

## Planning for Ascension – Connecting Consciousness with the Heart

### Introduction

Mother Gaia (planet Earth) and her inhabitants are rapidly approaching, for the first time, the Ascension process. Our history contains a much lower calibration consciousness, overall, which translates into a lack of brotherhood among the population. The preparation for the upcoming times, therefore, is to open the heart to embrace,

- the Fatherhood of God, and
- the brotherhood of man.

This specific process involves the synchronization of consciousness with the vibrations of the heart. Following are the steps to take in achieving this process – 9 steps.

### PART 1

#### HEART PREPARATION EXERCISE

From a relaxed sitting position close Your eyes and still the mind by focusing on a central point where the bridge of Your nose is, keep eyes closed.

Focus and feel Your consciousness in the right front top of Your head area.

Once feeling the sensation in the right front top of Your head, connect that sensation with Your physical Heart area below the left chest area, so that communication is established between the brain and the Heart, an open communication channel has been created and established.

Instruct the Heart rate to slow and consciously balance the emitting vibrations coming from the Heart by periods of holding Your breath. Once this calibration is done, feel the warmth in Your Heart and begin to pulse these warm vibrations outward into Your reality, envisioning the pulses as waves of higher quality vibration pulses of Love.

Take note of Your reality and what is occurring, sounds, etc., PRIOR to the exercise, THEN AFTER the exercise note any better higher change. It is important to evaluate the process/exercise in this way to establish confirmation that eradicates doubt and negativity for the next time You do the exercise. Each time thereafter, Your Heart Connection and ability to emit Love out on the carrier waves of Your vibration, becomes stronger, and hence, more of Your Empathic abilities and Sensations also become stronger.

### PART 2

#### HEART PREPARATION EXERCISE

Now We will repeat Part 1 of the exercise while ADDING one or more of these tools listed below. The tools in the list 1, 5, 6, and 7, are to be performed prior to the exercise to enhance the sensations and experience of the exercise. The tools in 2, 3, 4 are utilized and supportive during the exercise. I will include Part 1 at the bottom of this Part 2 for convenience.

1. Pure raw Cacao; (deepens self awareness, opens the Heart, facilitates forgiveness and self-love)

2. Aromatic Essential oils like;

a, Jasmine (has the ability to boost positive and loving emotions).

b, Rose (enhances the mood, the heart, blood, nerves, and feelings of Love and compassion)

c, Ylang-ylang (uplifts mood, reduce nervousness, and promotes relaxation)

d, Amber (induces positive emotions and promotes relaxation)

e, Lavender (reduces anxious feelings and promote relaxation)

F, Frankincense (enhances concentration, relaxation, calmness, and cell regeneration)

g, Geranium (restores trust and brings feelings of love and compassion)

h, Copaiba Balsam (restores trust and promotes positive emotions)

I, Blue Lotus (enhances emotional balance, opening/activating the heart chakra)

j, Spearmint (promotes joy and unconditional love)

### 3. Crystals;

a, Rose Quartz

b, Green Aventurine

c, Rhodonite

d, Jade

e, Green Calcite

f, Lepidolite

g, Amethyst

h, Clear Brazilian Quartz

i, Amber ( fossilized tree resin)

### 4. Incense;

a, Palo Santo (Holy Wood)

b, Sages (White)

c, Heart Chakra incense

### 5. Spoken out loud Prayers, Affirmations, or Mantras that may include;

a, "Divine Realms I request assistance with establishing my Heart and Consciousness as one operating and navigation communications channel"

b, "I accept myself"

c, "I love myself"

d, "I forgive myself"

e, "I am worthy of love"

f, Chanting the Mantra "Yam"

### 6. Meditation and Deep breathing exercises

a, Heart and Consciousness connecting meditation

b, Breathe in through the nose, hold for 5 seconds, exhale through mouth, repeat 30 times

### 7. Xiphoid Process Pound

a, tapping on Xiphoid Process for about a minute while vocalizing an om or ah from deep in the chest to calibrate Your energetic field.

### PART 3

#### HEART PREPARATION EXERCISE

This part just involves **reading some pertinent information** and having it in the Consciousness whether You innerstand it already, or not, in preparation for strengthening the Embodiment Process from the Consciousness to the Heart. If You feel You are able to at this point, it is a great idea to embody it into the accessible Knowledge of the Heart.

The information below in quotation marks is taken from the internet and if One wishes to find the source, You just copy and paste into Your search engine a few sentences, and this will direct You to the source or equivalent information.

**"The heart's electrical field** is about 60 times greater in amplitude than the electrical activity generated by the brain and can be detected up to 3 feet away from the body using sensitive magnetometers. This field is involved in what is referred to as cardio electromagnetic communication, suggesting that the heart's magnetic field can affect individuals around us. Studies have shown that changes in the brain's electrical activity can be seen when the blood-pressure wave reaches the brain around 240 milliseconds after systole, indicating a physiological connection between the heart and brain electrical outputs."

#### "Olfactory Nerve Function

The olfactory nerve, being the first cranial nerve (CN I), plays a crucial role in the perception of smell. It is a sensory nerve that connects directly to the brain, specifically to the olfactory bulb, which is located just above the ethmoid bone and below the frontal lobe. This direct connection allows for a rapid transmission of smell information to the limbic system, which includes the amygdala and the hippocampus—areas associated with emotion and memory.

When you smell something, the odor molecules are detected by olfactory receptor neurons in the nasal cavity. These neurons send signals through the olfactory nerve to the brain, where the information is processed and interpreted. This process can evoke emotional responses and trigger memories, often in a way that seems immediate and profound.

The olfactory nerve's unique pathway to the brain suggests that it can influence cognitive processes, including emotional regulation and memory recall. Smells can evoke strong emotional responses and can be deeply intertwined with memories, as described in the concept of the "Proustian moment." This phenomenon highlights how smells can trigger vivid recollections and emotional responses, potentially leading to a calming effect on the mind.

"Some scents, like lavender or chamomile, are often associated with relaxation and can have a calming effect on the mind,"

#### "Heart's Electrical System

The heart's electrical system is intricately connected to the brain, enabling a coordinated function that regulates heart rate and rhythm. The sinoatrial (SA) node, located in the right upper chamber of the heart, generates electrical impulses that are conducted through the heart, causing it to contract and pump blood. These impulses are influenced by the brain through the autonomic nervous system, which controls involuntary bodily functions.

The autonomic nervous system includes the sympathetic and parasympathetic divisions. The sympathetic division increases heart rate and contractility, while the parasympathetic division, primarily through the vagus nerve, slows the heart rate. This interaction is crucial for maintaining a balanced heart rhythm during various activities and emotional states.

Research indicates that the heart's electromagnetic field can also influence brain activity. For instance, experiments have shown that the magnetic signals radiated by the heart of one individual can be detected in another person's EEG (brain waves) when they are in close proximity. This suggests a bidirectional communication between the heart and the brain, where the heart's signals can affect brain rhythms and vice versa.

Moreover, the heart has its own "little brain" or nervous system, consisting of neurons that can function independently of the brain. This system plays a role in heart health and could be a target for therapeutic interventions, such as devices that can alter electrical activity in nerves to treat conditions like heart failure."

The vagus nerve (CN X) does not participate in these cranial ganglia as most of its parasympathetic fibers are destined for a broad array of ganglia on or near thoracic viscera (esophagus, trachea, heart, lungs) and abdominal viscera (stomach, pancreas, liver, kidneys, small intestine, and about half of the large intestine). The vagus innervation ends at the junction between the midgut and hindgut, just before the **splenic flexure of the transverse colon.**"

#### PART 4

##### HEART PREPARATION EXERCISE

With this part of the exercise, by increasing the quality of Your Hearts vibration through the Consciousness Collaboration, **it activates Your Self Healing** of the emotional and physical body to a higher level, to unlock more of the knowledge already contained in Your Soul.

The peripheral nervous system of the Humanoid Vessel will change with the functioning state of the parasympathetic (positive and controllable) becoming dominant and the sympathetic state being mastered (fight or flight, negative, uncontrollable), as a result of this overall Heart exercise. We are effecting the polarity of Your electromagnetic field to the positive polarity by recalibrating Your Heart Vibration to a higher quality, and this in turn, refines and increases Your frequency bandwidth into more of Your Co-Creator ability.

The Vagus nerves determine the contraction rate of the heart and the polarity OF THE VIBRATION emitted from the Heart.

We are going to tap into Your Vagus nerves CONSCIOUSLY, these nerves are the main nerves of Your Parasympathetic nervous system - they control the heart rate, digestive system, and immune system, and in the past, You could not consciously control these functions.

IT IS NORMAL TO FEEL SENSATIONS IN THE HEART LIKE FLUTTER, PALPATIONS, PAIN, ETC, WHILE DOING THIS EXERCISE.

##### THE FOLLOWING TO BE SAID OUTLOUD

**"I instruct MY Vagus nerves from the positive state of Consciousness to instruct the sinoatrial node/sinus node in my Heart, to produce electrical impulses into my pacemaker cells, which control my Hearts rhythm, to program and activate my Heart to calibrate to the higher Divine Capacity. I calibrate the Bundle of His that is specialized for electrical conduction to transmit electrical impulses that re-coordinate the contraction of my Hearts Chambers to the new higher Divine Specifications. I now instruct the Heart and Consciousness to vibrate together in synchronicity emitting a higher frequency inward and outward, and Activate my Divine healing abilities."**

#### PART 5

##### HEART PREPARATION EXERCISE

##### PERTINENT INFORMATION

##### Vibration

With each beat of Your physical Heart, there is a vibration effect, this vibration in turn has a sound, the harmonics of this sound, creates a frequency. The more balanced and tuned that Your Hearts rhythm is, the more that Your energetic emissions/projections, and overall electromagnetic field will be undistorted or erratic. Like a loose guitar string vibrating out of tune, however, when tightened, the vibration sound becomes harmonious and pleasing, it resonates.

As You raise the vibration of Your Heart positively (by the Conscious thought processes in all of these "Heart Preparation Exercises"), this increases the vibration of Your Hearts rhythm. This then increases the speed and volume of the blood flow, which contains the Crystalline Plasma, and which in turn, begins to generate Your higher positive electromagnetic

field. Your field becomes more positively pure, increasing the ability of Your Divine Discernment at feeling and knowing more clearly, any outside distorted field You may encounter. This increases Your Empathy as a whole and the Empathic Sensations linked to the Higher Divine Discernment. This also raises the perception and perspective of the consciousness into the rational to be able to more easily "connect the dots", and exclude irrational fear thoughts, by at least seeing futuristic outcomes from any actions taken. This gives You a higher positive influence of control over at least, Your immediate reality, and Your reality begins to respond more favourably for You.

By raising the Hearts vibration and quality, it raises Your frequency toward Your multidimensional proportions, and this results into more heightened experiences. It also begins to benevolently affect Others in Your reality, for the higher positive frequency is the dominant frequency that spirals to infinity, while the negative frequency implodes to nothing. The higher positive sustained frequency also repels negative frequency and experience. Purity of acts and deeds are important, for acts and deeds are projections of energy, and when All of Your projections are positive, You create the positive reality where negativity does not exist. With a well disciplined and calibrated vibration, Your access to Zero Point becomes easier.

Your Heart is Your Life Force in this reality, not the brain. One can live being brain dead with the Heart functioning, however, One cannot live without the Heart functioning. The Heart creates the reality through the electromagnetic field it creates, not the consciousness, and this is why it is important to have the Consciousness in sync with the Heart so that it is not running rampant and creating unnecessary negative things for Self and Others.

## PART 6

### HEART PREPARATION EXERCISE

#### MORE FOOD FOR THOUGHT AND DIGESTION

By developing Ones Divine Discernment to higher degrees as a result of the HEART PREPARATION EXERCISE, this evolution emanates outward into the overall Collective Consciousness for Others to follow suit, a hundredth monkey effect, if You may. The Heart is more steady at discernment and the Hearts evaluation process outpaces that of just a consciousness evaluation process that contends with rationalization of information. By Ones doing this exercise, regardless if You have already gone through Your embodiment process or not yet, it refreshes the energetic theme into the current time and makes it more readily accessible to Others.

The Divine importance of doing this is the overall good change it creates in Others and this gets reflected directly into reality. By more being able to take the superficial conscious knowledge into the Heart, hence the embodiment process, more begin to transition from just talking the talk, to adding the walking the walk. This increases the ability in more at detecting what is obscure and One is more adept to make the higher choices and decisions through Divine Discernment, and be the higher example for Others. This also uncorrupts the Morality and makes Morality less susceptible to accepting direct or indirect harm to Others in any shape or form, nor acting harmful towards Others.

Where Divine Discernment comes from the Heart Space, the embodied inner knowing, and once it is heightened, the electromagnetic field of the Individual detects non resonance with Truth. The energetic field of the Individual becomes liken to a 100 percent accurate polygraph. Divine Discernment is a powerful instrument at weeding out distortion and creating balance, necessary for a Harmonious world.

We have seen in the past when Ones have not embodied to the necessary degree Unconditional Love, and the higher form of True Love into the Heart Space, They can flip in Their consciousness and Their actions become fear based, and resort to savage irrational acts, and even violence in extreme cases. This occurs also through emotional distress or cognitive deficiency/impairment caused by substance and certain other environmental influences such as EMF mind control projections. Important to also mention, during this Christ Consciousness Great Awakening, that when the Consciousness reaches higher states than what can be achieved with past tools like drugs, psychedelics, marijuana, etc., by continuing these tools, they will begin to have adverse effects on the state of Consciousness itself. When One is more grounded in the Heart, these tools are no longer beneficial and will vanish from Ones use.

The thoughts of Love, Kindness, Compassion, Mercy, Empathy, and all the positive attributes are required to be embodied and practiced, to Create the world of no harm and open the doors to unforeseen special realities. The more the Embodiment Process is worked on by Individuals, it has a culminating effect on reality, and accelerates the Ascension. **We do not need the Masses to all go through this process**, only a small number of Enlightened Ones in Their Heart can effect a full paradigm shift. Where One Enlightened affects about a million, 6000 Enlightened Ones in Unity and Public affect/effect 6 billion.

## PART 7

### HEART PREPARATION EXERCISE

This excerpt below is taken from the "Ascension Glossary" under the tab "Personal Sovereignty" and is a Higher Truth. You may read more by visiting the tab and website. I have added it into the HEART PREPARATION EXERCISE because this is part of the knowing and state of Being that is activated through the embodiment process of connecting the Consciousness with the Heart, this is Your Divine Sovereignty, and Your Divine Dignity. Your Divine Worth and Value.

**"To be GSF or God, Sovereign, Free**, which is the embodiment of Love and the action of Consent to accept Personal Sovereignty, one must also protect and act in accordance to the sovereignty of others. If this is not upheld – even for those that are perceived as acting destructively – one can fall into a violation.

The caveats with this law is that all beings are free in God's law. However, one is forfeited of that right to sovereignty if you abuse your power to intentionally harm or destroy others. So, this means those entities, no matter what hierarchy or rank they are, if they are using artificial intelligence, they operate in fear, and have no sovereignty in the universal law because they have forfeited that right completely.

To be sovereign, one is on the pathway to embody in God's Cosmic Sovereign Law and Cosmic Christ Consciousness, the highest embodiment of Love, Light and Unity."

It is important for All to maintain and uphold Your personal God Free Sovereignty and respect that fully of Other Light Souls.

## PART 8

### HEART PREPARATION EXERCISE

Some information to read and integrate into the Heart Space now, or to reintegrate it if You already knew it. Your Heart already knows this information at the deep abstract level, however, it is important that Your consciousness also knows this and links this compatibility thread with the Heart, so that it becomes common conscious knowledge shared between both the Heart and Consciousness.

Whereas a communication channel between the Conscious Brain and the Conscious Heart has now been established, We will begin to Embody more of the superficial knowledge that the consciousness has accumulated, as well as new knowledge, into the Heart Space, so that which was outstanding becomes innerstanding.

Focus now on Your Heart Space and open it to receive this preparation below from the Consciousness as You read it.

Bring into the Conscious focus now, **Compassion**. The ability of feeling how another feels (empathy) rather than feeling and projecting towards another (sympathy). This builds Your Empathy, and this enables you to more readily relieve the pain of others and yourself. This takes You out of selfishness and places You into Selflessness. Embody Compassion into the Heart Space. The embodiment of Compassion will now be paid forward from an altruistic state.

Bring into the Conscious focus now, **Mercy**. The virtue and ability to objectively evaluate and remain in Unconditional Love, the ability to forgive all from a higher state of Being. By embodying Mercy, Others are able to Forgive You of all past lesser deeds. Embody Mercy into the Heart Space. The embodiment of Mercy will now be the open door for the exchange of Forgiveness.

Bring the Healed Compassion and Mercy into the Innerstanding, where it is embodied, and in common place between the Heart and the Consciousness.

As the Heart Space has NOW become more empowered and released of negative distortion, the ability of the Intuition has increased as a positive and extensive Guidance mechanism into the futures. The Intuition becomes positive polarity energized and oriented towards positive outcomes, while most, if not all negative outcomes are repelled and not experienced. As the fear instincts of the subconsciousness of fight or flight dissipate and are no longer present nor required, the Intuition enhances to align with the positive trajectory and Divine timeline. The Intuition as the beautiful futuristic Guide that it already is, can now more freely and accurately Guide. This empowers the Inner Knowing, and the Inner Knowing is equally shared with the navigating Consciousness. Higher Confidence has been instilled.

There is the element of Divine Benevolent Negativity that plays an important role in Ones Mission, and if One is Divinely needed, the Individual Intuition may be overruled by the Divine Priority in rare cases yet.

## Part 9

### HEART PREPARATION EXERCISE

This preparation involves refreshing out loud the Individual Affirmation/Prayer of Forgiving Others that are Light Souls. The evil and identified darkness are NOT to be forgiven, for they knew very well what they did, and their actions not condoned through forgiveness. **The Forgiveness process spoken out loud** integrates this Co-Creator Command into this Reality energetically effecting the separation from any past energetic threads that were anchors and from any darkness/evil. This immediate energetic detachment process Affirmation/Prayer sets One free to Ascend with Ascension Plan C, shall Ascension Plan C be Activated.

Those in Ascension Plan C have already begun to Divinely receive preparation for this departure shall it be Divinely deemed necessary, and occurs.

With the open Heart, Prayers, like Affirmations and Mantras, work to align Creational Energy and Reality in good Ways for You and Others. Prayers are most strong when spoken out loud AND from the Heart Space by feeling the Heart first. It does not matter the belief of the Individual whether God is internal or external, it is the sincere energetic act that will create the experience. Your Self Deliverance from the captivity of evil and its instruments is through the recognition of what You may have done wrong in the past towards Others, the vocal confession unto God, again whether it be the God within You or the external God/Creation, and the willingness to forsake it all through the energetic act of forgiveness. On the Divine Level, the metaphysical level, and the abstract level, the Prayer is answered and Self Salvation attained. You are set free by consciously and vocally making amends towards Others, and by Forgiving Yourself.

### **ACT OF FORGIVENESS SETS YOU FREE**

"I Pray for the fullness of support from Our Heavenly Mother and Father in this prayer. I Pray for the fullness of Support from My Inner Divine Designation. I Forgive and Forsake myself from any past thoughts and experience lesser than Divine. I forgive Those Souls of Light that have knowingly and unknowingly trespassed against I and Others. I am open to Souls of Light that may come before me for Forgiveness. I Activate and set in motion, my Divine Compassion, Mercy, and Kindness. Through this Prayer and my words of Forgiveness I am Redeemed and open the door for Others."

Love, Light, and Gratitude

Femke Sjoukje and Rick Jewers