

5-11-05 Group

Please address the topic of ascension for the greatest good of all concerned.

In the name of the Light, we are here to address you today to bring forth greater conscious understanding of the processes at work on the earth plane at this time. Addressing you will be Kuthumi, Sananda, and the Archangelic Command. Yes indeed, as you so demanded, as is your right and the right in free will of every being, whether incarnated or in spirit, we will affirm that we are all working in the Name, Word and Vibration of Light, the Brotherhood of Light, the Celestial Sisterhood of Light and the Divine Mind.

*A Message from Kuthumi and Sananda*

Yes, first speaking to you will be Master Kuthumi with the thought-vibration of Sananda. Welcome dear hearts. We would first choose to speak to you about the process of ascension energy. For this is in great part, what you have all come to teach and to experience. There are in existence several accounts of a “how to” manual for Lightworkers: How to work with ascension energy and how to go through the steps and the process to increase the light body. Now, how many of these manuals would be right for you? Do you believe that you need a manual for ascension? Perhaps, we may suggest, that there is a new, easier way for people to proceed through this process. Perhaps, you are meant to experience this process with great grace and ease. For you have seen the mystery, the apparent complication and the arrogance of some people in the bringing forth of this information. What we are presenting you with an opportunity to do, through your own vibration and your own process, is to experience the ascension energies, not through a book, but through the living of each moment of your life.

What is ascension? This is a fundamental question, is it not? This is where you start from, our dear ones. For many people do not even have a small clue about what this is about. The many texts in esoterica contain clues and cloaked information about this but are not direct enough for the times. We will give you, by Divine Decree, the definition for this Age of Ascension: Ascension means allowing the true Divine Nature of your soul to lead every aspect of your life. It means living effortlessly in right relationship. It means not only to follow in the footsteps of the great teachers of spiritual wisdom, but it means more than that: to be your own greatest teacher, to serve as an inextinguishable flame in at all times and in all circumstances, and to be the change you wish to see in the world. Ascension is not a ladder as so many see it. It does not have a final goal to reach, as if it were a mountain to scale. Ascension is a state of being, it is a state of grace, it is Light in all aspects of the color spectrum. Light in vision, intention, speech, action, livelihood, effort, mindfulness and concentration. It is to experience the Christ and the Buddha nature within.

So with this in mind, our dear friends in light, you see that experiencing ascension has to do not so much with arriving at a certain place so that one can exit the planet on some exalted ray, but on showing the way through example IN THE VERY LIFE YOU LEAD!

Ascension does not mean that you will rise to the heavens, cleansed of sin and malactions, in order to be in a better place. This concept is simply a carryover of Christian-based duality of heaven and hell.

Now, the religious interpretations of heaven and hell formed the model for the Piscean Age for incarnated souls to wade through in the process of making free will choices. In the New Age, it is less dualistic than this, it is less black and white, it is less heaven and hell. It is living in balance and in the tension of a three dimensional world as a spiritual being. It is accepting your divine nature while you are in the mundane world, NOT waiting for reward to become divine after your life in this plane/place is over. This is one of the messages of the Christ that has been so misunderstood. That Christ “died for your sins” does not mean that you can live and die and be forgiven, no, it means that you no longer have to wait for physical death to experience your own Christ nature! He, so to speak, “died” so that you could “live”. He showed the way that there is no true death or ending as was and still for many, is, the belief system. He died so that he could show the example of living without end. He showed the illusion of death and the illusion of suffering. For he did not suffer on the cross, this was the belief system that people projected on him. He did not even say “Forgive them Father, for they know not what they do.” This was attributed to him by his followers, of which some of you were among the crowd as witnesses to the crucifixion. For those of you there could not believe the entirety of the message at that time of ascension, and thus, you in the crowd attributed that statement to Christ, for you all knew that he was Divine (and as an aside you had not accepted your own divine nature so you participated in the projecting of this nature onto the One who showed the Way), and could not understand that God would allow his Son to be crucified in this way. So you, his followers, said, “they know not what they do” and in the name of the Father, in the example taught by your Teacher, the Christed One, you asked “Please forgive them, Father.” This was your own redemption. For in that moment of extreme suffering (which was an illusion) where your Teacher, the most beautiful soul who has ever walked the planet, was demonstrating the illusory nature of death, you, the followers of the Way, chose to ask for forgiveness of those who persecuted the Christ. This was living in Ascension in Life. This does not mean that you understood at this time the profound example being presented to you. For even though Christ told his disciples that he would rise and walk again among you, you did not understand. And yet, you asked for forgiveness from the Father. This was living your life in Ascension Energies. This was loving your neighbor, your enemies and forgiving others as you would be forgiven of your own errors, misdeeds and sins.

Now, for those of you who were There, this lesson has taken 2,005 years to complete. And this lesson is going on. For what happened in that moment of “death” of Christ? You forgave others BUT YOU DID NOT FORGIVE YOURSELF!!!!!! This is the new meaning of ascension our dearest ones. This is what humanity is struggling with at this time. You now have the ability to forgive others and most of you are quite good at this, but you have so far, failed to forgive yourselves! This is true. Christ even showed you the example of making mistakes and then forgiving himself, as the Way. But this was mostly lost in the drama of the crucifixion and in the hi-story of his miracles.

This is ascension: living in grace, the grace to take actions from the center of your soul, and then when you act from your human-ness, for you are indeed in a human incarnation, you remember to forgive yourself! You do not go about for days and days, and for many of you, years and years, holding on to self punishment and self hatred. You are all so very good at forgiving others and loving others, but none of you, and we mean to say, NONE OF YOU, has yet mastered forgiving yourself and loving yourself. If you take only one thing from this session our dear ones, it is that living in the ascended master energies means, to do the very best you can do in the moment, and when you fall short of your goals (not if, WHEN), then you, with great humility, forgive and love yourself! This is ascension, for what great good does it to for you to hold onto self hatred? You become like the ones who actually pounded the nails into the living flesh of Christ. You spend your time going over and over the worst of your choices and actions, rather than seeing the gift behind all lessons. And what is that gift? It is only one thing: LOVE.

You are here to experience. All people on earth incarnation are here to experience. And what is experience? It is to live in free will, to be in clear consciousness as much as possible, to make mistakes, and then to continue to love and forgive. Your life is about the process of doing this every day. IF you are unable to forgive yourself in moments when you are acting less than perfect, you are not living in the Way of the 8 fold path. The 8 fold path is about the Self. It is not about how you project your energies onto the canvass of your life and the text of others as manifested in your circle. It is how you take the blank canvass of this reality, and paint it with the most exalted colors of Love. If you yell at your children when you are actually angry at yourself, does it serve your greatest good to then go about further heaping disapproval and negativity on your self? Or does it serve the greatest good to say: "Oh, this was a good way for me to learn to own my own feelings and forgive myself.?" This gives you an opportunity to speak to your children about forgiving the self, about how you set up the reality and picture of your life through expectations, through responsibility and through the activity of love and forgiveness. In loving (\*living!) your own life as an example of Love and Forgiveness of the self, you show the way to those you have surrounding you.

Children and not born with guilt, they learn it from you! We will tell you one small thing: if humanity were able to make mistakes, to take responsibility for them and then to forgive and to make a conscious choice to decide to love yourself anyway, then there would be no such thing as mass projection of negativity and suffering. To take one of your favorite examples of a "bad human", do you imagine that Hitler loved himself? He had one of the most severe cases of self hatred humanity has ever seen. For through his actions, he was attempting to annihilate himself. He had too much fear to turn the light on to his own soul, so he projected the screen of his self hatred on to the world in the extreme example of "might makes right", the motto of the Piscean Age, and attempted to annihilate himself through the body of humanity, and in the end, did he not succeed in annihilating himself? Yes, he did, and he still serves a purpose for humanity to learn from.

It is not in hating others, but in hating the self and failing to forgive the self that you, humanity, commit the gravest acts of wrong doing. For you are, in these times, wrong-

being. For when you do not forgive yourself for your mistakes and actions that are less than light, you are in the same energy devolution as were those beings that you all choose to despise, Hitler, Stalin, and in your day and age, Hussein, bin Ladin and their emissaries of terror. These are the beings you focus on outside of yourself as being evil and wrong, when you would be better served to look at how you judge yourselves! Not, we are saying, our dear friends, that your actions are like the actions of these modern day “sinners” – no, for some of you even wish to compare your actions with theirs – for we will tell you that each person has the capacity to do great evil such as these figures are demonstrating for humanity at this time. No, it is in accepting that each one of you has the free will choice to commit such actions, but make the choice to lead a life of goodness, of love, of acceptance of others ways, beliefs and lifestyles, that you live in the upward spiral of ascension.

You all have the capacity for great good and great evil, but it is in the choices you make and the way that you then evaluate your choices that determine if you are living in devolved energy cycles or if you are living in the higher ascending energy spiral to light and love. This is the ascended master energy. You make the free will choice to Love. You make the conscious choice to forgive yourself so that you do not carry the burden of guilt in your heart, that burden which has been the underlying cause of every ill-action ever committed by one human to another, by one dictator to an entire people, by one self-hating despot on to all of humanity.

Lack of self forgiveness and lack of self love is at the root of all evil. When you are ready to take the hand of the Christ, the Buddha, the Simon Magus extended to you all, you take the step on to the spiral of ascended master consciousness and affirm: “I love and accept myself, in all of my manifestations, and in all of my choices, I see the lesson behind the action: that of Love.” It is that simple our dear ones. Does this not seem to be easier than trying to figure your light quotients, what chambers to visit in sleep, certain meditation techniques to ensure a type of color in the aura or grounded-ness in the body? You are all Here, are you not? You all desire and wish to manifest the greatest good of all, do you not? And so, how, in great grace and ease do you do this? In meditation alone, in silent prayer, in going to church or temple? Yes, yes and yes, but also, in living your life in love and forgiveness of the self!

If you wish to do one experiment to live in ascended master energies today, do this one thing: In every situation you see, simply witness it and say in your mind: “I love and forgive myself.” If you find yourself in less than love, state, “I love and forgive myself.” If someone is judging and criticizing you, then state: “I love and forgive myself.” If you are angry or depressed or in an upset state: “I love and forgive myself.” If you yell at your children or say a little nasty barb to a co-worker (or even think a little nasty thought) say: “I love and forgive myself.” Now, witness how this resonates in your heart. Just experience this and notice, if this were your primary means of acting in the world, would it be different than what you have experienced up until now? Just do this one small thing and then reflect on the impact at the end of your day. Yes, most divine and perfected in the Plan. For we are here to tell you that it is this simple. It does not have to be difficult, it does not have to be painful (for the illusion of suffering is created by you and serves to

keep you on the devolving path) and it does not have to be complicated. There is nothing to remember our dear ones other than this: "I love and forgive myself." For in loving and forgiving yourself, you are the Master. This is all.

In the name of the Light

Kuthumi, aided and assisted by Sananda, the Christed One who carries the vibration of Pure Love into your hearts.

### *The Archangelic Hosts*

Now, from the Archangelic Command on this day of practicing self-mastery for those of you who make the free will choice:

WE welcome you and we will say to you from the fullness of our presence of Seven Archangels: You are Divine. This is simple. For if you would believe in your perfection rather than in your flaws, all your thoughts, words and actions would be beautiful. We will tell you what your energy systems look like from the perspective of the angelic world: We see you as shining points of light surrounded by clouds of self-doubt and the illusion of imperfection. Your physical bodies are a small aspect of this picture, for even the seven energy bodies you know and work with are a fraction of all that we see of you. Your entire being encompasses a long pathway of experience, of light and dark interplay, of multiple manifestations of your soul in many multiple Nows, and of the over-arching impelling urge to return in wholeness to the Source. What does this look like from the eyes of the Archangels? It looks like a spiraling, infinite rainbow of Light. Each one of you is the wholeness of this rainbow and a particle of the rainbow which makes the whole. From here, it is all Light and you are part of that Light.

Now, for those of you working and playing in the etheric realms at this time, you may wish to experience the grid as existing on multiple levels. The first grid you may wish to see in your mind is your own energy grid. For within your microcosm, is the macrocosm and the multi-cosm of higher reality. If you picture in your mind, and then bring to the top of your head through the crown chakra into the eighth chakra, your energy systems, you will see a beautiful grid of Light. This grid is interwoven throughout your energy bodies, from the physical, to the emotional, mental, etheric, spiritual, causal, galactic and celestial bodies. Your own energy grid is repairing and reconnecting, expanding and spiraling and returning to the fullness of All Light. Yes indeed, most beautiful.

Now, if you so choose, you may wish to next envision the energy grid of humanity, as one being. We spoke of the great good that may come of you choosing to love all parts of humanity. If you wish to do such a thing, you may now enter into the light grid of humanity. For as one entity, the light grid of humanity is also repairing and reconnecting, expanding and spiraling and returning to the fullness of All Light. The light grid of humanity also has seven bodies and multiple grids connecting all seven to One and all One to the seven parts. We will tell you that there are certain aspects of humanity,

represented by not only geographic location, but of race and genetic origin, that represent the seven energy bodies of humanity. However, we do not see it in your greatest good to be in consciousness of this at this time, for there is still the element of judgmental-ism at work on at your mental level of duality. Perhaps at a future date, this will be revealed to you through the Archangel Metatron.

Next, you may wish to see the light grid of earth. The light grid of earth begins in the core of the earth (the physical body), then extends to the ley lines (the emotional body), the ocean currents, (the mental body), the sacred vortex sites (the spiritual body), the atmosphere surrounding the earth (the etheric body), and the three layers of lights grids surrounding the earth above the atmosphere (the causal, galactic and celestial bodies) – the higher tripartite Grid (Love-Wisdom-Power). All parts of this grid are available to you who are choosing to be conscious of the grids and your abilities to interact and interplay within the Light.

When you enter into these grids through the Archangels, you are making a conscious choice to Love. This is the essence of the grids: the consciousness of Love and the interconnected nature of multiple grids, from your own light grid to that of humanity, the earth, your soul-ar system and beyond. This is the dispensation, this is the gift from the Archangelic Realm to those of you wishing to participate in the great awakening of the human body, mind and spirit.

We say to you thus, from the Archangelic Command: Join the forces of light, not in work, but in play, not in obligation but in sacred right to join the realm of Divine Light. The time has come to rejoice in the turning of the Age to that of Responsibility and Mastery. The chorus of hosts proclaim: “Hosannah in the Highest, for the Will of the Creator Reigns Supreme.”

Adonai, adonai Tseboyeth.

Amen.

© Ronna Prince 2005 (This document may be forwarded with permission with the attached copyright.)