakra means each chakra is capable of holding more energy, the circuitry connection between each chakra changes and as a result, there is a frequency increase or expansion along the primary longitudinal axial current (chakra system).
2. Frequency expansion within the chakra system is known as Kundalini. This is the natural and free flowing state of the Ka energy flowing along the chakra system.
3. The first frequency expansion cycle occurs after healing and balancing the south pole – the three (3) lower chakras. When kundalini has been achieved, this will be your first indication that the ethereal body is beginning to expand to a higher frequency, because the properties for each of the lower chakras have changed. As a result, the lower chakras will begin to rotate faster and the increased spin will initiate a kind of centrifugal force, which filters out any lower vibrational frequency or the denser energy from the ethereal body.
4. Before discussing the second expansion frequency cycle, lets firstly define the aura. Your physical body is composed of a carbon body (matter), which energetically interfaces with the ethereal body (anti matter). The ethereal body consists of invisible charged matter, which produces a frequency grid, known as the auric field. The ethereal body is actually a sheath containing “bio plasmic matter” (anti matter), whilst the auric field consists of “crystalline bio plasma” (known as the Light Body and Merkabah). This crysto-light energy is automatically projected around the ethereal body. Every entity that is composed of matter generates this field. The aura expands when a person expands their consciousness. It should be noted that “Matter,” “Anti matter” and “Bio-Energy Plasma” coexist together in the same space, but each layer has their own dimensional wavelength, frequency, and density.
5. The second expansion cycle occurs when the ethereal body automatically changes the vibrational frequency of the auric field. When the ethereal body begins to operate at a higher frequency, the lower frequency auric capsules or crystalline particles of light will modulate into a higher frequency. As a result, the auric field begins to expand and become brighter. This triggers a new frequency change. When the aura undergoes this transformation, the aura can hold more of the high frequency astral energies it receives from the higher dimensions. This cosmic energy is received by the casual body, and filtered via the aura into the ethereal body, thus creating an interconnected and unified human energy system or circuit that allows energy to fed into meridians and flow between the chakras, the ethereal body, auric field, and the casual body. Note: a clear and bright aura is a sign of someone who has a higher ethereal frequency, thus they can carry more light.
6. The frequency expansion in the ethereal body (and the corresponding increase to the light quotient in the auric field) is dependent on the progressive activation of each of the seven primary chakras. An optimal healthy human auric field is fully dependent on the health of the ethereal body. The vibrational nature of this kundalini energy will gradually increase and return to normal state when the upper chakras are opened and balanced.
7. Presently, the old auric field is not compatible with the planets higher frequency grid. For your aura to stay connected during the planetary shift, ascension gradually infuses the aura with a new electromagnetic circuit, which changes the vibrational frequency of the crystalline bio plasma to a higher frequency. The ethereal body is the apparatus that connects your body to the planets ethereal body, but it is also directly responsible for the crystallisation frequency of the aura. There is a symbiotic coupling that integrates the biological body (matter), the ethereal body and with the crystalline bio plasmic body (antimatter).

8. After the second frequency expansion cycle, to compensate and manage the increasing amount of higher frequency, the ethereal body starts the process of regulating and unifying the electromagnetic properties of the emotional, mental, and biological bodies to energetically interact and communicate with each other. This process will be accompanied with a number of physical symptoms. Emotional changes will leave you feeling irritable and angry. Mental changes will make you feel exhausted and disorientated. Physical symptoms will manifest in the locations of the primary chakras, but the type physical symptoms are directly related to the health and status of those primary chakras, (thus its dependent on what chakras are opened, blocked & balanced), and not everyone will experience the same symptoms.
9. In addition, after the second frequency expansion cycle commences, the auric field will receive the first download or wave of high frequency astral energy entering the ethereal body. The cosmic energy enters through the crown chakra, and travels down the spinal column to the base chakra. As a result, the lower vibrational energy found in each of three lower chakras will be released. In regards to the base chakra, expect to experience pain in the lower back, pressure around the urinary tract, fluid retention, swelling in the lower abdomen, and a range of gastro-intestinal problems including diarrhoea.
10. You may also experience a physical reaction to the higher frequency filtering into the auric field, which can manifest as a high pitch sound vibrating in the left ear,
11. Likewise, when the higher frequency astral energy enters the crown chakra, expect to experience intense headaches around the head, some stiffness around the neck & shoulders and localised pressure or pain around the left hemisphere of the brain.
12. In regards to the emotional body, your emotions have the lowest frequency, so this dense energy will be the first energy to be released from the body. Expect to experience a variety of negative feelings and emotions including anger, sadness, mood swings, and warning: intense rage that will suddenly come out of nowhere.
13. The release of emotional toxins will also start changing the electrical pathways in the brain. Since your emotional and mental bodies are interwoven, your mental body (thoughts, ideas, memory, etc) will energetically change and stay aligned with the emotional body. Expect to experience exhaustion, fatigue and lack of concentration.
14. The types of physical symptoms that will manifest in the body will be dependent on the health and status of the upper chakras (opened, blocked & balanced). The most common symptom is body heat. Metabolic and hormonal changes will increase the body's temperature. During daytime, it is far easier to manage, because can consciously regulate your temperature, but at night time, you will experience restlessness, hot & pulsating legs/feet, and less "deep sleep" cycles.

There is some good news: when you finally ascend to a higher frequency, you experience less physical symptoms during each cycle, although some symptoms may reappear from time to time. From personal experience, this lightworker has summarised the "Four Stages for a Frequency Expansion Cycle," in the table below. You can expect to experience a minimum of two (2) frequency expansion cycles over a three (3) month period. It usually takes a minimum of two (2) weeks for one frequency expansion cycle to finish and then the body enters into transitional period. It takes time for your body adjust to the new frequency before you begin to feel normal again. This may last for a month or so, before the next frequency expansion cycle begins. Also remember, ascension means to keep ascending your frequency. Therefore, your frequency or energy signature will be different to another person. There are many factors that influence a persons frequency including the health of the lower chakras or how much emotional healing has been done, level of motivation and resistance, lifestyle habits, and negative thoughts & attitudes.



The Four Stages for a Frequency Expansion Cycle		
Stage	Symptoms	Comments & Practical Tips
1 <b>Physical Body</b>	<p>These symptoms indicate that your physical body has entered into the early stages of a frequency expansion cycle. These physical symptoms include any or all of the following:</p> <ul style="list-style-type: none"> <li>• Feeling normal emotionally &amp; mentally</li> <li>• Diarrhoea</li> <li>• The lack of interest in eating</li> <li>• Body aches and joint pain in the lower body</li> </ul>	<p>How to manage your higher frequencies; firstly, you must pay attention to your changes, and secondly, you must take steps to keep yourself balanced and centred. That means taking steps to remain feeling normal. When you undergo frequency expansion, your definition of normal will be tested. Some strategies to manage your symptoms have been listed below. Remember, your body will show signs of distress, so do not fight the energy changes. Do anything to stay emotional comfortable. In addition, feel free to use any medications such as headache tablets, eye drops, etc to help relieve any of the minor symptoms.</p>

Stage	Symptoms	Comments & Practical Tips
<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Emotional Body</b></p>	<p>Emotional symptoms include any or all of the following:</p> <ul style="list-style-type: none"> <li>• A floating feeling, anxiety and/or depression</li> <li>• Mood swings (extreme highs and lows)</li> <li>• Bouts of anger (ego) and sadness (fear)</li> <li>• Unexplained bouts of rage</li> <li>• Bouts of empathy and joy</li> <li>• Unexplained and sudden urges to cry without any reason</li> </ul>	<p>Some practical suggestions:</p> <ul style="list-style-type: none"> <li>• Try to remain still &amp; calm during the day</li> <li>• Take regular naps, rest or meditate</li> <li>• Disconnect yourself from daily life eg: turn off the phone &amp; avoid other people for a day or so</li> <li>• Monitor your fluid intake and sugar levels</li> <li>• Ensure you have regular bowel movements (Note: sacral plexus relates to emotions. Digestive problems slow down or stops energy flowing in the sacral plexus causing emotional outbursts, anger, mood swings, etc)</li> <li>• Eat water based foods such as lettuce, beetroot &amp; tomatoes (eating low vibrational foods eg: red meat &amp; carbohydrates slows down digestion, and stalls the flow of Kundalini energy, thus changing your emotions)</li> </ul>
<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>Mental Body</b></p>	<p>Mental symptoms include any or all of the following:</p> <ul style="list-style-type: none"> <li>• Lack of mental concentration</li> <li>• Tiredness and/or exhaustion</li> <li>• Confusion and feeling distracted</li> <li>• Lack of interest in normal things you usually do</li> <li>• Change in sleep patterns (sleeping less during the night and/or going to bed earlier than normal)</li> <li>• Light headiness and/or dizziness</li> <li>• Feeling “spaced out”</li> <li>• Energetically you just don’t feel normal</li> </ul>	<p>Some practical suggestions:</p> <ul style="list-style-type: none"> <li>• When sleeping, use a pedestal fan (emits infra sound – this vibration helps shift the brain quicker into deep sleep mode)</li> <li>• Take a “Vitamin B” tablet every day (opens up the synapses in the brain &amp; helps with mental concentration)</li> <li>• Drink 3 glasses of water each day (helps with the circulation of the kundalini energy)</li> <li>• Enjoy the things you like doing - listen to your favourite music, read a book and/or watch your favourite TV shows/movies – do any “high frequency” things!</li> <li>• Limit alcohol consumption (brain sends a signal to base chakra and instantly lowers your frequency)</li> </ul>
<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b>Physical Body</b></p>	<p>These physical symptoms indicate that your body is undergoing the frequency remodelling. They include any or all of the following:</p> <ul style="list-style-type: none"> <li>• A headache at the back of the head (expansion of the crown chakra)</li> <li>• Blurred vision and the feeling that your vision appears weaker (changes to the auric field and expansion of consciousness)</li> <li>• Neck pain and/or shoulder stiffness (relates to the crown &amp; throat chakras)</li> <li>• Throat, ear, jaw, teeth and/or sinus problems (relates to the throat chakra)</li> <li>• Body aches and joint pain in the lower body (recalibration of the base chakra)</li> <li>• Dry and itchy eyes (third eye chakra)</li> <li>• Heaviness in the chest (opening of the heart chakra)</li> <li>• Digestive problems, lower abdominal pain and/or bloating (relates to release of emotions in the sacral plexus)</li> <li>• Pain around &amp; in the belly button (relates to the alignment of sacral plexus)</li> <li>• Outbursts of body heat (metabolic changes)</li> <li>• Acid reflux (biochemistry changes)</li> <li>• Redness in the face, dry skin and/or eczema (hormonal &amp; bioelectrical)</li> <li>• Dizziness, nausea, disorientation (bioelectrical)</li> <li>• Insomnia and changes to normal sleeping patterns (bioelectrical changes)</li> <li>• Physical fatigue (bioelectrical changes)</li> </ul>	<p>Some practical suggestions:</p> <ul style="list-style-type: none"> <li>• Go for a walk first thing in the morning (walking helps transfer kundalini evenly around the body &amp; strengthens the base chakra)</li> <li>• Have two showers per day (a shower in the morning &amp; evening will help with grounding or the discharge of electromagnetic energy that builds up around the body)</li> <li>• Do not wear shoes and socks around the house (helps ground the body)</li> <li>• Do not wear woollen socks (grounds the body and prevents the build up of static electricity on the body)</li> <li>• Do not use a mobile phone (seriously causes auric bleeding. EMF damages the aura, which stops the higher frequency from the auric plane entering the auric body)</li> <li>• Stand outside on the concrete or on grass/lawn for 10 minutes (grounding your body will help heal minor headaches, which is caused from the build up of energy around the head &amp; upper area of the body and will be discharged through the feet)</li> </ul> <p>All the above suggestions listed in the four stages are all interwoven. To keep yourself balanced and centred, you will discover through trial and error, what strategies work best for you.</p> <div style="background-color: red; color: white; text-align: center; padding: 5px;"><b>IMPORTANT</b></div> <p>Please seek professional or medical assistance, if you are unsure with any physical symptoms that manifest during the ascension process.</p>



## Chakra Consciousness

The term “Chakra Consciousness” refers to “chakra self-awareness” or your personal knowledge and understanding of the human chakra system.

Chakra consciousness includes:

- Location of the primary chakras
- How the chakra system works?
- Understanding energy flows
- Types of physical symptoms and causes for the imbalances each primary chakras
- How to conduct a chakra self analysis
- Understanding chakra frequencies
- Releasing negative emotional energy
- Basic meditation techniques
- Healing strategies for primary chakras
- How to activate, align, and balance chakras
- How do the chakras interact with the physical body and the mind?
- How do the chakras interact with the human endocrine glands?
- What are the signs that indicate that each chakra is unbalanced?
- What are the symptoms of over active chakras?
- What are the symptoms of under active chakras?

It is highly recommended that you research and invest your time to learn all you can about the human chakra system. Options include undertaking a chakra workshop, purchasing a chakra DVD, or researching the vast amount of online videos, tutorials, and websites that are available on the Internet.

A good website on **Chakra Healing** can be found at:

[http://www.chioshealing.com/Resources/PDF\\_Files/pdf\\_files.htm](http://www.chioshealing.com/Resources/PDF_Files/pdf_files.htm)

A simple **Chakra Test** that reports on the health of your chakra system can be found at:

<http://www.eclecticenergies.com/chakras/chakratest.php>

**A Visual Representation of the Chakra Body** can be found at:

<http://www.healer.ch/Chakras-e.html>

### IMPORTANT

A good understanding of the chakra system will be invaluable, because you can use your chakra knowledge to customise or alter the personal ascension program contained in this study guide and/or assist other people with their ascension.



# **SECTION FIVE**

## **Additional Information about Ascension**

## Christ Consciousness

“Christ Consciousness” means “a person who outwardly embraces divinity” (Law of One). Christ Consciousness has nothing to do with Christ as a person. Christ refers to your “understanding & awareness” of divinity and your primary purpose as a spiritual being. When you have found your own spiritual connection with the universe and with the Creator, this will manifest outwardly as unconditional love, joy, and compassion. When an individual consciously demonstrates these divine attributes, this is known as “Christ Consciousness.”

Spirituality is the process of proactively discovering your personal connection with the Creator, from a path of inner seeking. It is a self assessment of your own thoughts, attitudes, and beliefs, the ability to consciously close off some of those things you have previously accepted and open yourself to new spiritual concepts. This is known as spiritual advancement. When a person is willing to learn and apply the principles of divinity in their life, they have spirituality evolved. Divinity helps you outwardly perceive the love and compassion in others, you recognise that each person is a spiritual being and understand that each person are at different levels of spiritual growth. When you incorporate divinity as an integral part of yourself and begin to externalise this “Christ” energy, the very nature of your reality changes. In regards to ascension, you do not have to be a master of Christ consciousness. It only requires you to be open to a new way of living and your willingness to learn, incorporate, and practice divinity on new Earth. This is the most important rule to remember when you enter your into the ascension program – you only need your conscious intent and a genuine desire towards wanting to experience a world that operates on unity, love and compassion that will help you achieve the required frequency to shift to new Earth. Christ Consciousness can include your own personal understanding of the Creator/God (“I AM”), your ability to connect to your higher self, how you demonstrate the qualities of divinity and/or your ability to freely share your spiritual wisdom and knowledge to help others with their spiritual growth.

### a) Connection with your Higher Self

The activation of your body’s 7<sup>th</sup> chakra (crown chakra) occurs after the previous six primary chakras are activated. Instantly, like a domino effect, the 8<sup>th</sup> and 9<sup>th</sup> chakras are triggered. The 8<sup>th</sup> chakra is located about 30cm above the crown chakra and this connects you to the higher dimensional planes of consciousness, whilst the 9<sup>th</sup> chakra is located two feet under your feet – your ethereal connection to Earth’s ethereal body. The full activation of the chakra system is a result of the frequency of your consciousness. A person who has activated the upper chakras, namely the heart, third eye, and the crown chakras has achieved “Christ Consciousness,” because that process shifts a person’s frequency into the powerful heart-based qualities, which allows them to consciously demonstrate love, empathy, compassion, and the ability to connect and understand people from a deeper emotional level and spiritual viewpoint. In addition, the full activation of the chakras means a person has moved into a higher frequency of consciousness. What is the reward for achieving this higher frequency? You have the ability to telepathically communicate with the higher dimensional levels of consciousness within the cosmos. This means, you can directly communicate with your Master, Guides, and the Angelic Realm. With permission of your Master, you can communicate directly with departed friends and family; you can ask to receive multidimensional energy for the purpose of healing yourself or others, and likewise, specialist guides can give you information about humanity’s hidden knowledge & secrets or everything you want to know about the universe. Remember two things, everyone’s consciousness is interconnected and a higher frequency means you are moving closer to the Creator.

### b) Mastering Divinity

Divinity refers to the highest characteristics, personal qualities and attributes of “Christ,” and Christ Consciousness refers to a person who consciously demonstrates and practices divinity. Therefore, a “Divine person” means an individual that can demonstrate & project the attributes of unconditional love and compassion consciously (thoughts, actions, behaviour) in all aspects of their human life. The term “Christ” means a person whose conscious of their behaviour and actions, and can give and give/receive love and compassion without wanting anything back in return. Are you a master of divinity? Consider the following questions: Can you freely assist others without judging them? Can you easily communicate and interact with people that are labelled “difficult”? Can you confront a person without thinking negatively of them? If a person made a bad mistake or wrong choice in their life, can you avoid criticising & judging that person behind their back? Could you avoid reacting emotionally to a person’s hurtful comments? Can you accept a person’s faith without arguing or criticising them or their belief system? Can you apologise to another person for your bad behaviour, actions, or hurtful comments? A non-divine person would criticise, argue, and judge and/or intentionally cause pain (verbal & non verbal) and unhappiness to others. Mastering divinity means you can demonstrate the “heart based” qualities of unconditional love and compassion, thus you have achieved Christ Consciousness. Lastly, had humanity mastered divinity, morality and duality would not exist on our world today. Compassion is a state of emotional maturity and necessary for spiritual evolution.

## Ascension Questionnaire

The following questions will examine your current attitudes and beliefs against the principles of unity consciousness and the Law of One. Please note that this is not a true and accurate assessment to measure your divinity, so feel free to use your discretion. Please circle your responses for each statement.

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I believe in the Creator/God/Father/Mother/Source	S A	A	D	S D
2. I believe there is more than one God	S A	A	D	S D
3. I believe that when I die, my soul is reincarnated	S A	A	D	S D
4. I believe that when I die, there is no afterlife and my life is finished	S A	A	D	S D
5. I believe that I have the divine right to explore my sexuality	S A	A	D	S D
6. I agree with the 4D spiritual principles of unity consciousness	S A	A	D	S D
7. I would not be prepared to live in a world based on unity and love	S A	A	D	S D
8. I think the world should have no religions	S A	A	D	S D
9. I believe creation and evolution can be explained by modern science	S A	A	D	S D
10. I view religion as a human belief system	S A	A	D	S D
11. I view spiritualism as a true path to follow for gaining immortal life	S A	A	D	S D
12. I view religion as a set of moral rules, which guide people's behaviour	S A	A	D	S D
13. I view myself as a religious and not a spiritual person	S A	A	D	S D
14. I do not practice organised religion, but still view myself as spiritual	S A	A	D	S D
15. I often practice my faith by attending religious events/activities	S A	A	D	S D
16. I often practice my spiritual path through meditation	S A	A	D	S D
17. I believe in a book of faith (i.e. the Bible, Torah, Koran)	S A	A	D	S D
18. I believe my religion is the only path that people must follow	S A	A	D	S D
19. I do not judge others for their religious beliefs	S A	A	D	S D
20. I believe in Angels	S A	A	D	S D
21. I believe in psychics, mediums, channellers and clairvoyants	S A	A	D	S D
22. I believe we are not alone in the universe	S A	A	D	S D
23. I view myself as a controlling and dominating person	S A	A	D	S D
24. I easily judge and criticise others behind their backs	S A	A	D	S D
25. I believe the world is dangerous and hostile	S A	A	D	S D
26. I can not tolerate or live with ethnic people	S A	A	D	S D
27. I have strong verbal communication skills	S A	A	D	S D
28. I can show compassion to complete strangers	S A	A	D	S D
29. I find it difficult to work with people I don't know	S A	A	D	S D
30. I believe wealth determines a persons status	S A	A	D	S D
31. I can emotional support others during times of crisis	S A	A	D	S D
32. I never apologise to another person for my bad behaviour or actions	S A	A	D	S D
33. I regularly buy expensive personal items for myself	S A	A	D	S D
34. I am dependent on technology, science and medicine	S A	A	D	S D
35. I am fiercely independent or introverted	S A	A	D	S D

## Ascension Consciousness Grid

In regards to ascension, the frequency of your consciousness will determine the dimensional frequency you are destined to experience at the time of the planetary shift. The previous assessment was a simple exercise to examine your current attitudes and beliefs and how much you would support or resist divinity and the 4D spiritual principles (Service to Others). You may now wish to reflect upon your responses and consider the four levels of ascension consciousness. For example, for a "3D Positive" (3D+) person to shift to a higher frequency, they need to change their current unloving attitude from "It's all about me!" (Materialism, ego, wealth, etc) and embrace the new Earth concept of "It's all about us!" which would help them to open up their heart chakra and obviously increase their frequency and shift to the "4D Negative" (4D-) group.

<b>4D Positive (4D +)</b>	
Description	Chakras
<p>These people can openly express their unconditional love and compassion towards others, and are either subject matter experts or skilful masters in spirituality. They have highly advanced intuition and a strong understanding of using multidimensional energy. They practice their spirituality through healing, mediumship, meditation etc, and adept in the human energy system. They easily perceive all souls as equals and understand the universal law of one.</p>	<p>All seven primary chakras are active including the external chakras.</p> <p>These people will easily ascend to New Earth.</p>
<p><b>These people are strongly oriented towards both Service to Others (4D) and Service to Love (5D)</b></p>	

<b>4D Negative (4D -)</b>	
Description	Chakras
<p>These people can be called "sincere believers" and are emotionally and intellectually open to a new human value system. They can express their love and compassion in their behaviour and could easily function under world unity. They may already study various topics on spirituality or have a passive interest. These people understand the illusion of human belief systems, which inhibit spiritual growth and could easily function under the universal law of one.</p>	<p>The red, orange, yellow, and blue chakras are dominantly active &amp; perhaps the indigo chakra is partially active.</p> <p>These people will ascend.</p>
<p><b>These people can easily adjust and function on the principles of Service to Others (4D)</b></p>	

<b>3D Positive (3D +)</b>	
Description	Chakras
<p>These people do not actively take interest in their spiritual growth. They are conscience of their own religious beliefs, but not concerned by other religious groups &amp; their beliefs. They demonstrate a mix of love, compassion, and tolerance towards others. They mostly invest their personal energy in technology, materialism, &amp; survival activities to generate financial security. They are unconsciously driven by their physical ego to maintain their career, social status, wealth, and possessions. Some people would overlap into the "3D Negative" group.</p>	<p>The lower chakras are dominant and the blue and/or green chakras maybe partially active.</p> <p>This group have a choice.</p> <p>To ascend, they need to shift into the 4D Negative group (4D-).</p>
<p><b>These people are equally oriented in Service to Others (4D) and Service to Self (3D)</b></p>	

<b>3D Negative (3D -)</b>	
Description	Chakras
<p>There are two major groups. The first are those who are very religiously minded and could be labelled as non-converters and hyper-religious and outwardly reject any new spiritual beliefs. The second group are people with no spiritual conscience and have high dependence on various institutions, scientific and philosophy belief systems to define their reality, evolution, and creation. These two groups are not receptive to new ways of living; they fear change and/or totally reject concepts and new beliefs as irrational, because it does not conform to their 3D paradigm.</p>	<p>The lower chakras (red, orange, &amp; yellow) are dominant and active.</p> <p>These people will not ascend to New Earth.</p>
<p><b>These people can only function on the principles of Service to Self (3D)</b></p>	

## False Ascension Information

When you begin your ascension, many of you maybe unsure what information you research will be true, false, or misleading. You must use your discernment. Very often people will simply read online information and assume it is correct, without actually broadening their knowledge to understand the bigger picture. For the past few years, there has been an increasing number of so-called "Lightworkers" releasing their ascension programs at a cost. These people are not true lightworkers. As stated by the Law of One (4D Law: Service to Others), a lightworker is responsible for providing their spiritual service for free. A true lightworker would never ask you to buy their products, books, and services. These folks are false lightworkers, con artists, operating on "Service to Self", driven by their ego and pure greed for the purposes of making money and personal gain. Do not be lured into the trap of buying their products. A true lightworker operates on compassion and unconditional love, we are here to help humanity spiritually evolve, and we freely share our knowledge and wisdom. A true lightworker would never place copyright restrictions on their ascension materials or ask for donations. My simple message to those fake lightworkers: What good is your information anymore, if you are not willing to freely share your knowledge and wisdom to help others?

Please be very cautious! Do not purchase ascension products that only focus on the physical ascension process. These "quick fix" methods fail to teach the basic principles of Law of One. Be very careful of the artificial ascension techniques that aim to rapidly increase the frequency in your energy signature such as "DNA Activation" programs and Merkaba activation. For beginners, those tools would over stimulate your chakras, this would be like inserting a 110-volt electrical plug into a 220-volt outlet that causes instant shock, which could be fatal or result in very serious health problems. When reviewing any ascension program, reflect on the following question - did they teach the principles that govern life on new Earth? However, your freewill permits you to use any ascension tool that resonates with you. Likewise, there are many false ascension stories circulating on the Internet. There is no such thing as "Disclosure," and nor will their be the arrival of space ships that come to intervene and help humanity. This information is a hoax! Do not attach yourself to messages that take away your freewill. Please ignore any online messages from a group called the "Galactic Federation." The Galactic Federation are not associated with the Confederation of Light (Spiritual Hierarchy & Celestial Councils). The GF are entities in the astral plane (lower 4D), which mimic themselves and promote that they work for the Confederation. Do not associate yourselves with this dark energy (dark meaning to invoke fear, deception and misleading). This group has been releasing information to confuse people about Earths ascension and use fear propagation to stop people undertaking ascension.

It should also be noted that much of the ascension information on the Internet posted in recent years has been done through different mediums and channellers. Much of this information is not accurate and some material is false. Channellers receive telepathic messages from the higher astral realm through the crown chakra. This information is processed by their rational mind, which can be strongly influenced by the channeller's ego; beliefs, emotions, and their level of intelligence can change the context and meaning of the information they receive. More importantly, the rank of a channeller/medium's soul in the spiritual hierarchy, determines what information they are permitted to receive from their Guides about any particular topic, situation, or person, especially when they are doing a reading for another person who has a higher rank (or frequency) then the channeller. Another problem with channelled information is that the channeller can receive messages from devious astral beings that masquerade themselves as angels, etc. These entities are known as the "Dark Cabal." This is the reason why the Internet is full of channelled messages that have no spiritual relevance or teach the mechanics of personal ascension. Please understand, any information you read that invokes fear, anger, or suspicion in your mind has originated from a dark source. Dark meaning "an agenda to deceive and generate fear." Likewise, "Light" means the truth, for example, information from the Celestial Council always talk with love and compassion, and never invoke fear or promote death and destruction.

Likewise, do not get yourself caught up with doomsday messages, such comets, asteroids, polar reversals, etc. Learn not to feed on the fear they generate. From a spiritual viewpoint, there are two large groups of souls on Earth (Atlantis & Mars) who previously experienced wide spread planetary devastation, so unfortunately their karma has been transferred onto humanity through their words, behaviour, and actions. Always take a dualistic approach when you read any online information or messages. It is up to you to decide what resonates within your heart and what does not. When reading channelled messages, please exercise detachment, and judgement. Empower yourself and teach/learn before accepting any information as the truth.

**IMPORTANT**

The information presented in the ascension study guide serves as the official advice to humanity from the "Angelic Realm". Please note that much of the information found on the Internet is false, misleading, outdated, and not sanctioned by the Celestial Council.

## How Your Body Ascends during a Planetary Shift

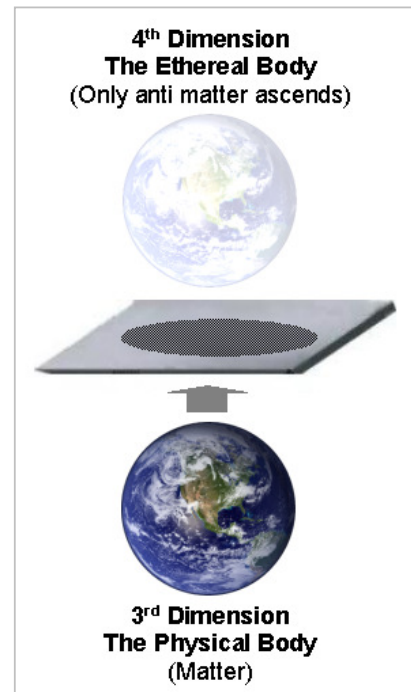
In regards to the planetary shift, how does it feel like to move from 3<sup>rd</sup> dimension to the 4<sup>th</sup> dimension? For starters, for those that lifted their frequency beyond the old vibratory rates do not undergo physical death. It will be harmless, and there will be no pain for those anchored to the planet. A higher frequency means you get to consciously experience the shift, and you will not be affected by it physically, emotionally, or mentally. To understand how a 3<sup>rd</sup> dimension planetary object shifts into the 4<sup>th</sup> dimension, imagine a figure eight shaped hourglass. 3D is located on one side and the 4D is located in the other side of the hourglass. In the middle of the hourglass, this narrow gap represents the gateway or portal for the planetary shift that occurs when two-dimensional planes eclipse each other. This “null zone,” separates two-dimensional wavelengths. It is a highly charged membrane of photons, which acts as the wavelength bridge to connect one side of the dimensional frequency band with the next highest band.

All living things on the Earth plane have two parallel bodies. The physical body is composed of carbon or “matter” and interfaces with the ethereal body. The ethereal body exists as biological plasma or “anti matter.” It is still classified as physical, because it is composed of a finer and less dense bio molecular structure but has a higher frequency.

To consciously experience the dimensional shift, your ethereal body needs to be modulated to same ethereal frequency of the planet. The folks that do not adjust their frequency will not physical handle the wave of high frequency energy as the planet enters through the dimensional gateway. Their ethereal bodies will literally “spin off” and disconnect from the planets ethereal body during the shift. During the transition, your body will undergo a drastic change; it will be converted into millions of photonic particles. Your body becomes fluidic during this process; it dematerialises to achieve zero mass. During this disintegration, you will feel like you exist but do not exist. Your consciousness is travelling as energy and you are actually flowing as light energy through the dimensional gateway, but you will not feel this. In a small fraction of a second, you travel through this dimensional gateway and rematerialise on the other side.

The dimensional gateway will also act as an “anti matter” filter. This means that only naturally occurring things within the planets biosphere can potentially ascend. Manmade objects & items that were constructed from synthetic materials and artificially manufactured materials will not shift to new Earth. The reason for this: the atomic structure for synthetic materials are only vibrationally in phase with our 3D reality, thus at the quantum level, the 3D frequency & wavelength, which acts as “glue” and bonds the molecule structure together will disintegrate during the shift. Likewise, these 3D objects are not “conscious” and do not have awareness to change their vibration frequency to a higher level. Many of the human structures such as homes/buildings, which have some elements of naturally produced materials may remain intact, but most of humanity's technology that relies on fibre optics and orbiting satellites, etc will not exist after the shift. Other examples of synthetic items that will not exist after the shift include plastics, rubber, polyester, acrylic, glass fibre, dyes, inks, paper, nylon, etc.

When you undergo this frequency jump, your ethereal body, which contains the blueprint of your physical body will automatically rematerialise your body. Each of the 12 dimensions has their own unique vibrational property that governs the densification of matter. Your body will have the same physical appearance as it does now, except your new body will be less dense (carbon silica), because your ethereal body has dramatically altered the atomic structure of your body to support the higher frequencies. Your new body will be a pristine copy of what your human body should truly look like in its perfect form (without tattoos, piercings, excess body fat, false teeth, artificial limbs, etc). One of the most important aspects about the planetary shift is your consciousness. Your subconscious mind does not care where it is, but during the shift, your conscious mind may react to the energetic chaos it experiences. Any of your suppressed emotions, fears, and ego will prevent you from ascending. You need to recondition your emotions and thoughts before the planetary shift and have full command of your conscious mind. Any resistance from your conscious mind would be fatal. That is the reason why emotional house cleaning is the second most important task in the ascension process. When the tsunami wave hits the planet and you have not prepared yourself and cleared away the emotional baggage and Earthly attachments, both your emotions and ego will take full control of your mental processes and will do whatever it takes, to resist the energy. That is a survival mechanism, your fears will kick in, and at this point, you will probably begin to think about family and friends that are not ascending with you.



Several hours before the planetary shift, you will begin to witness a shift or a change in your mental, physical, and emotional bodies. You will also certainly observe a visual phenomenon. This occurs when the two dimensional planes begin to eclipse each other. You will know that the shift is close, because you will begin to see different coloured objects appear and disappear around you. You will see different configurations of light frequencies that you have never seen before. You will see shades of colours that are brilliant and much brighter. All the space around you will begin to change and warp into different shapes and colours. The magnetosphere in the upper levels of planets atmosphere is the key to understanding this process. This magnetic field is the mechanism for what we see around us and how we think. We need an exterior magnetic field, so our brain can retain our knowledge, memories etc. It is also known as the "Planetary Consciousness Grid," "Earth's Auric Field," or "Morphogenetic Field." Our consciousness is connected to the magnetosphere, and when the planet starts to shift across to the next dimension, the planets magnetosphere begins to shift into the new dimensional frequency band. That will result in the visual phenomenon.

After the planetary shift, our old 3D world will not have a magnetosphere - it will completely dissolve and this is the reason why life forms cannot exist on our old planet, because the electromagnetic field is the mechanism that allows you to have a conscious experience (self-awareness and perception of this 3D reality). You need this outer planetary field to create and store human memory patterns. Therefore, the people that complete their ascension, means they are protected, because their human energy body is electrically compatible with the planets magnetosphere, which is the reason why they will consciously experience the planetary shift. Think of the shift as a simple carpet cleaner – it will clear away the people that have the old vibration of consciousness, to allow the people that have the new frequency of consciousness to remain behind. However, the days preceding this event, you will start to witness the reaction from the people who did not participate in the ascension process. People may begin to "act out" (mentally, emotionally and physically). Remember, everyone's consciousness is connected to Earth's exterior magnetic field, so when it energetically starts shifting and fluctuating, expect a lot of chaos occurring around the world.

It should take approximately a period of 20 to 26 hours for the planet to fully spiral upwards into the next dimension. The dimensional shift is sort made up of mini shifts. The earliest indication will be the changes to the planets magnetosphere or consciousness grid. In addition to the visual phenomenon, man made/synthetic objects will begin to fade out and disappear from your view, but at the same time, new Earth will begin to appear and materialise around you. Just remain calm and do not let your fear and ego try to take control.

During the final stages of the planetary shift, the physical process begins. A tidal wave of high energetic photons will sweep across Earth. Earth and everyone upon the planet will physically shift into the new time/space frequency. This is the moment of truthfulness for every living thing on the planet. Will they choose to allow themselves to be fully emersed and flooded with this higher frequency or reject the energy and be swept away? The bridge to the upper and lower vibrational levels will be in place to collect souls to their appropriate vibrational levels of consciousness. The people, who say no, will ethereally spin off the planet and return to the spirit world. Those of you consciously prepared and are ethereally anchored to the planet, will consciously think that your physical body feels the same, but the subatomic structure has changed. It was converted into light energy, but you will not realise that. You will not be hurt by the energetic tsunami that floods through your body. During the shift, your ethereal body and "crystalline bio plasmic light," (aura) will shift, but your biological body "matter" will not. Remember, the wavelength for each dimension determines how "matter" vibrational exists in each reality. Within a blink of a moment, the planet will be catapulted into the next dimension and then you will begin to consciously perceive this new world around you, unless it happens during the night when you're asleep, but hopefully most of you will retain the memory of consciously experiencing the dimensional shift.

The dimensional shift will be the catalyst for some major transmutations to the planet. It is a new timeline and a new frequency level. You will notice that everything looks new and brighter. The new shapes and colours are a result of the new dimensional frequency, which now defines our new plane of reality. For most of you, it is highly probable that you will find yourself naked, because any synthetic clothing you were wearing will not make it through the shift. The shift will act as a "3D filter," so any item or object that has a 3D frequency will spin off the planet and disappear when we move into our 4D timeline. Likewise, you will probably notice that some family and friends are not with you. Please understand that over 85% of the world's population are classified as both "3D Positive," and "3D Negative" spiritual beings, so for whatever reasons, a greater part of the worlds population from our 3D planet will decide not to join new Earth. For example, the folks who could not maintain or raise their vibration to the higher frequency level, or the people who decided not to participate in the ascension program.

**IMPORTANT**

Your knowledge and wisdom are the only permanent qualities you can take with you to new Earth. Many of your worldly possessions will remain behind when you shift to new Earth.




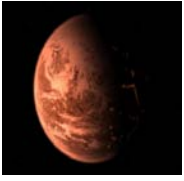
## Your Ascension Options

Regardless of your personal decision to participate in the personal ascension program, everyone will ascend at the time of the planetary shift. Earth's ascension is unconditional, but personal ascension is conditional. Ascension does not discriminate. It is available to every person on the planet. The frequency you choose at the time of the planetary shift will determine your destiny.

Each one you must embrace the "Lightworkers Code," which involves understanding three (3) important spiritual rules. Firstly, freewill means it is a persons divine right to participate or not participate in personal ascension. Secondly, no person can then interfere or intervene with someone's freewill and change their outcome, and lastly, every person must recognise that every human being is a soul, and right now, each person has reached a different level of spiritual advancement. In summary, each person will choose what he or she wishes to experience and what is best for their spiritual growth. For this reason, some people will decide not to participate in the ascension program. There is no right or wrong.

More importantly, you do not have to be a "Saint" to participate in ascension, or have mastered Christ Consciousness. Ascension is a personal choice and everyone's motivations will be different. Some people will choose to ascend, because they wish to advance their spiritual knowledge by exploring 5D consciousness. The majority of you will hopefully choose to ascend, because you do not want to be burdened anymore with your current way of living and therefore, are willing to learn and practice divinity and/or experience new way of living on new Earth, which operates under the Law of One. Ascension will mean something different to each one of you! Lastly, do not rely on someone else for your happiness and self worth, only you are responsible for that!

The following table summarises your ascension options:

ASCENSION OPTIONS	OUTCOME	HOME
<p><b>A</b></p>	<p>Your commitment to your ascension program will see you graduate to the 4<sup>th</sup> dimension. You will consciously experience and retain the memory of the planetary shift.</p> <p>New Earth will be a 4D positive planet that will operate by the universal principles of Law of One - a reality where humanity functions under "Service to Others."</p> <p>For the first couple of years, you will participate in the "New Earth Project," where all of us will assist in the rebuilding and/or construction of new communities. A number of Lightworkers have incarnational roles to temporarily act as New Earth leaders.</p> <p>Other lightworkers and other advanced souls who came to Earth on a temporary assignment, will bypass 4D and return to home to their families in the 5D or other dimensions and universes.</p>	<p><b>Earth in the 4<sup>th</sup> Dimension</b></p> 
<p><b>B</b></p>	<p>For those of you that decide not to participate in the ascension program, you will leave this planet through the normal death process at the time of the planetary shift. Your souls will return home to the spirit world. In the future, you will reincarnate on another 3D planet in the universe similar to Earth, to continue learning your 3D spiritual lessons (Service to Self).</p> <p>In the future, when your new 3D world undergoes planetary ascension, you will again have the opportunity to exercise your freewill and decide to participate in personal ascension and reunite with old friends and family who chose instead to ascend with Earth in this lifetime.</p>	<p><b>Another 3D Planet in the Universe</b></p>  <p><i>[Image from public domain – this is not the actual planet]</i></p>

## The Bottom Line

In the near future, Earth will spiral upwards into a new dimensional plane. Earth and humanity will ascend simultaneously, but obviously not everyone will decide to ascend to new Earth. Right now, this is your official invitation to start preparing for the shift into the higher fourth dimensional energies with Gaia should you choose.

You have all incarnated many lifetimes to get to this evolutionary point. Ascension is your graduation to continue either your spiritual advancement or your willingness to experience and live on new Earth that will operate on unity consciousness. At this point, you should have obtained some level of "Ascension Consciousness." You understand the mechanics of personal ascension, and how new Earth will function. Each of you has the freedom of choice to decide what you wish to experience. Please do not look for others for the answer and do not let others force, bully, manipulate or control your decision. Ascension is a personal choice.

Consider on the following:

- There is absolutely no way to fake your ascension, and nor can you undertake ascension for the simple reason of surviving the shift. You cannot suddenly pretend to wake up one morning and announce you now have a "high frequency." You cannot falsify your energy signature, when it is riddled with fear. Personal ascension is not automatic, and no person has a free pass. It requires effort on your behalf!
- Are you prepared to expose, examine, heal, and release your deepest core issues? This may mean facing and challenging your ego, releasing all forms of emotional baggage, resentments and old grudges you are holding onto against people, your belief systems and moving out of your comfort zone. It may also mean that those in your life will challenge your decision and your relationships with family and friends may change.
- Are you prepared to release and give up many of your worldly possessions, money, and material things, which have been important to you during this lifetime! It does not matter how much land or property you own, because on new Earth, all land is the common property of everyone, whether you ascend or not and besides many of your Earthly possessions will not exist after the planetary shift?
- Can you truly live on new Earth without wealth, investment properties, personal debts, shares, monarchies, religion, taxes, gambling, professional sports, sports/music/movie celebrities, antiques, pollution, guns, war, terrorism, homelessness, poverty, famine, nuclear technology, etc?
- Could you sincerely live in a world where humanity will be united and everyone is treated equal. Do you want live on a world where every person will be provided free food, clothing, housing, and education?
- Can you honestly move into a new life that follows one simple spiritual law – the law of one, which is based on love and faith in the Creator?
- Are you happy with your life? Have you made some terrible mistakes during your lifetime? There is no such thing as sin, punishment, or judgement, so ascension offers you the opportunity to start a new chapter in your life on new Earth from scratch?
- Your heart chakra is the key to the new kingdom. How much of yourself are you prepared to serve humanity and share your time, knowledge, etc to help and support others?
- Are you prepared to ascend without family members and friends who may decide not to participate in ascension?
- Would you be prepared to foster and care for the welfare of any orphaned children who will ascend without parents or other family members?
- Ascension is open to everyone, regardless of your religion, faith, and beliefs. Are you prepared to live on new Earth that operates on peace, love, and unity?
- Ascension does not discriminate regardless of your age, race, disabilities, medical conditions, sexuality, criminal history, or gender.

### IMPORTANT

If you are unsure about your ascension decision, now is the time for each one of you to invoke the help from the spiritual hierarchy. Please trust me when I tell you that your Master, Guides, and Angels are very eager and waiting to help you right now! They will answer you. Before you fall asleep, mentally ask them the following question: "Dear Master, I request your guidance. Can you please tell me what I should do about personal ascension?" Within less than 24 hours, your divine team will provide you with the answer you seek, for example, through a dream, a thought, or some kind of a visual clue or subtle message may appear in your life. You will know, because it will resonate with you!



# **SECTION SIX**

## **The Personal Ascension Program**

### **For Adults**

(For any person over the age of 12)

## The Personal Ascension Program (Over 12 years of age)

The target audience for the personal ascension program was developed for the public or people with no prior knowledge and information about ascension techniques and chakra healing/balancing. It is recommended that any person over 12 years of age be given the right to exercise his or her own freewill and decide to participate in the ascension program. However, every participant must fully understand the ascension process beforehand and have both the intellectual maturity and state of mind to a) independently make a decision about participating in ascension, b) manage their own ascension program and c) take full responsibility for monitoring and adjusting their progress. Some teenagers may need to be assigned a supervisor or mentor who can provide assistance and support during the ascension process.

The program is designed to help you gradually raise your vibrational frequency, which begins by healing and balancing the lower chakras, then taking steps to open the heart chakra, and lastly balancing the overall chakra system and auric field. Healing simply means clearing away unwanted energy or frequency not belonging, which will help amplify your energy signature. Do not be eager or tempted to work on immediately opening the upper chakras, this will cause major energy imbalance. More importantly, the program aims to expand your consciousness. This is a twofold process. Firstly, you must consciously work on demonstrating and holding your heart-based qualities to keep your frequency spiralling higher, and secondly you need to work on changing your attitude and embrace world unity, by removing old 3D patterns of thinking, attitudes, beliefs, and behaviour.

There are NO time limits. You cannot rush your program, but the outcome of your ascension does fall on your shoulders to complete everything that is needed. Do not think you messed up, do what feels right to you and baby steps are just fine! Do not let your ego get in the way! You cannot measure your ascension progress against another person. Ascension is personal and not everyone goes through the process the same way and at the same time. Each person maybe dealing with different issues to your own, such as the status of their health, family life, emotional problems, level of commitment, degree of resistance or grievance from family and friends not participating in ascension, etc. Show your love and compassion and offer your assistance. Lastly, the conundrum with freewill means that you have chosen to undertake personal ascension for a reason, but you also have the divine right not to complete any of the activities detailed in this program, which obviously influences your higher purpose.

The ascension program will take approximately 12 weeks to complete, but other factors such as the health of your chakras and emotional issues and stress may hinder this process. If you can financially afford to do so, it is highly recommended that when you begin "Week 2" of the program, you should think about taking a holiday for approximately four (4) weeks or more. Why? At this point in the program you start undertaking the ascension tasks that begin to change your frequency, and staying at home means you are more relaxed and less stressed, and thus your personal frequency naturally increases, because your mind and body is not exposed to negative transference, for example work or school issues. For the people that decide to participate in personal ascension, you have a deadline to have completed or commenced the program no later than the 1<sup>st</sup> June 2012. The reason for this is simple - it takes 3 months to complete the program and another month for the body to adjust and find balance.

The following table provides a summary of the various strategies for healing the primary chakras, which can be used to develop, modify, and customise the structure of the personal ascension program.

CHAKRAS	STRATEGIES FOR HEALING THE PRIMARY CHAKRAS
<b>Crown</b>	Learning & studying new spiritual knowledge, meditation, & the use of affirmations or prayer.
<b>Brow</b>	Meditation, creative arts, colouring & drawing, working with memory recall, hypnosis & guided visualisation techniques and working with intuition & third eye training
<b>Throat</b>	Verbal communication skills, public speaking, debating, listening skills, story telling, singing, humming, chanting and neck, throat & shoulder massages/exercises
<b>Heart</b>	Inner child work, hugging, push ups, personal journaling, deep breathing exercises and skills development in unconditional love and compassion
<b>Solar Plexus</b>	Meditation, stress management, upper stomach exercises, belly dancing, hoola hoops, martial arts, working on shame issues, risk taking, anger management training, self esteem exercises, fear and rejection analysis, and ego detachment exercises
<b>Sacral Plexus</b>	Healthy pleasures and indulgences, emotional release exercises, karmic cord cutting, lower stomach exercises, pelvic exercises and body movement therapy
<b>Base</b>	Physical activities, outdoor activities, massage, grounding exercises, swimming, yoga, walking, sexual touching & stimulation, family bonding activities and reviewing early childhood memories.

**ASCENSION ACTIVITY****1****Step 1 - The Ascension Journal****Commencement:**

Commence this activity in WEEK 1.

**Purpose:**

The aim of this ascension activity involves expanding your spiritual knowledge. You may wish to research and learn more about some of the concepts covered in this document. This task is simply designed to help you begin the path of expanding your consciousness. This self-exploration should help you realise that you are more than just a human being, but a soul having a physical experience on Earth. As you begin to expand your spiritual knowledge and start researching information on a range of spiritual topics, you start to reconnect with your true spiritual identity. This personal growth is accompanied with a shift in your perception about who you really are, and you attain a higher level of consciousness.

The purpose of the “Ascension Journal” will help you develop a better understanding of your spiritual self. Your aim is to develop your own spiritual consciousness and find your god spark, your soul self or the Buddha that lies hidden within you. This activity only requires you to research, regularly write down, and record any relevant information in a spiral pad or notebook, which relates to different spiritual topics or themes that appeal to you.

All forms higher learning actually expand your consciousness. This is the purpose of the ascension journal. When you expand your consciousness, you generate a higher frequency. Please remember, you need to consciously detach yourself from your current 3D mindset, views, opinions, beliefs, and old ways of thinking and shift your mind to embrace an entirely new set of beliefs and attitudes. Once you start understanding the various principles that relate to Law of One, it is only then that you will accept and begin to practice and live by them. You must stop thinking of yourself as just a human being with a distinct personality, hopes, dreams, and accomplishments. To understand this, you must tear down the false and artificial boundaries that have been put up around you by your world. It is an illusion, because your reality was created for learning duality and exploring the ego, therefore you are not bound to accept or live anymore by your old 3D principles and beliefs. However, only you can make the inner connection and truly accept that you are a spiritual being and have a divine mission to complete.

**Activity:****1.1 The Ascension Journal**

This activity asks you to keep an ascension journal such as a written notebook or electronic journal, etc. Perhaps you may wish to research topics contained in this study guide, or spiritual topics that may appeal to you. In your journal, summarise the key points, draw diagrams, use mind maps, criticise, argue, describe etc.

Meditation techniques, the human energy body, and the chakra system are suggested topics to begin your research. Please revisit the page titled “Chakra Consciousness,” for some ideas. Knowledge of the primary chakras and associated healing strategies will empower you to substitute and customise the activities outlined in this ascension program, or feel free to develop a program for targeted groups or individuals, such as younger children.

You may want to revisit the page titled “False Ascension Information.” Remember the rule - use your discernment.

Feel free to attend any courses and workshops that teach meditation technique and/or chakra healing. The simple objective to this activity is to help you expand your knowledge.

**Continued next page...**

## 1.2 Personal Ascension Goals

This activity has been designed to help your mind (conscious energy) start thinking about the big picture! These tasks directly relate to your personal reasons for participating in ascension, and help you remain motivated during the ascension program. Firstly, revisit the pages called “Glimpse into life on New Earth” and then consider the meaning of “Service to Others” and “Unity Consciousness.” Please spend some time thinking about your reasons for undertaking ascension. Your conscious intent will create the outcome you want.

**Task 1:** Use an Internet search engine to research & download photos/images that relate to the principles of the 3<sup>rd</sup> dimension (duality and ego). For example, poverty, homelessness, greed, fear, starvation/famine, millionaires, third world vs. private schools, deforestation, whaling, ghetto housing, child trafficking, animal cruelty, war, nuclear weapons and so on. Reflect on those images and take notice of your thoughts & feelings. Now think about these hard questions: Is this really how I want my world to function? Do I like what humanity has created? Do I like my current life? Could I live in a united world? Am I prepared to do what is necessary and change my mindset from Service to Self (3D) and embrace a new way of living and accept the principles of Service to Others (4D)?

The reasons to ascend will mean something completely different for each one of you. Some people will choose to ascend, because they wish to advance their spiritual being by exploring 5D consciousness on new Earth. The majority of you will hopefully choose to ascend, because you do not want to be burdened anymore with your current way of living and are prepared to do what is necessary to experience life on a new peaceful and united Earth operating under the Law of One. Now ask yourself this question?

What will new Earth mean to me?

This question is important for your ascension, because it will help you start expanding your consciousness. The greatest lesson here is for each one you to begin accepting and adopting a new belief structure and attitude that is aligned with New Earth. Remember the main rule for ascension: Conscious energy (your thoughts & feelings) has direct influence over the frequency of matter (your body). When you start thinking differently, and adopt a new attitude, you will manifest your new frequency.

Consider the following examples:

- World unity
- A new social value system (based on love, harmony, and compassion)
- Free food, housing, clothing and education
- No currency system, debts and taxes
- New technology
- The abolishment of common and secular laws
- People can live anywhere on the planet without restriction
- No corruption, greed and wealth
- No wars, poverty and homelessness
- No ecological destruction
- No world religions
- All land and property is owned and the common property of all,
- A longer life span



Please understand that a positive oriented society operates on the principles of “Service to Others.” All of new humanity will equally live and experience the same positive frequency or reality (harmony, unity, love, & compassion or LUCH).

**Task 2:** Reflect on the question “What will new Earth mean to me?” Now use your ascension journal to write a list that identifies all the positive things you are looking forward to experiencing on new Earth and/or what is your personal version of unity consciousness? The above list relates to your personal reasons and motivations for undertaking ascension, but it will also keep your mind focused on the final reward – the version of new Earth that you and new humanity are going to create together.

### How often:

In regards to your ascension journal, establish a regular study pattern that works best for you and develop your “New Earth” list as soon as possible.

**ASCENSION ACTIVITY****2****Step 2 - Your Body and Routine Exercise****Commencement:**

Commence this activity in WEEK 1.

**Purpose:**

The first chakra that we need to heal is the **BASE CHAKRA** (spine/rump), which means the “physical body must have a direct connection to the planet” (land/nature). This activity requires you to undertake any type of physical exercise in the great outdoors or just simply spend time in nature and connect with the planet. During ascension, you will receive astral/cosmic energies through your crown chakra, which will travel down the spine and will exit through the soles of our feet into your earth star chakra, which ethereally connects you to the planet. Your ethereal body is connected to the planets ethereal body via the base chakra. This is why it is very important to heal the base chakra, because it is the process of energetically strengthening the connection of your ethereal body with the planets ethereal body (also known as grounding – anchoring your magnetic feet to Earth).

**Activity:**

The ascension process does not require you to have perfect health and fitness, and nor will ascension give you perfect health. As previously stated, when you commence your personal ascension, you are going to release old, negative, and toxic energy from the body, which will often manifest in a range of different symptoms. Therefore, it will be beneficial for you to undertake any kind of outdoors exercise. Your human body was designed for physical movement and exercise. Without exercising, your body and human energy system are dulled down. You must reconnect your body with nature. Create an exercise routine that is compatible with the condition of your physical body, age, and state of health. Do anything that makes you feel personally comfortable. Walking, gardening, running, yoga are some examples. The primary lesson here is the need to establish a direct connection with Earth. This is not about the use of exercise equipment. Those things only help with weight maintenance and maintaining your fitness. This ascension activity does not apply to the people that already have occupations or work regular on the land/nature, or undertake frequent recreational activities in the great outdoors.

Exercising assists in oxygenating and toning the body and will help transport Kundalini energy around the body. In the early stages of the ascension process, the release of Kundalini energy should come naturally. Kundalini yoga and meditation is not recommended for newbies. Swimming is also very useful. Water is an excellent tool for increasing the flow of Kundalini energy around the body's chakras, but it is a powerful agent for releasing emotional energy and discharging electromagnetic energy, which has been absorbed into the body from household electrical products.

Alternatively, you can connect your body to the land by simply sitting or lying on the ground or walking barefooted on the grass – choose any activity that can connects your physical body to earth!

Please remember to drink plenty of fresh water, because this will assist to “detox” the body, which is necessary for the transfer of the electromagnetic energy around the body. It is highly recommended that you discontinue from drinking alcohol during the first four (4) weeks of the ascension program. In regards to your diet, consider the following. Your ethereal body radiates a magnetic energy field. Therefore, the stronger the energy body, the more frequency it can hold. A diet high in low vibrational foods and other lifestyle habits such as junk food, red meat, alcohol, heavy drugs, etc will prevent your ethereal body from holding the higher frequency. As you progress through your ascension, this will manifest more frequently as physical aches and pains and emotional outbursts (highs & lows). When your physical body and mental state is dulled down, your energy body will suffer. High vibrational foods have higher water content, they are raw, and unprocessed.

**How often:**

This activity should be undertaken four (4) days a week for the first two (2) weeks, and then feel free to establish a regular pattern that works best for your life.

**ASCENSION ACTIVITY****3****Step 3 - Declare Your Spiritual Intent****Commencement:**

It is recommended that you commence this activity in WEEK 1.

**Purpose:**

Now that you have made your conscious decision to undertake the ascension program, now is the time to call your spiritual team to support and assist you during the ascension process. Before you begin this activity, please revisit the information titled "Understanding the Nature of Angels." Ascension begins with a basic affirmation that you are willing to accept the help and light energy into your body from the higher dimensions. Freewill prevents them from helping you, until you ask them to assist with your ascension. When you declare your spiritual intent, you instantly attract the divine support and guidance of many spiritual beings from the "Family of Light."

Your own spiritual team consists of your "Master," (or Primary Guide). Your Master is your very best friend in the spiritual hierarchy, who you selected to manage your incarnational contract before you came to Earth. Your Master has been with you since birth and they are always with you night and day. They have many roles, but they mainly guide you throughout your life to make sure you accomplish your incarnational lessons that you agreed to complete and act as "Spirit Protectors" (known as "Guardian Angels.") Your "Secondary Guides" include both specialist spiritual beings (what you may call Angelic), and/or departed family/friends who work along side your Master to mainly assist with healing (to give love & support). Every single one of you has several guides that work with you day and night. Your guides or spiritual beings come from both the spiritual hierarchy and from the higher dimensions. Never feel that you are alone. They are waiting for you to simply reach out and say hello!

This activity requires you to establish a regular spiritual discipline where you express your love and devotion to the Creator/ Master/Angels, etc. This can be done through a simple affirmation, mantra, prayer, or meditation. The true purpose of prayer is adoration, so please feel free to use your imagination or use other words to design your own script (see below). It must be enjoyable to you and must come from your heart. Every time you meditate, prayer, etc, you raise the frequency of your energy. The more you demonstrate your commitment, trust, and faith; more cosmic light will transfer from the astral planes into your auric field. This energy will help heal and raise your frequency. You have a powerful team of divine spiritual beings surrounding you at all times, so never think you are alone! All angels are interconnected; they operate like a group consciousness. If you are unsure what angel to call upon, just know that they are all listening and will come to your side when invoked and please trust me, everyone is very eager to help you, but they are waiting for you to connect and ask them for their assistance. The greatest gift you can give your brothers and sisters from the Family of Light, is your constant personal acknowledgement and awareness of their presence. When you need to connect with your master, guardian angel, or archangel, find a quiet place, invoke them by name, and make a request (guidance, healing, energy balancing, protection, etc). Please remember this rule when requesting any divine assistance: "prayer plus conscious intent" (the thing you really want help with, must truly come from your heart). As a new lightworker, this is the most powerful tool you need to use on a regular basis, but your team will always answer you.

**Activity:**

Here is an example of a simple affirmation that you can use at anytime:

In the name of the Creator, Universe, my Master, Guides and beautiful Angels,  
I call upon you to surround me with a protective shield of white light,  
Please heal my aura and body as I sleep tonight,  
I ask you to send me the highest vibration, which will help complete my personal ascension,  
Thankyou Master and all my beloved Brothers and Sisters for your wonderful assistance.  
God Bless, Jonnie

**How often:**

This activity should be undertaken every night for the first two (2) weeks, and then feel free to establish a ritual that works best for you.



**ASCENSION ACTIVITY****4****Step 4 - Emotional Healing****Commencement:**

It is recommended that you commence this activity in WEEK 2.

**Purpose:**

This activity involves healing the **SACRAL PLEXUS CHAKRA**. Before you begin this activity, please revisit the information titled "Chakras and Emotional Healing." You need to repolarise the negative energy in this chakra with positive energy (unconditional love). You need to clear away emotional wounds, including old grudges that you still holding onto against people and the people you caused pain and grief. Karma is easy to identify. Think about someone that was previously in your life, and ask yourself this question – what feelings do I still have about XYZ? Negative feelings are karma, which can only be healed by forgiveness. You must be willing to release your prejudices and heal your emotional wounds by undertaking "Karmic Cord Cutting."

**Activity:**

1. Please do not undertake this exercise when you are tired, fatigued or exhausted,
2. To heal emotionally, you must be prepared to forgive and release bad & painful memories,
3. You will need to do a little soul searching before starting this activity. Use your ascension journal to create a list that identifies the following:
  - The people you physically and verbally harmed or hurt (alive and deceased)
  - The people who physically and verbally harmed you (present and past)
  - Any bad childhood memories, traumas, events, misgivings, disagreements, grudges, resentment, and bitterness that you experienced with family members eg: parents, siblings, etc
  - Any unfinished business with individuals that you have not yet apologised too?
4. Now you will need to use the following script for each person, event, and situation,
5. You must have a genuine and heart felt desire to release karmic or emotional energy from your mind & body,
6. To begin, sit yourself in a quite place and relax. Close your eyes for a moment and relax your breathing,
7. Now visualise the person in your mind or pretend they are sitting in front of you and make the following declaration (feel free to modify the script):

I call upon Archangel Michael and my Master, to assist me today with the release of karmic energy from my body.

I wish to forgive and apologise to *[insert name]* for any pain and suffering that I caused them, when I did *[insert event/situation or whatever you want to release or resolve]* and,

I wish to say thankyou to *[insert name]* for coming into my life and I wish them all the best with their future.

I now call upon Archangel Michael to remove this karmic cord from my body (now visualise and feel this energy being released from your heart chakra and your mind)

Thankyou for your assistance

8. Follow the above steps for each person that you have listed or repeat the above steps when you need to release additional karmic cords between you and that person,
9. You must release only three (3) people in each session before starting the next session, because you need to allow a few days for the body to adjust and energetically heal after releasing this emotional energy.

This activity will eliminate the ethereal cords connected to other people. As you continue to heal the sacral plexus, your may notice your relationships with friends and family will begin to change, because you no longer want to accept or get involved with their emotional dramas, thus you are taking steps to prevent creating new cords.

**How often:**

This is a very emotive exercise and only requires you to have the willpower and inner strength to keep working on your emotional clearing during the ascension process.

**ASCENSION ACTIVITY****5****Step 5 - Releasing Your Physical Ego****Commencement:**

It is recommended that you commence this activity in WEEK 3.

**Purpose:**

This activity involves healing your **SOLAR PLEXUS CHAKRA**. Before you start, please revisit the information titled "Chakras and Cultural Transference." A major part of personal ascension requires you to separate or release the vast amount of emotional energy that your ego has attached to your 3D possessions, and start aligning your consciousness (thoughts & beliefs) with the principles of new Earth.

**Activity:****5.1 Releasing Your Physical Ego from 3D Attachments**

We are ascending to a 4D positive world and everyone will be entitled to the same luxuries. Are you prepared to change your attitude, beliefs, and current ways of living from "Service to Self" to "Service to Others"? More importantly, manmade objects and items that were constructed from synthetic materials will not exist after the planetary shift. How many of your Earthly possessions were manufactured from synthetic materials? For example: plastics, rubber, polyester, acrylic, etc?

Are you prepared to sell, give away, detach and stop worrying about money, wealth, credit card, shares, investments, properties, debts, antiques, motor vehicles, insurances, religions, celebrities, tabloids, Christmas, technological gadgets & electronic items, favourite sports, and so on?

The process of expanding your consciousness means accepting the truth of Law of One, and more importantly accepting the principles of "Unity Consciousness." Your willingness to change your life comes from within. It begins with an inner shift in consciously releasing old patterns of thinking and embracing the new. New thoughts create new frequency. Try using a metaphor or analogy to change your way of thinking. Consider the following example: Think of new Earth as a new luxury motor vehicle, but you cannot drive this new vehicle unless you abandon the "old road rules." Those old rules have not looked after your safety, survival, and welfare. Instead, you have decided to embrace a new set of road rules, which has required you to learn and accept new knowledge and concepts. The ultimate reward for your hard work, resisting the old ways of doing things, and remaining focused, is that you get to experience and explore a brand new life.

Firstly, consider the meaning of "Unity Consciousness," then imagine next month you are moving to new Earth, and then reflect on the following questions:

- Right now, what things are you prepared to release and let go from your life or go without?
- Are you prepared to stop buying, consuming, and collecting unnecessary materialistic items?
- Could you sell, give away, and let go any of your land, wealth, assets, and material possessions?
- What personal bills, debts, deductions, and other payments are you prepared to release from your life and stop paying right now?
- Ask yourself "Do I need XYZ in my life anymore," "What purpose does it serve me," and "Will I use it before now and December 2012"?

Your goal is not to abandon your life, nor create financial hardship for yourself or stop living altogether; rather it is your recognition that it is no longer necessary to hold onto everything within your 3D reality, which includes your material possessions and physical attachments. This activity is a gradual exercise of detaching your ego and emotional dependence on materialism, possessions, old ways of doing things, and cultural beliefs within your 3D life. In regards to selling or getting rid of your property, you only do what you feel is comfortable to you. It is strictly a matter of personal choice. Please remember, on new Earth, it does not matter how much land or property you own, because all land and infrastructure is the common property of everyone, whether you decide to participate in ascension or not.

**Continued next page...**

**Task 1:** To begin, set your conscious intention and decision to release yourself from your old ways of thinking & doing things and your physical attachments. Now reflect on the questions on the previous page and then use your ascension journal to create a short list, mission statement, or goal-setting plan of the things you need to clear out of your life, and/or stop doing or supporting. Set yourself a 1/3/6 months timeframe and then start the emotional preparation that you must detach yourself from those things. Physiologically, it will take at least a month to change an old behaviour pattern, because of the level of emotions attached to an object.

**Task 2:** The next step is simply to modify your standard of living by de-cluttering and downgrading your possessions, clearing out and/or simplify your home/living environment. Either way, you must make life style changes that will help you release yourself from your 3D manmade attachments and move into alignment with the new Earth energies. It could be as simple as having some kind of dejunking exercise, like holding a garage sale or donating your things to charity. Perhaps you may want to hire a skip bin and clearout physical objects and items that you have collected over the years that you do not need anymore. For example, you may begin by clearing out a cupboard, bedroom, shed, garage, etc or identify the things you do not need. Remember this rule: If you have not used XYZ in the last two years, then it know longer serves a purpose in your life. It is clutter, so do away with it!

## 5.2 Releasing Your Physical Ego from 3D Cultural Belief Systems

This activity is designed to help you start thinking about your cultural belief systems and begin the process of adopting an attitude that is aligned with new Earth. You will need to be brave and consciously detach yourself from your old patterns of thinking and old beliefs. It is a conscious choice on your part of how much you wish to release, however your inner world or thoughts, attitudes, and beliefs do control your energy signature.

To begin, please review the table located on the next page titled "Examining your 3D Cultural Beliefs," and then reflect upon the following questions:

- What are your personal beliefs regarding: billionaires, religions, monarchies, Vatican, celebrities, News/Media, Christmas/Easter/Halloween, public vs. private education, pornography, professional sports, same sex marriage, corporal punishment, honorary doctorates, gambling, national anthems, copyright & patents, gun control, tabloids, illegal downloading, online privacy, whaling, birth control, Grammy/Emmy/Academy Awards, public vs. private health care, nuclear power, income tax, smoking, illegal immigrants, etc?
- How would you classify the nature of your 3D belief systems, for example duality, greed, ego, fear, selfish, social prestige, power over others, freedom, judgement, cruelty, and so on?
- In regards to cultural transference, are you supporting 3D belief systems that foster and promote duality, inequality, and cultural division within humanity?
- Are your belief systems equally available to the rest of humanity and/or supported by all other cultural groups across the world?
- Are you supporting belief systems that give an individual or group a particular rank, status, or superiority?
- Could any of your cultural belief systems exist on new Earth and operate under the 4D principle of unity consciousness?
- Right now, are you prepared to release and live without certain beliefs, people, groups, and institutions?

Remember this rule: If I stop believing in XYZ, how much would it change my life? This will determine how much of your personal energy you have invested in your cultural beliefs. To release your ego, it requires only your conscious intent to release that belief and self-awareness. When you unplug yourself from allowing that thing to control you and accept that your ego know longer needs to live and operate by that belief, that energy will stop influencing you. It may also mean that when you see or hear any old 3D belief, you simply ignore it and say to yourself those things are no longer are compatible to the new life I am creating.

In your ascension journal, develop a list of your cultural beliefs and then reflect on the above questions?

Please note: your inability to heal and remove the energy blockages from your orange and yellow chakras is an indication that you have a difficulty consciously taking steps to accept & align yourself with unity consciousness.

### How often:

In regards to Activity 5.1, you should develop a plan/schedule during Week 3, which can be implemented over 1/3/6 months. Regarding Activity 5.2, some of you may find this to be quite an emotive exercise and your freewill governs what beliefs you wish to release during ascension.

## Examining Your 3D Cultural Beliefs

Beliefs	The Principles of the Law of One
<b>I believe in my book of faith (i.e. the Bible, Torah, Koran)</b>	The Law of One is the law of universal love, which does not require you to establish formal hierarchical systems to honour the Creator, or require clergy to hold rank over you, and nor are you required to carry out elaborate religious ceremonies such as a communion. You possess in yourself the power to demonstrate your faith and belief in the Creator, through your own inner spiritual connection. Divinity exists within you! The Law of One acknowledges that every person is a divine equal. You are not born different to another.
<b>I believe in God &amp; Jesus</b>	God is not a single entity. God is the divine energy that exists everywhere within all universes. God is a human word, which has religiously conditioned you to believe the image of God should be personified as a single male patriarchal figurehead. Everything that exists, or "All that is" describes the Creator. Jesus, like Buddha were lightworkers, messengers and teachers of the Law of One, but not the sons of God. The Christ energy and divine essence of the Creator exists within all of us. Every person is god!
<b>I do not believe in an afterlife or reincarnation</b>	You are an external and immortal spiritual being. Death is a human belief system that has falsely taught you to believe that your life ends after the death of your physical body. You have been wrongly trained to fear the notion of death. Fear invokes a physical response. There is an afterlife and reincarnation does exist. Your soul does not die. Reincarnation has enabled you to spiritual advance your consciousness by exploring different human experiences. Who you are today is a result of your past lives. The spiritual world does exist. Heaven, sin, hell, and devil do not exist - these are human words.
<b>I do not believe in chakras</b>	You are energy. You have a unified energy system. You have an energy system that interacts with your physical body. You have been conditioned to think that all physical alignments, pain and diseases are caused from your physical world, but it is your thoughts, emotions and behaviour that has created the physical problems in your biological body. Your conscious energy affects your biological body. The system responsible for transferring the energy between the two bodies is known as the human chakra system. You have been taught an illusion; an understanding of the frequency map within the human energy body can heal all physical alignments, diseases, and illnesses. Carrying guilt, anger, and negative emotions create physical alignments and diseases. Cultural transference has falsely taught to think physical, when it has always been conscious energy (thoughts & emotions). For example, cancer is a human belief system. You are not the victim of something. It is only energy. You can either accept that energy and suffer, or ethereally heal yourself. Please note, that some categories of pharmaceutical drugs actually are designed to "dumb down" your ethereal frequency. Many drugs chemically target parts of the brain, which change the natural energy flow along the spine. This impacts the three lower chakras, which create numerous physical, emotional & mental side effects.
<b>I believe homosexuality is morally wrong</b>	The Law of One states every individual has the right to enter into agreement to perform and experience any relationship with another individual (any type of sexuality). To make an agreement, two individuals must consent; it must be founded on mutual affection and acknowledge that the relationship will bring the highest form of happiness and joy to each other and the mutual understanding that they wish to have this experience for a spiritual reason.
<b>I believe my wealth, property and assets determines my status in society</b>	Society created the 3D negative belief system to limit and focus your human existence on physical survival, materialism, and competition. The Law of One only requires a person to earn and work to support the basic requirements of their physical life and maintain the well being of their family. To avoid the accumulation of material things, every person must equally share their abundance with others, without causing hardship to themselves. A person that accumulates and indulgences in abundance, which only benefits oneself has carried out a selfish act. On new Earth, a person cannot satisfy their ego, passions, and personal interests at the expense of the welfare of others. Regardless of how much you own, all land and assets are the property of all.
<b>I have the right to own weapons &amp; firearms to protect myself</b>	The Law of One states that every individual has the right to exist, and no person has the right to take the life of another person or do anything that may compromise the integrity of his or her personal existence. The law of preservation means that every individual has the same right to exist without living in fear. This spiritual concept means a person does not have to take measures to preserve his or her life, because there are no other community members that could threaten, endanger or cause death to another.
<b>I believe in professional sports, celebrities, movie stars, Olympics, National Anthems, Christmas, Easter, Monarchies, Halloween, etc</b>	These things are called attachments, based on the 3D spiritual concept of duality & ego. Some of these things are not equally available or supported by other cultural groups across the planet (duality). Your emotional energy is heavily connected to those attachments (possessions, beliefs, etc). Beliefs only vibrational exist in our world because of cultural transference, which means humanity as a collective consciousness keeps supporting & accepting those belief systems, thus the belief remains active within your reality (what you feed with grow, what you starve will fester & die). New Earth will not operate on ego consciousness - where one person or group can establish himself or herself as superior over another, or were a person uses their natural talents for personal gain (elitism, material wealth or prestige). The Law of One states that no person has natural superiority over others. All people are equal. No person is more important than another! All human belief structures (rules, laws and institutions) that create inequality and divisions among cultural groups, based on elitism, sovereignty, fame, social status, physical attributes, and other cultural conditions will not exist. Ego, pride, inequality, prejudice, and selfishness will disappear on new Earth, because new humanity will only function on the universal laws of unity, love, and compassion.

# ASCENSION ACTIVITY

# 6

## Step 6 - Chakra Balancing

### Commencement:

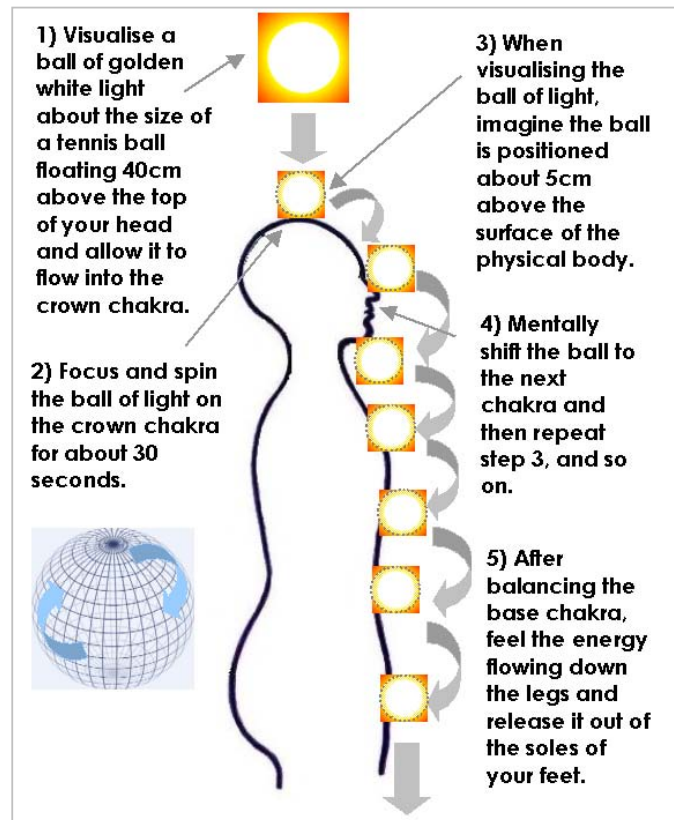
It is recommended that you commence this activity in WEEK 3.

### Purpose:

The previous activities were designed to heal the energy blockages from the lower chakras. The next and most important step now requires you to balance the chakras. This activity will use a simple visualisation technique. You do not need years of chakra training to undertake this exercise, although meditation is really the best way to balance your chakras. Remember, it is all about the power of your conscious intent, so do not worry about rotation, specific colours, sounds, etc. In addition, ascension does not discriminate, so it does not matter that you have a physical disability, spinal injury, lost a limb, etc, because chakra healing works on the ethereal body.

### Activity:

1. Please don't attempt this activity until you are familiar with the locations of the primary chakras,
2. Please feel free to call upon your Master and Angels for their support and help,
3. Close out all sounds and light as best as you can to prevent any interruptions,
4. Arrange yourself in seated position or lie down so that you are comfortable. Try not to cross your legs and arms, because this blocks the flow of energy down the spine,
5. Close your eyes, relax and control your breathing until you find your body also feeling relaxed,
6. Now in your imagination, visualise a ball of golden white light (see next page), about the size of a tennis ball floating 40cm above the top of your skull,
7. Now let that ball of light flow down through the top of your head into your crown chakra,
8. Focus your mind on the ball and imagine the ball is positioned about 5cm above the top of the body or over the chakra location for 30 seconds. Visualise this light dissolving any black sticky syrup or energy blockages in the chakra,
9. Now mentally shift the ball of light down to the brow/3<sup>rd</sup> eye chakra and then repeat Step 8,
10. Repeat step 8 for each of the remaining primary chakras,
11. After you have completed the base chakra, feel the ball of light flowing down your legs and release the energy out of the soles of your feet into the ground or universe,
12. Please repeat this chakra balancing circuit (from crown chakra to feet) another four (4) times,
13. After you have completed your five (5) circuits, just remain in your relaxed position for another minute and then count slowly from one to five. On the count of five, you will feel wide and awake,
14. This exercise should take approximately 15 minutes to complete. In addition, after you have mastered your visualisation skills, feel free to increase the number of chakra circuits.



Please do not give up and stop this activity! Please keep practising. It will take sometime to master your visualisation skills, but the results are worth it!

**Continued next page...**

**How often:**

It is assumed before you commenced this activity, that you had undertaken your research on the chakra system – refer to page titled “Chakra Consciousness.” Please commence the chakra balancing activity in Week 3. You should aim to undertake this task at least four (4) times a week for a minimum of four (4) weeks.



**It is highly recommended that you commit the colour of “Golden White Light” to memory (core of the Sun).**

**Learn to instantly visualise & project this colour around your body before undertaking any chakra healing, meditation, or aura protection work.**

**Tip: feel free to print this Sun and use it as a memory recall card.**

**Frequency Expansion Cycle:**

About the third week into this activity, your body may move into first frequency expansion cycle. It is highly recommended that you now revisit the information titled “Chakras and Ascension Symptoms.” Please familiarise yourself with the symptoms associated with this process and start thinking about the steps you need to take to keep yourself “balanced and centred.” (See below). In addition, the table below identifies the time period when you may experience the two (2) frequency expansion cycles during the ascension program. The first expansion cycle commences when the frequencies from the south pole chakras merge together, but only after they aligned and balanced (hence the above activity). The second expansion cycle occurs when the south pole frequencies merge with the heart chakra frequency, and so on. Please note: the timeline for these frequency expansion cycles are only an approximation, because each person will be progressing at different stages, your energy signature can keep ascending (more cycles) and other variables may slow down or speed up the entire process.

Frequency Expansion Cycles	
Cycle One	After the completion of Activity 6 (Week 5 >)
Cycle Two	After the completion of Activity 10 (Week 12 >)

**IMPORTANT**

“Balanced and Centred” refers to the state of your body when you feel normal (emotionally, physically & mentally). When you undergo a frequency expansion cycle, your body will be “pushed & pulled” away from that baseline (normal). You need to recognise and know what to do when you feel unbalanced. To stay balanced, you need to manage your frequency, and take steps to keep yourself feeling normal during each expansion cycle. The lesson here is not to consciously fight the frequency changes or lurch out to others, but find ways to remain emotionally calm, still and comfortable. During ascension, expect to suffer and experience a lot of “sacral plexus exhaustion” (emotional highs/lows, anger, mood swings, etc). From my own personal experience, consider this part of ascension as a personal test. Learning to balance your “Mind and Body,” will help you understand the importance of managing and protecting your energy signature from the lower vibrational energy or negative transference. If you do not take steps to balance yourself, you will prolong the physical distress and the emotional and mental chaos.

**ASCENSION ACTIVITY****7****Step 7 - Giving Unconditional Love to Others****Commencement:**

It is recommended that you should commence this activity in WEEK 5, and please still continue with the chakra balancing activity.

**Purpose:**

The aim of this activity involves opening up your **HEART CHAKRA**. The heart chakra is the gateway to the higher frequencies. People who have blockages in the heart chakra generally have difficulty a) expressing & giving love and b) accepting love & kindness from others. Therefore, this activity has been designed to help you start practicing your divinity. Divinity refers to an individual who can demonstrate and project the attributes of unconditional love and compassion consciously (thoughts, actions, behaviour) in all aspects of their life. These two major heart based attributes are summarised below:

- **Unconditional love** refers to “positive transference” you give others. You offer “love” to everyone, regardless of a person’s personality, behaviour, race, beliefs, or how they treat you. “Love” refers to your energy, time, wisdom, and being. Unconditional love is not biased or conditional. “Conditional” refers to any self imposed criteria that determines how much love you are prepared to offer, if those conditions are met. Unconditional love means you have no expectations, it is offered freely and without hesitation, you do not request a personal reward for your time/wisdom, and nor do you demonstrate favouritism, regardless of their age, sex or race.
- **Compassion** refers to how you consciously respond to energy transferred at you, for example from people, events, and situations. Demonstrating compassion requires you to be “spiritually conscious.” When you accept that each person has taken a different spiritual path to your own, and people spiritually choose what they wish to experience for an incarnational reason, you suspend all judgment. Compassion involves separating your emotions from a person’s emotions/behaviour/actions or from a situation or event. “Spiritually Neutral” means avoiding the need to express your views, opinions, and judgments. From this viewpoint, you actually understand what is happening, because a person’s beliefs, behaviour, and actions are the incarnational conditions they choose to experience during their lifetime. This also means you understand that every soul volunteers to participate in every dreadful worldwide event or a tragic situation in their personal lives. To practice compassion, you must listen, observe, and communicate with others, without ever openly or publicly expressing your views, criticisms, opinions, and judgments. You respect their behaviour, actions, choices, and decisions, regardless of your feelings and accept & acknowledge that everyone is a spiritual being.

**Activity:****7.1 Giving Unconditional Love to Others**

Your task here is to simply find ways to demonstrate unconditional love towards others! This is not about learning a new skill or behaviour, or making the task complicated, or trying to become someone new. To move into your heart based qualities; it is simply about your awareness and doing what feels right for you. Each of you has this goodness inside of you – find it and use it! To live on new Earth, it is not about loving everyone 24/7, it is about accepting everyone as a spiritual being, and your willingness to have a human experience that involves a new way of living that operates on love, peace, unity and equality. Therefore, you need to find ways to direct your green ray energy through your thoughts, words, and actions. Here are a couple of suggestions for demonstrating unconditional love and compassion, however feel free to research other techniques that feel more suitable to your personality:

1. Be someone’s Angel. Once a month (or less), select a person from your life and do something special for them. It does not have to be something big or expensive. Keep it simple. Any kind of charitable service will do. For example, cook someone a special meal or cake, offer to baby sit, help someone who is sick, or donate your time to help him or her with something they need doing around the house, or make a special gift. All you are doing here is simply expressing your inner love & compassion and outwardly showing to them that you consider them to be a special and an important person in your life, without wanting anything back in return. The power of giving unconditional love to others is that it also serves you.

**Continued next page...**

2. Learn not to judge others. "Non judgmental" means that you do not say what you think is right or wrong, or good or bad. You just listen. Learn to be emotionally neutral. Accept everyone as equal. Consciously learn to see people as spiritual beings. Not every person may choose the same path as you. Many friends and family will not participate in ascension for various reasons. A lightworker does not judge people and refuses to pay attention to the media controversies and public opinion, so learn to set aside your emotions, anger, and ego. A lightworker does not preach and nor do we have a need to constantly have an opinion or try to influence those around him/her. We recognise that everyone's has freewill and they have chosen their belief systems for a reason. Constantly project your green ray energy on everyone! Remember, nothing else matters any more, it is only about how much love you are prepared to share.
3. Practice smiling for no reason at all. Smile when you answer the phone, when doing the shopping, and at work/school. Smile into the mirror each time you look at yourself. Practice smiling even while you are thinking. Place your awareness in your chest/heart, each time you smile. The simple act of smiling from your heart will attract more joy, bliss, and happiness into your life. When you express the vibration of joy, there is an upward and energetic shift in your aura. This vibration means you are radiating your higher frequency. Master the skill of smiling or use any technique that works best for you, that will help you outwardly express the emotional frequency of joy, for example laughing, giggling, and radiating cheerfulness.
4. Offer your friends and family an "Angel Hug." This is where you embrace and hug someone for 10 seconds (who consented of course!). Why you ask? In regards to opening the heart chakra, any physical interaction such as hugging, touching, kissing, massaging etc, between two consenting people actually acts as a potent tool for the transfer of the higher frequency between the two bodies.
5. Take personal responsibility to clean the environment. Simply grab a garbage bag and go for a walk and collect any rubbish. Organise a family or neighbourhood cleanup day. Earth is a living and sentient being. To show your love and compassion towards the planet, do anything that demonstrates how wonderful and important you think of Lady Gaia.

## 7.2 Service to Others

As a Lightworker, now is the time to start think about sharing your ascension knowledge with others. "Service to Others" means freely sharing your wisdom (intelligence, knowledge, abilities, skills, etc) to help others with their spiritual development.

Some people maybe struggling with their personal ascension and may require some "one on one" assistance. Remember the lightworkers code, you cannot intervene in another persons freewill, but you can freely advise, coach and mentor them on any part of the ascension process.

Seek out family and friends who need personal assistance or mentoring. For example, adults with reading and writing difficulties, young children, a person with a disability, elderly, etc.

In addition, when you come across any online information, share this material/websites with your friends/family. In regards to people with reading and writing disabilities, simply print out this information and read it to them.

You do not need to be qualified teacher/coach, the most important principle in regards to "Service to Others" is your ability to "teach and serve others," by simply providing the information you have learnt from your own personal experiences, in a style that works best for you, thus you are expressing your spiritual wisdom based on originality!

Another suggestion involves organising some kind of "Ascension Group," for example, every two weeks; you may invite a small group of friends, family members, and neighbours to come along to discuss their progress/issues, and more importantly, to share any relevant ascension and/or spiritual information (audio, video, books, periodicals or electronic). It is all about sharing your love or "time and wisdom" to freely help others, in a friendly, relaxed, non-formal, and non-judgemental environment.

Your task is to simply find ways to offer any level of assistance to help adults and/or children with their ascension. For example, develop different ascension scripts for children (refer to "Ascension Program for Children"), teaching individuals the basics of meditation or chakra healing. If you are not comfortable with this activity, that is fine!

### How often:

Develop a routine that works best for you.



**ASCENSION ACTIVITY****8****Step 8 - Giving Unconditional Love to Yourself****Commencement:**

It is recommended that you should commence this activity in WEEK 6, and please still continue with the chakra balancing activity.

**Purpose:**

This activity involves healing the **THROAT CHAKRA**, and additional tasks to raise your frequency and expand your consciousness.

**Activity:****8.1 Undertaking Regular High Frequency Activities**

This is simple but powerful - do anything you personally enjoy doing! It is all about healthy pleasures and indulgences. Do anything that makes you feel happy, relaxed, emotionally balanced and things that will lift your personal energy into the higher frequency. For example: cooking, dancing, singing, painting, music, photography, gardening, and pottery. When you listen to your favourite music, select something that really connects with your heart and/or gets your body physically stimulated and moving, because any movement such as dancing assists in the transport of Ka around the body and keeps the chakras open and active.

Activities such as singing, chanting, humming, etc will help stimulate the throat chakra. Do the things that make you laugh? Laughing, giggling and humour stimulate the chakras, expands the lungs, clears the throat, and raises your vibration. Learn to consciously engage in experiences that give you emotional pleasures. This is not selfish; rather you are giving yourself the gifts that have been created for enjoying human experiences.

Start today! Look for something wonderful in your life and take the time to enjoy doing it. Feel it. That will be the first step in your path towards having joy in your life every single day. In your spiritual journal, write a personal list of the things that helps you lift your personal energy into the higher frequency. Use your ascension journal to develop a weekly plan or timetable, which ensures you are personally committed to taking plenty of timeout to recharge yourself on a regular basis, doing the things you enjoy.

**8.2 Clearing Emotional Energy from Your Body**

You need to recognise the difference between negative and positive sources of energy that directly influence your thoughts and emotions, because this energy filters into your human energy body. You must learn to consciously transmute any negative energy transferred at you. Many of your friends and family may decide not to participate in ascension, and occasionally they may outwardly direct those intense emotions, aggression, or anger at you from time to time. Ascension dislocation will occur. Humanity will divide into the "ascendee's" and "non ascendee's." Please demonstrate compassion. Understand that everyone has freewill, and you have the divine right to participate in ascension and no person has the right to judge or criticise your decision. Practice being "emotionally neutral." Use a simple and non judgemental defence mechanism – refer back to "Activity 1.2," so anytime someone attacks your decision, have handy a couple of those 3D images/photos (wallet/pocket size) and confidently state, "I know longer want to be part of this horrible world, because duality can not give me unity, love and peace."

The term "energy bleeding" refers to your unconscious awareness of how another person's conscious energy (words, actions, etc) influences your energy body. At the moment, we have not taken steps to strengthen your aura, which would transmute negative energy directed at you. Instead, learn not to accept someone's negative energy and emotions (don't create new karmic cords). Likewise, when you generate a thought, it is accompanied by an emotion - a feeling. Your conscious energy or how we think and feel generates frequency. You need to be conscious of what your mind is thinking, and what how you respond to those emotions. If you do not consciously repolarise your negative emotions or feelings, this energy filters into the base chakra and this ignites the feedback loop to lower the frequency in the south pole. You then start to manifest a range of emotions: you begin to think you are unimportant, self-trust issues, and general feelings of self-doubt and worthlessness in your beliefs. Remember, what you feed will grow and what you starve will fester and die.

**Continued next page...**

Your frequency will increase when you have full control over your mind & body or thoughts, feelings, and actions. Meditation is the most effective technique for releasing negative energy. However, here is a method for clearing away or transmuting negative transference your energy body:

When someone makes you feel sad or angry, walk away from him or her for a couple of minutes and say to yourself: "I did not like how their energy has made me feel". Now visualise how that ugly energy is stuck to your body - it looks like black sticky syrup. To get this energy off your body, feel that black soot flowing down your body into the ground, and mentally say to yourself that their energy cannot hurt me anymore. I am the boss of my body, and I will not let them make me feel like a victim of their emotions.

### **8.3 Inner Child Work**

The throat chakra relates to self worth, self-expression, and communication. These chakra defects show up when you have never connected with your inner child. Since you were a child, you have been programmed to accept that you are a sinful creature and should not enjoy the pleasure of indulging your body, because it goes against family beliefs, morality, cultural beliefs, etc. When you grew up, your relationship with yourself, other people, and life was founded on these early childhood beliefs.

Your fantasies, dreams, and desires are the experiences your soul wants you to explore during this incarnation. Those things are not random or misguided desires. When you act upon those thoughts, instincts and gut feelings, you are truly connecting with your soul. If you feel ashamed to be yourself, then you are clinging to fear, and this is holding you back from following your heart. This "toxic shame" has created the notion that there is something inherently wrong with whom you are. Inner child work means thinking about how your personal beliefs are stopping you from acting out on your fantasies, dreams, and desires. You incarnated on Earth to experience everything that this planet has to offer you, so stop letting others judge you. Exercise your freewill. You can decide to have any human experience you want - it is all about soul growth. Stop denying what your soul wants you to experience. Now is the time to follow those feelings – that is the real you! Take the time to enjoy being human. Now is time to release your fears and just do it!

What are you going to do with the time you have remaining on this planet? What would you start doing differently right now? Is there anything that you always wanted to do?

In your ascension journal, develop a list of the things that you want to personally complete before ascending to new Earth. Develop a timeline and begin doing them now.

### **8.4 You and the New Earth**

After the planetary shift, it will take a couple of years for us to rebuild our new communities/regions. All of us will be involved in the new Earth project. Many of you who incarnated on Earth today are the cultural architects for new humanity and have been given missions in this lifetime to help us create and achieve unity consciousness.

Now is the time to start thinking about what type of life you want on new Earth? Start to visualise the new world you want to personally create for yourself and/or your children. What type of work, career, or role do you want to pursue? What skills and knowledge could you teach/share with others? Where do you want to live? What would be your perfect life? What type of things do you want to do? When you envision new Earth, please remember do not attempt to compare your current 3D reality to life on new Earth, because your ideas, beliefs and understanding of the 3<sup>rd</sup> dimension including governments, military/police, celebrities & tabloids, legal/taxation systems, banking/financial sector, various institutions, etc will not exist in anyway, shape or form. This will be difficult for many people, especially for those that have established careers that will not exist on new Earth.

Please spend some time thinking about all the new experiences and possibilities that you could create. Each one of us are starting our life's again from scratch, so never underestimate your power to manifest your visions, dreams, and thoughts into reality! In your ascension journal, write your own personal wish list of the things that you want to personally experience or explore when you ascend to new Earth.

Lastly, reflect on the following point. Many of the published books and literature on Earth today are composed of synthetic materials (paper, dye, ink), which will not shift to new Earth. These books contain the written history and culture of our 3D world, which will be lost. Your knowledge and wisdom are really the only two permanent qualities that you can literally bring with you to new Earth. What knowledge or information from our 3D world are you taking with you to new Earth that will be useful for new humanity?

**Continued next page...**

## 8.5 Detaching Yourself from Low Frequency Activities

A Lightworker is a spiritual being who can consciously take steps to keep themselves operating in a higher frequency. Now is the time to start managing and protecting your energy signature. You need to start work on disconnecting yourself from lifestyle and leisure activities that are vibrationally influencing the lower chakras. Negative transference means any negative emotion, sensory stimulation, or human activity containing negative energy such as fear, violence, disasters, suffering, brutality, tragedies, criticism, etc, which unconsciously filters into the mind and body.

For example, watching & playing violent/horror video/computer games & television shows/DVD's/movies, participating and watching sports that are brutal/hard hitting and/or involve the use of animals, heavy punk rock music, the use of weapons and firearms, watching the News, etc.

Consider this: How can you truly embrace and accept the new Earth code, when you constantly create an expanding vortex of negativity in your aura. You keep consciously feeding your emotions with this negative energy from sources that supply you this "Anti Christ" energy of aggression, pain, death, tragedy, war, suffering and violent emotions etc. These sources keep teaching the mind game that you cannot come together as one, because the human experience is all about fear and suffering, so you are kept in a cultural prison of the lower vibration. All those toxic things previously listed are toxic, which have been deliberately designed to target and dumb down your energy signature. Your mind has been hijacked with negative energy in your culture to lower the frequency of your brainwave signals. For some, your personality, mind, and behavioural traits have become dependent on this lower energy, and as a result, your mind becomes fixated on needing more of this lower energy, so you constantly keep thinking about the next computer game, wanting to buy the next new gadget, buying a ticket for the big upcoming lottery contest, favourite sports team, etc.

You must be prepared to consciously detach and unplug yourself from these unhealthy cultural interests; else, you will fail your ascension. The only approach you can take to release your ego from these low vibrational attachments is self-awareness. You must simply become more aware of how your thoughts and emotions react to these old 3D patterns. When you begin to master this process of starving the lower energy, you become more "aware" of the stimuli from your surroundings and this shift means you gain greater control over your mind. You can only transmute conscious energy (thoughts, feelings & emotions) through self-awareness.

To help you begin thinking about detaching yourself from these old negative 3D patterns listed previously, try these two simple exercises:

**Task 1:** Actively watch the nightly News for three (3) days. For each news segment, write down the topic and then use one word to classify/describe/define the overall theme for that news piece. For example: suffering, survival, fear, greed, cruelty, violence, etc. After those three days, reflect on the following questions:

- How many of the media segments come under the classification of the 3D principles such as survival, fear, duality, greed, and ego? For example: financial & stock market news and constant updates on the world economy have you consciously focused on thinking about your money, career, mortgage, etc. Hence, this "fear" energy relates to survival – your basic human needs.
- Did you observe the nature of news updates that flashed across the bottom of your screen in the scrolling banner? What themes & topics did they want you to focus on?
- What emotions were triggered when you watched the news (relates to your chakras, eg: fear, anxiety, sadness)?
- When you woke up the next day, did any of the previous news segments actually change or influence your life? Was it actually "News," "Media Victimisation," or the media presenting chronicles of your world operating & living under the 3D law of "Service to Self"?
- Reflect on the meaning of cultural transference. After reviewing the overall themes for the past three days, how would you describe your world as depicted by the media?
- Reflect on your motivations and ascension goals from Activity 1.2. Is that the world you still want to be part of?

### News Summary for 1 Day

- Bank earns \$8 billion for the past financial year (greed)
- Retail sector expects slow pre Christmas sales (greed)
- Unemployment rises for the fifth year (fear & survival)
- Skeleton remains of an elderly women found in apartment (tragedy/sorrow)
- Sports star signs a 2 year multi million dollar contract (greed & ego)
- Value of the dollar plunges against market fears (fear & survival)
- Residents evacuated due to a toxic plume of gas (fear & survival)
- Memorial for dead soldiers (tragedy)
- Government investigates new terrorism threats (fear & survival)
- Government propose cuts to public servant jobs (fear & security)
- Drop in home value index (ego & greed)

**Task 2:** The next step - consciously avoid watching, listening, and reading the News for one (1) week, and then reflect on how you feel after that period? Now you can begin the process of removing yourself from the other low frequency activities that exist in your life (refer to the things that were listed at the start of this activity).

### How often:

In regards to Activities 8.1 to 8.5, develop and implement your personal plans or lists as soon as possible.

**ASCENSION ACTIVITY****9****Step 9 - Third Eye Activation****Commencement:**

It is recommended that you commence this activity in WEEK 7, and please still continue with the chakra balancing activity.

**Purpose:**

This activity involves the activation of your **THIRD EYE CHAKRA**. The full or partial activation of this chakra will instantly open the 7<sup>th</sup> chakra – the crown chakra, which will immediately act as the gateway to trigger the opening of the five external chakras that surround the body. The full interconnection of the twelve (12) chakras creates your multidimensional chakra system. At the time of the planetary shift, this will guarantee you entry to new Earth.

The key to the activation of the third eye chakra involves developing your intuition. Each person was born with intuition and without exception, everyone has some kind of psychic ability, but for many people they have closed this gift off. There are many techniques that are involved in “third eye training,” so feel free to research and explore those options, for example: guided visualisation, automatic writing, remote viewing, and simple meditation.

**Activity:**

To help activate your third eye, try this simple exercise when you are meditating or sitting comfortably. Visualise a beacon of light coming out of your third eye in the colour of indigo or pale violet-blue. This is the point between the eyebrows when your eyes are closed. Just let that beam of light flow straight out of your third eye for a minute or so.

Alternatively, you may wish to consider using the following exercise, which uses guided visualisation:

Close your eyes and begin to relax,

Call upon your Master/Angel/etc that you require their assistance with your third eye activation by giving you a visual clue for your question,

Concentrate on a basic question in your mind or imagine you are holding a card in your hand that has a personal question written on it that you want answered,

Now ask them to send you a mental image, for example a “Green” or “Red” spot into your mind,

The colours represent a specific answer, eg: True/False or Yes/No,

Now focus on the image that was sent to you. You must learn not to reject or dismiss the experience, because you are learning how to receive guidance from the Angelic realm, which are located in the higher dimensions,

Record your results in the spiritual journal then repeat the exercise using different questions,

You may feel a little warm sensation around your third eye chakra. If you do not, that is fine!

Repetition will help open or partially activate the chakra. Just take your time and do not rush! After you have undertaken this task for several weeks, and you begin to feel comfortable with the results, please feel free to research other activities that can be used to fully activate or strengthen your third eye chakra.

**How often:**

You should commence this activity at the start of Week 7 and aim to undertake this exercise at least four (4) times a week for a minimum of two (2) weeks, and then establish a regular pattern that works best for you.

Note: The ascension activity to heal and activate the **CROWN CHAKRA** was incorporated in both the “Ascension Journal” (study/learn new spiritual knowledge) and with the use of meditation and/or visualisation techniques (refer to “Chakra Balancing” and the “Ascension Chamber”). Please note, that by default, your crown chakra is “open” or activated at the time of birth.

**ASCENSION ACTIVITY****10****Step 10 - The Ascension Chamber****Commencement:**

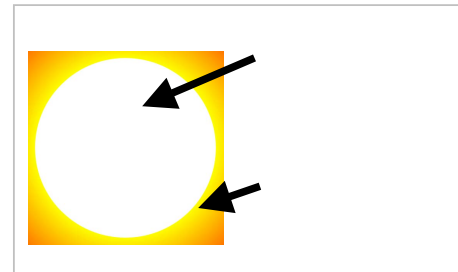
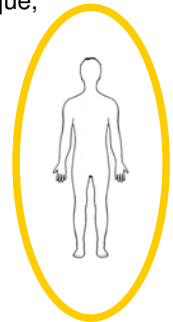
It is recommended that you commence this activity in WEEK 10. Likewise, feel free to use the ascension chamber during any of the 2011/2012 solstice and equinox dates, because these are all powerful times that amplify the ascension energies you receive through your auric field.

**Purpose:**

The previous ascension activities were designed to help you increase your energy signature, balance the chakra system, and expand your consciousness. The final step involves reconstructing, strengthening, and balancing your aura. The auric field is the energetic shield that surrounds your ethereal body and is responsible for holding the higher frequencies in the ethereal body. It acts as an interface between the physical body and the higher dimensions. When the chakras are not balanced, the aura will appear grey and weak. Once strengthened, your aura will expand to hold more energy. The more light energy you can hold, the brighter the aura. You may wish to use the chakra balancing activity before closing the session with the ascension chamber technique, which is described below.

**Activity:**

1. Firstly, you will need to practice this activity a couple of times before it becomes effective. Please feel free to call upon your Master and Angels for healing and energy balancing,
2. In your mind, visualise a chamber, bubble, or egg in the colour of golden white light surrounding your body. The chamber extends about 40cm above your head, in front, around the body and under your feet into the ground,
3. Now fill the inside of the bubble with golden white light,
4. Feel this energy penetrating deep into the body, through the muscles and cells,
5. Now visualise this energy flowing down your crown, through the lower chakras to the base chakra, down the legs and released through the soles of your feet,
6. Repeat this circuit one more time,
7. Now we need to strengthen the outside of the chamber. Simply visualise the outside shell consisting of a thick layer of the higher shade of golden white light. This outer band has a different colour than the inside of the chamber. The shell is stronger and has a higher frequency.
8. For another couple of minutes, keep your mind focused on strengthening your auric field. Visualise this outer shell as a 3cm thick layer of light.
9. Now relax and concentrate on feeling the energy in your chamber penetrating deep into your body,
10. Once you feel fully recharged, just remain in your relaxed position for another minute and then slowly open your eyes,
11. This exercise should take 15 minutes to complete, however feel free to remain in your ascension chamber as long as you desire.

**How often:**

**Task 1:** You should commence this activity at the start of Week 10 and aim to undertake this exercise at least three (3) times per week for a minimum of two (2) weeks. The next frequency expansion cycle may take another two weeks or so to manifest. From this point on, you must consciously protect and manage your energy signature, which involves doing anything that keeps you in the higher frequency and keeping yourself balanced and centred.

**Task 2:** Assuming you have previously completed the above task, it is recommended that you recommence this activity, at least one week before the June and/or September 2012 solstices commence. You should aim to undertake this activity at least four (4) times per week for two (2) weeks.

**PERSONAL ASCENSION PROGRAM**  
**Personal Ascension Timetable**

## A Sample Timetable

Please feel free to customise, modify, and enhance the following personal ascension timetable.

Activity	Week										2012
	1	2	3	4	5	6	7	8	10-12		
1. Routine Fitness and Exercise	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
2. Ascension Journal	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
3. Declare Your Spiritual Intent	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
4. Karmic Cord Cutting		Orange	Red	Red	Green	Green	Green	Green	Green	Green	
5. Release Your Physical Ego				Red	Red	Green	Green	Green	Green	Green	
6. Chakra Balancing	Orange	Orange	Red	Red	Red	Red	Red	Green	Green	Green	
7. Unconditional Love (Others)					Orange	Red	Red	Green	Green	Green	
8. Unconditional Love (Self)						Orange	Red	Red	Green	Green	
9. Third Eye Activation							Orange	Red	Green	Green	
10. Ascension Chamber (Task 1)									Red		
10. Ascension Chamber (Task 2)											June 2012 >

Orange	Research, Preparation, Study or Learn
Red	Important First Steps
Green	Regular, Routine or On Going



# **SECTION SEVEN**

## **The Personal Ascension Program**

### **For Children**

(For any person under the age of 12)

## The Personal Ascension Program (Under 12 Years of Age)

Before each child incarnated on Earth, they choose their parents for a spiritual reason. Therefore, the parents that have decided to participate in the ascension process means the children in this age group will also ascend with you.

For children under the age of 12, there are no specific techniques that apply to activate their primary chakras. A vast majority of children on Earth today are classified as old souls and are positively polarised, which means the upper four chakras are active or partially active. These children selected the incarnational parameters to make sure that they do not create any new karma and selected life experiences that will ensure that their primary chakras remain vibrationally strong before the planetary shift. However, please feel free to implement some strategies to help your children (see below).

For all children, it is important that parents are conscious of the types of sensory stimulation around their home, which act as sources of negative energy (harm, aggression, violence etc) that can infect the child, such as television, cartoons and technology games. It is not about fully depriving them of those things; rather it is about awareness or monitoring the relationship between kids and the amount of negative energy they filter.

The personal ascension program for children has been divided into two different age groups:

### For Children UNDER the age of 5:

- For this age group, you do not have to teach them any aspect about the ascension process, rather when you expand your consciousness and begin to hold your higher frequency; your auric energy will filter into their aura whilst you interact with them at home. This age group uses positive transference, which means that when you commence your personal ascension, the children will begin to unconsciously feed off your new vibration (new conscious thoughts, behaviour, self awareness and actions) and the process of energy transference will raise the child's vibrational frequency,
- When you are meditating, place your baby in close proximity to your auric field and let transference do the rest! Mind you, children are also excellent sources of green ray energy or unconditional love, because energetically, their heart chakras are very open and strong, so this transference will also help you,
- Visualisation is another effective tool to help your child's auric field remain energetically strong. Refer to the ascension chamber/cocoon of light exercise. Visualise a bubble of golden white light surrounding your child and do not forget to call upon your angels and theirs for divine protection and healing!
- In regards to grounding, ensure your child regularly plays outdoors or has some direct contact with Earth/nature eg: play on the grass without shoes and socks.

In addition, you may wish to use the activities listed in the table below, and "indirectly" incorporate a number of different healing strategies into your child's normal daytime activities. Obviously, the first task involves balancing the base chakra.

CHAKRAS	STRATEGIES FOR HEALING THE PRIMARY CHAKRAS
<b>Crown</b>	The use of a simple affirmation or daily prayer & meditation
<b>Brow</b>	Creative arts, colouring & drawing, guided visualisation techniques and memory recall games
<b>Throat</b>	Verbal communication skills such story telling, singing, chanting, humming, voice coaching and neck, throat & shoulder exercises
<b>Heart</b>	Hugging, breathing exercises and games/skills in unconditional love and compassion
<b>Solar Plexus</b>	Daily naps, breathing exercises, hoola hoops, dancing, kicking and upper stomach exercises
<b>Sacral Plexus</b>	Healthy pleasures and indulgences, emotional release exercises, lower stomach exercises, swimming, pelvic/floor exercises and movement therapy
<b>Base</b>	Physical exercises and regular outdoor activities, massage, swimming, walking and family bonding activities



**For Children OVER the age of 5:**

- It is recommended that school-aged kids commence their ascension program during school holidays,
- Parents/Guardians/Family members need to take up the role of “Ascension Supervisor” and/or mentor. Now that you have started your own ascension program, you can now share any relevant information and your newly found wisdom with your children. For example, introduce your children to chakras or teach them basic meditation techniques,
- Introduce children to prayer. At bedtime, ask them to give thanks to the Creator and have them call upon their Master and Angels to keep them safe and protected (no offence to those parents that already do this!),
- At some point during the ascension program, parents will need to help their kids heal grief and release their emotional attachments to fairytale and make-believe characters. New Earth will not have any kind of manmade belief systems eg: Santa Clause, Easter Bunny, etc,
- Allow your children to regularly use a quiet spot in the house, and allow them to be alone to retreat without any disruptions from others. During ascension, it is important that everyone spends time alone in their own energy and this will help them energetically heal, rebalance and recharge their energy body,
- You may wish to teach them a simple visualisation game called the “Angel Halo.” Tell your children that each one of them is special angel and their Creator has asked them to activate their “Angel Halo.” Teach them to visualise a ball of golden white light, about the size of tennis ball, entering the top of their head, and flows down from one chakra to the next, until it is finally released through the soles of their feet into the ground. This subtle activity will help heal and balance their chakras.

The following table provides a summary of the various strategies for healing the primary chakras for children, which can be used to develop, modify, and customise the structure of the personal ascension program. Obviously, the first step involves healing the base chakra.

CHAKRAS	STRATEGIES FOR HEALING THE PRIMARY CHAKRAS
<b>Crown</b>	Basic spiritual training/coaching and the use of a simple affirmation, meditation or prayer
<b>Brow</b>	Chakra training, guided visualisation, creative arts, colouring and drawing and memory recall games and working with intuition & third eye training
<b>Throat</b>	Verbal skills such as speaking in front of a small group about a favourite topic, story telling, singing, chanting, voice coaching, gargling water and neck, throat & shoulder exercises
<b>Heart</b>	Hugging, push ups, deep breathing exercises, personal journaling and games/skill development in trust, forgiveness, unconditional love and compassion
<b>Solar Plexus</b>	Meditation, daily naps, breathing exercises, stress release, hoola hoops, belly dancing, kicking, upper stomach exercises, self-esteem exercises, open discussion on their fears and ego strengthening exercises
<b>Sacral Plexus</b>	Healthy pleasures and indulgences, emotional release exercises, lower stomach exercises, games on empathy, swimming, pelvic exercises or movement therapy
<b>Base</b>	Physical exercises and regular outdoor activities, body massage, swimming, walking and family bonding activities

Here is an example of a customised ascension program:

ACTIVITY	COMMENTS
1. Personal ascension	See script for children: Planetary Ascension
2. Routine exercise and fitness	Use “Ascension Activity 1” in the adult program
3. Regular prayer	Use “Ascension Activity 3” in the adult program
4. Emotional release skills	See script for children: Understanding Chakras
5. Ego detachment	For example: truth about fairytale and make-believe characters
6. Chakra healing and balancing	Use “Ascension Activity 6” in the adult program
7. New Earth principles (Unity Consciousness)	See script for children: Life on New Earth
8. Giving unconditional love to others	Use “Ascension Activity 7” in the adult program
9. Enjoy doing the things you love	For example: Creative arts, drawing, painting, journaling, music, singing, dancing, quiet time, etc

## Script for Children: Planetary Ascension

For children over the age of five (5), the following script can be used to explain planetary ascension. Please feel free to modify, enhance etc. Any visual aids such as pictures of our Earth, solar system, the Milky Way, and the visible light/colour spectrum can be used to supplement this script.

You are a human being. You are a soul living on planet Earth in a physical body. Our planet is a living sentient being and has a soul. We are all spiritual beings. When you were born, your parents gave you a name. Planet Earth has a name and she is called Lady Gaia.

Lets talk about the universe. It is made up of many different time cycles. For example, it takes 365 days for our planet to orbit around the solar system and return back to the same position, but it takes over 20 millions years for our solar system to rotate around our galaxy or Milky Way just once. The entire universe works like a huge cosmic clock and everything in space orbits around the universe on different cycles of time.

When all these time cycles finish and come back to there original starting place, this is called a grand cycle. Our planet, solar system, and the Milky Way will finish this grand cycle during 2012. This happens naturally for every galaxy in the universe. When we finish this grand cycle, Lady Gaia and all the other planets in our solar system will move into a different level within the universe. Let me explain how this works?

When we think of a rainbow, we know it has seven colours. We can remember these colours with a short word called ROY-G-BIV (red, orange... indigo, violet). Our entire universe is layered into these colours. These are called dimensions. Right now, we are located in the yellow colour, which is known as the 3<sup>rd</sup> dimension, but at the end of 2012, our planet will shift into the green colour. This is called the 4<sup>th</sup> dimension. When this happens, the universal clock will restart again.

When we celebrate a birthday, we understand that one-year has past by. This is our own cycle, because we understand that we are getting older. Planets have birthdays and this is determined by the time cycles in the universe. When Lady Gaia moves into the green colour, this really means Earth is celebrating her birthday, but it takes millions and millions of years for this to happen.

When a planet in the solar system has a birthday, this is known as "Planetary Ascension."

What will this mean for us? Your human body has an invisible copy or clone. This is your spiritual body, and it is made up of tiny webs of energy. It is an exact duplicate of you and has the same shape and size of your human body. It is located about 2 to 5cm in front and around your body. This invisible body is connected to your physical body by seven major pipes. These pipes are called chakras. We will talk more about chakras later on.

Our spiritual bodies are connected to Lady Gaia's spiritual body. Think of your invisible body like a seat belt - you are joined to the planet. When Lady Gaia ascends into the green colour, all of us need to stay connected to Earth.

We need to ensure our invisible bodies do not become weak, because we would lose our connection to Earth when she shifts into the green colour. We need to take steps to keep our invisible body strong and healthy by keeping it full of golden white energy. This is called "Ascension."

Ascension means we want to join Lady Gaia and move up into the next colour of the universe. Many people on the planet today are completing their personal ascension.

## Script for Children: Understanding Chakras

For children over the age of five (5), the following script can be used to introduce them to the world of chakras. Please feel free to modify, enhance etc. It is recommended that this script be used in conjunction with a chakra diagram/poster or get the kids to make their own chakra teddy bear (eg: use large coloured buttons) or use any visual aid that will help children understand the location of their chakras.

Your human body has an invisible copy or clone. This is your spiritual body and it is made up of tiny webs of energy. It is a duplicate of you and has the same shape and size of your human body. It is located about 2 to 5cm in front and around your body. This invisible body is connected to your physical body by seven major pipes. These pipes are called chakras. These chakras are also invisible and there are seven (7) chakras found on the body and each chakra performs a different task.

Each of your seven chakras has their own special rainbow colour – ROY-G-BIV.

Your chakras are very special. They flow energy from your invisible body to your physical body. You need this energy to keep your organs and blood working normally. This is why it is important to look after your chakras. They need to keep working all the time. When your chakras become blocked, the energy will either slow down or stop flowing into your physical body. When this happens, you will begin to feel tired, angry, and sad. You may also get sick. When your chakras are working normally, you will feel happy and healthy.

You have seven chakras or pipes and these are located up and down your body. The first is called your red chakra and this is located at the bottom of your spine (or rump). The second one is called your orange chakra and this is located on navel or your belly button. The third one is your yellow chakra and this is located at the start of your breastbone - the bottom of your rib cage. Your heart chakra has a green colour. The blue chakra is found in your throat, the next one is called your third eye chakra, and this is located at your brow or between your two eyes and its colour is indigo. The last chakra is located on the top of your head or skull and its colour is violet.

To keep your chakras working, you can do some simple things to take care of them. You need to make sure you get plenty of sleep and rest, exercise and play outside, drink 2 or 3 glasses of fresh water everyday, reading and doing the things that make you feel happy about yourself, such as singing, dancing, drawing, etc. Also remember, you are the boss of your body, so find yourself a quiet spot in the house, where you can go to be alone and retreat. It is ok to take timeout and spend some quiet time on your own. When you spend time alone in your own energy, this will help you heal your chakras and rebalance the energy in your invisible body, and it is ok to spend a lot more time alone than other children. When you find your quiet place to retreat, tell everyone that you do not want to be disturbed, because you need to recharge your body.

When someone makes you feel sad or angry, walk away from him or her for a couple of minutes and say to yourself: "I did not like how they made me feel". That ugly energy is stuck to your body. Imagine that it looks like black sticky syrup. To get this energy off your invisible body, feel that black soot flowing down your body into the ground. It cannot hurt you anymore. Here is another good tip, when you have a shower, imagine this black sticky syrup flowing off your body into the drain. Remember this rule: you're the boss of your body; so when something makes you feel bad, walk away and quickly remove that energy off your body.

Lastly, the most important thing you must do on a regular basis is to keep your chakras or pipes healthy. So the easiest thing to do, is every couple of days, simply imagine a bucket of energy in the colour of golden white light being poured over your head. Feel it flowing down your body from one chakra to the next. Feel this energy dissolving all the black sticky syrup inside them. When you do this, the golden light energy makes you feel good and recharged. Finally, allow the rest of energy to flow out of the soles of your feet into the ground. Lets do this more time and make your invisible body shine like the golden sun.

## Script for Children: Life on New Earth

For children over the age of five (5), the following script provides an overview of life on new Earth. Please feel free to modify, enhance etc. In addition, it is highly recommended that parents focus on using examples to explain the universal truth of the Law of One (love of the Creator and their connection to all things and beings) and the difference between the 3D & 4D spiritual principles or “duality & ego” verses “unity.”

Everyone that joins Lady Gaia with her journey into the green colour of the universe will continue his or her lives on “New Earth.”

New Earth is the name given to our planet after we move into the 4<sup>th</sup> dimension.

Not much will change, after we move to new Earth. We will still have animals, forests, rivers and lakes, grass and birds. However, the Sun will be less bright and it will not feel so hot. Everything around us will have more colours and things will look sharper, fresh, and brighter.

The most important thing about New Earth is how humanity will live. Humanity means “all the people on Earth.” Presently on our planet, we have many disadvantaged groups like people who are homeless, sick, cannot afford a house or have enough food to eat. We have many types of religions around the world and every country has their own laws and rules. We have bad countries that like to hurt people, and there are people that do horrible things to other people. Those things will not exist on new Earth. Everyone will be kind and loving towards each other.

When we move to new Earth, everyone will be treated equally. This means that humanity will live and function as a united world. It is a world of love, peace, and mutual respect. Every single person will have the same things. Every person will receive free food, cloths, house, and education.

Living on new Earth means, every single person is united and equal. For this simple reason we will not have taxes, gambling, professional sports, pop stars, police, or the military. In our current world, some people think they are more important than other people, and some people have more things than others. On new Earth, every person has the same luxuries and we all look after the welfare of each other.

New Earth will operate has one large united world. This is called a “Confederation of Earth.” This means you can live anywhere on the planet, without any passports or restrictions.

New Earth will not have any religions or churches. Everyone will follow the universal principles called “The Law of One.” We only follow one rule - the law of unconditional love, unity, and our faith in the Creator. The Creator is the life force energy that exists everywhere and within everything in the universe. All living things that reside on the planet must be respected. All of us are connected to the Creators energy, and this is the reason we live by the simple law of love and unity.

Lastly, our new world will be more relaxed, stress free and you will have a healthier lifestyle, which means you live much longer on new Earth.



# **SECTION EIGHT**

## **Conclusion**

## Summary of Ascension Concepts

This document, "The Ascension Study Guide" has outlined a number of major concepts, which has been summarised below:

- Ascension is plural for both "Planetary Ascension" and "Personal Ascension,"
- Ascension refers to the evolution of consciousness to the next highest dimensional plane of existence,
- Earth will shift from the 3<sup>rd</sup> density into the 4<sup>th</sup> density with or without humanity,
- It is anticipated that the planetary shift will occur at any time after the last equinox cycle commences on the 22<sup>nd</sup> September 2012 and before the next solstice commences on the 21<sup>st</sup> December 2012
- Planetary ascension is a natural evolutionary cycle that shifts planetary objects, including their inhabitants through the space/time continuum,
- The planet will shift out of the upper overtones of the 3<sup>rd</sup> dimensional frequency band (3.8) into the upper overtones of the 4<sup>th</sup> dimension (4.8),
- The completion of the 2012 procession of equinox coincides with the completion of the grand cycle. This is the end of the current 3D timeline or the end of this vibration and the beginning of the 4D timeline in the next dimensional frequency band. It is not the end of the planet or the end of life at all. It is the end of a cycle and the beginning of a new cycle.
- At the completion of the grand cycle, two-dimensional planes will eclipse each other, creating an energetic gateway, that allows humanity the option to ascend to a new reality in a higher octave,
- Earth is shifting into the green band of the universal spectrum, which matches the vibrational frequency of the heart chakra (unity, unconditional love and compassion),
- The aim of personal ascension involves increasing the vibrational frequency of the energy signature in your ethereal body. It is the process of releasing the older, dense 3D energy from your consciousness (thoughts, beliefs and emotions), which is stored in the chakras and this will gradually increase the vibrational frequency within the energy signature, which allows it to hold and keep receiving the higher vibration,
- To consciously experience the dimensional shift and live on new Earth, your ethereal body needs to be modulated to same frequency of the planet,
- New Earth is the name given to describe humanity's new reality after the planet shifts into the 4<sup>th</sup> dimension or the next highest octave of existence,
- It is your ethereal body that will energetically exist on new Earth and not your current biological 3D body, because the polarity that creates the appearance of matter in the 3<sup>rd</sup> dimension will diminish, so matter in the higher frequency becomes less dense or solid,
- The Law of Freewill is your divine right to personally choose to participate in personal ascension,
- Regardless of your personal decision, everyone will ascend at the time of the planetary shift,
- You must have completed or commenced your personal ascension on or before the 1<sup>st</sup> June 2012,
- It will be impossible for a person with a low frequency to raise one's frequency on short notice to reach the higher vibration,
- Personal ascension cannot be faked, it requires work on your behalf to remove the lower vibrations and less harmonious energy from your consciousness to achieve a higher vibration,
- At the time of the planetary shift, the frequency of your energy signature will determine what vibratory realm or dimension you will experience,
- The people that decide not to raise their consciousness to the higher frequency level will leave the planet through the normal death process at the time of the planetary shift and will return home to the spirit world,
- New Earth will be governed by the 4<sup>th</sup> dimensional law known as "Service to Others" and new humanity will function on the spiritual concept known as "Unity Consciousness" (and not the old 3D law of duality & ego consciousness),
- Synthetic items and manmade or artificially manufactured materials will not shift to new Earth,
- Once we shift to new Earth, new humanity will unite and work together for 3 years or less to complete the "New Earth Project", which involves literally starting from scratch to rebuild our communities, buildings and other infrastructures,
- After the planetary shift, our old 3D Earth or the planetary shell will remain in the 3<sup>rd</sup> dimension as a non ascension planet. It will not have a magnetosphere, thus it will be a non-forming planet, which means it cannot support life forms. Over eons of years, our old planet is destined to evolve into a Sun. However, a couple of decades after the dimensional shift, the planet will begin the process of reverse densification (solid to gas) and its core will begin to slow, the tectonic plates will stop working and temperatures will drastically cool. The planet will eventually devolve into a non-terrestrial planet and appear similar to what Venus looks today.

## Acknowledgements and Final Comments

I wish to give special thanks to my spiritual protector, master, and friend known to humanity as “Archangel Gabriel,” who supported and guided me intensely during the past 12 months. After I received my “Divine Calling,” you helped me understand the truth of my being and the purpose of my divine mission on Earth as a Lightworker and Messenger of Divinity. I also must thank my Brothers and Sisters from the spiritual hierarchy and the many Celestial Councils across the universe for your love, guidance, and support.

I take this opportunity to give special mention to Lady Gaia. Oh, my beautiful girl, you are so deserving of your ascension. It has saddened me to watch humanity disrespect your body during my time on Earth. In response to your cry for help, Lightworkers and Starseeds volunteered themselves from across the cosmos. We have kept our promise and worked silently and diligently over many years to complete our divine mission as planetary healers. We are “grid workers” who incarnated in different locations around the planet. Legions of us have been anchoring the higher frequencies of light into your body, which has assisted in healing your ethereal body. As lightworkers, our ascension has helped release much of your negative energy through our own bodies, which has assisted to minimise the severity of Earth changes across the planet, but at the same time we have helped you transform your ethereal body into a 5<sup>th</sup> dimensional planetary sphere.

I wish to also give my thanks to a departed friend, who tragically passed away many years ago. For several months, you worked with me as a guide and helped me heal my heart. I will cherish all our conversations, jokes, laughs, and memories. You taught me that death is not final, but we are a multidimensional spiritual being. We choose to incarnate in physical form on the earth plane to continue our spiritual lessons or remain behind in the spiritual world to work as a guide and heal & support friends and family (Service to Others) who are stilling completing their incarnations. I do not feel alone anymore, because you have never left me and I can talk with you at anytime.

Finally, I am very pleased to be here on Earth at this special time to help Lady Gaia and humanity. Many lightworkers on the planet came here as “way showers.” This means that Lightworkers are here to “show you the way to achieve your higher frequency,” which means we can provide you with both the tools to learn & complete your ascension, but will share our own personal experiences and spiritual wisdom to help you better understand the process. We have anchored the 4D/5D energy from home to the earth plane, to give humanity a glimpse of what to expect after the planet shifts to new Earth, and we are to teach you about the personal ascension process, based upon our accumulated wisdom, knowledge, and experiences. Those of you that successfully complete my personal ascension program will personally link your own higher vibrational energies to Mother Earth’s new unity consciousness grid. More importantly, after ascension, this study guide will serve as a blueprint for new humanity. It provides the basic information to help new humanity collectively work together and create a new world on the same vision of unity.

All of us will play a major role, because we are the architects, planners, and engineers for new Earth. We will build the blueprint that will prepare the children of today to be our future. I am also looking very forward to my new life on new Earth. It is my mission as a spiritual master, to implement a worldwide network of regional training centres that teaches “5D Consciousness,” namely 5D healing techniques and wisdom teaching. In addition to my role as a new Earth Leader, I will also work as a “New Earth Ambassador,” which will commence after Earth and new humanity becomes an official member of the galactic community. The Confederation of Light are very eager to welcome us after we arrive, and they will be ready to help us with the new Earth project.

Please note, do not be alarmed by the last comment. The Confederation of Light is a galactic cooperative of civilisations that operate under the Law of One, which consists of a large number of Celestial Councils from different planets, dimensions and universes beyond our 3<sup>rd</sup> dimension. Our local Celestial Council consists of the spiritual hierarchy, and the other civilisations that exist on the planets within our solar system (planets & inhabitants that previously ascended to the fourth dimension).

Regardless of your beliefs, by default, humanity is already a member of the Confederation of Planets. Our Brothers and Sisters from the fifth dimension will provide assistance to Earth after the dimensional shift (Hint: 5D Law: Service to Love). The Confederation will freely share their technology, culture, wisdom, and friendship. They will help us complete the “New Earth Project,” which involves the construction and rebuilding of our communities across new Earth, but they will not intervene in the affairs of the greater population. They respect your freewill. You, as a human being cannot have a human experience that you do not want to experience. Therefore, several locations across new Earth will serve as “Technology Communities.” It will be the responsibility of those community members to work as “Project Coordinators” and travel to other communities to implement the new Earth project, which will take us a couple of years to complete. Remember, new humanity will literally have to start from scratch! Likewise, those of you that are consciously open to this notion are very welcome to join my community (inform your master/guides that you consciously wish to be part of MT’s community).

In Love and Light,  
Master Tony

**- PAGE INTENTIONALLY BLANK -**