

The ABCs of Ascension

Joyce Pfaffle, D.S.S., M.A.

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About the Author



Joyce Pfaffle views herself as a spiritual seeker and communicator. She has a master's degree in communication, doctorate in spiritual studies in the area of New Thought and is currently studying with the Builders of the Adytum western mystery school.

Over the years, she has used her writing and editing skills for magazine publishing, newsletters, website creation, journalism, and books. In addition to the *ABCs of Ascension*, Joyce also wrote the workbook, *Writing Your Chakras* and co-authored *GodBumps* and *Nine Pluto Gifts on the Path to Awakening* with her husband, Davie. Eight more “Gift” books are in the works.

Joyce received oneness blessing (deeksha) training in India at the Oneness University, along with her husband. Like him, she is committed to the awakening of the planet into oneness and the emergence of the true Self.

Other Books by the Pfaffles

Your Lucky Jupiter and Astrology (Davie)

Writing your Chakras (Joyce)

GodBumps (Both)

Nine PLUTO Gifts on the Path to Awakening (Both)

Introduction

The ABCs of Ascension

This book contains an alphabet soup of information on Ascension and what is involved from the standpoint of just another ascending soul. It certainly is not definitive, since I am standing on the same starting point of the path of Ascension as everyone else on this planet.

Yet, I had the knowledge and experience of the past fifteen years of following this event's unfolding that I wanted to share. And during the week of January 6, 2013 my angelic writing guides and my GodBumps prodded me ceaselessly, gave me the title and set me to work on writing this. So, for what it's worth, here it is! It's my gift to you, given with gratitude and love. No strings attached.

As did many Lightworkers, I had spent a few days after December 21, 2012 in shock as if someone I loved had died. I couldn't make sense of the non-event and denied to myself the date even had come.....and gone. Somehow, though, I deeply sensed that everything was still on target; in fact I intensely felt an abiding Presence that kept reassuring me.

After that, by Christmas Eve in fact, I went into a funky state of disappointment and sense of betrayal and began fussing about, nattering about it all. I started looking for explanations from various Lightworkers and channels as to

what really occurred for them on that day and began meditating on my personal feelings on it.

That's when I finally got it! I had to find *my own* answers; no one had the definitive reason or experience. From all the data I collected and all the faith I had in assertions of angelic masters and informed Lightworkers, I selected just what still rang true to me--post 12/21 and added them to my inner knowledge and truth. This volume is a result. Your truth may be different, but at least this book is a starting point for each of us to examine where to begin on our own personal path to Ascension.

The alphabet of key words were easier to compile than I had first thought. In fact, sometimes many words seemed appropriate for a given alphabet character. Some words even had equal importance as in the case of "G" where you will note two "G" key words. **Bolded** words (that are not subheadings) within the text of each letter were once considered as the main word of that section. They remained still worthy of emphasis to be kept as part of the section and thus are bolded.

I hope you enjoy and learn from the information in the book. I'd appreciate any feedback you have, as well as corrections, insights and testimonies for future editions.

Namaste,

Joyce Pfaffle

Campbell CA

February 1, 2013

What is Ascension?

We are now living in a new world! We may not have noticed it yet; it seems rather ordinary to us yet, but in fact, much has changed.

Mother Earth has ascended along with all of her creatures, including each one of us. This ascension is a shift in dimension, from the third dimension of time, space and matter to the fifth dimension of heightened consciousness of what we are as spiritual beings. We might say it's akin to going from high school to college as a planet and as individuals. Opening day of school was December 22, 2012 after third dimension graduation day the day before. We're freshmen in this new Golden Age College or Age of Aquarius University, just getting initiated into a new way of being and excited about what is ahead.

From what many channels and enlightened beings have said in other ways, the school analogy makes sense. This is all new to us, so how can we properly evaluate just what the experience is and how intensely we are feeling it? We have all moved to a brand new higher plane of existence!

As Silver Birch once said through the channel, Maurice Barbanell: "As you advance beyond, you leave it (one plane) behind. As the spirit qualifies itself, by growth, progress and evolution, so it naturally passes to the next stage of spirit life." He also said: "You didn't climb into the new dimension, you grew and evolved. The lower gives way to the higher. You 'die' and are born again and

again.”¹ Yet, we each keep our physical body in this move, but as we will see even our physical form changes to accommodate this new energy.

*We may walk different paths
but our destination is the same...The Light.*

~Gannon Carr

Some of us are not quite ready for that giant step yet. We're still mentally in high school! What we are told is that as we keep on keeping on, we will notice changes, some of them profound. This new age will go on for thousands of years. Is it right to expect everything to happen all at once? We don't go to the Super Bowl, get our seats and our hot dog and drink only to have them announce the score and send us home. We expect the game! And that's what we walked in on with this New Age, but right now we don't know the name of the game, its rules or its intended outcome. We're just waiting for someone or something to inform us. Well, folks, the answer is within us and the game has begun!

¹ Ref: Silver Birch, Silver Birch Anthology, Ed. Wm. Naylor, London: Spiritualist Press 1974; c1955, 57-58. By way of the website: www.2012scenario.com 9/26/12 edition. The website from which I took this quote is now defunct but has been replaced by another one, called the [Golden Age of Gaia](#). I find that site a rich resource of channeled messages and analysis of information on Ascension and all its aspects. Dozens of archived articles from the 2012 Scenario site are indexed on the new site. Sign up, if you so desire, for their almost daily email newsletter of channeled messages on Ascension and insightful comments by the site's author.



Awakening

First and foremost to maximizing Ascension is awakening. It is part of Ascension, but not the same thing. It is, however, crucial to achieving higher consciousness and full appreciation of Ascension.

When Gaia and its creatures ascended into the fifth dimension, a new consciousness came with it. We could not bring our old 3D awareness into this rarefied place. However, many of us are still asleep and don't know that yet!

Planet Earth has risen from its 3D dense, dark energies. We, who live here, are also awakening with a mass consciousness of our responsibilities to her. We've been naughty brats throughout the ages, destroying, raping and robbing our mother, the earth, and abusing her creatures for our own selfish purposes. Over the past twenty years or so, we have been building awareness of what we have done. It is beginning to dawn on large numbers of us that we are all in this world together. We all breathe the same air, drink the same water and Gaia is our home.

Many of us are awakening to our obligation to take care of her, protect her resources, her air and water and clean up after ourselves. In the years ahead, as the Ascension

energy intensifies, we will just naturally view our planet as a sentient being to be cherished and protected. Right now, it takes active work. But as humanity we are becoming accountable.

Personal Awakening is a permanent state of consciousness where there is a complete realization of being spiritual beings, experiencing life within human bodies and not the other way around. When awakened, the sense of a self is gone; replacing ego, self-reliance and individuality. In fact, the “self” is actually an illusion developed by the ego to separate itself and become important. This divisive idea succeeded so much, that we, as a human race, forgot who we were, spiritual beings!

There are many definitions and proponents of awakening. The one I value the most is from the Oneness Movement and Sri Amma and Sri Bhagavan. For many years, they have been teaching the principles of higher consciousness and awakening. And it is now happening! Many have awakened! In late January 2013, their website reports that over 380,000 people have fully and permanently awakened and many more are spontaneously doing so daily. That’s about one for every 20,000 people on earth.

These awakened ones then support others’ awakenings with their spiritual presence and efforts. Each has the power to influence 100,000 others towards awakening. This is similar to the Transcendental Meditation Movement stating that it takes only 1% of the population meditating at one time to positively change the vibration level in the area so that crime and violence statistics go

down. Similarly with awakening, we have reached a point of critical mass where the entire planet of human beings is spontaneously awakening with or without the aid of any organization or religion. Imagine how Gaia is affected!

*The supernatural is the natural
not yet understood.*

~Elbert Hubbard

So what is Awakening? First of all, Awakening is not anything one can buy, demand, study or take courses or workshops to achieve. It's not an intellectual process at all, although those efforts plus practicing yoga and spiritual exercises may accelerate or increase the depth of it once it occurs.

There are many stories of how individuals awakened. Other awakenings happened through near death experiences, intense inner, contemplative work, or through spiritual retreats. Yet, many others have done the same work, and were intensely spiritual in their daily practices for decades and did not permanently awaken. **Ultimately, *awakening is a gift of the Divine*** that we all will someday receive, hopefully in this lifetime.

Awakened States: Surprisingly, you might not recognize an awakened person, because he or she isn't necessarily in a blissed out, superconscious state engulfed in a bright aura and exuding unconditional love. That phenomenon of ecstasy is called an "awakened state" where the kundalini energy rises into the upper chakras, with states of blissed out and high as outcomes. It is a temporary state though, even though it might last months or even years!

Permanent Awakening involves an actual physiological change in the brain structure that researchers are currently studying for validation purposes. It's as if the part of the brain that had developed a separate sense of self and that experiences pain and suffering is cut out never to return. What remains is a total sense of oneness with all. The distinct self is gone, as are emotional charges over past trauma and suffering and fears of the future. A feeling of oneness remains with no "self" monitor.

Otherwise, life is ordinary. The awakened aren't flying six feet off the ground nor are they air-headed space cadets unable to function. They go to work, take care of their families, make decisions as needed and interact with others just as before. Essentially, they are the same as they always were, with the same quirks, likes/dislikes and traits as previously. Only now they are not triggered by emotional situations or relationships that once set them off. They don't dwell on the past or the future. In addition, the "self" is no longer. Oneness remains.

Over the past few weeks, I've listened to many stories by individuals who were certified as awakened. They have unique experiences and are on various levels of awakening. Some of them are on videos in the Resources section below. All have lost a sense of separateness as well as their fears and their judgments of others. They no longer have an "I" that is directing their life or is behind what they did or said. In addition, their constant mind chatter ended.

The intellect and thinking of the awakened person is still functional. It can be called upon when needed and when it is, reasoning is more effective because of the non-conflicted, unclutched mind. Otherwise there is a peaceful emptiness and no endless babble. The separate self has dissolved but the personhood remains. Until we awaken this concept is difficult to comprehend, (as you might have noticed).

*All good things come
by synchronicity and grace.
You cannot, and need not,
plan your route to heaven.
Any planning for heaven denies
that it is already within you.*

~Alan Cohen

As for those blissed out states of being, the permanently awakened will claim they might occur occasionally. but ordinary life doesn't have bells and whistles nor psychedelic hoopla happening. They just live as they did before but totally free of personal suffering and anxiety. Not even apprehension of death claims a hold over them. They are fearless since there is no "self" there generating fear.

Challenges and obstacles may come and go but they are dealt with as they come up, not fumed and fussed over or suppressed. There is no future or past to the awakened, just the present moment which is where they reside at all times. Yet, how they awakened and their daily conditions and states of bliss all vary widely. They certainly retain

their uniqueness and go about their daily lives and careers as they always have, only with an awakened attitude.

Levels of Awakening: Sri Bhagavan of the Oneness Movement has identified 100 levels of awakening. However all the qualities of unity consciousness and peacefulness are fully present even at Level One.

Flowering happens, however! The awakened one's capacity increases as does the magnitude and intensity of experiences as they continue to unfold, blossom and grow into higher levels. Unconditional love, for example, is a higher level awakened activity; a lower level might still have likes and dislikes concerning love.

Doug Bentley, the U.S.A. guide for the Oneness University gives an example of levels of awakening as this: When we're at the entry levels of awakening we have all the qualities of those at the highest level, but if we ask someone at a low level how she feels, she'd say, "I feel empty (of pain and suffering, judgment and fear);" whereas a master at a high level might say, "I feel as if the entire universe is inside me."

Most of us awaken around six or seven on the scale of one to 100. We may or may not notice that we have shifted our consciousness at first. It may just seem strange since we don't get triggered by events or people that used to upset us, or we may find our ego seems to have gone on vacation. We have no need to compete or win anymore. But by and large, our days' experiences are just as they usually were. Life goes on pretty much as normal, except

we don't suffer and battle our fears in our new state of oneness.

*The soul should always stand ajar,
ready to welcome the ecstatic experience.*

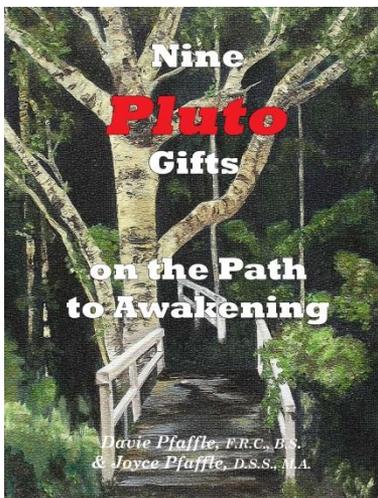
~Emily Dickenson

Awakening isn't a one-time event, either, as we might gather from talk about the various levels. It is an eternal process. Jesus and Buddha were at level 100, so we can see we have a ways to go! We can be assured though that we will continue to grow and develop and move up the levels.

At about level 50, maybe many lifetimes from now or perhaps soon, we may cultivate what may be thought of as magical powers such as travel by thought, healing the sick, telepathic abilities, etc. Until then, we chop wood and carry water as we always did, with much more purpose, lightness and bliss. After all, we are one with the wood and the water and with all that is.

Awakening Assistance: Simply the fact that you are reading this gives an indication that you are preparing for awakening, maybe even fully ready for it or already there. None of us *has* to do anything or attend any special training to awaken. It will happen when it is intended, often spontaneously. Awakening is truly a *gift* of the Divine. However, we might accelerate the process by actively focusing on awakening through special courses or readings or spiritual practices.

If we do actively pursue a spiritual path, we are bound to awaken at a higher, deeper level than if we just lollygagged our way through life. Support can come in many directions. Davie and I have provided one. We have created a series of e-books, which use an astrological and mystical Tarot approach to assist awakening. The first e-book is now available and is called:



Nine Pluto Gifts on the Path to Awakening

Your natal chart provides the key to your Pluto gift(s). These planetary aspects aren't challenges in life, but harmonious energy given at birth to assist you in handling daily situations and in your awakening process. The book describes

the gift, its path to awakening and indicators that you have shifted in your perspective.

Awakening through the Oneness Movement: We will all awaken one day, most likely in this lifetime. That's a promise from the Oneness Movement. It's also written in our Akashic Records just when that will happen. However, it is obvious we all need some support!

Eckhart Tolle awakened some time ago and since he was unprepared for it and unaided, he struggled for years to understand what was happening to him. We are lucky to have the support in our quest from many sources.

The Oneness Movement is in the forefront of assistance and instruction. It, by the way, has no religious affiliation. Anyone of any faith is welcome to participate in its awakening and deepening courses. A strengthening and enhancement of faith in one's given religion or spiritual path is often the result.

*Suffering needs time.
It cannot survive in the now.*

~ Eckhart Tolle

The Oneness University's guides, trainers, blessing givers and meditators all over the world are eager to support each of us in awakening. In many areas of North America there are places where awakening courses are being held, usually on weekends. Regular meditation and oneness blessings (deeksha) sessions on line are also offered. These blessings are transmittals of energy from the Divine through the awakened blessing giver or through Oneness Meditators and greatly assist awakening.

A 28-day awakening and deepening course is held in India as well, which is available to all after some preparatory work in their local areas. Each awakening is certified by the enlightened monks in the temple who verified it through the Akashic Records and accessing the Divine presence of each individual. Recently, 1,170 people were awakened during the 28-day course; the remaining 30 did soon afterward. This course is NOT necessary, but is available to those who are committed to actively awakening the planet.

Resources:

www.onenessuniversity.org - Website of Sri Amma and Sri Bhagavan, the Avatars, and the Oneness Movement. The Oneness Movement is not a religious organization whatsoever, but a global movement to bring about awakening and higher consciousness.

www.onenessmovementflorida.org – A site in Florida of one of the foremost trainers and leaders in the Oneness movement in North America, Michael Milner. His Monday evening sessions are especially good to learn about awakening, and each one also offers us the Awakened Deeksha and Oneness Meditation. It is also a rich site for articles and videos.

www.onenessTV.com – This site is a treasure trove of videos of the teachings of Sri Bhagavan, and includes interviews of Oneness guides and others who relate their experiences. The new temple in India is also shown.

www.onenessawakeneddeeksha.weebly.com – Provides schedules for oneness blessings by awakened persons. You can tune into these events on your computer and receive blessings remotely. It's even possible to become awakened through these blessings. Instructions on receiving deeksha (blessings) are included on each video site.

www.onenessmeditationevents.com Similar to the other scheduling site (above), except that these fully awakened beings are called Awakened Oneness Meditators. They meditate with us with their eyes open as they are immersed in the Divine Presence, while we also keep our eyes open. Instructions for meditating with them are often provided on each of the video sites.

Facebook: <https://www.facebook.com/groups/487933124590157/>
My husband, Davie Pfaffle, has this Facebook group that you can join. It gives information on what the awakening process is and provides a forum for discussing it. The group is called: Awakening Permanently, the East Indian Way.

B Body Alignment

The Ascension to the fifth dimension means we are each developing a new solar light body and leaving behind the third dimensional world with our human carbon-based body.

This was started on December 21, 2012 when all 12 strands of our DNA were activated along with the makings of a crystalline body. Patricia Coble Robles describes it like this: “This (activation) is a process of Divine Alchemy that will assist our I AM Presence to transform the carbon-based cellular structures of our physical, etheric, mental, and emotional bodies into Crystalline-based Solar Light Cells.”

Shape shift your life

~Michael Bernard Beckwith

Now, really! Does body rejuvenation mean we will get a whole new exterior chassis, upgraded interior engine, develop super vitality and never die? Maybe, but perhaps not in this lifetime, however attractive that might seem.

In the meantime, we can take advantage of the many traditional and holistic healers and body workers out there for physical healing and energy work. Many of them have

gone way beyond their original 3-D training, uplifting their skills and awareness into the new fifth dimension in service and love. Through their chosen modality, they can bring our bodies into alignment with the influx of light energy that is flooding the planet.

We are just entering the Golden Age, but as we found out on the 2012 winter solstice, Ascension wasn't a sudden, drastic shift in consciousness for the planet or for the self. Being as dense as they are, our bodies need special coaxing to keep up! Here are just a few resources:

Resources:

Patricia Coble Robles has authored many books and has been in the forefront of information on Ascension. Her website also contains many articles and information for your perusal.

Heal with the Angels. Hands on healing and workshops are offered, featuring a unique energy healing technique.

Regenesis We were taught that the brain and DNA are static and unchangeable. However, research has found that genetic expression fluctuates constantly and consciousness is what changes it. Submerged intelligence exists as a vast untapped potential. Regenesis teaches the biological foundations of awakening this potential in weekend workshops.

Terragetics (Earth-Energetic) is a process of creating a resonant frequency with natural elements. It is a healing modality based on integrating plants, stones, fire, water and other Earth entities into a healing event.



Consciousness

With Ascension, we have shifted to a higher awareness, whereby we can more fully value life as spiritual beings. That means on some level, we need to understand that we are all one—at least appreciating at this point that we may only be conscious of being unconscious about it.

Not all of us embody uplifted consciousness yet, but each of us has an inkling of it, and that we are being called to a new mission—for the **common good**—for the **collective**. Our progress from here on out will be for the **cosmos** and all its inhabitants. We will be going way, way beyond the limits of self, as our awareness expands over the coming months to a universal concern and desire to be of service.

There is also a more mundane meaning to consciousness. To be conscious daily is to be keenly aware, intentionally and deliberately focused on the subject at hand. That implies, for example, not mindlessly shoveling any kind of food into our mouth without thought to the ultimate health consequences. It's also being constantly cognizant of how all our choices, big and small, affect the greater good of self, others and the universe as well.

In this book, the primary consciousness is that of the planet's Ascension into the Fifth Dimension, and how we

can consciously get there. Here are just a few everyday ways to begin:

- ❖ Building conscious **communities** of likeminded folk
- ❖ Speaking and listening with conscious and **conscientious** intent and purpose
- ❖ Developing conscious ecological responsibility
- ❖ Making conscious food and healthy living **choices**
- ❖ Fostering conscious parenting and partnering
- ❖ Building an inclusive society, free of discrimination
- ❖ Improving our mindfulness as part of conscious daily living
- ❖ Advancing a consciousness of **cooperation** at work and home
- ❖ Consciously **communicating** with deceased loved ones
- ❖ **Creating** consciousness of harmony and peace in our communities
- ❖ Electing conscious and visionary leaders
- ❖ Making a conscious effort to ready ourselves for galactic participation

*There are three C's in life
CHOICE, CHANCE, CHANGE*

*You can make the Choice
To take the Chance
If you want anything in your life
to Change*

www.allfamousquotes.net

D Dimensional Uplift

The **third** dimensional world of time, space and matter as we knew it is ending. It was a game we played for eons as we learned about duality and free will. We also found out, sometimes to our detriment about the rigidity and structure of its limited viewpoint. From the experience came our separate egos with lots of fears and defenses. Consequently, we forgot who we really were.

The **fourth** dimension was an uplift in consciousness into living in present time. It was really where we began to reject the 3D way of life. We lessened focus on the past and worry about the future. We explored ways to undo the damage to ourselves and became mindful of how our planet is suffering. Options and choice opened up in 4D.

The **fifth** dimension is a major shift in awareness. It has arrived complete with support of the entire company of heaven through powerful light energy that has been flooding the planet and each of us these past few years.

With the fifth, we are becoming aware we are spiritual beings. Even qualities of the Divine, such as love, beauty and harmony, have new meaning to us, because we discover they are within us, are us! Although nothing has changed yet in the physical world, we are less fearful and a clean, healthy planet seems possible. We have high hopes!

Right now, we can be creating scenarios through our imagination and dreams for that day in the not-so-distant future when we are fully in the fifth and so are all our ancestors! They're joining us, you know. How about finding our twin flames and soul mates at last? Or, just imagine connecting with mom or grandpa, a dead spouse, or even a beloved pet—face to face.

*Your imagination is your preview
of life's coming attractions.*

~Albert Einstein

Visualize a body free of pain, disease and discomfort. What about going outside to find a friendly social and natural environment, where we are safe and secure and warmly welcomed? Or how about seeing animals that are friendly to us and safe in their activities as well. Imagine the end of drama queens and pity parties, violence and rape, racial, religious and gender discrimination, and where dreams come true easily.

Think about a refocused military devoted to strengthening international ties, training for peaceful aims, and supporting global projects for our greater good. Picture the end of a dualistic world of good vs. evil. Imagine Camelot! We're at the start of that Golden Era now.

Resource: <http://goldenageofgaia.com/2013/01/jim-self-help-the-third-dimension-is-going-away/> This is a series of three audios (approximately a total of 30 minutes) by **Jim Self**, who is a leader in the field of spiritual development. He gives simple definitions and explanations of the third, fourth and fifth dimensions. He also explains how the third is going away, how we are awakening (becoming conscious) and also talks about the 5D waves of light. Interesting talk and a deeper look at the dimensions than this book can present.

E

Expansiveness

When we incarnated, we were purposely limited. Just arriving here on earth in a human body restricted us in fact. In the spirit world we were immense light beings. We knew we had no limits and always felt surrounded with love and light. To take on a human body, we had to amp down our **energy** and so we left the bigger part of us in the ethers. We knew we were doing this, but when we were born, over time we forgot *why*.

We got caught up in the delusion of the appearance of reality that the physical world held for us—its pleasures, excitement, games and fun as well as its pain and suffering and evil. We got so we felt we were in bondage, trapped and unable to change our circumstances and under the wickedness of a slavemaster—our ego. We forgot who we were as powerful beings of light.

Now with our ascended 5D consciousness, we long to be enlightened and whole again. Little by little, we are remembering ourselves, putting together the pieces of what we really are—spiritual beings occupying physical bodies. We are again expansive and immortal beings of light in our oneness with Source energy.

*It is wisdom to know others;
it is enlightenment to know one's self."*

—Lao-Tzu



Freedom

Imagine REAL freedom to be all we can be, without limits, without any negative consequence, without fears of any kind. In fact, picture being **free** of the little self, the ego-mind that thinks it is in charge. Can we grasp the notion of no separateness; where we feel at one with everything and everyone?

Do we dare create an Inner Teacher who each time we ask, offers wise, loving counsel that totally supports our development, while comforting and protecting us? Then what about dropping the chains of an over-intellectualized mentality? How about exchanging that for a mind that is balanced and enlivened with expressive emotions? That promotes love and well-being?



Just think about freedom from time and resource constraints in which to play piano, learn to dance, create artistic wonders, time to snorkel, swim with dolphins and dream big, luscious, expansive dreams. What about having no **FEAR**?

The **Fifth Dimension** is opening up to us and as we imagine, we create and fill in our imaginings with detail and specifics so that one day it all manifests into **form!** Just imagine it; it's called freedom and we choose it **NOW**.

G

Gratitude

Thankfulness is our response to this gift of Ascension to our Divine. As we are tuned into the wonders surrounding us, gratitude swells up from within, opening our heart wide, even bringing tears to our eyes. We are so grateful, so thankful to be alive at this most interesting, exciting part of history on **Gaia**.



What if today, we were just grateful for everything?

We incarnated now because we each desperately wanted to be here during this dawning of the **Golden Age**. We wanted to serve, to help bring heaven down to earth, to heal Planet Earth and all her denizens. And our

desires came true. What a wonderful opportunity we have had.

Then too, we may all not be fully aware yet, but we also wanted to be here during the time when our **Galactic** relatives make themselves known to us. They are still in

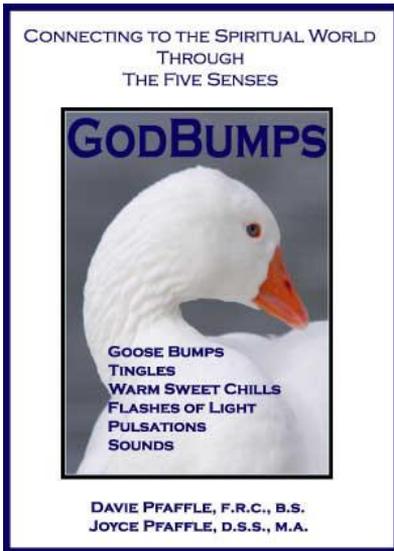
the shadows but stand ready to teach us how to restore harmony and integrity to Gaia and reach beyond the earth for our understanding of the universe.

For all and more, including our pain and suffering, we are so utterly grateful. Thank you, thank you, thank you, Divine Source of All There Is.



Our physical sensations are a wonderful way to get into harmony with the Divine. In fact, GodBumps, as my husband and I dubbed them, are the primary physical way that Source uses to get into communication with us. By responding, we return the favor, keeping this direct connection going continuously between us.

Some of us feel tingles; others experience chills or **goosebumps**, sound bites or flashes of light. All of these sensations let us know we are on the right track and have established a link to the Divine.



Davie, has worked with his GodBumps, which he calls “warm sweet chills,” for many years as an indicator to himself that he is making the right decisions or following his guidance. We both found out that GodBumps can also let us know when we’re straying from our truth and integrity.

We tested out our theories by surveying dozens of people who verified our assumptions and added more! We also determined through our research that there are several levels of recognition and uses for GodBumps.

As a result, we wrote *GodBumps: Connecting to the Spiritual World through the Five Senses* to help others direct their guidance more effectively via these physical sensations. The book is available through our website as a pdf file or as a soft cover book.

*There is a voice that doesn't use words.
Listen"*
~ Rumi

H Hue-Man & Hue-Woman

With Ascension, we are becoming beings of many colors, of multiple hues of light. Our carbon-based bodies are being transformed into crystalline bodies. We're Hue-Beings of magnificent radiance!

According to Ascension channels, this transformation into light beings is quite an achievement. We had been on a dark planet for eons that was seen as so depraved as to be without hope of redemption. But somehow over time, with help from starseeds and avatars, we found our way out of the muck and into the light.

*When I let go of what I am,
I become what I might be.*

~Lao Tzu

We're told the whole "company of heaven" rejoices with us in our great achievement of Ascension. We have found our way back to higher consciousness as Hue-manity!

Reborn onto Nova Earth, we are developing solar light bodies, activating all of our DNA strands and are experiencing brilliantly energized chakras. We are brand spanking new Hue-Men and Hue-Women.



“I Am”

This simple statement, “I am,” contains the original act of creation. Through the I AM, the whole universe came into being and each of our individual personalities as well. The I AM presence is the Divine, Source, the God Force, Tao, or Creator.

Someone on the Internet hit the nail on the head:

I am that I am equals I am the beginning. I am the ending. I am Alpha. I am Omega. I am pure consciousness. I am the Universe. I am everything. Everything is mine. I am the body. The body is mine. I am the soul, and the spirit. The soul and the spirit is mine. I am the creator of all things, and all things are mine. I am the father, the son and the Holy Ghost. I am the window of the soul. The soul is me. [\[Reference\]](#)

There is no other thing, person, creature, or place except I AM. It inhabits all there is and provides the materials for everything as well. It is material, abstract, mental, spiritual and physical and yet it is nothing at all. In addition, the I Am: “observes all thoughts and deeds and experiences all experiences, and that which all life tends towards in its evolution and returns to in its absolute end.” [\[Reference: Golden Age of Gaia\]](#):

When we meditate upon “I am that I am” we start to understand the connection we all have with the Divine. We are part of the “I am,” since we are part of all that is;

therefore we are Divine. **Interwoven** into divinity is **Immortality** as well.

*Anything after “I am” is just story,
whether good or bad, positive or negative.*

~Ayleen Augustine, D.C., Founder of Terragetics

If it be true that the “I am that I am” is all there is, then our personal “I am” is also the “I am that I am.” Each time we say “I am” we create, just as the Divine does. That means “I am great” and “I am wonderful” have far-reaching effects in our lives. However, so do: “I am no good;” “I am angry;” and “I am sick and tired.” Those two small words, I AM, and the words that follow are extremely powerful! Choose them well. In the end, though, they all are just story. We are just soul-ly and magnificently two words: I AM!

Here is a beautiful affirmation from Patricia Coble Robles invoking the I AM presence:

I AM my Beloved I AM Presence, invoking the full power of the 5th-Dimensional Solar Violet Flame to transmute cause, core, effect, record, and memory every thought, feeling, word, action, or belief I have ever expressed in any time frame or dimension, both known and unknown, that reflects poverty consciousness or lack and limitation of any kind.

*And the day came
when the risk to remain tight
in a bud was more painful
than the risk it took to blossom.*

~Anais Nin



Joy & Jubilation

Maybe like many others, you were disappointed or even angry that the big event of 12/21/12 didn't set off fireworks or huge changes to the physical universe and to you personally. That is understandable given the certainty many had regarding it. Besides that, the galactic alignment was an actual cosmic happening, so it seemed very likely that this event would bring on amazing changes.

Yet, despite the non-event, have you noticed that since, say, the new year of 2013, you have had regular and subtle changes in joy levels? For no apparent reason, many of us are feeling happy or more joyful even in the midst of traumatic events and we're doing it consistently. Yes, joy just pops up out of nowhere, even via **joviality**!

The heavy 3D universe is crumbling, carrying lots of trauma along with it, but somehow we are able to handle it with aplomb, because as immortal beings, we know we are safe. We recognize that for real transformation to come, the old structure must fade away or be destroyed to make way for the new. Leaving all that "stuff" behind, renewed, joyful energy arises and restores and refreshes us. Oh joy & **jubilation**. Transformation, here we come!

*The more joy we have,
The more nearly perfect we are.*

~Spinoza



Karma Clearing

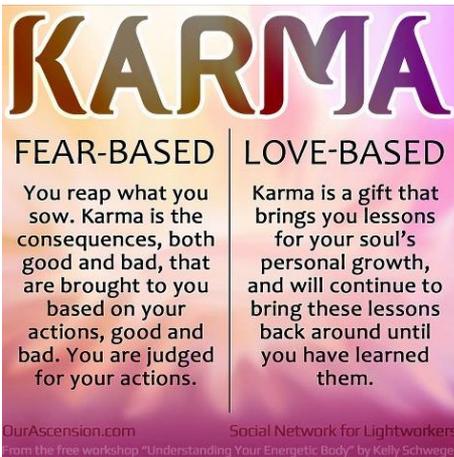
The age many believe we've just passed out of is called **Kali Yuga** or the Dark Age. On 12/22/12, the sun aligned with the center of the Milky Way galaxy. We entered a new upward cycle into the Golden age, the **Satya Yuga**.

Planetary Karma: We, as the human race, have been part of this planet for eons and it's not been pretty. We have built up massive karma. Just take a look at a history book or two to get a sense of what this is all about. Then contemplate the history that no one thought was important enough to consider "history"—the subjugation and denigration of women; genocide of nations; power struggles; the raping of planet earth and the plunder of her resources just to name a few. What karma we have amassed as humankind during the Dark Age!

As we move into the fifth dimension, our consciousness is moving up with Gaia and all her creatures as well. The third dimensional vibrations are lessening with the influx of powerful light, and they no longer hold sway over us. We are reclaiming our power and our awareness and making amends for our collective and personal stupidity over the ages.

As we continue to work for economic, political, social and environmental transformation and take care of our animals and mineral resources, we clear planetary karma. We begin the process of rebuilding Gaia and restoring health to its creatures.

Personal karma is another thing. It manifests as relationship problems, disease, misfortune, and pain and suffering in many ways. Each of us knows we have a heap



of personal karma to clear.

All the self-help and self-development work we have done in the old New Age, as well as the therapy, counseling, workshops, training, and meditation, has

peeled away some of the layers and hopefully has helped to resolve some of our deeper emotional issues. But we're still here; and unless we are permanently awakened, we yet have personal karma to dissolve. The strong Ascension light energy has removed some, but hard core issues still need work if we are to be fully free of karma.

The flip side is even when we are personally karma-free and awakened, we still must assist others in clearing the planet of its karma. It is part of our Ascension contract to leave no one behind as we ascend.



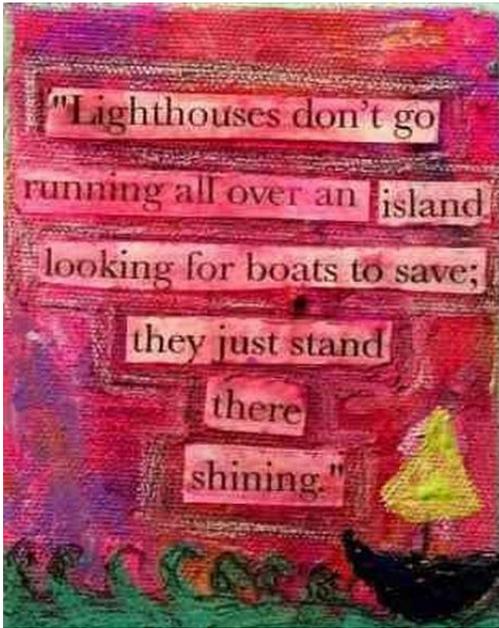
Lightworkers

What essay on Ascension would be complete without mention of love and light! **Love** really is all there is and we are the **light**!

It is most important for those of us who are **Lightworkers** to also become **lightholders** for folks who are finding it difficult to make the transition from third dimension consciousness to the new fifth dimension. Holding our beacon high, with love in our heart, we can join other **likeminded** individuals in lighting the way home for the many that are not quite ready yet for transformation, but who soon will be!

*The greatest good you can do for another
is not just share your riches,
but reveal to them their own.*

~Benjamin Disraeli



We have all of the skills, dedication and love to boost others, each in our own way.

Communicators may speak or write on ascension, awakening and other spiritual topics; healers can holistically mend and heal bodies and free minds of

emotional charges. The artistic can use creative talent to paint, draw and create music, dance and sing to inspire others to unfold their imagination and talents and express themselves. It is a time of cooperation and sharing for the ascension of all.

Many of us Lightworkers have been undervalued, marginalized and poorly paid in past years for our spiritual focus in the healing, expressive and creative arts. Our time has come! Really!! In the years ahead, as the vibrations of the planet continue to rise, people will flock to us, hungry for spiritual nourishment, for healing the past and for ways and means to understand the present. We will be in demand and all of our years of training and growth will have paid off, both spiritually and economically.

Lighthouse Graphic Source: Unknown

M

Mental Balance

One thing is certain—we lived in a left-brain world for many centuries! The only mental activities really valued were left-brain logic, reason and the almighty intellect.

The right brain functions of creativity, imagination and holistic thinking were considered the domain of poor starving artists, doped up hippies, touchy-feeling weirdoes, space cadets and women. Yet, those derogatory terms said less about intuitive right brainers than about their detractors.

But, guess what? The feminine, right side of the brain, is once again in vogue! With the shift brought about by Ascension, we have moved from over-domination on male, left-brain thinking and are easing into a return to a balance between both sides. A learning curve lies ahead!

*Follow Your Heart
But Take Your Brain with You*

~The Idealist (Facebook)

The reasoned approach is still important in many daily activities. However what gives decisions meaning and soul is the intuitive, inner voice which counsels and teaches the way of the heart and of high principles.

Yet, if truth be told, overemphasis on the right brain is not okay either. I've too often heard Lightworkers and others say "I always go with my feelings." It's only half of the decision making equation and is akin to saying that if we *feel* like driving while drunk we should go with that feeling! Is that a *wise* thing to do?

As we return the intuitive to its rightful place, facts and analysis of conflicting ideas still must be factored in. We're not rejecting the left brain, just adding in an important feeling element. For mental balance, we need right and left brain, intellectual and intuitive thinking, head and heart connections in wise decision making. Over-reliance on the intellect wherein the law (not the spirit of it) takes top priority is wrong, but so is over dependence on nebulous feelings. Mental balance is the goal.

With Ascension, in the future this balance will find its way into corporate board rooms, cabinet meetings, Supreme Court decisions and in local councils and family affairs. Right brain thinking will be naturally accessed to bring compassion, true justice, creativity and values to left brain analysis, reasoning, problem solving and decision making.

*The intuitive mind is a sacred gift
and the rational mind
is a faithful servant.
We have created a society
that honors the servant
and has forgotten the gift.*

~Albert Einstein



Newbie New Ager

So you thought you were part of the New Age movement? Maybe you are an old-time hippie or consider yourself a healer or Lightworker? If so, you were probably among those who practiced yoga; chanted in Sanskrit; meditated for long hours; ate organic and vegan; cleansed and detoxed the body; practiced mindfulness and were into some form of spirituality. Many of us were!

Throughout the years, we New Agers grew and developed our consciousness and fancied ourselves as on the cutting edge of spiritual development. We created our own **networks** of likeminded people and led workshops so that others could share in our wisdom and experience. We were pretty secure in what we knew and were always on the lookout for something new that would continue our advancement. That, folks, was the *old* New Age!

In the new, New Age, we once again are **novices**, in fact we're back in **nursery school**. Having stepped out of the 3D world where we were experts in spiritual living, we have yet to get our bearings in the new 5D world where everything is spiritual! We are young tots exploring a new environment!

Some of us will find that even among our old 3D networks of likeminded folk, we no longer are as compatible as we once were. Others might just be bored with the whole New Age thing about which we once were all excited. The non-event of December 21-22, 2012 shattered stable data regarding truth and who to trust. Added to that, new ideas are coming forth all over the place, conflicting with the more stable ones with which we once fell in love.

So it is back to square one, this time on a higher level. In place of a focus on our personal development, we are now being called to develop more concern for the collective. We are asked to spiritually inspire others and create an environment to heal Gaia's ills.

Can we search the Internet for how to do this? Are there experts in the field of directing Ascension energy into form? I doubt it! We must now trust our inner source of wisdom, even as we are just newbies stepping into the unknown.

We ARE what we have been waiting for. Now let's move forward and create **Nova Earth**.

*Get interested in something!
Absolutely enthralled in something!
The more you lose yourself
in something bigger than yourself,
the more energy you will have.*

~Norman Vincent Peale



Oneness

Oneness is not just a mental understanding. It is a gift of the Divine that is part of our awakening process. With it, we connect totally and completely with what we truly are, spiritual beings, at one with Source.

When we have awakened, all sense of separateness that our mind created is gone and we are enfolded in the love and guidance of the One Will. In that awakened consciousness, we retain our physical body uniquely equipped with talents, skills and personality, even as we lose a sense of it being apart from the rest of creation.

The whole universe is contained within the oneness. There is nothing outside of the One. So where does evil and violence and war fit in? In the 3D world, duality existed. Evil and good; violence and harmony; peace and war. But as that old third dimension goes away, so will the dual nature of those energies. When we are all united as one, evil, poverty, sickness, and every other negative force will disappear. Only love will remain.

*Only those who go
where few have gone
Can see what few have seen.*

~Buddha



Pandora's Box

This Greek myth is a story of how Pandora naughtily opened a box she was told to keep locked. As she did so, every disease, sickness, negative emotion and evil known and unknown flew out of it. Although she quickly closed the lid on the box, the damage was done. The world was now totally contaminated; never, it seemed, to be whole again. She was devastated.

Does that sound like the world of today? Corruption, evil, war, violence and pollution of every description and type have run rampant over Gaia and her creatures. Mankind has actually caused much of the suffering and has done a lousy job of getting the lid back on again. What a mess we made of things!

But Pandora didn't look far enough. As she gingerly opened the lid again to show the empty box to Epimetheus, out flew The Spirit of Hope, assuaging any distress Pandora had previously held. She had a renewed faith that all would someday be well.

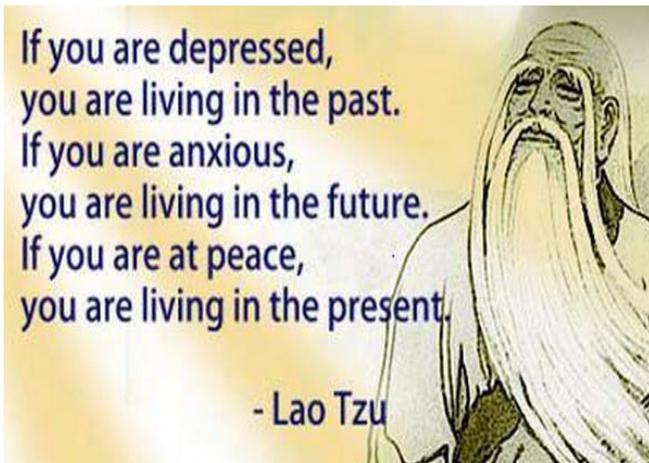
With this shift in dimension we are undergoing, we are finally coming to the end of millennia of pain and suffering caused by Pandora's misdeed! And now doesn't it look as if we are opening up into an era of hope! Let's HOPE so—

and as we do, let's also do what we can, using our talents and skills, to work towards **peace**, understanding, reconciliation and healing.

*Your soul is the part of you
that feels like hope.*

~Carolyn Myss

Take a look at our latest book, *The Nine Pluto Gifts on the Path to Awakening* for special gifts of hope that astrology has brought to you in your natal chart. They can bring your talents and skills to the forefront as we bring about planetary and personal transformation.





Questing

Although we have been automatically boosted up out of the third dimension with Gaia, we haven't arrived completely into the **quietude** and peace of the fifth dimension yet either. Many of us are still **quaking** and **quivering** from what we saw as a broken promise by the Company of Heaven on December 21, 2012.

We can't **quibble** about the fact that we are living in quite interesting times, can we? However, we still have our **quotient** of 3D challenges and situations as we grope for higher ground. Our **quandary** on our new quest is how to blindly take a step onto a new, totally unknown pathway while still manipulating life in the old one. There's no road map!

Isn't that exciting? There's no one to tell us we're doing it wrong nor are there rigid rules to follow as we explore new territory and expand our horizons in our quest for answers. The **question** is—are we up to it?

Resource:

<http://wewillblowyourmind.blogspot.co.uk/2013/01/scientists-confirm-reality-is-illusion.html> If you are questing for answers as to who you are and what your place is in the cosmos, this video (10 minutes) will blow your mind. In it, scientists say that reality is just an illusion and our universe is a hologram.

R Release & Re-Release

In this new ascended world, some of our hardships and heartaches are just leaving us naturally. That's why at times we feel lighter and more at ease with ourselves and others. Daily activities that used to trigger anger or frustration are now just something to laugh about or let occur without reaction.

Yet most of us have deep core issues, such as those having to do with worthiness, self-esteem, approval and control that are still hanging onto us. Unfortunately (or fortunately), there is no garbage dump for leftover third dimensional baggage in the Fifth Dimension of higher consciousness.

Because these are so fundamental to happiness in life, we tend to protect these issues and defend them as if we would die if they were addressed and handled. They need work to get at the essence of the issue.

But often our egoic minds will simply not let go! No matter how deeply we worked to find the root of an issue, we never seem to get to its depths. It is too scary! At some point, we throw up our hands, surrender and realize we are not running the show. We did our best but it was not enough. In fact we find we are helpless. At that point, Divine grace takes over, unburdens and releases us.

The release is actually a re-lease on life! Our baggage is considerably lightened and our mind is freed up from anxiety. Our fears are gone. The future looks brighter because we now know we don't have to do it all. We can simply enjoy the present moment. We know that behind all our thoughts, words and actions, there is a loving Presence that carries the load for us. How good can it get!

"Let go and let God" is truer today in the ascended world than ever before. If we resist and continue to insist on holding on to our issues, physical illness or mental disease could be the result. The old energy can't maintain its form without degenerating into debilitating bodily conditions. It has to go. Release it and Re-lease life!

*Surrender
all that no longer serves you.*

*Let all that remains buried in your heart
come to the surface and be healed.*

*Let there be space
for new energies to enter.*

*A new beginning
transforms darkness to light.*

~Author unknown (from Facebook)



Shift Gears

Shift is a word that has been tossed around lately to indicate Ascension, which was the change in consciousness that occurred with the December 21, 2012 galactic alignment.

We can relate that shift in consciousness to shifting gears on our cars and trucks. That action changes how the vehicle moves—backward or forward first of all; then slower or faster. If we shift into second or first gear the vehicle is able to easily navigate steep roads or get out of mud and snow. If we shift from a lower gear into fourth or fifth gear it moves more easily and smoothly with less work for the engine.

As a planet and individuals, we are also shifting gears—big time! The hard work of first and second gear has ended. We're no longer laboriously building the physical world and the self. Third gear has been our standard, the basis from which we normally moved.

However, even third gear is beginning to seem oddly archaic, slow and not in sync with our new tempo. Yet the new velocity of the higher geared Ascension energy is a bit too much for us yet. It's unknown territory! Sometimes that causes us to reverse direction, or shift back down into

those old but safe modes of life. But those old ways no longer exist!

Ultimately, of course we all will awaken to a permanent state of oneness as mentioned in the Awakening section. But for now, how can we personally make this shift of consciousness come about more easily?

The shift can be practiced daily just by being observant of our surroundings and our own goings on. For example, we can mindfully walk in nature, gaze at the stars at night, swim with the dolphins or run on the beach. When we do so, we can just observe and enjoy the outer experience while consciously taking in all the feelings of oneness, pleasure, and hope these activities generate in us.

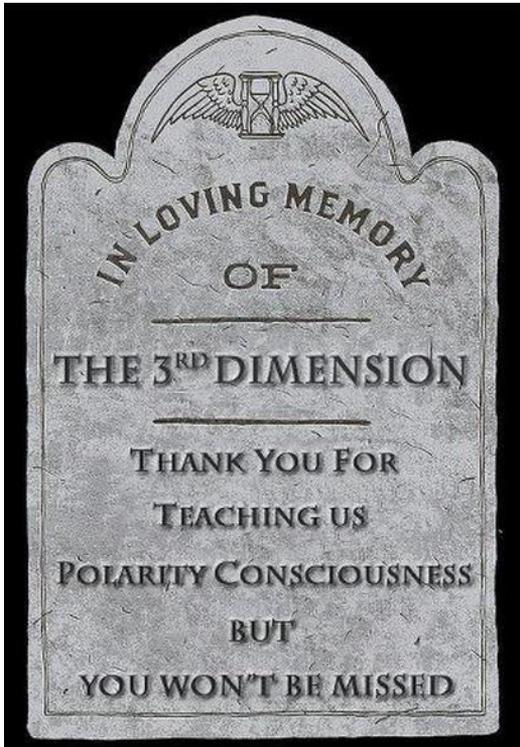
We can also try mystical dancing to revive our joy for life and ready us for a shift to higher levels of consciousness. For centuries Sufi dancing brought about mystical states of consciousness.

For sure we can get out in the sunlight for regeneration of the body. The light energy shifts our vitality and stimulates the sight and hearing centers through which **supersensory** powers such as clairvoyance and clairaudience develop. What a shift that is!

Other ways to **supercharge** the Shift are to watch for coincidences and **synchronicities** in our lives. This means paying attention to even mini-happenings and details. These events inspire GodBumps in us and help us know we are in the groove and in the flow. They are **signs** to us that the Shift is happening to us.

Someday, maybe soon or perhaps in some future lifetime, we may have the ability to **shapeshift** our light bodies, changing them into other being types or the other gender. Or we may find we can communicate to each other telepathically or even travel by thought, saving us lots of money on airfare and utility bills! ☺

Shift happens—and it is!



Resource:

[Swim with the Dolphins](#) Enjoy Hawaii with a spiritual couple who create a safe space for participants while leading one-week dolphin retreats using Ascension dynamics. A four-minute intro video is on the site. Be sure to watch the last part where the dolphins are featured.



Transmutation

To transmute is to change from one form, nature, substance or state into another (Ref: American Heritage Dictionary). That's what we are here for, folks! We dropped down into a very dense form and dark planet when we incarnated the first time. For centuries, we have existed in a cocoon state not realizing we were more than just a bit above animals and other forms of life.

A few masters, like Jesus and Buddha, came to share with us the message of love and truth and remind us of our Divine nature. Most of us didn't really get it. We ended up idolizing the messengers and distorting the messages they sent.

Now the time has come. Slowly over the past few centuries, we have evolved! The very cells of our bodies are shifting and changing to hold and anchor ever more light and energy. Our consciousness is rising as well.

We are constantly being washed in light of many colors: green for healing; pink for love; blue for protection; and violet for the powerful I AM. Ascension light has flooded us as well and we are leaving our cocoons and becoming

butterflies, **transformed** and transmuted into spiritual beings, never to go back!

As we take in the light of the Divine in gratitude and love, we will want to share it with others. Just as one candle can light a thousand others without losing any of its brilliance, so can each of us give of our light through service and still have plenty for ourselves.

In addition, we are called to transmute how we express our energy in the world. When we lighten up, use humor, take it easy on ourselves and others, we begin to have fun. We get to be Pied Pipers joyfully dancing our journeys, playing our flutes of peace and harmony and holding bright lanterns of light and truth as we lead others out of the darkness. All with a smile on our faces and love in our hearts! *(Portions of this Transmutation section were adapted from Peggy Black's channeling of the Galactic Family of Light from 1-18-13).*

*A slight shift in perspective
yields radically different results.*

--Alan Cohen

U Union with Star Nations

Part of the Ascension process is for us to understand our connection to everything and everyone. We are all One! Until we are permanently awakened, this connection may seem very cerebral. Ultimately, when we do wake up, we will consciously and wholly recognize the oneness of which we are a part, perhaps including the link with our galactic brothers and sisters.

Yes, we are a universe of many billions of planets, species and forms. We're not alone! Some planets have human-like bodies, while others have reptile, equine and insect-type forms. All of their personalities and mentalities are akin to us as humans. In fact, they are more evolved!

That might freak some of us out since we've seen sci-fi flicks that show many of these creatures as villains. Yet, it's been told by channels and others that galactic beings have seeded our planet for many centuries. In fact, some of us are descended from them or may be new starseeds ourselves from The Pleiades, Sirius or Arcturus.

It's a fact that we are not alone as sentient beings, not by a long shot. In fact, we are a very young planet geologically speaking, so life on Planet Earth is not as evolved as it is on others.

As we move into the fifth dimension, members of the star nations will make themselves known to us and support us in our quest to heal Gaia and her people and creatures. They will bring with them highly evolved technology and knowledge to jumpstart our progress and will teach us ways of cooperation and harmony they have cultivated over billions of years. Moreover, their intent is benevolent and non-aggressive.

The Galactic Federation of Light leads the way in this regard, and their spaceships are already revealing themselves to us in various **UFO** sightings at least since 1947. Channels have said they are in great numbers in our skies, cloaked by clouds and other phenomena unknown to us.

Someday these highly evolved beings, in whatever form, and their ships will make contact and become visible to us. With ascension and gradual waking up to our higher dimensional beingness, that day is getting closer and most likely will happen soon.

Food for Thought

My leader is a woman. If we are going to create a world that is deeply and genuinely healthy, we will have to create it through the open heart. Because women are generally more familiar with this terrain, it is they who will lead us. Egoic and armored male warriors- lay down your bloody arms. Touch your knee to Mother Earth. Bow with respect before them. It's time.

~Jeff Brown <https://www.facebook.com/SOULSHAPING>



Vasanas

Ascension brings with it some responsibilities if we are to fully embody the fifth dimension.

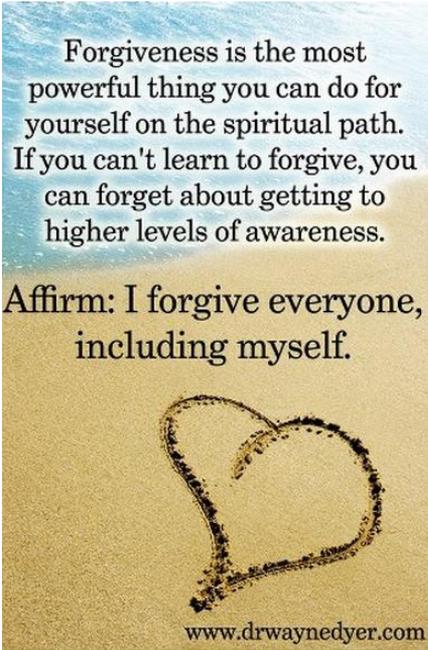
One of our biggest obligations is to handle any emotional charges that were suppressed, denied or avoided from traumatic events in our multiple lifetimes. Since they weren't handled when they occurred, the charges still govern our lives, tie up our energy, and cause us pain and mental and emotional suffering, and often affect us physically as well. These charges are known as **Vasanas** and it is part of our job to deal with them, if we are to move up the **vibrational** scale.

So how do we do that? Over the past fifty years or so, many modalities have been put in place as ways to release suffering caused by these stuck energy chunks. Many of them still have merit. Journaling, art or music therapy, breath work, body work, meditation, Scientology auditing, EST training, and counseling are among just a very few you may have tried. There are dozens more!

The Oneness Movement has a special process called Life Review which deals with this lifetime and past lifetime Vasanas. It is especially effective in releasing emotional charges with our parents and also addresses children, primary relationships and other sources which require

processing and forgiveness. The method also helps us to heal the other side—what we did to these loved ones for which we need forgiveness.

One thing is certain, Vasanas must be handled. The



emotional charges are stuck in the body and won't release unless we consciously address them.

Spiritual prayer and practices can help us gain assistance and courage from the Divine. However, Vasanas must be directly tackled as stuck energy on the emotional and body level.

Vasana work takes time.

It is like peeling an onion, layer by layer, time after time, charge after charge until all of them are finally released. When each one is freed fully, joy and love are in its place. The pain is gone, the memory remains, but now without any suffering attached to it.

The results can be miraculous. Sometimes ruptured relationships of many years standing are spontaneously healed with the other party initiating the reunion without prompting.



Way Showers

We are the change we have been waiting for! And now is the time for us to show the way to others. With Ascension now a fact, in the days and months to come, there will be millions of people who sense a new energy. They will be looking for possibilities other than their daily routine or old religion to inspire them. We are here to show the way!

WE, who have been in the forefront of the old New Age movement, are the ones we have been waiting for to guide this planet and its people into the fifth dimension. Yes, we are setting ourselves up for ridicule, but so what! We've risen above that before and we can again.

We have lots of practice as healers, writers, channelers, motivational speakers, spiritual leaders, and organizers. We can do it! It is crucial now to get out in the world, to go public with one main area with which we are most aligned.

WE, not anyone else! We have all it takes—the talent, skills, inner wisdom and experience to personally advance ourselves and be Way Showers for others.

Resource:

Be-Do: For all those interested in being (or are already) the Light Bearers, Lightworkers, Light holders or Way Showers for the new earth, here is a new website that is a unique place where we can hang out and build community.



X Marks the Spot

X marks the spot where we began to live in our developing 5D bodies and consciousness.

That spot was the calendar date of December 22, 2012. Each step into 2013 and beyond leads further into this new adventure in reality. But before we can earnestly and vigorously pursue this new existence, we must close the door and firmly X-out (**exit**) the 3D world.

X-out third dimensional living. The world we knew is no longer there. The energy has so completely changed that the third dimension is falling apart. It actually was an illusion anyway that we created to feel safe. If we don't change this perception, it'll hold us back, become a delusion that will leave us miserable.

In fact, read, *Busting Loose from the Money Game*, by Robert Scheinfeld. It's much more than about money. This powerful book will shift one's thinking totally on life and its meaning. One of his main points concerns life as a hologram we created to feel safe and secure. Scheinfeld points out how we can shift that to one that gives us exactly what we want and by which we can reclaim our real power.

Of course we can! In fact, why not let us create a life chuck full of endless creative possibilities and fun-filled activities,

exciting adventures, likeminded, loving relationships and plenty of resources to do it all! Now *that's* a hologram!

X-out pain and suffering, disease, chronic illness and old age and its negative conditions and circumstances. Ascension is about body rejuvenation, conscious immortality and eventually the ability to shapeshift to any gender or species at any time we want. In the meantime, as we awaken permanently, bodily conditions such as disease will substantially decrease. The Age of Aquarius will reveal many miracles to us in the years ahead as its power gets stronger and the 3D world's dense influence disappears completely.

X-out separateness of self. All separation brought us was loneliness, pain and suffering. When we give up the illusion that we as individuals are isolated and distinct from all others and that we control our own destiny, we are ready to exit this 3D world of delusion and fear. It happens when we realize we cannot do it alone; we are helpless when we cling to what we think of as self. Our exit is the epiphany of release and surrender to the Divine and the point where grace takes over.

*I alone cannot change the world,
but I can cast a stone
across the waters
to create many ripples.*

~Mother Teresa
via www.dailyinspirationalquotes.in



Yahweha

I grew up as a strict Catholic. Along with that came daily Mass and a bevy of nuns as teachers over 16 years of Catholic schooling.

One of the songs I learned from that training was the Latin hymn: “Ave Maria,” dedicated to the Mother of Jesus. Until I knew better, I would sing it as “Yah-veh, Yah-veh, Yah-veh Maria.” Well, little did I know then, but **Yahweh** (pronounced Yah-vay, just as I sang) happens to be the name of the God of the Jews.

So why “Yahweha” as the title of this section? As we are aware, the predominant deity of the past 5,000 or more years has been a male figure called God, with a capital G. No female deity made the grade. Even the trilogy of God the Father, God the Son and God the Holy Spirit didn’t include a God the Mother. Go figure on that one!

Until now that is. The Divine Feminine has returned to her place of honor! The Piscean Age with its male dominant, mentally oriented culture has given way to the Age of Aquarius where peace, harmony and understanding will guide us. These feminine virtues will take their place along with compassion and cooperation to balance the feminine/masculine energy on Gaia once again.

So Yahweha (pronounced yah-vay-ah) is my new name for the feminine face of God but combined with the masculine in a harmonious, loving and spirited relationship. How good can it get?

The Naming: Many of us already have a name for our masculine concept of God. Several that come to mind are Jehovah, Allah, God, Lord Buddha and Jesus and Yahweh.

To fully welcome and anchor the Divine Feminine in our hearts, we must give her a name as well—just as we welcome and thereby accept a newborn child as ours by naming him or her. Others throughout the centuries have named her: Sophia, Divine Mother, Lady of Guadalupe, Isis, Mother Mary, or Mary Magdalene.

Whatever name you choose, welcome her into your heart and invoke her presence in your meditations, prayers and daily activities. Use [GodBumps](#) to help with the connection. Your Divine Feminine will be there 24/7/365, to guide and protect you, flow unconditional love and listen to you and answer you! She's your cosmic mom!

Ultimately, we will want to balance the idea of a Mother God and a Father God. When ready for that, find a name that combines both genders, such as Yahweha or Mother-Father God or a name as neutral as The Divine, or The Presence. After all, the Life Force that we call God is neither male nor female in gender, but combines all qualities of both.



Zero Point

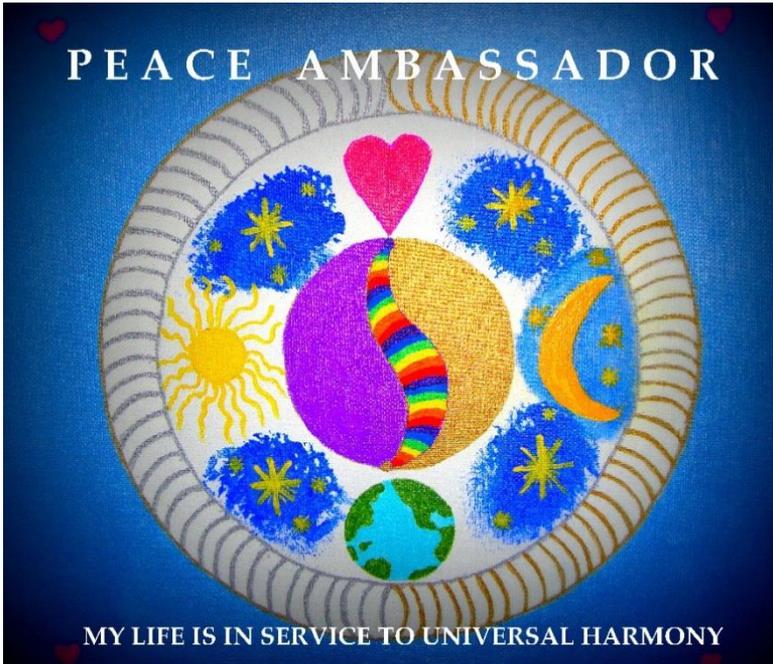
The most crucial point in our quest for higher consciousness is when we realize we cannot do it alone. It's when we have come to a dead end on our path; we're lost, confused and in mental and emotional anguish. It may be the result of one huge problem or tragedy or an accumulation of many small ones. That's when we grasp we are not in control. In fact we recognize that we are totally helpless.

That, folks, is the Zero Point, where we call upon the Divine to help us, to work its Will upon us, for we can do nothing on our own. We've tried everything and here we are, lost and alone. The Divine steps in and gifts us with Awakening. And so it begins!

So the book ends—or does it? Each day as I worked on this manuscript, new ideas came as I listened to others, and heard about exciting ideas, links and information. So I amended & revised &..... Finally I just had to put the book to bed. But it will never end. So check in for revisions! It's not all right yet!

*There's a saying in India
that everything
will be alright in the end.
If it's not alright,
it's not yet the end.*

~from the movie: *The Best Exotic Marigold Hotel*



Resource:

Peace Ambassador is a global, grass-roots effort by the people to bring awareness to the fact that we, as a communal and consensual Earth society want to live in peace. Those who display this 'badge,' in whatever fashion are telling the world that we believe peace is possible, and that we are dedicating our lives to that effort, that goal. Access the website to get a copy of this image and display it proudly!

In Gratitude

Thank You Divine Presence, Angels, Teachers & Guides and my precious husband, Davie, for all the inspiration and guidance in the preparation and delivery of this book. I am so grateful

Namaste!