



Angel of Ascension .. Out of Darkness into Light © Astrea Aurora

# Attitudes of Ascension

**It is the Lord Kuthumi, welcoming all to receive these communications and offering to take my place by the side of each, as personal guide and bringer of the light to you, if you desire this .. if you will open your column of light, connecting with the Source realms and with Gaia's heart at the core of the earth .. and soften and expand your heart so that our energies may receive linking ... opening your heart to receive great pulses of love which are sent to you .. love which fills all of your being .. expanding through each individual chakra and receiving a clearing of your energies .. allowing the release of all distorted energies .. working with the Merlin and his manifestation of magic and its magnetic forcefield .. to lift and release those dualities, records, patterns and programs which the planetary alignments have allowed to surface. For indeed the magnetic pull of the planetary alignments has allowed a recalibration of your energies .. and all energies which hold fast from the old paradigm have been shifted from deep within your core as memories and beliefs .. and these in their release have created discomfort in your daily life, bringing to the surface the patterns which do not serve you in**

**the new world .. while still waiting for these to completely release and to be no longer your reality.**

**And you may work co-creatively with the Merlin, to offer these dualities you have observed in yourself .. these patterns which cause discomfort and unease, sadness and confusion and pain. Offer these to Merlin and his forcefield of manifestation and magic .. and this field, newly birthed upon the physical plane, may take from you all that is distorted and uncomfortable.**

**Breathing deeply to allow the release of all of the old which does not serve you in the new reality .. and to allow a beautiful vacuum within your being. A vacuum of no mind, no pain .. all is well in this place for you are divinely attuned and your divine presence is enabled to sit within your frequency .. with Arcturians, angelic ones, adjusting your frequency, raising your vibration .. to allow divine presence to sit within your field. Breathing deeply to experience this divine connection which fills you with light, remembrance, bliss, contentment .. and peace.**

**If you will soften your heart, expand your heart further now to create a forcefield of love, a bubble of love of great force. Feel the expansion this gives. And expand again, creating a huge bubble and forcefield of love. Filled with love. Emanating waves of ever increasing pulses of love, filling all of your being. Breathing and expanding in a forcefield of love with each breath, breathing, breathing, the bands of love ever expanding, hold you within a forcefield of love. You sit within a huge bubble of love.....  
.....**

**And now bring to your consciousness those ones currently in your life with whom you have challenges and issues and personality clashes. Bring one of these to you, call this one in.....**

**And notice that when you are in this forcefield of love, there is not a possibility of having issues and differences with this one.**

**Sit in this forcefield of love for some time. And wait for the mind to begin its stories .. for it will .. gently laughing at the beautiful mind. It will wish to fill this beautiful vacuum in which you sit. Wait for the mind to begin its stories .. to begin to line up the differences you have with this person you have called in, to line them up, one next to the other, like bowling pins, with the ego jumping in to co-create with the beautiful mind .. to assert itself and to hold judgment in favour of self, in superiority .. and in justification, holding your point of view, and blaming the other, with the beautiful mind and the ego offering many reasons why you are not to blame, and giving you the reasons why you have been wronged. See the beautiful work they co-create together .. placing your justifications, your reasonings all lined up together.**

**And realise the pattern of the beautiful mind, and the ego.**

**And now breathe deeply .. and drop down, fall into the heart, fall into the love of the heart .. soften the heart .. and with the breath, expand the heart.**

**With the breath, soften the heart, expand the heart to create a forcefield and bubble of love.**

**In a series of breaths, a couple of minutes, you see that the mind's justifications fall away.**

**You have conquered the mind and the ego .. with the forcefield of love.....**

**Try again. Call in another one with whom you have challenges. This time call in one who has challenges with you. One who has differences with you, blames you, judges you, doubts you, talks negatively about you. Exert the power of the forcefield and bubble of love by opening and softening your heart and breathing, expanding your heart to fill the forcefield and bubble.**

**And see how when sitting within this forcefield of love, nothing can touch you, nothing can get to you, nothing can take from you, nothing can take you from your centre and belief in yourself and love of yourself. Truly experience this so that you may know and trust it.**

**Sitting in this forcefield for some time, in this vacuum of love. Of no mind, no pain. Bliss .. peace.....**

**And now allow the mind to become active .. and observe its beautiful play .. as it brings out the justifications and the incidents of the past .. lines them all up, one next to the other, like bowling pins, one, two, three, four ..**

**And experience the confusion as you fall from peace .. into blame, justification, apportioning incidents of wrong and blame. Feel the discomfort, sadness, anger, frustration .. the endless spiral of discontent.....**

**And now breathe again and soften, fall into the heart and exert the forcefield of love .. creating this expansive field of love with a series of breaths .. and see how quickly this force of love, this protective bubble of love .. takes you into a place of no mind, no pain.**

**Your body has learned a new reaction. Your body and your being can never again allow itself to fall into the old pattern of blamegiving and judgement .. for it has seen and learned clearly that love is a forcefield which annuls and dissolves discontent.**

**And having learned this new reaction ... it can be seen that if the mind and the ego wish to fall into the old pattern of blamegiving and judgement of another, then clearly there is the wish to stay in this place of discontent.**

**And you are saying, 'oh no, I wish to move beyond discontent and placing blame on another. I am fully on the path of ascension and of realising all of my divine potential'.**

I am saying to you that if your body and your being has learnt that the forcefield of love is a barrier to all discontent .. but that still you find yourself in discontent with others, and with challenges and differences .. then there is a part of you which is not wishing to move forward and beyond the old paradigm of discontent. And so never again can you blame another for your discontent. It is clearly seen that this is your choice, to remain in discontent and in judgement and blame .. rather than merely softening your heart and expanding the forcefield of love. For the body has learned that the forcefield of love can be activated in an instant, just with the intent and with a couple of breaths! And that if you continue to bring these challenging people and situations into your life and to live in discontent, then you must see that these are entirely of your own creation!

To become in the habit of expanding the heart and creating a forcefield and bubble of love is all that is required. To remember the power of this love. Just to remember you have this power available to you and that it may be activated in an instant.

And now call into your bubble of love challenging situations and initiations through which you currently walk. Doubts and fears. Indecision. Issues of direction in life. Worries. Sadness. Loneliness. Confusion. Allow the mind its merry way. The beautiful mind conjures up very quickly an array of challenges. Lines them all up together like bowling pins. Such a beautiful mind, so creative. Sit in this discontent and confusion for a little. Really experience this line-up of worry and anxiety and fear and sadness, things that have gone wrong, or could go wrong, confusion, and lack of direction.....

And now expand the forcefield of love again, just with a couple of breaths.....

And experience the dissolving .. so quickly .. of all that distressed you just a moment ago. Feel the bubble of love as it dissolves everything which is not love.....

It is now just a matter of remembering you have this gift which is available to you always, just by remembering that you have to breathe deeply a couple of times and to fall into the heart, to soften and expand the heart .. and all that is of duality is taken away. You will remember, and will become in the habit then of remembering you have this in-built tool. It will serve you well and allow you always to remain in your centre, no matter what happens around you. There may be turbulence in the world and all around .. but if you only exert your forcefield of love from your heart .. you stay balanced, serene, peaceful. Just the habit is required to be learned.

As many angels come to you now, these who are your personal team of support .. and you may ask them if they will pulse you with remembrance of this forcefield of love which will protect you from every situation.

And as you come to embody this relearned habit and pattern of falling into love in every situation, and from time to time you find the lovely mind wishing to line up reasons for you to have differences with others .. lining up the injustices they have caused you .. you may create the forcefield and bubble of love .. and you will find that those who in the past have had differences with you, and have inflicted barbs of accusation and judgment and blamegiving .. may not enter this forcefield of love .. will indeed be deflected by it. If you will only soften towards these ones, and expand the forcefield of love from your heart .. there will be no conflict they will wish to enter into with you, for you are holding no issue or energy against them. And if there is no antagonism on your part, and you have not contracted into grievance and blame or fear of them, their opinions and judgements .. if you will just soften your heart and expand the forcefield of love .. then that one will not have the need to overcome you with opinions and arguments and judgements. If you will just soften your heart and expand the forcefield of love, with no fear, no judgement, no energy held against these ones, even though they may hold differences of opinion to those of yours .. then others will not feel the need to overcome you with their arguments. There is a vacuum in which you sit. And when you are in a vacuum of love .. only love will come to you.

Allow yourself to offer up all judgements of others, and fear and blame .. and as the judgements and fears empty out .. love fills you fully, raising your vibration and filling you with lightness and joy. It is the inbuilt fears you hold, judgements, angers, attachments to outcomes, attachments to holding your own point of view .. that indeed attract into your life that which is feared!

Offer to Merlin all judgements and fears and blames .. replacing blame with deep breaths of love, expanding into a forcefield of love which surrounds you .. you sit within a vacuum of light and love .. of peace. Expanding your forcefield of love now and sitting within this bubble of love for some time.....

Beloveds, you have been sorely tested in the energies recently. You are being tested in your willingness to persevere and to allow the universe to take care of all your needs. All the remnants of doubts and of hopelessness are being drained from your being .. by the planetary alignments .. that you may be free of ancient patternings and memories and ways of being.

And so there are repercussions that result from this .. for as these ancient memories and records release .. they fill your energy field with the remnants of these initiations which are now completing. And these memories and records which fill your energy field .. attract into your field and into your life .. through the law of attraction .. incidents and energies which reflect and mirror what you hold. And though it may seem that you have become stuck in an endless spiral of old patterns .. in fact and indeed you have walked far beyond the old .. and though you sometimes struggle as you pass through these initiations, walking again through situations which in the past caused great distress and a spiraling into old patterns of negativity and pain .. you

do walk through these successfully. And so your body relearns new information and ways of being. You are in effect rebuilding your crystal body of light, with new reactions, new realities to which you respond, new positive attitudes in every area of your life and your being. It has been necessary to be rid of the old .. to create a vacuum .. into which new patternings of crystal geometry are formed .. creating a new you, recreating your divinity on earth .. claiming all the positive human attributes and reinforcing these .. and clearing and becoming rid of those of the collective and genetic consciousness and of the memories and records of ancient lives of sadness and disempowerment.

You are reminded to expect a positive result .. to bring about the results you desire. Exert a forcefield of expectation of excellence in all that you do in your life .. and that is what you draw to you. Hold the positive expectation that all will be taken care of .. and it will be. It is in the exerting of the positive expectation that immediate results ensue.

And concluding now. In a series of breaths and a couple of minutes, you have learned that you can transform any incident in your life. You have learned that the heart is stronger than the mind. You may wish to refer to this meditation time and again, to assist your body and your being to become in the habit of remaining in this forcefield of love always .. for all comes to you in that place of love.

Falling into the heart yet again, softening the heart, and expanding the forcefield of love .. feeling the bliss this brings, and the immediate change in energy into one of hope, joy, peace.

The doors of the universe truly open to you .. and you may offer your dreams and desires for the new world to the angels who surround you now .. and know that on the wings of angels your heart's desires return, fully manifested.....

**Go in peace, I am Kuthumi.**

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Channeled with love by Astrea Aurora, Divine Channel

Astrea lives in the spiritual centre of Bali, immersed in and inspired by the culture and spirituality of the Isle of the Gods. Her gift brought to earth for humanity is that of her ability to repattern the electro-magnetic field ... and her Creation Codes and Elixirs which restore and repattern the light body to Original Blueprint.

Ω Sacred Mystery School training.

Ω Channeled readings of Life Purpose, Mission and Keepership ~ your purpose upon earth and your gift for humanity

Ω Light Body Repair Kit ... sacred geometry codes for repatterning of the light body

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