

Merging Science and Spirituality A Look at Duality and Ego Vs. Ascension

First, we will take a look at the scientific, scholarly view of duality and ego. Then we explore duality from a spiritual standpoint. Lastly, we review the ascension process, including steps to obtaining a full ascension.

Our overactive ego is the culprit for duality and separation. Our ego's thought chatter creates a constant disturbance inside us so that our being is never still or peaceful. And since our mind is tinged with anxiety already (as a result of duality and separation), our thought-chatter is often negatively based, creating worries and problems. And finally, as we'll see later, our being's energy has a natural quality of happiness. But when the ego develops and monopolizes our being's power, we lose touch with this natural well-being. Meditation and inner work are vital to maintaining a sense of natural well-being. As our ego boundaries become more robust, we gradually 'fall' into separateness. And at the same time, what we could call a 'redistribution of energy' occurs. The energy used to be left free for the perception of the world's is-ness and radiance is diverted to the ego. The desensitizing mechanism starts to operate as a way of conserving energy for the ego. As a result, our perceptions become automatic, and the world which was once so full of wonder becomes a shadowy, half-real place. The half-real point is when, as individuals, we fall asleep. And as the adult ego develops, the child's natural well-being slowly fades away, replaced by anxiety and discontent. Duality and separation create tension. Thought chatter creates disturbance and negativity. As the ego monopolizes our psychic energy, we lose touch with the reservoir of natural well-being inside us (Taylor, 2009, 2010, 2013a). We explore the result of duality and separation next.

What Does This Mean?

This means that the ego is 'gobbling up' so much of our mental energy. There's very little available for us to use in perceiving the world around us. Indigenous peoples' weaker ego structure requires much less energy. There's always energy left free to put into perception, into attending to their surroundings, and taking in the reality, beauty, and meaning of their experience (Taylor, 2012 a, 2012b, 2012c).

It's possible to explain this in terms of 'mental' or 'psychic' energy, that is, the energy used by our mind through our mental and psychological functioning. Our strong ego structure needs a great deal of energy to function in the same way, that a massive house with dozens of rooms requires and uses up a lot of electricity. In particular, our constant thought-chatter uses up a lot of energy (Taylor, 2013a, 2013b).

For example, our overdeveloped ego is the root cause of many of our social pathologies, including warfare, male domination, social inequality and oppression, and hostility to the body and sex. And one of its most severe disadvantages has been the loss of the 'natural spirituality.' In awakening experiences – or spiritual development in general – the ego does not disappear. It still exists as a structure but as a different structure. It's no longer a powerful, isolated entity that dominates the psyche and monopolizes our life-energy. Now it is much

weaker and is integrated into our being. When our life-energy becomes intensified, we begin to experience this oneness (Taylor, 2010, 2017).

To a large extent, our normal ego is continually reinforced by thought-chatter, and so when thought-chatter quiets, the ego becomes much weaker. When the ego becomes weaker, this could happen through the dissolving of attachments since attachments are the ego's building blocks. And as the normal ego becomes more diluted, its boundaries become much softer. So, the 'wall' between us and the world begins to melt away, and our sense of being stretches beyond our own body and brain, merging with the world as a whole or with other individual phenomena (Taylor, 2010, 2018).

Indigenous Peoples

According to Taylor (2010), the fundamental difference between most modern Eurasian peoples (European, Middle Eastern, and Asian peoples) and the world's indigenous peoples is our stronger and sharper 'ego structure.' Our sense of being an 'I' inside our heads is more potent than theirs. Whereas we see ourselves as individuals, separate from the world around us and each other, indigenous peoples don't separate their identity from their community or land. They are not self-sufficient and self-contained individual beings. As the anthropologist George B. Silberbauer wrote, the G/wi people of the Kalahari Desert in Africa's identity were more group-referenced than the individual. That is, a person would identify herself or himself concerning kin or some other group. Simultaneously, according to Spike Boydell, the indigenous peoples of Fiji have a concept of 'the self-embedded-in-community' contrasting with the Western value of individualism as the self as separate and separating from others' (Taylor, 2010, 2013, 2020). A second, complementary perspective, Asurana (2019) asserts that our overactive ego is the culprit for duality and separation during the ascension process. We must become aware of our thought patterns to ascend completely. What is ascend? We will take a closer look at the ego and explore ascension in the next paragraphs.

Overactive Ego

In the spirit of Taylor's (2010-2018) discussions on ego and duality, we turn now to the next spiritual fruits of ascension.

Since our overactive ego is the culprit for duality and separation during the ascension process, we must become aware of our thought patterns. "Service to self" (STS) governs the spiritual path for the third dimension. STS is a polarized reality created by humanity's collective consciousness, allowing souls to reincarnate and explore either positive or negative human experiences. This dimensional law means that humankind collectively created a third-dimensional negative planet, based on the spiritual lesson of "duality and ego" (Tony, 2012). Next, we look at incarnation.

Incarnation

We have been reincarnating on this planet for thousands of years and selected a wide variety of different lives to advance our consciousness, by experiencing the 3D spiritual lesson of duality. We have emotionally experienced and explored the highs and lows of other different aspects as a human being. After each physical death on Gaia/Earth, we returned home to the spirit world and began planning our next incarnation. For many of us, our soul or consciousness has now finished experiencing duality in the third dimension, we have nothing else to learn. Life is not defined by physical death. Our soul is immortal, incarnations have been all about our consciousness's spiritual advancement, and now it is time for us to decide to take the next evolutionary step and ascend to the 4th and 5th dimensions. Spiritual ascension refers to "our conscious decision to evolve as a spiritual being and progressed to the next dimension to experience a new reality that operates under a different spiritual law to continue our spiritual growth period."

Each one of us was given a Divine Mission. Our evolution path is unique to each of us, but we are not separate from other souls. Rather our individuality is our unique story in our journey to understand creation. Our mission is achieved by ascending our consciousness through each of the dimensions within the universe period. To begin our mission, we had to experience various intense 3D lessons on Gaia/Earth, including selfishness, pain, poverty, love, anger, etc. Gaia/Earth is a planet to begin evolving our consciousness at the infant level until we consciously realize this illusion and choose to stop experiencing those dance lessons and decide to continue our spiritual growth beyond this dimension. 3D Gaia/Earth ~ Duality and Ego vs. 5D Tara ~ Freedom is the topic of study next.

3D Gaia/Earth ~ Duality and Ego vs. 5D Tara ~ Freedom

"Ego" end refers to pursuing human activities to support our human existence, such as materialism, wealth, status, sabotage, and power preoccupation (power over others, control, and enslavement). Duality was created by humanity. "Duality" means humanity created the polar opposite in the human conditions that can be consciously experienced. For example, living standards are polarized between poverty to wealth or public versus private education. We have been reincarnating to emotionally explore duality or a range of negative and positive human experiences, including fear (pain, remorse, and guilt), judgment, greed, selfishness, love, survival, etc. (Tony, 2012).

Our current civilization is the 4th root race seeded as infant Souls to learn 3D spiritual lessons. Gaia/Earth has been used as a planet to seed infant souls. Gaia/Earth is a school for learning duality and understanding "opposites," which has helped us fast track our spiritual growth. Reincarnation and free will have been the tools for 3D spiritual growth period 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. These lessons are the reason for duality to fast-track spiritual development. There is no such thing as hell, the devil, or Satan; these are man-made beliefs created for explaining away the unloving attributes of pain, suffering, chaos, and destruction created by our early civilizations (infant souls). Most of humanity thinks we're born; we live, and then we die. However, there is another view. As souls, each one of us has a multitude of different lifetimes on Gaia/Earth. Before each incarnation cycle, we decide what lessons we want to learn, the essential requirement for our life, and the type of polarized experience we want to explore on Gaia/Earth (Tony, 2012).

Reincarnation has helped us master our lessons in duality. We have been killed and killed by others; we have been male and female, including a mother, father, son, uncle, grandmother, etc. We have been a soldier, warrior, villain, farmer, an artist. We have experienced suffering, disease, illness, poverty, pain, joy, love, freedom, and fear. To learn from all the possible lessons of duality that had been possible on Gaia/Earth, we have experienced every different human aspect available on the planet. According to Tony 2012, many souls have now come to the end of their cycle of duality. After thousands of lifetimes, many of us have nothing more to learn on guy earth. The primary purpose of reincarnation involves the clearing of “uncompleted” life lessons from previous lifetimes. However, after we have mastered our lesson, we do not repeat them in another lifetime. Our life lesson aims to have specific experiences that enable us to overcome our weaknesses until we perfect those lessons, which take us out of the Karma and reincarnation cycle. Under duality, peace and unity was not the spiritual lesson for you. Duality was designed to allow us to explore polarized experiences (Tony, 2012).

The new 5D Gaia/Earth or “Tara” is much like the third dimension without the concepts of duality, ego, and fear. On Tara, there will be homes, food, education, and jobs for everyone, but we will no longer focus on survival because there is no money. Another person cannot rule us. 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 5D Tara indisputably will have the same high quality of life, including housing, food, employment, health care, education, and recreation time. No longer will we have to struggle to exist and survive. The new Gaia/Earth or Tara will be governed by the 4th-dimensional law known as “Service to Others.” Humanity will function on the spiritual concept known as “Unity Consciousness” and not the old 3D law of duality and ego consciousness (Tony, 2012). Now we turn to Dimensional Fields and, through patterns exploring how our thoughts create our reality.

Dimensional Fields Contain Thought Patterns

How do our thoughts create reality? Alannah (2015) explains it this way. Dimensional fields contain thought patterns. Those thought patterns become mental pictures made of light. The quality of these mental pictures of light are known as imagination. The images, perceptions, and pondering of imagination represent higher-dimensional thoughtforms made of energy substance placed in the higher-dimensional fields by the present moment self. Imaginative perceptions may also be thought patterns of the higher-dimensional, future self-aspects of identity that “just appear” in inner perception. As the present awareness brings the higher-dimensional reality fields into its internal view, the quality known as past memory represents the consciousness bringing into its mental view thoughtforms and experiential imprints from the dimensional bands below its focus of attention. These represent thoughtforms of past identity aspects, presently focused on the lower time continua or within lower frequencies of the present time continuum. Dreams represent portions of thoughts and experience that are taking place in both higher/future and lower/past dimensional fields/time continua, entering into the present moment station of awareness.

Within the 4D frequency bands, the now-moment stream of consciousness is the point of personal creative power. Thoughts held within the present moment focus of conscious attention

will be left as imprints of energetic substance within the frequency bands in which those thoughts were held. Once the focus of attention has moved beyond those thoughts and the next, the thought imprints left behind become morphogenetic fields as the now-moment focus of attention moves forward into the next set of frequency bands (Alannah, 2015).

Moving forward through time is the process of progressively accreting sound frequencies into our morphogenetic field. As we pass our consciousness through a now-moment point, it internalizes all contained within that manifest moment as a minute, digital electro-program made of frequency. The process of internalizing that moment in time expands our morphogenetic field, which creates a slight acceleration in the pulsation rhythm of the particles of which our body and consciousness are composed. This acceleration of pulsation rhythm perceptually and energetically moves us as consciousness forward into the next frequency bands set. The frequency bands of the last moment internalize and fall from our view, as the set of frequency bands directly above them become our next now-moment of conscious focus (Alannah, 2015).

Every time we think a thought, we leave a morphogenetic imprint within the frequency bands in which our consciousness was stationed. In combination with others from the collective consciousness, we will run into that thought form as a manifestation in physical reality. Morphogenetic fields are the form holding patterns through which matter forms and events manifest. When a morphogenetic field is created, it begins to draw frequency patterns into itself, expanding, accreting, and “fleshing itself out into matter.” Have you ever considered where thoughts go once our attention has left them? Part of what appears to us as we manifest reality now, from our 4D station of attention, represents our thoughtforms. Those of the collective masses left behind as morphogenetic fields when our conscious focus of attention was stationed in the dimension below our current focus. Part of what we see before our eyes represent our past selves living thought-form selves (from this incarnation and those previous), and those of the masses. Our thoughts become morphogenetic fields within the morphogenetic field of the Gaia/Earth, planted within the frequency bands in which our consciousness is presently stationed, left within our present time cycle, to be rediscovered as manifest objects and events, once our consciousness has evolved beyond them.

Another part of what we perceive before our eyes represents the collective through-forms of our future selves, whose focus of attention is stationed in space-time coordinates ahead of those in which our present consciousness is focused. Thoughtforms expand, backward and forward in time, up and down the dimensional scale, from the position in which the thought-form was created. Our present manifest illusion is composed of our past and future selves’ thoughtforms and the thoughtforms we presently hold. A thoughtform placed in one dimension will align the energy substance of all the dimensions below it, into a version of that pattern; the thought sets a morphogenetic field in each of the dimensions below. The thought will also group with like reflections from the future, the higher-dimensional frequency bands, and set a morphogenetic imprint of itself in all the dimensions above. Thus, the thought expands backward and forward in time.

Every thought we think now combines with like thoughts of past and future selves, to give us the manifest illusion we presently perceive. Like thought and action attract and re-manifest like thought and action. Our past thoughts and deeds will show themselves in our present reality.

Still, we have the absolute power to change them by using our current focus of attention to create new thoughts and redesign those that are undesirable, whether they are coming from the past, present, or future. Thought patterns from our past selves, composed of more dense and slower-pulsating particles, manifest within our body's cellular structure. Thoughtforms from our past lives denser and slower pulsating are frequently referred to as our Karmic imprint or Karmic debt. These thought patterns of past selves will remain in the body and replicate themselves in the present and future until the slower-pulsating particles of those thought patterns are raised in speed and released from the frequency patterns of which the body is composed. In our present moment, we have the power to change any thought pattern from our personal past, present or future, and in doing so, we will revise the contours of our present reality.

We can become "Karma immune" once we learn to master this power, for we will train our consciousness to move backward and forward in time, to recreate undesired events, and redesign more desirable outcomes. The slow way to release slower-pulsating thought patterns and their manifest discomforts from our life is to wait until the events manifest in an external reality or as conditions of disease within the body. Then we take action in the present to create a current solution, and that solution expands backward and forward in time to make some degree of resolution of the pattern in the past and future. Resolution of the pattern in the past and future is the usual path of "walking through our Karma," or walking through the cumulative thought patterns of our past, present, and future selves. The fast way to change our karmic imprint is to catch those slower-pulsating thought patterns before they move into manifestation. Catching the slower pulsating through patterns before it manifests is easier said than done. Still, it is not exceedingly difficult to do once we have trained our consciousness to manipulate energy in specific ways. Thought patterns from the past and future become part of the particle make-up of our consciousness, bio-energetic field, body, DNA, and external reality field. They become stored in the DNA as minute crystallization of energy, which inhibits the natural process of DNA strand assembly.

New knowledge about the crystallized thought patterns stored in our DNA and cellular imprint will continue to manifest within our body and before our eyes until we learn to find and release them while still within our body's cellular memory imprint. Learning to release cellular memory imprints is easy to do with practice (see appendix A). Practicing the Releasing of Crystallized Thought Patterns from the DNA and Cellular Memory Imprint is essential to a smooth ascension.

Definitions

The Maharic Seal: The teachings of the Guardian Alliance are vested in the Law of One; the interconnection, and Interdependence, of all dimensions of "reality" and the Living God, or spirit, alive within all things. The Maharic Seal is a major tool by which the purpose, intention, awareness and effect of the Angelic Human can be significantly accelerated in a genuine, substantial, and high-impact fashion.

Guardian Alliance Teachings: are “state of the art,” and specifically acknowledge the scientific/energetic foundations of “Oneness,” together with a clear emphasis on the unification of science with spirit, the “Christos Within,” and the absolute association with the Esoteric.

Metaphysical Order: The practical purpose of these teachings is to genuinely free and empower all through expanded consciousness and educated enlightenment, through which reverence, respect, love, and co-operative co-creation are fostered within the Global Community. These perspectives fully embrace geophysical planetary healing as an intrinsic consequence of personal alignment and expansion.

A method for measuring the personal-planetary techniques given here is a key-stone tool of such importance that it is made freely available to everyone. Like all Temple techniques and tools, the Maharic Seal is grounded firmly in Universal Unified Field physics, ancient Merkabah Mechanics, and Matter Template Science (a.k.a. the “Divine Blueprint”). These techniques are known as “Bio-Regeneration Technologies,” which were once common knowledge, taught in the Pre-Ancient Mystery Schools of advanced human cultures; these were regarded as standard, as well as essential, daily practice. The Maharic Seal, like all Bio-Regeneration Technologies, implies the application of specific conscious energy, directed to and within the core manifestation template of the body. This technique directly activates the specific mathematical, geometrical relationship between the Angelic Human and the planetary, organic, evolutionary blueprint utilizing the hydroplasmic frequencies of the 10th, 11th, and 12th Dimensional “Mahara Current” (Alannah, 2015).

Understanding how the outer events of our life (content and relationships) can turn to chaos during rapid cellular activations is an important part of the ascension process. When we participate in accelerated DNA evolution, we are rapidly shifting and elevating our body and our consciousness’s frequency patterns. This rapid shift in frequency can appear as utter chaos external conditions and events (Alannah, 2015). An example of this is the regular use of the Maharic Seal (releasing crystallized through patterns from the DNA and cellular memory, see appendix A).

Regular use of the Maharic Seal (see appendix A) can protect from interdimensional manipulation of natural bio neurological communication lines. Maharic Seal can be stimulated into activation, any further advancement of the Illuminati and pull shift agenda will be prevented. The Maharic Seal manually activates the natural 12th-dimensional frequency sub-harmonics within the human an illuminati hybrid DNA template, creating an organic, temporary 12th density frequency in the personal biofield, DNA, and consciousness. The Maharic Seal will progressively clear and neutralize the personal effects of damaging electromagnetic emissions. Suppose we can generate, through educated mental direction of bioenergy, organic 12th dimension subharmonics through nano-second activations of the dormant portions of our DNA template and bio-field, we do not need external devices such as ‘Tachyon Field Interceptors’ to protect us from Gaia/Earth's present environment. There are numerous other natural means of protection that, if used with the Maharic Seal, will amplify personal immunity to such damaging ‘invisible Wave fields.’ Gaia/Earth will enter into her natural Merkabah with the help of the 12-dimensional planetary Maharic Seal. Benefits of releasing crystallized through patterns from the DNA and cellular memory include the following:

- Begin the process of activating the 8th through 12th chakras of the personal Kathara Grid.
- Assist the opening of Crystal Seals in the body (which otherwise blocks DNA activation).
- Open the Planetary Bio/Feed Interface within the personal body, enabling the body vehicle to become a truly useful tool for the lasting, planetary grid and sacred site work.
- Trigger DNA activations which progressively and automatically activate the full Merkabah.
- Enable healers to transmit 12D frequency sub-harmonics, providing more powerful, longer-lasting (often permanent) healing facilitation free of personal and client energetic field distortions.
- Protect users from “disharmonic” energies associated with “channeling,” healing, Astral projection, and other means of personal field infiltration.
- Assist Indigo Type III children to anchor the higher frequencies, which cause fractious behavior (administered via parent).
- Amplify the results of spiritually focused activity.
- Harmonize personal & environmental energies.
- Create Morphogenetic Re-patterning, clearing karmic/miasmatic imprints which otherwise block DNA activation (and the attainment of true consciousness expansion and full embodiment of the "Christos Principle").
- Realign, revitalize and regenerate all aspects of the physical and subtle body systems.
- Trigger activation of 11th and 12th sub-harmonics in every DNA strand helps correct code reversal and the effects of interaction with other code mutated partners.
- Prepare and equip practitioners to receive and hold the increasing flow of higher frequency energies flowing into the Planetary Grids and personal morphogenetic fields arising from the intensifying Stellar Activation Cycle that began in 2000 and continue today.

Ultimate Outcome of Cellular Activations is Restructuring of the Body

The outcome of cellular activation is the merging of the energy of the Karmic imprint with the 8D frequencies to raise and restructure our bodies energies. To obtain the highest levels of harmony and order energy is placed directly into the DNA, where it can blend in unobtrusively with the operational strand's imprints. This process will stimulate further assembly and activation of DNA strands, but in an orderly fashion that does not cause excessive disruption in our bio-energetic fields, which will not throw our lives into chaos.

For example, though the outcome of these cellular activations is a restructuring of our body, consciousness, and life drama into a higher level of peace, harmony, health, and order, the process of 'getting there' rapidly can be very treacherous indeed. The point at which we break up the thought-form crystallization and its energy releases, is when the Karmic imprint would typically begin to manifest into the body and external events. DNA Activations alone will get us to this point (Alannah, 2015).

In cellular activations, the energy will release at the frequency level. The thought-form crystallization existed, sending a rush of photonic energy through the body at that frequency level. The energy will then indiscriminately alter the existing order of energies in that area, a condition which will manifest as chaotic energies moving through the bio-energetic field, body, and consciousness, then into manifestation (Alannah, 2015).

Accordingly, learning to direct mental energies and those energies released from thought-form crystallizations will become a needed survival skill, whether or not one is on the path of ascension or interested in spiritual activities.

Gaia/Earth is entering an ascension cycle acceleration period. Gaia/Earth's grid will be infused with UHF 5D through 9D energies via a process of Stellar Activations. The Stellar Activations will occur as Gaia/Earth's Merkabah Fields align directly with the Merkabah Fields of six Stellar Spirals, as parts of Gai/Earth's natural procession through its 26,556-year Euiago time cycle (Alannah, 2015). For example, everyone on the planet has begun to receive cellular activations directly through Gai/Earth's grid due to the Stellar Spiral alignments and the planetary Stellar Activations these alignments are creating.

For a more precise perspective, we turn to an understanding of the human bio-energetic field. Within the human bio-energetic field, we are directly connected to that of Gaia/Earth. When the Stellar Activation's energy infusion began running through Gaia/Earth's grid, progressively accelerating, which started in 2000, the human body began to receive energy infusions triggering a rapid release of the crystallized thought patterns stored in the cells. The process of triggering the rapid release of crystallized thought patterns will trigger quick DNA activation, assembly, and expansion of consciousness (Alannah, 2015).

A more precise perspective is a description of the thought-form crystallizations held within the body, unbeknownst to the conscious personality, have begun to release their energies as the pulsation rhythm of the particles of Gai/Earth's body has is progressively increasing. Our DNA and Cellular Memory are activating whether or not we are ready, regardless of whether our body

and mind have been prepared to synthesize these new frequencies of energy. The least prepared may find their entire life drama falling into chaos, the health of their physical and mental bodies rapidly deteriorating, and their emotions exploding into chaos.

A process through which we gain creative control over our manifest events, we must edit the cellular memory files (clear and transmute the lower pulsating particles from the body and auric field), upgrade the holographic thought-form program (create new visualizations of desired past, present and future events, living them in imagination, as if they are happening now and expand the DNA circuitry consciously using the chakra system to accelerate DNA strand assembly. The process of expanding the DNA circuitry will allow new, desired reality pictures to project into our world of manifest events. The practice of conscious evolution, cellular clearing, and DNA transmutation is precisely what is taking place.

We Create Future Memory

New knowledge supports the idea that we create ‘future memory’ by placing specific manifestation instructions into the DNA strand’s morphogenetic field we have not yet assembled. As our DNA strands come into activation, we will encounter our thoughts manifesting into form. By initiating our consciousness into the next dimension’s frequencies, we recreate ‘past memories’ from our present focus and put new reality pictures into the form of electromagnetic impulses. Our DNA strands are already built and activated. We can shift things in our current manifest experience by reprogramming the past memory impulses stored in our DNA; add new past memories and, recent events will manifest in our present. If we choose to create future memories now, we can direct the path of our evolution from our present moment in time (Alannah, 2015).

When we release crystallized thoughtforms composed of slower-pulsating particles from our present cellular structure, we stop those lower thought-form patterns from activating into our DNA, through which they would otherwise project into physical manifestation. Our moment of power is always in the present, when we realize that our present focus of attention can alter and direct events in both past and future, and within the present. It takes practice to develop skills in conscious manifestation. We must become familiar with the ‘feel’ of our inner focus of consciousness in the present to direct our power of manifestation (Alannah, 2015).

Before learning manifestation skills, we must learn de-manifestation skills. Learning how to remove undesirable morphogenetic thought-form patterns from our active holographic program, which is stored within the cells and made operational through the DNA, is the first step in gaining mastery over our external reality field’s contents. By removing slower-pulsating particles from our body systems, we make room for the addition of new morphogenetic thought-form patterns composed of faster pulsating particles, which contain the electromagnetic imprint for more harmoniously ordered events (Alannah, 2015). In this vein, Asurana (2019) has noted that in ascension, we come to understand that we are empowered to change our world

Empowered to Change the World

As noted earlier, in ascension, we understand that we are empowered to change our world. We learn that as the inner world and unconscious changes and all related beliefs and thoughtforms, our experience of the world simultaneously changes. Then we understand that we are indeed powerful, after all, powerful enough to change our own understanding of reality (Asurana, 2019).

As we ascend, we move to a crystalline cellular structure that ceases to decay or die. As cells cease to die in the act of ascension, one ceases to be in fear of death, and fear evaporates into a new way of being that is founded upon joy. Such is the gift of ascension, and those that choose such a path will live to experience such a state beyond all fear in the years ahead. Such is a marvelous shift in each human willing to push through to a new state of being (Asurana, 2019). Ascension makes possible a new life to blossom that is disease-free, pain-free and restores the ability for each to become the dreamer and the dream. Through ascension, one may learn to dream weave and intend one's life consciously, and then live to experience the life intended. Learning to dream weave and intend one's life consciously is the gift of ascension (Asurana, 2019). Let us explore light language and glyphs next.

The Language of Light

The Language of Light is based on unity consciousness where there are no destructive thoughtforms. As we embody all 144 glyphs of the Language of Light, we transcend all destructive patterns on all planes of reality: conscious, subconscious, and unconscious. The first 48 glyphs are singular in nature and comprise the foundation of the Language of Light. The first ten glyphs are the 'Ten Octaves of Love'. The remaining 38 glyphs are created by combining two or three of the original Ten Octaves of Love into varying shapes, giving them a different tone or vibration and consequently a new meaning. In essence, the Ten Octaves of Love are the foundation of the Language of Light (Asurana, 2019).

Where did the distorted thoughtform upon Gai/Earth come from? The Language of Light is close to the Lemurian tongue of the red seeded race. As the Pleiadean race interbred with the seeded race, the two thoughtforms and languages also blended. In the blending of the two languages, the thoughtform of Gaia/Earth became too distorted to communicate with anything outside of her own boundaries, as such, Gaia/Earth has experienced a very long period of separation herself as a consensus reality. This is coming to an end at long last as the Language of Light has been reestablished in full, and it allows for communication with the Great Central Sun again. It also shall be for each human that likewise chooses to ascend and embody the Language of Light in this lifetime. Indigenous peoples are unique in that collectively, and their ego is less prominent.

There are four major categories for glyphs within the first 48 glyphs, which are respectively:

Active: 'Active' based glyphs reflect the masculine within which governs outward moving activities or the 'doer' side of ourselves. Focusing on the action-based glyphs will assist in triggering activity or change in our life experience.

Passive: ‘Passive’ based glyphs reflect the feminine within which governs inward moving activities or the ‘being’ side of ourselves. The passive-based glyphs, when focused on, will assist us in turning inward and better understanding our inner state of being.

Integrative: ‘Integrative’ based glyphs reflect the union between the masculine and feminine within or the union between spirit and form. Another term for this is ‘Divine Union’. Integrative-based glyphs will help balance the masculine and feminine within or balance our inner and outer realities. Focusing on these glyphs will also assist in balancing the dance between spirit and form.

Completion: ‘Completion’ based glyphs are a reflection of the Divine Union within being transferred into our outer experience of the world. The completion-based glyphs, when focused on, will assist in allowing for ‘communion’ or unity consciousness with others in a group, region, or organization. Additionally, as these glyphs are focused on, our own separative thoughtforms that create disunity in our life experience also will surface to be cleared.

As we focus on a given glyph or a given series of glyphs, we will draw the particular tones into our field. Each tone will affect the clearing of distortion we are currently working on within our given level of evolution. Each tone assists in clearing Karma, patterns, and stuck areas of our etheric, intuitive, creative, emotional, or mental bodies surrounding our form. Next, we will learn how to use Light Language to facilitate ascension.

Using the Language of Light to Facilitate Ascension

The 48 Language of Light glyphs is a representation of tones or vibrations for a new thoughtform. The thoughtform of the Language of Light bridges humanity’s current polarity-based belief systems into a new non-polarity or unity-based thoughtform.

The tone of the Language of Light can be likened to the tones of creation which are the tones necessary to sustain life in the third dimension. Gaia/Earth and all living things on her, including humanity, are transiting from the third to the fifth dimension or, in other terms, ascending. A bridge of tones that will create a pathway from the third to the fifth dimension must be constructed to accomplish this goal.

The genetic information to attain Bodhisattva has recently been made available to all in human form who choose to ascend at this time in history. Ascending initiates can use the 48 tones to transform and transmute their forms from 1,024 to 5,024 segments of DNA or attain the Bodhisattva in their physical reality and personal ascension. [One strand of DNA contains 3,000 segments of information. 12 DNA-(full tube) strands contain 36,000 segments.]

Ascension is a biological feat in which the form rises in vibration a little at a time to enter another dimension gradually. As this occurs, thoughtforms prevalent and essential at another time simply fade away. The further we move up in vibration, the old fear-based thoughtforms have no room to continue to be run in our life experience and are replaced by a new paradigm of unity consciousness.

From the Tao: “For those who are ascending, and committing to their journey, we wish you to understand the nature of spirit. Humankind is focused upon things that spirit has no interest in. Spirit only has an interest in evolution. Spirit is interested in releasing patterns, transmuting the past, and embracing a new thoughtform of unity. Preoccupations such as financial gain, technological development, property ownership, and narcissistic forms of pleasure and consumerism that harm Gai/Earth’s surface with toxic waste production holds no interest in spirit.” The next section will discuss the manipulation of humans.

Manipulations of Gaia/Earth and Humans

Oppression

Oppression comes hand in hand with certain thoughtforms of ownership and slavery prevalent upon Earth. Humankind has been owned and possessed by many entities that have used the human species as a source of chi. This chi has gone to fuel their own endeavors upon alternative planes of reality or within other star systems and galaxies. In a parallel manner, Mother Gai/Earth has been used as a source of chi and a place to store souls in forgetfulness or the dark forces. That which caused such an experience was not consciously understood until recent shifts in Gai/Earth’s ascension revealed how she was manipulated into such a role. Manipulation, if it is covert, takes place without one’s awareness or conscious agreement. However, agreements are there, even if manipulation is the cause that brings forth a particular experience.

Mother Gaia/Earth cannot deny that she had agreements to be used as a source of chi and as a place to store souls in forgetfulness that allowed this creation to be so. She is learning how she was manipulated so that in she may release all agreements to be used in this fashion and ascend as a planetary body in the transcendence of such patterning.

Asurana (citing below) learned to think of all receiving from her field as a flowing waterfall of energy from her Soul, Source, and I AM Presence, along with God Goddess/All That Is. Like many spiritual aspirants, Asurana truly believed in giving. And so, she learned to fill herself up with the love of God Goddess/All That Is, and then, in turn, give all that she wished, provided it was in the boundaries of Karma or soul agreements. Filling herself up with love came hand in hand with the release of those thoughtforms that believe that chi or energy is limited upon the Gai/Earth plane.

Chi is not in limitation. However, the belief in limited chi causes some individuals not have enough chi and therefore experience aging, illness, or a deformity of one sort or another within the human dance, along with experiences of poverty or homelessness. As each initiate leaves behind the belief in limited energy and limited chi, they will manifest just enough chi to sustain their choice to ascend.

As one learns to both give and receive, balance follows. Balance translates down to physical plane issues such as manifesting enough to provide for one’s needs. Asurana suffered due to her beliefs of giving more than she received and rarely had enough in her earlier life experience. As the internal giving and receiving came to balance, the outer plane physical reality also came to balance. She discovered that she always manifested just enough to meet all of her needs. So, this

will also be true for each initiate that intends to ascend and, in the process, brings giving and receiving to balance.

For those with many physical plane possessions or savings, ascension can bring forth the release of such possessions when the time is right. Such a releasing frees one up of attachment that would otherwise deplete the form of too much chi to sustain one's continued ascension. Each release of such things is often given to another in the settlement of an ancient karmic debt of one sort or another. So, the giving away of such things serves the purpose of ascension in all ways.

The giving away of possessions is not to say that one who is wealthy must give everything away, as sometimes such wealth serves another purpose inherent in one's ascension. An example of this might be the individual who has accrued the wealth to purchase the land a new community of ascending individuals is to inhabit. In providing for what is needed, not only is a karmic debt settled, but such an individual contributes significantly to the path of ascension. Settling karmic debt is only one example of how great wealth may contribute to the path of ascension both individually and collectively in the human dance.

Giving and receiving can be likened to the in-breath and out-breath of God Goddess/All That Is. The in-breath allows one to receive the blessings and love from their I Am, Soul, and Source. The out-breath shares the loves of one's I Am, Soul, and Source with all other humans incarnate upon Gai/Earth, along with Mother Gai/Earth and her nature kingdoms. In so doing, Mother Gaia/Earth also dances with each ascending being's field and returns all chi shared with her in full to fuel one's momentum Home.

The problem with an imbalance of the in-breath and out-breath comes when another that one gives to gives nothing in return. It is in the vampiring of chi or energy that one feels depleted. Therefore, one must monitor their agreements with others and release those thoughtforms, thoughtforms that cause one to be vampired by others.

Vampiring often does not serve the one who takes the energy at all, as usually such humans have agreements to give such chi to other solar systems or life forms. Therefore, one must choose to release all contracts to be vampired by other humans or life forms to bring giving and receiving to balance. One may ask, well, if there is enough chi, why should such agreements matter? Such beings, as the Greys, Reptilians, Andromedians, Sirians and Pleiadeans, who take so much of Mother Gai/Earth's chi, have become stuck in a parallel thoughtform of the human species in which hoarding and great poverty are a part of their life experience. As a result, they themselves as such a species or solar system, are so depleted of chi that they must take chi from another place to survive, causing it to fall significantly in frequency. In so doing, they have exacerbated the fall of Gai/Earth.

For such species to move out of their current dilemma, they must ascend and anchor soul within their forms, which will provide them with the chi necessary to be sustained. They are indeed soulless, and as such, there is no presence of I Am, Source, Oversoul, or God Goddess/All That Is to provide them with the life-force that they need. Perhaps in not receiving what they need, they will begin to look within and find their path home.

Continued giving of chi does not serve them, and it is for this reason, Mother Gai/Earth chooses to cut them off from such large supplies of energy that they interfere with her choice to ascend. In so doing, Gaia/Earth settles an ancient karmic debt and brings giving and receiving to balance upon a global scale.

One can see from this example that bringing giving and receiving to balance are global issues. All initiations in human form have parallels within the global ascension process, although global ascension is 100,000-fold more complex.

The inner landscape is widely misunderstood within the current human consensus reality. The inner landscape is a place in which all patterns within, all thoughtforms at the cause of one's own creation and experience upon Gai/Earth, can be uncovered, discovered, and then transmuted through intent. These are often seen in the form of pictures of some sort, such as the lost and lonely child or teenager in the above example. Other times such images come in the form of movies containing past life memories. Allow the reels of such movies to be seen and experienced consciously. As the pain from such lifetimes surface, cathart the pain and intend to release and erase the experience from the genetic memory banks. As this occurs, the thoughtform held captive in the past life experience is released and transmuted.

In addition to thousands of records of past life experiences, one will also find oneself dancing upon other planes of realities in a variety of capacities upon the inner landscape. Such capacities include gifts and talents, expressions of all kinds, including work of art, homes, friends, businesses, and all things that we also experience upon Gai/Earth, but in a different polarity from our conscious physical self. What do we mean by this? Well, that those who are friends upon Gaia/Earth are enemies upon an alternate plane.

Evolution requires modification of thoughtform. Thoughtform is represented by thoughts that can be translated into words in any human language, and it is the words that define the limitations of one's human experience. For example, the thoughtform of destruction and all related thoughts such as shatter, dice, slice, dissect, mutilate, harm, beat, slash, hammer, and slam creates the experience described in one's life. If one held not such thoughts, there would be no experience of slicing one's hand while cutting up vegetables for dinner or having a car accident that mutilates the form or having a child that is disabled. One would also not experience disease of any kind, for all disease is related to a destructive thoughtform.

What came first, the chicken or the egg? Did the words come first and the thoughts second? Or is it the other way around? From the perspective of the Tao, thoughts and words are synonymous, and as a result, both co-occurred. As humanity fell in consciousness, words that were not a prior part of the human language were developed to describe destruction. Destruction known as war is the result of the mixing of incompatible signatures. For example, there has been a rift between the seeded red race and the Pleiadean blue race that has led to warfare. Warfare and words based upon destruction are related, as a nation of humans embrace thoughtforms that mutilate, over time. War is a form of mutilation. Such is the nature of thoughtform, which seeks to express itself in the physical actions of those embracing such thoughts. We will explore the mixing of incompatible energy signatures next.

Mixing of Incompatible Energy Signatures

The blue race and the red race were not compatible. The blue race and the red race were not compatible because they carried different energy signatures from different creations. The Pleiades is highly radioactive in frequency. Gai/Earth is magnetic. As magnetic and radioactive energy mixes, distortion occurs in which destructive thoughtforms become present. Before such a mixture, only creative, loving thoughts were present in the human dance. As destructive thoughtforms become present in the human dance, destruction began to act itself out in the physical life experience of all concerned (Asurana, 2019).

As the Pleiadean and seeded Red Race blended genetics producing offspring, a biological distortion occurred. Such distortion is equivalent to mixing oil and vinegar. They do not blend and seek to separate. It is the action of separation that causes separation in the human dance. The fall from grace or fall in consciousness for humanity is experienced as a separation, separation from God, separation from Gaia/Earth, and a separation from all species upon Gai/Earth. This separation is also called “a lack of grounding”, for in a state of grounding, one connects to Gai/Earth and their soul, and in such the experience of separation ceases (Asurana, 2019).

Separation is biological. It is a part of every human’s inheritance upon Gai/Earth. Separation equates to a part of the biology receiving more nutrients than others, and those parts not receiving enough nutrients and are starving, age and decay over time, or become ill. Such biological circumstances also expresses itself in human civilization. Hoarding extreme wealth, thereby leaving others in extreme poverty or homelessness, reflects the biological state of being within the human form. As human biology was blended with two dissonant sets of genetics, separation became the norm, and that extremes in wealth and poverty likewise became the norm upon Gaia/Earth (Asurana, 2019).

In ascension, we address the unconscious thoughtforms and agreements that cause us to manifest something other than what we consciously intend. As each thoughtform and agreement that is unconscious is transcended, our manifestation can come to fruition in the manner we wish. So, ascension makes possible the seemingly impossible in the current human paradigm (Asurana, 2019).

Removing Time Delay

In ascension, we shorten the delay in time. The delay in time means we will experience the effect of our cause with greater speed and see our visions or rewards manifest in this lifetime. As we integrate 36 planes of reality (also known as parallel lives), we release all unconscious thoughtforms that could skew our vision entirely, making it possible to manifest our vision with great ease and without distortion. Releasing unconscious thoughtforms occurs as the human form is restored to the original blueprint for the human species seeded on Gaia/Earth about 200,000 years ago (Asurana, 2019).

Awareness of Thoughtforms

In removing the time delay, we must also be aware of our thought. If we hold a destructive thought, it will manifest much more quickly. Therefore, we have to be very diligent about only allowing positive, constructive, loving, and joyful thoughts to cross our minds at any given moment of any day. Often there are those dark forces that would like to manipulate us by sending destructive thoughts into our field. We can learn to simply send such thoughts back to the perpetrator. In this manner, our thoughts remain positive (Asurana, 2019).

Anything fearful, harmful, abusive, judgmental, angry, or painful results from the destructive thoughtform. As we allow those thoughtforms to be returned to those who still function in that paradigm, we remain in peace. Only as we enter an ongoing state of peace can we sustain a thoughtform free of destruction (Asurana, 2019).

Integrating Polarities

How can this become so? It is through the biological transmutation of the form to a significantly higher frequency that this becomes so. As the body rises in frequency, we can integrate the polarity or opposites in ourselves. If we think about the current human thoughtform, it is based on polarity or opposites. We are either judgmental or non-judgmental, abusive or loving, negative or positive, angry or peaceful. We can polarize into our opposite but will automatically experience the opposing thoughtform at some point, for any one swing to one extreme will result in a swing back to its opposite (Asurana, 2019).

The swing of opposites results from the fracturing of the human experience into 36 separate planes of reality (parallel lives). In essence, the fracturing resulted in the polarity of expression of the human experience. One plane expresses one extreme, and the other its opposite. An example could be that we are extremely peaceful and loving in nature on the physical plane and abusive and aggressive on another. The dance of opposites also causes the opposite to be expressed in our conscious daily life experience. For example, if we are loving and peaceful, we will naturally attract an abusive and aggressive partner. It is in the attraction of opposites that some semblance of wholeness can occur. However, in the human experience, it creates a lot of ongoing difficulties.

In ascension, we integrate the part of ourselves opposite on each plane of reality that we exist on. So, in the above example, if the peaceful, loving individual integrates their unconscious persona, which is abusive and aggressive, they come to the middle ground and embody peace (Asurana, 2019).

The peace that is embodied is not the result of polarity or opposites but rather the result of embracing or embodying the middle ground. In so doing, we may also attract a partner who is likewise peaceful as they have also integrated their unconscious polarized nature (Asurana, 2019).

Nature Responds to Human Thoughtforms

Each species has been affected by human thoughtform. Do we wonder where parasitic insects come from? As the Pleiadeans began to drink the blood of their slaves and the seeded red race, they became parasites that preyed upon their human brothers and sisters. Any thoughtform in a consensus reality expressed by one part of the whole automatically is transferred to the whole of the consensus. As the human thoughtform that was parasitic came to be, nature embraced such a thoughtform, and suddenly parasitic forms of insects and species evolved and became present upon Gaia/Earth (Asurana, 2019).

Do we wonder where the “black widow” came from? The Pleiadeans developed elaborate sacrificial rituals of lovemaking followed by death and then drank the blood of their slaves. As this experience became a part of the consensus of Gaia/Earth, a species who devoured their mate upon lovemaking, such as the black widow spider, also came to be (Asurana, 2019).

Do we wonder where poisons come from? The Pleiadean scientists sought poisonous substances to control their slave populations. As such substances were developed, the thoughtform of “poison” became prevalent upon the consensus known as Gaia/Earth. As such a thoughtform became present, nature responded by creating poisonous plants and substances upon Gai/Earth. One will also note that poisons and their antidote grow within a few feet of one another in our forests. Why is this so? The Pleiadean scientists also created an antidote to their poisons and it was shelved in their warehouses right next to the poisons (Asurana, 2019).

Do we now see how nature responds to human thoughtform? It mimics human thoughtform as humans, being a conscious species, are designed to direct thoughtform upon whatever planet or star that they are incarnate upon. The human species conscious. The human species was designed to think about specific thoughts and transfer them to Gaia/Earth for evolution. Such were the agreements between Gaia/Earth and the seeded red race (Asurana, 2019).

Ownership Dishonors

One also learns that owning anything, from a house to a pet to another human, is not only unnecessary as one ascends but in conflicts with the emerging thoughtform of honor and unity. Honor does not own the land, for the land is of the Gaia/Earth and belongs to all. In leaving behind the need to own the land, one shall no longer worry about the hefty mortgage bill that must be paid month after month. Without the mortgage, perhaps one is free to do what one loves and subsist from it! (Asurana, 2019).

Ascension leads to greater freedom. As one leaves behind what no longer serves, one embraces a new lifestyle that transcends servitude and subservience so prevalent within the current human dance. It is out of servitude and subservience that most humans are convinced they must work to survive, must pay the mortgage, or else. As such thoughtforms are left behind, one ceases to be imprisoned by such institutions (Asurana, 2019).

Honor does not own the animal kingdom, even as pets, as animals are conscious and have an evolutionary path home. We understand that many humans love their pets. However, this is not

unconditional love, for unconditional love would not imprison another. One may not think of their pet dog, bird, fish, turtle, lizard, or cat as in prison, but any animal dependent upon humankind for its sustenance trades the sustenance for its freedom. No species wishes to be less than free, regardless of the beliefs humans hold (Asurana, 2019).

Calling Forth Our Ancient Ancestors

We invite each reading this material to call forth our ancient ancestors. To call forth those in our personal history that lived in honor, lived in unity, lived in unconditional love. Then invite them to dance with us today and assist us in returning to such a state in our own choice to ascend. It is our ancestors that shall lead us home if we allow it. Our ancestors are a cast of characters. The cast of characters in any human's history has experienced all things, from wealth to poverty, from birth and death of all kinds to all types of family and work circumstances. They have experienced famines, floods, and death by fire. They have experienced nomadic lifestyles, life upon the farm, and life in the cities. They have experimented with drugs or alcohol, acted, danced, sung, made love, bore children, they have done it all! Each ancestor can share its knowledge and understanding gained, from which one can learn. In learning, one need not repeat the mistakes of one's ancestry and may transcend. It is in the transcendence that one begins their journey home again (Asurana, 2019).

The circumstances of one's ancestry have caused a particular manner of relating to one another and relating to Gaia/Earth in a dishonorable manner. Such a shift in humankind from honor to dishonor of the land did not occur all at once; it occurred over many thousands of years. During such a shift, biology went from a state of ageless unity and honor to one of dishonor or aging, disease, and deformity (Asurana, 2019).

Ascension Has No Scales

Mastery is mastery, and it is an internal and biological shift. Each shall take the ability at a pace that the individual given form and lifestyle can handle. The body must detoxify upon a biological level the toxic thoughtform that our ancestry has existed within. Some forms are more toxic than others, and some are older than others. Some have lifestyles that allow for rapid momentum through the initiations; some have agreed to bridge and awaken others and choose a slower pace so that their fields may touch others that perhaps the higher-level initiates can no longer reach. All serve, and in the unity paradigm, each ascending and emerging truth is of equal import and equal value to the whole (Asurana, 2019).

That which causes one non-joy is generally self-judgment, or judgment of others. All judgment comes from comparison. We guide each to stop comparing. There is nothing that our internal mastery can be compared to. Internal mastery occurs when we change our inner landscape, and the external experience of the world alters accordingly (Asurana, 2019).

Victimhood

It is out of the belief that one has no power to change their experience of the world that a victim's concept has occurred within human thoughtform. There are no victims. There is no one

experience that any human has made manifest that is not the result of one's Karma. However, the delay in the cause and the effect often make it appear as though the experience is a form of victimization (Asurana, 2019).

The Tao would like to point out that some humans are gifted at displacing their Karma onto others rather than experiencing it or rather than transcending it. Displaced Karma can cause one to experience difficult circumstances that are not truly one's ancestral cause. In understanding this, one may seek to return all cause, all Karma, that is not truly one's inheritance to the source of origin. In so doing, one shall only transcend and transmute fear-based thoughtform that is truly one's inheritance, for Karma and thoughtform are intertwined. In so doing, the thoughtform that creates difficulties in one's life can be released in full, allowing for one's truth to be expressed upon the physical plane (Asurana, 2019).

One's Karma is not one's truth. One's Karma merely is unfinished business from prior ancestors' lives. In a sense, all Karma must be released and completed upon for one's truth to shine through into all aspects of one's life dance. Releasing completed Karma may mean leaving behind the spouse, home, mortgage, job, family and entering the new paradigm of unity in full. Sooner or later, all ascending humans shall leave behind that which is not choosing to ascend and enter the kingdom of heaven and unity again (Asurana, 2019).

However, the pace at which this may or may not occur is up to each initiate. Some may have contracts to support another through to their death, which is a form of karmic completion, as such, leaving behind such individuals may not be possible until they die. Gaia/Each has a unique path. Gaia/Each has a unique destiny in the choice to ascend. The choice to ascend brings about a new future in which one shall not die but live to see the new golden era emerge upon Gaia/Earth. In so doing, one shall leave behind all that do not choose to ascend in due course (Asurana, 2019).

Consciousness Does Not Die

As one ceases to compare, one shall cease to compare whether or not another chooses to ascend. Many paths, much Karma, and some Karma simply cannot be fulfilled without death in a given incarnation. However, death is not an end. The consciousness from the life continues. If those choosing not to ascend are one's parent, spouse, or child, the consciousness of such shall join us in our choice to ascend following death. There is no loss. Only consciousness, only evolution, only the dance of life in all of its varied expressions will lead us to our sacred path of evolution (Asurana, 2019).

As one opens to the inner landscape, one shall perceive the spouse, child, parent or friend that has existed physically. One shall see that consciousness continues and can continue to communicate and relate to such deceased humans at will. In so doing, one shall cease to believe that life ends with death and help anchor a new thoughtform for humankind that understands this grand truth in full (Asurana, 2019).

Often it is the experience of death that causes humans the greatest grief or times of non- joy in their life expression. In understanding the truth, the truth that consciousness does not die but

continues, one can release the grief and move into the joy again. Perhaps the joy shall increase in understanding that those who have seemingly perished will now support one in one's choice to ascend! (Asurana, 2019).

The paring down of thoughtform and inability to see and access the nonphysical realms has created so much fear, so much misunderstanding, so much pain. Perhaps this journey shall teach all species that no species should be allowed to descend so low in consciousness again. In so intending this, this difficult experience known as Gaia/Earth shall never occur again (Asurana, 2019).

Forgiveness

Our awakening, our choice to ascend, is perhaps the greatest gift we can give to all species or Gaia/Earth. Through our ascension, the nature kingdoms can come to understand the difficult human dance, and in coming to understand, they can honor, forgive and have great compassion in their hearts for all humans. Ascension begins with forgiveness, and it ends with forgiveness. It is forgiveness that allows the grief to fade into joy again. For the ascending individual ceases to blame another or blame self for any experience or any creation (Asurana, 2019).

The Tao invites the human brothers and sisters to forgive, forgive oneself, forgive others, and move into joy again. Release the resentment towards those who have harmed us and transit into the new paradigm of unity and honor. Is holding on to the resentment worth sacrificing the joy? Let it go, and we shall all heal together and become ONE again (Asurana, 2019).

The feelings or thoughts of resentment may or may not be our own. Sometimes, in the intertwining of thoughtform in the human dance, one experiences thoughts that are not one's own. The Tao invites us to discern and return those thoughts that belong to another, for we cannot forgive another's resentment any more than one can release another's Karma (Asurana, 2019).

Feel the Joy

Feel the joy of nature. We will need to open our hearts to all species and Gaia/Earth and remember what unity and communion feel like! If we feel nothing, then we need to intend to retrieve our ability to feel. For living in joy requires the ability to feel.

Some genetic packages in the human species have become so pared down that the ability to feel has been lost. Ascension brings forth the reconstitution of all abilities, the ability to feel, express or language, intuit and create. Often humans are afraid of emotions or deem them unreasonable, hysterical, and the like. In holding on to such judgments, one rejects emotions internal to oneself. As one seeks to be whole again and express all inherent abilities to the human species, one shall open to feeling or intuiting again (Asurana, 2019).

Ascension brings forth a return to authentic joy. Authentic joy seeks not outside approval of another, nor outside entertainment to elicit the state of joy. Authentic joy comes through becoming whole internal to oneself, and then as one is whole again, one can dance with all

kingdoms in an ongoing dance of unity. As one is whole, with a mental, emotional, intuitive, and creative body present, one can commune with another species. In the communion, one not only experiences joy but feels interconnected or ONE again with Gaia/Earth. Such moments are great gifts in the journey of ascension indeed (Asurana, 2019).

Ascension is a gradual process towards greater and greater wholeness, greater joy, and greater and greater time spans of communion and unity with all species upon Gaia/Earth. Some days may be very difficult, as one pushes through another layer of fear-based and destructive thoughtform, causing one to feel alone, separate off, unloved, and certainly not in a state of joy. As the problematic moments are pushed through, one returns to the joy, and the joy is more expanded than before, for one has become more whole in retrieving and reunited the part of self that had been separated off. Subsequently, Robbles (2020) explains that Polarity Consciousness is needed to understand Unity Consciousness before the two hemispheres of the brain can be Unified under the force of our balanced Masculine and Feminine energies, we have to learn our lessons through the polarity game of duality.

Cota-Robbles (2020) suggests that as the Higher Self conquers the ego's Lower Mind, all fragmented aspects of our multidimensional being come into alignment and move from duality to unity.

Thus, it would be useful to remember that every shift in consciousness corresponds to an equal upgrade of the DNA. From the two simple strands used in duality, we move to 12 strands needed in unity. Moving to 12 strands is a normal evolutionary process. It's not something special because all is in the logical order to evolve. We have to live in harmony with ourselves and others. How could we upgrade our biological system in the presence of a Selfish Monkey Mind?

As previously mentioned, we have to overcome the deep separation experienced between masculine and feminine, anchoring unity and understanding of the split and how to heal these two energies to restore balance. If we think in energetic view, the fall from grace (loss of innocence) in Duality Consciousness was made possible not only splitting the two hemispheres of the brain (magnetic right female Creativity ~ Compassion \ electric left male Logic ~ Power), but also the chakras were divided in order to let them spin differently for men and women (Cota-Robbles, 2020).

For male incarnations, mostly the lower chakras (root surviving sex), and female incarnations, mainly the upper chakras (heart connection compassion). That's why we have seen here a deep separation and misunderstanding between two energies that should work together in every Resurrected Human Being. Now is the time to heal the unbalance and restore unity for the Incarnated Soul that has to evolve (Cota-Robbles, 2020).

The Universal Law is, *“The Call for assistance MUST come from the Realm where the assistance is needed.”* For humanity to benefit from the powerful Light Waves now bathing the Earth, we must Invoke that Divine Light through our I AM Presence and Breathe it through the Divinity within our Heart Flame into the physical world of form. Once we do that, the benefit from that influx of light is available for every person, place, condition, and thing evolving in Gaia/Earth's physical plane. The more people invoking this Divine Light, the more obvious and life-

transforming the effects will be in the individual and collective lives of ALL humanity (Cota-Robbles, 2020).

The global time-out and the Planetary Reboot now unfolding on Gaia/Earth have created a sacred space that allows the I AM Presence of every man, woman and child to intervene in his or her Awakening process in ways that have never been attempted before. The *consciousness codes* of the Millennials and the Children were activated by their I AM Presence in 2018. The Twelve 5th-Dimensional Crystalline Solar Strands of DNA within the masses of humanity were activated by every person's I AM Presence in 2019. So far, in 2020, new Transfiguration Codes have been activated within every person's 5th-Dimensional DNA. A new Divine Body Template has been secured within the Core of Purity in every atomic and subatomic particle and the wave of humanity's Earthly Bodies. Now all is in readiness (Cota-Robbles, 2020).

Ancestral Karmic Release

Allow the difficult moments. Do not judge yourself as less spiritual, less capable, less of an initiate, or less of a master in such moments.

Such moments are a part of the process of ascension and ancestral karmic release. Sometimes darkness presents itself as loneliness, or fear, or as a seeming energetic attack from another.

All darkness must be confronted, transmuted, and transcended for the associated lost parts of self to be reunited with the remainder of one's field.

As the reunion is complete, a greater sense of self, one's truth, and a newfound sense of wholeness emerge.

Conclusion

This writer and the contributing authors have suggested that the new world level of consciousness, the personality (ego and duality) and all the Soul's holographic aspects will soon be reunited in a complete ascension. The ascension process, which includes the merging of dimensions, will systematically lead to a new world where duality and separation are eliminated. As ascension occurs, all chakras within the human body and Gaia/Earth are blended into one infinite field or column of light. This blending into one infinite field or column of light, is electromagnetic and present everywhere in a vacuum. In other words, an 'empty' vacuum is actually a seething cauldron of energy known as the zero-point field or the Trinity form. Next, we summarize the authors' positions who have contributed to this paper and their research on ascension.

Previously, Taylor (2012) explained, when the ego is overdeveloped and monopolizes our energy, we lose touch with this natural well-being. He goes on to say, as our ego boundaries become more robust, we gradually 'Fall 'into separateness (loss of innocence), and we experience a redistribution of energy. This is likened to a gradual process of desensitizing and

mechanization where we are maneuvered into a type of ‘automatic pilot.’ Taylor (2012) further elaborates this is the point when individuals fall asleep into a shadowy, half-real place. As the ego becomes overdeveloped, anxiety and discontent lay a shadow of duality and separation over a once wondrous reservoir of childlike excitement, creating tension that becomes disturbing through the chatter, negativity, and now an automated way of life. A second, complementary perspective is supported by Asurana (2019) when she states since our overactive ego is the culprit for duality and separation during the ascension process, we must become aware of our thought patterns.

A second complementary perspective comes from Robbles, the Twelve 5th-Dimensional Crystalline Solar Strands of DNA within the masses of humanity were activated by every person’s I AM Presence in 2019. So far, in 2020, new Transfiguration Codes have been activated within every person’s 5th-Dimensional DNA. A new Divine Body Template has been secured within the Core of Purity in every atomic and subatomic particle and the wave of humanity’s Gaia/Earthly Bodies. Now all is in readiness.

Indeed, this point has been amplified recently by Alannah (2015) when explaining the merging of the energy of the karmic imprint with the 8D frequencies serving to raise energies during the ascension process. To obtain the highest levels of harmony energy is placed directly into the DNA, where it can blend in unobtrusively with the operational strands’ imprints. This process will stimulate further assembly and activation of DNA strands, but in an orderly fashion that does not cause excessive disruption in our bio-energetic fields, which will not throw our lives into chaos.

Indeed, this point has been amplified recently by Alannah(2015) when she states:

In ascension, we come to understand that we are empowered to change our world. We learn that as the inner world and unconscious changes and all related beliefs and thoughtforms, our experience of the world simultaneously changes. Then we learn that we are indeed powerful, after all, powerful enough to change our own experience of reality. For a very long time now, we have believed that power has resided outside of ourselves, that others controlled our fate, whether that other was our parents, our boss, our client, or our child. Ascension brings forth the truth. The truth of the matter is that we create each of our experiences, whether they are challenging or joyful in the outcome. As we understand that only we hold the keys to our creations and take our power back from those we have given it to, and take responsibility for our thoughtforms, then life has an opportunity to change and become what we have always longed.

Ascension in human form brings about an internal death, death to the thoughtforms and beliefs that no longer serve, and rebirth into a new way of being. In Tao’s observation, those who are ascending are continually entering phases of birth, death, and rebirth, internal to self. Sometimes the birth and death process results from facing one’s worst fear and overcoming and transcending it.

Sometimes, it results from releasing a friend, loved one, or teacher that no longer serves one's continued evolution.

Sometimes it comes in the form of moving to a new place that is required to continue to ascend. Perhaps ascending humans shall travel and relocate, moving to the land of their ancient ancestors. Each ascending human's ancestors shall hold the keys to unity, the keys to living in honor with one another and with the land again.

The power of human intent can move mountains. In alignment with the Divine, anything becomes possible!

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Appendix A

Releasing Crystallized Thought Patterns from the DNA and Cellular Memory Imprint

Overview

By moving the focus of your conscious attention into a slower-moving pulsation pattern, you will be able to release the thought patterns stored within your cells. When we relax your mental focus and slow your heart and breathing rates, your consciousness expands and begins to pulsate faster, while the pulsation rhythm of your body's particles slows. From this quickened state of consciousness, we can then consciously shift the particle-pulsation speed of your awareness into very slow pulsation rhythms.

First, you will visualize moving your consciousness through a dark tunnel, with a bright light at its end (the same effect as in a Near Death Experience, which occurs for the following reason). Moving into the light represents the quickening of the particle pulsation rhythm of your consciousness, for which you are aiming in this exercise. You perceive the “dark tunnel” as your consciousness moves from its D-4 pulsation rhythm, through the 90° shift in angular rotation of particle spin that exists between the D-4 and D-5 frequency bands, and into the faster pulsation rhythms of D-5 frequency. The “light at the end of the tunnel” represents the collective reality fields of the D-5 frequency bands, (and the D-5 consciousness contained there within), as viewed in condensed form, by consciousness stationed in lower dimensions. One moves closer to the light as the particle pulsation rhythm of the consciousness accelerates to the rhythm of the D-5 frequency bands. The light will appear to take on spherical form, like a blazing sun, as the consciousness nears the D-5 pulsation rhythm. One merges with the light when the consciousness has reached D-5 pulsation rhythm. This is the process you will encounter after death, but it can be used consciously while you are still in body, for many different purposes. When you perceive the light, you are seeing the fifth dimension.

Once visualizing yourself in the light, submerge yourself within it and feel that light move through every cell in your body, imagine it moving through your DNA. This raises the pulsation rhythm of the body's particles by infusing them within the D-5 frequency patterns carried by your accelerated consciousness, bringing what is stored within the cells closer to the range of your conscious perception. When you view your body from this D-5 state of consciousness, you will notice areas of the body that appear quite light filled, and others that appear dark. The dark areas represent parts of the body in which slower-pulsating particles are stored, the dark areas are the karmic imprints you seek to release.

Next, move your attention into one of the dark areas as fully as possible, feel its sensations and become aware of the pulsation rhythm of the energy in that internal space. It will have a distinct feel of rhythm that you can detect if you move your attention into it.

Become aware of the difference between the pulsation rate of your consciousness and that of the dark area, then consciously slow the pulsation rate of your consciousness to match that of the dark area. Feel yourself moving down into the blackness of the dark space, slowing the rhythm of your consciousness, spreading out, and becoming one with the area. As you proceed to move your consciousness into the area, you will feel a distinct sensation of the stopping of expansion. This occurs when your consciousness has fully expanded itself into the morphogenetic field of that dark area thought-form. You have become one with the thought pattern, you are the pattern. You do not have to identify the contents of the thought pattern in order to release it, though you may begin to receive ideas, images or emotional qualities from the thought-form as you proceed through this exercise. Let the impressions pass by your attention and keep focused on the exercise. In merging your awareness with the dark thought-form, you have moved the station of your consciousness from the D-4 level, through the D-5 level and down into the frequency bands in which that thought-form originated. You have entered its source of creation and merged your identity with that of the identity who created the pattern. You have become the creator of the thought pattern. Being its creator, you can now change it.

Once you have become one with the crystallized thought-form, sense the shape and boundaries of its energy structure. It will have a form and structure of energy that you can "feel out" with your consciousness.

Feel your awareness expand into every layer of the energy form, as if you are filling a balloon with water or a box with sand, until you can feel your consciousness take up every inch of area within the structure of the thought-form. Once you feel completely expanded into the thought-form, begin to recreate it.

Note: Having the ability to consciously shift your entire awareness into the D-5 level is an attribute of complete fifth DNA strand assembly and activation, which most humans do not yet possess. When you use your present imagination to create the inner experience of this merger, you actually accelerate the assembly of strands four and five and rapidly increase your accretion level. The more you practice such exercises, the more your awareness will be able to access the D-5 pulsation rhythm, which will make the D-5 merger progressively more tangible and "real" in terms of physical perception and embodiment of D-5 frequency. Any exercises that

mentally “take you into the light” will do this for you. Now that we have practiced releasing crystallized thought patterns from the DNA and Cellular Memory Imprint, let’s move to a second practice for releasing crystallized thought patterns.

Exercise to Release Crystallized Thought Patterns

- Call light to yourself. Imagine that you can see light streaming in from a beam above you, as if there was a sun positioned above your consciousness.
- Breathe light from that sun, into your consciousness and feel it make the pulsation rhythm of the thought-form and your consciousness move faster. See the dark area that is presently “you” become more and more light filled. Begin to hear the sound pitch of the energy in the thought-form and hear its frequency raise, as more and more light enters the thought-form. Allow the sound and sensation of expanding light to fill your entire consciousness, and continue to draw light in, until you sense a distinct stop to the sensation of light expanding. The thought-form has now reached its maximum holding capacity for UHF energy.
- Now, imagine that the sun above you is moving down, into your consciousness and the thought-form. When the sun enters the thought-form, the thought-form explodes and the crystalline energy substance, of which its morpho- genetic field was made, literally blows apart. The thought-form no longer exists as a reality within your body or consciousness, its particles of energy substance have been released. The energetic reality of this process is that of using inner light (visualizations) to guide UHF sound patterns into a thought-form morphogenetic field. The UHF sound patterns literally shatter the energy structure of the thought-form, breaking apart the crystallization of slower-pulsating energy particles, just as certain tones of sound can cause a glass to shatter in the physical world. Through engaging in this process, you are literally merging the slower-pulsating crystallized particles with their anti-particles, through the thought-form of the sun that you created during the visualization. That “sun” image translates through your body consciousness as D-5 through D-8 frequency, the frequency bands of transmutation through which particle and anti-particle merge. When you merge multidimensional particles and anti-particles you create photons. Through this exercise you have created a burst of photonic energy within the frequency bands in which the thought-form crystallization had been.
- To conclude this exercise, focus upon the image of the sun causing the thought-form to explode. Imagine that you can feel this explosion within your body as a sudden burst of energy that runs through your cells from the area in the body where the dark area had been. Visualize this occurring and see that the dark area is now filled with radiating light. You may not have to imagine the sensation of energy rushing through you at all, for this is the energetic reality of what is taking place. The degree to which you can sense this energy release will depend upon how sensitized your neurological structure is to higher frequency energy. This sensitivity will increase the more you engage your consciousness in activities such as this exercise. Exercises like this activate dormant DNA codes, which program the body to build new neuro passageways and nerve endings. This increases the body’s ability to sense subtle energy and expands the perceptual range of consciousness while it is focused on the body.

- As you visualize photonic light running through your body, consciously guide that light directly into the DNA, while holding the intention that the body will use this energy to accelerate the DNA-building process, under the direction of the soul matrix identity. Visualize minute photonic particles moving into and adhering to your double helix DNA strands, until you perceive all of the light particles that were released, as merging with your DNA.
- Complete the exercise by visualizing your consciousness returning into the bright light sun, then move your awareness backward through the dark tunnel until it is focused on your present moment station of consciousness.

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Published by
Dr. Shakinah S. Judah
Spiritual Psychotherapist - spiritual emergence specialist -
Soul purpose sessions
Published Author: **In the Beginning I & II**
The Clinicians Guide to Spiritual Emergence

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