



What Is Self-Ascension?

Your guide to Self-Discovery at Humanity's Moment of Divine Inquiry

A gift of love for you from:

Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa

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I AM Here
I AM Ready
I AM Open
Guide Me

...The Mantra of Self-Ascension

A gift to all from Archangel Zadkiel

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“Know that Joy is your measure!
Joy is the signal from the soul that you are
doing exactly what you need to be doing.
Joy is a practice, it is a choice.”

Archangel Zadkiel
Page 104, Sacred Union: The Journey Home



Welcome to the Journey that is Self-Ascension!

Arriving at 2012 and beyond, we are confronted daily with the anticipated end of the Mayan Calendar, the concept of a God Particle, economic turmoil and Earth Changes; we know things are shifting!

Humanity is at the ultimate moment of revelation and you are living a great adventure! The paradox of separation with its many intricacies has become the fabric for your life's journey.

This cacophony of experience has brought you to your opportunity for awakened Consciousness. Let the energy of these times stimulate you to live abundantly, joy-fully and with the presence of the master you are.

Your spiritual Pathway IS your life!

Get ready, breathe deeply and smile...it's your time for Self-Ascension!

What is Self-Ascension?

***Free Yourself to Take A Journey that will
Forever Shift the Way you Live your Life!***

Spiritual growth is an awakening! A remembering of who you are as a spiritual Being, independent of time and space. Sacred Union is an honoring of this remembering.

Self-Ascension is a journey that celebrates the Truth.

Each of us comes “home” to our essential Authenticity in our own way; this is indeed a most joyful homecoming! The TOSA Center for Enlightened Living is here to share sacred information that nourishes Authenticity. We are blessed to be consciously guided by the Ascended Masters, Archangels, and specifically Archangel Zadkiel, who brings great compassion and wisdom to the planet at this crucial time in our collective history.

Giving yourself the gift of activating your Soul’s Purpose for its highest expression allows you to nourish and maintain a state of enlightened living and true bliss. The book, Sacred Union: The Journey Home, offers an introduction to the path of Self-Ascension.

This powerful true story shares how Divine Prophecy has been honored by the re-unification of Sri Ram Kaa and Kira Raa. It lovingly expresses the acceleration experienced by this mystical couple that dissolves the ego and opens the door to living in Unconditional Love through the presence of Self-Ascension.

Self-Ascension is a pathway that opens the doorway of Enlightenment, and we are honored you have decided to learn more about Self-Ascension through this book.

**Simply stated, The Path of Self-Ascension is Paved with
Peace, Love and Joy!**

Peace Knows God

Love Connects with God

Joy Embraces God

Self-Ascension is the re-alignment of your identity from the personality-self (*ego*) to the Divine-Self (*Soul*), which is your Authentic Self.

It invites you to release the grip of the ego and reside in spaciousness. Listening to your Spiritual Guidance opens the door for the Divine-Self to come forward and to live from your Divinity in a heart-centered state that is ever joy-filled and manifestly abundant!

This path of conscious evolution is both challenging and rewarding. As we blend soul-consciousness into our day-to-day experience, the "dramas" of the ego begin to first flare up and then permanently dissolve.

As your Authenticity emerges into your day-to-day life, you may be called to a new career, a new primary relationship, or experience other changes that can stimulate fear. Remember fear is usually birthed from your inner child. As you claim your path of Self-Ascension, fear becomes less motivating.

The path of Self-Ascension thus takes focus and trust and requires guidance. The ego will readily sabotage one's progression through the journey, if one does not cultivate their inner voice.

The Joy of Soul-based living is worth the effort and we celebrate your decision to live Authentically through Self-Ascension!

When the “concept” of Self-Ascension was first introduced by Archangel Zadkiel, the following question was asked:

Q: What is the difference between Self-Ascension and Ascension?

Archangel Zadkiel: *“Self-Ascension is the conscious recognition of the master you are while you are still in form. It is the release of all self-doubt and fear while calling forth the soul as an active participant in the life-experience. We smile at the talk of “ascension”, for it is not necessary to ascend back to that which you already are! You simply need only remember and live your life with that knowing as a presence for others to do the same!”*

Living Peace: The Four Steps of Self-Ascension

- What is Self-Ascension and Authenticity?
- How are they different from what we have experienced or heard before?
- How can one embrace true freedom while living in the habit of fear, or stand in liberation while clinging to judgment?
- Is it possible to break free of these habits, and live in Authenticity?

Have you ever asked for a moment of Peace?

Peace in your daily life, in the lives of those around you, on a global scale.

Peace is your birthright! *It is first a state of consciousness, not an environmental requirement.*

Living that Peace within a fear-based paradigm is what presents the challenge.

Self-Ascension is a gift we give ourselves by embracing our Authentic Peace, Love and Joy.

Self-Ascension transcends the habit and belief that Peace, Love and Joy are emotions. They are a way of life, an Authentic pathway that consists of 4 simple steps. These steps are in no particular order and indeed the farther along the journey, the more refined they become. However once we are aware of the steps then we are ready to walk with them! They are:

Surrender

Release Judgment

Unconditional Love

Be in Union.

Surrender: This is the ability to *Surrender what surrender looks like!*

It is the moment when we Stop making deals with the Universe! We so often resist our Divine birthright that we forget how easy it is to claim it. The “concept” of surrender is often debated and mis-understood.

As part of the Self-Ascension journey it is simply the “relaxing” of the need to have all the answers. It is the precious gift of “allowing” the Divine to work through us.

You are a divine being with great co-creative capacities.

Often we get in our own way and this is why surrender opens the portal to our greatest connection and most abundant life. Our life mission is to remember that we are capable of great achievements spiritually and to call them forth. This becomes a simple process when we allow ourselves to surrender and exhale with the knowing that all is in Divine order.

Release judgment: To fully walk through this step it begins with the full and unconditional release of judgment of the self. Until one awakens to the greater spiritual mysteries our lives are a series of unconscious events that have brought us to the moment of awakening.

Once this is fully understood, then you can begin to allow the gift of who you are to be fully appreciated. To fully release judgment of the self means it is time to get totally honest about your self-judgments.

Can you gaze into a mirror and smile at what you see?

Are you able to bring yourself into the role of witness of your own life?

Until we can fully release judgment of the self, we are not able to release our judgments of others and often find it difficult to forgive. It is this lack of forgiveness energy directed toward the self that will perpetuate judgment and stop us from a life of Peace, Love and Joy.

Unconditional love: What if, just for today, you allowed yourself to simply appreciate all seven billion souls on this planet? How would it feel for you to offer yourself the freedom of embracing ALL paths to the Divine? The

honest recognition that each path does not need to be the same as yours, and may indeed be radically different.

THIS is the experience of Unconditional love!

Free yourself from believing that you are anything other than Unconditional love, and the door of your true soul opens wide.

Unconditional love must be experienced. To discuss this energy as a concept is to minimize its power in your life. There is only way through this step and that is to fully let go and become the innocent child again.

Gaze at the extraordinary manifestation of yourself in all eyes and your heart will begin to offer you the gift of re-ignited wisdom and passion for your life's journey through Unconditional love.

Be in Union: For many the concept of Union is an external understanding that demands another to experience. Yet, when we boldly and completely accept Union with our Soul authenticity, we discover the fullness of our “self”.

To live with the awakened presence of union with the Soul, is the experience of oneness and reunification. It is only after we have allowed this gift to permeate our life experience that we are ready to be in Union with a partner.

Often we may have many partners that assist us to discover the moment of oneness within. This is a great gift and these “relationships” will prepare us for the ultimate “partnership”.

Just for today, allow yourself to say “thank you” to your soul for holding the space of Union for you. Step into the divine embrace of your sacred heart, and breathe the truth of your Authenticity.

This is when you will know the freedom and Abundance of living in Peace, Love and Joy. This is where you were born to return.

Who is Archangel Zadkiel?



The beloved keeper of the Violet Flame of Transmutation, Archangel Zadkiel works with the Ascended Master St. Germaine.

Archangel Zadkiel is here at this moment in history to offer humanity mercy, compassion and upliftment.

Biblically, Archangel Zadkiel is credited with holding back the hand of Abraham from sacrificing his only son.

Archangel Zadkiel is also found in the Tree of Life as the Fourth Sephirah.

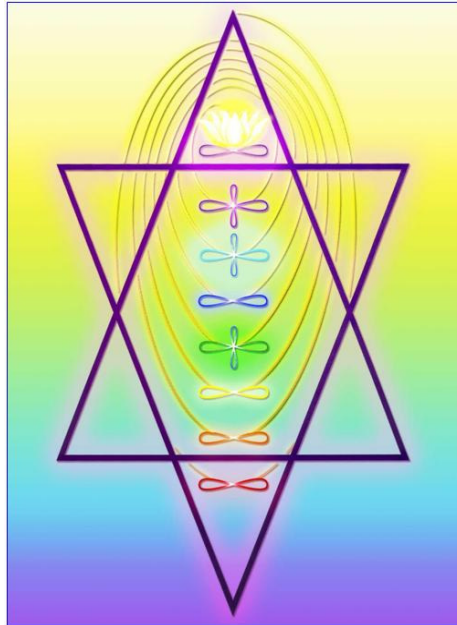
Many claim his name means the “Righteousness of God”.
Zadkiel energy is filled with Love, Joy and Laughter!

The shield of Zadkiel is a powerful energy that assists humanity to navigate these times and you can learn more about Zadkiel’s shield at www.SriandKira.com.

The Self-Ascended Chakra System

The chakras are traditionally recognized as seven energy centers along the spine. Each is usually associated with a specific color and most often experienced as an orbital energy within the body. This traditional system of viewing the energy of the body has served humanity for millennia.

As we are now at the moment of Self-Ascension, so are our chakras!



The Self-Ascended Chakra system, (above), depicts our traditional chakras in the Self-Ascended state. Each of the chakras is contained within the Merkabah of our energy body that is also raised into a higher vibrational state. This causes the Merkabah to align with the Golden Mean ratio or higher aspect pyramidal form.

Similar to the traditional chakra system, these energies are also found within the physical body at the same locations. However, it is most important to note that Self-Ascension energy is experienced as the swirling spiral of the infinite.

This shift is a tangible and peaceful experience of the energy that assists the body to stabilize the heart center as the true root center of the Self-Ascended state of being.

You will also notice that beginning with the fourth or heart chakra, (counting from the bottom up), two infinite spirals are intersecting. This represents the cosmic energy integrating with the physical body at the heart center.

Often when one first calls forth their heart center as a “new foundation”, it can be momentarily felt as de-stabilizing. After all, for years you were told to offer this energy to your root center.

However our planet is now lifting and we are being asked to lift with her. To do this requires us to re-anchor our center as the divine heart! As we move above the heart center, you will notice that the double infinite intersection does not exist at the throat, (or fifth chakra). This is significant since in the Self-Ascended state, words become unnecessary.

The throat transcends and becomes the truth chakra. Through this beloved shift we are able to fully call forth the Divine integration of the heart and the mind without the interference of language.

The Self-Ascended Chakra system culminates with full illumination just above the crown chakra, (top of head). This is the Lotus or eighth chakra as the stable opening of loving trust in Universal inspiration.



When our Self-Ascended Chakra system is fully illuminated it opens the Golden Spiral of Divine Connection that “fuels” our Ascended Merkabah. This gateway opens our divine nature to effortlessly experience the fullness of enlightenment and assists us to maintain peace, love and joy in our daily lives.

Yet, we must remember that we are responsible for assisting our chakras to stay in the bliss state.

Our emotions often distract us from the peace and bliss that is our deeper nature. The most destructive emotion is anger. Anger has one purpose: to notify you when your boundaries have been violated. Anger offers a “push” energy to help a person establish a boundary, usually emotional, to protect themselves.

We have all experienced relating to someone who is “over bearing” and finally crosses the line...anger. It is the universal signal that your comfort zone has been violated. Often times, we were not conscious that things had gone too far until we felt our anger. That is, we have many boundaries and expectations that we project out onto the world.

When someone triggers our anger it could well be that we had not told them about our boundary. Thus, self-responsibility is paramount.

When you feel the slightest anger or frustration, stop and listen to your inner wisdom. What expectation was violated? What are you needing? If another person is involved, the kindest action is to inform them where your boundaries are. If you do not share with the other person then you are stating to the universe that your needs don't matter.

When we deny our needs, when we are dishonest with ourselves, we set up an energetic signal that will perpetuate the problem. This “tilts” our chakras out of balance and begins to “solidify” a pattern that is not healthy.

This repetitive pattern of not getting our needs met, (because we have not been honest with ourselves), holds in place the subconscious belief that “there is something wrong with me,” and “I don't deserve to be happy,” thereby solidifying a pattern that will repeat often.

Our Navigating the Inner Matrix home study course helps unravel and heal these subconscious patterns. The Certified Self-Ascension Coaches who teach this course have personally gone through the training two or more times and have each moved through these life challenges.

Self-consciousness is a continual journey, unraveling deeper levels of truth, and every time you feel uncomfortable it is an opportunity to unravel a deeper truth. If your life has repetitive emotional patterns that are uncomfortable then seek resolution. Repetitive patterns are a sign that you are unconscious of the deeper truth.

How can you discover the truth by yourself if you have already repressed it?

If the repetitive pattern involves another, then you are both committed to the denial. Seek clarity by exploring the issue with someone who does not have their own denial patterns in place!

Self-responsibility requires the energy of willingness.

Willing to look, willing to trust, willing to feel and willingness to take action.

Self-Ascension requires the energy of willingness. Without the self-trust needed to sincerely be honest with yourself, there is no freedom.

Self-Ascension is the freedom to lift into your highest expression consciously and Joyously.

Anger can be your friend IF you use it to discover your deeper truth AND share that truth with your partner and friends. Anger always has a target, thus it must involve both parties if the energy is to be useful.

With self-trust and honesty, anger serves its highest intent and provokes an “ah ha” moment. That uplifting moment releases the anger energy and opens a flow of Joy.

Anger is a call to self-responsibility.

Personal evolution is predicated upon self-trust and honesty. With these two qualities in place, we will resolve all forms of pain, attachment and limitation. Our personal Self-Ascension process becomes a natural flow.

Self-Ascension requires that you allow yourself to unplug from conformity to density consciousness.

This does not mean that you are dis-respectful, simply that clarity and truth are more important than “being nice.” That you will trust your inner knowing even when everyone around you is pointing the other direction.

Here are two powerful processes from the Navigating the Inner Matrix Program to assist you.

Whenever you feel triggered by something, bring your hand to your heart and take a deep breath as you notice your experience, then with sincere intention declare: “In this moment I trust myself.”

Then, breathe deeply into your belly.

As you begin to feel more centered in your heart then follow by declaring: “I tell myself the truth ...and breathe fully in a relaxed manner.” Explore your feelings and thoughts as you discover a deeper level of truth. We alone are responsible for our inner experience of the world.

***Why not choose Trust and experience Joy?
It is your birthright!***

Through the profound Gift of Avesa Quantum Healing®, one can learn how to effortlessly keep the Self-Ascended Chakras in perfect balance. Learn more by visiting:

www.AvesaQuantumHealing.com



Are there Self-Ascension Symptoms?

Simply stated that answer is YES! As you learn about these very tangible signs that will unfold in your life you will discover a greater sense of peace.

Remember that time is folding upon itself!

As the energies on the planet escalate rapidly,
your third dimensional experience IS SHIFTING!

With the entrance of the energy of the Fifth Dimension, many people are experiencing changes in the body, mind and emotions. The 3D “experts” would call these symptoms! Often people may try to medicate these experiences, when in fact, they are ***Ascension Acceleration Energy Experiences!***

This list has been compiled at the request of the Archangelic Realm to offer you reassurance and “enlightenment” as you walk through this process of rapid integration toward your Self-Ascension.

Know that these energies appear as “markers along the way”.

They are signs of your expansion and not to be feared!

If you are experiencing one or all of these energies,
we encourage you to:

Breathe, Laugh, Smile, and KNOW!

On the next several pages you will discover a handy checklist. Take your time, consider the information and then allow yourself to relax!

Ascension Acceleration Energy Experiences Checklist

1. Headaches: May be experienced as non-localized pressure in the head, or as waves of pressure that seem to move. Third eye “pressure”.
2. Visions and/or new “sight”: Your vision may seem to be shifting or non-stable. You may feel you require glasses one day, and a different shift the next. You may be certain you are “seeing” someone/thing out of the corner of your eyes. A deepening sense of the ability to “see”
2. Sleep pattern interruptions: This takes on several different forms. The most important thing is to allow the energy to flow. Try not to resist it. You will not be sleep deprived unless you ‘fight the flow’, (see January 1, 2005 message)
3. Feeling that you are going crazy, or losing your mind. This may also feel as if you are unable to focus in a manner you are accustomed to.
4. Re-visiting habits and patterns that you were confident were gone. Try not to go into judgment around this. In order to fully “ascend”, you must be at peace with old habits. Just say “thank you”, and keep moving forward!
5. Emotional tenderness, mood swings and “mania”. Know that you are moving an extreme amount of energy. Be gentle with yourself through this shift.
6. Embracing Unity consciousness. Feeling overwhelming love for all of humanity, the planet, your existence.
7. Heightened sensitivity to smell, sound, and taste. This can also include a shift in your eating preferences, aromas you enjoy, and music selections.

8. Losing track of “time”. This can manifest as missing appointments or exits on the freeway. Being late for meetings, needs to ask “what day is this?”
9. Physically dropping or bumping into things. Be careful here know when it is not a good time to be cutting the vegetables!
10. “Hearing” high pitch tones, or a series of tones. This may also be accompanied by a pressure in one or both ears.
11. Spiritual Death or brief suicidal thoughts. Try to remember that these are merely third dimensional concepts trying to unlock an understanding of what you are experiencing.
12. A heightened sense of “not being on the planet”. This may also express itself as a sense of detachment, and occasionally may feel like a hangover.
13. A general sense of “free flowing” energy which can often manifest and be mis-interpreted as anxiety without basis.
14. Krias: jolts of energy that are felt physically and often will move your body. They can be felt as a wave of energy of a sudden jolt that may lift you. Breathe through this experience and let the energy flow.
15. Lack of focus and attention for any length of time. Try to patient here, keep lists, and simply recognize that you were busy in another dimension.
16. Heightened/newfound discomfort with some public environments. This is usually triggered in “high density” buildings with toxic lighting, air, etc.
17. Sudden urge to make everything spacious. You may desire to release a personal “treasure”, feel a need to remove old clutter, donate old belongings, and remove furniture.

18. Heartburn or chest pressure. Your Galactic Heart is opening!
19. Attraction to new colors. This can also include a desire to totally change your wardrobe. Paint your bedroom, etc.
20. Change of priorities in your career/relationships. This often occurs when there would be no “rational” reason to make a change, however, you feel called to make a change.
21. Feeling of “moving fast”. You are accomplishing more energetically in a shorter period of time! This may have a physical “rush of energy” sensation. You may find yourself on a Friday feeling as if a month has passed instead of a week.

Now that you have allowed yourself to identify some of the Ascension Acceleration Energy Experiences (AAE's) that may be coming forward as part of your Self-Ascension journey, the logical question is:

How can I make this easier?

Here are some ways to flow with your expansion into Self-Ascension.

Tips for Flowing with Ascension Acceleration Energy Experiences

1. First and foremost, do not panic or over-react! Know that, this too shall pass.
2. Offer yourself the gift of deep breathing. Bring your hand to your heart, center yourself, take a deep breath and ***Trust your process!***
3. Choose Joy!

4. Drink as much fresh, pure water as you can.
5. “Lighten” your nourishment. Ascension Energy is “light” and a dense diet will be in conflict with the flow. A vegetarian diet will make the transition easier. Even if you only “lighten” a few days a week, you will notice the difference.
6. Use the Mantra of Self-Ascension daily to ground yourself in the truth of conscious evolution. ***I am Here, I am Ready, I am Open, Guide Me.***
7. Gift yourself with gentle movement every day. This can be as simple as walking, Sacred Yoga, swimming. Just allow yourself the connection of moving the energy.

*“In the creationism energy
the truth of your consciousness
will be your greatest expression.”*

...Archangel Zadkiel

Who are Sri and Kira?

The TOSA Center for Enlightened Living was founded by Sri Ram Kaa and Kira Raa who have surrendered what most consider “normal” lives to be of complete service to all.

Sri Ram Kaa and Kira Raa are two mid-life former CEO's. Fiercely-independent individuals, they discovered the joy of surrendering into a depth of intimacy that is rarely sustained in partnerships.

Unknowingly and instantaneously, this activated their soul agreement resulting in a spiritual expansion that avalanched into angelic visitations. They were shown visions of a possible new earth and received Angelic guidance that stimulated the transformation of their bodies, minds, and hearts.

The One with the Other, they were drawn like magnets to the edge of their comfort zones. There they discovered time and again that we all can chose to say "Yes" as we walk through fear, doubt and self-judgment into the Peace of Self-Ascension!

Honoring the Divine Prophecy as revealed to them by Archangel Zadkiel, they are committed to the Authenticity of all beings and honor all paths.

Living at Lake Atitlan, in the highlands of Guatemala and working with the Mayan Elders, the Self-Ascension Center known as TOSA La Laguna, (www.LakeAtitlanSpa.com), offers you a safe haven to express, release, embrace and know your soul! It is a portal of light and the hub of the work of Self-Ascension.

Best-selling authors of Five books and hosting Higher Love Radio, (one of the highest rated in its genre), Sri and Kira are committed to living the gift of Self-Ascension and assisting others to do the same.

"There is only the NOW and the soon to be NOW"

...Archangel Zadkiel

What People Are Saying about

**Wisdom Teacher Sri Ram Kaa &
Angelic Oracle Kira Raa**



"Sri and Kira are Uplifting the Consciousness of the World!"

Newsweek Magazine

**"I feel a sense of joy when I am in touch with Sri & Kira. I feel like I
am joining my essence with theirs and it feels wonderful!"**

Barbara Marx Hubbard

Author, Social Innovator and President of the Foundation for Conscious
Evolution.

"Two of the best examples of open-mindedness!"

George Noory, Coast to Coast AM

"Sri and Kira are bringing forward important work for these times.

I suggest you pay attention!"

Dannion Brinkley

Million Selling Author: *Saved by The Light & Secrets from the Light*

**"Sri & Kira's work is really timely and very important for the
world!"**

James Redfield

Million Selling Author & Movie Producer: *The Celestine Prophecy*

As you begin or continue your journey of
Divine Self-Ascension,
with each breath may you in
All-ways remember...

YOU ARE THE MIRACLE!

