

ASCENSION ACTIVATIONS

by Meg Benedicte

ASCENSION
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PACKAGE

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MODULE 5 – SOUL RETRIEVAL

1) LIVING IN THE NOW

Not only do we need to break free of the Time Matrix, but we need to move our mind's conscious focus into the eternal Now Moment. When you pay attention to the mental chatter, the stream of thoughts running through the mind, then you become aware of a 'presence' observing the mind. You become the 'Observer' and no longer identify with the mind, but live more and more from the heart.

As you witness the stream of discordant patterns in the mind, you can voluntarily switch your focus and stop the stream. You can flip your focus to a mantra, to your breathing, to your heartbeat, or to a positive vision. You can stop it altogether and create a gap of 'no-mind'.

I am a huge fan of Eckhart Tolle's ground-breaking books, *The Power of Now* and *New Earth*. He states, "End the delusion of time. Time and Mind are inseparable. Remove time from the mind and it stops".

We achieve this by observing the mind's compulsive preoccupation with the painful past and future anxiety or expectations. The more we obsess on the past or future, the more we pop out of the Now Moment. The past is an illusory memory and the future is a projection of the mind. The Ego only exists in Time! In the Still Point of No Time/No Thought (the Now Moment) the Heart Center opens and expands to unite with the quantum field of 'All That Is'...into infinite potential.

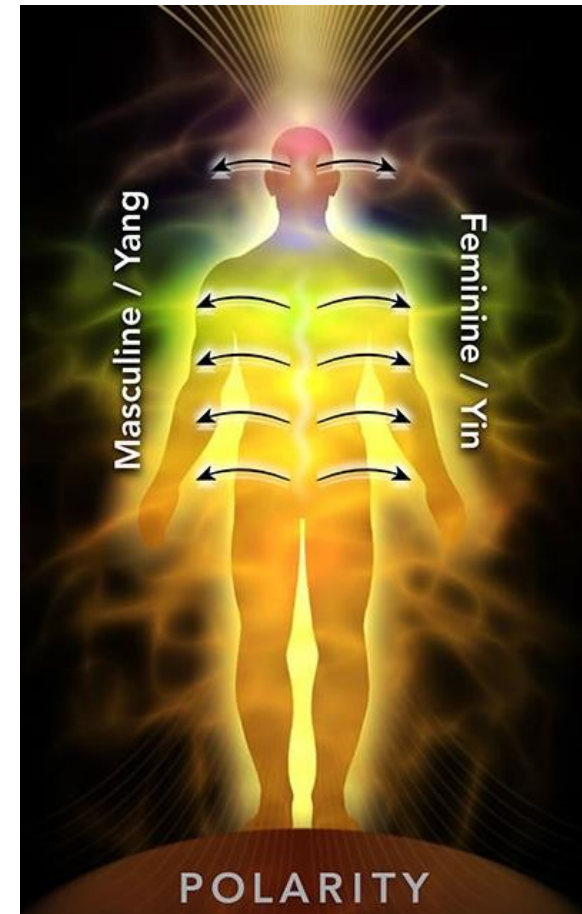
MODULE 5 – SOUL RETRIEVAL

1) LIVING IN THE NOW

We want to neutralize all internal opposition and battles between polarized forces that fuel the Victim/Persecutor Cycle, the 'black-white or good-bad' thinking. This requires neutralizing the opposing forces of masculine/feminine, yin/yang, light/shadow, positive/negative into harmonious, balanced co-existence.

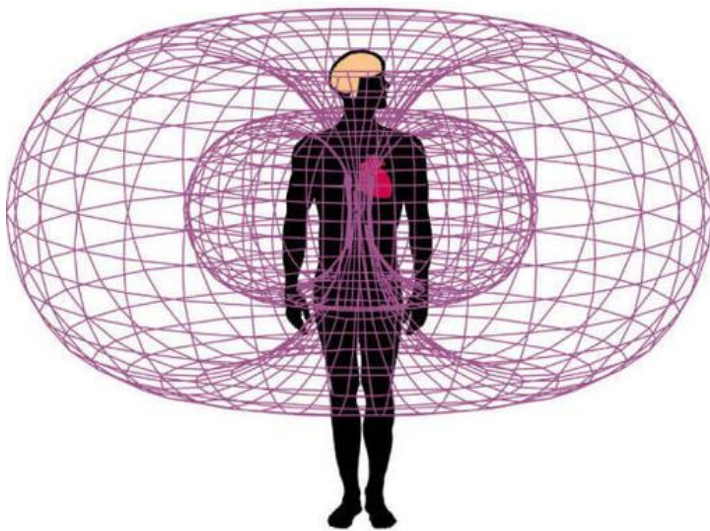
If we are becoming Co-Creators of our lives, then we need to eliminate all inner polarity from our electromagnetic field. We need to become neutral, balanced and non-Attached to past obsessions or future expectations...free in the NOW!

When we hold onto attachments, the Ego prevents new options and doors to open to us. It locks us to the past - rigid, stuck and polarized by ego control and resistance to change. We've blocked personal growth, frozen in time as our lives become stagnant. We need to open our body/heart/mind to the abundant quantum field of 'All That Is'.



MODULE 5 – SOUL RETRIEVAL

2) COSMIC HEART



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The primal wound of separation from Soul Presence creates tiny cracks and fissures in the human psyche and aura...leading to the development of shadow subconscious. Our goal is to integrate all fragmented aspects of self and rebuild a strong, flourishing heart center of kundalini life force.

The Quantum Vortex™ is coded to enhance the natural rhythm of energy to flow in a continuous circular Torus shape with the Heart Center. The Torus geometry can be perfectly manifested by a set of *Phi* spirals, constructed from a series of harmonic wavelengths. When two ether vortices join their funnels they form a Torus, a spiraling spherical shape like a donut with a small hole in the middle.

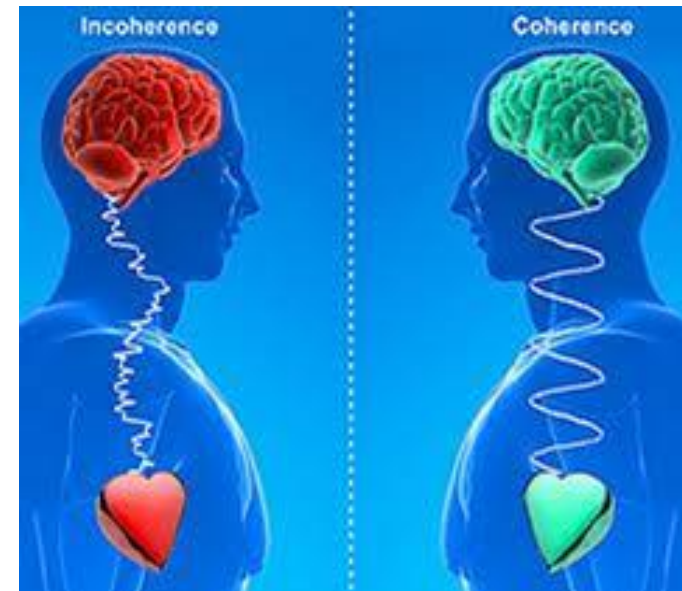
The *Phi* spirals of the Torus eventually swirl into a perfect zero point in the nucleus of the vortex (vacuum state) that connects the physical heart with the cosmic heart.

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2) COSMIC HEART

Research reveals a dynamic, two-way communication network between the heart and the brain. The heart communicates to the brain in four major ways: neurologically (through the transmission of nerve impulses), biochemically (via hormones and neurotransmitters), biophysically (through pressure waves) and energetically (through electromagnetic field interactions).

By intentionally altering one's emotional state through deep breathing and focused meditation, we can re-establish heart coherence that influences neurological input from the heart to the brain – creating significant shifts in perception, increased mental clarity and heightened intuitive awareness. The Quantum Vortex™ enhances heart-brain coherence...establishing a conduit of communication for information to be transmitted between mind and matter. Heightened states of increased heart rhythm coherence opens the intuitive channel to Soul Presence. (for more details visit www.heartmath.org)



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2) COSMIC HEART

Imagine the inherent power of the Torus when applied to our personal human energy field – as a wellspring of abundant energy waves spiraling infinitely ‘in and out’ from zero point singularity at the Heart Center. Such a “drive” would create its own magnetic field, independent of Earth’s gravitational force...fueling and sustaining us with infinite life force.

We are Soul Sparks of Light having a physical experience, as our Soul consciousness spirals down through the patterns of the Golden Ratio (Φ) into our physical human container. The Quantum Vortex™ activates the null-zone vacuum at the center point between the Heart and Solar Plexus chakras (Order Matrix)...initiating the flow of toroidal energy, creating the circulating sphere of our Soul’s magnetic field.



MODULE 5 – SOUL RETRIEVAL

3) UNITY CONSCIOUSNESS



The brain operates much like a computer or television, creating our material world from a holographic array of frequencies converted into a solid image. Just as a hologram functions as a lens, encoding and decoding frequencies, the brain similarly transforms incoming frequencies into sensory perception of reality. Therefore, our personal reality is determined by the frequencies selected...like channel surfing from the couch.

In the quantum field the brain animates our external world like the engine of a movie projector – creating a holographic reality by running snapshot “freeze frames” of observed perception (images) together similar to a movie film. The consciousness streaming through our mind becomes the “creator” of time and space of our physical experience, not the other way around!

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3) UNITY CONSCIOUSNESS

Within the spinning Quantum Vortex™, light pulses in the vacuum state of zero point, forming electromagnetic waves that flow in two directions – going ‘back and forward’ in unity consciousness. Pure abundant energy at the quantum level exists as a vast field of coherent Light...where all information in the universe is available to us at any moment. When our mind looks at all possible outcomes, the brain state selects a particular channel, and all possibilities ‘collapse’ into that single state of reality.

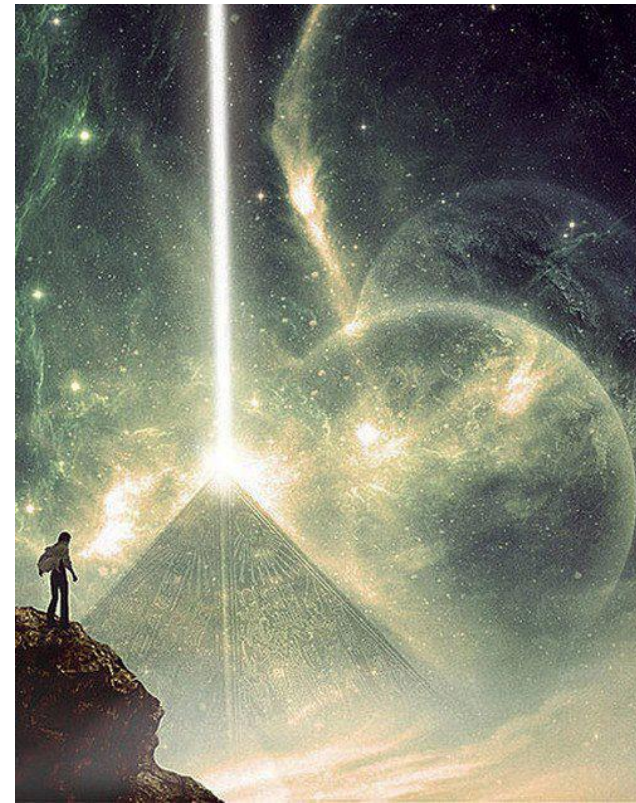
Based on the principle of ‘Non-Locality’, our present condition is contingent upon future potential outcomes...and so our future actions, choices, and possibilities can be ‘backward’ influenced to change our present. This is achieved when the mind first sets the future outcome including all chain of events that will produce it ‘backward’ in time. When we combine focused intention into infinite possibilities with brain-heart coherence, we can ‘power up’ to peak intensity in the quantum field with greater success of manifestation. We become a conduit of the totality available in unity consciousness – accessing infinite potential!

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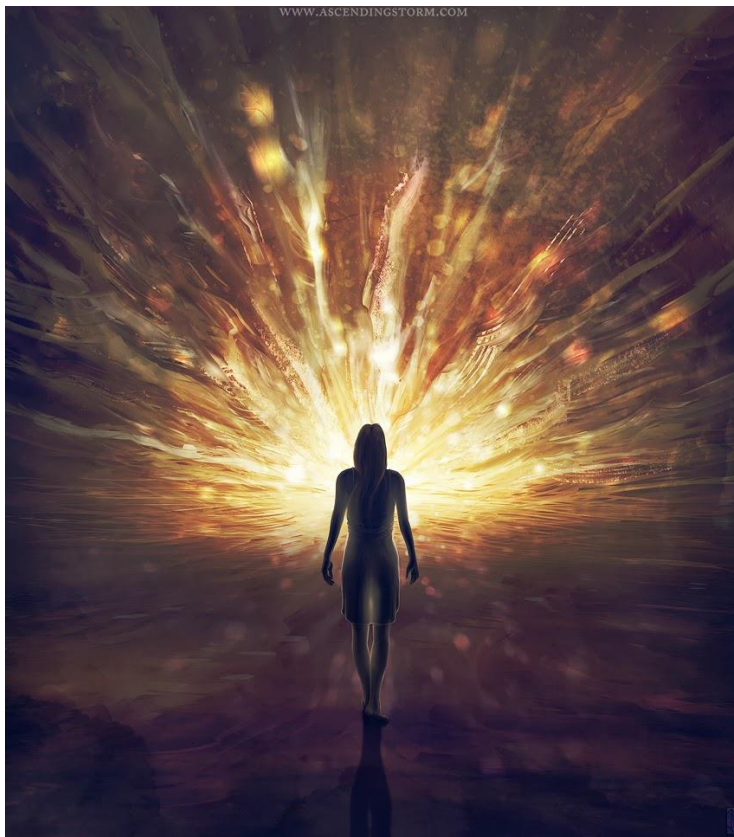
4) ASCENSION TIMELINE

Since the Harmonic Convergence in 1987, the cosmic Ascension Timeline was activated within the earth plane. The original Ascension Plan was intended to shift the entire planet into 5th Dimension thru a massive galactic solar wave. There were many New Age channelings proclaiming the cosmic blast would alter the entire world in 3 days of darkness during 2012. Obviously, the cosmic plan has been altered significantly since then. It is responding to the crystalline light quotient – according to the radiant output emanating from Gaia. Instead of an explosion of galactic photonic light, we're receiving a gradual stair-step infusion of higher light consciousness. The incoming solar flashes arriving since 11:11:11 have been increasing in magnitude, building towards a tipping point in global consciousness. All signs are evident that the solar light is igniting massive soul awakenings never seen before. The global family is heading towards the threshold activation into 5th dimensional living.



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4) ASCENSION TIMELINE



The intense cosmic photonic infusion is shaking loose old, outdated ancestral patterns and limitations, so we can burst forward onto our Soul's Ascension Timeline. During the solar flashes many are discovering where the enslavement Matrix still has a hold. This can be very challenging, as the human psyche tries to hold onto the birth family, while the Soul ignites the DNA of the galactic family lineage.

In order to ascend into embodying the Soul bloodline, all traces of the distorted Matrix must be eliminated. This includes the human genetic code, patterns and programs that trap us in the 3D Matrix timeline. In the holographic universe it is our focused attention that locks into the selected timeline, choosing from an infinite array of possible paths or tracks. The crystalline light illuminates the Soul's path of light, the timeline foundation for Soul embodiment.

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4) ASCENSION TIMELINE



When Light is introduced into the body thru meditation and intentioned visualization, the DNA is capable of receiving subatomic light particles from the “super hologram” of the quantum field. Researchers discovered that living chromosomes function just like holographic computers and DNA serves as data storage and communication.

Up to 97% of DNA reacts strongly to resonant high-frequency light language. Research reveals that humans are basically receivers floating in a sea of frequencies of light patterns. It all comes down to what you focus on and the choices you make. Where you focus your attention and what you choose to perceive, will determine the reality you select from the infinite holographic possibilities.

With daily Quantum Vortex meditations, you enhance the magnitude of possible futures available to you. Acting as a human radio receiver, the incoming light information will instruct the DNA, process thru the holographic right brain and project that selected reality into the physical world. The more Light and Soul Presence you embody, the more world realities are accessible to you.

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4) ASCENSION TIMELINE

Not only is your genetic code morphing, but your mind is expanding into bandwidths of higher knowledge and understanding. Imagine the mind operates like a swirling dervish, sweeping up all resonant frequencies that match your soul vibration. Your personal vortex spins inwards all that the Soul requires and releases all that no longer serves. You are becoming a dynamic, morphing field of spontaneous creation! In this manner, we have the 'free will' choice to select and ground onto our Soul's Ascension Timeline.

Not only do you magnetize within harmonic resonant energies, but you transform and transcend outdated timelines in an evolutionary continuum of transformation. Old discordant timelines complete, dissolve and release from the incarnation wheel as you ascend in higher frequency. All collapsing timelines return to zero point. Continue to select and anchor to your Soul's Ascension Timeline as your personal path leading you home.

