

THE FIRST WAVE OF ASCENSION - ALLOWING YOURSELF TO BE PART OF THIS SHIFT

We are moving into a new state of being, right here and right now. The potential for expansion is coming where energies to allow this shift are at their peak from September 23rd to September 28th. This is a vital time window to pay attention to. This elemental shift only takes place once in several thousand years.

Here is what to do if you feel the calling to dig deeper into your souls journey or to seek what many call enlightenment on the soul level. Although you may not experience any kind of apparent differences, for certain the work you do during this time will unfold as your DNA changes with the energetic allowing. This download of change comes with your assistance and agreement.

The Wonderful thing about all of this is a shift to enter into a new loving paradigm that can only happen if enough individuals on earth open the door across the globe. Which in turn will enable the shift away from our fallen graces into the Feminine Divine energy of Love and Compassion. This is available to everyone and no experience level is needed. What is required is the desire to Love oneself and to recognize the love around you. it is the awakening of the inner self that has been waiting to be birthed for perhaps hundreds of years.

Here are some guidelines to prepare you for the allowing of this shift within you. You can also read more about this monumental time @ <http://goldenageofgaia.com/2015/09/12/first-wave-of-ascension-predicted-for-sept-28-2015/>

1. This is the perfection time to move into your realization and acceptance of self love. Find your place of peace in your home, office or best place in nature. Sit, relax and meditate on your being and your soul. Light a candle, sit at your alter, move into a Yoga pose or just be quiet.
2. Go to YouTube and search for music with this search tag: Love Music 432mhz. Play the music low during your meditation.

3. Breathe slow and deeply in and out. Allow your heart to feel the air moving into your heart becoming larger and larger. Breathe in Love from your 7th crown chakra and on the exhale release any negativity that may appear. Breathe your whole body into love.
4. Note that you may not actually see or feel changes immediately, but know for certain that your DNA will be affected and will materialize when you least expect it. You will be more stable, more loving and able to see through chaos. Your life will eventually evolve into the paradigm shift of Love.
5. Faith: Hold onto your faith and always see and feel your loving essence. Stay strong and believe in the changes you desire to happen.
6. Focus on what makes you feel love and also focus on the people that love you.
7. Give gratitude. It is the time right now for all of us to have the deepest gratitude for all light workers that have traveled this world before us. Give thanks to all of them for they are watching and waiting to see the result of our combined efforts.
8. Become what you want to be and what you want to see manifest in this world, right now. Believe that your thoughts are powerful because they are. Focus all thoughts on affirmative actions.
9. Start this daily meditation and thought practice on September 23rd and work deeper and more focused by September 28th.
10. Reaching Critical Mass means having as many people heart focused during this time as possible. We are not certain of the numbers required, the only thing we can do is ask everyone that feels the desire to become part of a more loving world to participate and to ask as many others to do the same. If critical mass is reached then the world as we know it will enter more easily into a new paradigm based on Love, not fear.
11. No one loses. Everyone will gain great from this dedicated time of evolution. We are all here during this incredible time, we are all God beings and are all Divine. We are all teachers and we are all lovers, we are all needed to spread the light, starting within.
12. Critical Mass is both internal as well as external. Changing your own trillions of cells is what will start when you begin this journey.
13. The time to focus on this change is right now. Do not put this off, we start tomorrow, September 23rd and continue until September 28th.

COMPLETION

Willpower has nothing to do with this process. There is no willpower needed to sit and focus, it is a method of exploring your inner gratitude. Gratitude is what is needed to pull you into the things you desire the most and to allow Love into your being and into your world. Respect and have gratitude for this wonderful life you have been given. Respect and honor now yourself and your body. Feed yourself great and powerful clean foods during this time and thereafter. You can see how you truly feel each day as you progress. Observe how you react in stressful situations. For instance, in traffic when you are running late. Do you allow others to move ahead of you or are you gripping the wheel and blocking people? If you find yourself in this state it is your sign you have some work to do to allow love in and keep love flowing. It is examples like this that are actual gifts to us if we see them this way, they help us take into account our progress.

ALLOW LOVE IN