

a Homily on Discernment, Empowerment and the Presence

Recently, the world has been rudely awakened to the power of Mother Nature, the incredible outflowing of love from humanity and, at the same time, a growing struggle for freedom and democracy. On all levels, the earth and her people are undergoing tremendous change. It is a time of cleansing, clearing and rebalancing and a time to take one's personal power, one's eternal nature back.

Let me begin by addressing the world crisis as we now perceive it. We are, without doubt, in a time of great change, geophysical and geopolitical. But beyond this, every soul on this planet is also faced with personal and dramatic change. It may be as great as a revolution in the Middle East or the vast change that comes with natural disaster, or as small as financial shifts within your own experience, but, make no mistake, in all cases the need for change and restructuring is apparent for all life on this planet. We have had many warnings of pending earth change, and as usual, we have continued to ignore the signs that there just might be a Divine Plan out there that all humanity, indeed all life on this planet, is subject to.

Chernobyl, Radiation and the Christ Light:

A few years ago, Chernobyl had a nuclear meltdown, and the world was shocked but didn't truly learn from those lessons of devastation and destruction. But the people of Chernobyl actually did. Faced with the implacable, indefensible reality that death was their legacy, they turned to the spirit within. They brought the power of Christ right into their very cellular structure. They found their freedom. Following is an excerpt I received from one of my former clients from her Yoga Master, Rama Jyoti Vernon:

A group of doctors and healers were having success with their groups of children. I inquired into what they were doing. They described the environmental conferences they held with their affected neighbors of the Scandinavian countries. They were concerned about contamination to the fish in their seas, to the grass-fed milk cows, to the lands, rivers and lakes. They were concerned about the air they breathed and the earth itself. They shared all of this, and then said they would tell me their secrets of offsetting the effects of radiation. I moved forward in my chair totally attentive to hear of a miraculous substance. They told me that radiation is light and has a high vibratory frequency. Through their spiritual practices of meditation, prayer, Yoga, eating less dense foods and faith and love of God, they could raise their own cellular vibration to that of radiation to offset the harmful effects. They were smiling and even joyful.

“You see,” one Russian doctor bubbled with excitement, “We are using radiation as our spiritual guide. It forces us to be more fully conscious each moment of every day. If we have a negative thought it reduces the vibratory frequency of our cells and we become more susceptible. If we are angry or critical, our cells vibrate at a slower pace and we can become ill. If we become lighter, we become light and become one with the light of radiation. You see,” they beamed, “radiation is our spiritual practice.”

Excerpted from: Rama's Newsletter, March 9, 2011

We are all experiencing earthquakes of increasing magnitudes, whether it is the nuclear crises in Japan, the escalating crises in the Middle East, the economic instability of the world, the ever shifting weather patterns around the globe, the continuing continental shifts of Mother Earth, or our own ascension symptoms. Yet, all of these are in Divine Order and Consciousness. The Earth is ascending and all her life with her.

Ascension Symptoms

You may be feeling increasingly tired these days, especially around the times of the new and full moons, the spring and fall equinoxes and the summer and winter solstices. Further, there are ever-increasing frequencies of Light streaming down to earth through the solar core from the Great Central Sun where the Throne of Heaven is located. Additionally, there are planetary and solar activities that impact all of us; and, to add to it all, time itself is speeding up. Further than this, the geopolitical and geophysical shifts in planetary consciousness also are taking their toll on every single person on the planet, not to mention the animals, plants, oceans, terrain and atmosphere. We are, as Edgar Cayce often told us, firmly in the grip of planetary, solar and cosmic earth change.

Other symptoms besides chronic fatigue may include flu-like symptoms, back, head, neck and joint pain, and indigestion, lack of sleep or, conversely the need to sleep frequently throughout the day. These are mostly keyed into self-change. As the body-mind-spirit is adjusting to these new energies, and the vibratory frequency of your consciousness is shifting upward, you may experience any or all of these. Flu, because of the radical shifts in metabolic vibration; pain, because of the body's desire to make the shift to increased frequencies of Light when the physical is still several steps behind; indigestion, because your mind is still insisting that it can eat as usual, even though your spirit knows it's time to back off of heavy third-dimensional dense foods; frequent fatigue, tiredness and need to sleep at odd times of the day/night, because you simply need to process all that is happening to you; and sleep disorders, because you consistently refuse to acknowledge the Divine link to heaven that you are. If you are not able to sleep, it can be due to an imbalance in your chakras or unawakened chakras to the higher realms. This last can be remedied by “toning.”

The Chakras

Toning is a soul-consciousness sound that opens the chakras and allows the Christ Light that is in all things and that is streaming in great quantities to the earth plane to come into these sacred “wheels” or centers of life. God has given us seven sacred centers as the basis of all energetic resonance in the body, emotion, mind and spirit. As these sacred centers open, they increase in tone, Divine Light, and size. When you first begin working with your chakra centers, they may be small, tightly closed and virtually asleep; but, as you learn to tone and meditate on them, they will not only open at your will but will enlarge and shine with Divine Light of Christ as you awaken their potential of upliftment. Each has a color, a Ray function, and a link to lower and higher aspects of the self. This opening of the chakras leads to the raising of the kundalini and the natural flow of energy from earth to heaven through the conduit that is your central channel, which is the marriage of heaven and earth, the mergence of the Divine Masculine with the Divine Feminine, the first part of the journey to Resurrection. Once you are truly “open to God” and the “flow” is streaming through you, you can build on these seven sacred chakras by learning to build the grids of Light that represent your higher potential, your dimensional selves at the fourth, fifth, sixth, seventh, eighth, and ninth dimensional reality.

Lightworkers, Ascended Masters and You

The Teachers and Guides from on High are giving instruction to many Lightworkers to help people heal these imbalances and ascension symptoms. Some ascension symptoms we, as a newly ascending race, just have to live through as the body-mind-spirit makes its shift in the natural process of ascending. Some can be eliminated, and the process of ascension can be advanced greatly by instruction, daily meditation and clearing of old patterns, old structures and letting go of karma attachments, negative ego, and all that is not of Love and Light within you. The Ascended Masters who are the planetary guides for Mother-Earth are much more apparent now in these latter days, so help is quite available either directly through petition or through a qualified Lightworker who is already in discipleship with the Masters from on High.

Building Your Body of Light and Activating Your Merkabrah

We have, to begin with, a four-body system: physical, emotional, mental, and causal (karmic, which transcends to our spiritual body at a certain point). We deal from life to life with these four basic bodies as we incarnate, make our decisions and learn our lessons that either promote us on the wheel of birth and death through our karma consequences and further lessons or, conversely, liberate us from the wheel of birth and death through the elimination of negative karma.

This is now the time of “Grace,” and all past karma is being remitted, insofar as we do not choose to remain in the wheel of birth and death and wish to take our next journey upward to the next plane of consciousness. This means that once we “decide” to move in the direction of Light, of ascension, we are immediately granted a state of Grace, decreed from Heaven at this time of Transcendence. Through forgiveness, letting go of old patterns and structures in our life that have continually bound us to re-experiencing these over and over again, lifetime after lifetime, we are able to “choose” a pattern of “release” that frees up this burden of repetition and rebirth. But it is a path of initiation and discipline as much as it is a path of joy and liberation. The joy comes through the choice to ascend; the discipline comes through the process of learning to “let Go and let God.” Through intention and attention, meditation and devotion, and through learning to open the chakras, raise the kundalini, build your body of Light and activate your Merkabrah you can easily find yourself on the upward path to liberation, what the Teachers from on High like to call “ascension.”

The Path of Masterhood

These steps to ascension are the keys of liberation: opening your chakras, building the Light quotient in your four-body system until you achieve enough that releases you to the next level, which is physical, emotional, mental, spiritual mastery. Then you begin the true path of masterhood. The path of “mastery” is and always has been set upon the earth plane for any and all who would “choose” it to follow its path back to God. Becoming master of first your physical, then your emotional, then your mental and causal bodies, brings you to the first major initiation as a disciple of God. Usually this is done under the guidance of an Ascended Master, but it can be done through active, dedicated and steadfast meditation, devotional reading, practicing Godly practices, doing good works and, in general, living a Godly life. In either case, the end result is the same: the advance upon the path of Masterhood. We are all already Masters in waiting, all it needs is for us to “wake up,” just as Gautama Buddha did nearly three thousand years ago, just as Master Yeshua did at the beginning of his ministry, when the Father recognized him as the Christ.

Empowerment, Discernment and the Presence

We all have “free will.” This is God’s greatest gift to us, and it will never be violated. But it does mean we have to “choose” what it is that we want. Once you choose masterhood, nothing will ever bar you from God’s freedom again. As it is now, the free will given to us was bestowed to humanity upon our fall from Grace, that is, the fall from the higher planes of consciousness that were Lemuria and the High Golden Age of Atlantis as we descended into ever denser modalities in consciousness and in physicality.

We are now at the end of that cycle of experimentation that we all took on to experience duality, materialism, and physicality for the Supreme Being that we call the Father Creator Most High. Now we are able to “return” to our natural state of Divine consciousness, something we barely can remember, but that is stored deep within every soul’s memory. We are a Divine Spark of God; this is our heritage and our legacy. But we must be discerning and wise as we step off the karmic wheel into our true freedom. When we give over to the Path of Liberation, we surrender to God. This means we give up all that we think we are and begin to address all that God has in mind for us, receiving the robe, crown and scepter of Divine Love, Wisdom and Empowerment. This is the Three-Fold Flame of Empowerment, Love and Wisdom, which are the Planetary Rays that God has unfolded for all humanity’s return.

But there is “effort” involved. Salvation does not come from above, but, rather, it comes from within. And to find it, we merely need to “choose” it. Once done, once we make a new covenant with the Father, we immediately experience that a strong bond of freedom, love and protection has been forged. We come under the eye of God as it were, and take our place as a Child of Light, a son or daughter of the Universe; we accept Universal Law, which is God’s Law; we accept Divine Will, which is manifested in our newly discovered free will as it aligns with God’s Will; and we accept the structure of the Universes and all of Creation as God has decreed it for this Cosmic Day. The Presence, which is “All that is” becomes a living part of our lives, a daily covenant with Father-Mother God and a great strength, peace and joy in all that we do.

Suggestions for Living the Ascended Life

1. Practice mindfulness, including right action, right thought, right speech, and right livelihood. This means, avoid lying, cheating, swearing, deceiving or hating.
2. Learn to forgive yourself and others; make no judgments, learn to love all your fellowmen as you do God; learn to love yourself and everything in the Universe.
3. Lighten up on your diet; eat less, and eat more fresh, live foods; eliminate sugar, drugs, alcohol, and as much as possible dense foods such as meat, pastas and processed foods; drink fresh non-tap water, electrolyte is also quite good for shifting the body’s metabolism. Actively bless your food and water each time you partake.
4. Practice deep meditation at least 20 minutes twice daily. If you can meditate at an advanced level for an hour two/three times a day, that’s perfect. Especially take time at noon wherever you live to sit in meditation for 11 minutes to consciously receive all the new incoming Divine energies being directed to Mother Earth at this time.

5. Decide if you are on the Path of Light; if you are, actively, consciously choose it; then make your Divine contract with God; this is your personal covenant with the Father-Mother God and it has nothing whatsoever to do with any religion; it is personal between you and the Creator Most High. This can be part of your birth contract, which we all have and most do not remember, but it can be an amendment if you feel that is an important step for you.

6. Place yourself actively on the Path of Masterhood. Learn to be the Master of first your physical body (governing the food, drink, exercise); then the emotional body (practice illumined truth, balance and equanimity); then the mental body, (governing thoughts, and thoughts leading to actions, being responsive, respectful and reverent for all life); and the spiritual body, (actively increasing your Light, managing your chakra grids and kundalini, and manifesting Love in all that you do).

Remember Intention and attention are the keys to liberation at this level of understanding. There is no power in the Universe stronger than the Christ Light, than the power of Love! If you need assistance and guidance from a Lightworker, Teacher from on High or healer, you can contact me or any other qualified channel of the Ascended Masters.

Love, and the Father's Peace unto you,

Rev. AliceAnn

April 2011

© AliceAnn Saunders, 2011

WWW.OakRose.net

Author Bio



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. Or Email her: Rev.AliceAnn@OakRose.net

You may also find her online at:

www.HigherConsciousnessResources.com

www.pleiadianlight.net/aliceann.htm