



## **ASPW - 1**

### **How Does Meditation Help with Ascension?**

#### **1. Meditation is a Direct Route To Your Higher Self or Soul Level**

Through meditation you can go deeper than your subconscious patterns to the unconscious mind where your Higher Self or Soul resides. Our mind has a lot to say every day. When we look at an object or are involved in a situation, our mind is working, judging, thinking, and strategizing, often in tandem with our subconscious mind, the habitual patterns running in the background. In meditation we focus the mind on a single point and allow the thoughts to flow by, not getting caught by any of them. When we are no longer doing the bidding of our 3<sup>rd</sup> dimensional mind, we can hear from a deeper place. The subconscious mind loses control, and we can be open and hear more of what our Higher Self is guiding.

#### **2. Meditation Stills the Mind So You Can Receive Information and you can Gain Easy Access to All of the Akasha**

What do you need to know? What do you want to understand?

Meditation gives us the practice of quieting and pushing the mind's constant chatter aside, and we can enter into stillness and peace. We move towards receiving and receptivity. In this place of receptivity, our mind is not there to access our preconceived ideas. We are uplifted to higher energies when our mind is not constantly rooting us in 3D, and we have clarity as to the information being received is not through the thoughts and opinions of the mind. It becomes easy to ask a question, enter into the stillness, and allow the brain to receive the information we want. We don't have to worry that what we are downloading could have been created by our imaginations. We are in pure receptivity, beyond the mind, and in the Universal Mind of the Akasha.

#### **3. Meditation Raises Your Vibration and Soothes and Aligns Your Energy Fields**

Thoughts begin the process of creation. Every thought we have brings in energy, releases energy, raises the body's energy, or lowers it. Our thoughts affect the neural pathways linked to biological responses in the body. We can easily create endorphins (feeling good) or cortisol

(stress hormones) from just our thoughts. As we focus our mind on a single point, our breath slows and deepens. As we breathe vital prana into the body and lessen our constant negative impact on the body's energy field, our energy will begin to align naturally. We remove stuck energy in our fears and worries, so our vibration will rise.

#### **4. Meditation Breaks Through Mental Barriers of Belief Systems**

If we think we can't do something, we never will be able to do it. Our thoughts are that strong! If we don't believe anything is possible, we will never experience more and more beyond what we think we're capable of experiencing. Our mind defines how we react in the world, how we hear things, and what we believe. When we meditate, we begin to see the mind for what it is- sometimes our friend, but usually, it limits us. When we can go beyond the mind through the practice of meditation, we understand we can do anything we wish if we genuinely believe we can. We can change the world with our thoughts. We can become psychic, more intuitive, become healers, anything we doubted in our 3D reality construct. Our beliefs about our mind become multidimensional, so we manifest more of that!

#### **5. With Meditation, We Become Less Susceptible to Ascension Symptoms**

Meditation and the intake of pure, clean prana make our energy field more stable, and we become less susceptible to outside Influence and Ascension symptoms. We become more grounded, and our energy flows up, and our frequency rises. We match the higher energies discord symptoms dissipate, and we become balanced and strong.

#### **6. Meditation Will Help You Become a Pure Energy Channel**

When we are not running subconscious energy patterns, our energetic biofield doesn't get caught in knots and energy loops but instead flows more freely. When this happens, we have an easier time circulating energies to our whole body. You become a vessel for increased energy flowing through your body. And after a bit of meditation practice, you will begin to see that the energy channels in your body become clear, strong, and active. You can easily reach higher energetic experiences and pull through energy to help this planet and others on it.

#### **7. With Meditation we Can Understand People and Communicate Better Without Words**

As you become a clear energy channel, you will be able to walk up to a person and be less personally interactive with their energy field Projections and reactions from the mind are lessened by the habit of meditation, so you see, feel and 'read' a person or a situation more clearly. This means you can intuit things about them and receive communications from them without you or the other persona ever saying a word.

#### **8. Changing Your Light body Vibrational Frequency No Longer Allows Lower Vibrational Energies into your system.**

Once you begin on the path of accessing and allowing higher energies into your vessel through the changes that happen with consistent meditation, raising your vibration becomes almost self-

perpetuating. The clearer your vessel is, the more precise it wants to become. You become more transparent. As this happens, it is much harder to stay aligned with low vibrational foods, music, situations, and people. Moving up the path of Ascension continues almost on its own, and at some point, it no longer becomes a choice but a natural necessity!

### **9. Supercharge Your Healing Abilities**

Meditate an hour a day, and it's enough to take care of the next 23! You begin to live in the world as an integrated being. We become able to listen to the Higher Self (which is always there but perhaps not so apparent) who knows how to heal us in any situation. As we have more access to the Akasha, we can see what is helpful to a situation or a person. As our body-vessel becomes a clear channel, we can use its energy meridians and bio-field to flow through healing energies not only for ourselves but also for the world!

### **10. Meditation Will Take You Past Your Mind and Into Your Heart**

As the heart expands and we spend more time guided by our heart it's one of the greatest feelings in the world! Yet, due to our collective societal conditioning, most of humanity is taught to be guided by the decisions of the mind over the heart. For making money, we feel safe with the rational and analytical choices of the mind. Same for getting our basic needs met. But they don't call it the Monkey Mind for nothing! Meditation will allow your mind to go off and rest. The more you can identify and put the demanding mind to rest, the heart's awareness can come into play, and the more you acknowledge it and nurture it, the more it will stay with you. Love energy appears to be an innate part of the higher-dimensional realms. Meditation will help take you there!