

Global Awakening News

Commentary and Guidance for Enlightened Change During Rapidly Changing Times


~ Special article reprint ~

April 2009

“Ascension and Transformation”

Updates and In-depth Discussion

These essays are presented for their value to anyone who cares about the future as humanity prepares to make the greatest shift in consciousness and existence ever. We cover a wide range of topics including social-values research, “future-views”, the world situation, and advanced spiritual perspectives.



“GLOBAL AWAKENING means individuals and communities becoming aware of and embracing their true nature – one of interconnectedness, service, and spirituality, as we express extraordinary dimensions of our larger being. “

April 2009

State of the Vision

By Alex Kochkin

Ascension and Global Awakening

Earth was one of a small number of significant birthing grounds established by Source to develop and raise creator beings with the potential to become true companions to Source Itself. This is also why this locale is so important to the dark forces, those who would seek to replace true Source as Creator with themselves.

It has been important to assess and sort out the “dark” from the “light” and to examine an ascension process intended to facilitate the ascension of the greatest portion of consciousness that had projected itself as humanity.

The primary agenda has been what could be described as an ascension of our “holographic” or light structures representing the essence of our identity and experience in the lower density. With rare exceptions, the process was not initially concerned with the transformation of the physical body into higher vibratory light. In the course of all that has led up to the present day, there has been good reason to revisit earlier work involving the descent of the higher self and the transformation of the physical body. This is best represented in the contemporary era by the partnership of Auribindo and Mirra –they referred to it as the “descent of the supramental” or higher body.

“Imagine that those who consciously shift into ascension mode could assist in lifting the pain and suffering that spirit expressed through humanity has endured.”

For a period of some years it seemed that, with rare exceptions, the strategy of descension of the higher body (and higher realms) to transform humanity and Earth needed to be set aside in favor of what could be termed an “emergency extraction”. At this point it would seem that the potential has increased enough to achieve some breakthroughs in the transformation process that only a handful of years ago seemed unattainable. Hence descension of some of our higher-order self is still “on the table”. This in turn could initiate some critical changes among a sufficient number of those closest to and most intending this process. There are no guarantees as to the outcome, but for those who are more aware of this, there is little to lose and much to gain for the highest good. However, this is not likely to be the predominate mode of ascension, as of this writing.

As we wrote two years ago, the possibilities of only a small percentage of “ascended humans” distributed across the planet offer possibilities that are barely imaginable to human awareness. So while other preparations are underway, including various “backup plan-B and plan-C”, it would seem this is year beginning this Spring of 2009 for the ascension and transformation process to be underway in earnest.

It is very important to consider ascension not as an end stage in itself, but rather a process that is vital to the spiritual evolution to this and other creations and to Creator.

Excitement and Bedlam Upstairs

In recent weeks there has been a noticeable “busyness” in the next level up from 3-d ordinary human reality. Lately it has been a bit of a bedlam. Imagine large numbers of humans showing up in a level slightly higher than what they are accustomed to, like visitors and immigrants disembarking non-stop on the shore of a “new world”. There are not enough “meet and greet” teams at the ready. What the new arrivals think is the “new world” is not really, nor is it an ascended earth. But after being locked down to a narrow bandwidth of awareness, it is so exciting to many at first. It is “as if” they have “arrived”. This level up is only the first step.

It seems that many have departed their bodies and many are still connected to their familiar human body and human personality. But what they identify with as their “self” is actually a relatively higher vibratory state of their ordinary human awareness that is not properly oriented to its new status. This means that significant memes and notions from the human 3-d realm are carried along, even though it is a higher light quotient situation. We are finding more younger people at this level than in the past years and they are busy discussing and debating world problems and how to do things differently. Ad hoc classes are being organized on various spiritual topics to help individuals get a better grasp of what is going on and what their choices could be.

There is a tremendous upward pressure being exerted from the higher spiritual energies. These are akin to birth contractions. There is also help from above, like a helping hand for a step up. With each level of increased vibratory existence, much healing and expansion occurs, less and less of old traumas remain, and more of the higher evolutionary possibilities can become apparent.

More on this to come...

For earlier background, there are articles in GA News, especially October 2007 [http://www.pfcn.net/Bulletins/GA %20Oct %202007 %20edition.pdf](http://www.pfcn.net/Bulletins/GA%20Oct%202007%20edition.pdf) and Spring 2008 [http://www.pfcn.net/Bulletins/GA %20News %20- %20Spring %202008 %20All.pdf](http://www.pfcn.net/Bulletins/GA%20News%20-%20Spring%202008%20All.pdf).

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An ongoing discussion about our future-present destiny Ascension & Transformation

By Alex Kochkin and John Crawford

*“As seen from our ascended awareness, it will all have been “worth it”.
No pain or suffering will have been in vain.
All will be changed, including what we would call today, the past.”*

Preface

This article attempts to present a more complete picture of ascension and the current situation than is generally available. The article following “Ascension and Energy Bodies” provides both background on the energy bodies and specific exercises to aid the upshifting and unification process.

This year starts the ascent of humanity, a small stream at first, then a gathering flow, like rivers of melting snow. Entry into this state of ascended awareness, beyond what might be termed “spiritual awakening”, opens avenues to the possibilities and opportunities of spiritual evolution.

We are looking at successful link ups for many this year. It is the drink of the new water and the breath of the new air. Those who taste of it will naturally take to it. Those in proximity will wonder what the wonderful fragrance is. And so it starts. As this quietly unfolds, there will be many who, in the short run, will be too enthralled with the illusions of social-physicality and old paradigm to notice.

Introduction

Over millennia, rare few have ascended or broken through the zone of dark control, embodied or otherwise. More have experienced episodes of this through ecstatic, expanded states of awareness. In recent years there have been a large number of people who have had profound near death experiences and returned to their bodies, dramatically changed.

The more humans in higher states, the greater the capacity of the transformational process itself. It is the only way for a solution to the perceived problems on earth for our human selves. Meme-engineering and dark programming has made it impossible for any “ordinary” human solution to correct the problems at hand.

The growing references to an increase in various space energies is significant. These energies help activate our energy bodies and provide a much needed boost to connect and maintain connection from our human 3-d level to our higher levels. These energies are only one avenue for jump starting our near-dormant light circuits.

It behooves all who are intent upon evolving into a state of higher awareness not to be distracted by the old world and thus maintain "safe distance" from the painful and chaotic breakdown of the social order that has constituted the "matrix world order". "Caring detachment" is one term used to describe this. It is possible to be in the world and not of it.

While it is dramatic when major qualitative shifts to base level awareness occurs, ascension is not a static or end goal in itself. But from the human level of awareness it can be as if suddenly transported to the rarified heights of the highest etheric mountains, the inner realms of planets and stars, and connection to the vastness of creation, beyond which there is intimation of an even greater vastness.

At the human frame of reference it has to do with denser/lower orders of consciousness achieving fuller higher order awareness. In the case of those aspects of consciousness that identifies as human personality selves, we would enjoy fully aware connection with our soul family of higher selves and ongoing access to much higher orders of consciousness, connected to Source, including the possibility of transcending our highest level of individuation from Source. There are those who have been developing this ability, albeit erratically in terms of daily ongoing access.

At times we have compared the ascension process to the most profound and expansive of a small percentage of near death experiences that have been shared by those so involved. The level of healing, divine love, transcendence, and divine exalted awareness is truly beyond words. It is in this state of awareness and enhanced "spiritual circuitry" that the power of altering the fabric of reality becomes possible. It is at this point that we can genuinely operationalize the business of "creating reality", something that has generally been distorted by multiple falsehoods promising enhanced life within a prison.

The connection to a human physical vehicle that in turn is connected to the human social collective, one presently under the residual domination of the dark forces, makes it challenging to bring about a steady state of coherence of the physical cellular substance.

"Ascension ...is a qualitative change of state in which "you" –the ordinary human self you identify as –enters into continual connection with levels of awareness of a higher vibrational state."

A rare few have experienced a taste of ascended awareness, often in episodes of ecstatic rapture or similarly expanded states of higher order unity consciousness. In some instances the connection permitted alteration to physical reality.

Many regard ascension as "Christ Consciousness".

As more awakened consciousness is joined to the greater collective of awakened beings, the greater the energy capacity within creation. The more this happens, the greater the rate of increase in awakened capacity and the easier it becomes for more of those who are relative un-awakened to move into a state of awakening. We have referred to this as an "event horizon" –a zone of intense transformational changes, like a greater river of energies of cosmic consciousness.

A vibrational differentiation has begun.

Let us not despair and distract ourselves over all that may be deemed un-right; better to acknowledge what is and has been, and find “discernment with compassion” from a higher place of knowing –a higher gnosis. As seen from our ascended awareness, *it will all have been “worth it”. No pain or suffering then will have been “in vain”. All will be changed, including what we would call today, “the past”.*

As more people shift their energy up to the next level, for most there will be an initial entry zone, like a foyer to a building, or a landing beach of a new world. While the overall light quotient will be higher, this entry zone will still be vibrationally close to the 3-d zone. Consequently habituated patterns, personal attachments, and implanted memes will carryover, even if reduced to some extent. Many who have a sense of arrival at this new vibrational space may initially think “this is it”, “I have made it”, not realizing they have only taken the first step. There will be those seeking peace and cooperation who will find one another and there will no doubt be some aggressive ruffian tendencies as well. This is only the first stage of the transformational process to what we have termed an “event horizon” beyond which nothing is the same and potentials of spiritual evolutionary growth is seen as limitless.

There is a filtering process built in, partly based upon vibrational state, partly upon choices being made at each level. An upward pressure is at work as well as help from above. The more one can detach from the old, the more complete will be their evolutionary process. The upward pressure from below would correspond to all levels of creation structures, planetary, as well as your own energy bodies, energy centers within your bodies, etc. All changing.

Eventually “humanity” will be discovering the great importance to the question of its physical existence. To some it would be considered indicative of a highly enlightened state of awareness to simply “be”. However, “be-ing” without direction or intent has the potential to develop into an antithesis and antipathy to creation. Being in a state of appreciation of “be-ing” is only one step toward god-consciousness. Humanity and its more spiritually evolved variants will find that continued spiritual evolution will require the discovery of new purposes to existence.

As if all this is not a lot to digest, there is the “other business” of ascension linked to this creation system and ascension linked to a new creation system. This is touched on later in the course of this article.

For additional background, see GA News, especially October 2007 <http://www.pfcn.net/Bulletins/GA%20Oct%202007%20edition.pdf> and Spring 2008 <http://www.pfcn.net/Bulletins/GA%20News%20-%20Spring%202008%20All.pdf>.

Ascension, A Working Definition

“Ascension” in our usage is a qualitative *change of state* in which “you” –the ordinary human self you identify as –enters into continual connection with levels of awareness of a higher vibrational state. The subtle bodies that govern your human physical existence are altered, your overall light capacity grows, and your overall state of existence is enhanced beyond the human-based frame of reference. Although “you” are a full participant, “you” find yourself in conscious and open communion with more of the aspects that make up the “greater you” and thus “you” play a role in directing your spiritual evolution and destiny as a spiritual being. This higher vibrational level of existence is one that is connected to the highest levels of Source Light and no longer subject to the distortion and control of the dark. Ascension is not an end

point, but rather a new stage in spiritual evolution, learning, and existence. It is “why” to our existence.

There are those who believe that it is a self-contradiction or an oxymoron to put forth the notion of embodied humans functioning from an ascended state of consciousness and perhaps even an altered physical-energetic structure based upon the present physical-energetic state of humans and the general vibrational state of Earth-1. However, there is ample evidence of embodied humans (albeit rare in number) who have been just that. It is important to distinguish between humans having moments of higher inspiration or guidance and embodied humans *functioning* from a “24/7” state of higher awareness coupled with the knowledge and experiences of the human “lower self”.

It is with this that the possibilities for altering physicality and the nature of reality begin to be possible. From a previously limited human existence, subject to the influences of a set of dominant interests (the dark forces), the possibilities begin to open up for evolution into spiritual beings who have the ability to consciously alter or create their personal and collective reality.

The influence of the new “space energies” in facilitating the transformation of our subtle bodies is a key point to both stimulating dormant capacities and in giving us a much needed boost in our overall vibrational state. The thinning or parting of the Earth’s magnetosphere and ionosphere can be likened to the thinning of the veil between one’s personality-self level of awareness and existence and one’s higher levels of awareness and existence. The two become joined with greater flow and access. This can also be likened to the connecting of plasma energies and joining between solar, planetary, galactic, and universal structures of creation. For those who are pre-disposed, they will be find expanded states of awareness and an increase in their overall light quotient and vibratory state.

Simply expressed, we are receiving from Source a long needed boost to reach closer to our own higher levels of existence and in turn for our higher levels to establish contact and provide greater assistance to the whole process of transformation.

There is one point that curiously is not discussed in modern circles and that has to do with those who die from “natural” or sudden catastrophic causes. There seems to be an unspoken assumption that ascension applies for those who are presently embodied. The enormous numbers of humans who die indeed will be included in the ascension process.

Projecting and Creating Reality

Someone recently questioned the meaning of a portion of the “Holon of Ascension” material by Tom Kenyon that is republished in this issue. The question centered on certain ideas expressed in Part One: *“Through the ascension process you realize that you are the creator of your experience of that which you call “the world.” It does not mean that you leave this world, but it does mean that you have transcended it – while still being a part of it – for you see through the lens of perception that life is a movie that you are projecting.” ... “the source is your very mind itself” ... “you are the creator of your experience”... “life is a movie that you are projecting”.* These are all very pertinent questions. We cannot speak for Tom Kenyon or Hathors, only for ourselves.

We would prefer to make a distinction between being the creator/influencer of one's own experience, one's reality --and actually being the creator of reality and what would be called physicality. From the perspective of our own higher levels existence, there is awareness of the capacity to actually alter what to our human self would be considered the local holographic reality.

However, there is the “small matter” for the ordinary (non-ascended) human self, concerning the operating rules of its vibrational level of physicality and the overwhelming influences that shape and maintains this “reality”. Hence we are not *yet* in a position to create our reality. Soon, however.

Until we shift into ascended awareness and true spiritual awakening, overwhelmingly the human personality self is *not* the deliberate, conscious creator of its experiences. Thus our human personality self is not adequately “in charge” and is not projecting our lives and existences. If that were so, then there would have been a more successful effort at awakening and freeing ourselves from this miasm-like reality. If that were so, then my remarks concerning humanity using “discernment with compassion” in not condemning itself for all that has occurred would be inappropriate.

As an observation, I would say that our human personality selves are projections from our greater selves, our greater soul being. In that regard our higher self is projecting a portion of its reality.

From the perspective of higher awareness, our human personality self is the closest thing to a seed, a probe, a projection of higher vibrational spiritual energy from its soul into lower vibrational density.

It has not had the capacity to truly create its own reality or lives, as long as it was to function within a zone of influence dominated by the dark forces, and therefore within a set of limited choices. The depth and breadth of this control was not well understood at the higher levels until fairly recently. It certainly is not well understood at the lower levels.

Once reconnection is established to our higher collective beingness and to true Source, then we are in position to shape our reality and multi-faceted, multi-dimensional existence. This is where we are headed.

Descension and Ascension

First a disclaimer: We are not advocating at the human or higher levels that the descension of our higher aspects is the “preferred” mode for ascension at this time. Rather we wish to bring this into the open by discussing certain facets of this. This is also important since as part of the larger transformational and ascension processed, there will be more of the higher level seemingly descending further to be of aid to its lower levels. This is made more possible now given the heightened attention on the situation here by the highest levels of creation, and given the ongoing removal of the dark forces.

By “descension” we refer to the movement of higher vibrational energies into lower densities. Imagine if you will “tunneling” structures that make these connections. Sometimes these tunnels can be maintained for extended higher level communications, sometimes they are brief in duration to permit major “downloads” to occur from the higher realms. A major

descension of ones higher bodies into 3rd density space is not readily accomplished, partly because the lower bodies are unprepared unable to handle these energies and that the human energy centers have been interfered with by the dark.

This does not mean that it is something that “is simply not done”. The value of introducing higher order energies into this realm is important as it provides a basis for more of the higher energies to come in and potentially effect a major transformational housecleaning. This may be occurring to some extent to facilitate “from the other side” the processes of ascension and transformation. Over the millennia there are reports of higher order beings anchoring higher order energies for the purposes preparing the “ground” for the eventual transformation of the entire reality system and its inhabitants.

So I do not look at this as the lowering of the vibration of higher-self, it is more like nerve dendrites or a foot of an amoeba extending more aid and capacity to the lower self. From my perspective, this is a welcome connection, a most welcome “helping hand” to the human self. As the subtle bodies of more humans become activated by various higher energies and radiations, the more this link up process can succeed.

Recently someone asked pointedly why our higher aspects would want to risk descending into a world still dominated by the dark forces when the goal is to get free of it.

“It seems to me we are the descended versions of our higher self and now people want higher self to descend down to meet us instead of us raising up to meet the true self?? I mean it is not as if higher self is ever unavailable or out of touch or not waiting for us to turn and seek that inner connection to our divine (higher) self all the time. “

Another correspondent wrote:

“Maybe the whole 'idea' of unascended self is an illusion to keep the self from manifesting... Maybe the notion that the personality has to vacate and move to a higher self is upside down and what should be going on is the notion that the higher self has to embrace this reality and enrich it... maybe the personality self can work at living in an ascended awareness and work and transform the physical laws of present day vibrational earth/human matrix... maybe its an illusion that one leaves their old behind for when one lives present past and future within a single enduring moment... one can change it all, now... if you know what I mean...”

The “descended versions of our higher self” are for the most part at the present incapable of raising their vibrational states sufficiently to reach and establish a full connection with their higher true self –while embodied on this earth environment. Therefore the subtle bodies are getting energetically up-shifted. More of the limitations have been removed, and new healing energies are available. Most of humanity will soon be faced with the reality that the old ways and order of life are incapable of functioning for them. Yet this is still not enough for a global awakening.

For the majority of aspirants on the paths of spiritual evolution or ascension of their human selves, it was challenging enough to descend enough of their greater selves to the energy level of the heart –roughly corresponding to 4th dimensional awareness.

Like a Catch-22, the lower self seeks connection but lacks the vibrational “lift” and capacity to make the stretch to merge with higher self. Higher self is unable for a host of reasons to make the stretch to the lower self. Not a happy situation and certainly a serious problem.

Also, the human energy centers that govern physicality have been for the most part out of reach. The more complete involvement of our higher bodies had to wait until a more auspicious time.

Like around now.

To date, the risk to the Light has been getting more of itself mired in a dark controlled matrix. Better to help pull out what has been projected of your greater being than to risk getting more stuck or trapped. So the concern over getting stuck is quite understandable. And the human environment is still heavily contaminated with dark programming and dangerous forces. Given all this, it is easier to see that many who tapped into the levels below heart center were often subjected to influence and distortion by the dark forces. For many the experience of communion with the higher aspects was irregular at best. Connecting via higher psychic centers, also brought in distortions by the dark forces –as exemplified by the majority of “channeled” material laden with misleading falsehoods.

For the vast majority of people, there has been very little direct contact with the higher levels, mostly from dreams and fleeting “peak experiences” during waking. There is much more to tell of course, but it is no wonder that there has been so little direct connection with our true nature. Always it would be passed through the filters of the lower mind and subject to distortions in the human mind sphere.

Due to the considerations of risk as well as the general operating rule, it was nearly a practical impossibility for our higher aspects to descend sufficiently into the density levels of human existence. Given the parasitic and distorting influences of the dark, our human selves generally lacked sufficient energy levels to vibrate higher in a steady manner. Thus the great separation between human self and our higher aspects became reinforced.

Over recent years much has been accomplished to clear away much of the control fields and provide greater egress for the connection between higher and lower aspects of our greater selves. While most of the higher level control systems have been removed, the lower densities have been under dark force control for a long time and there are many lesser level dark entities running around trying to garner as much influence and control as possible –just like their human counterparts. Their presence has continued to interfere with the ascension process. This ends very soon.

What will remain will be those humans who have long been dominant parasites on the mass of humanity. They too will find themselves very limited in their influence. After that there will remain the effects of the dark force programming and the extensive falsehoods within falsehoods that have kept the ordinary level of human awareness in a limited medieval frame of reference. These will prove to be a source of conflict among humans long after their top echelon has lost their grip over humanity.

“Whatever the actual process, “descension ascension” is something for those who are so called by their inner knowing to undertake an experiment in descending more of their greater being. Those so involved will no doubt be checking in periodically to compare notes. This is not in contradiction to particular ascension paths others are on.”

Thus marks the start of a process of choosing by people who for the most part of been taught lies and falsehoods and denied access to their true freewill.

The possibility arising from our higher aspects descending into our lower or denser levels (human 3-d here on earth, etc.), has been inspiring and intriguing. With the successful descent of our higher aspects into this density, there is the potential to transform physicality. Auribindo and Mirra and others of lesser renown pushed the envelope as few have before. They termed it the “descent of the supramental” and they pursued it as a way to bring more light into this human levels of existence for the purposes of spiritual evolution.

The “cosmic correction currents” <http://newearthsummit.org/forum/index.php?topic=868.0> represents one avenue in which Grace and Healing is descending closer to the human realm to aid in the ascension transformation process.

The dark has for all practical purposes laid claim to and maintained its claim over this sector and imbedded itself in myriad ways through many vibrational levels, and into what underlies what we call the physical realm.

Given their situation and the times they lived in, Auribindo and Mirra did not address the growing distortions among the entirety of humanity, what we would call today meme engineering. This was deliberately accelerated during the mid- twentieth century and is now out of control given the ubiquity of all forms of communications media. Today this infection has spread to the majority of all those who are fashioned as “progressive” or “new age” leaders.

Nevertheless, the higher levels of god-consciousness has the power to eradicate these memes and most if not all of their programming. We have evidence of this from those who have had profoundly transformative near death experiences and from those who have achieved states of high consciousness while embodied.

The significance and importance of successfully descending our higher or greater selves into this level of existence is not to be cast aside. It is one way to anticipate the possibility of humans, sooner than later, actually living a quasi-ascended state. Where this is successful, it would likely be termed a "miracle" of this age and fulfill the dream of a global awakening.

Modalities of Ascension

Questions and challenges have been raised to our previous discussion of ascension and its likely modalities or variants to the ascension process. Generally these differences are based upon a specific set of ideas concerning ascension, sometimes colored by the individual’s spiritual lineage, sometimes colored by specific teachings or other presumptions. Is there only “one” correct ascension process and require “a,b,c” steps with “x,y,z” outcome? As of this writing we find it rather hard to accept such a “binary” perspective, especially given what we think we know.

One set of “classical” teaching relates to various Taoist and Buddhist perspectives on ascension. Here we find two different schools and “outcomes”: one in which the physical human body is totally or mostly transformed into a higher vibrational state; another in which the consciousness ascends to a higher plane of existence leaving most or all of the human

physical vehicle behind. Both schools sought access to higher states of existence as well as a way out of the 3-d matrix world of apparent physical limitation.

During the twentieth century, the work of Auribindo and Mirra is most notable as they explored and pioneered a unique path to ascension. Their approach was to find ways to descend the higher bodies, the supramental self, into the 3-d physical and so transform the human body into a higher vibrational expression that would be capable of moving on in spiritual evolution. Their approach achieved breakthroughs and they planted a basis in the body of the earth that would contribute further to aid the spiritual liberation of humanity. In their work, they were also able to demonstrate the possibilities in transcending the presumed limitations of the human body but many students became distracted by the extraordinary phenomena.

The descriptions that follow are based partly upon our own direct insights and “gnosis” and partly upon the work of others on earth spanning a long period of time. Each person has their own path, but many paths lead to common points. For most the actual process for ascension will be a joint one between the personality self and higher self.

As mentioned earlier, we are aware of two main arenas for ascension: one within this creation (“intra-creational”) system and one that is outside of this creation system (“extra-creational”).

Within this creation system it would seem that there are variations to the ascension process:

- The human personality self can consciously vacate its familiar human body and shift to a higher vibrational body. The familiar old physical body would be left behind.
- From ones present physical vehicle it may be possible to work toward living in a partially ascended state. This involves some descension of higher self as well developing enhanced light capacity for the human subtle and physical bodies. How long one maintains such a state would be dependent on intention, circumstances, and capacity. Many of those who choose that path may find themselves providing valuable aid to those humans who are on the verge of awakening.
- A small number who are focused on ascension while embodied may find it possible to alter their physicality enough to transcend the physical limitations. Some have had moments of this (like walking through a wall or door, etc. or briefly disappearing and reappearing). Only a rare few have succeeded at permanently transforming their physicality to higher vibrational state. This perhaps would come closest to the descriptions of those who simply walk out of this vibrational existence with little or no physical trace. We might call this “taking it with you”. In some cases, this may be an “assisted ascension” involving some form of directed energy field that facilitates the process of walking out while in ones body –disappearing to those remaining in this vibrational reality.
- There is also indication of those who are preparing an alternate "physical vehicle" (usually very close to the present day familiar one (only without physical defects, etc.) that is of a higher vibrational make-up. When ready and with the aid of higher self/soul self, transfer their personality self to higher vibrational body. Their physical body in this reality would remain behind. In looking at this more closely it seems that this may be a description of the movement from a lower body into a higher body in the same greater soul body. Not unlike one tenant vacating and making space for another, but with some “custom remodeling”. Some of these “new bodies” seem to be associated with the higher vibrational “new earth”. There is also an ancient basis for this and a record of such practices in esoteric writings. (This is *not* to be confused with various dark esoteric practices that lead to the creation of a servant entity.)

Lastly, we would be remiss not to speak to the situation of people leaving their bodies due to natural or catastrophic death. For whatever reasons, this is an avenue that is rarely discussed in modern writings or teachings on ascension and is only found in a few old esoteric schools. To illustrate with an example, what if only a small percent of the present humans were to survive into the coming decade? What if most of those who pass on, find healing and ascension available to them in their new non-physical (3-d) state? One could then say that most of humanity “made it”. It is a matter of ones frame of reference.

For whatever reasons, this is rarely if ever addressed. It is always presumed that for humanity to achieve a global awakening, it must consciously ascend from their physical embodied existence. I would speculate that this is mainly due to dark programming that reinforces a survivors guilt, or that we all go or no one goes, etc. So the social programming directs that no one transcend the dominant paradigm. The result is that those who might have led the way are held back in various ways and thus everyone “goes down with the ship”.

There may also be a variant involving the dissolution of certain lower aspects or bodies into the larger soul body/higher self, this would be done by mutual consent between the lower and higher selves to facilitate healing, etc.

Those that merge all their aspects or bodies into a unitary soul body may well be preparing to participate in another creation system.

The Three Stages of Ascension

When just looking at the process of ascension one can see three distinct processes that occur.

- The first most discussed process is when an aspect (you) finishes all of the training and learning that it needs and completes the changes in the self at its current level. It moves to the highest level of its larger dimensional or energetic body structure. It has extended freedom to move within that structure and to work at all levels of that structure.
- The second occurs when all of the aspects move to the highest level of their existence structure and then all aspects ascend or move upward within the dimensional structure.
- The third process is when all of the aspects unite into the greater whole of the soul self and the soul becomes an individualized being and moves into the greater creation structure.

Understanding the ascension process is difficult, partly because of the vocabulary used by different people, but mostly because of the different descriptions of ascension and the expectations resulting from these descriptions. Most descriptions come from people who have limited understanding of the realms beyond the immediate structure of embodiment. In attempting to describe an event that does not fit into their understanding of structural levels, it is natural to translate it into words and actions that do fit ones understanding of the universe and ones place in it.

One thing that makes it difficult to understand is the deficit of knowledge of the structure beyond the level of embodiment and how to transition beyond this structural level. Often what people describe as ascension is just the expansion of the person to a vibrational zone just

above this one and their subsequent vacating from the physical environment. For some, there may well be the perception of their complete disappearance from their previous 3-d physicality while in other cases the consciousness of their personality self will vacate the 3-d body, leaving the body behind. This would be consistent with the process following natural or catastrophic death. (There is little point in speculating as to what percentage will have sort of experience.) While this is not the entirety of ascension, it is a part of the ascension process and represents important growth in preparation for what is viewed by the greater whole (that is, from outside the fallen sector) as true ascension.

Within our Creation Structure there are dozens of known levels of existence. We as individuated souls inhabit 7 distinct levels within this Creation Structure. Our first level is not on the lowest level, but is very close. Our human personality consciousness resides primarily within the third level (3-d) of a seven level structure. Each level has distinct qualities and we work with the energies of that level to gain mastery of that level. The goal of ascension is to have all seven bodies or aspects complete the ascension process within its individual level. When this happens each of our seven selves on the seven levels moves upward or ascends within the dimensional structures.

We have individuated bodies on each of the seven levels. Each lives a life on that level and develops there. We influence each of these levels as each level influences us. The greatest influence is generally from the levels closest to us but all play a role. These seven levels are an out-picturing or projection of our soul just as our seven chakras are an out-picturing or projection of our place at this level. Our chakras are also a direct connection to the two aspects below and the four aspects above us.

When one aspect or energy body has completed all of its work on its level and is ready to move on, but one or more of the other six is not ready, that aspect moves to the highest energetic area of the level it manifests within. When it does, it can appear that it has ascended or moved upward to the next level. In the sector we are in this is more often the case. What can happen is that the person may decide to descend back into matter and re-embody for further growth or move upward to the highest area of this level. Those on the highest area of this level who can interact with humans at their lower level of development are often seen as “ascended masters” because of their development and because they have retained the ability to interact and influence things at this level. This is only possible because they are still attached to this level and have not moved on to the next level. When they truly ascend to the next level their ability to interact at this level will be limited at best, and impossible in most cases.

Let’s stretch our awareness a little further and consider ascension from the perspective of those who are not limited to this creation structure. There are many creation structures within the beingness of God. These are contained within a greater creation structure that is itself contained with other greater structures within even greater structures. The “greater creation beings” consider ascension to happen when a being brings all seven aspects into one whole and grows into the greater being that is the soul itself. Once that happens, the greater self graduates or ascends out of this creation structure and continues a process of growth and movement into being a Creator with the responsibilities of a “Creator being”.

Three distinct ascension processes:

- *The individual aspects process of ascension and its effect on the self and the other aspects.*
- *The process of ascension in which all seven of the aspects go through a dramatic change or ascension.*
- *The process that occurs when the soul itself goes through its ascension process.*

*-from “Ascension and Energy Bodies”
by John Crawford*

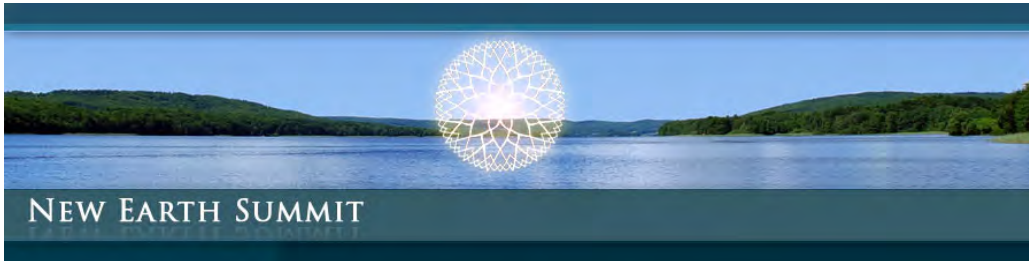
One of the difficulties of the movement through the levels towards the ascension is that it has been a gradual process. This process can be speeded up through the aligning of the seven bodies and their purpose. Also what is needed is to get all seven bodies vibrating at the same frequency at the same time as well as beginning the process of aligning these bodies with the frequency of the greater soul self. There are techniques available for this requiring focused intent to bring it about. You are in a unique place to help this happen as you are on the third density level, comparable to the third chakra, the level of power.

You can develop the ability to bring your other aspects or energy bodies into harmony and supply the power necessary for the connection to take place. This leads to freeing oneself from the life to life, level to level requirement that has characterized ascension.

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