



By: Michelle Walling, CHLC

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Introduction:

The following material is the compilation of eleven articles exclusively published on In5d.com from guest writer Michelle Walling, CHLC. As with any spiritual guidance, this material should be considered with the reader's internal discernment, taking what resonates and leaving what doesn't. In times of tumultuous change on the planet, it is presented with the hope that this material brings enlightenment and allows for open thought processes to bloom.

About the author:

Michelle Walling is a Certified Holistic Life Coach. She has devoted her life to being a bearer and grounder of the light in service to others. As a truth seeker, she is committed to share her experiences with the world. She is also a hands-on healer, a distance healer, an empath, and an intuitive. Michelle has recently joined forces with Gregg Prescott as an admin for the [In5d Facebook page](#), as an assistant for [In5d Events](#) and as a contributing author for www.in5d.com. Michelle also supports Gregg's endeavors in many other areas including alternative and holistic healthcare. Their next project is a walk in clinic under the name AHH- Alternative Holistic Healthcare to be launched in 2014-2015 in the Sarasota, Florida area, and then subsidiaries will be opened around the world based upon that model.

How to Ascend- Ascension 101- Part 1

The knowledge of 'How to Ascend' lies within our [DNA](#). Our monad carries the tools and knowledge we need to ascend from experiencing many lifetimes, and a copy of this akashic record has been lying dormant in our DNA. The ability to tap into this knowledge requires a clear and healed body of light, of which this in itself requires a manual of instruction. This is the dichotomy, the prime expression of duality in this lifetime- we need knowledge in order to find the user's manual of knowledge. However, there is hope because each one of us holds an individualized key which unlocks the door of knowledge that contains our own personal ascension instruction manual.

In this game we call "life," we decided that when we incarnated into this physical form we would forget where we put the key to unlocking the truth. We must have been completely out of our minds to think that we would enjoy this frustrating game of hide and seek, looking under every yellow brick that comprises the journey in the path of life. While preparing for this incarnation we decided we would have to give ourselves a clue. So we decided that we would trigger a certain point in our life that we would grow tired of picking up bricks and looking under them, and out of exhaustion, we would sit down to relax under a nice shade tree. While sitting under that shade tree, we would look down at our weary hands and feet and wonder how we would be able to continue on this path of searching. And that is when the magic would happen.

Our thoughts of defeat would be interrupted from a faint glow coming out of our heart. As we look down to our chest area, we would notice that it would begin to grow brighter and brighter the more that we looked at it. The more we looked at it, the more we began to forget about everything else that was happening, including the fact that it had begun to storm all around us with rain, thunder, and wind. The more it stormed the more we would bend over in protection, the brighter our light would shine from our heart as we curled up within ourselves into the fetal position. This is akin to the "[dark night of the soul](#)". The more we hugged ourselves tight, the less we were affected by anything else that was happening around us. With our heads in our chest, we would be enveloped by the light emitting from our heart and we would begin to feel as if we were floating on a cloud of light. Music would fill our ears and we would feel dreamy and joyful. We would forget everything that had happened up to the point of now, wanting nothing more than to stay in this place of bliss forever.



But then we realized that we had only fallen asleep under the tree, lost in a dream with our head slumped into our chest. We would awaken to realize that it was getting late and that we hadn't eaten in awhile and our animal instincts of survival would take over. We would no longer focus on bending over to look under bricks, but instead, looked forward down the winding path in search of home and a hot meal. Somehow, we came through the storm a little bit stronger, ready to face a new day.

This parable is just a reminder for us on [how to find the truth](#). The truth feels good, it feels safe and cozy. The truth lies within our hearts and our heart chakra is the key to the door of knowledge that will teach us how to remember the way back to that cloud of light- which has been described as “home”.

What Is Ascension?

Ascension has been defined many ways and may mean something different to many people.



Some say it means spreading our wings and floating up to heaven into the blissful light through the pearly gates without actually having to die. Another analogy is walking down a long hallway of doors and trying each lock with your key until you find the one that opens. That door will be meant just for you and to ascend involves walking through that door and [opening your eyes to a whole new reality](#). If you were to sit at the end of the hallway and never try to open any of the doors then you would go nowhere. Some people have a really long hallway that seems to go on forever and some people have dropped their

key and the hallway lights have been turned off. The silver lining is that there are light switches on the walls of the hallway and there is a way to find the door that you need to open... it will have light glowing from behind it.

To define *How to Ascend*, you must first look at the definition of ascension itself. Our language was created as a means of communicating but was also created to limit us. True, powerful communication does not use words; however for this explanation it is necessary.

The Merriam Webster dictionary’s definition of as·cen·sion is:

The act of rising or ascending; especially: the act of moving to a higher or more powerful position.

Interestingly, the dictionary describes this definition as a noun- as defining “the act of”. That is a linear and third dimensional hierarchal way of looking at [ascension](#). There is no doubt that defining ascension as a thing rather than an action is even more limited. The truth is that there is no definition of ascension that can be put into words. However, describing [the process of ascension](#) might be more appropriate, which might be along the lines of:

Ascension is acknowledging and standing in your full power of who you are as you co-create the illusion of separation while existing in a high vibrational state of love. It involves consciously connecting with the tools and experiences of your akashic record held within your DNA with the help of your higher self by merging and balancing the high vibrational essence of who you are into physical manifestation.

What Does Ascension Mean?

So, what does ascension mean? We are divine, cosmic, individualized aspects of our Creator. In order to know itself, our Creator needed to expand, to experience. The energy field that is the Creator is so large that it cannot move throughout the cosmos, so Creator sent forth particles of itself that had to be stepped down in size and formed many monad creator beings. Then those creator beings sent forth particles of themselves into souls and these souls sent forth an aspect of themselves into a physical body. The experience of being human is transmitted and mirrored back to



Creator. Ascension is achieved by following the thread of consciousness that connects you, the human, to the wholeness of who you are as a spark of Creator and consciously increasing your light by bringing more of these particles into your physical body. Our bodies were designed by aspects of creator to have this experience but we first have to find the user's manual to the human body. The thread of consciousness that connects us to our souls, monad, and Creator lies behind the doorway within our heart. Once the door is opened, the [human body](#) is the vehicle that will take us anywhere we want to go with the assistance of our higher self.

Each person incarnated on this planet has a prime opportunity to tap into the stream of light that is accessible to us in this time, due to the alignment of the planets and stars. Once we awaken to what we are here to do, most of us want to get on with it and rise like a phoenix out of the ashes and decide where we want to go to next. The ascended light body version of our human bodies have the codes needed to open many stargates and wormholes that will give us the choice of returning to a familiar place to visit old friends or soul family or to serve as ambassadors to other planets that may need our experiences in order to evolve in their own return back to Creator. The possibilities are as endless as our imaginations.

What Ascension Means to YOU

The knowledge of *How to Ascend* is a summary of the secrets within the traditions of spiritual, esoteric, and metaphysical practices. There are many ways and means to ascend and some practices work better than others for different people. This series on *How to Ascend* is not meant to be an all inclusive guide nor is it meant to be the only way. It is representative of turning on the light in the hallway of doors in order for you to find your key. There is no race to ascend and the only limitations involved are self imposed. Everyone will achieve what they came here to do on an individualized schedule and we will tend to connect and migrate toward those who are vibrating at the same level as we are. How much "work" you put into ascension determines the timing and progress of your ascension, coupled with the raising of the vibration of the planet as we are made of the same essence of her as well.

How to Ascend - Intention and Awareness - Part 2

The road to ascension has many curves, bumps, potholes and roadblocks. In order to travel this road with the least amount of damage you must have intention to steer your vehicle with awareness of the hazards and alternative routes.

Every person incarnated on the planet at this time had already made the choice whether to ascend or not to ascend before they incarnated. Yes, there are some people who chose not to ascend in this lifetime.

There are a multitude of reasons that our human brains cannot comprehend at the time, but a few examples are:

- They knew would not be able to complete the lessons or balancing of karma necessary in preparation for ascension and gave themselves in service as difficult people in our lives so that we may overcome our karma with them.
- They agreed to play the role of the dark for Creator's experiment.
- They are not from this solar system, galaxy, or universe, or cosmos. They may have only had a few lifetimes before this one and they are just observers. They are only here to help catapult humanity and Earth because the ascension of Earth and her life forms affects all life everywhere.
- They for whatever reason came to experience life as a human and volunteered to be the casualty in human history for a major event such as 9/11 or the Fukushima disaster. It has been said that everyone that dies in one of these disasters signed up for it before this incarnation- there are no accidents.



It is assumed that these people will stay on the planet until their jobs are done and exit through the traditional way of dying- lifting out of their human bodies.

Then there are those who planned to ascend but have yet to awaken. We cannot judge these people either, as there may be good reasons as well. Some may have chosen to awaken at the very last second so that they could experience as much of a free willed, third dimensional planet as possible. Then there are those poor souls who just knew they would awaken at the time that they planned, but did not expect that the dark forces would be so powerful in their programming capabilities.



Because you are reading this article, there is an excellent chance that you are awakening and searching for the instruction manual on *How to Ascend*. The first thing that is necessary is to tell the Universe that you are ready to put your assignment into motion. This is done with *intention* and should be super charged with *emotion* (energy in motion) in order to make sure it is effective. Once you set your intention in motion, it will be imperative to have *awareness* of what is

happening all around you. By using the [Laws of Attraction, Manifestation, Vibrational Attainment, and Gratitude](#) you can state your intentions out loud and have them heard by all who are ready and waiting to help.

Although we have the ability to manifest many intentions on our own, we planned all along to have help with ascension. There are many beings here to help us that exist on other levels of vibration that cannot help us until we ask them. Even then they have Universal rules to follow, they will do everything they can to figure out a way to help. We commonly refer to them as our guides and angels. Any other name you would like to give them is perfectly acceptable. There are also many space brothers and sisters of the light that are either in cloaked spaceships around the planet, in [visible spaceships around the planet](#), in [the Inner Earth](#), or tuned in through their Intergalactic TV channel. Yes, there are people watching us but don't worry, they generally cannot see us use the bathroom or other potentially embarrassing things as they do have some respect for our privacy.

Your specific intention "prayer" should be written down with attention to detail and personalization. In preparation to read your intentions to the Universe, it is suggested that you do so in a semi-meditative state, i.e. relaxed with your heart center open and ready for transmission.

The following subjects should be included in your intention manifestation speech:

1. [Ask your guardian angels, spirit guides](#), and/or space brothers and sisters of the light for white light protection and ask them to prepare to assist you in every way they can.
2. [Connect with your higher self](#), your soul, and your monad.
3. [Acknowledge your Creator and express gratitude](#) for the opportunity to serve as a part of Creator in this time on planet Earth.
4. Ask for help in remembering [how to raise your vibration](#) and ask for assistance with [all of your bodies \(physical, emotional, spiritual, and mental\)](#)
5. Ask for assistance in adapting the body in order to expand more of [your soul's light into your pillar of light](#).
6. Ask for assistance in [accessing your own akashic records](#) which holds all of your tools and experiences [from all of your past/future lives](#).
7. Ask to BE Graceful, Compassionate, Joyful, Loving, and anything else you would like to exhibit.
8. Intend or "command" that [your DNA strands be activated](#).
9. Ask that your body be healed, cleared, and that [all of your Extra Sensory perceptions be activated, including your third eye \(pineal gland\)](#).
10. Ask for [discernment](#) in seeking the truth.
11. Ask for [confirmation and synchronicity](#) to lead the way along your path.

Add anything else you feel prompted to manifest, including acceleration only if you feel you are ready for the challenge. In order to stay on the path of ascension, we must be aware of our actions and surroundings. Clues and cues have always been there for us in our lives, and some of us have noticed them but perhaps we marked them up to coincidence. Once you exercise the [Law of Attraction](#) and manifestation, it will be important to be aware more than ever of synchronicities. Pay attention to what you are doing, what you are thinking, and what you are

feeling at the time of a synchronistic event. If you cannot narrow the reasoning down, don't get too overwhelmed by left brain thinking, just realize that you have asked for confirmation that you indeed are not alone on this journey.

Relationships are a gift to us, even the bad ones. Through relationships we can see ourselves in the mirror and thus we can see what we might need to change, or vice versa for our relationship partner. In this stage of awakening it is imperative to begin to see your life unfolding as if it were a play. Take the balcony seat and observe what is happening in your play. Do you recognize patterns of repetition with behavior, actions, and programming? These may very well be the things you need to work on, and the processes for working through these will be discussed throughout this series.

[The planet is constantly being bombarded with dissonant frequencies in order to keep us numbed out and dumbed down.](#) Until you are cleared, healed, and protected from these waves, it is imperative that you cut down as many transmitters of these extremely low frequencies as possible. They exist through television, radio, wi-fi, and cell phones, to name a few that we can control. Basically you will want to "unplug" and learn to exist with minimal disruption as you go through the initial phase of awareness and manifestation of setting your ascension into motion. The reality is that we all depend on these devices and most of us cannot live without them, but do your research to see how you can cut down on being susceptible to constant bombarding. Internet is almost a necessity in our awakening because we can have the answers to almost anything in the touch of a search keystroke. The best option would be to turn off the wi-fi and hard plug yourself in, but use your own judgment as always as to what feels right for you.

Be prepared to follow your inner guidance on what to do or where to go. Perhaps you will be led to a certain book at the bookstore or you get a strong desire to visit a powerful vortex in Sedona, Arizona. Pay attention to clues and signs and follow your heart's desires as it leads you. [Many times the relationships we have begin to fall apart and new people come into your life.](#) No one said this was going to be easy, including yourself before you came here. Just be dedicated and prepared to do whatever it takes to fulfill your mission of ascension. We only get this one shot in this [Age of Aquarius](#) to go out like Rockstars. Anything else would not be acceptable to us in a life review...don't disappoint yourself with spiritual laziness. No one else can do this for you. There are many people in the same stage as you are, and the internet is a fabulous way to connect with these people.

A plethora of information awaits you at [In5d.com](#). Gregg Prescott, founder and owner of In5d, has dedicated his life to serve humanity to bring people together in support of their awakening and ascension. There is a 24 hour live chat at the bottom of every page with people of various stages of development and understanding ready and willing to help. There are radio shows and videos on just about any topic you can think of. In5d.com is available in a number of languages.

In closing, the Universe provides laws by which we can manifest our desires by the use of intention. Proper use of intention should incorporate heartfelt emotion and gratitude. Becoming more aware of your life unfolding as a play in the school of hard knocks is helpful in showing you the things that need attention in order to keep you on the path. It is imperative that you

dedicate yourself to this phase of your awakening and be prepared for changes. Keep stepping forward, one foot in front of the other.

How to Ascend - Going Within - Part 3

One of the biggest fears some people face is seeing ourselves for who we really are. Without the title given to us from our career or the title of being a parent or someone's child, we fear the loss of identity of who we are. We have been programmed from an early age from television and school to "grow up and be someone".

Those who have yet to awaken to their true identity will do anything to keep the mind distracted and occupied. These people seem to fill their calendars with almost more they can handle until they collapse at night only so they can go to sleep to get up and do it all over again. They derive a false sense of accomplishment from all of the things they "do". It defines who they are in their minds, and it is the [ego's job to keep the charade up](#).

Once a person awakens to the fact that they are a spirit having a human experience, questions begin to arise about the real meaning of life. The questions of ["Who am I" and "What is my life purpose"](#) inevitably come to mind. In order to drill down to the core of who you are, [you have to still the ego driven mind](#) and clear your calendar for some alone time.

What does it mean to go within?

To go within simply means to be with yourself, to listen to yourself and your higher self, and to feel yourself by calming the mind and clearing the clutter, allowing more space for your higher thoughts to enter your being.

[Going within usually involves some form of meditation](#). There are many forms of meditations available to you with many intended results. In fact, there are so many that it may become overwhelming and confusing to try them out and to choose which is best. However, the best suggestion is to simply create your own from the beginning. To go within simply means to hear your true self- your true thoughts, separate from the mundane chatter of what you still need to do on your list for today or what you will eat for dinner.

Have you ever caught yourself daydreaming? Perhaps you were driving and you catch yourself lost in thought- not really paying attention to the road. You wonder how you have been driving for the last few minutes without fully paying attention. Maybe the mundane task of washing dishes lulls you into that place of stilled thought, and maybe you daydreamed of that vacation you would like to take where there aren't any dishes to wash. This form of meditation is called waking meditation.

The daydream state is a preface to going within. Although that state of being calm is a great way to listen to yourself (you just told yourself to take a vacation while washing dishes) it is not deep enough to get to where we need to be for this discussion.

How do I go within?

Ironically it takes focus to steer your mind to this place of just being with yourself at will. Having an un-cluttered place of your own to sit and be with yourself is essential. Some like to go into nature and some like to find a room in their house that is quiet and set up an ambiance with soft music, candles, and incense. If you have a full house you could let everyone know that you are spending some time to yourself to unwind, and perhaps you hang a sign on the door letting people know you wish to not be disturbed.

Click [HERE](#) for You Tube Link to “What To Do Before You Meditate”:

Any meditative practice begins with a few key principles: placing yourself in a comfortable position, closing your eyes, breathing, and grounding. Meditation doesn't necessarily require sitting on the floor in the lotus position, although many use this practice to go deep within without falling asleep. If you are unable to sit in this pretzel-type position, you can sit in a comfortable chair or you can lie down on the bed or the floor. You may want to try all three and see what feels best for you. If you lie down, you may fall asleep and that's ok, but if this happens each time you may want to try sitting up.

Once you are comfortable, take a couple of deep breaths, inhaling through your nose and exhaling from your mouth. Breathing invokes the invisible force of life that keeps our bodies going. By expanding our lungs we set the flow of blood and oxygen into motion, and we get more oxygen to our brain. Our subconscious keeps us breathing without having to think about it; however conscious, deep breathing clears the mind and relaxes the body. Have you ever noticed yourself sighing? It is usually at a time that you need to calm and center yourself.

Use whatever method you prefer to [become grounded](#). If you are already outside in nature, you are probably already grounded but it doesn't hurt to ground some more. You can imagine yourself as a tree, and your legs and feet are the roots, merging with the soil of mother earth. We are all made of the elements of the earth, so we can imagine ourselves melding with the earth below us. By doing this we are anchoring ourselves which will allow for better exploration within.

Once you have relaxed and have grounded yourself, simply sit there and feel yourself. Place your attention to any part of you that is uncomfortable or stiff, and work through adjustments to make sure you are feeling relaxed. Then place your awareness on your thoughts. We cannot make our minds stop thinking, but we can begin to change the thought focus, allowing some thoughts to come in and letting them go as quickly as they came in, without dwelling on them.

The next step in going within is to begin to connect with yourself with your heart chakra. This involves shifting your focus to within your chest area. If it helps, you can imagine a “mini me” version of yourself sitting inside your heart. Simply observe and feel what it is to be merged with your heart. This is your safe space and is where you will find your true self. Truly make this part whatever you want to, use your imagination to create a space within your heart. Some people envision sitting inside a room, decorated just the way they like it.

Inside your sacred space, sit with yourself, clear the clutter from your mind, and observe your experience. When you are finished with your experience of getting to know yourself, slowly open your eyes and take a few more deep breaths, bringing yourself back into the state we call our reality. That's it, it is that simple. Congratulations, you have just learned what it feels like to go within!

What if I do not experience anything?

Do not have expectations about some great epiphany from going within, however do not be surprised at what may come to you. Some people have no experiences in meditation other than a sense of calming love. Some people see colors and/or geometric patterns, some feel sensations throughout their body, some people hear voices (sometimes their own), some people meet their guides, and some people even see images on a television-like screen. The biggest mistake you can make when learning to go within is to try to make one of these things happen. This is truly an individualized experience and yours will be like no other. Don't get discouraged or disappointed and don't think you are doing it "wrong". Just keep practicing, and with time you will find that you can get to that place of calm waters within your heart center quicker with each sitting. The key to a successful meditation is to bring thoughts from within, even if you think it is your imagination.

As you visit yourself within your sacred space, you will begin to know your true self better. How do you feel in your space? You should feel love within this space, and there is no greater pleasure than feeling this true love for and from yourself. As you progress with [your own meditation technique](#), you may want to explore some advanced techniques that involve a series of breathing, hand mudras, or chanting or ohming. You may also want to ask your guides and angels to begin to help you go further within. There may be some clearing or blockages that you need to do and we will explore some of these things in a later segment.

Ascension is a step by step process, although you create the steps based on your awareness and by following your inner guidance. There is no better instruction manual than following how you feel, and trusting yourself will lead you to the doorway of light. No matter what anyone can offer you on how to go within, it is all your own personal preference on how to meditate and find that comfortable routine that will allow you to move the rest of the insignificant thoughts out of your mind in order to hear what your true self has to say or how it makes you feel. Keep trying and you will get there.

As [spiritual beings on a human journey](#), we realize that we are visiting the human body, and are housed within our hearts. Moving your consciousness to your spirit within your heart center is one of the first exercises of ascension. We will discuss how to take your consciousness up your hara line to your monad and then to your Creator in the next segment- "*How to Ascend- Part 4- Loving Yourself*".

How to Ascend - Loving Yourself - Part 4

When you love yourself you become a shining example for others. Through [the Law of Attraction](#), you attract to you people that love themselves as well. Without doing the work of loving yourself, you will most likely attract those opposite of love, and that is a recipe for rocky relationships. To love yourself involves breaking through programming in order to realize who you truly are.

The societal programming that defines what we think of ourselves begins right out of the womb when we are rudely introduced to this world in birth. The separation from our mothers as we are weighed, cleaned up, poked, and prodded is the beginning of the illusion, along with the veil of forgetfulness of who we are and why we came here.

The programming children receive in school revolves around obedience and memorization of created propaganda and lies that are nothing less than mind control. Children are kept in school all day sitting idle in classrooms learning things that are left brained and for the most part non creative. At lunch they are fed GMO's to insure they do not wake up the lies they are being told. In today's world usually both of their parents are at work all day and when all converge in the evening everyone is tired and overwhelmed by external stimulation to the point of wanting to relax in front of one of the many televisions in the home. This sets up the stage for the most vicious programming of all.



The television can be called the mind controlling machine. It is designed to tell us what to think, what to wear, what to eat, and what unnecessary material items to buy. Ironically if most of us eat what we see on television, we won't look like the people we try to model ourselves after, and we won't be able to wear those clothes we saw either. Almost everything about television is meant to steer us away from love into self hatred due to societal pressure. We never feel like we are good enough as compared to the latest trending Hollywood actors. The actors and models on television compromise less that 1% of the seven billion plus humans on the planet. Have you had a look around lately? How many people around you actually look like the people on television?

The list of programming goes on and on including the illusion of money and religion. However all of this can be changed by [taking the first step in de-programming yourself](#) , and loving yourself is a great way to get the ball rolling.

Why should you love yourself?

Once you realize that you are a spirit being having a human experience and you learn to go within to feel the existence of your soul, you also realize that you are a spark of the Creator of "All that Is". So in essence, you are part of All that Is. The Creator vibrates at a high frequency of love. Therefore, you are love. An important part of ascension involves re-connecting the bond with our Creator in remembrance of being a part of love itself.

We are all connected to our creator through a pillar of light that runs vertically through our chakras. Some call it the “hara line”. From our crown chakra “upward” it connects our soul to our monad to our creator (and possibly beyond!). The flow of energy through our hara line down through our body connects us to Earth. The terms upward and down are linear terms we use to describe something visually, however this connection is actually inward and all encompassing.

In part three of this series, “[Going Within](#)”, we touched on how to still yourself in meditation in order to connect with your higher self. With practice you can begin to get to that place rather quickly and then you can take it one step further by taking your consciousness upward or inward along the hara line, exploring and connecting with the connections to the pieces and parts of you that are awaiting a reunion. We will touch on this reunion in the next part of this series- “Healing”. You can also further reach your monad and your creator through practice. Many enjoy deep mediations that re-connect with our Creator and even have conversations and visual experiences, however each connection you make will be unique so remember to not have any expectations.

The greatest secret of the human body lies in its merkaba energy field, which is called the “[chariot of light](#)”. When spun with intention and clearing, it creates a vortex through which you can travel in your light body.

The following is an excerpt from the above referenced In5d article, “Drunvalo Melkizedek- The Teaching of the MER-KA-BA:

“There is also a tube that runs through the center of the body, connecting the apexes of the star tetrahedral field.

Before we fell in consciousness 13,000 years ago, we breathed prana through this tube. Prana simultaneously comes in from the top and passes through the pineal gland, and enters from the bottom, meeting in one of the chakras. Remembering how to breathe through this tube, combined with rotating the fields around the body, produces the merkaba, a vehicle of ascension.

There are actually three star tetrahedral fields superimposed over each other around the body. One is the physical body, one is the mental body, and the third is the emotional body.



This is literally so. The fields are rotated by linking together the mind, the emotions, and the physical body. The mental field spins to the left, the emotional field to the right, and the field for the body remains stationary. When these fields are rotated at very specific speeds and in a certain way, a disk pops out at the base of the spine for fifty-five to sixty feet and a sphere appears. It looks like a flying saucer.

This field is known as the merkaba. It is the original creation pattern of the universe on all levels of existence. It is how we got here and it is how we will leave.

The word "Mer" means counter-rotating fields of light; "Ka" spirit; and "Ba" is body or reality. So the Mer-Ka-Ba is a counter-rotating field of light that

takes both body and spirit with it. Once you know how to activate these fields you can use your merkaba to travel throughout the universe.”

How could you not love your body knowing that it was designed to be an inter-dimensional vehicle and that you are always connected to source? Have you looked into the mirror lately and loved what you saw? Inevitable there is usually one if not more feature of ourselves that we would like to change. It is your programmed beliefs that would have you think you are less than perfect. Love is perfection.

There is an episode of the television show “The Twilight Zone” (yes, irony here), about a woman under the care of a doctor in a hospital setting. Her whole face is bandaged up and she longs for the day to remove her bandages and re-integrate into society- being able to go outside and be a normal person again. Apparently she had been undergoing several treatments of experimental plastic surgery. The doctor and all of the nurses do not show their faces in the beginning of the show, all we can see is the back of their heads. Toward the end of the show, her bandages are finally removed and she looks like one of those 1960’s Hollywood bombshells. We finally get a look at the doctor and all of the nurses, and they all have huge pig noses! The majority consensus had her believing that she was different and ugly; however it was all just a societal point of view.

Loving yourself means recognizing that you are perfect just the way you are. Having gratitude for being able to exist in your human body, no matter what beliefs you have about it, is the highest form of loving yourself that you can display.

How do I love myself?

[Loving yourself](#) can be as unique as you would like for it to be. However, for those of us who need a little boost toward loving ourselves, [a great way to start is to gaze into the mirror](#). This practice may bring up other thoughts or visions in your head at first, and you may even see parts of you that you hadn’t seen before. While gazing in the mirror, smiling at yourself will instantly transform thoughts about yourself into a higher vibration of love. Looking at ourselves in the mirror may sound simple, but actually it may be one of our biggest fears and could take some time to erase our mental programming attached to it.

You can also love yourself by forgiving yourself. Let’s say you put yourself on a diet because of the idea you had that you needed to lose weight. Then you cheated on yourself and had a couple of slices of chocolate cake. If you do not forgive yourself of that action, you will carry that energy with you. Energy such as non forgiveness can cause blockages and interrupts the flow of our divine presence of who we are. This becomes a pattern of behavior that is the root of separation from who we are.

Doing something that *excites* you is a perfect way of loving yourself. It moves [your vibrational frequency](#) to one of your true self. In being the frequency of your true self, you will begin to attract to yourself what you need in order to recognize and transmute anything standing in your way of being love. In the frequency of loving yourself, synchronization occurs which not only gives you confirmation that you are in the vibration of your true self, but also opens the doors to

continual situations of things that excite you. In essence you have created [a new pattern of love in your DNA](#), and transmuted the old pattern of false belief. These old patterns will begin to seem illogical. Recognizing these old patterns and letting them go allows for the transformation of our DNA which is part of ascension.

[Eating healthy and organic](#) is a perfect way to treat your body as your temple. If you are someone that has a long history of bad eating habits, this will take gradual change. Rome wasn't built in a day, and diet is one of the hardest things to tackle in today's society of fast food corporatism. However, you are worth it, and when you begin to change things one item at a time, you not only feel better physically but you will begin to feel the mental fog dissipate which will help you to keep stepping forward with making better food choices.

Another great way to love yourself would be to get a massage or to have another form of energy work to balance your system such as acupuncture. Exercise also tells your body that you love it and you want to keep it moving forward. No matter what physical state you see yourself in, there is always a base line exercise that can be performed to make yourself feel better.

What should I expect from loving myself?

You should really pay attention to your co-created illusion around you when you begin to love yourself. [The doorway will begin to open to synchronicities and miracles](#) that will confirm that you are on the right path. Doing things that excite you will raise your vibration even further and new opportunities begin to appear seemingly out of nowhere. By loving yourself, in essence you are giving the Universe permission to bring you the tools and resources necessary for ascension.

Being in balance with your true vibration also allows you to trust yourself further. This allows you to trust what you are receiving when you go within, which allows you to break the programming of society. Breaking the programming of society also allows for you to go deeper within in order to find the truth. A new pattern of unity is created when you love yourself. This is a fine example of [re-programming your DNA](#). Only when we love ourselves can we truly begin to love others, and the more we love ourselves, the more we can love others. To change the world, we all need to take responsibility for loving ourselves. We are all connected, therefore to love ourselves means to open the doorway for others to experience love as well.

How to Ascend - Healing - Part 5

We are energy, and everything around us is [energy, all vibrating at a certain frequency](#). To heal this energy means bringing it back into a balanced vibrational resonance. This is imperative on the road to ascension in order to spin your merkaba field as you resonate with the high vibrational frequency of your creator. You will have difficulty raising your vibration if you have blocked energy or are in situations which cause stress or negative emotions to constantly surface.

Why do I need healing?

Healing yourself involves the transmutation of lower vibrational energies and subsequently filling that area in with light, a high vibrational energy, in order to maintain a good flow of energy. There are many reasons a person may have low vibrational energies throughout any of the four bodies- emotional, physical, spiritual, and mental, and if not addressed these energies can manifest into disease (DIS-EASE). Holistic healing addresses all four bodies, and healing one area can affect the other areas. Healing holistically by integrating and healing energies that may be present not only in the physical but as well as the etheric now (past and future), can make you whole again.

Healing begins with self diagnosis and awareness. We will explore beginner healing practices such as meditation, loving yourself, balancing and clearing your chakras, and cleansing, repairing, and strengthening your aura. Intermediate level healing that this article will touch on includes nurturing and healing your inner child, healing past/parallel lives, ridding yourself of hitchhikers, programs, and parasites, and pineal gland activation.

In the last part of this series, we addressed [loving yourself](#). This is the initial step into healing, which involves looking at those parts of you that your ego is trying to protect, and breaking down the barriers of programming by realization and subsequently love and gratitude towards the body that houses your spirit. Opening yourself up to love also opens the door to healing.



The root cause of a particular manifestation within the body may not be apparent. If attempts to heal a particular area with stuck energy are unsuccessful, an energy worker may be necessary to help move that stuck energy. For example, a past life energy of being stabbed in the back with a sword leading to sudden death may be stuck in your emotional body but is manifesting as back pain in the physical. However, usually when you clear one you can clear the other as long as you addressed all aspects of that trauma.

What are some examples of energy healing?

It is always a good idea to have some form of outside healing help when beginning your spiritual healing. It helps you to increase your blood flow to the brain and your energy flow which will give you more power to work on yourself. Sometimes even energy healers need healing. When healing the energies of others, healers need to be able to keep their energy pure as well.

Some forms of energy work you can receive from a professional are:

Reiki: Reiki is a holistic form of hands on (or hands over the body) energy healing used in alternative medicine that allows the Universal force to flow through the practitioner's hands into the patient's body in order to heal. The practitioner will have had an attunement or intention to begin to have these healing energies flow. There are levels of mastering reiki as well as symbols used for intention and direction. Reiki can balance the chakras and auras, and can free stuck energies within the bodies.

Massage: Massage is another form of hands on energy therapy that allows for moving energy through the body in places where there may be some sluggishness. Advanced massage therapists can manipulate these areas to allow for more energy and blood flow, although anyone can [give](#)



[someone a massage](#). Massages have been commercialized to becoming a pampering item that is received in a spa, and sometimes the receivers are getting more than paid for as they leave with some of the massager's energy stuck on them. For the purposes of healing, it is best to go to a holistic massage practitioner with good intentions to move the energy and blood flow. The result can make you feel relaxed and can reduce stress, pain, and muscle tension, which can allow for a higher vibration to occur within the body.

Distance energy healing: Energy healing can also be performed by the empathic healer by alignment with the field of no time- the "now", where the energies can be transferred into the subject's body. Such healers have the ability to intuitively feel where lower vibrational energy may be or some may even "see" the energy as a dark cloud within the person's body or aura through the vision of their third eye. This allows for the healer to direct the healing energies into the patient's body and is a very valuable tool that has not been discussed in the mainstream concept of healing. Imagine the possibilities if more people learned how to distance heal others all over the world.

Acupuncture: Acupuncture is a method of stimulating the energy centers or meridians in the body with extremely thin needles placed just below the skin throughout the body, depending on where the energy might be blocked. Directing the chi, or energy through these areas can unblock energies that might be causing pain and can also increase blood flow to these areas. Although it main sound painful in itself, only the initial slight prick of the pin is a little of a slight irritation but after that you really don't feel them sticking in you. Once the acupuncturist has the needles in

the strategic places that connect the meridians, the energy can begin to flow again from meridian to meridian.

How do I begin healing myself?

It is always a good idea to call on those spirits who are always with you on the other side of the veil for help with any kind of spiritual practice. They are ready and waiting to jump into action, and only need to hear your call. Call in the healing angels, or whatever you wish to name them, or whomever you use for your healing. State your intentions with them and be sure to thank them afterward.

[Meditation](#) can heal just about anything. [By going within](#) we can achieve anything, as all of the answers are found within ourselves. However, going within is not so easy if you have some things that need to be healed. As you begin to heal, you are able to go deeper within to explore any question that may arise for you in your awakening and ascension process.

For our discussion, we will touch on a few important areas of healing:

1. Healing your aura- Your auric shield is your electromagnetic energy field representation that surrounds you. This energy field can expand or contract, and can be damaged if your vibrational level is low. One of the most frequent ways negative or unwanted energy enters our body is through a crack, hole, or tear in the aura. These entryways can be caused by many things such as constant negative emotions like anger or fear, stress, jetlag, and alcohol or drugs. Kirlian photography can show the various colors of the aura, which have correlation to the energy in motion throughout your body. For instance, red is usually associated with anger or fear, and white usually represents the highest vibration of spirituality. While in meditation, imagine your aura to be a solid, bright golden egg surrounding your body. Intend that it be impenetrable, glowing, and healthy.

2. Clearing your chakras- The body has seven major chakras or energy wheels along the hara line. Any obstruction to one of these can disrupt the flow of energy which can result in physical manifestations of pain or disease, or can also manifest as emotional symptoms. The chakras hold the energy of our whole body together- the mind, body, and spirit, connected to the physical body. In addition to the main chakras, there are over 2,000 secondary chakras which could use a little love and affection. Energy work as described previously can help clear these chakra wheels and get them spinning again, as well as intention through meditation. Once your chakras are spinning, they should be spinning smoothly. [HERE](#) is a link to balancing your chakras through a meditation, as well as some more explanation of [the chakra system and its importance](#). Each one of our seven main chakras vibrates to a corresponding note on the musical scale, as well as is associated with a particular color. By playing music in that particular note, you can attune the chakra. By imagining each chakra being the brightest, clearest version of the color that corresponds to it,



you can help grow and spin the chakra as well. The corresponding notes and colors are as follows:

CHAKRA	COLOR	MUSICAL NOTE	SOLFEGGIO
ROOT	RED	C	396 Hz
SACRAL	ORANGE	D	417 Hz
SOLAR PLEXUS	YELLOW	E	528 Hz
HEART	GREEN	F	639 Hz
THROAT	BLUE	G	741 Hz
3RD EYE	INDIGO	A	852 Hz
CROWN	VIOLET	B	963 Hz

3. Healing your inner child- Some people overlook the significance of childhood in healing. Sexual, physical, mental, and emotional abuse may have occurred in most people on a spiritual path, which means we probably set it up in order to clear something from a parallel lifetime. Yes, this lifetime works in mysterious ways. Our inner child stays with us throughout or life as we progress, and a fearful or damaged “mini me” might be hiding in the corner rather than expressing themselves in joy and playfulness. One way to find out if your inner child is traumatized is to talk to him/her. Obviously if you have experienced a traumatic childhood then you will know that your inner child needs nurturing. Go into meditation in a quiet, safe place within your heart center and call to your inner child self. Imagine yourself at a young age meeting yourself as the older person. Hug that child and tell him/her that you intend to do the healing necessary to transmute those feelings he or she is carrying, and that you promise to make your temple a safe and fun place for he/she to play again without fear. You can even invite your inner child to sit on your lap. Tell the inner child that you love him/her. You may want to let the inner discuss the incidents that were the most traumatic and tell him/her that will never happen again and that you will take the feelings of that experience away. You can do this because now you realize that the experience had to happen in order for you to clear the energy attached to it, which may be linked to another lifetime. You exercise this intention of transmutation simply by listening and feeling, and letting it go, knowing that is was of the “past” and that you are bringing your child into the “now”. Imagine the child smiling and laughing once again. Repeat this dialogue in other mediations until you feel you are complete and whole again. It seems like this imaginary playtime discussion you are having may be a little elementary, but do not underestimate the power of this important step in the ascension process. For deep seated trauma, a professional counselor may be necessary. Below, you can find links to a variety of books on healing your inner child, available through Amazon.

4. Healing past/parallel lives. For this discussion, all lifetimes occur in the NOW, outside of no-time, and that is how your soul experiences them. So past lives are actually parallel lives, occurring at the same “time”. All experiences we have had in other lifetimes are imprinted within our akashic records, which lie in our DNA. These energies will manifest themselves in order to be healed. Ask your healing angels to find and bring back to you any pieces of yourself that have to do with the pain, action, reaction, or event you think may need to be healed. If you don’t know

what event is causing it, simply identify it as the energies that need healing. Ask them to clean, repair, and heal all of those pieces, and then to fully integrate those pieces within you. These pieces and parts of you are what cause addictions, false truths, as well as negative feeling such as dislike, revenge, or judgment, and come from many lifetimes here on Earth. They must be harmonized and balanced with light before they can be integrated. An important part of ascension involves becoming whole- integrating these sparks of your energy into the now- into your energy field and consciousness that is occupying your human ascension vehicle. Dolores Cannon is a past life regression therapist who has over forty years of experience in past life study and healing. You can learn more about this [HERE](#).

5. Telling hitchhikers to get lost. Some severe cases of auric invaders are lower vibrational entities that cannot find their own light, and need to feed off of the energy of others. When you have these parasitic vampires hanging on you, you will feel like you never have enough energy. To rid yourself of these entities, call upon your angels and spirit guides to bring in the cavalry and to remove these beings from your energy field, along with any other energy that is not yours. Imagine these things being yanked by the ears by the angels and dragged off into the light. Sometimes we have people in our lives that have yet to be able to tap into their own energy source and create an energetic cord between you and them in the solar plexus area which needs to be removed. See this article on [cutting energetic cords](#).

6. Pineal gland activation. An important part of the ascension process includes activation of the pineal gland, also called [the third eye](#). The pineal gland is the key to using your sixth sense, which is important on your path to ascension. Those who have been programming us with mind control first had to make sure our pineal gland was “turned off” through the use of chemicals in our water (fluoride) and in our foods (GMO’s, processed foods). This process can be reversed by drinking pure spring water or unadulterated well water and by eating organic, unprocessed foods, as well as intention in meditation. In your meditation practice [to clear the pineal gland](#), place your awareness or imagination inside the middle of your forehead, and imagine the area between there and the brain being filled with light. Intend that your third eye be wide open and shining bright. [Melatonin](#) has also been found to clear the pineal gland.

Of course, more areas of healing may need to be explored, however in healing the areas discussed above, the doors will surely open to any other areas of healing that will need to be addressed and you will be able to embrace these more rapidly than in your unhealed state.

How does healing fit into my life’s mission?

What if your primary job in this lifetime was to holistically heal yourself, which inevitably were to lead to raising your vibration, which then would lead to the raising of your frequency to a level in which you begin to live in love and joy? Does this resonate with you? The more you heal yourself, the deeper you can go with healing and the higher you can raise your vibration. The higher you raise your vibration, the more lower vibrational frequencies you can transmute within yourself, the planet, the solar system, and beyond.

Healing in order to be in the love frequency involves more than just raising frequencies through energy practices. It also is about the co-creational process of choice. Making the choice to no

longer react to someone's negativity or recognizing that another's path is not your path is all part of the process of moving forward. We are continuously making choices of which reality we want to manifest with every millisecond of possibilities. This is one great big bonus of being in a physical manifestation in this illusion we call time, and is the basis for co-creation.

Part of ascension involves full reactivation of the [12 strands of DNA](#) we carry. No one knows whether these strands will one day be activated suddenly through a burst of cosmic energy from our great central sun which is now directly in alignment with the center of the cosmos, with no universes in the way. Perhaps as free willed humans we have to take the initiative individually and collectively in order to reach a tipping point toward this action once we are in the planetary alignment. While some await the magical day of activation, others are healing themselves and creating the path for others to ascend.

Neither path holds judgment. The ones who wait are holding the space for those who will be the way-showers, and they probably planned for it to be that way. Ascending involves expanding the space between the spaces to allow more light in. To expand is to heal, integrate, and balance. By integrating the sparks of energy that exist in parallel lifetimes, we are consciously increasing the pillar of light that we have while here on Earth in these human bodies. Becoming more whole allows us to bring more light into our bodies, thus raising our vibration and allowing us to spread more light to others.

When you begin the healing process, it is important to remind yourself of who you really are and to be able to pull yourself away as an observer of the events that begin to appear in your reality. Healing can sometimes be unpleasant and is not easy, but the rewards will be greater than anything our human minds can imagine at this time. Anytime you feel yourself slipping backward it will be important to come back to the basics- grounding, prayer, meditation, and healing the next thing on your agenda.

There are many advanced forms of healing that can be explored. [Quantum healing](#) involves healing through thought and intention. Part eight of this series will focus on *changing your thoughts to change your reality*. Our Noosphere is the collective place around Earth that contains all of the thought patterns of humanity. The state of our world is evident by the darkness of thoughts that are a reflection of the energy in the Noosphere. If we could change our thoughts, we could heal our Noosphere, and we would be on an instant path to higher dimensions. The problem lies in the un-awakened and lost people who need serious vibrational healing and freedom from the tyranny of those who want to keep the planet and its habitants under domination and control. It all starts with being responsible by healing ourselves, and the quantum theory suggests that this will get the ball rolling for others. There is help out there from our spirit guides, angels, and space brothers and sisters. We did not contract to do this all alone, in fact, we are never alone.

Many of us have more than one mission to accomplish but it is very apparent that if you were to focus on just one mission it should be to expand you shining pillar of light and to spread that light knowing that you can never run out of light because you are infinitely connected to source. This can be accomplished through healing and by *raising your vibration*, which will be the next segment in this series.

How to Ascend - Raising Your Vibration - Part 6

Vibration is the song of life that moves atoms into patterns of form. Everything is energy, everything is alive in motion, and the planet we live on is a conscious, sentient being vibrating at a certain song. The planet is going through a change in vibration of resonance, and she wishes to take all living beings with her. The raising of one's vibration will change the consciousness or reality that you perceive.

The mineral kingdom vibrates at a slower rate than plants, and animals vibrate slower than humans. Part of the ascension process involves raising your vibrational frequency to that of your light body and beyond. Above your light body is your soul body, oversoul, angels, Archangels and ascended masters, the leaders of the spiritual hierarchy, universal gods, and everything stems from Source (and perhaps beyond into infinity). To raise your vibration means to be with the frequency that is your true self. The Earth is moving from a place of denseness where there has not been much space between the particles. As the earth increases her vibration, more space between the particles allows for an expansion of vibration. Vibrating at a higher frequency simply allows for expansion of more light for those who choose it. Most of us came to ride the ascension wave with the planet with all of our bodies- emotional, physical, spiritual, and mental, and this has never been done before in the history of our Universe.

The science of vibration has been explored with Dr. Masaru Emoto's explanation of how thoughts and [emotions affect the vibrational resonance of water](#). Since the human body is mostly made up of water, the same theory applies to our vibrational level- fear, anger, and dissonant emotions will create inharmonic patterns in our bodies which lead to disease and stagnation, and harmonic emotions will produce perfect patterns of symmetrical beauty within.

How do I raise my vibrational level?

The following is list of ways to raise your vibration from the In5d article "[Why Raising Your Energy Vibration is So Important](#)":

There are many free and simple ways to raise our energy vibrations. Here a just a few:

1. Meditate – many people who say they don't have time to meditate will find time to watch TV.
2. Get out into nature – whether it's a walk or planting a garden or bed of flowers!
3. Stop watching TV – and meditate! ... Or simply do something else that gives you a positive return of energy.
4. Play with your pets - our pets give us the lesson of unconditional love which always raises our vibrations.
5. Watch children playing - try to remember the fascination of experiencing things for the first time, or the innocence of childhood
6. Exercise – as long as your able to do so, then go for a walk in nature and you'll get two benefits at the same time!
7. Forgive yourself and others – none of us are perfect and there are those who either have hurt us, or that we have hurt. Forgive them but also remember to forgive yourself.

8. Express gratitude – be grateful for the beauty that surrounds you, even if it’s a small tree in the middle of a big city. Be grateful for the meal you are about to eat and anything else that has been blessed to come into your life, including some of the negative things that ended up being wonderful life lessons that expanded your spiritual growth.
9. Face your fears and see them as an OPPORTUNITY to spiritually evolve – fearing anything always elicits a negative emotion. There are reasons why these fears keep coming into our lives. Once we face our fears, the fear disappears as this was yet another one of life lessons.
10. Buy organic food and express gratitude before eating it – organic food has more nutrition than GMO’s, so that alone will increase your physical energy, which in turn will increase your spiritual vibrations, especially if you bless or express gratitude before eating your food.
11. Do things or be with people who make you laugh – laughter is a very high vibrational energy, even if we’re laughing at ourselves!
12. Ask your spirit guides and guardian angels for help and direction – your spirit guides and guardian angels are eagerly awaiting your call for assistance, so ask them for guidance, assistance, protection and direction each day!

Daryl Anka channels a spirit being collective by the name of [Bashar](#). Bashar tells us that the first three minutes of Beethoven’s symphony #7, movement 2 is the frequency of letting go and forgiving yourself, which will in turn raise your vibration. Music in general is an excellent way to raise your vibration, as long as it is something that you love and makes you feel good. Anytime you are doing something that you love, you raise your vibration. Listen [HERE](#).

Essential flower essences and oils can also help to put you in a place that allows for transmutation of energies. Bach’s “Rescue Remedy” was invented over 100 years ago and is made of five flower essences that can center you and relax you. Frankincense and myrrh are classic examples of oils that can bring your body into balance.

A combination of crystal lasers, sound, and colors were used at the time of Atlantis to heal the human body back to a perfected state. The Temple Beautiful was the place to go, and the priestesses used alchemy under the direction of Isis to target energies that needed to be transmuted in order to keep the body a certain age and in a state of perpetual health. Crystals can be cleansed and charged with intention in order to help raise our vibrational level. Don’t be surprised more of these alchemical technologies begin to surface again as the planet raises her vibration and people begin to remember how the highest form of existence is being connected within ourselves and others as well as being connected to Source.

Lovemaking is an [extra dimensional way to increase your vibration](#). Sex with the one you love can increase your blood flow, increase self esteem, and can have the same side effects of meditation. Tantric sex takes this one step further into higher, conscious loving. Loving yourself is an imperative part of raising your vibration, and you can read more about that [here](#).

What is keeping me from raising my vibrational level?

Some people have been on the path of awakening for many years and some people have just started awakening to the fact that we are here to raise our vibrational level in order to raise our consciousness. No matter what the level of advancement, some of us seem to have hidden blocks

that are keeping us from moving to the next level. These blocks may be due to karma, fear, patterns of belief imposed in this lifetime, or may even be caused by implants.

The race of ET's known as the reptilians are responsible for implants within the physical and etheric bodies of humans which control many emotions and responses in our daily lives. Implants are part of the incarnation process and are etherically placed within the baby's body as part of the continual trap on the wheel of incarnation. Before incarnating, many of our recent past lives were reviewed by the reptilian workers and computer programs were written which triggered and played on fearful situations that would re-emerge in order for them to feed off of the energies. One of the biggest fears the reptilians now face is our awakening to these programs and our freedom from this control. The domination of this planet and her inhabitants is about to be freed from their claws.

There are several types of these implants and many of them can be transmuted by thought and intent and the raising of vibration. However, some of them inhibit the raising of vibration, therefore it is necessary to recognize when it may be time to seek professional help. For our discussion, we will explore physical implants of abductees, physical implants from vaccinations, etheric implants from incarnation, and etheric implants of way showers and lightworkers. The main purpose of addressing implants is not to raise fear about them but to educate the possibilities that they may exist in order to bring a balance that allows integration of self.

Abductees usually receive a physical implant placed somewhere in the body for several reasons. These implants can be used for tracking or to trigger and event or emotion within the human. Most all abductees have given permission from their higher self to go through this experience, although the person usually does not remember their agreement and therefore the aliens will block the memory of the abduction as well. These implants can be used for malevolent and benevolent reasons. Benevolent reasons involve saving races of beings who have cloned themselves out of sex organs and thus have a dying race, so they are breeding with humans. Malevolent reasons always involve feeding off of negative emotions in order for them to survive and to keep humans and planet Earth under their control. Implants have been discovered through x-rays and have been physically removed from people. Some of them survive the extraction and some of them self destruct.

Vaccines are another form of physical implant, and are imposed by the modern day version of the reptilian ET race- those who run our government. Mandatory vaccines were all part of the plan for domination and control of our children. These implants can be triggered with the emotional instability that occurs with the hormone changes in puberty and are usually designed to help the ET's feed off of the turbulence of negative emotions. Once triggered, these implants can run like computer programs to tell our children that they are not worthy or not loved. This can obviously bring about emotions of despair and can start the spiral of depression. These implants also shut off the third eye capabilities of children.

The etheric implants placed into a baby's etheric body upon incarnation have several purposes. The main purpose is to monitor the vibration level and to monitor the human body from within. If there is a rise of vibration to a certain level, those who monitor are triggered to go into the next mode of monitoring and destruction by activating a part of the program, or perhaps even the

program of another person in their circle of loved ones. This is very advanced technology but these kinds of implants can still be dissolved through thought and intention and help from the ascended masters and healing angels. Recognizing self destructive addictions and behaviors can trigger the self healing process and therefore eliminate these but to completely rid yourself of the more complex past life imposed patterns and behaviors, help from the higher realms may be required. The Pleadians and Arcturians are available to help those who ask for help to clear these types of implants.

Many way showers and lightworkers on the planet at this time slipped under the reptilian robot system when the computer planning system was scanning them before incarnation. These way showers had many lifetimes that led up to this lifetime where they learned how to disguise who they really were and to hide many of their special qualities in order to become invisible to the system of control. However, there are some that were not able to hide everything, and these people received the big bad boy etheric implants which require some specialized removal processes. These implants are technologies that have consciousness. They come in many forms, one of which looks like a black octopus with tentacles. These are placed within the body for tracking and monitoring purposes, as well as to replay thoughts of self doubt, depression, anger, and other negative thoughts. These implants can be the cause of schizophrenia and manic depression. The most common places for these implants to exist are in the spinal cord, where the imprinting of our DNA lies. Another place is the base of the skull, and the tentacles can reach up into the brain. People who have had past lives with psychic abilities may have a disc-like implant over their third eye. They can also be placed around the heart, liver, lungs, throat, and the womb. Clearing of these implants can be done by skilled healers and since these technologies are living beings with consciousness, they have to be returned to the light to be recycled. When they are pulled out through psychic surgery, an empty space is left which should be filled with light. Usually only way showers with important missions have these kinds of implants, and although professional help is suggested to deal with these types of implants, never underestimate the power of someone of a high vibrational level remembering who they are and what they are capable of. To read more about extraction of these types of implants, please click on this link from the [Galactic Connection website](#).

Most of the simple forms of implants that manifest as voices, beliefs, and patterns can be dissolved by spiritual intention and ritual. Some forms of this are:

- Burning a sage or cedar bundle or smudging
- Repetitive meditation and increasing the light quotient
- Calling upon Archangel Michael to remove any foreign objects or energies
- Thought and visualization of these being removed by the angels
- Ceremony- asking the ascended masters to gather and asking for removal

Keeping the body more alkaline than acidic and strengthening and growing your pillar of light make it more difficult for these implants to function. For most people, raising your vibration is ironically the best way to rid yourself of unwanted energies and technologies, since these technologies were meant to keep us from raising our vibration.

One of the biggest tools we have as human beings is laughter. Laughter instantly raises one's vibration and negative aliens cannot feed on this type of energy. Imagine what would happen if everyone on the planet laughed at once- we might instantly shift into another level of vibrating!

Can raising my vibration lead to ascension?

Raising your vibration allows you to be a receiver for the fifth dimensional healing energies being sent to you from our ET brothers and sisters of the light. There are many races of beings available to us that agreed to help us realize or free will to move beyond the construct of the matrix. Freedom from this matrix allows entry through the doorway to fifth, sixth, and seventh dimensional frequencies. Crossing the thresholds from density to expansion and raising our consciousness is the process of ascension.

Recognizing what is happening in your life and being aware of how you are feeling is the key to consciously raising your vibrational level. Life is like a computer program, a hologram that we are co-creating. Fear is the number one culprit of lower vibrational frequency, and the beings that need this emotional energy cannot exist without stealing it from humans. Simply put, eliminating fear on the planet will eliminate those who dominate and control the planet. Recognizing what has happened to humanity since the fall of Atlantis and transmuting this fear is the key to a mass ascension across the planet. Taking your power back and winning this game of control will be discussed in part ten of this series. Raising your vibration will automatically open the doors to the knowledge and wisdom only available to us through our inner knowing.

Many times information that is presented in articles and videos are layered and encoded with a vibration that will reach exactly who needs to hear it. Some of the information will just not resonate with others. Using your discernment about what feels right in order to keep raising your own vibration is many times confirmed by synchronicity and can be felt when the truth is confirmed through your body with "chills", inside and out. Listen to your body in order to know what to eat and what needs more attention. Rather than trying to control your ascension, going with the flow will allow for more expansion and awareness, so do not get too wrapped up in techniques but rather feel them as you read them and let your higher self guide you to the place that you need to be. Trust yourself over anything or anyone else, and keep moving forward on your inner nudges and thoughts.

Stay tuned for the next article in this series- Transmuting karma, where we will define karma and discuss how karma affects this lifetime and what to do about it.

How to Ascend - Transmuting Karma - Part 7

Some define karma as 'what you reap you sow', or 'what goes around comes around', and thus is the reflection of how you have treated others in this life and past lives. Simply stated, karma is the action/reaction principle and can be “accumulated” from lifetime to lifetime, which means karma may also be created in this current lifetime. Some say there is “bad” karma and some say we can even have “good” karma, but describing karma with an adjective would be to judge it. Karma has also erroneously been defined as being reciprocal punishment or fate. Even religion has tried to define the wrath of God’s punishment as karma.

Is karma is a tool to help us recognize oneness?

Perhaps in a universal perspective, karma is better defined as a reflection of the Law of Oneness, as we are all connected and when we harm another we are really harming ourselves.

Humans have been on the wheel of karma and reincarnation since [the “fall” of Atlantis](#) approximately 12,500 years ago. The experiment of Earth involved moving down in vibration into a physical third density expression and forgetting who we were and why we came. We knew that part of the deal was that we would experience karma from the first lifetime and then we planned to balance it out with each subsequent lifetime. Some of us accumulated more karma than we expected and the accumulation can be reflected in this lifetime. The plan had a happy ending- the chance to be a part of the [Age of Aquarius](#) would allow us to cleanse our bodies from any karma and low vibrational densities and live as a physical being in a higher state of consciousness.

Karma allows us to learn how to reintegrate the love for ourselves and the love for one another. Karma is action, and we have to live with the consequences of our actions. If we made some choices that were not in the best interest of action, we have to balance this action out in some way.



The Universal Law of Wisdom is the law we use to erase karma as you gain the knowledge of the effect your thoughts and actions have on one another. Our guides are always with us before we incarnate to help us decide what the best experience would be in order to learn the lessons we gave ourselves. We challenged ourselves so that we could make leaps and bounds up the spiritual stairway. When planning to [balancing karma](#), sometimes all we had to do was to set up a situation to realize the effect our actions had on another. Sometimes we choose to reincarnate to have exactly what we imposed on another done to ourselves- thus the term an eye for an eye.

One of the major goals we have in this lifetime is to transmute any karma remaining in our cells from other lifetimes and to balance the karma we have accumulated in this lifetime in preparation for the raising of consciousness of humanity and the planet. Not all humans on the planet are susceptible to karma. There are a few cases where some beings came from other galaxies and universes to have one or a few lifetimes just to play an important role in the

ascension of the planet, and have technology available to shield them from accumulating karmic energies. The rest of us need to know how to move forward with our goals.

What are the laws of karma?

In order to better understand the role karma plays in our life, we need to drill down into the effects karma will have on our lives based on the choices we make. The following is list of the laws of karma from the In5d article “[12 Little Known Laws of Karma \(That Will Change Your Life\)](#)”:

1. THE GREAT LAW : “As you sow, so shall you reap”. This is also known as the “Law of Cause and Effect”. Whatever we put out in the Universe is what comes back to us. If what we want is Happiness, Peace, Love, and Friendship... then we should BE Happy, Peaceful, Loving and a True Friend.

2. THE LAW OF CREATION: Life doesn’t just HAPPEN, it requires our participation. We are one with the Universe, both inside and out. Whatever surrounds us gives us clues to our inner state. BE yourself, and surround yourself with what you want to have present in your Life.

3. THE LAW OF HUMILITY: What you refuse to accept will continue for you. If what we see is an enemy, or someone with a character trait that we find to be negative, then we ourselves are not focused on a higher level of existence.

4. THE LAW OF GROWTH: “Wherever you go, there you are”. For us to GROW in Spirit, it is we who must change – and not the people, places or things around us. The only given we have in our lives is OURSELVES and that is the only factor we have control over. When we change who and what we are within our heart our life follows suit and changes too.

5. LAW OF RESPONSIBILITY: Whenever there is something wrong in my life, there is something wrong in me. We mirror what surrounds us, and what surrounds us mirrors us; this is a Universal Truth. We must take responsibility what is in our life.

6. THE LAW OF CONNECTION: Even if something we do seems inconsequential, it is very important that it gets done as everything in the Universe is connected. Each step leads to the next step, and so forth and so on. Someone must do the initial work to get a job done. Neither the first step nor the last are of greater significance, as they were both needed to accomplish the task. The past, present, and future are all connected.

7. THE LAW OF FOCUS: You cannot think of two things at the same time. When our focus is on Spiritual Values, it is impossible for us to have lower thoughts such as greed or anger.

8. THE LAW OF GIVING AND HOSPITALITY: If you believe something to be true, then sometime in your life you will be called upon to demonstrate that particular truth. Here is where we put what we CLAIM that we have learned, into actual PRACTICE.

9. THE LAW OF HERE AND NOW: Looking backward to examine what prevents us from being totally in the HERE AND NOW. Old thoughts, old patterns of behavior, and old dreams prevent us from having new ones.

10. THE LAW OF CHANGE: History repeats itself until we learn the lessons that we need to change our path.

11. THE LAW OF PATIENCE AND REWARD: All Rewards require initial toil. Rewards of lasting value require patient and persistent toil. True joy follows doing what we're supposed to be doing, and waiting for the reward to come in on its own time.

12. THE LAW OF SIGNIFICANCE AND INSPIRATION: You get back from something whatever YOU have put into it. The true value of something is a direct result of the energy and intent that is put into it. Every personal contribution is also a contribution to the Whole. Lackluster contributions have no impact on the Whole, nor do they work to diminish it. Loving contributions bring life to, and inspire, the Whole.

How do I transmute karma?

We have the power of free will on this planet, which gives us the ability to choose what we would like our experience to be. By choosing to balance karma- it can be cleansed and released from the cells in our bodies.

Use the power of intention. The first step in dealing with karma is to affirm to the Universe that you are intending for it to be transmuted into the light. As with any intention to the Universe, you can call on your spirit guides and angels and the ascended masters. The Goddess Quan Yin has asked for a divine dispensation command to be able to clear past life karma in preparation for the clearing the body needs to have at this time. Ask Quan Yin to use her command on your behalf. St. Germaine is one who can bring in [the violet flame](#) of transmutation which can be used to wash over the body to transmute any of those energies.

Become aware of patterns. By paying attention to patterns of repetition in your life, you can acknowledge and address these situations that are coming up to be transmuted once and for all. If you have ever wondered why certain things keep happening in your life over and over, here is your answer. Acknowledge the feeling or emotion that the particular situation gives you and change your reaction to it, and then let it go.

Meditate. Meditation and going within will always lead you to what needs to be done in any given situation. There are many meditations created specifically for transmuting karma available on the internet. Using a carnelian stone in meditation can recycle past life experiences and speed up the law of karma.

Be Love and forgiveness. By being loving to others and yourself, you will always come from the heart, and this will transmute anything. By forgiving others and forgiving yourself, you move toward being love.

Use the energies being sent to us from the center of the cosmos. Earth is in a 26,000 year cycle of alignment with the center of the cosmos, with nothing in its way. Energies are flooding the planet which will allow for growth and clearing of all that needs to be addressed, but because of free will we need to intend that we be attuned to receive these energies. While grounding to Mother Earth, intend to bring the energies from our great central sun into the crown chakra to meet with the energies of the earth in your heart space. This will flood your etheric blueprint and release karmic energies.

Cleanse your physical body. Practice a spiritual body cleansing technique such as colonics or fasting, with the intention of cleansing karmic energies.

How do I stay karma free?

Once you begin the process of transmuting karma, you should be cognizant of your thoughts and actions. We will go more into this in the next article of this series “Changing Your Thoughts”. Living from the heart and treating others as you would want to be treated is a sure way to stay karma free, as karma reminds us that we are all a part of the one Source. Following [Universal laws](#) is imperative in living in oneness as we move into fifth dimensional frequency. If you take one step backward, simply recognize what happened, forgive yourself, and send loving thoughts to the person that you created karma with. The main thing to remember is to not put negative energy of worry into your life, such as “am I doing enough of the right things”, or “did I just create karma because I did this or that”. Trust that you are doing exactly what you need to be doing and that you are exactly where you need to be. Each person that transmutes karma opens the doorway for the rest of humanity as a collective.

How to Ascend - Changing Your Thoughts- Part 8

Did anyone ever tell you that you can be anything you want to be? Did you believe it? Have you achieved all that you want to achieve? You can master your life's purpose simply by attracting it to you by being aware of your thoughts, words, and actions.

"The world we have created is a product of our thinking. It cannot be changed without changing our thinking" - Albert Einstein

In preparation for ascending into a fifth dimensional vibration, we must realize the importance of how thoughts affect our reality. In the fifth dimension, what we think about can manifest instantly. Thoughts are energy and the Universe always gives you what is on your mind. To change your reality, you must learn how to change your thought by being aware of your emotions.



The [Law of Attraction](#) states that you attract that which you are and what you concentrate upon. [The Secret](#), by Rhonda Byrnes, explains the Law of Attraction and how everything that comes into your life is attracted to you by what you are thinking. Every single situation is manifested, every single feeling is a reflection of your thoughts. This is the most powerful secret of manifestation of your reality and is a key to raising your vibrational level to one of a fifth dimensional frequency of love.

In order to change your thoughts you should also realize that according to the Law of Divine Oneness, everything is connected to everything else. What we say, think, and do, is connected to others around us. Being responsible for your words and actions is imperative in helping the planet shift into a higher frequency, which in turn helps humanity shift as well.

How can I possibly monitor all of my thoughts?

If you were to constantly monitor your thoughts, you might lose your mind. There are an astronomical number of thoughts going through our minds every day. Since our reality is a reflection of our thoughts, being aware of how we are feeling and what our body is telling us is a true indication of whether we need to adjust our thought process. If we are feeling negative emotions such as anger and jealousy, then we are thinking out of fear. In order to raise the vibration of ourselves and to raise us into the [high vibration of love and joy](#), we must think loving and joyful things. The power of this is so simple yet it is what is holding humanity back at this time.

Many people at this time are focusing on the problems of the world. The television was invented to manipulate our thoughts by telling us what to think by suggestive programming and mind control. The "9/11 terrorist attack" was a prime example of a false flag event created by our government and played out over and over in front of our eyes on TV through a [mind programming](#) sequence to train our minds to think we had been attacked. Those who did not

watch TV were unaware that there was anything negative to focus on in the news. The main purpose of false flag events is to keep us out of peace and love and into war and fear.

If you focus on the creations of the group that is trying to dominate and control the world, then you are giving them your energy and thoughts to that manifestation experience. Some might say that there is a need to focus on the pieces and parts of what is happening so that we can peacefully protest and to do something about it to change the world. Others will argue that the simple explanation of the Secret would have you focus on what you want rather than that which you don't want. As we move closer and closer to [instant manifestation of fifth dimensional frequency](#), at one point we will need to make the shift to focusing only on what we want and moving the thoughts of what we do not want out of reach.

How can I shift my thoughts by shifting how I feel?

If you start your day off bad with some small little thing whether it is breaking a fingernail, spilling coffee on your tie, or tripping on your dog's toy on the way out the door to work, that feeling can stick with you throughout the day



until you shift the vibration of it. [Raising your vibration](#) can override this feeling, since it is a direct reflection of your thoughts. Playing beautiful music, singing, or thinking of something funny can instantly transform that thought that was previously there. Try to block out everything in your mind but that song or funny thought. Feel the difference it makes in your body- you literally "lighten up"! Playing with your pet and giving love will attract love back to you. It all sounds so

simple, yet this concept is what has been used against us for thousands of years in order to steal our power away from us and feed off of our negative emotions.

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind"- William James

What if the Law of Attraction does not work for me?

Some people have written the Law of Attraction off by simply saying they have tried it but it didn't work for them, therefore those who believe it must be off on a high cloud somewhere else, not in this reality. That really should be enough said once you understand the Law of Attraction - first of all by saying it doesn't work stops the work of the Universe in its tracks toward manifesting positivity, and second of all what is wrong with being on a "heavenly cloud"?

The bottom line is that in order to bring what you desire into your life you must not control how it will unfold, you must believe in the power of your thoughts, and you must do your work to put yourself into alignment with the Universe so that you can receive what you manifested.

Intention is the verbalization of what you wish to attract into your life. This can be done by speaking to the Universe in prayer or by writing your intention down. The focus should be on seeing the things you wish to manifest as they have already manifested. Hold the thought or repeat the prayer for a couple of days or as long as you feel you need to. Do not have expectations of a timeline, because certain things have to click on the other side of the veil in order for the outcome to occur. It may be instant or it may take some time depending on the situation. The main ingredient in the soup of creation is to put yourself into alignment with what you want to be or feel.

“All that we are is a result of what we have thought” - Buddha

Simply find the tool that works best for you in order to get yourself out of what you do not want to attract. [Meditation](#), laughter, and forgiveness are very powerful tools that can change what you are thinking. Every time that negative thought or that nagging problem comes back into your mind, immediately shift your focus again to happiness or love or what the situation would be like if it were solved.

The Universe does not know the word “no”. So if you ask the Universe for “no sickness”, then all the universe hears is “sickness”. Change the mantra to “I am perfect health” and you have put out what you wish to be. As we begin to resonate with the fifth dimensional frequency, thoughts will begin to manifest more rapidly and telepathy will be the future of communication. In order not to manifest your greatest fears, the practice of monitoring your thoughts and fears by how you are feeling is imperative. You also do not want to project any negative thought by telepathy from one person to another. There will be no more secrets in 5d, so now is the time to learn how to naturally flow with the responsibility of what you put out to the Universe so that as we move closer to the vibration of manifestation we do not attract what we do not want or harm another because of our spiritual laziness.

After reading this explanation of the power of thought, do you think that changing your thoughts to affect your reality is just a lot of esoteric and metaphysical mumbo jumbo? Well if you think that then it will not work for you according to the Law of Attraction! Changing the world takes work. It's not hard work, it's really quite simple and you will never know just how much it can affect your life until you begin to practice it. When things begin to align with your positive thoughts, synchronicity will be your confirmation, and when you begin to flow even more with this new energy field that you have created, more doors will open for you in self discovery. Everything is connected and your outer world begins to reflect your inner world - all by the power of transmuting your thoughts.

“Whatever the mind of man can conceive, it can achieve” - W. Clement Stone

It is ironically important in changing your thoughts not to over think how to change your thoughts. Use your body as your monitor on how you are thinking. If you are stressed than you are thinking stressful thoughts. Changing your thoughts is a life changing event so be prepared to join the awake and aware on a mind blowing journey of happiness and prosperity. True wealth never has been measured with money and never will be. Wisdom lies with knowledge of how to

change the world. When we remove the veil of filters we begin to realize the simplicity and we can predict the model of creation by following the Laws of the Universe.

Stay tuned for the next article in this series- Part 9- Transmuting Fear, where we will discuss another very important step in the healing, clearing, and restoration of the body in order to master this goal called human ascension.

How to Ascend - Transmuting Fear - Part 9

What's holding you back from [your magic](#)? Fear is a belief that is vibrationally out of alignment with your true self. Fear is actually a tool in ascension because it illuminates what no longer works for you. The power of truth will dispel all fears, allowing for magical transformation in your life.

"There are only two emotions: love and fear. All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace, and joy. From fear comes anger, hate, anxiety and guilt. It's true that there are only two primary emotions, love and fear. But it's more accurate to say that there is only love or fear, for we cannot feel these two emotions together, at exactly the same time. They're opposites. If we're in fear, we are not in a place of love. When we're in a place of love, we cannot be in a place of fear."
– Elisabeth Kubler Ross



The one place that fear cannot exist is inside our hearts. Ascension involves mastering the mind and finding the truth within our heart.

Lies and judgment cannot exist there, nor can anger, jealousy, or anxiety. Nothing can harm you when you exist in your home space- in your truth. When you are there, nothing in the outside world can harm you. Fear only exists outside of yourself. Ascension is about moving from fear to love.

Our biggest fear involves looking inside of ourselves to find out who we truly are. In past lives we may have been ridiculed or killed for practicing magic or speaking our truth. That emotional stamp lies within our DNA and is waiting to be processed in this lifetime.

Why do we fear dying?

In order to transmute fear, first you must know without a doubt who you are. You are a spark of light from Source, and there is nothing more powerful than that light within you. Your spark of light never dies and it has come into this human body to have an experience of physical incarnation. How could you ever be in fear of anything if you truly embrace this statement?

To take this one step further, there are those who fear the judgment of God upon leaving the body and rising to "heaven". Then there are those who know that we only judge ourselves when we leave our physical body and have a life review, and that is somehow scarier than God judging us. In order to have no fear about passing over to the other side, it is a good idea to do a mini life review now in order to identify the areas that you would not be proud of.

The number one thing we will need to do in order to rectify situations is to forgive ourselves and forgive others. Then you can think about how you could balance out the rest of the situations in order to clear your own conscious and to let go of the self imposed fear of not doing the right thing or not being good enough in this lifetime. There are so many situations that were set up in order for us to experience a situation and we will be so surprised when we see how it all unfolded and why certain things happened- there are two sides to every story! This is another great way to process fear of how we think we have lived our lives. By realizing that most situations were planned, we can also process the fears associated with being the victim.

What about fears of things like snakes and spiders?

Many of us have a fear of getting bitten by a spider or a snake, which could be a manifestation of a prior situation such as being betrayed. To release the fear of being bitten, first realize that if it were lethal- it wouldn't happen unless you had planned it as an exit point. If you hadn't planned it as an exit point but you still got bitten, you would survive and then you would know you planned out a lesson. If you didn't plan a lethal bite or a lesson, you won't be bitten! So there is nothing to fear once all is known! You can pretty much use this thought process for working through any thoughts of fear. It may sound too simple or fantasy like to be true. It is our fear of the truth that holds simplicity in judgment.

These kinds of fears must be transmuted as we move toward fifth dimensional consciousness where all thoughts and fears manifest quicker. While some of humanity will be manifesting love, some will be manifesting their greatest fears. It is already happening. If someone obsesses about getting cancer because their mother had cancer, it is more likely to manifest. The biggest challenge in this case is [changing your thoughts](#).

How are fears linked to past lives?

Experiencing our fears and transmuting them clears out lifetimes of emotional baggage. Many of us were killed in past lives for speaking our truth or for [remembering alchemy](#)- the power of transmutation and transference. Some of us who remembered our powers were tricked by the dark into using them for power and control or to harm others. Some of us were tricked when we programmed with the thoughts that we used our powers for harm when in fact we never did.

Whatever our cells hold, these experiences remained with us and can be cleared simply by acknowledging the possibilities that have caused them and by being aware when fear creeps into our lives. It is up to us to breathe through the emotions associated with it and to remember that we really have nothing to fear- it is all an illusion. Whatever happens to you, even losing the physical body- cannot harm you and we are one vibrational level higher after this experience. We also have more access to reasons why things happened and we get to visit our soul families on the other side.

Transmuting fear brings completion

The joy in losing all fear allows for the space to open up where we can create new possibilities. The old programs are washed away with truth and light and we no longer can be tricked because

we have found how to discern within our hearts. Healing, clearing, and restoration of the body in order to master this human experience can be completed once we move out of fear into love.

The vibration of the number nine of this article in the series on *How to Ascend* represents completion. The thought, intention, and awareness processes in this series all co-exist and blend with each other and are a comprehensive guide to helping prepare yourself for a magical transformation by allowing you to find your owner's manual of your body within the heart space. Fear was the lock on the door and as it is transmuted, the lock not only unlocks but the door is illuminated from the inside. The fear of success must now be transmuted into the power of ascension. All you have to do is open the door and step through.

We will discuss "Taking Back Your Power" in part ten of this series, which carries the vibration of new beginnings. Fear was able to exist in the cycle of moving away from Source as far as we could go in a physical body. As we find ourselves in the cycle of moving back to Source we are in the prime of our lives for expansion, and nothing can stop us.

How to Ascend - Taking Back Your Power - Part 10

Along our road to ascension in this series, we have explored intention and awareness, going within, loving yourself, healing, raising your vibration, transmuting karma, changing your thoughts, and transmuting fear. All are an important part of clearing and expanding into your full power as a spirit having a physical experience. In the vibration of ten, which is a one- a new beginning, we take all that we have learned thus far and create something completely new from the background energy.

In [Ascension 101](#), we defined ascension as: *The act of rising or ascending; especially: the act of moving to a higher or more powerful position.* Then we further recognized ascension as this:

Ascension is acknowledging and standing in your full power of who you are as you co-create the illusion of separation while existing in a high vibrational state of love. It involves consciously connecting with the tools and experiences of your akashic record held within your DNA with the help of your higher self by merging and balancing the high vibrational essence of who you are into physical manifestation.

What does it mean to stand in your full power?

To stand in your full power means to go within yourself to love and heal yourself, raise your vibration, and change your thoughts toward the intention of moving into a higher consciousness in order to co-create a new reality for humanity.

Click [HERE](#) for You Tube Video “2013 A New Life on Earth”

As you look back down the road that you have travelled, you probably realize by now that when we thought we were ready to ascend, we really were not. We had much more clearing and shifting to do. To shift in an instant would have disintegrated our physical bodies. If we had remembered this would be such a gradual thing, many of us would have given up a while back. That little self called the ego was ready and raring to thrust forward without all of our business being taken care of. We needed that ego self part of us to be able to exist in such a chaotic time, in other words, we needed a bit of false power. We couldn't have done it without the ego.

Some Healers have been healing and leaving energy all over the healed and in turn taking on some of their negative energy. We almost had to be asked to be tricked by many channeled messages that said that our ascension was coming “soon”, just so we could get to this place in the road that allowed us view the whole picture of what it truly means to be able to stand in our power. We searched for answers and looked for confirmation everywhere to see if others were going



through what we were. It seems we all had just enough confirmation with our limited sight to stay on the right road without having any permanent street signs. All of this makes perfect sense to us now, and we know that our galactic family had a lot of things they had to do before we could get to where we are now.

We now take the focus back to the hallway of doors mentioned in Ascension 101. This is the hallway that lies within our heart center. Now that we have done our “work” we can scan the hallway to see the one door that is meant just for us. The light is shining bright behind this door and we have found our key to unlock it. Stepping through the door into a whole new way of seeing things and having no fear will allow us to make choices based on truth and knowledge. Discernment is easier as we run things through our truth finder- our heart center and we are now able to life the veil and think clearer than ever. We know what we want to accomplish and we are no longer going to allow anyone to tell us how to proceed in our lives.

“Either you think, or else others think for you and take your power from you, pervert and discipline your natural tastes, civilize, and sterilize you”- F. Scott Fitzgerald

Merging with our I AM presence

We now have to practice standing in our power. Some of us will step into our power of the light and then have to step back into the doorway for a bit and take a few breaths. It’s pretty amazing and takes a little getting used to. Many are only putting one foot in the door as they cling on to jobs that they are not in alignment with their true selves “in order to pay the bills”. Many are still clinging on the banking system and are still casting votes for the lesser of the two evils.

To stand in your full power gives you the ability new manifest new situations in order to stay in alignment with the Universe, knowing that you will be taken care of. Many still say this is a nonsensical pipe dream, while others are running their holistic healthcare practices and giving psychic readings for a living, quite successfully. When you make the choice to take the risk of moving into what you love, you cannot fail if you stay in alignment with yourself. Everything you touch will seem to turn to gold.

Once in the light of your I Am presence, you learn how to sustain a high frequency throughout your four bodies- physical, emotional, mental, and spiritual. You are able to do this by removing yourself from the illusion and seeing things from a higher perspective. The space in which you stand is the creation of yourself and is where your four bodies vibrate and expand with the harmonic resonance of your higher self and soul.

The only thing standing between you and your space is the illusion of fear. The illusion is packed with domination, control, and lies, and belief systems. Others who have gone before you have shattered some of those roadblocks, making it that much easier for you to stand in the light longer each time. Gratitude and courage go hand in hand as you strengthen your etheric bridge from one space to another.

After mastering the mind and finding your sacred space of harmonic vibrational comfort, you will be able to look back and you will see that the door is gone. You know where it was but the

separation between the hallway and the new space is no longer necessary. You still exist in a physical body but you know you are not your body and you realize you are actually in the helm of a spaceship. The spaceship's name is the Merkaba, and you have to practice now to remember how to start it up.

How do I drive my Merkaba and still exist in “reality”?

The outside world may not seem to be changing as fast as you would like it to. What really needs to change is your reaction to what happens in your “reality”. The power to choose how you react is a co-creation manifestation tool that we can take with us in our [Merkaba lightship](#). Magic occurs when we change our reaction to a situation- it changes the resonance and programming of that reality as if it never existed the old way. Most of us have a little more of this practice before we are able to take off in our spaceship. It is like firing up the engines, hovering, and then powering down.



Sometimes we may have to put the spaceship in sleep mode for a couple of days or even weeks. All of us have a different practice take off dates and times scheduled, as we have to share the practice field. We are still giving each other experiences that allow for practice and mastery. However we

are getting better and better and we are all excited about graduation.

What we do now changes our lineage

Our DNA holds our family lineage of the past and of the future. When we fire up our spaceships, we give life to our dormant DNA that we have not had access to before. This [DNA emits a frequency or vibration](#) that manifests our physical experience. We are remembering that we came here to break the cycle of running on just two cylinders on the practice field. We may even need to go back into our healing processes, or change the oil and the spark plugs again so to speak. By transmuting all of the experiences that are fear based we are re-writing the DNA programming to that of love, which is also light. Our spaceships run on light. When we take off at warp speed in our spaceships, we will have changed our past and future lineage while focusing our consciousness in the highest possible way.

Of course after we have our fun we will have to come back. It may seem like we never left to others who are just now finding their spaceships. When we return we will not see things the same and we even look and act different to those who we know. We will come back in order to help repair their ships and get them running on all cylinders because we told them that we would not leave them. We will explore this more in the master number eleven of this series on *How to Ascend- “Mastery- Serving Others”*.

Sadly some of the people we knew will simply lock their spaceship doors and will not respond to our offer to help. They will have drawn the blinds and will have slipped into bed in the comfort of their silk sheets. Yet some of them will go to sleep and will awaken out of their dream at the

last minute in a panic to have a last minute tune up, so we will need to remember to clear our schedules for these folks. We will be there for them, because we remember what it was like to fall asleep under the tree, hugging ourselves tightly, amidst the rain and thunder.

How to Ascend - Mastery: Serving Others - Part 11

In order to shift dimensional planes, we have to master how to change our frequency to that plane. Others have come before us and have shared the secrets of mastery, and some of us have already achieved mastery but have come back once again to serve as many people as possible by being the example.

The preparation for ascension is complete

Congratulations, you are about to graduate! Before you could possibly serve others you had several steps to take in preparation. All of the prior parts of this series of [How to Ascend](#) were written to help humanity find the right tools in the toolbox to fix their vehicles. The vibration of this article is a master number eleven, and describes the mastery of defining self while holding and emitting the white light of unconditional love to the greatest possible degree the body can handle. The bonus we will receive in this mastery attempt will be to be able to keep our physical bodies intact.

Some people are prepared but are still serving the control system, working in big oil, big pharma, banking, or military while practicing spirituality principles and practices. While there is no judgment in this, the observation is that eventually these jobs will be obliterated and sooner than later going to work to these jobs will bring a sense of unhappiness as the Universe tries to prepare them for the change. Those who are following the almighty illusion of the dollar and are practicing service to self will have a difficult time existing in a master's reality.

Free will choice of realities

There are many ways to raise your vibrational level and to heal on the path of ascension. We are always ascending as long as we are in this in breath of Brahma moving back to Source. Sharing your experience with Source and sharing your experience with humanity is the same thing. It is all an experience and we are creating and recording the experience as we go.

Ascension involves shifting your vibrational frequency and consciousness to the version of Earth that you prefer.

There are many versions of Earth occurring at the same time. Your current reality in the “now” does not “change” the past or the future, it simply connects the threads that resonate with the now and the threads that no longer resonate are moved further away from you in the grand tapestry. We are always shifting and we are all connected to some degree. By making the choice of what version of Earth you prefer, you serve everyone connected in your co-creation reality. You really can change the world one fear busting moment to the next.

Who will need help?

Our [space brothers and sisters have their spaceships parked on ley lines in the grid](#) and vortexes and are helping to stabilize and raise the vibration of the planet. We are receiving cosmic energy from Source through our sun which vibrates dissonant energies from our bodies and brings them to the surface. We could all use a little help from others in understanding what is happening, and there are more people now than ever that are beginning to awaken to the changes occurring.

As the vibration moves into the fourth and fifth vibrational frequencies, those that have not awakened or that have not done their “work” will have a really hard time dealing with life and will need to play “catch up” very quickly if they wish to remain. Some will choose to exit the planet and their physical bodies will perish. Others will exit the planet but will leave their bodies for a walk in. All scenarios bring a need for Lightworkers who are aware of what is happening to help. [Walk-ins](#) will need help acclimating and family members will need help coping with the loss of a loved one. Everyone has something they can offer in service to others.

Service to others means sharing your experiences, healing, and knowledge so that others can find their way within the discernment of their hearts.

How do I begin in my service to others?

When one feels the need to begin to serve others, this feeling should be expressed out loud to the Universe so that you can move closer into your specific purpose here. The highest form of prayer and radiating light is gratitude. [Don't forget to express gratitude](#) for this experience and for the opportunity to serve. [If you are still wondering what your life purpose is](#) follow your feelings of excitement. Most of the time you are already doing it in some form!

Is ascension real?

As ascended masters, are we “a”scending or “in”scending? As we ascend, are we taking our bodies with us or are we ascending within our bodies? Is any of this real, or is it just a part of the grand illusion/experiment/experience? Well when you find out, please come back to [In5d.com Facebook](#) and let us all know. One thing we can all agree on is that while we are existing in this incarnation, it is better to be happy than to be sad or depressed. Common sense points to doing what makes you happy, period. Finding what makes you happy is the biggest part the spiritual journey. There are many stories of synchronicities, miracles, and confirmations shared on the internet for others to pull inspiration from. Ascension is a real as you want to make it. Perhaps the best way to make up your mind is to think about if it is real, how disappointed you would be in yourself if you missed your shot once you returned to the other side of the veil.

Life on Earth was created to be enjoyed as a master class. Trillions of spirits wanted to sign up for this master class in order to get one step closer to the vibration of “home”. Where you have wanted to go is right here, right now. Let go of the seeming difficulty. Sometimes a plethora of information on ascension can be overwhelming. There is another way to deal with this confusion. Forget everything you've read and heard and instead simply look within your heart. Whew! Let it all go....lighten up!

However if you are like most, we don't trust that will be enough, and we want as much information as we can get our hands on. Some people may one day suddenly remember every word in their user's manual and will innately know how to operate their [Merkaba lightship vehicle](#). When and if this happens, of course we will want to share what we know with others, because it would be no fun to explore the Universe by ourselves.

You are a micro universe interacting with the collective agreement to co-exist and co-create a reality in order to experience. Change the mass consensus reality by changing yourself and serving others, as we are all connected. What you put out into the Universe will be returned to you. Don't disappoint yourself-make it count.

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