

The Miracle of Service: *12 Steps to Ascension*

Message Twelve

“Oneness and Release”

*Delivered at TOSA Self-Ascension Center, Antigua, Guatemala, Central America
Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
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The Crystalline Beings of Divine Light¹:

Hello beloved angels of great light, love, joy and divine wisdom. It is a divine day of remembrance!

The Heart of the One

And in the divine day of remembrance, there is a golden key in the heart of the One. And in the heart the One, and we offer this as *A One*, and *THE One*, and the *DIVINE One*.

In the heart of the One, there is all-ways the recognition and the ability to experience All.

Take a breath beloved angels of great light, for on your world now, and through your world now, and radiating through the crystalline structures of the planetary alignments that have come forward now, is a great beam of illumination.

This great beam of illumination showers all who choose to connect with a divine presence of illuminated light, love, and recognition.



¹ *These beloved beings of Divine Crystalline Energy are the greater community of the T-12..this is their FIRST EVER message to the world!*

The Time of the Three Releases

Recognition is simply a relaxation...an understanding...*a release*. We invite thee to pay attention to the necessary releases upon your planet now. For upon your world now, upon your physical body now, are the same three re-leases.

Re-leases offer freedom.

Re-leases invite relaxation.

And re-leases all-ways afford One the opportunity to expand IF One so chooses to do.

Welcome beloved One. We gaze at the One and the One and the One and the One.

For in all hearts is the One existence, and in the One existence lies the key to the re-leases.

Let us offer to you first within the energy of the One, the re-leases that are upon thee that free the cellular structures of physical, mental, spiritual.... indeed, Gaia we will say, and universal understanding.

The First Release

The first re-lease is the re-lease of the attachment to all form.



Perhaps for a moment, the mind says, "What does this mean?"
So we seek to simply offer, the release of the attachment of form
is the recognition of the fluid nature of all existence.
Everything is fluid. Everything is fluid. Thy self is fluid.
One light... One love... One heart is fluid.

*To release the attachment to all form is to indeed feel the gift of
freedom and expansiveness.*

When One is attached to the form that their body has taken,
One becomes quite concerned, do they not?
One can become obsessed. One can become preoccupied.

*"My body's form I do not enjoy. I wish to shape it into another form.
I shall offer it restrictions, constrictions, judgments, words.
Others will offer me constrictions, restrictions, judgments and words."*

Society is built around an attachment to form and upon what a perfect form is meant to be.

The body is a fluid a gift, for indeed your body is primarily fluid!

Perhaps in the recognition of the cellular fluid structure... let us simply use the word water.

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The water that you are when you connect with the gift that your body was designed to be, does not remain static. It will grow and expand.

A baby is not at their full height for their body grows, nor is the baby attached to staying the staying the size and shape that it is. Oftentimes the baby will giggle with delight at the fluidity of the silly belly or the jelly legs.

And as we mature in the form, as we come attached to the form, we begin to condemn the form. We begin to ... we choose a word... dis-validate... we create this word.

We tend to dis-validate the form by saying you must conform. Form seeks conformity.

And as form seeks conformity, we become further away from our divine memory. We become attached. We become attached to form.

We become attached to the way things are perceived through form.

We believe things must look a certain way because we have created and attached a form-like structure known as belief patterns. To release the attachment to form offers great freedom, does it not? It invites the body to relax, to be the fluid gift it is meant to be... to support the soul.

To support the soul.

When we are attached to form, we forget that our temple, our body, is a support mechanism. It is not the mechanism of who you are. It is a servant. It is not you.

And when we offer the servant gratitude and love and appreciation, then the servant relaxes and becomes ever more happy, ever more joy-filled, ever more present to assist. And so in the three releases, the release of attachment to form is a powerful gift when One is able to free the soul through the release of the attachment to form.



In the release of the attachment to form, there is the universal freedom of releasing attachment to this planet. This is One of an infinite number of planets, a number that we cannot even begin to offer you that the mind would not explode understanding... because this is merely One of an infinite number of planets where form expresses and dances in so many other ways.

So the first release within the One and to reunify the One, is the release of the attachment to form.

Let us take in a breath together, beloved Ones, and ***feel*** the form.

Notice that the form speaks to you, through you and with you. It will use a shoulder, it will use a knee, it will use a stomach, it will use whatever device it can to get your attention, so offer it the love and attention that it calls from you.

***And then, release the attachment to the form and you will notice what many call spontaneous healing.
This is very critical when it comes to the attachment to the form of the Gaia.***

The Gaia herself is shape shifting in many ways. And through an attachment to the energy that it must look this way, this must be this, there is indeed, a great wave of panic over the shifting of Gaia, the shifting of the universe.

All are releasing attachment to their form.

And in the release of the attachment of form, a new form births.

So the first release is the release of the attachment to form.

The Second Release

Let us share with you now more about the second release. In the depth of the release is the discovery.

***The greatest gift that can be offered to the One is the rediscovery of the One.
In the release of the need to know, the release of the need to know.***

In the world as created by those who are attached to form, there is a great need to know.

A need to know oftentimes becomes:

- a need to control,
- a need to manipulate,
- a need to have power or dominion over another.
- A need to reassure Oneself through a sense of lack.

To release a need to know is to free yourself to BE!

Beloved Ones, in the development of an energetic stream that creates a society that must know, information becomes god; and when information becomes god, god becomes very powerful. And in your world now, in a world that many would call information or communication age, this information and means of acquiring it has become a new god.

There are many false gods in your world and the need to acquire information has become a new One.

It is a powerful gift to discover a new god, is it not?

And when One discovers a new god has come forward,

One is able to recognize where is the power of the One?

Because the gift has been shown to thee that the power has been freely given to the false god.

What is it that your heart and the One truly would need to know?

If we were to offer you your words, the only information... if we choose to use these words... that you would need to know is that you already have the answers.

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You are co-creating the story in front of you .

You ARE the story in front of you.

All other paradigms that are playing out are based upon your participation in the information you collect and how you process that information through your own attachments. This is why we begin with the attachment and the release of the attachment to form.

This is why we continue with the release of the need to know.

You know...You know!

And in the attachment to form, there is the energy field that has taught you to distrust thyself or to distrust others or to distrust all that is around you, and that only as you vehemently gather information, information, information, seek...seek...seek...seek incessantly without stopping, does the mind get fed like a giant, giant piranha. And it will not stop because it needs to know.

If the mind **needs** to know, then you are not **free** to know.



You know because you Are.

In the relaxing of the need to know, **you open the One flow**, the divine energy, that is filled with so much information and so much wisdom that a mind that is cluttered with needing, and attached to a form of density, would never allow present.

So we invite you to consider -- if you would like to be connected and remember that you know, then perhaps you practice releasing the need to know.

There is a great release when **the One** lets go of the need to know.

The One.

The One.

The One.

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You are the One!

And, your world is in the moment of the great releases.

If One is attached to information and the need to know, a disruption in the stream of information would be most disturbing, would it not.

It would leave One feeling unbalanced, unsafe, unsure, concerned, pre-occupied because the addict needs its fix.

It must know.

And what if a day or two or three or maybe four days, there is no information to gather, there is only the divine information within your heart? Are you able to trust that... to move with divine recognition of your One energy, or is the need to know greater?



There is only the recognition that if you invite yourself to release the need to know, you invite yourself into much greater flow, and you open up to the stream of information that is available to you right now, yet is not found in a circuit board or a network or a book, because all of these are of density.

They are found in the divine books that exist in the multi-dimensional realms of your experience, of your One-ness.

You are learning again how to move into this One-ness.

You are learning again how to be One.

The Third Release

For a long time, you have enjoyed All-ness and this is the third release... to release All-ness and allow One-ness.

Releasing All-ness and allowing One-ness.

You live in the experience of All-ness.

All-ness is a great great gift for the being of divine light that infinitely expands.

Infinitely expands.

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It is all light can do... it infinitely expands.

And you are experiencing this infinite expansion and the full stretching of All-ness.

To embrace All-ness...is the gift to release All-ness.

To resist All-ness is to never find One-ness.

To be able to experience All-ness is to lift through every experience, every molecule, every moment, every emotion, every physical experience, EVERYTHING, without limit.

This would invite One to truly step in to the sacred spiral of Self-Ascension, to release the judgment, to be in Union, to recognize unconditional love, and to allow Oneself to Trust, to Be, to Know.

To be in the golden spiral of sacred union², to understand the presence of Self-Ascension through the releases is to prepare for full unification of One-ness while in form.

For some, you say, "These releases sound to me as if I am preparing to drop my body." For some this is true. This is absolutely true. And for some it is the rebirth, the next step, the next moment.

In the next moment, in the release of All-ness, is the acceptance of One-ness. Do you see this beauty, beloved Ones? For this beauty is you.

Self-Ascension Model

Four steps for the Journey Home



The Abode of One-ness

We have offered to thee many, many abodes of the ascended masters³. All of the abodes of the ascended masters are now ignited with great light. And each is singing to the other, and each is joining with the other, and the final abode we seek to offer thee is ***the abode of your One-ness reunified with your soul origin.***

One-ness reunified with soul origin.

² This paragraph is a direct reference to the Model of Self-Ascension, (inserted above) and the Self-Ascended Chakras, (see next page)

³ This is a reference to the other lessons of this series which have disclosed many Ascended master Abodes

***Soul origin is a gift that each being arises or arrives at when the releases are complete⁴
and the joy-filled rebirth has begun.***

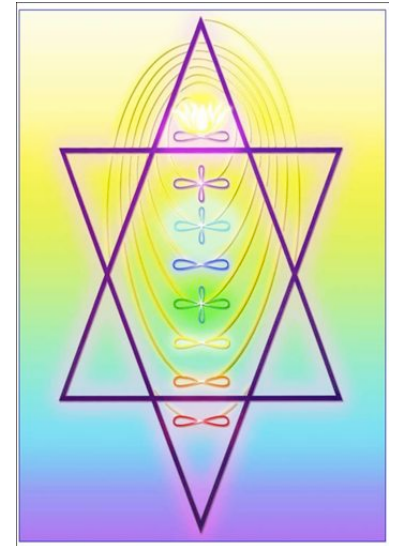
***It is the divine dance of recognizing you are not of One world, One planet, One race, One humanity.
You are more and you are All.***

***And in the release of the All-ness and the unification of the One-ness, the divine abode within
instantaneously transports you to the origin of All.***

One unified Soul in the abode of divine universal knowing ignites All, and ignites Freedom.

For beloved Ones, it is only the unified One that will ever recognize the Two,
That will open the portal for the Three,
That will dance with the Four,
That will ignite the merkabahs,

That will see the Five,
Be with the Six,
And harness the energy of Seven,
As One dives deeply with the energy of Eight,
Singing again in the reunion of the Ten,
Recognizing the One and the One as an Eleven,
Bringing One home again to the Twelve.



In the One, there is All, and in the All, there is One.

You are at a great moment of release, and it is your choice how this release comes forward for thee. And as One allows themselves the gift of looking at all twelve cycles, then you smile and see that the new cycle began when we began sharing this information with you many months ago⁵.

***You are not beginning a cycle now.
You are in the middle of a cycle now.***

***And this cycle is already spinning with greater complexity and greater propensity and much faster
momentum than any cycle has ever spun before.***

Can you celebrate that you are ready?

For in the releases is great freedom.

⁴ The three releases as revealed in this discourse

⁵ This is a reference to the twelve lessons of this series.

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And as more and more release, and as you practice your releases, and as you move forward in the energy of this divine moment, great communities of soul-based beings are coming together again. One is finding the other...is finding the other One...is finding the other One...and all of the Ones in their wholeness are standing, singing, celebrating, and rejoicing that this moment has arrived.



If you allow yourself the gift of practicing with releases, you will remember, and you will Be.

And if you say, "No, I am not ready," then it is a glorious moment for the full expression of All-ness and a glorious ride indeed it will be. Be sure to stock up on the way.

Allow yourself the gift for the gift is now, the gift is here. You are One.

It transcends a mind -- or a comprehension of a mind.
Allow the servant of your temple body to simply relax and allow yourself to Be.

We love you infinitely and we surround you infinitely.
We are and have all-ways been right here with you.
You are all-ways able to call out, to say hello...
to say how come, to say help, to say thank you, as we often do for you.

Take in a breath, beloved angels of great light.

Feel all that does not serve thee releasing.

Allow the energy of release to now enter every cell, to be present in every cell.

Allow this energy to be brilliant, bright, full, loving, and complete.

For you Are...And we Are...And the One is here.