



‘ASCENSION 2024 - CONSCIOUS SOULS RISING’

‘LOVE’ - is the only way to the ‘LIGHT’ to higher
dimensions and Eternal Life.’

.....

Hello Friend,

Here are the preparations for ‘**ASCENSION**’ (spanning from 2024 – 2030); and the annual ‘**Celebration of Life**’ on **1st.July**.

I’d like to remind you that it is important to **view and listen** to **PARTS 1, 2, 3, 4 and 5** of **ASCENSION 2024 ‘Conscious Souls Rising’**... to understand the progression of each message.

*** Practice daily or as often as you can to ensure you are prepared, protected & ready for Ascension 2025.**

‘Sacred Ethos’

(Affirmation)

‘Unconditional’ LOVE;
‘radiant’ Light; ‘vibrant’ Energy;
‘absolute’ Truth & Integrity; ‘wholehearted’ Gratitude;
‘mindful’ Kindness, Empathy & Compassion;
‘blissful’ Peace; ‘universal’ Forgiveness;
‘joyful’ Surrender; ‘abundant’ Blessings...
to ‘highest’ Consciousness of ‘Divine’ Oneness
and ‘connection with the infinite’ Creative LIFE
SOURCE... of the ‘I AM’.

.....

I AM a ‘BEAUTIFUL’ DIVINE SOUL

I AM Infinite Eternal Life

I AM LOVE - I Love myself, everyone & everything

I AM Sovereign

I AM All Knowing

I AM Wisdom

I AM Consciously Aware

I AM Grateful for all that **I AM** and all that I Have

I AM Joyously & Blissfully Happy

* **I AM** in Harmony with the universe

* **I AM** the Light of my Life

* **I AM** my own Creator

I AM 'ONE' with GOD and my GOD-SELF (Soul / Spirit).

I AM - *'all that !'* - **I AM.**

***HOW TO SEAL YOUR BODY** **with YESHUA'S double-edged (silver) SWORD.**

VISUALIZATION:

In your mind, **visualize** (or imagine) smashing Yeshua's **mighty 'sword'** into 'millions of tiny pieces'.

Imagine '*each tiny piece*' as the '**exact replica**' of the '**original sword**'.

Now **visualize** (or imagine), slowly covering your entire body... (*and I mean 'your entire body'*)... with these '*tiny swords*' - with the '**sharp tips pointing outwards**' (through the surface of your skin): starting from...

- your HEAD,
- **scalp**
- **hair** (*every strand of hair*)
- **FACE**
- **eye brows**
- **eye lids**
- **under your eye lids**
- **eye balls**
- **nose**

- inside your nose (*including the hairs*)
- **both ears** (inside & outside)
- top and bottom **lips**
- **gums**
- through all your **teeth**
- surface of your **tongue**
- under your **tongue**
- roof of your **mouth**
- bottom of your **mouth**
- inside your **throat**
- inside both **cheeks**
- under your **chin**
- your entire **neck**
- **shoulders**
- your **entire back**...right down to the **base of your bum**
- in **between your bum** - including the hairs)
- **both arms**
- **under your arms** - (including the hairs)...
right down to your **hands**
- **palms,**
- surface of your **hands**
- **fingers** (in between your fingers)
- **finger nails**

- under your **finger nails**
- your entire **torso**
- **chest**
- **breasts, nipples, belly button, stomach** - right down to the top of your **thighs**

your '**intimate**' **private parts** (inside & outside)

- **both legs** (right down to your **feet, toes**, (in between your toes), **toe nails**.
- And finally - the '**surface & soles**' of your feet.

*Now visualize yourself '**standing in the position of the 'sword'** (completely covered - not a speck of your skin is visible).

*Visualize the '**7 invisible triangles**' surrounding & protecting your **Body, Soul & Spirit**.

*Visualize the '**tiny swords & triangles**' emitting a huge '**ray of dazzling Silver / White Light**'... forming an - **oval**

shaped (*thick*) cloud' with you cocooned inside of it - making it impossible for anyone to '*see you*' - whilst the '**sharp tips of the Swords**' pointing out through your skin (*acts as a defence barrier*) - making it impossible to '*attack or harm you*'.

This **Divine, dazzling 'Silver / White light'** is your **BODY'S** energetic '**protective**' force field or **SHIELD**.

***'Individually' (*on your own*) - it is powerful, but '*collectively*' when working '*in unison*' and '*in harmony*' with others - it becomes a formidable force.**

ASCENSION FORCE

By integrating the special 'spinal' & 'breathing' exercises (below) - will create the '*dynamic force*' required to ascend into higher dimensions.

Not everyone will initially **ascend** straight away, so do not be dis-heartened, disappointed or discouraged, if it doesn't happen for you this year. This is primarily a '**rehearsal**' to be practiced daily - which will make '**ascension 2025**' (*and beyond*) a real '**blast off**' for many Souls. Moreover, it provides you with daily protection.

Of course, it is possible to '**ascend**' on your own... but it's much more **fun** when done 'collectively'.

So I'd like to encourage everyone to **practice these exercises daily** (in the privacy of your home).

With patience and discipline... you will soon get used to it... which eventually becomes much shorter and far more powerful.

Remember, Yeshua said :

"The kingdom of heaven is within you".

So even Yeshua had to ***'learn and practice'*** these skills to ***'get in touch and connect'*** with His ***'Higher-self'***.

**So always remember -
'Practice makes Perfect' -
Just take it - one day at a time.**

.....

SPINAL & BREATHING EXERCISES

(Meditation, Visualization & Manifestation)

It is important to note that the entire **'Universe is CONSCIOUS & ALIVE'**... breathing in a **'harmonious rhythm'**.

.....

SPINAL EXERCISES:

Your **'spine'** need to be prepared for **'deep breathing'** - to enable your **'energy to flow'** through its 'full length - 'loosening & stretching' every vertebra (from the *'top of your head'* to the *'base' of your spine*'). This will enable you to **'attune; resonate & vibrate'** with the **'rhythmic breathe' of the universe'**.

This exercise could cause a *'little pain discomfort'* - as you **'loosen, stretch, expand and lengthen'** your **spinal column**. However, it is not long lasting and easily cleared using simple **'exercises'** - *which I will demonstrate*.

START THE EXERCISES

- Try to **keep your mind empty & your body relaxed.**
 - **Wear** comfortable, loose, relaxing **clothes.**
 - **Sit bare-feet** on the floor (or in a comfortable spot).
 - **Sit up straight** in a cross legged position (*if you are able too*).
 - **Place both hands** on your knees (*holding them to brace you posture*):
-

- **Exercise (1): HEAD ROLL:**

- Drop your **chin** down to your **chest.**
 - slowly '**Roll your Head**' around (*as far as it can go*) to the 'right' (CLOCK WISE), then to the 'left' (ANTI-CLOCK WISE) -
 - **Repeat 6 times.**
-

- **Exercise (2): HEAD & NECK STRETCH:**

- Bend your **head** *'forward'* to your **chest** :
 - Then bend it *'backwards'* as far back as it can go.
 - **Repeat 6 times.**
-

- **Exercise (3): HEAD & NECK TWIST:**

- Raise your **head** up *looking* straight forward
 - slowly turn your **head** from 'left to right'
 - **Repeat 6 times**
-

- **Exercise (4): Spinal Stretch:**

- Raise your **head** up *looking* straight forward
 - Bend your **head down** *'curving your back forwards'*,
 - Then bend your **head** backwards' (pushing your **spine & stomach** forward)
 - **Repeat 6 times.**
-

BREATHING EXERCISES

With each of these 3 breathing exercises - try to make the movement a 'smooth' continuous 'rhythmic flow' - like the 'energy' on the 'sea shore' (i.e. a wave flowing in and flowing out).

** If at any time your spine starts to ache - **REPEAT** the '**Spinal Stretch exercise**' a few times until it eases or stops, then continue.*

.....

• Exercise (1): UNIVERSAL BREATH:

close your eyes:

Place both hands on your knees with the '*palms open*' (facing upwards) - **to receive & absorb the universal energies.**

- Sit up, keeping your **back straight and legs crossed:**
- **OPEN YOUR MOUTH slightly;**

- slowly **'breathe out'** all the air from your stomach; (whilst contracting & tightening your stomach muscles inwards).
- **Breath in'** slowly - (*whilst slowly **counting to 7***) - image the '**universal energies**' filling up your stomach and extending it outwards.
- **CLOSE YOUR MOUTH** and hold your breath for **3 counts**:
- **OPEN YOUR MOUTH** - slightly;
- **'Breathe out'** slowly - (*whilst slowly **counting to 7***) - **blowing** the air out of your stomach - and imagine **blowing** it out (*externally*) surrounding your entire body (whilst contracting & tightening your stomach muscles inwards) -
- on a continuous flow - **repeat the process 7 times.**

.....

- **Exercise (2): NAVEL BREATH:**

NB: Before birth, all 'living, physical beings' are connected to its mother's '**umbilical cord**' (attached to the '**navel**') - which is **the feeding tube maintaining its life.**' Hence, the '**navel**' represents the 'celestial (root) connection' of all (*living*) beings.

- * **Close your eyes:**

- Sit up, keeping your **back** straight and **legs** crossed:
- Place your '**right or left hand**' gently on your **navel**:
- the **other hand** resting on your **knee** with 'palm open' facing upwards ***to receive & absorb the universal energies.***
- **OPEN YOUR MOUTH** slightly;
- slowly '**breathe out**' all the air from your stomach; (whilst contracting & tightening your stomach muscles

inwards).

- **Breath in** slowly - (*whilst slowly **counting to 7***) - image the '**universal energies**' filling up your stomach and extending it outwards;
- **CLOSE YOUR MOUTH** and hold your breath for **3 counts**:
- **OPEN YOUR MOUTH** - slightly;
- '**breathe out**' slowly - (*whilst slowly **counting to 7***) - **blowing** the air out of your stomach - and imagine **blowing** it out (*externally*) surrounding your entire body (whilst contracting & tightening your stomach muscles inwards)
- on a continuous flow - **repeat the process 7 times.**

- **Exercise (3): HEART BREATH :** (*‘Light body’*)
 - Sit up, keeping your **back straight and legs crossed**.
 - Connect the **‘pads’** on the top of your **‘fingers’** on both hands (by touching them together).
 - **press both ‘thumbs’ together** to form a **Triangle**.
 - place the **‘thumbs’** against your **‘breast nipples’** at the **center of your CHEST** or the **‘Solar Plexus & diaphragm.’**

*** Close your eyes:**

- **OPEN YOUR MOUTH** slightly wider;
- slowly **‘breathe out’** all the air from your stomach; (whilst contracting & tightening your stomach muscles inwards).
- **IMAGINE** or **VISUALIZE** Yeshua’s **‘double-edged (SILVER) Sword** covering your entire body...and surrounded by the **dazzling White Light’** within the **‘7**

triangles.

- take a slow 'deep breath in' - (*whilst slowly counting to 7*); image the 'white light' filling up your entire body.
- **CLOSE YOUR MOUTH** and hold your breath for **3 counts**:
- **OPEN YOUR MOUTH** ;
- 'breathe out' slowly - (*whilst slowly counting to 7*) - imagine **blowing** out 'God's dazzling Silver/White Light'... with a stronger force ... like the energy of a **strong wind** surrounding your entire body - (whist contracting & tightening your stomach muscles inwards)
- on a continuous flow - **repeat the process 7 times.**

.....

***All 3 BREATHING EXERCISES are almost the same with slight variations.**

.....

and finally - MEDITATE:

After completing these exercises, it is good to 'relax' and 'meditate' for as **'short'** or as **'long'** as you wish.

- **Place both hands on your LAP** with your *'palms open'* (*facing upwards*) - receiving & absorbing the universal energies.
- Try not to THINK and keep your MIND empty.
- **CLOSE YOUR EYES & MOUTH:** and drop your HEAD down.
- **Breath normally** - taking **slow, long, deep** breaths 'IN & OUT'.
- remain in this *'meditative state'* for as long as you wish.

.....

* **The 3 breathing exercises** - *oxygenates your entire body including your blood, cells, organs; aligns your*

spinal flow (DNA), activates your Pineal Gland and connects you to your Higher-self (i.e. universal 'Source' energy or your God-self).

.....

MEDITATION & VISUALIZATION:

The best time to **'pray, meditate or visualize'** - is *'first thing'* in the morning **'facing the SUN'** (i.e. **'sun rise'**) - **before 12 noon.**

NOTE: This does not mean you actually need to be outside in the open air facing the **sun...** instead, check in which direction the **sun rises** - and face that direction from within your home... and use this position to **pray, meditate or visualize.**

.....

- Sit **bare-feet** on the floor; keeping your **back straight** and **legs crossed** (or which ever position is most

comfortable for you)

- Place **both hands** on either your lap, legs or knees (*again* -which ever is most comfortable).

*** Close your eyes:**

- **With your mouth closed** - Breathe **normally**, but '*deep & slow*' ... keeping your **mind** 'still and empty' of all thoughts.
- Focus on your '**third eye**' - try to feel the '**universal emptiness of space**' - expand & extend your **Divine** '**dazzling Silver / White - Light Energy**' outwards around your body.
- Stay in this '**meditative space**' for as long as you wish.

This **Breath** increases your '**vibrational energy frequency**' - to 'visualize' your desires' or seek 'answers' from **God; Spirit Guides** and the **universe** - or even to **reduce anxiety** or just to **relax**

** If at any time your spine starts to ache - **REPEAT** the ‘**Spinal Stretch exercise**’ a few times until it eases or stops, then continue.*

.....

I repeat - ‘Practice makes perfect’

.....

PREPARATION for the ASCENSION

on 1st. July 2024 – 2030.

I have been given 'specific instructions' to prepare and get us into the right frame of '***mind, mood & spirit***' on the day.

3 DAYS BEFORE ASCENSION

on 28th, 29th & 30th. June 2024

Starting at 7am (*your own country's time*)

- 1. Over these 3 days:** - prepare yourself every morning:
 - first have a shower, bath or wash.
 - wear loose comfortable clothes:
 - sit with your legs crossed (or in your most comfortable position)
 - take a deep breath and relax.

2. Facing the **sun**:

- Quietly read the '**sacred ethos**' affirmation -
-

3. **Activate Your LIGHT BODY** :

*(As shown in '**PART 3**' of ASCENSION 2024).*

- Seal your entire body with **Yeshua's 'double-edged' (SILVER) Sword of Protection...** followed by -
- **The SPINAL EXERCISES (1, 2, 3 & 4)...** followed by -
- **The Breathing exercises** (Universal Breath : Navel Breath and Heart Breath)... followed by
- **A short Meditation.** *(Be still - listen in the silence to the '**quite voice within you**').

- * It is important to **learn** and **practice these exercises** daily ... in preparation for the **1st.July** and every day thereafter.
-

4. **FAST for the 3 days** - either:

(a). **Intermittent Fasting:** *(for those who are not use to fasting)*

- * Do not eat for at least **12 to 18 hours each day...**

For example: if you your last meal is 7 pm - then your next meal will be at 7am (12 hours) or 1pm (18 hours).

- * You are allowed **water; herbal teas and one 'light' meal** (such as soup, salads, fruits, nuts).

OR

(b). **WATER Fasting:** (for those who are accustomed or well practiced in fasting).

- * Do not eat any **solid food** throughout the **3 days**.
- * You are allowed **water; herbal teas and one smoothie** (using 'nut' milk) - each day.

5. **HYDRATE with clean water:**

- Drink at least 1 ½ to 2 litres of water daily.

- * **Tap Water** should be filtered preferably by **Reverse Osmosis or Distilled filtration** (to remove toxins such as fluoride, heavy metals and other contaminants),
 - * or **drink (fluoride-free) bottled water**
 - * **spring water** or
 - * **organic coconut water** (which contains natural electrolytes and other natural nutrients).
 - * It is also good to add a pinch of '**Celtic Sea-Salt or Hymalayan Salt**' to your drinking water as it also contains **natural electrolytes, magnesium and other essential minerals**).
-

6. DRINK & EAT CLEAN:

- * **Fresh fruits, vegetables, nuts & grains** - (preferably '*home grown, wild crafted or organic*'). Best purchased from '**farmers markets**' (if one is nearby), instead of Supermarkets.
- Best eaten 'RAW' or cook your own food.
- * **NO MEAT** - causing harm to any '*living-being*' lowers

your vibration.

* **NOTHING 'ARTIFICIAL' -**

NO alcohol, NO artificial / processed / convenience / fast or genetically modified FOODS. Also avoid or limit Pharmaceutical Medication... as these also lower your vibration.

7. Gentle Exercise:

Physical exercise such as walking, yoga, dancing, swimming or trampolining is good for general (overall) health and wellbeing.

8. SUN EXPOSURE:

15 to 20 minutes in the SUN (without wearing 'sun-block' - if you are not '*sun sensitive*') is particularly beneficial for *health, wellbeing and healing*.

- Understand that **NO LIFE** will exist (including plants)

without the SUN... it is not only our main **‘energy source’**, but also improves immunity, hormonal balance, mental health, vision, sleep, blood circulation, weight control, reduces pain ... and apart from ‘natural’ **Vitamin D**, these are just a few of its health benefits.

It is also one of the main reasons why **‘facing the sun’** to ***pray, meditate & visualize***, plus activating our **LIGHT Body** is so important... as it connects us to **‘SOURCE’**.

.....

9. SLEEP:

Try to get at least **6 to 8 hours** restful sleep every night. Remove all **WIFI devices** from your room (especially mobile phones).

.....

10. INTUITION:

Take personal responsibility for your actions by following your own mind and do what ever you believe is right for you - without putting unnecessary **guilt, stress or pressure** on yourself.

On a personal note:

Although I've been '**fasting**' for years ... I still find it quite difficult. However, the **discipline** makes me more aware of '**what I AM doing, eating, saying**, as well as, **my behaviour towards others**'. So I'm more '*consciously aware*' of my actions.

Furthermore, knowing it will **raise my vibration** and help me to ascend '*sooner, rather than later*'... motivates me to try harder.

So it all comes down to '**Will Power, consciousness, self belief, discipline & determination** - with my eyes on the '**ultimate PRIZE** (i.e. **reclaiming my authentic God-Self and Divine Powers**).

DAILY PRACTICE:

*(working collectively - in unison &
in harmony as 'ONE').*

It is therefore extremely important to practice the above exercises daily (*or as often as possible*)... to get us into the habit of working together ... in readiness for each **ASCENSION (CELEBRATION) DAY** to enable us to merge and magnify the energetic power of **God's Divine LIGHT**... to accelerate and propel our **ascension** into higher dimensions.

So I repeat –
'Practice makes perfect'
