

Points to remember

- **Remember that you are on the path of ascension .. and calling all parts of yourself Home.** You are healing the memories and experiences of each of your lifetimes. These memories are embodied in the soul extensions who, as they return 'home' to you, bring their memories and behaviours into your consciousness. It is necessary to heal and release these memories .. and to work with each soul extension to bring these back to your heart (*use 'how to work with soul extensions'*).
- Don't forget soul extensions will be merging with you .. and you will also be anchoring various galactic and other bodies .. as these return to you .. and there may be disturbance as these enter and anchor. Sometimes there is physical discomfort .. as memories held within the body prevent the full anchoring of the body. Sometimes there is emotional disturbance and a feeling of '*strangeness*' .. as these ones adapt and integrate. Always there is the need for integration and rest after these experiences.
- **Each night before you sleep, and each morning on awakening, observe and identify each emotion you are feeling** as you look at the challenges you are experiencing in your life just now .. and ask for the release of the original core wound and record which results in the emotion or pattern you are experiencing. In this way you empty the akasha of your soul .. and these patterns cease to exist in your life. When you become in the habit of ***always releasing the original core record of every emotion and reaction of duality***, life becomes progressively more peaceful.
- **There is disturbance in your daily life in direct proportion to the akashic records you hold in your chakras and light body.** If you are holding memories and records and experiences of ancient times in your light body, the universe will bring you situations in your life which mirror that which you are holding .. so that you may work through these ancient patterns .. and release them. The easiest way to bring peace into your daily life is to clear yourself of the records which are attracting negative experiences into your life. To resist the old pattern of going into the emotion of the situation, and to only ***release*** the records you hold.
- **Any reaction, emotion, negative belief or pattern may be placed into your crown chakra** and it will travel into your heart .. and immediately your heart opens and expands. The heart expansion heals any reaction .. any emotion .. any challenge .. any person with whom you have issues .. just pop them into your crown chakra .. and these travel to the void, having been transmuted and healed by the love of the heart (*offered by Lady Nada*).
- **Don't forget to use brain repatterning codes** to overcome disabling thought forms and programs of behaviour. Draw the code (*see Working with brain repatterning code*) and work with it regularly until the pattern has

released.

- **You can decide to be happy** and can override a negative outlook or situation by simply deciding "I choose to live in joy".
- **As your light body increases in vibration you are lifted out of the density of the third dimension of the earth plane and the collective consciousness.** As your vibration increases, you are increasingly able to detach and to have an overview of each situation in your life .. and to place yourself above and outside of the emotions formerly experienced.
- **As you clear your chakras and light body of akashic records** you allow the divine plan to flow towards you. Nature abhors a vacuum and will fill the empty space you have created with encodements of light (soul gifts!)
- **Ask for an ascension column of light to anchor in your home, in your sacred space, in your workplace** .. through which may enter all of the Family of Light. If you ask for this every day in meditation, over a period of several months a permanent portal is activated. An altar upon which crystals are placed (the larger ones are best) assists the ascension column of light to anchor. Great expansion and acceleration occurs when you meditate and channel and work on the inner planes whilst sitting within your ascension column of light.
- **Sanctify and empower your drinking water** by placing a glass jug or bottle filled with pure water on your altar and saying into the water 'angelic rays, angelic rays, angelic rays'. Leave the jug on your altar to charge for 2 or 3 hours, and then use as your drinking water. The water contains all the rays of the Ascended Masters.
- **Don't forget to sing your galactic name** to call in this presence. Singing to your galactic presence will bring this one close and enable you increasingly to anchor this within your being.
- **Don't forget to sing the God Presence mantra** to assist your god presence to descend and to anchor and so you may experience the love and wholeness of god presence

Om maya ma Kita raku Ana peya namu

- **Don't forget to sing the Galactic Heart mantra** to open to your galactic nature, to assist your galactic presence to fully anchor and to open to the heart of your god presence

Maya kyya maru raku Ranu rekay ramu sita kumu
Mara namu peyou kuma

- **Don't forget to activate your keepership** by saying 'I activate my Keepership of ... eg the Planes of Celestial Consciousness and Mystery'. Your keepership holds great power and you may activate your keepership to

access intervention and healing of any situation. For example when a friend asks for your assistance to heal a challenging situation you can activate your keepership as a healing tool of great power. The more you activate your keepership, the more it opens to you and its scope and power becomes increasingly more understood by you.

- **You experience connection with the universal field of all flow and abundance in direct proportion to the amount of gratitude and joy you emit.**
- **Ask questions of your family of light in writing .. and receive their answers in writing.** The lower mind is more easily bypassed via the hand in writing and typing. This will open your channeling abilities and will become a source of great enjoyment and guidance, one of the sweetest joys and gifts. Know and trust that you **can** and **will** be able to channel. As you open and strengthen your column of light, you open yourself to the universal realms and to all the support and assistance of the family of light. **You will be able to channel.** As your channeling ability develops, you will find that your family of light will first cleanse your energies and your light body of any obstruction or blockage .. a beautiful side benefit and reason to channel each day!
- **Placing codes above your head at night while you sleep accelerates your path** and is also a time saving way of working with daily codes (thanks for this to Aqualina in the UK, and to Handrel'Akwana in Bali)
- **Planetary influences play a great role in bringing to the surface negative patterns we hold ..** and also to propel us forward along our path. Planetary influences in your horoscope will bring into your life situations, emotions, fears, doubts, dualities and patterns .. so these may be observed, experienced .. and released and healed. Sometimes these planetary influences are short and intense. You may transit from having a great day, with peace and joy .. awakening on the next morning with many emotions swirling through your mind .. and these may clear just as quickly. Do not feel ashamed or be hard on yourself for having a bad day or a difficult day, when only yesterday you were full of joy. Taking advantage of the free daily email horoscope services assists .. if we have knowledge of what is occurring, we can observe this dispassionately .. while releasing the patterns which are arising.
- **There are many beautiful beings who give service with information on the planetary influences we are experiencing.** Attached are some addresses of websites which are helpful.

www.whatsuponplanetearth.com

www.starchildascension.org/starchild

www.thequantumawakening.com

www.nvisible.com Solara

www.ronnastar.com Ronna Herman

www.eraofpeace.com Patrica Cota Robles