



ASPW – Bonus

Ten Ways to Support Ascension

This handout explores the thoughtform that restrains one in the current human paradigm. How does one pull oneself from the current paradigm? First one chooses to alter all thoughtform associated within into the Language of Light. As this occurs, the biology alters from its current state into a regenerative system. This is a gradual process that will take years if not a decade or more to fulfill upon. However, as one lifts beyond the current paradigm, one will begin to make changes in the way that one lives. Here are some suggested changes that are helpful to support the continued evolution to 3,000 DNA segments and beyond in this lifetime.

1. Fill Your Home and Office with Plants and Running Water: Turn the home or office into an indoor garden so that it can participate in the natural world. Plants and running water will remind you that you are a part of Earth and the natural world and to call such energies into the dance.
2. Create an Ascending Garden: Turn your back yard into a vegetable garden or place some pots on your lanai or patio filled with tomatoes, herbs, cucumbers, and lettuce. Intend to work with the kingdoms to modify the biochemistry to serve ascension. This shall be in preparation for another time in which many pull together to work the garden together for this common goal.
3. Give the Television Away and Cancel the Subscription to the Newspaper: The media not only programs the field with needless cords of attachment, antimatter energy and fear based thoughtform, but also causes us to focus outside of our self. Instead take time to be in nature, work with your garden, meditate, read information helpful to ascension, and detoxify the form through baths, swimming, and other forms of mild exercise.
4. Relocate Out of the City: The cities are so dense and so filled with compounded matrixes that one is more likely to be stripped living in this kind of environment making ascension difficult. Making plans to relocate unto the country is a wise choice for those devoted to ascension in this lifetime.
5. Create A New Job That Is Outside of the City: Working in the city causes too many hours each day to be spent in a dense environment that is non-supportive of ascension. Take the skills

that you have and see if a parallel job cannot be created in another region that is less dense and therefore more supportive of one's goal of ascension in this lifetime.

6. Cut Up the Credit Cards and Pay Them Off or Default If There Is No Karmic Debt Owed in Return: Continuing to pay on credit debts that one does not owe in karma only causes one to lose chi and then fail to be able to manifest one's dreams. Perhaps it is far better to declare bankruptcy or default upon the credit that is not really owed as one will then have far more chi to ascend and weave one's dream with. Credit can consume as much of 30% or more of one's chi on a daily basis. Intend to begin to use debit card, cash or check in all transactions and whenever possible.

7. Pay Off the Car and Maintain the One You Have or Use Public Transportation Instead: Car loans like any other kind of loan tie one into the money pyramid. Car loans and the insurance associated can take upwards of 20% of one's chi and dream for manifestation. Choosing to maintain an older car also anchors the thoughtform of ceasing to throw away that which still has a use or in other terms, the concept of self-sustenance.

8. Pay Off the Home or Move Somewhere You Can Purchase Outright or Lease Instead: Mortgages will consume 30% or more of one's creative flow through the money pyramid. As an ascending human, one loses more chi through the mortgage than one can produce in any given day of ascension. It is therefore best to free oneself from this type of debt and as the karma with the financier is complete.

9. Cease to Carry Needless Insurance: Insurance only ensures that one needs to create an accident or illness or theft to collect upon the insurance and to balance the scales of karma created with the insurance companies in the dance. This calls dark dream unto oneself needlessly. As one is complete with karma for insurance, it is far better to pull out of the game. Perhaps one will pay off the car in full and instead of buying new, carry the minimum insurance required by law and balance the scales energetically. Perhaps one will convince one's employer to give one the health insurance proceeds as a bonus each year. Cancel the home insurance and ground the home placing protective guardians around it instead.

One initiate would leave the home unlocked recurrently in a bad neighborhood in the Berkeley Hills of California. She would always place guardians around the home along with grounding it to the core of Earth and no one ever disturbed the premises. Asur'Ana has also heard of several fires extinguishing themselves at the doorstep of homes that were grounded. This can also be so for floods or any other natural disaster including hurricanes and earthquakes. Ground the premise and nothing will be disturbed even if all the neighbor's homes are wiped out. Ground the car and it will never be disturbed. Ground yourself and you too will be safe from accidents.

10. Cease to Participate in Interest and Investments Associated with Trading Upon Paper: Trading on paper creates more karma than one understands due to the bartering of dream and the suffering and poverty it causes. It is best not to participate in this type of game therefore as an ascending human. Instead invest in land or real estate for future ascending community, or to provide for one's own needs.

We hope you have found this information useful in your personal path of ascension. We will continue to focus upon information that supports creating a complete ascension in this lifetime and rising into the unity paradigm in the workshops to come.