

CHAPTER X – from ‘The Weiser’s Field Guide to Ascension’

THE ASCENSION LETTERS

By Cal Garrison

A few chapters ago, we spoke about the Kogi without elaborating too much on anything but that fact that they have come forward with a body of information that could have a major impact on the fate of the world. If you recall, we talked about how they were the only members of the Mayan Nation to survive the Spanish invasions, and that because of this they have been the keepers of secrets and traditions that would have been lost forever if they hadn’t managed to escape. By itself that story is amazing; but the whole story is even more so.

The Kogi Elders tell us that that their ancestors were once the High Priests of Atlantis, members of an inner circle known as the Naccal Mystery School. Masters of wisdom, the Naccals used their abilities to maintain balance and harmony here on Earth and to help keep mankind attuned to the ways of Nature.

When Atlantis sank beneath the waves, the Naccals, along with members of the outer circle, whose descendants are now Mayan or Native American, escaped the deluge in boats that carried them to the eastern shores of South America. For approximately 12, 500 years the Kogi Mamas, and the Mayan and Native American Elders lived in a way that allowed them to preserve the wisdom that was understood by everyone prior to the Fall.

Five hundred odd years ago, all of that knowledge would have been completely destroyed were it not for those who have kept it safe in the oral traditions of both the North and South American tribe’s people since that time. In spite of what we think we know about them, the truth is, the Indigenous Elders haven’t spoken out about anything in over 500 years; others have told us about their history and their ways by patching together remnants of a past that they know nothing about – but the Elders have only really begun to come forward in the last decade, and their reasons for doing so were precipitated by the times we’re in and more specifically by something the Kogi Mamas saw in their visions back in 1999.

A LITTLE BACKGROUND

Before we get into the story, it will help you to know a little bit about the Kogi Mamas. Also known as the ‘Elder Elders’ of the Mayan Nation, the Mamas are the High Priests of the Kogi Tribe. Revered by their people as super human entities their consciousness is part of the Earth’s consciousness and their spiritual abilities are directed at making sure that Mother Earth, or ‘*Aluna*’ is maintained in a state of perfect health. The Kogi believe that without the Mamas, the planet would die.

From the time they are in the womb, it is known that these special individuals are the ones who are destined to be the tribal wisdom keepers. In some instances a Mama is identified after their birth, but

either way, their training begins as soon as they are recognized. The following quote from Drunvalo's book, *'Living in the Heart'* talks about what happens to a Kogi Mama the moment they enter this world:

"What is incredibly interesting is that when a baby who is or will become a Mama is discovered within the Kogi tribe, it is taken to an unusual place for special training and upbringing. In the old days, this was a completely dark cave, but today the baby is taken to a special building constructed of all natural materials where no light can enter. In almost complete darkness, this special baby will be fed only white foods while it grows up and given just enough light so as not to go blind. The baby also receives a most unusual spiritual training. For nine years this baby remains in complete darkness, learning to see without using the eyes, just like the super psychic children who are emerging around the world. At nine years of age, the young child is brought out into the light to learn how to see with the eyes. *36.*

Their spiritual training continues after they leave the darkness, but before they learn about anything else the Mamas learn about the inner realms; unlike us, they begin their lives in the heart. Connected to Source their consciousness evolves in ways that allow it to move anywhere and the Mamas develop the ability to see, and be, anywhere in the world without having to leave their home. What none of us ever knew is that generations of Kogi Elders have watched over the Earth from the highest mountains of northern Colombia; despite any doubt we may have about it, it is they who have kept her spinning.

If their supernatural abilities allow them to see and be anywhere, they also endow the Mamas with the gift of prophecy, and this is where the story really begins; because in 13,000 years the Kogi Mamas have never been wrong about any of their predictions, and when the one they made in 1999 didn't come to pass, it confounded them enough to go looking for a reason why.

STORY TIME

In their visions the Mamas could see that the Earth was in a near-death state as early as

* For more information about the super psychic children the reader is referred to the book, "China's Super Psychics" – by Paul Dong and Thomas Raffill; published by Marlowe and Company.

1990. Because of this, they decided to extend themselves to the outside world in an attempt to warn us and inspire us to change our ways before things got any worse. Those efforts resulted in a documentary film that was produced by the BBC entitled: *"The Elder Brothers Warning; the Message from the Heart of the World"*. Aired in 1990 and still available on video, the film opened many of our eyes, but it didn't circulate widely enough to have an impact.

Less than a decade after the BBC introduced them to us, the Mamas could see that 'Aluna' was in a state of emergency and that she would surely be dead by or before August 11th, 1999; all of their visions confirmed this. When August 11th came and went without a tremor the Mamas went into their hearts to see what it was that had kept their prediction coming true. Drunvalo's account of the story tells us exactly what happened:

“According to the Kogi Mamas, by the last solar eclipse of the twentieth century, on August 11, 1999, all the techno-cultural peoples of the world should have gone to another dimension of the Earth’s consciousness, leaving behind the indigenous and natural peoples of the world to inherit the physical planet. (This is reminiscent of the Bible’s words that the ‘meek shall inherit the Earth’. This prediction is also very similar to what Edgar Cayce, the ‘sleeping prophet,’ said, that by the winter of 1998 the poles of the Earth would shift and an enormous change would happen on Earth. Many New Age people thought this meant that most of the consciousness of the world would move into the Fourth Dimension.)

The young man (who relayed this information to Drunvalo) moved closer to me as if to emphasize what he was about to tell me. He lowered his voice and whispered, ‘On August 12, 1999, the Kogi Mamas saw that we, the techno-culture, were still here on Earth. They went into

a deep meditation to see why, since this was the first time in their long history that one of their predictions didn’t come true’.

According to him, there in the darkness the Kogi Mamas could see lights all over the surface of the planet – and they had not been there before. In investigating these lights, the Mamas found that they were the lights of people who had learned about their Light Bodies,

which in ancient times were called ‘Mer-Ka-Bas. It was the Mamas’ belief that these people with their Light Bodies had changed the course of history.

*As a teacher of the science of the Mer-Ka-Ba, I know that once we remember our Mer-Ka-Ba, we can, with certain training, alter the external world by what we think and feel. According to the Kogi Mamas, some of us did change the outer world so much that a new reality was created.” *37*

Out of gratitude for the work that Drunvalo has done the Mamas sent a gift along with the emissary who showed up mysteriously at the end of a workshop to deliver their message. After he finished telling Drunvalo what they had seen, the young man handed him a small bundle of tobacco, wrapped in red felt and said;

“The Kogi Mamas wish to thank you for teaching about the Mer-Ka-Ba and for changing the world in the process.”

Ever since I was a kid, in and around all the other things that have filled up my life, my main focus has always been my spiritual work. After forty years on a path that began in earnest when I was a teenager, I didn’t come across Drunvalo’s work until 1997. Since that time, the Mer-Ka-Ba Teachings have been my spiritual main stay. Every time I meditate I see how it changes the conditions in my outer reality and I have always held the faith that the work that I do inside myself has an impact on the greater whole. It wasn’t until the Kogi story came to my attention that I had any concrete evidence to prove that my meditations were more than just a way to make my own life better.

The network of lights that the Kogi saw stretched out across the planet is made up of thousands of people. All of them are connected by the same wish and, along with the Mer-Ka-Ba Meditation all of them understand the secrets of the heart. If it amazes you that a small percentage of the human population could do that much to change the world, try to imagine what we could do if all of us turned our attention toward the teachings of the heart. Does the Kogi story call up a desire to turn on your light? With the ascension process so clearly imminent does anything else matter?

THE LETTERS

When I am not writing books, it is my good fortune to be the editor of Drunvalo's web-zine, the *Spirit of Ma'at*. Available online since the year 2000, the *Spirit of Ma'at* is a resource for people who have an interest in spiritual development and who wish to stay informed regarding the changes that are about to take all of us through the Eye of the Needle. Most, if not all of our readers are followers of Drunvalo's work.

In the five years that I have been part of the magazine the Great Shift has been the main point of interest. Between our office conversations and the articles that come in every month, the ascension process has generated enough speculation for me to see that in spite of all the books and courses that have attempted to enlighten us on the subject we still don't have a grip on it. When the Blue Star appeared in the Fall of 2007, and the Elders began to come forward with the last of their prophecies, I realized that the ascension question was no longer one of those things that we could afford to stay up all night and theorize about; if we had any confusion, it was time to get on the ball and clear it up.

Knowing that most of our readers practice the Mer-Ka-Ba and work with the heart process, it occurred to me that they had to be thinking about these things and that their insights might loan some clarity to the situation. I knew that my own meditations were revealing bits and pieces of information. If others were having similar experiences it seemed to me that an open discussion would flesh out a bigger portion of the truth.

It was out of that brainstorm that we decided to devote the March 2008 edition of the *Spirit of Ma'at* to the ascension question. It turned out to be a big one. More people took it upon themselves to contribute to 'The Ascension Issue' than any previous edition of the magazine. The heart of the issue was contained in an article entitled, 'Ascension Letters from Our Readers' a compilation of letters from people all over the world responding to the question: *Ascension, what is it?*

Reading through each letter it seemed to me that any confusion we had prior to 2008 had miraculously cleared up. Not only were people thinking about the ascension, they were preparing for it, and in the process, acquiring a deeper sense of what it might be. At first this blew me away, until I realized that if these people were the lights that the Kogi had seen, their inner work had to be informing them about things that weren't covered in the ascension manuals.

Since we're all here to learn as much as we can, I thought it might be good to hear from someone other than myself, just to give you a sense of what others are thinking and feeling about changes that the Elders tell us are due to come to pass two years sooner than expected. The letters that follow are just a few out of the hundreds that we received back in the Spring of 2008. They were written by people like you. Each one contains a portion of the light that the Kogi saw beaming so clearly in 1999.

"This morning while taking time to pray and meditate I reached an understanding that for me was profound. There are so many teachers, books, etc. available to us that we sometimes lose track of what's important. 'Know thyself, trust thyself, have faith that we are guided from our highest good' have become in my opinion the only way to understand this concept of Ascension.

It occurs to me that all the books, seminars, teachers, and sharing of ideas doesn't really matter anymore. We have come so far in so short a time. No one can give us the answers we are seeking because they are not outside of ourselves. You can't find them in a book or seminar. To find these answers at this point on the journey in our lives all we need to do is live consciously. To live from the inside out, following the guidance within and being aware of what we create: *Consciously observing* that which we create, moving through time towards our highest ideas and very gently, quietly living in this way we will 'Ascend'.

When we get caught up in the word we lose all understanding of what this action 'Ascension' means. I feel this 'Ascension' everyone is talking about will be different for each person and will be experienced differently based on the soul's highest good. I also feel that the diversity we see around us mirrors the possibilities of each individual's diversity in the experience of 'Ascension'. To me this is a profound way of thinking and brings much relief of spirit. It places the life experience on the individual's trust, faith, and love of self.

We don't have to drive ourselves crazy trying to understand literally what 'Ascension' is or means. To my understanding we are always in some way ascending and that this is not some new process or some final event we are about to experience: it's only that some of us have awakened to the fact that something is happening, some movement, and we label it (judge it) according to our individual understanding. The fact that we are awakening to this movement allows us to believe that 'Ascension' is something unusual or a possible future event.

I truly feel that all we need to do at this point is live consciously seeking out our highest good and the good of all concerned and rest in the knowledge that we are in the loving hands of Great Spirit.

With Love,

Belinda"

"The established meaning of ascension is to move upward or change levels, commonly understood as achieving a level beyond or 'better' than the previous level.

In the world of spiritual marketing, ascension refers to some kind of enlightened state that transforms our confused, painful, and often mundane human experience to an experience closer to what we have decided is 'god-like'; a better and wiser incarnation of our current situation where the idiocy and the acts of other humans no longer affect us – we're above it.

True ascension is a physical act of particle acceleration which is ignited through our chakra system, resulting in the pineal gland activation. The human is able to control the amounts of DMT that are excreted which causes us to be able to inter-act inter-dimensionally. The pineal gland acts as the particle accelerator, which physiologically changes the vibration and frequency of the human body. When a person reaches an advanced stage of particle acceleration and is able to change the frequency of their cellular vibration, they can transform the physical body so that it loses its dense atomic mass and instead radiates through its photon particles – light.

Thanks,

Amy Reynolds, VP

Climb On! Products, Inc."

“I believe the ascension process is well begun. As of December 2007 I’ve noticed that thoughts and desires manifest very quickly, mind to mind communication has increased exponentially regardless of distance, like-minded people are being drawn together in groups etc. Many years ago I saw this time as one in which secrets would be a thing of the past as minds communicate directly. The implications of this are frightening at first, causing much chaos, but will shake out eventually. The end result will be peace.

These physical changes, among many others are reflective of the raising of the soul vibrations of those who remain incarnate, including universal direct connection with our Space Brothers. What an exciting time to be here in a body! Choices are being made daily either to raise one’s vibration or to slide into lower vibrations. The result of the choice to raise one’s vibration results in movement into the 4th dimension, which is what’s happening right now. There is so much more

happening; it’s hard to put into words.

Blessings,

Rael

“I think there are many ways to define ascension. Perhaps it is different for everyone. I feel I do understand it but I have a hard time explaining it in words. It seems to be a concept that is hard to define. But I think it is a return to the beginning, then that beginning changes in and of itself each time around. It is a process that is ongoing, moving through each life time towards ascension by way of enlightenment and experience. We are always in a state of ascension, however to get to the nitty gritty of it, I believe it is when your enlightenment, love, and knowledge reach a level that you become a master of life and death and the universe around you. You break through the wall of this level and move on to the next. When you reach that understanding you fully realize that you are made of light and are able to take the form of light at will. We are all made of light and most of us know that. Our bodies are light vibrating at a lower frequency. When our enlightenment increases so does our vibrational rate; it continues to increase until one day our bodies reach the level our spirits are at and we become pure light. But even once we have reached that state of pure light there are different levels of that light, different phases of ascension until we become one as a species, like Ra of Venus. Then inevitably all species will become one with each other and the universe will return to oneness.

‘They who by progress have grown from the darkness,

Lifted themselves from the night into light,

Free are they made from the Halls of Amenti,

Free of the Flower of Light and of Life.

Guided they then, by wisdom and knowledge,

Passes from human to the master of Life.

There they may dwell as one with the Masters,
Free from the bonds of the darkness of night.'

(Excerpt from Tablet II of the 'Emerald Tablets' of Thoth)

'See ye not that in Earth's heart
Is the balance of all things that exist
And have been on its face?
The source of thy Spirit is drawn from the Earth's heart,
For in thy form thou are one with the Earth.

When thou hast learned to hold thine own balance,
Then shalt thou draw on the balance of Earth.
Exist then shalt thou while Earth is existing,
Changing in form, only when Earth too, shalt change:
Tasting not of death, but one with this planet,
Holding thy form till all pass away.'"
(Excerpt from Tablet XIII of the 'Emerald Tablets' of Thoth)

The above letter was sent anonymously

“A human being is an encapsulated expression of a much greater, non-physical being with expanded awareness. Ascension is, I believe, a term that describes how human beings are discovering their connection to their greater, or higher self.

As individual human beings choose to recognize their inherent divinity, this increases the overall planetary vibration, leading to higher energy states, which in turn affects the consciousness of others, and the Earth herself. As awareness of the spiritual increases in scope, beliefs associated with the old attractor, with its outdated paradigm of competition, conflict, and 'follow-the-leader', rise to the surface and are re-examined, leading to the sort of conflict we see in international finance and politics today. This chaotic situation is a necessary precursor to a realignment of thought on a new (and higher) vibrational plateau for mankind.

Ascension describes the process of cleansing the species consciousness and releasing embedded beliefs left over from the end of the last planetary cycle. Ascension is the asking for alignment of thought and action with Spirit, which then changes the neurological and physical structure of our bodies.

I don't believe there is anything mysterious about ascension. It is a natural and logical outgrowth of mankind's desire for positive change, and the operation of universal principles like the Law of Vibration and the Law of Attraction.

☺ Ken McLean”

“Thank you for the invitation to write about my thoughts on ascension. It caused me to wonder for a few moments and then I thought I would share what I am doing at present...sweetly guided by heart energy.

I had been living in the high arctic region of Old Crow, Yukon (in 2006) where things began to happen that took me deeper into my being than I'd ever been before. Whatever part of me had been resisting the so-called 'unknown' let go enough to send me all the way to Edmonton, Alberta where I ended up attending regular meetings with a master teacher (John de Ruiter) in a building that is an actual energy vortex (designed according to the Golden Mean and sacred geometry)

The deepening in me continued, and I found myself re-reading the Flower of Life books and the Emerald Tablets, and doing the Earth-Sky Meditation (The Earth-Sky Meditation is also known as the Unity Breath). My ability to 'see' energy fields and multi-dimensional aspects of life began to open quickly, and I sensed the presence of the Ancients within and around me...and that's when I began to understand more about ascension.

To me, ascension is the awakening to authenticity...what I truly am..and what I was before I arrived here. Things that I was afraid to talk about before (such as the 'seeing') are now a natural part of my life, and my heart has gradually opened to a very lovely flow of energy. Instead of thinking of endings and beginnings, I'm observing that I'm in the midst of 'expanding' into something greater...a greater 'Me' so to speak.

For so many years when I talked about oneness and one spirit in all things I believed I knew what it meant. (One never knows until a shift occurs what the difference is between believing something and truly experiencing it.)

At this point, I have an awareness of the aliveness of everything around me, a knowing about the delicate nature of all life (thanks to everything that has brought me to this point, including dear ones such as Drunvalo, the Kogi, and John). When I walk past a tree with an open loving heart and I feel the tree communicating with me it's so lovely that my eyes get teary. This kind of awareness causes me to be more gentle in my daily life, more patient, compassionate, and more willing to stay focused on the light knowing that I'm affecting everything in creation.

I now understand that because of an old ingrained patterning I had not been totally willing to open every aspect of my being to truth. Trust lives in all of me now, and at this time of ascension it feels like there is an open door, and a 'greater being-ness' lovingly beckoning to the authentic nature in me, to step through and be what I truly am again.

I like the line from the movie 'Phenomenon' where John Travolta's character (George) said; 'Everything's on its way to somewhere'. I believe that surrendering to the part of my heart that 'knows', assists me with moving forward and upward...and I know that each time one of us evolves more, all of us benefit from it. All of us are going together. We truly are One Spirit.

Much love from my heart to yours, Harmony,

‘Ti Tika – Tu Toa – Kia Manawa Nui’

‘Stand True, Stand Strong, Be of Big Heart’

From, Makuini Ruth Tai

Esteemed Maori teacher

From the Land of Everlasting Light”

“How can we really know what ascension is unless we’ve experienced it? Are we presently ascending in various stages? (Are we in the forest with the trees yet undefined?) Who is really qualified to say, other than the ‘Ascended Ones’? Is it a matter of ‘about to have’ the experience, or rather, have we been engaged for some time?

I certainly can’t speak from an Ascended Ones perspective! To my recollection, I haven’t done this before! Yet others such as Joshua David Stone and his Ascension Series have offered well-delineated perspectives as self-proclaimed experts. I’ve always wondered; if we haven’t ascended how can we really know?

My first swim in the ascension pool came in 1987, as a violet stream directly from Saint Germain. He yanked me out of my slumber and prodded me to a ‘messenger’, *‘Unveiled Mysteries’* and *‘Magic Presence’* tucked under her arm. Showered with Godfre Ray King’s magical hand and heart, the imagery of the ‘Ascension Chair’ and those Ones disappearing in a diamond flash was fantastical and exciting. I’ve held an open mind and hopeful heart, feeling the acceleration; but so far I haven’t found the chamber or the chair!

Annalee Skarin, author of *‘Ye Are Gods’* gave her own fluid account of ascension and most practically, some precise steps toward it – Praise, Love, and Gratitude. There does seem to be something to this! When I remain in this vibratory triad it seems to open a doorway to the primordial chamber. I feel lighter, invincible! Is this ascension at play? Annalee supposedly achieved the great translation; if so, I’m in!

The controversial account of Berrenda Fox*, some years ago, saturated my curiosity. I can boast

*Berrenda Fox is an authority on the DNA changes that are taking place as part of our preparation for the ascension process. She believes that in adapting to those changes the body manifests various physical symptoms.

ticks in the majority of boxes for the ‘ascension symptoms’ – a relief when I’ve been feeling over-the-top deranged. Yet, by all accounts, these symptoms could also be relative to a number of maladies and diseases, by the medical model. How do we know these are exclusively symptoms of ascension?

Drunvalo – a most respected guide upon the path – brought a timely perspective with his summary of three ways to leave the planet; traditional death, resurrection, and ascension.. I know I’ve got at least one of the options covered – only two to go.

This brought me to yet another turn on the ascension spiral. Could it be that ascension is non-linear and out of a continuum of time and space, making it elusive and subjective as to one’s own experience? If so I suspect that I’ve been at it since I ‘awakened’ in consciousness in 1987.

Since then, like the Egyptian initiates, life has been a swim through the crocodile chamber, with so many guides and sign posts along the way, in a return to the shore of who 'I AM'! I have experienced an incredible personal evolution this past twenty years. Is this ascension through consciousness? I have increased my vibratory frequency and gone through a vigorous scrubbing and cleansing of my emotional, mental, and physical bodies. Am I now readying for another great leap? Is this what we are all waiting for, having been in this same cauldron of transformation since we came to this dimension?

When a fan is at rest, we can clearly see the blades. But when you turn it on, in the speed of the rotation the blades 'disappear; is this what is happening to those of us who are ready, willing, and prepared?

If anyone notices a blinding flash of light and I am nowhere to be found, could you please send me an email!

Namaste,

Deva"

"Ascension is foremost on my mind these days. There's a diverse amount of information on the subject out there, so I can only best describe my own experience of it.

I feel a deep kinship with Mother Gaia and all of nature, and when I stay in tune with her I feel myself surrounded with very high frequencies of love and harmony. To me it's about a choice that we are being given right now; to continue to live in fear and separateness, or to move up with the energies of the Earth as she ascends to a higher reality of Unity Consciousness. It's very much about staying centered in my heart and trusting the universe.

One thing that's opened up for me through all of this is the realization that I have a wonderful team of guides and angels at my disposal. It's really amazing how easy and effortless life becomes when I remember to ask for their assistance! Ascension to me is about letting go of old, limited ways of seeing things and deliberately tuning in to the loving 4th and 5th Dimensional energies that are all around us now. We simply need to place our focus on them and they become our reality...

In Lak'ech (I Am Another You)

Wendy Martin"

"I don't know if this is 'quantifiable or even the truth; I am not even sure where I get such notions, but my definition of ascension is:

The uplifting of humanity through a personal and planetary process that is much like a birthing process; first we have to go through the 'labor' where it is difficult and hard and the outcome is not at all assured! After going through this and the birth happens, all the hard work is evident and worthwhile! It seems that as I look deep within my heart and psyche, without judgment, I find those places lurking in the shadows that are not in resonance with truth and light! As I illuminate those places with love and compassion the light of understanding dawns and I am lifted up into a higher level or dimension of consciousness and awareness. As there is only ONE, and we are all connected, I do this not only for

myself but ALL of humanity, AND Mother Earth, Gaia, Pachamamma! It seems that this process is also a cosmic one, and not really one where we have much choice! We can do it consciously, or kicking and screaming. It seems pre-destined.

It seems like the Beatles summed it all up years ago. “All you need is LOVE!” the most powerful force in the universe. I believe this force is coming into its own and will carry us all on a tidal wave into a future of peace and upliftment that most likely surpasses anything I can consciously conceive.

I have had an experiential awareness of jumping backward AND ahead on the time line where I went through the birthing process in reverse, saw the moment of consciousness as a multi-colored Maltese Cross, and then experienced myself as a golden seed pod of light held in the loving arms of the Universe/Creator and downloaded with such an intense, loving energy, like 660 volts of electricity, I cried through the beauty of its duration of forty-five minutes. What a blessing; and NO, I was NOT on drugs.

It is time for mankind to come out of the dark ages and get over the idea of any separation! No more War, Hate, Poverty, Greed, or Tyranny. NONE OF IT! NO MORE! GONE! I am so ready to be on with bigger and better things! There are a lot of New Ager's who say this is a planet of duality and it will always be so. I say, WHY? I don't know but my bones seem to think not!!

Thanks for the opportunity to express my views. I feel so much better.

In Munay,

Tamara Kordahl”

“This forum provides us with a way to thoughtfully delve into the meaning of ascension. It will hold different meanings for different people based on their life experiences. For me, ascension is about a subtle, gentle, but unmistakable and clear shift in perception in how I live and in my state of being. It comes spontaneously at scalar wave frequency without a shred of conscious thought. In a nano-second something inside sounds, and every sub-atomic part of my being answers the call and moves toward it. When it happens I don't know consciously how it happens. Months later, when finally confronted by all the deep changes within and without, I begin to understand what took place and when it first began.

One day we're living in what we call our 'real' world, doing our professional jobs, maintaining households. Feeding family and pets, running errands, visiting with friends; the next moment, something has shifted and changed. As though a switch was turned on, we come to realize that what was once our world no longer is. Everything is changed. Everything is different. What was once acceptable in that world no longer is. Long time friends, families, jobs and homes, and even lifestyles can disappear. Things are stripped away as a new structure and form of living forms around us. Clutter is reduced and life is simplified. Everything we are or once were is changed or altered forever. With wisdom and greater clarity we understand that we are part of something much greater than ourselves. We have become connected to a perpetual source energy that nourishes and graces us.

Our interests and our focus shifts as our new life structure forms. In that state of new awareness, new consciousness and new being-ness, we alter our perceptions of life and the way we want to live it. We no longer see ourselves as singular individuals. Instead we recognize and embrace the consciousness of groups. We begin to resonate to a greater consciousness of togetherness and 'All-ness' clearly realizing that we're all involved in this unfolding together.

We look for and we see a greater universal plan in place and we come to realize our unique roles with other soul groups in that unfolding plan. We now consciously embrace harmony and peace. We consciously become ambassadors of peace instead of war. We see the order and love of the universal divine and we consciously reflect that back to one another. We look for the good in all things. We honor ritual, ceremony, and natural cycles, recognizing that we are intimately entwined in the cycles of a greater living organism. We become part of the sweetness of the awakening, consciously knowing we have moved into another state of being. In that awareness we know there's no going back. We have moved into a new consciousness, a new way of living, fully embracing the joy of becoming part of this new dawn. We are in the flow of becoming the new humans.

Jo Mooy

Sarasota, Florida.”

“In our perception, the word ascension refers to the evolutionary journey of the soul through incarnation. Every being living in the world right now is actually in the process of ascension, as the Earth's base operating frequency is rising, activating an expansion of consciousness in all life on Earth as the planet passes through the next phase of its evolutionary journey.

When an individual makes a conscious choice to live by the guidance of the heart (or Higher Self) and commits to seeking the light, love, and truth of the Divine Source, he or she has entered a path of conscious ascension. At this point one begins to recognize and integrate the universal Laws of creation and manifestation.

The process of ascension has its roots in the ancient Egyptian, Tibetan, and Indian cultures of the eastern hemisphere, and in the Mayan culture of North and South America. According to the Indigenous Elders, who are our teachers and mentors, these roots spread out into hundreds of tribal cultures, shamanic paths, and spiritual methodologies. When followed back to its deepest roots, all ascension paths lead back to the Ancestors, ancient star-beings from Sirius, the Pleiades, Lyra, and Arcturus who have maintained a loving presence in the evolutionary path of Earthly and human consciousness.

From the methods we have been exposed to, it appears that there are some underlying common landmarks that one experiences on the path of ascension which indicate universal stages of development. When one first enters the path of ascension, one is naturally drawn to heal and regenerate the physical body and consciously raise its frequency. Most ascension paths include methods and techniques that support and accelerate this raising of frequency by making changes in the diet and lifestyle using various methods of cleansing and purification.

As one advances on the path of ascension one experiences a progressive change in one's physical and energy bodies. Gradually, consciousness grows in the chakra system, expanding into the Hara Line (Pranic Tube) then into consecutive levels of the Light Body. Each stage or initiation brings a more conscious connection between the Light Body and the physical body, until the two merge and become One. At this point one experiences these bodies as one unified light substance, un-separated. As one continues on the path, one harmonizes the personal frequencies and expands into an experience of oneness with the Earth, with God, and with all life, everywhere.

In perfect synchronicity with our Earth's planetary ascension, many people are currently awakening to the desire to walk a conscious ascension path. The methods and techniques for ascension that are appearing daily, worldwide, are being offered in response to our human desire as tools to support us in the choice for conscious ascension.

Here in our location in Anchorage, Alaska the word ascension has become an everyday buzz word. The Elders say that it is a positive thing, since the word ascension has a resonance that activates the human heart and cosmic memory and helps to raise the mass consciousness. Though each individual ascension path may appear different than the others, we must remember they are all leading to the same destination...

Many blessings to each of you who are walking the path of conscious ascension; May you find love, truth, and fulfillment on your journey.

Kathryn and Michael Sharp'

Wow! How about that? Aren't people amazing? What you just read are a few, out of hundreds of letters, any one of which could have been used in this chapter. Hopefully, hearing what these people have to say about their take on the ascension process gives you more of a feeling for it and takes some of the mystery out of it. Ultimately the answer to the mystery can only be found by going within.

We walk the spiritual path for a lot of different reasons. No matter what it is that moves us to go down that road, over time the desire to '*Know thy self*' evolves beyond the self, into the understanding that we happen to be one with all things; that understanding starts in the mind, but as soon as we experience it directly, it becomes something else altogether. From that point on we can no longer live as if we are apart from anything because we are conscious of the fact that everything we think, and feel, and do has an impact on the greater whole.

Right now, the greater whole is going through a process that will culminate with the Earth's ascension into the Fifth World. If we wanted to, we could ignore that fact, keep living our lives the way we always have, and laugh all the way to the pole shift. The laissez-faire approach is as good as any. But if we're inextricably connected to it all, how can we rationalize coping out at a time like this? Knowing what we know, it seems unthinkable. If the spiritual aspect leaves us cold, from a purely practical perspective, common sense tells us that anyone would be stupid not to be prepared for something like this.

As of this writing we've got about a year to prepare; and even though many of us are of the mind that we can turn this around with the power of thought, it seems a bit arrogant to think that we could pick up a paperback in the self help section and assume that reading it through would be enough achieve that level of mastery. Try using the power of thought to keep the sun from rising tomorrow; if you can figure out how to do that, then come and talk to me about staving off the pole shift with an affirmation or two.

At the same time, anything is possible. Take the Lights for example. A few thousand people changed the course of history just by re-establishing their connection to what was theirs all along. And based on the hundreds of letters we received, none of them seem to be suffering from apocalyptic fears nor did anyone mention holing up in an underground bunker with a crank radio; if anything they're rejoicing about their lives and happy to be here to be part of this. Turning the Light on doesn't sound like such a bad idea; what if we all did it?

Until the Mamas saw the lights beaming all over the planet, even *they* didn't know that their 'Younger Brothers' still had the capacity to open their hearts. Evidently what is inherent in all humans is alive and well inside each one of us. This means that we still have the ability to wake up enough inside to cushion the blow and lessen the cataclysmic aspect of the pole shift. According to many, the work we've already done has altered things considerably, enough to make this a seventeen instead of a ninety-degree shift.

Ultimately it is our level of consciousness and the degree to which we are able to hold ourselves in the heart space that will determine how we get through this. Aligning ourselves with the energies that are currently streaming in and attuning ourselves inwardly isn't such a hard thing to do. And perhaps knowing that it makes a difference will inspire us to shift our attention away from our outer preoccupations and consider ourselves an integral part of this phenomenon – enough to realize that everything we are and all of what we do makes a difference right now. On the front lines, here we are, on the cusp of the Great Shift. We've waited 13,000 years for this moment; why would anyone not want to be prepared for it?

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