



## **Meditation for Synthesis During Ascension**

### **ASPW- 3**

1. Sit quietly with both feet on the floor, preferably upon a chair. We recommend not crossing the legs so that the energy more correctly polarizes in the field. If you wish, play some nice peaceful music in the background and dim the lights. Burn some incense or light a candle if you so wish.
2. Now, close your eyes. Breathe in slowly, and then exhale slowly. Ground to the Aurora in the center of the Earth. The Aurora contains all of the Language of Light tones that Earth is currently embodying in her ascension. Allow your grounding cord to be the size of a six-foot tree trunk that you are firmly sitting in the middle of that extends from the Aurora to your source of origin and I AM presence.
3. Breathe in slowly, and then exhale slowly. Open the feet chakras. Begin to allow the Language of Light tones to rise through the legs, opening each meridian of the form energizing each chakra therein. Allow the tones to rise to the waist, some spilling over the lower half of the field and returning to the Aurora, washing away that which you are releasing now. Allow the remaining tones to rise up through the spine and out the top of the head, some flowing down the neck and arms and out the hands. Allow the tones to fill the grid work of the legs, torso, arms, neck, and head.
4. Breathe in slowly, and then exhale slowly. Now, reach up to your I AM presence, your Over soul, and the Source from which you emanate. Anchor your source firmly into the heart region and push it out throughout your auric field.

5. Breathe in slowly, and then exhale slowly. Now, anchor your source firmly into the pelvic region and push it out throughout your auric field.
6. Breathe in slowly, and then exhale slowly. Now, anchor your source firmly into your feet, pushing it out throughout your auric field.
7. Breathe in slowly, and then exhale slowly. Now, anchor your source firmly into the center of the Earth, into the Aurora, pushing it out embracing all of Earth. It is your source that synthesizes the field, and therefore must be present for this exercise.
8. Breathe in slowly, and then exhale slowly. Now, return to your source all guidance, souls, or beings in your field that are non-resonant with your truth, and anchor new souls that are in their place.
9. Breathe in slowly, and then exhale slowly. Allow the kundalini to rise up the spine like hot lava, attuning it in frequency with all of the tones of creation you have embodied thus far.
10. Allow the kundalini to gradually push up the spine and out the top of the head. Open the side channels allowing the kundalini to move up through the feet, up the legs, through the waist and rib cage, down the shoulders, out the hands, and past the ears and telepathic channels. It is the kundalini that allows enough energy to be present in the field to create the synthesis of tones. It is also the kundalini that burns off cords of attachment and karma in the etheric body in the act of synthesis.
11. Breathe in slowly, and then exhale slowly. Let us begin with the chakras under your feet that lead to the center of the Earth, along with the feet, knees, and first chakra's at the base of the spine. Let us synthesize all of these chakras into a complete rainbow of tones, without beginning and without end.
12. Allow whatever attachment comes up within the legs, knees, and feet, to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into yourself, front and back, left and right, masculine and feminine within. All attachment is rooted in cut-off circuitry that once had a whole and complete union within. Through intent, we shall move back to wholeness again.
13. Let us insert the thoughtform into the grounding, feet, knees, and first chakra *"I am the master of my destiny. I walk the path of the God Goddess within. I allow all others their unique journey, and myself my own journey based upon my own truth."*
14. Breathe in slowly, and then exhale slowly. Let us next move to the second and third chakras in the pelvis and solar plexus regions of the form. Let us synthesize

these chakras into a complete rainbow of tones, without beginning and without end. Allow whatever attachments comes up within the hips, stomach, or rib cage to be released in full. As you pull the attachments from those whom you are connected to, allow the circuitry to plug into yourself, front and back, left and right, masculine and feminine within.

15. Let us insert the thoughtform into the second and third chakra *"I am the creator and the creation. I am the expression and the power of God Goddess in human form. I allow all others their unique expression and power in form."*
16. Breathe in slowly, and then exhale slowly. Let us move next to the heart region. Let us synthesize the heart chakra, shoulders, elbows, and hands into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the chest, shoulders, or arms to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into yourself, front and back, left and right, masculine and feminine within.
17. Let us insert the thoughtform into the heart region *"I am the love of the God Goddess of my Being. I allow the love of God Goddess to flow through my heart blessing all others that I touch."*
18. Breathe in slowly, and then exhale slowly. Let us move next to the neck and head region. Let us synthesize the neck and head chakras into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the neck or head to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into yourself, front and back, left and right, masculine and feminine within.
19. Let us insert the thoughtform into the neck and head region *"I speak and see the truth of the God Goddess of my being. I shall allow no other to block my self-expression or vision. I allow all others their self-expression and vision."*
20. Breathe in slowly, and then exhale slowly. Let us move next to the crown region. Let us synthesize the crown chakra, and all chakras above the head leading to your I AM presence, Over soul, and Source into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the crown or above the head to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into yourself, front and back, left and right, masculine and feminine within.
21. Let us insert the thoughtform into the crown region *"I am the truth of the God Goddess of my Being. I allow the truth and information of God Goddess to flow through my crown allowing my ascension step by step, day by day. I allow all others their unique expression of truth upon the physical plane."*

22. Breathe in slowly, and then exhale slowly. Now, let us synthesize the subtle bodies that surround the form. We shall begin with the emotional body which for some individuals sits closest to the etheric body. For others, the mental body will sit closest to the etheric body. You may muscle test for which subtle body sits closest to your etheric body.
23. Let us begin by synthesizing the emotional body. First remove from the emotional body that which we have taken on from others and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the emotional body.
24. Now, allow the emotional body to synthesize into a complete rainbow of tones without beginning nor end. It is the emotional body that allows us to feel the love of God Goddess All That Is, along with the pain necessary to be processed.
25. Breathe in slowly, and then exhale slowly. Now, let us synthesize the mental body, which for some is the next layer out from the emotional body. Let us first remove from the mental body that which we have taken on from others and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the mental body.
26. Now, allow the mental body to synthesize into a complete rainbow of tones without beginning nor end. It is the mental body that allows language to be present to define our thoughts.
24. Breathe in slowly, and then exhale slowly. Now, let us synthesize the intuitive body, which is the next layer out from the mental body. Let us first remove from the intuitive body that which we have taken on from others and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the intuitive body.
25. Now, allow the intuitive body to synthesize into a complete rainbow of tones without beginning nor end. It is the intuitive body that allows us to hear the messages from our I AM presence, Over soul, Source, and God Goddess All That Is. Sometimes our confusion is simply the result of discordant energies of others in our intuitive body.
26. Breathe in slowly, and then exhale slowly. Last, let us synthesize the creative body, which is the next layer out from the intuitive body. Let us first remove from the creative body that which we have taken on from others and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the creative body.
27. Now, allow the creative body to synthesize into a complete rainbow of tones without beginning nor end. It is the creative body that allows our visions and dreams to come to fruition upon the physical plane. Difficulties with

manifestation can be the result of a missing creative body or any one of the subtle bodies.

28. Breathe in slowly, and then exhale slowly. It is all four subtle bodies that should spin in the same direction around the form (counterclockwise for those of the feminine gender, and clockwise for those of the masculine gender). Let us have our subtle bodies all spin in the same direction around the form. As this occurs, one enters a timeless state in which one's further expansion or ascension can come to fruition. As the subtle bodies spin, additional attachment in the etheric body is simultaneously spun off.

27. Breathe in slowly, and then exhale slowly. Lastly, let us synthesize our large chakras, light body, and auric field. Let us sit in this moment of the ecstasy of our field dancing in unity within. As one dances in unity within, one merges with all other species in an energetic dance of unity without. In the unity, an inner state of peace emerges.

Now is the time to connect with your soul for guidance and advice as to that which is troubling you, or to ask what your next step is upon your path of ascension.

Allow the visions of soul to descend so that you may fulfill upon your mission this lifetime.

You may utilize this meditation as many times per day as you wish to clear the field.

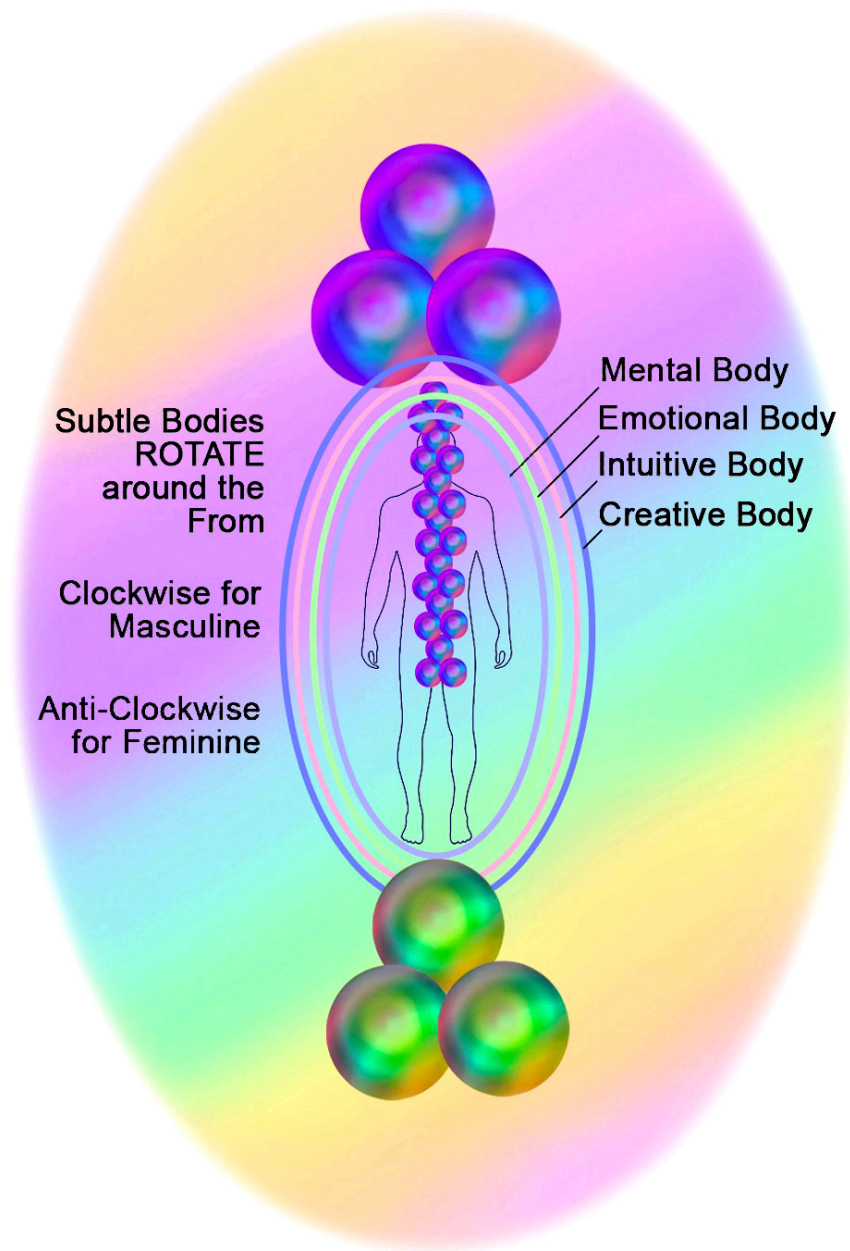
Know that synthesis shall trigger the next layer of issues and patterns to be released in your ascension. If you have difficulty synthesizing, it is generally because there is one or more tones in the scale of the Language of Light being rejected from your field.

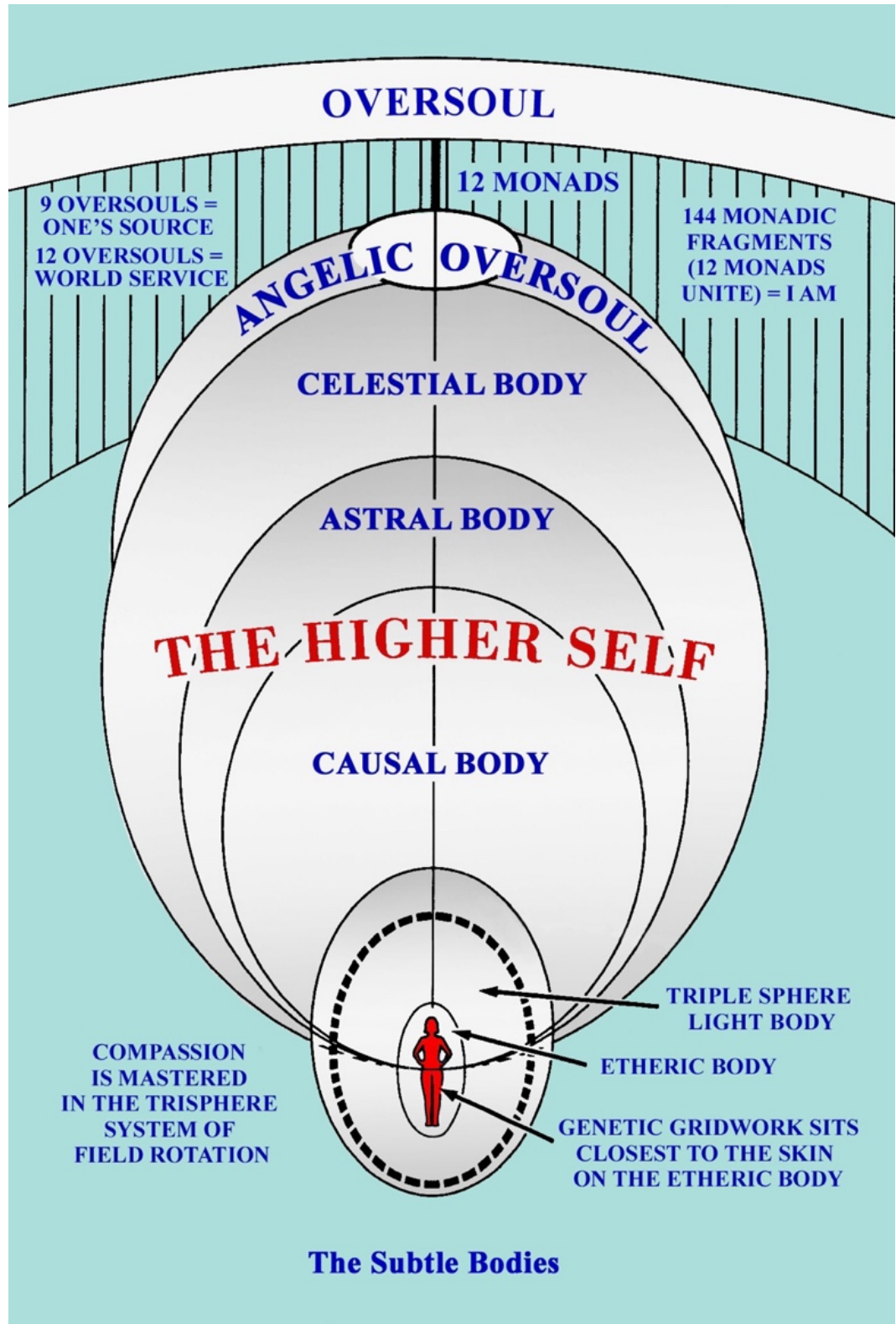
If this is the case, the simple intent to release all karma at cause of the rejection should rectify the situation.

May you continue to expand and ascend, beloved.

Please see diagrams below for a depiction of the subtle bodies, etheric body, oversoul, and rejection of tones in ascension.

# Synthesis







## Rejection of Tones in Ascension



**1. Forgiveness** - If one rejects the forgiveness tone entirely, one will fail to ascend to 2600 segments or beyond as forgiveness is the foundation of evolution to 3000 and beyond. If one's inner male tends to hold on to grudges and fail to forgive, one will tend to reject the deeper pink range of forgiveness. If one's inner female tends to forgive everyone blindly, but without processing the full range of lessons associated, one will tend to reject the lighter pink range of forgiveness.



**2. Structure** - If one rejects the structure symbol in full, one will fail to master the rotational energy flow associated with a magnetic triple lotus patterning and will fail to ascend to 3000 segments or beyond. If one's inner male tends to hold on to the past and dislike change, then one rejects the deeper lavender range of the structure tone. If one's feminine tends to force change before it is time, then one rejects the lighter lavender side of the structure tone.



**3. Power** - If one rejects the power tone in full, one will fail to embody authentic power that is founded upon one's truth in action. If one's inner male tends to dominate others, it is a sign that one rejects the deeper peach range of the power tone. If one's inner female tends to subordinate unto others, it is a sign of the rejection of the lighter peach range of the power tone.



**4. Compassion** - If one rejects the compassion tone in full, one will fail to learn the lessons of compassion in action. If one's inner male tends to reject or dislike others who are struggling in the dance of life, then it is a sign of the rejection of the deeper tones of turquoise associated with compassion. If one's inner female tends to overemphasize with others and feels all their emotions, it is a sign of the rejection of the lighter turquoise tones associated with compassion.



**5. Breath of Life** - If one rejects the breath of life tone in full, one will fail to learn to become the dreamer and the dream in ascension. If one's inner male tends to take the dreams of others to manifest their desired life experience, it is a sign that one rejects the deeper yellow color of the breath of life tone. If one's inner female tends to give her dreams away to others, it is a sign of the rejection of the lighter yellow color of the breath of life tone.



**6. Non-Conditional Love** - If one rejects the non-conditional love tone in full, one will fail to learn boundaries in ascension. If one's inner male tends to reject others to create boundaries, it is a sign that one rejects the deeper silver color of the non-conditional love tone. If one's inner female tends to love everyone without boundaries, it is a sign that one rejects the lighter silver color of the non-conditional love tone.



**7. Freedom** - If one rejects the freedom tone entirely, one will fail to release enough attachment or make the appropriate life changes to ascend beyond a certain point. If one's inner male tends to be independent and non-committal in nature, then one will tend to reject the deeper color of the yellow associated with the freedom tone. If one's inner female tends to cling to others creating more attachment rather than releasing attachment in ascension, then one rejects the lighter yellow color associated with the freedom tone.



**8. Divine Union** - If one rejects the divine union tone entirely, one will fail to learn to commune with body, soul and earth. If one's inner male tends to dominate the dream for one's life out of ego rather than allowing earth and soul to weave the dream in co-creation, it is a sign that one rejects the deeper lavender colors associated with the divine union tone. If one's inner female tends to sabotage the dream for one's life out of the negative ego rather than allowing earth and soul to co-create a joyous life experience, it is a sign of the rejection of the lighter lavender colors associated with the divine union tone.



**9. Unity** - If one rejects the unity tone entirely, one will fail to learn to relate to others out of unity and equality in one's ascension. If one's inner male tends to desire to rise into power within the group by taking the power of others rather than allowing each their own power in equality, it is a sign of the rejection of the deeper shades of pink of the unity tone. If one's inner female tends to desire to disappear or be invisible in group relations, giving her power away, it is a sign of the rejection of the lighter shades of pink.



**10. Non-Conditional Governance** - If one rejects the non-conditional governance tone entirely, one will fail to learn to contribute one's gifts and talents in group relations and in equality, or in other terms, lead in ways that one has wisdom to do so. If one's inner male desires to rise into the leadership role of the group out of the desire to be in power, it is a sign of a rejection of the deeper tones of gold associated with the non-conditional governance tone. If one's inner female tends to subordinate to the one in power or the leader of the group, it is a sign of the rejection of the lighter shades of gold associated with the non-conditional governance tone.