



MMW - 1

Energetic Cycles of Ascension

The release process in ascension patterning also cycles through the chakras and energy systems of the field. For each of the above biological ascension cycles, one will address each of the energetic systems in the field leading to the release of polarity-based patterning and machinery along with thoughtform associated, and the integration of the Language of Light. Generally, the cycles through the field occur in a particular order that tends to be in the following sequence.

1. **Grounding Issues:** Generally, one begins each sub-cycle of biological transmutation by addressing patterns in the grounding and first chakra region along with the feet and legs. Any pattern that restricts one's ability to ground is generally released during this time.
2. **Reproductive and Regeneration Issues:** Next one will address patterns that restrict the sexual energy flow through the pelvic region and hips and rotation of the sexual chakra and will center along with sexual lotus. Any pattern that restricts one's ability to move the sexual energy is generally released during this time.
3. **Power and Breath of Life Issues:** Next the patterns restricting the power and breath of life regions and energy flow is addressed. Any pattern that restricts one's ability to breathe regularly is generally released during this time.
4. **Love and Heart Issues:** Next the issues of love and opening the heart are addressed. Any pattern that restricts one's ability to love is generally released during this time.
5. **Co-Creation and Dream Weaving Issues:** Next the issues of co-creation and dream weaving are addressed. Any pattern that restricts one's ability to run the creative flow or weave the dream is generally released during this time.
6. **Visionary Issues:** Next issues of vision and clairvoyance are addressed. Any pattern that restricts one's ability to perceive is generally released during this time.

7. **Issues of Knowledge and Competition:** Next issues of knowledge and competition are addressed. Any pattern that restricts one's ability to know is generally released during this time.
8. **Issues with God Goddess:** Next issues of seeking an external savior are addressed. Any pattern that restricts one's ability to connection to Source is generally released during this time.
9. **Issues of Emotional Expression:** Next the issues of emotional expression are addressed. Any pattern that restricts one's emotional body is generally released during this time.
10. **Issues of Mental Expression:** Next the issues of mental expression or the ability to language one's thoughts are addressed. Any pattern that restricts one's ability to language is generally released during this time.
11. **Issues of Intuitive Expression:** Next the issues of one's ability to intuit are addressed. Any pattern that restricts one's ability to intuit is generally released during this time.
12. **Issues of Creative Expression:** Next the issues of creative expression are addressed. Any pattern that restricts one's ability to manifest is generally released during this time.
13. **Dreamtime Expression:** Next the dreamtime self is addressed, and restrictive patterning transmuted in this energy system.
14. **Sexual Energy Issues:** Next the sexual energy system is addressed with any restrictive patterning released in the kundalini or sexual energy systems. This includes the regeneration chakras and etheric kundalini.
15. **Digestive Energy Issues:** Last in each sub cycle of biological ascension, the digestive energy system is addressed. Any restrictive patterning that does not allow for fluid digestion of new information and release of the old patterning is relinquished.

During each sub-cycle of biological ascent that lasts 20 to 60 days depending upon age, each of the 15 above energy systems are addressed and the old patterning sloughed off, and new Language of Light information and energy flow integrated. As one monitors each cycle, one can make sure that each layer of the field is cleared in each sub-cycle of biological ascension.

See chart below.

ENERGETIC CYCLES OF ASCENSION

1. What cycle of energetic ascension are you currently transmuting?

- ☐ Grounding Issues (base chakra)
- ☐ Sexual Energy Issues (pelvic chakra)
- ☐ Power Issues (solar plexus chakra)
- ☐ Breath of Life Issues (diaphragm chakra)
- ☐ Heart and Love Issues (heart chakra)
- ☐ Co-Creation Issues (throat and occipital chakra)
- ☐ Visionary Issues (head chakra)
- ☐ Knowledge Issues (crown chakra)
- ☐ Male-Female Issues (right and left chakras)
- ☐ Mental Expression (mental body)
- ☐ Emotional Expression (emotional body)
- ☐ Intuitive Expression (intuitive body)
- ☐ Creative Expression (creative body)
- ☐ Dreamtime Expression (dreamtime body)
- ☐ Kundalini Issues (sexual energy system)
- ☐ Digestive Issues (digestive system)

2. What herbs or minerals would support this cycle and the cycle ahead along with integration of those cycles schismmed over?

Is there a particular part of the energy field or several areas that has been schismmed over and are behind in their evolution as a result?

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Grounding Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Sexual Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Power Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Breath of Life Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Heart/Love Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Co-Creation Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Visionary Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Knowledge Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Male-Female Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Mental Expression | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Emotional Expression | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Intuitive Expression | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Creative Expression | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Dreamtime | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Kundalini Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Digestive Issues | #Cycles Behind <input type="text"/> |

I intend to make sure that each layer of my energy field is no more than five cycles behind in its evolutionary shifts.

I intend to address all issues, even those that I resist looking at within myself.

I intend to focus upon those regions that I have heavily schismmed over each cycle.

I intend to create a complete biological ascension this lifetime and learn all the spiritual lessons that I can to allow evolution to take hold in my ancestry.

I intend to process the thoughtform, patterning, machines and entities in each layer of my energy field as the issues surface in my continued ascension.