

ANGEL OF ASCENSION

Channelled by Edwin Courtenay

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I am Ishmael, the Angel of Ascension, and I come forwards in order to bring a message of the nature of ascension to all so that all may understand exactly what ascension is, so that all may comprehend the symptoms of the ascension shift and work towards its stabilisation and encouragement

and to aid others as they journey through this process themselves. Much has been spoken and written about ascension and much will be spoken and written after my words have long been forgotten. The conscious awareness of what ascension is has changed as the years have passed and the consciousness of mankind has opened to comprehend ascension's true nature and purpose and in time too the consciousness of man will shift again and they will have a clearer understanding of this truth. But for today I have been entrusted with these words, that they may be digested and applied to ascension's nature at this time and so that people may begin to more fully comprehend what this process entails, to recognise it and to flow in accordance with its power and its presence.

Ascension is evolution. It is part of mankind's natural spiritual growth. It is a process of nature, a process that mankind has been experiencing from the moment that they were first born, first incarnated on the Earth. It is the process that leads them to reunification with the Divine. Reunification with their own divinity, the "I Am" presence, the seed of the Divine that lies within the heart of the soul, and reunification with the Divine Source, the source of all light, love and life.

Ascension must not be confused with enlightenment. Enlightenment is a process of consciousness only, which can affect the body but which is of itself not of the body. Enlightenment is a point of personal spiritual realisation which can enable the individual who experiences it to transcend and control their bodily needs and functions and give them power over their environment and the universal laws. Ascension brings qualities of enlightenment but enlightenment can occur before a person might naturally experience ascension. It renders the process of ascension for that person unnecessary but it can predate their point of ascension. It can occur before they might naturally reach this level of personal spiritual evolution and is brought on by hard personal spiritual discipline and attainment.

Ascension, when it occurs, occurs not necessarily because of the spiritual work that has been done as a precursor to its occurrence, although spiritual work can catalyse ascension shifts. Ascension occurs when the person is ready, when it is their time, and this time is agreed by the soul, by the higher self. It is not dependent upon karma though the decreasing of karma can be a catalyst to activating ascension. It is not dependent upon religion or belief, race or creed or social position. It is like an act of nature. It is dependent upon the season of the soul. It does not always transpire that the soul is old or approaching the completion of

its cycle of incarnation. It is more dependent upon the quality of experience that the soul has accrued. These experiences create for the soul a foundation of consciousness that enables ascension to occur without damaging the soul, but that foundation can be achieved in young or mature souls as much as it can be achieved in the old soul.

Imagine then a tree devoid of leaf or bud or bloom. It journeys through winter in a dormant state waiting for the spurt of life force to spur it into growth. Each tree is unique, different to the other. They will of course respond to light and water and to the rising energy of the earth as winter gives way to spring but each one will burst into bloom at a slightly different time, some seemingly premature and others late. This is like the process of ascension but the process is stretched out over millennia rather than days and therefore some may ascend hundreds of years before others and others may ascend hundreds of years later, dependent upon the season of their soul and dependent upon the work that they might do to catalyse the ascension shift.

Although ascension will come to each and every person in time, there are certain things that can be done to catalyse, to speed the ascension process into being and to stabilise or harmonise the ascension process when it comes. The same spiritual application that often creates enlightenment in some can be used to speed the process of ascension into occurring. The adoption of a spiritual discipline, be it meditation or the recitation of mantras, be it Tai Chi or Chi Kung, be it Transcendental Meditation or Buddhist rhythmic breathing, as long as it is done with earnestness, as long as it is done with passion, can contribute towards ascension. Feeding the consciousness with philosophical, theological, theosophical and spiritual truth, working on opening the heart to higher levels of compassion and love, working to clear the karma and cleanse the energy system of impurity and impediment of flow, working towards being a better person, non-judgemental, unconditional and loving, forgiving in their nature, all of these things can contribute towards the ascension shift. Of course if the soul feels, for whatever reason, that the person is not ready to experience this move then it will hold them back but if the soul feels that they are ready, that they have shown themselves to be worthy and indeed done all the necessary preparations that will allow them to begin their ascension and not be harmed, then the ascension process will be triggered. But, as I have said, with some ascension will occur with no preparation, with no conscious awareness of spiritual reality or truth. If it is the right season for the soul to express more of its light on Earth then it will descend and the ascension process will begin.

The ascension process has many different phases and occurs differently for each person. For some the ascension process is very physical. It is about changes occurring within the physical and energetic structure of the body. They will experience the growth of new energy centres. Their meridian systems will be

rewired. The integrity of their subtle forms improved, restructured. The auric field dynamically changed. Their assemblage point will be shifted within the energy cocoon. Their chakras will take on new hues or begin to merge together as one. They will begin to experience alterations within their psychical and spiritual senses and their capacity to channel energy. For them the ascension will be a very physical process. As with all growth they will experience pain around those areas of the energy system that are shifting. Sometimes the pain will be very physical although there is no physical reality to it. Sometimes the pain will be very mental or emotional in nature. They will feel very isolated and separated from their world and want to leave. As the light of the soul shines more greatly through them, cleansing and purging them and forcing itself into expression through their spiritual body, burning away the negative traits of the ego and forcing them to stand more in their power as a divinely realised being, they will seek to clamber back into the spiritual world, finding the harshnesses of their material reality too difficult to bear.

For these people there are certain practices, certain objects that will benefit them greatly: working with the Merkabah light body field will surround them not only in a protective layer of energy but create a portable incubation field that will stabilise, balance and catalyse the ascension transformation. Working with Sugilite in order to form an extra powerful light field of protective power and in order to call around them the magenta rescue ray that will enable them to move through the process of transformation more easily and also, utilising the powers of Moldavite to help, to encourage them to journey through the transformation with grace and flow and to prevent them from feeling the symptoms of desiring to leave the planet will be of great benefit.

For some, the ascension process will be more to do with their consciousness. They will not experience the aches and pains and the shifts within their spiritual energetic bodies. They will experience an expansion of their awareness, an alteration within their perception and their mind. Not necessarily a psychical acceleration but more an acceleration of understanding, of thought and comprehension. They will become open to the truths of the universe, to the presence of the Divine Mind, the supernal triangle. Temporarily they may experience moments of blankness, forgetfulness, confusion, dizziness, moments of recapitulation where they find themselves stuck in reverie thinking about the past. This will be complemented by times of great clarity, perception and mental power; the capacity to multi-task, to juggle a thousand different things in their head at the same time, an awareness of other truths that they had been closed to previously.

The ascension of consciousness does not always either follow or precede the ascension of the body. Sometimes people will experience both simultaneously, sometimes one after the other but they are not necessarily synonymous with each other. The ascension of consciousness can be equally taxing and frightening but can also bring the same amount of joy and liberation as the ascension of the energy body does. It is once again dependent upon the nature of the soul. The ascension of consciousness can also be eased by certain stones: celestite, sapphire, aqua aura and platinum aura can aid in the consciousness reconfiguring itself to take on the multi-dimensional hues of energy that it is becoming exposed to. As the consciousness becomes aligned with those parts of itself which exist within the five spheres that separate the gap between Earth and Heaven, the individual may need to lean upon azestulite, a stone that enables people to become more attuned to their higher chakras in order for them to integrate the



LUNA'S REALM

Out of the atmosphere of the night, these soft reflective forces sway in gentle murmurs through your consciousness. Silvery blue is my song, which sweeps swiftly through the earth's oceans, rivers and streams, the realms of intuition and the female psyche.

LUNA – THE REALM OF THE MOON

A reflective spirit have I, gone are the souls who inhabited my domain. My vital energies ebb gradually, yet my body remains still, influencing some rhythms upon your planet – strange conformation, how come my waning can stir up such repercussions? It is my psychic contact with you all from time immemorial. Our link is still alive, as I bore you on your journey through time, and gave you succour. How your race memory still gives rise to call to attention although subconsciously in the main, that which is unconscious has added potency.

Mystic realms, I feel into your depths, why do you feel my rays of silver make your emotions rise? Why is there some element of glamour or mystery there? I cover my tracks by my silvery light and ask you to reflect deeply. Know the mystery, understand your psyche, and reach for the clarity that sunlight brings. I am continually waning for my time of requirement is also waning and there you will see great differences.

As you see, the sun is my influencer and offers energies and light, which I reconstitute to my own character and reflect on you, but most of the energy does now pass over me and return to the sun's domain.

Come what may, we shall all find our true destinies, my time has some limitation now, and then I shall move on to another dimension, intended as another moon for another world, and your seas will be a lot quieter, and so will your emotional levels. God bless.

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consciousness of their higher states into one.

They may need to utilise visualisations such as the Hexagram of Light within the brain, formed from two triangles initially created as one triangle is drawn by linking the pineal, pituitary and hypothalamus centres of the brain together. They may need to work with other visualisations that can be found within the systems of the Gaiadon Heart (previously known as the Melchisadek Method) or by drawing upon other sacred geometric forms like the Flower of Life made popular by Drunvalo Melchizedek. There are, at this moment in time, many different techniques, visualisations, stones and systems which can aid people in their ascension processes. There are people trained as light-body surgeons who can aid in the facilitation of the transformation of the energy body. There are light body psychologists who can aid in the transformation of the consciousness of an individual.

In the angelic realm we prefer to keep things as simple as possible, knowing that simplicity is closest to divinity, and as such in order to aid mankind with their ascension process, I was created. My light, my presence, therefore, can be invoked whenever anybody is experiencing symptoms of ascension. My force can be called down around a person to hold them within my presence so that my light, my consciousness, can smooth and balance the body's energy fields and guide gently the consciousness of the body to move in greater sync and harmony with the higher self, bringing about the ascension shifts with much greater ease and grace. My breath, my light, can breathe a space into the mind so that the consciousness can find respite from the transformations occurring within its nature.

I can guide people to the places, to the stones, to the visualisations, to the teachers and the healers that they need. I can help them reacclimatise themselves with their world so that they will not feel so much the desperation that often descends when people require to leave the material plane and re-enter into the higher spiritual realms of their origin. I can provide people with energy, for energy is often lost when people enter into their ascension shift and they can feel very tired and drained indeed. I can reacclimatise people to the vibration of their environment and acquaint them with the vibration of their friends and family so that they do not feel so fearful of these harsh frequencies that they suddenly become exposed to. I can also be called upon to guide those who would draw upon my light to help those others who are experiencing these processes. My light, my wisdom, can be channelled in order to heal, in order to point the way. My power can be called upon to help all of those who find themselves evolving in this way.

My name is Ishmael and I can be invoked through prayer, through the simple recitation of my name, through its singing or its chanting or by focusing upon those symbols that are connected to me. My colour is the platinum white ray, a white ray that is filled with the soft rainbow hues of the platinum aura crystal stone. My symbol is the lightning bolt superimposed over the Tree of Life, representing the descension of the Divine into the realm of matter. My sound is the sound of light, the sound of a single, simple tone descending from a high point to a low point, the descension of a scale of music, and represents the lowering frequencies of the light of the Divine as it moves closer and closer into the physical planes of consciousness and body.

I have come at this time in order to clarify, in order to illuminate, in order to bring ease. My presence is not to glamorise the process, for at times it is difficult to endure, but equally I have

not come forward to isolate those who are not experiencing these changes. Ascension is a process of life and existence but we must not envy those who journey through this state if we ourselves do not. We must not look upon ourselves and consider that we are lagging behind, that we are unworthy of this state of change. We must content ourselves with who and what we are and acknowledge that each part of the process is valid, is unique to who and what we are. It cannot be stimulated above and beyond the rhythm or meter that is beaten out by the soul's decree and should not be desired with envy or jealousy but rather looked to as an inevitable attainment as part of the natural flow and cycle of existence and life.

Each phase of life is beautiful, designed by the Divine to be enjoyed. With each change and transformation that occurs something is gained and something is lost. Innocence maybe or the capacity to enjoy life simply without the deeper repercussions of understanding the finer nuances and details of synchronicity and eventuality. It is very important then that each and every human being tries within their circumstances to enjoy the place in which they find themselves and not to hanker for that that will naturally follow but to stay within the moment and embrace it when it comes.

Children of the new dawn, humankind who stand on the cusp of evolution, I leave you with this simple prayer:

"I call upon the light of ascension, the platinum white ray. I call upon the power of natural and organic spiritual growth. I open myself to the light of the Divine and my "I Am" presence. I invoke it. I call it down into my heart. Purge and clear me of all that I am ready to release. Of all that I have surpassed and no longer have need of, be it thoughts or feelings, be it memories or energies within my spiritual and physical bodies. Shine through me, light of the soul, light of the higher self, light of the "I Am". Purge me, transform me, remake me in the image of the Divine Source. Grant me ascension in accordance with the right time of the universe. Let me be free. Let me be free. Let me be free."

Go forwards in love and trust with the greater grace and goodness of the Divine. So mote it be.



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