



*BECOMING
A LIVING ASCENDED MASTER*

Chanelled by Zara

BECOMING A LIVING ASCENDED MASTER

Channeled by Zara

Contents

Preface

Chapter One Ascension. What is it?

Chapter Two The Journey of Ascension

Chapter Three The Ascent

Chapter Four Taking Command

Chapter Five Clearing Karma

Chapter Six The Journey to the Summit

Chapter Seven Come With Us

Chapter Eight The Transition

Chapter Nine The Next Step

Chapter Ten Commitment



Preface

This book is dedicated to all those who are aspiring to reach a state of enlightenment. It is channelled from the Spiritual messengers through the voice of Jesus.

We in the spiritual hierarchy ask that you use this as a tool for your own Ascension. It is meant to help to make the process easier for you so that you can get here, to our side of the veil, as quickly as you possibly can. We know that there are many of you who would like to join us, and are not sure how to do so. There are so many books available to you on the subject, and you do not seem to know where to start, or what is important. This makes us feel endeared to you, for we know how much it means to you to come with us, to join our ranks. But it is also difficult for us to reach you except by the written word, in many cases. This is why we have asked Zara to channel this message for us.



Chapter One

Ascension. What is it?

It is our pleasure to inform you about Ascension. We know that there are many of you who are very curious about this topic, and it is also important for us to tell you what the meaning of Ascension is. We are here to help you to find the way. So come with us on this new vision for the future, and we will help[you to attain this new state of being.

Now that you are moving towards a higher rate of vibrations, it is important to understand what it means to come onto our side of the veil. We know that there are some of you who are already doing this, but there are also many of you who are not altogether comfortable with this new concept, and it is to those of you who are struggling that we dedicate this book. The journey is one which has many challenges, and it is important that you know what the road markers are so that you can avoid any unnecessary stops along the way.

When we asked Zara to channel this book for us, she was a little hesitant because she did not know what was expected of her. She agreed to do so because she knew that this is part of her contract for her own Ascension. It is this kind of dedication that you need in order to achieve the full state of Ascension , for it is not an easy task and requires that you take it on board fully and completely. Half-hearted efforts will not enable you to succeed on this journey. And it is only the few of you who are serious about your spiritual paths who will undertake it to its completion. But it is to these few of you who we appeal, via this channelled writing. And we will ask Zara to ensure that this book gets to those of you who need to read it.

Those of you who will read this book know the meaning of Ascension. We do not need to channel another book on Ascension for the masses. This book is one that is specially written for Light Workers on the Planet who we need to help us to get to Planet to Ascend. We need your assistance, each and every one of you, and we appeal to you to take this on board in every waking moment of your life, and even in those moments when you are supposedly sleeping.

Some of you are aware that you are no longer sleeping the way you used to. We are using this time to instruct you and enable you to re-member, so that you can use all your skills to recall those things that you did in your other lifetimes. These are the skills which you need now, to assist you with this process.

Now that we have your attention, we want o share with you how we see Ascension. There are many meanings attached to this word, but the one that we want to share with you is the meaning that will assist you to move to our side of the veil. As you already know, it is not about leaving your physical bodies, but rather about moving your vibrations to such a level that you are able to achieve Heaven on Earth in your present body. We ask you not to give up hope on this journey. It is important for you to realize that the lessons we are asking you to take are for the sake of reaching a state of enlightenment, and that at the end of the day you will be wiser and more effective as Light Workers.

We want you to know that this is not the first time you have done this journey, and that we are right there, alongside you. You are not alone on the path. We will do whatever we can to assist you. You need only ask.

But we have not yet answered the question: What is Ascension? You notice that we have asked Zara to write the word with a capital letter "A" to show you that this is not simply a matter for the faint hearted. It is a serious process that not many of you are following right now. But we are asking you to think about doing so, in the not too distant future, for we need you to do this to lift the vibrations of the Planet. It is in doing this that we can help you to take the veil away in the way that we have been saying we would do for such a long time. But we cannot do this without your co-operation. So we ask that you follow the course of this book, and that you do what it is that we are asking you to do.

Ascension is a word that is used with very little understanding of its meaning. And the truth is that it means many different things. For some it means taking away from the physical and moving into the spiritual – actually leaving your body and moving across to our side of the veil. For some this could mean dying. But this is not the only way to get to our dominion. There are in fact half a dozen ways of reaching us. Dying would certainly not be the method of preference in our eyes.

The way in which we would like you to reach this uncommon state of being is to join with us in spirit. This means that from now on you would need to give up your own free will, and trust us 100%. It is something which not easy for many of you, we know. But this is what it takes to join us here. We will show you the way to do this, but in order to make this happen, from now on we ask that you listen to all the messages that you get from us. We will give you the information about this process in many different ways, but we need you to be able to hear and see them, or receive them in whatever way is easiest for you. We will do our best to give you the messages in the way that it is easiest for you to receive, but we cannot ensure that you get them, that you will be open to them. This is the part that you will have to take in this multi-faceted journey. We want to give you the guidelines in this book, to make it easier for you. You will need to trust us to ensure that the messages that we give you in various ways are not lost.

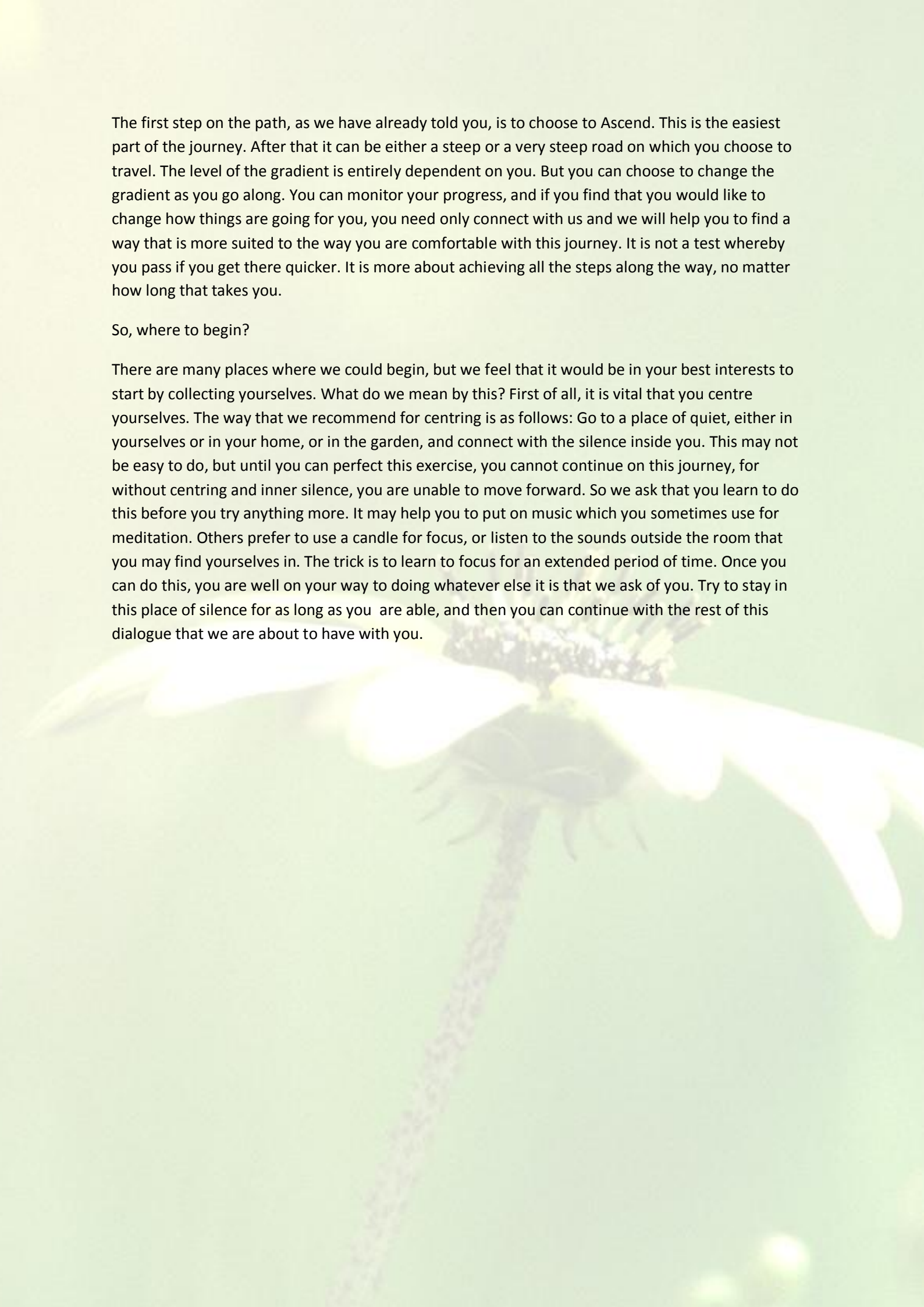
When we asked you to come on this journey with us, we chose very carefully whom it is we wanted to invite. We have selected those of you who we know will make it. There are many others who would like to be on this journey with us, but who we know would not have what it takes to reach the summit. This is sad for us too. But we accept that it is not easy to be in a physical body, and that there are many things on your paths that make it extremely difficult for you to travel with us in toto. We ask that you bear with us and that you remain faithful to your own processes. For the journey is different for each one of you. You have each come this far on a different path, via a different route. And we honour each of your journeys. We do not understand the extent of the hardships that have come your way to get this far, for many of us are not in human bodies. But those of us who are tell us how difficult it is to be in a human form, and to be living a three-dimensional life. This is no joke, they tell us. So we honour and respect you for that. We trust that we have made wise choices in our selection of the Light Workers who we are asking to come with us to help us to raise the vibrations of the Planet to a point where everyone, and we mean everyone, on the Planet can Ascend.

It is important for all of you to understand that we are here to guide you. We do not want to tell you what to do. This is why we cannot decide for you. It is your choice as to whether you take this journey with us or you do not. But if you do decide to take the path of Ascension, we will be with you all the way. So let us begin.

The first step on the path, as we have already told you, is to choose to Ascend. This is the easiest part of the journey. After that it can be either a steep or a very steep road on which you choose to travel. The level of the gradient is entirely dependent on you. But you can choose to change the gradient as you go along. You can monitor your progress, and if you find that you would like to change how things are going for you, you need only connect with us and we will help you to find a way that is more suited to the way you are comfortable with this journey. It is not a test whereby you pass if you get there quicker. It is more about achieving all the steps along the way, no matter how long that takes you.

So, where to begin?

There are many places where we could begin, but we feel that it would be in your best interests to start by collecting yourselves. What do we mean by this? First of all, it is vital that you centre yourselves. The way that we recommend for centring is as follows: Go to a place of quiet, either in yourselves or in your home, or in the garden, and connect with the silence inside you. This may not be easy to do, but until you can perfect this exercise, you cannot continue on this journey, for without centring and inner silence, you are unable to move forward. So we ask that you learn to do this before you try anything more. It may help you to put on music which you sometimes use for meditation. Others prefer to use a candle for focus, or listen to the sounds outside the room that you may find yourselves in. The trick is to learn to focus for an extended period of time. Once you can do this, you are well on your way to doing whatever else it is that we ask of you. Try to stay in this place of silence for as long as you are able, and then you can continue with the rest of this dialogue that we are about to have with you.



Chapter Two

The Journey of Ascension

We will begin by explaining to you that the journey of Ascension is a journey that will take you several months, if not years, to complete, so do not feel you have failed if you do not achieve enlightenment overnight. This is not possible, for even the most dedicated traveller. It needs to be undertaken carefully and with forethought. It also needs careful detail in the experience thereof. You will need to reflect as you go along. This is part of the much needed integration period that will be needed to succeed. So take yourselves off to a place where you will be oblivious to time and where you will not judge yourself for anything that happens along the way. The path can be very different for each one of you, and it would not help any of you to compare yourselves to each other. This is something that is totally individual and therefore unique to you.

When you wake up in the morning, ask yourself what it is you would like to learn today. This will be your guide for the hours that you are awake, and indeed for the hours when you think you are asleep. As we have told you before, you will grow as you close your eyes too. This time is as important as your waking hours, even though you are not often aware of what happens during the time that your eyes are closed. So we ask that you stay open to whatever happens to you, and when you wake up in the morning, try and recall what it is that you have dreamt, and see if you can gain anything from that too. We give you many messages in the wee hours of the night, and it would be to your advantage to make the most of this by paying attention to your waking and your sleeping dreams.

When you get up, connect with us, for it is important that you stay connected to the beings around you at all times. We need to be there to assist you with this process and we can only do so if you give us permission. We need to know that you want us around, or we will not make our presence known to you.

There is another thing that is important for you to know right at the beginning, and that is that is that if you are to complete this journey, you will need to have made a promise to yourself to succeed. If you do not do so, your Negative Ego will try and trip you up, try and prevent you from succeeding. It works in a very subtle way, as many of you know, and it will do all it can to stop you from reaching your destination.

When you are on the path, we will try and show you how your Negative Ego is trying to influence you. But we can only do so if you allow us to. Sometimes the voice of your Ego will sound louder to you than the sound you hear from us. This may well happen at times, and we want to reassure you that it will not matter in the greater scheme of things. At the end of the day you can use these experiences as lessons, and they can only aid you on your journeys to the Light. So no experience must be seen as negative. Rather see each experience as an opportunity to grow, and nothing will be lost.

What else is important at the beginning? Be patient. There is no such thing as time, although time may sometimes seem endless to you. We want you to know that this is an illusion, one of the many illusions that will become apparent to you as you take this journey with us. Be aware that in the greater scheme of things it does not matter whether you take a year or two years, or even longer, to

get where it is that you want to go. The journey is also not one long stretch, but rather is made up of pieces, and no matter where you choose to call the end, it will also not matter. This will become clearer during the course of this book. For the moment you are only able to understand these concepts in three-dimensional ways, and therefore it is difficult for us to help you to conceptualize what it is that we need to convey to you. But this will change as you progress, and we are confident that over time we will be able to make these things evident to you, in the way that they are evident to us on this side of the veil.

Once again we need to reassure you that this journey is only for those who have made a commitment to complete it. This may seem like a paradox to you because we have just told you that there is no such thing as completion. For now we ask that you trust us. The clarity will come to you as you proceed.

We ask you to be as flexible as you are capable of being so that you find the journey as stress-free as you possibly can. If you have fixed ideas about where you should be heading, you will find the journey even more strenuous than you had bargained for. For there are many surprises along the way, and if we told you what these are, this would only make the journey even longer than it might have been. So stay open, and you will find that things will run much more smoothly than you could possibly have imagined.

There are many of you who are wondering what it is that you need to do to continue on your path. As this will vary for each of you, all we can do is to give you general guidelines. But these guidelines will assist each of you on the path, because at the end of the day the journey is not that different. Again, we know that we have given you a paradox, but this is one of the lessons that you will need to come to terms with. It is part of the duality that you seem to take for granted. It has many aspects, and this is but one of them. It will become clearer to you over time.

We want to tell you what it is that you need to know about this process, and we will begin at a place that you all know well. This is the place of forming a relationship with the Divine, known to you by many names. Some of you already have a fine relationship with this energy. It is not to those of you we need to address this, but rather to those who need to strengthen your relationship with All That Is. That is why we are now going to explain to you what it means to live in the Temple of the Divine. This is not something which only some of you are able to achieve. It is a state of mind that is easy to attain, if you are prepared to do the work to get to this wonderful and magical space. For that is all that it is: a divine and magical space, a way of being in the world that is very, very special. It is certainly a place to aim for, for those of you who want to walk this path.

There are many ways to arrive at the place we are describing to you, so we will mention a few, and no doubt you will find other ways in your own time. Let us start with the way that is most common to most of you. It is the road of meditation. But this is where we need to explain to you that meditation can be used to release your connection to the Divine, rather than bring you closer to this energy. Some of you have got into the habit of using your meditation time to avoid your connection with what is going on in the physical realm. This is something you have learnt to do in order to avoid the pain of your lives, and in order to try and be in a place that is more the way you see Heaven. But this is a very superficial Heaven; not the Heaven that we know and that we want to bring into your lives. It can only last as long as you stay in your state of meditation. Once you re-enter the world again, this heavenly state vanishes from your lives, and you are back to square one on the physical

plane. True Heaven is something that you are able to hold for as long as you stay connected to the heavenly presence of All That Is. The question is rather, how to maintain this very special state of being. And this is what we want to share with you.

Before we can do this, we need to explain to you what it means to be a Being of Light, for this is what you are, or are in the process of becoming. Place yourselves in a shower of Light, and know that this is what you are. Some of you are already aware of how the Light in your lives impacts on ly, and some of you are even aware of how this Light affects you at every single moment of your lives. We are here to show you how to access this Light in every moment of your waking and sleeping lives. This is a necessary component of living in the Light, which is what you need to learn to do during every moment of your lives.

It is not about avoiding the darkness that comes into our lives, but rather to embrace it, make friends with it, understand it, and hold it in love. For it is through love that you will be able to transmute this energy into something which you are better able to tolerate. There are many times in your lives when you will meet what some call the shadow side of your beings. This is what happens when you re-member events from other times in your many lives when you experienced something which was in the shadow, the darkness, rather than in the light. This will be recorded in your cellular memory, and you will, from time to time, pick up on these incidences, either consciously or not so consciously. In time you will become more conscious of when this is happening to you, and you will be able to manage these incidents more easily. But for now you will just have to trust us, and we will try and hold the space for you so that you can process these dark times in a way which is most comfortable for you. To reach the state of Ascension, it is important that you process as much of your dark past lives as you possibly can, and this is one way of helping you to do so. So we ask that, during your state of meditation, you re-member when it is that you were able to enter the darker spaces, and not to try and run away.

Now you may ask: “what is Jesus trying to tell us here?” that is a question worth asking, for until you understand the answer, it may be very difficult for you to know where you are going, and unless you are aware of the direction we are asking you to take, it may be easy for you to lose your way. So we need to explain to you what we need you to know before we go any further.

Take yourselves to a place of wonder. This is the only place to be right now. When you get there, you will find that all the dark thoughts that you have been having in the last while disappear, and in its place you will find a place of Light and Love. This is on the road to nirvana, as many of you fantasize nirvana to be. It is a place of peace and harmony, joy and abundance. Nothing can be more beautiful and near to Home. And this is the place we want to take you to as often as we possibly can, until you reach a point in your lives when you can take yourselves there whenever you want, and you will be able to stay there indefinitely, however, long that is in your terms.

“What is it that we are trying to say to you?” you may ask. This is a very important thing to know. That is why we are taking so long to explain it to you, for we want to make sure that we have your attention here. There is always method in what appears to you to sometimes look like insanity, as you know it. We always have a reason for the “strange” things that we bring into your lives. So this is another incidence of this little game that we sometimes play with you to get you to sit up and listen. And that is exactly what we are doing right now. We are teaching you to “sit up and listen” or “sit up and see”. For some of you are better able to hear, while others can more easily see the messages we

put before you. And there are others who sense things, or who just “know” what their Guides are telling them. It is a skill that you are able to learn, as soon as you set the intention to do so. The trick is to trust. For without trust will NEVER get any messages from us. We need you to believe in us, for you to connect with us. Then the passage is open, and the messages can come in loud and clear for all of you, without exception. No more will you find yourselves saying, “I’m not psychic”, for to a greater or lesser degree you are ALL psychic. You can all get the messages that we put in your paths. And when this happens to you, you will find that life will become more and more interesting for you. Much like when you were children and you went to a Find-the-Treasure game with your friends. Do you remember your excitement when you found the treasure? We promise you even more fun and joy than that.



Chapter Three

The Ascent

When you begin your journeys, it is important that you listen carefully to your inner voices. These are there to guide you every step of the way. There will be times when you may forget to do so, and this will be part of the Ascent. For it is only in forgetting that we remember.

When you are in the midst of a time in your life when you are not sure which way to turn, we would ask that you turn to us for love and support, and we will be there for you. This is but the beginning of allowing us into your life. This is a first step. There are many others which we are not yet ready to tell you, but once you begin the journey, we will fill you in very quickly. We ask that you begin now. Do not hesitate to come to us for any help that you may need or think that you need. You will soon know what we can do for you, and chances are it will be more than you expected or hoped you could ask for. Do not be shy. We are here for you.

There are other things that you will need to do in order to help yourselves, and in the process, to help us with this journey which you have chosen to take in your lives. It is a journey which may have many difficult and sharp edges, but we will be there with you all the way to protect and guide you, to ensure that it is kept as smooth as it can possibly be. But it is important for you to have some of the rough edges, for it is these edges that make you into the wise and enduring beings that you need to become if you are to join us on this side of the veil. We need you to toughen up and become one of us, and this is a journey for those who are determined to succeed, not for the light-hearted or for those who are not fully present.

Become an angel. Float on the wings of the great being that you are. It is only a hair's breath away from Heaven. We are ready for you. Come with us on this guided tour of Heaven. When you reach nirvana, we will be there to welcome you. So come with us now, and we will tell you what action to take to float on the wings of your angel.

It is in Heaven that you will find God, that you will find yourself, that you will return to Source, and that you will find out the true meaning of All is One. We know that this is not an easy journey for you to make, for you have all your old fears and habits that you will need to let go of. You have a way of life that has worked for you until now, and we are asking you to let go of that. This is difficult for even those of you who are not afraid of the new. For those of you who like to stick with the familiar, it is an even more difficult jump to make. But we are asking you to make this jump; not only for your sake, but also for the sake of whom you may become. This is something that you can only imagine at the moment, and even if you used all your powers to visualize the future, it would not enable you to see what it is that we can see. For you are still only able to think in a three-dimensional reality, despite the fact that many of you have already done a fair amount of astral travelling, and have joined us numerous times in your sleeping hours. The future is much brighter than you could dream of in your wildest fantasies. But it requires hard work and determination to succeed in what it is that we are asking of you. So come with us and we will show you the way to the Light. When you find

your way to us, we will take you to a place that will be like nothing you have ever seen before. we cannot describe it to you, for it is more than you could wish for in your most vivid imagination.

The first thing that you will need to do when you come on this journey with us is to drop all your expectations, for they will only take you to a place that is not appropriate. They will prevent you from seeing where exactly you will need to go on this journey. We will lead you step by step to get where it is that you have already contracted to go. But the road is not a familiar one for you, and you will need assistance. Come to the door, and we will meet you there, once you have decided to give up your will, in order to allow us to guide you fully.

When you follow us, expect to find that there will be many things on the path that may not necessarily make you feel comfortable. You will often wonder what is going on, and will not understand what is happening. This is part of our taking you to a place that is foreign to you and introducing you to something that you have not known before. It will help you to engage with that which you are not used to, and prevent you from getting into a place that is too comfortable; a place from which you will not be able to grow in the way that you will need to if you are to come with us on this journey into the Light.

Trust is a word that is also important for you to understand completely in order to take this journey to Ascension status. It is not what you think it means. It is ultimate trust in every sense of the word. This is the true meaning of the word as we understand it, and we will help you to achieve that in time if you allow us to. For it is in allowing us to guide and support you that you will make the first steps towards the true meaning of the word trust as we understand it. First of all it will mean giving up your own will, which for many of you is a very difficult thing to do. This is something which you have clung to for a very long time, in order to survive the tough journeys that many of you have already been party to, in order to get to this place where you are now. There have been many things that you have had to master in this lifetime, and it is only through finding yourselves that you have been able to survive. This is what has made you the person that you are today, and why you have managed to come this far already. And now we are asking you to give up what has helped you on your very individual journeys, in order to take the next steps into the Light. It is a huge request on our behalf, we know, but it is only in this way that you will find your way towards enlightenment, true enlightenment, and not just the one which you have already achieved through your spiritual bodies. This is a journey that must be made in your mental, emotional and physical bodies, and will require great sacrifice on your parts.

Once you have given up your wills, we can take you by the hand and tell you where it is that you need to step. But it is only possible if you allow us to guide you fully and completely. So do not think that it is possible for you to try and drive with one foot on the accelerator and the other on the brake. This will not work in your favour.

Chapter Four

Taking Command

The first step in taking command of your situation in order to master the Ascension process is to step aside and allow us to take care of you. We have hinted at this before by telling you to let go of the urge to control your own lives. We have told you that we know that this is not an easy process for you, and that we honour and respect you for the work that you have done in allowing us to help you. But it is now time for you to let go of the ship completely and allow us to steer. How will you know that the intent is a positive one from our side? We have often informed you to be careful of energies of a lower vibration that seem to be intent on lowering the vibration of the Planet and trying to block the Ascension process. It is not easy to know what energies are from us and which ones are from the spirit beings that want to try and stop the flow of the higher vibrations from coming in. We are here to help you, is all we can tell you, and we will ensure that you are told when the less well-meaning entities are trying to take over. It is not difficult for us to do. We have means that we can use to alert you, if we know that you are serious about this task of Ascending and helping the beings who are determined to raise the vibrations of the Planet Earth and hence the vibrations of the entire universe and all the galaxies around it.

We are here to do what we can to take the Earth to another level, and we need you to help us to do so. But in order for that to become a reality, it is important that you allow us to steer the ship. For we can see the greater picture, and so we have a clearer view of where the ship needs to be headed. It will require a great deal of trust from your sides, but we can assure you that we will honour and respect your integrity and you can honour and respect ours. We want to work with you as a team, and as a team we will teach you the true meaning of interdependence. This is a word that has been widely used by some of you for some time now, but at a three-dimensional level. It means something quite different at the fifth-dimensional level, and we can only show you the new meaning by your experiencing it with us. We look forward to this new way of being in the world with you, and we trust that it will not be long before this can become a reality.

We are aware that there are some of you who would like to come and join us on this side of the veil, for the journey that many of you have had to tolerate during the course of your lives had not been an easy one for you. You have had many lessons that you have had to learn, and we can assure you that you have learned them well, and that we believe that most of you are now ready to take the next step. But it will not mean that the difficulties that you have experienced have now come to an end. In fact you may find that the rest of the journey is even more difficult than the one that you have already experienced, but in a very different way. For now we are here to help you much more actively than we have been able to do before. And this will change the flavour of the lessons quite significantly for many of you. It is not going to be as lonely as it has been. We will guide you from a place of Divine Love in a way that you have not had the opportunity to experience in your past lives. This is something that you can look forward to, for it is something to treasure. It is the way that we experience love, and we can assure you that it is truly a good experience. We will show you, as soon as we are sure that this is the journey that you want to make with us.

The first step to get you to arrive at a place where you will allow us to take charge is to give yourselves permission to let go of the need to be in control. This is something that you have learned

to do well over the years, to protect yourselves and arrive at a place that you now find yourselves in. It is a place that makes you feel good about yourselves, and so you should. You have worked hard to arrive here, and it is appropriate for you to reward yourselves in some way for all the effort and love it has taken. But now it is time to let go of that way of being in the world, and to give yourselves permission to let us show you the way. For we need to take you to a place that you have not been to before and there is no way you could get there by yourselves. Even in your previous incarnations you have not been where we want to take you now, so you will need some help to get there. And this is the help that we are now offering you, with love.

So take yourselves to a place of rest and meditation, and we will guide you from there. It is important that you are not tense and strung up when you decide to go on this journey, because then it will be a lot more difficult for you to allow us to show you how to be in the world. This will require tolerance for the new and less experienced among you, and you will need to be patient in order to take what it needs to arrive at the place that we want to take you to. So prepare yourselves in advance, by simplifying your lives, make a lot of time and space available for going on this journey with us. It will not fit into a very busy schedule, for it is a course in and of itself, and requires the right circumstances if it is to happen in the way that we would want for you.

We know that for many of you this will be very difficult, for we are asking you to make great sacrifices in your lives. This is what is required if you want to achieve Ascension. It is not something that you can fit in-between all the other million and one things that you have designed to fit into any one day. It is a process that requires care and the time to succeed. And if you are not prepared to make this time available for this process, we ask that you make the decision to step out of the will to try. For you will only frustrate yourselves by trying to do this and the rest of your lives simultaneously, and in doing so will only lower your vibrations and the vibrations of those around you. This is not what it will take to achieve your aim of moving into the fifth dimension on Planet Earth.

So you are asked to think carefully about whether you want to make the sacrifices necessary to go on this journey with us. And if you decide you are not yet ready, we will honour you for that, in the same way as we will honour you for decision to come with us. It is your choice, and whatever choice you make is right for you.

Once you have made the decision to go along with us, we will take you on the next step of the journey. This will be your first step into the fifth dimension. It will mean that you are likely to take the lessons necessary to pass through the fourth dimension. This is where you will be asked to release old karmic pattern, and move to a place where you have cleared at least 51% of your lifetimes of karma that need to be released. For some of you this could be quite a hectic time. For others it may be less so, for you have cleared a fair amount of karma already, and this part of the journey may be a breeze for you. We will therefore address those of you who have more rather than less karma to clear in the next chapter of this book.

Clearing Karma

Clearing karma in order to move into the fifth dimension is a process in and of itself. It is a process which many of you have already undertaken quite seriously in this and other lifetimes, but for those of you who have not yet taken this on in a determined way, we are here to help you with this now.

The first thing that you will have to do would be to recognize those with whom you have karma, and work specifically with those people in a way that helps both of you to clear the way for the future. This could be a difficult process and one that will ask a great deal of you. For karma can be rather sticky, and not something which clears merely by intention. In this case we will help you as much as we possibly can, but it may be necessary for you to get some help along the way. There are many people among you who are more able to see beyond the veil, and who are able to recognize past lives that need clearing. We would recommend that you approach any one of these people who you know can help you, to recognize what it is that you need to clear. The clearing may be something that you can do on your own, or it may be something that you will need help with. It does not matter how you get there. What matters is that you clear what you can as soon as you can, in order to pave the way for the rest of this journey with us.

We can help you by taking you on a guided meditation, which we will do for you now. You may find that this helps you to access past lives that need working with. We hope that this will be the case. It may only help you to access past lives that were not particularly difficult to work with. For sometimes we need to be held while we are working with painful issues, and if this is the case, we recommend that you approach someone with whom you feel safe, to guide you in this task of clearing your karma.

We ask you now to go inward, and to think of a time when you were very small. This could have been a time in your lives which you remember as being a happy time for you, or it could have been one which was sad and painful. It does not matter. The important thing is to go back and remember when you were small and vulnerable, for we need you to recall such a time in your life. Now go inside and take yourselves to a place that you remember well, a place in your childhood that sticks out for you. It could be a physical place or a place that is in your imagination. Either one is fine. Just go there, and try and visualize as much of the place as you can, so that you have a clear image in your mind's eye. The image needs to be one that you can see as vividly as possible, in order to make the next step on this journey as easy as possible. So find a place that you can see clearly, and try and connect with the energy that you find in this spot that you have chosen to embrace in your imagination. It is now time for you return to this time in your life when you were either very happy or very sad, or somewhere in-between – it does not matter. What matters is your willingness to try and connect with the event. This is the first step in allowing us to guide you and to help you to find the Light. So take our hand allow us to guide you, wherever the guidance needs to be. Try and relax, and as far as is possible for you, allow us to take you where it is that you need to go. For right now we are talking to you in the language of Light, and whether you are aware of it or not, we are starting the process of inner healing that will facilitate this passage for you. It is a journey that you have asked to take, so we are doing what you have requested, but perhaps not in the way that you would have expected us to. This is not important. What is important is that you are willing to allow

us to guide you and heal you. We are overjoyed that we have got this far with you, for we love you and we are aware that you are Children of the Light, waiting to find your way Home. That is where we want to help you to go.



The Journey to the Summit

It is with love that we pass this message on to you, for we call on all of you to help us with this momentous task of taking those around you into the Light. We have told you before that it is a process and that it will be achieved by incremental steps. We will give you these steps in due course. But for now we want to share with you what it is you can look forward to once you reach the threshold of your awakening.

In the dawn of the new age we call upon you, our beloved Light Workers. When all is said and done, we could not achieve this without your assistance, and it is for this reason that we are beholden to each and every one of you for the time and energy you are putting into your Ascension process. For we need you to help us to wake people up. "But how will we do this?" you ask. We will tell you, but first we want you to know the extent of our love and blessings, for in taking on this task, you will be endeared to us forever. We will be there by your side even when you may be going through what may feel like huge trials in order to get to the summit. We are by your side even when it may feel to you that we are not there. But we are. And the lessons that you are learning will all be part of the greater plan for your Ascension. For there is a greater plan that we can see and that you cannot, and we want to acknowledge the extent of your trust in going along with us even when you feel we are not there for you. We are. We are here for you each and every moment of every day of your lives.

The purpose of this writing is to help all of you to understand what it is that we need you to do to help us move the rest of you across the veil. It is a gigantic task and one which will require those of you reading this book to take great strides to move in the direction we are asking you to move in. We are wanting you to find a way that will fit with the way all of you do things, and yet in a way which is more directly in line with your own individuality and specialness. For each and every one of you is special, and you will have your own unique way of offering this service. There is no one way which will be right for everyone. This is what makes you unique, and what makes it harder for us to find a way which will be right for you. But we will. We promise you this. For at another level we value what you are doing for us, and we will help you every step of the way. When we tell you that it is harder for us to find unique ways for each of you, we are in fact honouring your process, for the harder it is for you, the harder it is for us. This is why we are determined to make it as easy for you as possible, to move into the Light.

We know that it is sometimes not easy to get on with the task of moving into the Light. There may be times when you feel despondent and hopeless, when it is not clear where you are going, or whether what you are doing will get you where you are led to go. There are times when clarity is not part of the plan, when we need to keep you in the dark. This is because we sometimes need to take you places where you have not been before, and if we allowed you to take charge of every step of the journey, you would not manage to find your way. There is some irony in this, we know, but we have pondered on this issue extensively, and taken counsel from greater beings than ourselves, to help us to help you. We need you to trust us, and we know we can.

We know that you are able to walk this path with us if we show you the way. And we will hold you in the Light as you go on your way. Peace be with you on this journey which you make alongside of us. Come let us show you the way.

We are ready now to take you on a tour of the territory. Please bear with us as we do so. We need to switch to a three-dimensional world to explain seventh-dimensional perspectives. This is no easy matter, but we will do our best. It will be necessary for you to accept that the picture that we are about to paint for you is only part of how it is, for there are no words to describe how it is for us. It has to be experienced to be known.

Take off your shoes and feel the earth beneath your feet. Breathe in the energy of Mother Earth. Really feel one with your Creator, and with the rest of your brethren, for we are all One. You may feel slightly light-headed as you do so. This means your vibrations are rising as you practice this new method of becoming one with us.

For some of you this may not feel as if you are doing anything new. Perhaps you connect with Mother Earth on a regular basis. This is a good sign. It may mean you are half way on the path of connecting with us. But it is important for you to do as we have asked you to do, so that we can meet you where you are, and guide you the rest of the way. Take heart. We are aware of the progress you have made thus far. This is the next step of the journey for all of you.

We are not asking you to forget what you have learned so far, and we are not ignoring your progress. We are simply asking you to help us to help you.

Every time you take off your shoes and connect with Mother Earth, and you ask us to join you, we will be there for you. We will listen to your message, and respond in the ways that we can to ensure that you hear us. As time passes, the signals will get stronger, until you will have no doubt that it is us you are hearing. We ask that you persist for as long as it takes to hear us clearly, in your waking life. And we will do what we can to sharpen your focus, to tune in.

There may be many voices in your head, and you may not know which one to listen to. Try to be patient, and wait until they steady themselves. We are all very keen to talk to you, and sometimes we speak all at once. When we catch ourselves doing it, we stop and agree amongst ourselves which one of us can talk first. Try and be patient when this happens. It will sort itself out as we decide which one of us is most suited to be your Guide.

The result of the effort that we are asking you to put into this will come to you soon after you begin the process. You will begin to notice when it is that we are giving you messages, and the consequences if you do not hear us. Very soon you will listen more closely when you find yourselves blocked, be it in a very minor way. You will understand that we are telling you to be more cautious, to sit up and notice, perhaps to try another way. Life will be full of little lessons, full of interesting little nudges. They will sometimes make you smile when you realize what is going on. Before you realize it, you will be one with us on your very own path, as we gently guide you in the direction you are meant to follow. It will be fun and exciting, as you sail forth into the unknown. Do not expect to reach your destination, for the course of your journey will change over time as you touch down, only to be taken off again on yet another interesting path. The path of Ascension is varied, always changing, as you move into the Light.

Chapter Seven

Come With Us

We are here to show you how it is with us on this side of the veil. It is quite different from how it is with you there, and we want to share our view of how we see reality from our perspective. Once you have grasped the essence of our reality, things will never be the same for you. It is for this reason that we ask you now to accept what you are letting yourselves in for as you read on.

What is it that we are trying to say to you? We are trying to tell you that your lives will never be the same again once you take the first footstep onto the Ascension path. But what does it mean to take the first step on the Ascension path? It does not mean daily meditation and a life free of drugs and hard core junk food. It means a lot more, much, much more. It is dedication in a way that you have not experienced before. This is not a journey for those who do not wish to grow. This is a journey for those of you who take your spiritual paths very seriously, and who are not afraid of what it might take to reach enlightenment, in the full sense of the word. We are talking here of a path which Buddha took, and Mohammed, and those of like mind and faith. We are talking of a path made by Ascended Masters. It is a path very few of you would choose to take. And we are channelling this book in the hope that by making this information available to you, it will make it easier for those of you on Planet Earth who are now ready, or almost ready, for this next step. We are here to make it easier for you, so that more of you can become living Masters, to help the less enlightened beings on Earth to find their way into the Light, to assist us with the Ascension of your Planet.

We are in the process of starting a new way of moving and we need you to listen carefully so that we can share our plans with you. Start by going into a deep place within and connecting with the voice inside you that tells you why you have come to Planet Earth and what it is that you are meant to be doing here. Some of you may not be aware of your purpose on Earth. It does not matter. What matters is that you try and connect with this place inside yourselves, for it is only by doing so that we can take you further, and help you to know about your greater purpose. Once you have made this connection, we will speak to you, and tell you what it is you need to know about your contract. For you will soon remember, and it will not be long before we will be able to connect with you.

Try and be as focused as you can be when you ask to connect with us, for there are many distractions, and we will need your full attention. This will enable us to tell you all that you need to know. And there is much to know, and much to gain. Try and take yourself to a place that is unencumbered by the different thoughts that may try and come in at the same time. We know this is not easy, but with practice it can be accomplished, and will become easier and easier over time. It is now time to accept that there are many who can connect with us. It is no longer only those who can channel. For channelling is merely another form of communication, and in time you can all learn to talk to us in this way. It will no longer be necessary for us to send you messages via your dreams, or in your waking life through what many of you call "synchronicity". That is a beginning. There is much more.

Travel with us into the Light. Come with us to a place of peace and harmony. It is not difficult if you let go and allow us to help you. It is the striving to hold on to your own controls that will prevent you from allowing us to ease the passage for all of you. Once you have given over your power and

enabled us to show you the way, even the major lessons which you still need to learn will not cause you discomfort, for we will take you where you need to go, in a spirit of ease and gratitude. We know this is difficult for you to grasp right now, for we have told you that the path for Ascended Masters is not an easy one, and now we are asking you to believe that it is. We appear to be contradicting ourselves. And yet we are not. For paradox is part of the equation, and soon you too will accept these opposites as if they were the same. They will no longer phase you in the slightest, we give you our word. It is but a step into the Light, if you let go of the controls.

There will come a time in your lives when you will wonder why it took you so long to get here. But we want to reassure you that each step was a necessary one, just as each step from here on is very much part of the process for each of you. Sometimes it may seem that you are going backwards. But you are moving in the right direction, and we are with you every step of the way.

There are many of you wondering about how you are going to make the transition from a human being to a Light Worker. We reassure you that you are already there, for this is not your first lifetime on Planet Earth, and you have already made the commitment to service in this lifetime. Once this has happened, the rest follows suite. Do not fear. For fear will simply lower your vibrations and take you to a place further from Home.



Chapter Eight

The Transition

There are many things we need to tell you to make the transition. We will start with your nutrition. Many of you are finding that you can no longer eat the way you used to. This is because we are helping you to be more careful and mindful of what you put into your mouths. For food is life force, and some of you have been reluctant to be conscious about how you can increase the energy that you can get from the Universe. It is all part of helping you to raise the vibration of the Planet. When your vibrations are high, you will increase the frequency of those around you, and thereby accelerate Ascension for all. So food is a vital part of the greater scheme of things, and it is for this reason that we are encouraging you to eat as much live food as possible. We understand that there are many of you with sensitivities to such food as wheat and dairy. This is because we have put life into you in a way that will show you a more nutritious way of feeding yourselves. Make sure that our diet is balanced and that you get enough vitamins and minerals to sustain you. There are many foods that have been tampered with, and that are no longer filled with their original life force. Hence we encourage you to find out which supplements you may need to ensure that you are getting sufficient goodness from what you put into your mouths.

Once you have a healthy body and have achieved physical Ascension, it will be easier for us to raise your vibrations. High vibrations in a body which has not been prepared for Ascension will cause illness and we do not want this to happen if we can help it. It will only set you back, and delay what it is we are trying to achieve. But if your body is able to cope with the higher vibrations, we can move a lot more quickly in helping you with finding a middle path. For it is only initially that you will need to be careful about what you eat. Once your vibrations are high enough, you will be able to process whatever you put into your mouths and raise its vibrations accordingly. But until then, you will need to find a way of being mindful.

Before you decide to go on an Ascension diet, we ask that you take yourselves off to someone who can give you a clean bill of health. It would be better if you chose to consult someone who understands the process of purification and who will support you with this task.

Furthermore you will need to ensure that you get enough rest and exercise, for these too will sustain you as your vibrations rise. You will need a strong heart and kidneys to support you. Overdoing the exercise will also not help you. It will only deplete your energy. Find a middle path for all that you do, and remember that balance is all important in life. Balance is what it is all about.

There are many routes you can take to reach us. We will tell you a few that you can access speedily. First of all, you will need to be ready to receive what it is that we are happy to give you. But this will not be easy for you, for having made the decision, there is no going back. If you make an attempt to do so, we will have no option but to make it difficult for you to continue the false path that you have chosen. For we cannot allow you to move in the wrong direction for longer than is necessary. We need you to be with us as far as possible, to allow us to guide you in turn can guide others into the Light. You have chosen to be in physical bodies for this purpose, knowing that we would be

alongside you for support. We are honouring our side of the contract, and we are helping you to honour yours. If we find you wandering off the path, we will guide you back in as gentle a way as we can. But if you continue to stray, we will have no option but to guide you back again by making the message a little louder.

There are many ways in which one can become one with the Ascended Masters. Your journey into the Light can highlight ways in which you will be able to move towards this state of being. There are many directions to travel and many paths that can lead to enlightenment. It is our great honour to guide you and to show you the best direction for you to take. Once you connect with your special path, there is no going back. The way forward is yours and yours alone. This makes it difficult for us to enlighten you through the medium of this book, and yet we need to give you some direction. We trust that through this medium you will see what it is that you need to do in the face of not being able to see. This is why we need to remind you that we are here to help you, and we will not let you down.

Come with us so we can show you the way.

The first thing that we ask of you is patience. It will not always happen the way that you expect it to, and you may find yourself wondering what is going on. This is the way in which we work. It is important to slow down the pace so that you can have time to integrate everything that has come before. In this way every step builds on the next one, and a strong foundation is achieved. You need to understand that a strong foundation is vital. This is why each of you has undergone so many thousands of lifetimes to get to where you are now. What you have achieved is a miracle.

Once you have grasped the idea of patience, there are several other vital lessons that must not be missed. The first of these is trust. Even when things appear to go wrong, that is the very time that you will need to accept that we are alongside you, and that we will not let you down.

Then there is the matter of tolerance. We know that each of you has worked with this over many lifetimes, and that you sometimes still find yourselves in a place of judgement of yourselves and others. It is all part of the human condition. We know that all of you have been working with this issue in earnest. We ask that you do two things. First of all, we want you to find a way to forgive yourselves when you find that you are less tolerant than you would like to be. But we also need you to find ways of increasing your levels of tolerance with yourselves and others. What we are saying is that we would want you to be more tolerant in your day to day lives, but when you find yourselves in judgement, it is important that you forgive yourselves and that you do not dwell on what you have done. We will forgive you too.

In order to realize the extent of what you are being asked to do, it is important that you become more accepting of the extent of your power. We know that it is important for you to have humility, and we do not want you to forget this. But at the same time it is important that you believe in yourselves, and that you do not fear the extent of what you can do to make a difference to the Planet. We need you to understand this because unless you acknowledge who you truly are, you will not take yourselves seriously, and hence you will not take the task seriously either. This means you will not be able to assist us in the way that we need you to. We cannot stress this enough.

So now we ask that you begin to see yourselves differently. We ask that you make sure that we are able to rely on your support. This will need to be consistent for us to be able to invest in your promise to help us. This is the only way that you can become living Masters. It is a full-time occupation, not one you can tap in and out of when the going gets tough.

If you decide that this is for you, we will make sure that you get all the support that you need. This is not for the fearful, but rather for those willing to engage with life, and with the tasks that lie ahead of you. And there are many of those. We have much ground to cover if we are to ensure that everyone on the Planet ascends by the year 2012. For this is our aim, and we can achieve it, with your assistance. The rewards will be great, not only for you, but also for all the beings in the rest of the Universe and other galaxies. They are all rooting for this to happen, just as we are making the effort to succeed.

Do not believe that if you chose not to ascend, that you will be destined to doom and gloom forever. You will be transported to other planets of your choice, and from there you will be given opportunities to rise above your present level of soul. Time does not exist elsewhere, so it matters not when you choose to Ascend. At some point all beings (energies) will ascend as the mass consciousness rises. It is for this reason that we are encouraging some of you to follow us. Try to accept that Ascension in the lifetime is not for everyone. There is no judgement whatsoever.

We call on you to try your best, no matter what you do. This is not to compete with anyone, but rather because we know that this will counterbalance the apathy that results from separation from self, which is a step away from separation from Source.

Once you have managed to be at peace with yourself, you will come to a place from which you will be able to send Love and Light to others. In so doing, you will bring even more peace and joy to your own life. It is well worth striving for, even though at times it may seem that you will never reach this place of inner peace.

It is also important to realize that our pace is not the same as yours, and that what for you may seem like a long time, as you wait for guidance from us, to us is not time at all. We have no time, so have to try and be time conscious in order to help you to receive the signals that we send.

It is important to get into the flow of the messages we send. We may not use the same words that you normally use in your day-to-day lives. But you will get the theme of the message, which is all you need. In time we will get used to each other. When this happens, you will be able to follow more easily, and understand more of what we say to you. Until this happens, whatever you get is enough. We will make sure about that.

Chapter Nine

The Next Step

Once you get the hang of what it is that we are saying to you, we will step up the pace of your learning. You must expect to move very quickly, for we do not have much time in your terms. It will not help you to slow down the pace. Once you are in overdrive, we will take the wheel. But we will also make sure that you do not crash anywhere along the way, at least not long or hard enough to halt the process. We cannot afford for such accidents to happen, so will ensure that you are always safely seated soon after what may appear to be a minor crash.

In fact there is no such thing as a minor crash. Everything that happens is a lesson, or can be used in this way. It will therefore help you to proceed from this attitude, because if you do, everything will have a purpose. Nothing will be wasted. You can only gain from what happened, and in this way, increase the flow of abundance in your lives.

We call upon you now and ask that you take heed with what we are about to tell you. It is vital that you take this seriously. It will have a major impact on your lives and the lives of others. Once you get the hang of it, you will find it easy to carry out, but initially this may not be the case for many of you. What is important is that you try, and that you do your best. We do not ask more of you.

What we need you to do is practice the art of constant vigilance in everything that you do. What we mean by this is that you remain in a constant state of mindfulness, always, or as much as you possibly can. Rid your life of distractions. We do not need to spell out to you what we mean by this. By now you will all be aware of the many distractions that you employ so as not to connect with yourselves and with Spirit. We do not refer to things that you do for fun. Fun and laughter are part of your birthright. They are meant to remain, for they will feed you when you are tired and plodding through your lessons. You will need as much joy as you can get to balance the rest of what we are asking of you. The secret is to be conscious at all times, no matter what you are doing. If you can do this, you are one step closer to removing the veil that prevents you from connecting with All That Is. For this is your ultimate destination while you remain in your physical bodies.

Try to stay awake, to notice what comes in and what goes out, in yourselves and in those around you. Your world is your teacher. Notice who comes in and who goes out, and everything that you can about that. Once you get the hang of it, you will find that you are in touch with the play. You will begin to understand the dramas that people have chosen to learn their lessons, to move towards the Light.

Notice how you feel now. Watch the tiny differences in sensation as you move about in your daily life. Whenever you can, observe what is happening in your bodies. Just notice. There is no need to analyze. Just observe, as much as you can. If you need to ask questions, do so, but do not make it a habit of knowing everything that is going on inside you. This will come later, once you have mastered the first step.

Now go inside your body and ask yourself where you feel any tension or tightness. Call on your Higher Self to release the pressure there. That is all you have to do for now. Do this exercise

whenever you get a spare moment, or whenever you remember. Try and make it into something you do on a regular basis throughout the day. You will soon begin to notice the difference, as you release the tensions you hold in your body. There are layers of tension, over years of living in the physical form. There are also layers of tension carried from what happened to you in your previous lives. Eventually you will release it all, become a more peaceful person, and move into the Light. For having a relaxed body is a very important part of becoming who you are. It will help you to notice more of what is going on around you. And soon you will be able to lift the many veils which you have around you, and see the very essence of All That Is.

Sometimes you may find that you get into situations that make it difficult for you to stay centred. We understand this. It is all part of your lessons, for only by occasionally going off centre will you remember what it feels like to be centred. When this happens to you, we suggest that you find ways of helping yourself to get back to where you were before. Perhaps you could use music, or simply call on your Guardian Angel or any other being you connect with easily. What matters is that you catch yourself going off centre as quickly as you possibly can, so that you stay as close to centre as you can, as often as is possible.

There is one more thing that we will ask you to do at the beginning of your journey to the Light, and that is to remember where you came from. Recall your past, all the lessons you have learnt along the way. Do this carefully, so that you can be conscious of the distance you have travelled, and the progress you have made. You have chosen these lessons in this lifetime to help you with your path of service in this lifetime. It will help you to see the direction you have chosen to travel in your journey towards becoming a living Ascended Master.

You will begin to experience more joy in your lives as you flow with the Universe, and watch how the Universe flows with you. It is a simple equation. As you learn to respect your own ebb and flow, the Universe will reward you accordingly. Do not try to do what you think is right for you. Rather ask your being what it wants, from moment to moment. It will not mislead you. And in this way you can learn to know the best way to honour yourself, and the best way to stay in the flow. Everything works together, for All Is One. Therefore what you do will affect the Universe. So she will reward you when you honour your own process. You will also be rewarded for honouring the process of others, as long as it does not clash with what is best for you, as seen through the eyes of All Is One. This is a tricky decision to make, we know. You will need to weigh up carefully when faced with these kinds of decisions. It is important to ensure that your ego's needs are met, or you may find yourselves in a position in which you create yet more wounds to your child within. This would only slow down your inner process, and cause you more unnecessary pain. That is not the intention. The intention is to heal the wounds of the child within, to heal the wounds created over many lifetimes. These wounds will help you to serve, to follow your paths, to honour your contract. But the time has come now to heal the wounds of the past, not to create more. This is why you need to be careful when you make decisions to put other people's needs above your own.

There are times when it may be appropriate and even honourable to forget your own needs and rather to choose to make others happy, at the expense of your own needs. This will happen. And it is good. But not all the time. When you find yourself behaving in this way as a rule of thumb, when it becomes a pattern in your life, be careful. You may be playing out the role of martyr, which will not

serve you in the greater scheme of things. Playing the martyr means that you are giving away your power, which is not in your interest or ours.

When you find that you are unsure which way to turn in this matter, check with us. We are here to guide you. And if you make a mistake because you did not hear us correctly, no matter. We will give you a message to straighten you out on your path, so that you can move forward as you should. We have promised to make the messages louder if you stray. So keep listening, and guidance will be given.

Do not be surprised if you sometimes find yourselves thinking nasty thoughts. It is all part of the clearing process. Just notice what is happening and let it go. Do not flagellate yourself. Ever. For this will only cause you to lower your vibration. A negative thought of and by itself cannot cause a disturbance if you do not give any energy to fuel it.

When you find yourself listening to your inner voice, and it tells you to do something that another part of yourself believes to be incorrect, wait. Do not press forward. This may be a test. It could be the voice of reason, or it could be a part of your ego waiting to trip you up. When in doubt, wait. Do not hurry.

This does not apply to those of you who find it difficult to make decisions. The chances are that you will need to work harder at removing fear before you get over this obstacle in your lives. There are many of you who fall into this category. You have chosen this path to overcome certain obstacles. You are not alone. There may be times when you think that there could be no other earthly being who could possibly find it so hard to make simple decisions. It is not so. From where we are we can see that there are many of you who sometimes get overtaken by fear, and that this trips you up. You may even feel numb, unable to make a move. That is us trying to stop you from making the wrong decision. Soon the numbness will wear off, and leave you feeling fresh again. This is the time to take yourself into a meditation, connect with us, and ask for guidance. For this is our purpose. We want to help you, and we will, whenever you allow us to. We will be there, to guide you, to give you love, and lead you into the Light.

It is important to start every day by tuning in to us in some way, either through meditation or something that will take up less of your time. The method you choose is not important to us. What matters is that you connect with us in some way. In this way we can stay in touch as you proceed with your tasks. We know that we cannot ask you to do this often, but it would be good if you try and link up with us throughout the day, in whatever way you can.

When you initially started on the path of Ascension, we asked that you stay in touch with us on a more regular basis. This is no longer necessary. The tuning device will be in place by now. And less frequent contact is called for. The reason for this is that by now you will be tuned in practically all the time, without consciously trying to do so. Therefore all we ask is that you make it a habit to be conscious of this connection, to stay on the path.

The way forward is not the same for all of you. For some it is a steep and narrow path. This is what is needed in order to ensure that you have what it takes to become a living Master. It is not our choice, but the route that you have taken to get you where you are now. Some of you took a few diversions along the way, and are still struggling to find your place in the Universe. You may not even realize

that you are a living Master, or that you are on probation for this role. But there are many signs that tell you that this is what you are, and we honour you for the route that you have taken, and the place you find yourself in now. It may seem like a long way from the top for some of you, but we know that it is not as long as it may seem to you. And the sooner you take the straight route now, the sooner you will reach your destination.

Try and free yourselves of the need to compare yourselves to others, for each one of you is unique and special. There are no prizes on this side of the veil. Competition only serves to drain your energy, and you need all the energy you can muster to Ascend.

The last thing we want to say to you before we move on to the next issue is: be yourself. There is no point in trying to be who you are not. Who you are is wonderful. We value you, and we do not wish that you become who you are not. Love yourself, value yourself, and the same will return to you tenfold from the Universe. For you are All Is One, and therefore you cannot be anything other than perfect. You are a child of God. You are God. And God is you. Treasure this, and hold it in your consciousness, now and always.

You may be wondering what it is that causes us to think that you are ready to take this huge step. We have been in counsel for some time now, watching, observing, and weighing up various options so as to ensure the Ascension of Planet Earth. We have realized that this will be the best way to achieve our objective. This is also your objective, for we are all One. We can simply see it more clearly than you can.

You may be asking where this message is coming from. We refer to ourselves in plural. That is because we are all One. But we think it is only fair to you to inform you that the majority of what you read is coming from the being that you know as Christ. It is important for you to know this because there is a great deal of energy coming to you from the words you are reading. We want you to connect with this energy because it will help you to connect with us, and particularly Christ consciousness. This has an energy of its own. Some of you may have read about this in books. That is good, but if this is the first time you are being made aware of this concept, that is good too. There is no good or bad, right or wrong. This is part of what you may already know. This is part of the Christ consciousness that we are wanting to spread in order to move towards Ascension.

Some of you may be wondering why this book is written in such ordinary language if it is coming from Christ. This is also to teach you the value of simplifying. There seems to have been a law in your culture, which has not been written down, that the more complicated something is, the more it is to be valued. It is now time to put that law to sleep. Let it rest. It no longer serves you. From where we are standing, it makes life far too complicated. We need you to try and find a level from which you can see all that is going on behind the veil of illusion that you find yourselves in. This could be very difficult for you. We need to make it less so. This is why we have chosen to encourage you to simplify in whatever ways you can.

There may come a time when we will ask you to step aside and allow us to take over your lives completely. This may be difficult for you. You are used to being in control, and to let go now may be somewhat petrifying for many of you. We know this. But it is important. Soon you will start to trust us more, and things will go more smoothly for you. Then you will know that we can be trusted. It is only then that we can truly be of service to you. Before that was preparation. We need to show you

the way, and there is only one way for us to do that, because you cannot see us. This means that it is not possible for us to act as role models for you in the way that you are used to. You cannot copy us.

What you have read about in books until now will give you some indication of where we are headed. This is small part of the whole. The rest we can only do for you by guiding you. It is as if you are blind and we are your guide dogs. This is true at one level because you are blind to what is behind the veil.

There may have been times in your lives when it felt to you as if God did not exist. Some refer to this as “the dark night of the soul”. You may fear this happening again. It may do. But this is not our intention. In the past it has happened when you have a change of guides. When one of your guides leaves, to make space for a new, more appropriate one to come in, it may have felt to you as though you had been deserted. It is a common phenomenon. But this is not what we have in mind for you.

When you let go of your control and need to be in charge, we will take over completely. We will steer the ship for you. We will take charge, and ensure that your life is as it should be. You will learn new ways of doing things, new ways of being. There will be a transformation as you have not experienced previously. It will be a grand experience for you. You will not regret your decision to fly.

There will be times when life will be too good to be true. There may also be times when you are less ecstatic. But you will not experience the dark and heavy times like you did before, as long as you do not try and take back the reins. Hitting a slump means that you have become fearful, and that you have let go of your decision for us to take charge. That will be your sign that you need to let go again. Trust us. You can.

There will come a time when you may call on us for extra assistance. This may be for many reasons. You may be tired, and unable to see your way forward. Or you could be facing someone you knew in a past life, someone who irritates you. Perhaps you need help to work through the issue that is causing you to feel this way towards another human soul. We will gladly come to your aid under these circumstances. And we urge you not to hesitate to request our help.

Sometimes you may feel sad, and not know where the sadness comes from. You may be tapping into unfinished issues from this life, or even from ones that have gone before. Do not let this deter you from knowing that you are on the right path. For sadness is part of the human condition. It is not something to be avoided. This does not mean we are encouraging you to dwell on it, or ask for sadness in your lives. It just means that when sadness does come your way, feel the sadness, allow it to pass through you, until you are ready to move on. It will not help you to push these feelings away. They will only come back into your life at another time. Deal with them now. Clear away the past. Then move into the future with your slate cleaner than it was before.

Chapter Ten

Commitment

We ask you now to begin the journey towards Ascension, but in a way that is quite different from your journey thus far. We need you to start again. You may need to undo some of the things that you have learnt along the way. We know that we are asking a great deal of you. But we would not be asking this of you if it were not of vital importance.

We know it is important to you too, to succeed, else you would not have got this far on your journeys. We ask that you make this sacrifice too, to help you. It will be easier for you in the long term, we assure you.

Your new path is more simple than any you may have encountered in the past. It will take less of your time, but will require greater endurance. This is the way of the Masters. This is the only way.

To begin we ask that you refrain from any spiritual practice that may be part of your life. This means that you will need to stop regular attendance at any organization of which you are a part. This kind of practice we regard as unnecessary. We will ensure that you get all the support that you need.

We also ask that you begin to notice everything in your lives. This means a willingness to live in complete awareness, at all levels. We ask you to be conscious of what is happening at a spiritual level, and emotional level, at a physical level and at a mental level. There is no reason to deny anything in your lives. Every experience has its counterpart at each and every level. Full consciousness is what we ask for. Nothing less. You may not select which areas to put in focus. If you cannot do that, this path is not for you. There is no need for you to continue with this book. The path of a living Ascended Master is not for you.

Be patient with yourselves, for the path is steep. It is for those who are able to move in spite of obstacles. It is for those who see obstacles as an opportunity.

It is now time to call on your spiritual guides. Each of you has a special one who will remain with you for as long as is necessary. This guide will not change from the moment you make the decision to become an Ascended Master until your path is reached. What do we mean by this? Your path is your destination. The one becomes the other. This means that there is no beginning and no end, once you take the first step. You may change your mind along the way. If you do we will coax you back in such a way that you will understand. Once you have made the commitment, there is no going back.

From the start we make this clear to you so that there are no misunderstandings. There is no space for doubt. The choice is yours.

Those who choose, at this point, not to go this route, will be honoured also. There is no judgement.

Permit us to elaborate. What we want from you in TOTAL commitment to become living a Ascended Master. This is the first time in the history of Lemuria, Atlantis and Planet Earth that a decision such as this has been taken: to put into writing a guide book for those on earth, in a human form, to have the choice of becoming a living Ascended Master. The decision was made, as said earlier, to escalate

the speed of Ascension of the Planet Earth. The rest of the Universe, as you know it, and other beings, most of whom you are not yet aware, depend on this. They too will Ascend once Planet Earth Ascends. It is for this reason that we have taken this step.

Go now, and think carefully. Are you prepared to make all the sacrifices necessary to achieve the goal of becoming a living Ascended Master on Planet Earth? We honour you for whatever choice you make. But do not take the task lightly. It is a once in a lifetime decision, and there is NO going back.

When all is said and done, and your task is accomplished, what then? This is a difficult question for us to answer because this is a new piece of the plan for us as well as for you. Never before has this been done. All we know is that it has to be even better than it has ever been before, which means that it will be amazing. We think that it may even amaze us. It is very exciting, and well worth the effort on behalf of everyone who has been part of the game.

This is the last part of what we want to say to you before we leave you to make the decision. We are retiring shortly, and we need new souls to take over from us. There are those among you who are already assisting us in this regard, and we thank you for that. But there is more to be done. This is why we need to call on your help. It will require a great deal of care and attention, to oversee All That Is. We need to move on to other Universes and galaxies, to ensure that all is well there too. There is much that needs to be taken care of, for the final plan to be implemented. We shall tell you about that at a later stage. For the moment we need to make sure that this book is made available to all those who may be interested to read it.

We will do all that we need to do to guarantee that all those who need to read this book, do so. It is not by accident that this little manuscript has landed on your doorstep.

We bid you farewell, and send our Blessings and our Love. Go well and go in Peace.