

I often hear from many people who are investigating the Ascension process: “Why is there so much repetition? Why can’t *They* just come down and get it all done?” Well, that’s a wonderful starter question for any groups you may be leading. But, just in case you yourself don’t know, let me try and elucidate.

All of the reliable sources from on High for Ascension know just how difficult it is down here for us in 3D. Without a doubt, they can see the affects and even ravages of duality and the path of the dark that has so led us astray. But through all of it, there is one concern and one concern only: “Keep your Eye on the Light and your ear on God.” And many people just don’t know what that means or what the implications are from deviating from that simple formula. Perhaps if you have an Ascended Master sitting on your right shoulder and whispering in your mind from time to time, you can figure it out. But if you don’t, you might be a bit clueless, given all the obfuscation, misdirection and TMI on the Internet and in our lives.

Basically the Teachers from on High are telling us not to “drop the ball.” They tell us that we are all on the verge of taking our full Ascension, our complete return to full *consciousness* as the Divine beings we were meant to be and that we originally were before embarking on this sidetrip called duality. They say it would be such a shame for any one of us to “give up.” say, hours before their Ascension. And this is why in part there is SO much repetition, None of the Ascendeds from on High want us to drop our ball of One-Unity Consciousness, our very effort to ascend. It’s hard. I know. But it is also simple, for all we have to do is sit tight, trust in God and in God’s “timing” and everything will work out in Divine Order. There is nothing, and I do mean “nothing,” that can stop God’s plan going forth. But we, down here, can only see the minutest aspect of what the plan might be, and that’s only if we are extremely lucky and that shoulder-sitting Ascended Master decides to give a few details in our ear. Christ said over and over, “For those who have ears to hear and eyes to see.” So simple – and yet so very difficult when we are faced with financial ruin, world starvation, endlessly warring nations, political disruption and corporate corruption – where do we go? What can we do? Well, this too is simple.

I suggest the following steps to be followed devotedly on a daily basis.

- **Meditate.** Sit meditation two or more times a day; start with 20 minutes, then work up to an hour each time. Find that still point within and just be with it. The time will fly by, I promise!

- **Avoid the Negative, Accent the Positive.** Stay away from anything and everyone who feels in the slightest negative to you; avoid them like the plague. This is a time of positivity and that means cultivating it in your own life.
- **Take Time to do Good Works.** Give up bad habits, such as smoking, overeating, drinking, drugs, negative language, fast-track living, violent programming, being careless with your money or your relationships. Learn to live a Godly life, for that is who we are, isn't it?
- **Finish Everything You Start** insofar as possible. This is a time of keeping house on all levels. Living in the now means being present with our actions. Remember, "every good purpose, every good deed, every good act, every good thought continues its growth throughout the universe." People just don't know how powerful they are. You are powerful, and what you think, say and do has an effect on everything. Do what you Love to do, and do not do what you hate to do. This is Christ's admonition to us, right along with "don't lie."
- **Practice the Golden Rule Plus.** In light of this, find a way of giving back to the Universe the Love and Light that you receive. It will never run dry; God's Love and Light is like a bottomless well, and once you are aflame with it, giving to others through Service in Love is a natural outcome of receiving this radiance. This is living the Golden Rule plus.
- **Bless and Charge Your Food.** This is so important. Don't just pray over it in the traditional manner. Actually "charge it" with the Love and Light that is in you. Put your hands over it and say: "I, with my Higher Self, bless and charge this food" You can also use the Medicine of Light formula from the Hathors to protect your food and your children's and pet's foods from harmful radiations, toxins, bacteria, viruses, microbes and any and all harmful influences from the air, environment or in the food itself. This will raise the vibration of your food and hence of you (and your children and pets).
- **Bless and Charge Your Water.** Drink lots of pure, nontap, water. A pH of 7.2 is excellent, and if you can, drink the electrolyte water, as it will help your cells adjust to your new crystalline metabolism. If you can't afford all that electrolyte water, add it to the pure spring water you buy. Crystal Gyser is an excellent brand of spring water. And most importantly, bless your water. Place your palm over the glass, call your Higher Self and bless and charge the water to "your Highest good, optimum health, and full ascension into the Light." Or words thereof. It's the source of all life; it's the holiest substance on the planet: It heals, gives life, and can raise your cellular vibration. You can also use the Hathor's Medicine of Light formula for water; in fact, it's recommended by them.

- **Sleep and Eat Wisely.** If you are feeling that it is time to become a vegetarian, do so. If you are feeling it is time to stop eating food, definitely do so, for you are ready to claim your crystalline body of Light. This is called “Prajna Living.” But do not do this as a trend or fad or simply because others are doing it and it seems okay. No. Do it because it is “time” for you to do it. You are getting close to your Ascension if you are feeling disinterested in food. (Please don’t confuse this with depressive states of consciousness, where you are feeling lethargic and uninterested in eating or caring for yourself; if this is the case, seek help from a qualified health professional.) And as for sleep, do it often and do it regularly; the incoming energies are profoundly strong and we all need time to integrate these Divine packets of information. The Earth and all life upon the surface has never been exposed to so much Divine Light for upliftment and clearing of all negativity as is being delivered to us now and in the next few months. It’s incremental but very stairstepped, so expect more and hence rest more. As far as what you eat, how you eat, when you eat and sleep, use your Divine Intuition.
- **Walk or Exercise.** Charge your Lightbody by walking briskly in fresh air, especially in the mornings or evenings. Get as much sunlight as you can soak in, as it is through the rays of our solar system sun that the Divine rays of Mother-Father God are coming down. Walking in the early morning or at sunset also allows you to take in the encodings of Light information that are also coming to the Earth at this time. It goes without saying that regular exercise helps you keep your body, mind and spirit in tune; it’s also good for your Lightbody. Yoga poses too help to enhance your spiritual body of Light; so does Chi Kung and Tai Chi. And remember to drink lots of good pure water when taking in Light and exercising!
- **Train Your Mind.** Learn to use the Higher Mind, not your lower mind. Train yourself to think good thoughts; be in a state of constant prayer, that is, prayer without praying. Direct your thoughts to acquiring the ChristLight, being positive, focusing on your soul’s inmost desire, and benefiting others. Let go of all within you that is not of Love and Light. Call upon AA Zadkiel daily to send his Violet Flame of Transmutation through all your energy fields, including body, emotion, mind and etheric. Cease being negative, it only hurts you and keeps you from your goal. Forgive and let go of all harm, in you and in others. Cultivate happiness. Learn to “Let go and Let God.”

The Spiritual Hierarchy is doing everything possible to help us down here. We just have to listen and obey. This is the time of transfiguration. A time when we all are choosing the upward path; but we must choose it for ourselves. We can’t wait until something from on High drops down upon us

and says, “Oh my, there you are, let’s Save your toolies!” Well, that’s not exactly how it works; it works because you work on it and it works within you. Love, Love, and Love; forgive, and forgive some more, and sit quietly in your sacred heart of hearts. Be all that you can be and be loving, generous, forgiving, happy, prosperous in heart and mind, giving and forgiving. – Did I make my point about forgiveness okay, or should I say it one more time? Okay: Forgive – yourself, your neighbor and all that has ever happened to you; just let it go and give it to God; He already has forgiven you, the Earth and all upon it, so why don’t you? Okay, point made. I rest my case.

So here it is again:

1. Meditate – lots.
 2. Keep positive / avoid all negative.
 3. Rid yourself of bad habits; live a Godly life.
 4. Finish what you start; feel good about what you do.
 5. Live the Golden Rule and then some. Give of your Love and Light to others.
 6. Bless and CHARGE your food. You and it are holy.
 7. Bless and CHARGE your water. It’s the holiest substance on the planet.
 8. Eat and sleep intuitively; eat less, sleep more.
 9. Charge your Lightbody: morning/evening walks, lots of sunshine, and regular exercise, including some yoga.
 10. Cultivate your Higher Mind, let go of 3D mind; and forgive everyone and everything!
- And, oh yes: Why so much Repetition? Answer: “Because we need it!”

Love and Light to you– always!

Rev. AliceAnn
Minister of Light to the Order of Melchizedek
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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