

## **What is Ascension?**

Ascension, quite simply, is the upliftment into the next level of consciousness to which the Earth, with all her life and our local solar system, galaxy and Universe, is destined to arrive at the end of this cycle of existence. For decades now, we, as a planetary consciousness, have been moving in the upward direction of higher consciousness, more love and less fear and a greater understanding of our heritage in the Divine Plan of Mother-Father God. In effect, we are becoming physical Angels. We are indeed returning to our original blueprint within the Cosmos, our Divine immortal selves.

But what does all this mean in practical terms? Quite simply, it means that everything that is negative within us and within the planet, everything that is dualistic or polarized in our lives and in the consciousness of the Earth herself is making a grand shift to One Unity Consciousness. It means that we are discovering how to truly love, how to truly experience freedom, peace, joy and our highest potentials as self-realized immortal Beings of Light. Humanity is reclaiming its cosmic heritage, stepping into galactic membership and coming to realize our puzzle piece in the Universe and in the Kingdom of God.

Further to this, 2011 is a year of incredible personal and planetary transformations, opportunities to move into ever higher states of self-awareness and upliftment. We are, for all intents and purposes, metamorphosing into a greater Being of Light, Wisdom and Empowerment. But how do we do this, and where do we get this knowledge? This is what this essay addresses. There is so much out there on the Internet about Ascension, Ascended Masters, higher realms and ETs that it can be mystifying and definitely confusing. But with a little clarity, insight and understanding of the process of evolution that we are in, it is possible to sort out what is your pathway to Ascension, self-mastery and the return-to-God Consciousness.

## **Divine Light**

The first thing to understand is the concept of “energy,” what it is and where it comes from. Everything in God’s creation is made up of energy. In every dimension, reality, realm and plane of consciousness, energy is the basic element of existence. The basic form that energy takes is light through the medium of the super-electron. In physics, we know that there are the electron positron pairs in every atom of everything that is animate or inanimate. In God’s Kingdom, the source of this Divine Light is known as the super-electron, the field of energy or force that is the sole creative principle of all that is, and it is directed by Lord Metatron as one aspect of God’s unfolding Mind.

Further, we know that this super-electron is not only the basic building block of this Universe, but also of all other Universes, what is often referred to as multiverses in God's Kingdom.

There is a Divine Order in all things; every thing that has been made has been made from this basic building block out of the Mind of God. The multiverses are not an accident but, rather, a Divine expression for the illumination and knowledge of God's expanding awareness. Science says that the "Universe is expanding," and this is also true, for the Mind of God, of which we are all a part, is ever-expanding, ever-growing in illumination and consciousness; everything from the smallest quark to the most massive planet or cosmic system is evolving upward to a reunification with Source.

This Divine Light is also the basic construct of consciousness. Even at the densest levels of reality, which the Earth has been experiencing in the third dimension, this Light is the guiding force in our evolution, our upliftment. As the Earth evolves in her consciousness to the fourth and eventually the fifth dimension, as Mother Gaia makes her transition into these higher realms, all that is within her is also evolving into Divine consciousness.

The Planetary Regent for the Earth has been Lord Sanat Kumara, a Divine Kumara (one of the Seven Sacred Spirits from the Throne of Heaven), whose task it has been to foster and nurture the Earth and all her life for well over 18 million years. Now he himself is ascending at the end of three major planetary world-cycles (a 6,000 year cycle, a 12,000 year cycle, and a 36,000 year cycle). This gives humanity a tremendous opportunity to also ascend and to take our place as self-realized masters in the Federation of Light within this galactic system.

We are at the cusp of a great cosmic shift into a New Golden Age of enlightened spiritual awareness, where all life will be respected, where struggle and strife and instability will vanish, and where enlightened awareness will govern the planet much as the ascended extraterrestrials and ascended Masters of the Spiritual Hierarchy already experience. This cosmic organization of "Beings of Light" (Spiritual Hierarchy) is the council of Ascendeds, a part of Heaven (God's Universe), also known as the Brotherhood of Light, and it has been our guiding force from the outset, long before the descent of humanity into the lower realms.

### **The Manvantara or World Cycle**

The ancient mystery schools of thought have a deep understanding of the involution of man, that is, the unfolding of Creation and the manifestation of Spirit into form. Before time, before the worlds and universes were created, there was *One Presence*, one Source of Light – the Creator Most High, whom we call God, but who actually is referred to throughout the Multiverses as "Prime Source."

In esoteric terms, there was the “I” without object or reference. But in Source’s Joy and Love, there was a desire to create, to express, and thus was created the awareness of the “I-AM.”

In the unfolding of the Mind of God, all was made: universes, galaxies, suns, moons, planets and the firmament. But there was still something missing, for the Creator of all sought to share his great Joy and Love, so he created Light, and from Light Spirit, and from Spirit came differentiation of Self. Thus, out of the undifferentiated Oneness of the Supreme Creator, duality was born. From the Infinite Mind of God, trillions of sparks of Light were manifested, made in the similitude and image of Source. Beyond this, *Amilius*, the Light, the first expression of the Divine Mind, the first manifestation of Spirit, that which we call the “Son,” the Living Christ of God, was also made.

All souls that were created in the beginning were of the Light, self-aware, androgynous and all had “free will.” In their Perfection, the self-realized Monad (Spirit) went jetting out into the universe, creating as God creates and extending God's kingdom, and all was right and joyous. Then, spirit discovered matter, the physicality of God’s infinite creation, and Spirit sought to play, to experience the density of physicality, for, in the beginning, Spirit was free, unbound and without constraint. As the Spirit force of differentiation descended deeper into matter to further experience the Mind of God, it became so enamored of the slower, denser vibrations that it no longer could rise into the firmament and, hence, lost its awareness of its original being. Quite literally the Monadic self forgot about its Lightbody.

Eventually, experimentation with lower forms of creation and ideation went to extremes. The illusion that all was material instead of spiritual began the downward spiral of creation. Thus, the over identification with the material universe led to what is referred to as “the Fall” and the descent into the lower dust worlds. At this point, God instituted Divine Law and the Divine Plan so that all that was made would remember who and what they were and so that all could return to the Oneness of the Supreme Being, the True home of co-creation. It was in this manner that the Manvantara, the seven root races with their seven subraces, were formed.

### **The Root Races of Earth**

Eighteen and a half million years ago, Earth was a beautiful blue-water world in Heaven. Many beings of Light were attracted to this blue-green gem located in the far end of the Milky Way Galaxy. The first race to discover this new planet were the Polarian, who were etheric in nature, great beings of Light who held to the similitude of Source and who carried the Christ Consciousness into their creations.

They were followed by the Hyperborean, second root race, who were a bit more physical but still lived primarily in the astral, co-creating and exploring the lower dimensions from the safety of the higher realms. Projection into other life forms and back again into the firmament was a wondrous thing, and there was nothing that kept them from exalting in these lower dimensions. Then, the beauty and splendor of this small planet was broadcast throughout the Universe, and many other similar co-creator beings who were not of the Light were attracted to the Earth. There was a great war in Heaven over ownership of the Earth, which resulted in great upheavals and a shift in the axes of the earth, thus causing the first Ice Age.

About one million years ago, the Lemurian (third root race) arose in the Pacific ocean, with a culture characterized by an inborn spirituality, reverence for beauty and a great devotion to the High Teachings of Light. This civilization, also known as the people of the Land of Mu, was the first physical embodiment of humanity. The people were not very physically developed, but they were close to nature and skilled in art, music and dance. Although the society was communal and stable, it was not at all technological. They, too, held to the Law of the One and the Christ Consciousness from the Mind of God. And so, the Teachings of the One Law were preserved for many eons without disruption.

Then, about 450,000 BC, the off-worlders known as the Anunnaki came to the land of Mu to mine gold and enslave the people, a cycle they continued to repeat every 3-600 years. These off-worlders were not of the Light; they did not hold to the Law of the One. Because the Anunnaki, also called Nibiruans or Nefilim, were very materialistic, dominating and technologically advanced and the people of Mu were extremely spiritual and psychic, Lemurian society was disrupted. The upright and beautiful Lemurian culture and morals began to be corrupted by deceit, cruelty and mistrust; creations were distorted, and people began to forget their original innocence. A division then took place between the Light and the dark. The Masters of Light, many of them who were starseed ones, sought to preserve and protect the teachings of Light, and so a secret society of the Brotherhood of Light was formed. This was the Melchizedek Brotherhood of Light, the oldest Order of the Great White Brotherhood on the planet, the original founders of the ancient mystery school teachings. Not to be outdone, the beings who were not of the Light, who were equally as powerful created their own secret societies and eventually another great war developed both on and off the planet, thus catapulting the land and the earth into a second ice age.

As Lemuria teetered on the edge of survival, about 62,000 years ago (59,000 BC), the fourth root race, the Atlantian, came into existence, which was located in the Atlantic Ocean with continents as big as Russia and Europe combined. At that time, a call was sent out throughout the Universes, and many great beings of Light came to Earth to help foster the developing races; many Ascended Masters externalized and stepped down into physicality to become Teachers in Atlantis. The High Golden Age of Atlantis was thus spiritually advanced and had developed crystal technology for healing and as a source of clean energy. They had many beautiful cities with crystal Temples, learning centers and beautiful gardens and many outstanding achievements.

Yet, as time went on, the people also began to be corrupted, both by the laggard souls that were incarnating at an alarming rate and by off-worlders who also spurned the Light in favor of technological sophistication. This time, the off-worlders were from Mars, evacuees who had destroyed their own atmosphere and then applied to Earth's inhabitation for survival. It was inevitable that conflict would arise between the off-worlders and the priesthood of Atlantis, culminating in a huge explosion due to a failed experiment by the dark ones, causing such devastation that the landmass of Atlantis was broken into three distinct islands, producing a great deluge in 50,000 BC. It was then that Mother-Father God, through an act of Grace, bathed the planet and all the universes in a violet Flame of Love and Forgiveness, thus clearing all the previously existing negativity and discord.

An era of peace, cooperation and harmony then existed for 22,000 years. However, in 28,000 BC, the pattern of discord, negativity and subsequent devastation of Atlantis occurred once again, resulting in a mass evacuation and second great deluge. Again, an extended period of peace and harmony prevailed for another two millennia. Then the final conflict arose. This time the conflict came directly from the Anunnaki of Lemuria and the Martians of Atlantis, escalating into war, each amassing extremely powerful weapons of destruction, laser-like beams that could devastate whole areas of life. The final destruction of Lemuria and Atlantis in 10,700 BC was on a massive scale, one million times greater than the bomb of Hiroshima; nothing was left but rubble, before the sea claimed both continents and the Earth was plunged into a third ice age.

Yet, by 11,000 BC, the Atlantian and Lemurian elders knew that the "Fall" was imminent, so many of them had ample time to prepare, and they took the Teachings underground and overseas, where they remained secreted till this current age. After the Fall of Lemuria and Atlantis, the sacred Fire or Flames of the Holy Temples were also transported in small boats by a few dedicated priests to ancient Egypt and installed in the pyramid temples there, thus preserving the Divine Light carried from the most sacred tabernacles of Lemuria and Atlantis to the new developing fifth root race civilization.

Further, the refugees of Lemuria and Atlantis scattered throughout what is now South America and even farther, traveling overseas to the ancient land of Khem, (now Egypt), where they installed the Teachings in secret caverns, underground temples and the great Pyramids of Giza and Luxor. It would be 6,000 years before humanity was lifted to a level of consciousness that they could again receive the Teachings of the Masters, through the Order of Melchizedek and the newly established Mystery Schools. These Teachings of Light, which constitute the Ancient Wisdom of Egypt, Tibet, Cumbria/Celtic and the Aztec/Mayan civilizations, are now surfacing in the fifth root race, the Aryan race. But even so, there will be more revealed teachings as the truth of our heritage is brought forth from the Brotherhood of Light in this final cycle.

The fifth root race is the Aryan race, the current manifestation of humanity on the planet, not having to do with skin color but genetic inheritance from the distant past and the next level of Christ Consciousness, which has been stepped down from the first four races. It has existed since the Fall of Atlantis and is the most dense of all the manifestations of spirit. In God's plan, each root race has seven subraces and beyond that seven subfamily races. Thus, The Hindu began 62,000 years ago, the Arabian 42,000 years ago, the Iranian 32,000 years ago, the Cumbrian 29,000 years ago, the Teutonic 22,000 years ago.

Further to this, the sixth and seventh subraces of the Aryan root race are evolving in North America and on continents that will be arising in the Pacific and Indian Ocean respectively. The sixth root race will revivify the Christ Consciousness, integrating personality into soul/monadic consciousness, and be the founding generation of the sixth root race, the Meruvian, and it will dwell on the reemerging Continent of Lemuria. And in the distant future, the seventh root race for planet Earth, which will have a full return to Christ Consciousness and soul integration, will be the Paradisian on a continent that will arise called Tara.

### **Return to Original Innocence**

Reclaiming our Divinity is the aim of ascension. The human wave of souls first embodying ascension in this Age of Aquarius will be the wayshowers of humanity, uniting the Divine Masculine and the Divine Feminine and returning to the original blueprint of grace, love, wisdom and empowerment that has been lost through our journey in duality. The mission was to "spiritualize matter," the reason why the first souls came to Earth. But in their long descent, humanity forgot the true inheritance of Love, Power and Wisdom that is the Threefold Flame of God's Presence within; they lost the connection with true Christ Consciousness and

were programmed away from illumined truth, reverence for all life and the realization of their innate Divinity.

Now it is time to reclaim our birthright, to find the inward pathway Home, to embrace our Godhood. We are All that we are and have ever been, Divine in nature, loving and wise, capable of manifesting all that we need; and we are indeed the physical Angels of God. Earth has been our schoolroom, and rebirth has been God's Divine plan for our protection and edification. Yet, the dark has also played a role in misdirection, obfuscation and domination, as well as promoting humanity in technology and religion. But now it is time to wake up, to perceive the Light within, to take back our power and to proclaim our original Divine nature.

The Ascended Masters and the Councils of Light for this planet have come to assist us in this upward journey into Light. We can't do it alone, for we have forgotten much, but the Teachers and Guides from on High (the Brotherhood and Sisterhood of the Light), who have returned to us time and again throughout the ages, have come again; this time to help us make the final crossing into immortality, Light and Love. There will be no final destruction, no deluge or cataclysm, no polar shift, null zone or fourth ice age; hence, there will be no loss of memory and need to start again from scratch. We will experience the higher planes of consciousness cosmically through the alignment of the planets in a Grand Cross configuration, more portals of Divine Light will open and project more Light-packet information for our use and upliftment, The Divine planetary and Cosmic Rays will once again be accessible. Entrance into the photon belt will generate even more Light patterns within human consciousness, and the Earth herself will make her final transformation from third-dimensional reality to fifth. This is a glorious time. Patterns of karmic release have been forgiven by Mother-Father God, Heaven has decreed Earth to be a planet of Light, DNA clearing and the activation of all 12 strands of our DNA is occurring, and we are acquiring our activated Lightbodies as a group avatar collective that will bring all life on this planet to One Unity Consciousness. In other words, because there are more than 10% of dedicated Lightworkers now actively involved in the Ascension process, and more coming to that choice as well, critical mass has been reached that will shift Earth from the dark destiny of previous prophecies to one of illumined truth, joy and perfection of the I-AM Consciousness.

### **Summer Solstice / June-September 2011**

There is no doubt that 2011 is a transformative year. If you look at the geophysical and geopolitical earth changes, you will definitely perceive that change, though chaos, is manifesting right before our eyes.

Yet if you look deeper, below the surface, you will also see that there is a great underworld movement taking place. Not only are peoples everywhere from every walk of life, culture and nation rising up to proclaim their inherent right to freedom, peace and tranquility, but there is a growing number of souls on this planet choosing to embrace the Light.

Every day in every way there are more people discovering the Divine Discontent within and answering that call from their soul to reconnect with Higher Consciousness, to create a more perfect way of being. This is the transformation, the self-mastery of selfhood. We are rediscovering that we are indeed God in action, have never been apart from Source, and that it is time to return this planet to her destiny. We are throwing off the patterns of negativity and misqualified energies; we are embracing the patterns of light, soul, enlightenment, self-awareness, self-reliance and freedom. This is our victory; this is our upward journey. We are indeed immortal, as the soul is immortal. Fear is not our destiny – love is. And once we embrace Love, we immediately know God. Once we know God we begin to remember who and what we are, where we came from and what the pathway Home really means.

How, then, do we embrace the Light? Simply: You ask for it. You make a positive affirmation of Love and Light every day, every minute you can. You find time to sit quietly in meditation and call down the Divine ones to help you reclaim your soul, your Overself of the Christ, our Highest potential of who you are. You make time to be in nature, to love others, to give and forgive. You bring a balance to your life by eliminating all within it that is not of Love and Light. You speak your truth, listen with your heart and make peace with your family, friends, enemies and the world. You engage in spiritual practices that are uplifting and valuable; you let go of emotion, mental and physical baggage that holds you down; you refuse the dark when it comes calling; you choose freedom, life and liberty; you stand up for what you believe in and what you know is your Highest good. You do all of these things and more, but, mostly, you Love. For in loving, all things are manifested. This is the upward path. And remember, for every step forward that you take, the Ascended Masters, Angels and Archangels, and the entire Company of Heaven take ten steps toward you; and Mother-Father God takes an infinite number of steps toward you.

“The way to the divine, Masters, is through the sacred sovereignty of SELF, and in the Ascension, the way to the higher SELF is through self-definition, and seeking that aspect of God inside each of you, with the great desire that is embedded in each of your souls. Study, seek, and work ! There is little hope for the lazy. You are here to make known the unknown ! Work at it ! Be a warrior of light within duality, for the true battles are within for self mastery. The path is not easy. But within Self Mastery lies an energy so exquisite that it fuels all you require to move forward, and there is another level above each you ascend to. Consciousness ever expands.”

AA Metatron, via J. Tyberonn, 7/14/10

This solstice season is especially powerful. We have lunar and solar eclipses every two weeks or so, planetary alignments and solar activity, affecting weather patterns and all life on the Earth. There are incoming energies, encodings of Light that are augmenting our upward journey to monadic consciousness. There are portals of Light that are now opening to other higher dimensions in key areas around the globe. There are Christed ETs, our Guides, present on the inner plane of consciousness, who are willing and able to assist us at every turn. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (Matthew 7:7). – All you need do is ask; all you need do is knock, and the door will be flung wide to receive you. Heaven and earth are one, God and you are one, and we are all one together in the Kingdom and in the multiverses. Archangel Metatron tells us:

... the Solstice is truly a momentous frequencial-astronomical event that occurs bi-annually in the solar return when the tilt of the Earth's axis is most oriented toward or away from the Sun, causing the Sun to reach its northernmost or southernmost extreme. As your ancients knew, on the solstices the Sun stands still in declination. Its apparent movement north or south comes to a brief but critically important gravitational standstill. As such this event should be understood in complexities, in a wider perspective. In fact the energy created in such an apexial pause opens a window in causal space time as perceived from the Earth that enables an influx passage of enormous energy gates for a period of 144 hours; 72 hours prior and 72 hours after the Heliotropic halt seemingly occurs.

AA Metatron, via J. Tyberonn, 12/29/10, Issue 26, Earthkeeper.com

### **The powerful mid year "Eclipse-Triad " occur on :**

(1) June 1 (2) June 15 (3) July 1.

The three occur exactly 15 days apart. It is two partial solar eclipses , sandwiching a full moon lunar eclipse. Barely enough breathing room, so get ready for a powerful ride. All of this is punctuated by an extremely powerful Solstice on June 21st. Whilst the two 'outer eclipses' of the Triad, are partial solar, do not think that their energies are lessened by the fact that they are not full eclipses, the energy of all 3 will be extremely potent, and felt by the entire planet, whether visible or not from your specific vector on the planet. The energy will encircle the globe and effect each of you. The June 1st lunar eclipse is the beginning, and truly the energy of each of these events has an intersecting field that expands energetically from 3 days prior and 3 days after the eclipse. The energy pattern of the Triad is around release, healing and reconstruction.

- June 1 : Release and cleansing, release of old energy patterns. Patterns that may be ingrained, even hidden.
- June 15 : Healing through acceptance of Facing the Challenge, and being true to SELF.
- July 1: Strength and Completion of the 'New You'. Not only visualizing the attributes and events you wish to create, but taking requisite actions, steps forward to manifest them.

AA Metatron From: J Tyberonn, June 2011, Issue 60: Earthkeeper.com

I wish you deep peace, joy and transformation!

With Blessings of Love and Light,

AliceAnn

June 11, 2011

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#### References:

Most of what has been written has come from my own intuitive channeling under the guidance of my two Teachers from on High, Master Serapis Bey and Master Hilarion. Some has come from the Pleiadian Elders channeled through Anrita Melchizedek. Some dates and clarification of distant continental shifts, ice ages and so forth has come from such sources as the Edgar Cayce foundation (A.R.E.) and the first chapter in Joshua David Stone's *Complete Ascension Manual*. The material on Divine Light was derived from the *Book of Knowledge* by J.J. Hurtak, and the quotes from AA Metatron comes from J. Tyberonn, [www.Earth-Keeper.com](http://www.Earth-Keeper.com).

**Summer Schedule follows**

### **Schedule of Events** (provided by Patricia Liles):

- June 1 – New Moon-Partial eclipse of the Sun Gemini 11° visible in eastern Asia, northern Alaska, northern Canada, Greenland, Iceland, and the northern tip of Scandinavia.
- June 15 – Full Moon-Total eclipse of the Moon Sagittarius 24° visible in Australia, Asia, Japan, India, Africa, Europe, and South America except the northwestern part
- July 1 – New Moon-Partial eclipse of the Sun Cancer 9° visible from the southern tip of South Africa, Antarctica, Tasmania, and New Zealand

In June, seven out of nine planets plus Chiron are either changing signs or directions (retrograde/direct) not including the Moon. ... Venus moves to Gemini June 10, Mercury moves to Cancer June 17 – no big deal. But with more significance, Neptune, only two months and 0° into Pisces turns and retraces steps on June 3<sup>rd</sup> retrograding towards Aquarius (August 3<sup>rd</sup>). Jupiter says bye-bye to Aries and enters earthy Taurus for a year (6/5/11-6/12/12) Saturn finally moves direct on June 13 after five months of retrograde introspection and slowed progress and will take until mid-September to pass again the point where it left the road. ... Chiron also retrogrades about June 8<sup>th</sup> until mid-November opening one more portal to release the past and reframe the energy into personal power borne of experience. Not to mention that pesky, Full Moon eclipse June 15<sup>th</sup> and Summer Solstice coming June 21<sup>st</sup> ... Lots of shift and movement.

**06/01 New Moon/Solar eclipse 2:03 PM PDT**

06/02 Mercury enters Gemini

06/03 Neptune retrograde until 11/09

06/04 Jupiter enters Taurus until 6/11/12

06/08 Chiron retrogrades until 11/12

06/09 Venus enters Gemini

06/12 Saturn goes direct until 2/7/12

**06/15 Full Moon eclipse 24° Sag 1:14 PM PDT**

06/16 Mercury enters Cancer

06/20 Mars enters Gemini

**06/21 Summer Solstice-Sun enters Cancer 10:16 AM PDT**

**07/01 New Moon/Solar eclipse 9° Cancer 1:54 AM PDT**



**Rev. AliceAnn**  
**Priest – Healer – Teacher – Channel**

AliceAnn is an ordained priest in the state of California and Initiate of Light in the Order of Melchizedek. As a High Priestess, she is certified as a Melchizedek guide and teacher/facilitator of the Planetary Rays and Melchizedek Ambassador Training Program. She is also trained as a transpersonal psychologist and spiritual guidance counselor and is a certified intuitive past life therapist and life coach. She teaches advanced Master Classes in esoteric mysticism, ascension, and higher consciousness.

If you would like to learn more about Rev. AliceAnn and her facilitation or contact her for spiritual/ascension guidance or to make an appointment with the Ascended Masters she channels, or if you would like to enroll in one of her ongoing classes in higher consciousness, you may visit her website at: [www.OakRose.net](http://www.OakRose.net). Or Email her: [Rev.AliceAnn@OakRose.net](mailto:Rev.AliceAnn@OakRose.net)

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[www.WorldPuja.org](http://www.WorldPuja.org)